



認識膽固醇

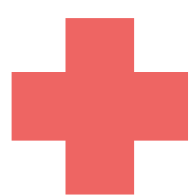


近年心臟病有年輕化的趨勢，當中增加患上心血管疾病風險的因素是膽固醇過高，所以很多人都關注如何可以從飲食方面減少患上高膽固醇的風險。

因此，很多人覺得應該要避免含高膽固醇的食物。但其實膽固醇在我們身體內有很多功能。膽固醇是我們製造細胞膜和荷爾蒙的重要元素，對細胞的修復也很有用，所以是我們身體不能缺少的。正常情況下，身體內的膽固醇量，是由肝臟調節，如果我們從食物中攝取過多膽固醇，肝臟會自動調節製造少一點；如果我們身體的膽固醇水平不足，肝臟便會製造多一點，以得到平衡。但是當飲食失衡，加上身體功能衰退，膽固醇水平就會失衡。膽固醇過多，會增加我們血液的黏度，也亦會增加血管阻塞的風險，所以會間接影響高血壓，及增加患上心血管疾病的風險。



含有膽固醇的食物並不是形成膽固醇水平高的主因，而是進食過多壞脂肪的食物所致。根據衛生署的建議每天油份的攝取量為大概六茶匙油。如果我們日常中攝取過多脂肪如反式脂肪，膽固醇便會上升。因為我們要小心控制飲食，預防膽固醇過高。建議應該避免吃動物的皮層和脂肪層，也要避免油炸或烘焙食品。恆常運動有助增加好膽固醇，及消耗過多膽固醇；也可以多吃含水溶性纖維的食物例如麥皮、豆類、蔬果等幫助，吸走膽固醇，以保持體內正常的膽固醇水平。



營養師小TIPS



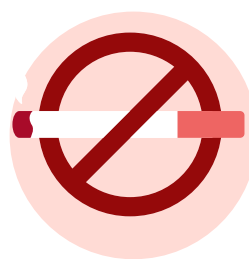
減少進食高膽固醇的食物



增加進食纖維素豐富的食物



飲酒人士應節制



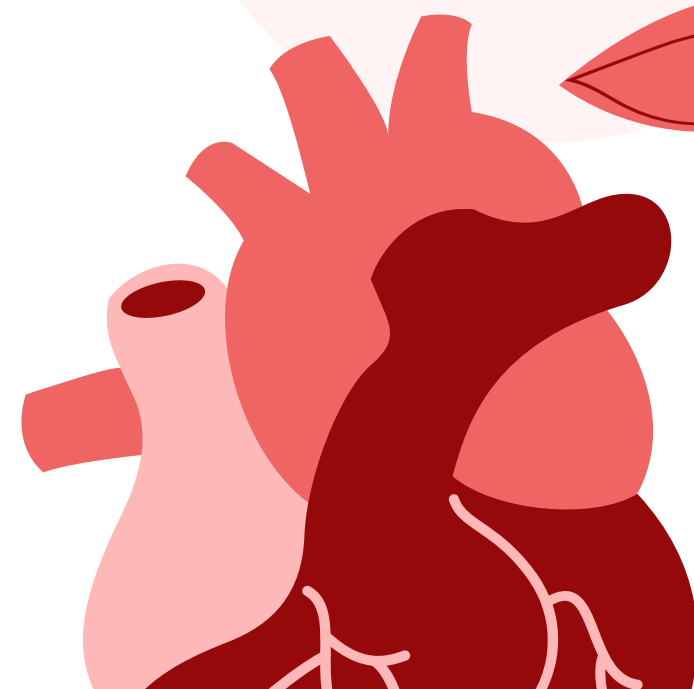
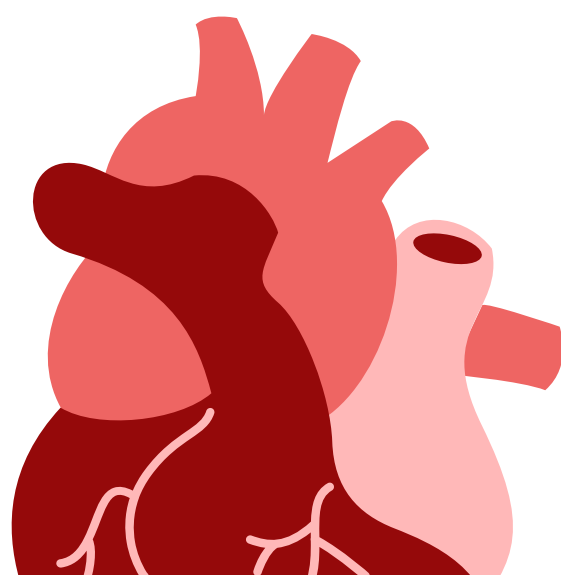
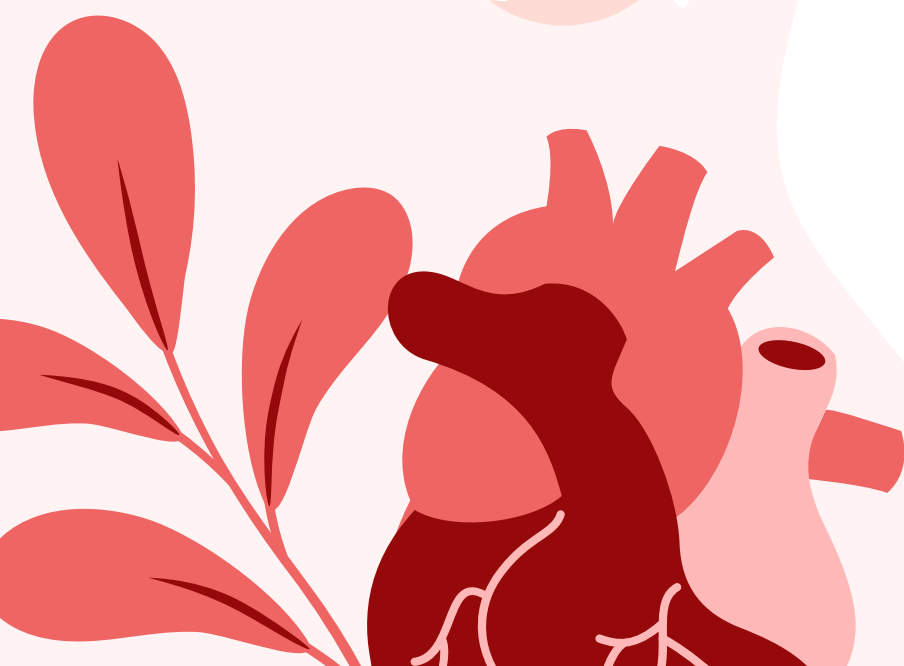
切勿吸煙

