



心脏健康综合营养辅导指南

HEART HEALTHY
INTEGRATIVE NUTRITIONAL COUNSELING GUIDE

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拥有一个好的心脏健康饮食和生活方式能帮助你防止或管理你的高血压和高胆固醇。你可能会从家人，朋友，西医师和中医师中获得不同饮食信息，以致不清楚什么饮食才最适合你的身体状况。

中医和西医认为很多中式饮食都对心脏健康有好处。这份指南是专门帮你和你的家人或者护理人员找到合适的食物。如果你仍然有疑问，请向你的家庭医生或信赖的保健提供者交流讨论。

A heart healthy diet and lifestyle can help prevent or manage *high blood pressure* and *high cholesterol*. It may be hard to know what to eat when you hear different information from your family, your friends, your Western doctor and your Chinese medicine doctor. The good news is that there are a lot of Chinese foods

that both a Western doctor and a Chinese medicine doctor would agree are good for your heart. This book is designed to help you and your family or caregivers find those foods. If you still have questions, please consult your doctor or trusted healthcare provider.



早餐 Breakfast

午餐 Lunch

零食 Snack

晚餐 Dinner



枸杞燕麥粥



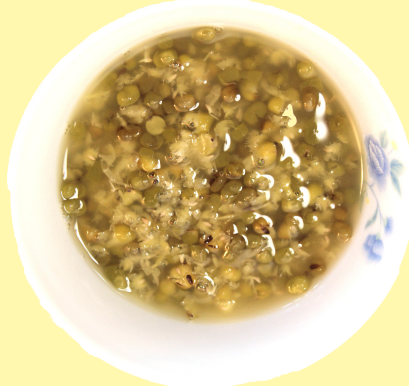
白菜豆腐蛋花湯



瓜子



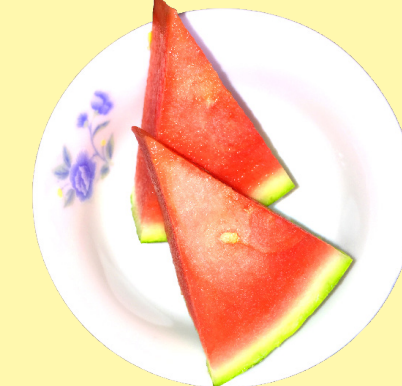
炒西葫芦/香菇/胡蘿卜/玉米/煎魚



绿豆湯



红枣粥/苦瓜炒蛋



西瓜



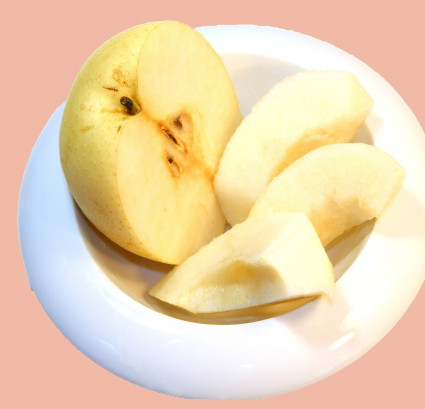
白萝卜/香菇/黑木耳/魚



蕃薯板栗粥



魚湯



梨



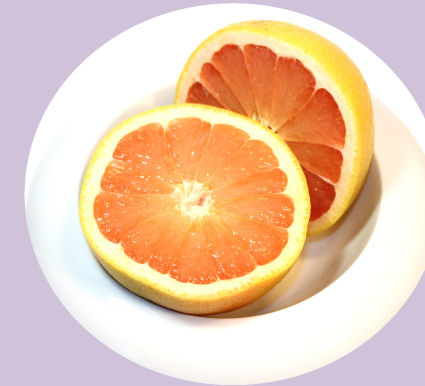
炒雞肉
(香菇/竹筍/洋蔥/米飯/芥菜)



燕麥粥/鸡蛋



蕃薯/魚粥



柚子



胡蘿卜/芹菜煎/鸡胸肉/蕃薯



Yin & Yang: Cool & Warm



Traditional Chinese medicine believes that in order to maintain health and vitality, all of the energies in the body should be in balance. Two important energies in Chinese medicine are yin and yang. Every person/body and every entity in the world is made up of yin and yang. Yin and yang are complementary. Yin and yang are opposite of each other but they also require the other. For example, the bright warmth of the day (yang) must always turn into the cool darkness of night (yin). But these two sides complement one another in one unified whole.

Yin and yang theory can be very complex (see the resources page for more information). However, in this guide, we will use a simpler version. Yin is more cool and yang is more warm. People can be born more yin (more cool) or more yang (more warm). People can also become more yin or more yang depending on their age, the weather, what they eat, or if they are stressed or lose sleep. Many Chinese people already understand this idea of cool and warm and recognize when their bodies are more warm or more cool. People who can balance this warmth and coolness are typically going to improve their health and wellbeing.

A Western diet for heart health typically focuses on calories, fat content, salt and other nutrients. A Chinese diet may also look at the energetic properties of the food such as the warming or cooling properties. One way you can balance is through the foods you eat (or avoid) and the exercise you do and sleep you receive. This guide is designed to help you and your family/caregivers:

1. Figure out if you are more warm or more cool
2. Choose foods that are best suited to your condition
3. Combine Western nutrition practices for heart health with the Chinese concepts of warm and cool to help you make diet choices
4. Figure out if your diet choices are working

阴阳寒热论



传统中医学相信人要保持健康和活力就需要平衡体内所有的能量。阴和阳是中医基础理论中两种重要的能量。世间万物，包括每个人和每个实体都由阴阳组成。虽然阴阳为相反两极，但两者亦互相需要，并且相辅相成。举例说，明亮温暖的白昼（阳）必定转变为凉爽黑暗的夜晚（阴）。然而阴阳两极互相补充并融为一体。

阴阳论是非常复杂的（请参看资源页以获取更多信息）。这份指南将提供一个简单的阴阳论基础版本。阴为寒凉，阳为和暖。人的天生体质可以是偏阴（寒凉）或者偏阳（温热）。根据年龄阶段、天气变化、饮食变化、压力和睡眠质量的影响，体质亦可能变得更阴或变更阳。许多华人深谙寒热理论并知道自身体质属于偏阴或偏阳。能够保持体内阴阳平衡的人的健康和体质通常都会得到提高和改善。

西方的心脏健康饮食大多著重于热量，脂肪含量，盐摄入量以及其他营养成分。中式饮食则着重于食物的能量属性，例如食物是否燥热或寒凉。摄取最多或避免进食某些食物，以及锻炼和充足睡眠是平衡阴阳的一种方法。这份指南会帮助您和您的家人或护理员：

1. 了解您的体质属性是否为偏寒凉或偏温热
2. 选择最适合你身体状况的食物
3. 结合针对心脏健康的西方营养学和中医的寒热论来帮助你选择正确的饮食方式
4. 评估您的饮食方式是否有效

Are you more



warm?



cool?

