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高血壓照護-高血壓之飲食原則
Hypertension care-diet principles

鈉的攝取量與高血壓有正相關，鈉攝取過量與高血壓的罹患率相對的提高；而肥胖也是造成高血壓的因素之一。

Sodium intake and hypertension are positively related. If the sodium intake is too much, the incidence of hypertension will rise relatively. Fatness is also one factor to cause hypertension.

1. 鈉最主要來源是食鹽，1gm 食鹽中含有400mg 的鈉。調味品中的鈉含量的換算：


- 1 茶匙食鹽=2 湯匙醬油
- 1 茶匙食鹽=5 茶匙烏醋
- 1 茶匙食鹽=5 茶匙味精
- 1 茶匙食鹽=12 1/2 茶匙蕃茄醬

1. Salt is the most important source of sodium. Every 1 gm salt contains 400 mg sodium. The conversion of sodium of condiments:

- 1 teaspoon of salt = 2 spoons of soy-bean sauce
- 1 teaspoon of salt = 5 teaspoons of black vinegar
- 1 teaspoon of salt = 5 teaspoons of monosodium glutamate
- 1 teaspoon of salt = 12 1/2 teaspoon of ketchup

2. 避免食用的食品

- 1). 奶類：如乳酪。
- 2). 蛋豆魚肉類：如醃製、滷製、燻製、的火腿、香腸、燻雞、滷味、豆腐乳、魚肉鬆等，及罐頭食品和炸雞、漢堡、各式肉丸、魚丸等速食品。
- 3). 五穀根莖類：如麵包、蛋糕、甜鹹餅乾、奶酥及油麵、麵線、速食麵、速食米粉、速食冬粉等。
- 4). 油脂類：奶油、瑪琪琳、沙拉醬、蛋黃醬等。
- 5). 蔬菜類：醃製蔬菜類如：榨菜、酸菜、醬菜等，或加鹽的冷凍蔬菜，如：豌豆莢、青豆仁等。
- 6). 水果類：各類加鹽的罐頭水果及加工果汁。

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2. Food taboos of hypertension

- 1). Milk class: such as cheese.
- 2). Eggs, beans, meat and fish class: such as marinated, braised, smoked ham, sausage, smoked chicken, soya-mixed meat, fermented bean curd, dried shredded fish, canned foods, fried chicken, hamburgers, all kinds of meatballs and fish balls...etc.
- 3). Grain rhizome class: such as bread, cake, savory and sweet biscuits, butter biscuit, alkaline noodles, rice vermicelli, instant noodles, instant rice noodles, instant green bean noodles...etc.
- 4). Oil class: butter, margarine, salad dressing, mayonnaise...etc.
- 5). Vegetables class: pickled vegetables, such as salted mustard, pickled cabbage, soy sauce pickles...etc. Salted frozen vegetables, such as peas, green soybeans...etc.
- 6). Fruits class: all kinds of salted canned fruits and processed juice.

以上資料來源自台灣長期照護專業協會，
若您對以上內容有任何疑問時，請洽詢護理人員。