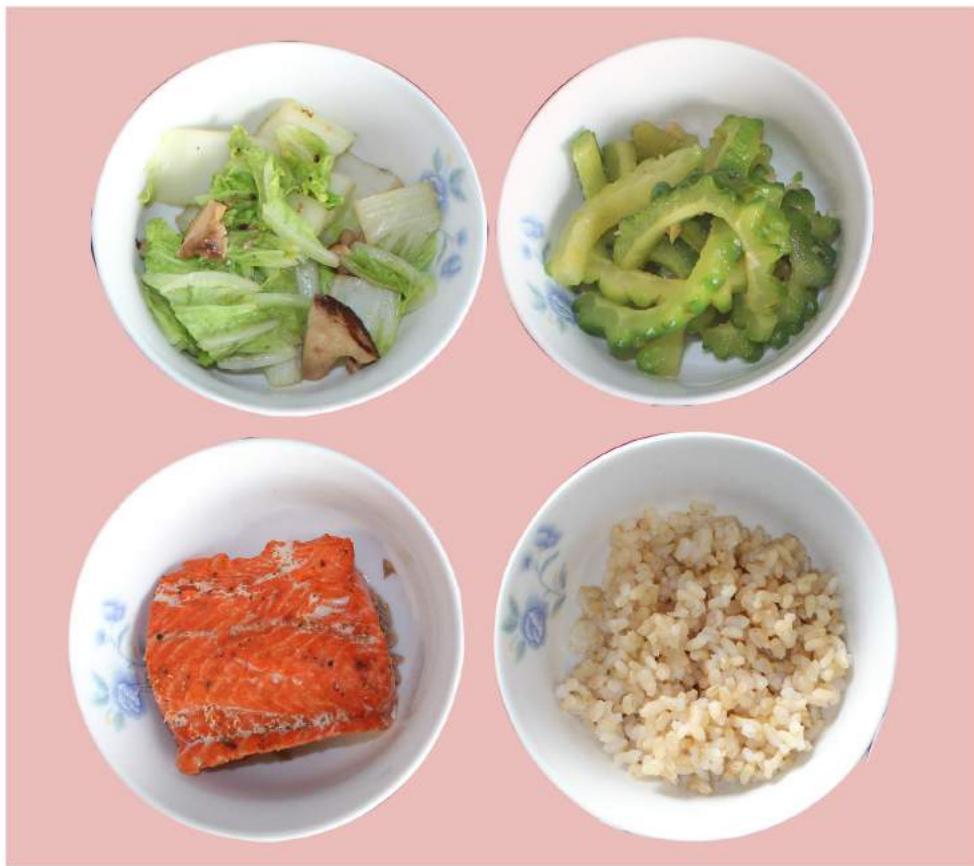


Chinese Medical Dietary Guidelines

FOR TYPE 2 DIABETES

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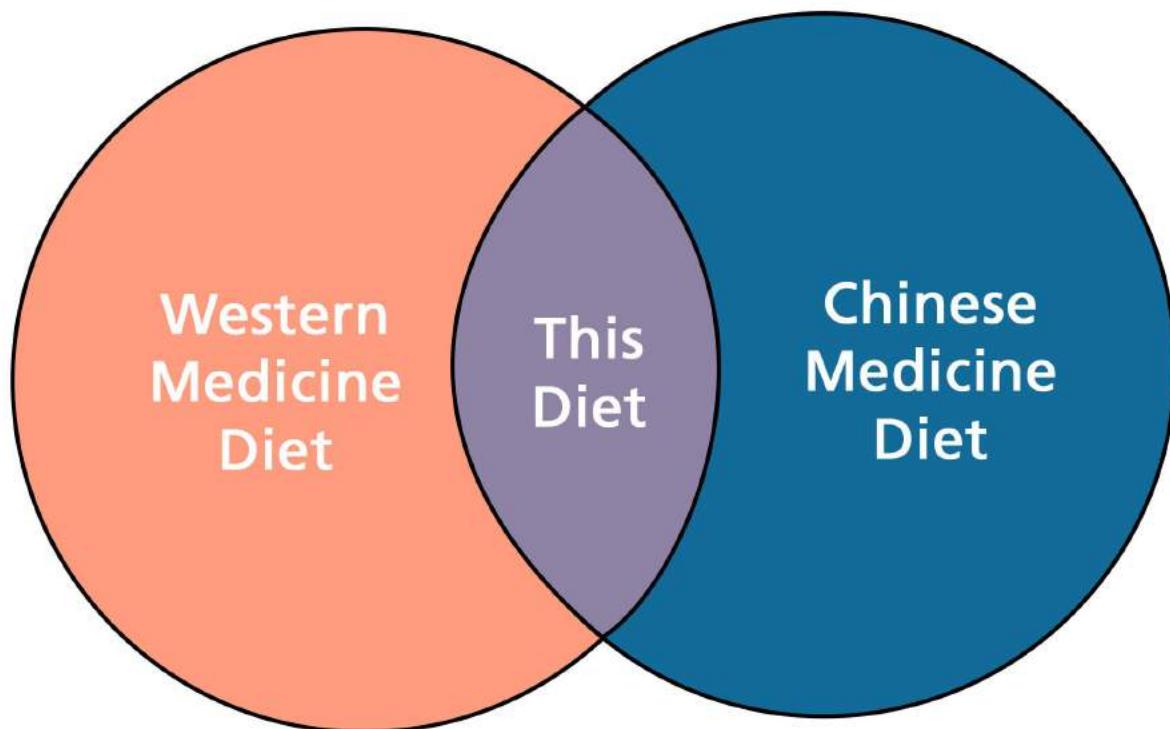
If you are like most people with diabetes, you want to eat a better diet. A better diet can help keep your blood sugars in control. It may be challenging to know what to eat when your family, your culture, your Western doctor and your Chinese doctor give different recommendations. **The good news is that there are a lot of familiar Chinese foods that both a Western doctor and a Chinese doctor would agree are good for your diabetes.** This book is designed to help you find those foods.

