

# Diabetes Diet

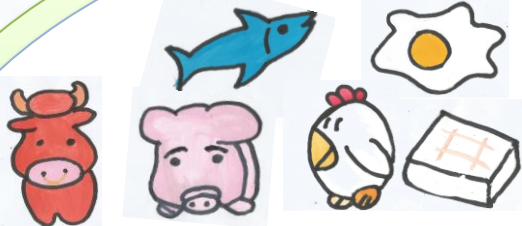
**Principle:**

1. For good health, carbohydrate intake from vegetables, fruits, whole grains, legumes, and dairy products should be advised over intake from other carbohydrate sources, especially those that contain added fats, sugars, or sodium
2. People with diabetes and those at risk for diabetes should limit or avoid intake of sugar-sweetened beverages (from any caloric sweetener including high-fructose corn syrup and sucrose) to reduce risk for weight gain and worsening of cardio-metabolic risk profile.
3. MUFA-rich eating pattern such as olive oil, bitter tea oil, rapeseed oil, macadamia nut , pistachios, cashews may benefit glycemic control and CVD risk factors.
4. Drink alcohol, they should be advised to do so in moderation -one drink per day or less for adult women and two drinks per day or less for adult men).
5. Advise all patients not to smoke or use tobacco products.
6. When selecting foods to eat, the weight of the food will be more important than the type of food.



## Balanced diet

Meat, beans X \_\_\_\_



Milk X \_\_\_\_



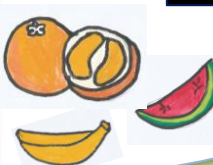
Vegetables X \_\_\_\_



Whole grain X \_\_\_\_



Fruit X \_\_\_\_



Oil X \_\_\_\_



**The goal of 2014 ADA suggestion control**

A1C	7.0%*
Pre-prandial capillary plasma glucose	70–130 mg/dL
Peak postprandial capillary plasma glucose	180 mg/dL*

**One portion of alcohol = 2 portions of fat = 90 Kcal**

◆ Beer 360cc=180kcal	◆ Brandy 40cc =111kcal
◆ Wine 120cc=108kcal	◆ Whisky 40cc =109kcal
◆ Shaoxing 80=108cc	◆ Gin 40cc =145kcal
◆ Rice wine 70cc=108cc	◆ Tequila 40cc = 108kcal
	◆ Sorghum30cc 124kcal

# Food exchange list

## Whole grain, 280kcal, 60g carbohydrate, 8g protein

- |                                       |  |
|---------------------------------------|--|
| ✓ boil rice (one large bowl)          | ✓ glutinous rice dumpling (medium) 1 piece               |
| ✓ Gruel, 2 bowls                      | ✓ ravioli (thick skin) 12 pieces                         |
| ✓ noodles/rice noodles, 2 bowls       | ✓ cream crackers 12 pieces                               |
| ✓ boiled dumpling skin, 16 pieces     | ✓ red bean soup or green bean soup (without soup) 1 bowl |
| ✓ small steamed dumplings 4 pieces    | ✓ tempura (without soup) 2 bowls                         |
| ✓ green beans noodles, 2 packets      | ✓ turnip cake (small) 4 pieces                           |
| ✓ meal dumplings, 4 pieces            | ✓ sweet corn (medium) 1 1/3 piece                        |
| ✓ toasts, 2 slices                    | ✓ sweet potatoes 1 bowl (240 gram, 2 pieces)             |
| ✓ whole meal bun, middle size 1 piece |  |



## Milk ,(one portion), 15g carbohydrate

- ✓ fresh milk 240 cc = full cream milk powder 35 gm (4 large spoons) (150 kcal)
- ✓ semi-skimmed milk 240 cc = semi-skimmed milk powder 25 gm (3 large spoons) (120 kcal)
- ✓ skimmed milk 240 cc = skimmed milk powder 25 gm (3 large spoons)(80 kcal)

## Meat , (one chinese ounce) ,75 kcal

- |                                    |   |
|------------------------------------|---|
| ✓ fish 1 ounce                     | ✓ chicken drumstick (big) 1/3 piece               |
| ✓ shrimp 10 pieces                 | ✓ egg 1 piece                                     |
| ✓ prawn 2 pieces                   | ✓ fried fishball 6 pieces                         |
| ✓ thin clam (medium) 20 pieces     | ✓ Meat ball (medium) 2pieces                      |
| ✓ fish or fried pork flakes1 spoon | ✓ boiled dumpling (with fillings) 4 pieces        |
| ✓ chicken breast 1/2 piece         | ✓ small steamed dumpling (with fillings) 2 pieces |
| ✓ meat steamed dumpling 1 piece    | ✓ small ribs 4 pieces                             |

## Fruit (one portion) , (60 kcal), 15g carbohydrate

- |                            |                             |                                 |
|----------------------------|-----------------------------|---------------------------------|
| ✓ grapes (large) 13 pieces | ✓ pear 1 piece              | ✓ watermelon 1/2 chinese pounds |
| ✓ strawberry 9 pieces      | ✓ persimmon(soft) 3/4 piece | ✓ papaya 1/6 piece              |
| ✓ cherry 9 pieces          | ✓ star fruit 2/3 piece      | (at 1 chinese pound/piece)      |
| ✓ lychee 5 pieces –        | ✓ tangerine 1 piece         | ✓ pineapple 2 slices            |
| ✓ longan 12 pieces         | ✓ orange 1 piece            | ✓ grapefruit 3 pieces           |
| ✓ plum 4 pieces            | ✓ sweet dew 1/2 piece       | ✓ sugar cane 3 pieces           |
| ✓ green dattes 3 pieces    | ✓ honey dew 2/5 piece       | ✓ coconut drink 180 cc          |
| ✓ (medium) 3 pieces        | ✓ banana 1/2 piece          | ✓ mangoes (large) 1/4 piece     |
| ✓ apples (small) 1 piece   | ✓ mangoes (small) 1 piece   |                                 |
| ✓ guava (large) 1/2 piece  |                             |                                 |



## Vegetables 100 grams , (25 kcal)

- |                            |                       |
|----------------------------|-----------------------|
| ✓ alfalfa - tomato (small) | ✓ Wax ground          |
| ✓ tomato (large)           | ✓ snake gourd         |
| ✓ winter bamboo shoot      | ✓ bottle gourd        |
| ✓ cauliflower              | ✓ finger citron melon |
| ✓ water spinach            | ✓ chinese lettuce     |
| ✓ courgette                |                       |



## Oil ,45 kcal

- |                |                        |
|----------------|------------------------|
| Soybean oil 5g | Almonds 5 pieces       |
| Olive oil 5g   | Peanut 10 pieces       |
| Canola oil 5g  | Macadamia nut 4 pieces |
| Butter 5g      | Sunflower seeds 1T     |
| Mayonnaise 10g | Pistachios 10 pieces   |
| Cream 10g      | Black sesame powder 2T |



If you have any question please contact Division of dietetics & Nutrition

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