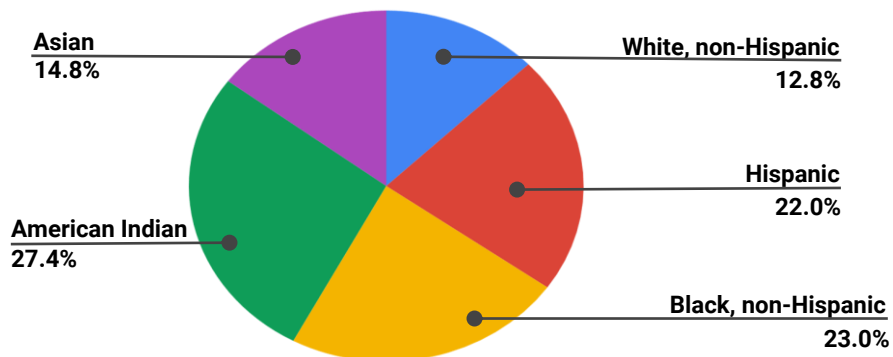


# How to prevent diabetes through limiting dietary salt

## National Diabetes Statistics Report 2017



Recent research studies have suggested excessive salt intake can increase the risk of developing type 2 diabetes because high sodium often encourage excess caloric intake which result in weight gain and obesity. High sodium intake also increase hypertension in earlier age.

## Tips to decrease dietary salt intake to prevent diabetes

- ❖ Eat fresh fruits and vegetables instead of processed foods
- ❖ Read nutrition labels during shopping and select low sodium foods
- ❖ Use herbs and spices to replace salt during cooking
- ❖ Rinse canned food before eating

Frozen Peas	
Serving Size ½ cup	
Servings Per Container about 3	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
<b>Sodium 125 mg</b>	<b>5%</b>
Total Carbohydrate 11g	4%
Dietary Fiber 6g	22%
Sugars 5g	
Protein 5g	
Vitamin A 15%	Vitamin C 30%
Calcium 0%	Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts	
1 serving per container	
Serving size 8 oz	
Amount per serving	
Calories 60	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
<b>Sodium 890mg</b>	<b>37%</b>
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Protein 3g	
Vitamin A	4%
Vitamin C	0%
Calcium	0%
Iron	2%

\* 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.



1 teaspoon of salt = 2300 mg of sodium

Age	Adequate Intake (AI) for sodium (mg)	Equivalent in teaspoons
1 - 3	1000	0.43
4 - 8	1200	0.52
9 - 13	1500	0.65
14 - 18	1500	0.65
19 - 50	1500	0.65
>51	1300	0.56

<5% is low sodium food choice    >20% is high sodium food choice

**Speak to your doctor about diabetes prevention and management!**

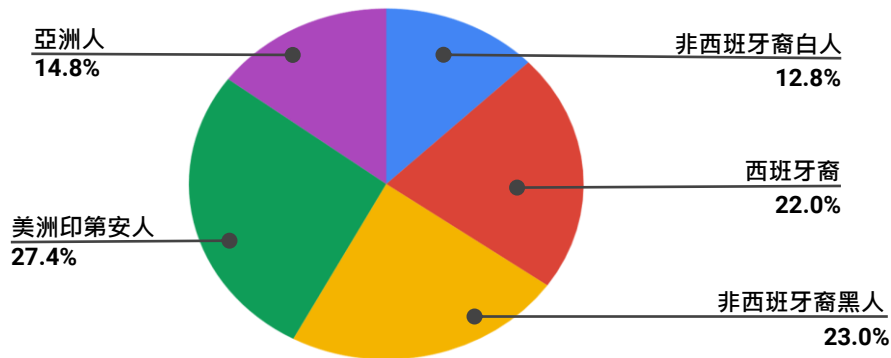


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# 如何透過控制鹽份攝入量來預防糖尿病

## 2017年全國糖尿病統計報告



研究顯示，過量攝入鹽份會增加患上糖尿病的風險。由於高鹽飲食會促使過量攝入熱量，導致體重增加和肥胖。高鈉攝入量引致高血壓亦有年輕化的趨勢。

## 如何在飲食中減低食用鹽的攝入量以預防糖尿病？

- ❖ 食用新鮮蔬果，少吃加工食品
- ❖ 購物時閱讀營養成份標籤，選擇低鈉含量的食物
- ❖ 烹飪時，用香料代替鹽
- ❖ 食用罐頭食品前可沖洗

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Calcium	0%
Iron	2%



1 茶匙的鹽 = 2300毫克的鈉

年齡	鈉質每天適宜攝入量 (毫克)	相當於多少茶匙
1 - 3	1000	0.43
4 - 8	1200	0.52
9 - 13	1500	0.65
14 - 18	1500	0.65
19 - 50	1500	0.65
>51	1300	0.56

<5%是低鈉食品的選擇

>20%是高鈉食品的選擇

與您的醫生討論適合您預防或管理糖尿病的計劃!



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