

Hong Kong Reference Framework for Diabetes Care for Adults in Primary Care Settings 【Patient Version】

Revised Edition July 2022



基層醫療
PRIMARY CARE

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Introduction

The ‘Hong Kong Reference Framework for Diabetes Care for Adults in Primary Care Settings’ was prepared by the Task Force on Conceptual Model and Preventive Protocols of the Working Group on Primary Care, which was set up by the Food and Health Bureau. This reference framework aims to provide a common reference for healthcare professionals across different sectors for the provision of continuing, comprehensive and evidence-based care for diabetes in the community. This reference framework also serves as a reference to adults at risk of developing or with Type 2 diabetes and their carers, to empower patients to take care of themselves and to raise public’s awareness on the importance of preventing and properly managing diabetes. This patient version is simple and easy to understand. It is hoped that patients are able to learn and practise the recommendations as laid down in this reference framework.

What is Type 2 diabetes?

The carbohydrates (including sugar and starch) which we take become glucose after digestion. It will then be absorbed by the small intestine and enter the blood circulatory system as blood glucose.

The function of insulin, which is secreted from the pancreas, is to control the blood glucose level of the body. When insulin secretion is insufficient or the insulin fails to function normally, the glucose in the blood will not be converted into the energy that human body needs, resulting in elevating blood glucose. Excess glucose will be passed out of the body through urine. Thus, it is called diabetes^{Note 1}. According to the World Health Organization, diabetes is defined as fasting^{Note 2} glucose equal to or higher than 7.0 mmol/L or the glucose level equal to or higher than 11.1 mmol/L two hours after meal. In Hong Kong, about one out of ten adults suffers from diabetes.

Type 2 diabetes (previously known as ‘non-insulin dependent diabetes’) is the most frequent form of diabetes and it mainly affects adults. It happens when body cells are resistant to insulin and thus cannot uptake and use glucose effectively and excess blood glucose is resulted. This type of diabetes is mainly related to the risk factors including genetic causes, unhealthy diet, obesity and lack of exercise.

Note 1 : Diabetes can be classified as the following four types according to its symptoms and causes: Type 1 diabetes, Type 2 diabetes, Gestational diabetes, and Secondary diabetes.

Note 2 : Fasting is defined as no food for 8 hours or above.

Risk factors for diabetes

There are different risk factors for developing diabetes at various stages of life, such as:

- age 45 or over
- overweight and obesity^{Note 3}
- history of impaired fasting glucose or impaired glucose tolerance^{Note 4}
- patients with metabolic syndrome^{Note 5}
- patients with hypertension
- patients with cardiovascular diseases (e.g. coronary heart disease, peripheral vascular disease and stroke)
- presence of cardiovascular risk factors (e.g. hyperlipidaemia, low level of high density lipoprotein (HDL) cholesterol, high level of low density lipoprotein (LDL) cholesterol, smoking and lack of exercise)
- family history of diabetes, particularly in first degree relatives
- history of gestational diabetes or polycystic ovary syndrome (for women)
- on long-term steroid treatment

Most diabetic patients may not have any symptoms or signs at all. Therefore, those with risk factors are recommended to discuss with their family doctors and receive appropriate check-ups, for example once every three years, or more frequently depending on the risk factors, to avoid delayed diagnosis or treatment.

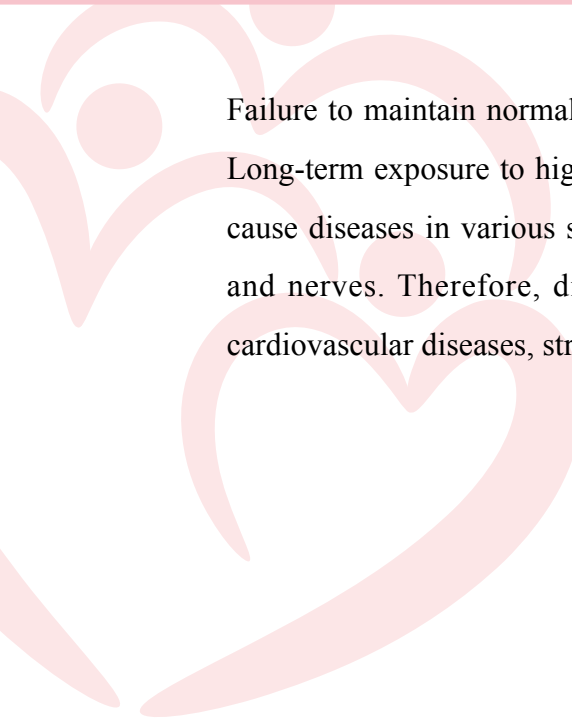
Note 3 :

