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|  | 文件類別 | 衛教單張 | 文件編號 | | | |
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| | 文件名稱 | 糖尿病照護-飲食 (英文版) | 版次 | 1 | 頁次 | Page 1 of 2 |
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糖尿病照護-飲食


Diabetes Care-Diet

糖尿病是由於患者對糖類的利用能力減低甚至無法利用，而造成血糖過高。糖尿病是可以靠飲食、運動、藥物三方面配合控制。糖尿病飲食，主要是供給個案足夠營養、維持理想體重、控制血糖於正常範圍內。

Diabetes is a disease which patients decreases the ability of using sugar or even can't use it so that cause hyperglycemia. Diabetes can be controlled by diet, exercise and medicine three aspects cooperation. The diabetes diets mainly provide enough nutrition to the patients, maintain ideal weight, and control blood sugar in the normal range.

1. 定食定量，均衡攝食，選用植物油。
2. 選富含膳食纖維：糙米、燕麥、蔬菜等，使血糖升高較緩慢。烹調宜清淡：燉、烤、滷、清蒸、水煮、涼拌。
3. 避免吃富精製醣類或加糖食物：甜點、汽水、蜜餞、煉乳、罐裝果汁等會使血糖迅速升高，宜盡量避免選用。
4. 避免飲食太鹹，加工食品應少吃，避免飲酒。
5. 少吃油脂類：油煎、油酥、油炸及含油脂高的；少吃含高膽固醇：內臟、蛋黃、魚卵、蟹黃等（一週2-3 個蛋為宜，若不吃蛋黃則不在此限）

1. Set meal quantitative, balance diet, and choose vegetable oil.
2. Choosing contains more fiber food, such as brown rice, oats and vegetables etc., which make blood sugar getting high slowly. Cooking should be chose not greasy, such as stew, grill, braised, steam, boil, and cold dished with sauce.
3. Avoid eating foods that contains refined sugar or sugar foods such as dessert, soda, conserves, condensed milk and canned fruit juice which would make blood sugar getting high. Those foods should be avoided eating.
4. Avoid eating too salty, processed food should be eaten less, and avoid drinking alcohol.
5. Eat fat less, such as fried and contain high oil ; eat less contains high cholesterol food, such as viscera, egg yolk, fish eggs and crab roe etc. (It' s suitable to eat 2~3 eggs every week but it' s exception if you do not eat eggs.)

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以上資料來源自台灣長期照護專業協會，
若您對以上內容有任何疑問時，請洽詢護理人員。