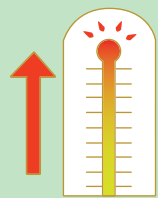


# 少啲鹽 健康啲

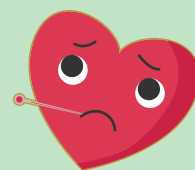
進食過多的鹽會導致**高血壓**，增加患上**心血管疾病**、**中風**和**腎病**的風險。



高血壓



中風

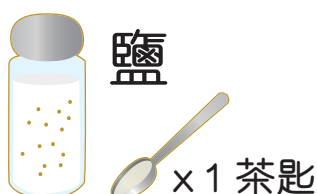


心血管疾病



腎病

世界衛生組織建議：一般成年人每日的鈉攝取量應少於2000毫克  
即約以下其中一項：



鹽

x 1 茶匙



豉油

x 2 湯匙



蠔油

x 4 湯匙

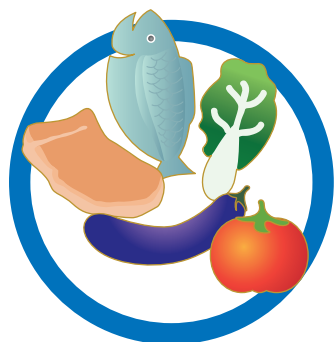


豆瓣醬

x 2 湯匙

註：1平茶匙約5克/毫升；1平湯匙約15克/毫升

## 減鹽好方法



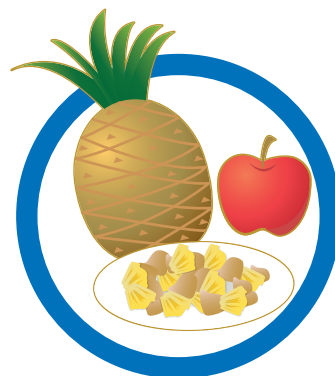
### 以新鮮食材入饌

如魚、瘦肉、  
新鮮瓜菜



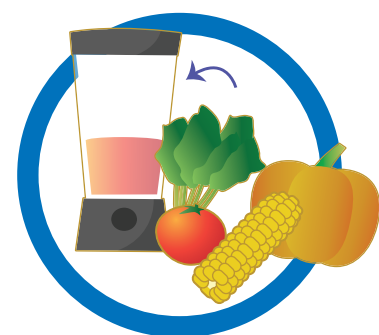
### 以天然、新鮮的 香料烹調菜式

如蔥、蒜、薑、芫茜、  
香草、少量胡椒



### 以鮮果入饌

如火龍果炒肉片、  
蘋果粒蒸肉餅、  
鮮菠蘿炒雞柳



### 利用新鮮蔬果 自製芡汁

如鮮茄汁、菠菜汁、  
南瓜汁、粟米汁

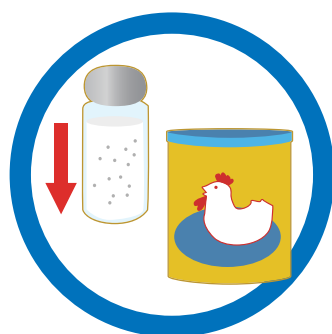


### 查閱營養標籤 和成分表

選擇「低鈉」\*

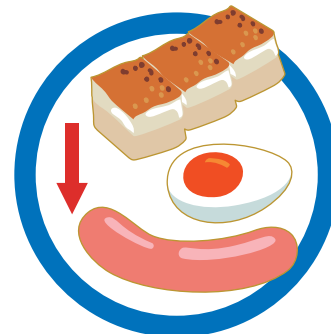
或含鹽(鈉)較少的產品

\*每100克/毫升不超過120毫克鈉



### 減少使用鹽、高鈉質 的調味料和現成醬汁

如豉油、蠔油、豆瓣醬、腐乳、  
味精、雞粉、滷水汁、照燒汁



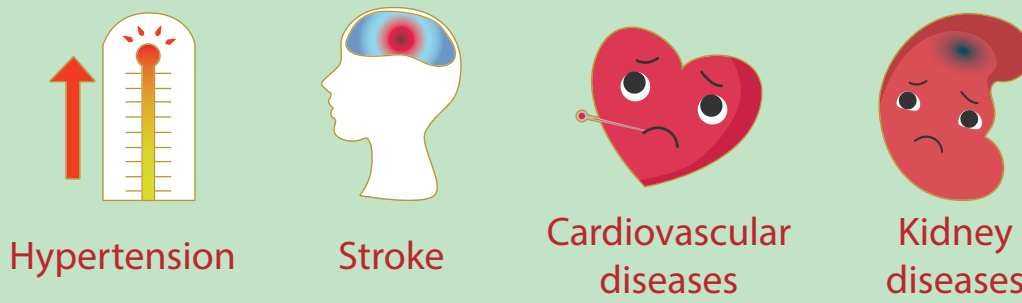
### 減少進食加工 及醃製食物

如燒味、火腿、香腸、煙肉、  
鹹魚、鹹蛋、梅菜、泡菜



# Less Salt for Better Health

Eating too much salt can lead to **hypertension**, which increases the risks of **cardiovascular diseases**, **stroke** and **kidney diseases**.



Hypertension

Stroke

Cardiovascular diseases

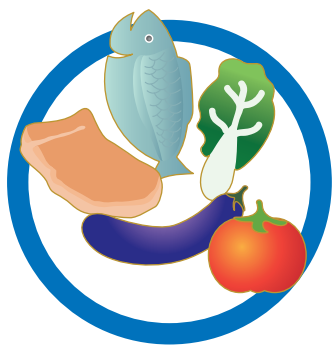
Kidney diseases

The World Health Organization recommends that the daily intake of sodium of an average adult should be less than 2000mg which is approximately equal to one of the following:



