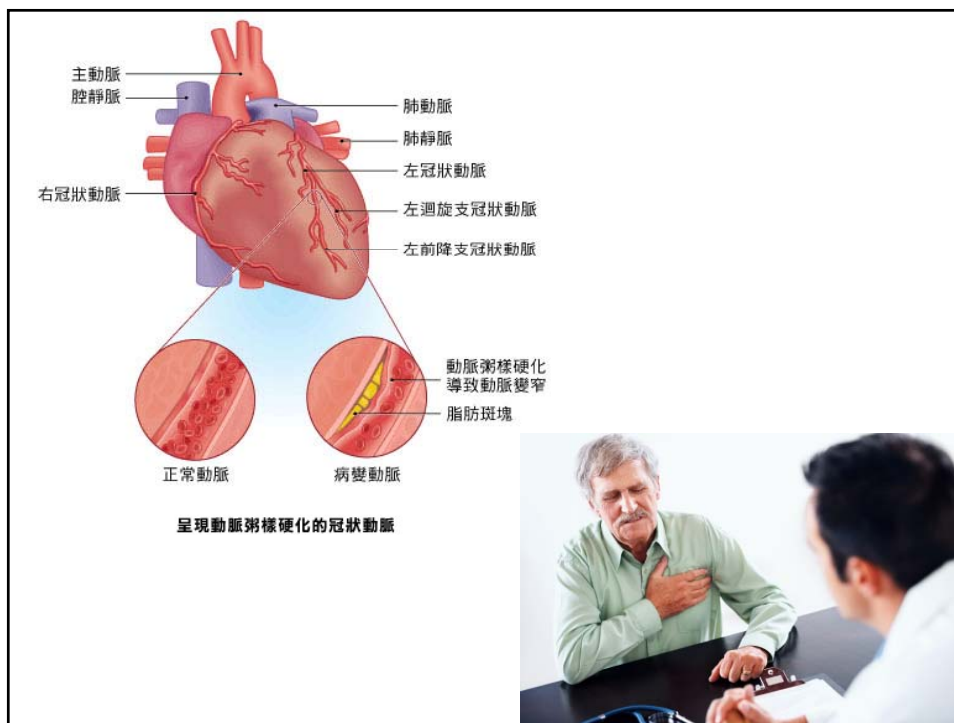


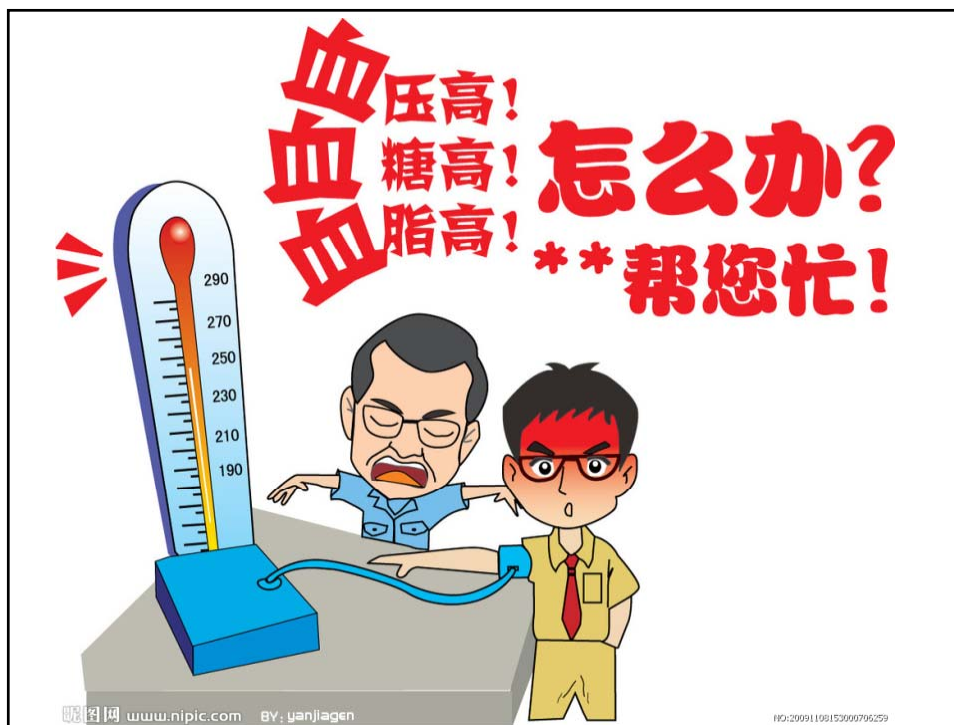