- Frequently thirsty
- Dark yellow urine
- Crave cold things (food, drinks)
- Red tongue, maybe yellow coating
- Warm skin
- Red face, skin
- Dry skin and/or lips
- Easily excited, overactive
- Impatient, easily irritable
- Loud voice
- Dark, hard stools
- Dislike warm/heat
- Loud, heavy breathing

If you checked more boxes on the warm side, you should probably follow this guide by eating more cooling foods.

- Lack of thirst
- Clear and frequent urine
- Crave warm things (food, drinks)
- Pale tongue, maybe white coating
- Cold skin
- Pale face
- Slow and sluggish movement
- Soft voice
- Loose stools
- Cold hands and feet

If you checked more boxes on the cool side, you should probably follow this guide by eating more hot foods.

You can check back here periodically to see if you have changed in warmth or coolness.

您的体质偏



温热体质?



寒凉体质?

- 经常口干/口渴
- 尿液颜色偏深和偏黄
- 想吃寒凉的东西 (食物或者饮料)
- 舌头偏红, 可能带有黄舌苔
- 皮肤较暖
- 脸色, 皮肤较红
- 皮肤和/或嘴唇干燥
- 容易兴奋, 过度活跃
- 容易烦躁, 没有耐性
- 说话声音大
- 粪便颜色深, 质地硬
- 不喜欢温热
- 呼吸声大而沉重

如果你在此栏选择多个选项, 你应该按照这份指南的推荐去进食多些寒凉的食物。

- 不口渴
- 尿液颜色偏浅, 经常排尿
- 想吃温热的东西 (食物或者饮料)
- 舌头苍白, 可能带有白舌苔
- 皮肤较凉
- 脸色苍白
- 行动缓慢
- 说话声音小
- 粪便较稀
- 手脚冰冷

如果你在此栏选择多个选项, 你应该按照这份指南的推荐去进食多些温热的食物。

你可以回来参阅这一页校验你的体质有没有改变。

熱性/Hot

蔬菜 Vegetables



Bell pepper
燈籠椒/甜椒/
彩椒/柿子椒



Asparagus
蘆筍



Cabbage
捲心菜/椰菜/
結球甘藍/
甘藍/洋白菜/
圓白菜



Chinese chive
flowers
韭菜花



Chinese chive
韭菜



Mustard green
芥菜



Cilantro
芫荽/香菜



Fennel
茴香



Garlic
大蒜



Ginger
生薑



Jalapeno
墨西哥胡椒



Kale
羽衣甘藍/無頭
甘藍/海甘藍/
葉牡丹/
牡丹菜/花菜



Mushroom,
King oyster
杏鮑菇



Ganoderma
mushroom
靈芝



Parsnip
防風草/
歐洲防風/
芹菜萝卜



Acorn squash
小青南瓜/
橡子南瓜



Butternut
squash
白胡桃南瓜/
冬南瓜/中国南瓜



Leek
韭蔥/大蔥



Onion
(red/white/
yellow)
洋蔥



Parsley
番茜/欧芹/
洋香菜/欧芹/
洋芫荽



Scallion
青葱



Chili peppers
辣椒



Moqua
毛瓜



Shallot
香葱头/红葱头



Lotus root
莲藕

生莲藕为凉性；
熟莲藕为熟性
Raw lotus is cooling;
cooked lotus

熱性/Hot

水果 Fruits



Coconut
椰子



Hawthorn berry
山楂



Pineapple
菠萝/鳳梨



Raspberry
勒士啤梨/
红莓/覆盆子/
樹莓



Mango
芒果



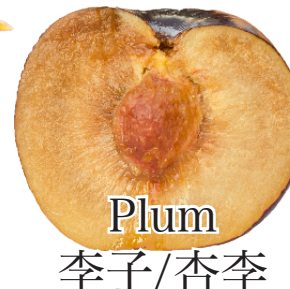
Cherry
櫻桃/车厘子



Tangerine/Manda-
rin/Clementine
柑橘/桔仔



Dry papaya
干木瓜



Plum
李子/杏李



Goji berry
枸杞



Lychee
荔枝/荔果



Longan
龙眼



Durian
榴蓮



Chinese prune
乌梅

煮涼性食物時，可以加入熱性食物，如大蒜、生薑、或洋蔥以減少涼性。
Balance cool foods by adding hot foods like garlic, ginger, or onions to dishes.

熱性/Hot

蛋白質 Proteins



多买海鲜，魚，鸡禽，少买牛肉和猪肉
Eat more seafood, fish and poultry over beef or pork

和湯一起煮而不是加更多鹽或糖來提味
Cook with broth or soup instead of adding extra salt or sugar for flavor

碳水化合物 Carbohydrates



熱性/Hot

草藥/香料 Herbs/ Spices/ Other



东方人參/ 亚洲參为熱性；
花旗參/ 西洋參为涼性
Asian Ginseng is hot;
American Ginseng is cool

煮涼性食物时，可以加入熱性調味料。
Balance cooler foods by adding hot spices.

中性/Neutral

蔬菜 Vegetables



中性/Neutral

中性/凉性 Neutral/Cool



水果 Fruits



中性食物对于所有情况都适用。
Neutral foods are good for all conditions.

中性/Neutral

蛋白質 Proteins



Almond
杏仁/扁桃仁



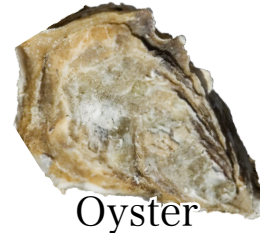
Dairy products
乳製品



Fish (ocean)
深海魚



Hazelnut
榛子



Oyster
牡蛎/蚝



Peanut
花生/地豆



Fava bean
蚕豆

碳水化合物 Carbohydrates



Sunflower seed
葵花籽



Brown rice
糙米



Buckwheat
蕎麥



Corn meal
玉米粉



Pea
豌豆/青豆



Rice bran
米糠



Rye
黑麥



Azuki bean
赤小豆/豆



Lotus seed
蓮子



Corn
玉米



Sweet potato/yam
番薯/甘藷/
红薯/甜薯

中性/Neutral

草药/香料/ 其他 Herbs/Spices/ Other



Chinese yam/Nagaimo
山药/淮山



Licorice root
甘草



Poria mushroom
茯苓



Honey
蜂蜜



Barley malt
大麥芽



Rice malt
糙米芽



Black sesame seed
黑芝麻



Cardamom
小荳



Gelatin
明胶

中性食物对于所有情况都适用。
Neutral foods are good for all conditions.

