

YDA today

newsletter winter 2025 | issue 75



超越界限 Beyond Limits

支持者以突破自我啟發年輕生命
Supporters pushing boundaries
to empower young lives



Youth Diabetes
Action
兒童糖尿協會

兒童糖尿協會衷心感謝下列機構、團體及人士於2025年7月至2025年11月的捐款及鼎力支持，使我們能夠為各會員提供更多服務。

Thanks to the generous support of the following companies, organisations, and individuals during July to November 2025, we were able to continue our services to our members. On behalf of all the kids at Youth Diabetes Action, thank you!

贊助及捐款 Sponsors & Donors

公司或團體 Companies/ Organisations

Citiasia Holdings Ltd
Dr Ip Yee Charitable Trust
Drs Richard Charles & Esther Yewpick Lee Charitable Foundation
Maxa Financial Group Holding Limited
Novo Nordisk Hong Kong Ltd
Rusy and Purviz Shroff Charitable Foundation
SJP Charitable Foundation
Star Telecom Properties Ltd
The Community Chest of HK
The HK Jockey Club Charities Trust
Ronald McDonald House Charities Hong Kong
Madame Balloon

義工 Volunteers

Aster Kwan & family Chan Man Hei & family Chan Wing Yuk Che Hei & family Dr Wong Cheuk Lik Enoch Ku Enoch Ma Fung Wai Yan Heidi Yang Heiley, Yip Chui Yuk Liu Ethan & family	Liu Yan Lok Lu Yi Wing & family Mok Ka Ki & family Nic, Lau On Orh Chun Ho & family Theo Lassus Wen Kai Ip & family Wong Ka Wing Wong Kin Hang Xu Nuo Yang & family Yan Tsz Yau & family	Yau Tsz Wen Zhai Sze Suet & family Zhou Yi Hong & family
--	--	--

個人 Individuals

AF Alan Morgan Alice and Dickson Alice Choi Amber Byg Amber Wan Andy Yang Anette & Oliver Rust Angela Leung Ankit Tibrewal Annie Wong Anny oksne Eriksen AOV Arno Wiedijk Au Yin Wa Josephine Barbara Siu Bella Indah Burns Tsun Ho Wong But Wai Man Betty Cammy Chan Po Tai Carol Keen Cassandra Lister Catherine Cheung Celia Liu Celia Tsui Chan Chi Chiu Charles Chan Chi Tsui Chan Chun Wing Chan Chung Yeung Chan Ha Chan Ho Yin Stephen Chan Kei Chi Chan Wing Chung Chan Wing Hong Chan Yin Fan Chang Cheuk Sze Charity Charlie Charlotte April Harris Cheng Josephine Cheng Man Hin Mark Cheng Man Kit Cheng Yi Ki Cheng yuk ting Cheuk Cheung Yan Edmond Cheuk T Leung Cheung Kam Hung Cheung Kwok Wai Alvin Cheung Leung Sin Ha Chiu Ka Man Chiu Ping Kei Chiu Yuet Tung Chow Ching Yee Chu Ka Ling	Chui Ka Wai Chui Kwok Wing Chui Mei Yuk Chui Tak Yi Chui Yim Fung Chung Nga Man Chung Wing Yin Clement Tang Colin Bremner Conrad Bankowski Craig Crossman Cristae Fung Cyan Damon Li Danny Darren Kayes David McConnell Dawn De Guzman, Johnny Jr. Victorio Debbie Lee Carol Keen Deepak Saha Deki Ng Devika Harilela Dickson Ma Diego Gimenez-Reyna Castillo Dorothy Yan Dr Elaine Chow Elaine Fung Eleanor Cheung Eleanor Lennie Emma Wong Eric Law Flora Wong Fong Ka Ki Fong Ki Ki Fong Ling Ling Fong Pak Wa Francis Kong Fung Mei Fan Fung Siu Man Gareth Simpson Gigi Lai Gloria Ngai Man So Guo Ze Ling Gwyneth Haakon Rolv Eriksen Hi Shui yee Ho Ka Po Ho Ka Yan Ho Kin Yan Ho Yung Shing Horace Cheng Hua Yu	Hui Wai Han Dorothy Hung Siu Kwan Nicholas Isaac and Evelyn Isabel Weiss Ivan Chan Jacky Leung Jan Bjorn Hojgaard Jeffrey Brown Jeffrey Lai Jim Ching Kwok Tommy Joanna Hotung John Mullally Johnny Chui Jonathan Green Jose Gimenez Reyna Julia Cheng Ka Yee Choy Ka-hing Lee Kam Chuen Tang Kam Kong Fang Karoline Øksne Eriksen Kat Kate Szeto Katherine Chiu Kathleen S Y Poon Katrina Cai Kenix Docking Keung Yuen Ting Ko Yee Wai Ku Yau Yau Bryant Kumar Sundaram Kwan Wai Yin Kwok Wai Yan Kwong Yin Yee Lai Chin Pang Lai Ka Lok Lai Shuk Han Lam Chun Man Lam Ho Tong Lam Lap Yan Lam Wai Cheung Lam Wai Yi Lam Yin Wa Lam Yuet Ngan Lau Kin Wai Cyril Lau Pat Fu Lau Ricky Lau Sau Yin Lau Tak Wing Catherine Lau Wan Yee Law Chi Fai Law Hon Shing Law Yat Pui Lee Chi Yuen	Lee Chin Ong Lee Wai Sze Lee Wai Yin Leigh Maynard Branch Leo Lee Leung Man Yee Leung Yi Ling Li Chi Ching Li Chun Ting Li Lai Chun Li Man Ting Liaw Desmond Tai Niap Lin Mickie Lisa, Brad, Riley & Jaxson Klatt Liu huihui Liu Li Lo Tse Ki Lo Yuen Tung Kary Lok Yee Fong London Maynard's Lu Yan Luke Martyn Lung Oi Yi Ma Chung Kit Mak Kin Chun Mak Kin Hung Man Kit Tsang Mandy Chan Matt Squires Mecolna Michael Chan Mike MM Mok Wing Kam Monique Ng Nam Ka Lun Ng Chi Kin Ng Chiu Kit Ng Hak Lan Ng Kai Man Ng Man Yee Ng Sin Yu Ng Suet Man Nicolas Lassus Olique Barua Oscar Omo Pauline Ng Philip Tiffin Quan Yuen Ling Mabel R Lai Ray Kwok Roberta Lau Yin Tung Roy Gadon Rolloda Running TEA	Sarah F Gibbons Sean & Emma Byrne See Ki Mun Sarah Shih Chi San Shirley Chan Shum Chak Pong Sian Edwards Simon Brookhouse Simon cottam Sin Ho Fai Sin Nga Lok SO Cheuk Nga So Kin Wai Song Sha Sophia Suet Ying Li Sze Cho Yiu Jeffrey Tan Guek Eng Veronica Tang Chun Ming The Thongs Tiffany Shek TimmyLau Ting Wai wa Tit Ying Chan To Kin Leung Torbs Tsang Chi Chin Tsang Chui Chi Tsang Faan Ying Tse Yin Han Selina TSE Yin Kum Tso Kin Yi Margaret Tsoi Sin Yu Vam Y.K. Cheung Vikrant Malhotra Vincent Yeung Vishal Varshney Vivi Li Wai Chi Bo Wai Chi Ho Wan Chi Hin Henry, Wan Chi Kwong, Sin Pui Ying, Wan Tsz Chun Wang Teezhun Wells Chang William Goldring Wing Chi Ying Wong Chiu Yu Wong Fung Angela Wong Ka Wing Wong King Hei Wong Koon Au Wong Man Yee Wong Mei Fong Iris Wong Nga Yiu	Wong Sau Yee Fiona Wong Shiu Wah Williamson Wong Shuk Chun Wong Suet Fung Wong Suet Fung Sammi Wong Sze Wa Sara Wong Wai Yin Wu Tin Wai WU Zhuoya Yang Tsz Shan Yat To Tyler Cheung Yau Ching Yan Yau Ho Chung Yee Se Ming Angela Yim Mui Cheung Yu Ho Yin Yu Man Kuen, Wendy Yu Ming San Yu Yun Sang Yue Chung Yan Agnes Yuen Wah Yuen Wai Man Yung Chi Yu Yung Fu Chung Zachary Tuckwell 何亮廷 卓君隆 吳煦弦吳杏弦小朋友 張子明 張文慧 張結雯 徐家 陳志榮 士梅 高霞
---	--	--	---	--	---

