



腎臟飲食 降低膽固醇的貼士

脂肪

- 減少食用所有的脂肪，每日不多過6-8茶匙。（這包括人造牛油，菜籽油，橄欖油，沙拉醬和蛋黃醬）。
- 1茶匙脂肪（任何種類）= 5克脂肪
- 當您使用脂肪時，請選擇好的脂肪：橄欖油，菜籽油，或不含氫化脂肪的人造牛油，少量食用。
- 儘量吃無調味醬汁的食物。
- 選擇低脂肪的蛋黃醬或低脂肪/無脂肪的沙拉醬。
- 吃麵包時，使用果醬代替牛油或人造牛油。
- 可使用少量的調味品，例如：佐料(relish)，印度甜酸的調味料(chutney)，墨西哥番茄調味汁(salsa)，芥末，Tabasco[®]辣醬，或辣根(horseradish)。
- 避免使用牛油，肉汁，豬油，起酥油，棕櫚油，椰子油，椰奶，攪打奶油和酸奶油。

肉和肉類代替品

- 選擇瘦的、無皮的肉。三文治肉的較好選擇是：烤牛肉或烤火雞/雞肉。選擇“瘦”或“特別瘦”的碎牛肉。
- 每星期吃至少兩次魚，例如：鮭魚/三文魚，馬鮫魚，鮭鱒魚。
- 使用¼杯硬豆腐或½杯軟豆腐代替1個安士蛋白質。
- 每星期吃不多於3個蛋黃。可選用蛋白和蛋代替品。
- 每天吃不多於4-6安士的肉類和魚。
- 每星期吃不多於1杯蝦。
- 避免食用內臟。

Diet Tips to Lower Cholesterol for the Renal Diet

Fats

- Limit ALL fats to no more than 6–8 tsp per day. (This includes margarine, canola oil, olive oil, salad dressing and mayonnaise.)
- 1 tsp of any fat = 5 g of fat.
- When you use fat, choose good fats: olive oil, canola oil, or a non-hydrogenated margarine in small amounts.
- Try to eat food without sauces.
- Choose low fat mayonnaise or low fat/fat-free salad dressing whenever possible.
- Try jam instead of butter or margarine on toast.
- Try small amounts of condiments like relish, chutney, salsa, mustards, Tabasco[®], or horseradish.
- Avoid butter, gravy, lard, shortening, palm oil, coconut oil, coconut milk, whipping cream and sour cream.

Meat and Alternates

- Choose lean, skinless cuts of meat; deli meat such as roast beef or roast turkey/chicken. Select “lean” or “extra lean” ground beef.
- Choose fish such as salmon, mackerel or trout at least twice a week.
- Enjoy ¼ cup firm tofu or ½ cup soft tofu instead of 1 oz of protein.
- Limit egg yolks to only 3 per week. Egg whites and egg substitutes can be used more often.
- Limit your meat or fish portions to 4–6 oz per day.
- Limit shrimp to one cup a week.
- Avoid organ meats.

減少食用：燒味，臘味，臘腸，午餐肉，油浸罐頭魚（如豆豉鯪魚），炸雞，煙肉，燻肉，香腸，魷魚，鮑魚和蟹膏。

以下的肉代替品含高鉀/磷。若想食用：

- 每星期2-3次可用2個湯匙花生醬，或½杯沖洗過的腰豆，黑白斑豆或雞豆代替1安士的肉。別忘記服食您的降磷藥丸。

牛奶及奶類食品

- 選擇脫脂或1%牛奶，含1%或較低M.F.（牛奶脂肪）的酸奶。
- 選擇含少於20% M.F.的乳酪/芝士。
- 每個星期兩次可用1個安士乳酪/芝士代替1個安士肉。
- 避免食用冰淇淋，攪打奶油(whipping cream)，高脂厚奶油 (heavy cream)，和酸奶油 (sour cream)。嘗試無脂肪或低脂肪的選擇。
- 限制每日1杯奶類食品。注意含奶油的湯，含奶油的菜餚，布丁，和蛋奶凍。

穀類

- 選擇白麵包或60%麥麵包。
- 選擇白粉麵和飯。
- 大麥/意米(barley)，蒸丸子(couscous)，和碎小麥(bulgur)都含較低的磷和鉀。
- 可使用Quaker® Corn Bran，Puffed Wheat，或Kashi 7™ Whole Grain Puffed Cereal。
- 避免含高糖份的麥片（例如：Fruit Loops™）和含高脂肪的麥片（例如：granola）。
- 小吃提議：無鹽的蘇打餅或烤脆薄麵包片；50%減鹽的餅乾例如Wheat Thins，Whole Wheat Triscuits，和Stone Wheat Thins®。
- 可試用無加鹽的爆玉米花代替含高鹽的小吃如烤乾酪辣味玉米片(nachos)，馬鈴薯片等。

Choose less often: Chinese-style barbeque meats, preserved meats, preserved sausages, luncheon meat, fish canned in oil, fried chicken, bacon, sausages, squid, abalone, crab fat.