凉性/Cool

蔬菜 Vegetables



Bamboo shoot
竹筍



Bittermelon
苦瓜/涼瓜



Bok choy
小白菜/
白菜苗/青江菜



Broccoli
西兰花



Celery
西芹/芹菜/旱芹



Chinese
eggplant
茄子/矮瓜



Mint
薄荷



Mung bean sprout
綠豆芽



Napa cabbage
大白菜



Artichoke
洋蓟/朝鲜蓟



Lily bulb
百合



Seaweed
海藻/海草/紫菜



Snow pea
荷蘭豆



Spinach
菠菜



Watercress
西洋菜



Wintermelon
冬瓜



Alfalfa sprout
苜蓿芽



Chinese lettuce
唐生菜/
长叶茼蒿



Cucumber
黄瓜/青瓜/胡
瓜



Dandelion
greens
蒲公英嫩叶



Water chestnut
马蹄/荸荠/菱角



Portabella
mushroom
大褐菇



White
mushroom
白蘑菇



Chinese cucumber
黄瓜/青瓜/
胡瓜



Soybean
sprout
大豆豆芽



Summer squashes
西葫芦/夏南瓜/
直南瓜/
歪脖南瓜



Winter squashes
冬南瓜



Turnip
芜菁/大头菜



Brown/Crimini
mushroom
洋菇

凉性/Cool



Water spinach
空心菜/通心
菜/瓮菜



Yam leaves
蕃薯叶/蕃薯
苗菜/瓮菜



Chrysanthemum
green
茼蒿菜/蓬菜



Collard greens
寬葉羽衣甘藍
菜/甕菜



Pea sprout
豆苗菜/甕菜



Sponge guord/
Zi Gwa
丝瓜



Spaghetti squash
面条南瓜/
金丝瓜



Taku choy
塌棵菜



Zucchini
意大利瓜



Gobo/Greater bur-
dock
牛蒡

水果 Fruits



Apple
苹果



Asian pear
雪梨/沙梨



Banana
香蕉



Grapefruit
葡萄柚/西柚



Kiwi
奇異果/猕猴桃



Lemon
柠檬



Orange
橙子/柳橙



Pear
梨



Watermelon
西瓜



Apricot
杏/杏桃



Cantaloupe
哈密瓜/香瓜



Fig
无花果



Mulberry
桑葚



Peach
桃



Persimmon
柿子



Strawberry
士多啤梨/草莓



Tomato
番茄/西红柿

凉性/Cool

Proteins 蛋白質



Pumpkin seed
南瓜子



Watermelon seed
西瓜子



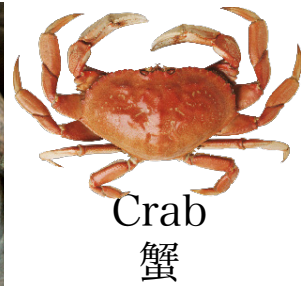
Wintermelon seed
冬瓜子



Tofu
豆腐



Clam
蛤



Crab
蟹

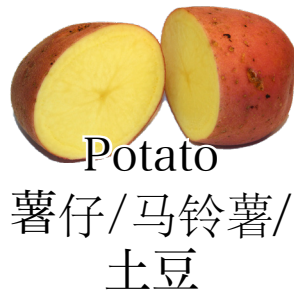


Pork
猪肉



Chicken egg
雞蛋

Carbohydrates 碳水化合物



Potato
薯仔/马铃薯/
土豆



White rice
白米



Millet
小米/粟



Mung bean
绿豆



Soybean
大豆



Wheat
小麥



Kidney bean
腰豆/芸豆/雲豆/
菜豆



Pearl barley
珍珠麥

凉性/Cool

Herbs/ Spices/ Other 草药/香料



Corn silk
玉米穗丝/粟



Chinese motherwort
leaf
益母草



Cassia seed/Sickle
senna/Coffeeweed
决明子



Chrysanthemum
菊花



Tea
茶



Kudzu (Pueraria)
野葛



Goldenseal root
金印草/
北美黄连



Pueraria root
葛根



Honeysuckle
金银花/忍冬花



Salt
盐



White sugar
白砂糖



Vitamin C
维他命C

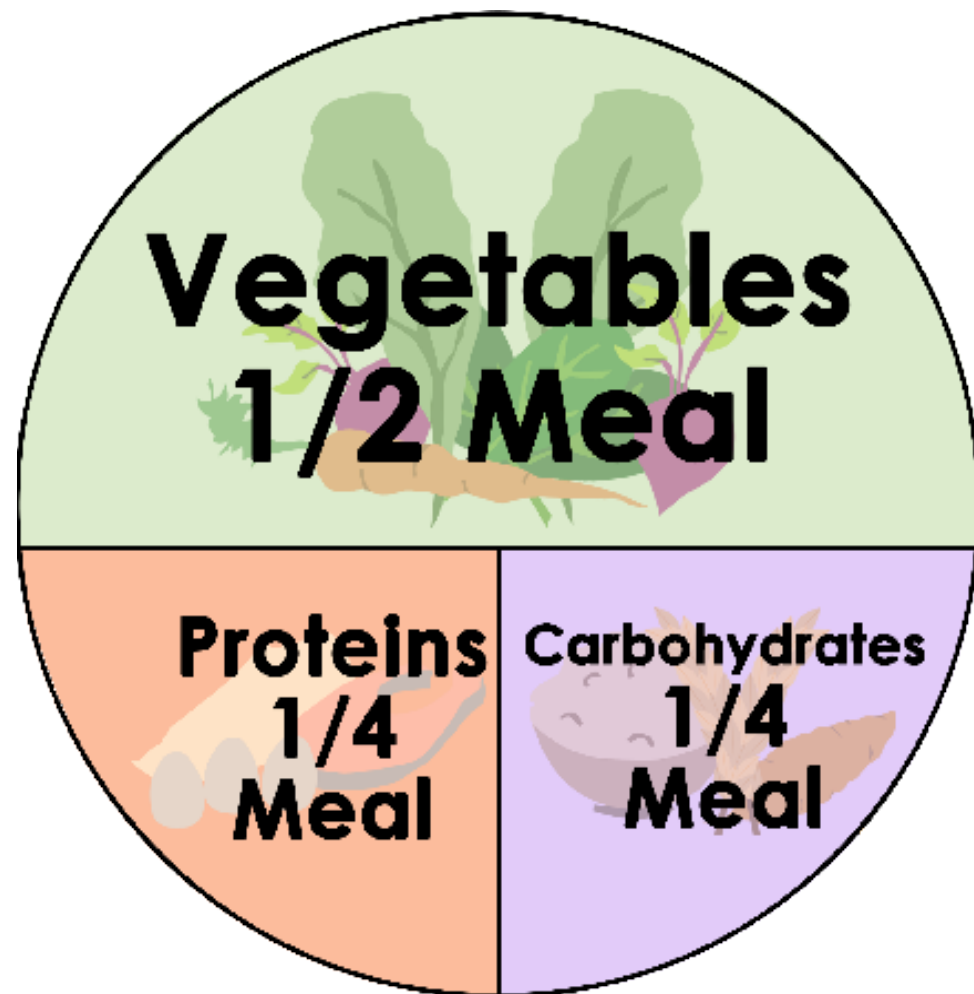


American ginseng
西洋参/花旗参

东方人參/亚洲參为熱性；
花旗參/西洋參为涼性
Asian Ginseng is hot;
American Ginseng is cool

Plate Method

What amount of food should you eat? Everyone needs a different amount of food. Learn what works for your own body. No matter the amount, try to balance it by eating whole, unprocessed foods.

