



## 腎臟飲食 降低膽固醇的貼士

### 脂肪

- 減少食用所有的脂肪，每日不多過6-8茶匙。（這包括人造牛油，菜籽油，橄欖油，沙拉醬和蛋黃醬）。
- 1茶匙脂肪（任何種類）= 5克脂肪
- 當您使用脂肪時，請選擇好的脂肪：橄欖油，菜籽油，或不含氫化脂肪的人造牛油，少量食用。
- 儘量吃無調味醬汁的食物。
- 選擇低脂肪的蛋黃醬或低脂肪/無脂肪的沙拉醬。
- 吃麵包時，使用果醬代替牛油或人造牛油。
- 可使用少量的調味品，例如：佐料(relish)，印度甜酸的調味料(chutney)，墨西哥番茄調味汁(salsa)，芥末，Tabasco<sup>®</sup>辣醬，或辣根(horseradish)。
- 避免使用牛油，肉汁，豬油，起酥油，棕櫚油，椰子油，椰奶，攪打奶油和酸奶油。

### 肉和肉類代替品

- 選擇瘦的、無皮的肉。三文治肉的較好選擇是：烤牛肉或烤火雞/雞肉。選擇“瘦”或“特別瘦”的碎牛肉。
- 每星期吃至少兩次魚，例如：鮭魚/三文魚，馬鮫魚，鮭鱒魚。
- 使用¼杯硬豆腐或½杯軟豆腐代替1個安士蛋白質。
- 每星期吃不多於3個蛋黃。可選用蛋白和蛋代替品。
- 每天吃不多於4-6安士的肉類和魚。
- 每星期吃不多於1杯蝦。
- 避免食用內臟。

## Diet Tips to Lower Cholesterol for the Renal Diet

### Fats

- Limit ALL fats to no more than 6–8 tsp per day. (This includes margarine, canola oil, olive oil, salad dressing and mayonnaise.)
- 1 tsp of any fat = 5 g of fat.
- When you use fat, choose good fats: olive oil, canola oil, or a non-hydrogenated margarine in small amounts.
- Try to eat food without sauces.
- Choose low fat mayonnaise or low fat/fat-free salad dressing whenever possible.
- Try jam instead of butter or margarine on toast.
- Try small amounts of condiments like relish, chutney, salsa, mustards, Tabasco<sup>®</sup>, or horseradish.
- Avoid butter, gravy, lard, shortening, palm oil, coconut oil, coconut milk, whipping cream and sour cream.

### Meat and Alternates

- Choose lean, skinless cuts of meat; deli meat such as roast beef or roast turkey/chicken. Select “lean” or “extra lean” ground beef.
- Choose fish such as salmon, mackerel or trout at least twice a week.
- Enjoy ¼ cup firm tofu or ½ cup soft tofu instead of 1 oz of protein.
- Limit egg yolks to only 3 per week. Egg whites and egg substitutes can be used more often.
- Limit your meat or fish portions to 4–6 oz per day.
- Limit shrimp to one cup a week.
- Avoid organ meats.

**減少食用：**燒味，臘味，臘腸，午餐肉，油浸罐頭魚（如豆豉鯪魚），炸雞，煙肉，燻肉，香腸，魷魚，鮑魚和蟹膏。

以下的肉代替品含高鉀/磷。若想食用：

- 每星期2-3次可用2個湯匙花生醬，或½杯沖洗過的腰豆，黑白斑豆或雞豆代替1安士的肉。別忘記服食您的降磷藥丸。

### 牛奶及奶類食品

- 選擇脫脂或1%牛奶，含1%或較低M.F.（牛奶脂肪）的酸奶。
- 選擇含少於20% M.F.的乳酪/芝士。
- 每個星期兩次可用1個安士乳酪/芝士代替1個安士肉。
- 避免食用冰淇淋，攪打奶油(whipping cream)，高脂厚奶油 (heavy cream)，和酸奶油 (sour cream)。嘗試無脂肪或低脂肪的選擇。
- 限制每日1杯奶類食品。注意含奶油的湯，含奶油的菜餚，布丁，和蛋奶凍。

### 穀類

- 選擇白麵包或60%麥麵包。
- 選擇白粉麵和飯。
- 大麥/意米(barley)，蒸丸子(couscous)，和碎小麥(bulgur)都含較低的磷和鉀。
- 可使用Quaker® Corn Bran，Puffed Wheat，或Kashi 7™ Whole Grain Puffed Cereal。
- 避免含高糖份的麥片（例如：Fruit Loops™）和含高脂肪的麥片（例如：granola）。
- 小吃提議：無鹽的蘇打餅或烤脆薄麵包片；50%減鹽的餅乾例如Wheat Thins，Whole Wheat Triscuits，和Stone Wheat Thins®。
- 可試用無加鹽的爆玉米花代替含高鹽的小吃如烤乾酪辣味玉米片(nachos)，馬鈴薯片等。

**Choose less often:** Chinese-style barbeque meats, preserved meats, preserved sausages, luncheon meat, fish canned in oil, fried chicken, bacon, sausages, squid, abalone, crab fat.

The following meat alternatives are high in potassium/phosphorus. If you wish:

- Two tablespoons of peanut butter, or ½ cup of rinsed kidney beans, pinto beans or chick peas may be used instead of 1 oz of meat 2–3 times per week. Remember your binders.

