



# 心臟健康綜合營養輔導指南

HEART HEALTHY INTEGRATIVE NUTRITIONAL COUNSELING GUIDE

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**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.**

擁有一個對心臟健康的飲食和生活方式能幫助您防止或管理您的高血壓和高膽固醇。您可能從家人，朋友，西醫師和中醫師中獲得不同飲食信息，以致不清楚什麼飲食才最適合您的身體狀況。中醫和

西醫認為很多中式飲食習慣都對心臟健康有好處。這份指南是專門幫您和您的家人或者護理員找到合適的食物。如果您仍然有疑問，請向您的家庭醫生或信賴的保健提供者交流討論。



# 早餐 Breakfast

# 午餐 Lunch



SPRING



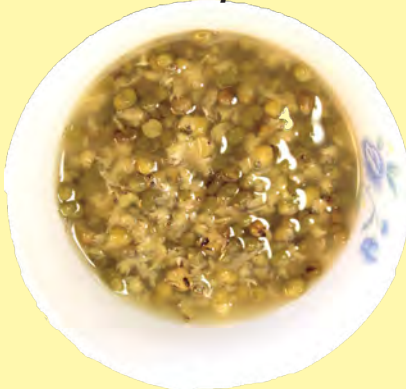
燕麥粥/枸杞



白菜/豆腐蛋花/湯



SUMMER



綠豆/湯



苦瓜/炒蛋/紅棗粥



FALL



蕃薯/板栗/粥



魚/湯



WINTER



雞蛋/燕麥粥



魚/粥/蕃薯

# 零食 Snack

# 晚餐 Dinner



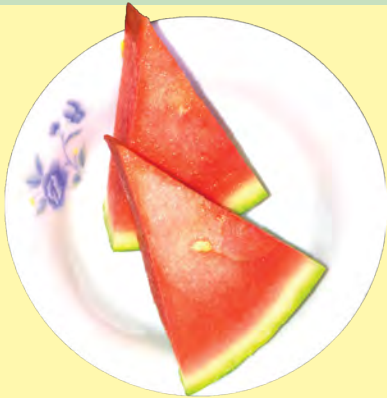
瓜子



炒西葫蘆/香菇/胡蘿蔔/玉米/煎魚



春季



西瓜



白蘿蔔/香菇/黑木耳/魚



夏季



梨



炒雞肉  
(香菇/竹筍/洋蔥/米飯/芥菜)



秋季



葡萄柚



紅蘿蔔/芹菜煎雞胸肉/蕃薯



冬季

# 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

# 陰陽寒熱論



傳統中醫藥學相信人要保持健康和活力就需要平衡體內所有的能量。陰和陽是中醫基礎理論中兩種重要的能量。世間萬物，包括每個人和每個實體都由陰陽組成。雖然陰陽為相反兩極，但兩者亦互相需要，並且相輔相成。舉例說，明亮溫暖的白晝（陽）必定轉變為涼爽黑暗的夜晚（陰）。然而陰陽兩極互相補充並融為一體。陰陽論是非常複雜的（請參看

資源頁以獲取更多信息）。這份指南將提供一個簡單的陰陽論基礎版本。陰為寒涼，陽為和暖。人的天生體質可以是偏陰（寒涼）或者偏陽（溫熱）。根據年齡階段、天氣變化、飲食變化、壓力或睡眠質量的影響，體質亦可能變得更陰或變更陽。許多華人深諳寒熱理論並知道自身體質屬於偏陰或偏陽。能夠保持體內陰陽平衡的人的健康和體質通常都會得到提高和改善。

西方的心臟健康飲食大多著重於熱量，脂肪含量，鹽攝入量以及其他營養成分。中式飲食則著重於食物的能量屬性，例如食物是否燥熱或寒涼。攝取最多或避免進食某些食物，以及鍛煉和充足睡眠是平衡陰陽的一種方法。這份指南會幫助您和您的家人或護理員：

1. 了解您的體質屬性是否為偏寒涼或偏溫熱
2. 選擇最適合您身體狀況的食物
3. 結合針對心臟健康的西方營養學和中醫的寒熱論來幫助您選擇正確的飲食方式
4. 評估您的飲食方式是否有效

# Are you more



## warm?

- 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

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



## cool?

- 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

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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.