兒童糖尿協會委員會及顧問 Youth Diabetes Action Council

榮譽主席 Chairperson Emeritus 何苗春暉女士 Ms Joanna Hotung	義務秘書 Hon Secretary 周艷華女士 Ms Angela Chow	榮譽醫療顧問 Hon Medical Advisors 馬青雲教授 Professor Ronald Ma 陳廣達醫生 Dr Patrick Chan 張璧濤醫生 Dr Pik-To Cheung 傅振祥醫生 Dr Antony Fu 關彥華醫生 Dr Elaine Kwan 黎倩婷醫生 Dr Tiffany Lai 潘穎瑤醫生 Dr Sarah Poon 施穎珊醫生 Dr Queenie See 童月玲醫生 Dr Joanna Tung 黃敏儀醫生 Dr Shirley Wong 黃偉進醫生 Dr Sammy Wong	黃慧如醫生 Dr Eunice Wong 游可聰醫生 Dr Ho-Chung Yau 林思為小姐 Ms Sylvia Lam 莫碧虹姑娘 Ms Maisy Mok 潘綺雯姑娘 Ms Iris Poon 楊海明姑娘 Ms Theresa Yeung
主席 Chairperson 鄭滿亮琪女士 Ms Fina Cheng	委員 Councillors 李佩君女士 林梅若梅女士	Mr Manoj Ram Dani Ms Julie Farrell Ms Tina Lee Ms Lavina Lim Ms Cassandra Lister Mr Andrew Maynard Ms Lesley Ann Murray Mr Hareesh Wadhvani	
副主席 Vice Chairperson Mr Colin Farrell			
義務司庫 Hon Treasurer Mr Craig Crossman			法律顧問 Hon Legal Advisors 賴顯榮律師 Mr Henry Lai 楊明悌大律師 Ir Prof Ming-Tai Yeung

目錄 Content

01 編輯的話
Editor's Note

02 專題
Feature

06 最新資訊
Latest Update

08 專家意見
Professional View

11 健康食醋
Food Corner

13 活動焦點
Activity Highlights

編輯的話 Editor's Note

2025年對兒童糖尿協會YDA來說，是蛻變的一年。

藉着與香港中文大學醫學院緊密合作，我們很高興分享「賽馬會年輕糖尿支援計劃」的中期成果。超過900位使用持續血糖監測儀（CGM）的糖尿病青年，其嚴重低血糖及酮酸中毒風險均顯著下降——這是一個令人鼓舞的成果。

最近兒童糖尿協會獲選為2026年渣打馬拉松的慈善合作夥伴。在本期《YDA Today》中，讓我們一起見證中期研究成果、了解熱心跑手的動人故事，以及YDA如何繼續為本地糖尿社群締造正面影響。

2025 has been a transformative year for YDA.

Building on our collaboration with the CUHK Faculty of Medicine, we are pleased to share interim results from the Jockey Club Support for Young People with Diabetes programme. Over 900 young people using Continuous Glucose Monitors (CGMs) significantly reduced their risk of severe hypoglycaemia and ketoacidosis — a very positive outcome.

Recently, YDA has been selected as a charity partner for the Standard Chartered Marathon 2026. In this issue of YDA Today, read about the interim findings, inspiring runners, and how YDA continues to create impact for Hong Kong's diabetes community.

 youthdiabetesactionhk

 yda_hk

 Youth Diabetes Action

 Youth Diabetes Action

編輯 Editors

劉紫盈 Stella Lau, 陳藹賢 Jenny Chan,
Linh Lieu, 陳奕璋 Vic Chen,
李慧玲 Natalie Lee, 劉曉彤 Celia Liu

編輯顧問 Editorial Consultants

何苗春暉 Joanna Hotung, 鄭馮亮琪 Fina Cheng,
周艷華 Angela Chow, Cassandra Lister

印刷 Print

School Printer Limited

設計 Design

一雙手設計工作室 One two Hand

廣告 Advertising

所有廣告收益將用作資助本刊物之製作費用。如欲刊登廣告支持本會或查詢詳情，請電郵至event@yda.org.hk。

Advertisement fees are used to subsidise the production of this magazine. If you would like to place an advertisement to support YDA, please email: event@yda.org.hk

歡迎來稿 Contributions are welcome

如欲投稿，請把稿件(不多於120字)電郵至event@yda.org.hk。

If you would like to submit an article (not more than 120 words), please email: event@yda.org.hk

聯絡我們 Contact us

兒童糖尿協會 Youth Diabetes Action

📍 九龍土瓜灣道94號美華工業中心B座9樓B17室

B17 9/F Block B Merit Industrial Centre, 94 To Kwa Wan Road Kowloon

☎ (852) 2544 3263

✉ support@yda.org.hk

🌐 www.yda.org.hk



免責聲明 Disclaimer

本刊提供的資料只作一般資訊參考用途，不應被視為醫學上的建議或推介。本刊所載的一切內容均不能取代合資格專業醫療人士因應閣下醫療需要而提供的建議，如欲對糖尿病管理模式作出任何改變，必須先諮詢主診醫生意見。會員分享純屬個人經驗。本刊刊登的廣告，不得被視為同意、推薦、認可、保證或推介有關的服務/產品。

The information in this magazine is for general information only, and should not be construed as medical advice or recommendation. The content presented in these pages is not intended to replace the care of your own doctor, whom you must consult before making any changes in your diabetes management plan. Contributions from members are based on personal experience only. Advertisements shall not be deemed to endorse, recommend, approve, guarantee, or introduce services and products.

