

Dietary Guidelines for Low Fat & Low Cholesterol Diet

低膽固醇及低脂
飲食指南



What is cholesterol?

膽固醇是什麼？

Cholesterol is produced by our liver and is present in foods of animal origin, such as egg yolk, organ meats, cuttlefish, high-fat meats, and crab roe. Cholesterol is needed for maintaining the normal functioning of cells and producing hormones and bile. However, excess amount of bad cholesterol in the blood will be deposited onto the wall of blood vessels, leading to hardening and obstruction of the vessels. This could ultimately lead to stroke, coronary heart disease, aneurysm, etc.

膽固醇由身體肝臟製造出來，亦可從動物性的食物中攝取，如蛋黃、內臟、魷魚、肥肉、蟹膏等。我們需要膽固醇來維持細胞機能、製造賀爾蒙和膽液，但過多則對身體有害。若血液中的壞膽固醇過高，則容易積聚在血管壁上，令血管硬化及堵塞，引致中風、冠心病、動脈瘤等危害身體的疾病。

Types of fat

脂肪類別

1. Saturated fat

飽和脂肪

Saturated fats are typically solid at room temperature. Excess intake of saturated fats will raise the bad and total cholesterol level.

Food Sources: high-fat meat, poultry skin, lard, chicken oil, butter, cream, ice-cream, cheese, palm oil, coconut oil, hard margarine, etc.

飽和脂肪在室溫下呈固體狀態，過量進食會增加壞膽固醇和總膽固醇水平，對身體有害。

食物來源：肥肉、皮層、豬油、雞油、牛油、奶油、雪糕、芝士、棕櫚油、椰油、磚裝植物牛油等



2. Unsaturated fat

不飽和脂肪

Unsaturated fats mainly come from foods of plant origin and are typically liquid at room temperature. It can be further classified into:

不飽和脂肪主要源自植物，室溫下通常呈液體狀態。它可分為：

Monounsaturated fat: It lowers bad cholesterol level (low-density lipoprotein LDL), but does not affect the good cholesterol level (high-density lipoprotein HDL).

Food sources: canola oil, olive oil, peanut oil, avocado, etc.

單元不飽和脂肪：有助降低血液中「壞」膽固醇(低密度脂蛋白)的水平，但不影響「好」膽固醇(高密度脂蛋白)的水平。

食物來源：芥花籽油、橄欖油、花生油、牛油果等



Polyunsaturated fat: It lowers both good and bad cholesterol levels in the blood. Furthermore, omega-3 fatty acids from fish, flaxseed oil, canola oil and walnuts help to prevent blood clots, lowering the risk of blood vessel obstruction.

Food sources: corn oil, soybean oil, sunflower seed oil, fish oil, soft margarine, etc.

多元不飽和脂肪：可降低血液中「壞」及「好」膽固醇的水平。另外，奧米加3脂肪酸(如魚類、亞麻籽油、芥花籽油及核桃等)亦有助減低血塊凝成，預防血管堵塞。

食物來源：粟米油、黃豆油、葵花子油、魚油、軟性植物牛油等

3. Trans fat/Hydrogenated oil

反式脂肪/氫化油脂

The manufacturing process of hydrogenation turns vegetable oil into semisolid form, and trans fat is a by-product from the process.

Trans fat can raise bad cholesterol level, as well as lower good cholesterol level.

Food sources: hard margarine, shortening, coffee creamer, fried food, etc.

