

## 低鹽飲食與高血壓

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根據流行病學研究，攝食多量鈉(高鹽)的人，其高血壓的發生率較食鈉少的人為高。

食鹽是由鈉和氯組成，人體對鈉要求很少，一般推薦每成人需2至3千毫克的鈉(相等於1-1.5茶匙的鹽)。由於"天然"食物中已含我們所需，日常烹飪或用膳要培養清淡口味，享受食物之天然鮮味。

### 低鹽飲食之要點：

- ◆ 選擇新鮮肉類蔬菜，少吃加工醃製肉類如燒味、火腿、罐頭、鹹魚、鹹蛋，醃菜如梅菜、榨菜、鹹酸菜等



- ◆ 加工食品如即食麵、鹹餅、薯片、蝦條、鹹果仁、話梅、加應子、鹹香豆、魷魚乾等皆是高鹽食物，少吃為佳



- ◆ 如必須選擇即食或加工食品，則要細閱食物標籤，以選擇含低鹽或無鹽的產品



- ◆ 烹飪時用蔥、蒜、芫茜、檸汁、醋、糖、香茅、陳皮等為調味，減少豉油、蠔油、麵豉、腐乳、茄醬、味精、雞精及鹽等用量



- ◆ 減少出外進食，購買熟食及零食如魚蛋、串燒




如有任何查詢，請聯絡醫護人員。以上資料由港島西聯網家庭醫學及基層醫療部提供



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## 低鹽飲食與高血壓 LOW SALT DIET AND HYPERTENSION

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Family Medicine-3
Last review/revision	May/2023
Approval	HKWC Information Pamphlet Working Group
Distribution	As requested

# LOW SALT DIET AND HYPERTENSION

## Low salt diet and hypertension

According to epidemiological studies, the incidence of hypertension is higher in people who are on high salt diet.

Salt is composed of sodium chloride. Our body only requires very little amount of sodium. In general, each adult requires only 2,000 to 3,000 milligrams of sodium per day (equivalent to 1-1.5 teaspoon of salt). As the "natural" food already contains our necessary requirement of sodium, it is recommended to cook with light taste and enjoy the natural flavor of food.

### Essential points:

- ◆ Choose fresh meat and vegetables; avoid processed meats such as barbecued ham, canned food, salted fish, salted egg, pickled vegetables such as sauerkraut



- ◆ Avoid processed food such as instant noodles, salted crackers, potato chips, salted nuts, preserved plum, prawn crackers, salty beans, dried squid etc., as most of them contain high sodium content



- ◆ If instant or processed food is unavoidable, please read the food labels and choose low-salt or salt-free products



- ◆ Cook with onions, garlic, parsley, lemon juice, vinegar, sugar, lemongrass, orange peel, etc.; Avoid to use soy sauce, oyster sauce, miso, fermented bean curd, tomato sauce, monosodium glutamate, chicken essence and salt



- ◆ Reduce dining out, cooked food and snacks such as fish balls, skewered food



Should you any queries, please contact you Health Care Provider.

Information provided by Department of Family Medicine and Primary Healthcare, Hong Kong West Cluster