糖尿病之飲食智慧

華人食譜及健康提示

Diabetes
Eating Wisdom

CHINESE RECIPES & HEALTH TIPS

鳴謝　Acknowledgements

本書部份的資料取自以下的刊物:
• 加拿大糖尿病協會 - Canadian Diabetes Association 2008 Clinical Practice Guidelines
　　　　　　　　　　for the Prevention and Management of Diabetes in Canada
• 加拿大糖尿病協會 - Beyond the Basics: Meal Planning for Healthy Eating,
　　　　　　　　　　Diabetes prevention and Management（2005年）
• 加 拿 大 衛 生 部 - 加拿大食品指南助您健康進食（2007年）

Information in this book is based in part on the following publications:
- Canadian Diabetes Association 2008 Clinical Practice Guidelines for the
　Prevention and Management of Diabetes in Canada
- Canadian Diabetes Association - Beyond the Basics: Meal Planning for
　Healthy Eating, Diabetes Prevention and Management 2005
- Health Canada - Eating Well with Canada's Food Guide 2007

前言

南河谷社區健康中心工作人員已花了不少年頭來爲華人糖尿病患者編撰這本「糖尿病之飲食智慧」。我們是一間位於多倫多東端的社區健康中心，一直服務移民和低收入家庭。中心提供華語糖尿病患者小組服務多年，全部課程教材以華人文化爲本，輔以華人食物，令華語糖尿病患者受惠。可惜的是，在坊間找到合適的中文教材和食譜卻不多見，這本書嘗試填補這個缺漏；希望它會有助華人糖尿病患者及其家人明白並保持健康飲食。

這本書能夠順利推出，實有賴中心眾多工作人員的協助，特別是張敏兒註冊營養師的構思更爲重要。在籌備期間，她花盡心思來編寫和調試，好讓這本書能夠成爲華語糖尿病患者的飲食明燈。

南河谷社區健康中心能夠與醫療護理人員和社區會友共享資源，深感喜悅。

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Preface

The staff of South Riverdale Community Health Centre has spent many years in the making of *Diabetes Eating Wisdom.* We are a community health centre serving immigrants and low income families in the east end of Toronto. The centre has been running Chinese diabetes groups for many years. Our Chinese diabetes clients have benefited from this program because we cook Chinese food and provide culturally relevant class materials in Chinese. We discovered that there are very few materials and recipes for Chinese people with diabetes.

This book attempts to fill this gap. We hope that it will help Chinese families and clients understand and maintain a healthy diet.

Thanks to everyone who was involved in the development of this book. In particular, thanks to Connie Cheung our Registered Dietitian who gave us the vision for this book. She has put in many hours in compiling and testing the recipes to make it a reality.

South Riverdale Community Health Centre is very happy and excited to be able to share this resource with health care workers and community members who will enjoy using this book.

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簡 介

　　中國人有所謂民以食為先，食物不單供給我們身體所需的營養，品嚐美食也是一種生活享受。不論你有沒有糖尿病，以下健康的生活方式包括明智選擇食物、均衡飲食及經常運動，對你和家人目前或將來的健康都非常重要。

　　處理糖尿病有四大要點，就是: 健康飲食、經常運動、處理壓力及遵照醫生指示服用藥物。其中健康飲食是重要的一環，病患者可透過註冊營養師的指引，從而掌握竅門，再配合適量運動和藥物，務求達到控制血糖、血脂、血壓和體重等，延遲或減低出現長期併發症的機會。要控制糖尿病，最好還是與各位醫護人員合作，度身設計一套適合你的糖尿病護理計劃。醫護人員包括你的家庭醫生或專科醫生、糖尿病教育護士（Diabetes Nurse Educator）、註冊護理診斷師（Nurse Practitioner）、營養師、藥劑師、足部治療師，社會工作者等。

　　本書是特別為患有糖尿病及前期糖尿病（prediabetes）的人仕及照顧患者的親友們而設的，亦適合一些希望吃得健康的人仕作參考之用。內容有兩大特色:

1. 華洋食譜，增添樂趣
   我們生活在多倫多一個多元文化的地方，時常會接觸到不同地方的美食。因此，本書所揀選的食譜，除了有配合華人口味的中菜，亦介紹一些不同地方風味的菜式，既適合讀者的需要，又能增添飲食的樂趣。

   多倫多是一個族裔和母語眾多的社區，居住其中的華人來自各方各地; 同樣的食材、烹調用具、烹調方法，大家亦有不同名稱。為此，我們特別在食譜上加註，務求更多華裔社群看得明白。

2. 健康食譜，營養分析
   書內提供了三十五個食譜，每一個都提供了營養分析，以及根據加拿大糖尿病飲食指南（Diabetes Food Guide - Beyond the Basics）而分辨出不同食物類別的份數，供讀者參考。糖尿病飲食指南詳細的資料請查閱第28-33頁。

   當你採用本書食譜時，請先參閱第8-17頁有關糖尿病患者的健康飲食原則和第18頁有關怎樣使用這本書，如此，你和你的家人便會吃得更健康、吃得更開心。

　　南河谷社區健康中心服務華人糖尿病患者多年，並於2002年與East End Community Health Centre及多倫多東區全科醫院合作，設立了多倫多東部糖尿病社區教育網（DECNET），由營養師、糖尿病教育護士及外展工作人員為多個族裔提供服務，包括個人輔導、教育班、健康小廚、互助小組等，從中深深體會到他們在調節飲食上遇到的疑難。因此我們依據過往服務的經驗，嘗試透過文字來作一個有系統的回應。可惜篇幅所限，無法將糖尿病飲食竅門逐一細談。而遺漏的資料，期望日後有機會再跟大家交流。

　　最後要提的是本書純粹是給南河谷社區健康中心糖尿病教育班學生作飲食參考資料，並不能取代醫護人員的專業建議。糖尿病患者若有其他健康問題，如腎病等，書中的某些內容也不適用。如有疑問，應與註冊營養師作詳細的跟進。

　　　　　　　　　　　　　　　　　　　　　　　註冊營養師　張敏兒（Connie Cheung, RD.）

Introduction

"Food comes first" is a Chinese saying. Food provides us with nutrients and enjoyment. Whether or not you have diabetes, wise food choices, balanced meals and regular physical activity are important for you and your family's current and future health.

There are 4 keys to managing diabetes—healthy eating, regular exercise, stress management and taking the medications prescribed by your doctor. Healthy eating is very important. (People with diabetes may consider seeing a registered dietitian to get guidance on healthy eating.) Together with regular exercise and medication prescribed by your doctor, you can control blood glucose, blood fats, blood pressure and body weight and reduce the risk of developing the long-term complications of diabetes. It is also important to work with your diabetes care team to design a diabetes care plan just for you. Your team includes your family physician and specialists, diabetes nurse educator, nurse practitioner and dietitian as well as pharmacist, chiropodist and social worker.

This book is designed for people with diabetes and pre-diabetes and their caregivers. It is also suitable for people who would like to eat healthier in general. This book features the following:

1. Flavours east to west, joy day to day
   We live in a multi-cultural society and are exposed to foods from many cultures. The authors of this cookbook have chosen traditional Chinese dishes along with dishes with other cultures' influence to meet your needs and enhance the joy of eating. Please refer to our websites www.srchc.com and www.decnet.org for more information on some of the Chinese ingredients used in this book.

2. Healthy recipes with nutrition analysis
   There are a total of 35 recipes in this book. Nutrient analysis and the number of choices of each food group are included according to the "Diabetes Food Guide - Beyond the Basics". Please refer to page 28-33 for more information.

South Riverdale Community Health Centre has served the Chinese community for many years. In 2002, the Diabetes Education Network of East Toronto (DECNET) was established as a partnership between South Riverdale Community Health Centre, East End Community Health Centre and Toronto East General Hospital. At DECNET, diabetes nurse educators, registered dietitians and outreach workers provide multi-cultural services including individual counseling, diabetes education classes, community kitchen programs and support groups. We understand the challenges to eating in a healthy way faced particularly by the Chinese population. Using our experience accumulated from serving the Chinese community, this cookbook is meant as a way to address some of these challenges. This book cannot address all of the details about healthy eating for people living with diabetes. We hope to have another opportunity in the near future to fill in some of the gaps.

Last but not least, this book is a reference material for participants of the diabetes classes at South Riverdale Community Health Centre. This book cannot replace advice given by health professionals. Some of the information given may not be applicable for people living with diabetes who also have other health conditions such as kidney disease. If you have any questions, please consult a registered dietitian.

Before you use the recipes in this book, please read the section on "Healthy Eating Principles for people with diabetes" on page 8 -17 and "How to use this book" on page 19. Happy and healthy eating.

Connie Cheung, Registered Dietitian

糖尿病患者的健康飲食原則與一般人的都大同小異，在日常飲食中，例如計劃餐單、購買食物，烹調及進食時都要考慮「何時吃？」，「吃什麼？」及「吃多少？」。那麼我們不單得到均衡營養，還可進食自已喜愛的食物，享受飲食的樂趣。

一. 何時吃？

每天 最少吃三餐

保持身體有足夠能量，應付各樣工作/活動及維持血糖在一個穩定的水平，我們每天最少要吃三餐，大概每四至六小時進食一次，假如兩個正餐之間的時間相差得太久就可能需要在其間再加小吃。

二. 吃什麼？

1. 飲食要均衡

飲食均衡即是不偏吃，每個正餐都包含各種食物，份量的比例如下：

每餐每類食物的份量比例

建議用一隻碟子來衡量一餐的份量，此方法既簡單又易記，就是－蔬菜的份量佔碟子一半，肉類及其代替品佔碟子四份之一，澱粉質類的食物佔碟子餘下之四份之一，碟子旁有一份水果及一份奶類食品。雖然華人家庭一般不會用碟子進餐，但當參加聚餐或吃自助餐時，這個用碟子來計劃餐單的方法就可大派用場了。即使不是用碟子進餐，仍需留意不同類別食物的份量。

Healthy Eating Principles for People with Diabetes

Healthy eating principles are very similar whether or not you have diabetes. If you follow the healthy eating principles listed below, you can enjoy the foods you like and get the nutrients you need. In planning, shopping, preparing and eating, we all need to think of when we are eating, what we are eating and how much we are eating.

I. When to eat?

At least three meals a day

To ensure that we have enough energy to perform our daily activities and to have a stable blood sugar, we need to eat at least 3 meals a day, eating about every 4-6 hours. If your meals are far apart, you may need to eat a snack between meals.

II. What to eat?

1. Eat balanced meals

Balance means that you enjoy a variety of different kinds of food at each meal.
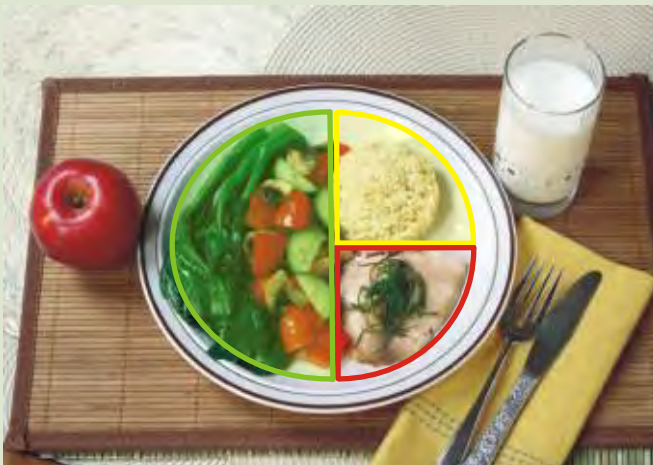
You can try using this simple and easy way to help **plan your meals.**

Portion out the food from each food group:

Half of the plate for vegetables,
¼ of the plate for meat and alternatives,
¼ of the plate for grains and starches.
1 serving of fruit and 1 serving of milk/milk alternatives on the side. Although traditionally, Chinese families do not eat from a plate, it is still a very useful way to plan a meal during a party or eating at a buffet. Think about how much of each kind of food that you have for your meal even when you are not eating from a plate.

2. 飲食要多元化

選擇同組別但不同種類的食物，例如：
白菜、西蘭花、菠菜、及瓜類（苦瓜、
冬瓜、節瓜）都是蔬菜類；特別是蔬
果，進食不同種類的，可得到不同的
營養素。我們亦可用不同的調味料和
烹調方法來增加飲食樂趣。

3. 進食碳水化合物時，要注意兩點:

3.1 要平均分佈

碳水化合物是身體能量的來源，但吃得太少或太多也不行。它包括食物中的澱粉
質及糖份(天然及添加)。糖尿病患者每餐需要進食含碳水化合物的食物例如:飯、
麵、粉、馬鈴薯、水果、牛奶等，並且把進食的份量平均分佈在一日三個主餐及
小吃內，讓身體平均地處理血糖，達到理想的目標範圍，(請參考下表)。例如營
養師建議你一天進食七份澱粉質食物，你可以分成早餐兩份、午餐兩份、小吃一
份和晚餐兩份。如果想進一步了解常見食物一份的份量，可參閱本書第28-33頁
的糖尿病飲食指南。

	糖化血紅素(A1C) 量度過去三個月內血糖控制的血液測試	空腹血糖 （餐前血糖）	進餐開始後兩小時內的血糖
適用於大多數糖尿病患者的目標	≤ 7.0%	4.0 至 7.0 mmol/L	5.0 至 10.0 mmol/L (5.0 至 8.0 mmol/L 如果未達到A1C目標)

取材自Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. 這是一個指引。
請與你的糖尿病醫護人員訂出一個適合你的血糖目標。

如果血糖長期地超出這個目標的話，患上長期併發症，例如:心臟病、中風、腎病、
眼疾等等的機會就會增加。這些併發症是可以避免的。

對正在服用某些降血糖藥或注射胰島素的人仕來說，讓身體能夠平均地處理血糖
尤其重要，因爲吃得太少含碳水化合物的食物會引致血糖過低(少於4.0 mmol/L)，
出現顫抖、暈眩、出汗等症狀。如果沒有及時處理，可能引致神智不清、失去知
覺、出現痙攣等，構成生命危險。

2. Eat a variety of foods

Choose different kinds of food from the same food group, especially vegetables and fruits. For example, bok choy, broccoli, spinach and melons (bitter melon, winter melon, etc) are all from the same food group, vegetables. Also try different cooking methods and flavourings to enhance the enjoyment of eating.

3. When you eat carbohydrate-containing foods, consider the following:

3.1 Spread carbohydrate foods evenly through the day

Carbohydrate is our body's main energy source; we need it in the right amount. Starch and sugar, both natural and added sugars, are carbohydrates. For a person with diabetes, it is important to eat carbohydrate-containing foods in the appropriate amount spread evenly through the day. This will help keep the blood sugar within the target range.

	A1C • a blood test that measures your blood sugar control over the last 3 months	Fasting blood glucose (blood glucose before meals)	Blood glucose within 2 hours after the beginning of a meal
Target for most people with diabetes	≤7.0%	4.0 to 7.0 mmol/L	5.0 to 10.0 mmol/L (5.0 to 8.0 mmol/L If A1C targets not being met)

This information is based on *Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada* and is a guide.
Talk to your diabetes care team about your blood glucose target ranges.

Long-term high blood sugar increases the risk of developing complications. These include stroke, heart disease, kidney disease and blindness. These are preventable.

Insulin and some oral diabetes medications can cause low blood sugar if too little carbo-hydrate-containing food is eaten. A blood sugar lower than 4.0 mmol/L can lead to shaking, dizziness and sweating. If untreated it can lead to confusion, convulsions and loss of consciousness.

Distribute foods that contain carbohydrate e.g. rice, noodles, potatoes, fruit, milk evenly throughout the day at your meals and snacks. For example, if you have been advised to eat seven servings from the grains and starches group each day, you could eat 2 for breakfast, 2 for lunch, 1 for afternoon snack and 2 for dinner. For more information on serving size, please refer to "Diabetes Food Guide- Beyond the Basics" on page 28-33.

3.2 要有規律: 定時和定量

每天在固定時間進食定量含碳水化合物的食物，有助平衡血糖。定量就是進食差不多份數的同組別食物。舉例來說，每天固定在早上八時食早餐，吃份數相同的碳水化合物食物，避免一天早餐吃得多，另一天吃得少的情況。這樣進食並不是沒有變化，糖尿病患者還可以在同類別的食物中作出轉換，例如兩片麵包或是三份之二碗飯，又或是一碗麵，這三種食物都含有同等份數的碳水化合物。

4. 選擇食物時，要留意下列要點:

4.1 多選擇高纖維的食物

纖維對我們的身體健康非常重要，它可幫助平衡血糖，減低血液內的膽固醇，保持腸胃暢通等。餐中含有高纖維的食物，有助延長飽足的感覺，這可幫助我們保持健康的體重。建議多選擇高纖維的食物，例如:全麥麵包、麥片、紅米、豆類、蔬菜及水果等。

4.2 高鈉/鹽的食物不宜多吃

吃過多高鈉/鹽的食物可能令我們的血壓上升，所以此類食物不宜多吃，例如：

甲. 醃製蔬菜－鹹酸菜、榨菜、鹹酸蘿蔔、冬菜、雪菜等。

乙. 經加工的食物－即食麵、加工芝士片、熱狗、香腸、火腿、煙肉、腐乳、南乳、豆豉、麵豉、薯片、鹹果仁等。

丙. 經醃製、煙、燒烤的肉類、家禽或魚－臘腸、臘肉、臘鴨、鹹魚、叉燒及燒鴨等。

丁. 罐裝食品－鹹牛肉、午餐肉、罐頭湯等。

戊. 醬汁及調味料－味精、豉油（醬油）、蠔油、鹽、魚露、茄汁、叉燒醬、海鮮醬、辣椒醬、蝦醬等。

3.2 Eat consistent amounts at consistent times

Eating consistent amounts of carbohydrate-containing food at consistent times everyday can help regulate blood glucose. This means eating each meal at about the same time each day. Eating consistent amounts of food means eating roughly the same number of servings of the food from the same food groups at each meal and snack. For example, eat breakfast at about 8:00 am everyday and include the same number of servings from the food groups of carbohydrate-containing foods. Avoid eating little at breakfast one day and a large amount of food another day. You can still have flexibility around this way of eating by exchanging food items in the same food group. For example, 2 slices of bread, 2/3 cups of rice or 1 cup of noodles are each 2 servings from the grains & starches group.

4. Make wise food choices by considering the following:

4.1 Choose more high fibre foods

Fibre can help control blood glucose, lower blood cholesterol, and help us to keep our bowels regular. The fibre in our meals can make us feel full longer and thus may help us maintain a healthy body weight. Choose more high fibre foods such as whole wheat bread, oatmeal, red rice, beans, vegetables and fruits.

4.2 Limit high sodium/salt foods

Eating foods high in sodium/salt may contribute to high blood pressure. Avoid eating or eat only in small amounts high sodium/salt foods such as:

a. Preserved vegetables such as preserved mustard greens, pickled cabbages, preserved daikon

b. Processed foods such as instant noodles, processed cheese, hot dogs, sausages, ham, bacon, fermented bean curd, red fermented bean curd, fermented black bean or soy bean paste, potato chips, salted nuts

c. Seasoned, smoked or barbecued meat, poultry or fish such as Chinese preserved sausages, meat, duck and fish, barbecue pork, duck

d. Canned foods such as corned beef, luncheon meat, canned soups

e. Sauces and seasonings such as MSG, soy sauce, oyster sauce, salt, fish sauce, ketchup, barbecue sauce, hoi sin sauce and other sauces, chilli paste and shrimp paste

可以嘗試用多些香料及香草來代替高鈉/鹽的調味料。

多用薑、蔥、蒜頭、乾蔥頭、五香粉、咖哩粉、百里香（thyme）、蒔蘿（dill）、芫茜、羅勒（basil）、狗尾草（sage），檸檬汁及青檸汁等來增加菜式的味道。

4.3 高脂肪的食物不宜多吃

要保持心臟健康，我們需要留意攝取脂肪的類別和份量，要特別限制的類別包括飽和脂肪（來自肥肉、家禽的皮、高脂肪的奶類食品及某些甜品）及轉化脂肪（來自某些零食、焗製品及急凍晚餐）。總而言之，凡高脂肪的食物都不宜多吃。高脂肪的食物例如：

甲. 炸及炒的食物：
　　薯條、薯片、油豆泡（豆腐泡）、炒粉、
　　炒麵、炒飯等。

乙. 高脂肪的肉類：
　　肥肉、豬腳、豬皮、牛尾、牛腩、排骨、
　　叉燒、燒肉、臘腸、臘肉、臘鴨、鹹牛肉、
　　午餐肉、腸仔、煙肉等。

丙. 其他高脂肪的食物：
　　果仁、奶油（忌廉）湯/汁、奶油（忌廉）、
　　全脂奶、煮食油、牛油、植物牛油、椰汁、
　　蛋黃醬（美乃滋）、沙律醬等。

Include more spices and herbs instead of salty seasonings in cooking. Use flavourings such as ginger, spring onion, garlic, shallot, five spice powder, curry powder, thyme, dill, coriander, basil, sage, lemon and lime juice to enhance flavour.

4.3   Limit high fat foods

Pay attention to the type of fat and amount of fat you eat to maintain heart health. Limit saturated fat from fatty meat, poultry with skin, high fat milk products and some desserts. Also limit trans fat found in some snack foods, baked goods and frozen entrées. Limit the following high fat foods:

a. **Deep-fried and fried foods:**
    French fries, potato chips, deep fried tofu, fried noodles, fried rice, etc.

b. **High fat meats:**
    Fatty meat, pork trotter, pork skin, ox tail, beef brisket, ribs, BBQ pork, roasted pork, Chinese preserved sausage, meat and duck, corned beef, luncheon meat, wieners, bacon, etc.

c. **Other high fat foods:**
    Nuts, cream soups or sauces, cream, whole milk, cooking oil, butter, margarine, coconut milk, mayonnaise, salad dressing, etc.

選擇瘦的肉類。烹調前把肥肉切去，家禽去皮，選擇少於2%乳脂的牛奶及酸乳酪(酸奶)，少於20%乳脂的芝士(乳酪)。用少些油烹調，煮食時選擇芥花籽油或橄欖油，多用一些較低脂肪的烹調方法例如蒸及焗等。每天享用少量脂肪(大概6-9份)，這可以是煮食油、牛油果、非氫化植物牛油、果仁及果仁醬，詳細資料請參閱第33頁糖尿病飲食指南的脂肪組別。

4.4 少吃高膽固醇的食物

蛋黃和動物內臟是高膽固醇的食物，一星期以兩至三個蛋黃為限，含亞米加三的蛋黃則是四至五個。假如從醫生處獲悉自己的血液含膽固醇過高的話，應該戒吃內臟食物。

4.5 少吃甜食

不少糖尿病患者往往有不能吃甜品的錯誤觀念，其實當患者能控制血糖在理想範圍時，他們是不須戒食甜品。一般情況下，他們只要適當地調配餐內其他含碳水化合物的食物份量，同時在餐中或餐後立即進食小量的甜品或其他甜食。其他甜食可以是蜜糖、糖漿、果醬等。舉例來說，患者欲品嚐某些甜品，便要減少吃其他含糖份的食物以平衡碳水化合物的攝取量。大家只能淺嚐是因為甜品多是高糖、高脂肪、低纖維及低營養的食物，所以吃大量的甜品對控制血糖及體重都有不良的影響。

三. 吃多少？

每個人的體重、高度、性別、年紀、活躍程度等都不同，所以需要的營養和份量都不一樣。進食適合的份量可以幫助你保持或達到健康的體重及平衡血糖。

我們進食時往往會無意中進食過量，又或是怕浪費食物而吃得過量，久而久之可能會影響健康。假如你覺得不易控制進食的份量，可以嘗試預先把適合的份量放在一隻碟子內，才開始進食。你的註冊營養師可以提供其他有效的方法。

Choose lean meats. Trim fatty meats and remove the skin of poultry before cooking. Choose milk and yogurt with less than 2% milk fat. Choose cheese that is less than 20 % milk fat. Use olive oil or canola oil in cooking and use a small amount.

