

Protect Your Heart: Choose Fats Wisely

保護心臟：慎選脂肪種類

Toolkit No. 7 健康手冊（七）

Why should I choose fats wisely? 為什麼要慎選脂肪種類？

Diabetes increases your chances of having a heart attack or a stroke. But you can protect your heart and blood vessels by choosing fats wisely. Some kinds of fat, such as butter and shortening, can increase your cholesterol and your chances of heart disease. Other kinds, such as olive oil and canola oil, protect your heart by lowering your cholesterol levels.

糖尿病會增加罹患心臟病或中風的風險。但只要慎選脂肪種類，就可以保護心臟和血管。某些脂肪可能會增加膽固醇和心臟病的風險，例如奶油和起酥油。其他像是橄欖油和菜籽油（Canola）等脂肪種類則可降低膽固醇濃度，進而保護心臟。

All fats are high in calories. If you're trying to lose weight, you'll still want to limit the amount of fat you eat. The types and amounts of fat appear in the Nutrition Facts area of food labels.

無論是哪一種脂肪，熱量都很高。因此如果正在減重，最好能限制脂肪的攝取量。食物包裝標示上的營養標示會有脂肪的種類和數量說明。

How can I choose fats wisely?

如何慎選脂肪種類？

- Try these steps to protect your heart and blood vessels:
- Eat less total fat, especially less saturated fat and *trans* fat.
- Cut back on foods that are high in cholesterol.
- Choose the kinds of fat that can help lower your cholesterol levels.
- 試試看下面幾個可以保護心臟和血管的步驟：
- 減少總脂肪，尤其要減少飽和脂肪和反式脂肪
- 減少富含膽固醇的食物。
- 選擇可以降低膽固醇濃度的脂肪種類

Fats that increase your chances of heart disease and stroke 增加心臟病和中風風險的脂肪

Saturated fat, *trans* fat, and cholesterol increase your blood cholesterol and can cause a buildup of materials that can clog your blood vessels. The blood supply to your heart can be blocked, leading to a heart attack. A blockage in the blood vessels going to your brain can result in a stroke.

飽和脂肪、反式脂肪以及膽固醇都會增加

血中膽固醇，而且會在血管內累積物質，導致阻塞。送到心臟的血流如受阻，就會引發心臟病。而如果負責運送血液到腦部的血管受阻的話，則會引發中風。



Eating low-saturated-fat, low-cholesterol foods can protect your heart and blood vessels.
吃低飽和脂肪、低膽固醇的食物，可保護心臟和血管。

Saturated fat 飽和脂肪

Saturated fat can raise your cholesterol level.
飽和脂肪會提高膽固醇濃度。

Sources of saturated fat	
bacon and bacon grease	gravy made with meat drippings
butter	lard and shortening
chocolate	high-fat meats like regular ground beef, bologna, hot dogs, sausage and spareribs
coconut and coconut oil	palm oil and palm kernel oil
cream sauce	poultry skin
high-fat dairy products, such as cheese, cream, ice cream, whole milk, 2% milk and sour cream	
fatback and salt pork	

飽和脂肪來源

培根與培根油	肉汁所做成的滷汁
奶油	豬油與起酥油
巧克力	高脂肪肉類，包括一般碎牛肉、燻製粗香腸、熱狗、香腸及帶肉肋骨
椰子與椰子油	棕櫚油與棕櫚仁油
奶油醬	雞皮
高脂奶製品，包括起司、乳酪、冰淇淋、全脂牛奶、2% 牛奶及酸乳酪	
五花豬肉條和醃豬肉	

Trans-unsaturated fatty acids (trans fats)

反式非飽和脂肪酸（反式脂肪）

Trans fats can also raise your cholesterol level.

