

The Benefits of Carbohydrates

What are carbohydrates?

Carbohydrates are starches, fruits, dairy, and sweets. They raise your blood sugar, offering energy for the body. Non-starchy vegetables are carbohydrates, but they contain mostly water with very few carbohydrates per serving.

Portion of Carbohydrates

Starches: Choose any 3-5 servings of starches in meals, based on your gender, age, activity level, and physical size.

Tips to Maximize Your Nutrient Intake

- At least 3 servings of vegetables per day
- At least 2 servings of fruit per day
- Add sliced fruit or vegetable such as oranges or cucumbers to increase fluid intake
- Include **calcium rich** foods: cow milk or nut/bean based milk, yogurt, collard greens, seaweed, and sesame drinks or food

One Serving of Carbohydrate (15g of Carbohydrate)



Portion Size



Example of Carbohydrates in 1 Serving

Starches	Dairy	Fruits	Sweets
1/3 cup of rice, noodles or pasta	1 cup of milk (whole or low-fat) or soy milk	1 small pear, orange or apple as big as a baseball	1 tablespoon of honey or jam (about the size of a thumb)
1/2 cup of corn, cooked oatmeal, yam, potatoes or beans	2/3 cup of plain yogurt	1 - 1/4 cup of strawberries or watermelons	1/2 cup of ice cream or gelatin



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碳水化合物的好處

甚麼是碳水化合物?

它們是澱粉，水果，乳製品和甜點。它們令您的血糖升高，為身體提供能量。非澱粉類蔬菜都是碳水化合物，但它們含大量水份，每份蔬菜僅含少量碳水化合物。

碳水化合物的份量

澱粉質：根據您的性別，年齡，活動量和體型，每餐選擇大約 3 至 5 份的澱粉質。

如何最佳地攝取一天所需的營養

- 至少每天 3 份蔬菜
- 至少每天 2 份水果
- 添加切片水果或蔬菜，如橙或黃瓜，增加水份的攝取量
- 添加**鈣質豐富的食物**：牛奶或各類豆 / 堅果奶、酸奶、綠葉甘藍、海藻和芝麻飲品或食品

一份碳水化合物的例子 (15克 碳水化合物)



份量



1 份碳水化合物的例子

澱粉	奶類	水果	甜點
1/3 杯米飯、粉或麵	1 杯牛奶 (全脂或低脂) 或豆奶	1 個如棒球大小的梨、橙或蘋果	1 湯匙蜜糖或果醬 (大約拇指大小)
1/2 杯玉米、煮熟的麥片、蕃薯、土豆或豆類	2/3 杯原味酸奶	1 - 1/4 杯的草莓或西瓜	1/2 杯冰淇淋或果凍



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