Use lower fat cooking methods such as steaming and baking more often. Enjoy fat from oils, avocado, non-hydrogenated margarine, nuts and nut butters in small amounts (about 6-9 servings of fat per day). Please refer to page 33 "Diabetes Food Guide-Beyond the Basics"- "Fats" food group for more information.

4.4 Limit high cholesterol foods

Organ meats and egg yolks are high in cholesterol. Eat no more than 2 to 3 regular egg yolks or 4 to 5 omega-3 egg yolks per week. If you are told by your doctor that your blood cholesterol is high, avoid eating organ meats.

4.5 Eat less sweet food

Many people with diabetes think that desserts have to be avoided. If you can control your blood glucose within the target range, you do not have to avoid desserts. In general, you can eat less of the other foods that contain carbohydrate in the meal and eat a small portion of dessert or other sweet food. Other sweet foods include sugar, honey, syrup, jam and candies. It is often recommended that desserts be limited because they are usually high in sugar and fat and low in fibre and nutrients. Therefore, eating large amounts is not the best idea for blood sugar and weight control.

III. How much to eat?

The amount of food that you require depends on your weight, height, gender, age and physical activity level. Eating the right amount of food can help you maintain or achieve a healthy body weight and control your blood glucose.

Occasionally you may unintentionally eat too much or you may eat too much because you do not want to waste any food. Weight gain can be harmful to your health. If you find controlling the intake of food challenging, try putting appropriate portions of food on a plate before you begin eating. Your dietitian will have other tips to help.

本書的食譜是以菜式類別及烹調方法作分類的，目的是為了配合一般華人家庭的飲食習慣，使讀者編排餐單時更加方便，準備及烹調食物時更得心應手。例如你可以嘗試在同一餐內烹調兩款蒸菜或者兩款烤焗的菜式來節省能源及烹調時間；又或者可以在蒸、焗、炆菜的同時才烹調已準備好小炒的材料，令所有菜式都同一時間完成 。

書內每個食譜皆提供了食物組別的「換算份量」，舉例來說，在58頁的南瓜碎雞肉粥，全部材料可煮出四份的份量，換言之一份就是全部份量的四份之一。依據糖尿病飲食指南（28-33頁），每一份南瓜碎雞肉粥可以換算為1份碳水化合物、1份肉類及代替品及1份脂肪。

吃多少份量就是根據你個人的飲食計劃內每個食物組別的份量。這包括穀物及澱粉質、水果、奶類及代替品、肉類及代替品、脂肪及蔬菜。如果你患糖尿病，最好諮詢營養師自己每餐可以 / 應該吃多少，這樣進餐後你會感到滿足、得到均衡營養又可以保持餐後的血糖值在目標範圍內。

度身訂造的飲食計劃

有很多人都希望有一個餐單，以為只要跟著吃就可以達到健康。但是經驗告訴我們這是很困難的，因為每人都有不同的需要和喜好食物，而不同的體質也對食物有不同的反應，所以千篇一律的餐單對糖尿病患者來說未必是最有效的。最好與營養師一同合作，度身訂造飲食計劃才是最有效的方法，以能配合健康飲食的原則。以下有兩個餐單的例子讓大家作為參考。

  第一個是熱量較高，每日三餐加兩個小吃。
  第二個則是熱量較低的，每日三餐加一個小吃。

份量換算表:
  一杯 = 250毫升（ml）
  一碗（大約飯碗八分滿）= 250毫升（ml）
  一安士的肉 = $\frac{1}{3}$ 副樸克牌般大小
  罐裝魚一安士 = $\frac{1}{4}$ 杯 = $\frac{1}{3}$ 罐（6.5安士罐裝）
  一安士芝士（奶酪）= 1吋×1吋×2吋（2.5厘米 X 2.5厘米 X 5厘米）

當你閱讀這個餐單時可能會發覺食物份量的比例跟你現在所吃的差別很大，例如飯量很少又或是蔬菜量很多等。進食適當的份量是健康飲食的原則。假如你計劃調整現在進食份量的話，記住切勿一下子作大幅改變，應該逐步地增加蔬菜或減少飯量，讓身體適應是非常重要的。

How to use this book

The recipes in this book are classified into chapters according to the course of the meal and the cooking method. This classification can help make meal planning and preparation easier. For example, you can steam two dishes or bake/ roast two dishes at the same time to conserve energy and time. You can also prepare ingredients for stir-fried dishes ahead of time and stir-fry the ingredients while other dishes are being steamed or baked so that all the dishes are ready at the same time.

Every recipe in this book comes with information on "Choices per serving". For example, the recipe on page 59, Pumpkin and Minced Chicken Congee, makes 4 servings. So one serving of this dish is ¼ of the whole recipe. Based on the nutrients in this dish, according to the "Diabetes Food Guide-Beyond the Basics" (page 28-33), each serving of Pumpkin and Minced Chicken Congee provides 1 Carbohydrate serving, 1 Meat & Alternatives serving and 1 Fats serving.

How much you eat depends on how many servings from each food group (Grains and Starches, Fruits, Milk & Alternatives, Vegetables, Meat & Alternatives as well as Fats) are in your personal meal plan. With diabetes it is good to know how many servings you can/should eat so that you are satisfied after a meal, you are getting a good balance of foods (and nutrients) and your blood sugar will be within your target range.

A Meal Plan Just for You

Many people like the idea of having a meal plan. Each person has different needs and food likes and dislikes. Each person may also react to foods in a individual way.   A standard meal plan may not be the best tool for people with diabetes. It is a good idea to work with a registered dietitian to design a meal plan just for you. Your meal plan will follow the three principles of healthy eating. Below are two meal plan samples for you to use as a guide. The first meal plan includes 3 meals and 2 snacks and is higher in energy. The second meal plan which includes 3 meals and one snack is lower in energy.

Conversion Chart
1 cup = 250 ml
1 bowl (about 80% of a standard Chinese rice bowl) = 250 ml
1 oz meat = $^1/_3$ stack of playing cards
1 oz canned fish = $^1/_4$ cup = $^1/_3$ of a 6.5 oz. can
1 oz cheese = 1 inch x 1 inch x 2 inches (2.5cm x 2.5cm x 5 cm)

The portions suggested in the sample meal plan may differ from the portions of foods you are currently eating. For example, the amount of rice in the meal plan may look small or the amount of vegetables in the menu may look large. If you are planning to adjust the amount of food you are eating, do not make drastic changes in a short period of time. Adjust the amounts gradually in order for your body to get used to the change.

餐單: 熱量較高（每日熱量 1700-1900卡路里）

備註: 所有份量是以書內食譜中的一份為準則

（例如：食譜的整個份量是給四位用，即一份就是全部份量的四份之一）

換算份量	第一天	第二天	第三天
早餐 4份 碳水化合物 1份 肉類及代替品 1份 脂肪	南瓜碎雞肉粥 一份 （第58頁） 芽菜炒麵 一份（第66頁） 加鈣豆漿 1杯 蘋果 1個	全麥英式鬆餅 1個 植物牛油 1茶匙 蛋白 2隻 1%低脂奶 1杯 木瓜粒 1杯	麥片 ¾ 碗 全麥麵包 1片 蛋 1隻 植物牛油 1茶匙 1%低脂奶 1杯 中型葡萄 15粒
午餐 4份 碳水化合物 2份 肉類及代替品 1-2份 脂肪	中式意大利薄餅 一份 （第72頁） 雜菜沙律 2杯 低脂沙律醬 1湯匙 1%低脂奶 ½ 杯 芒果粒 ½ 杯	蘑菇白菜炒肉絲 （蘑菇及白菜絲1½碗， 肉絲2安士，油1茶匙） 飯 ⅔ 碗 或 粉 1碗 原味酸乳酪 ¾ 杯 草莓 2杯	雞絲冷麵 一份 （第64頁） 毛豆（有殼）½ 杯 1%低脂奶 1杯 中型橙 1個
下午茶 1份 碳水化合物 0-1份 肉類及代替品	1%低脂奶 ½ 杯 梳打餅乾 3片	燕麥曲奇餅 1塊 （第118頁） 清茶 1杯	高纖維香蕉小鬆餅 1個 （第116頁） 奶茶 1杯（無加糖）
晚餐 4份 碳水化合物 2份 肉類及代替品 1-2份 脂肪	冬菇扒小唐菜 一份 （第108頁） 薑蔥蒸三文魚 一份 （第102頁） 糙米飯 ⅔ 碗 櫻桃 15粒	四季豆炒雞柳 一份 （第78頁） 糙米飯 ⅔ 碗 黑糯米紅豆沙 一份 （第112 頁）	金菇瑤柱羹 一份 （第54頁） 冬菇紅棗蒸雞 （雞肉2安士，冬菇2隻， 紅棗2粒） 上湯浸白菜苗 1碗 （烹調用油1茶匙） 紅米飯 ⅔ 碗 菠蘿（鳳梨）粒 ¾ 杯
宵夜 1份 碳水化合物 1份 肉類及代替品	全麥麵包 1片 較低脂芝士 1片	沙甸魚 1-2條 米粉 ½ 碗 菜芯 ½ 碗	梳打餅乾 7片 罐裝三文魚 1安士 低脂蛋黃醬 （美乃滋）½ 湯匙

餐單: 熱量較高（每日熱量 1700-1900卡路里）

備註: 所有份量是以書內食譜中的一份為準則
（例如：食譜的整個份量是給四位用，即一份就是全部份量的四份之一）

第四天	第五天	第六天	第七天
吞拿魚/三文魚三文治 （1安士魚、雜穀麵包2片及 低脂蛋黃醬（美乃滋）1/2湯匙） 1%低脂奶 1杯 哈蜜瓜粒 1杯	鬆軟班戟 兩份 （第76頁） 楓糖漿 1湯匙 蛋白 2隻 代糖酸乳酪 1/2杯 藍莓 1/2杯	雞肉 1安士 （烹調用油1茶匙） 米粉 1碗 菜芯 1/2杯 加鈣豆漿 1杯 大桃 1個	早餐麥片 1杯 1%低脂奶 1杯 較低脂肪芝士 1片 葡萄乾 2湯匙 **或** 　杏甫乾 4粒 杏仁 7粒
營養粢飯 一份 （第70頁） 鹵水蛋 1隻 蒸菠菜 1碗 麻油 1/2茶匙 加鈣豆漿 1/2杯 大香蕉 1/2隻	泰式辣雞肉 一份 （第80頁） 清炒蔬菜 1杯 （烹調用油1茶匙） 清湯河粉 1碗 中型梨 1個	三文魚茄醬通粉 一份 （第62頁） 雜菜 1/2杯（西蘭花， 　椰菜花） （烹調用油1茶匙） 1%低脂奶 1/2杯	牛油果雞肉三文治 （牛油果1/6個,雞肉2安士, 全麥麵包2片,生菜,番茄 及青瓜數片） 沙律 2杯 低脂沙律醬 1湯匙 原味酸乳酪 3/4杯 中型葡萄 15粒
鷹嘴豆芝麻蓉 　（Hummus）1/3杯 全麥餅乾 2片 雜菜 1/2杯（紅椒,西芹, 　　　青瓜）	雜穀麵包 1片 肉 1安士	消化餅乾 1片 代糖酸乳酪 1/2杯	1%低脂奶 1/2杯 全麥餅乾 2片
豆腐素菜羹 一份 （第50頁） 肉鬆蒸滑蛋 一份 （第100頁） 南瓜番茄燴皇子菇一份 （第110頁） 糙米飯 2/3碗 草莓 1杯	青紅蘿蔔豬腱湯 （湯1碗，紅青蘿蔔1/2碗） 蒸魚 2安士（油1茶匙） 芥蘭 1碗 飯 2/3碗 1%低脂奶 1杯 中型蘋果 1個	雜菜湯 一份 （第56頁） 咖喱豬排 一份 （第96頁） 清炒紹菜 1/2碗 （烹調用油1茶匙） 紅米飯 2/3碗 中型奇異果 2個	西湖牛肉羹 一份 （第52頁） 中蝦 5隻 清炒雜菜 1 1/2杯 （烹調用油2茶匙） 饅頭 1個 加鈣豆漿 1/2杯 西瓜粒 1杯
全麥麵包 1片 花生醬 1湯匙	瘦肉 1安士 時菜 1/2碗 清湯全麥 　意大利粉 1/2碗	菜肉水餃 3隻 時菜 1/2碗	小型菜肉包 1個 （2吋直徑）

餐單: 熱量較低（每日熱量 1400-1600卡路里）

備註：所有份量是以書內食譜中的一份為準則

（例如：食譜的整個份量是給四位用，即一份就是全部份量的四份之一）

換算份量	第一天	第二天	第三天
早餐 3份 碳水化合物 1份 肉類及代替品 1份 脂肪	南瓜碎雞肉粥 一份 （第58頁） 加鈣豆漿 1杯 蘋果 1個	芽菜炒麵 一份 （第66頁） 蛋 1隻 1%低脂奶 1杯 木瓜粒 1杯	麥片 ¾ 碗 蛋白 2隻 1%低脂奶 1杯 中型葡萄 15粒
午餐 4份 碳水化合物 2份 肉類及代替品 1-2份 脂肪	中式意大利薄餅 一份 （第72頁） 雜菜沙律 2杯 低脂沙律醬 1湯匙 1%低脂奶 ½杯 芒果粒 ½杯	蘑菇白菜炒肉絲 （蘑菇及白菜絲1½碗， 肉絲2安士，油 1茶匙） 飯⅔碗 或 粉 1碗 原味酸乳酪 ¾ 杯 草莓 2杯	雞絲冷麵 一份 （第64頁） 毛豆（有殼）½杯 1%低脂奶 1杯 中型橙 1個
下午茶 1份 碳水化合物 0-1份 肉類及代替品	1%低脂奶 ½杯 梳打餅乾 3片	燕麥曲奇餅 1塊 （第118頁） 清茶 1杯	高纖維香蕉小鬆餅 1個 （第116頁） 奶茶 1杯（無加糖）
晚餐 4份 碳水化合物 2份 肉類及代替品 1-2份 脂肪	冬菇扒小唐菜 一份 （第108頁） 薑蔥蒸三文魚 一份 （第102頁） 糙米飯 ⅔ 碗 櫻桃 15粒	四季豆炒雞柳 一份 （第78頁） 糙米飯 ⅔碗 黑糯米紅豆沙 一份 （第112頁）	金菇瑤柱羹 一份 （第54頁） 冬菇紅棗蒸雞 （雞肉2安士，冬菇2隻， 紅棗2粒） 上湯浸白菜苗 1碗 （烹調用油1茶匙） 紅米飯 ⅔碗 菠蘿（鳳梨）粒 ¾ 杯

餐單: 熱量較低（每日熱量 1400-1600卡路里）

備註: 所有份量是以書內食譜中的一份為準則

（例如：食譜的整個份量是給四位用，即一份就是全部份量的四份之一）

第四天	第五天	第六天	第七天
吞拿魚/三文魚三文治 （1安士魚、雜穀麵包1片及 低脂蛋黃醬（美乃滋）½湯匙） 1%低脂奶 1杯 哈蜜瓜粒 1杯	鬆軟班戟 一份 　　（第76頁） 花生醬 1湯匙 1%原味乳酪 ¾ 杯 藍莓 1杯	雞肉 1安士 （烹調用油1茶匙） 米粉 ½碗 菜芯 ½杯 加鈣豆漿 1杯 大桃 1個	早餐麥片 ½杯 1%低脂奶 1杯 較低脂肪芝士 1片 葡萄乾 2湯匙 **或** 　杏甫乾 4粒 杏仁 7粒
營養粢飯 一份 　　（第70頁） 蒸菠菜 1碗 麻油 ½茶匙 鹵水蛋 1隻 加鈣豆漿 ½杯 大香蕉 ½隻	泰式辣雞肉 一份 　　（第80頁） 清炒蔬菜 1杯 （烹調用油1茶匙） 清湯河粉 1碗 中型梨 1個	三文魚茄醬通粉 一份 　　（第62頁） 雜菜 ½杯（西蘭花， 　椰菜花） （烹調用油1茶匙） 1%低脂奶 ½杯	牛油果雞肉三文治 （牛油果 ⅙ 個，雞肉2安士， 　全麥麵包2片，生菜，番茄 　及青瓜數片） 沙律 2杯 低脂沙律醬 1湯匙 1% 原味乳酪 ¾杯 中型葡萄 15粒
鷹嘴豆芝麻蓉 （Hummus）⅓杯 全麥餅乾 2片 雜菜 ½杯（紅椒,西芹, 　青瓜）	雜穀麵包 1片 肉 1安士	消化餅乾 1片 代糖酸乳酪 ½杯	1%低脂奶 ½杯 全麥餅乾 2片
豆腐素菜羹 一份 　　（第50頁） 肉鬆蒸滑蛋 一份 　　（第100頁） 南瓜番茄燴皇子菇一份 　　（第110頁） 糙米飯 ⅔碗 草莓 1杯	青紅蘿蔔豬腱湯 （湯1碗，紅青蘿蔔½碗） 蒸魚 2安士（油1茶匙） 芥蘭 1碗 飯 ⅔碗 1%低脂奶 1杯 中型蘋果 1個	雜菜湯 一份 　　（第56頁） 咖喱豬排 一份 　　（第96頁） 清炒紹菜 ½碗 （烹調用油1茶匙） 紅米飯 ⅔碗 中型奇異果 2個	西湖牛肉羹一份 　　（第52頁） 中蝦 5隻 清炒雜菜 1½杯 （烹調用油2茶匙） 饅頭 1個 加鈣豆漿 ½杯 西瓜粒 1杯

Higher Energy Sample Meal Plan (1700 – 1900 Kcal per day)

Note: All amounts are based on serving sizes from the cookbook.
To find out what 1 serving is, divide by the number of servings of that dish
(For example, if a recipe makes 4 servings, then one serving is ¼ of the total amount)

Food Group Servings	Day 1	Day 2	Day 3
Breakfast 4 Carbohydrate 1 Meat & Alternatives 1 Fats	1 serving of Pumpkin and Minced Chicken Congee (p.59) 1 serving of Mung Bean Sprout Chow Mein (p.67) 1 cup calcium fortified soy beverage 1 apple	1 whole wheat English muffin 1 tsp margarine 2 egg whites 1 cup 1% milk 1 cup diced papaya	¾ cup oatmeal 1 slice whole wheat toast 1 egg 1 tsp margarine 1 cup 1% milk 15 medium grapes
Lunch 4 Carbohydrate 2 Meat & Alternatives 1-2 Fats	1 Oriental Pizza (p.73) 2 cups garden salad 1 Tbsp low fat salad dressing ½ cup 1% milk ½ cup diced mango	Stir-fried button mushrooms, bok choy and shredded pork *(1½ cups each mushrooms and bok choy, 2 oz pork, 1 tsp oil)* ⅔ cup rice or 1 cup noodles ¾ cup plain yogurt 2 cups strawberries	1 serving of Cold Buckwheat Noodles with Shredded Chicken and Vegetables (p.65) ½ cup edamame in pods 1 cup 1% milk 1 medium orange
Afternoon Snack 1 Carbohydrate 0-1 Meat & Alternatives	½ cup 1% milk 3 soda crackers	1 Oatmeal Cookie (p.119) 1 cup tea	1 High Fibre Banana Muffin (p.117) 1 cup tea with milk (no sugar added)
Dinner 4 Carbohydrate 2 Meat & Alternatives 1-2 Fats	1 serving of Shiitake Mushrooms with Shanghai Bok Choy (p.109) 1 serving of Steamed Salmon (p.103) ⅔ cup brown rice 15 cherries	1 serving of Green Beans and Chicken Stir Fry (p.79) ⅔ cup brown rice 1 serving of Sweet Adzuki Beans and Black Glutinous Rice Soup (p.113)	1 serving of Enoki Mushrooms with Conpoy Soup (p.55) Steamed chicken pieces with shiitake mushrooms and red dates *(2 oz chicken, 2 shiitake mushrooms, 2 red dates)* 1 cup baby bok choy cooked in broth (1 tsp oil in cooking) ⅔ cup red rice ¾ cup diced pineapple
Bedtime Snack 1 Carbohydrate 1 Meat & Alternatives	1 slice whole wheat toast 1 slice lower fat cheese	1-2 sardines ½ cup rice noodles ½ cup choy sum	7 soda crackers 1 oz canned salmon ½ Tbsp low fat mayonnaise

Higher Energy Sample Meal Plan (1700 – 1900 Kcal per day)

Note: All amounts are based on serving sizes from the cookbook.
To find out what 1 serving is, divide by the number of servings of that dish
(For example, if a recipe makes 4 servings, then one serving is ¼ of the total amount)

Day 4	Day 5	Day 6	Day 7
Tuna/salmon sandwich *(1 oz fish, 2 slices multi-grain bread and ½ Tbsp low fat mayonnaise)* 1 cup 1% milk 1 cup diced cantaloupe	2 servings of Fluffy Pancakes (p.77) 1 Tbsp maple syrup 2 egg whites ½ cup diet yogurt ½ cup blueberries	1 oz chicken 1 tsp oil 1 cup rice noodles ½ cup choy sum 1 cup calcium fortified soy beverage 1 large peach	1 cup All Bran cereal 1 cup 1% milk 1 slice lower fat cheese 2 Tbsp raisins or 4 dried apricots 7 almonds
1 serving of Chi Fan (p.71) 1 soy sauce egg 1 cup steamed spinach ½ tsp sesame oil ½ cup calcium fortified soy beverage ½ large banana	1 serving of Thai Style Spicy Chicken (p.81) 1 cup stir-fried vegetables (1 tsp oil in cooking) 1 cup rice noodles in broth 1 medium pear	1 serving of Macaroni and Salmon in Tomato Sauce (p.63) ½ cup assorted *vegetables (broccoli, cauliflower)* (1 tsp oil in cooking) ½ cup 1% milk	Chicken and avocado sandwich *(2 slices whole wheat bread, ⅙ avocado, 2 oz chicken, lettuce, tomato and cucumber slices)* 2 cups garden salad 1 Tbsp low fat salad dressing ¾ cup 1% plain yogurt 15 medium grapes
⅓ cup hummus 2 whole wheat crackers ½ cup assorted vegetables (red pepper, celery and cucumber)	1 slice whole grain bread 1 oz meat	1 Digestive cookie ½ cup diet yogurt	½ cup 1 % milk 2 whole wheat crackers
1 serving of Vegetarian Tofu Soup (p.51) 1 serving of Steamed Egg Custard with Minced Chicken (p.101) 1 serving of Pumpkin, Tomato and Mushroom Stew (p.111) ⅔ cup brown rice 1 cup strawberries	Green radish, carrot and pork shank broth *(1 cup broth, ½ cup green radish and carrots)* 2 oz steamed fish *(1 tsp oil)* 1 cup Chinese broccoli ⅔ cup rice 1 cup 1% milk 1 medium apple	1 serving of Mixed Vegetable Soup (p.57) 1 serving of Curry Pork Tenderloin (p.97) 1 cup stir-fried nappa cabbage (1 tsp oil in cooking) ⅔ cup red rice 2 medium kiwis	1 serving of West Lake Beef Soup (p.53) 5 medium shrimp 1½ cups stir-fried mixed vegetables (2 tsp oil in cooking) 1 plain Chinese bun ½ cup calcium fortified soy beverage 1 cup diced watermelon
1 slice whole wheat bread 1 Tbsp peanut butter	1 oz lean pork ½ cup vegetables in season ½ cup whole wheat pasta cooked in broth	3 meat and vegetable dumplings ½ cup of choy sum	1 small Chinese meat and vegetable bun (2" diameter)

