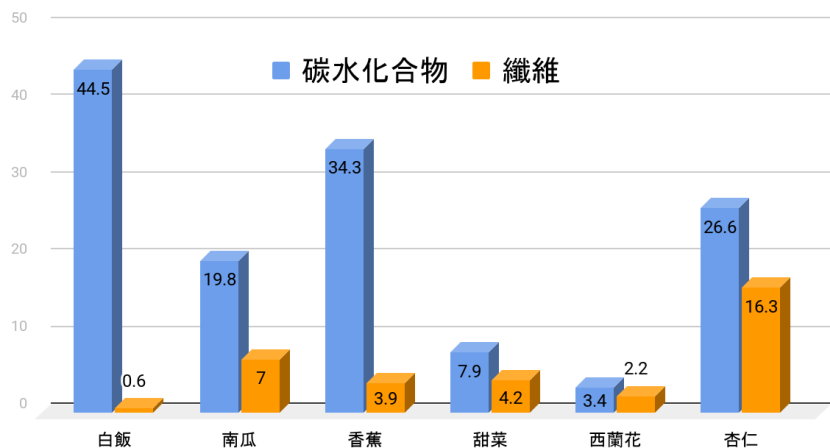


# 根據碳水化合物和纖維的份量明智地選擇食物

1杯份量的碳水化合物和纖維



高纖維食物有助於減慢血糖的上升。葡萄糖和胰島素的穩定水平可以防止餐後的飢餓感。

1 杯 (標準)

一個拳頭大小



以下食物的份量均以1杯為量度單位

	碳水 (克)	纖維 (克)		碳水 (克)	纖維 (克)
白飯	44.5	0.6	捲心菜	2	2
糙米	44.8	3.5	豌豆	25	8.8
白麵條	43.3	2	杏仁	26.6	16.3
麥片	27	4	香蕉	34.3	3.9
玉米	22.3	2.4	葡萄	27.3	1.4
西蘭花	3.4	2.2	蘋果	17.3	3
甜菜	7.9	4.2	藍莓	21.1	3.6
黑豆	40.8	15	亞麻籽	48.5	45.9



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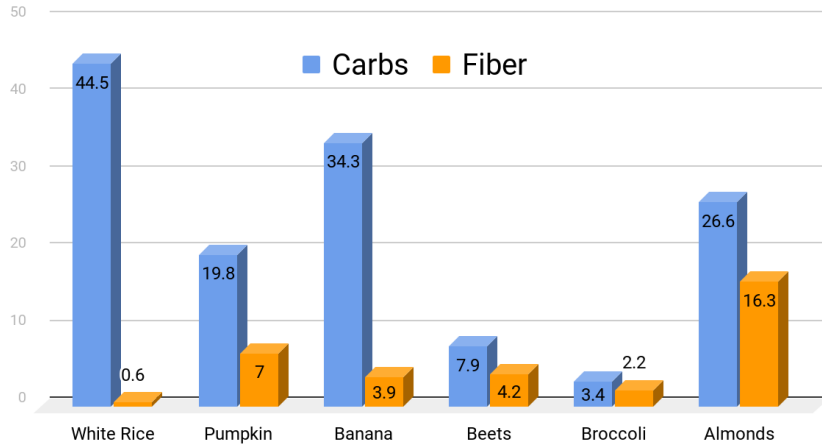
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# Choose foods wisely based on its carbohydrates and fiber

Carbohydrates and Fiber in 1 Cup Serving Size



High fiber foods help lower the rise of blood sugar. Stable levels of glucose and insulin may prevent feelings of hunger between meals.

1 cup



Size of a fist



Serving size of the following is 1 cup

	Carbs (g)	Fiber (g)		Carbs (g)	Fiber (g)
<b>White Rice</b>	44.5	0.6	<b>Cabbage</b>	2	2
<b>Brown Rice</b>	44.8	3.5	<b>Pea</b>	25	8.8
<b>White Pasta</b>	43.3	2	<b>Almonds</b>	26.6	16.3
<b>Oatmeal</b>	27	4	<b>Banana</b>	34.3	3.9
<b>Corn</b>	22.3	2.4	<b>Grapes</b>	27.3	1.4
<b>Broccoli</b>	3.4	2.2	<b>Apple</b>	17.3	3
<b>Beets</b>	7.9	4.2	<b>Blueberry</b>	21.1	3.6
<b>Black Beans</b>	40.8	15	<b>Flaxseed</b>	48.5	45.9



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