

Diabetes

糖尿病

Chinese

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. For more information call (404) 651-2542.

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Diabetes

糖尿病

What is diabetes? Diabetes is a disease in which the body does not produce or properly use insulin.

什麼是糖尿病？ 糖尿病是一種由於身體不能正確地制造或使用胰島素而產生的病變。

Insulin is a hormone that changes sugar, starches and other food into energy needed for daily life.

胰島素是一種荷爾蒙，它的作用是把糖、澱粉及其他食物轉變成我們日常生活所需的能量。

How is diabetes managed?

怎樣管治糖尿病？

The management of diabetes has three parts:

管治糖尿病有三部份：

- ◆ Healthy Eating
要有健康飲食
- ◆ Physical Activity
要有運動
- ◆ Medication (if needed)
藥物治療 (如有需要)

How can I control my diabetes? You can help control your blood sugar (also called blood glucose) and diabetes when you eat healthy, get enough physical activity, and stay at a healthy weight.

我怎樣才能控制我的糖尿病？ 當你飲食健康、有足夠的運動、和保持健康的體重，你就可以控制你的糖尿病和血糖(血糖又叫血葡萄糖)。

A healthy weight also helps you control your blood fats (cholesterol) and lower your blood pressure.

保持健康的體重可以幫助你控制血脂肪(膽固醇)同時又可以把血壓降低。

Many people with diabetes also need to take medicine to help control their blood sugar.

很多糖尿病人都有需要藥物來幫助控制他們的血糖。



Eat Healthy

健康的飲食

Using the Food Guide Pyramid helps you eat a variety of healthy foods. Variety means eating foods from each of the food groups every day. When you eat different foods each day, you get the vitamins and minerals you need.

利用『食物金字塔指南』(Food Guide Pyramid) 去選擇多樣化的食物。多樣化的意思是每天都吃各食物組別內介紹的食物。當你每天都吃各類食物，你就可以得到你所需要的維他命和礦物質。

Here is an example of getting a variety of foods each day.

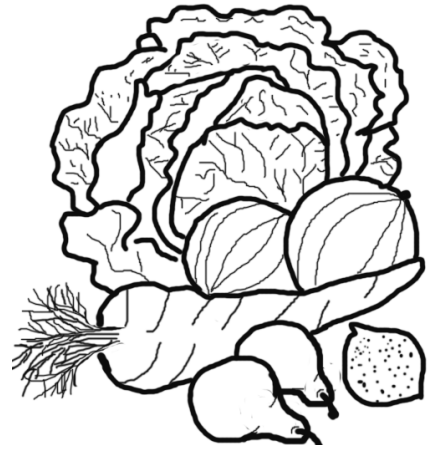
以下是一些例子教你每天如何選擇多樣化的食物：

	Day 1 第一天	Day 2 第二天
Grains: 穀米類:	tortilla 墨西哥煎餅	brown rice 糙米
Fruit: 水果類:	apple 蘋果	mango 芒果
Vegetable: 蔬菜類:	broccoli 美國芥蘭	tomatoes 蕃茄
Dairy: 奶類:	milk 牛奶	yogurt 乳酪
Protein: 蛋白質:	chicken 雞肉	beans 豆類