Chinese Medicine Diet for Type 2 Diabetes

So, you've decided to take your diet into your own hands. There is a lot of information out there about how to eat right for type 2 diabetes. Your doctors and dietitian may say one thing, and your own culture or family may say something else.

For example, Western doctors say that all vegetables are good for diabetes. Chinese doctors say that only certain vegetables are good for diabetes depending on your situation and type of diabetes. In this book, we will show you which vegetables both Western and Chinese doctors agree are good for your diabetes. Western doctors worry that fruit raises your blood sugar, while Chinese doctors feel some fruit is good for your diabetes. In this book, we recommend that no one eat too much fruit. However, when you do eat fruit it is good to eat fruits recommended by Chinese doctors for your diabetes.

This book has been made with help from Chinese medicine experts, Western medicine providers, and Chinese people like you! The diet is a mix of what works in Western medicine and what works in Chinese medicine. This is why some suggestions may seem a little bit different from what you might have heard from your doctor, your dietitian, your Chinese medicine provider, or your community or family.



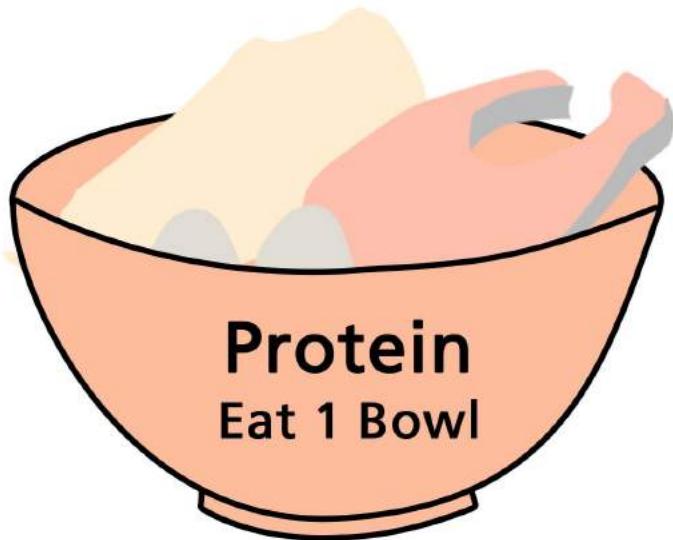
Balancing Your Meal Using the BOWL Method



