Nutrition for Seniors Eat Smart Live Smart (v11)
11.1 Healthy Eating Principles
健康飲食原則

There is so much confusion sometimes about what is good for you and what is not.
有時候，對於什麼對你有好處，什麼卻沒有，會對人造成很多的困惑。

Eating a healthy diet is not about strict limitations.
健康飲食並非嚴格限制。

Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.
而是要感覺良好，擁有更多能量，改善健康並改善心情。

It's your overall dietary pattern that is most important.
更重要是養成整體飲食習慣。

Apart from planning meal using the Food Plate or Healthy Eating Plate concept, the following principles should be considered as part of a healthy diet.
除了使用食物盤或健康飲食盤來計劃膳食外，還應將以下原則視為健康飲食的一部份。

11.1 Avoid high salt intake
避免台灣食物盤攝入量

Excessive sodium intake will increase the risk of developing hypertension, stroke, coronary heart disease, kidney disease and osteoporosis.
鈉攝入過多會增加患高血壓，中風，冠心病，腎臟疾病和骨質疏鬆的風險。

The World Health Organization recommends a maximum sodium intake of 2000 mg daily (~1 teaspoon of salt).
世界衛生組織建議每天最多攝入 2000 毫克鈉，大約 1 茶匙鹽。

- **Smarter use of seasonings**
  智慧地使用調味料

Avoid salt, soy sauce, oyster sauce, shrimp paste, chicken powder, salted black bean and fermented bean curd as they are high in sodium.
避免添加食鹽，醬油，蠔油，蝦醬，雞粉，豆豉，腐乳，因他們的鈉質很高。

Try using natural seasonings such as ginger, green onions, garlic, lemon or lime juice, parsley, mushroom, and pepper powder.
嘗試使用天然調味料如生薑，大蔥，蒜頭，檸檬或檸汁，芫荽，蘑菇和胡椒粉。

If the use of seasonings is unavoidable, try to serve this on the side so that you can control the amount you add to your food, e.g. dipping soy sauce instead of adding it directly to steamed rice roll; serving oyster sauce on the side instead of adding it directly to boiled vegetables).
如無可避免地要使用調味料，可將其放置旁邊以便控制添加到食物中的份量，例如：蘸醬油，而不是直接將其添加到蒸腸粉中；將蠔油放置一旁，而不是直接添加到焓菜中。

- **Be aware of hidden sources of salt**
  注意鹽的隱藏來源

Soup and processed food such as preserved fish, vegetables, meat, ham and sausage, salty snack food, and instant noodles are high in sodium.
湯和加工食品如腌制的魚，蔬菜，肉，火腿和香暘，咸味零食和即食麵，鈉含量高。

Dried seafood such as dried shrimp, dried scallop and dried oyster contain natural salty taste and can be used as ingredients to enhance the flavour of the dish.
乾海產類如蝦乾，瑤柱，蠔豉具天然咸味，可以用作增加菜肴的味道。

11.2 Choose healthy fats
選擇健康脂肪

Moderate consumption of healthy fat is recommended for older people.
建議長者適量食用健康脂肪。

Instead, high fat food should be avoided as it may lead to excessive consumption of calories and result in weight gain.
相反，應避免食用高脂食物，因它可能導致吸收過多卡路里令體重增加。

However, it is not recommended to avoid all fats, as fats are essential to give energy to the body, protect the organs, help the body to absorb some nutrients and produce important hormones.
但是，不建議避開所有脂肪，因脂肪能提供能量，保護器官，幫助吸收營養及制造重要激素對人體致為重要。

Therefore, dietary fat should be part of a healthy diet.
因此，飲食脂肪應成為健康飲食的一部份。

- **Choose wisely**
  明智的選擇

There are unhealthy fats such as saturated fat and trans-fat; and healthy fats such as monounsaturated and polyunsaturated fatty acids.
脂肪有不健康脂肪如飽和脂肪及反式脂肪; 和健康脂肪如單元不飽和脂肪酸及多元不飽和脂肪酸。

Unhealthy fats can raise the bad cholesterol in blood, and increase the risk of cardiovascular disease; while healthy fats can lower the bad cholesterol levels if consume as part of a balanced diet.
不健康的脂肪會增加血液中的有害膽固醇水平，並增加罹患心血管疾病的風險，而健康脂肪則可以通過均衡飲食來降低有害的膽固醇水平。

Unhealthy fats can be found in fatty cuts of meat, sausage, bacon, luncheon meat, cheese, butter, coconut oil, chips, French fries and pastries.

不健康的脂肪存在於肉類，香腸，煙肉，午餐肉，芝士，牛油，椰子油，薯片，炸薯條和糕點。

On the other hand, healthy fats can be found in avocado, nuts and seeds, olive oil and oily fish.

另一方面，在鰐梨，堅果和種籽，橄欖油和油性魚中可找到健康的脂肪。

Oily fish such as salmon, sardines and mackerel are rich in polyunsaturated fatty acid, omega 3 fatty acid, which can reduce the risk of cardiovascular disease and cognitive decline.