Eat From all the Food Groups

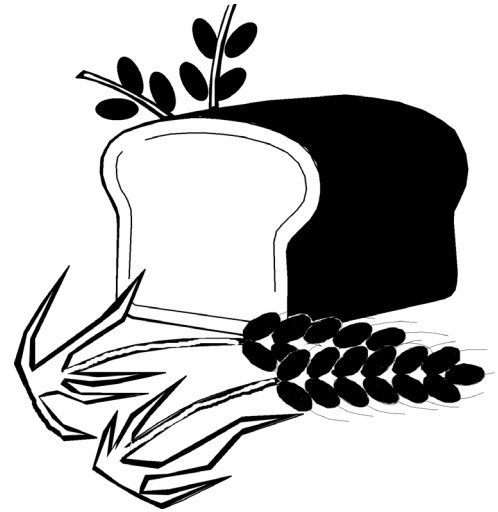
調和吃得健康



- ◆ Buy whole grain breads and cereals. Some examples are whole grain breads, bran flakes, brown rice, whole-wheat pasta, bulgur and amaranth.
購買全穀麵包和玉米片。另外如全穀麵包、小麥片、糙米、全麥麵食和五穀類食物等。
- ◆ Eat fewer fried and high-fat starches such as pastries, biscuits or muffins.
少吃油炸和高脂澱粉類食物如糕點，美國發糕或鬆餅等。
- ◆ Fresh fruit is the best choice. When buying canned fruit, look for the words, “canned in its own juice.”
新鮮水果是最好的選擇。但如要購買罐頭水果，必要買註明用本身的果汁入罐的才好。
- ◆ Buy smaller pieces of fruit, and drink fruit juices in small amounts.
購買小量水果，喝小量果汁。
- ◆ Eat raw and cooked vegetables with very little fat.
吃生的或熟的蔬菜都可以，但只可用小量油去配制。
- ◆ Use mustard instead of mayonnaise on a sandwich.
吃三文治不要用美奶茲而用芥末代替。
- ◆ Use vegetable cooking oil spray instead of oil, shortening, butter or margarine, or lard when cooking.
改用噴霧式菜油煮菜，不要用一般的油、酥油、牛油或馬如琳或豬油。
- ◆ Cooking techniques that are good for you are: baking, broiling, boiling, stir-frying, roasting, steaming, stews and grilling. Avoid cooking foods in large amounts of oil.
烹煮方法最好用：焗、烤、水煮、炒、烘烤、蒸、炆和燒烤。避免用多油去煮菜。
- ◆ Choose lower fat cuts of meat such as: chicken, turkey. When buying pork, beef and ham, trim off the extra fat.
買脂肪少的肉類，如：雞、火雞。但豬肉、牛肉、火腿類就要把肥的部份切掉。
- ◆ Choose fat free (skim) or low-fat (1%) milk, or dairy foods.
選脫脂 (Skim) 或低脂 (1%) 奶，或其他奶類食品。

Grains, Beans and Starchy Vegetables

五穀類、豆類、和澱粉類的蔬菜



What are starches or carbohydrates?

Starches are breads, grains, cereal, pasta, beans or starchy vegetables. Eat some starches/carbohydrates at each meal.

People might tell you not to eat many starches/carbohydrates, but that is no longer correct advice. Eating starches/carbohydrates is healthy for everyone, including people with diabetes.

什麼是澱粉或碳水化合物食品？

澱粉類食品有麵包、穀麥、稻米、麵食、豆和含澱粉質多的菜。每餐都要有這類食物。有人說不要多吃澱粉質/碳水化合物，但現在這種講法是不正確的，其實吃澱粉類/碳水化合物的食物對任何人，包括有糖尿病的人的健康都有好處。

How many starches/carbohydrates do I need each day? 6–11 servings each day 我每天需要吃多少餐份的澱粉質/碳水化合物食品呢？每天 6–11 餐份

The number of servings you should eat each day depends on:

這數字須依據以下兩點來決定：

- ◆ The calories you need
你每天所需的熱量或卡路里
- ◆ Your diabetes plan
你的糖尿病治療方案

What do starches and carbohydrates do for my body? Starches give your body energy, B vitamins, minerals and fiber. Whole grains are healthier because they have more vitamins, minerals, and fiber. Fiber helps you have regular bowel movements. They also help you better control your blood sugar.

澱粉質/碳水化合物對我身體有什麼幫助？澱粉質是給你能量、維他命 B、礦物質和纖維素。吃全穀麥是比較健康，因為它含有多種維他命、礦物質和纖維素。纖維素可幫助你大便暢順，還可以幫助你控制好一點你的血糖。

Grains, Beans and Starchy Vegetables (continued)

五穀類、豆類、和澱粉類的蔬菜

How much is one serving of starch/carbohydrate?

