Your Healthcare Professional Team
您的專業醫護團隊

Hyperlipidemia can cause a variety of diseases and is particularly damaging to your heart's health.

Our Lifestyle Medicine Clinic and the Lifestyle Management Center's NEWSTART® program aim to help people in need improve their health and quality of life. Participants of the program learn to alleviate symptoms of a variety of modern health conditions such as hypertension, diabetes, obesity, high cholesterol, heart disease, and stress through a new, healthier lifestyle.

高血脂能引致多種疾病，尤其影響心臟健康。

本院特設生活型態醫學診所，並由健康生活促進中心推出「新起點健康實踐計劃」，旨在幫助參加者通過良好的生活模式，強健體魄，改善糖尿病、肥胖、高血脂、心臟病和壓力等都市病。

Appointment & Enquiries 預約及查詢

For further information, please contact our Lifestyle Management Center, or visit our website.

如欲進一步了解上述內容，歡迎與健康生活促進中心職員聯絡，或瀏覽本院網站。

Hong Kong Adventist Hospital – Stubbs Road
香港港安醫院—司徒拔道

Lifestyle Management Center 健康生活促進中心
Lifestyle Medicine Clinic 生活型態醫學診所
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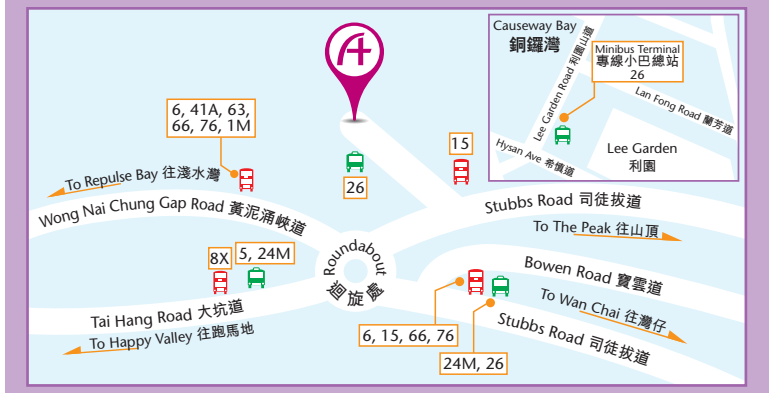
Hong Kong Adventist Hospital – Tsuen Wan
香港港安醫院—荃灣

Lifestyle Management Center 健康生活促進中心
NEWSTART® program 新起點健康實踐計劃
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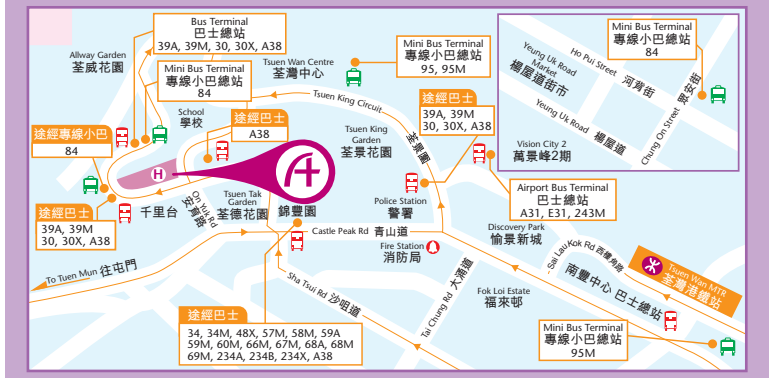
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Map 路線圖



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2026/10 Revised 修訂

Adventist 港安 Health
Hong Kong Adventist Hospital
香港港安醫院

Hyperlipidemia
認識高血脂



Hyperlipidemia 高血脂

There are several types of lipids in our blood, and they mainly include cholesterol and triglycerides. Hyperlipidemia indicates higher than normal level(s) of cholesterol and/or triglycerides in the blood.

Hyperlipidemia is the main cause of atherosclerosis, which leads to the narrowing of blood vessels and can also increase the risk of medical conditions such as high blood pressure, vascular occlusion, coronary heart disease, diabetes, stroke, nephrotic syndrome, pancreatitis, stone disease, fatty liver disease (hepatic steatosis), and in serious cases, death.

我們血液中含有多種脂質，主要包括膽固醇和三酸甘油脂。如果膽固醇和/或三酸甘油脂的水平超過正常值，就稱為高血脂。

高血脂是粥樣硬化的主因，導致血管狹窄，並有機會引致血壓高、血管閉塞、冠心病、糖尿病、中風、腎病綜合症、胰腺炎、結石症和脂肪肝等病症，最嚴重可導致死亡。

Classification of Lipids 脂質分類

Cholesterol 膽固醇

Cholesterol is produced by the liver or can be absorbed from foods. It is an essential building material for all cell membranes and brain cells, and also produces bile to aid digestion.