油性魚如三文魚,沙甸魚和鯖魚等含豐富多元不飽和脂肪酸,奧米加 3;可減低心血管疾病及認知能力降低的風險。

People who do not eat fish can get omega 3 fatty acids from nuts and seeds such as linseed and walnuts.

如果不吃魚類可在堅果及種籽如亞麻籽及合桃中攝取奧米加 3。

■ Be aware of the hidden source of fat
    慎防隱藏的脂肪來源

Pork bone soup that is boiled to a milky white color is high in fat and cholesterol.

煲成乳白色的豬骨湯含高脂及膽固醇。

When choosing meat to make soup, try to avoid meat that have a high-fat content, such as pork ribs and pork bones.

選擇煲湯肉類，忌用高脂肪肉類如排骨和豬骨。

Lean meat and chicken without skin are healthier options.

去皮的瘦肉和雞肉是更健康的選擇。

Blanch the meat before making the soup can also reduce the amount of fat in soup.

煲湯前先將肉燙白，可減少湯中脂肪含量。

■ Cooking methods also matter
    烹飪方法也很重要

Avoid using high-fat cooking methods such as pan-frying and deep-frying.

避免使用高脂肪烹飪方法，例如煎鍋和油炸。

Using low-fat cooking methods including blanching, steaming, stewing, baking, and stir-frying with little oil can cut down the amount of fat in the diet.

使用低脂烹飪方法，包括熱燙，蒸，燉，烘烤和少油炒，可以減少飲食中脂肪含量。

Before cooking meat and poultry, remove the fat and skin to reduce the intake of fat.

在烹飪肉類和家禽之前，先去皮及脂肪，可減少脂肪攝入。

Using non-stick pan can help to reduce the need for cooking oil.

用易潔鑊烹飪，可減少使用食用油。

■ All fats have the same calories
    所有脂肪類皆含相同卡路里

Although foods such as avocado, nuts and oily fish contain healthy fat, the amount to be consumed must be controlled.

儘管牛油果，堅果和油性魚類含健康脂肪，也須控制其食量。

All fats regardless the type, contain the same amount of calories per gram.

所有脂肪不論何種類型，每克所含卡路里都是相同的。

Consuming excessive calories, regardless of the source can result in weight gain.

攝入過多卡路里 - 無論來源如何 - 都會導致體重增加

11.3

1. Limit high sugar food and drinks
限制高糖食物和飲料
Consuming too much sugar can lead to excessive energy intake and increase the risk of chronic diseases such as diabetes and cardiovascular disease.
攝入過多糖會導致能量攝入過多，增加罹患糖尿病和心血管疾病等慢性疾病的風險。
The World Health Organization recommends the intake of free sugars should be less than 10% of the total daily energy intake, and preferably below 5% of the total daily energy intake.
世界衛生組織建議游離糖的攝入量應少於每日總能量攝入量的 10%，最好低於 5%。
For an average adult with a 2000 kcal diet, intake of free sugar should be less than 200 kcal (2000 x 10%) which is equivalent to 50 g or approximately 10 sugar cubes.
對於平均飲食量為 2000 卡的成人，游離糖的攝入量應少於 200 卡（2000 x 10%），相等於 50 克或大約 10 粒方糖。
A further reduction to 25 g or approximately 5 sugar cubes per day would provide additional health benefits.
如每天減少到 25 克或大約 5 粒方糖，則對健康更有裨益。

- Say no to confectionary and desserts
  對糖果和甜品說不

Avoid candy, chocolate, ice cream and desserts as they are high in sugar and fat.
避免糖果，朱古力，雪糕和甜品，因其糖及脂肪含量高。
If you want something sweet, try to choose fresh fruit, dried fruit without added sugar, low-fat milk or low-sugar soymilk.
如果你想食得甜一點，嘗試選擇新鮮水果，無糖乾果，低脂牛奶或低糖豆漿。

- Swaps for sugary drink
  掉換含糖飲料

Try to choose water, non-sugared tea, diet soft drink, low-sugar soy milk, low fat or skimmed milk.
嘗試選擇水，無糖茶，瘦身飲料 ，低糖豆漿，低脂或脫脂奶。
For sugar-containing beverages such as milk tea, coffee, lemon tea and bubble tea, try to ask for "less sugar" and "no added sugar", or request to serve the syrup or sugar with the drinks separately if possible.
含糖飲料，如奶茶，咖啡，檸檬茶和泡泡茶，應要求"少糖"或" 免糖"，或要求糖漿或糖分開上。
Read the nutrition label or select the "low sugar" option for pre-packaged beverages, if available.
如果可能，須閱讀包裝飲料營養標簽，或可選擇"低糖"類。

2. Get enough fiber
攝取足夠纖維
Dietary fiber has many benefits to our health.
膳食纖維對健康益處良多。
It helps to prevent and relieve constipation, stabilize blood glucose level to control diabetes, reduce blood cholesterol level and prevent cardiovascular disease, increase satiety to control body weight, and lower the risk of colon cancer.
它有助於預防和緩解便秘，穩定血糖水平以控制糖尿病，降低膽固醇水平並預防心血管疾病，增加飽腹感以控制體重，並降低結腸癌的風險。
To avoid discomforts such as bloating and flatulence, intake of dietary fiber should be gradually increase and accompanied with plenty of fluids.
為避免腹脹和腸胃氣脹等不適，膳食纖維的攝入量應循序漸進，並飲用大量液體。

