

# Dietary Guidelines for Cholesterol Lowering & Low Fat Diet

降膽固醇及低脂  
飲食指南



Gleneagles Hospital

HONG KONG

港怡醫院

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## Hospital address

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Wong Chuk Hang, Hong Kong

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港怡醫院  
Gleneagles Hospital Hong Kong

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## 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. It helps in maintaining the normal functioning of cells and producing hormones and bile. However, excessive cholesterol in bloodstream will be deposited onto the blood vessel walls, leading to hardening and obstruction of the blood vessels. This could ultimately lead to stroke, cardiovascular diseases, 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. Excessive intake of saturated fats will raise the total cholesterol level.

Food sources: high-fat meat, poultry skin, lard, chicken oil, butter, cream, ice-cream, full fat dairy products (including milk, cheese and yoghurt), 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、全脂奶類製品(包括牛奶、芝士及乳酪)、棕櫚油、椰油、磚裝植物牛油等



## 2. Trans fat/Hydrogenated oil 反式脂肪/氫化油脂

The manufacturing process of hydrogenation turns vegetable oil into semi-solid form, and trans fat is a by-product in the process. Trans fat can raise bad cholesterol level, as well as lower good cholesterol level.

Food sources: cookies, puff pastries, hard margarine, shortening, coffee creamer, fried foods, 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，並減少「好」膽固醇。

食物來源：曲奇、酥皮、磚裝植物牛油、起酥油、咖啡忌廉粉(奶精)、油炸食品等



### 3. 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 monounsaturated fat and polyunsaturated fat.

不飽和脂肪主要源自植物，室溫下通常呈液體狀態。它可分為單元不飽和脂肪及多元不飽和脂肪。

**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: avocado, canola oil, olive oil, peanut, etc.

**單元不飽和脂肪：**有助降低血液中「壞」膽固醇的水平，但不影響「好」膽固醇。

食物來源：牛油果、芥花籽油、橄欖油、花生等

**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: salmon, yellow croaker, nuts, corn oil, soybean oil, sunflower seed oil, 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，深海魚類、亞麻籽油、芥花籽油及核桃含有的奧米加3脂肪酸亦有助減少血塊凝成，預防血管堵塞。

食物來源：三文魚、黃花魚、堅果、粟米油、黃豆油、葵花籽油等



### Other nutrients that might benefit heart health

#### 其他或有利心臟健康的營養素

##### 1. Beta-glucan

##### β-葡聚醣

A kind of soluble fibre which can bind to dietary cholesterol and bile acid, thus increase cholesterol excretion, leading to cholesterol-lowering effect.

Daily consumption of 3 grams of beta-glucan is shown to be effective in reducing bad cholesterol level. (4-5 tablespoons of oatmeal contains around 3 grams of beta-glucan)

Food sources: 4-5 tablespoons of oats, 8 tablespoons of barley, mushrooms (e.g. portobello and shiitake mushrooms, etc.)

β-葡聚醣是一種水溶性纖維，可與食物中的膽固醇及身體的膽液結合，從而促進膽固醇排出體外，降低體內膽固醇水平。

研究指出每天進食3克β-葡聚醣或有效降低「壞」膽固醇水平。(4-5湯匙燕麥片大約有3克β-葡聚醣)

食物來源：燕麥片、大麥、菇菌類(如大啡菇和冬菇)等

##### 2. Plant sterol/stanol

##### 植物固醇

Plant sterol competes with dietary cholesterol to reduce cholesterol absorption in the gut. Daily intake of 2 grams of plant sterol is recommended.

Food sources: plant sterol-fortified milk or soy-based drink, fortified yoghurt or yoghurt drink, fortified oil or spread, plant-based food such as vegetable oil, whole grains, nuts and vegetables, etc.

