

## Protect Your Heart: Cook with Heart-Healthy Foods

### 保護心臟：烹調有益心臟健康的食物

#### Toolkit No. 8

#### 健康手冊（八）

You can protect your heart and blood vessels by eating less saturated fat and by choosing the types of fats that help your cholesterol levels. The ingredients you use and the way you cook can make a big difference. Try these tips:

減少攝取飽和脂肪酸和選擇有益於控制膽固醇濃度的脂肪種類，可幫助您保護心臟和血管。使用的食材和烹調方式不同，效果也會大不相同。所以，不妨試試看下面的秘訣：

- Cook with less fat.
- Choose lean meats, poultry, and pork.
- Choose low-fat dairy foods.
- Substitute lower-fat ingredients in recipes.
- 少油脂烹調。
- 選擇瘦肉、雞肉和豬肉。
- 選擇低脂奶製品。
- 將食譜裡的食材改成低脂的。

#### Cook with less fat 少油脂烹調

**Use a low-fat or fat-free way to cook.** You can cut down on total fat by broiling, microwaving, baking, roasting, steaming, or

grilling foods. Nonstick pans and cooking sprays also work well.

使用少油脂或無油脂的方式烹調。以炙烤、微波、烘焙、爐烤、蒸或燒烤等方式調理食物，可降低總脂肪。不沾鍋和噴霧油也能大幅減少油脂。

**Boost the flavor with seasonings and sauces instead of fats.** Look for recipes that use herbs and spices for flavor instead of fat. Try these ways to season food:

不要使用油脂增添風味，改用調味料和醬汁。選擇使用香草和香料來增添風味的食物，不要使用油脂。試著用下面這些方式來調味食物：

- Squeeze fresh lemon juice on steamed vegetables, broiled fish, rice, or pasta.
- Try lemon pepper or mesquite seasoning on chicken.
- Use onion and garlic to liven up meats and vegetables.
- Try baking chicken or pork with barbecue sauce or low-fat Italian dressing.

- 在蒸過的蔬菜、烤魚、米飯或麵條上澆淋新鮮的檸檬汁。
- 試著用檸檬胡椒 (Lemon Pepper) 或牧

豆 (Mesquite) 調味雞肉。

- 使用洋蔥和大蒜來讓肉類和蔬菜更美味。
- 試著用烤肉醬或低脂義大利調味醬來烤雞或豬肉。

**Trim the fat when possible.** Cut away visible fat from meat and poultry. Roast food on a rack to let the fat drip off. Make soups a day ahead so you can chill them and then remove the fat that has risen to the top.

**盡量減少油脂。** 將肉類或家禽肉上可見的油脂切掉。把食物放在烤架上烘烤，讓油脂滴落。在前一天把湯煮好，等到冷卻後，將浮在上層的油脂撈出。

### **Choose lean cuts of beef, poultry, and pork** 選擇瘦塊牛肉、雞肉和豬肉

To help keep your cholesterol on target, choose lean cuts of meat and poultry. Try some of your favorite recipes with these lean choices:

要將膽固醇維持在目標範圍內，可以選擇肉類和家禽肉的瘦肉塊。試試看用下面的瘦肉來做自己喜歡吃的菜：



Choosing lean meats with less saturated fat can help lower blood cholesterol.

選擇低飽和脂肪的瘦肉可幫助降低血中膽固醇。

- When selecting beef, choose lean cuts such as round, sirloin, and flank steak; tenderloin; rib, chuck, or rump roast; T-bone, porterhouse, or cubed steak.
- Choose poultry such as chicken, turkey, or Cornish hen without the skin. The white breast meat is lower in fat than the darker meat in the thigh and leg pieces.
- Lean types of pork include ham, Canadian bacon, pork loin, and center loin chops.
- 選擇牛肉時，可選擇瘦肉塊，例如腿肉、下里肌肉、腹脅肉、腰內肉、上里肌肉、肩胛肉或牛臀肉、丁骨牛肉、上等腰肉或切塊牛排。
- 選擇雞肉、火雞肉或春雞 (Cornish Hen) 等家禽肉類。白胸肉的脂肪含量比大腿和小腿紅肉少。
- 瘦豬肉包括火腿、加拿大醃肉、豬腰肉及中腰排。

### **Choose low-fat dairy products** 選擇低脂奶製品

Dairy products can be part of your meal plan. To cut back on saturated fat, choose items made with non-fat or low-fat milk. Some low-fat choices are listed below.

您的飲食計劃可能會包含奶製品。為減少飽和脂肪，請選擇以無脂或低脂牛奶製成的食品。低脂的奶製品包括：

- Milk: Fat-free (skim), 1/2%, and 1% milk and low-fat buttermilk
- Yogurt: low-fat or fat-free yogurt
- Cheese: cottage cheese, grated Parmesan, and any cheese with 3 grams of fat or less per ounce
- For a frozen treat, try low-fat ice cream or frozen yogurt instead of ice cream. You

can also freeze regular yogurt for a treat.