- According to the BMI classification for Chinese adults adopted by the Department of Health, overweight is defined as BMI from 23.0 kg/m² to less than 25.0 kg/m², while obesity is defined as BMI 25.0 kg/m² or above.
- BMI is measured as weight in kg/height in m².
- Central obesity is defined as waist circumference ≥ 90 cm and ≥ 80 cm in male and female respectively for the Chinese population.

Note 4 : Impaired fasting glucose and impaired glucose tolerance generally refer to the pre-diabetes state. Patients generally do not have any symptoms, but their blood glucose levels as shown in the fasting glucose value and glucose tolerance test are above the normal level but below the diabetes level.

Note 5: Metabolic syndrome refers to the condition when a number of risk factors of cardiovascular diseases exist. According to International Diabetes Federation, people with central obesity who also have any two risk factors of cardiovascular diseases (raised triglycerides, reduced HDL cholesterol, high blood pressure and raised blood glucose) are patients with metabolic syndrome.

Impacts of diabetes on health



Failure to maintain normal blood glucose level will result in high blood glucose level. Long-term exposure to high blood glucose levels may lead to vascular damages which cause diseases in various systems and organs including cardiovascular, retina, kidneys and nerves. Therefore, diabetes is the leading cause of kidney failure, blindness, cardiovascular diseases, stroke and lower limb ulcers.

How to live with diabetes?

There is no proven cure for diabetes. Therefore, in order to control diabetes and prevent its complications, you should adhere to the treatment plan:

- You should have knowledge about the risk factors and symptoms of diabetes
- Your family doctor and other healthcare professionals can provide you with person-centred, continuing and comprehensive treatment and healthcare service. Therefore, you should develop a close partnership with them for early diagnosis and treatment
- You should also enhance your self-care ability for effective control of diabetes

How to know the blood glucose control status?

Glycated haemoglobin (HbA1c)

Information about blood glucose control in the last 2 to 3 months can be obtained through regular measurement of HbA1c. Optimal control of blood glucose (the optimal HbA1c level should normally be less than 7%) can effectively delay and prevent complications.

Fasting and postprandial blood glucose level

For more effective control of blood glucose level to reduce complications, doctors will advise diabetic patients to monitor blood glucose level regularly by themselves if necessary.

Urine glucose test

The urine glucose test is only a test for checking the level of glucose in urine. It does not accurately reflect the true blood glucose level or hypoglycaemia (abnormally low blood glucose level).

How to control diabetes?

Your participation and self-monitoring is crucial to the effective control of diabetes. Enhancing your knowledge and skills on the management of diabetes could enable you to better control your own health. Therefore, you should:

- understand the nature of diabetes
- maintain a healthy lifestyle
- keep optimal body weight
- understand that undesirable blood glucose control may lead to complications such as kidney diseases and diabetic eye diseases
- take oral medication(s) or inject insulin according to doctor's prescription
- consult your doctor to explain the treatment options and the possible side-effects of medication(s)
- develop a close partnership with your family doctor and other healthcare professionals so as to design a treatment plan that best suits your needs

Action	Recommendation
Follow up regularly with your family doctor	<ul style="list-style-type: none">• Work with your family doctor to set targets of treatment for blood glucose, blood pressure, blood lipid levels and BMI• Perform health assessment annually to check your health status and see whether any complication occurs. Recommended items for assessment include:<ul style="list-style-type: none">» BMI and waist circumference» blood pressure» blood glucose» blood lipid» kidney function test (including urine protein)» eye check-up» foot check-up» oral check-up

