

# Dietary notes for hyperlipidemia

## 高血脂症飲食須知-中英

### I. What is hyperlipidemia 一、何謂高血脂症

The definition of hyperlipidemia is when the blood contains fats (such as triglycerides, phospholipids, free fatty acids, and cholesterol), and a patient's total blood cholesterol level or triglyceride level exceeds 200 mg/dl. Such patients are considered to have hyperlipidemia. When the concentration of total cholesterol or low-density lipoprotein cholesterol in the blood is higher than the normal range, it is referred to as hypercholesterolemia (as shown in Table 1).

高血脂的定義是指血液中含有脂肪（三酸甘油酯、磷脂質、游離脂肪酸、及膽固醇等），其中總血液膽固醇值或是三酸甘油酯值超過 200mg/dl 的病人，即為高血脂的病人，當血液中的總膽固醇濃度或低密度脂蛋白膽固醇濃度高於正常值時，即為高膽固醇血症（如表一）。

Table 1: Concentrations of Adult Blood Cholesterol and Triglycerides

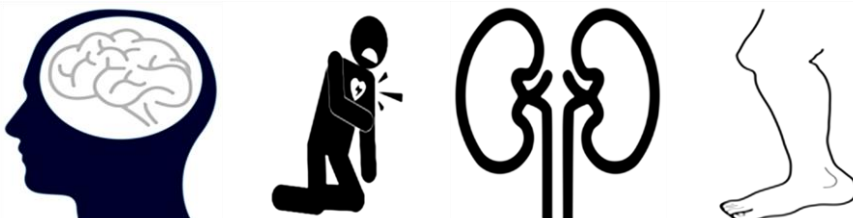
表一、成人血膽固醇及三酸甘油酯濃度

	Ideal concentration 理想濃度	Marginal high risk concentration 邊際 高危險濃度	high risk concentration 高危險濃度
Total cholesterol (non-fasting) 總膽固醇（非禁食）	< 200mg/dl	200~239mg/dl	≥ 240mg/dl
Low Density Lipoprotein Cholesterol (Fast for 12 hours) 低密度脂蛋白膽 固醇（禁食 12 小時）	< 130mg/dl	130~159mg/dl	≥ 160mg/dl
Blood triglycerides (Fast for 12 hours) 血液三酸甘油酯（禁食 12 小時）	< 150mg/dl	200~499mg/dl	> 500mg/dl

### II. Hypercholesterolemia 二、高血脂

Hyperlipidemia, in addition to its well-known role in promoting atherosclerosis in blood vessels, may lead to conditions such as stroke, myocardial infarction, angina pectoris, pancreatitis, hypertensive nephropathy, renal failure, and intermittent claudication.

高脂血症除了具有眾所周知的促進血管動脈粥樣硬化的作用外，可能造成腦中風、心肌梗塞、心絞痛、胰臟炎、腎性高血壓、腎衰竭，間歇性跛行。



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### III. Dietary principles for hypercholesterolemia 三、高血脂生活之注意事項

1. Control your ideal weight and avoid overweight.  
1. 控制理想體重，避免過重。
2. Adopting a healthy lifestyle.  
2. 調整良好生活型態。
3. People with high cholesterol should consume less high-cholesterol foods, such as organ meats, crab roe, shrimp roe, fish roe, and the like.  
3. 高膽固醇者少吃膽固醇含量高的食物，如：內臟、蟹黃、蝦卵、魚卵等。
4. They should increase their intake of vegetables and opt for complex carbohydrates from grains and root vegetables. When cooking, it's advisable to use vegetable oil, and they should avoid consuming refined sweets like sugary drinks, various candies or cakes, and sugar-added canned fruits.  
4. 可多攝取蔬菜，採用多醣類食物五穀根莖類，炒菜宜選用蔬菜油，並避免攝取精製的甜食（如：飲料、各式糖果或糕餅、水果罐頭等加糖製品）。



5. For individuals with high triglycerides, it is recommended to increase their intake of fish rich in omega-3 fatty acids, such as saury, salmon, and mackerel.  
5. 高三酸甘油酯者可多攝取富含  $\omega$ -3 脂肪酸的魚類，如：秋刀魚、鮭魚、牡蠣等。



#### 參考資料

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