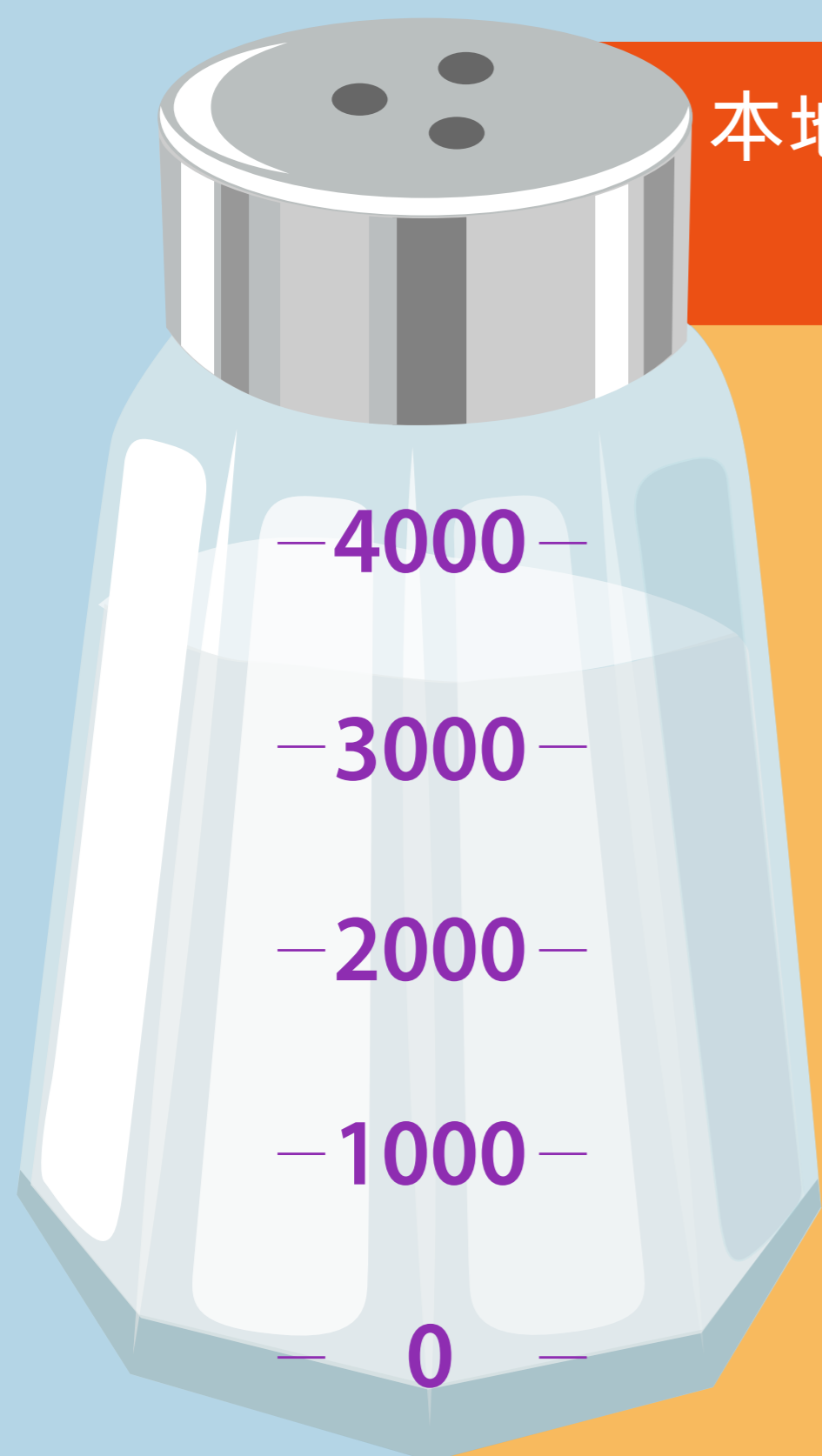


# 健康飲食從少鹽起

## Reduce Salt Intake for Your Health



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

### 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 local adult population

**4000**

估計現時的水平  
Estimated current level

**2800**

世衛建議到 2025 年的平均人口攝取量  
(按香港估計數字推算)

WHO's recommended mean population intake by 2025  
(estimated projection for Hong Kong)

**2000**

世衛建議長遠的最高攝取量

WHO's recommended upper level in the long term

**200-500**

估計所需水平

Estimated level needed



### 攝取過多鹽對身體的影響

Health Effects of Excessive Salt Intake



攝取過多鹽會增加患上以下疾病的風險：

Excessive salt intake could increase the risk of developing the following illnesses:



冠心病  
Coronary heart disease



高血壓  
High blood pressure



腎衰竭  
Kidney failure



中風  
Stroke



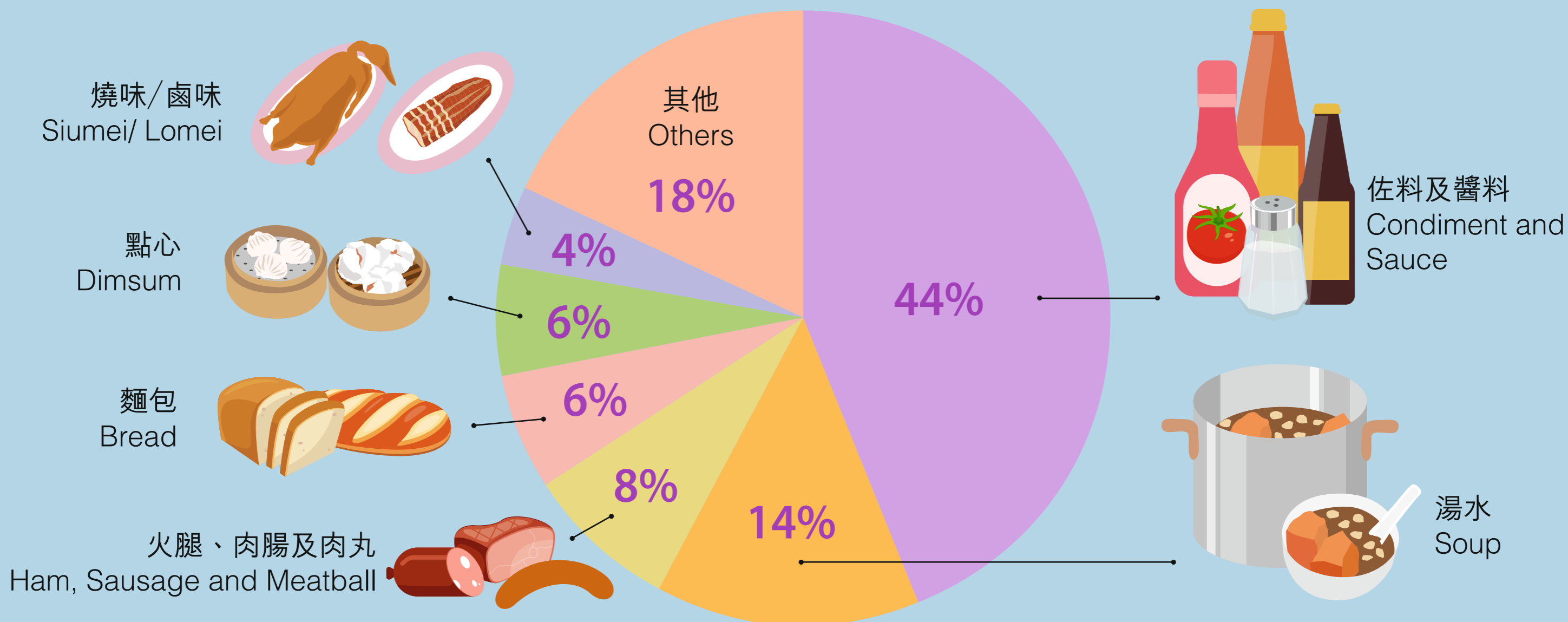
胃癌  
Stomach cancer

# 鹽的主要膳食來源

Where can we find salt in foods?

本港成年人攝入鈉的膳食來源主要來自佐料及醬料<sup>1</sup>和湯水<sup>2</sup>

For local adults, large percentage of dietary sodium intakes comes from condiment and sauce<sup>1</sup> and soup.<sup>2</sup>



1. 在本港成年人攝入鈉的膳食來源中，44%為「佐料及醬料」，其中「鹽」佔25%，而「佐料及醬料」（不包括「鹽」）則佔餘下19%。  
Of the “Condiment and Sauce” contributing 44% to the sodium intake of the local adult population, 25% is contributed by “salt” and the remaining 19% by “condiment and sauce (other than salt)” respectively.

2. 食物安全中心的資料。  
Data from the Centre for Food Safety (CFS).

## 佐料及醬料 Condiment and Sauce

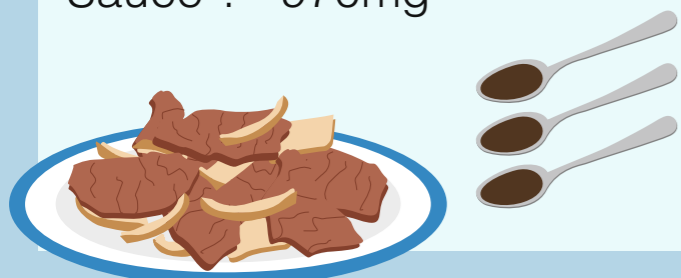
佐料及醬料是本港市民攝取鈉的主要膳食來源，原因是佐料及醬料的鈉含量偏高，而且在醃製、烹調及食物蘸醬時會使用大量佐料及醬料。例如：

Sodium contribution to the dietary intakes from condiment and sauce is high mainly due to their high sodium contents and the large amount used in marinating, cooking and dipping. For example:

### 豉油 Soy Sauce

烹調中式牛柳條時，醃料所需的3茶匙豉油的鈉含量大概為970毫克。

Sodium content of 3 tea-spoons of soy sauce used to marinate beef for “Pan-fried Beef in Sweet and Sour Sauce”: ~970mg



### 蠔油 Oyster Sauce

烹調薯仔炆雞翼時，醬料所需的2湯匙蠔油的鈉含量大概為1360毫克。

Sodium content of 2 table-spoons of oyster sauce used to make “Braised Chicken Wings with Potatoes”: ~1360mg



\* 烹調以上兩款餸菜時，豉油和蠔油未必是唯一所添加的佐料及醬料。不同食譜所使用的豉油及蠔油分量亦不一樣。

Soy sauce and oyster sauce may not be the only condiments and sauces used in making the above dishes. The amounts of soy sauce and oyster sauce used for making the above dishes vary with recipes.