植物固醇透過減少腸道中膽固醇的吸收，或有效達致降低體內膽固醇的效果。建議每天進食2克植物固醇。

食物來源：添加植物固醇的奶類或乳酪飲品、添加植物固醇的煮食油或麵包抹醬、植物類食物如蔬菜、植物油、全穀物、堅果等

## Principles of diet therapy

### 飲食治療的要點

- Avoid foods high in saturated fat and trans fat, e.g. animal fats, pastries, etc.  
避免進食含高飽和脂肪及反式脂肪/氫化脂肪的食物，如動物脂肪及烘焙食物等
- Limit intake of foods high in dietary cholesterol, e.g. offals, squid, egg yolk, etc.  
適量限制進食膳食膽固醇含量高的食物，如內臟、魷魚及蛋黃等
- Increase intake of soluble fibre, e.g. oatmeal, mushrooms, beans and lentils, fruits, vegetables, etc.  
增加含豐富水溶性纖維的食物，如麥皮、菇類、乾豆類、蔬菜及水果等
- Choose foods rich in polyunsaturated fats, e.g. salmon, yellow croaker, nuts, etc.  
多選擇含豐富不飽和脂肪的食物，如牛油果、三文魚、黃花魚及堅果等
- Limit the intake of foods high in sugar, sugary beverages and alcohol  
限制進食糖分較高的食物、含糖飲品及酒精飲品
- Use vegetable oil e.g. 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
- 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
- Maintain a healthy weight and exercise frequently  
保持理想體重和增加運動量  
Current weight 現時體重：  
\_\_\_\_\_  
Target weight 目標體重：  
\_\_\_\_\_
- Individuals with cardiovascular disease, renal disease, diabetes, and hypertension should avoid alcohol. If you do not drink, do not start drinking. If you have a drinking habit, restrict alcohol consumption with the following recommendations:  
患有心臟病、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。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個酒精單位
  - Women: No more than 1 alcohol unit/day  
女士：每天不超過1個酒精單位

**1 alcohol unit equals to:**  
100 ml red/white wine  
250 ml (3/4 can) of beer  
30 ml spirits (e.g. whisky, vodka and brandy)

**1個酒精單位相等於：**  
100毫升紅/白酒  
250毫升(約3/4罐) 啤酒  
30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訂)	Avoid eating 避免選用
Grains 五穀類	<p>Choose whole grain products: whole wheat bread and biscuit, brown rice, red rice, buckwheat noodles, whole grain cereal etc.</p> <p>以全穀穀類為首選:全麥麵包/餅乾、糙米、紅米、蕎麥麵、全麥穀類早餐等</p> <p>Rice, rice noodles, spaghetti, macaroni, shanghai noodles, udon, oatmeal, porridge, wholegrain bread, etc.</p> <p>白飯、米粉、意粉、通粉、上海麵、烏冬、麥皮、粥、全麥麵包等</p> <p>Low-fat biscuit: soda cracker, high-fibre biscuit, marie biscuit, whole wheat cracker, tea biscuit, low-fat whole wheat biscuit, etc.</p> <p>低脂餅乾：梳打餅、高纖維餅、瑪利餅、全麥克力架、水泡餅、茶餅、低脂全麥餅乾等</p> <p>Bakery: Sesame bun, baguette etc.</p> <p>包點：豬仔包、法包等</p>	<p>Chinese and Western desserts: cake, egg tart, ice cream, muffin, Chinese muffin, etc.</p> <p>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.</p> <p>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>Bakery: pineapple bun, custard bun, cocktail bun, croissant, coconut bun, cream bun, lotus paste bun, bread with butter, shanghai dumpling, scallion pancake, pot-sticker etc.</p> <p>包點：菠蘿包、奶黃包、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.</p> <p>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.</p> <p>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訂)	Avoid eating 避免選用
Meat, poultry, fish and seafood 肉、家禽、 魚及海產	<p>Lean meat without skin: pork, beef, lamb, chicken, duck, goose, etc. 各類去皮瘦肉：豬、牛、羊、雞、鴨、鵝等</p> <p>Crustaceans (≤ 2 times per 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>Various types of fish (3 times per week) 各種魚類（每星期進食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：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: roasted 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>Processed meat and canned fish in oil: luncheon meat, bacon, sausages, bacon, ham, salami, oily fish in black bean sauce, etc. 加工肉類及油浸魚：午餐肉、煙肉、火腿、意大利臘腸、豆豉鯪魚等</p>
Eggs and related products 蛋及蛋製品	Eggs 雞蛋	Cake, egg tart, egg roll, pastry with eggs, etc. 蛋糕、蛋撻、蛋卷、蛋黃酥等