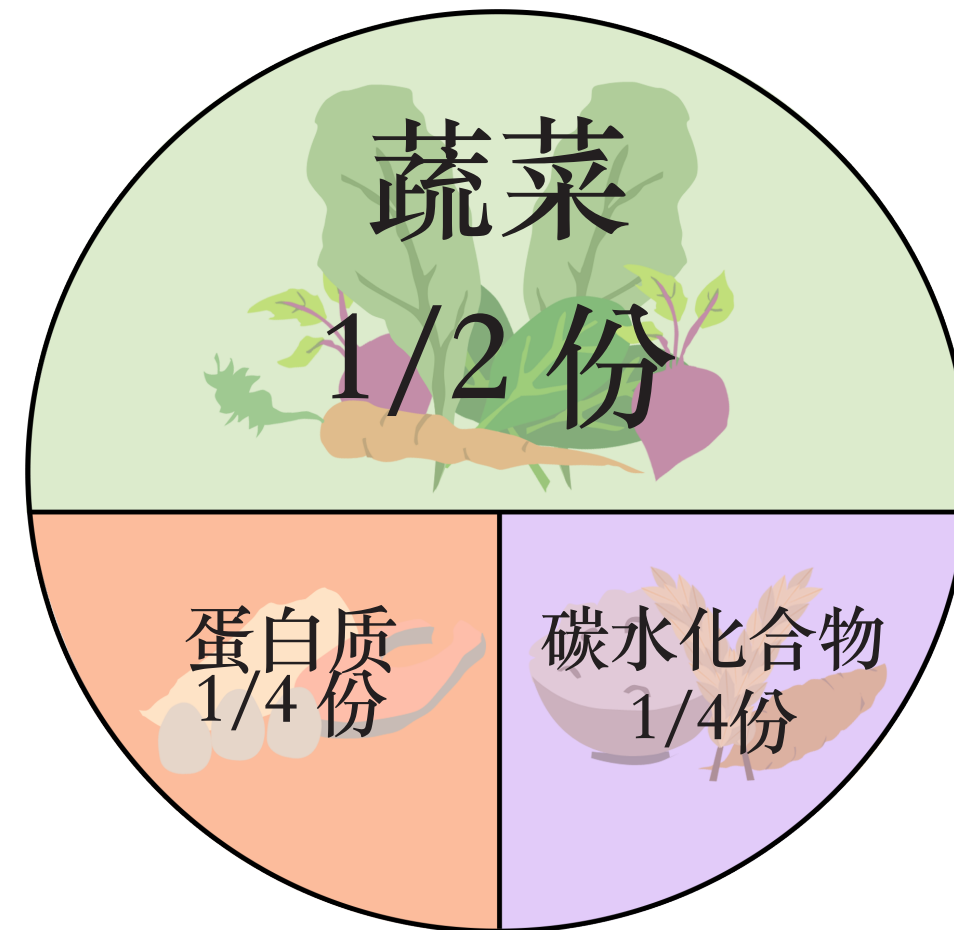


Fresh fruits
make great
snacks

Keep in moderation
if you have diabetes
or are pre-diabetic.
Even non-sweet tasting
fruits may be high in
carbohydrates.

碗 / 碟饮食方法

你应该吃多少食物呢？每个人需要的食物份量都不一样。你可以学习如何进餐会对你的身体最好。不管份量大小，尝试通过进食天然未加工食物来平衡你的饮食。



新水果是
非常好的
零食

新鲜水果是非常好的零食：如患有糖尿病或前驱糖尿病，请不要吃过量水果，适量即可。即使尝起来不太甜的水果也能增加碳水化合物的摄入量。

Eat Less

- Salt, MSG, soy sauce
- Fatty, fried, greasy/oily, rich/heavy foods
- Canola, sunflower, safflower, poly-unsaturated, hydrogenated fats
- Sugar: 3-in-1 milk tea/coffee packets, cakes, cookies
- Processed meat such as Spam, sausage or instant noodles
- White flour/bread, buns
- Caffeine, alcohol, tobacco
- Salted, pickled, fermented foods (hidden salt)
- Sauces (hidden sugar/salt)

少吃以下食物

- 盐, 味精, 酱油/豉油
- 含油脂, 炸, 油腻, 重口味的食物
- 菜籽油, 葵花油, 红花油, 聚不饱和氢化脂肪,
- 糖: 三合一包装咖啡, 蛋糕, 曲奇饼干
- 加工食物例如午餐肉, 香肠或速食面
- 精面粉 / 白面包, 馒头
- 咖啡因, 酒精类, 烟草
- 加盐, 腌制, 发酵的食物(潜在盐份)
- 酱料 (潜在盐份和糖份)

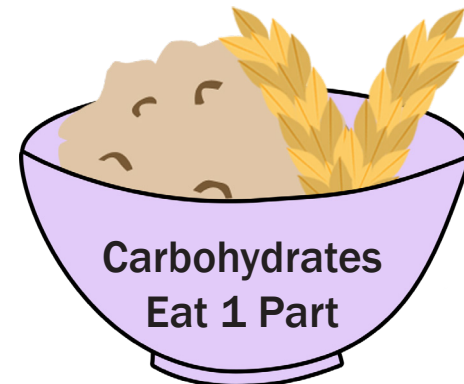
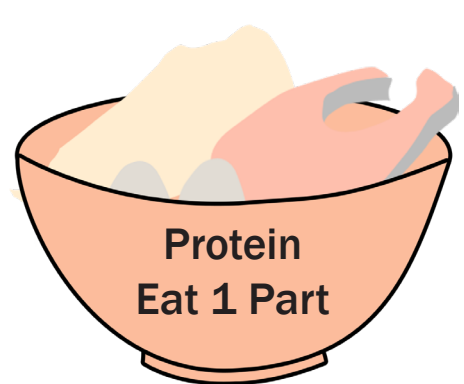
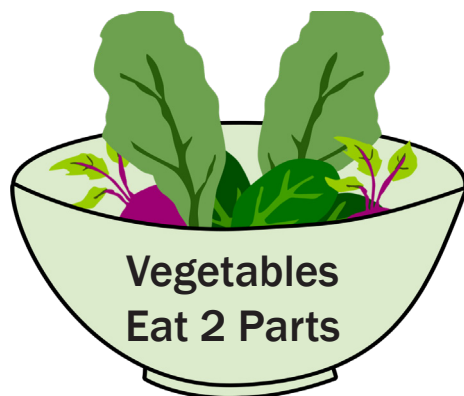
Tips for Eating Out

Balance your meal when using bowls.



Order foods in soup instead of fried or stir fried

Balance restaurant food by adding more vegetables.



- Drink a cup of tea before large/holiday meals so you don't overeat
- Try to eat at least one vegetable with every meal
- Eat your favorite foods but try smaller portions of them
- Eating a variety of colors means eating more nutrients

外出饮食建议

用碗来平衡你的饮食。



尽量点有汤的食物，少点油炸或煎炒的食物

在外进食时，多加一些蔬菜来平衡餐馆的食物



- 大餐或节日聚餐前喝一杯茶，你便不会饮食过量
- 尝试每顿饭吃一种蔬菜
- 吃喜欢的食物但只吃少量
- 吃不同颜色的食物意味著吸收不同的营养

Specifically Focused on High Blood Pressure

Blood pressure is the force that the blood exerts against the walls of the blood vessels when it is moving through the body. From a Chinese medicine perspective, there are many things that can lead to high blood pressure. From a Western nutrition standpoint, eating too much salt, processed foods, or caffeine can increase your blood pressure. If high blood pressure is your main concern, these suggestions may help.