# 您的體質偏



## 溫熱體質

- 經常口乾 / 口渴
- 尿液顏色偏深和偏黃
- 想吃寒涼的東西(食物或者飲料)
- 舌頭偏紅，可能帶有黃舌苔
- 皮膚較暖
- 臉色，皮膚較紅
- 皮膚和/或嘴唇乾燥
- 容易興奮，過度活躍
- 容易煩躁，沒有耐性
- 說話聲音大
- 糞便顏色深，質地硬
- 不喜歡溫熱
- 呼吸聲音大

如果您在此欄選擇多個選項，您應該按照這份指南的推薦去進食多些寒涼的食物。



## 寒涼體質

- 不口渴
- 尿液顏色偏淺，經常排尿
- 想吃溫熱的東西（食物或者飲料）
- 舌頭蒼白，可能帶有白舌苔
- 皮膚較涼
- 臉色蒼白
- 行動緩慢
- 說話聲音小
- 糞便較稀
- 手腳冰冷

如果您在此欄選擇多個選項，您應該按照這份指南的推薦去進食多些溫熱的食物。

您可以回來參閱這一頁校驗您的體質有沒有改變。

# 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**  
韭黃



**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/芹菜蘿  
蔔



**Acorn squash**  
小青南瓜/  
橡子南瓜



**Butternut squash**  
白胡桃南瓜/  
冬南瓜/中國  
南瓜



**Leek**  
韭蔥/大蔥



**Onion**  
(red/white/yellow)  
洋蔥



**Parsley**  
番茜/歐芹/洋  
香菜/歐芹/洋  
芫荽



**Scallion**  
青蔥



**Chili peppers**  
辣椒



**Moqua**  
毛瓜



**Shallot**  
香蔥頭/紅蔥頭



**Yau choi**  
油菜



**Lotus root**  
蓮藕

生蓮藕為涼性；  
熟蓮藕為熱性  
Raw lotus is cooling;  
cooked lotus is warm

# 熱性/Hot

## 水果 Fruits



Coconut  
椰子



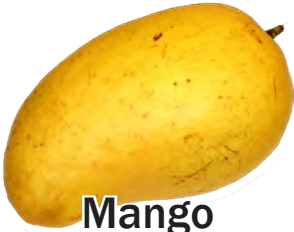
Hawthorn berry  
山楂



Pineapple  
菠蘿/鳳梨



Raspberry  
勒士啤梨/紅  
莓/覆盆子/樹  
莓



Mango  
芒果



Cherry  
櫻桃/車厘子



Tangerine/Mandarin/  
Clementine  
柑橘/桔仔



Dry papaya  
乾木瓜



Plum  
李子/杏李



Goji berry  
枸杞



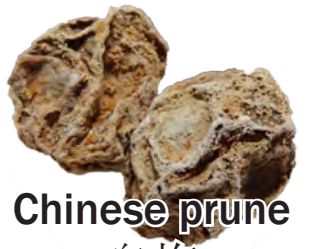
Lychee  
荔枝/荔果



Longan  
龍眼



Durian  
榴槤



Chinese prune  
烏梅

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



Walnut  
核桃



Chicken  
雞肉



Pine nut  
松子/松仁



Lentil  
小扁豆/兵豆/  
濱豆



Fish (freshwater)  
淡水魚



Shrimp  
蝦



Turkey  
火雞



Lamb  
羊肉



Beef  
牛肉

多買海鮮，魚，雞禽，少買牛肉和豬肉  
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



Chestnut  
板栗/栗子



Black bean  
黑豆



Sesame seed  
芝麻



Oats/Oatmeal  
燕麥/麥片



Sweet rice  
糯米/江米



Wheat bran  
麥麩



Wheat germ  
麥芽



Amaranth  
紅苋菜

# 熱性/Hot

草藥 / 香料  
Herbs/  
Spices/  
Other



Anise seed  
茴香子



Black pepper  
黑胡椒



Cinnamon bark  
桂皮 / 肉桂



Clove  
丁香



Coriander seed  
芫荽子



Citrus peels  
柑橘皮 / 陳皮



Molasses  
糖蜜 / 糖漿



Brown sugar  
紅糖 / 黃糖



Chili pepper  
辣椒



Italian basil  
羅勒



