

高血壓是什麼？

血壓是指血液泵入血管而令血管壁承受的壓力。量度壓力時是用兩個度數及以毫米水銀柱 (mm Hg) 作為單位。「收縮壓」即心臟跳動時收縮的壓力，而「舒張壓」則心臟舒張時的壓力。

日常血壓度數是不固定的，有起有伏。但當血壓經常持續過高時，便稱為高血壓。高血壓會增加心臟負荷，血流的力度亦會損壞血管及各器官，如腎臟及心臟血管。高血壓並無任何徵兆。有大部分血壓是找不到原因，這類型的血壓稱為「原發性」。誘發這種血壓的危險因素包括身體過重、高鹽飲食、家族遺傳、吸煙、缺乏運動及生活壓力太大。至於少數能找出原因的血壓類別則稱為「繼發性」。導致繼發性血壓的因素包括多種腎臟疾病及內分泌失調等。一旦患上高血壓，它將持續一生。世界衛生組織確定高血壓為全球眾多致命心血管疾病的主要風險因素之一。患上中風、心臟病、腎病的併發率，會隨著血壓上升而相繼提高。

血壓的分類				
	收縮壓		舒張壓	
理想	低於120 mm Hg	及	低於80 mm Hg	
正常	低於130 mm Hg	及	低於85 mm Hg	
稍高	130-139 mm Hg	或	85-89 mm Hg	
過高	第一階段	140-159 mm Hg	或	90-99 mm Hg
	第二階段	160-179 mm Hg	或	100-109 mm Hg
	第三階段	高於或相等於180 mm Hg	或	高於或相等於110 mm Hg

患有糖尿病或腎病的人士，應保持血壓低於130/80*

適合18歲以上人仕，沒有服用血壓藥和沒有患上嚴重疾病者作參考。

資料來源：Krummel DA 2004 及養和醫院心臟科中心

低鹽飲食

限制鹽量和其他含鈉的食物，能有助控制高血壓。一般港人的鹽份攝取量，較日常的建議高出兩至三倍。雖然部分食物含有天然的鈉，主要攝取來源則是出外用膳或加工食物：因為食肆使用大量調味料(例如鹽、味精、調味汁等)來增加味道。而加工處理包裝食物時，則用上鹽或鈉來作保質及調味之用。

減少鹽量的建議

- 要增添食物的味道，可使用香草、香料、蒜蓉、胡椒、花椒、八角或無鹽的調味料。
- 加鹽前要先品嚐食物。
- 限制使用含鹽量高的調味料，如蠔油、醃料、茄汁、芥末、醬油、肉汁、沙律醬等。
- 多嘗試低鹽/鈉的食物。多吃蔬果，既可減少鹽/鈉量，又能受惠於蔬果的健康益處。
- 選吃新鮮的食物。選擇新鮮或沒有添加調味的冷藏蔬菜。但要留意罐裝蔬菜含較多的鹽或鈉(不添加鹽的蔬菜除外)。
- 進食罐裝食物時，先用水沖洗，減低含鹽/鈉量。
- 注意那些隱藏了的鹽/鈉量。雞精、鬆肉粉、鹵水汁、豉油汁和牛扒醬汁等含鹽/鈉量極高。
- 盡量避免吃醃製食品、即食食品及減少出外用膳。
- 避免鹽製的果仁和種子，改食非鹽醃類別。
- 閱讀食物標籤，營養資料上的鈉含量以愈少為佳。

標籤	鈉含量
無鹽	< 5 mg
超低鹽	< 35 mg
低鹽	< 140 mg

DASH餐單

減少吃鹽/鈉固然有助控制高血壓，不過原來低脂肪健康飲食與含鉀、鈣、鎂、纖維的食物配合得宜，更能有效改善高血壓。DASH (Dietary Approaches to Stop Hypertension) 顯示以上的營養素與血壓有相益的關係。這個餐單強調進食蔬菜、脫脂或低脂奶製品，吸收適量的動物蛋白質，鼓勵低脂肪和飽和脂肪飲食，以及每星期吃數次果仁和種子。

DASH 餐單 (每天約提供1500卡路里)		
食物組別	每天分量	分量舉例
五穀類	6	1 片麵包
		1 安士穀物 (乾) ½ 杯飯、粉或穀物 (熟)
蔬菜	3-4	1 杯葉菜 (生) ½ 杯瓜菜 (熟)
		1 個水果 (中型) ¼ 杯乾果 ½ 杯新鮮、冷藏或罐裝水果 ½ 杯果汁
脫脂或低脂奶類	2-3	1 杯奶或乳酪 1 ½ 安士芝士
肉、魚、家禽	6	1 安士肉、魚或家禽 1 隻雞蛋
果仁、種子及豆類	每星期3次	½ 杯或 1 ½ 安士果仁 2 湯匙 或 1 ½ 安士種子 ½ 杯豆類 (熟)
油類	2	1 茶匙軟性植物牛油 1 茶匙菜油 1 湯匙蛋黃醬 2 湯匙沙律醬
		1 湯匙糖
		1 湯匙果醬
糖類	每星期少於5次	

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飲食營養部

香港跑馬地山村道二號
養和醫院李樹培院十樓

查詢或預約，歡迎聯絡我們
電話：28358675 / 2835 8676
傳真：2892 7513
<http://www.hksh.com>

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Dietetic Services

10/F, Li Shu Pui Block
Hong Kong Sanatorium & Hospital
2 Village Road, Happy Valley, Hong Kong

For enquiries and appointment, please contact us at:
Tel : 28358675 / 2835 8676
Fax : 2892 7513
<http://www.hksh.com>

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What is High Blood Pressure?