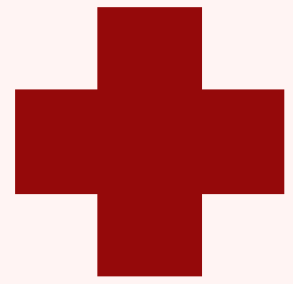


恆常運動



保持理想體重





Cholesterol



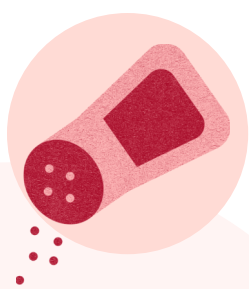
Cardiovascular disease has become more common in the younger generation. The main cause is high cholesterol levels; thus, people are more concerned about low-cholesterol diets nowadays. As a result, many people think we should not eat foods high in cholesterol. However, cholesterol plays a vital role in our bodies. Cholesterol is a key element in making cell membranes and hormones. It is also involved in cell repair. Thus, our bodies need cholesterol for basic functions.

In normal situations, our liver controls cholesterol balance by producing more cholesterol if we consume less. If we consume more cholesterol, our liver will reduce production. The balance can be disrupted mainly due to eating disorders and aging bodily functions. High cholesterol makes our blood sticky, inducing blockages in blood vessels. This may cause hypertension as well as cardiovascular disease.

The main foods causing high cholesterol are not necessarily those that contain cholesterol. In fact, high daily fat intake and the consumption of "bad" fats are the main causes. Healthy eating recommends 6 teaspoons of oil per day. If you take in too much, especially from foods high in saturated or trans fats, these will increase cholesterol levels directly. We should avoid animal skin, fat layers, fried foods, pastries, and baked goods. We can also exercise more to increase good cholesterol, which helps reduce bad cholesterol levels. Foods high in soluble fiber, such as oatmeal, beans, fruits, and vegetables, can help absorb cholesterol to maintain healthy levels.



TIPS



Minimize consumption of high cholesterol foods



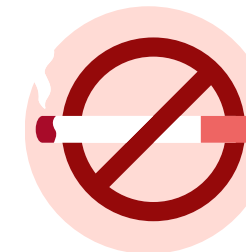
Quit drinking or only drink in moderation



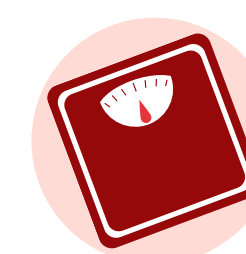
Exercise regularly



Consume more dietary fibre



Do not smoke



Maintain an appropriate body weight