Action	Recommendation
<p>Develop healthy eating habit and follow the diet suggested by family doctor or dietitian for effective weight control</p>	<ul style="list-style-type: none"> ● Eat regular meals and regular portions <ul style="list-style-type: none"> » Avoid eating too little or too much to maintain a stable blood glucose level ● Maintain a balanced diet of various food <ul style="list-style-type: none"> » Select a variety of food from grains, vegetables, fruits, meat and dairy products in appropriate portions. Cut down on food high in fat, sugar and salt ● Eat more high fibre food <ul style="list-style-type: none"> » Frequent intake of high fibre food including oatmeal, whole wheat bread, dried beans, vegetables and fruits ● Use healthy cooking methods <ul style="list-style-type: none"> » Use low-fat cooking methods such as boiling, steaming, braising, casseroling, baking and stir-frying with little oil » Avoid using high-fat cooking methods such as pan-frying, deep-frying and frying with much oil » Remove the fat and skin of meat and poultry prior to cooking to reduce the intake of fat » Use natural seasoning such as ginger, green onion, garlic, pepper powder and dried tangerine skin. Avoid using lots of sugary seasoning such as white sugar, seafood paste and ketchup, etc » Reduce use of cornstarch, which is high in carbohydrates, in preparing gravies

How to control diabetes?

Action	Recommendation
<p>Develop healthy eating habit and follow the diet suggested by family doctor or dietitian for effective weight control</p>	<ul style="list-style-type: none"> ● Intake of food containing carbohydrates (e.g. starch, fructose and lactose) in appropriate portions <ul style="list-style-type: none"> » Carbohydrates in food affect blood glucose levels and should be evenly distributed in daily meals to maintain a stable blood glucose level. When taking food containing carbohydrates, diabetic patients can apply ‘Carbohydrate Exchange System’ (see appendix) for exchange » Foods high in carbohydrates include grains, root vegetables, dried beans, fruits and dairy products » Diabetic patients can generally eat two portions of fruits every day. One portion of fruit is equal to one small orange or one small pear or one kiwi fruit. Diabetic patients can eat their favourite fruits in appropriate portions every day » Diabetic patients can also eat desserts if they know how to use the ‘Carbohydrate Exchange System’ and use artificial sweeteners in seasoning. For example, if they have already taken food high in carbohydrates such as sweet potatoes and red beans, they should reduce the amount of rice intake. It aims to avoid excessive intake of carbohydrates for the control of blood glucose » Consult healthcare professionals or dietitians for any questions on ‘Carbohydrate Exchange System’

Action	Recommendation
<p>Develop healthy eating habit and follow the diet suggested by family doctor or dietitian for effective weight control</p>	<ul style="list-style-type: none"> ● Follow own meal plan <ul style="list-style-type: none"> » Diabetic patients should not follow the meal plans of other patients because different people have different nutritional needs. They should seek advice from healthcare professionals » Pay attention to the values of fats, sodium (or salt) and sugar on nutrition labels. Choose food lower in fats, sodium (or salt) and sugar
<p>Perform physical activities regularly</p>	<ul style="list-style-type: none"> ● Perform aerobic exercise at moderate (e.g. brisk walking) or high intensity at least 3 days a week to reach the weekly target of at least 150 minutes in total ● Aerobic exercise can be performed accumulatively in bouts of at least 10 minutes each time ● Perform muscle strengthening activities at least twice weekly (on non-consecutive days) ● For more advice and information on exercise, please consult professionals or visit the Exercise Prescription website of the Department of Health (see appendix for website address)
<p>Avoid alcohol intake</p>	<p>Avoid alcohol drinking because alcohol causes a wide range of diseases. Excessive use of alcohol not only adversely affects physical health, it also influences psycho-social health and work performance. If you choose to drink alcoholic beverages, you should limit the amount to minimise alcohol-related harm. Suggestions:</p> <ul style="list-style-type: none"> ● No more than 2 standard drinks daily for male ● No more than 1 standard drink daily for female ● A standard drink (note 1) equals to: <ul style="list-style-type: none"> » 250 ml of beer (5% alcohol) » 1 small glass (100 ml) of wine (12% alcohol) » 1 pub measure (30 ml) of spirits (40% alcohol)
<p>Avoid smoking</p>	<ul style="list-style-type: none"> ● Non-smokers should not try smoking and smokers should quit immediately ● If you need help to quit smoking, please see appendix

Note 1: A standard drink contains 10g of pure alcohol.

How to control diabetes?

