

# Dietary Guidelines for Low Sodium Diet

## 低鈉飲食指南



# Diet Tips 飲食小貼士

## Dining out 外出飲食

Make a request to not add sauces or separate the sauces from the dish. Also, additional condiments such as ketchup, ginger puree, Worcestershire sauce and soy sauce should be avoided.

點菜時要求不加醬汁或醬汁分開上。另外，避免額外添加調味料，例如茄汁、薑蓉、喼汁及豉油等。

## Cooking at home 居家煮食

Make good use of natural ingredients to enhance the taste and odour of food. For instance, include ingredients such as ginger, scallions, garlic, lemon, Sichuan pepper, star anise, coriander, herbs, rice vinegar and pepper in your dishes. While fresh or frozen foods should be selected for cooking, cured, processed or marinated foods should be avoided. To avoid excessive sodium intake, measuring spoons should be used to control the amount of condiments used.

多使用天然調味料來增加食物的味道和香氣，例如薑、葱、蒜頭、檸檬、花椒、八角、芫茜、香草、米醋及胡椒等。另外，烹調時應選用新鮮及急凍的食物，避免醃製、加工或預先調味食物。同時，煮食時應用量匙來量度調味料的份量，以免攝取過多的鈉質。

Remarks: For references only. Should you have any concerns, please ask a registered dietitian.  
備註：以上資料只供參考，如有疑問應向註冊營養師查詢。

## Booking and Enquiries 預約及查詢

For more information, please call Dietetic Services on 2122 1333, or visit our website [www.gleneagles.hk](http://www.gleneagles.hk).  
如欲了解更多詳情及查詢，請致電2122-1333與營養服務部聯繫，或到訪我們的網站 [www.gleneagles.hk](http://www.gleneagles.hk)。



## Free Shuttle Service 免費專車服務

Gleneagles Hong Kong Hospital provides free shuttle bus service for public between MTR Ocean Park Station (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵海洋公園站（A出口）及醫院（正門）。



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# Dietary Guidelines for Low Sodium Diet 低鈉飲食指南



On  
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Why low sodium diet ?  
為甚麼要採取低鈉飲食？

Sodium is one of the major electrolytes that is needed to maintain the normal functioning of the human body. However, having too much sodium may increase the risk of chronic diseases, including hypertension, coronary heart disease, stroke and kidney disease. Therefore, the World Health Organization (WHO) recommends adults to consume less than 2,000 mg (about 1 teaspoon of salt) of sodium per day.

鈉是人體內其中一種主要的電解質，有助維持人體機能的正常運作。然而，攝取過多的鈉質會增加多種慢性疾病的風險，包括高血壓、冠心病、中風、腎病等。因此，世界衛生組織建議成人每日的鈉攝取量應少於2,000毫克(即大約一平茶匙鹽)。

