

找出鹽疑犯

LOOK OUT FOR THE HIDDEN SALT

少食高鈉調味料 保持健康血壓有辦法

REDUCE YOUR SODIUM INTAKE FOR A HEALTHIER BLOOD PRESSURE

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



雞粉
Chicken Powder



魚露
Fish Sauce



蝦醬
Shrimp Paste

每湯匙含鈉
Sodium per Tablespoon

2100毫克mg

1300毫克mg

1190毫克mg

佔每日鈉攝上限比例
Contribution to Daily Upper Intake

105%

65%

60%

高鈉指數
High Sodium Index



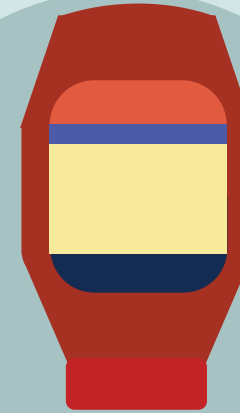
豉油
Soya Sauce



豆豉醬
Black Bean Paste



蠔油
Oyster Sauce



海鮮醬
Seafood Sauce

每湯匙含鈉
Sodium per Tablespoon

1000毫克mg

750毫克mg

620毫克mg

390毫克mg

佔每日鈉攝上限比例
Contribution to Daily Upper Intake

50%

38%

31%

20%

高鈉指數
High Sodium Index



低鈉廚房宣言 LESS SODIUM NOW

可選用蒜頭、薑、葱、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!

