









# 營養素如何影響你的血糖

食物組	食物例子	對於血糖的影響
低纖維澱粉	白飯 白麵條 	餐後血糖會非常 <b>快速</b> 地上升。
高纖維澱粉	南瓜 糙米 全麥麵包 連皮馬鈴薯 連皮紅薯 	由於纖維含量高，餐後血糖 <b>緩慢</b> 上升。  纖維如何減慢血糖上升： 1. 纖維減緩碳水化合物的分解和糖的吸收 2. 纖維往往有更多的飽腹感，會令人吃得更少，並保持更長的飽肚時間
水果	香蕉 蘋果 藍莓 葡萄 	由於纖維和維生素含量高，會減慢血糖的上升。而果皮纖維含量高，如果水果和果皮一起食用，更有助於 <b>減低</b> 餐後血糖的上升。
奶類	牛奶 杏仁奶 	由於蛋白質和脂肪等其他營養素的含量較高，餐後血糖上升會比較 <b>緩慢</b> 。
澱粉蔬菜	甜菜 豌豆 玉米 	由於纖維和維生素等其他營養素的含量較高，餐後血糖上升會比較 <b>緩慢</b> 。
非澱粉蔬菜	生菜 捲心菜 西蘭花 	澱粉類蔬菜不含任何碳水化合物，如果只食用它，血糖並不會增加。當它與其他含有碳水化合物的食物一起食用時，它會有助 <b>減慢</b> 整餐中的血糖上升。
肉類	雞肉 牛肉 	肉類不含任何碳水化合物，如果只食用它，血糖並不會升。當它與其他含有碳水化合物的食物一起食用時，它會有助 <b>減慢</b> 整餐中的血糖上升。
脂肪	堅果 種子 	由於纖維和脂肪等其他營養素的含量較高，餐後血糖升上會比較 <b>緩慢</b> 。



# How Nutrients Affect Your Blood Sugar

Food Groups	Food Examples	Effect on Blood Glucose
Low-fiber starch	White rice Pasta 	<b>FAST</b> rising in after-meal blood glucose.
High-Fiber Starch	Pumpkin Brown rice Whole grain bread Potato with skin Sweet potato with skin 	<b>SLOW</b> rising in after-meal blood glucose because of high content of fiber.  How fiber helps to slow down the rising of blood glucose: 1. Fibers slow the breakdown of carbohydrates and absorption of sugar 2. Fibers tend to be more filling, so people are more likely to eat less and stay satisfied longer
Fruits	Bananas Apples Blueberries Grapes 	<b>SLOW</b> rising of blood glucose due to high content of fiber and water. The skin of fruit has high fiber content, so it helps to <b>SLOW DOWN</b> the rising of after-meal blood glucose if fruits and skin are consumed together.
Dairy	Milk Almond milk 	<b>SLOW</b> rising in after-meal blood glucose due to high content of other nutrients such as protein and fat.
Starchy Vegetables	Beets Pea Corn 	<b>SLOW</b> rising in after-meal blood glucose due to high content of other nutrients such as fiber and vitamins.
Non-starchy Vegetables	Lettuce Cabbage Broccoli 	Non-starchy vegetables contain small amounts of carbohydrate; blood glucose will not increase if consumed on its own. When consumed with other food that contain carbohydrates, it helps to <b>SLOW DOWN</b> the rising of blood glucose for the whole meal.
Meat	Chicken Beef 	Meat do not contain any carbohydrates; blood glucose will not increase if consumed on its own. When consumed with other food that contain carbohydrates, it helps to <b>SLOW DOWN</b> the rising of blood glucose for the whole meal.
Fat	Nuts Seeds 	<b>SLOW</b> rising in after-meal blood glucose due to high content of other nutrients such as fiber and fat.



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