預備...起跑...為希望而跑！

On your marks... Get set... Run for Hope!

萬眾期待的渣打香港馬拉松將於2026年1月18日舉行，YDA今年有幸成功入圍馬拉松慈善計劃！這次機會讓跑手挑戰自我，同時為糖尿病兒童籌募善款—加倍努力、加倍意義。

在今期會刊，我們很高興為大家介紹三位充滿熱情的馬拉松跑手。他們的故事和動力，將為這場慈善之跑增添更多色彩。

The much-anticipated Standard Chartered Hong Kong Marathon (SCHKM) will take place on 18 January 2026, and YDA is honoured to be selected as one of the official charity organisations. This recognition allows our runners to challenge themselves while raising vital funds for children living with diabetes—double the effort, double the impact!

In this issue, we are proud to introduce three of our dedicated SCHKM runners, each with their own inspiring story and motivation for taking part.



Katrina Cai

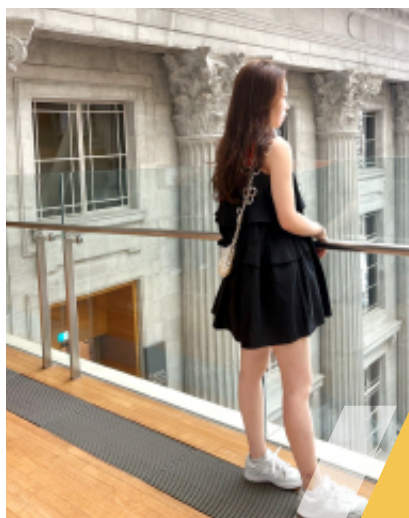
YDA 會員 YDA member

於2004年確診一型糖尿病
Diagnosed with Type 1 in 2004

Katrina首次參加馬拉松十公里比賽。她選擇參賽是為了挑戰自我、提升體能。最初在朋友的鼓勵下開始跑步，Katrina發現跑步不僅能幫助減壓，更能帶來心靈的平靜，並逐漸成為她維持身心健康的生活方式。

作為一型糖尿病患者，她在訓練和比賽中會密切監測血糖、調整飲食，並隨身攜帶CGM及升糖用品。Katrina面對最大的挑戰是血糖波動，但她透過細心管理和即時調整成功克服。

「跑步讓我更積極管理健康。透過跑步，我學會了更仔細地管理血糖水平。例如我明白了在運動前後需要更頻密檢測血糖，並適時調整飲食。」



Katrina is participating in her first 10km run at the SCHKM. She joined the race to challenge herself and boost her fitness. Encouraged by a friend, she started running and soon discovered it was more than just exercise—it became a way to relieve stress, find inner peace, and maintain overall well-being.

Living with Type 1 diabetes, Katrina carefully monitors her blood glucose during training and races, adjusts her diet, and always carries a CGM and glucose supplies. Her biggest hurdle is managing blood glucose fluctuations, but with meticulous planning and quick adjustments, she overcomes them.

“Running has made me more proactive in managing my health. I’ve learned to monitor my glucose more carefully—for example, checking more frequently before and after exercise and adjusting my diet at the right time.”

Jonette Dimblad

會員家人 Family member

兒子確診一型糖尿病
Parent of a son with Type 1 diabetes



Jonette正準備迎接她人生第一場街道上的馬拉松。她自高中開始跑步，並於2015年搬到香港後，完成多場超級越野賽事。Jonette認為跑步不僅是運動，「跑步是我最喜歡的運動方式，但同時亦是我的『me time』——可以反思、整理思緒、拋開壓力，就像冥想一樣。」

然而，今次馬拉松承載更深層意義。Jonette連同丈夫Torbjorn及兒子Axel，為患有一型糖尿病（T1D）的兒子Gustav而跑，整個家庭將每一步都獻給他，以及所有每日勇敢面對糖尿病的人。「對我來說，在硬地上跑幾個鐘不容易，但這些不適與Gustav每天要面對糖尿病的挑戰相比，根本微不足道。這場馬拉松是為他而跑。」

作為YDA會員，Jonette感受到比賽日子愈近，跑步的意義亦愈深。她坦言：「這次的馬拉松，是我真正為一個信念而跑。整個過程中我會一直想著Gustav，以及世界上所有每天都勇敢堅強地與糖尿病共存、同時努力過好生活的人。」

Jonette is preparing for her very first road marathon. Having run since high school and completed several ultra-trail races after moving to Hong Kong in 2015, Jonette sees running as more than just exercise. "Running is my favourite way to exercise, but it is also my 'me time,' my time to reflect, collect my thoughts and leave my stress behind—it is like meditation."

This marathon, however, carries a deeper purpose. Jonette, together with her husband Torbjorn and their son Axel, is running as a family for her son Gustav, who lives with Type 1 diabetes, dedicating every step to him and to all those who are affected by this condition. "It is not going to be an easy run, on the unforgiving pavement, but a few hours of discomfort for me is nothing compared to how T1D affects my son Gustav every day. This is for him," she shares.

As part of the YDA community, Jonette feels the meaning of her run growing stronger as race day approaches. "If I ever run for a cause I truly believe in, it's this one. I will think of Gustav and all the incredibly brave and strong individuals who manage and live with this disease every single day."