Action	Recommendation											
<p>Control blood glucose</p>	<ul style="list-style-type: none"> ● Develop healthy eating habits and lifestyle ● Check blood glucose level regularly as a reference for treatment <table border="1" data-bbox="531 562 1353 837"> <thead> <tr> <th data-bbox="531 562 778 622"></th> <th data-bbox="778 562 1066 622">Items for assessment</th> <th data-bbox="1066 562 1353 622">Control target</th> </tr> </thead> <tbody> <tr> <td data-bbox="531 622 778 698" rowspan="2">Blood glucose level</td> <td data-bbox="778 622 1066 698">Fasting blood glucose value</td> <td data-bbox="1066 622 1353 698">4 to 7 mmol/L</td> </tr> <tr> <td data-bbox="778 698 1066 775">Blood glucose value 2 hours after meal</td> <td data-bbox="1066 698 1353 775">5 to 10 mmol/L</td> </tr> <tr> <td data-bbox="531 775 778 837"></td> <td data-bbox="778 775 1066 837">HbA1c</td> <td data-bbox="1066 775 1353 837">below 7% in general</td> </tr> </tbody> </table> <ul style="list-style-type: none"> ● Start medications when indicated 		Items for assessment	Control target	Blood glucose level	Fasting blood glucose value	4 to 7 mmol/L	Blood glucose value 2 hours after meal	5 to 10 mmol/L		HbA1c	below 7% in general
		Items for assessment	Control target									
Blood glucose level	Fasting blood glucose value	4 to 7 mmol/L										
	Blood glucose value 2 hours after meal	5 to 10 mmol/L										
	HbA1c	below 7% in general										
<p>Control blood pressure</p>	<ul style="list-style-type: none"> ● Keep the target blood pressure lower than 130/80 mmHg to reduce the risk of developing complications ● Check blood pressure during every routine check-up for diabetes ● Optimal blood pressure control can be achieved by maintaining healthy eating habit and lifestyle as well as starting medications when indicated to delay and prevent complications 											
<p>Control blood lipid</p>	<ul style="list-style-type: none"> ● Blood lipids are mainly made up of triglyceride and cholesterol. Dyslipidaemia means abnormal high level of triglyceride or lipoprotein in the blood. It is a major risk factor for developing cardiovascular diseases ● Optimal blood lipid control can be achieved by maintaining healthy eating habit, performing exercise regularly, keeping LDL cholesterol below 2.6 and starting medications when indicated 											

Action	Recommendation
<p>Take oral medication(s) or inject insulin according to healthcare professionals' advice</p>	<ul style="list-style-type: none"> ● Understand clearly the medication(s) you take ● Understand why you are given the medication(s), how to take it and the possible side-effects. Consult your family doctor at once if you do not feel well after taking the medication(s). Never adjust the amount of medication(s) on your own or stop taking the medication(s) ● You should have knowledge about the symptoms of hypoglycaemia (e.g. sweating, tremor, palpitations, fatigue and agitation) and its management
<p>Receive influenza vaccination</p>	<ul style="list-style-type: none"> ● Receive influenza vaccination annually to reduce its complications. Seasonal influenza vaccination is recommended for persons with chronic medical problems due to their increased risk of complications and death associated with influenza infection.

How to control diabetes?

Action	Recommendation
<p style="text-align: center;">Prevent complications</p>	<p>Poor control of diabetes may lead to complications that affect quality of life and even take one's life. Prevention is necessary</p> <p>Hyperglycaemic coma</p> <ul style="list-style-type: none"> ● This occurs when blood glucose is very high, reaching 30 mmol/L ● Causes include: eating too much, failing to take medications or inject insulin according to instructions, during sick days or after a surgery ● Symptoms include: patients may have extreme thirst, less urine output and rapid heart beat. Serious patients may lose consciousness or fall into a coma ● Prevention: Comply with the principles of maintaining blood glucose level in diet and perform exercise. Take diabetic medications regularly. Consult doctors at once if urine glucose or blood glucose is too high <p>Hypoglycaemic coma</p> <ul style="list-style-type: none"> ● Hypoglycaemia means that the blood glucose is less than 4 mmol/L ● Causes include: imbalance between physical activity and eating (e.g. perform exercise during fasting), taking medications improperly or overdose of insulin and taking alcohol during fasting ● Symptoms include: feeling very hungry, rapid heart beat, hand tremor and sweating. Serious patients may fall into a coma or die ● Prevention: eat regular meals and regular portions, follow your doctor's instructions to take medications or inject insulin regularly, bring with you some food containing carbohydrates that can easily be absorbed such as candies and biscuits, so that you can eat them at once when symptoms of low blood glucose occur

