

Dietary Guidelines for Patients with Diabetes Mellitus



The advantages of diabetic diet control:

- Keep blood sugar at a desirable level.
- Maintain blood lipid, blood pressure and body weight at desirable level.
- May cut down the dosage of hypoglycaemic drugs or insulin use.
- Prevent or reduce complications related to diabetes.

For any queries about this pamphlet, please consult a healthcare professional.



Department of Health



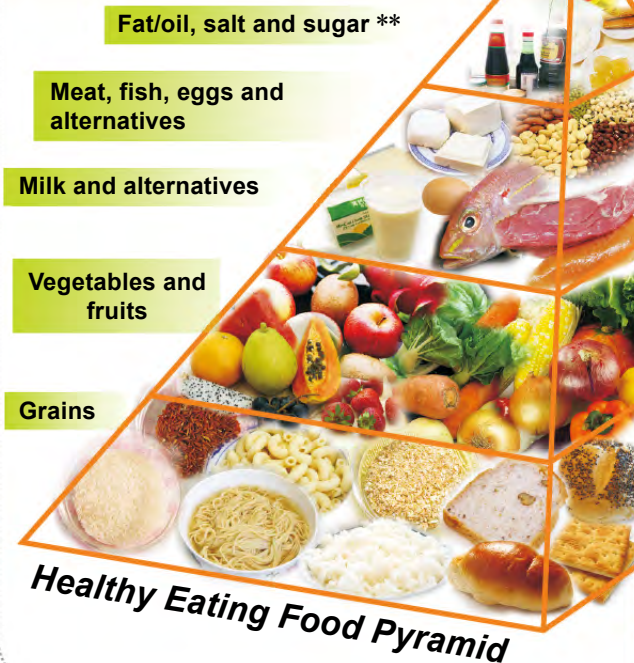
Elderly Health Service

Basic Dietary Guidelines

Eat similar amount for each meal at regular times.*



Have a balanced diet with variety of food choices.



Eat moderate amount of carbohydrate-containing foods.

Grains



Fruits



Root vegetables and dried beans



Milk



Avoid foods that are high in fat content and cook with less oil.



Choose natural seasoning and condiments that are low in sodium (salt). Avoid those that are high in salt or sugar. ✓



Eat more fibre-rich foods



* Diabetic patients may eat small frequent meals as recommended by health professionals if necessary.

** Diabetic patients should not sacrifice the intake of healthy foods for sweet foods.

Recommendations on Food Choices

Eat less



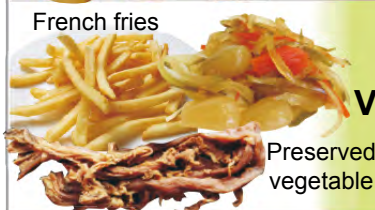
Eat moderately (✓)



Grains



Vegetables



Fruits



Meat, fish, eggs and alternatives



Milk and alternatives



Fat/oil, salt and sugar



Elderly Health Service, Department of Health

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