

降低飲食中鈉的攝入

Lowering Sodium in Your Diet

What is sodium?

Sodium is a mineral that is needed for good health and is present in all foods. Most people eat more sodium than they need. If the body cannot get rid of the extra sodium, fluid builds up. Extra fluid increases the work of the heart and kidneys, and may increase blood pressure. Eating less sodium may help control these problems. You will sometimes see the term sodium abbreviated “Na,” as in NaCl (sodium chloride), which is **table salt**.

The current guideline for how much sodium we should eat is 2,300 milligrams (mg). The guideline is even lower at 1,500 mg for those over 50 years old, with high blood pressure and for African Americans. These sodium goals can be hard for some people to reach, especially if they are eating large amounts of sodium now. Many people can get to the lower sodium goal over time by making small changes to their diets. This handout can help you start to do this.

Sodium Guidelines

Even low sodium or sodium-free foods contain small amounts of sodium. To choose foods that are healthier for you, look for these labels:

- **Sodium-free:** less than 5 milligrams of sodium per serving
- **Very low-sodium:** 35 milligrams or less per serving
- **Low-sodium:** 140 milligrams or less per serving
- **Reduced sodium:** usual sodium level is reduced by 25 percent

什麼是鈉？

鈉是健康所需的一種礦物質，存在於所有食物中。大多數人攝入過多的鈉。如果身體無法排出多餘的鈉，體液就會積聚。多餘的體液會加重心臟和腎臟的負擔，並可能使血壓升高。少吃鈉可能有助於控制這些問題。有時您會看到鈉一詞的縮寫“Na”，如 NaCl（氯化鈉），這是**食鹽**。

根據當前指南，我們應攝入的鈉量是 2300 毫克(mg)。對於 50 歲以上、高血壓和非裔美國人，指南甚至建議更低，為 1,500 mg。對於某些人來說，達到這些鈉量目標可能很難，尤其是如果他們現在正在攝入大量的鈉。透過逐漸改變飲食習慣，許多人可以逐步降低鈉的攝入量。本講義可以幫助您開始改變。

鈉量指南

即使是低鈉或無鈉的食物也含有少量鈉。要選擇對您更健康的食物，請看這些標籤：

- **無鈉：**每份鈉含量少於 5 毫克
- **很低鈉：**每份 35 毫克或以下
- **低鈉：**每份 140 毫克或以下
- **降鈉：**通常的鈉量降低25%

- **Unsalted, no salt added or without added salt:** made without the salt, but still has the sodium that is a natural part of the food

- **無鹽、不加鹽或未加鹽：**無鹽製成，但仍含有鈉，是食物的天然成分

Know Your Salt

When you are trying to lower the sodium in your diet, even a small amount of salt has a lot of sodium in it.

Amount of sodium in salt:

- ¼ teaspoon salt has 600 milligrams of sodium
- ½ teaspoon salt has 1,200 milligrams of sodium
- ¾ teaspoon salt has 1,800 milligrams of sodium
- 1 teaspoon salt has 2,300 milligrams of sodium
- 1 teaspoon baking soda has 1,000 milligrams of sodium

瞭解鹽

當您嘗試降低飲食中的鈉含量時，即使少量的鹽中也含有大量的鈉。

鹽中的鈉含量：

- ¼ 茶匙鹽含有 600 毫克鈉
- ½ 茶匙鹽含有 1,200 毫克鈉
- ¾ 茶匙鹽含有 1,800 毫克鈉
- 1 茶匙鹽含有 2,300 毫克鈉
- 1 茶匙小蘇打含有 1,000 毫克鈉

How can I limit sodium?

General tips:

- Slowly cut back on the amount of salt that you add when cooking or eating foods until you **do not use any salt**.
- **Avoid seasoned salts.** These include onion salt, celery salt, lite salt, low-sodium salt and sea salt. Accent, meat tenderizers and lemon pepper should also be avoided.
- Be careful if you choose a salt substitute. Many substitutes have large amounts of potassium in them which can cause medical problems for some people. Lite salts contain sodium in smaller amounts, but they are still too high for people who need to restrict sodium. Ask your doctor or dietitian if a salt substitute is okay for you.