### Dairy

- Choose skim or 1% milk; yogurt with 1% MF (milk fat) or less.
- Choose cheese with less than 20% MF
- 1 oz cheese instead of 1 oz meat twice per week may be used.
- Avoid ice cream, whipping cream, heavy cream, and sour cream. Try fat-free or low fat choices.
- Limit dairy intake to 1 cup per day. Watch out for cream soups, creamy casseroles, puddings, and custards.

### Grain Products

- Choose white or 60% whole wheat breads and buns.
- Choose white pasta and rice.
- Barley, couscous, and bulgar are grains lower in phosphorus and potassium.
- Try Quaker® Corn Bran, Puffed Wheat, or Kashi 7™ Whole Grain Puffed Cereal.
- Cereals with high sugar (e.g. Fruit Loops™) and high fat (e.g. granola) should be avoided.
- Snack on unsalted soda crackers or Melba Toast, crackers with less than 50% salt such as Wheat Thins, Whole Wheat Triscuits, and Stone Wheat Thins®.
- Try air popped popcorn instead of salty snacks like nachos, chips, etc.

## 降低膽固醇的貼士

- 用含低脂肪的鬆餅，天使蛋糕和低脂肪的餅乾，代替新月形麵包/牛角包，炸麵圈 (donut)，鬆餅，蛋糕，和酥皮點心。

**減少食用：**伊麵，油麵，雞尾飽，椰絲飽，蛋撻，椰塔和高脂餅乾。

### 水果和蔬菜

- 每日食用至少3份水果和3份蔬菜。
- 注意您烹調蔬菜的方法 – 炒菜，沙拉醬，調味汁和醬汁可能隱藏許多脂肪。

### 其他

- 避免糖果和巧克力。它們含許多隱藏的卡路里 (糖份)。
- 限制果汁和汽水。它們含隱藏的卡路里/糖份。
- 避免酒精。它含許多無營養的卡路里。
- 選擇水或低糖的非可樂類汽水，例如：低糖的七喜<sup>®</sup>或低糖雪碧<sup>®</sup>。

### 貼士

- 用烘，炙，煮，微波爐焗或烤代替炒或炸。
- 若需要炒，用一個不黏的煎鍋和限制油量。
- 減少在餐館用餐。當您上館子吃飯，選擇您特別喜愛的餐館和熟悉它們的菜單選擇。
- 比較食物標籤，選擇含較低脂肪的產品。儘量選擇每分量含少於2克飽和脂肪和轉化脂肪的食物。

## TIPS TO LOWER CHOLESTEROL

- Have low-fat muffins, angel food cake, lower fat cookies instead of croissants, donuts, muffins, cakes, and pastries.

**Choose less often:** deep fried noodles, oily noodles, cocktail buns, coconut bread, egg tarts, coconut tarts, high fat biscuits.

### Fruits and Vegetables

- Choose at least three servings of fruits and three servings of vegetables per day.
- Watch how vegetables are prepared — stir-frying, salad dressings, vegetable dips and sauces may add a lot of hidden fat.

### Others

- Avoid candies and chocolates: lots of hidden calories (sugar).
- Limit juices and soft drinks: more hidden calories/sugar.
- Limit or avoid alcohol: lots of non-nutritious calories... just like fat.
- Choose water or clear diet soft drinks such as Diet 7-UP<sup>®</sup> or Diet Sprite<sup>®</sup>.

### Tips

- Bake, broil, poach, microwave or barbeque rather than frying or deep fat frying.
- If frying, use a non-stick pan and limit the amount of oil added.
- Limit restaurant eating. When eating out choose favorite restaurants and become familiar with their menu choices.
- Compare food labels and select products lower in fat. Aim for less than 2 g total saturated plus trans fat per serving.

### 生活方式的貼士

**活躍的生活。**要多走路，跑步，游泳，或騎腳踏車。每個星期至少 3 次，每次最少 30 分鐘。在開始任何運動計劃之前，一定要先和您的醫生查詢。

**不要抽煙。**抽煙可增加您患心臟病，中風和癌症的機會。

**少吃鹽。**吃含較低鹽和較少加工過的食物可幫助降低血壓。嘗試用鹽代替品，例如 Mrs. Dash® 或用香料調味。除非有醫生的建議，不要用含鉀的鹽代替品（例如：No Salt®（無鹽），Half Salt™（半鹽））。

**限制酒精。**酒精含高卡路里。而且酒精可降低一些藥物的效力。請與您的藥劑師或醫生查詢更多資料。

### Lifestyle Tips

**Be active.** Walk, jog, swim, or bicycle for at least 30 minutes 3 times a week. Be sure to check with your doctor before starting an exercise program.

**Don't smoke.** Smoking increases the risk of heart disease, stroke and cancer.

**Limit salt.** Eating less salt and processed foods may help to lower blood pressure. Try a salt substitute such as Mrs. Dash® or use spices and herbs to flavor foods. Do not use salt substitutes containing potassium (e.g. No Salt®, Half Salt™) unless advised by your doctor.

**Limit alcohol.** Alcohol is high in calories. Drinking alcohol can cause some medication to be less effective. Check with your pharmacist or doctor.

使用這份資料時，請諮詢您的營養師。

您的營養師：\_\_\_\_\_ 電話：\_\_\_\_\_

如何尋找更多資料？

[www.kidney.ca](http://www.kidney.ca) • [www.bcrenalagency.ca](http://www.bcrenalagency.ca)

Use this information with the help of your dietitian.

Dietitian: \_\_\_\_\_ Telephone: \_\_\_\_\_

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