



Protect Your Heart: Check Food Labels to Make Heart-Healthy Choices

保護心臟：查看食物包裝標示，選擇有益心臟健康的食物

Toolkit No. 9 健康手冊（九）

You can make heart-healthy choices by checking food labels.

您可以查看食物包裝上的標示，選擇有益心臟健康的食物。

- The **Nutrition Facts** tell you the serving size and the amount of various nutrients such as total fat, saturated fat, cholesterol, sodium, and fiber per serving.
- **Nutrient content claims** such as “low-fat” provide a reliable description of the product.
- The **list of ingredients** shows the ingredients in descending order by weight.
- 包裝上的**營養標示 (Nutrition Facts)** 會顯示每份量大小，以及每份量所含的各種營養素數值，包括總脂肪、飽和脂肪、膽固醇、鈉及纖維。
- **營養成分訴求 (Nutrient content claims)** 會將「低脂」(Low-Fat) 等文字標示出來，清楚說明產品的訴求為何。
- **成分列表 (List of Ingredients)** 則依重量多寡顯示成分。

The Nutrition Facts 營養標示

Here’s an example of a **Nutrition Facts** section. At the top, you’ll see the serving size and the number of servings per container. How does the serving size compare to your usual serving? For example, if you usually eat 2 cups of chili with beans, you’ll need to double all of the numbers in this Nutrition Facts section.

下面是**營養標示**的範例說明。在最上方是每份量大小以及每包裝所含份量數。那麼份量大小怎麼換算成食量呢？舉例來說，如果一般吃兩杯墨西哥辣豆，就需要將下面營養標示中的所有數值乘以 2。

Chili with Beans

Nutrition Facts	
Serving Size: 1 cup (253 g) Servings per container: 2	
Amount per Serving:	
Calories 260	Calories from Fat 72
	% Daily Value
Total Fat 8g	13%
Saturated Fat 3g	17%
Cholesterol 130mg	44%
Sodium 1010mg	42%
Total Carbohydrate 22g	7%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 25g	

墨西哥辣豆
營養標示

每份量大小： 1 杯 (253 g) 每包裝份量數： 2	
一份食用量：	
熱量 260	脂肪熱量為 72
	佔每日食用量%
總脂肪 8g	13%
飽和脂肪 3g	17%
膽固醇 130mg	44%
鈉 1010mg	42%
總碳水化合物 22g	7%
飲食纖維 9g	36%
糖 4g	
蛋白質 25g	

Total Amounts
總食用量

To make heart-healthy food choices, check the total amounts so you can cut back on

為能選擇有益心臟健康的食物，請檢查總食用量，以便能減少：

- total fat
- saturated fat
- cholesterol
- sodium
- 總脂肪
- 飽和脂肪
- 膽固醇
- 鈉

You'll also see information on fiber. To lower your risk of heart disease, choose foods with more fiber.

另外也請查看有關纖維的資訊。為降低心臟病風險，請選擇富含纖維的食物。

How to use information on total amounts

如何善用總食用量的資訊

Total amounts are shown in grams, abbreviated as **g**, or in milligrams, shown as **mg**. A gram is a very small amount and a milligram is one-thousandth of that. For example, a nickel weighs about 5 grams. So does a teaspoonful of margarine. Here are ways to use the information on total amounts:

總食用量會以克 (**g**) 或毫克 (**mg**) 表示。一克代表非常小的單位，而毫克又代表千分之一克。例如，一枚硬幣重約 5 克。一茶匙人造黃油也大約這麼重。以下是一些善用總食用量資訊的方法：

- Compare labels of similar foods. Choose the product with a smaller amount of saturated fat, cholesterol, and sodium. Try to select foods with more fiber.
- Keep in mind that a low-fat food has 3 grams of fat per serving.
- Choose food with the least amount of saturated fat. Look for foods with $\frac{1}{3}$ or less of the total fat as saturated fat.
- Another practical way of choosing lower-fat foods is to select foods that have 3 grams of fat or less for every 100 calories, every 15 grams of carbohydrate, or every 7 to 8 grams of protein.
- 比較類似食物的包裝標示。選擇飽和脂肪、膽固醇及鈉較少的產品。試著

選擇纖維較多的食物。

- 牢記低脂食物是指每份量的脂肪等於 3 克。
- 選擇飽和脂肪最少的食物。選擇飽和脂肪為總脂肪 $\frac{1}{3}$ 或更低的食物。
- 另一個選擇低脂食物的實用方法是選擇每 100 卡路里、每 15 克碳水化合物或每 7 至 8 克的蛋白質中的脂肪等於或少於 3 克的食物。

How much fat should I eat in a day? 我一天應攝取多少脂肪？

A general guideline is 40 to 60 grams of fat per day for many women or for people on lower calorie diets and 60 to 80 grams of fat per day for most men. Talk with your health care team about how many grams of fat would be right for you. Some people may need more or less fat depending on their targets for blood glucose (sugar) and cholesterol.

