

找出鹽疑犯

保持健康血壓有辦法

附趁低吸「鈉」攻略
高下「鈉」見!

鹽和糖的自我修養系列



鈉（鹽）與高血壓

世界衛生組織建議一般成年人每日的鈉（鹽）攝取量應少於2000毫克（即略少於一平茶匙食鹽），減少鈉的攝取量有助減低患上高血壓、心血管疾病及中風的風險。

兒童的鈉攝取量應少於成人。年紀愈小的兒童，每天所需的鈉也愈少。而長者因味覺敏感度下降，或會偏向愛食鹹味的食物。

其實，無論是什麼年齡的人士，如果攝取過量的鈉，都會對增加患非傳染性疾病的風險。故此，大家絕對不可忽視在飲食中減少鈉的攝取量對身體健康的重要性。

香港人攝入鈉的主要食物來源

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：



市民應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。

趁低吸「鈉」

另外，香港人生活忙碌，經常外出用膳已成為日常飲食習慣之一，但當中其實隱藏著不少飲食陷阱，例如攝取過多鈉等，為都市人的健康帶來隱憂。如果選擇在食肆用餐或買外賣，或購買預先包裝食物時，可以留意以下低鈉要訣：

留意菜式食材，以低脂、低糖、低鈉為健康基礎	多士或餐包走油、飲品走甜或少奶、醬汁另上或全走及留意餡料
可選擇較低脂肪和鈉的食材	煎蛋改焗蛋、腸仔改肉片；魚片、雪菜或梅菜改以天然香料如洋蔥、蒜頭、胡椒粉等
留意醬汁的分量	可要求食肆將醬汁另上，並在試味後按口味適量添加。
留意食物分量	點餐或購買食物時，留意食物的分量，如分量超過個人食用分量，可考慮與他人分享或減少食物數量。
選購參與「預先包裝食品『鹽/糖』標籤計劃」的產品	留意營養標籤上的「鈉」含量，多選購「低鹽低糖」的產品
光顧「星級有營食肆」(restaurant.eatsmart.gov.hk)	選擇「三低之選」的菜式，自然吃得健康

廚房的「鹽」疑犯

即使在家飲食，也不要掉以輕心。在中餐飲食，鈉常來自烹調食物的醬料。以下列表是一些常見鈉含量高的醬料，常常一小匙就令人不以為意攝取過多的鈉，下廚時盡量減少使用。

每湯匙含鈉	2100毫克	1300毫克	1190毫克
佔每日鈉攝上限比例	105%	65%	60%
高鈉指數	★★★★★	★★★★★	★★★★★

每湯匙含鈉	1000毫克	750毫克	620毫克	390毫克
佔每日鈉攝上限比例	50%	38%	31%	20%
高鈉指數	★★★★★	★★★★	★★★★	★★★

想食物美味而又低鈉，可以選用香料和香草等天然食材來調味，如蒜頭、薑、蔥、醋、檸檬汁、香茅、沙薑粉、五香粉、七味粉、花椒、八角、羅勒，或選用含有谷胺酸的菇菌類、蕃茄作為配料，為菜色增添風味，代替高鈉醬料。

