



Food Guidelines for Diabetes 糖尿病飲食停看聽(英文)

Food	Green-Light Food	Yellow-Light Food	Red-Light Food
Dairies	Low or fat free milk, low-fat cheese, low-fat and sugar-free yogurt	Whole milk, Panna cotta	Flavored milk, ice cream, milk shake
Staple Food	Rice, noodle, steamed buns, dumping, baked potato, toast, crackers, mung bean	Stir-fry rice, roasted corn, pan-fried turnip cake, fried noodle, flavored steamed bun	Chips, French fries, fried breadstick, donuts, cake, popcorn, buttered corn, bread with filling, green onion pancake
Egg	Steamed egg, tea-leaf flavored egg, egg soup, braised egg	Sunny-side up, scrambled egg, Chinese omelet, three-color egg	Pudding, reserved egg, salty egg, baked egg
Beans	Tofu salad, braised tofu, sugar-free soy bean milk, bean curd strip salad, braised bean curd	Sweet and salty soy bean milk, oily bean curd, flavored dry bean curd	Deep-fried bean curd skin, deep-fried bean curd skin, jujube beans, canned gluten, fried tofu, braised sauté, flavored wet bean curd

Fish	Steamed fish, baked fish, anchovy larvae, fish soup	Pan-fried fish, fish floss, fish ball, roasted eel, fish belly, small dry fish	Deep-fried canned fish, salted fish, sweet and sour fish, flavored fish fillet
Seafood	Clam soup, raw oyster, blanched squid, jelly fish skin, blanched shrimp, roasted squid	Oyster omelet, roasted squid (with sauce)	Fried oyster cake, buttered crab. Pineapple shrimp, fried shrimp
Meat	Lean pork, beef, lamb, duck, De-skinned chicken, goose	Baked hot dog, ham, pork floss, internal organs	Deep-fried hot dog, Chinese bacon, sausage, pork floss, streaky pork, Chinese ham, pork meatball, pork brain
Vegetable	Blanched vegetable, vegetable soup	Fried vegetable	Deep-fried vegetable
Fruit	Fresh fruit	Fresh juice, dehydrated dry fruit	Canned fruit, fried dry fruit, and pickled prune.
Oil	Olive oil, peanut oil, sesame oil, canola oil, vegetable oil, sunflower oil, Safflower seed oil, blanched peanut, roasted nuts	Peanut, nuts, salad dressing, fried peanuts, fresh avocado	Pork lard, butter, coconut oil, palm oil, bacon, fried peanut, peanut butter, sweetened nuts.