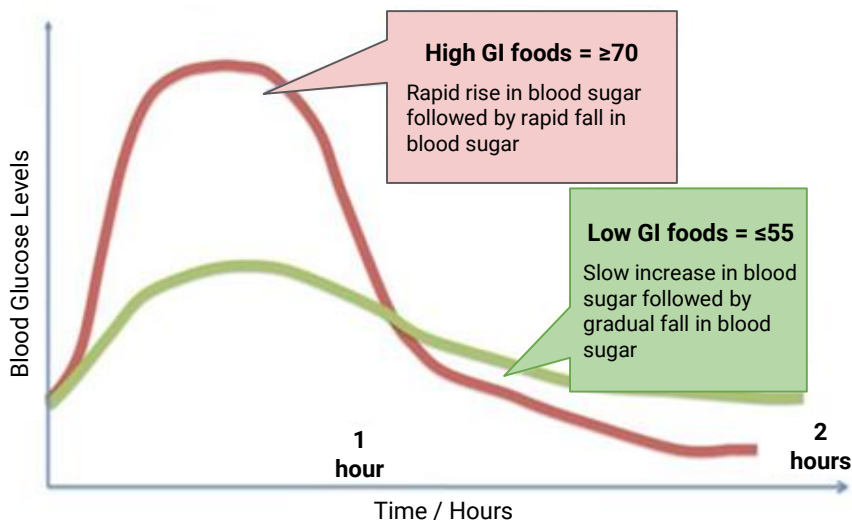


Glycemic Index Diet for People with Diabetes

High GI vs Low GI Foods



The Glycemic Index (GI) is the measure of your blood sugar response following the consumption of food.

High GI foods 70 and above:
White rice, pumpkin, white bread, potato, watermelon and rice milk

Low GI foods 55 or below:
Lettuce, broccoli, apple, pear, yogurt, spinach, and rice noodles

This chart shows that high glycemic foods cause sugar to rise rapidly and then drop rapidly. Conversely, low glycemic foods are absorbed more slowly and maintain blood sugar stability.

Goal: plasma blood glucose ranges for people with diabetes:

Before breakfast (fasting): 70-130

Two hours after meals: <180

Bedtime: 90-150

Reasons to choose a LOW GI DIET

- 1.Helps prevent chronic diseases such as heart disease and diabetes and lowers the risk of complications from diabetes including heart, eye and kidney disease.
- 2.Body takes a longer time to digest or absorb
- 3.Keeps you feeling full and satiated longer
- 4.Improves glucose, blood cholesterol, reduces insulin resistance
- 5.A better choice for weight management

Tips for following a glycemic index diet:

- 1.Portion control - check your serving sizes
- 2.Eat plenty of low GI fruits (apple, pear)
- 3.Choose high-fiber foods and more whole grains foods.
- 4.Eat a balanced meal with high quality protein, fat and a variety of non-starchy vegetables.
- 5.liquids digest faster and blood sugar rises faster than solid foods. For example, sugary drinks or natural fruit juices can rapidly raise blood sugar levels.

It's easy to lower the glycemic index! Everything is about healthy food choices.



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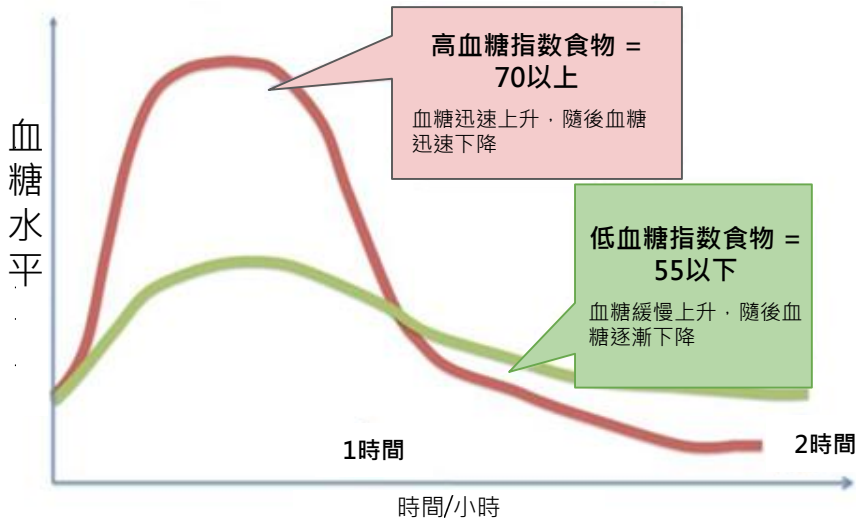
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適合糖尿病患者的升糖指數飲食

高升糖指數食物與低升糖指數食物



從圖表中，我們可以看到高升糖指數的食物會導致血糖水平快速上升然後快速下降，相反低升糖指數食物吸收得比較慢，讓血糖水平保持穩定。

升糖指數是衡量食物攝入後對血糖水平的影響。

高升糖指數的食物 (GI=70及以上)：
白米、南瓜、白薯、洋芋、西瓜和米漿

低胃腸道食物 (GI=55或以下)：
生菜、花椰菜、蘋果、梨、酸奶、菠菜和米粉

糖尿病患者的血糖控制目標範圍：

早餐前 (空腹)：70-130
飯後兩小時： <180
就寢前：90-150

選擇低升糖指數飲食的5個原因：

1. 幫助預防心臟病和糖尿病等慢性疾病，可降低糖尿病併發症的風險，包括心臟、眼睛和腎臟疾病。
2. 讓身體有更長的時間來消化和吸收。
3. 延長飽足感
4. 改善血糖、血膽固醇，降低胰島素抵抗
5. 體重管理的最佳選擇

升糖指數飲食的小提示：

1. 控制份量 — 注意進食份量的大小
2. 多吃低升糖指數的水果，例如蘋果，李子
3. 選擇更多高纖維食品 and 全麥食品。
4. 均衡飲食，選擇優質蛋白質、脂肪和各種非澱粉類蔬菜。
5. 流質食物消化快，因此血糖升高快於固體食物。例如，含糖飲料或天然果汁都能使血糖水平迅速升高。

降低升糖指數其實很容易！一切都是關乎健康的食物選擇



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