怎樣才算是一餐份呢？

- ◆ 1 slice of bread
一片麵包
- ◆ 1 small potato, casaba or plantain
一個小的馬鈴薯、蕃薯或芋頭
- ◆ $\frac{1}{2}$ cup cooked cereal such as oatmeal or cream of wheat
 $\frac{1}{2}$ 杯煮熟的玉米片、麥片或麥糊
- ◆ $\frac{3}{4}$ cup dry cereal such as corn flakes
 $\frac{3}{4}$ 杯乾玉米片
- ◆ $\frac{1}{3}$ cup of cooked rice
 $\frac{1}{3}$ 杯米飯
- ◆ 1 small tortilla, roti bread or enjira bread
一小塊墨西哥煎餅、多穀類麵包或饅頭

You may need to eat one, two or three starch/carbohydrate servings at a meal. If you need to eat more than one serving at a meal, choose different foods from this food group. For example:

你可能每餐需要吃一、二或三餐份的澱粉質/碳水化合物，如果你每餐要吃超過一餐份的話，最好選擇不同種類食物。例如：

Breakfast: $\frac{3}{4}$ cup dry cereal and 1 slice of bread—2 servings

早餐: $\frac{3}{4}$ 杯乾玉米片加一片麵包—2 餐份

Lunch: $\frac{1}{3}$ cup of rice and $\frac{1}{2}$ cup of cooked plantains—2 servings

午餐: $\frac{1}{3}$ 杯米飯加 $\frac{1}{2}$ 杯煮熟的馬鈴薯—2 餐份

Dinner: $\frac{1}{2}$ cup of pasta and one bread stick—2 servings

晚餐: $\frac{1}{2}$ 杯麵條加一片麵包—2 餐份

Snack: 6 crackers—1 serving

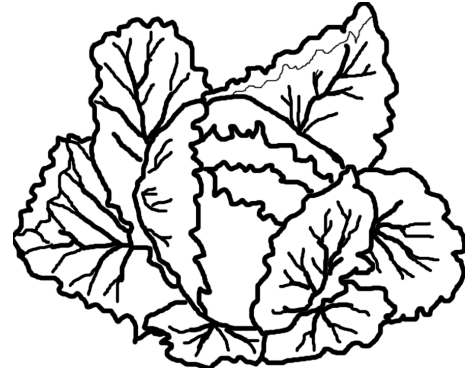
零食: 6 片餅乾—1 餐份

Total for the day: 7 servings. Notice that the carbohydrates are balanced at the meals. This can help you control your blood sugars.

整天共有：7餐份。注意每餐像這樣的配搭就有均衡的碳水化合物，才可幫助你容易控制你的血糖。

Vegetables

蔬菜



Vegetables are healthy for everyone, including people with diabetes. Eat raw and cooked vegetables everyday. Vegetables give you vitamins, minerals, and fiber with very few calories. Look for vegetables that are bright in color. A few examples are: carrots, peppers, eggplant, broccoli, tomatoes, and spinach.

蔬菜對任何人，包括有糖尿病的人的健康都有好處。每天都要吃蔬菜，生的熟的都可以。蔬菜給你維他命、礦物質、和纖維素，但它熱量不多。最好選購顏色鮮豔的蔬菜，如：胡蘿蔔、青椒、茄子、美國芥蘭、番茄和菠菜。

You should have 3 to 5 servings every day.
你每天需要吃 三 至 五餐份 (serving)

How much is a serving of vegetables?

怎樣才算是一餐份呢？

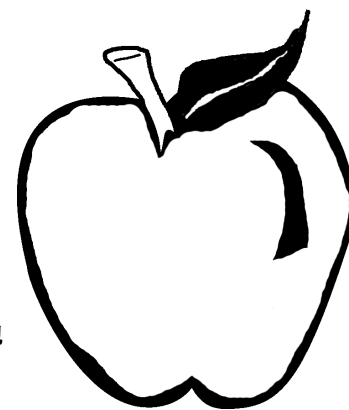
- ◆ ½ cup cooked vegetables, like cooked green beans, eggplant, spinach and squash
½ 杯煮熟的蔬菜如 熟的四季豆、茄子、菠菜或瓜類
- ◆ 1 cup raw vegetables, like a salad, carrot sticks or cut up cucumbers
一杯生的蔬菜如 沙拉、胡蘿蔔條或黃瓜片
- ◆ ½ cup vegetable juice, like tomato juice or carrot juice
½ 杯蔬菜汁如 番茄汁或胡蘿蔔汁

You might need to eat one, two or three vegetable servings at a meal. If you need to eat more than one serving at a meal, choose different types of vegetables or have two or three servings of one vegetable.

你可能每餐要吃一、二或三餐份才夠，如果真的要吃超過一餐份的話，最好選擇吃不同類別的蔬菜或吃同一種蔬菜2-3 餐份也可以。

Fruits

水果



Fruit is healthy for everyone, including people with diabetes. Fruit gives you energy, vitamins and minerals and fiber.