- 牛奶：無脂（脫脂）、1/2% 牛奶、1% 牛奶以及低脂白脫牛奶
- 優格：低脂或無脂優格
- 起司：乾酪 (Cottage Cheese)、巴馬乾酪粉 (Grated Parmesan) 以及每盎司的

脂肪等於或少於 3 克的任何起司

- 吃冷凍甜點時，嘗試低脂冰淇淋或優格冰淇淋，而不要吃一般冰淇淋。您也可以將一般優格冷凍起來當做甜點。

## Substitute lower-fat ingredients in your favorite recipes

### 將喜歡吃的菜裡的食材改成低脂的

Try extra-lean ground beef or ground turkey instead of ground beef. Use low-fat mayonnaise and salad dressings instead of the regular types. Try plain yogurt in place of sour cream or mayonnaise. You can substitute up to half the margarine or butter in some recipes with applesauce.

試著使用油脂極少的絞牛肉或絞火雞肉，不要使用一般絞牛肉。使用低脂美奶滋和沙拉醬，而不要使用一般醬料。試著用原味優格來取代酸乳酪或美奶滋。您可以將某些食譜裡使用的人造黃油或奶油其中一半份量改成蘋果醬。

Wise food choices: What to try and why		
Instead of...	Try this...	Why?
whole milk or 2% milk	1% milk or skim milk	less total fat, less saturated fat, and less cholesterol
regular cheese	low-fat cheese	
snack foods with hydrogenated oil, palm oil, or coconut oil	fat-free or low-fat snack foods	less total fat, less saturated fat
regular mayonnaise	non-fat plain yogurt or low-fat mayonnaise in dips and recipes or mustard on sandwiches	less total fat
sour cream	non-fat sour cream	less total fat, less saturated fat
regular stick margarine	special cholesterol-lowering margarine or soft tub margarine	lowers cholesterol, fewer <i>trans</i> fats
fried chicken	baked chicken	less total fat, less saturated fat
bologna, salami, or pastrami	sliced turkey, lean ham, or low-fat cold cuts	less total fat, less saturated fat
cookies with hydrogenated oil, palm oil, or coconut oil	an orange, an apple, a pear, or some prunes	more fiber, no fat
pork chop	pork loin	less total fat, less saturated fat
short ribs	grilled or baked salmon or tuna, grilled T-bone steak	less total fat, less saturated fat; fish is a source of omega-3 fatty acids

### 慎選食物： 試什麼和為什麼

不要吃/喝...	而是吃/喝...	為什麼?
全脂牛奶或 2% 牛奶	1% 牛奶或脫脂牛奶	總脂肪、飽和脂肪及膽固醇都少
一般起司	低脂起司	
含氫化植物油、棕櫚油及椰子油的點心食物	無脂或低脂點心食物	總脂肪與飽和脂肪都少
一般美奶滋	做菜或沾醬時使用無脂原味優格或低脂美奶滋，或在三明治中加上芥末	總脂肪少
酸乳酪	無脂酸乳酪	總脂肪與飽和脂肪都少
一般人造黃油條	特殊降膽固醇配方人造黃油或軟盒人造黃油	降低膽固醇，反式脂肪也少
炸雞	烤雞	總脂肪與飽和脂肪都少
燻製粗香腸、義大利香腸或煙燻牛肉	火雞肉片、瘦火腿或低脂冷盤	總脂肪與飽和脂肪都少
含氫化植物油、棕櫚油或椰子油的餅乾	柳橙、蘋果、梨子或一些梅乾	更多纖維且零脂肪
豬排	豬腰肉	總脂肪與飽和脂肪都少
牛小排	烤或烘鮭魚和鮪魚、烤丁骨牛排	總脂肪與飽和脂肪都少，而且魚類是 omega-3 脂肪酸的來源

### A day of heart-healthy meals

Breakfast	Lunch	Dinner	Between-meal snacks
bran cereal with skim milk and sliced banana	split pea soup	grilled chicken breast without skin marinated in low-fat Italian dressing	raw vegetables with low-fat dip
rye toast with cholesterol-lowering margarine	tuna salad made with low-fat mayonnaise	rice	fresh fruit
orange juice	whole-grain crackers	steamed broccoli	oat bran muffin
coffee with skim milk	celery and carrot sticks	tossed salad with low-fat salad dressing	whole-grain crackers with low-fat cheese
	fresh orange	fresh pear	
		oatmeal cookie	

### 一天健康的三餐與點心

早餐	午餐	晚餐	三餐之間的點心
麩麥片加上脫脂牛奶與切片香蕉	豌豆湯	去皮烤雞胸肉並先以低脂義大利調味醬醃過	生菜與低脂沾醬
裸麥土司	以低脂美奶滋拌攪而成的鮪魚沙拉	米飯	新鮮水果
降低膽固醇配方的人造黃油	全穀蘇打餅	蒸花椰菜	燕麥麩鬆糕 (Muffin)
柳橙汁	芹菜莖與紅蘿蔔條	拌沙拉加上低脂沙拉醬	全穀蘇打片加上低脂起司
咖啡加上脫脂牛奶	新鮮柳橙	新鮮梨子	
		燕麥餅乾	

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. 7: *Protect Your Heart: Choose Fats Wisely*
- 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（七）： 保護心臟： 慎選脂肪種類
- 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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