



C 降低高血糖该避免或减少摄取的食物
Foods to avoid Or Least intake for lowering High blood sugar

高升糖指数的碳水化合物会导致血糖水平飙升，然后快速下跌。
High GI carbohydrates foods will cause blood sugar level to spike & then crash.

少吃高升糖指数的碳水化合物食物
Take less of High GI carbohydrates foods

The slide features a line graph titled 'Blood Glucose Levels' on the y-axis and 'Time/hours' on the x-axis. Two lines represent different carbohydrate types: a red line for 'High GI' and a black line for 'Low GI'. The red line shows a sharp spike in blood glucose levels, peaking around 1 hour and then crashing. The black line shows a much more gradual and lower increase in blood glucose levels. A central image shows a variety of foods, including chips, biscuits, cakes, ice cream, dates, jasmine rice, potatoes, processed food, watermelon, and white bread, which are associated with the high GI line. Another set of foods, including Basmati rice, vegetables, lentils, pasta, wholegrain bread, oats, and oranges, are associated with the low GI line.

糖尿病是一种慢性病，当胰腺无法产生足够的胰岛素或当身体不能有效地利用所产生的胰岛素将导致糖尿病。它也可能是由于摄入过多的酒精饮料、油腻食物、含糖食物和碳水化合物等引起的。

主题: 饮食会导致高血糖吗？按此视频链接以了解更

多：<https://www.youtube.com/watch?v=1Y5GgRhTDRM>

#高胆固醇 #高胆固醇的饮食 #中西饮食 #整体養生 #颜色食物 #五色饮食 #ai分享养生学堂 #营养师陈菱暖