

What are the Benefits of Medical Nutrition Therapy?

營養飲食治療有甚麼好處？

Studies show marked improvements of various vital indices following medical nutrition therapy:

研究顯示，營養飲食治療有助改善多項維生指數：

Fasting blood glucose level
空腹血糖值

Up to 可降低約
36.5%

“Bad” cholesterol (LDL) level
壞膽固醇水平

Up to 可降低約
20%

Blood pressure
血壓

Up to 可降低約
10%

Source 資料來源：The Dietitian's Perspective. (n.d.). Clinical Focus.

Appointment & Enquiries

預約及查詢

To make an appointment with a registered dietitian or for further enquiries, please call our Food and Dietetic department or visit our website.

如欲預約本院專業營養師服務或進一步查詢，歡迎致電與本院膳食及營養部聯絡，或瀏覽本院網站。

Tel 電話: (852) 2276 7338

Email 電郵: dietary.dept@twah.org.hk

Website 網址: www.twah.org.hk

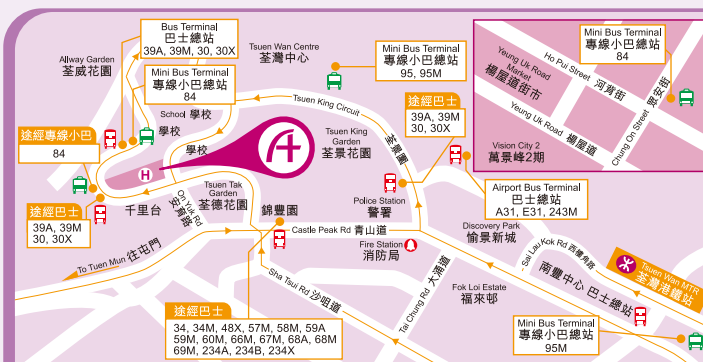


Like us on

Hong Kong Adventist Hospital - Tsuen Wan



Map 路線圖



Bus 巴士

- | | | |
|-----|------------------------|-------|
| 39A | Tsuen Wan West Station | 荃灣西站 |
| 39M | Tsuen Wan MTR | 荃灣港鐵站 |
| 30X | Whampoa Gardens | 黃埔花園 |
| 30 | Cheung Sha Wan | 長沙灣 |

To the Hospital Via Castle Peak Road:
+ Alight at Tsuen King Circuit Flyover
+ Take the bus in front of Tsuen King Circuit Police Station

所有行經青山公路荃灣段之巴士：
+ 於荃景圍天橋站下車，
+ 然後步行至荃景圍警署轉乘巴士到醫院。

Minibus 專線小巴

- | | | |
|-----|---------------------------|-------|
| 95M | Tsuen Wan MTR | 荃灣港鐵站 |
| 95 | Nina Tower | 如心廣場 |
| 84 | Tsuen Wan Chung On Street | 荃灣眾安街 |

A+ 24 小時急診中心 Hours Urgent Care Center

Adventist 港 Health 安 Hong Kong Adventist Hospital • Tsuen Wan
香港港安醫院 • 荃灣

Address 地址：199 Tsuen King Circuit, Tsuen Wan, N.T.
新界荃灣荃景圍199號
Telephone 電話：(852) 2275 6688
Fax 傳真：(852) 2275 6767
Website 網站：www.twah.org.hk



Valid date 有效期至：2019/12/31

The Hospital reserves the right to change or amend details without prior notification.

