



## Dietary Principles for Diabetes 糖尿病飲食原則(英文)

There is no cure for diabetes so far but it can be well controlled through food, regular life style of not staying up all night or too late, medication like oral hypoglycemic agent and insulin, and positive emotions.

The purpose of diabetes food control

Diabetes diet is balanced and healthy and your family can enjoy the diet with you. It requires changes of the cooking methods and appropriate adjustment of the variety and amount of the food.

### Maintain Ideal body weight

- $\pm 10\%$  is ideal body weight.
- Discuss the acceptable weight with your doctors or dieticians
- Calculation for ideal body weights: Ideal body weight calculate (kg)  
= Height<sup>2</sup> (m) x 22

### Avoid smoking and drinking

### Avoid salty food; appropriate the amount of substitute sugar

### Consume fixed amount of food within fixed hours

Abide by the diet plan designed by your dietician; avoid sudden high or low blood sugar.

### Increase high fiber intake and consume food within 6 food categories

### Avoid excessive grease and cholesterol

### Avoid sugary food

- Sugar used for seasoning: brown-sugar, Gibraltar, honey, sugarcane, condensed milk, and fructose.

- Dessert: cake, ice cream, fructose, and fizz water.

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若有任何疑問，請不吝與我們聯絡  
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