Lower Energy Sample Meal Plan (1400 – 1600 Kcal per day)

Note: All amounts are based on serving sizes from the cookbook.
To find out what 1 serving is, divide by the number of servings of that dish
(For example, if a recipe makes 4 servings, then one serving is ¼ of the total amount)

Food Group Servings	Day 1	Day 2	Day 3
Breakfast 3 Carbohydrate 1 Meat & Alternatives 1 Fats	1 serving of Pumpkin and Minced Chicken Congee (p.59) 1 cup calcium fortified soy beverage 1 apple	1 serving of Mung Bean Sprout Chow Mein (p.67) 1 egg 1 cup 1% milk 1 cup diced papaya	¾ cup oatmeal 2 egg whites 1 cup 1% milk 15 medium grapes
Lunch 4 Carbohydrate 2 Meat & Alternatives 1-2 Fats	1 serving of Oriental Pizza (p.73) 2 cups garden salad 1 Tbsp low fat salad dressing ½ cup 1% milk ½ cup diced mango	Stir-fried button mushrooms, bok choy and shredded pork *(1½ cups each mushrooms and bok choy, 2 oz pork, 1 tsp oil)* ⅔ cup rice or 1 cup noodles ¾ cup plain yogurt 2 cups strawberries	1 serving of Cold Buckwheat Noodles with Shredded Chicken and Vegetables (p.65) ½ cup edamame in pods 1 cup 1% milk 1 medium orange
Afternoon Snack 1 Carbohydrate 0-1 Meat & Alternatives	½ cup 1% milk 3 soda crackers	1 Oatmeal Cookie (p.119) 1 cup tea	1 High Fibre Banana Muffin (p.117) 1 cup tea with milk (no sugar added)
Dinner 4 Carbohydrate 2 Meat & Alternatives 1-2 Fats	1 serving of Shiitake Mushrooms with Shanghai Bok Choy (p.109) 1 serving of Steamed Salmon (p.103) ⅔ cup brown rice 15 cherries	1 serving of Stir Fried Green Beans and Chicken Stir Fry (p.79) ⅔ cup brown rice 1 serving of Sweet Adzuki Beans and Black Glutinous Rice Soup (p.113)	1 serving of Enoki Mushrooms with Conpoy Soup (p.55) Steamed chicken pieces with shiitake mushrooms and red dates *(2 oz chicken, 2 shiitake mushrooms, 2 red dates)* 1 cup baby bok choy cooked in broth (1 tsp oil in cooking) ⅔ cup red rice ¾ cup diced pineapple

Lower Energy Sample Meal Plan (1400 – 1600 Kcal per day)

Note: All amounts are based on serving sizes from the cookbook.
To find out what 1 serving is, divide by the number of servings of that dish
(For example, if a recipe makes 4 servings, then one serving is ¼ of the total amount)

Day 4	Day 5	Day 6	Day 7
Tuna/salmon sandwich (1 oz fish, 1 slice multi-grain bread and ½ Tbsp low fat mayonnaise) 1 cup 1% milk 1 cup diced cantaloupe	1 serving of Fluffy Pancakes (p.77) 1 Tbsp peanut butter ¾ cup plain yogurt 1 cup blueberries	1 oz chicken 1 tsp oil ½ cup rice noodles ½ cup choy sum 1 cup calcium fortified soy beverage 1 large peach	½ cup All Bran cereal 1 cup 1% milk 1 slice lower fat cheese 2 Tbsp raisins or 4 dried apricots 7 almonds
1 serving of Chi Fan (p.71) 1 soy sauce egg 1 cup steamed spinach ½ tsp sesame oil ½ cup calcium fortified soy beverage ½ large banana	1 serving of Thai Style Spicy Chicken (p.81) 1 cup stir-fried vegetables (1 tsp oil in cooking) 1 cup rice noodles in broth 1 medium pear	1 serving of Macaroni and Salmon in Tomato Sauce (p.63) ½ cup assorted vegetables (broccoli, cauliflower) (1 tsp oil in cooking) ½ cup 1% milk	Chicken and avocado sandwich *(2 slices whole wheat bread, ⅙ avocado, 2 oz chicken, lettuce, tomato and cucumber slices)* 2 cups garden salad 1 Tbsp low fat salad dressing ¾ cup 1% plain yogurt 15 medium grapes
⅓ cup hummus 2 whole wheat crackers ½ cup assorted vegetables (red pepper, celery and cucumber)	1 slice whole grain bread 1 oz meat	1 Digestive cookie ½ cup diet yogurt	½ cup 1 % milk 2 whole wheat crackers
1 serving of Vegetarian Tofu Soup (p.51) 1 serving of Steamed Egg Custard with Minced Chicken (p.101) 1 serving of Pumpkin, Tomato and Mushroom Stew (p.111) ⅔ cup brown rice 1 cup strawberries	Green radish, carrot and pork shank broth *(1 cup broth, ½ cup green radish and carrots)* 2 oz steamed fish *(1 tsp oil)* 1 cup Chinese broccoli ⅔ cup rice 1 cup 1% milk 1 medium apple	1 serving of Mixed Vegetable Soup (p.57) 1 serving of Curry Pork Tenderloin (p.97) 1 cup stir-fried nappa cabbage (1 tsp oil in cooking) ⅔ cup red rice 2 medium kiwis	1 serving of West Lake Beef Soup (p.53) 5 medium shrimp 1½ cups stir-fried mixed vegetables (2 tsp oil in cooking) 1 plain Chinese bun ½ cup calcium fortified soy beverage 1 cup diced watermelon

糖尿病飲食指南
Diabetes Food Guide - Beyond the Basics

含碳水化合物的食物組別 – 會轉化成血液中的葡萄糖
(Carbohydrate-containing food groups- turn into glucose in the blood)

穀物及澱粉質	Grains & Starches
（每天6-8份）	(6-8 servings per day)

這個食物組別
包括所有穀物，
其製成品及澱
粉質類的蔬菜。

每份食物含大
概15克碳水化
合物

This food group
includes
all grains, all
grain products
including flour,
and starchy
vegetables.

Each serving
contains about
15 grams
carbohydrate

一份食物相等於	One Serving equals

1片	麵包	1 slice	bread
⅓碗	飯（白米/糙米/紅米）	⅓ cup	white, brown or red rice
½碗	麵或粉	½ cup	noodles, pasta
½碗	藜麥/野米	½ cup	quinoa, wild rice
3片	水餃皮或雲吞皮	3	won ton, dumpling wrappers
½個	小型饅頭	½	plain Chinese bun
¾杯	麥片（熟）或 2湯匙 麥片（乾）	2 Tbsp	dry or ¾ cup cooked oatmeal
½個	6吋袋包（pita bread）	½	6" pita bread
¼至⅓個	水泡包（bagel）	¼-⅓	bagel
7片	梳打餅	7	soda crackers
4片	烤脆薄麵包片（melba toast）	4	melba toasts
½杯	早餐麥片（bran flakes）	½ cup	bran flakes
½條	玉米 或 ½杯 玉米粒	½ cob	of corn or ½ cup corn kernels
½個	中型馬鈴薯/番薯	½ cup	or ½ medium potato or sweet potato
½杯	馬鈴薯/番薯	⅓ cup	taro root
⅓杯	芋頭	1 cup	soup (tomato-based, cream-based, or soup with added starch)
1杯	湯（番茄，奶油或加了澱粉的湯）		

除非列有說明，所有需要烹調的食物份量是以煮熟後的份量作準
Measurements for foods that require cooking refer to cooked foods unless otherwise specified

每份食物含大概15克碳水化合物

Each serving contains about 15 grams carbohydrate

一份食物相等於

1個	中型橙／蘋果／梨
2杯	草莓／覆盆子（raspberries）／黑莓
1杯	藍莓
2個	中型 柑桔／奇異果（彌猴桃）
15粒	中型葡萄或櫻桃
30粒	龍眼
½杯	芒果粒
1杯	哈蜜瓜粒／蜜瓜粒／西瓜粒
1個	大桃/桃駁李
1個	大火龍果
½個	石榴（pomegranate）
1杯	木瓜粒
1個	中型柿
¾杯	菠蘿（鳳梨）粒
½隻	大香蕉
¼杯	榴槤粒
10粒	荔枝
½杯	大樹菠蘿片
1杯	番石榴粒
½杯	罐裝雜果
乾果:	2湯匙葡萄乾／4粒杏甫乾／3粒西梅乾
½杯	純果汁

One Serving equals

1	medium orange, apple, pear
2 cups	strawberries, raspberries, blackberries
1 cup	blueberries
2	medium clementines, kiwis
15	medium size grapes, cherries
30	longan
½ cup	diced mango
1 cup	diced cantaloupe, honeydew melon, watermelon
1	large peach, nectarine
1	large dragon fruit
½	pomegranate
1 cup	diced papaya
1	medium persimmon
¾ cup	diced pineapple
½	large banana
¼ cup	diced durian
10	lychee
½ cup	sliced jackfruit
1 cup	diced guava
½ cup	canned fruit (packed in juice)
dried fruits:	2 Tbsp raisins or 4 dried apricots or 3 prunes
½ cup	unsweetened juice

牛奶及代替品 （每天2-3份）　|　Milk & Alternatives (2-3 servings per day)

每份食物含
大概15克 碳水化合物
　　及
8克 蛋白質

Each serving
contains about
15 grams
carbohydrate and
8 grams protein

一份食物相等於	One Serving equals

1杯 牛奶	1 cup milk
½杯 淡奶	½ cup evaporated milk
2湯匙 奶粉	2 Tbsp powdered milk
1杯 原味加鈣豆漿	1 cup plain calcium fortified soy beverage
¾杯 原味乳酪	¾ cup plain yogurt
1杯 水果代糖乳酪	1 cup fruit flavoured yogurt sweetened with artificial sweetener

其他選擇　|　Other Choices

這個組別包括一些含
碳水化合物較高但
營養較低的食物，
只可間中選用並留意
份量。

每份食物含大概
15克碳水化合物

This food group includes
high carbohydrate,
lower nutrient foods.
These foods should only
be used occasionally
and in moderation.

Each serving contains
about 15 grams
carbohydrate

一份食物相等於	One Serving equals

1 湯匙（3茶匙） 砂糖/黃糖/蜜糖/冰糖/片糖/麥芽糖/果醬	1 Tbsp (3 tsp) granulated sugar, brown sugar, honey, rock sugar, maltose, jam
⅓-½杯 普通汽水	⅓ - ½ cup regular soft drinks
½杯 雪糕（冰淇淋）	½ cup ice cream
10片 焗（烤）薯片	10 baked chips
6粒 LifeSavers果汁糖	6 Lifesavers candies

蔬 菜　（每天5份或以上）

Vegetables　(5+ servings per day)

含糖份少的蔬菜

Vegetables with little carbohydrates

每份含大概
0-5克
碳水化合物
每份食物相等於:
- 1杯 未煮的綠葉蔬菜
- ½杯 煮熟的綠葉蔬菜
- ½杯 其他蔬菜

Each serving contains about 0-5 g carbohydrate. 1 serving
= 1 cup raw leafy vegetables
= ½ cup cooked leafy vegetables
= ½ cup other vegetables

芥蘭、菜芯、莧菜、通菜、唐蒿、唐生菜、西洋菜、紹菜、菠菜、椰菜花、西蘭花、鮮露筍、四季豆、雪豆、豆角、荷蘭豆、冬瓜、節瓜、絲瓜、青椒、紅椒、蘑菇、白蘿蔔、南瓜、沙葛、甜菜、番茄、青瓜等等。

Gai Lan (Chinese Broccoli), Choy Sum (Turnip Mustard greens), amaranth greens, water spinach, chrysanthemum greens, Chinese lettuce, watercress, nappa cabbage, spinach, cauliflower, broccoli, asparagus, green beans, sugar snap peas, snow peas, string beans, winter melon, fuzzy melon, luffa (spongy cucumber), bell peppers, button mushroom, daikon, pumpkin, jicama, beet, tomato, cucumber, etc.

含糖份較高的蔬菜

Vegetables with more carbohydrates

每餐進食總量超過½杯的話，就算為15克碳水化合物。

Count as 15 grams carbohydrate when you eat more than ½ cup at a meal.

青豆、冬菇、番瓜、馬蹄、蓮藕、芹菜蘿蔔（parsnip）等等。

Peas, shiitake mushrooms, squash (acorn or butternut), water chestnuts, lotus root, parsnip, etc.

除豆及小扁豆外，下列的食物都不含碳水化合物。

*每餐進食1杯豆或小扁豆，就算爲15克碳水化合物

每份食物含大概
7克 蛋白質
及
3-5克 脂肪

These foods do not contain carbohydrate except for beans and lentils.

*Count as 15 grams of carbohydrate when you eat 1 cup of beans and lentils at a meal

Each serving contains 7 grams protein and 3-5 grams fat

一份食物相等於	
1安士	肉（豬/牛/羊）、魚、家禽（雞/鴨）
2湯匙	碎肉
4-6隻	大蝦 或8－10隻 中蝦
¼杯	蟹肉
1隻	雞蛋 或2隻 蛋白
75克	豆腐
1安士	芝士
¼杯	農場芝士（cottage cheese）
2湯匙	花生醬
½杯	豆/小扁豆*

One Serving equals	
1 oz	meat (pork, beef, mutton, goat), fish, poultry (chicken, duck)
2 Tbsp	ground meat
4-6	large shrimp
or 8-10	medium shrimp
¼ cup	crab meat
1	egg or 2 egg whites
75g	tofu
1 oz	cheese
¼ cup	cottage cheese
2 Tbsp	peanut butter
½ cup	beans/ lentils*

除非列有說明，所有需要烹調的食物份量是以煮熟後的份量作準
Measurements for foods that require cooking refer to cooked foods unless otherwise specified

脂肪 （每天6-9份）　　　Fats　(6-9 servings per day)

下列的食物都
不含碳水化合物。

每份食物含
5克脂肪

These foods
do not contain
carbohydrate.

Each serving
contains
5 grams fat

一份食物相等於	One Serving equals

1茶匙	油、牛油、植物牛油	1 tsp	oil, butter, margarine
1茶匙	沙律醬/蛋黃醬（美乃滋）	1 tsp	salad dressing, mayonnaise
3湯匙	10％乳脂奶油	3 Tbsp	half & half cream
2湯匙	罐裝椰漿	2 Tbsp	canned coconut milk
1湯匙	低脂沙律醬/低脂蛋黃醬（美乃滋）	1 Tbsp	low fat salad dressing, low fat mayonnaise
⅙個	牛油果	⅙	avocado
1湯匙	芝麻	1 Tbsp	sesame seeds
堅果: 10粒	花生	Nuts: 10	peanuts
7粒	杏仁	7	almonds
5粒	半邊合桃肉	5	walnut halves
3粒	夏威夷果仁	3	macadamia nuts
1湯匙	腰果	1 Tbsp	Cashews

額外食物　　　Extras

下列的食物都含有很少或沒有碳水化合物。

These foods contain very little or
no carbohydrate.

清湯、清茶、咖啡、代糖汽水、香草、
香料、檸檬、青檸、芥辣、1湯匙代糖造
的果醬

Broth, tea, coffee, diet drinks, herbs, spices,
lemon, lime, mustard, 1 Tbsp diet jam

碳水化合物的食物組別包括:
1. 穀物及澱粉質
2. 水果
3. 奶及代替品
4. 其他選擇

定時及定量吃含碳水化合物的食物是很重要的。這是因爲進食這些食物會直接令血糖上升。你有沒有試過計一計一餐內自己吃了多少碳水化合物呢?

以下的圖表可以幫助你計算。
這個表是分左右兩部份:左邊的是示範餐,幫助你了解這餐含有碳水化合物的份量。右邊的則列明這個示範餐內每份含碳水化合物的食物例子。
詳細的資料請參閱:餐單(第20-21頁)及糖尿病飲食指南(第28-33頁)。

Food groups that are made up of carbohydrate include:
1. Grains and Starches
2. Fruit
3. Milk and Alternatives
4. Other Choices

It is important to eat carbohydrate in consistent amounts and at consistent times because it raises blood sugar directly. Have you ever tried to figure out how much carbohydrate you eat in a meal?
The following chart can help. It uses sample meals on the left to help you understand what constitutes a carbohydrate serving in a meal, and provides serving sizes on the right.

Please refer to sample meal plan on p.24-25 and "Diabetes Food Guide - Beyond the Basics" on p.28-33 for details.

示範1: 餐單內的第3天早餐（第20頁）
Sample 1: DAY 3 Breakfast of meal plan (p.24)

1	2	3	4
麵包1片＝1份 1 slice bread = 1 serving	¾杯麥片＝1份 ¾ cup oatmeal = 1 serving	牛奶1杯＝1份 1 cup milk = 1 serving	葡萄15粒＝1份 15 grapes = 1 serving

示範2: 餐單內的第2天午餐（第20頁）
Sample 2: DAY 2 Lunch of meal plan (p.24)

1	2	3	4
	麵1碗＝2份 1 cup noodles = 2 servings	酸乳酪 ¾杯＝1份 ¾ cup yogurt = 1 serving	草莓2杯＝1份 2 cups strawberries = 1 serving

示範3: 餐單內的第7天午餐（第21頁）
Sample 3： DAY 7 Lunch of meal plan（p.25）

1	2	3	4
麵包2片 = 2 份 2 slices bread = 2 servings		酸乳酪 ¾ 杯 = 1份 ¾ cup yogurt = 1 serving	葡萄15粒 = 1份 15 grapes = 1 serving

示範4: 餐單內的第5天晚餐（第21頁）
Sample 4： DAY 5 Dinner of meal plan（p.25）

1	2	3	4
飯⅔碗 = 2份 ⅔ cup rice = 2 servings		牛奶1杯 = 1份 1 cup milk = 1 serving	蘋果1個 = 1份 1 apple = 1 serving

示範5: 餐單內的第6天宵夜（第21頁）
Sample 5： DAY 6 Bedtime Snack of meal plan（p.25）

1
餃子皮3片=1份 3 dumpling wrappers = 1 serving

定時及定量吃含碳水化合物的食物可幫助控制血糖。此外，在一餐內包括其他組別的食物也非常重要，例如：肉類及代替品，脂肪及蔬菜。這種配搭不單令我們攝取均衡營養，而且可減慢消化，令血糖較慢上升。

Eating a consistent amount of carbohydrate at consistent times helps control blood sugar. However, it is also important to include food from the other food groups, vegetables, meat & alternatives and fats.　The combination provides balanced nutrition and slows down digestion resulting in less of an increase in blood sugar after eating.　These foods also supply important nutrients.

食物組別 Food Group	換算份量 Number of servings				總份量 Total number of servings
	1	**2**	**3**	**4**	
碳水化合物 （直接影響血糖） Carbohydrate (affects blood sugar directly)	飯⅔碗 = 2 份 ⅔ cup rice = 2 servings		牛奶1杯 = 1份 1 cup milk = 1 serving	蘋果1個 = 1份 1 apple = 1 serving	4份 碳水化合物 4 Carbo-hydrate Servings
肉類及代替品 Meat & Alternatives	2安士魚 = 2 份 2 oz fish = 2 servings				2份 肉類及代替品 2 Meat & Alternatives Servings
脂肪 Fats	油1茶匙 = 1份 1 tsp oil = 1 serving	油1茶匙 = 1份 1 tsp oil = 1 serving			2份脂肪 2 Fats Servings
蔬菜 Vegetables	1杯 芥蘭 = 2 份 1 cup Chinese broccoli = 2 servings		青紅蘿蔔½杯=1份 ½ cup carrot and green radish = 1 serving		3份蔬菜 3 Vegetables Servings

每人所需的食物份量都不同。有關每天攝取總量的參考資料，請查閱第28至33頁。

Each person requires a different amount of food. Please refer to p. 28-33 for more information about daily intake recommendation for each food group.

食物組別 Food Group	換算份量 Number of servings				總份量 Total number of servings
	1	2	3	4	
碳水化合物 （直接影響血糖） Carbohydrate (affects blood sugar directly)	麵包2片 = 2 份 2 slices bread = 2 servings		酸乳酪³/₄ 杯 = 1份 ³/₄ cup yogurt = 1 serving	葡萄15粒 = 1份 15 grapes = 1 serving	4份 碳水化合物 4 Carbo- hydrate Servings
肉類及代替品 Meat & Alternatives	肉2安士 = 2份 2 oz Meat = 2 servings				2份 肉類及 代替品 2 Meat & Alternatives Servings
脂肪 Fats	¹/₆ 個牛油果 = 1份 ¹/₆ avocado = 1 serving	1湯匙低脂沙律醬 = 1份 1 Tbsp low fat salad dressing = 1 serving			2份脂肪 2 Fats Servings
蔬菜 Vegetables	2杯蔬菜沙律 = 2份 2 cups salad = 2 servings		1杯蔬菜 = 1份 1 cup vegetables = 1 serving		3份蔬菜 3 Vegetables Servings

每人所需的食物份量都不同。有關每天攝取總量的參考資料，請查閱第28至33頁。
Each person requires a different amount of food. Please refer to p. 28-33 for more information about daily intake recommendation for each food group.

① 湯羹篇

很多華人都有喝湯的習慣，湯羹對不少人來說有它特別的魅力。天氣炎熱時，身體出汗而流失水份，喝湯可以幫助補充身體的水份。天氣寒冷的時候，喝一碗熱湯也立即令人感覺溫暖。

當你享用湯水的時候，應注意下列幾點:

1. 不要只喝湯不吃湯渣
   如果我們只喝湯不吃湯渣，湯內的蔬菜及肉類大部份的營養都吸收不到。

2. 骨湯並不是高鈣飲品
   不少人以為骨湯可以補充身體需要的鈣質，其實骨湯並不是高鈣飲品。雖然骨本身含大量鈣質但鈣質並不會溶解在湯內的。

3. 有些清湯含高脂肪
   有些清湯含高脂肪，例如用骨及家禽烹調的湯可能含有很多脂肪，所以湯料要選用瘦的肉類，家禽要先去皮才烹調。飲用前可利用隔油壺或其他器皿來減少湯內的脂肪。或放進冰箱內，再去除凝固的脂肪。

4. 有些調味料含高鈉
   不少人都會用鹽來帶出湯的鮮味或是習慣吃湯渣時蘸點醬油。不過，鹽、醬油、蠔油等都是高鈉的調味料，攝取過多的鈉可能會令血壓上升，每次使用時需要留意份量。

Chapter 1: Soups

Soup is a favourite food for many Chinese people. Soup has a special appeal year round. When the weather is hot, the body loses water through perspiration; having soup can help to add back the body's water content. When the weather is cold, having a bowl of hot soup can make you feel warm in an instant.