The following meat alternatives are high in potassium/phosphorus. If you wish:

- Two tablespoons of peanut butter, or ½ cup of rinsed kidney beans, pinto beans or chick peas may be used instead of 1 oz of meat 2–3 times per week. Remember your binders.

Dairy

- Choose skim or 1% milk; yogurt with 1% MF (milk fat) or less.
- Choose cheese with less than 20% MF
- 1 oz cheese instead of 1 oz meat twice per week may be used.
- Avoid ice cream, whipping cream, heavy cream, and sour cream. Try fat-free or low fat choices.
- Limit dairy intake to 1 cup per day. Watch out for cream soups, creamy casseroles, puddings, and custards.

Grain Products

- Choose white or 60% whole wheat breads and buns.
- Choose white pasta and rice.
- Barley, couscous, and bulgar are grains lower in phosphorus and potassium.
- Try Quaker® Corn Bran, Puffed Wheat, or Kashi 7™ Whole Grain Puffed Cereal.
- Cereals with high sugar (e.g. Fruit Loops™) and high fat (e.g. granola) should be avoided.
- Snack on unsalted soda crackers or Melba Toast, crackers with less than 50% salt such as Wheat Thins, Whole Wheat Triscuits, and Stone Wheat Thins®.
- Try air popped popcorn instead of salty snacks like nachos, chips, etc.

降低膽固醇的貼士

- 用含低脂肪的鬆餅，天使蛋糕和低脂肪的餅乾，代替新月形麵包/牛角包，炸麵圈 (donut)，鬆餅，蛋糕，和酥皮點心。

減少食用：伊麵，油麵，雞尾飽，椰絲飽，蛋撻，椰塔和高脂餅乾。

水果和蔬菜

- 每日食用至少3份水果和3份蔬菜。
- 注意您烹調蔬菜的方法 – 炒菜，沙拉醬，調味汁和醬汁可能隱藏許多脂肪。

其他

- 避免糖果和巧克力。它們含許多隱藏的卡路里 (糖份)。
- 限制果汁和汽水。它們含隱藏的卡路里/糖份。
- 避免酒精。它含許多無營養的卡路里。
- 選擇水或低糖的非可樂類汽水，例如：低糖的七喜[®]或低糖雪碧[®]。

貼士

- 用烘，炙，煮，微波爐焗或烤代替炒或炸。
- 若需要炒，用一個不黏的煎鍋和限制油量。
- 減少在餐館用餐。當您上館子吃飯，選擇您特別喜愛的餐館和熟悉它們的菜單選擇。
- 比較食物標籤，選擇含較低脂肪的產品。儘量選擇每分量含少於2克飽和脂肪和轉化脂肪的食物。

TIPS TO LOWER CHOLESTEROL

- Have low-fat muffins, angel food cake, lower fat cookies instead of croissants, donuts, muffins, cakes, and pastries.

Choose less often: deep fried noodles, oily noodles, cocktail buns, coconut bread, egg tarts, coconut tarts, high fat biscuits.

Fruits and Vegetables

- Choose at least three servings of fruits and three servings of vegetables per day.
- Watch how vegetables are prepared — stir-frying, salad dressings, vegetables dips and sauces may add a lot of hidden fat.

Others

- Avoid candies and chocolates: lots of hidden calories (sugar).
- Limit juices and soft drinks: more hidden calories/sugar.
- Limit or avoid alcohol: lots of non-nutritious calories... just like fat.
- Choose water or clear diet soft drinks such as Diet 7-UP[®] or Diet Sprite[®].

Tips

- Bake, broil, poach, microwave or barbeque rather than frying or deep fat frying.
- If frying, use a non-stick pan and limit the amount of oil added.
- Limit restaurant eating. When eating out choose favorite restaurants and become familiar with their menu choices.
- Compare food labels and select products lower in fat. Aim for less than 2 g total saturated plus trans fat per serving.

生活方式的貼士

活躍的生活。要多走路，跑步，游泳，或騎腳踏車。每個星期至少 3 次，每次最少 30 分鐘。在開始任何運動計劃之前，一定要先和您的醫生查詢。

不要抽煙。抽煙可增加您患心臟病，中風和癌症的機會。

少吃鹽。吃含較低鹽和較少加工過的食物可幫助降低血壓。嘗試用鹽代替品，例如 Mrs. Dash® 或用香料調味。除非有醫生的建議，不要用含鉀的鹽代替品（例如：No Salt®（無鹽），Half Salt™（半鹽））。

限制酒精。酒精含高卡路里。而且酒精可降低一些藥物的效力。請與您的藥劑師或醫生查詢更多資料。

Lifestyle Tips

Be active. Walk, jog, swim, or bicycle for at least 30 minutes 3 times a week. Be sure to check with your doctor before starting an exercise program.

Don't smoke. Smoking increases the risk of heart disease, stroke and cancer.

Limit salt. Eating less salt and processed foods may help to lower blood pressure. Try a salt substitute such as Mrs. Dash® or use spices and herbs to flavor foods. Do not use salt substitutes containing potassium (e.g. No Salt®, Half Salt™) unless advised by your doctor.

Limit alcohol. Alcohol is high in calories. Drinking alcohol can cause some medication to be less effective. Check with your pharmacist or doctor.

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