Rice vinegar  
米醋



Wine  
葡萄酒



Coffee  
咖啡



Asian ginseng  
東方人參 / 亞洲參

東方人參 / 亞洲參為熱性；  
花旗參 / 西洋參為涼性  
Asian Ginseng is hot;  
American Ginseng is cool

煮涼性食物時，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



**Green daikon**  
綠蘿蔔



**Korean daikon**  
韓國蘿蔔



**Black wood ear**  
黑木耳/雲耳

水果  
Fruits



**Red date**  
紅棗



**Olive**  
橄欖



**Loquat**  
枇杷/蘆橘/金  
丸/蘆枝/琵琶果



**Papaya**  
番木瓜/木瓜



**Avocado**  
牛油果/鱷梨



**Grapes**  
葡萄

中性食物對於所有情況都適用。  
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**  
牡蠣/蠔



**Peanut**  
花生/地豆



**Fava bean**  
蠶豆

## 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/紅豆



**Lotus seed**  
蓮子



**Corn**  
玉米  
15



**Sweet potato/yam**  
番薯/甘藷/  
紅薯/甜薯

# 中性/Neutral

草藥 / 香料  
Herbs/  
Spices/  
Other



Chinese yam/Nagaimo  
山藥/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  
小荳蔻



Gelatin  
明膠

中性食物對於所有情況都適用。  
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**  
西蘭花



**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**  
洋薊/朝鮮薊



**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/長葉  
萵苣



**Cucumber**  
黃瓜/青瓜/胡  
瓜



**Dandelion greens**  
蒲公英嫩葉



**Water chestnut**  
馬蹄/荸薺/菱角



**Portabella mushroom**  
大褐菇



**White mushroom**  
白蘑菇



**Chinese cucumber**  
黃瓜/青瓜/  
胡瓜



**Soybean sprout**  
大豆豆芽



**Summer squashes**  
西葫蘆/夏南  
瓜/直南瓜/歪  
脖南瓜



**Winter squashes**  
冬南瓜



**Turnip**  
蕪菁/大頭菜



**Brown/Crimini mushroom**  
洋菇/雙孢蘑菇

# 凉性/Cool



## 水果 Fruits



# 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**  
螃蟹



**Pork**  
豬肉



**Chicken egg**  
雞蛋

## Carbohydrates 碳水化合物



**Potato**  
薯仔/馬鈴薯/  
土豆



**White rice**  
白米



**Millet**  
小米/粟



**Mung bean**  
綠豆



**Soybean**  
大豆



**Wheat**  
小麥



**Kidney bean**  
腰豆/芸豆/雲  
豆/菜豆



**Pearl barley**  
珍珠麥

# 涼性 / Cool

Herbs/  
Spices/  
Other

草藥 / 香料



Corn silk

玉米穗絲 / 粟  
米穗絲



Chinese motherwort leaf

益母草



Cassia seed/Sickle  
senna/Coffeeweed  
決明子



Chrysanthemum

菊花



Tea

茶



Kudzu (Pueraria)