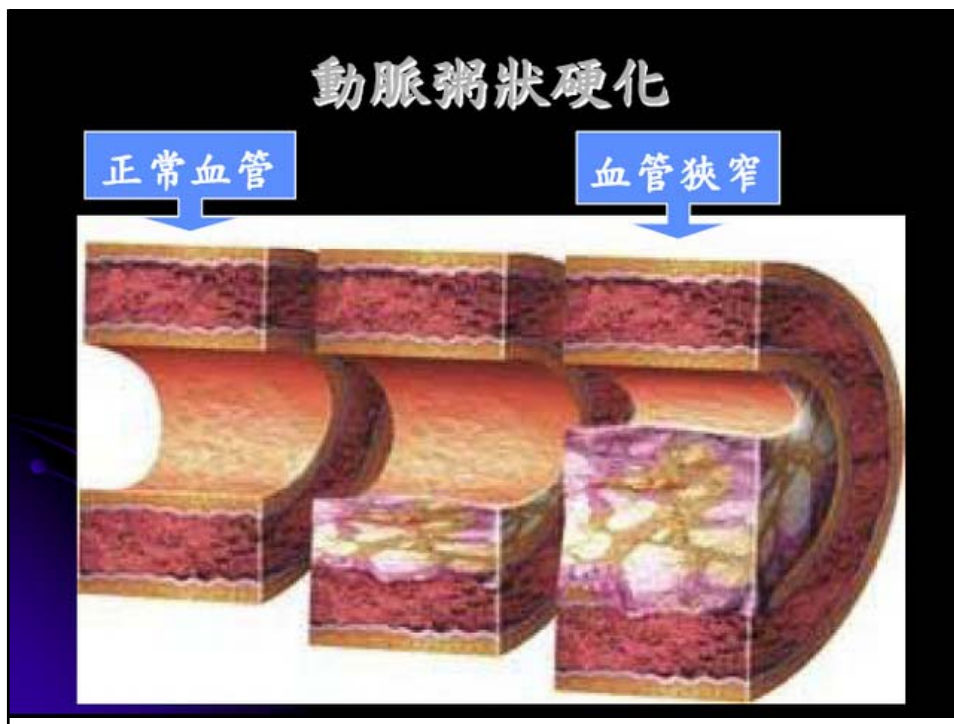
靈丹妙藥不如保健心餐