Note: 1 level teaspoon is about 5g/ml. 1 level tablespoon is about 15g/ml.

## Ways to reduce salt intake



### Cook with fresh ingredients

e.g. fish, lean meat, fresh vegetables and gourds



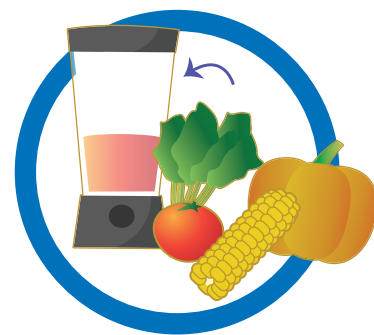
### Use more natural and fresh spices

e.g. spring onion, garlic, ginger, coriander, herbs and a trace amount of pepper



### Cook with fresh fruit

e.g. stir-fried meat with dragon fruit, steamed meat patty with apple cubes, and stir-fried chicken fillets with fresh pineapple



### Make thickening sauce with fresh fruit and vegetables

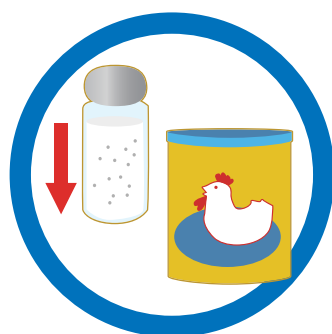
e.g. tomato sauce, spinach sauce, pumpkin sauce and sweet corn sauce



### Read nutrition labels and ingredient lists

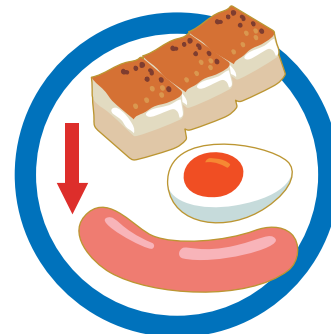
Choose food products that are labelled "low sodium"\* or contain less salt (sodium)

\*Not more than 120mg of sodium per 100g/ml



### Use less salt, high-sodium seasonings and ready-made sauces

e.g. soy sauce, oyster sauce, fermented broad bean paste, fermented bean curd, MSG, chicken powder, Chinese marinade and teriyaki sauce



### Eat less processed and preserved food

e.g. Chinese barbecued meats, ham, sausage, bacon, salted fish, salted egg, preserved mustard and kimchi

