Meal Plan and Healthy Food Choices

FOR PEOPLE WITH DIABETES



Read the Nutrition Facts Label to Help You Make Healthy Food Choices:

- Serving Size
- Fat: Limit the amount of saturated and trans fat you eat
- Carbohydrate: 30-40grams per meal
- Fiber: 25-35 gram per day
- Sugar: Avoid added sugars



Choose Your Plate:

- Fill 1/2 of the plate with non-starchy veggies.
- Fill 1/4 of the plate with protein.
- Fill 1/4 of the plate with carbohydrate.



Non-Starchy Vegetables:

You can eat as many non-starchy vegetables as you like as they are low in carbohydrates. For example: Asparagus, Broccoli, Carrots, Cabbage, Cauliflower, Eggplant, Green Beans, Mushrooms, Onion, Peppers, Tomatoes, Spinach.

Canned Vegetables:

- Choose canned veggies that do not have added salt, fat or sugar.
- Drain and rinse them with water to help wash away some of the sodium.



Protein:

- A great choice of protein include: fish, seafood, chicken, turkey; lean cut beef, lamb and pork; eggs, cheese, nuts, seeds, beans, hummus, and lentils.

References:

American Heart Association. *Best Foods for You: Healthy Food Choices for People with Diabetes.* 2015. http://main.diabetes.org/dorg/PDFs/awareness-programs/hhm/what_can_i_eat-best_foods-American_Diabetes_Association.pdf.

American Heart Association. *Nutrition for Life: Diabetes Plate Method.* https://professional.diabetes.org/sites/dpro/files/2023-12/plan_your_plate.pdf

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Carbohydrate - Grains and Starchy Vegetables:

- Choose whole grains. For example, Oats, Whole Wheat, Barley, Millet, Quinoa, Brown Rice, Bulgur, Popcorn.
- Starchy vegetables are vegetables that contain more carbohydrates than non-starchy vegetables. They can provide an energy boost and are still full of nutrients. However, they can also cause blood sugar to rise.
- Starchy vegetables include: Potatoes, Sweet Potatoes, Corn, Peas, Squash, Taro, Parsnips.



Beverage:

- Avoid beverage with added sugar (i.e. regular soda, fruit punch, sweet tea, sports drinks, and other sugary drinks).
- Choose water and calorie free drinks.
- Milk and yogurt without added sugars are great choices. For example, choose fat free or low fat milk, unflavored soy milk, plain/nonfat yogurt.



Fruit:

- Always look for fresh or frozen fruits. If you use canned fruits in syrup or fruit juice, you can drain and rinse them with water to help wash away the extra syrup. Best fruit choices for diabetes include: Apple, Avocado, Apricots, Cherries, Grapefruit, Pears, Plums, Strawberries, Peaches, Grapes.
- Dried fruits sometime might contain added sugar.



General Healthy Food Choices:

- Limit high calorie snacks and desserts, such as chips, cookies, cakes, ice cream etc. If possible, choose sugar free or keep portions small.
- Choose fat sources that are high in unsaturated fat (omega-3). For example, avocado, olives, nuts, fishes.

膳食計劃和健康食物選擇

對於糖尿病患者



閱讀營養成分標籤以幫助您做出健康的食物選擇：

- 注意份量
- 脂肪：限制飽和脂肪和反式脂肪的攝取量
- 碳水化合物：每餐30-40克
- 纖維：每天 25-35 克
- 糖：避免添加糖



選擇您的食物：

- 1/2 盤子的分量 應該是蔬菜 (非澱粉類)。
- 1/4 盤子的分量 應該是蛋白質。
- 1/4 盤子的分量 應該是碳水化合物。



蔬菜 (非澱粉類)：

您可以吃任意數量的非澱粉類蔬菜，因為它們的碳水化合物含量較低。例如：蘆筍、綠花椰菜、胡蘿蔔、高麗菜、花椰菜、茄子、青豆、蘑菇、洋蔥、辣椒、番茄、菠菜。

蔬菜罐頭：

- 選擇不添加鹽、脂肪或糖的罐裝蔬菜。
- 瀝乾並用水沖洗，以幫助洗掉一些鹽。



蛋白質：

- 蛋白質的絕佳選擇包括：魚、海鮮、雞肉、火雞；瘦牛肉、羊肉和豬肉；雞蛋、起司、堅果、種子、豆類、鷹嘴豆泥和扁豆。

參考：
美國心臟協會。最適合您的食物：糖尿病患者的健康食物選擇。 2015。
美國心臟協會。生命營養：糖尿病平板法。 https://professional.diabetes.org/sites/dpro/files/2023-12/plan_your_plate.pdf
Wendy G MS，RD，CDE。 7 天糖尿病飲食計畫。 https://www.sutterhealth.org/pdf/incentive-content/diabetic-meal-plan.pdf。

膳食計劃和健康食物選擇

對於糖尿病患者



碳水化合物 - 穀類和澱粉類蔬菜：

- 選擇全穀物。例如，燕麥、全麥、大麥、小米、藜麥、糙米、小麥、爆米花。
- 澱粉類蔬菜是一種比非澱粉類蔬菜含有更多碳水化合物的蔬菜。它們可以提供能量並仍然富含營養。然而，它們也會導致血糖升高。
- 澱粉類蔬菜包括：馬鈴薯、地瓜、玉米、豌豆、南瓜、芋頭、防風草。



飲料：

- 避免添加糖的飲料（即普通汽水、果汁賓治、甜茶、運動飲料和其他含糖飲料）。
- 選擇不含水和熱量的飲料。
- 不添加糖的牛奶和優格是不錯的選擇。例如，選擇脫脂或低脂牛奶、無味豆奶、原味/脫脂優格。



水果：

- 始終尋找新鮮或冷凍水果。如果您使用糖漿或果汁中的罐裝水果，可以將其瀝乾並用水沖洗，以幫助洗掉多餘的糖漿。糖尿病的最佳水果選擇包括：蘋果、酪梨、杏子、櫻桃、葡萄柚、梨子、李子、草莓、桃子、葡萄。
- 乾果有時可能含有添加糖。



一般健康食品選擇：

- 限制高熱量零食和甜點，如薯片、餅乾、蛋糕、冰淇淋等。
- 選擇富含不飽和脂肪（omega-3）的脂肪來源。例如，酪梨、橄欖、堅果、魚。

參考：
美國心臟協會。最適合您的食物：糖尿病患者的健康食物選擇。 2015。
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