

## 什么是糖尿病前期? What is Pre-Diabetes?

糖尿病前期意味着您血液中的葡萄糖（也称为血糖）高于正常水平，但还没有高到可以称之为糖尿病。如果您患有糖尿病前期，您的身体不能很好地利用胰岛素，从而导致高血糖。胰岛素是一种荷尔蒙，可以帮助您的身体利用葡萄糖获取能量。长期高血糖会对您的眼睛、肾脏、神经、心脏和血管造成损害。改变饮食和生活方式可以预防这些并发症，延缓或预防糖尿病的发生。

Pre-diabetes means your blood glucose (also known as blood sugar) levels are higher than normal, but not high enough to be called diabetes. If you have pre-diabetes, your body does not use insulin well which leads to high blood sugar. Insulin is a hormone that helps your body use glucose for energy. Long-term high blood glucose can cause damage to your eyes, kidneys, nerves, heart, and blood vessels. Making changes to your diet and lifestyle may prevent these complications and delay or prevent the onset of diabetes.

## 我能做些什么来降低患糖尿病的风险?

### What can I do to decrease my risk of developing diabetes?

1. 了解您的数据。正常、糖尿病前期和糖尿病的血液检测值范围如下表所示。

Know your numbers. The table below shows the ranges of blood-test values for what is considered normal, pre-diabetes and diabetes.

状况	空腹血糖 (mg/dL)	糖化血红蛋白 A1c (百分比)
正常	低于 99	低于 5.5
糖尿病前期	100-125 之间	5.7-6.4 之间
糖尿病	超过 126	6.5 或以上

Condition	Fasting Glucose (mg/dL)	A1c (Percent)
Normal	Less than 99	Less than 5.5
Pre-diabetes	Between 100-125	Between 5.7-6.4
Diabetes	Over 126	6.5 or over

## 2. 以健康体重为目标 Aim for a healthy weight

- 如果您超重，通过健康饮食和运动减掉 5–10% 的体重可以帮助您的胰岛素更好地利用并降低血糖。这意味着体重 200 磅的人可以通过减掉 10 磅来大大改善他们的健康。
- If you are overweight, losing 5 - 10% of your weight through healthy eating and exercise can help your insulin work better and lower your blood sugar. This means that a person who weighs 200 pounds can greatly improve their health by losing 10 pounds.

- 您的减重目标是：\_\_\_\_\_。 Your weight loss goal is: \_\_\_\_\_.

### 3. 增加活动量 Be more active

- 包括每周 5 天，每天至少 30 分钟的适度活动，以帮助您的身体更好地利用胰岛素。

Include at least 30 minutes a day, 5 days a week, of moderate activity to help your body use insulin better.

- 步行是一项极好的活动，对大多数人来说通常是安全的。

Walking is an excellent activity and typically safe for most people.

- 通过混合进行不同的运动来使其变得有趣，例如慢跑、骑自行车、伸展运动、远足、举重或跳舞。请咨询您的医生，以确定哪些类型的运动对您是安全的。

Make it fun by doing a mix of different exercises like jogging, biking, stretching, hiking, lifting weights, or dancing. Consult your physician to determine what types of exercise are safe for you.

### 4. 健康饮食 Eat a healthy diet Eat a healthy diet

- 碳水化合物提供葡萄糖作为能量，应该是均衡膳食的一部分。均衡膳食还包括蛋白质、非淀粉类蔬菜和健康脂肪。

- Carbohydrates provide glucose for energy and should be part of a balanced meal which also includes proteins, non-starchy vegetables, and healthy fats.

- 选择富含纤维和/或蛋白质的碳水化合物，例如

- 全谷物，如糙米、藜麦、100%全麦面包、100%全麦意面、爆米花、燕麦片。

- 淀粉类蔬菜，如红薯或金丝瓜(意面瓜) ，
- 水果
- 豆类 (如黑豆、斑豆、鹰嘴豆) 、豌豆和扁豆
- 低脂牛奶和酸奶，或豆浆等替代品
- Choose carbohydrates that are high in fiber and/or protein, such as
  - whole grains like brown rice, quinoa, 100% whole wheat bread, 100% whole wheat pasta, popcorn, oatmeal.
  - starchy vegetables like sweet potatoes or spaghetti squash,
  - fruit
  - beans (like black beans, pinto beans, garbanzo beans), peas and lentils
  - low-fat milk and yogurt, or alternatives like soy milk
- 限制精制碳水化合物和添加糖，如白意大利面、白米饭、汽水和果汁、糖果、饼干和其他甜食。
- Limit refined carbohydrates and added sugars, such as white pasta, white rice, soda pop and juice, candy, cookies and other sweets.

