



低鹽（鈉）食譜

鈉是什麼？

鈉是一種在食物、食鹽和海鹽中的礦物質。我們需要一些鈉以保持體內水分平衡。不過，我們傾向吃過量的鈉。

我為何需要限制鈉的吸收？

吃太多鹽（鈉質）會引起血壓高、手及腳部水腫和呼吸困難。如果你有高血壓、糖尿病、心臟病或腎病，少吃鹽將會對你有益。

鈉來自哪裡？

- 烹調用和餐桌上用的鹽。
- 加工食品中的鹽和鈉添加劑。
- 許多食物含有少量天然存在的鈉。

肉和肉類替代品

避免含高鈉的食物

燒味、臘腸、香腸、牛或豬肉乾、午餐肉、回窩肉、火腿、鹹魚、蝦米、豆豉鯪魚、沙甸魚、鹹蛋、皮蛋、腐乳、用鹽炒過的硬殼果和種籽

較好的選擇

新鮮或雪藏沒有用鹽醃過的肉類、家禽、魚、海鮮、蛋、豆腐

Low Salt (Sodium) Diet

What is Sodium?

Sodium is a mineral found in food, table salt and sea salt. We need some sodium for body water balance. However, we tend to eat more sodium than we need.

Why Do I Need to Limit Sodium?

Eating a lot of salt (sodium) may increase blood pressure, cause swelling of the hands and feet and make breathing difficult. If you have high blood pressure, diabetes, heart or kidney disease, it is beneficial to limit your sodium.

Where Does Sodium Come From?

- Salt added in cooking and at the table.
- Salt and other sodium additives are found in commercially prepared foods.
- Small amounts of sodium are found naturally in many foods we eat.

Meat and Alternatives

Avoid foods that are high in sodium

Barbecued meats, Chinese sausages, wieners/sausages, beef or pork jerky, luncheon meat, stewed pork, ham, salted fish, dried shrimps, canned fish with black beans, sardines, salted eggs, century eggs, fermented tofu, salted nuts and seeds

Better choices

Fresh or frozen unsalted meats, poultry, fish, seafood, eggs, tofu

水果和蔬菜

避免含高鈉的食物

普通罐頭蔬菜、鹹酸菜、中國泡菜、蕃茄汁、中式涼果（如話梅）

較好的選擇

新鮮或雪藏沒有用鹽醃過的蔬菜及水果、低鈉罐頭蔬菜、罐頭水果

Fruits and Vegetables

Avoid foods that are high in sodium

Regular canned vegetables, preserved vegetables, Chinese pickles, tomato juice, Chinese preserved fruits

Better choices

Fresh or frozen vegetables and fruits, low sodium canned vegetables, canned fruit

穀物類食品

避免含高鈉的食物

即食麵飯、急凍即食晚餐、鹹餅乾、即食熟麥片

較好的選擇

未經加工的粉麵、飯（如米粉、河粉、烏冬、麵、粥、意大利粉、麵飽、麥片）、低鹽餅乾、淡餅乾

Grain Products

Avoid foods that are high in sodium

Instant noodles and instant rice with seasonings, TV dinners, salted crackers, instant hot cereal

Better choices

Unprocessed noodles, rice (e.g.: vermicelli, rice noodles, udon, noodles, congee, pasta, bread, oatmeal), low sodium crackers, plain cookies

牛奶和奶類替代品

避免含高鈉的食物

芝士片、芝士醬和芝士汁

較好的選擇

牛奶、酸奶、低鈉芝士（如低鈉忌廉芝士）、硬芝士

Milk and Alternatives

Avoid foods that are high in sodium

Cheese slices, cheese spreads and cheese sauces

Better choices

Milk, yogurt, low sodium cheeses (e.g.: low sodium cream cheese), block type cheese

其他食品

避免含高鈉的食物

鹽、Half-Salt (含高鉀)、蒜鹽、味精、生或老抽、蠔油、魚露、蝦膏、即用醬汁 (如叉燒醬、海鮮醬、日本燒烤醬)、中國廚酒、豆豉、面豉、茄汁、粒裝或粉裝的濃縮湯、罐頭湯、薯片、蝦片、紫菜 (大量)

較好的選擇

薑、洋蔥、蒜頭、蒜粉、蔥、香料 (如胡椒粉、乾辣椒、咖喱粉、五香八角、香茅)、檸檬、醋、麻油、低鹽生抽或老抽、低鹽的湯、清茶

Others

Avoid foods that are high in sodium

Salt, Half-Salt (high in potassium), garlic salt, MSG, soy sauce, oyster sauce, fish sauce, shrimp paste, ready-to-use sauces (e.g.: BBQ sauce, Hoisin sauce and Teriyaki sauce, Chinese cooking wine, bean paste, miso, ketchup, bouillon (cubes or powder), canned soups, potato chips, shrimp crackers, seaweed (in large amounts)

Better choices

Ginger, onion, garlic, garlic powder, green onion, spices and herbs (e.g.: pepper, dried chili, curry powder, star anise, lemon grass), lemon, vinegar, sesame oil, low sodium soy sauce, low sodium soups, tea

使用這份資料時，請諮詢您的營養師。

您的營養師: _____ 電話: _____

如何尋找更多資料？

www.kidney.ca • www.bcrenalagency.ca

Use this information with the help of your dietitian.

Dietitian: _____ Telephone: _____

Where can I find more information?

www.kidney.ca • www.bcrenalagency.ca