

# CURRICULUM VITAE

(以下資料中英文擇一回覆即可)

## PERSONAL

### NAME(姓名，含英譯)

歐蘊寧

Ou Yun-Ning



### PROFESSIONAL APPOINTMENT (現職，含英譯)

三軍總醫院營養部營養師

Dietitian, Department of Food and Nutrition, Tri-Service General Hospital, Taiwan (R.O.C)

### EDUCATION(學歷)

University :

2002.09~2006.06 School of Nutrition and Health Sciences, Taipei Medical University, Taiwan (R.O.C)

Graduate School :

2006.09~2009.02 Institute of Anatomy and Cell Biology, School of Medicine, National Yang-Ming University, Taiwan (R.O.C)

### WORKING EXPERIENCE (經歷)

Dietitian, Department of Food and Nutrition, Tri-Service General Hospital, Taiwan (R.O.C)

### MAJOR RESEARCH AREA(研究領域)

Clinic nutrition in diabetes care, chronic kidney disease care and critical nutrition care.

### PUBLICATION(In the nearest 5 years)(發表、出版物)

1. Lin-Chien Chan, Meei-Shyuan Lee, Yun-Ning Ou, Hsiang-Ling Cheng, Chih-Hsin Wang. Energy requirements for ICU burn patients in whom the total body surface area affected exceeds 50 percent: a practical equation. Asia Pac J Clin Nutr 2018; 27(6):1182-1189.
2. 祁安琪, 林佳璇, 許秋萍, 歐蘊寧. 升糖指數手冊. 社團法人中華民國糖尿病衛教學會. 2020.

## 範例

講題中、英文、以一頁 A4 為限，至少 300 字

### 膳食纖維總量與來源對糖尿病病人血糖的影響 Influence of total amount and source of dietary fiber on blood sugar in patients with diabetes mellitus.

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膳食纖維為不能被人體消化道酵素分解的多醣類，通常存在於蔬菜、水果、五穀類及豆類。根據溶於水的難易度可分為非水溶性膳食纖維與水溶性膳食纖維。非水溶性膳食纖維包含纖維素、半纖維素和木質素；水溶性膳食纖維包含果膠、植物膠、海藻多醣和半纖維素。目前已知非水溶性膳食纖維可以增加糞便體積，促進大腸蠕動，而水溶性膳食纖維可以延緩胃排空，增加飽足感、促進膽酸排泄，降低膽固醇。

本課程簡介膳食纖維對糖尿病病人血糖的影響，美國糖尿病學會臨床指引提到衛教病人碳水化合物的攝入量應強調富含纖維（每 1,000 大卡至少含 14 公克纖維）且少加工營養豐富的食物。亦有研究指出高纖維飲食（每天 25 至 30 公克）有助於調節血糖並實現糖化血紅蛋白的目標。同時，膳食纖維可以減低葡萄糖的吸收速率，減少對胰島素的依賴，達到控制血糖的效果。