## 我应该如何安排我的膳食？

How should I plan my meals?

- ☑ 您盘子的一半为非淀粉类蔬菜
- ☑ Make half your plate non-starchy vegetables
- ☑ 盘子的四分之一 (1/4) 为全谷物或淀粉类蔬菜
- ☑ Make 1 quarter (1/4) of your plate whole grains or starchy vegetables
- ☑ 盘子的四分之一 (1/4) 为瘦肉或植物性蛋白质

- ☑ Make 1 quarter (1/4) of your plate a lean or plant-based protein

加: Add:

- ☑ 1 份脱脂或 1% 牛奶, 如 1 杯牛奶或酸奶。
- ☑ 1 serving nonfat or 1% milk like 1 cup of milk or yogurt.
- ☑ 1 份水果, 如 1 杯混合浆果、整个水果的一块或 1/2 杯切好的瓜。
- ☑ 1 serving fruit like 1 cup of mixed berries, one piece of whole fruit, or 1/2 cup of cut melon.

**请咨询注册营养师, 以获取更多膳食计划的建议、食谱和其他提示, 以便您的膳食中包含多样性。**



See a registered dietitian nutritionist for more meal planning ideas, recipes, and other tips to include variety in your meals.

### **有哪些健康饮食提示? What are some healthy eating tips?**

- 限制碳水化合物的份量。
- Limit portion sizes of carbs.
- 每天 3 餐吃分量类似的饭菜。
- Eat 3 meals of similar size each day.
- 每天吃均衡的膳食, 包括所有种类的食物。
- Eat balanced meals and include foods from all the food groups every day.
- 选择纤维含量高的食物。

示例: 全麦面包和意大利面、糙米、燕麦片、麸皮麦片、新鲜蔬菜、豆类、坚果和种子。

- Choose foods that are high in fiber.  
Examples: whole-grain bread and pasta, brown rice, oatmeal, bran cereal, fresh vegetables, beans, nuts, and seeds.
- 限制甜食、高脂肉类、高脂乳制品、棕榈油和椰子油
- Limit sweets, high fat meat, high fat dairy, palm and coconut oils
- 进食适量的健康脂肪, 如特级初榨橄榄油、坚果、坚果酱、种子和牛油果。
- Include moderate amounts of healthy fats like extra virgin olive oil, nuts, nut butters, seeds, and avocado.
- 限制酒精摄入量。
- Limit your alcohol intake.

### **何处可以了解更多资讯? Where can I learn more?**

- 有关预防糖尿病前期的膳食计划的更多信息，请访问：  
<http://careguides.med.umich.edu> 并搜索：**糖尿病前期饮食 (pre-diabetes diet)**
- For more information about meal planning to prevent pre-diabetes visit:  
<http://careguides.med.umich.edu> and search for: **pre-diabetes diet**
- 有关预防糖尿病前期的体能活动的更多信息，请访问  
<http://careguides.med.umich.edu> 并搜索：**糖尿病前期活动 (pre-diabetes activity)**
- For more information about physical activity to prevent pre-diabetes visit  
<http://careguides.med.umich.edu> and search for: **pre-diabetes activity**
- CDC 国家糖尿病防预计划：<https://www.cdc.gov/diabetes/prevention>
- CDC National Diabetes Prevention Program:  
<https://www.cdc.gov/diabetes/prevention>
- USDA 美国农业部 ChooseMyPlate.gov: <http://www.myplate.gov>
- USDA ChooseMyPlate.gov: <http://www.myplate.gov>
- 有关健康食谱的建议，请到 <http://diabetesfoodhub.org>
- For healthy recipe ideas, go to <http://diabetesfoodhub.org>

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<https://health.ucdavis.edu/food-nutrition/pdf/Diabetes%20-%20Pre-Diabetes%20Diet.pdf>

Adapted from: UC Davis Health System. Healthy Eating for Pre-Diabetes

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