- Bitter vegetables: arugula, mustard greens, spinach, watercress, dandelion leaf (Winter), bittermelon
- Leek (Winter)
- Turnip leaves, yam leaves
- Onion
- Celery
- Shitake mushroom
- Black wood ear
- Wintermelon
- Daikon, radish (Winter)

- Fresh seafood
- Eggs
- Unsalted soy milk (Fall)
- Oysters (Fall)
- Turkey, pheasant (Winter)

Drinks

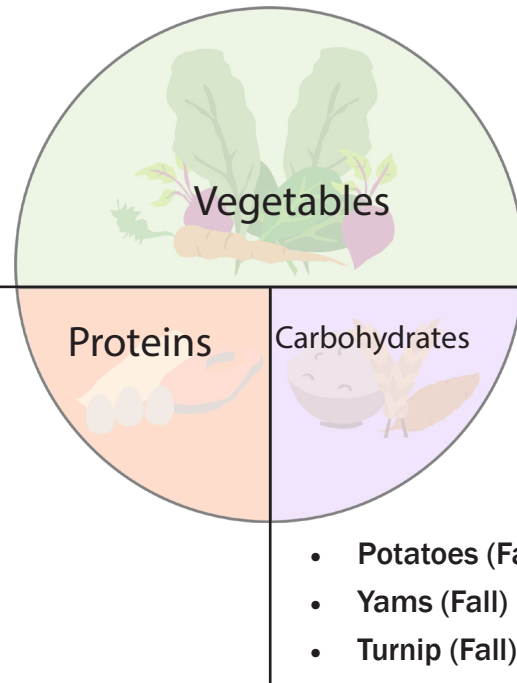
- Chamomile tea
- Soup can be used as a snack/drink, but watch out for salt
- Fermented green tea (pu-er, oolong) or hawthorn berry tea with meal if overweight

Herbs/Spices/Other

- Turmeric, ginger and other warming spices
- Honey
- Red dates

Eat Less

- Pickled foods, salted eggs (watch out for hidden salt)
- Acrid spices like chili pepper
- Caffeine
- Avoid strong supplements (American ginseng) which can raise blood pressure



- Winter melon
- Quinoa
- Wheat berries
- Adzuki beans
- Whole wheat
- Job's tears (Summer)

高血压患者饮食建议

血压是当血液通过身体时，血液对血管壁施加的力量。从中医的角度来看，高血压的成因很多。从西方营养学的角度来看，摄入过量盐分，加工食品，或咖啡因会引致血压上升。如果你担心自己的血压过高，以下饮食建议能帮助您调理身体。腻的食物会引致胆固醇升高。如果你担心

- 苦菜：芝麻菜,芥菜,菠菜,西洋菜 (冬季)
- 蒲公英根茶(可代替咖啡，宜冬季饮用)
- 白萝卜叶，蕃薯叶
- 白萝卜，小萝卜 (冬季)
- 韭葱 (冬季)
- 黑木耳
- 洋葱
- 芹菜
- 香菇
- 西瓜

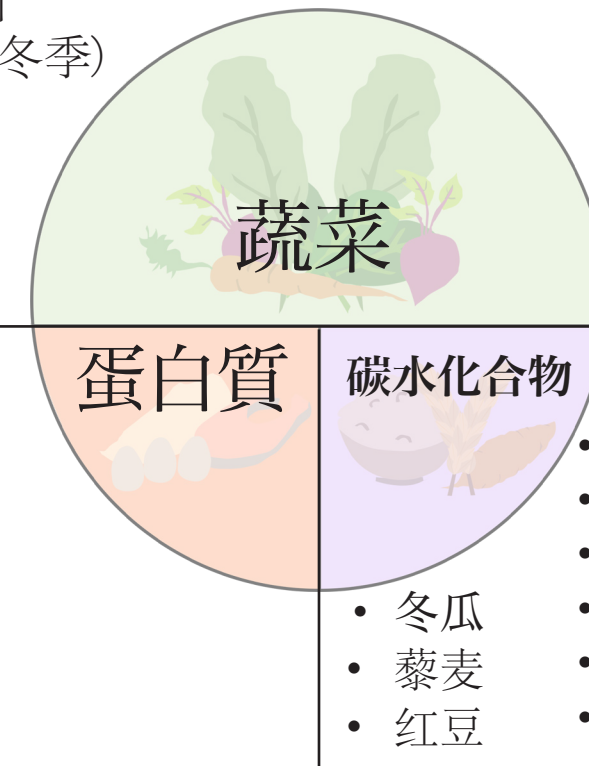
- 新鲜海鲜
- 鸡蛋
- 无盐豆奶 (秋季)
- 牡蛎/蚝 (秋季)
- 火鸡, 野鸡 (冬季)

饮料

- 洋甘菊
- 汤水能当作小食，但注意盐份摄取量
- 普洱或乌龙茶，或山楂茶如果您的体重 过重

草药/香料/其他

- 姜黄，生姜和其他温性香料
- 蜂蜜
- 红枣



- 全麦
- 薏仁 (夏季)
- 马铃薯 (秋季)
- 淮山/山药 (秋季)
- 芜菁 (秋季)
- 小麦浆果 (食物或茶)

少食以下食物

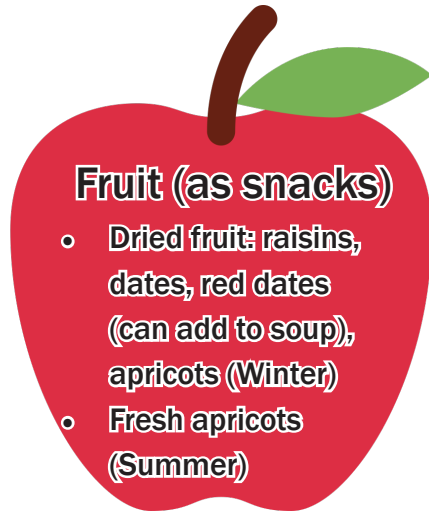
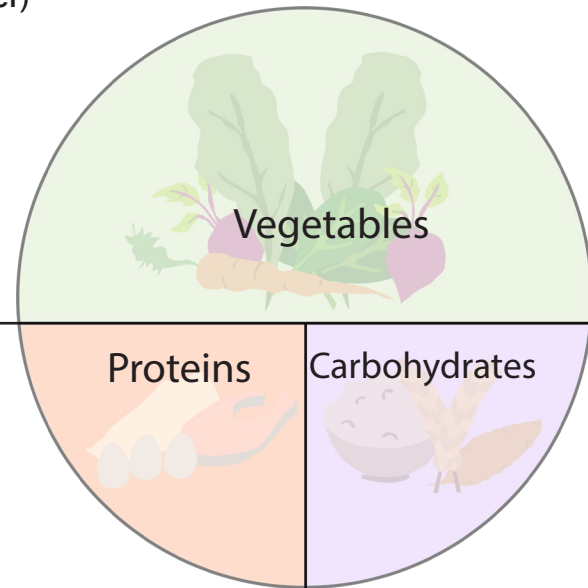
- 腌制食物，咸蛋
- 辛辣的香料，例如红辣椒
- 摄入较少的咖啡因
- 避免进食补品，例如人参，会令血压上升

Specifically Focused on High Cholesterol

From a Chinese medicine perspective, high cholesterol is a problem with dampness and phlegm. Foods that are rich, heavy/saucy, fried, sweet, raw or icy (e.g. ice cream, ice cold drinks), can all increase dampness which can lead to excess phlegm and contribute to high cholesterol. Eating fruit with dairy/milk can also lead to phlegm. From a Western nutrition standpoint, eating too many fatty, oily, rich foods can lead to high cholesterol. If high cholesterol is your main concern, these suggestions may help.