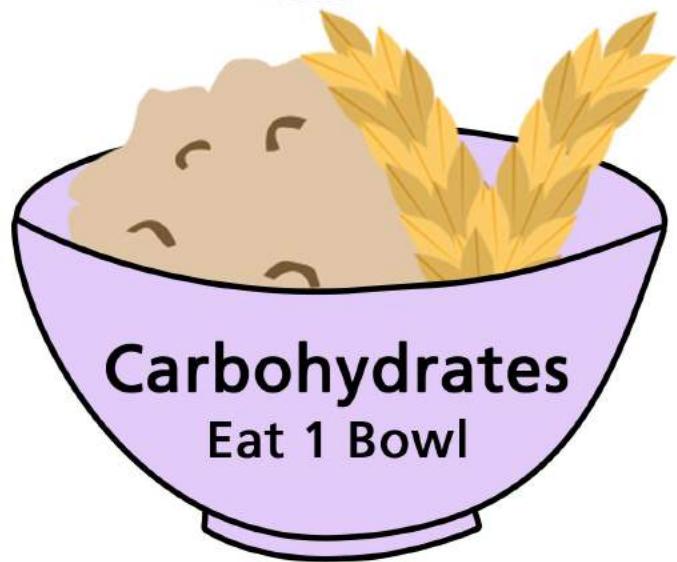
Vegetables
Eat 2 Bowls



Vegetables
Eat 2 Bowls



Protein
Eat 1 Bowl



Carbohydrates
Eat 1 Bowl

EAT LESS

White Rice or White/Egg/Vermicelli Noodles

Hot, Spicy, Greasy, Fatty, Deep-Fried, Thick-Flavored Foods

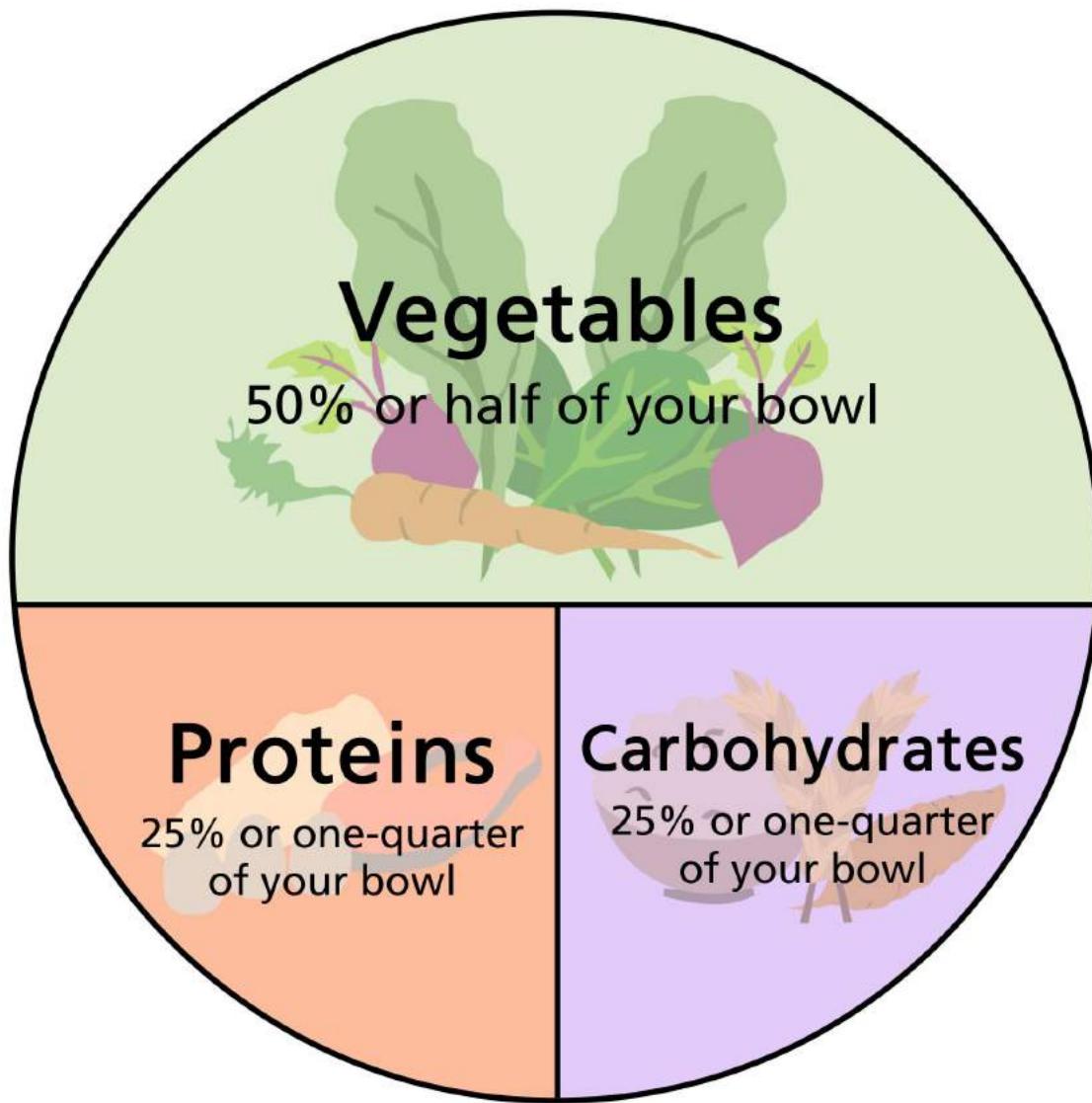
Junk Food, Chocolate, Chips, Candy, Ice Cream, Pastries

Alcohol, Fruit Juices, Icy/Cold Drinks, Coffee and Excess Caffeine

Limit Salt, Soy Sauce, Sauces

Sugar or Other Sweeteners

Balancing Your Meal Using the PLATE Method



EAT LESS

White Rice or White/Egg/Vermicelli Noodles
Hot, Spicy, Greasy, Fatty, Deep-Fried, Thick-Flavored Foods
Junk Food, Chocolate, Chips, Candy, Ice Cream, Pastries
Alcohol, Fruit Juices, Icy/Cold Drinks, Coffee and Excess Caffeine
Limit Salt, Soy Sauce, Sauces
Sugar or Other Sweeteners

Balancing Your Meals

You probably eat from a bowl. You should eat:

TWO bowls of vegetables

For **ONE** bowl of carbohydrates

And **ONE** bowl of protein

This is similar to plate pictures in other diets. How much you should put in your bowl will be different depending on how big you are and how much exercise you get. Ask your doctor or dietitian for your calorie needs.

