

腎病飲食輔導 Diet & Renal Disease

初期腎病患者必須接受營養輔導，學懂避免攝取過量鈉質及蛋白質，以免腎功能進一步衰退。腹膜或血液透析會令腎病患者流失蛋白質，及影響血液中的電解質含量。如不懂得在飲食上配合，可導致營養不良，甚至影響心臟運作及骨骼健康。因此，腎病患者應盡快約見營養師，學習怎樣適當地處理日常飲食，保持良好的營養狀況。

Malnutrition and electrolyte imbalance are common complications among individuals with renal problems. Individuals with renal failure should seek dietetic advice for individualised dietary recommendation on protein and electrolytes.

其他營養諮詢 Other Services

- 血脂肪代謝失調 (膽固醇、三酸甘油脂過高)
Hyperlipidemia (High Cholesterol, Triglycerides)
- 低草鹽酸飲食 (預防腎結石)
Low Oxalate Diet
- 普林代謝失調 (痛風症)
Low Purine Diet
- 生產前/後營養需知
Pre/Post-natal Nutrition
- 授乳期營養需知
Lactation Nutrition
- 兒童或成人食物過敏
Food Allergy/ Intolerance
- 管飼營養
Enteral Nutrition
- 其他特別臨床營養諮詢
Others

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交通設施 Traffic Facilities

本院設有免費穿梭巴士，行走本院及大圍港鐵站。
Free Union Hospital Shuttle Buses run between the Hospital and Tai Wai MTR Station.

專線小巴 Green Mini Bus : 68K (由沙田及大圍港鐵站開出)
(From Shatin and Tai Wai MTR Station)

公共巴士 Buses : 46P, 46X, 80, 80P, 85B, 87B, 89B, 249X, 281M, 286X, 287X (由九龍開出 From Kowloon)



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營養諮詢服務 Dietetic Service

仁安醫院營養諮詢服務是由專業註冊營養師提供。營養師會透過詳細的飲食及體質評估，為每位顧客定出個人化的飲食建議，使營養問題可在短時間內得到顯著的改善。

The Dietetic Service of Union Hospital is devoted to serve every client to achieve better health through dietetic consultation conducted by experienced and accredited dietitian.

服務範圍 Scope of Service

體重控制 Weight Management

過重可引起各種疾病如高血壓、糖尿病及心臟病等。要有效改善過重問題絕非單靠盲目“節食”或劇烈運動可以解決。營養師會根據個人的飲食及生活習慣，提供多項飲食建議，從而協助顧客有效及持久地保持健康體重。

Overweight is a major cause of various diseases such as hypertension, diabetes and heart disease. The dietitian will derive a personal dietary plan based on client's lifestyle and nutritional requirement with plenty of practical dietary suggestions for effective and long-lasting weight control.

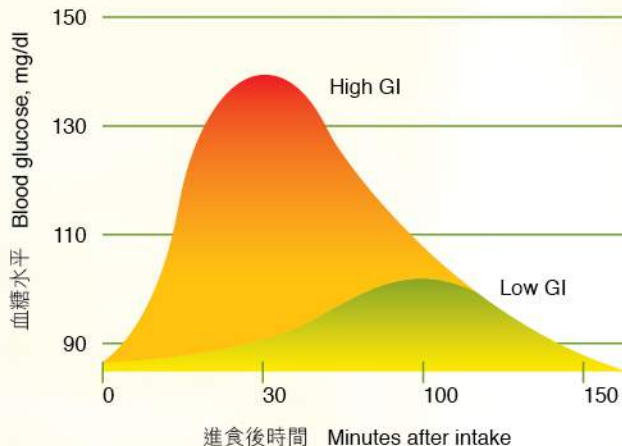
改善兒童不良飲食習慣

過量進食會令兒童及青少年患上肥胖症。家長若有子女遇上以上營養問題，可參考營養師的飲食建議來改善子女的體重問題和不良飲食習慣。

Parents of children with weight problem and/or poor eating habit could consult dietitian to receive individualized dietary recommendation and nutrition education of them.



糖尿飲食輔導 Diabetic Diet



血糖指數
Blood glucose level (GL)



改善營養不良 體重過輕 Correct Malnutrition

營養不良會對身體造成深遠的影響，必須及早改善。初生嬰兒營養不良或體重過輕，會影響其身體各部份的成長和發育。而因手術、患病、年老或治療(電療、化療)導致的營養不良或體重下降，則會延緩康復。營養師會計算出個人的營養需要，然後建議合適的食物或營養補充品的份量和種類。

Malnutrition threatens the health and development of all ages. It also delays recovery of the sick and frail. The dietitian will recommend the most appropriate diet and nutritional supplements to correct malnutrition and to improve nutritional status.

有效控制血糖必須包括飲食治療，減低患併發症如腎功能衰退、心臟病等的機會。

對患妊娠期糖尿病的孕婦來說，要穩定血糖，同時確保胎兒正常發育及孕婦本身的健康，飲食控制是不可忽略的。營養師會因應個人體質及飲食習慣，度身編製營養均衡、選擇多元化的餐單，使你同時成功控制血糖又能享受飲食的樂趣。

Diet control plays a crucial role in effective clinical management of both Diabetes and Gestational diabetes. The dietitian will design a personal dietary management plan based on individual nutritional requirement and diet habit that promises optimal blood glucose profile and good quality of life.

