



Principles of Diet for the patients with Diabetes Mellitus 糖尿病人飲食原則

1. Have a balanced diet: Diabetic patients should take appropriate and balanced diet from six major categories of food. The nutrition from the food can be used by the body for physical health. This rule should be followed for a long period of time. (Please consult your doctors or dietitian for the recommended portion of food. You should also refer to food conversion tables to be able to take in proper nutrition from each kind of food.)
2. Get used to eat regularly with proper amount. This will help you to maintain ideal weight and the stable of blood sugar.
3. Follow the dietary plan and take the food containing lots of fiber. This can slow down the absorption of carbohydrate. Vegetable and whole grain is good sources of fiber. It is practicable to replace staples oat wheat, or Job's tears, raw beans (red and green beans) .
4. Avoid refined sugar or sugary products: cakes, desserts, ice cream, whipped cream, flavored milk, coke, canned fruit, juice, candies, and dried fruits.
5. Less limited food: water cooked vegetables, soda and coke with artificial sugar, coffee (without sugar), tea, grass jelly and Ai-Yu with substitute sugar. For those who have a sweet tooth, they can congest substitute sugar such aspartame, saccharine, ACE-K.
6. Be careful of your cooking: It is better to steam, water-cook, stew, grill, braise, and cold mixed. Avoid deep frying, pan frying, and adding too much salt and seasonings.
7. Eating out: As long as you remember well the portion of the food, understanding the substitute for food and self-control, you can still go out for business, enjoy the cuisines, and control the blood sugar.
8. Avoid drinking alcohol: If attending business meeting, avoid drinking with an empty stomach in prevention of low level of blood sugar.

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