野葛



Goldenseal root

金印草 /  
北美黃蓮



Pueraria root

葛根



Honeysuckle

金銀花 / 忍冬花



Salt

鹽



White sugar

白砂糖



Vitamin C

維他命C



American ginseng

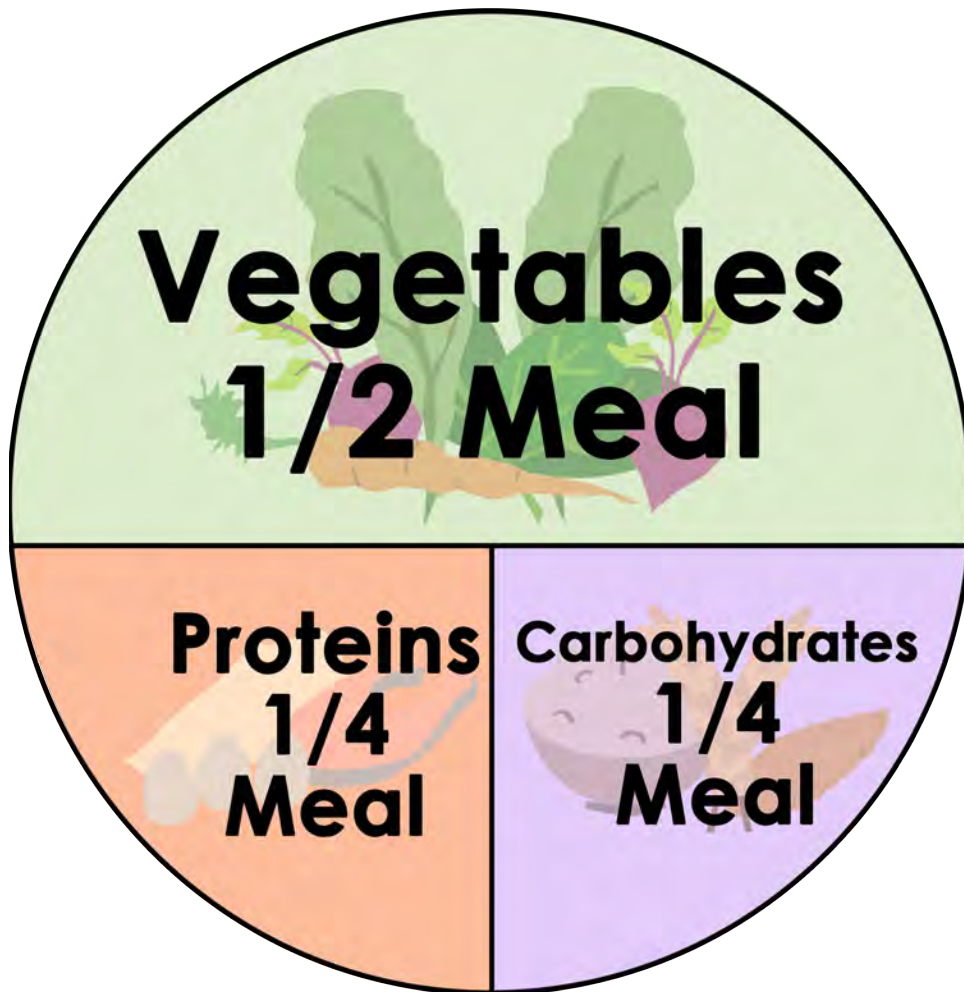
西洋參 / 花旗參

東方人參 / 亞洲參為熱性；  
花旗參 / 西洋參為涼性

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.



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

## 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)

# 碟飲食方法

您應該吃多少食物呢？每個人需要的食物份量都不一樣。您可以學習如何進餐會對您的身體最好。不管份量大小，嘗試通過進食天然未加工食物來平衡您的飲食。



如患有糖尿病或前驅糖尿病，請不要吃過量水果，適量即可。即使嘗起來不太甜的水果也能增加碳水化合物的攝入量。

## 少吃以下食物

- 鹽, 味精, 醬油/豉油
- 含油脂, 炸, 油膩, 重口味的食物
- 菜籽油, 葵花油, 紅花油, 聚不飽和氫化脂肪
- 糖: 三合一包裝咖啡, 蛋糕, 曲奇餅乾
- 加工食物例如午餐肉, 香腸或速食麵
- 精麵粉 / 白麵包, 饅頭
- 咖啡因, 酒精類, 煙草
- 加鹽, 醃製, 發酵的食物(潛在鹽份)
- 醬料 (潛在鹽份和糖份)