游醫生多年來陪伴糖友及青年人，循循善誘他們透過運動改善身心健康。「在門診或病房時，我都會提醒糖友多做運動，作為醫護人員都應身體力行。」他相信，運動除了能強健體魄，對心理亦有正面作用，做運動時會釋放安多酚，令人開心、放鬆。

這是他首次挑戰十公里馬拉松，能夠參與並為YDA籌款，他覺得這是一個既難得又充滿意義的機會，他笑言：「十公里對我來說不是簡單事，要完成賽事當然要有毅力和恆心！」

早前參與了YDA跑步訓練，游醫生深受糖友們的精神所感動，「他們不但完成賽程，還能保持穩定血糖，十分厲害。」他認為，這些練習不只是運動，更是一個互相鼓勵、建立友誼的平台。

For many years, Dr Yau has walked alongside people with diabetes and youngsters, gently encouraging them to embrace exercise to strengthen both body and mind. "In the clinic or ward, I often remind patients with diabetes to exercise more. As medical professionals, we should also lead by example." He believes that exercise not only strengthens the body but also has positive effects on mental well-being. When exercising, endorphins are released, making people happier and more relaxed."

This is his first time taking on a 10 km run. Being able to participate and raise funds for YDA, he believes it is a rare and truly meaningful opportunity. He laughed, "10 km is not an easy task for me. To complete the race, perseverance and determination are essential!"

Earlier, when joining YDA's training activities, Dr Yau was deeply moved by the spirit of the participants: "They completed the course and were able to maintain stable blood sugar levels—truly impressive." He believes these sessions are more than exercise; they are also a wonderful platform for encouragement, mutual support, and building friendships.



請踴躍捐款，支持30位積極備戰馬拉松的YDA慈善跑手：

Please donate and show your support for our 30 YDA charity runners on our Give.Asia fundraising page:

https://give.asia/campaign/runwithyda_schkmaraathon2026



小小光明事

1型・女的南極之旅

T1 Project with Light

Journey to Antarctica with Ruby

除了挑戰馬拉松，我們另一位會員Ruby將會於2026年2月自資前往南極展開十天旅程，為兒童糖尿協會籌款。

「我必須很努力，才能看起來毫不費力。」

這是Ruby Lau (劉韻儀) 以1型・女自居13年的生活導引。她於2012年確診一型糖尿病，仍自強不息，並於2017年開設Facebook專頁Roller Coaster，分享生活點滴。

「一型糖尿病人士是可以好好過日子。我仍然擁有健康、自信及精彩人生，你願意支持我走進極地為同路人發聲嗎？」

Ruby完成這次旅程後，會和我們分享此次壯舉由準備到歸來的整個過程，請留意下期的報導。



In addition to the marathon challenge, YDA member Ruby will embark on a self-financed 10-day expedition in February 2026 to Antarctica to raise funds for YDA.

“Making hard work look effortless”

This mantra has guided Ruby Lau through 13 transformative years of living with Type 1 diabetes. Diagnosed in 2012, Ruby embraced her journey with resilience, launched her Facebook page, “Roller Coaster”, in 2017 to share the highs and lows of her daily life.

“People with Type 1 diabetes can live a healthy, confident and vibrant life. This community needs your support: are you willing to be part of this journey?”

After completing her journey, Ruby will share her preparation and experiences from this incredible adventure with us. Stay tuned for our next issue!



請按此支持Ruby的南極之旅，為兒童糖尿協會募捐：
Show your support for Ruby by donating to YDA
through her fundraising page:

https://give.sparkraise.com/YDA_JourneyWithRuby

賽馬會年輕糖尿支援計劃 中期研究結果發佈會

為響應世界糖尿病日，「賽馬會年輕糖尿支援計劃」於11月13日舉行記者會，公布中期研究成果。計劃自2023年推出，至今已支援逾900名糖尿病兒童及青少年，提供持續血糖監測儀（CGM）及糖尿病管理教育。



研究數據顯示，持續使用CGM 12個月後，患者的血糖水平顯著改善：因酮酸中毒而住院比率下降85%，嚴重低血糖風險降低逾60%，高血糖風險亦減少逾50%。平均糖化血色素（HbA1c）水平亦有明顯下降，證明CGM能有效協助患者自我管理，減低嚴重併發症。



一型糖尿病患者需要每天注射多次胰島素，如果血糖不能維持在理想水平，會引致急性併發症如低血糖症、酮酸中毒，以及各種慢性併發症。隨著醫療科技進步，CGM已成為全球多地的糖尿病標準護理設備，均見有效協助改善血糖水平及減低併發症風險。



計劃由香港中文大學醫學院及兒童糖尿協會合辦，並獲香港賽馬會慈善信託基金捐助，香港糖尿科護士協會亦提供血糖管理教育服務。首階段644名參加者中，逾六成在計劃前未有常規使用CGM。數據顯示，持續使用CGM六至十二個月後，HbA1c平均由7.8%降至7.4%，並維持穩定。

計劃成果顯示，CGM科技能有效協助糖尿病青年改善血糖控制，減低併發症風險，並提升生活質素，為CGM在香港普及化奠定基礎。



有關中期研究結果詳情，
請瀏覽YDA網頁

Interim Results: JC Support for Young People with Diabetes

To mark World Diabetes Day, the “Jockey Club Support for Young People with Diabetes” announced its interim findings on 13 November. Since its launch in 2023, the initiative has supported over 900 young people with diabetes by providing continuous glucose monitors (CGM) and diabetes management education.



Analysis shows that sustained CGM use for 12 months significantly improves blood glucose control. Of the first 644 participants analysed, 60% had not used CGMs regularly before. After six months, the average HbA1c fell from 7.8% to 7.4% and remained stable at 12 months. Furthermore, hospitalisation due to diabetic ketoacidosis fell by 85%, while the risks of severe hypoglycaemia and hyperglycaemia dropped by over 60% and 50% respectively, demonstrating CGM's effectiveness in reducing complications and empowering self-management.



Type 1 diabetes requires multiple daily insulin injections and carries high risks of acute emergencies and long-term complications such as hypoglycaemia and ketoacidosis. Advances in technology now allow continuous monitoring, offering more comprehensive glucose assessment than finger-prick tests. CGMs are increasingly recognised worldwide as the standard of care for Type 1 diabetes in many regions, and has resulted in improved glucose control and reduced risk of complications.

The programme is jointly organised by YDA and CUHK Faculty of Medicine, with support from the Hong Kong Jockey Club Charities Trust and the Association of Hong Kong Diabetes Nurses.

These interim results underline the importance of CGM technology in improving health outcomes and quality of life for young people with diabetes, paving the way for broader adoption in Hong Kong.



Visit the YDA website for full details of the interim results.