水果對任何人，包括糖尿病人的健康都很有好處。水果可給你能量、多種維他命、多種礦物質和纖維素。

How many servings of fruit do I need?

我每天需要吃多少餐份的水果呢？

2 to 4 servings

2-4 餐份

What is a serving of fruit?

怎樣才算是一餐份呢？

- ◆ 1 small apple or pear (approximately the size of a woman's fist)
一個小蘋果或梨子 (大小如一位女仕的拳頭)
- ◆ ½ cup of apple or orange juice
½ 杯蘋果汁或橙汁
- ◆ ½ of a grapefruit
½ 個葡萄柚
- ◆ 1 small banana or ½ of a large banana
一條香蕉或半條比較大的香蕉
- ◆ ½ cup of chopped fruit
½ 杯切碎的水果
- ◆ ¼ cup of raisins or dried fruit (approximately what would fit in the palm of your hand)
¼ 杯葡萄乾或乾果 (大約是你手可抓一把的量)

You might need to eat one or two servings of fruit at a meal.

你也許每餐需要吃一或二餐份的水果。

How should I eat fruit?

我要怎樣吃？

- ◆ Eat fruits raw, or as juice with no sugar added.
水果可以生吃、或打果汁，但不要加糖。
- ◆ Buy smaller pieces of fruit.
購買時盡量買小量。

Milk and Yogurt Foods

牛奶和乳酪

Fat-free and low-fat milk and yogurt are healthy for everyone, including people with diabetes. Milk and yogurt give you energy, protein, calcium, vitamin A, and other vitamins and minerals.

脫脂、低脂奶和乳酪對任何人的健康都有好處，包括患有糖尿病的人。牛奶和乳酪是給你能量、蛋白質、鈣質、礦物質、維他命A和其他多種維他命。

Drink fat-free (skim or nonfat) or low-fat (1%) milk each day.

Eat low-fat or fat-free yogurt. They have less total fat, saturated fat and cholesterol.

每天都喝脫脂 (skim or nonfat) 或低脂 (1%) 奶和吃脫脂或低脂乳酪。因為它們含脂肪、動物油和膽固醇比較少。



How many servings do I need each day? 2 to 3 servings each day. *Note: If you are pregnant or breastfeeding, eat four to five servings of milk and yogurt each day.*

我每天需要多少餐份？每天 2-3 餐份

注意：如你在懷孕或餵母乳中，你每天需要吃 **4-5** 餐份的牛奶和乳酪。

How much is a serving of milk and yogurt?

怎樣才算是一餐份呢？

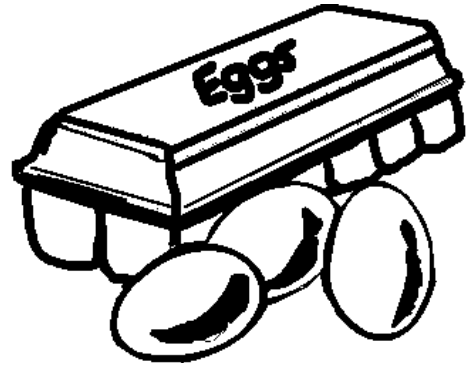
- ◆ 1 cup fat-free plain yogurt (look for yogurts flavored with aspartame also)
一 杯純脫脂乳酪 (加有 aspartame 的味道也可以)
- ◆ 1 cup skim or low-fat milk
一 杯脫脂或低脂奶

Note: Avoid yogurts that say, "fruit on the bottom". They contain high amounts of added sugar.

注意：避免購買註有 有水果在內的乳酪，因為它加有大量的糖。

Meat, Poultry, Fish, Eggs and Nuts

肉類、家禽類、魚、 蛋和堅果類



This food group contains meat (beef, pork, lamb), chicken, turkey, eggs, fish, nuts and tofu or soy products. Eat small amounts of some of these foods each day. All these foods provide our bodies with protein.

這組食物包括肉類(牛肉、豬油、羊肉)、雞、火雞、蛋、魚、堅果、豆腐或大豆類食品。每天都要吃一些這類的食物, 因為這些食物供應我們身體所需要的蛋白質。

Protein foods help your body build tissue and muscles. They also give your body vitamins and minerals.