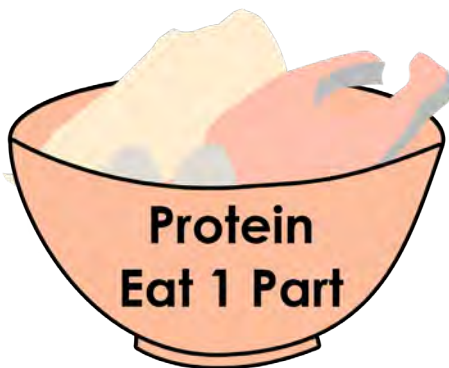
# Tips for Eating Out

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

# 外出飲食建議

用碗來平衡你的飲食。

儘量點有湯的食物，少點油炸或煎炒的食物



在外進食時，多加一些蔬菜來平衡餐館的食物。



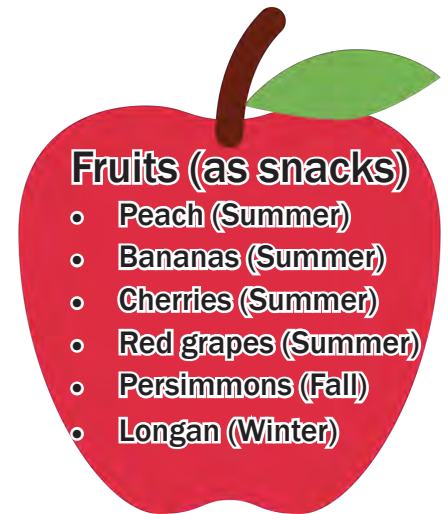
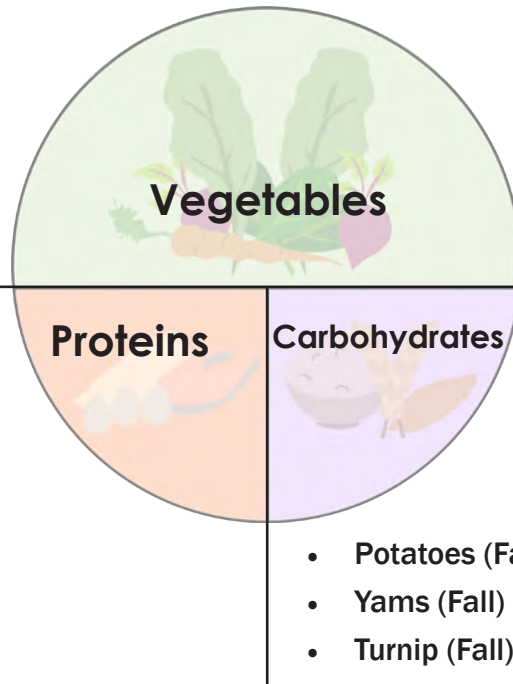
- 大餐或節日聚餐前喝一杯茶，您便不會飲食過量
- 嘗試每頓飯吃一種蔬菜
- 吃喜歡的食物但只吃少量
- 吃不同顏色的食物意味著吸收不同的營養

# 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)



## Fruits (as snacks)

- Peach (Summer)
- Bananas (Summer)
- Cherries (Summer)
- Red grapes (Summer)
- Persimmons (Fall)
- Longan (Winter)

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

- Potatoes (Fall)
- Yams (Fall)
- Turnip (Fall)

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

## 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

# 高血壓患者飲食建議

血壓是當血液通過身體時，血液對血管壁施加的力量。從中醫的角度來看，高血壓的成因很多。從西方營養學的角度來看，攝入過量鹽分，加工食品，或咖啡因會引致血壓上升。如果你擔心自己的血壓過高，以下飲食建議能幫助您調理身體：

- 苦菜：芝麻菜, 芥菜, 菠菜, 西洋菜 (冬季)
- 蒲公英根茶(可代替咖啡, 宜冬季飲用)
- 白蘿蔔葉, 蕃薯葉
- 白蘿蔔, 小蘿蔔 (冬季)
- 韭蔥 (冬季)
- 黑木耳
- 洋蔥
- 芹菜
- 香菇
- 西瓜



- 新鮮海鮮
- 雞蛋
- 無鹽豆奶 (秋季)
- 牡蠣/蠔 (秋季)
- 火雞, 野雞 (冬季)