一般建議女性或低熱量飲食者每天攝取 40 至 60 克脂肪，大多數男性則攝取 60 至 80 克脂肪。請與醫護人員討論，看一天要攝取多少克脂肪才算適宜。有些人可能需要視血糖及膽固醇目標來決定攝取脂肪的多寡。

Check food labels to see how much fat you're getting. You can also ask your health care team for saturated fat, cholesterol, sodium, and dietary fiber targets. Write your daily targets here:

請查看食物包裝標示，確定自己攝取了多少脂肪。此外，也可以詢問醫護人員，確定飽和脂肪、膽固醇、鈉及飲食纖維的目標為何。請將每天的目標量記錄在下方：

- Total fat (grams): _____

- Saturated fat (grams): _____
- Cholesterol (milligrams): _____
- Sodium (milligrams): _____
- Dietary fiber (grams): _____

- 總脂肪（克）： _____
- 飽和脂肪（克）： _____
- 膽固醇（毫克）： _____
- 鈉（毫克）： _____
- 飲食纖維（克）： _____

Nutrient Content Claims 營養成分訴求

A quick way to find heart-healthy foods is to check the nutrient content claims on the label. For example, you'll see the claim "less sodium" on some brands of chili with beans. This means the product has at least 25% less sodium than the regular version. You can rely on claims such as "low fat" because the government has defined those terms, as shown here. It's against the law for food manufacturers to make false claims.

要很快看出食物是否有益心臟健康，可查看標示上的營養成分訴求。例如，有些品牌的墨西哥辣豆便標示「低鈉」(Less Sodium)。這表示該產品中的鈉含量要比一般產品降低至少 25%。這些像是「低脂」等訴求十分可靠，因為這是政府規定必須標示的。如食品製造商做了不實訴求，便視為違法。

Claims for fat
Fat free: less than 0.5 g of fat or saturated fat per serving
Saturated fat free: less than 0.5 g of saturated fat and less than 0.5 g of <i>trans</i> fatty acids
Low fat: 3 g or less of total fat
Low saturated fat: 1 g or less
Reduced fat or less fat: at least 25% less fat than the regular version

脂肪訴求

無脂 (Fat free): 每份量的脂肪或飽和脂肪少於 0.5 克

無飽和脂肪 (Saturated fat free): 飽和脂肪少於 0.5 克以及反式脂肪酸少於 0.5 克

低脂 (Low fat): 總脂肪等於或少於 3 克

低飽和脂肪 (Low saturated fat): 1 克或更少

少脂肪 (Reduced fat or less fat): 比一般降低至少 25% 脂肪

Claims for cholesterol

Cholesterol free: less than 2 mg per serving

Low cholesterol: 20 mg or less

Reduced cholesterol or less cholesterol: at least 25% less cholesterol than the regular version

膽固醇訴求

零膽固醇 (Cholesterol free): 每份量少於 2 毫克

低膽固醇 (Low cholesterol): 20 毫克或更少

少膽固醇 (Reduced cholesterol or less cholesterol): 比一般降低至少 25% 膽固醇

Claims for sodium

Sodium free or salt free: less than 5 mg per serving

Very low sodium: 35 mg or less

Low sodium: 140 mg or less

Reduced sodium or less sodium: at least 25% less sodium than the regular version

鈉訴求

無鈉或無鹽 (Sodium free or salt free): 每份量少於 5 毫克

極少鈉 (Very low sodium): 35 毫克或更少

低鈉 (Low sodium): 140 毫克或更少

少鈉 (Reduced sodium or less sodium): 比一般降低至少 25% 鈉

Claims for fiber

High fiber: 5 g or more per serving

Good source of fiber: 2.5 g to 4.9 g per serving

纖維訴求

高纖 (High fiber): 每份量 5 克或更多

好的纖維來源 (Good source of fiber): 每份量 2.5 克至 4.9 克

List of Ingredients 成分列表

Ingredients are listed in descending order by weight, meaning that the first ingredient makes up the largest proportion of the food. Check the ingredient list to spot things you'd like to avoid, such as coconut oil or palm oil, which are high in saturated fat. Also try to avoid hydrogenated oils. They are not listed by total amount on the label, but you can choose foods that don't list hydrogenated or partially hydrogenated oil in the ingredient list. For example, this ingredient list for chili with beans shows no hydrogenated oil. Or look for heart-healthy ingredients such as soy.

食物的成分會依重量多寡列出，表示第一個成分佔了食物的最大比例。查看成分列表可以找出要避免的成分，例如含高飽和脂肪的椰子油或棕櫚油。另外也要避免氫化植物油。雖然標示上不會列出這些成分的總量，但是您可以選擇成分列表中沒有氫化或部分氫化植物油的食物。例如，下面墨西哥辣豆的成分列表中就沒有氫化植物油。或者，您也可以找找看是否有益於心臟健康的成分，例如大豆等。

Chili with Beans

Ingredients: water, beef, beans, tomatoes, modified food starch, chili powder, salt, sugar, flavoring.

墨西哥辣豆

主要成分：水、牛肉、豆子、蕃茄、改造食物澱粉、辣椒粉、鹽、糖、香料

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. 8: *Protect Your Heart: Cook with Heart-Healthy Foods*

- 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（八）： *保護心臟： 烹調有益心臟健康的食物*



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