

認識 反式脂肪

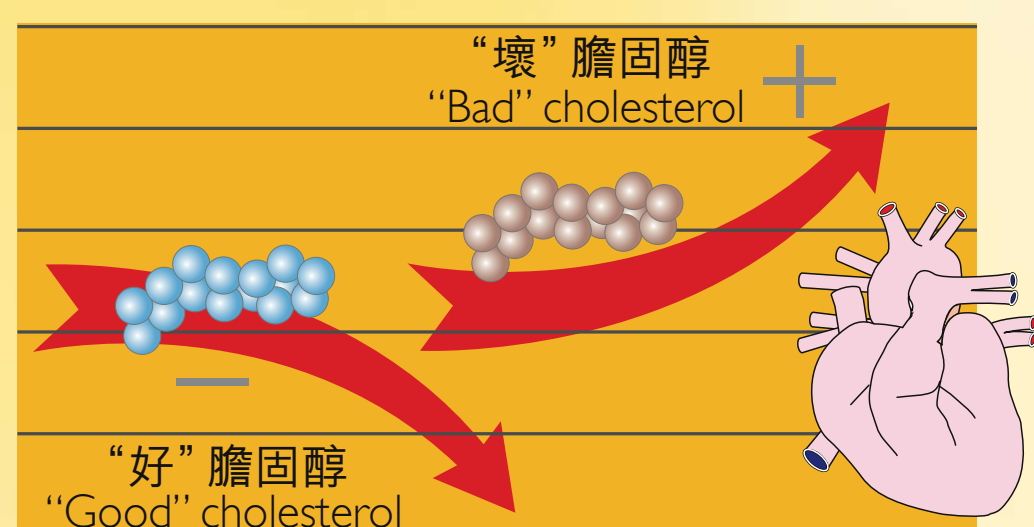
Understanding Trans Fats

反式脂肪酸是什麼？

- 反式脂肪酸（亦作“反式脂肪”）是一種不飽和脂肪酸。
- 反式脂肪及飽和脂肪會增加低密度脂蛋白膽固醇（“壞”膽固醇），反式脂肪更會減少高密度脂蛋白膽固醇（“好”膽固醇），因而增加患心臟病的風險。

What are trans fatty acids?

- Trans fatty acids (also known as “trans fats”) are a type of unsaturated fatty acids.
- While both saturated and trans fats increase levels of low-density lipoprotein cholesterol (“bad” cholesterol), trans fats also lower levels of high-density lipoprotein cholesterol (“good” cholesterol); this increases the risk of heart disease.



什麼食物含有反式脂肪？

- 餅乾
- 蛋糕
- 氫化植物油（例如起酥油和植物牛油）
- 脆片類零食
- 沙律醬
- 曲奇餅
- 餡餅
- 炸薯條
- 植脂奶粉

What foods contain trans fats?

- Crackers
- Cakes
- Pastries
- Hydrogenated vegetable oils (e.g. shortening and margarine)
- Chips
- Cakes
- Dried/powdered non-dairy creamers
- Cookies
- Salad dressings

如何減少反式脂肪攝取量？

- ✓ 減少進食含有反式脂肪的食物
- ✓ 細閱營養標籤，選擇含有較少反式脂肪的食物
- ✓ 查閱食物成分標籤，避免進食含有下列成分的食物：
 - 氫化植物油
 - 部分氫化植物油
 - 氫化脂肪
 - 部分氫化脂肪
 - 植物起酥油

How to limit the intake of trans fats?

- ✓ Limit the consumption of foods containing trans fats
- ✓ Read the nutrition labels and choose foods with lower trans fat content
- ✓ Check the ingredient list and avoid foods containing:
 - hydrogenated vegetable oil
 - partially hydrogenated vegetable oil
 - hydrogenated fat
 - partially hydrogenated fat
 - vegetable shortening