解讀營養標籤

第二章：與糖尿相關的營養聲明

上期YDA Today (第74期)，註冊營養師張子豐分享如何解讀營養標籤。這次他為我們解說標籤上與糖尿相關的營養聲明。

糖尿病患者通常特別留意糖分含量，以下是四種常見相關聲明：

低糖 vs 無糖 vs 無添加糖 vs 較低糖

這四種聲稱看似相近，實際差異甚大：

- A) 低糖：每100毫升 / 克食物當中含有不多於5克糖
- B) 無糖：每100毫升 / 克食物當中含有不多於0.5克糖
- C) 無添加糖：製作過程中沒有額外加糖，但可含天然糖分
- D) 較低糖：與類似產品相比（可以是相同或不同牌子的同一或同類食品），需同時符合
 - i. 減少至少25%糖 及
 - ii. 每100克 / 毫升食物減少至少5克糖

以下是一個例子（以下標籤及成份表為參考市上一個紙包豆漿樣本改寫）

每100毫升	
能量	46千卡
蛋白質	2.1克
總脂肪	2克
飽和脂肪	0.6克
反式脂肪	0克
碳水化合物	4.8克
糖	4.7克
鈉	20毫克
鈣	77毫克

（原食用份量236毫升）

成份表：水、大豆、糖、碳酸鈣、乳化劑、穩定劑、麥芽糊精、完全氫化植物油、抗結劑

以圖中的豆漿營養標籤為例，每100毫升含4.7克糖，少於5克但多於0.5克，因此可稱為「低糖」而非「無糖」。不過，低糖產品仍需計算碳水化合物份量，並非可無限食用。

無添加糖的產品並不一定是無糖或低糖。例如，水果乾本身含有天然果糖，而部分產品在製作過程中會再加入砂糖或果糖。即使聲稱「無添加糖」，仍含天然果糖。此外，營養標籤並不區分天然與添加糖，因此單靠標籤無法判斷產品是否加糖，必須查看成分表。若成分表中有列出「糖」，則表示製作過程中有添加了糖，不能自稱無添加糖。

「低糖」和「較低糖」看似相近，其實差別很大。「較低糖」指兩個產品相比，糖分減少至少25%，或每100克 / 毫升食物減少至少5克糖，但糖含量仍可能偏高；而「低糖」則無需比較，只要每100克 / 毫升含糖量不多於5克，即可稱為低糖。成分表按含量由多至少排列，因此「較低糖」產品應同時參考原配方。

我們不應只關注碳水化合物和糖分，還要留意脂肪及鈉（鹽）含量。部分標榜適合糖尿病患者的產品配方雖減低碳水化合物或糖，但脂肪可能相應增加，進食前宜仔細閱讀營養標籤及成分表。

Understanding Nutrition Labels Part 2: Decoding Diabetes-Related Claims

In the previous issue of YDA Today (Issue 74), registered dietitian, Franco Cheung, discussed how to read nutrition labels. In this issue, he helps us to decode the diabetes related claims on the labels.

People with diabetes often pay close attention to sugar content. Below are four common sugar-related labels: Low sugar vs Sugar-free vs No added sugar vs Reduced sugar

Though similar, these labels have distinct meanings:

- A) Low sugar: No more than 5 grams of sugar per 100 ml/grams of food.
- B) Sugar-free: No more than 0.5 grams of sugar per 100 ml/grams of food.
- C) No added sugar: No sugar added during processing, but may contain naturally occurring sugars.
- D) Reduced sugar: Compared with a similar product (which can be from the same or different brands), and must meet both conditions below:
 1. At least 25% less sugar and
 2. At least 5 g less sugar per 100 g/mL of food

Here is an example: The following label and ingredient list is a modified version based on a commercially available carton of soy milk.

	Per 100 ml	
Energy	46 kcal	Ingredients: Water, soya bean, sugar, calcium carbonate, emulsifier, stabiliser, maltodextrin, fully hydrogenated vegetable oil, anti-caking agent
Protein	2.1 g	
Total fat	2 g	
Saturated fat	0.6 g	
Trans fat	0 g	
Carbohydrate	4.8 g	
Sugar	4.7 g	
Sodium	20 mg	
Calcium	77 mg	

Original serving size: 236 ml

The soymilk example contains 4.7 g of sugar per 100 ml — less than 5 g but more than 0.5 g — so it qualifies as low-sugar, not sugar-free. Low-sugar products should still be consumed in moderation, as carbohydrate intake must be considered.

No added sugar does not necessarily mean sugar-free or low-sugar. For example, dried fruit naturally contains fructose, but some have added sugar during processing. Even if labelled “no added sugar,” it still contains natural sugars. Nutrition labels don’t separate natural and added sugars, so it’s necessary to check the ingredient list. If sugar appears in the ingredient list, it means sugar was added, and the product cannot claim “no added sugar”

Low-sugar and reduced-sugar products look similar, but differ. Reduced-sugar products must have at least 25% less sugar and 5 g less per 100 g/mL compared with a similar product, yet may still contain a high sugar level. Low-sugar products don’t require comparison — those with no more than 5 g sugar per 100 g/mL qualify. As ingredients are listed in descending order, any reduced-sugar claim should be cross-checked with the original formula.

We should also consider fat and sodium (salt) levels, not just carbohydrates and sugar. Some products labelled for people with diabetes have modified formulas with lower carbohydrates or sugar but higher fat. Always read the nutrition label and ingredient list carefully before consumption.

Accu-Chek® SmartGuide 羅氏全智航連續葡萄糖監測器



智能預測葡萄糖
糖值波動可預防

連接SmartGuide Predict[#]



實時監測AI預測
糖尿人生自己掌握

#適用於指定型號手機及裝置 ©2025 Roche Diagnostics (HK) 羅氏診斷(香港)有限公司



屏幕畫面只供參考

30分鐘低葡萄糖預測

在您未來30分鐘內可能出現
低葡萄糖水平時發出警告

2小時葡萄糖預測

顯示您的葡萄糖水平趨勢

夜間低葡萄糖預測

提前顯示低葡萄糖風險
助您於睡前做好準備

Accu-Chek 客戶服務熱線：2485 7522 www.accu-chek.com.hk

佳節烤雞

Festive Baked Chicken



營養分析 Nutrition facts

每人份量 (100克淨肉加汁) 提供
Each serving (100g skinless chicken meat with sauce) provides

熱量 Energy	187.0 卡路里 (Kcal)
碳水化合物 Carbohydrates	1.0 克 (g)
蛋白質 Protein	31.0 克 (g)
膽固醇 Cholesterol	85 毫克 (mg)
脂肪 Fat	5.6 克 (g)
纖維素 Dietary fibre	0 克 (g)

材料 (6人份量)