植物油經氫化過程而變硬，產生反式脂肪，多呈半固體狀態。過量進食會增加「壞」膽固醇水平，並減低「好」膽固醇水平。

食物來源：磚裝植物牛油、起酥油、咖啡忌廉粉、油炸食品等



Principles of diet therapy

飲食治療的要點

- Maintain a healthy weight and exercise frequently
保持理想體重和增加運動量
- Choose foods rich in soy protein, omega-3 and antioxidants
多選擇含豐富黃豆蛋白質、奧米加3及抗氧化劑的食物
- Avoid foods high in saturated fat and trans fat
避免進食含高飽和脂肪、反式脂肪/氫化脂肪食物
- Avoid foods high in cholesterol
減少進食膽固醇含量高的食物
- Increase intake of soluble fiber, such as oat meal, beans and lentils, fruits and vegetables
增加水溶性纖維高的食物如麥皮、乾豆類、蔬菜及水果等
- If your triglyceride level is high, reduce the intake of sugary foods, sugary beverages and alcohol
若甘油三酸脂過高，應減少進食甜食、甜飲及酒精飲品
- Use low-fat cooking methods such as steam, boil, simmer, stew, bake, and grill to reduce the amount of oil used
採用適當烹調方法如蒸、焗、滾、白灼、炆、焗及燒以減少用油量
- Use vegetable oil like olive oil and canola oil. Cooking equipment such as microwave and non-sticking pan could further reduce the amount of oil used
烹調時宜選用橄欖油或芥花籽油，並使用微波爐、易潔鑊、少油快炒等方法以減少用油量
- Individuals with cardiovascular disease, renal disease, diabetes, and hypertension should avoid alcohol. If you do not drink, do not start drinking. If you do have a drinking habit, restrict alcohol consumption with the following recommendations:
患有心血管疾病、腎病、糖尿病、高血壓等人士不宜飲酒。若沒有飲酒習慣，則不要開始。針對有飲酒習慣的人士則需節制飲酒分量，建議如下：
- Men: No more than 2 alcohol units/day
男士：每天不超過 2 單位酒精
- Women: No more than 1 alcohol unit/day
女士：每天不超過 1 單位酒精

1 alcohol unit equals to :

150 ml red/white wine
350 ml (~1 can) of beer
45 ml spirits (e.g. whisky, vodka and brandy)

1單位酒精相等於：

150毫升紅/白酒
350毫升(約1罐)啤酒
45毫升烈酒(如威士忌、伏特加及白蘭地)

Variety of food choices

各種食物的選擇

Food groups 食物類別	Allowed to eat* 可以進食* (*depending on individual needs as advised by a dietitian) (*份量由營養師按個人需要而定)	Avoid eating 避免選用
Grains 穀物類	<p>Rice, rice noodles, spaghetti, macaroni, Shanghai noodles, udon, oatmeal, porridge bread, etc. 白飯、米粉、意粉、通粉、上海麵、烏冬、麥皮、粥、麵包等</p> <p>Low-fat biscuit: soda cracker, hi-fibre biscuit, marie biscuit, plain ring biscuit, cream cracker, tea biscuit, low-fat whole wheat biscuit, etc. 低脂餅乾：梳打餅、高纖維餅、瑪利餅、水泡餅、克力架、茶餅、低脂全麥餅乾等</p> <p>Salty bun, sesame bun, baguette, etc. 鹹麵包、豬仔包、法包等</p> <p>Choose whole grains products: whole wheat bread and biscuit, brown rice, red rice, buckwheat noodles, whole grain cereal, etc. 以選擇全穀物類別為首選：全麥麵包/餅乾、糙米、紅米、蕎麥麵、全麥穀類早餐等</p>	<p>Chinese and Western desserts: cake, egg tart, ice cream, muffin, Chinese muffin, etc. 中西甜品及糕點：蛋糕西餅、蛋撻、雪糕、鬆餅、馬拉糕等</p> <p>Pastries: cookie, chocolate cracker, wafer, cheese cracker, sandwich biscuit, sweetheart cake, century egg pastry, lotus paste pastry, sesame paste pastry, mooncake, etc. 酥餅點：曲奇餅、朱古力餅、威化餅、芝士餅、夾心餅、老婆餅、皮蛋酥、蓮蓉酥、麻蓉酥、月餅等</p> <p>Bread: Pineapple bun, custard bun, croissant, coconut bun, bread with cream, lotus paste bun, bread with butter, Shanghai dumpling, scallion pancake, pot-sticker, etc. 包點：菠蘿包、雞尾包、牛角包、椰絲包、奶油包、蓮蓉包、牛油麵包、上海包點如小籠包、蔥油餅、鍋貼等</p> <p>Noodles: fried instant noodles, cup noodles, E-fu noodles, oily noodles, etc. 粉麵：經油炸的即食麵、杯麵、伊麵、油麵等</p> <p>Chinese dim sum: spring roll, fried taro dumpling, fried pork dumpling, etc. 中式點心：炸春卷、炸芋角、鹹水角等</p>

