

鈉 The Truth About Sodium

真相

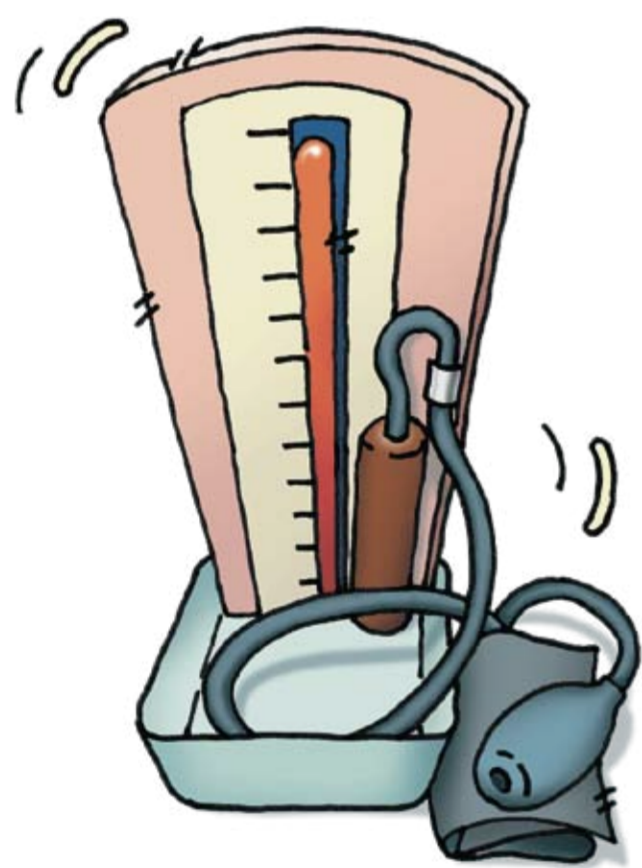
- 糖 / Sugars

鈉 / Sodium

食物環境衛生署食物安全中心 出版 政府食物監察署印
Published by the Centre for Food Safety, Food and Environmental Hygiene Department
Printed by the Government Logistix Department (09/2010)

1 每天鈉的攝入上限為
2000毫克，即約1平茶匙鹽

Daily intake upper limit
of sodium is 2000mg,
i.e. about 1 level
teaspoon of salt



2 攝取過量鈉會增加患上高血壓及胃癌的風險
Excessive intake of sodium increases risk of
high blood pressure and stomach cancer

什麼是低？ 每100克食物中鈉含量不超過120毫克
What is low? Food with sodium content not
more than 120mg per 100g

營養資料 Nutrition Information	
每100克/Per 100 g	
鈉/Sodium	120 毫克/mg

多選 Choose more

3 用營養標籤選擇較低鈉的食物
Use nutrition label to choose food lower in sodium

什麼是高？ 每100克食物中鈉含量超過600毫克
What is high? Food with sodium content more
than 600mg per 100g

營養資料 Nutrition Information	
每100克/Per 100 g	
鈉/Sodium	600 毫克/mg

少選 Choose less

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www.nutritionlabel.gov.hk