雞	1隻	檸檬皮	1茶匙
新鮮百里香	4-5棵	檸檬	1個
橄欖油	1湯匙	鹽	1/2湯匙
蒜頭	3顆	黑胡椒粉	1/2湯匙

醬汁

白酒	30毫升	粟粉	1茶匙
水	1/4杯	鹽	1/2茶匙

做法

1. 預先將焗爐加熱至攝氏225度。百里香及蒜頭切碎。
2. 將百里香、油、蒜頭和檸檬皮拌勻作醃料備用。
3. 雞洗淨，去內臟，用紙拍乾，然後放上焗盤；將醃料塗上雞身，灑上鹽和黑胡椒粉。將檸檬放入雞腔內，用繩把雞腳縛上。
4. 把雞放進焗爐約1.5小時至金黃色。
5. 把雞取出，把焗盤及雞腔內的肉汁倒到杯內備用。
6. 將肉汁上的油除去，加入汁料在易潔鑊上加熱至稠，再倒進器皿備用。
7. 把雞切件，上碟時淋上醬汁。

Ingredients (Serves 6)

Chicken	1 whole	Lemon zest	1 tsp
Fresh thyme	4-5 sprigs	Lemon	1
Olive oil	1 tbsp	Salt	1/2 tbsp
Garlic	3 cloves	Black pepper	1/2 tbsp

Sauce ingredients

White wine	30ml	Cornstarch	1 tsp
Water	1/4 cup	Salt	1/2 tsp

Steps

1. Pre-heat oven to 225 °C. Chop the thyme and garlic.
2. Combine the thyme, olive oil, garlic and lemon together to create a marinade.
3. Wash and pat dry the chicken. Place the chicken in a baking tray rub the marinade onto it, and sprinkle with salt and black pepper. Stuff the whole lemon into the chicken's cavity and tie the legs with a thin rope.
4. Bake the chicken for about 1.5 hours, or until golden brown.
5. Remove the chicken and pour the juices from the baking tray and the chicken's cavity into a cup.
6. Skim any fat from the juice and combine with other sauce ingredients. Cook the sauce until thickened.
7. Serve the sauce with the chicken.

營養師提醒你 Tips from dietician

聖誕火雞的體積較大，往往花上3-4小時才可焗成，用雞代替火雞可節省時間。進食時，謹記去皮去肥。
Roasting a turkey usually takes up to 3-4 hours but roasting a chicken can save a lot of time. Remember not to eat the skin and fat of the chicken.



你可以在《糖尿病營養師甜美食譜》
找到更多不同款式的低糖食譜！
You can find more diabetes-friendly recipes in
《糖尿病營養師甜美食譜》！

林思為
澳洲註冊營養師
香港營養師協會會長
Sylvia Lam
Registered Dietician (Australia)
Chairperson of HKDA

張翠芬
美國註冊營養師
Dr Lorena Cheung
Registered Dietician (USA)

全新包裝上市

NovoFine® 諾和針®

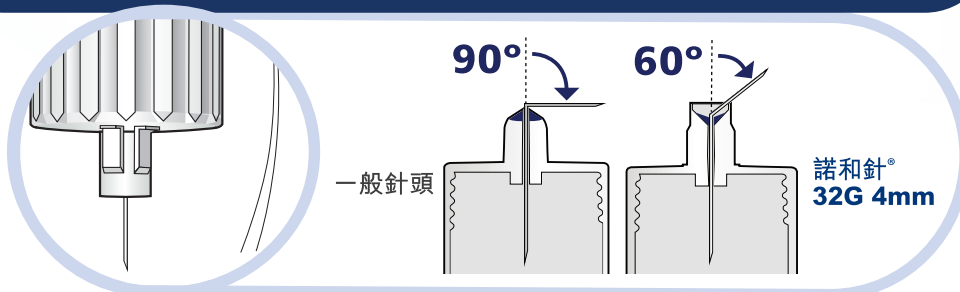
32G 4mm



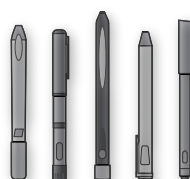
感受仿如無痛的胰島素注射¹！

超短及超幼
能減少注射時的痛楚²
及可降低肌肉內注射的風險³

獨特設計
可降低彎曲和斷裂的風險⁵



兼容市面上常用的注射筆裝備⁴



各大藥房均有代售

References:

1. McKay M et al. A comparison of insulin injection needles on patients' perceptions of pain, handling, and acceptability: a randomized, open-label, crossover study in subjects with diabetes. Diabetes Technol Ther. 2009 Mar; 11(3):195-201. 2. Arendt-Nielsen L et al. Pain following controlled cutaneous insertion of needles with different diameters. Somatosens Mot Res. 2006;23(1-2):37-43. 3. Birkebaek NH et al. A 4-mm Needle Reduces the Risk of Intramuscular Injections Without Increasing Backflow to Skin Surface in Lean Diabetic Children and Adults. Diabetes Care. 2008;31(9):e65. 4. Buus P et al. Compatibility testing of two types of pen needles with a range of injection pens for diabetes medication. Curr Med Res Opin. 2011;27(3):589-592. 5. Novo Nordisk needle portfolio. <https://www.novonordisk.com/our-products/pens-and-needles/novo-nordisk-needle-portfolio.html>. Accessed on 2nd November 2023.

兒童糖尿病教育及管理講座計劃

Children Diabetes Education and Management School Talk Series

香港兒童肥胖率持續高企，加上高糖飲食普遍，兒童患上糖尿病的風險不斷上升。為提升學生對疾病預防、營養管理和健康生活的認知，由今年九月開始，YDA推出「兒童糖尿病教育及管理學校講座系列」，邀請醫療專業人士及營養師參與，協助學校推廣健康教育。目前此計劃已服務超過580名參加者。

The childhood obesity rate in Hong Kong remains high, and with the widespread consumption of high-sugar diets, the risk of children developing diabetes continues to rise. In September, YDA launched the "Children Diabetes Education and Management School Talk Series" to combat rising diabetes risk among children in Hong Kong. This initiative engages healthcare professionals and dietitians to support schools in promoting health education and has benefited more than 580 participants so far.



暖心生日派對

Heartwarming Birthday Party

YDA聯同香港麥當勞叔叔之家慈善基金，在10月底為今年10月至明年3月生日的YDA會員舉辦生日派對，當日有超過30位會員同家人一同參與。我們準備了趣味小遊戲、生日禮物大派送及下午茶環節，大家都玩得開心，食得滿足！衷心感謝香港麥當勞叔叔之家慈善基金贊助當日禮物、場地、佈置和美食，讓派對圓滿完成！

In late October, YDA teamed up with Ronald McDonald House Charities Hong Kong to celebrate the birthdays of YDA members whose birthdays fall between October this year and March next year. The party included mini-games, gift giveaways, and afternoon tea. A heartfelt thank you to Ronald McDonald House Charities Hong Kong for generously sponsoring the gifts, venue, decorations and refreshments, making this party such a wonderful success.