Food groups 食物類別	Allowed to eat* 可以進食* (*depending on individual needs as advised by a dietitian) (*份量由營養師按個人需要而定)	Avoid eating 避免選用
Meat, poultry, fish and seafood 肉、家禽、魚及海產	<p>Lean meat: pork, beef, lamb, chicken, duck, goose, etc. 各類瘦肉：豬、牛、羊、雞、鴨、鵝等</p> <p>Crustaceans (≤2 times/week): scallops, clams, oysters, mussels, shrimps, crab, etc. 貝殼類海產（每星期≤2次）： 帶子、蜆、蠔、青口、蝦、蟹等</p> <p>Egg, various types of fish (3 times/week) 蛋及各種魚類 (每星期3次)</p>	<p>High-fat meat: poultry skin, pork belly, pork jowl, pork bones, pork knuckles, lamb shoulder, spareribs, beef brisket, chicken feet, chicken wings, duck wings, goose feet, ox tail, etc. 肥肉：如雞/鴨/鵝/豬皮、豬腩肉、豬頸肉、豬骨、豬腳、羊肩胛、排骨、牛腩、雞腳、雞翼、鴨翼、鵝掌、牛尾等</p> <p>Organ meat: heart, lung, brain, intestine, spine, liver, liver pate, pork/chicken kidney, ox/pork tongue, beef offal, fish head, etc. 內臟：心、肺、腦、腸、脊髓、肝、肝醬、豬腰、雞腎、牛/豬脷、牛雜、魚頭、魚雲等</p> <p>Roasted meat: roast suckling pig, cured meat, Chinese sausages, pork/beef jerky, meat floss, etc. 燒臘：乳豬、臘味、肉腸、金銀潤、肉乾、肉鬆等</p> <p>Seafood: fish/shrimp/crab roe, shrimp head, sea urchin, etc. 海產：魚子、魚卵、蝦膏、蝦子、蟹膏、蟹子、蝦頭、海膽等</p> <p>Canned foods: spam, oily fish in black bean sauce, etc. 罐頭食物：午餐肉，油浸魚如豆豉鯪魚等</p>

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Eggs and related products 蛋及蛋製品	Eggs 雞蛋	Cake, egg tart, egg roll, pastry with egg yolk, etc. 蛋糕、蛋撻、蛋卷、蛋黃酥等
Milk and dairy products 奶及奶製品	Low-fat milk, skim milk, low-fat cheese, plain low-fat low-sugar yogurt, etc. 低脂奶、脫脂奶、低脂芝士、原味低脂低糖乳酪等	Full-cream dairy products: full-cream milk/cheese/yogurt, etc. 全脂奶品：全脂奶、全脂芝士、全脂乳酪等 Other dairy products: evaporated milk, condensed milk, milk shake, chocolate milk, coffee creamer, cream, ice cream, custard, etc. 其他奶製品：花奶/淡奶、煉奶、奶昔、朱古力奶、咖啡忌廉粉、奶油、雪糕、布甸等
Beans and related products 乾豆及豆製品	Beans: Red/green/black beans, black-eyed peas, broad beans, lentils, etc. 各類乾豆：紅豆、綠豆、黑豆、眉豆、蠶豆、扁豆等 Soybean and soy products: tofu, dried tofu, soymilk, bean curd sheets, sugar-free/low-sugar bean curd pudding, etc. 黃豆及其製成品：豆腐、豆乾、淡豆漿、枝竹、腐皮、百頁、無糖/低糖豆腐花等	Fried soya products: fried tofu, fried tofu puff, fried bean curd sheet, etc. 油炸豆類：炸豆腐、油豆卜、炸枝竹等

