

Protect Your Heart: Make Wise Food Choices

保護心臟：慎選食物

Toolkit No. 6 健康手冊（六）

How can food choices help keep my heart and blood vessels healthy? 為什麼慎選食物能幫助維持心臟和血管健康？

Diabetes increases your chances of having a heart attack or a stroke. But you can protect your heart and blood vessels by

糖尿病會增加罹患心臟病或中風的風險。但您可以藉由下列方式來保護心臟和血管：

- eating less of the foods that raise your blood cholesterol and your chances of heart disease
- eating more of the foods that lower your cholesterol and your chances of heart disease
- 少吃會增加血中膽固醇濃度和心臟病風險的食物
- 多吃會降低血中膽固醇濃度和心臟病風險的食物

Choosing foods wisely can also help you lose weight and keep your blood glucose (sugar) levels on target.

慎選食物也可以幫助減重，讓血液中葡萄糖（血糖）濃度維持在目標值。

How can I make wise food choices? 我要怎麼慎選食物？

Try these steps to help protect your heart and blood vessels:

試試看下面幾個可以幫助保護心臟和血管的步驟：

- **Eat less fat, especially saturated fat and trans fats, and fewer high-cholesterol foods.** Saturated fat is found in meat, poultry skin, butter, 2% or whole milk, ice cream, cheese, lard, and shortening. You'll also want to cut back on foods that contain palm oil or coconut oil. *Trans* fats are produced when liquid oils are turned into solids. This process is called hydrogenation. Cut back on foods that list hydrogenated or partially hydrogenated oils on the labels. This type of fat is found in crackers and snack foods, baked goods like cookies and donuts, french fries, and stick margarine. Use a soft margarine in place of butter or stick margarine. Look for soft margarine in a tub that lists a liquid oil such as corn, safflower, soybean, or canola oil as the first ingredient. Egg yolks and organ meats such as liver are high in cholesterol. Check the Nutrition Facts and the list of ingredients

on food labels.

- **減少脂肪攝取，特別是飽和脂肪及反式脂肪，同時少吃高膽固醇食物。** 肉類、雞皮、奶油、2% 或全脂牛奶、冰淇淋、起司、豬油、起酥油等都含有飽和脂肪。此外也應減少攝取含有棕櫚油或椰子油的食物。

當液態油凝結成固體時，就會產生反式脂肪。這整個過程稱為氫化。盡量減少包裝標示上列有氫化或部分氫化植物油的食物。這種脂肪常見於蘇打餅和點心食物、餅乾和甜甜圈等烘焙食品、薯條及人造黃油條。用軟質人造黃油來代替奶油或人造黃油條。找找看是否有盒裝軟質人造黃油，而且主要成分是玉米油、紅花油 (Safflower)、黃豆油或菜籽油 (Canola) 等液態油。

蛋黃以及肝臟等內臟肉類都富含膽固醇。請查看食物包裝標示上的營養標示和成分列表。



Making wise food choices can protect your heart and blood vessels.

慎選食物能保護心臟和血管。

- **Choose the kinds of fat that can help lower your cholesterol.** If you use cooking oil, choose olive oil or canola oil.

Nuts have a healthy type of fat as well. Corn oil, sunflower oil, and safflower oil also protect your heart. However, all oils, nuts, and fats are high in calories. If you're trying to lose weight, you'll want to keep servings small.

- **選擇可以降低膽固醇的脂肪種類。** 如果您使用食用油，請選擇橄欖油或菜籽油。堅果類也含有健康的脂肪。菜籽油、葵花油及紅花油也能保護心臟。不過，油、堅果和脂肪的熱量都很高。所以，如果正在減重，最好能減少用量。
- **Have fish 2 or 3 times a week.** Albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon are high in omega-3 fatty acids, a type of fat that may help lower blood fat levels and prevent clogging of the arteries.
- **每週吃魚 2 到 3 次。** 青花鮭魚、鯪魚、青魚、虹鱒魚、沙丁魚、鮭魚都富含 omega-3 脂肪酸，能幫助降低血脂濃度，預防動脈阻塞。
- **Use special cholesterol-lowering margarine.** Having 2 to 3 tablespoons of a cholesterol-lowering margarine every day can lower your cholesterol. These margarines contain plant stanols or plant sterols, ingredients that keep cholesterol from being absorbed. You'll find several types at the grocery store in the margarine section.
- **食用特殊的降膽固醇配方人造黃油。** 每天使用 2 到 3 茶匙的降膽固醇配方人造黃油，可幫助降低膽固醇。這種人造黃油含有植物固醇，能阻止人體吸收膽固醇。您可以在雜貨店的人造黃油貨架上找到多種這類產品。

