

# 鈉 The Truth About Sodium

真相

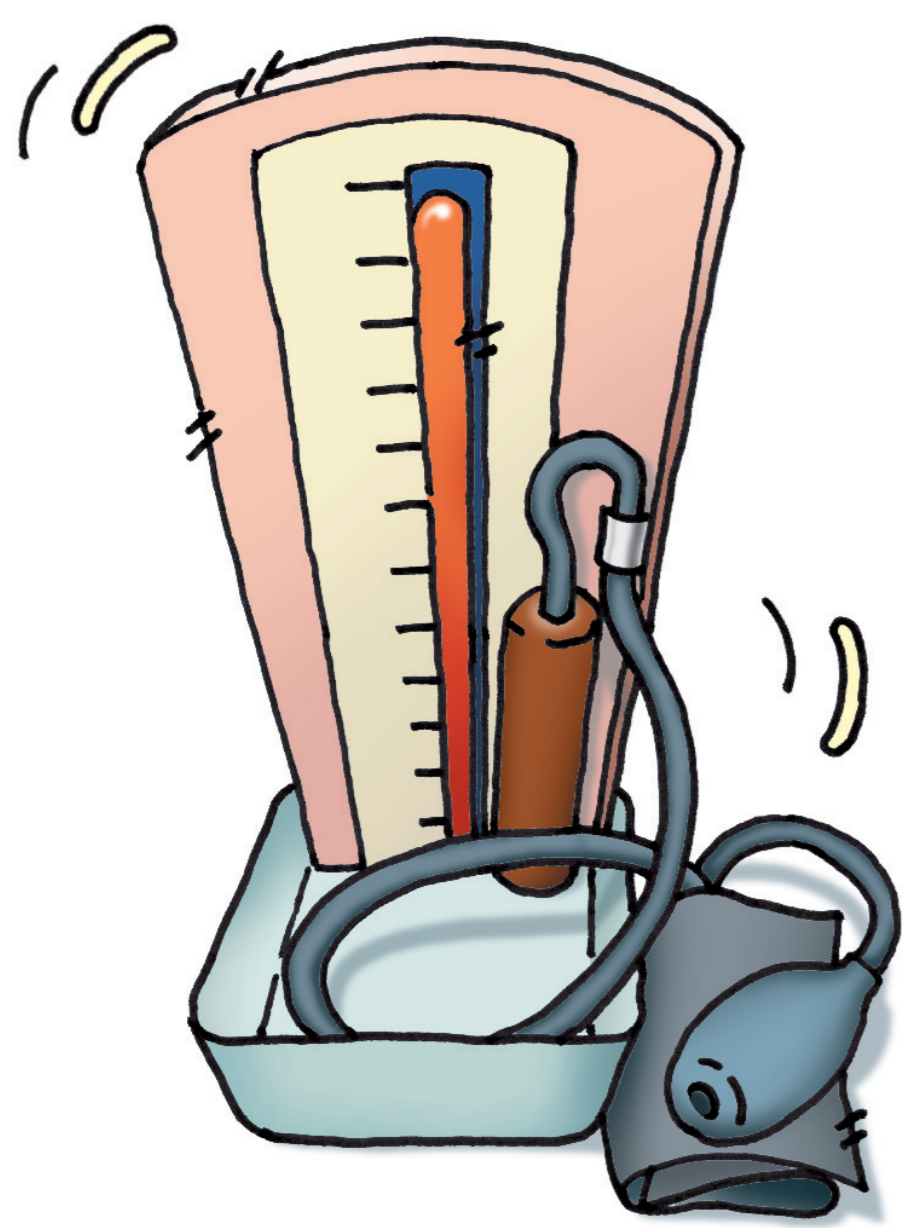
- 糖 / Sugars

## 鈉 / Sodium

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**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](http://www.nutritionlabel.gov.hk)