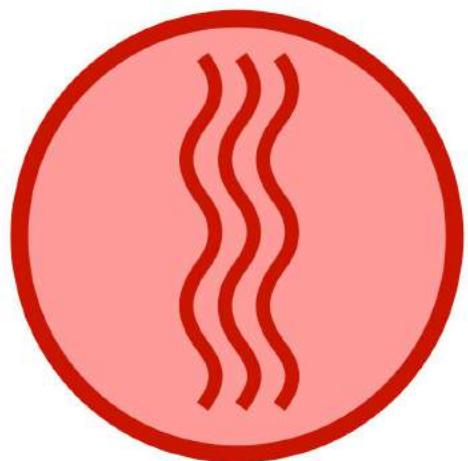
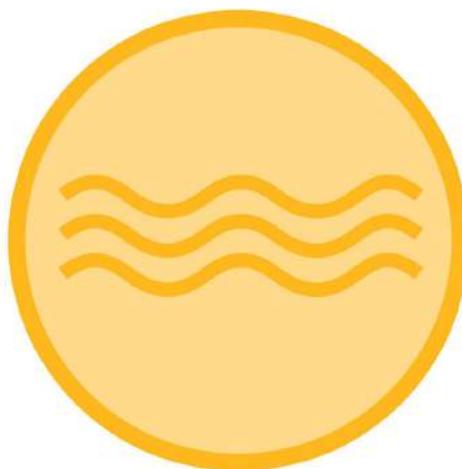
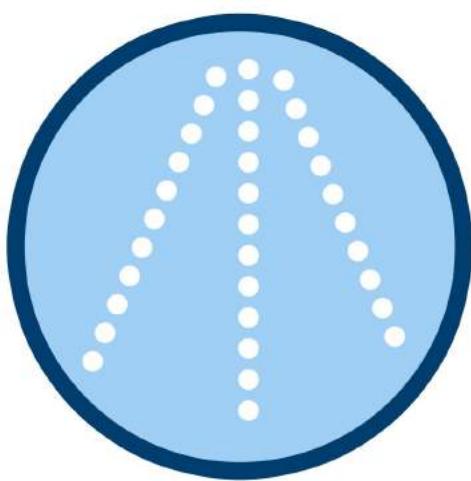
Dumplings are half carbohydrate and half protein



Chinese Medicine Patterns for Type 2 Diabetes

Chinese medicine understands Type 2 Diabetes differently than Western Medicine. In order to best treat your Type 2 Diabetes, a licensed Chinese medicine provider will ask you many questions to figure out your most individualized and accurate Chinese medicine diagnosis.

The descriptions below will give you a quick understanding of some common Chinese medicine patterns that you may have. In Chinese medicine, not everyone with Type 2 Diabetes is treated exactly the same. The pattern below that fits you best will determine which diet to choose. This is NOT a diagnosis. Only a Chinese medicine professional can give you a Chinese medicine diagnosis.



Heat Only Type Diabetes: CLEAR HEAT DIET -- (BLUE)

People with heat only type diabetes typically have symptoms that include:

- Excessive thirst
- Dry mouth
- Frequent urination



Other symptoms may include fever, sores or infections with green or yellow pus, red eyes or skin, feelings of heat, and aggravation from alcohol or spicy foods. This often relates to early diabetes, and occurs with Chinese Medicine patterns of "lung heat" or "stomach heat."

Heat/Damp Type Diabetes: CLEAR HEAT/DRY DAMP DIET -- (YELLOW)

People with heat/damp type diabetes typically have symptoms that include:

- Excessive thirst, profuse drinking
- Excessive hunger with continued desire for food
- Feeling of bloating in the abdomen
- Yellow, slimy tongue coating



Other symptoms may include nausea. This is often from long-term dampness turned into heat. This is related to the Chinese Medicine pattern of "stomach heat combined with spleen qi deficiency and/or liver qi stagnation."

Damp/Weak Type Diabetes: WARMING DIET -- (RED)



People with damp/weak type diabetes typically have:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Frequent and excessive urination—possibly cloudy and/or more frequent at night • Dry mouth • Dizziness • Low back and knee soreness • Impotence or premature ejaculation | <ul style="list-style-type: none"> • Dark facial complexion • Ringing in the ears • Itching • Fatigue or lethargy |
|--|---|

Other symptoms may include nausea, sticky or greasy stool, or mucus and/or pale skin, apathy, dull thinking, feelings of coldness, easy sweating, tooth loss, weight loss, and low immunity. This is often related to the Chinese Medicine pattern of "spleen qi deficiency/dampness" and/or "kidney yin deficiency."

Heat Only Type Diabetes: CLEAR HEAT DIET

FOODS TO EAT



	EAT MORE	EAT LESS
Vegetables 50% or half of your bowl	Cooling, Neutral, Tonifying vegetables: artichoke, avocado, bamboo shoots, bean sprouts, beet, bell/sweet peppers, black fungus, bok choy varieties, bottle gourd, cane shoots, carrot, cauliflower, chard, chayote, collard greens, crown daisy, cucumber, eggplant, fuzzy gourd/hairy cucumber, gai lan, gingko, goji berry, mint, mushrooms, napa cabbage varieties, okra, pea sprouts, rainbow chard, seaweed, shiitake mushrooms, si gwa, snow peas, sugar snap peas, summer squash, tomato, tung ho, water chestnut, watercress, white fungus, wood ear, yam leaves, zucchini	Warming vegetables: basil, brussel sprouts, cabbage, chili peppers, chive varieties, cilantro, coconut, daikon, fennel, garlic, ginger, kale, leeks, lettuces, mustard green varieties, onion varieties, radishes, rainbow chard, scallions, shallot, spinach, taro stem
Proteins 25% or one-quarter of your bowl	Seafood: oysters, sardine, whitefish Some meats: chicken, duck-lean, pork Other proteins: eggs, tofu Nuts: pistachio nuts Low-fat goat cheese (better than cow)	Red meat Cow-milk cheese
Carbohydrates 25% or one-quarter of your bowl	Whole grains: barley, brown rice, millet, whole wheat Beans & starchy vegetables: azuki beans, corn, fava beans, garbanzo beans, job's tears/Chinese pearl barley, kidney beans, lentils, lima beans, lotus root, mung beans (including as congee), peas, potato, pumpkin, squashes, soy beans, string beans, sweet potato, taro, yams Some fruits: berries, grapefruit, grapes, hawthorne berry, lemon, lime, pear varieties, pomegranate Soy milk only in moderation OR Low-fat goat milk products	White rice or white noodles Reduce white rice by making rice/congee with a mix of whole grains and white rice. Also avoid vermicelli and egg noodles.
Other Foods	Soups: broth-based soups without too many starchy vegetables Teas: dandelion, chrysanthemum Yam noodles are a great substitute for other kinds of noodles. They will not increase your blood sugar.	Hot, spicy, greasy, fatty, deep-fried, thick-flavored foods, onion/meat pancakes, you tao, junk food, chocolate, chips, candy, ice cream, pastries, alcohol, fruit juices, icy/cold drinks, coffee and excess caffeine, salt, soy sauce, sauces, sugar or other sweeteners