減鹽計劃

不少食物業界已參與食物安全中心的減鹽計劃，按照自願減鈉目標減低食物的鈉含量，以減低香港市民的鈉攝取量。市民可透過中心網頁瀏覽參與計劃的食物業界資料。

https://www.cfs.gov.hk/tc_chi/programme/programme_rdss/programme_rdss.html

岩鹽、海鹽比較健康嗎？

食鹽是一種礦物，主要成分為氯化鈉，約有60%氯原素及40%鈉原素。食鹽主要產自海洋、地下鹽礦或天然鹽水，而幼鹽則由原鹽溶解後再重新結晶而來。

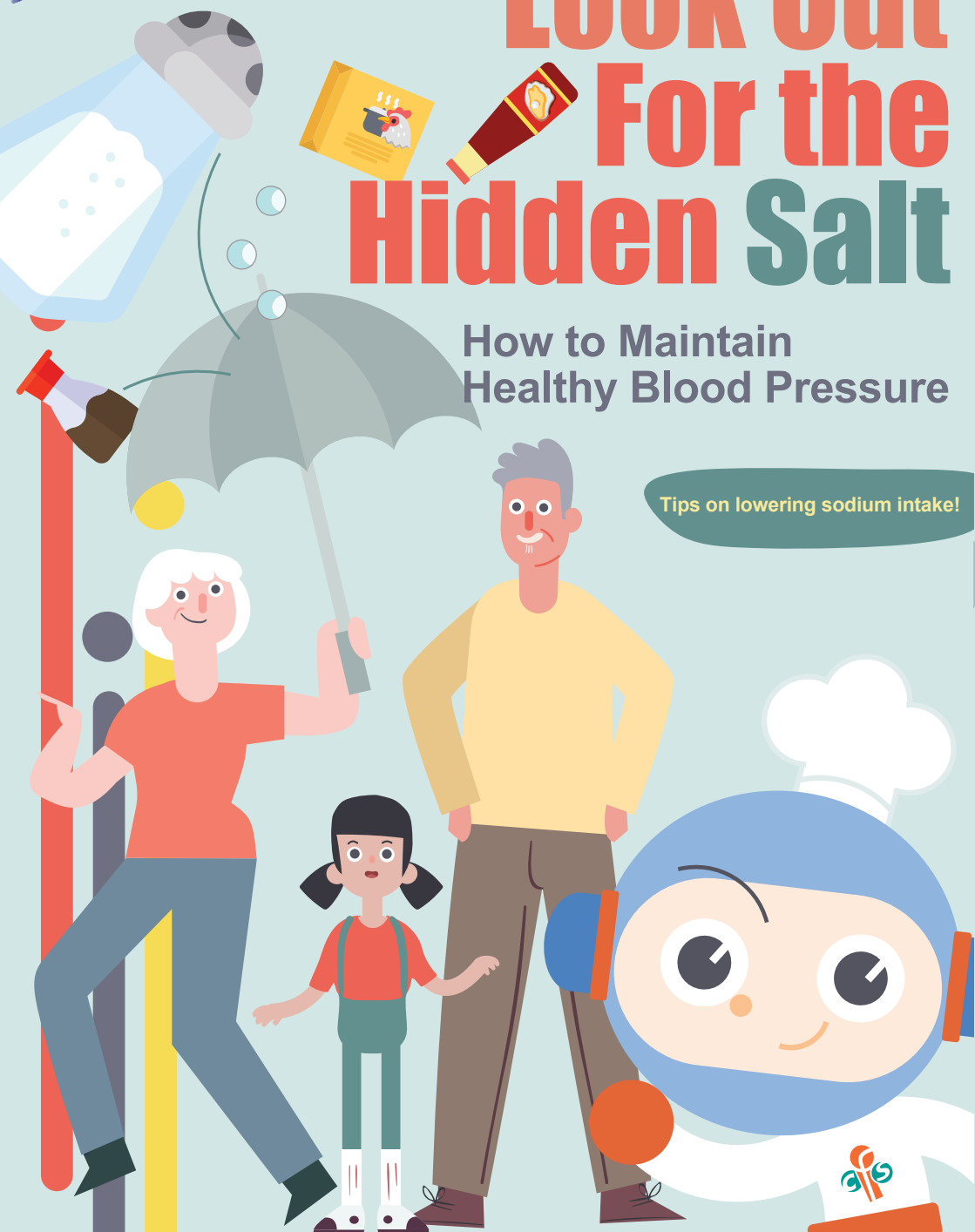
岩鹽、海鹽與平日食用的粗鹽、幼鹽並無太大分別，主要成分都是氯化鈉。因經天然曬乾或結晶而成，岩鹽、海鹽會保留較多雜質，當中包括礦物質，但其含量極微細，不足一天所需的份量，故不應作補充礦物質之用。

另外，雞粉與味精雖然不是鹽，但同樣是屬於高鈉的調味料，不宜多吃。

Look Out For the Hidden Salt

How to Maintain Healthy Blood Pressure

Tips on lowering sodium intake!



Sodium (Salt) and Hypertension



The World Health Organization recommends that the daily intake of sodium (salt) for an average adult should be less than 2000 mg (i.e. slightly less than 1 level teaspoon of table salt). Reduction of sodium intake helps lower the risk of hypertension, cardiovascular diseases and stroke.

Children should have less sodium intake than adults. The younger a child, the lesser amount of sodium he/she requires per day. As for elderly people, due to lowered sensitivity to taste, they may tend to prefer salty foods.