Action	Recommendation
<p>Prevent complications</p>	<p>Diabetic kidney disease</p> <ul style="list-style-type: none"> ● Long-term exposure to relatively high blood glucose levels will cause damage to blood vessels of the body, including those of the kidney. It can cause kidney damage and kidney function will be affected. Most serious of all, it will cause kidney failure ● Prevention: control blood glucose, blood lipid and blood pressure properly, do not smoke, do regular exercise, and do annual check-up on kidney function, including urine protein test <p>Diabetic eye disease</p> <ul style="list-style-type: none"> ● Long-term exposure to very high blood glucose levels will cause damage to the tiny blood vessels on retina, leading to destruction of retina. Most serious of all, it will cause retinal detachment, resulting in blindness ● Prevention: control blood glucose and blood pressure properly, consult your family doctor when symptoms such as vision loss and eye pain or inflammation occur. Perform eye check-up annually for early detection and treatment <p>Cardiovascular diseases and stroke</p> <ul style="list-style-type: none"> ● Long-term exposure to very high blood glucose levels will step up the hardening of blood vessels. When the blood vessels supplying blood to the heart are affected, it will cause coronary heart disease. When the blood vessels supplying blood to the brain are affected, it will cause stroke ● Prevention: maintain the target blood pressure below 130/80 mmHg, control blood glucose and blood lipid properly, do not smoke and exercise regularly

How to control diabetes?

Action	Recommendation
<p style="text-align: center;">Prevent complications</p>	<p>Diabetic foot</p> <ul style="list-style-type: none"> ● Long-term exposure to relatively high blood glucose levels will cause changes in nerve endings. This will lead to foot sensory loss resulting in inability to promptly identify foot problems. Further, when the blood vessels harden, blood supply to the foot will become insufficient, and so the wounds are difficult to heal. Most serious of all, it will cause the death of tissues, resulting in limb amputation in order to save one's life. ● Prevention: learn proper foot care, observe the foot every day if there is any wound or ulcer, keep the foot clean, take good care of yourself in daily life to prevent foot injuries and tell your family doctor if you have any foot problem <p>Periodontitis</p> <ul style="list-style-type: none"> ● Due to poor control of blood glucose, body's immunity will be weakened and the risk of gum infection by bacteria will be increased. Periodontitis is caused by the accumulation of dental plaque when diabetic patients fail to clean their mouth thoroughly ● Prevention: brush and clean teeth properly and thoroughly, in the morning and at night. Use toothbrush with soft bristles and fluoride toothpaste. Use dental floss or interdental brush to clean the adjacent surfaces of teeth and perform regular oral check-up <p>You will be referred to the relevant specialists for examination and treatment by your family doctor where necessary.</p>

Conclusion

To control diabetes effectively and prevent its complications, you are strongly advised to learn more about diabetes and its management. You should also develop a close partnership with your family doctor to manage the disease. For further information on the care of diabetes, please refer to the ‘Hong Kong Reference Framework for Diabetes Care for Adults in Primary Care Settings’ (see appendix for website address) or consult your family doctor.

Appendix

Useful Reference

Title	Source	Type
Hong Kong Reference Framework for Diabetes Care for Adults in Primary Care Settings	https://www.healthbureau.gov.hk/pho/rfs/english/reference_framework/diabetes_care.html	Publication
Exercise Prescription website of the Department of Health	exerciserx.cheu.gov.hk/en/index.asp	Website
Smart Patient website of the Hospital Authority – diabetes mellitus	https://www21.ha.org.hk/smartpatient/SPW/en-us/Disease-Information/Disease/?guid=c73a0386-fe66-42eb-a979-7619ac8359da	Website
Living at Ease with Diabetes	Prepared by Elderly Health Service of the Department of Health (For further details, please visit the webpage of Elderly Health Service: www.elderly.gov.hk)	Book
Healthy Dining with Diabetes		Book
Cooking Happily for 1 to 2 Persons		Book
Living Wisely with Diabetes		DVD

Smoking Cessation Service

Service	Organisation	Telephone number
Integrated Smoking Cessation Hotline of the Department of Health	Department of Health	1833 183 (press 1)
Hospital Authority Quitline	Hospital Authority	1833 183 (press 3), 2300 7272
Tung Wah Group of Hospitals Smoking Cessation Hotline	Tung Wah Group of Hospitals	1833 183 (Press 2), 2332 8977
Pok Oi Smoking Cessation Service using Traditional Chinese Medicine	Pok Oi Hospital	1833 183 (Press 4), 2607 1222
HKU Youth Quitline	The University of Hong Kong	1833 183 (Press 5), 2855 9557

