

# 找出鹽疑犯

## Look out for the Hidden Salt



世界衛生組織建議：  
The World Health Organization's  
recommendation:

成人每日鈉攝取量  
Daily sodium  
Intake for Adult

**< 2000** 毫克  
mg

大概少於一平茶匙鹽  
Less than a teaspoon of salt

減少鈉(鹽)的攝取量有助減低患上  
以下疾病的風險：

Reduction of sodium (salt) intake helps  
lower the risk of developing the following  
illnesses:



冠心病  
Coronary heart  
disease



腎衰竭  
Kidney failure



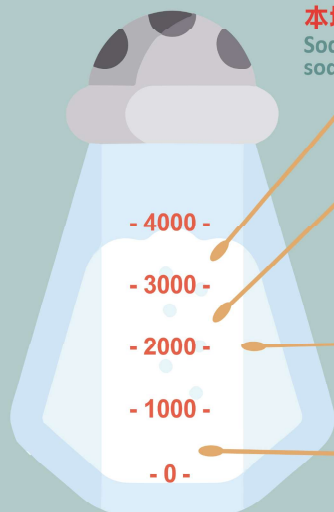
高血壓  
High blood  
pressure



中風  
Stroke



本地成年人口鈉(鹽)攝入量及建議攝取量  
Sodium (salt) consumption and recommended  
sodium intake for adult population



3500

現時的水平  
Current level

2500

世衛建議到2025年的平均人口  
攝取量(按香港數字推算)  
WHO's recommended mean  
population intake by 2025  
(projection for Hong Kong)

2000

世衛建議長遠的最高攝入量  
WHO's recommended upper  
level in the long term

500

世衛估計所需水平  
Estimated level needed from  
WHO

每日鈉攝取量 (毫克)  
Sodium intake (milligrams per day)

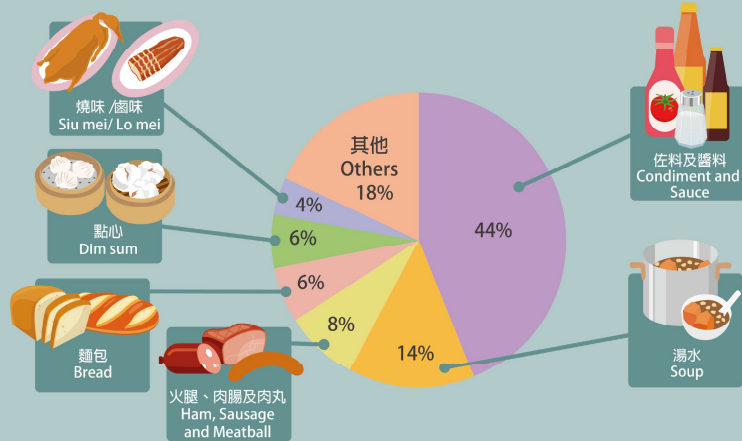
# 找出鹽疑犯

## Look out for the Hidden Salt

### 香港人攝入鈉(鹽)的主要食物來源

#### Major Food Sources of Sodium (Salt) intake in Hong Kong

根據食物安全中心的研究，本港成年人攝入鈉(鹽)的主要食物類別包括：  
According to the studies conducted by the Centre for Food Safety (CFS), the major food groups contributing to sodium (salt) intake for local adults include:



### 廚房的「鹽」疑犯

#### The Hidden Salt in the Kitchen



保持均衡和多元化的飲食，多選擇新鮮農作物及肉類，少吃醃製及加工食品

Maintain a balanced and varied diet with more fresh produce and meat but less preserved and processed foods.

# 趁低吸「鈉」

## Go for Less "SODIUM"

**留意菜式食材，以低脂、低糖、低鈉為健康基礎**  
 Pay attention to the ingredients in foods and choose foods low in fat, sugar and sodium as the foundation of a healthy diet



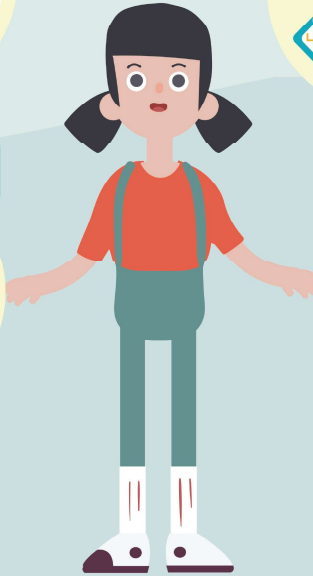
**選購參與「預先包裝食品『鹽/糖』標籤計劃」的產品**  
 Choose products participating in the "Salt/ Sugar" Label Scheme for Prepackaged Food Products



**留意食物分量**  
 Beware of the portion size



**留意醬汁的分量**  
 Beware of the amount of sauce



**可選擇較低脂肪和鈉的食材**  
 Choose foods lower in fat and sodium



**閱讀營養標籤**  
 Read the nutrition label



**查閱購物卡**  
 Read the Shopping Card

**如何選擇較健康的食物**  
 How to choose healthier food

什麼是高鈉？ (What is High?)		什麼是低鈉？ (What is Low?)	
每100克/100ml (Per 100g/ml)	每份 (Per portion)	每100克/100ml (Per 100g/ml)	每份 (Per portion)
15克	7.5克	5克	2.5克
600毫克	300毫克	120毫克	60毫克

**Tips for Choosing Healthier Food**  
 在購物時，留意包裝食品標籤上的營養標籤，選擇較健康的食物。

每份 (Per portion)	每日所需 (Daily intake)
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10

## 低鈉廚房宣言

### LESS SODIUM NOW

可選用蒜頭、薑、蔥、醋、檸檬汁、香茅、沙薑粉、五香粉、七味粉、花椒、八角、羅勒等天然食材來調味，或含有谷胺酸的菇菌類、蕃茄作為配料。

Use natural ingredients like garlic, ginger, spring onion, vinegar, lemon juice, lemongrass, "spice ginger" powder, five spice powder, seven spice powder, Chinese prickly ash, star anise and basil for flavouring. Ingredients containing glutamic acid like mushroom and tomato will work too!