- Yam leaves/watercress (Spring)
- Ginger (Summer/Fall)
- Bean sprouts (Summer)
- Bell/red peppers (Summer/Fall)
- Garlic (especially Fall)
- Mushrooms (especially Winter)
- Shiitake mushroom
- Kelp/seaweed
- Black wood ear
- Bitter herbs
- Celery
- Lettuce
- Scallion
- Alfalfa
- Turnip
- Kohlrabi



- Pistachios
- Fish head soup
- Sea cucumber
- Peanut butter (natural)
- Boiled peanuts (Fall/winter)
- Pork (Spring)
- Beef (Winter)
- Lean meats (such as tenderloin or sirloin)

- Rye
- Amaranth
- Corn
- Adzuki beans
- Pumpkin
- Raw honey
- Soy beans
- Mung beans
- Quinoa
- Glutinous rice (moderation)

Drinks

- Pu'er tea, chamomile tea
- Japanese/Korean green tea
- Warm or hot Hawthorne berry tea with dang shen
- Clear broth with low salt

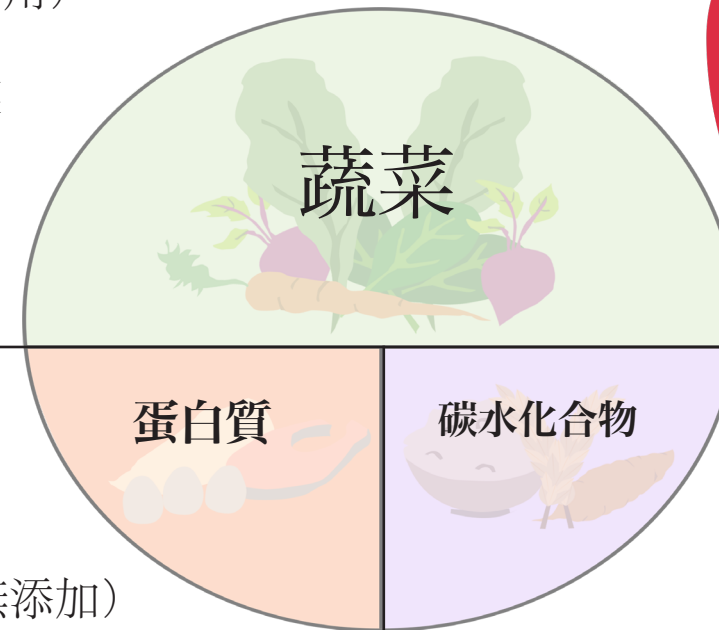
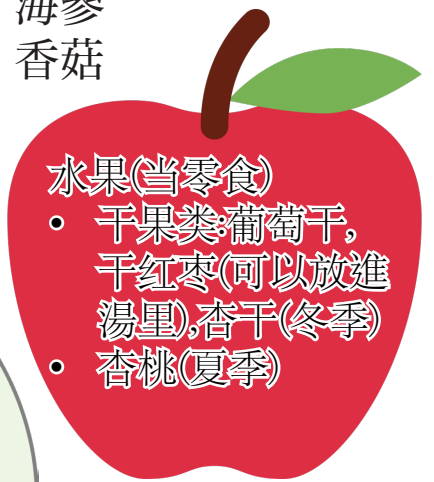
Eat Less Cold or mucus forming foods:

- Milk, dairy, cheese, ice cream
- Ice/cold drinks
- Red meat
- Sugar, white flour/bread

高胆固醇患者饮食建议

从中医的角度来看，高胆固醇是由湿热和痰多引发的健康问题。煎炸油腻的重口味食物，甜食，生冷食品（例如冰淇淋/雪糕）和未熟的食物均会引起痰多湿热，以致影响胆固醇。此外，水果与乳制品/牛奶一起食用也有可能引起痰多。从西方营养学的角度来看，进食过量肥腻和油腻的食物会引发胆固醇升高。如果你担心自己的胆固醇过高，以下饮食建议能帮助你调理身体。

- 蒜 (四季皆宜，特别适合在秋季食用)
- 灯笼椒/红甜椒 (秋夏两季食用)
- 蘑菇 (特别适合在冬季食用)
- 生姜 (宜秋夏两季食用)
- 西洋菜 (春季食用)
- 豆芽 (夏季食用)
- 菜果/蓝/大头菜
- 莴苣/生菜
- 苦草/苦菜
- 黑木耳
- 紫花苜蓿
- 青葱
- 蕪菁
- 西芹
- 海帶
- 海參
- 香菇



- 开心果
- 鱼头汤
- 猪肉 (春季)
- 牛肉 (冬季)
- 花生酱 (天然無添加)
- 水煮花生 (宜秋冬两季食用)
- 瘦肉 - 选择腰部嫩肉，例如背脊肉和里脊肉

- 黑麦/裸麦
- 红苋菜
- 生蜂蜜
- 藜麦
- 糯米 (适量)
- 大豆/黄豆
- 绿豆
- 玉米
- 红豆
- 南瓜

饮料

- 普洱
- 洋甘菊茶
- 日本/韩国绿茶
- 饮用温热的山楂党参汤水
- 少盐的清汤

少食以下的食物

- 生冷冰冻或容易积痰的食物:
- 冰牛奶，一般乳制品 (特别是经过氢化处理)，芝士，冰淇淋
 - 冰冻饮料
 - 红肉
 - 糖，面粉/面包

Pay Attention to Digestion

In Chinese medicine, healthy digestion is key to a healthy foundation. Eating from this nutritional guide may improve your digestion. As you make adjustments to your diet, pay attention to these signs of good and bad digestion. If you have many of the symptoms of bad digestion, you may want to consult your doctor. To help you digest fully, eat mindfully. Don't talk too much, chew thoroughly (18-20 times), and only eat until you feel half full.

