

HKAH-TW - Healthy Cooking Studio

荃灣港安 — 有營教室

Stay tuned for the cooking tips and healthy recipes shared by the top chef of Hong Kong Adventist Hospital - Tsuen Wan Cafeteria!

此處會不定期更新由荃灣港安醫院餐廳大廚所傳授的煮食技巧及有營食譜，敬請期待。



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.

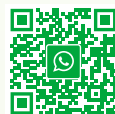
如欲預約本院專業營養師服務或進一步查詢，歡迎致電與本院膳食及營養部聯絡，或瀏覽本院網站。

Tel 電話: (852) 2275 6979

Email 電郵: dietary.dept@twah.org.hk

Website 網址: www.twah.org.hk

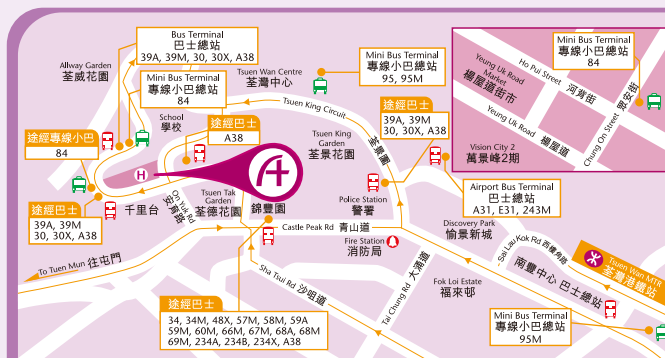
Whatsapp: (852) 9135 5079



 Like us on

Hong Kong Adventist Hospital - Tsuen Wan

Map 路線圖



Bus 巴士

39A Tsuen Wan West Station
39M Tsuen Wan MTR
30X Whampoa Gardens
30 Cheung Sha Wan
A38 Hong Kong International Airport

荃灣西站
荃灣港鐵站
黃埔花園
長沙灣
香港國際機場

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：
+ 於荃景園天橋站下車，
+ 然後步行至荃景園警署轉乘巴士到醫院。

Minibus 專線小巴

95M Tsuen Wan MTR
95 Nina Tower
84 Tsuen Wan Chung On Street

荃灣港鐵站
如心廣場
荃灣眾安街

A 24 小時急診中心
Hour 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.
新界荃灣荃景園199號

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Fax 傳真: (852) 2275 6767

Website 網站: www.twah.org.hk



Hong Kong Adventist Hospital-Tsuen Wan reserves the right to update the fee schedule, brochure, terms and conditions. Any change of fee schedule will be announced and notices will be published in advance, in accordance with the statutory notice period. Any other changes except the fee schedule may be made at any time as it sees fit without prior notice, you are advised to check the latest information before using our services. For the latest information, please visit our website at www.twah.org.hk
香港港安醫院—荃灣保留修訂收費表、單張內容、條款及細則之權利。任何的收費表調整將會根據法定的通知期提前發出通告和作出宣布。其他與收費表以外的相關修訂，則可能不作另行通知，閣下於使用本院服務前查閱最新資訊。
如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

Valid date 有效期至: 2025/12/31

N-2504

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



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

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：



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



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