Carbohydrate Exchange System

I. 五穀類 (Grains):

食物		1 份份量 (1 portion)
粥 / 飯類	白飯 (Cooked Rice)	1 滿湯匙 (heaped soup spoon)
	爛飯 (Boiled rice soup) / 潮州粥 (Chiuchow style Congee)	1/3 碗 (bowl)
	白粥 (Plain congee)	1/2 碗 (bowl)
粉 / 麵類	意粉 (Spaghetti) / 通心粉 (Macaroni)	1/3 碗 (bowl)
	米粉 (Rice Noodle) / 麵 (Noodle) / 烏冬 (Udon) / 河粉 (Flat Rice Noodle)	1/5 碗 (bowl)
	蛋麵 (Egg Noodle)	1/3 碗 (bowl)
	上海麵(熟) (Cooked Shanghai Noodle)	1/4 碗 (bowl)
麵飽類	方飽 (Sandwich Bread)	1/2 塊 (slice)
	生命麵飽(去邊) (Crustless Garden Life Bread)	1 塊 (slice)
	麥飽(去邊) (Crustless Wheat Bread)	1/2 塊 (slice)
	豬仔飽(軟) ('Piggy' Bun)	1/3 個 (bun)
餅乾類	高纖維餅 (High Fiber Biscuit)/ 梳打餅 (Soda Biscuit) / 克力架餅 (Cracker)	2 塊 (slices)
	消化餅(低脂) (Digestive Biscuit) (Low Fat)	1 塊 (slice)
	高纖維麥餅 (Provita)	3 塊 (slices)
	馬利餅 (Marie Biscuit)	3 塊(小) / 2 塊(大) (slices)
麥皮類	麥皮(乾) (Dry Oatmeal)	2 平湯匙 (flat soup spoon)
	淡麥皮(熟) (Cooked Oatmeal)	1/2 碗 (bowl)
	粟米片 (Cornflakes)	1/2 碗 (bowl)
	全麥維 (All Bran)	3 平湯匙 (flat soup spoon)
	維他麥 (Weetabix)	1 件 (piece)
	卜卜米 (Rice Krispies)	1/2 碗 (bowl)

註：1 份五穀類食物含 10 克醣質 (1 portion of grains = 10g carbohydrate)
1 碗 = 標準中型飯碗 300 毫升 (1 bowl = 300ml medium bowl)

Appendix

II. 豆類 (Beans)

食物	1 份份量 (1 portion)
栗子(大) (Chestnut – Large)	2 粒 (pieces)
蓮子 (Lotus Seed)	4 平湯匙 (flat soup spoon)
紅豆 (Red Bean) / 綠豆 (Mung Bean) / 眉豆 (Black Eyed Peas) / 赤小豆 (Semen Phaseoli)	3 平湯匙 (flat soup spoon)
青豆(熟) (Green Peas) (Cooked)	4 平湯匙 (flat soup spoon)
黑豆 (Black Bean) / 馬豆(熟) (split beans)	4 平湯匙 (flat soup spoon)
茄汁豆 (Baked beans)	4 平湯匙 (flat soup spoon)

註：1份豆類含10 克醣質 (1 portion of beans =10g carbohydrate)

III. 高醣質蔬菜 (Rhizome Vegetables)

食物	1 份份量 (1 portion)
薯仔 (Potatoes) / 蕃薯 (Sweet Potatoes) / 芋頭 (Taro)	1 個 (雞蛋體積) (piece) (size of an egg)
慈菇 (Arrowhead)	1 個 (雞蛋體積) (piece) (size of an egg)
粟米 (Maize/Corn)	1/3 條 (piece)
粟米粒(熟) (Corn kernels)	3 平湯匙 (flat soup spoon)
蓮藕 (Lotus Root) / 紅蘿蔔 (Carrot) / 南瓜 (Pumpkin)	2 個 (雞蛋體積) (piece) (size of an egg)
馬蹄(大) (Water Chestnut - Large)	4 粒 (pieces)

註：1份高醣質蔬菜含10 克醣質 (1 portion of rhizome vegetables = 10g carbohydrate)