When you eat soup, consider the following:

1. **The meat and vegetables as well as the broth need to be eaten in order to get all of the nutrients.**

2. **Soups cooked with bones are not high in calcium.** Bones are high in calcium but the calcium does not dissolve in the broth.

3. **Some soups and broths are high in fat.** Choose lean meats, trim fat from meat and remove the skin of poultry before cooking. Before eating soup, use a gravy separator to pour off some of the fat or refrigerate and remove the hardened fat.

4. **Some seasonings are high in sodium**
Many people will use salt to bring out the flavours of the soup or use soy sauce to eat with the soup. Salt, soy sauce, oyster sauce and many other sauces are high in sodium. Too much sodium can contribute to high blood pressure, so be aware of the kind and amount of sauces and seasonings you use.

❷ 粥粉麵飯及其他包點篇

粥粉麵飯及其他麵點在華人的飲食可說是不可缺少的部份。其實粥粉麵飯都是澱粉質類的食物，對糖尿病患者來說，最重要是留意進食份量，如果整餐都是用粥粉麵飯來組成的話，就會很容易吃下過多的澱粉質而令餐後的血糖升至過高的水平，所以要做到每餐食物要均衡以及每類食物（肉類、豆類、豆腐、水果、蔬菜、奶及穀物）的份量要適中。

如果你有只吃白米飯的習慣，煮飯時可嘗試選擇一些全穀類的產品來增加攝取纖維、維他命及礦物質，有助健康。全穀類的產品例如糙米，紅米，用多種全穀類混合而成的雜穀米、糙米米粉（brown rice noodle），全麥意大利粉、雜穀意大利粉、全穀麵包（whole grain bread）等越來越普及，在一般的超級市場都很容易買得到。

此外，烹調方法及時間也會影響食物的升糖指數，這個指數是以葡萄糖或白麵包作為標準，然後用它來比較及排列含高量碳水化合物的食物對體內血糖升高的程度。例如: 粥是很容易被消化，會令餐後的血糖上升得較高及較快；煮得較長時間的意大利粉也會比煮得較短時間的令血糖上升得較高及較快，所以不宜把粉麵煮得太久。但另一方面，有些人喜歡吃麵、餃子及雲吞時加醋一同進食，原來這樣可以增加食物的酸度，減慢消化速度，令升糖指數下降。

Chapter 2: Rice, congee, noodles, and other grain products

Rice, congee, noodles, and other grain products are important foods in the Chinese diet. It is important to be aware of the portion size of these foods. If the whole meal consists of just rice, congee and noodles, it is very easy to eat too much starch. This may lead to a high blood sugar level after the meal. It is important to eat balanced meals and make sure the portion of each type of food (meat, beans, tofu, fruit, vegetables, milk as well as starch) is appropriate.

If you are used to only eating white rice, try choosing some whole grain products to increase your fibre, vitamin and mineral intake. Whole grains include brown rice, red rice, multigrain mixes, brown rice noodles, whole wheat and multigrain pasta and whole grain bread. Whole grain products are becoming more common and can easily be found in grocery stores.

The cooking method and time can affect a food's glycemic index. Glycemic index is a scale that ranks carbohydrate-rich foods by how much they raise the blood glucose level compared to a standard food. The standard food is glucose or white bread. For example, congee is easy to digest and will cause blood sugar to rise quickly. Pasta that is cooked for a long time will also cause blood sugar to rise higher and faster than pasta that has been cooked for a shorter time. That is why it is not a good idea to cook pastas and noodles for too long. Using vinegar with noodles, wonton or dumplings will increase the food's acidity, slowing digestion and lowering the glycemic index of the food. Blood sugar will increase less after eating.

③ 主菜篇

煎炒菜式

炒是中菜最常見的烹飪方法，講求火候及時間的掌握，要訣是將同一種食材切成大小相同；先放不易熟的材料，易熟的材料後放，令上碟時所有的材料都軟硬適中，同時具有色香味全的效果。小炒的烹調時間一般較短，所以只要預先把食物準備好，例如切肉、洗菜及切菜等，到開餐之前才炒，就很快可以上碟。

小炒菜式一般都用較猛火及短時間來烹調，所以最能保存蔬菜的營養。但要留意的是用油份量，做菜時不要把材料走油或泡油，以免令脂肪含量增加，影響健康。一般來說，每人每餐大約需要兩份脂肪。詳細資料請參閱第33頁糖尿病飲食指南的脂肪組別。

煎是另外一種常用的烹調方法，例如: 煎蛋、煎魚、煎豬扒、煎雞塊等。特別之處就是用少量油來烹調，透過合適的烹調溫度來盡量保留食物本身的水份及加強食物的香味。
竅門是:
1. 抹乾食物表面的水份
2. 燒熱煎鍋，下少量油
3. 待鍋再燒熱，然後把食物煎至兩面金黃及熟透

烤焗菜式

這些菜式都使用焗爐（烤箱）來完成部份或整個烹調過程，烤焗是利用乾熱來烤熟食物及蒸發食物多餘的水份，巧妙地運用，可以令味道更濃更香。焗爐的功能一般分為傳統式及對流恆溫式（convection）。對流恆溫式的焗爐內置風扇把熱空氣在焗爐內循環，使食物在更短的時間內烹調好。本書的烤焗食譜全部都是用對流恆溫焗爐作標準的，假如你是使用傳統式焗爐，就要把火力調高華氏25度（25°F），假若書中列出350度，即需要調至華氏375度（375°F）。

Chapter 3: **Main Dishes**

Stir-fried and Pan-fried Dishes

Stir-frying is the most common Chinese cooking method. The management of heat and timing is very important. To ensure optimal texture, colour and flavour of the stir-fry, the foods that need a longer cooking time are started first. The other ingredients are added according to the cooking time required. First, prepare all of the food items to be used in the stir-fry; cut the meat, wash and cut the vegetables. Once this is done, doing the actual stir-frying is very fast. The nutrients of vegetables in stir-fries are retained by cooking them quickly using high heat. Use a small amount of oil in cooking (about 2 servings of fat per person at each meal) and avoid deep-frying ingredients before stir-frying. Please refer to page 33 "Diabetes Food Guide - Beyond the Basics" - "Fats" food group for more information.

Pan-frying is another common cooking method. Some common pan-fried dishes include egg, fish, pork chops, chicken pieces. Pan-frying requires only a small amount of oil. When the right cooking temperature is used, pan-frying can retain the moisture and enhance the flavour of your food.

Cooking tips:
1. Pat meat dry
2. Preheat frying pan, then add a small amount of oil
3. When hot, fry both sides of food until cooked.

Roasted and Baked Dishes

Roasting and baking use dry heat to cook food. Food also browns and complex flavours and aromas develop. When this technique is used appropriately, the flavours of the food can be enhanced. There are two main types of household ovens—conventional and convection. Unlike a conventional oven, a convection oven has a fan that circulates hot air. Food tends to cook more quickly and evenly in a convection oven. The recipes in this section were developed and tested by cooking in a convection oven. If you are using a conventional oven, the cooking temperature should be increased by about 25 ° F. For example, if the recipe calls for 350° F, set the oven temperature at 375 ° F.

水蒸美食

用蒸的方法來烹調的食物可說是最原汁原味，如果你有一個多層的蒸籠，便可以同一時間蒸幾款不同的菜式來節省能源及時間。

傳統的中菜一般用蒸來烹調肉類、家禽、海鮮及豆腐等，很少蒸蔬菜。蒸蔬菜在西菜則比較普遍。研究指出蒸蔬菜比水煮蔬菜更能保存蔬菜的維他命，尤其是葉酸及維他命C，因為維他命往往會留在被丟棄的煮菜水中。大家不妨試試蒸蔬菜，例如:西蘭花大概蒸6分鐘便成，也可以嘗試用小量的油略炒蔬菜，再加小量的滾水，蓋上鑊蓋再烹調3至4分鐘然後上碟。

炆燴菜式

炆燴的菜式是用較細火及較長的時間來烹調，讓不同材料的味道融合。常見的菜式包括炆牛腩、炆排骨、炆雞翼等。這些菜式都含大量的脂肪，如果喜歡用這些菜式的汁來伴飯更會不知不覺地攝取大量的熱量及飽和脂肪，影響心臟健康。如果希望做一些較健康的炆燴菜式就要留意選用瘦的肉類、家禽要先去皮才烹調。此外，採用一些肉類的代替品例如：小扁豆(lentils)及乾豆等來代替部份或全部的肉類或家禽，更可有效地攝取多些纖維及減少吸收脂肪。

Steamed Dishes

Steaming is the best cooking technique for preserving the natural flavours of food. If you use stackable steamer baskets to cook different dishes at the same time, you can also save time and energy. Traditional Chinese cooking usually steams meat, poultry, seafood and tofu but rarely steams vegetables. Vitamin C and folate are better preserved in steamed vegetables than in boiled vegetables because vitamins are lost in the cooking water. Steam vegetables such as broccoli until "tender-crisp" for about 6 minutes. You can also sauté vegetables first in a little oil, add a small amount of hot water and cook on medium-high heat for about 3-4 minutes with the lid on.

Stews and Braised Dishes

Stews and braised dishes are cooked slowly with low heat to allow the fusion of the flavours. Popular dishes such as beef brisket, pork ribs and chicken wing stews are very high in fat. Eating the sauce with the rice in the meal increases the calorie and fat content of the meal. To make stews and braised dishes healthier, use lean meats and skinless poultry. Also, using meat alternatives such as lentils and beans to substitute for some or all of the meat and poultry can effectively increase the fibre content and decrease the fat content of the dish.

❹ 甜品及焗製點心篇

這一個環節並不是鼓勵大家多吃甜品。糖尿病患者吃甜品時，需要小心份量及留意在同一餐內其他含碳水化合物的食物份量。

有些人以為患了糖尿病以後便不能再吃甜的食物，可是心底裏還是很想吃，經常抑制著自己的意慾。但一有機會便忍不住大吃一頓，終於適得其反，弄至血糖急升。其實，愛吃甜品的患者是可以嘗試每相隔一段時間在餐單中加入小量的甜品來滿足自己。

又有一些人對甜品的態度完全相反，若要限制吃甜品的份量，他們就寧願不吃。如果你屬於這類患者，在日常飲食中對甜品抱著「可免則免」的態度，但在某些特別日子，如生日、節日等，仍可有節制地多吃一點。

糖尿病患者吃甜品時，最重要的是懂得選擇和控制份量。眾多種類當中，水果是最有益的，既含有纖維又有豐富的礦物質及維他命，是甜品的首選。以下提供的是一些較健康的選擇，讀者可利用營養分析的資料來編排餐單。

Chapter 4: Desserts and Baked Goods

We are not encouraging people to eat more desserts. But people with diabetes can enjoy dessert, as long as they are aware of the portion size and how much other carbohydrate-containing food is eaten at that meal.

Avoiding sweets when you really crave them can lead to overeating, high blood sugar levels and self-blame. Try incorporating a small portion of dessert into your meal plan once in awhile if desired.

Or you may have a different attitude towards eating desserts. If it is recommended that you should eat only a small portion of dessert, perhaps you would rather avoid it altogether. If you can identify with this type of thinking, you may want to avoid dessert on a regular basis and have dessert only on special occasions.

When enjoying dessert, it is important to make wise choices and to control the portion size. Fruit is the healthiest choice for dessert providing fibre, minerals and vitamins. In this section of the book, recipes for other healthy choices are provided. You can make use of the nutrition analysis to plan your meals.

食譜目錄

Recipe Listing

豆腐素菜羹

材料：

粉絲	40克（約½包）
冬菇	20克（約4-5隻）
乾木耳絲	20克（約½杯）
筍肉，切絲	80克（約½個）
紅蘿蔔，切絲	½杯
白豆腐乾，切絲	350克
食油	½湯匙
水	6杯

調味：
鹽	½茶匙
生抽	2茶匙
麻油	1茶匙
糖	½茶匙
白胡椒粉	¼茶匙

獻（芡）汁料：
老抽	½茶匙
生粉	2湯匙
水	½杯

做法：

1. 粉絲用清水浸軟，剪成約1吋長的短條。

2. 冬菇和木耳分開用清水浸軟，冬菇切絲。

3. 筍絲及紅蘿蔔絲用滾水煮30秒。用冷水略沖。

4. 下油於中型煲（鍋）中，用中火炒香冬菇絲、木耳絲、紅蘿蔔絲及筍絲，約5分鐘。

5. 在煲（鍋）中加水，水滾後再煮5分鐘。加入粉絲，豆腐乾絲和調味。在另一個碗中拌勻獻（芡）汁料，待豆腐素菜羹煮滾後埋獻（勾芡）即可。

營養分析（1份）

卡路里	170卡路里	總脂肪	8克
碳水化合物	15克	飽和脂肪	1克
纖維	1克	鈉（鹽）	370毫克
蛋白質	10克	膽固醇	0毫克

換算份量

碳水化合物	1
肉類及代替品	1
脂肪	1

Vegetarian Tofu Soup

(6 servings)

Ingredients:

40 g	bean threads/mung bean cellophane noodles
20 g	dried shiitake mushrooms
20 g	dried shredded wood ear
80 g	bamboo shoots, julienned
½ cup	carrots, julienned
350 g	pressed tofu, cut into strips
½ Tbsp	cooking oil
6 cups	water

Seasonings:

½ tsp	salt
2 tsp	light soy sauce
1 tsp	sesame oil
½ tsp	sugar
¼ tsp	white pepper

Thickener:

½ tsp	dark soy sauce
2 Tbsp	cornstarch
½ cup	water

Method

1. Soak mung bean noodles in cold water until softened. Cut into 1 inch sections.

2. Wash and soak shiitake mushrooms and wood ear separately until softened. Cut mushrooms into long strands.

3. Blanch bamboo shoots and carrots for 30 seconds, drain under cold running water.

4. Add oil to a medium pot. Sauté shiitake mushrooms, wood ear, carrots and bamboo shoots on medium heat for 5 minutes.

5. Add water to the pot and bring it to a boil for 5 minutes. Add mung bean noodles, pressed tofu and seasonings. Bring the pot to a boil. Mix thickener ingredients together in a separate bowl. Add to vegetables and tofu mixture and heat until thickened. Serve.

Nutrient Analysis (1 serving)

Calories	170 Kcal	Fat (Total)	8 g
Carbohydrate	15 g	Fat (Saturated)	1 g
Fibre	1 g	Sodium	370 mg
Protein	10 g	Cholesterol	0 mg

Choices per serving

Carbohydrate	1
Meat & Alternatives	1
Fats	1

西湖牛肉羹 (8份)

材料：

特瘦碎牛肉	360克（13安士）
低鹽牛肉清湯	3杯
水	2杯
生抽	1湯匙
老抽	1茶匙
白胡椒粉	1茶匙
青豆	1杯
西芹，切粒	1杯
芫茜（香菜），切碎	3湯匙
蛋白，打散	2個
麻油	1茶匙

醃料：

水	3湯匙
酒	2湯匙
生粉	1湯匙

獻（芡）汁料：

生粉	3湯匙
水	1/4 杯

做法：

1. 將醃料拌勻，醃牛肉15分鐘。

2. 將低鹽牛肉清湯、水、生抽、老抽和白胡椒粉放進煲內煮滾。

3. 加入牛肉，攪拌至牛肉散開。

4. 加入青豆、西芹和芫茜（香菜），用小火煮5分鐘或直至牛肉熟透。

5. 在碗中將獻（芡）汁料拌勻，加入牛肉羹中埋獻（勾芡）。關火，加入已打散的蛋白攪勻成蛋花。拌入麻油即可。

營養分析（1份）

卡路里	110卡路里	總脂肪	3克
碳水化合物	8克	飽和脂肪	1克
纖維	1克	鈉（鹽）	265毫克
蛋白質	13克	膽固醇	25毫克

換算份量

碳水化合物	0.5
肉類及代替品	1.5
脂肪	0

West Lake Beef Soup (8 servings)

Ingredients:

360g (13 oz)	extra lean ground beef
3 cups	low sodium beef broth
2 cups	water
1 Tbsp	light soy sauce
1 tsp	dark soy sauce
1 tsp	white pepper
1 cup	green peas
1 cup	celery, diced
3 Tbsp	cilantro, chopped
2	egg whites, lightly beaten
1 tsp	sesame oil

Marinade:

3 Tbsp	water
2 Tbsp	cooking wine
1 Tbsp	cornstarch

Thickener:

3 Tbsp	cornstarch
¼ cup	water

Method

1. Whisk marinade ingredients in a bowl and marinate ground beef for 15 minutes.

2. Combine low sodium beef broth, water, light and dark soy sauces and white pepper in a large pot and bring them to a boil.

3. Add ground beef to the pot and stir.

4. Add peas, celery and cilantro. Reduce heat to low and simmer for 5 minutes or until the beef is fully cooked.

5. Mix thickener ingredients in a separate bowl and stir into soup until thickened.

6. Remove from heat. Add egg whites and stir right away until long strands are formed. Add sesame oil and serve.

Nutrient Analysis (1 serving)			
Calories	110 Kcal	Fat (Total)	3 g
Carbohydrate	8 g	Fat (Saturated)	1 g
Fibre	1 g	Sodium	265 mg
Protein	13 g	Cholesterol	25 mg

Choices per serving	
Carbohydrate	0.5
Meat & Alternatives	1.5
Fats	0

金菇瑤柱羹

材料：

乾瑤柱	10 克	（約4-5粒）
乾木耳	28 克	（約1杯）
雞腿肉，去皮切絲	75 克	（2½安士）
金菇，洗淨去 根部污泥	140 克	
清水	3 杯	
低鹽雞湯	2 杯	
蛋白	1 個	
蔥，切段	2 條	
麻油	1 茶匙	
胡椒粉	⅛ 茶匙	

醃料：

鹽	⅛ 茶匙
糖	½ 茶匙
食油	1 茶匙
生粉	2 茶匙

獻（茨）汁料:

生粉	2 湯匙
水	2 湯匙

做法：

1. 用水把木耳及瑤柱浸軟，切絲。

2. 在碗中把醃料拌勻。

3. 雞肉加入醃料，醃10分鐘。

4. 把水煮滾，加入瑤柱及瑤柱水。待再滾後 加入雞肉、金菇，木耳和低鹽雞湯。滾片 刻至雞肉熟透後用鹽調味。用水和生粉埋 獻（勾茨）。用鹽調味（可免用）。

5. 輕輕打蛋白加入羹內攪拌。加入蔥，麻油 和胡椒粉，攪拌即可。

營養分析 （1份）			
卡路里	100卡路里	總脂肪	2.5克
碳水化合物	11克	飽和脂肪	0克
纖維	2克	鈉（鹽）	350毫克
蛋白質	7克	膽固醇	15毫克

換算份量	
碳水化合物	0.5
肉類及代替品	0.5
脂肪	0

Enoki Mushroom with Conpoy Soup
(5 servings)

Ingredients:

10 g (~4-5)	conpoy (dried scallop)
28 g (~1 cup)	dried wood ear
75 g (2½ oz)	boneless, skinless chicken thigh
140 g	enoki mushrooms, dirt removed
3 cups	water
2 cups	low sodium chicken broth
1	egg white
2	green onions, cut into 1 inch sections
1 tsp	sesame oil
⅛ tsp	pepper

Marinade
⅛ tsp	salt
½ tsp	sugar
1 tsp	cooking oil
2 tsp	cornstarch

Thickener:
2 Tbsp	cornstarch
2 Tbsp	water

Method

1. In a bowl, soak conpoy and wood ear in water until softened. Shred or cut into long pieces.

2. In a small bowl, stir marinade ingredients.

3. Cut chicken thigh into long pieces and marinate for 10 minutes.

4. In a medium pot over medium heat, bring water to a boil. Add conpoy and its liquid. Add chicken, enoki mushrooms, wood ear and chicken broth. Boil gently until the chicken is cooked. Add salt to taste (optional).

5. In a separate bowl, whisk together thickening ingredients. Add mixture to soup to thicken.

6. Lightly beat egg white and stir into soup. Add green onion, sesame oil and pepper. Mix well and serve.

Nutrient Analysis (1 serving)

Calories	100 Kcal	Fat (Total)	2.5 g
Carbohydrate	11 g	Fat (Saturated)	0 g
Fibre	2 g	Sodium	350 mg
Protein	7 g	Cholesterol	15 mg

Choices per serving

Carbohydrate	0.5
Meat & Alternatives	0.5
Fats	0

雜菜湯

材料：

食油	2 茶匙（14安士）
洋蔥（小），切粒	1個
番茄（中），切粒	1個
水	5 杯
椰菜，切碎	3 杯（約 ½ 個）
無鹽番茄膏	1 杯
西芹，切粒	1 杯（約 2-3 條）
馬鈴薯（中），切粒	1個
紅蘿蔔，切粒	1 杯（約 ½ 條）
鹽	½ 茶匙
黑胡椒粉	¼ 茶匙
月桂葉	1 塊
意大利芫茜，切碎	2 湯匙

做法：

1. 放油於大型煲中，炒香洋蔥及番茄。

2. 開大火加入水煲滾。

3. 將餘下的材料放入。用中火煮45分鐘至 1小時，或直至蔬菜軟身。煮好後把月桂 葉丟掉，加上意大利芫茜即可。

營養分析（1份）

卡路里	90卡路里	總脂肪	1.5克
碳水化合物	18克	飽和脂肪	0克
纖維	4克	鈉（鹽）	222毫克
蛋白質	3克	膽固醇	0毫克

換算份量

碳水化合物	1
肉類及代替品	0
脂肪	0

Mixed Vegetable Soup

(8 servings)

Ingredients:

2 tsp	cooking oil
1	small onion, diced
1	medium tomato, diced
5 cups	water
3 cups	cabbage, chopped
1 cup	unsalted tomato paste
1 cup (~2-3 stalks)	celery, diced
1	medium potato, diced
1 cup	carrot, diced
½ tsp	salt
¼ tsp	black pepper
1	bay leaf
2 Tbsp	Italian parsley, chopped

Method

1. Sauté onion and tomato in a large pot at medium high heat.

2. Increase heat, add water and bring to a boil.

3. Add the rest of the ingredients. Simmer on medium for 45 minutes to 1 hour until the vegetables are tender. Remove bay leaf. Garnish with Italian parsley. Serve hot.