Good Digestion



Pleasant taste in mouth & fragrant breath


No discomfort in stomach, intestines

Satisfaction after meals (no hunger/cravings)

Alert and clear-headed after eating; Not lethargic, spaced out

Regular, solid, easy elimination

Bad Digestion



Headaches, nausea nasal/sinus congestion

Foul taste in mouth, sores in mouth, offensive breath

Discomfort in Intestines Belching, gas

Lack of satisfaction with what you eat or not knowing what to eat to gain satisfaction

Fatigue, depression, irritability, fuzzy-headedness, sluggishness after meals

Sudden perspiration, skin eruptions, unpleasant hot/cold sensations


Uncontrollable cravings or lingering hunger for stimulants & fats or cold, spicy, salty, sweet, sour foods

Unpleasant odor of urine/feces
Difficult/loose bowel movements or difficult urination

注意你的消化

在中医看来，健康的消化是健康的基础。按照这份指南饮食可以改善你的消化。当你改变你的饮食之际，请注意消化良好与消化不良的迹象。如果你有多项消化不良的迹象，请与你的医师交流讨论。留意进食：不说太多话，反复咀嚼18到20次，只吃到半饱

消化良好



口中味道清爽、口气芳香


胃和肠道无不适感

餐后满足（无饥饿感）

进食后头脑清醒，不昏沉、不恍惚

排便规律、成形、顺畅

消化不好



头痛、恶心、鼻塞/鼻窦堵塞

口中异味、口腔溃疡、口气难闻

肠道不适——打嗝、胀气

无食欲、食欲不满

饭后出现疲劳、情绪低落、易怒、思维迟缓、无精打采和乏力等症状

突然出汗、皮肤爆痘、不舒服的冷热感

对刺激性食物和油脂类食物无法控制的渴望，

尿液/粪便气味难闻；排便困难/腹泻；排尿困难

Making Healthy Choices

SNACKS

There are many different foods you can eat as quick and healthy snacks. For those who are overweight, try to reduce the number of snacks eaten between meals.

- eggs (steamed or hard boiled, 1x per day)
- unsalted nuts (in moderation)
- unsalted seeds of all types
- soy milk
- dry fruits in moderation and chewed thoroughly
- baked yams
- soup broth w/ low salt
- whole grain crackers
- dried seaweed w/ low salt

NUTRITIONAL LABELS

Pay attention to:

- **Calories**
- **Fat:** Especially Saturated Fats, Trans Fats *
 - Put soup in the refrigerator, skim off the fat after making broth
 - Cook chicken/fish with skin on but don't eat the skin
- **Sodium ***
- **Sugars:** Especially Added Sugars i.e. corn syrup *

* Choose foods with 5% or less of Daily Value

DRINKING TIPS

- Drink warm or room temperature water, teas
- You are hydrated enough if your urine is light yellow

Urine Color Chart

Normal, Well-Hydrated
Normal
Normal, But Drink Water Soon

營養標籤

Nutrition Facts	
8 servings per container 本包裝含8份	
Serving size 每份量 2/3 cup (55g)	
Amount Per Serving 每份含量	
Calories 熱量 230	
每日值的百 % Daily Value*	
Total Fat 脂肪 8g	10%
Saturated Fat 飽和脂肪 1g	5%
Trans Fat 反式脂 0g	
Cholesterol 膽固醇 0mg	0%
Sodium 鈉 160mg	7%
Total Carbohydrate 碳水化合物 37g	13%
Dietary Fiber 膳食纖維 4g	14%
Total Sugars 糖 6g	
Includes 3g Added Sugars 包括 3克 添加糖	6%
Protein 蛋白質 3g	6%
Vitamin D 維生素D 2mcg	10%
Calcium 鈣 260mg	20%
Iron 鐵質 8mg	45%
Potassium 鉀質 235mg	4%

每日值的百分比%(DV)是指一份食物於日均飲食中所含的營養價值。DV%以熱量2000大卡的飲食為基準。

SHOPPING

- Buy fresh whole foods: vegetables, fruits, seafood/meats
- Buy fruits and vegetables in season which are often more affordable
- Buy frozen instead of canned or processed foods
- Buy more seafood, fish and poultry over beef or pork

做出健康的选择

小食/零食

你可以选择不同类型的食物当作健康的零食, 或者是赶时间的时候食用。但若你现时体重过重, 还请尽量减少于餐与餐中间进食。

- 鸡蛋 (每天吃一次蒸水蛋或水煮蛋)
- 无盐坚果 (适量)
- 各种无盐的籽仁
- 豆奶
- 烤红薯
- 低盐清汤
- 全谷物饼干
- 低盐海苔
- 低盐干菜

营养标签

注意一下

- 卡路里
- 脂肪
 - 饱和脂肪, 反式脂肪*
 - 把汤放在冰箱里, 做好汤以后去除油分脂肪
 - 煮鸡肉和鱼肉时连皮, 但不要吃皮
- 钠*
- 糖
 - 特别注意添加糖 (例如: 玉米糖浆)

购物建议

- 买新鲜的全谷类食物: 蔬菜, 水果, 海鲜, 肉类
- 购买划算的当季水果和蔬菜
- 买冷冻食品而不是罐装或加工食物
- 多买海鲜, 鱼, 家禽类, 少买牛肉和猪肉

餐饮的建议

- 喝温热或室温的水和茶
- 当你的尿液呈清黄色, 说明你身体吸收足够水份

小便顏色表

正常, 水份充足
正常
正常, 但應補充水份

生活方式

除了饮食以外,您还可以通过其他方式来管理心脏健康。从中医的角度来看,久坐,担忧,焦虑对心脏有害。运动,例如走路,游泳,太极,和气功能帮您减低体重,睡得更好以及减压。

减低体重

- 如果您体重超标,即使降低少量体重也能对心脏健康有帮助

增加睡眠

- 尝试每晚睡7-8个小时
- 尝试在晚上11点到凌晨3点入睡

减压

- 当您感受到压力时,闭上眼睛和深呼吸30秒钟
- 您也可以按摩间使穴和内关穴

增强运动

- 尝试运动到轻微出汗。步行到商店或在邻近的地方走动
- 尝试运动到稍微喘气。走楼梯或者爬坡
- 尝试每周运动5次(一共150分钟)。一步一步来达到这个目标
- 您运动的强度应该由您的个人情况而定。如果您有心脏病或心绞痛,请咨询您的医生



间使



内关

太极和气功

身体运动既健康又能协调体内阴阳。气功教人用具体的方法去运动身体来达到平衡。太极,太极拳的简称,是一种增强心灵,身体和精神的运动方法。气功和太极的招式缓慢和沈稳,需要身心合一。



简单的气功招式: 开天辟地

抬起右臂并高于右边肩头,向上伸直高过头部,掌心向上。同时伸直左臂至左腿,掌心向下。之后调换。



简单的太极招式: 云手

移动身体重心,同时双臂在身躯前环绕,左臂向下,右臂向上,然后调换。重心移动到右边时右臂抬高,然后移动到左边时左臂抬高。这个招式命名为云手是因为当手臂移动时犹如浮云。

Lifestyle

In addition to diet, there are other things you can do to help with heart health. According to Chinese medicine, excessive sitting, worry and anxiety can be harmful to the heart. Exercise such as walking, swimming, Tai Chi or Qi Gong can help you lose weight, sleep better and decrease stress.