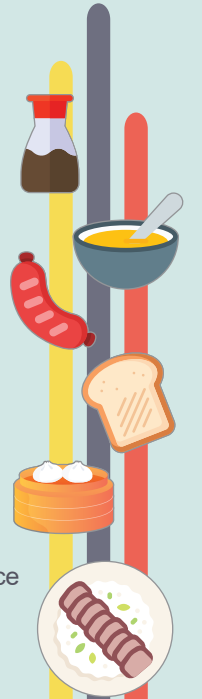
In fact, excessive sodium intake will increase the risk of non-communicable diseases for people of all ages. Therefore, we must not ignore the importance of reducing sodium intake in our diet for the sake of our health.

Major Food Sources of Sodium (Salt) Intake in Hong Kong

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:



The public should maintain a balanced and varied diet with more fresh produce and meat but less preserved and processed foods.



Go for Less Sodium

With a hectic pace of city life, many local people have fallen into a habit of often eating out which, however, hides a number of diet traps such as excessive intake of sodium, posing potential risks to health. When patronising restaurants, ordering takeaways or buying prepackaged foods, keep in mind the following tips on lowering sodium intake:

Pay attention to the ingredients in foods and choose foods low in fat, sugar and sodium as the foundation of a healthy diet	Ask for toasts or plain rolls/buns without butter, drinks without sugar or with less milk, sauces on the side or to be skipped, and pay attention to the fillings.
Choose foods lower in fat and sodium	Change fried eggs to boiled eggs, sausages to meat or fish slices, preserved mustard greens or mui choy to natural spices such as onions, garlic and pepper, etc.
Beware of the amount of sauces	Ask for sauces to be served on the side and taste before adding.
Beware of the portion size	When ordering or buying foods, beware of the portion size. If it exceeds the amount for personal consumption, consider sharing with others or ordering/buying fewer foods.
Choose products participating in the "Salt/Sugar" Label Scheme for Prepackaged Food Products	Check the sodium content on the nutrition label and choose more "low salt" and "low sugar" products.
Patronise EatSmart Restaurants (restaurant.eatsmart.gov.hk/eng/home.aspx)	Choose "3 low" dishes, i.e. dishes low in fat, sugar and salt for a healthy diet.



The Hidden Salt in the Kitchen

Even if you eat at home, do not take it lightly. Sodium is hiding in many Chinese condiments and sauces that you cook with. The table below lists some of the common condiments and sauces that are high in sodium. Adding another spoonful may give you more sodium than you need without you noticing it, so try to use less when cooking.

	Chicken Powder	Fish Sauce	Shrimp Paste
Sodium Content per Tablespoon	2100mg	1300mg	1190mg
Sodium Contribution to Daily Upper Intake	105%	65%	60%
High Sodium Index	★★★★★	★★★★★	★★★★★

	Soya Sauce	Black Bean Paste	Oyster Sauce	Seafood Sauce
Sodium Content per Tablespoon	1000mg	750mg	620mg	390mg
Sodium Contribution to Daily Upper Intake	50%	38%	31%	20%
High Sodium Index	★★★★★	★★★★	★★★★	★★★

If you like your food delicious yet low in sodium, use natural ingredients like spices and herbs for flavouring, such as garlic, ginger, spring onion, vinegar, lemon juice, lemongrass, "spice ginger" powder, five spice powder, seven spice powder, Chinese prickly ash, star anise and basil. You may also use ingredients containing glutamic acid such as mushroom and tomato as a substitute for high sodium sauces to add flavour to your dishes.



Salt Reduction Scheme

A number of food trade members have participated in the Salt Reduction Scheme launched by the CFS to reduce the sodium content in their food products in accordance with the voluntary sodium reduction targets, so as to reduce the sodium intake of Hong Kong people. For information on the participating food trade members, please visit the CFS website: https://www.cfs.gov.hk/english/programme/programme_rdss/programme_rdss.html

Are Rock Salt and Sea Salt Healthier

Table salt is a mineral mainly composed of sodium chloride, with about 60% chloride and 40% sodium. Table salt is mainly produced from the ocean, underground salt mines or natural brine, while fine salt is produced by dissolving and recrystallising raw salt.

Rock salt and sea salt are not much different from the coarse salt and fine salt that we usually consume, as they are also mainly composed of sodium chloride. Produced by natural sun drying or crystallisation, rock salt and sea salt retain more impurities, including minerals which, however, are of a tiny amount insufficient for daily needs, so these salts should not be used as a mineral supplement.

In addition, chicken powder and monosodium glutamate (MSG), though they are not salt, are also condiments high in sodium and should be limited in consumption.