## 蛋白質

## 碳水化合物

- 冬瓜
- 藜麥
- 紅豆

- 全麥
- 薏仁 (夏季)
- 馬鈴薯 (秋季)
- 淮山/山藥 (秋季)
- 蕪菁 (秋季)
- 小麥漿果 (食物或茶)

## 飲料

- 洋甘菊
- 湯水能當作小食, 但注意鹽份攝取量
- 普洱或烏龍茶, 或山楂茶如果您的體重過重

## 草藥 / 香料 / 其他

- 薑黃, 生薑和其他溫性香料
- 蜂蜜
- 紅棗

## 少食以下食物

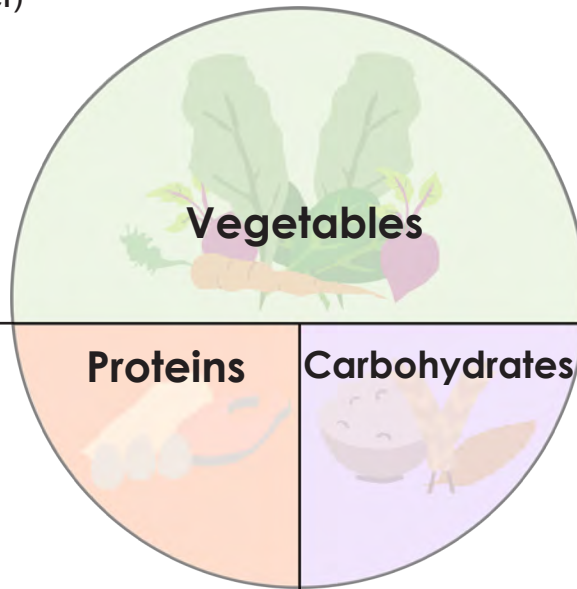
- 醃製食物, 鹹蛋
- 辛辣的香料, 例如紅辣椒
- 攝入較少的咖啡因
- 避免進食補品, 例如人參, 會令血壓上升

# 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)

- Soy beans
- Mung beans



- Rye
- Amaranth
- Corn
- Adzuki beans
- Pumpkin
- Raw honey
- 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

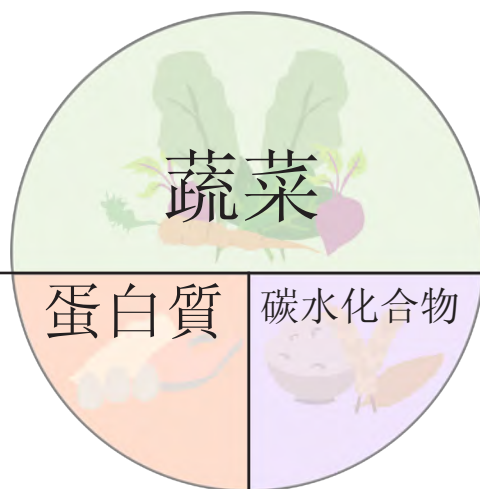
## Eat Less Cold or mucus forming foods:

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

# 高膽固醇患者飲食建議

從中醫的角度來看，高膽固醇是由濕熱和痰多引發的健康問題。煎炸油膩的重口味食物，甜食，生冷食品（例如冰激凌/雪糕）和未熟的食物均會引起痰多濕熱，以致影響膽固醇。此外，水果與乳製品 / 牛奶一起食用也有可能引起痰多。從西方營養學的角度來看，進食過量肥膩和油膩的食物會引發膽固醇升高。如果你擔心自己的膽固醇過高，以下飲食建議能幫助您調理身體。

- 蒜（四季皆宜，特別適合在秋季食用）
- 燈籠椒/紅甜椒（秋夏兩季食用）
- 蘑菇（特別適合在冬季食用）
- 生薑（宜秋夏兩季食用）
- 西洋菜（春季食用）
- 豆芽（夏季食用）
- 菜果/苜藍/大頭菜
- 萵苣/生菜
- 苦草/苦菜
- 黑木耳
- 紫花苜蓿
- 青蔥
- 蕪菁
- 西芹
- 海帶
- 海參
- 香菇