Nutrient Analysis (1 serving)

Calories	90 Kcal	Fat (Total)	1.5 g
Carbohydrate	18 g	Fat (Saturated)	0 g
Fibre	4 g	Sodium	222 mg
Protein	3 g	Cholesterol	0 mg

Choices per serving

Carbohydrate	1
Meat & Alternatives	0
Fats	0

南瓜碎雞肉粥 (4份)

材料：

碎瘦雞肉	200克（7安士）
糙米	1/3 杯+1湯匙
食油	1½ 茶匙
南瓜，去皮切粒	2/3 杯
水	6 2/3 杯
鹽	1/4 茶匙
黑胡椒粉	1/4 茶匙
薑，切絲	1 湯匙
蔥，切粒	1 湯匙

醃料：

麻油	1 茶匙
鹽	1/4 茶匙
水	7 湯匙

做法：

1. 用醃料醃雞肉約15分鐘。

2. 用水清洗糙米後把水瀝乾。加入食油及1/4 茶匙鹽待半小時。

3. 把水煮滾，加入糙米，蓋上煲蓋用中火煲 30分鐘。放入南瓜粒，再煲大概20分鐘， 要常常攪拌。

4. 粥煮好後放入雞肉。改用大火煮至雞肉熟透。

5. 放黑胡椒粉、薑和蔥增添香味。

煮食貼士

雖然南瓜屬於蔬菜的組別，但它含有較多的碳水 化合物。如果進食多過一杯南瓜的話，便要算它 為碳水化合物。在這個菜譜，因為只用2/3杯南瓜 來做四人份量的粥，所以每份粥的南瓜含碳水化 合物的份量不多。

營養分析（1份）

卡路里	200卡路里	總脂肪	10克
碳水化合物	16克	飽和脂肪	0克
纖維	1克	鈉（鹽）	320毫克
蛋白質	10克	膽固醇	0毫克

換算份量

碳水化合物	1
肉類及代替品	1
脂肪	1

Pumpkin and Minced Chicken Congee
(4 servings)

Ingredients:

200 g (7 oz)	lean ground chicken
1/3 cup + 1 Tbsp	brown rice
1½ tsp	cooking oil
2/3 cup	pumpkin, peeled and cut into small cubes
6 2/3 cups	water
¼ tsp	salt
¼ tsp	black pepper
1 Tbsp	ginger, julienned
1 Tbsp	green onion, chopped

Marinade

1 tsp	sesame oil
¼ tsp	salt
7 Tbsp	water

Method

1. Combine marinade ingredients with ground chicken. Marinate for about 15 minutes.

2. Rinse brown rice. Add cooking oil and ¼ tsp salt. Let stand for 30 minutes.

3. Add brown rice to boiling water to make congee. Cook on medium heat for 30 minutes. Add pumpkin cubes and cook for about 20 minutes. Stir occasionally.

4. Add the chicken and cook until it is no longer pink.

5. Add pepper, ginger and green onion. Serve.

Nutritional Information:
Although pumpkin belongs to the vegetable group, it contains a significant amount of carbohydrate. Therefore, if you have more than 1 cup of pumpkin, count it as a carbohydrate choice.
In this recipe, 2/3 cup of pumpkin was used to make 4 servings; therefore the amount of carbohydrate from the pumpkin in one serving of congee is small.

Nutrient Analysis (1 serving)

Calories	200 Kcal	Fat (Total)	10 g
Carbohydrate	16 g	Fat (Saturated)	0 g
Fibre	1 g	Sodium	320 mg
Protein	10 g	Cholesterol	0 mg

Choices per serving

Carbohydrate	1
Meat & Alternatives	1
Fats	1

潮式魚粥

材料：

白魚肉*，切片	150克（5½ 安士）
糙米	⅓ 杯
食油	1 茶匙
水	4 杯
低鹽清雞湯	½ 杯
鹽	¼ 茶匙
麻油	½ 茶匙
無鹽花生，切碎	2 湯匙
薑，切絲	2 湯匙
芫茜（香菜），切碎	2 湯匙

醃料：

白胡椒粉	⅛ 茶匙
酒	1 茶匙

做法：

1. 用醃料醃魚塊約15分鐘。

2. 用水清洗糙米後把水瀝乾。加入食油及鹽待半小時。

3. 把水及低鹽清雞湯煮滾，加入糙米，用中火蓋上煲蓋煮30分鐘。要常常攪拌。

4. 粥煮好後放魚片。用大火煮至魚片熟透。

5. 放麻油、無鹽花生、薑和芫茜增添香味。

建 議：

*你可以選用任何的白魚肉，例如：鯽魚肉。

煮食貼士

粥是中式早餐最受歡迎的食品之一。洗淨的米在未煲之前加一點食油及鹽待半小時會令粥更滑。

營養分析（1份）

卡路里	140卡路里	總脂肪	5克
碳水化合物	13克	飽和脂肪	1克
纖維	1克	鈉（鹽）	260毫克
蛋白質	9克	膽固醇	30毫克

換算份量

碳水化合物	1
肉類及代替品	1
脂肪	0.5

Chiu Chow Style Fish Congee

(4 servings)

Ingredients:

150 g (5½ oz)	white fish*, sliced
⅓ cup	brown rice
1 tsp	cooking oil
4 cups	water
½ cup	low sodium chicken broth
¼ tsp	salt
½ tsp	sesame oil
2 Tbsp	unsalted peanuts, crushed
2 Tbsp	ginger, julienned
2 Tbsp	fresh cilantro, chopped

Marinade

⅛ tsp	white pepper
1 tsp	cooking wine

Method

1. Combine marinade ingredients with fish. Marinate for about 15 minutes.

2. Rinse brown rice and drain. Add cooking oil and salt. Let stand for 30 minutes.

3. Boil the water and chicken broth. Add the rice to the broth. Cook on medium heat for 30 minutes. Stir occasionally.

4. Once congee is done, add the fish. Cook the fish thoroughly on high heat.

5. Add sesame oil, peanuts, ginger and cilantro. Serve.

Suggestions:
* You can choose to use any kind of white fish. We suggest tilapia fillet.

Cooking Tip:
Congee is one of the most popular Chinese breakfast items.
To make a soft, good-tasting congee, you should add a little bit of cooking oil and salt to the rice after rinsing and wait for half an hour before cooking

Nutrient Analysis (1 serving)

Calories	140 Kcal	Fat (Total)	5 g
Carbohydrate	13 g	Fat (Saturated)	1 g
Fibre	1 g	Sodium	260 mg
Protein	9 g	Cholesterol	30 mg

Choices per serving

Carbohydrate	1
Meat & Alternatives	1
Fats	0.5

三文魚茄醬通心粉 (4份)

材料：

三文魚柳，切成小塊	180克（6½安士）
西蘭花，切粒	1杯
紅蘿蔔，切片	1杯
蒜茸	2茶匙
食油	3茶匙
洋蔥，切粒	1杯
無鹽番茄膏	½杯
清水	1杯
磨菇，切片	1杯
羅勒（basil），切碎	1湯匙
已煮熟的全麥通心粉	4杯

醃料：		
	檸檬汁	2湯匙
	黑糊椒粉	1茶匙
	鹽	⅛茶匙
	糖	⅛茶匙

做法：

1. 將已切好的三文魚用醃料醃大約20分鐘。

2. 放1茶匙食油於易潔鑊（不粘鍋）中，爆香1茶匙蒜茸，約1分鐘。

3. 將三文魚煎熟，然後上碟備用。

4. 放2茶匙食油於易潔鑊（不粘鍋）中爆香洋蔥及剩餘的蒜茸，大約1分鐘。

5. 把番茄膏和1杯清水倒進鍋內。番茄膏煮滾後加入紅蘿蔔及西蘭花煮大約3分鐘。加入磨菇再煮1分鐘。

6. 將已熟的三文魚塊放回鑊中與番茄膏拌勻，加入羅勒。吃的時候在全麥通心粉上淋上三文魚番茄醬。

營養分析（1份）

卡路里	360卡路里	總脂肪	10克
碳水化合物	53克	飽和脂肪	1.5克
纖維	8克	鈉（鹽）	160毫克
蛋白質	20克	膽固醇	25毫克

換算份量

碳水化合物	3
肉類及代替品	1.5
脂肪	1

Macaroni and Salmon in Tomato Sauce

(4 servings)

Ingredients:

180 g (6½ oz)	salmon fillet, cut into chunks
1 cup	broccoli, diced
1 cup	carrots, sliced
2 tsp	minced garlic
3 tsp	cooking oil
1 cup	onion, diced
½ cup	unsalted tomato paste
1 cup	water
1 cup	mushrooms, sliced
1 Tbsp	fresh basil, chopped
4 cups	cooked whole wheat macaroni

Marinade

2 Tbsp	lemon juice
1 tsp	black pepper
⅛ tsp	salt
⅛ tsp	sugar

Method

1. Mix marinade ingredients. Marinate salmon chunks for 20 minutes.

2. Heat 1 tsp of cooking oil in a frying pan. Sauté 1 tsp minced garlic for 1 minute.

3. Add salmon chunks and pan-fry until fully cooked. Set aside.

4. Heat 2 tsp cooking oil in frying pan. Sauté onions and 1 tsp minced garlic for about 1 minute.

5. Add tomato paste and water. Bring to a boil. Add carrots and broccoli and cook for 3 minutes. Add mushrooms and cook for 1 minute.

6. Add the cooked salmon chunks to the tomato paste mixture. Sprinkle with basil. Top the cooked macaroni with mixture. Serve.

Nutrient Analysis (1 serving)

Calories	360 Kcal	Fat (Total)	10 g
Carbohydrate	53 g	Fat (Saturated)	1.5 g
Fibre	8 g	Sodium	160 mg
Protein	20 g	Cholesterol	25 mg

Choices per serving

Carbohydrate	3
Meat & Alternatives	1.5
Fats	1

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雞絲冷麵 (5份)

材料：

煮熟喬麥麵	4杯
青瓜，切絲	1杯
西芹，切絲	1杯
紅蘿蔔，切絲	1杯
紅椒，切絲	1杯
去皮雞胸肉	200克（7安士）
已烤的白芝麻	1湯匙

雞肉調味料：

鹽	¼ 茶匙
生粉	½ 茶匙
胡椒粉	⅛ 茶匙

冷麵汁料：

芝麻醬	2湯匙
生抽	1湯匙
糖	1湯匙
辣椒油	1茶匙
麻油	1湯匙
浙醋	1茶匙
水	1湯匙

做法：

1. 將已煮熟之喬麥麵放在濾鍋或篩子內並用冷水沖浸；期間換水2-3次直至水質清澈。

2. 雞胸肉用調味料醃大約15分鐘，然後放入熱開水中煮熟，切絲或用手撕開。

3. 在小碗中把冷麵汁料拌勻備用。

4. 冷麵隔水放在碟上，加冷麵汁拌勻。放上雞絲、青瓜絲、紅蘿蔔絲、西芹絲和紅椒絲。灑上芝麻便可。

備註: 一扎喬麥麵煮熟後 = 1¼ 杯

營養分析（1份）

卡路里	290卡路里	總脂肪	10克
碳水化合物	36克	飽和脂肪	1克
纖維	2克	鈉（鹽）	360毫克
蛋白質	15克	膽固醇	25毫克

換算份量

碳水化合物	2
肉類及代替品	1
脂肪	1.5

Cold Buckwheat Noodles with Shredded Chicken and Vegetables

(5 servings)

Ingredients:

4 cups	cooked buckwheat noodles
1 cup	shredded cucumber
1 cup	shredded celery
1 cup	shredded carrot
1 cup	shredded red pepper
200 g (7 oz)	skinless chicken breast
1 Tbsp	roasted white sesame seeds

Seasoning for chicken breast:

¼ tsp	salt
½ tsp	cornstarch
1/8 tsp	pepper

Sauce for buckwheat noodles:

2 Tbsp	sesame paste
1 Tbsp	light soy sauce
1 Tbsp	sugar
1 tsp	chili oil
1 Tbsp	sesame oil
1 tsp	red vinegar
1 Tbsp	water

Method

1. Rinse cooked buckwheat noodles with very cold water. Soak noodles in water for a minute and rinse 2-3 times until water is clear.

2. Season chicken breast and let rest for 15 minutes. Cook chicken breast in boiling water. Drain the water and shred (or cut) the chicken into long pieces.

3. In a small bowl, combine sauce ingredients. Set aside.

4. Drain buckwheat noodles and place on serving dish. Mix well with sauce. Top with chicken, cucumber, carrot, celery and red pepper. Sprinkle with sesame seeds and serve.

Note: 1 bunch of buckwheat noodles = 1¼ cups cooked

Nutrient Analysis (1 serving)

Calories	290 Kcal	Fat (Total)	10 g
Carbohydrate	36 g	Fat (Saturated)	1 g
Fibre	2 g	Sodium	360 mg
Protein	15 g	Cholesterol	25 mg

Choices per serving

Carbohydrate	2
Meat & Alternatives	1
Fats	1.5

芽菜炒麵 (4份)

材料：

食油	2 茶匙
薑	1 片
芽菜	4 杯
熟蛋麵	2 杯
紅蘿蔔絲	2 湯匙
老抽	1 茶匙
低鈉生抽	2 茶匙
麻油	2 茶匙

做法：

1. 中火燒熱鑊，放油1茶匙。

2. 下薑、紅蘿蔔絲及芽菜，炒5分鐘或至芽菜轉為透明，盛起備用。

3. 中火燒熱鑊，放油1茶匙、老抽、生抽，再下蛋麵炒至金黃色，加入芽菜及紅蘿蔔絲、麻油拌勻卽可。

營養分析（1份）

卡路里	140卡路里	總脂肪	5克
碳水化合物	21克	飽和脂肪	0.5克
纖維	2克	鈉（鹽）	260毫克
蛋白質	5克	膽固醇	5毫克

換算份量

碳水化合物	1
肉類及代替品	0
脂肪	1

Mung Bean Sprout Chow Mein
(4 servings)

Ingredients:

2 tsp	cooking oil
1 slice	ginger
4 cups	mung bean sprouts
2 cups	cooked egg noodles
2 Tbsp	carrot, julienned
1 tsp	dark soy sauce
2 tsp	low sodium light soy sauce
2 tsp	sesame oil

Method

1. Heat 1 tsp of cooking oil in a non-stick pan.

- -

2. Sauté ginger, carrot and mung bean sprouts for 5 minutes or until sprouts turn translucent. Set aside.

- -

3. Sauté egg noodles in 1 tsp of cooking oil, add dark and light soy sauces until golden. Add sprouts, carrot and sesame oil. Stir well and serve.

Nutrient Analysis (1 serving)			
Calories	140 Kcal	Fat (Total)	5 g
Carbohydrate	21 g	Fat (Saturated)	0.5 g
Fibre	2 g	Sodium	260 mg
Protein	5 g	Cholesterol	5 mg

Choices per serving	
Carbohydrate	1
Meat & Alternatives	0
Fats	1

墨西哥飯 (8份)

材料：

食油	1 茶匙
碎瘦牛肉	120克（4½ 安士）
蒜茸	1 湯匙
罐裝紅腰豆， 　沖洗淨，瀝乾水份	2½ 杯
罐裝無加鹽番茄粒 （不用隔去水份）	2 杯
冷凍或新鮮粟米粒	½ 杯
煮熟的糙米飯*	3 杯
黑胡椒粉	½ 茶匙
蔥或羅勒（basil），切碎	3 湯匙
辣椒汁（Tabasco）	½ 湯匙

做法：

1. 在易潔鑊（不粘鍋）中下油將碎牛肉略炒，大約3分鐘。

2. 加入蒜茸，紅腰豆，番茄及粟米煮滾。

3. 待碎牛肉熟後加入糙米飯，煮至汁液收乾。

4. 加入胡椒粉，蔥或羅勒和辣椒汁調味即可。

*備註：⅓ 杯的糙米煮熟後 = 1杯糙米飯

營養分析（1份）

卡路里	230卡路里	總脂肪	2克
碳水化合物	41克	飽和脂肪	0克
纖維	10克	鈉（鹽）	30毫克
蛋白質	11克	膽固醇	10毫克

換算份量

碳水化合物	2
肉類及代替品	1
脂肪	0

Mexican Rice and Beans

(8 servings)

Ingredients:

1 tsp	cooking oil
120 g (4½ oz)	extra lean ground beef
1 Tbsp	minced garlic
2½ cups/19 oz can	canned kidney beans, rinsed and drained
2 cups	canned unsalted diced tomatoes (do not drain)
½ cup	fresh or frozen corn niblets
3 cups	cooked brown rice*
½ tsp	black pepper
3 Tbsp	green onion or basil, chopped
½ Tbsp	Tabasco sauce

Method

1. In a skillet, cook ground beef in the cooking oil for 3 minutes.

2. Add garlic, kidney beans, tomatoes and corn niblets. Bring the mixture to a boil.

3. Continue to boil the mixture until the ground beef is fully cooked. Add in cooked brown rice.

4. When most of the liquid is absorbed, add pepper, green onion or basil and Tabasco sauce. Serve.

* $1/3$ cup of dry brown rice = 1 cup cooked

Nutrient Analysis (1 serving)

Calories	230 Kcal	Fat (Total)	2 g
Carbohydrate	41 g	Fat (Saturated)	0 g
Fibre	10 g	Sodium	30 mg
Protein	11 g	Cholesterol	10 mg

Choices per serving

Carbohydrate	2
Meat & Alternatives	1
Fats	0

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營養粢飯 (4份)

材料：

白糯米	½ 杯
黑糯米	¾ 杯
乾冬菇	8 克（2-3隻）
乾木耳	10 克（6-7隻）
榨菜	2湯匙
碎瘦雞肉	150 克（5½安士）
紅蘿蔔，切絲	½ 杯

醃料：

酒	¼ 茶匙
糖	½ 茶匙
生抽	½ 茶匙
蠔油	½ 湯匙
麻油	½ 茶匙
胡椒粉	¼ 茶匙

煮食貼士

糯米飯煮法容易。首先，將糯米洗淨，黑和白糯米分開浸三個小時。將黑白糯米一同放入電飯煲煮熟。煮好後不要立即開蓋；待10分鐘後才打開蓋。將飯拌勻，讓蒸氣散發。一般來說一杯生糯米可煮出大約兩杯糯米飯。

做法：

1. 煮熟黑和白糯米。（請參考煮食貼士）

2. 冬菇、木耳及榨菜分開浸軟，隔水切絲。

3. 在碗中將醃料拌勻，醃雞肉20分鐘。

4. 放小許油於易潔鑊(不粘鍋)上，炒熟雞肉。加入冬菇、紅蘿蔔、木耳和榨菜炒香，大約5-7分鐘。這是餡料。

5. 在保鮮紙上平放⅔杯已煮熟之黑白糯米，用力壓平。大約加¼杯餡料在糯米上。

6. 捲起保鮮紙即成。

備註：粢飯應即時進食，否則即放入雪櫃(冰箱)，進食前要加熱

營養分析（1份）

卡路里	250卡路里	總脂肪	6克
碳水化合物	37克	飽和脂肪	0克
纖維	2克	鈉（鹽）	190毫克
蛋白質	11克	膽固醇	0毫克

換算份量

碳水化合物	2
肉類及代替品	1
脂肪	0.5

Glutinous Rice Roll (Chi Fan)   (4 servings)

Ingredients:

½ cup	uncooked white glutinous rice
¾ cup	uncooked black glutinous rice
8 g (~2-3)	dried shiitake mushroom
10 g (~6-7 pieces)	dried wood ear
2 Tbsp	Chinese pickled vegetables
150 g (5½ oz)	lean ground chicken
½ cup	carrots, grated

Marinade:

¼ tsp	cooking wine
½ tsp	sugar
½ tsp	light soy sauce
½ Tbsp	oyster sauce
½ tsp	sesame oil
¼ tsp	pepper

Cooking Tip:
Sticky rice is easy to prepare. Wash and soak sticky rice (black and white separately) for 3 hours. Combine rice and cook in rice cooker. Keep the lid on for 10 minutes after the rice is done. Remove lid, stir well and let the moisture escape. In general, 1 cup of uncooked glutinous rice makes about 2 cups cooked glutinous rice.

Method

1. Cook white and black glutinous rice, refer to cooking tip for more information.

2. Soak the shiitake mushrooms, wood ear and preserved vegetables separately in water until softened. Drain and cut into long pieces.

3. Mix marinade ingredients together. Marinate ground chicken for 20 minutes.

4. In a non-stick pan, cook ground chicken thoroughly. Add carrots, shiitake mushrooms, wood ear and Chinese pickled vegetables and sauté for 5-7 minutes. This is your filling.

5. On a piece of plastic food wrap, evenly spread 2/3 cup of the mixed cooked rice. Add ~¼ cup of filling on top.

6. Roll up the plastic food wrap to wrap the rice with the filling in the middle. Cut in half. Serve.

Eat Chi Fan immediately or put in the fridge. Heat chilled Chi Fan before serving.

Nutrient Analysis (1 serving)

Calories	250 Kcal	Fat (Total)	6 g
Carbohydrate	37 g	Fat (Saturated)	0 g
Fibre	2 g	Sodium	190 mg
Protein	11 g	Cholesterol	0 mg

Choices per serving

Carbohydrate	2
Meat & Alternatives	1
Fats	0.5

中式意大利薄餅 (4份)

材料：

食油	½ 茶匙
碎瘦雞肉	150克（5½ 安士）
蒜茸	1湯匙
西芹，切粒	1杯
紅椒，切粒	1杯
冷凍或新鮮粟米粒	½ 杯
無鹽花生醬	4 茶匙
低脂Mozzarella 芝士，磨成絲	¾杯
6吋 全麥袋包 （6" whole wheat pitas）	4 片
蘑菇，切片	1杯
蔥，切絲	1條

醃料：

糖	1 茶匙
生抽	¼ 茶匙
黑胡椒粉	⅛ 茶匙

做法：

1. 焗爐加熱至325°F。

2. 在碗中將醃料拌勻，醃雞肉10分鐘。

3. 下油爆香蒜茸，下雞肉炒5分鐘。

4. 加入西芹，紅椒和粟米粒，炒至雞肉熟透為止。這是薄餅的餡料。

5. 全麥袋包塗上花生醬，然後灑上¼ 杯芝士，將餡料及蘑菇平均放上，再上½杯芝士。

6. 入焗爐（烤箱）焗（烤）5至10分鐘至芝士溶化卽可。放上蔥絲作裝飾，切件上碟。

營養分析（1份）

卡路里	370卡路里	總脂肪	14克
碳水化合物	45克	飽和脂肪	2.5克
纖維	7克	鈉（鹽）	540毫克
蛋白質	21克	膽固醇	10毫克

換算份量

碳水化合物	2.5
肉類及代替品	2
脂肪	1.5

Oriental Pizza

(4 servings)

Ingredients:

½ tsp	cooking oil
150 g (5½ oz)	lean ground chicken
1 Tbsp	minced garlic
1 cup	celery, diced
1 cup	red pepper, diced
½ cup	frozen or fresh corn niblets
4 tsp	unsalted peanut butter
¾ cup	low fat Mozzarella cheese, shredded
4	6" whole wheat pitas
1 cup	mushrooms, sliced
1	green onion, julienned

Seasoning:

1 tsp	sugar
¼ tsp	light soy sauce
⅛ tsp	black pepper

Method

1. Preheat oven to 325°F.

2. Combine seasoning ingredients with ground chicken. Marinate for 10 minutes.

3. In a skillet, sauté minced garlic in oil. Add the chicken and cook for 5 minutes.

4. Add celery, red pepper and corn. Cook until the chicken is fully cooked.

5. Spread peanut butter on the pita bread and sprinkle with ¼ cup of mozzarella cheese. Evenly distribute chicken mixture and mushrooms on top. Sprinkle with remaining ½ cup of cheese.