陳浩明醫生

Raymond H Chan, MD MPH FRCPC BScPhm

加堡慈恩醫院任職心臟專科醫生



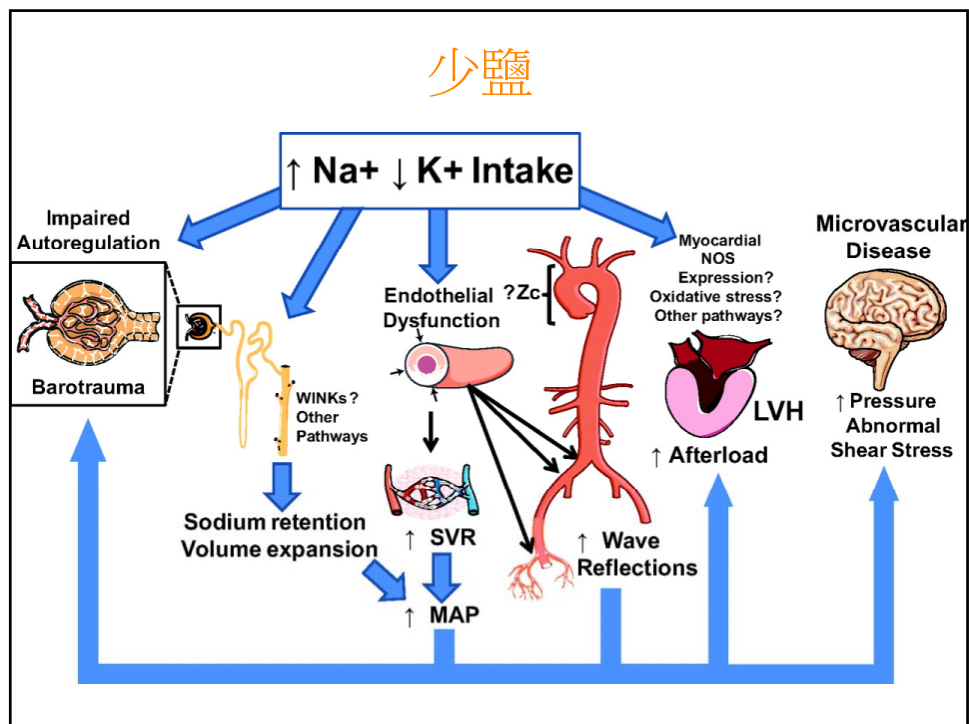


健康飲食基本法

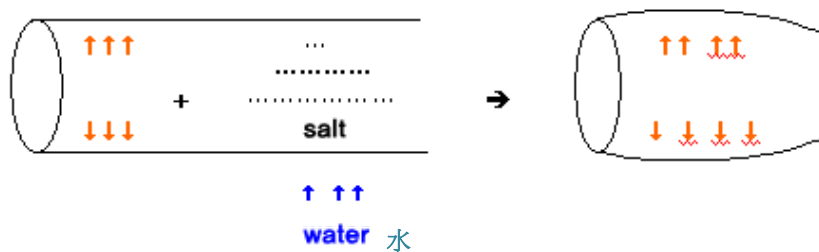
- 均衡飲食
- 飲食要多元化
- 飲食要有節制

少鹽, 少糖, 少脂肪

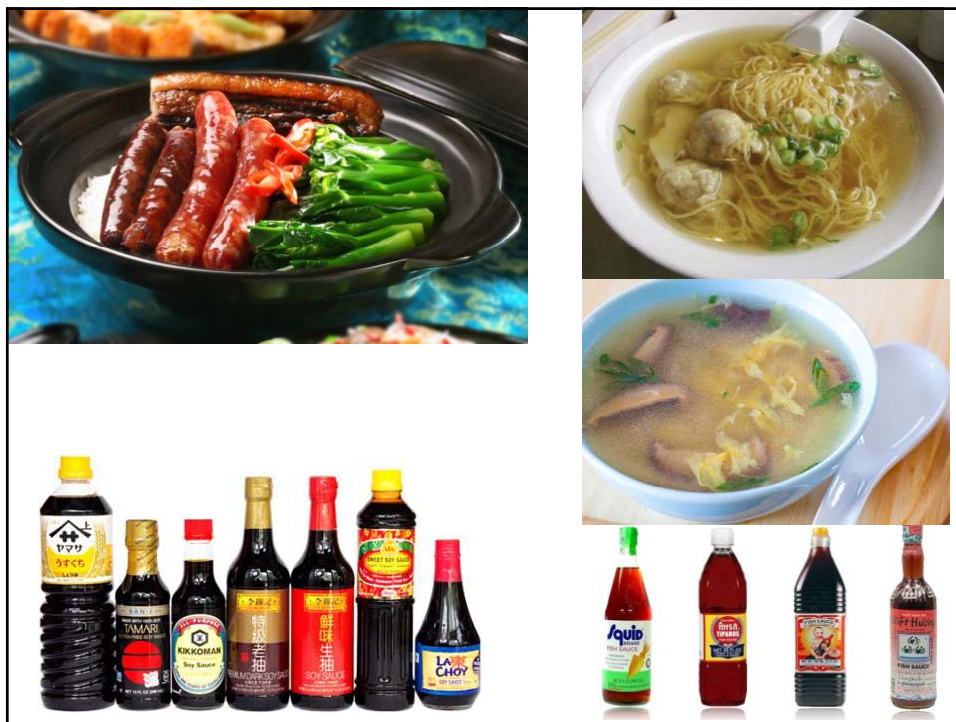




如果你吃太多的鹽，血壓就會升高



水進入血管 → 血管緊張 → 血壓上升

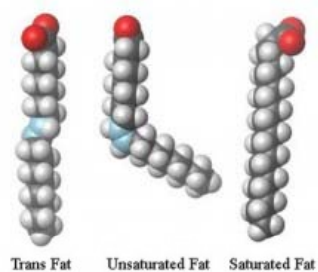


吃水果不要喝果汁





