

健康飲食小貼士

我們可食用多少鹽？

鈉質是身體中的主要電解質，幫助保持細胞外液的平衡，但過量的攝取與血壓上升有關^{1,2}



每日建議攝取量：

- 世界衛生組織建議成人每天應攝取少於2,000毫克鈉質³
- 根據中國膳食營養素參考攝入量，四至六歲小童的每日建議攝取量應少於1,200毫克^{4,5}
- 兩至三歲的小童的食物中，則應該盡量避免添加含鈉質的調味料⁴

2,000 毫克鈉質等於：^{2,6}

鹽 x 1 茶匙

辣豆瓣醬 x 2 湯匙

蠔油 x 4 湯匙

豉油 x 2 湯匙

茄汁 x 8 湯匙

注：1 平茶匙 = 5克或毫升；1 平湯匙 = 15克或毫升

減鹽小貼士：



調味料^{2,4,7}

- 多選：天然香草及香料，如薑、蔥、蒜頭及胡椒
- 少選：鹽、豉油、魚露、雞粉、腐乳等



食材^{2,7}

- 選擇新鮮食材，盡量避免經加工及醃製的食品，如午餐肉、鹹魚及鹹菜



營養標籤⁷

- 留意及比較預先包裝的食物及飲料上的營養標籤，以挑選含較低鈉質的產品

低鈉 = 每100克或100毫升的固體或液體食物不含超過0.12克鈉質（根據香港營養標籤要求）⁸

參考資料：1. HK Centre for Food Safety. Nutrient information inquiry. Available at: <https://www.cfs.gov.hk/english/nutrient/nutrient.php>. Accessed on 02Apr2019. 2. HK Department of Health. HK reference framework for hypertension care for adults in primary care settings – Module 5. 2011. 3. The World Health Organization. Guideline: sodium intake for adults and children. 2014. 4. HK Department of Health. Nutrition guidelines for children aged 2 to 6. 2018. 5. Chinese Nutrition Society. Chinese DRIs Handbook. 2013. 6. HK Department of Health. Less salt for better health. Available at: https://www.chp.gov.hk/files/her/less_salt_for_better_health_infographic.pdf. Accessed on 02Apr2019. 7. HK Department of Health. Healthy eating meal plan for adult woman. 2015. 8. HK Centre for Food Safety. Technical guidance notes on nutrition labelling and nutrition claims. 2016. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution. WYE-PM-083-MAY-19.