6. Bake for 5 - 10 minutes or until cheese is melted. Garnish with green onion. Slice and serve.

Nutrient Analysis (1 serving)

Calories	370 Kcal	Fat (Total)	14 g
Carbohydrate	45 g	Fat (Saturated)	2.5 g
Fibre	7 g	Sodium	540 mg
Protein	21 g	Cholesterol	10 mg

Choices per serving

Carbohydrate	2.5
Meat & Alternatives	2
Fats	1.5

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豆腐漢堡包 (4份)

材料：

老豆腐， 瀝乾水份壓碎	400克（14安士）
蔥，切碎	¼ 杯
蒜茸	½ 茶匙
薑茸	1 茶匙
麥片	6 湯匙
生粉	2½ 湯匙
生抽	1 湯匙
麻油	1 茶匙
食油	2 茶匙
全麥漢堡包	4 個
羅馬生菜（Romaine lettuce）	
番茄，切片	（隨意）
芥末	

做法：

1. 除食油及全麥漢堡包外，將所有材料攪勻。平均分成四份，搓成球再壓平。

2. 燒熱易潔鑊（不粘鍋），放油，將豆腐漢堡煎熟至兩面呈金黃色。在全麥漢堡包中間夾上豆腐漢堡，再隨意夾上生菜片、番茄片，及塗上芥末卽可。

營養分析（1份）

卡路里	340卡路里	總脂肪	15克
碳水化合物	37克	飽和脂肪	2克
纖維	5克	鈉（鹽）	450毫克
蛋白質	21克	膽固醇	0毫克

換算份量

碳水化合物	2
肉類及代替品	2
脂肪	2

Tofu Burger

(4 servings)

Ingredients:

400 g (14 oz)	firm tofu, drained and mashed
¼ cup	green onions, chopped
½ tsp	garlic, minced
1 tsp	ginger, minced
6 Tbsp	oatmeal
2½ Tbsp	cornstarch
1 Tbsp	light soy sauce
1 tsp	sesame oil
2 tsp	cooking oil
4	whole wheat burger buns
	romaine lettuce
	tomato, sliced ⎱ optional
	mustard

Method

1. Combine tofu, green onions, garlic, ginger, oatmeal, cornstarch, soy sauce and sesame oil in a bowl. Divide mixture evenly into 4 balls and flatten into patties.

- -

2. Heat oil in a non-stick skillet and cook tofu patties until golden brown. Serve in burger buns with lettuce, tomato slices and mustard as desired.

Nutrient Analysis (1 serving)

Calories	340 Kcal	Fat (Total)	15 g
Carbohydrate	37 g	Fat (Saturated)	2 g
Fibre	5 g	Sodium	450 mg
Protein	21 g	Cholesterol	0 mg

Choices per serving

Carbohydrate	2
Meat & Alternatives	2
Fats	2

鬆軟班戟 (10份)

材料：

全麥麵粉	1¼ 杯
發粉	1 湯匙
鹽	½ 茶匙
糖	2 湯匙
脫脂奶	1¼ 杯
雞蛋，打散	1 隻
無鹽非氫化植物牛油，煮溶（粉漿用）	2 湯匙
無鹽非氫化植物牛油，煮溶（煎班戟用）	5 茶匙

煮食貼士

班戟可配花生醬或糖漿。選購糖漿時可選擇低卡路里糖漿。低卡路里糖漿的糖份大約為普通糖漿的一半（但仍需注意份量）：

- 1湯匙普通糖漿 = 15克碳水化合物
- 1湯匙低卡路里糖漿 = 大約5-8克碳水化合物

隨意：可用新鮮水果、酸奶和楓樹糖漿同食。

做法：

1. 將全部乾材料（麵粉、發粉、鹽及糖）放在大碗中拌勻。

2. 在另一碗中混合全部濕材料（脫脂奶、雞蛋、2湯匙無鹽非氫化植物牛油）。

3. 將濕材料（即上述第2項）慢慢倒入乾材料（即上述第1項）中，成為粉漿。不要過度攪拌。

4. 粉漿待20分鐘才用。

5. 開中火，在易潔鑊（不粘鍋）放半茶匙植物牛油。倒入¼杯粉漿，煎至表面出現氣泡而周邊見乾；翻轉並繼續煎，直至金黃色。重覆這個步驟直至完成全部粉漿。

營養分析（1份 = 1塊不含配料的班戟）

卡路里	130卡路里	總脂肪	5克
碳水化合物	16克	飽和脂肪	1克
纖維	2克	鈉（鹽）	310毫克
蛋白質	4克	膽固醇	20毫克

換算份量

碳水化合物	1
肉類及代替品	0
脂肪	1

Fluffy Pancakes

(10 servings)

Ingredients:

1¼ cups	whole wheat flour
1 Tbsp	baking powder
½ tsp	salt
2 Tbsp	sugar
1¼ cups	skim milk
1	egg, beaten
2 Tbsp & 5 tsp	unsalted non-hydrogenated margarine, melted

Serving Tip:

This recipe is perfect with peanut butter or syrup. You can choose light syrup as it contains about half of the sugar of regular syrup (but you still need to pay attention to the portion size):

• 1 Tbsp regular syrup = 15 g carbohydrate
• 1 Tbsp light syrup = about 5-8 g carbohydrate

Optional:

Serve with fresh fruits, yogurt and/or maple syrup.

Method

1. Combine all the dry ingredients (flour, baking powder, salt and sugar) together in one bowl.

2. Combine skim milk, egg and 2 Tbsp melted margarine in another bowl.

3. Slowly add the wet ingredients into dry ingredients. Do not overmix.

4. Allow the batter to sit for 20 minutes.

5. On medium heat, coat a non-stick frying pan with ½ tsp of margarine. Pour ¼ cup of batter into the hot pan. Cook until bubbles appear on top and edges look dry. Flip and continue cooking until underside is golden brown. Continue with rest of the batter.

Nutrient Analysis (1 serving=1 plain pancake)

Calories	130 Kcal	Fat (Total)	5 g
Carbohydrate	16 g	Fat (Saturated)	1 g
Fibre	2 g	Sodium	310 mg
Protein	4 g	Cholesterol	20 mg

Choices per serving

Carbohydrate	1
Meat & Alternatives	0
Fats	1

四季豆炒雞柳 (5份)

材料：

去皮去骨雞腿肉，
　　切粗條(½吋×2吋) 250克（9安士）
蒜茸　　　　　　　2湯匙
四季豆　　　　　　2½杯
蘑菇　　　　　　　3杯

調味(1)：　鹽　　　⅛茶匙
　　　　　　生粉　　1湯匙
　　　　　　食油　　1湯匙

調味(2)：　麻油　　　⅛茶匙
　　　　　　白胡椒粉　⅛茶匙
　　　　　　鹽　　　　⅛茶匙
　　　　　　低鹽生抽　½湯匙

獻(茨)汁料：生粉　　2茶匙
　　　　　　水　　　2湯匙

做法：

1. 雞腿肉用調味(1) 醃15分鐘。在易潔鑊（不粘鍋)中炒熟雞腿肉，盛起備用。

2. 爆香蒜茸，炒熟四季豆。加入蘑菇炒香後再放雞肉。

3. 加入調味(2) 拌勻煮1分鐘。最後埋獻（勾芡)即可上碟。

營養分析（1份)			
卡路里	140卡路里	總脂肪	6克
碳水化合物	8克	飽和脂肪	0.5克
纖維	2克	鈉（鹽）	210毫克
蛋白質	12克	膽固醇	40毫克

換算份量	
碳水化合物	0.5
肉類及代替品	1.5
脂肪	0.5

Green Beans and Chicken Stir Fry
(5 servings)

Ingredients:

250 g (9 oz)	boneless, skinless chicken thigh, cut into stripes (½"x2")
2 Tbsp	minced garlic
2½ cups	green beans
3 cups	mushrooms, cut in half

Seasoning 1:

⅛ tsp	salt
1 Tbsp	cornstarch
1 Tbsp	cooking oil

Seasoning 2:

⅛ tsp	sesame oil
⅛ tsp	white pepper
⅛ tsp	salt
½ Tbsp	low sodium soy sauce

Thickener:

2 tsp	cornstarch
2 Tbsp	water

Method

1. Marinate chicken with seasoning 1 for 15 minutes. In a non-stick pan, stir-fry the chicken until it is thoroughly cooked. Remove from pan.

2. Sauté garlic and stir-fry green beans. Add the mushrooms and the cooked chicken.

3. Add seasoning 2 and cook for 1 minute. Mix thickener ingredients in a separate bowl and stir into the stir-fry to thicken. Serve.

Nutrient Analysis (1 serving)

Calories	140 Kcal	Fat (Total)	6 g
Carbohydrate	8 g	Fat (Saturated)	0.5 g
Fibre	2 g	Sodium	210 mg
Protein	12 g	Cholesterol	40 mg

Choices per serving

Carbohydrate	0.5
Meat & Alternatives	1.5
Fats	0.5

泰式辣雞肉 (4份)

材料：

食油	½ 湯匙
蒜茸	½ 湯匙
雞胸肉，去皮去骨，切成小塊	250克（9安士）
中洋蔥，切片	1個
青椒，切片	1杯
紅椒，切片	1杯
蔥，切碎	⅓ 杯
自製泰式汁料（請看下面）	1杯

泰式汁料（1杯）

材料：

食油	1茶匙
蒜茸	1湯匙
辣椒，切碎	1隻
無鹽番茄膏	3湯匙
紅辣椒粉	1茶匙
檸檬汁	2湯匙
白醋	¼ 杯
糖	2湯匙
水	6湯匙

做法：

1. 用油爆香蒜茸。

2. 加入雞肉炒熟。

3. 加入洋蔥和青、紅椒及自製泰式汁料。略炒。

4. 上碟，用蔥伴碟。

做法：泰式汁料

1. 燒熱鑊（鍋）下油，用細火炒香蒜茸及辣椒至金黃色。

2. 加入番茄膏攪拌。再加入其餘材料煮滾。

煮食貼士

香料能提升味道及香味，在泰國菜中是不可缺少的材料。辣椒的份量可隨個人喜好而增減或嘗試用不同種類的辣椒來烹調。

營養分析（1份）

卡路里	190卡路里	總脂肪	5克
碳水化合物	19克	飽和脂肪	0.5克
纖維	3克	鈉（鹽）	55毫克
蛋白質	17克	膽固醇	35毫克

換算份量

碳水化合物	1
肉類及代替品	2
脂肪	0.5

Thai Style Spicy Chicken (4 servings)

Ingredients:

½ Tbsp	cooking oil
½ Tbsp	garlic, minced
250 g (9 oz)	skinless, boneless chicken breast, cut into cubes (1" x 1")
1	medium onion, sliced
1 cup	green bell pepper, sliced
1 cup	red bell pepper, sliced
⅓ cup	green onion, chopped
1 cup	Thai Chili Sauce (see recipe below)

Thai Chili Sauce (1 cup)
Ingredients:

1 tsp	cooking oil
1 Tbsp	garlic, minced
1	red chili pepper, minced
3 Tbsp	salt-free tomato paste
1 tsp	red chili powder
2 Tbsp	lemon juice
¼ cup	white vinegar
2 Tbsp	sugar
6 Tbsp	water

Method

1. Sauté minced garlic in cooking oil. Add chicken breast and stir-fry until cooked.

2. Add onion, green and red bell pepper and Thai Chili Sauce.

3. Stir well. Garnish with green onion and serve.

Method (Thai Chili Sauce)

1. Sauté minced garlic and chili pepper in cooking oil over low heat until golden-brown.

2. Add tomato paste. Stir well. Add the rest of the ingredients. Bring the mixture to a boil.

● Thai Chili Sauce can be used as a sauce, glaze or dip.

Cooking Tip:
Spices are an essential part of Thai cooking as they can enhance the flavours of food. You can adjust the amount of chili pepper or use different types of chili pepper to suit your taste buds.

Nutrient Analysis (1 serving)

Calories	190 Kcal	Fat (Total)	5 g
Carbohydrate	19 g	Fat (Saturated)	0.5 g
Fibre	3 g	Sodium	55 mg
Protein	17 g	Cholesterol	35 mg

Choices per serving

Carbohydrate	1
Meat & Alternatives	2
Fats	0.5

肉汁豆腐 (4份)

材料：

滑豆腐，切成大片	300 克（11 安士）
食油	1 茶匙
瘦碎雞肉	150克
紅蘿蔔，切碎	1 杯
唐芹，切碎	1 杯
芫茜，切碎	2 湯匙

調味(1)：
生粉	1 茶匙
麻油	1/4 茶匙
生抽	3/4 茶匙
白胡椒粉	1/8 茶匙

汁料：
鹽	1/4 茶匙
糖	1/2 茶匙
麻油	1/2 茶匙
生粉	1 茶匙
水	1/2 杯

做法：

1. 在碗中將調味料拌勻，放入雞肉內醃大約15分鐘。

2. 把豆腐水倒掉，豆腐隔水蒸10分鐘。

3. 在鑊(鍋)中下油，用大火炒雞肉、紅蘿蔔和唐芹7分鐘或至雞肉熟透。

4. 在小碗中把汁料拌勻，倒入雞肉中煮熱。

5. 把雞肉及汁料淋在豆腐上。放上芫茜裝飾即可。

營養分析（1份）	
卡路里 160卡路里	總脂肪 9克
碳水化合物 8克	飽和脂肪 0.5克
纖維 2克	鈉（鹽）280毫克
蛋白質 11克	膽固醇 0毫克

換算份量	
碳水化合物	0.5
肉類及代替品	1.5
脂肪	0.5

Tofu with Chinese Meat Sauce

(4 servings)

Ingredients:

300 g (11 oz)	soft tofu, cut into large slices
1 tsp	cooking oil
150 g	lean ground chicken
1 cup	carrot, finely chopped
1 cup	Chinese celery, finely chopped
2 Tbsp	fresh cilantro, chopped

Marinade:

1 tsp	cornstarch
¼ tsp	sesame oil
¾ tsp	light soy sauce
$1/8$ tsp	white pepper

Sauce:

¼ tsp	salt
½ tsp	sugar
½ tsp	sesame oil
1 tsp	corn starch
½ cup	water

Method

1. Mix marinade ingredients and marinate chicken for 15 minutes.

2. Remove liquid from the tofu and steam tofu for 10 minutes.

3. In a skillet, cook chicken, carrots and celery in oil until the chicken is thoroughly cooked, about 7 minutes.

4. In a separate bowl, whisk ingredients for sauce. Pour into the chicken mixture and heat until the sauce thickens to a smooth consistency.

5. Place the chicken and sauce on top of tofu. Garnish with cilantro and serve.

Nutrient Analysis (1 serving)

Calories	160 Kcal	Fat (Total)	9 g
Carbohydrate	8 g	Fat (Saturated)	0.5 g
Fibre	2 g	Sodium	280 mg
Protein	11 g	Cholesterol	0 mg

Choices per serving

Carbohydrate	0.5
Meat & Alternatives	1.5
Fats	0.5

涼瓜炒牛肉 (4份)

材料：

瘦牛肉，切條	225克（8安士）
食油	2 茶匙
涼瓜，去瓤切條	350克（約2個）
紅蘿蔔，切絲	1 湯匙
豆豉	1 湯匙
蒜茸	½ 湯匙

醃料：

生抽	½	湯匙
糖	¼	茶匙
生粉	1	茶匙
水	½	湯匙
食油	2	茶匙

調味：

鹽	¼	茶匙
水	3	湯匙
糖	¼	茶匙
生抽	½	茶匙

獻(芡)汁料：

生粉	½	湯匙
水	2	湯匙

做法：

1. 用醃料醃牛肉10分鐘。

2. 在鑊(鍋)中用2茶匙油炒香涼瓜及紅蘿蔔至涼瓜轉為鮮綠色。如有需要可加水炒。

3. 加入豆豉和蒜茸炒香，約一分鐘。放入調味料拌勻，盛起備用。

4. 在同一個鑊中炒熟牛肉。加入已炒過的涼瓜及紅蘿蔔。

5. 埋獻(勾芡)，待汁收乾少許後上碟便可。

營養分析（1份）

卡路里	170卡路里	總脂肪	10克
碳水化合物	5克	飽和脂肪	2.5克
纖維	2克	鈉（鹽）	330毫克
蛋白質	13克	膽固醇	25毫克

換算份量

碳水化合物	0
肉類及代替品	2
脂肪	1

Beef and Bitter Melon Stir Fry
(4 servings)

Ingredients:

225 g (8 oz)	lean beef, cut into strips
2 tsp	cooking oil
350 g (~2 gourds)	bitter melon, seeds removed, cut into pieces
1 Tbsp	carrot, julienned
1 Tbsp	fermented black beans
½ Tbsp	garlic, minced

Marinade:

½ Tbsp	light soy sauce
¼ tsp	sugar
1 tsp	cornstarch
½ Tbsp	water
2 tsp	cooking oil

Seasoning:

¼ tsp	salt
3 Tbsp	water
¼ tsp	sugar
½ tsp	light soy sauce

Thickener:

½ Tbsp	cornstarch
2 Tbsp	water

Method

1. Combine marinade ingredients with beef. Marinate for 10 minutes.

2. In a skillet, sauté bitter melon and carrot with 2 tsp oil until bitter melon turns bright green. Add water if needed.

3. Add fermented black beans and garlic. Cook for about 1 minute. Add seasoning. Stir and remove from pan.

4. In the same skillet, cook beef thoroughly. Add bitter melon mixture and mix well.

5. In a bowl, combine thickener ingredients together. Slowly pour into the skillet. Stir for 1 minute until sauce has thickened. Serve.

Nutrient Analysis (1 serving)

Calories	170 Kcal	Fat (Total)	10 g
Carbohydrate	5 g	Fat (Saturated)	2.5 g
Fibre	2 g	Sodium	330 mg
Protein	13 g	Cholesterol	25 mg

Choices per serving

Carbohydrate	0
Meat & Alternatives	2
Fats	1

薑汁西蘭花魚條 (6份)

材料：

白魚肉，切條	400克（14安士）
食油	5茶匙
薑茸	1湯匙
芫茜，切碎	1/3杯
蔥，切碎	4湯匙
西蘭花	6杯
紅蘿蔔，切幼絲（隨意）	1湯匙

魚肉調味：	薑茸	1茶匙
	鹽	1/8茶匙
	麻油	1/2茶匙
	白胡椒粉	1/4茶匙

西蘭花調味：	酒	2茶匙
	鹽	1/8茶匙
	糖	1/2茶匙

獻（芡）汁料：	蠔油	1/2湯匙
	生抽	1茶匙
	生粉	1茶匙
	水	1/2杯

做法：

1. 魚肉洗淨抹乾，加入調味料待用。

2. 燒熱易潔鑊（不粘鍋），放油3茶匙，爆香薑茸，把西蘭花略炒，下鹽、糖及酒拌勻，下半杯滾水，蓋上鑊蓋煮大約3分鐘。盛起排在碟上。

3. 燒熱易潔鑊（不粘鍋），放油2茶匙，將魚條煎熟。放在西蘭花上面。

4. 在碗中將獻（芡）汁材料拌勻、放入已燒熱之易潔鑊（不粘鍋）內煮；待汁收乾小許後拌入芫茜，蔥和紅蘿蔔，即可把汁淋在魚條上面。

煮食貼士

可以用其他蔬菜，如芥蘭、甜椒及鮮露筍（蘆筍）來代替西蘭花。

營養分析（1份）	
卡路里　　120卡路里	總脂肪　　　　5克
碳水化合物　　　5克	飽和脂肪　　　0克
纖維　　　　　　2克	鈉（鹽）220毫克
蛋白質　　　　14克	膽固醇　　25毫克

換算份量	
碳水化合物	0
肉類及代替品	2
脂肪	0

Broccoli with Fish in Ginger Sauce (6 servings)

Ingredients:

400 g (14 oz)	white fish fillet, cut into strips
5 tsp	cooking oil
1 Tbsp	minced ginger
1/3 cup	cilantro, chopped
4 Tbsp	green onion, chopped
6 cups	broccoli
1 Tbsp	carrot, julienned

Fish Marinade:

1 tsp	minced ginger
1/8 tsp	salt
½ tsp	sesame oil
¼ tsp	white pepper

Broccoli seasoning:

2 tsp	cooking wine
1/8 tsp	salt
½ tsp	sugar

Thickener:

½ Tbsp	oyster sauce
1 tsp	light soy sauce
1 tsp	cornstarch
½ cup	water

Method

1. Marinate the fish with fish marinade. Set aside.

2. In a wok or skillet, heat 3 tsp oil over medium-high heat, add ginger and cook until fragrant. Add broccoli, salt, sugar and cooking wine and mix well. Add ½ cup of hot water, cover and cook for about 3 minutes. Arrange on a plate and set aside.

3. Pan-fry the fish with 2 tsp of oil in a skillet until cooked through and golden on both sides. Arrange on top of broccoli.

4. Mix the ingredients for the thickener in a bowl. Add the mixture to a skillet and cook until thickened. Mix in cilantro, green onion and carrot. Pour sauce on top of fish.

Cooking Tip:
You can also try other vegetables in this recipe, such as Chinese broccoli, bell peppers and asparagus.

