

# HIGH BLOOD PRESSURE: EAT LESS SODIUM

What Is The Maximum Amount Of Sodium That I Can Eat In A Day?



**NORTH EAST**  
MEDICAL SERVICES  
東北醫療中心

A healthy individual

2300mg Sodium

For people with high blood pressure or diabetes or 51 years and older

1500mg Sodium

## LESS DESIRABLE CHOICE

### High Sodium Seasonings and Sauces



**Salt**  
(1tsp = 2300 mg)



**Chicken Bouillon**  
(1tsp = 478 mg)



**Shrimp Paste**  
(1tsp = 590 mg)



**Fermented Bean Curd**  
(1block = 705 mg)



**Fish Sauce**  
(1tsp = 471 mg)



**Regular Soy Sauce**  
(1tsp = 310 mg)



**Oyster Sauce**  
(1tsp = 273 mg)



**Ketchup**  
(1tsp = 60 mg)

### Processed Food (Canned Food) or Meat



**Spiced Ham**  
(1slice = 767 mg)



**Chinese Sausage**  
(1 link = 470 mg)



**Salted Fish**  
(3.5oz. = 5350 mg)



**Instant Noodle**  
(1bag = 1900 mg)

### Restaurant Food / Fast Food



**Chinese Barbecue Pork**  
(3.5oz. = 818.8 mg)



**Chinese Roasted Duck**  
(3.5oz. = 240 mg)



**Salted Vegetables**  
(2oz. = 6342 mg)



**Hotdog**  
(1hotdog = 670 mg)

## SMART CHOICE

### Low Sodium Seasonings, Spices and Sauces



**Low Sodium Soy Sauce**  
(1tsp = 177 mg)



**Black Pepper**  
(0 mg)

### Fresh Food



**Fresh Poultry, Fish, and Lean Meat**  
(3oz. = 30-90 mg)



**Fresh Vegetables and Fruits**  
(1/2 cup = 1-70 mg)

### Cook and Eat at home!



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# 高血壓：減少食鈉

我一天最多可食多少份量的鈉？



**NORTH EAST**  
MEDICAL SERVICES  
東北醫療中心

一般健康人士:

2300 毫克鈉

患有高血壓或糖尿病或 51 歲以上人士:

1500 毫克鈉

## 較不理想選擇

### 高鈉調味料和醬汁



鹽

(1茶匙 = 2300毫克)



雞粉

(1茶匙 = 478毫克)



蝦醬

(1茶匙 = 590毫克)



腐乳

(1磚 = 705毫克)



魚露

(1茶匙 = 471毫克)



豉油

(1茶匙 = 310毫克)



蠔油

(1茶匙 = 273毫克)



茄汁

(1茶匙 = 60毫克)

### 加工食品 (罐頭) 或肉類



午餐肉

(1片 = 767毫克)



臘腸

(1條 = 470毫克)



鹹魚

(3.5盎司 = 5350毫克)



即食麵

(1包 = 1900毫克)

### 餐廳食品/快餐



叉燒

(3.5盎司 = 818.8毫克)



燒鴨

(3.5盎司 = 240毫克)



鹹菜

(2盎司 = 6342毫克)



熱狗

(1個 = 670毫克)

## 精明選擇

### 低鈉調味料，香料和醬汁



低鈉豉油

(1茶匙 = 177毫克)



黑胡椒

(0毫克)

### 新鮮食物



新鮮家禽、  
魚、和瘦肉

(3盎司 = 30-90毫克)



新鮮蔬果

(1/2杯 = 1-70毫克)

### 在家裡煮食



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