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訂)	Avoid eating 避免選用
Milk and dairy products 奶及奶製品	Low-fat milk, skim milk, low-fat cheese, plain low-fat low-sugar yogurt, low fat cream, etc. 低脂奶、脫脂奶、低脂芝士、原味低脂低糖乳酪、低脂忌廉等	Full-cream dairy products: full-cream milk/cheese/yogurt, etc. 全脂奶製品：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, black beans, lentils, etc. 各類乾豆：紅豆、綠豆、眉豆、蠶豆、黑豆、扁豆等  Soybean and soy products: tofu, dried tofu, soymilk, bean curdsheets, 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、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
Fat and oil 油/脂肪類	Vegetable oil: olive oil, canola oil, soybean oil, corn oil, etc. 植物油：橄欖油、芥花籽油、黃豆油、粟米油等	Animal fat: butter, lard, chicken fat, etc. 動物性脂肪：牛油、豬油、雞油等  Vegetable oil: coconut oil, palm oil, margarine, repeatedly heated oil, meat sauces, etc. 植物油：椰子油、棕櫚油、植物牛油、曾多次翻熱的油、餸汁等



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訂)	Avoid eating 避免選用
<b>Nuts 果仁</b>	<p>Non-fried unsalted nuts: almonds, walnuts, peanuts, cashews, Macadamia nuts, pistachio, etc. 非油炸無鹽果仁：杏仁、合桃、花生、腰果、夏威夷果仁、開心果等</p> <p>Nuts are high in fat, the following equals to 1 tsp of oil: 果仁脂肪含量高，要與油換算，以下可由1茶匙油交換：</p> <p>2-3 pcs: walnuts, macadamia nuts 2-3粒：合桃及夏威夷果仁</p> <p>6-7 pcs: cashews, almonds 6-7粒：腰果及杏仁</p> <p>10-12 pcs: peanuts, pistachios 10-12粒：花生及開心果</p>	<p>Fried nuts, Brazil nuts, etc. 油炸果仁、巴西果仁等</p>

### Fruits and Vegetables 蔬果類

Fresh fruits, 100% fruit juices, unsweetened dried fruits, etc.  
各類新鮮水果、100%純鮮榨果汁、無添加糖乾果等

Fresh/ frozen vegetables and gourds  
各類新鮮或雪藏蔬菜、瓜類

Tubers: potato, lotus root, yam, radish, carrot, etc.  
根莖類食物：薯仔、蓮藕、芋頭、白蘿蔔、紅蘿蔔等

Packaged juice with added sugar  
含添加糖的包裝果汁

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、炸芋頭、芋蝦等

Coconut and related products: coconut shreds, coconut milk, etc.  
椰子及其製品：椰絲、椰漿等

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訂)	Avoid eating 避免選用
<b>Beverages 飲品及湯</b>	<p>Water 清水</p> <p>Tea: Chinese/English/Japanese green tea, etc. 清茶：中國茶、英國紅茶、日本綠茶等</p> <p>Clear soup with vegetable or gourd, sparkling water, soda with no sugar, etc. 去油清湯、瓜菜湯、有氣水、無糖汽水等</p> <p>(If you take the soup leftovers, count them as carbohydrates or meat intake) (若吃湯渣，要以「五穀類」或「肉類」份量計算)</p>	<p>Sugary drinks: sodas, fruit juice with added sugar, etc. 高糖飲品：汽水、加糖果汁、蔗汁等</p> <p>High-fat beverages: creamy soups, coconut milk, soups with pork bones/ chicken/ chicken feet, etc. 高脂飲料：忌廉湯、椰汁、豬骨湯、雞湯、雞腳湯等</p>

Remarks: The above information is for reference only. For personalised dietary advice, please contact our registered dietitians for a personalised nutritional consultation.

備註：以上資料只供參考，如需個人化飲食建議，請向本院註冊營養師預約作營養諮詢。

### Notes 筆記

### Booking and Enquiries 預約及查詢

Hotline 電話: +852 2122 1333

For more information, please call Dietetic Services or visit our website [www.gleneagles.hk](http://www.gleneagles.hk).

如欲了解更多預約的詳情及查詢，請隨時致電與營養服務部聯繫，或到訪我們的網站[www.gleneagles.hk](http://www.gleneagles.hk)。



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