- 開心果
- 魚頭湯
- 豬肉（春季）
- 牛肉（冬季）
- 花生醬（天然無添加）
- 水煮花生（宜秋冬兩季食用）
- 瘦肉 - 選擇腰部嫩肉，例如背脊肉和里脊肉

- 黑麥/裸麥
- 紅苜菜
- 生蜂蜜
- 藜麥
- 糯米（適量）
- 大豆/黃豆
- 綠豆
- 玉米
- 紅豆
- 南瓜

## 飲料

- 普洱
- 洋甘菊茶
- 日本/韓國綠茶
- 飲用溫熱的山楂黨蔘湯水
- 少鹽的清湯

## 少食以下的食物

生冷冰凍或容易積痰的食物:

- 冰牛奶，一般乳製品（特別是經過氫化處理），芝士，冰激凌
- 冰凍飲料
- 紅肉

# 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

# 注意您的消化

在中醫看來，健康的消化是健康的基礎。按照這份指南飲食可以改善您的消化。當您改變您的飲食之際，請注意消化良好與消化不良的跡象。如果您有多項消化不良的跡象，請與您的醫師交流討論。留意進食：不說太多話，反覆咀嚼18到20次，只吃到半飽。

## 消化良好

口腔內有愉快的  
味道和芬香的氣息

腸胃未感到不適

飯後感到滿足  
(無飢餓感)



飯後頭腦清醒，  
不昏昏欲睡，  
無魂不守舍的現象

輕鬆且正常規律的排泄

頭痛，噁心，鼻竇堵塞

口腔內有怪味及惡臭  
口腔潰瘍

腸胃不適  
打嗝，腸胃脹氣

對所吃的食物失去食慾  
或是不知道吃什麼食物  
來滿足食慾

## 消化不良



飯後感到疲憊，  
抑鬱，煩躁，  
頭暈目眩以及行動遲緩

大汗淋漓，  
出疹，  
忽冷忽熱

無法控制或長期對刺激性和  
高脂食物的渴望，  
如冷的，辣的，鹹的，  
甜的或是酸的食物

排泄物的味道很重  
排泄腹瀉，或排尿有困難

# Making Healthy Choices

## 營養標籤

### 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



## 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%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

# 作出健康的選擇

## 小食 / 零食

您可以選擇不同類型的食物當作健康的零食，或者是趕時間的時候食用。但若您現時體重過重，還請盡量減少於餐與餐中間進食。

- 雞蛋（每天吃一次蒸水蛋或焗蛋）
- 無鹽堅果（適量）
- 各種無鹽的籽仁
- 豆奶
- 反復咀嚼適量乾果
- 烤紅薯
- 低鹽清湯
- 全穀物餅乾
- 低鹽海苔
- 低鹽乾菜

## 營養標籤

注意以下

- 卡路里
- 脂肪
  - 飽和脂肪，反式脂肪\*
  - 把湯放在冰箱裡，做好湯以後去除油分脂肪
  - 煮雞肉和魚肉時連皮，但不要吃皮
- 鈉\*
  - 煮雞肉和魚肉時連皮，但不要吃皮
- 糖
  - 特別注意添加糖\*
  - 煮雞肉和魚肉時連皮，但不要吃皮

\* 請選擇含有5%或更少每日營養攝入量的食物

## 購物建議

- 買新鮮的全穀類食物，蔬菜，水果，海鮮，肉類
- 購買划算的當季水果和蔬菜
- 買冷凍食品而不是罐裝或加工食物
- 多買海鮮，魚，雞禽，少買牛肉和豬肉

## 餐飲的建議

- 喝溫熱或室溫的水和茶
- 當你的尿液呈清黃色，說明你身體吸收足夠水份

### 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

除了飲食以外，您還可以通過其他方式來管理心臟健康。從中醫的角度來看，久坐，擔憂，焦慮對心臟有害。運動，例如走路，游泳，太極，和氣功能幫您減低體重，睡得更好以及減壓。