For the latest information, please visit our website at www.twah.org.hk

如有任何資料調整或變更，本院毋須另行通知。

如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

Adventist 港 Health 安

Hong Kong Adventist Hospital • Tsuen Wan

香港港安醫院 • 荃灣

Dietitian Services

Personalized Nutrition Counseling

註冊營養師服務

為您提供個人化
營養輔導



Personalized Nutrition Counseling Services

貼心、個人化的營養服務

Equipped with the latest technology in measuring the body fat and muscle mass distribution throughout the body, Hong Kong Adventist Hospital – Tsuen Wan offers thorough body analyses and tailor-made health plans. Through changes in diet and lifestyle, our nutrition counseling services aim to:

- Alleviate various health issues, including improvement of blood pressure, blood sugar, and blood lipids
- Expedite the healing process following illness or treatment
- Achieve long-term weight maintenance

香港港安醫院—荃灣以先進體脂測量儀器量度脂肪和肌肉分佈，並作全面分析，針對個別情況、需要和生活習慣，度身訂造飲食方案，以達到下列目標：

- 針對性地處理身體問題，如改善血壓、血糖、血脂等
- 促進病後或治療後的康復
- 達到並維持目標體重



Our Nutrition Counseling Services Feature

本院營養服務的特色

- Customized meal plans 個人化餐單
- Flexible food choices 具彈性的飲食建議
- A monitored treatment progress 專人貼心跟進進度
- An easy and relaxed process 過程輕鬆
- A hunger-free experience 不用捱餓

Scope of Services

服務範疇

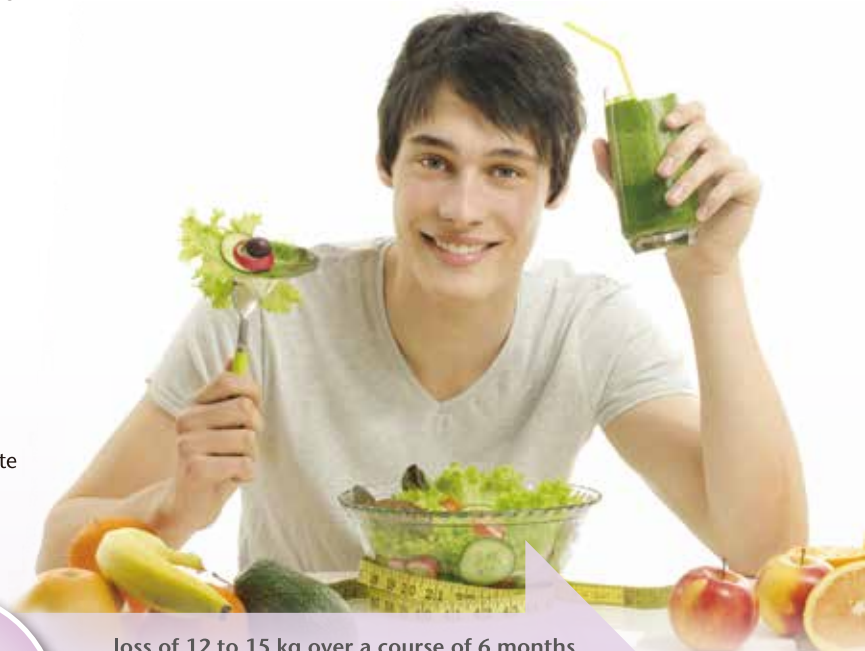
- + Our personalized nutrition counseling services target the following areas or conditions:
 - Weight management (losing or gaining weight)
 - Control of blood sugar, blood lipids, and blood pressure
 - Prenatal diet and postnatal weight management
 - Management of children's nutrition and picky eating
 - Gout or fatty liver disease
 - Food allergies or intolerances
 - Cancer, gastrointestinal problems, or malnutrition
- + Health seminars and workshops
A broad range of interactive health seminars and workshops promote health education to the public.

+ 可針對以下主題，提供個別營養諮詢服務：

- 體重管理（減重及增重）
- 血糖、血脂及血壓控制
- 懷孕期飲食、產後修身
- 兒童偏食
- 痛風症及脂肪肝
- 食物敏感或不耐症
- 癌症、腸胃問題及營養不良等

+ 健康講座及工作坊

舉辦各種健康題目講座，以互動形式，向大眾推廣營養教育。



Lifestyle Habit Changes
改善生活習慣

Exercise
適量運動

Diet Management
妥善控制飲食

loss of 12 to 15 kg over a course of 6 months
六個月內減去12至15公斤

7 times more effective than losing weight through exercise alone
效果是單純做運動的七倍