Heat/Damp Type Diabetes: CLEAR HEAT/DRY DAMP DIET

FOODS TO EAT



	EAT MORE	EAT LESS
Vegetables 50% or half of your bowl	Neutral & Cooling vegetables: artichoke, asparagus, bamboo shoots, bell/sweet peppers, bitter melon, bok choy varieties, bottle gourd, broccoli, cane shoots, carrots, cauliflower, celery varieties, chayote, collard greens, crown daisy, cucumber, daikon varieties, dandelion, fuzzy gourd/hairy cucumber, gai lan, gingko, kohlrabi, lettuce varieties, mint, mushroom varieties, napa cabbage varieties, okra, pea sprouts, radishes, rainbow chard, si gwa, snow peas, spinach varieties, sugar snap peas, taku choy, tung ho, water chestnut, watercress, yam leaves, yau choy varieties	Warming or Damp vegetables: basil, bean sprouts, beets, brussel sprouts, cabbage, chili peppers, chive varieties, cilantro, coconut, eggplant, fennel, garlic, ginger, kale, leeks, mustard green varieties, onion varieties, rainbow chard, scallions, seaweed, shallot, taro stem, tomatoes
Proteins 25% or one-quarter of your bowl	Seafood: clams, fish Some meats: chicken, duck-lean, pork Low-fat goat cheese (better than cow)	Red meat Tofu Cow-milk cheese
Carbohydrates 25% or one-quarter of your bowl	Whole grains: amaranth, brown rice, millet, congee w/ black sesame seeds, quinoa Beans & starchy vegetables: azuki beans, black beans, burdock, Job's tears/Chinese pearl barley, kambocha, lentils, mung beans (including as congee), rutabagas, peas, pumpkin, soy beans, string beans, turnip, winter melon Fruit: watermelon Low-fat goat milk products Other: black sesame seeds	White rice or white noodles reduce white rice by making rice/congee with a mix of whole grains and white rice. Also avoid vermicelli and egg noodles. Potato, sweet potato, yam Cow-milk
Other Foods	Soups: broth-based soups without too many starchy vegetables Teas: chrysanthemum tea, dandelion tea, green tea, honeysuckle tea, peppermint tea Yam noodles are a great substitute for other kinds of noodles. They will not increase your blood sugar.	Hot, spicy, greasy, fatty, deep-fried, thick-flavored foods, onion/meat pancakes, you tao, junk food, chocolate, chips, candy, ice cream, pastries, alcohol, fruit juices, icy/cold drinks, coffee and excess caffeine, salt, soy sauce, sauces, sugar or other sweeteners

Damp/Weak Type Diabetes: WARMING DIET

FOODS TO EAT



	EAT MORE	EAT LESS
Vegetables 50% or half of your bowl	Warming and Neutral vegetables: basil, bottle gourd, brussel sprouts, cabbage, cane shoots, carrots, chayote, chili peppers, chive varieties, cilantro, coconut, fennel, fuzzy gourd/hairy cucumber, garlic, ginger, gingko, kale, leeks, mustard green varieties, okra, onion varieties, pea sprouts, rainbow chard, scallions, shallot, snow peas, sugar snap peas, taro stem, yam leaves	Cool or Damp vegetables: amaranth, artichoke, asparagus, avocado, bamboo shoots, beets, bean sprouts, bell/sweet peppers, bitter melon (by itself), black fungus, bok choys, broccoli, cauliflower, celery, chard, collard greens, crown daisy, cucumber, daikon varieties, dandelion greens, eggplant, gai lan, goji berry, honeysuckle, kohlrabi, lettuce varieties, mushrooms, mint, napa cabbage varieties, radish, seaweeds, si gwa, spinach, summer squash, taku choy, tomato, tung ho, water chestnut, watercress, white fungus, wood ear, yau choy varieties, zucchini
Proteins 25% or one-quarter of your bowl	Seafood: eel, sea cucumber, mussels, tuna Some meats: chicken, duck-lean, lamb, pork Nuts: almonds, peanuts, pine nuts, sunflower seeds, walnuts	Excessive red meat (beef or lamb) Tofu Dairy/cheese
Carbohydrates 25% or one-quarter of your bowl	Whole grains: brown rice, buckwheat, quinoa, whole oats Beans & starchy vegetables: azuki beans, black beans, lentils, parsnip, peas, string bean, sweet potato, turnip, winter melon, yam Some not-too-sweet fruits: Lemon, pomegranate	White rice or white noodles Reduce white rice by making rice/congee with a mix of whole grains and white rice Some grains: barley, corn, millet, mung beans, soy beans, wheat Cooling fruits: citrus fruits, grapefruit, lemon, orange, pomelo, pear, watermelon
Other Foods	Soups: Broth-based soups without too many starchy vegetables Warming spices: black pepper, cardamom, cloves, curry, ginger, nutmeg, turmeric Yam noodles are a great substitute for other kinds of noodles. They will not increase your blood sugar. Vinegar	Hot, spicy, greasy, fatty, deep-fried, thick-flavored foods, onion/meat pancakes, you tao, junk food, chocolate, chips, candy, ice cream, pastries, alcohol, fruit juices, icy/cold drinks, coffee and excess caffeine, salt, soy sauce, sauces, sugar or other sweeteners