- **Cook with less fat.** You can cut down on total fat by broiling, microwaving, baking, roasting, steaming, or grilling foods. Using nonstick pans and cooking sprays instead of cooking with fat also helps.
- **少油脂烹調。** 以烤炙、微波、烘焙、烘烤、蒸或烤等方式調理食物，可降低總脂肪。另外也可以使用不沾鍋和噴霧油來取代油脂烹調。
- **Eat more foods that are high in fiber.** Foods high in fiber may help lower blood cholesterol. Fiber also can prevent problems with the digestive system such as constipation. Oatmeal, oat bran, dried beans and peas (such as kidney beans, pinto beans, and black-eyed peas), fruits, and vegetables are good sources of fiber.
- **多吃高纖維食物。** 富含高纖維的食物可幫助降低血中膽固醇。纖維也有助於防止便秘等消化系統問題。燕麥片、燕麥麩、乾豆（例如菜豆、斑豆及豇豆）、水果及蔬菜等，都是攝取纖維的最佳來源。
- **Include more soy protein in your meals and snacks.** Replacing foods high in saturated fat with soy-containing foods may help lower your cholesterol. Foods with soy protein include soybeans, tofu, miso, tempeh, soy nuts, soy milk, textured soy protein, soy protein powder, and items that are made from soybeans, such as burgers.
- **在用餐和點心時多吃大豆蛋白。** 用含有大豆的食物取代高飽和脂肪的食物，可幫助降低膽固醇。含大豆蛋白的食物包括黃豆、豆腐、味噌、印尼豆豉 (Tempeh)、大豆、豆漿、組織化大

豆蛋白、大豆蛋白粉以及由黃豆製成的食品，例如黃豆漢堡。

- **Limit your alcoholic beverage consumption.** Drinking light to moderate amounts of alcohol is associated with a low risk of heart disease, perhaps by raising HDL (good) cholesterol levels. There isn't enough information to recommend that people who don't drink should start drinking alcohol to reduce heart risk. But, for those who do drink alcohol, 1 serving daily for women and up to 2 servings daily for men have been associated with good health. Drinking more than 1 to 2 drinks per day isn't helpful; it contributes unnecessary calories and may actually raise your blood pressure and triglycerides. In addition, it can cause other health problems. It's best to discuss drinking alcohol with your health care provider to find out whether it may be helpful for you.
- **限制飲用含酒精的飲料。** 喝少量或適量的酒有助於降低心臟病風險，原因可能是 HDL（好的）高密度膽固醇濃度因此而提高。但目前並沒有充分的證據顯示，不喝酒的人也應開始喝酒來降低心臟病的風險。不過，對於有飲酒習慣者，可每天喝 1 杯（女性）或 2 杯（男性）來維持身體健康。一天喝超過 1 至 2 杯其實無益，而會增加不必要的熱量，更可能會升高血壓和三酸甘油脂。此外，也可能會引發其他疾病。因此，最好能與醫師討論喝酒是否有助於健康。

| A day of heart-healthy meals | | | |
|---|---|---|-------------------------------|
| Breakfast | Lunch | Dinner | Between-meal snacks |
| fresh orange sections | sliced turkey on whole wheat bread with lettuce and mustard | baked chicken | dried fruit |
| oatmeal with 1% milk and raisins | carrot sticks | baked potato with cholesterol-lowering margarine and low-fat sour cream | air-popped popcorn |
| toast with cholesterol lowering margarine | cherry tomatoes | steamed green beans | rice cakes with peanut butter |
| coffee with 1% milk | fresh apple | tossed salad with low-fat salad dressing | |
| | | low-fat frozen yogurt | |

| 一天健康的三餐與點心 | | | |
|-----------------|----------------------|------------------------|---------|
| 早餐 | 午餐 | 晚餐 | 三餐之間的點心 |
| 新鮮柳橙切片 | 火雞肉切片、萵苣和芥末一起夾在全麥麵包中 | 烤雞 | 水果乾 |
| 燕麥片加上 1% 牛奶和葡萄乾 | 紅蘿蔔條 | 烤馬鈴薯加上降膽固醇配方人造黃油和低脂酸乳酪 | 無奶油爆米花 |
| 土司片塗上降膽固醇配方人造黃油 | 櫻桃蕃茄 | 蒸青豆 | 米餅塗上花生醬 |
| 咖啡加上 1% 牛奶 | 新鮮蘋果 | 拌沙拉加上低脂沙拉醬 | |
| | | 低脂優格 | |

For more help, ask your health care team for copies of these brochures:

如需更多協助，請向醫護人員索取下面這些手冊。

- Toolkit No. 7: *Protect Your Heart: Choose Fats Wisely*
- Toolkit No. 8: *Protect Your Heart: Cook with Heart-Healthy Foods*
- Toolkit No. 9: *Protect Your Heart: Check Food Labels to Make Heart-Healthy Choices*
- 健康手冊（七）： *保護心臟： 慎選脂肪種類*
- 健康手冊（八）： *保護心臟： 烹調有益心臟健康的食物*
- 健康手冊（九）： *保護心臟： 查看食物包裝標示， 選擇有益心臟健康的食物*



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