如何限鈉？

一般提示：

- 在烹調或食用食物時，慢慢減少鹽的添加量，直到**不使用任何鹽為止**。
- **避免調味鹽。**這些包括洋蔥鹽、芹菜鹽、幼鹽、低鈉鹽和海鹽。也應避免使用增味劑、鬆肉劑和檸檬胡椒。
- 選擇鹽替代品時要小心。許多替代品中都含有大量的鉀，這可能給一些人帶來醫療問題。幼鹽中的鈉含量較低，但對於需要限鈉的人來說，鈉含量仍然太高。向您的醫生或營養師諮詢鹽替代品是否適合您。

Avoid food where large amounts of salt or sodium have been added:

- All cured or smoked meats such as Canadian bacon, salt pork, ham, luncheon meat, sausage, canned or dried beef, bacon, wieners (including products made from soy products and turkey), sardines, smoked fish and pepperoni
- Processed cheese and cheese spreads such as American cheese, Velveeta and Cheese Whiz
- Products made with baking soda and baking powder, such as self-rising flour, most baking mixes, canned bread products, and frozen pancakes and waffles
- Most restaurant foods
- Packaged convenience foods, such as macaroni and cheese, Hamburger Helper, Chef-Boy-Ardee meat dinners, Dinty Moore, regular frozen TV dinners and pot pies or Lipton's Noodles and Sauce or Rice and Sauce mixes
- Packaged potato, rice and stuffing mixes such as Rice-a-Roni and Stove Top Stuffing
- Frozen vegetables in cream or cheese sauces; vegetables cooked with meat fat (greens); canned regular vegetables; regular tomato or V-8 juice
- Salted snack foods such as crackers, pretzels, potato chips, corn chips, cheese puffs, fried pork rinds and salted nuts
- Regular canned soups; dried and instant soup mixes; frozen soups; bouillon cubes, granules or powder; consommé; homemade soups made with ham, ham bones, salted fish or meats
- Canned or packaged gravy and sauce mixes

避免食用添加了大量鹽或鈉的食物:

- 所有醃制或薰制的肉類，如加拿大培根、鹹豬肉、火腿、午餐肉、香腸、罐頭或牛肉幹、培根、熏肉（包括由大豆製品和火雞製成的產品）、沙丁魚、薰制魚和義大利辣香腸
- 加工芝士和芝士醬，如American cheese, Velveeta 和 Cheese Whiz 芝士
- 用小蘇打和泡打粉製成的產品，如自髮粉、大多數烘焙混合物、罐裝麵包產品以及冷凍薄煎餅和華夫餅
- 大多數餐廳食物
- 包裝好的方便食品，例如通心粉和芝士、Hamburger Helper, Chef-Boy-Ardee 晚餐肉、Dinty Moore, 定期的冷凍速食和鍋餅或立頓的麵條和醬汁或米飯和醬汁混合物
- 包裝好的土豆、大米和餡料混合物，如 Rice-a-Roni 和感恩節晚餐餡料
- 奶油或乳酪醬中的冷凍蔬菜；用肉脂烹製的蔬菜（綠色食品）；普通蔬菜罐頭；普通番茄或V-8果汁
- 鹹味零食，如餅乾、椒鹽脆餅、薯片、粟米片、芝士泡芙、炸豬皮及鹹味果仁
- 普通罐頭湯；乾湯包和即溶湯包；冷凍湯；肉湯塊、顆粒或粉末；清燉（肉）湯；用火腿、火腿骨頭、鹹魚或肉製成的自製湯
- 罐裝或包裝的肉汁和醬汁混合物