IV. 奶類 (Dairy Products)

食物	1 份份量 (1 portion)
脫脂奶 (Skim Milk) / 低脂奶 (Low Fat Milk) / 鮮奶 (Fresh Milk)	1 杯 (約240毫升) (glass ~240ml)
脫脂奶粉 (Skim Milk Power) / 全脂奶粉* (Milk Power)	4 茶匙 (teaspoon)
淡奶* (Evaporated Milk)	1/3 杯 (glass) 或 6 平湯匙 (flat soup spoon)
原味低脂乳酪 (Low Fat Yogurt, Plain)	1/3 杯 (150 毫升) (glass ~150ml)
煉奶	1 湯匙 (soup spoon)
糖尿奶粉	2 殼 (scoop)

*額外含較高脂肪 (with higher fat content)

註：1 份奶類含 12 克醣質 (1 portion of dairy product =12g of carbohydrate)

Appendix

V. 果類 (Fruits) :

食物	1 份份量 (1 portion)
橙(中) (Orange – Medium size)	1/2 個
柑(細) (Tangerine – Small size)	1 個
雪梨(中) (Pear – Medium size)	1/2 個
奇異果 (Kiwi Fruit)	1 個
蘋果(細) (Apple – Small size)	1 個
青蘋果(中) (Green Apple – Medium size)	1/2 個
啤梨(中)(Pear – Medium size)	1/2 個
西柚(Grapefruit)	1/2 個
布祿(大)桃 (Plum - Large) / 桃駁梨 (Nectarine)	1/2 個
楊桃(13 厘米) (Starfruit – 13 cm)	1/2 個
紅柿 (Persimmon)	1/2 個
富貴柿 (Persimmon from Japan)	1/4 個
番石榴 (Guava)	1/2 個
沙田柚 (Pomelo)	2 件
菠蘿(厚 2.5 厘米) (Pineapple – 2.5cm, thick)	1 片 (slice)
芒果(中, 一邊淨肉) (Mango – Medium size, Seedless)	1/3 個
蘋果芒 (Sweet Mango)	1/6 個
香蕉 (Banana)	3 吋長 (inch) 或 1/2條
黃帝蕉 (Emperor Banana)	1 條
大蕉 (Plantain)	1/4條
榴槿 (Durian)	1/2 粒 (細雞蛋般體積) (size of an egg)
西梅 (Prunes)	2 粒
荔枝 (Lychee)	3 粒
提子 (Grape)	10 粒 (細) (small) 或 5 粒 (大) (large)
士多啤梨(細) (Strawberry – Small size) / 龍眼 (Longan)	8 粒
西瓜(連皮) (Water Melon with rind)	1/2 磅 (pound)
木瓜 (Papaya) / 蜜瓜 (Honeydew) / 皺皮瓜 (Cantaloupe)	1/4 磅 (pound)
哈密瓜 (Hemi Melon)	1/3 磅 (pound)
車厘子(細) (Cherry – Small size)	6 粒
火龍果 (Dragon Fruit) / 水晶梨 (Crystal Pear)	1/4 個

註：1 份水果含10 克醣質 (1 portion of fruit =10g of carbohydrate)

VI. 果汁(未加糖) (Fruit juice) (without sugar additives)

食物	1 份份量 (1 portion)
鮮橙汁 (Orange Juice)	1/2 杯 (glass)
蘋果汁 (Apple Juice)	1/2 杯 (glass)
菠蘿汁 (Pineapple Juice)	1/3 杯 (glass)
西柚汁 (Grapefruit Juice)	1/2 杯 (glass)
蕃茄汁 (Tomato Juice)	1 杯 (glass)
西梅汁 (Prune Juice)	1/4 杯 (glass)
蔬菜汁 (V-8)	1 杯 (glass)

註：1 份果汁含10 克醣 (1 portion of fruit juice =10g of carbohydrate)

1 杯容量 = 240 毫升 (1 glass = 240ml)

Myths about diabetes

1. I am healthy all along. Is it necessary to screen for diabetes?

Fact: It is recommended that persons aged 45 years or above should screen for diabetes. If the results are normal, screening should be conducted again every 3 years. Persons of any age who have other risk factors for diabetes, such as overweight, obesity, family history of diabetes, etc. should have more frequent screening (e.g. yearly).

2. Patients with diabetes would always have symptoms

Fact: A lot of patients with diabetes may not have obvious symptoms. Therefore, it is unreliable to determine whether a person has diabetes just by the presence of symptoms. It is recommended that persons with risk factors for diabetes should discuss with their family doctors for regular assessment.