Major source of sodium  
鈉的主要來源

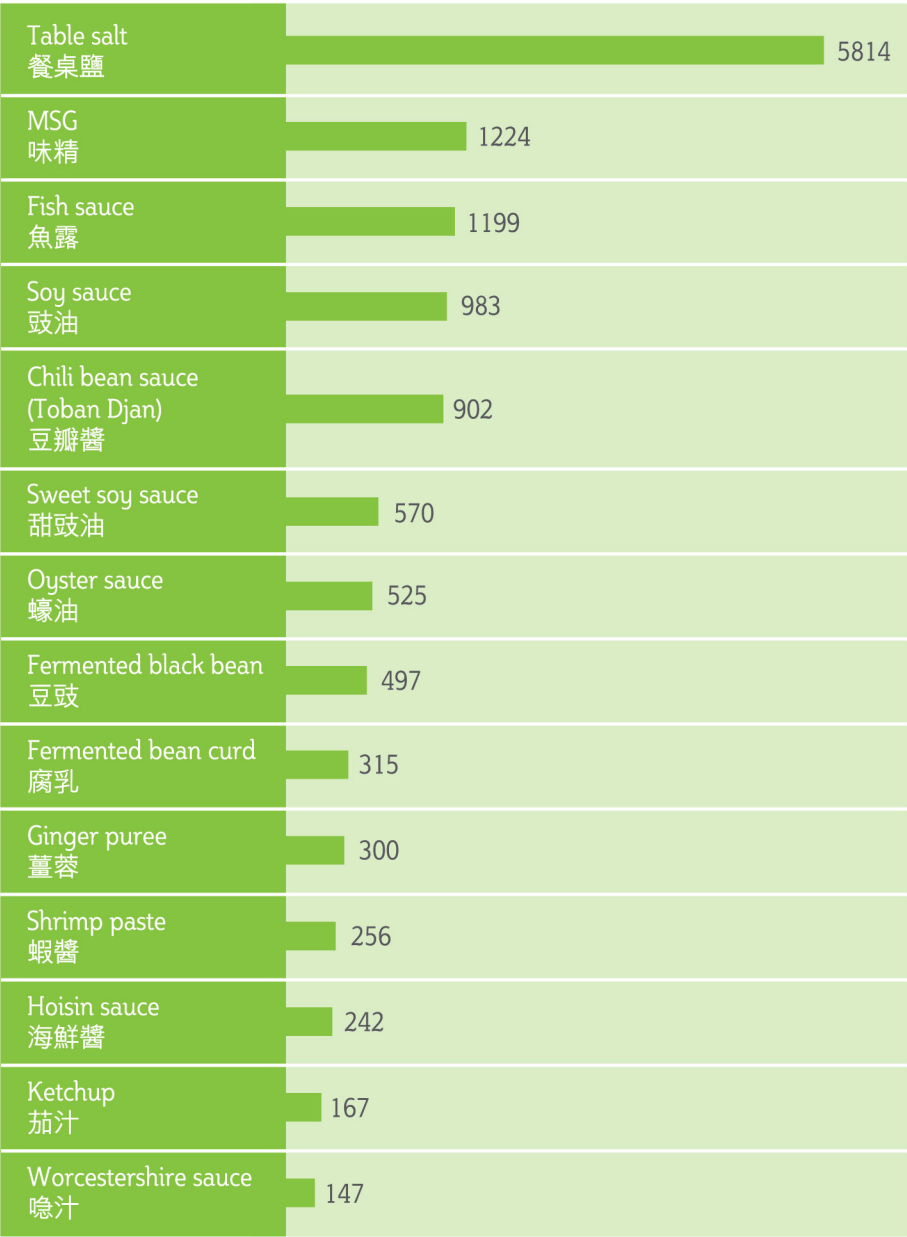
According to the research findings from the Centre for Food Safety, the main source of sodium intake in Hong Kong is from condiments. From the figures on the right, the sodium content in 1 tablespoon of salt is approximately 3 times of the recommended daily intake, while 1 tablespoon of MSG constitutes around 60% of the recommended daily sodium intake. To conclude, we should control the use of condiments to prevent excessive sodium intake.

綜合食物安全中心的研究發現，本港市民攝取鈉的主要來源為調味料。從右圖所見，一湯匙的餐桌鹽已大約是每日建議攝取量的三倍，而一湯匙的味精則約佔了每日建議攝取量的六成。總括而言，我們必需好好控制調味料的份量，避免攝取過多的鈉質。



Sodium content of commonly used condiments  
(per 1 tablespoon / 15g or ml)

常見調味料的鈉含量 (每1平湯匙 / 15克或毫升計算)



Sodium (mg) 鈉(毫克)

\*Date source: Centre for Food Safety  
\*資料來源：食物安全中心

High sodium foods  
高鈉食品

Apart from condiments, sodium can also be obtained from many foods. We should avoid high sodium foods as listed below.

除了調味料外，鈉質還可以來自多種食物。以下是常見的高鈉食品，我們應盡量避免進食。

<p><b>Cured food</b> 醃製食品</p>	<p>Salted fish, salted egg, preserved mustard green, pickled mustard green, preserved cabbage, hot pickled mustard green, dried salted plum, preserved plum, etc.</p> <p>鹹魚、鹹蛋、梅菜、鹹酸菜、冬菜、榨菜、話梅、加應子等</p>
<p><b>Processed meat</b> 加工肉類</p>	<p>Ham, luncheon meat, sausage, meatballs, roasted salted meat, braised salted meat, cured meat, fried dace with salted black beans, canned sardines, etc.</p> <p>火腿、午餐肉、香腸、肉丸、燒味、滷味、臘味、豆豉鯪魚、沙甸魚等</p>
<p><b>Snacks</b> 零食</p>	<p>Cheese-flavoured snacks, potato chips, salted nuts, pork/beef jerky, pork/beef floss, etc.</p> <p>芝士圈、薯片、鹽焗果仁、豬/牛肉乾、豬/牛肉鬆等</p>