- All sports drinks such as Gatorade or Powerade
- Brined or pickled vegetables such as sauerkraut and pickles (sweet and dill), commercial pickled vegetables, pickle relish, and olives (green and ripe)
- Chili sauce, soy sauce, steak sauce, Worcestershire sauce, BBQ sauce, cooking wine, cooking sherry, imitation bacon bits, meat tenderizers and marinades

Eat these foods in limited amounts:

- Frozen entrees with 500 mg sodium or less, such as Lean Cuisine, Weight Watchers or Healthy Choice
- Natural cheese such as cheddar or Swiss up to 2 ounces a day, or cottage cheese up to ½ cup a day
- Low-sodium tomato or V-8 juice up to ½ cup a day
- Regular or fat free salad dressing up to 2 tablespoons a day
- Buttermilk up to 2 cups a day
- Catsup and mustard up to 2 tablespoons a day
- Canned tomato puree and tomato paste ¼ cup a day (if used in a recipe, do not add extra salt). Limit regular tomato sauce to ½ cup a day.
- Baking powder, baking soda (use as an ingredient for baking only)
- Reduced sodium soups up to ½ cup a day

- 所有運動飲料，如佳得樂或 Powerade
- 鹽漬或醃制的蔬菜，例如酸菜和泡菜（甜和蒔蘿）、商業醃制的蔬菜、鹹菜和醃漬橄欖（青色和成熟的）
- 辣椒醬、醬油、牛排醬、唸汁、燒烤醬、料酒、雪利酒、仿培根片、鬆肉劑和醃醬

少量食用以下食物：

- 鈉含量不超過 500 mg 的冷凍食品，如 Lean Cuisine, Weight Watchers 或 Healthy Choice
- 天然芝士，例如車打芝士或瑞士芝士，每天最多 2 盎司，或鄉村芝士，每天最多 ½ 杯
- 低鈉番茄或 V-8 果汁，每天最多 ½ 杯
- 普通或無脂沙律醬，每天最多 2 湯匙
- 白脫牛奶，每天最多 2 杯
- 果醬和芥末醬，每天最多 2 湯匙
- 罐裝番茄汁和茄膏，每天 ¼ 杯（如果在食譜中使用，則請勿另外添加鹽）。普通番茄醬，每天 ½ 杯。
- 發酵粉、蘇打粉（僅作為烘焙原料使用）
- 低鈉湯，每天最多 ½ 杯

Foods that do not need to be limited that are lower in sodium:

- Fresh meat, poultry, game or fish without added salt
- Commercially prepared salt-free soups and homemade soups using allowed ingredients.
- Fresh or frozen plain vegetables
- Fresh, frozen or canned fruits and fruit juices
- Dried beans, peas, lentils, and unsalted nuts and seeds
- Regular bread, unsalted crackers and pretzels, plain pasta, rice and potatoes.
- Regular margarine, mayonnaise and vegetable oils
- Homemade gravies and sauces using allowed ingredients
- Milk, soda pop, sparkling water
- Herbs, spices and herb blends that do not contain salt, such as Mrs. Dash

Talk to your doctor, nurse or dietitian if you have any questions or concerns about lowering sodium in your diet.

以下鈉含量較低的食物無需限制：

- 不含鹽的新鮮肉、家禽、野味或魚
- 使用允許成分的市售無鹽湯和自製湯。
- 新鮮或冷凍普通蔬菜
- 新鮮、冷凍或罐裝水果和果汁
- 幹豆、豌豆、小扁豆和無鹽堅果和種子類
- 普通麵包、無鹽餅乾和椒鹽脆餅、義大利面、米飯和土豆。
- 常規人造黃油、蛋黃醬和植物油
- 使用允許的食材自製的肉汁和醬汁
- 牛奶、汽水、蘇打水
- 不含鹽的草藥、香料和草藥混合物，例如 Mrs. Dash

如果您對降低飲食中鈉的攝入有任何疑問或疑慮，請諮詢您的醫生、護士或營養師。