Blood pressure reflects the strain against the arterial wall. It is measured in millimeters of mercury (mm Hg) and recorded as two numbers – systolic (as the heart contracts) over diastolic pressure (as the heart relaxes).

Blood pressure varies during the day. But when it stays elevated over time, then it is called high blood pressure. As high blood pressure increases the workload of the heart, it may cause end organ damage, e.g. kidney and coronary arteries. High blood pressure often has no warning signs or symptoms. The majority of high blood pressure has no identifiable cause, we call this ESSENTIAL HYPERTENSION. Risk factors include being overweight, high salt intake, family history, smoking, lack of exercise, a stressful lifestyle, etc. For high blood pressure with an identifiable cause, we call this SECONDARY HYPERTENSION. The causes include a variety of kidney diseases and endocrine disorders. Once you develop high blood pressure, it usually lasts for life. The World Health Organization has stated that high blood pressure is one of the leading risk factors of cardiovascular deaths in the world. The risk of stroke, heart attack, kidney disease and congestive heart failure increases progressively with increased blood pressure.

Blood Pressure Categories						
		Systolic		and	Diastolic	
Optimal		Less than 120 mm Hg			Less than 80 mm Hg	
Normal		Less than 130 mm Hg			Less than 85 mm Hg	
High-Normal		130-139 mm Hg		or	85-89 mm Hg	
High	Stage 1	140-159 mm Hg		or	90-99 mm Hg	
	Stage 2	160-179 mm Hg		or	100-109 mm Hg	
	Stage 3	>= 180 mm Hg		or	>= 110 mm Hg	
Patients with diabetes or kidney disease, their blood pressure should be kept <130/80*						
Categories are for those aged 18 or above, not on high blood pressure medication and not acutely ill.						

*Sources: Krummel DA 2004 and the Cardiology Centre of Hong Kong Sanatorium & Hospital

Low-Salt Eating

Limiting the intake of salt and other sources of dietary sodium can improve your blood pressure. Most people often consume two or even three times the recommended amount of sodium with notice. While some foods naturally contain sodium, most of the sodium we consume comes from salt added in restaurant meals and during processing. While restaurant foods use a lot of seasonings including salt, MSG, sauces, etc., pre-packaged items and processed foods frequently contain salt and sodium for preservation and flavor.

Tips for Reducing Salt Intake

- Replace salt with herbs, spices, garlic, pepper, Sichuan pepper, anise and salt-free seasonings to bring out the taste of the food.
- Taste your food before adding more salt.
- Use only a small amount of condiments such as oyster sauce, marinades, ketchup, mustard, soy sauce, gravy, salad dressing, which have high amounts of hidden salt.
- Try foods naturally low in salt and sodium. Emphasize fruits and vegetables to reduce sodium and gain the various health benefits from them.
- Keep it fresh! Choose fresh and frozen vegetables (without sauces) more often. Canned vegetables are typically higher in salt and sodium. Look for canned foods with no salt added.
- Drain and rinse canned foods. Reduce the salt content by draining and rinsing the canned food items.
- Watch out for hidden salt and sodium. Bouillon cubes, meat tenderizers, marinades, soy sauce and steak sauces can be loaded with salt and sodium.
- Refrain from restaurant meals, processed foods and convenience foods.
- Enjoy unsalted snacks, such as unsalted nuts and seeds.
- Read food labels. Check the Nutrition Facts panel for sodium content per serving.

Label	Amount of Sodium
Sodium Free/ Salt Free	< 5 mg
Very Low Sodium	< 35 mg
Low Sodium	< 140 mg

The DASH Diet

Reducing salt intake helps control your blood pressure. Consumption of low-fat healthy foods containing potassium, calcium, magnesium and adequate fiber has also been linked to improvements as well. The Dietary Approaches to Stop Hypertension (DASH) demonstrates a beneficial relationship between eating patterns and blood pressure. The meal plan emphasizes vegetables, fruits, low-fat or non-fat dairy products, low total and saturated fat, moderate animal protein. It also includes the consumption of nuts, seeds, legumes several times a week.

DASH Eating Plan (provides ~1500 calories/day)		
Food Group	Daily serving	Serving Size
Grains and grain product	6	1 slice bread
		1 oz dry cereal
		½ cup cooked rice, pasta, or cereal
Vegetables	3-4	1 cup raw leafy vegetable
		½ cup cooked vegetable
Fruits	4	1 medium fruit
		¼ cup dried fruit
		½ fresh, frozen or canned fruit
Skim or low-fat milk and products	2-3	1 cup milk or yogurt
		1 ½ oz cheese
Lean meats, poultry and fish	6	1 oz meats, poultry or fish
		1 egg
Nuts, seeds and legumes	3 per week	½ cup or 1 ½ oz nuts
		2 Tbsp or 1 ½ oz seeds
		½ cup cooked legumes
Fats and oils	2	1 tsp soft margarine
		1 tsp vegetable oil
		1 Tbsp mayonnaise
		2 Tbsp salad dressing
Sweets and added sugars	<5 per week	1 Tbsp sugar 1 Tbsp jelly or jam

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健康飲食降血壓 Healthy Eating to Manage Your Blood Pressure



養和醫院
飲食營養部

Dietetic Services
Hong Kong Sanatorium & Hospital