3. I have used the test strip of my family member and found that there was no sugar in my urine. I am certain that I do not have diabetes

Fact: Urine strip test is not an accurate method to ascertain whether a person has diabetes or not. It is because there is usually no glucose in your urine unless the blood glucose has risen to high level. Therefore, not all diabetic patients will have positive test strip result for urine sugar.

4. Only those who are eating too much sugar will get diabetes

Fact: Diabetes is mainly due to insufficient insulin secretion or insulin resistance which impairs our body's ability to absorb and utilise glucose, resulting in too high blood glucose level. In addition to sugar, our body will also obtain calories from protein and fat in our diet. Excessive intake of calories will lead to overweight and obesity, which in turn increase the risk of diabetes. Therefore, having a balanced diet and an optimal weight control is of paramount importance.

5. Carbohydrates should be skipped completely from diet as they are bad for diabetes

Fact: Carbohydrates are the foundation of a healthy diet. Some contain vitamins, minerals and fibers which are essential to our health. There is no need to skip carbohydrates completely from diet if the daily consumption is appropriately adjusted.

6. Artificial sweeteners are harmful to diabetic patients

Fact: Artificial sweeteners are usually much sweeter than sugar. Only a very little amount can achieve the same degree of sweetness as sugar, thus reducing caloric intake from sugar.

7. Fruit is a healthy food. Therefore, diabetic patients can eat as much as they want

Fact: Fruit is a healthy food that contains nutrients and fibres. However, fruit also contains carbohydrates which contribute to our caloric intake and hence affects our blood glucose level. Therefore, we should pay attention to the amount of fruits or any other types of food that are taken.

8. Can people effectively control diabetes by choosing food with low glycaemic index (GI) value?

Fact: The glycaemic index (GI) is a measure of various carbohydrates according to the extent to which they raise blood sugar levels after feeding. The GI value of individual food reflects the situation when a person eats that particular food only. Eating other food at the same time, different cooking methods or food handling procedures, variations in individual food's chemical structure and place of origin, and/or the ripeness of fruit, can affect the usefulness of the GI. Therefore, GI is only one of the factors to be considered in meal planning. Diabetic patients should pay attention to the total amount of food taken in each meal and the combination of food items. They should consume more food with high fibre content, and control the amount of fat intake. The nutrients and portions required vary among individuals. To effectively control diabetes, please consult dietitians and healthcare professional.

9. People with diabetes should take special diabetes meal only

Fact: There is NO standardised special diabetes meal. People with diabetes should also adopt a healthy meal plan according to the principles of “Healthy Eating Food Pyramid”, aiming for balanced diet, regular meal time, regular portion and optimal caloric control. However, as the nutritional needs and living habits of each diabetic patient are different, individuals should set their own meal plan according to their particular health and nutritional needs.

10. Can people with diabetes do exercise?

Fact: Regular physical activity is very important for diabetes management. It is recommended that diabetic patients should perform at least 150 minutes moderate-intensity or 75 minutes vigorous-intensity aerobic physical activities every week. In addition, patients are also advised to perform muscle strengthening activities at least twice weekly (on non-consecutive days). Diabetic patients may have certain risk factors, for instance, retinopathy, undiagnosed ischemic heart disease, etc., and in addition to these, certain drugs for diabetes may result in hypoglycaemia during exercise. In this regard, it is recommended that diabetic patients discuss with their doctor on the type, frequency and intensity of exercise before starting exercise.

11. If I start taking drugs for diabetes, I would need to take it for life. So I had better not start taking it

Fact: Diabetes is a chronic disease, apart from adopting well balance diet and regular exercise, drug treatment is commonly used for achieving optimal blood glucose level. On the other hand, if you do not adhere to the treatment regime continuously as advised by your doctor, your risk of developing diabetic complications will be increased.

12. The need to use insulin means my diabetes is at a terminal stage

Fact: Insulin therapy is NOT a treatment specific to people with poor diabetic control. Some patients are prescribed with insulin therapy even shortly after diagnosis. Doctors would prescribe oral antidiabetic drugs or insulin according to the condition and need of the patient. In some cases both types of drugs are used to optimise the control of diabetes.

Source: Centre for Health Protection website, Department of Health – Myths about Diabetes
www.chp.gov.hk/en/view_content/43948.html