Nutrient Analysis (1 serving)

Calories	120 Kcal	Fat (Total)	5 g
Carbohydrate	5 g	Fat (Saturated)	0 g
Fibre	2 g	Sodium	220 mg
Protein	14 g	Cholesterol	25 mg

Choices per serving

Carbohydrate	0
Meat & Alternatives	2
Fats	0

豆腐乾炒時菜 (4份)

材料：

白豆腐乾，切片	300克（11安士）
紅蘿蔔，切片	1杯
西蘭花，切件	3杯
食油	2茶匙
蒜茸	1茶匙
洋蔥，切片	1杯
紅椒，切片	1杯

調味料：		
	麻油	1茶匙
	鹽	½茶匙
	黑糊椒	⅓茶匙

做法：

1. 在滾水中把紅蘿蔔及西蘭花煮至半熟，大約30秒。隔去水份。

2. 放1茶匙食油於易潔鑊（不粘鍋）中，爆香蒜茸及洋蔥。取起備用。

3. 加入1茶匙食油把豆腐乾、紅蘿蔔及西蘭花略炒。如有需要可加水。

4. 最後加入紅椒，已爆香過的洋蔥、蒜茸和調味料，略炒1分鐘即可上碟。

營養分析（1份）			
卡路里	220卡路里	總脂肪	11克
碳水化合物	18克	飽和脂肪	2克
纖維	6克	鈉（鹽）	340毫克
蛋白質	16克	膽固醇	0毫克

換算份量	
碳水化合物	1
肉類及代替品	2
脂肪	1

Pressed Tofu and Vegetables Stir Fry

(4 servings)

Ingredients:

300 g (11 oz)	pressed tofu, sliced
1 cup	carrots, sliced
3 cups	broccoli, cut into small pieces
2 tsp	cooking oil
1 tsp	garlic, minced
1 cup	onion, sliced
1 cup	red pepper, sliced

Seasoning:

1 tsp	sesame oil
½ tsp	salt
$1/3$ tsp	black pepper

Method

1. Blanch carrots and broccoli in boiling water for 30 seconds. Drain.

2. In a skillet, sauté garlic and onion with 1 tsp of cooking oil. Set aside.

3. Stir fry pressed tofu, carrots and broccoli with 1 tsp cooking oil. Add a small amount of water if needed.

4. Add red peppers, the sautéed onion, garlic and seasoning. Stir for 1 minute and serve.

Nutrient Analysis (1 serving)			
Calories	220 Kcal	Fat (Total)	11 g
Carbohydrate	18 g	Fat (Saturated)	2 g
Fibre	6 g	Sodium	340 mg
Protein	16 g	Cholesterol	0 mg

Choices per serving	
Carbohydrate	1
Meat & Alternatives	2
Fats	1

蔬菜炒蛋白 (6份)

材料：

乾冬菇	30克（約10隻）
紅椒，切粒	1杯
芥蘭	4杯
蛋白	8個
食油	2湯匙

調味料：

鹽	1/2 茶匙
糖	1/2 茶匙
酒	1 茶匙
生粉（太白粉）	1/2 湯匙
胡椒粉	1/8 茶匙

獻（芡）汁料：

生粉	1湯匙
水	3-4 湯匙

做法：

1. 浸軟冬菇，瀝乾水份後切絲。

2. 芥蘭用滾水灼（燙）熟，隔去水份備用。

3. 打散蛋白，拌入調味料。

4. 下油燒熱易潔鑊（不粘鍋）。加紅椒略爆，再加入蛋白炒至半熟。加入冬菇，炒至蛋白全熟。

5. 在另一個碗中拌勻獻（芡）汁料，加入蛋白及紅椒中埋獻（勾芡）。

6. 放在已灼（燙）熟的芥蘭上即可。

營養錦囊

蛋白含豐富蛋白質，但不含脂肪或膽固醇。

營養分析（1份）			
卡路里	110卡路里	總脂肪	5克
碳水化合物	9克	飽和脂肪	0克
纖維	3克	鈉（鹽）	280毫克
蛋白質	7克	膽固醇	0毫克

換算份量	
碳水化合物	0.5
肉類及代替品	1
脂肪	0.5

Stir Fried Egg Whites with Vegetables (6 servings)

Ingredients:

30 g (~10)	dried shiitake mushrooms
1 cup	red bell pepper, diced
4 cups	Gai Lan (Chinese broccoli)
8	egg whites
2 Tbsp	cooking oil

Seasoning:

½ tsp	salt
½ tsp	sugar
1 tsp	cooking wine
½ Tbsp	cornstarch
⅛ tsp	pepper

Thickener:

1 Tbsp	cornstarch
3-4 Tbsp	water

Method

1. Soak shiitake mushrooms in water until softened. Squeeze out excess water and cut off stems. Slice the mushrooms.

2. When water comes to a boil, blanch Gai Lan until desired tenderness. Set aside.

3. Beat egg whites and mix with seasoning ingredients.

4. Add oil to a skillet and sauté red bell pepper. Add egg whites and stir fry on medium heat until semi-solid. Add shiitake mushrooms and stir fry.

5. Mix ingredients for thickener in a separate bowl. Once the egg whites turn solid, add thickener to the skillet to make a sauce. Mix well.

6. Place the egg white mixture on top of the blanched Gai Lan and serve.

Nutritional Information:
Egg white is a good source of protein, and does not contain fat or cholesterol.

Nutrient Analysis (1 serving)

Calories	110 Kcal	Fat (Total)	5 g
Carbohydrate	9 g	Fat (Saturated)	0 g
Fibre	3 g	Sodium	280 mg
Protein	7 g	Cholesterol	0 mg

Choices per serving

Carbohydrate	0.5
Meat & Alternatives	1
Fats	0.5

焗雞肉丸 (5份)

材料：

碎瘦雞肉	300 克（10安士）
馬蹄，切碎	3-5 粒
麵包糠	1/3 杯
蔥，切碎	1/3 杯（約2-3條）
芫茜，切碎	1 茶匙
鹽	1/8 茶匙
白胡椒粉	1/4 茶匙
蛋白	1 個
生粉	1½ 茶匙
無脂肪沙律醬 Fat free salad dressing, 如 Italian, Ranch, Catalina)	3 湯匙
食油	1 湯匙

煮食貼士

可嘗試用其他肉類如碎牛肉、豬肉及火雞等代替碎雞肉做肉丸。購買時，選擇瘦的碎肉，因為瘦的肉類動物脂肪含量較少，對心臟健康較佳。

做法：

1. 焗爐（烤箱）預熱至300°F。

2. 除無脂肪沙律油及食油外，將所有材料放於大碗內拌勻。

3. 將材料分成25份，搓成肉丸，每個直徑約1吋。

4. 燒熱易潔鑊（不粘鍋），放一湯匙油，將肉丸煎至金黃。

5. 焗盤放上錫紙，放上肉丸。然後放入焗爐（烤箱）焗（烤）大約10至12分鐘直至肉丸熟透為止或以沙律醬伴食。

隨意：可將雞肉丸用木簽串上，成為一道開胃菜。

營養分析（1份）	
卡路里　190卡路里	總脂肪　　　11克
碳水化合物　　10克	飽和脂肪　　0克
纖維　　　　　1克	鈉（鹽）320毫克
蛋白質　　　12克	膽固醇　　0毫克

換算份量	
碳水化合物	0.5
肉類及代替品	1.5
脂肪	1.5

Chicken Meatballs

(5 servings)

Ingredients:

300 g (10 oz)	lean ground chicken
3 to 5	water chestnuts, finely chopped
1/3 cup	bread crumbs
1/3 cup	green onions, finely chopped
1 tsp	fresh cilantro, chopped
1/8 tsp	salt
1/4 tsp	white pepper
1	egg white
1½ tsp	cornstarch
3 Tbsp	fat free salad dressing (e.g. Italian, Ranch, Catalina)
1 Tbsp	cooking oil

Method

1. Preheat oven to 300°F.

2. Combine all ingredients except fat free salad dressing and cooking oil in a large bowl. Mix well.

3. Divide the mixture into 25 pieces and shape into meatballs, about 1 inch in diameter.

4. Heat a non-stick frying pan with 1 Tbsp cooking oil and brown the meatballs.

5. Put meatballs on a baking sheet which has been covered with aluminum foil. Bake for 10-12 minutes or until the meatballs are fully cooked.

6. Serve with your choice of dressing. Optional: For a fun appetizer, chicken meatballs can be skewered and served.

Cooking Tip:
Lean ground pork, beef and turkey can also be used in this recipe. Choose lean ground meat over regular ground meat, as lean ground meat contains less animal fat (saturated fat), so it is better for heart health.

Nutrient Analysis (1 serving)

Calories	190 Kcal	Fat (Total)	11 g
Carbohydrate	10 g	Fat (Saturated)	0 g
Fibre	1g	Sodium	320 mg
Protein	12 g	Cholesterol	0 mg

Choices per serving

Carbohydrate	0.5
Meat & Alternatives	1.5
Fats	1.5

免治牛肉焗茄子

材料：

茄子，切條	430克（約3條）
中洋蔥，切碎	1個
瘦免治牛肉	250克（9安士）
茄汁	3湯匙
Parmesan芝士茸	½杯
羅勒，切絲	1湯匙
食油	3茶匙

醃料：
生抽	½湯匙
生粉	2茶匙
糖	⅓茶匙

汁料：
糖	1茶匙
鹽	⅛茶匙
生粉	2湯匙
水	½杯
黑胡椒粉	⅛茶匙

做法：

1. 焗爐（烤箱）加熱至350°F。

2. 免治牛肉加醃料醃10分鐘。

3. 用2茶匙油炒香茄子。加半杯水煮15分鐘或至水份抽乾及茄子煮至軟身。把茄子放在焗盆中。

4. 放1茶匙油爆香洋蔥，放在茄子上面。

5. 炒熟牛肉，然後放在洋蔥上。

6. 在同一鑊中爆香茄汁，加入汁料煮滾，淋於肉上，然後灑上芝士。

7. 放入焗爐焗15分鐘至呈金黃色便可。用羅勒裝飾。

煮食貼士

廣東人稱茄子為矮瓜，可做出多款可口菜式。在餐館做的茄子菜餚，大部份會先用油炸，令茄子吸收大量食油，因此建議大家採用上述做法3。購買時應選擇硬身的，皮滑而有光澤並且重身的；有黑點和軟身的都不宜。

營養分析（1份）

卡路里	160卡路里	總脂肪	6克
碳水化合物	15克	飽和脂肪	1.5克
纖維	4克	鈉（鹽）	290毫克
蛋白質	13克	膽固醇	30毫克

換算份量

碳水化合物	1
肉類及代替品	1.5
脂肪	0.5

Baked Chinese Eggplant with Minced Beef (5 servings)

Ingredients:

430 g (~3)	Chinese eggplant, cut into strips
1	medium onion, chopped
250 g (9 oz)	extra lean ground beef
3 Tbsp	ketchup
½ cup	parmesan cheese, grated
1 Tbsp	fresh basil, julienned
3 tsp	cooking oil

Marinade:

½ Tbsp	light soy sauce
2 tsp	cornstarch
$1/3$ tsp	sugar

Sauce:

1 tsp	sugar
$1/8$ tsp	salt
2 Tbsp	cornstarch
½ cup	water
$1/8$ tsp	black pepper

Method

1. Preheat oven to 350°F.

2. Combine marinade ingredients with beef. Marinate for 10 minutes.

3. In a non-stick pan, sauté eggplant in 2 tsp of oil. Add ½ cup of water and cook for 15 minutes until the water evaporates and the eggplant is tender. Put eggplant on the bottom of a casserole dish.

4. Sauté onion in 1 tsp of cooking oil and place on top of eggplant.

5. Cook beef until done and place on top of onions.

6. Heat the ketchup in the same pan. Add sauce ingredients and bring to a boil. Pour over the beef and top with parmesan cheese.

7. Bake in oven for 15 minutes or until the top is golden brown. Garnish with basil.

Cooking Tip:
Eggplant dishes are often deep fried in Chinese restaurants. This causes the eggplant to absorb large amounts of oil. We therefore recommend using the above cooking method (step 3). Choose eggplants that are firm, smooth-skinned and are heavy for the size; avoid those with soft or brown spots.

Nutrient Analysis (1 serving)

Calories	160 Kcal	Fat (Total)	6 g
Carbohydrate	15 g	Fat (Saturated)	1.5 g
Fibre	4g	Sodium	290 mg
Protein	13g	Cholesterol	30 mg

Choices per serving

Carbohydrate	1
Meat & Alternatives	1.5
Fats	0.5

焗咖喱豬排 (8份)

材料：

無骨瘦豬排（里脊肉）	4 件
（總共約360克/13 安士）	
食油 做法（二）	2 茶匙

醃料：

酒	4 茶匙
生抽	4 茶匙
咖喱粉	2 茶匙
辣椒粉	1 茶匙
黑胡椒粉	1 茶匙

做法：

做法 （一）：

1. 焗（烤）爐預熱至350°F

2. 豬排用醃料醃大約15分鐘。

3. 豬排放在焗盤上焗（烤）大約20-30分鐘或至豬排熟透便可。

做法 （二）：

1. 豬排用醃料醃大約15分鐘。

2. 放2茶匙食油於易潔鑊（不粘鍋），用大火將豬排兩面煎（每面大約5分鐘）或至豬排熟透便可。

營養分析（1份）

卡路里	90卡路里	總脂肪	3克
碳水化合物	0.5克	飽和脂肪	1克
纖維	0.5克	鈉（鹽）	200毫克
蛋白質	14克	膽固醇	43毫克

換算份量

碳水化合物	0
肉類及代替品	2
脂肪	0

Curried Pork Tenderloin
(8 servings)

Ingredients:

4	lean pork tenderloin chops (total ~360g/13 oz)
2 tsp	cooking oil (Method 2)

Marinade:

4 tsp	cooking wine
4 tsp	light soy sauce
2 tsp	curry powder
1 tsp	chili powder
1 tsp	black pepper

Method 1

1. Preheat oven to 350°F.

2. Combine marinade ingredients with pork chops. Marinate for 15 minutes.

3. Bake pork chops on a baking sheet for about 20-30 minutes until fully cooked.

Method 2

1. Combine marinade ingredients with pork chops. Marinate for 15 minutes.

2. With a small amount of oil (~2 tsp), sear both sides of pork chops and cook on high heat in a frying pan for about 5 minutes each side, or until thoroughly cooked.

Nutrient Analysis (1 serving)

Calories	90 Kcal	Fat (Total)	3 g
Carbohydrate	0.5 g	Fat (Saturated)	1 g
Fibre	0.5 g	Sodium	200 mg
Protein	14 g	Cholesterol	43 mg

Choices per serving

Carbohydrate	0
Meat & Alternatives	2
Fats	0

焗蔬菜帶子 (8份)

材料：

帶子（扇貝）	454 克（1 磅）
紅蘿蔔，切粒	1 杯
西芹，切粒	1 杯
紅椒，切粒	1 杯
全麥麵粉	1/3 杯
脫脂奶	2 杯
無鹽牛油	2 湯匙
酒	1 湯匙
鹽	1/2 茶匙
胡椒粉	1/8 茶匙
麵包糠	1/2 杯
Parmesan 芝士粉	3 湯匙
無鹽牛油，煮溶	1 湯匙

醃料：

酒	1 茶匙
白胡椒粉	1/8 茶匙
麻油	1 茶匙

做法：

1. 焗（烤）爐預熱至350°F。

2. 清洗帶子，吸乾水份。

3. 用醃料醃帶子5分鐘。在滾水中把帶子煮熟，大約5分鐘。隔水，拿起備用。

4. 紅蘿蔔、西芹及紅椒用滾水灼4分鐘。隔水拿起備用。

5. 將全麥麵粉下鍋，慢慢拌入脫脂奶。用小火煮，不停拌數分鐘直至幼滑。加入2湯匙牛油拌勻。

6. 加入紅蘿蔔、西芹、紅椒、帶子、酒、鹽及胡椒粉。不停攪拌直至汁料轉濃。

7. 帶子和汁料放進焗盤內。把麵包糠、芝士粉及1湯匙已溶化的牛油拌勻，灑於帶子上面。入焗爐（烤箱）焗（烤）5分鐘或至金黃色便可。

營養分析（1份）

卡路里	180卡路里	總脂肪	6克
碳水化合物	17克	飽和脂肪	0克
纖維	2克	鈉（鹽）	370毫克
蛋白質	14克	膽固醇	30毫克

換算份量

碳水化合物	1
肉類及代替品	1.5
脂肪	0.5

Baked Scallop and Vegetables
(8 servings)

Ingredients:

454 g (1 lb)	scallops
1 cup	carrots, diced
1 cup	celery, diced
1 cup	red bell pepper, diced
$1/3$ cup	whole wheat flour
2 cups	skim milk
2 Tbsp	unsalted butter
1 Tbsp	cooking wine
½ tsp	salt
$1/8$ tsp	pepper
½ cup	bread crumbs
3 Tbsp	parmesan cheese
1 Tbsp	unsalted butter, melted

Marinade:

1 tsp	cooking wine
$1/8$ tsp	white pepper
1 tsp	sesame oil

Method

1. Preheat oven to 350°F.

2. Rinse scallops and pat dry with paper towels.

3. Combine marinade ingredients with scallops. Marinate for 5 minutes. Boil scallops in water until cooked, about 5 minutes. Drain well. Set aside.

4. Cook carrots, celery and red pepper in a medium saucepan for about 4 minutes. Drain and set aside.

5. On low heat, add whole wheat flour to a saucepan. Gradually add in skim milk. Stir constantly, for a few minutes, until the mixture is smooth. Stir in 2 Tbsp of butter.

6. Add the vegetables, scallops, cooking wine, salt and pepper into the flour mixture. Stir constantly until the sauce is thickened.

7. Spoon mixture into a shallow baking dish. Combine bread crumbs, parmesan cheese and melted butter together and sprinkle over the scallop mixture. Bake for 5 minutes or until top is golden brown.

Nutrient Analysis (1 serving)

Calories	180 Kcal	Fat (Total)	6 g
Carbohydrate	17 g	Fat (Saturated)	0 g
Fibre	2 g	Sodium	370 mg
Protein	14 g	Cholesterol	30 mg

Choices per serving

Carbohydrate	1
Meat & Alternatives	1.5
Fats	0.5

肉鬆蒸滑蛋 (4份)

材料：

瘦碎雞肉　70克（2½ 安士）
大雞蛋　　　　　　3 隻
低鹽雞湯　　　　　1 杯
蔥，切粒　　　　　¼ 杯

醃料：

生抽　　　1 茶匙
生粉　　　¼ 茶匙
食油　　　½ 湯匙

做法：

1. 在碗中將醃料拌勻。雞肉用醃料醃10分鐘。

2. 雞蛋打散。將雞湯加熱，然後把熱雞湯慢慢倒入雞蛋中，邊倒邊打。

3. 把蛋液過篩隔去氣泡倒進深碟內，用慢火隔水蒸4分鐘。

4. 揭開蓋，讓蒸氣散發，立卽再蓋上鍋蓋再蒸4分鐘，重覆這步驟直至雞蛋蒸熟。

5. 放雞肉在易潔鑊（不粘鍋）內炒香至熟透，下蔥炒勻。盛起放在蛋面上便可。

營養分析（1份）			
卡路里	120卡路里	總脂肪	8克
碳水化合物	2克	飽和脂肪	1.5克
纖維	0克	鈉（鹽）	150毫克
蛋白質	9克	膽固醇	140毫克

換算份量	
碳水化合物	0
肉類及代替品	1.5
脂肪	0.5

Steamed Egg Custard with Minced Chicken
(4 servings)

Ingredients:

70 g (2½ oz)	lean ground chicken
3	large eggs
1 cup	low sodium chicken broth
¼ cup	green onion, chopped

Marinade:

1 tsp	light soy sauce
¼ tsp	cornstarch
½ Tbsp	cooking oil

Method

1. Mix marinade ingredients. Marinate ground chicken for 10 minutes.

2. Heat the chicken broth. Beat the eggs. Slowly pour chicken broth into the eggs and mix.

3. Pour egg mixture through a sieve into a dish (about 1"-2" deep), place on a steaming rack, cover and steam over low heat for 4 minutes.

4. Open the lid to release excess steam. Cover lid immediately and steam for another 4 minutes. Repeat until the eggs turn solid.

5. Stir-fry ground chicken until it is fully cooked. Add green onion. Stir well. Place on top of steamed custard and serve.

Nutrient Analysis (1 serving)			
Calories	120 Kcal	Fat (Total)	8 g
Carbohydrate	2 g	Fat (Saturated)	1.5 g
Fibre	0 g	Sodium	150 mg
Protein	9 g	Cholesterol	140 mg

Choices per serving	
Carbohydrate	0
Meat & Alternatives	1.5
Fats	0.5

薑蔥蒸三文魚 (3份)

材料：

三文魚柳	250克（9安士）
鹽	少許
薑茸	1茶匙
蔥，切絲	1條
蒜茸	1茶匙
生抽	1½ 茶匙
食油	1湯匙

做法：

1. 三文魚柳去鱗。用紙抹乾，抹上鹽。

2. 放三文魚於深碟內，灑上薑茸、蔥和蒜茸。

3. 三文魚隔水蒸7分鐘或至熟透。

4. 在三文魚上淋上生抽及熟油即可。

營養分析（1份）

卡路里	170卡路里	總脂肪	10克
碳水化合物	1克	飽和脂肪	1克
纖維	0克	鈉（鹽）	240毫克
蛋白質	17克	膽固醇	45毫克

換算份量

碳水化合物	0
肉類及代替品	2
脂肪	1

Steamed Salmon

(3 servings)

Ingredients:

250 g (9 oz)	salmon fillet
pinch	salt
1 tsp	ginger, grated
1	green onion, cut into strips
1 tsp	garlic, minced
1½ tsp	light soy sauce
1 Tbsp	cooking oil

Method

1. Remove scales from salmon. Pat dry with paper towel. Season with salt.

2. Put salmon on a deep plate, top with ginger, green onion and garlic.

3. Using a steaming rack, steam salmon for 7 minutes or until cooked.

4. Pour soy sauce over fish.

5. Heat oil and pour over fish. Serve.

Nutrient Analysis (1 serving)

Calories	170 Kcal	Fat (Total)	10 g
Carbohydrate	1 g	Fat (Saturated)	1 g
Fibre	0 g	Sodium	240 mg
Protein	17 g	Cholesterol	45 mg

Choices per serving

Carbohydrate	0
Meat & Alternatives	2
Fats	1

玉子豆腐蒸蝦 (4份)

材料：

中蝦	20 隻
蔥，切碎	2 茶匙（約2條）
玉子豆腐，切件（20塊）	340 克（約1條）
芫茜	隨意

醃料：

白胡椒粉	½ 茶匙
生粉	1 湯匙
麻油	2 茶匙
生抽	1 茶匙

做法：

1. 蝦洗淨，抹乾，除殼，取出蝦腸。

2. 將蝦用醃料醃15分鐘，加入蔥碎。

3. 玉子豆腐放於蒸碟內，將蝦放在玉子豆腐上，倒入剩餘的醃料，蒸8-10分鐘或至蝦肉熟透。用芫茜伴碟。

營養分析（1份）			
卡路里	120卡路里	總脂肪	7克
碳水化合物	3克	飽和脂肪	1.5克
纖維	0克	鈉（鹽）	210毫克
蛋白質	12克	膽固醇	190毫克

換算份量	
碳水化合物	0
肉類及代替品	1.5
脂肪	0.5

Steamed Egg Tofu with Shrimp

(4 servings)

Ingredients:

20	medium-sized shrimp
2 tsp	green onion, chopped
340 g (1 tube)	egg tofu, cut into 20 pieces
optional	cilantro

Marinade:

½ tsp	white pepper
1 Tbsp	cornstarch
2 tsp	sesame oil
1 tsp	light soy sauce

Method

1. De-shell and devein the shrimp. Rinse, drain and pat dry.

- -

2. Combine marinade ingredients with shrimp. Marinate for 15 minutes. Add green onion.

- -

3. Place egg tofu on a deep steaming dish and put shrimp on top of the tofu. Pour the marinade over the shrimp and steam for 8-10 minutes or until shrimp are cooked. Garnish with cilantro.