Tips for Eating Out

What your meal sometimes looks like



What you WANT your meal to look like



*When you eat out, order an extra side of vegetables or lean protein.
Add these to rice or noodle dishes to balance your meal.
Take leftovers home for another meal.*



Other Recommendations for All Type 2 Diabetes Conditions

Meal Timing

- Eat at the same time every day
- Eat a WARM meal between 7-11am
- Balance carbohydrate intake throughout the day
- Don't eat late at night unless directed by a doctor



Meal Portions

- Do not overeat
- Pay attention to how often you fill your bowl especially of carbohydrates
- Wait a few minutes before getting a second helping. You may find you're no longer hungry.
- Use smaller bowls rather than larger bowls



Cooking

- Steam instead of frying
- Use canola oil or olive oil instead of other oils



Eating In Season

- Chinese Medicine pays attention to the seasons. Try to eat vegetables and fruits that are grown locally in season



Exercise

- Do light exercise such as walking, qi gong, swimming, tai chi, or gentle yoga almost every day
- Your light exercise should get your heart rate moving without being too strenuous



Chinese Herbal Medicine

- If you are taking any Chinese herbal medicines, tell your doctor



Other Tips



For breakfast, make sure to eat some kind of protein. An egg or leftover protein from another meal are quick and easy. Leftover vegetables can be a fast way to eat breakfast without cooking.

Snacks: A small piece of fruit with some protein, like nuts, makes a great snack. Remember that fruit is a carbohydrate.



