

DR. BENSON YU

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**SELF-MONITORING OF BLOOD GLUCOSE**

| Time to Test            | Fasting, before Breakfast | 1-2 Hours After Breakfast | Before Lunch | 1-2 Hours After Lunch | Before Dinner | 1-2 Hours After Dinner | Bedtime |
|-------------------------|---------------------------|---------------------------|--------------|-----------------------|---------------|------------------------|---------|
| Target Goal :           | 80-120                    | <180                      | 80-120       | <180                  | 80-120        | <180                   | 100-140 |
| Doctor's Recommendation |                           |                           |              |                       |               |                        |         |
| Monday                  |                           |                           |              |                       |               |                        |         |
| Tuesday                 |                           |                           |              |                       |               |                        |         |
| Wednesday               |                           |                           |              |                       |               |                        |         |
| Thursday                |                           |                           |              |                       |               |                        |         |
| Friday                  |                           |                           |              |                       |               |                        |         |
| Saturday                |                           |                           |              |                       |               |                        |         |
| Sunday                  |                           |                           |              |                       |               |                        |         |
| Monday                  |                           |                           |              |                       |               |                        |         |
| Tuesday                 |                           |                           |              |                       |               |                        |         |
| Wednesday               |                           |                           |              |                       |               |                        |         |
| Thursday                |                           |                           |              |                       |               |                        |         |
| Friday                  |                           |                           |              |                       |               |                        |         |
| Saturday                |                           |                           |              |                       |               |                        |         |
| Sunday                  |                           |                           |              |                       |               |                        |         |
| Monday                  |                           |                           |              |                       |               |                        |         |
| Tuesday                 |                           |                           |              |                       |               |                        |         |
| Wednesday               |                           |                           |              |                       |               |                        |         |
| Thursday                |                           |                           |              |                       |               |                        |         |
| Friday                  |                           |                           |              |                       |               |                        |         |
| Saturday                |                           |                           |              |                       |               |                        |         |
| Sunday                  |                           |                           |              |                       |               |                        |         |
| Monday                  |                           |                           |              |                       |               |                        |         |
| Tuesday                 |                           |                           |              |                       |               |                        |         |
| Wednesday               |                           |                           |              |                       |               |                        |         |
| Thursday                |                           |                           |              |                       |               |                        |         |
| Friday                  |                           |                           |              |                       |               |                        |         |
| Saturday                |                           |                           |              |                       |               |                        |         |
| Sunday                  |                           |                           |              |                       |               |                        |         |

## LIST 4-FRUIT 水果表

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(15 Grams carbohydrate and 60 calories per serving)

Fruits provide important vitamins and minerals and are a good source of fiber. To obtain the most fiber from fruits, eat the edible peelings too, such as those of apples, apricots, and pears.

Use the following guide to estimate servings of any fruit not listed.

- ☐ Fresh, canned, or frozen fruit, no sugar added 1/2 cup 杯
- ☐ Dried fruit 1/4 cup 杯

|                                          | Serving Size             |
|------------------------------------------|--------------------------|
| Apple 蘋果, raw 生 (2")                     | 1                        |
| Applesauce 無糖蘋果醬, no sugar added         | 1/2 cup 杯                |
| Apricot 杏, raw (medium 中)                | 4                        |
| Banana 香蕉(9"long 長)                      | 1/2                      |
| Blackberries 黑莓 or blueberries 藍莓, raw 生 | 3/4 cup 杯                |
| Cantaloupe 硬皮甜瓜 or honeydew 蜜瓜 melon 甜瓜  | 1 cup 杯                  |
| Cherries 車 子, raw 生 (large 大)            | 12                       |
| Fig 無花果, raw 生 (2" across 橫)             | 2                        |
| Grapefruit 西柚(medium 中)                  | 1/2                      |
| Grapes 葡萄(small 小)                       | 15                       |
| Kiwi 奇異果(large 大)                        | 1                        |
| Mandarin oranges 柑子                      | 3/4 cup 杯                |
| Nectarine 油桃(2 1/2" across 橫)            | 1                        |
| Orange 橙(2 1/2" across 橫)                | 1                        |
| Papaya 木瓜                                | 1 cup 杯                  |
| Peach 桃子 (2 3/4" across 橫)               | 1 whole 全部 or 3/4 cup 杯  |
| Pear 西洋梨                                 | 1/2 large 大 or 1 small 小 |
| Pineapple 鳳凰, fresh 新鮮                   | 3/4 cup 杯                |
| Plum 李子, raw (2" across 橫)               | 2                        |
| Strawberries 草莓, raw 生 (whole 全部)        | 1 1/4 cup 杯              |
| Tangerine 柑柑(2 1/2 across 橫)             | 2                        |
| Watermelon 西瓜                            | 1 1/4 cup 杯              |

1. Splenda 代糖

2 Diet drink 無糖飲品

3 Low Carb - Rice - Brown 少飯  
Noodle 麵  
Bread 麵包  
Potatoes 馬鈴薯  
potatoes 馬鈴薯

4. exercise