## 減低體重

- 如果您體重超標，即使減低少量體重也能對心臟健康有幫助

## 減壓

- 當您感受到壓力時，閉上眼睛和深呼吸30秒鐘
- 您也可以按摩間使穴和內關穴



## 增加睡眠

- 嘗試每晚睡7-8個小時
- 嘗試在晚上11點到凌晨3點入睡
- 嘗試睡前3小時不進食

## 增強運動

- 嘗試運動到輕微出汗。步行到商店或在鄰近的地方走動。
- 嘗試運動到稍微喘氣。走樓梯或者爬坡。
- 嘗試每週運動5次(一共150分鐘)。一步一步來達到這個目標。
- 您運動的強度應該由您的個人情況來決定。如果您有心臟病或心絞痛，請諮詢您的醫生。

# 運動

視頻可在[www.INCguide.org](http://www.INCguide.org) 觀看

身體運動既健康又能協調體內陰陽。氣功教人用具體的方法去運動身體來達到平衡。太極，太極拳的簡稱，是一種增強心靈，身體和精神的運動方法。氣功和太極的招式緩慢和沈穩，需要身心合一。



## 簡單的氣功招式：開天闢地

抬起右臂並高於右邊肩頭，向上伸直高過頭部，掌心向上。同時伸直左臂至左腿，掌心向下。之後調換。



## 簡單的太極招式：雲手

移動身體重心，同時雙臂在身軀前環繞，左臂向下，右臂向上，然後調換。重心移動到右邊時右臂抬高，然後移動到左邊時左臂抬高。這個招式命名為雲手是因為當手臂移動時猶如浮雲。

# 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 acupuncture 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.

Videos can be seen at [www.INCguide.org](http://www.INCguide.org)

# 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



如果您有任何這些中風的前兆，請馬上打911。在90分鐘內的緊急醫療可能可以避免永久的腦損傷。

膽固醇可以讓血管閉塞。血管閉塞便會阻礙血液流動並引致心臟病發、中風、和短暫性腦缺血發作（即難以察覺的「小中風」）。「高血壓」是指血壓一直維持於比正常指數過高的狀態。高血壓會增加心臟負荷和引致血管損傷。高血壓亦會增加患有其他心臟病的風險，同時也是導致中風的主要原因。

精明地選擇飲食，運動習慣和進行解壓活動能有效地降低心臟病，中風，和血管性痴呆症的風險，亦對改善記憶力和心情有很大的幫助。但只改變生活習慣未必足夠。您的醫生大多會處方降血壓和降膽固醇的藥物以幫助管理您的心臟健康。

## 藥物與中醫食品的相剋作用

華法林/血液稀釋劑：

如果您有食用以下的食物，請資訊您的醫生：

- 如大量食用，黑木耳有抗凝血作用
- 綠葉植物（包括海藻）有可能對華法林引起反作用
- 柑橘類水果或果汁會妨礙藥物治療

中草藥補品/藥物

- 資訊西醫師與中醫師
- 從可信賴的經銷商或中醫師處購買
- 若要同時服用中西醫藥物，請相隔一小時服用



# 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](http://www.INCguide.org)

Print or download a detailed list of seasonal foods at [www.INCguide.org](http://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://tinyurl.com/y75kcc25>

## 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>

# References Used in this Guide

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-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](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/>

# 相關網上資源 (中英文)

網上綜合營養輔導指南(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](http://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](http://www.INCguide.org)

美國心臟協會 (AHA)

美國心臟協會的網站有繁體中文資源介紹膽固醇，血壓，相關疾病以及降低患病風險和防止疾病的提示

網頁：<https://tinyurl.com/y75kcc25>

華人社區健康資源中心(CCHRC)

華人社區健康資源中心的網站有類似的繁體中文和簡體中文資源，以及一份表格列出常見食物和一定份量的食物的脂肪含量，膽固醇和熱量。網頁也提供民眾多加攝取的食物列表，及抑制高血壓的飲食計畫。

網頁：<https://tinyurl.com/yb37s2cx>

## 中文指南的參考來源

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](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/>

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