蛋白質是幫助你的組織和肌肉生長, 又能提供你身體所需要的維他命和礦物質。

How many protein foods do I need each day? 2 to 3 servings

我每天需要吃多少餐份含蛋白質的食物呢? 2-3 餐份

How much is a serving of meat, poultry, fish, eggs and nuts?

肉類、家禽類、魚、蛋和堅果類, 多少才算是一餐份呢?

- ◆ 2 to 3 ounces of cooked fish
2-3 安士煮熟的魚
- ◆ 2 to 3 ounces cooked chicken
2-3 安士煮熟的雞
- ◆ 3 to 4 ounces tofu (1/2 cup)
3-4 安士豆腐 (1/2 杯)
- ◆ 1 egg (equals one ounce of protein)
一只蛋 (相等於一安士的蛋白質)
- ◆ 1 slice of cheese or one ounce of cheese (approximately the size of a D battery)
一片或一安士起司 (大約是一個 D電池的大小)
- ◆ 2 tablespoons of peanut butter (equals one ounce)
2 湯匙的花生醬 (相等於一安士)

Meat, Poultry, Fish, Eggs and Nuts (continued)

肉類、家禽類、魚、蛋和堅果類

Helpful Tips:

要點提示：

- ◆ The serving size you eat now may be too big.
你所計算的一餐份可能比較大
- ◆ Take a look at a deck of cards. This size is equal to 2 to 3 ounces.
你可以看看一盒撲克牌的大小，它的重量就等於2-3安士了。
- ◆ Buy cuts of beef, pork, ham and lamb that have only a little fat on them. Trim off the extra fat.
挑選瘦的豬肉、牛肉、火腿或羊肉，再把多餘肥的部份切掉。
- ◆ Eat chicken or turkey without the skin.
吃雞或火雞，要把皮剝掉。
- ◆ Cook protein foods in low fat ways: broil, grill, stir-fry, roast, steam, boil or stew.
煮蛋白質類的食物要用少油烹煮方法如：烤、燒烤，炒、烘烤、蒸、水煮或燉。
- ◆ Use only small amounts of oil when cooking meats, or using a cooking spray instead of oil.
煮肉類只用少許油即可，甚至可用噴霧油代替。
- ◆ Have a meal without meat. Try beans or tofu as your protein source.
如要吃素，豆類或豆腐就是你最好的蛋白質來源。

Fats, Oils and Sweets

脂肪、油和糖類食品



Fats and oils include butter, margarine, lard and oils that we add to foods and use to cook foods. Some oils are canola, olive and vegetable. Fats are also found in meats, dairy products, snack foods and some sweets. To control your diabetes, it is best to eat foods with less fat and less saturated fat (fat we get from meat and animal products).

脂肪和油類食品包括牛油、瑪如琳、豬油和其他用來烹煮用的油，另外也有橄欖油、葵花油和菜油植物油等。肉類、奶類、零食和甜點類食物都含有脂肪。要控制你的糖尿病，最好選擇吃一些含脂肪或飽和脂肪不多的食物（飽和脂肪就是從肉和動物產品中所得到的油脂）。

Sweets are sugary foods that have calories but not very many vitamins and minerals. Some sweets are also high in fat—like cakes, pies, and cookies.

糖類食品是甜的，它有熱量但它所含的維他命和礦物質就不很多。有些甜點甚至含有很多的脂肪—如蛋糕、派、甜餅乾等。

Eating too many sugary and high fat foods makes it hard to control your blood sugar and weight. If you do eat fats and sweets, eat small portions.

吃太多糖和高脂肪類食物會讓你很難控制你的血糖和體重，如一定要吃，吃少量。

How much is a serving of fats, oils and sweets?

脂肪、油和糖類食品，怎樣才算是一餐份呢？

- ◆ 1 teaspoon oil
— 茶匙油
- ◆ 1 tablespoon regular salad dressing
— 湯匙普通的沙拉油
- ◆ 2 teaspoons light mayonnaise
2 茶匙半脂或脫脂美奶茲
- ◆ 1 strip of bacon
— 一條培根
- ◆ 1 cookie
— 一塊甜餅乾
- ◆ 1 plain doughnut
— 一個普通的甜圈圈
- ◆ 1 tablespoon syrup
— 湯匙糖漿
- ◆ 10–15 chips
10–15 片馬鈴薯片

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