Weight

- If you are overweight, even a small reduction in weight can help your heart

Stress

- When you feel stressed take 30 seconds, close your eyes, and take 3 slow deep breaths
- You can massage acupressure points P5 (Jian Shi, 間使) and P6 (Nei Guan, 內關)



Sleep

- Try to get 7-8 hours per night
- Try to be asleep between 11pm-3am
- Try not to eat 3 hours before bed

Movement

- Try to move enough to sweat lightly. Walk to the store or around your neighborhood.
- Try to move enough that you are a little out of breath. Take the stairs or walk uphill.
- Try to move 5 times a week (150 minutes total). Work your way up to this goal.
- Your movement intensity depends on your personal situation. If you have heart disease or chest pain, talk to your healthcare provider about strenuous exercise.

Exercise

Body movement is healthy and harmonizes between yin and yang in the body. Qi Gong teaches specific ways to move the body for this balance. “Tai Chi” which is short for Tai Chi Chuan, is a method of moving to enhance the balance of mind body and spirit. Qi Gong and Tai Chi movements are done slowly and deliberately with clear focus of the mind on the movement within the body.



Sample Qi Gong movement: Separating Heaven & Earth

Raise the right arm above right shoulder stretching upward higher than the head, palm facing up and at the same time stretch the left arm down next to the left thigh, palm facing down. Then alternate.



Sample Tai Chi movement: Wave Hands Like Clouds

Shift weight from side to side while at the same time circling the arms in front of the body, the left going down as the right comes up, and then vice versa. The weight shift happens to the right as the right arm is raised and then to the left as the left arm is raised. The movement gets its name because as one does it one feels as though they are moving the arms like clouds.

Health Warnings

SIGNS of a STROKE



If you have any of these symptoms for a stroke, call 911. Getting treatment within 90 minutes may prevent permanent brain damage.

Cholesterol can clog arteries. Clogged arteries block blood flow and can lead to heart attacks, strokes, and transient ischemic attacks, which are mini strokes that often go unnoticed. When your blood pressure is constantly high, you can be diagnosed with high blood pressure (also called hypertension). High blood pressure stresses the heart and damages blood vessels. It also increases the risk for heart disease and is a major cause of stroke.

Choosing your food wisely, exercising, and reducing stress can help lower your risk of heart disease, stroke, and vascular dementia, and is tied to better memory and mood. However, lifestyle alone may not be enough. Your doctor may suggest medications to also manage cholesterol and blood pressure.

Drug and Chinese Medicinal Food Interactions

Warfarin/Blood Thinners

Consult your doctor if you consume the following:

- Black wood ear fungus can thin the blood if consumed in large quantities
- Green leafy vegetables, including seaweed can counteract blood thinners
- Citrus fruit/juices can interfere with medications

Chinese herbal supplements/medicines

- Consult both Western and Chinese doctor
- Buy from trusted distributors/Chinese medicine providers
- Wait one hour in-between eating Chinese and Western medicine



健康警告

中風的前兆為



如果您有任何这些中风的前兆, 请马上打911。在90分钟内的紧急医疗可能可以避免永久的脑损伤。

胆固醇可以让血管闭塞。血管闭塞便会阻碍血液流动并引致心脏病发、中风、和短暂性脑缺血发作（即难以察觉的「小中风」）。

「高血压」是指血压一直维持于比正常指数过高的状态。高血压会增加心脏负荷和引致血管损伤。高血压亦会增加患有其他心脏病的风险，同时也是导致中风的主要原因。

精明地选择饮食，运动习惯和进行解压活动能有效地降低心脏病，中风，和血管性痴呆症的风险，亦对改善记忆力和心情有很大的帮助。但只改变生活习惯未必足够。您的医生大多会处方降血压和降胆固醇的药物以帮助管理您的心脏健康。

药物与中医食品的相克作用

您是否有被处方华法林或其他抗凝血药物？

黑木耳本身自带抗凝血作用。

绿叶蔬菜(包括海带)含有高量维他命K, 并有可能对华法林引起反作用。

请尽量避免使用华法林同时食用柑橘类水果和果汁。

若您有食用中医药品的习惯, 请务必知会您的医生并详细说明有关食品。同时, 请于有信用的经销商或中药店购买中医食材。



Online Resources

Online Integrative Nutritional Counseling Guide (INC)

You can find all of the links below and download this guide from our website:

www.INCguide.org

Print or download a detailed list of seasonal foods at www.INCguide.org

American Heart Association (AHA)

The AHA website has resources in traditional Chinese explaining cholesterol, blood pressure, and related conditions as well as tips for lowering your risk and preventing medical conditions.

URL: <https://www.heart.org/en/affiliates/heart-and-brain-health-resources-in-chinese>

Chinese Community Health Resource Center (CCHRC)

The CCHRC website has similar resources in both traditional and simplified Chinese as well as a chart that lists common foods and their fat content, cholesterol, and calories given a certain amount of the food. The webpage also has lists of food that should be consumed more often and an eating plan for stopping high blood pressure.

URL: <https://tinyurl.com/yb37s2cx>

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<https://agelessherbs.com/yin-yang-theory/>

<https://health.clevelandclinic.org/what-the-color-of-your-urine-says-about-you-infographic/>

You can learn more about the energetic properties of food using this website with references in English and Chinese

http://www.shen-nong.com/eng/lifestyles/food_property_food_tcm.html

Reputable Chinese language Chinese medicine websites

<https://www.zhzyw.com/>

<http://www.pharmnet.com.cn/tcm/>

相关网上资源 (中英文)

网上综合营养辅导指南(INC)

您可以在我們的網站找到以下所有連結並下載這份指南:

www.INCguide.org

您可以在我們的網站下載或打印更完整的季節類食品表:

www.INCguide.org

美国心脏协会(AHA)

美国心脏协会的网站有繁体中文资源介绍胆固醇, 血压, 相关疾病以及降低患病风险和防止疾病的提示

简短网页 <https://www.heart.org/en/affiliates/heart-and-brain-health-resources-in-chinese>

华人社区健康资源中心(CCHRC)

华人社区健康资源中心的网站有类似的繁体中文和简体中文资源, 以及一份表格列出常见食物和一定份量的食物的脂肪含量, 胆固醇和热量。网页也提供民众多加摄取的食物列表, 及抑制高血压的饮食计画。

原网页: <http://www.cchrhealth.org/health/health-education-materials>

網頁: <https://tinyurl.com/yb37s2cx>

中文指南的参考来源

您可於以下中英文網頁了解更多有關食物性能的資訊http://www.shen-nong.com/eng/lifestyles/food_property_food_tcm.html

如若了解更多, 請參閱以下聲譽良好的中文中醫藥網頁<https://www.zhzyw.com/http://www.pharmnet.com.cn/tcm/>

英文來源:

Harriet Beinfeld and Efrem Korngold (1992) *Between Heaven and Earth: A Guide to Chinese Medicine*

Henry C. Lu (1999). *Chinese System of Foods for Health & Healing*.

<https://agelessherbs.com/yin-yang-theory/>

<https://health.clevelandclinic.org/what-the-color-of-your-urine-says-about-you->

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