Substitutes for Soy and Other Sauces

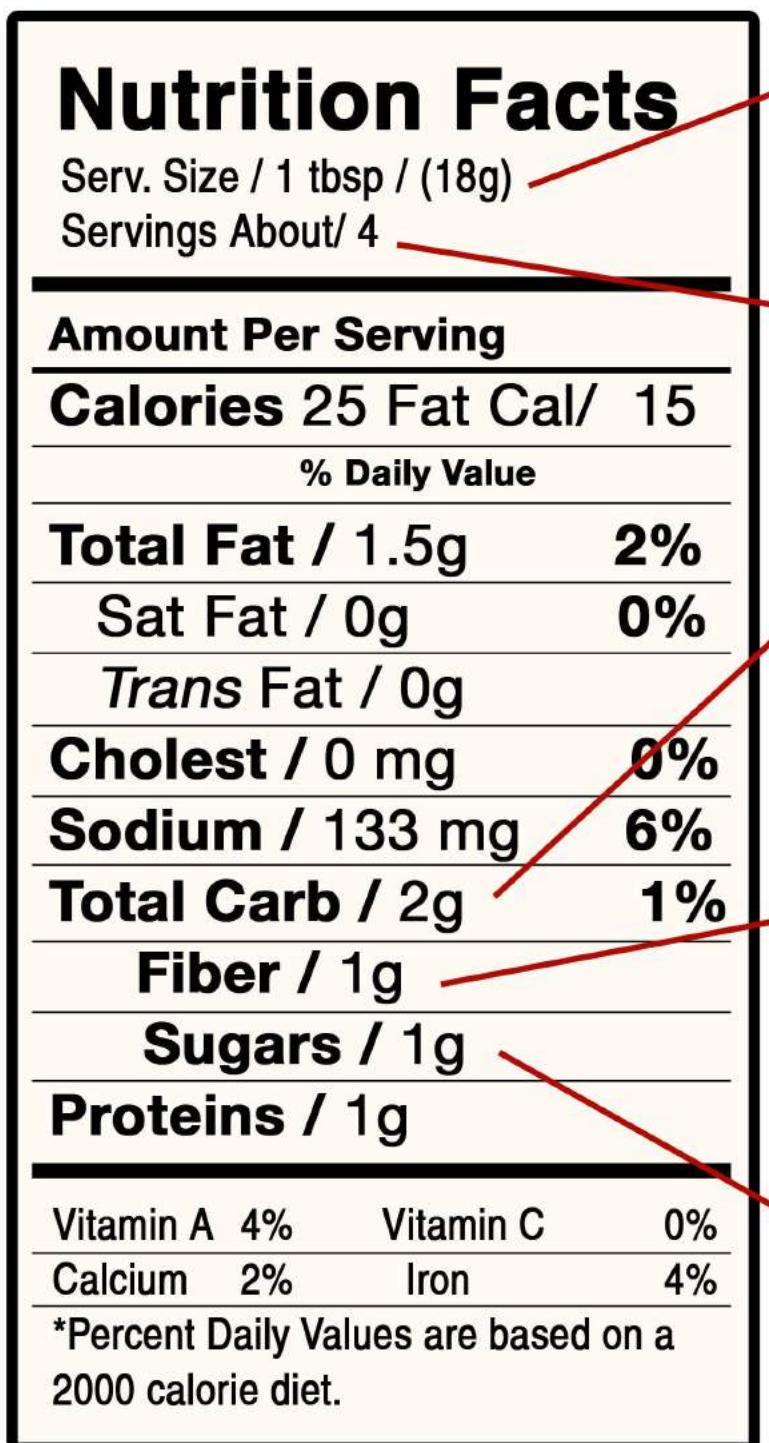


Vinegar is a great substitute for soy sauce for the Red Warming Diet.

For Yellow and Blue Diet, use lemon juice instead



How to Read a Nutrition Label



How much to eat at one time? One portion.

How many portions are in the package?

Carbohydrates include sugar and fiber.

Dietary fiber is the good kind of carbohydrate. You want more of this.

Sugars are the bad kind of carbohydrate. You want less of this. When comparing two labels, choose the one with less sugars.

Carbohydrate Tips



Not used to brown rice?
First, soak the brown rice for 30 minutes. Then mix half brown rice and half white rice to your rice cooker. Soaking will make the brown rice softer.

Soup can be a healthy balanced meal. Be sure the noodles do not make up more than 25% or one-quarter of the soup.



A great noodle substitute is Shirataki or Yam Noodles. They have almost no carbohydrates and have the consistency of noodles. Try them in soup! Tofu noodles are another good substitute. Red diet, be careful because tofu is very cooling.

"I have heard this is good for diabetes!"

Tea & Drinks

Drink plain tea. Adding sugar or milk will raise your blood sugar. Avoid milk teas with tapioca. They WILL raise your blood sugar. Tea is generally cooling but it will not hurt you if you have cold/dampness. Black tea is more warming than green or jasmine teas. Avoid fruit juices. Avoid sugar-sweetened beverages or choose Stevia for artificial sweetener.

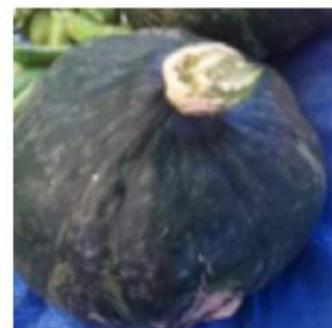


Bitter Melon

In both Chinese and Western medicine, bitter melon is good for diabetes. It can actually lower your blood sugar. But, do not go overboard and eat in moderation. If you are using the Red Diet, you may want to warm up the bitter melon by cooking it with garlic and ginger.

Pumpkin/Kambocha

Many Chinese people say pumpkin is good for diabetes. It is very starchy so eat in moderation. It may be most helpful for those in the Blue and Yellow Diets.



Corn silk

Corn silk (tea) may or may not be good for diabetes. Drink in moderation.



Clear noodles

Clear noodles have the same carbohydrates as regular noodles.

Diabetes cannot be cured.

But, you can manage diabetes with a good diet, exercise, and sometimes medication.

Skinny people get diabetes too.

Losing weight is usually good for diabetes. But skinny people also get diabetes and need to balance their diet.

对于清热营养建议 (蓝色), 这些蔬菜, 吃多点
 Eat More of these Vegetables for Clear Heat (Blue) Diet

 洋薊, 朝鲜薊 Artichoke	 牛油果, 酪梨, 鳄梨, 肥仔膏 Avocado	 竹笋 Bamboo Shoots	 豆芽, 大豆芽 Bean sprouts	 红菜头, 甜菜 Beet Root
 甜椒 Bell/Sweet Pepper	 云耳 Black Fungus	 白菜仔心 Baby Bok Choy	 菜心, 白菜芯 Choy Sum	 花菜, 花椰菜 Cauliflower
 猪乸菜 Collard Greens	 茼蒿, 皇帝菜 Tung Ho, Crown Daisy	 青瓜, 黄瓜 Cucumber	 中国茄子, 茄瓜, 矮瓜 Eggplant	 芥兰 Mustard Greens, Gai Lan
 杞子, 枸杞子 Goji Berry, Gokei	 薄荷 Mint	 蘑菇 Mushroom	 大白菜, 黄牙白, 绍菜 Napa Cabbage	 海草, 海苔, 海藻 Seaweed
 青江菜 Shanghai Bok Choy	 冬菇, 香菇 Shitake Mushroom	 丝瓜 Si/Sing Gwa, Sponge Gourd, Chinese Okra	 西葫芦 Summer Squash	 蕃茄 Tomato
 马蹄 Water Chestnut	 西洋菜 Watercress	 银耳, 白木耳 White Fungus/Jelly, Silver Ear	 木耳 Wood Ear Mushrooms	 意大利瓜, 意大利青瓜 Zucchini

对于清热营养建议 (蓝色)而言算碳水化合物的蔬菜
Vegetables that Count as Carbohydrates for Clear Heat (Blue) Diet

