



# 糖尿病與出外用膳

## Diabetes and Eating Out

Chinese

出外用膳是一個愉快的經驗。越來越多人喜歡出外用膳，而且食物的選擇亦越來越多，因此糖尿病患者必須對食物有所認識，從而作出健康及正確的選擇，充份享受出外用膳的樂趣。

### 以下數點是應注意的事項：

- 糖尿病人需要計劃膳食和選擇健康的食物來控制血糖，營養師可以幫助您計劃膳食或訂立營養目標，作為在家吃飯或出外用膳的根據。
- 參照您的餐譜或營養目標以避免進食過量，餘下的可以帶回家。如果您沒有餐譜，食量要適可而止。
- 盡量在您平常吃飯的時間進食。如果您注射胰島素而用膳時間比平時延遲，您應進食一些小點。
- 減少進食含糖的食品或汁醬，如蒜子蜜汁、甜酸醬、糖水、芒果布丁、焗西米椰汁布丁、糯米糍、沙其馬(馬仔)等等。
- 選擇新鮮水果作為餐後甜品。
- 選擇清蒸、白灼、烤或焗的菜式，少吃油炸食物。
- 遇到不熟識的菜式，應向餐廳侍應查詢材料及烹調方法。
- 提防部分中國菜中高澱粉含量。
- 選擇低脂肪食物。
- 要求在菜式中不要加糖或油。

於二〇〇二年九月修訂

以下資料可以幫助您出外用膳時選擇較健康的食物。

### 1) 中式點心茶樓

**選擇：**蝦餃，燒賣，雞紮，灼時菜，潮州粉果，牛肉丸

**少吃：**春卷，芋角，煎堆，腸粉，蘿蔔糕，叉燒酥，炸雲吞，蛋塔，甜糕點，糯米雞

### 2) 粥粉麵店

**選擇：**白灼或清炒時菜，瘦肉或魚粥，瘦肉湯粉麵，雲吞湯，時菜肉片飯

**少吃：**炒粉麵，油條，蔥油餅，粽子，炒飯

### 3) 快餐店

**選擇：**漢堡飽(單層牛肉)，意大利薄餅(宜用蔬菜配料)，墨西哥式煮豆，沙律(以低脂肪沙律醬拌和)，脫脂牛奶，代糖汽水

**少吃：**炸雞，炸魚及薯條，炸薯條，沙律醬，炸薯餅，炸派



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Eating out is a pleasant experience. With more people eating out on a regular basis and more options to choose from, it is important that people feel comfortable in their choices. With a few hints, people with diabetes can enjoy meals and make healthy choices away from home.

### Important points to remember

- For people with diabetes, planning meals and making healthy food choices can help to control blood glucose. A dietitian can help you to design a meal plan or set nutrition goals which can be used for eating at home or eating out.
- Use your meal plan or nutrition goals to prevent over-eating. Leftovers can be taken home. If you do not have a meal plan, moderation is the key.
- Try to eat at your regular meal time. If you take insulin and your meal time is late, eat a snack at your usual meal time, then eat your full meal later.
- Try to limit the amount eaten of menu items that contain sugar or sweet sauces, for example: honey garlic sauce, sweet and sour sauce, dessert soup, mango pudding, baked sago coconut pudding, coconut glutinous rice ball, Chinese Rice Krispies (Ma-Chai).
- Choose fresh fruit as dessert.
- Choose items that are steamed, blanched, roasted or baked, instead of fried.
- If a menu item is unfamiliar to you, ask your dining room attendant about its ingredients and method of cooking.
- Beware of the high starch content of some Chinese foods.
- Choose low fat foods.
- Request no sugar or fat be added to menu items.

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The following information can help you make healthier choices when eating at restaurants.

### 1) At Dim Sum Restaurants

**Choose** Shrimp dumpling, pork dumpling (Siu My), steamed chicken wrap, blanched vegetables, Chew-Chow rice dumplings with vegetable filling, steamed beef balls.

**Eat Fewer** Spring roll, deep fried taro pastry with meat filling, deep fried sesame balls, rice sheet roll, turnip cake, BBQ pork pastry, deep fried wonton, baked egg tart, sweet cakes, sticky rice wrap.

### 2) At Wonton Noodle Houses

**Choose** Blanched or stir-fried vegetables, meat, or fish congee, lean meat with noodles or rice vermicelli in soup, Wonton soup, stir-fried meat with vegetables on plain rice.

**Eat Fewer** Fried noodles (e.g. Chow Mein, Chow Fun), deep fried twister, pan fried or deep fried green onion pancake, steamed leaf wrapped rice dumpling (Zong-Zi), fried rice.

### 3) At Fast Food Restaurants

**Choose** Hamburger (single patty), pizza (try vegetable pizza), chili, salad (with low fat dressing), skim milk, diet pop.

**Eat Fewer** Fried chicken, fish and chips, French fries, salad dressing, hash browns, deep fried pies.

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**Know who to turn to**



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