藍月·十一 夜跑訓練花絮

Blue November Evening Run Highlights

為響應世界糖尿病日，一班由一型糖友、家人及支持者組成的跑手於當晚齊集，參加充滿活力的夜跑訓練，為YDA「藍月·十一」活動增添意義。

活動由YDA資深會員家榮帶領，出發前他分享了實用的血糖管理及運動貼士。跑手們由維園出發，沿5.5公里路線跑經避風塘、東岸公園及板道，海風送爽下完成這次訓練。不少新手跑者亦首度參與，在路途上互相鼓勵。

特別鳴謝諾和諾德贊助是次活動，以及尚健維佳贊助當晚兩位一型糖尿馬拉松跑手使用的CGM，備戰馬拉松。

無論你是跑步新手還是馬拉松健將，感謝大家與我們一同為糖尿病發聲，令「藍月·十一」更加閃亮！

To mark World Diabetes Day, a group of runners — including T1D members, their families, and supporters — gathered for a vibrant night run, enhancing YDA's Blue November activities.

YDA senior member Henry, a passionate marathon runner, led the session and shared useful tips on blood glucose management before the 5.5 km route from Victoria Park through the Causeway Bay Typhoon Shelter to East Coast Park, and Boardwalk.

Special thanks to Novo Nordisk for sponsorship of the event, and Celki VitalAire for sponsoring CGMs for two Type 1 marathon runners.

Thank you to everyone for contributing to diabetes awareness and making "Blue November" shine even brighter.



世界糖尿病日：由認知開始

Raising Awareness on World Diabetes Day

在11月14日「世界糖尿病日」，YDA前往瑪麗醫院，參與其舉辦的「世界糖尿病日—糖尿病，由認知開始」宣傳活動。

活動現場氣氛熱烈，我們透過充滿趣味的互動遊戲，成功吸引了眾多前往醫院的公眾、病人及其家屬，甚至不少醫護工作者也駐足參與。我們透過精心設計的問答遊戲和模型道具，以輕鬆易懂的方式，向不同年齡層的參加者傳播正確的糖尿病知識，包括其成因、預防方法、常見謬誤以及日常管理的要訣。



The YDA team marked World Diabetes Day on 14 November by participating in a public health campaign, World Diabetes Day-Awareness is the first step towards better Diabetes Care, at Queen Mary Hospital.

The venue was lively, attracting many hospital visitors, including patients, families and healthcare professionals. Through our engaging interactive games, we successfully share essential knowledge about diabetes—including its causes, preventions, common misconceptions, and daily management tips—making it accessible to participants of all ages.

糖尿大曬日營2025：陽光下的健康挑戰

YDA Diabetes Day Camp 2025: A Day of Fun and Challenges Under the Sun

由YDA主辦、諾和諾德及SJP Foundation全力贊助的「糖尿大曬日營2025」已於11月1日在賽馬會傷健營圓滿舉行！

作為今年「藍月·十一」的首個活動，在日營中，會員及家人積極參與多項充滿樂趣與挑戰的戶外活動，包括營地追蹤、攀石、氣槍射擊、躲避盤及紮竹筏。

大家全情投入，歡笑不斷，透過親身參與，會員學習在活動中靈活監測及管理血糖，將健康管理融入日常生活，實踐真正的成長與自信！

再次感謝諾和諾德及SJP Foundation的慷慨贊助與鼎力支持。

YDA Diabetes Day Camp 2025 took place on 1 November at the Jockey Club PHAB Camp. Members and their families enthusiastically participated with great energy and laughter in exciting outdoor activities, including an adventure trail, airsoft shooting, and bamboo raft building.

Through these hands-on experiences, members learnt how to monitor and manage their blood glucose levels during physical activities, incorporating health management into everyday life — a true step towards growth and confidence!

Our heartfelt thank you to Novo Nordisk and SJP Foundation for their generous sponsorship and support.



最輕、最薄 CGM

- ✓ 內置記憶，無懼斷線時資料流失
- ✓ 具備多個可獨立開關警報系統
- ✓ 可配合多個不同品牌手機使用
- ✓ 一體式感應器，自動資料傳輸



SIBIONICS GS3



過高、過低、急升、急降、斷線等多個獨立警報

體積：24.8mm x 17.8mm
厚度：2.9mm
淨重：1.5g

兒童糖尿協會會員
買三送一優惠



服務供應商



尚健維佳
Celki VitalAire

查詢電話
2332 3366
WhatsApp
9831 0535



CONTOUR®PLUS ELITE smartLIGHT™ 引導 值得您信賴的血糖管理系統



黃色 代表高於目標範圍⁺

紅色 代表低於目標範圍⁺

綠色 代表在目標範圍內⁺

套裝包括：

- CONTOUR®PLUS ELITE 血糖監測系統連採血器
- CONTOUR®PLUS 血糖測試紙50片x2盒
- MICROLET®採血針100支

免費送貨

**兒童糖尿協會會員
套裝優惠 HK\$400**

**Contour®
plus ELITE™**
Blood Glucose
Monitoring System

- 極高準確性¹的血糖讀數，超越 ISO 15197:2013 最低準確度要求^{*2}
- 60秒內Second-Chance®再次補足血樣技術，可幫助您節省試紙³



免費
CONTOUR®DIABETES App
應用程式(現已提供繁體中文版本)

Ascensia Diabetes Care Hong Kong Limited
健臻醫療保健香港有限公司
客戶服務熱線：8100 6386

*Minimum accuracy requirements of ISO15197:2013 require ≥ 95% of the measured glucose values need to fall within ±0.83 mmol/L of the average measured values of the reference measurement procedure at glucose concentrations <100 mg/dL (<5.55 mmol/L) or within ±15% ≥ 100 mg/dL (≥ 5.55 mmol/L). 99% of individual glucose measured values need to fall within zones A and B of the Consensus Error Grid (CEG) for type 1 diabetes.
*Always consult your healthcare professional before setting or changing any target ranges.