 粟米,玉米,玉蜀黍 Corn	 蚕豆,胡豆,罗汉豆 Broad/Fava Beans	 东南瓜 Butternut Squash	 青番瓜 Acorn Squash	 鱼翅瓜 Spaghetti Squash, Shark Fin Melon
 百合 Lily Bulb	 莲藕 Lotus root	 薯仔,马铃薯 Potato	 番薯,地瓜 Sweet Potato/Yam	 淮山,山药 Nagaimo/Chinese Yam
 紫山芋,参薯 Purple Yam	 黄豆, 大豆 Soy beans	 芋头 Taro		

注意: 这只是针对您熟悉的不同糖尿病症状所提供的膳食建议。中国传统医学具有其复杂多变性, 因而没有绝对的教条来衡量哪种蔬菜应只能多吃或少吃。

对于清热或去湿营养建议(黄色), 这些蔬菜, 吃多点

Eat More of these Vegetables for Clear Heat/Dry Damp (Yellow) Diet

 洋薊, 朝鲜薊 Artichoke	 竹笋 Bamboo Shoots	 甜椒 Bell/Sweet Pepper	 苦瓜, 凉瓜, 善送 Bitter Melon	 白菜品种 Bok Choy Varieties
 西兰花 Broccoli	 花菜, 花椰菜 Cauliflower	 西芹, 芹菜 Celery	 唐芹, 中国芹菜 Wild/Chinese celery	 猪乸菜 Collard Greens
 莴蒿, 皇帝菜 Tung Ho, Crown Daisy	 青瓜, 黄瓜 Cucumber	 白萝卜, 萝卜 Daikon	 韩国萝卜 Korean Daikon	 青萝卜 Green Daikon
 大头菜, 咯嘞头, 茄蓝 Kohlrabi	 生菜 Lettuce	 A菜, 茼蒿 Chinese Lettuce	 薄荷 Mint	 蘑菇 Mushroom
 芥兰 Mustard Greens, Gai Lan	 大白菜, 黄牙白, 绍菜 Napa Cabbage	 娃娃菜 Baby (Napa) Cabbage	 丝瓜 Si/Sing Gwa, Sponge Gourd, Chinese Okra	 菠菜 Spinach
 塌姑菜, 塌棵菜 Taku Choy, Tatsoi	 马蹄 Water Chestnut	 西洋菜 Watercress	 油菜 Yau Choy	 芦笋 Asparagus

对于清热或去湿营养建议(黄色), 这些蔬菜, 吃多点
 Eat More of these Vegetables for Clear Heat/Dry Damp (Yellow) Diet



对于清热或去湿营养建议 (黄色)而言算碳水化合物的蔬菜
 Vegetables that Count as Carbohydrates for Clear Heat/Dry Damp (Yellow) Diet



注意: 这只是针对您熟悉的不同糖尿病症状所提供的膳食建议。中国传统医学具有其复杂多变性, 因而没有绝对的教条来衡量哪种蔬菜应只能多吃或少吃

对于温和营养建议(红色), 这些蔬菜, 吃多点
 Eat More of these Vegetables for Warming (Red) Diet

 罗勒 Sweet/ Italian Basil	 九层塔, 紫苏, 紫苏属 Thai Basil	 韭菜花, 韭菜蕾 Chive Flowers	 韭黄 Yellow Chives	 韭菜 Gai Choy, Garlic Chives, Chinese Leek
 球芽甘蓝, 小椰菜 Brussel Sprouts	 椰菜, 包心菜 Cabbage	 紫菜苔, 红椰菜 Purple Cabbage	 芫茜, 香菜 Cilantro, Coriander, Chinese Parsley	 椰子 Coconut
 辣椒 Chili Pepper	 指天椒 Thai Chili	 蒜头 Garlic	 姜 Ginger	 羽衣甘蓝 Kale
 洋葱(棕,红,白) Onion	 葱 Green Onion, Scallion	 芥兰 Mustard Greens, Gai Lan	 芥兰仔 Baby Mustard Greens	 大芥菜 Large Mustard Greens
 葱头, 香葱头 Shallot	 芋艿 Taro Stem			

对于温和营养建议 (红色) 而言算碳水化合物的蔬菜
Vegetables that Count as Carbohydrates for Warming (Red) Diet



对于温和营养 (红色) 香料的建议
Spices for Warming (Red) Diet



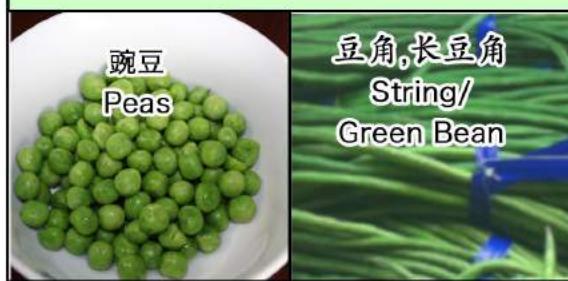
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对所有症状有利的中性食物 Neutral Foods Good for All Conditions

对所有症状而言算碳水化合物的中性蔬菜

Neutral Vegetables for All Conditions that Count as Carbohydrates



注意：这只是针对您熟悉的不同糖尿病症状所提供的膳食建议。中国传统医学具有其复杂多变性，因而没有绝对的教条来衡量哪种蔬菜应只能多吃或少吃。

This diet guide is brought to you by:

這個飲食指南是由以下機構帶給您的：



CVP

Center for Vulnerable Populations
At San Francisco General Hospital and Trauma Center



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