## 湯水 Soup

食物安全中心與消費者委員會合作進行的一項研究發現，平均一碗湯水(240克)的鈉含量相當於世衛建議每日攝取限量的36%。

According to a joint study conducted by the Centre for Food Safety and the Consumer Council, a serve of soup (240 g) contributed sodium equivalent to 36% of WHO’s recommended limit of daily intake in average.

13種湯水(一碗240克計)的平均鈉含量佔世衛建議每日攝取限量的百分比

Mean sodium contribution of 13 types of soup (a bowl of 240 g) to WHO’s recommended limit of daily intake



# 減鹽小貼士

## Tips to Lower Salt Intake



### 購物貼士

#### Shopping tips



- 閱讀營養標籤，選擇鈉含量較低的產品，如「低鈉」食品（即每 100克食物含不超過120毫克鈉）。  
Read nutrition labels and select lower sodium options, e.g. choose “low sodium” products ( $\leq 120$  mg per 100 g of food).

- 多買新鮮農作物及肉類，少買加工及預製食物，即避免購買醃製的魚/菜/肉類、火腿及肉腸、鹹味小吃和即食麵等。  
Buy fresh produce and meat instead of processed and prepared foods, i.e. avoid preserved fish / vegetables/meat, ham and sausage, salty snack food, and instant noodles, etc.

- 利用營養資料查詢系統搜尋各種食物的鈉含量。  
Search the Nutrient Information Inquiry System for the amount of sodium in foods.



中文版本



English Version

### 煮食貼士

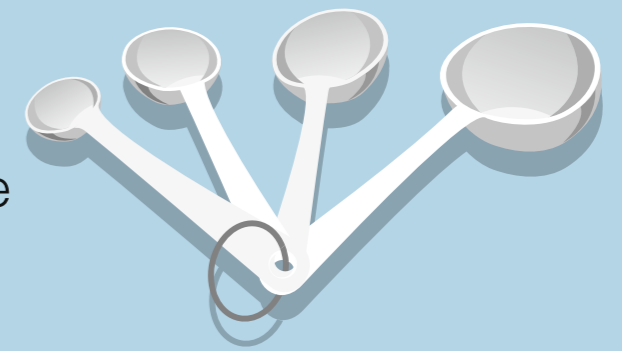
#### Cooking tips



- 逐漸減少鹽或含鈉調味料的分量，讓味蕾慢慢適應清淡的口味。  
Gradually reduce the use of salt or sodium-containing seasonings to allow taste buds get adapted to the new taste.

- 多用天然/新鮮食材(例如蒜頭、薑、檸檬/青檸汁、芫茜、菠蘿等)替代鹽及含鈉的佐料及醬料(例如蝦醬、豆豉、雞粉、蠔油等)。  
Replace table salt and sodium-containing condiments and sauces (e.g. shrimp paste, salted black bean, chicken powder, oyster sauce) by using natural/ fresh ingredients (e.g. garlic, ginger, lemon/lime juice, parsley, pineapple).

- 使用標準測量用具(例如茶匙)，以免在食物中添加太多鹽。  
Use standard measuring tools (e.g. a teaspoon) to avoid adding excessive salt to food.



### 外出用膳貼士

#### Dining-out tips



- 要求食肆在配製食物時「少鹽」。  
Request for a “less salt” option.
- 點菜時要求減少佐料/醬汁，或要求佐料/醬汁另上。  
Ask for less condiments/sauces and request condiments/sauces to be served on the side rather than on the dishes.
- 選擇餐牌中較健康的食物(例如光顧已簽署「食物安全『誠』諾」並參與「減鹽、糖、油，我做！」計劃的食肆)。  
Order healthier options from the menu (e.g. visit food premises joining the “Reduce Salt, Sugar, Oil. We Do!” Programme of the Food Safety Charter).

### 健康飲食貼士

#### Healthy eating tips



- 與他人分享食物以減少食用分量。  
Share food with others to reduce the portion of intake.
- 減少進食高鈉食品(如鹹味小吃)。  
Reduce the intake of foods high in sodium (e.g. salty snacks).
- 通過「先品嚐，後添加」，減少在食品中添加鹽和含鈉調味料的分量。  
Reduce the amount of salt and sodium-containing seasonings to be added to food at the table by “tasting before adding”.