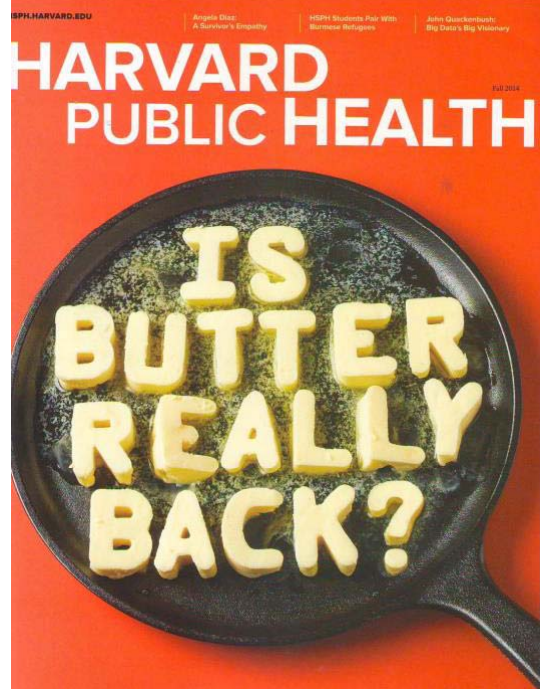
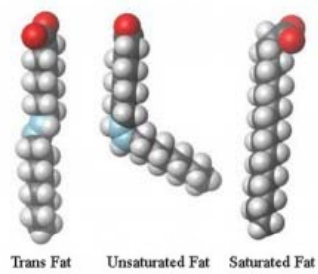
反式脂肪(trans-fats)



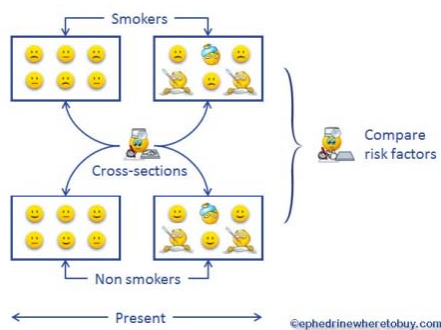
不飽和脂肪(unsaturated fats)



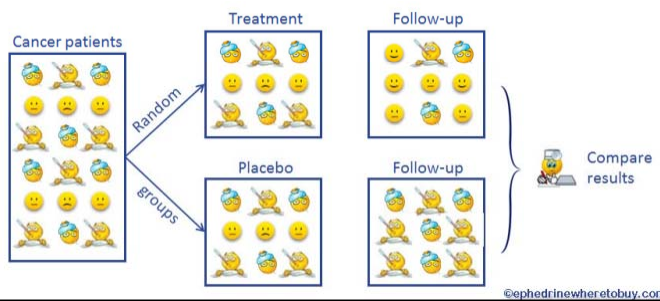
飽和脂肪 (saturated fats)



- 觀察性研究



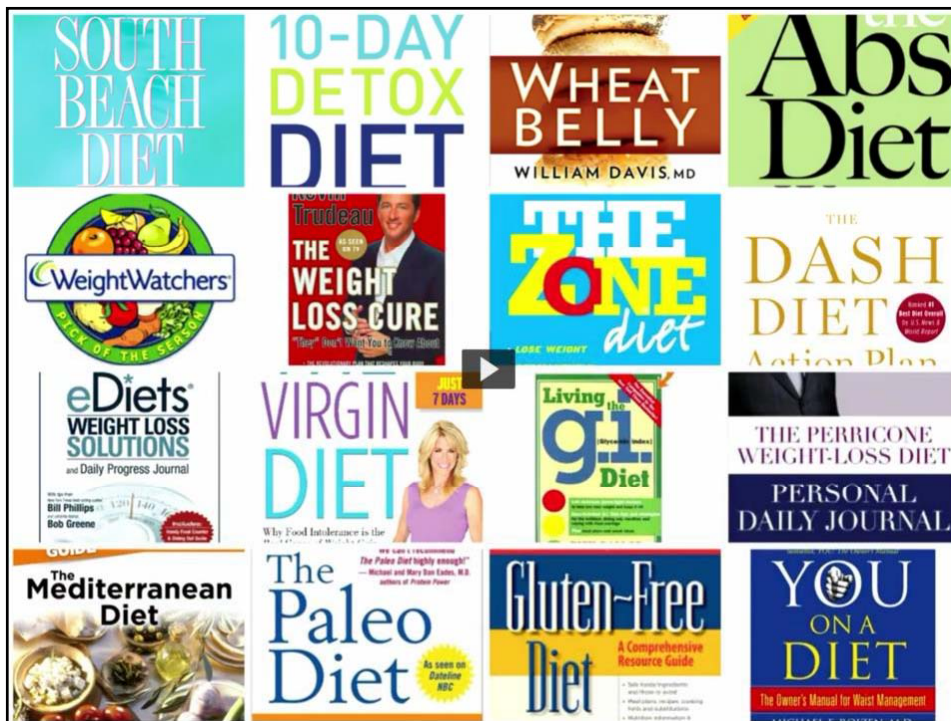
- 隨機對照試驗



低脂肪沙律醬



氧化油 (oxidized oil)





蒸點



煎炸點



粥，湯粉麵