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Nuts 果仁	Non-fried nuts: Almonds, walnuts, peanuts, cashews, Macadamia nuts, pistachio, etc. 非油炸果仁：杏仁、合桃、花生、腰果、夏威夷果仁、開心果等 Nuts are high in fat, the following equals to 1 teaspoon of oil: 果仁脂肪含量高，要與油換算，以下可用1茶匙油交換： 2-3 pieces: walnuts, macadamia nuts 2-3 粒：合桃及夏威夷果仁 6-7 pieces: cashews, almonds 6-7 粒：腰果及杏仁 10-12 pieces: peanuts, pistachios 10-12 粒：花生及開心果	Fried nuts, Brazil nuts, etc. 油炸果仁、巴西果仁等

Food groups 食物類別	Allowed to eat* 可以進食* (*depending on individual needs as advised by a dietitian) (*份量由營養師按個人需要而定)	Avoid eating 避免選用
Fruits and Vegetables 蔬果類	<p>Fresh fruits, 100% fruit juices, dried fruits, etc. 各類新鮮水果、100% 純鮮榨果汁、乾果等</p> <p>Fresh vegetables, frozen vegetables, melon 各類新鮮或雪藏蔬菜、瓜類</p> <p>Tubers: potato, lotus root, yam, radish, carrot, etc. 根莖類食物：薯仔、蓮藕、芋頭、青/紅蘿蔔等</p>	<p>Fried vegetables: French fries, potato chip, fried onion ring, fried sweet potato, fried yam, fried shredded taro, etc. 油炸蔬菜：炸薯條/片、炸洋蔥圈、炸蕃薯、炸山藥、芋蝦等</p> <p>Coconut and related products: coconut shreds, coconut milk, etc. 椰子及其產品：椰絲、椰漿/奶等</p>
Fat and oil 油/脂肪類	<p>Vegetable oil: olive oil, canola oil, soybean oil, corn oil, soft margarine, etc. 植物油：橄欖油、芥花籽油、黃豆油、粟米油、軟性植物牛油等</p>	<p>Animal fat: butter, lard, chicken fat, etc. 動物性脂肪：牛油、豬油、雞油等</p> <p>Vegetable oil: coconut oil, palm oil, hard margarine, repeatedly heated oil, meat sauces, etc. 植物油：椰子油、棕櫚油、磚裝植物牛油、曾多次翻熱的油、餸汁等</p>

Food groups 食物類別	Allowed to eat* 可以進食* (*depending on individual needs as advised by a dietitian) (*份量由營養師按個人需要而定)	Avoid eating 避免選用
Beverages 飲料	<p>Water 清水</p> <p>Tea: Chinese/English/Japanese green tea, etc. 清茶：中國茶、淨西茶、日本綠茶等</p> <p>Diet soda, clear vegetable or melon soup, etc. 健怡/代糖汽水、去油清湯、瓜菜湯等</p> <p>(If you take the soup leftovers, count them as carbohydrates or meat intake) (若吃湯渣、要以「穀物類」或「肉類」份量計算)</p>	<p>Sugary drinks: sodas, juices, cane juice, etc. 高糖飲品：汽水、加糖果汁、蔗汁等</p> <p>High-fat beverages: creamy soup, coconut milk, soups with pork bones/chicken feet, etc. 高脂飲料：忌廉湯、椰奶、肥膩肉/骨湯、雞腳湯等</p>

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.

如欲了解更多預約的詳情及查詢，請隨時致電 2122 1333 與營養服務部聯繫，或到訪我們的網站 www.gleneagles.hk。



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

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- Tsuen Wan Line 荃灣綫
- Island Line 港島綫
- Tung Chung Line 東涌綫
- Airport Express Line 機場快綫



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