Nutrient Analysis (1 serving)			
Calories	120 Kcal	Fat (Total)	7 g
Carbohydrate	3 g	Fat (Saturated)	1.5 g
Fibre	0 g	Sodium	210 mg
Protein	12 g	Cholesterol	190 mg

Choices per serving	
Carbohydrate	0
Meat & Alternatives	1.5
Fats	0.5

柱候牛腱

材料：

牛腱	400克（14安士）
食油	1 茶匙
蒜頭，切片	3 粒
薑	2 片
蔥，切段	2 條
磨豉醬	2 茶匙
冰糖	10克（約2茶匙）
生抽	1 茶匙
老抽	1 茶匙
八角	1 粒
果皮（橘皮），浸軟去果瓤	1 片
紅蘿蔔，切成小件	1/3 杯
洋蔥，切成小件	1/3 杯
西芹，切成小件	2/3 杯

獻（芡）汁料：

生粉	2 茶匙
水	4 茶匙

做法：

1. 洗淨牛腱，切件，大約 1 吋 x 1½ 吋。

2. 燒熱鍋下油。爆香蒜片、薑、蔥及磨豉醬。加入牛腱炒大約5分鐘。

3. 加入水（水量要蓋過牛腱）。

4. 加入冰糖、生抽、老抽、八角及果皮。打開蓋用大火滾20分鐘。

5. 蓋上蓋收細火炆1½小時，需要時可加些水。

6. 放入紅蘿蔔、洋蔥和西芹煮30分鐘或至蔬菜軟身。

7. 在碗中將水和生粉混和，慢慢加入大鍋中埋獻（勾芡）即可。

素食貼士

很多人會用牛腩做炆的菜餚。但是牛腩含較多飽和脂肪，所以用牛腱代替。炆牛腱需時；炆菜時避免經常揭開蓋，以免流失熱力。

營養分析（1份）

卡路里	180卡路里	總脂肪	11克
碳水化合物	5克	飽和脂肪	4.5克
纖維	1克	鈉（鹽）	280毫克
蛋白質	14克	膽固醇	45毫克

換算份量

碳水化合物	0
肉類及代替品	2
脂肪	1

Chunky Beef in Chu-Hou Sauce (6 servings)

Ingredients:

400 g (14 oz)	beef shin
1 tsp	cooking oil
3 cloves	garlic, sliced
2 slices	ginger
2	green onions, cut into sections
2 tsp	ground bean sauce
10 g (~2 tsp)	rock crystal sugar
1 tsp	light soy sauce
1 tsp	dark soy sauce
1	star anise
1	dried tangerine peel, pith removed
1/3 cup	carrot, diced
1/3 cup	onion, diced
2/3 cup	celery, diced

Thickener:

2 tsp	cornstarch
4 tsp	water

Method

1. Wash and cut beef into chunks (~1" x 1.5").

2. In a pot, sauté garlic, ginger, green onion and ground bean sauce. Add the beef and cook for about 5 minutes.

3. Add water to the pot to cover the beef.

4. Add rock crystal sugar, light soy sauce, dark soy sauce, star anise and tangerine peel. Bring the pot to a boil. Continue to boil, uncovered, for 20 minutes.

5. Cover and turn down the heat to low and simmer for 1½ hours.

6. Add carrot, onion and celery. Continue to cook for 30 minutes, or until the vegetables cooked.

7. Mix thickener ingredients in a bowl. Slowly add to the pot, stirring until thickened. Serve.

Cooking Tips:

Most people use beef brisket in Chu-Hou sauce dishes. However, beef brisket is high in saturated fat. Beef shin is lower in saturated fat. However, it requires longer cooking to make it tender. (Avoid lifting the lid when simmering to avoid releasing heat and moisture.)

Nutrient Analysis (1 serving)

Calories	180 Kcal	Fat (Total)	11 g
Carbohydrate	5 g	Fat (Saturated)	4.5 g
Fibre	1 g	Sodium	280 mg
Protein	14 g	Cholesterol	45 mg

Choices per serving

Carbohydrate	0
Meat & Alternatives	2
Fats	1

冬菇燴小唐菜 (4份)

材料：

冬菇，浸軟	50克（約15隻）
小唐菜，洗淨，切開邊	6杯
食油	3茶匙
薑	2片
蔥	1條

冬菇調味：

生抽	½ 茶匙
糖	1茶匙
酒	1茶匙
食油	1茶匙

炆冬菇汁料：

低鹽雞湯	½ 杯
浸冬菇的水	1杯
蠔油	½ 湯匙

獻（芡）汁料：

生粉	2茶匙
水	2湯匙

做法：

1. 冬菇隔去水份，放入冬菇調味拌勻。浸冬菇的水留用。

2. 鑊(鍋)內放1茶匙食油爆香薑及蔥，加入炆冬菇汁料煮滾。放入冬菇，待再煮滾後改用慢火炆30分鐘或至冬菇軟身。取起薑及蔥不要。

3. 在另一鍋內用清水及油1茶匙灼熟小唐菜，大約5分鐘。瀝乾水份排放在碟上。

4. 在碗中將獻（芡）汁料拌勻，加入炆好冬菇的鑊(鍋)內埋獻(勾芡)，淋在小唐菜上。

營養分析（1份）

卡路里	120卡路里	總脂肪	5克
碳水化合物	18克	飽和脂肪	0克
纖維	3克	鈉（鹽）	270毫克
蛋白質	3克	膽固醇	0毫克

換算份量

碳水化合物	1
肉類及代替品	0
脂肪	1

Shiitake Mushrooms with Shanghai Bok Choy

(4 servings)

Ingredients:

50 g (~15)	dried shiitake mushrooms, soaked in water until softened
6 cups	Shanghai bok choy, washed and cut into halves
3 tsp	cooking oil
2 slices	ginger
1	green onion

Mushroom seasoning:

½ tsp	light soy sauce
1 tsp	sugar
1 tsp	cooking wine
1 tsp	cooking oil

Broth base:

½ cup	low sodium chicken broth
1 cup	mushrooms soaking liquid
½ Tbsp	oyster sauce

Thickener:

2 tsp	cornstarch
2 Tbsp	water

Method

1. Drain shiitake mushrooms. Set aside mushrooms soaking liquid. Combine mushrooms with seasoning ingredients.

2. In a skillet, cook ginger and green onion with 1 tsp oil over medium heat until fragrant. Add broth base ingredients. Bring to a boil. Add shiitake mushrooms and simmer for 30 minutes over low heat or until softened. Discard ginger and green onion.

3. In a cooking pot, bring water to a boil, add 2 tsp of oil. Blanch Shanghai bok choy until desired tenderness (~5 minutes). Drain and arrange on a plate.

4. In a small bowl, mix the thickener ingredients. Over low heat, stir the thickener into the mushroom broth base. Place shiitake mushrooms on top of the Shanghai bok choy and serve.

Nutrient Analysis (1 serving)			
Calories	120 Kcal	Fat (Total)	5 g
Carbohydrate	18 g	Fat (Saturated)	0 g
Fibre	3 g	Sodium	270 mg
Protein	3 g	Cholesterol	0 mg

Choices per serving	
Carbohydrate	1
Meat & Alternatives	0
Fats	1

南瓜番茄燴皇子菇 (4份)

材料：

南瓜	100 克
食油	2 茶匙
薑，切絲	½ 茶匙
細番茄，切小件	2 個
皇子菇，切片	3 隻
番茄汁	2½ 湯匙
糖	1 茶匙
生抽	½ 茶匙
白胡椒粉	⅛ 茶匙
酒	1 湯匙

做法：

1. 南瓜去皮去核，切小件。

2. 用油爆香薑絲。加入南瓜、番茄煮片刻。

3. 加入番茄汁、糖、生抽、酒及白胡椒粉煮半小時。加入皇子菇再煮5分鐘，水乾時加水，直至南瓜軟身卽可。

煮食貼士

番茄含有豐富的營養素，如維他命C、葉酸、鉀、及抗氧化劑番茄紅素（lycopene）等，對身體有益。要選擇新鮮番茄或低鹽罐頭番茄產品（如無加鹽茄膏）。番茄汁則含有大量糖份，應少吃。

營養分析（1份）

卡路里	50卡路里	總脂肪	2.5克
碳水化合物	7克	飽和脂肪	0克
纖維	1克	鈉（鹽）	170毫克
蛋白質	1克	膽固醇	0毫克

換算份量

碳水化合物	0.5
肉類及代替品	0
脂肪	0.5

Pumpkin, Tomato and Mushroom Stew
(4 servings)

Ingredients:

100 g	pumpkin
2 tsp	cooking oil
½ tsp	ginger, julienned
2	small tomatoes, diced
3	king oyster mushrooms, sliced
2½ Tbsp	ketchup
1 tsp	sugar
½ tsp	light soy sauce
$\frac{1}{8}$ tsp	white pepper
1 Tbsp	cooking wine

Method

1. Remove skin and seeds from pumpkin. Cut into small cubes.

2. Add oil to skillet and sauté ginger. Add pumpkin and tomatoes and cook for a few minutes.

3. Add ketchup, sugar, soy sauce, white pepper and cooking wine. Cook for about ½ hour. Add king oyster mushrooms and cook 5 minutes longer. Add more water if needed. Cook until the pumpkin is tender and soft. Serve.

Nutritional Information

Tomatoes are beneficial to health because they are rich in nutrients such as vitamin C, folate, potassium and the antioxidant lycopene. Choose fresh tomatoes or low-sodium tomato products (such as no-added-salt tomato paste) when using tomatoes in recipes. Ketchup contains a large amount of added sugar. Use only in small amounts.

Nutrient Analysis (1 serving)			
Calories	50 Kcal	Fat (Total)	2.5 g
Carbohydrate	7 g	Fat (Saturated)	0 g
Fibre	1 g	Sodium	170 mg
Protein	1 g	Cholesterol	0 mg

Choices per serving	
Carbohydrate	0.5
Meat & Alternatives	0
Fats	0.5

黑糯米紅豆沙 (7份)

材料：

紅豆	1 杯
黑糯米	¼ 杯
水	10 杯
果皮，浸軟去果瓤	1 片
Splenda 代糖	6 湯匙

做法：

1. 紅豆及黑糯米分別洗淨並用清水浸過夜，或洗淨後用熱水浸三小時。

2. 把8杯水和果皮放入大煲內煲滾。

3. 水滾後加入紅豆及黑糯米，用中火煮1½-2小時或至紅豆及黑糯米變軟。在開始乾水的時候倒入餘下的2杯水，用大火滾大約5-7分鐘，加入Splenda 代糖拌勻即可。

煮食貼士

乾豆類含有多種營養素，如蛋白質、鐵質、葉酸、鉀質和鈣質等，並含有豐富水溶性纖維，能幫助降低身體內的壞膽固醇(LDL)，從而減低患心臟病的機會。
要注意的是乾豆類亦含有大量澱粉質，如果每次進食份量超過半杯的話，或需在該餐/小食減少攝取其它的碳水化合物份量。

營養分析（1份）

卡路里	120卡路里	總脂肪	0克
碳水化合物	23克	飽和脂肪	0克
纖維	3克	鈉（鹽）	10毫克
蛋白質	7克	膽固醇	0毫克

換算份量

碳水化合物	1.5
肉類及代替品	0.5
脂肪	0

Sweet Adzuki Beans and Black Glutinous Rice Soup

(7 servings)

Ingredients:

1 cup	dried adzuki beans (red beans)
¼ cup	black glutinous rice
10 cups	water
1	dried tangerine peel, soaked and pith removed
6 Tbsp	Splenda artificial sweetener

Method

1. Rinse and soak adzuki beans and black glutinous rice separately in cold water overnight, or soak in hot water for 3 hours

2. In a large pot, bring 8 cups of water and tangerine peel to a boil.

3. Once the water is at a rolling boil, add adzuki beans and black glutinous rice. Simmer for 1½-2 hours on medium heat until the beans and rice are soft.

4. As the liquid gets absorbed, add 2 cups of water and boil for 5-7 minutes on high heat. Stir in sweetener. Mix well and serve.

Nutritional Information:

Dried beans, lentils and legumes are rich in protein, iron, folate and potassium. They also contain a large amount of soluble fibre, which can help lower LDL cholesterol (the "bad" cholesterol) in the body. This can help lower the risk of heart disease. However, dried beans and lentils are also rich in carbohydrate. If you consume more than half a cup at a meal/snack, you may need to reduce the intake of other carbohydrate-rich foods.

Nutrient Analysis (1 serving)

Calories	120 Kcal	Fat (Total)	0 g
Carbohydrate	23 g	Fat (Saturated)	0 g
Fibre	3 g	Sodium	10 mg
Protein	7 g	Cholesterol	0 mg

Choices per serving

Carbohydrate	1.5
Meat & Alternatives	0.5
Fats	0

香滑合桃露

材料：

合桃肉	120克（4安士）
白米	2 茶匙
水	2¼ 杯
脫脂奶	2¾ 杯
糖	2¼ 湯匙

做法：

1. 白米洗淨後浸水兩小時，瀝乾。

2. 放合桃入焗爐（烤箱）用350°F 烘7分鐘或直至呈金黃色。

3. 將白米、合桃肉及清水1杯放進攪拌機內，磨成濃漿。

4. 把餘下清水煮滾，加入合桃漿、脫脂奶及糖。用慢火煮15-20分鐘，不斷攪拌。

營養分析（1份）

卡路里	170卡路里	總脂肪	11克
碳水化合物	12克	飽和脂肪	1克
纖維	1克	鈉（鹽）	55毫克
蛋白質	6克	膽固醇	0毫克

換算份量

碳水化合物	1
肉類及代替品	0.5
脂肪	2

Sweet Walnut Soup

(7 servings)

Ingredients:

120 g (4 oz)	shelled walnuts
2 tsp	rice
2¼ cups	water
2¾ cups	skim milk
2¼ Tbsp	sugar

Method

1. Rinse rice and soak for 2 hours. Drain.

2. Roast walnuts in the oven at 350°F for about 7 minutes or until golden brown.

3. Blend rice, walnuts and 1 cup of water in a blender until pureed.

4. Bring the remaining water to a boil. Add walnut puree, skim milk and sugar. Simmer on low heat for about 15-20 minutes, stirring occasionally.

Nutrient Analysis (1 serving)

Calories	170 Kcal	Fat (Total)	11 g
Carbohydrate	12 g	Fat (Saturated)	1 g
Fibre	1 g	Sodium	55 mg
Protein	6 g	Cholesterol	0 mg

Choices per serving

Carbohydrate	1
Meat & Alternatives	0.5
Fats	2

高纖維香蕉小鬆餅 (18個)

材料：

全麥麵粉	1½ 杯
發粉	1 湯匙
鹽	½ 茶匙
糖	½ 杯
Splenda 代糖	¼ 杯
非氫化植物牛油（無鹽），煮溶	¾ 杯
細香蕉，壓軟	2 隻
Fiber 1麥片，壓碎	2 杯
雞蛋	2 隻
脫脂奶	1½ 杯

煮食貼士

小心不要過度攪拌粉漿。過度攪拌會令焗出來的鬆餅質感太硬。

做法：

1. 焗爐（烤箱）預熱至375°F。

2. 全麥麵粉、發粉和鹽同篩入大碗內。

3. 在另一個碗中，把糖、Splenda代糖、植物牛油溶液、香蕉、雞蛋、脫脂奶及Fiber 1麥片攪勻。

4. 將濕材料倒入乾材料中。攪勻直至成為粉漿。小心不要過度攪拌粉漿。

5. 焗鬆餅用的紙杯放入鬆餅焗盆內。倒入粉漿至四分之三滿。

6. 焗大約25分鐘或在鬆餅中心插入牙籤；取出沒有沾上粉漿即可。

營養分析 （1個小鬆餅）			
卡路里	170卡路里	總脂肪	9克
碳水化合物	23克	飽和脂肪	1.5克
纖維	5克	鈉（鹽）	160毫克
蛋白質	4克	膽固醇	20毫克

換算份量 （1個小鬆餅）	
碳水化合物	1
肉類及代替品	0
脂肪	2

High Fibre Banana Muffin

(18 muffins)

Ingredients:

1½ cups	whole wheat flour
1 Tbsp	baking powder
½ tsp	salt
½ cup	sugar
¼ cup	Splenda artificial sweetener
¾ cup	unsalted non-hydrogenated margarine, melted
2	small ripe bananas, mashed
2 cups	Fiber 1 cereal, crushed
2	eggs
1½ cups	skim milk

Method

1. Preheat oven to 375°F.

2. In a large bowl, sift together the whole wheat flour, baking powder and salt.

3. Combine the sugar, Splenda, melted margarine, bananas, eggs, milk and cereal in another bowl.

4. Pour the wet ingredients into the dry ingredients. Mix until combined, being careful not to overmix.

5. Line a muffin pan with paper baking cups. Fill each muffin cup ¾ full.

6. Bake for 25 minutes, or until a toothpick inserted into the middle comes out clean.

Cooking Tips:
It is very important that you don't overmix the batter. Overmixing creates tough muffins.

Nutrient Analysis (1 muffin)

Calories	170 Kcal	Fat (Total)	9 g
Carbohydrate	23 g	Fat (Saturated)	1.5 g
Fibre	5 g	Sodium	160 mg
Protein	4 g	Cholesterol	20 mg

Choices per muffin

Carbohydrate	1
Meat & Alternatives	0
Fats	2

燕麥曲奇餅　(28塊)

材料：

全麥麵粉	1½ 杯
蘇打粉（Baking soda）	1 茶匙
無鹽非氫化植物牛油，溶化	1 杯
Splenda 代糖	1 杯
大雞蛋	2 隻
水	⅓ 杯
雲尼拿香油	½ 茶匙
葡萄乾	1 杯
麥片	3 杯

做法：

1. 焗爐加熱至350°F。

2. 在一個碗中，將植物牛油及Splenda代糖攪拌。

3. 將全麥麵粉及蘇打粉一同篩勻，備用。

4. 在另一個碗中把雞蛋、水及雲尼拿香油拌勻。

5. 輪流把第3項及第4項分數次慢慢倒入第2項中拌勻。

6. 放入麥片及葡萄乾拌勻成爲粉團。

7. 將焗爐紙放在焗盤上，用湯匙把粉團平均分成28份，然後把每個小粉團用湯匙壓扁。放入焗爐（烤箱）焗（烤）大約10-12分鐘或至金黃色。取出來放在架上，待涼即可。

營養分析（1塊）

卡路里	150卡路里	總脂肪	8克
碳水化合物	17克	飽和脂肪	1.5克
纖維	2克	鈉（鹽）	55毫克
蛋白質	3克	膽固醇	15毫克

換算份量（1塊）

碳水化合物	1
肉類及代替品	0
脂肪	1.5

Oatmeal Cookies
(28 cookies)

Ingredients:

1½ cups	whole wheat flour
1 tsp	baking soda
1 cup	unsalted non-hydrogenated margarine, melted
1 cup	Splenda artificial sweetener
2	large eggs
⅓ cup	water
½ tsp	vanilla extract
1 cup	raisins
3 cups	oatmeal

Method

1. Preheat oven to 350°F.

2. In a bowl, beat together margarine and Splenda until light and creamy.

3. Sift together whole wheat flour and baking soda. Set aside.

4. In another bowl, combine the eggs, water and vanilla.

5. Alternate the addition of the dry and wet ingredients into the margarine and sugar mixture. Begin and end with the flour.

6. Add the raisins and oats. Mix well.

7. Line a baking sheet with parchment paper. Divide the cookie dough into 28 portions and place them on the baking sheet. Flatten the dough with a spoon and bake for 10-12 minutes or until they are golden brown. Cool the cookies on a rack before serving.

Nutrient Analysis (1 cookie)			
Calories	150 Kcal	Fat (Total)	8 g
Carbohydrate	17 g	Fat (Saturated)	1.5 g
Fibre	2 g	Sodium	55 mg
Protein	3 g	Cholesterol	15 mg

Choices per cookie	
Carbohydrate	1
Meat & Alternatives	0
Fats	1.5

你有沒有定期檢查身體?

以下的身體檢查對糖尿病患者尤其重要，併發症例如: 心臟病、中風、腎病，神經線病變及眼睛病變都可以在沒有病徵下出現。定期檢查可減低患併發症的機會。

糖尿病有關的檢查	多久檢查一次?	建議目標
空腹血糖	每三個月一次	4.0 至 7.0 mmol/L
糖化血紅素（A1C） • 量度過去三個月內血糖控制的血液測試	每三個月一次	7.0 % 或以下
血壓（Blood Pressure）	每次糖尿病檢查	少於 130/80
膽固醇（Cholesterol） 總膽固醇（TC） 低密度膽固醇（LDL）（即 "壞" 膽固醇） 高密度膽固醇（HDL）（即 "好" 膽固醇）	每1-3年一次 及 每次更改膽固醇藥物 　之後	低密度膽固醇 　在2.0或以下 總膽固醇與 　高密度膽固醇的比例 　在4.0以下
腎臟功能測試	最少每年一次	
足部檢查	每年一次	
眼睛檢查	每年一次	

中文糖尿病資料及服務

多倫多東部糖尿病社區教育網（DECNET）

網址: www.decnet.org

南河谷社區健康中心

華語糖尿病服務包括: 糖尿病班、健康小廚及互助小組、由營養師或護士提供的個人輔導。

地址: 955 Queen St. East Toronto, Ontario, Canada
電話: (416) 461-1925　內線335
網址:　www.srchc.com

備註: 多倫多東部糖尿病社區教育網是由南河谷社區健康中心，East End Community Health Centre 及多倫多東區全科醫院聯合組成。

加拿大糖尿病協會

華語專線: 1-888-666-8586 (免費長途電話)
網址: www.diabetes.ca

Are you regular with your diabetes check-ups?

The following check-ups are especially important for people living with diabetes.
Complications such as heart disease, strokes, kidney disease, nerve and eye damage can arise without visible symptoms. To help minimize potential complications, make sure you go for regular check-ups.

Diabetes Check-ups	How often should I have this checked?	Recommended Targets
Fasting Blood Glucose	Every 3 months	4.0 to 7.0 mmol/L
A1C • a blood test that measures your blood sugar control over the last 3 months	Every 3 months	7.0 % or less
Blood Pressure	At every diabetes visit	Less than 130/80 mmHg
Cholesterol TC (Total Cholesterol) LDL ("bad" cholesterol) HDL ("good" cholesterol)	Every 1-3 years and after a change in cholesterol medication	LDL cholesterol 2.0 mmol/L or less TC: HDL Ratio less than 4.0
Kidney Function Test	At least once a year	
Feet Exam	Once a year	
Eye Exam	Once a year	

Chinese Diabetes Services and Resources

Diabetes Education Network of East Toronto (DECNET)
Website: www.decnet.org

South Riverdale Community Health Centre
Chinese diabetes services include diabetes class, community kitchen and support group, one-on-one nutrition counseling and one-on-one nurse counseling.

Address: 955 Queen St. East, Toronto, Ontario, Canada
Phone: (416) 461-1925 x 335
Website: www.srchc.com

Note: DECNET is a partnership between South Riverdale Community Health Centre, East End Community Health Centre and Toronto East General Hospital.

Canadian Diabetes Association
Chinese Hotline: 1-888-666-8586
Website: www.diabetes.ca

本書是由三位註冊營養師編寫的，配合華人飲食文化，
圖文並茂，希望讀者能運用內頁的資料，吃得開心又健康，
掌握糖尿病的飲食智慧。

你或你的家人是否患糖尿病而希望知道：
- 如何選擇適合自己的食物？
- 如何調節飲食來幫助控制血糖？

本書能提供有關上述的資料及包括以下內容：
- 35個款式多樣化的食譜及營養分析
- 糖尿病飲食指南，其中提及的食物多為華人所熟悉
- 健康飲食及烹調技巧

This book, written by three registered dietitians, is based on Chinese culture and eating habits. Using the practical advice given, readers can learn and apply new skills.

Begin your journey with *Diabetes Eating Wisdom* to experience the joy of eating and help maintain your health.

Learn answers to common questions, including:
- How can I select the food that is right for me when I have diabetes?
- How can I use diet to help control my blood sugar levels?

This book includes:
- 35 recipes with nutrient analysis
- Diabetes Food Guide with Chinese foods
- Healthy eating and cooking tips

DECNET
Diabetes Education Community
Network of East Toronto

South Riverdale Community Health Centre

East End Community Health Centre

Toronto East General Hospital