2 plus 3 every day
每天 2 加 3
It is recommended to consume at least 2 servings of fruit (about 2 medium size fruit) and 3 servings of vegetables (about 1.5 medium bowl) every day.
建議每天至少食用 2 份水果，約 2 個中等大小水果，和 3 份蔬菜，約中碗 1 碗半。
Overcooking vegetables should be avoided to minimize nutrient loss.
避免過度烹煮蔬菜，以減少營養流失。
Try to add vegetables and beans to make soup and eat the residue.
煲湯時嘗試添加蔬菜和豆類，連湯渣一同進食。
Snacks on fresh fruit or vegetables such as dragon fruit, apple, cherry tomatoes and cucumber sticks.
以新鮮水果或蔬菜作為小食，如火龍果，蘋果，車厘茄，黃瓜棒等。
In addition, fruits and vegetables consumption also helps to control blood pressure as part of the DASH (Dietary Approaches to Stop Hypertension) diet.
此外，食用水果和蔬菜還有助於控制血壓，這是 DASH（飲食療法停止高血壓）的一部份。

Don't forget the wholegrains
毋忘全麥
Wholegrain food such as whole wheat bread, oatmeal, red or brown rice are also recommended as they are high in dietary fiber and nutrient contents than refined grain food such as white bread and white rice.
建議食用全麥食品，如全麥麵包，燕麥片，紅米或糙米，因它們的膳食纖維和營養成份比精制谷類食品，如白麵包和白米高。

11.4 Food Exchange List
　　食物交換清單
You may use the food exchange list as below to check out the serving size for each food group and to see what other food choices are available for each food group.
你可用下列食物交換清單，來查看每類食物組別有那些食物可供選擇及可進食之份量。

Fruits
生果
Size of a fist is equivalent to:
拳頭大小等於：

- 2 pieces small-sized fruit, e.g. kiwifruit, plum
  2 個小號水果，例如奇異果，李子
- 1 piece medium-sized fruit, e.g. orange, apple
  1 個中號水果，例如橙，蘋果
- ½ piece large-sized fruit, e.g. banana, grapefruit
  半個大號水果，例如香蕉，柚子
- ½ bowl cut fruit or mini-sized fruit e.g. water melon, grapes
  半碗切開水果或微型水果，例如西瓜，葡萄
- 1 tablespoon dried fruit without added sugar, e.g. raisin, prunes
  1 湯匙無糖乾果，例如葡萄乾，西梅乾

Vegetables
蔬菜
Slightly larger than the size of a fist is equivalent to:
略大於拳頭大小等於：

- ½ bowl cooked vegetables, sprouts, gourds, mushrooms, peas or beans
  半碗煮熟的蔬菜，荳芽，葫蘆，蘑菇，豌豆或豆類
- 1 bowl raw vegetables
  1 碗未煮的蔬菜

Grains
穀物
Slightly larger than the size of a fist is equivalent to:
略大於拳頭大小等於：

- 5 tablespoons cooked rice
  5 湯匙飯
- 1¼ bowl cooked noodles
  1¼碗煮熟的麵
- 2 slices bread
  2 片面包
- 2 ½ bowl congee
  2 ½碗粥
- 1 medium baked potato
  1 個中號焗薯

Meat, fish, egg and alternatives
肉，魚，旦及其替代品
Size of palm is equivalent to:
手掌般大小，相當於：

- 100g (~3 taels or size of ~3 table tennis balls) cooked chicken, beef, pork, fish
  100 克約 3 兩或 3 乒乓球大小煮熟鷄肉，牛肉，豬肉，魚。
- 2-3 whole eggs
  2-3 隻全雞蛋
- 1 piece hard tofu
  1 塊硬豆腐
- ½ bowl cooked legumes
  ½碗煮熟豆類

Milk & alternatives
牛奶及其替代品
1 cup 240ml milk is equivalent to:
1 杯 240 毫升牛奶等同於：

- 2 slices cheese
  2 片芝士
- 1 tub 150ml plain yoghurt
  1 桶 150 毫升原味乳酪
- 1 cup calcium-fortified soymilk
  1 杯加鈣豆奶

Tips:
錦囊：
Generally low-fat and fat-free milk and dairy products are healthier choices as they are lower in saturated fat.
通常低脂及脫脂奶和乳制品比較健康，因其飽和脂肪含量較低。
For older adults who are malnourished or are recommended to gain weight, full-fat milk and dairy products should be considered.
對於營養不良或建議增加體重的長者，應考慮使用全脂奶和乳制品。

Nuts & seeds
堅果和種籽
1 teaspoon of nut (size of tip of thumb) is equivalent to:
1 湯匙堅果約指尖大小等同於：

- 2 almonds
  2 粒杏仁
- 2 cashew nuts
  2 粒腰果
- 1 whole walnut
  1 個合桃
- 5 peanuts
  5 粒花生