1. Klaff L et al. Accuracy and User Performance of a New Blood Glucose Monitoring System [published online ahead of print, 2020 Nov 26]. J Diabetes Sci Technol. 2020; https://doi.org/10.1177/1932296820974348. 2. International Organization for Standardization. In vitro diagnostic test systems – requirements for blood-glucose monitoring systems for self-testing in managing diabetes mellitus (ISO15197:2013). International Organization for Standardization, Geneva, Switzerland, 2013. 3. Richardson JM et al. Clinical Relevance of Reapplication of Blood Samples During Blood Glucose Testing. Poster presented at the 20th Annual Diabetes Technology Meeting (DTM); November 12-14, 2020.

糖尿病管理工作坊：實用貼士 助你自信應對

Diabetes Management Workshops: Practical Tips & Empowered Learning

衷心感謝糖尿病科護士魯姑娘及莫姑娘於八月及十一月為本會一型糖尿病會員主持兩場內容豐富、互動性高的工作坊。她們的實用建議和親切指導，為參加者帶來莫大裨益！

參加者深入了解飲食、壓力、疾病、睡眠及運動如何影響血糖，學習胰島素調整原則及注射時間、解讀CGM數據。透過情境模擬練習及即場問答，令整個學習過程更生動實用。

更多工作坊即將舉行，敬請密切留意並及早報名，名額有限，萬勿錯過！我們期待你的參與！

A big thank-you to the diabetes nurses Ms Loo and Ms Mok, for leading two engaging and informative workshops in August and November for our T1D members. Their practical tips and warm guidance made a real impact.

Participants explored how food, stress, illness, sleep, and exercise affect blood glucose, learned insulin adjustment principles, and practised interpreting CGM data. Scenario-based learning and live Q&A brought the sessions to life.

More workshops are on the way—stay tuned and be sure to register early to secure your spot. We look forward to seeing you there!



提供2年免費CGM
Get FREE CGM for 2 years

你是否
**30歲以下及
患有糖尿病？**

**ARE YOU UNDER 30 AND
HAVE DIABETES?**

最後申請日期
APPLICATION DEADLINE
28-2-2026



立即申請
Apply now



2544-3828



9040-8062



<https://jcsupportdm.hk/>





Youth Diabetes
Action
兒童糖尿協會

支持我們 支援糖尿病童 Help us to support children with diabetes

捐款種類 Donation type

本人願意支持兒童糖尿協會

I would like to make a donation in support of Youth Diabetes Action (YDA):

- ☐ 每月港幣200，可資助1名糖尿病兒童購買1個月的採血針費用
Monthly HK\$200 - help a child with diabetes for a month's worth of blood test lancets
- ☐ 每月港幣300，可資助1名糖尿病兒童購買1個月的採血針及針頭費用
Monthly HK\$300 - help a child with diabetes for a month's worth of lancets and insulin pen needles
- ☐ 每月港幣600，可資助1名糖尿病兒童購買1個月的血糖試紙費用
Monthly HK\$600 - help a child for one month of blood glucose test strips
- ☐ 港幣12,000 (資助兒童計劃)，可資助1名糖尿病兒童購買1年的醫療消耗品費用，以改善其家庭生活
HK\$12,000 (Sponsor a Child) - sponsor the life of a child with diabetes and purchase diabetes medical supplies for one year

其他金額 Other amount:

- ☐ 每月捐款 Monthly donation 港幣HK\$ _____
- ☐ 一次性捐款 One-off donation 港幣HK\$ _____

捐款方法 Donation method

- ☐ 劃線支票 By cheque

劃線支票，抬頭請寫「兒童糖尿協會」By crossed cheque made payable to "Youth Diabetes Action"

支票號碼 Cheque no.: _____

請把支票郵寄至：九龍土瓜灣道94號美華工業中心B座9樓B17室

Please send the cheque to: B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, Kowloon

- ☐ 信用卡 By credit card ☐ VISA ☐ MasterCard

信用卡號碼 Credit card no.: _____

發卡銀行 Issuing bank: _____ 有效日期 Expiry date: _____ 月MM _____ 年YY

持卡人姓名 Cardholder's name: _____ 持卡人簽署 Cardholder's signature: _____

本人授權兒童糖尿協會於本人之信用卡賬戶內一次過 / 每月 / 每年定期扣除上述之金額。若以信用卡每月 / 每年捐款，有關授權在信用卡有效期內繼續生效，直至另行通知為止。我可以在任何時候以書面形式通知兒童糖尿協會取消有關捐款。

I hereby authorise YDA to charge the above specified amount once/ monthly/ yearly from my credit card account. The authorisation of monthly/ yearly donation will continue in effect from the above valid date until further notice. I may cancel my regular donation at any time in writing to the YDA office.

- ☐ 銀行轉帳 Bank transfer

銀行 Bank: 香港上海滙豐銀行有限公司 HSBC 帳戶名稱 Account name: Youth Diabetes Action 帳戶號碼 Account number: 808-371959-838

- ☐ PayMe



請將成功付款截圖並連同「捐款者資料」WhatsApp (+852 64245419) 或電郵 (support@yda.org.hk) 給兒童糖尿協會。

Please screenshot the payment success page and WhatsApp (+852 64245419) or email (support@yda.org.hk) to Youth Diabetes Action with the "Donor's information".

捐款者資料 Donor's information

捐款港幣100或以上可憑捐款收據申請扣稅。

Donations of HK\$100 or above are tax deductible with a donation receipt.

姓名 Name: _____

收據抬頭 (如與捐款者不同) Recipient name (if different from the above) _____

地址 Address: _____

電郵 E-mail: _____ 聯絡電話 Contact no.: _____

更新個人資料 Update personal information

會員如欲更新個人資料，請填妥以下表格，並以電郵 (support@yda.org.hk)、傳真 (25443313) 或郵寄 (九龍土瓜灣土瓜灣道94號美華工業中心B座9樓B17室) 交回本會。
If you wish to update your personal information, please complete the following form and send it to us by email (support@yda.org.hk), fax (25443313) or post (B17, 9/F, Block B, Merit Industrial Centre, 94 To Kwa Wan Road, To Kwa Wan, Kowloon).

會員姓名 Name of member: _____ 會員編號 Membership number: _____

請選擇欲更新之資料 Please select the item you wish to update

☐ 會員 / 父親 / 母親 / 監護人* 聯絡電話 Contact number of the member / father / mother / guardian: _____

☐ 會員 / 父親 / 母親 / 監護人* 電郵 Email of the member / father / mother / guardian: _____

☐ 通訊地址 Address: _____

☐ 其他 Others: _____

*請圈出適用的選項 Please select the option that apply

會員簽署 Member's signature: _____ 家長或監護人簽署 Parent / guardian's signature: _____ 日期 Date: _____