反式脂肪也會提高膽固醇濃度。

Sources of trans fat

processed foods like snacks and baked goods with hydrogenated oil or partially hydrogenated oil
stick margarines
shortening
some fast food items such as French fries

反式脂肪來源

加工食品，例如有氫化或部分氫化油的點心和烘焙製品
人造黃油條
起酥油
如薯條等速食

Cholesterol 膽固醇

Your body makes some of the cholesterol in your blood. The rest comes from the foods you eat. Foods from animals are the main sources of dietary cholesterol.

血中膽固醇有部分是人體本身製造的。其他則是來自於所吃的食物。動物性食物是食物膽固醇的主要來源。

Sources of cholesterol
high-fat dairy products
egg yolks
liver and other organ meats
high-fat meat and poultry

膽固醇來源
高脂乳製品
蛋黃
肝臟與其他內臟肉類
高脂肉類與家禽

Fats that can protect your heart 可保護心臟的脂肪

Monounsaturated fats, polyunsaturated fats, and special cholesterol-lowering margarines can actually protect your heart by lowering your blood cholesterol. That's why it's better to use them instead of saturated fat. Another kind of protective fat, called omega-3 fatty acids, is found in some types of fish.

單元不飽和脂肪、多元不飽和脂肪以及特殊的降膽固醇配方人造黃油可以降低血中膽固醇，有效保護心臟。這是為什麼最好能使用這類脂肪，而不要使用飽和脂肪。另外一種具保護性的脂肪稱為 omega-3 脂肪酸，可在某些魚類中找到。

Monounsaturated fat 單元不飽和脂肪

Monounsaturated fat, one type of unsaturated fat, can lower your blood cholesterol. 單元不飽和脂肪是一種不飽和脂肪，可降低血中膽固醇。

Sources of monounsaturated fat
avocado
canola oil
nuts like almonds, cashews, pecans and peanuts
olive oil and olives
peanut butter and peanut oil
sesame seeds

單元不飽和脂肪來源
酪梨
菜籽油
杏仁、腰果、薄殼胡桃 (Pecan) 及花生等堅果類
橄欖油和橄欖
花生醬與花生油
芝麻

Polyunsaturated fat 多元不飽和脂肪

Polyunsaturated fat, another type of unsaturated fat, protects your heart. 多元不飽和脂肪是另一種不飽和脂肪，可保護心臟。

Sources of polyunsaturated fat	
corn oil	walnuts
cottonseed oil	pumpkin or sunflower seeds
safflower oil	soft (tub) margarine
soybean oil	mayonnaise
sunflower oil	salad dressings

元不飽和脂肪來源	
玉米油	胡桃
棉花籽油	南瓜或葵花籽
紅花油	軟質（盒裝）人造黃油
大豆油	美奶滋
葵花油	沙拉醬

Omega-3 fatty acids Omega-3 脂肪酸

This type of fat helps prevent clogging of the arteries. Some types of fish are high in omega-3 fatty acids. Eat fish, prepared a low-fat way, 2 or 3 times a week. Choose broiling, baking, grilling, or steaming. You can also buy tuna packed in water and make tuna fish salad with low-fat or fat-free mayonnaise.

這種脂肪可幫助預防動脈阻塞。某些魚類富含 omega-3 脂肪酸。一週吃 2 至 3 次以低脂方式烹調的魚。您可以炙烤、烘烤、燒烤或蒸魚。另外也可以買水漬鮭魚

罐頭做鮭魚沙拉，然後加上低脂或無脂美奶滋。

Sources of omega-3 fatty acids	
albacore tuna	rainbow trout
herring	sardines
mackerel	salmon

omega-3 脂肪酸來源	
青花鮭魚	虹鱒魚
鯡魚	沙丁魚
青魚	鮭魚

Special cholesterol-lowering margarine

特殊降膽固醇配方人造黃油

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.

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。

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. 6: *Protect Your Heart: Make Wise Food Choices*
- 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（六）：*保護心臟：慎選食物*
- 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*



American Diabetes Association
1-800-DIABETES (342-2383) www.diabetes.org
©2004 by the American Diabetes Association, Inc. 03/04