+ Low-density lipoprotein (LDL) cholesterol can stick to the vessel walls, and is known as "bad" cholesterol. The higher your LDL level, the more likely you will develop atherosclerosis.
+ High-density lipoprotein (HDL) cholesterol removes excess cholesterol in your blood, which enables the blood to flow unimpededly in the vessels. It also has antioxidant and anti-inflammatory properties, and is thus known as the "good" cholesterol. Factors such as obesity, smoking, or a lack of regular exercise reduce HDL levels in the blood

膽固醇可由肝臟製造，亦可從食物中攝取。它是人體製造細胞膜和腦細胞的主要材料，也會用來製造膽汁，幫助消化。

+ 低密度脂蛋白膽固醇會依附在血管壁上，故被稱為「壞膽固醇」。壞膽固醇越多，越容易導致動脈粥樣硬化。
+ 高密度脂蛋白膽固醇有助保持血管暢通、抗氧化與抗發炎，故被稱為「好膽固醇」。肥胖、吸煙或缺乏運動都會降低血液內好膽固醇的水平。

Triglycerides 三酸甘油脂

Triglycerides, like cholesterol, are lipids in our body. Similarly, they are either obtained from foods or produced by the liver. Foods and beverages such as sugary foods and desserts, high-fat foods, and alcohol contribute to an increase of triglyceride concentration in the blood.

三酸甘油脂與膽固醇一樣，都是人體中的脂質，同樣可以來自食物，或由肝臟自行製造。甜食、高油脂食物、酒精等都會令血液中的三酸甘油脂濃度上升。

Table 表1：Recommended Cholesterol Levels for Adults#
成人的理想膽固醇水平#

Type of Cholesterol 膽固醇類別	Recommended level for adults 一般成人的理想水平 (mmol/L)
Total cholesterol 總膽固醇	< 5.2
Bad cholesterol* 壞膽固醇*	< 2.6
Good cholesterol 好膽固醇	> 1.0
Triglycerides 三酸甘油脂	< 1.7

NOTE: Patients with cardiac vascular disease or diabetes mellitus should maintain an LDL cholesterol level of 1.8mmol/L or below.

註：確診患上心血管疾病或糖尿病人士可考慮視1.8mmol/L以下為理想水平。

US National Cholesterol Education Program



Trans Fats 了解反式脂肪

Trans fats are a type of unsaturated fatty acids which can be naturally occurring or artificial. Naturally occurring trans fats are produced by some ruminants (such as cattle), while artificial trans fats are created from processed vegetable oils. Many types of fried, grilled, and frozen foods, as well as oily sauces, artificial cream, and non-dairy creamer contain trans fats.

Studies have found that trans fats and saturated fats increase the amount of bad cholesterol and decrease the amount of good cholesterol in the blood. This in turn increases the risk of heart disease and cancer, and is also one of the main causes of high cholesterol and fatty liver.

反式脂肪是一種不飽和脂肪酸，來源有天然和人工。前者存在牛隻等反芻動物中，後者來自人工處理過的植物油。不少煎炸、烤焗和冷凍食品、含油醬料、人工奶油、奶精等，都含有反式脂肪。

研究已證實，反式脂肪與飽和脂肪都會令血液中的壞膽固醇增加，好膽固醇減少，增加患心臟病和癌症風險，也是導致高血脂、脂肪肝的重要原因之一。

Controlling Blood Lipid Levels 如何控制血脂水平

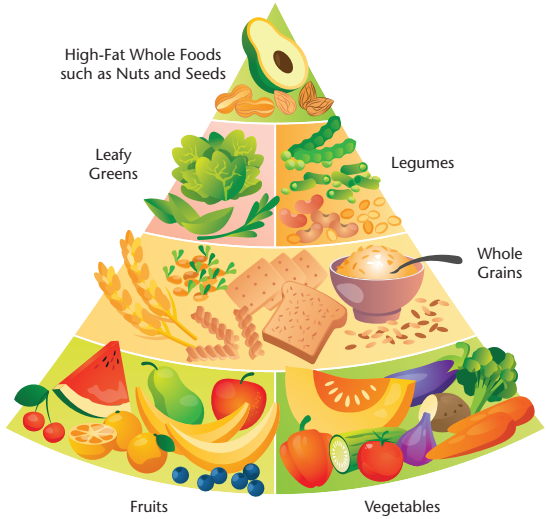
Improve lifestyle habits 改善生活習慣

+ Managing our weight
+ Maintaining a balanced and healthy diet with low-fat, low-cholesterol foods
+ Controlling our diet and dining out less frequently
+ Exercising regularly
+ Quitting smoking
+ Avoid drinking alcohol
+ Focusing on Whole Food Plant Based diet
+ 控制體重
+ 均衡健康飲食，選擇進食低膽固醇低脂食物
+ 節制飲食，減少出外用膳
+ 適量運動
+ 戒煙
+ 避免飲酒
+ 以整全植物性食物為主

Guidelines for a Diet Low in Cholesterol and Lipids

+ Choose low-fat foods, particularly foods high in fiber such as unrefined whole grains, vegetables, and fruits.
+ Instead of pan-frying or deep-frying, use low-fat cooking methods such as steaming, grilling, and baking. Alternatively, consider stir-frying with small amounts of oil in a nonstick wok.
+ Avoid food and drinks high in cholesterol, saturated fat, and sugar.
+ Avoid the following foods:

Grains	Rice dumplings, steamed creamy custard and salty egg-yolk buns, chicken buns, lotus seed paste buns, pineapple buns, cocktail buns, sausage buns, pizza
Fruits and Vegetables	Tempura, French fries, potato chips, coconut milk or cream, coconut juice
Beans and Nuts	Fried soybean products such as fried bean curd, deep-fried bean curd crust, fried tofu skin, and fried tofu Deep-fried nuts such as peanuts, cashews, etc.
Meat and Seafood	Dried meat such as Chinese sausages, preserved duck, beef jerky, pork jerky, and dried pork floss Foods with animal skin such as chicken feet, duck feet, goose feet, chicken skin, duck skin, goose skin, pork knuckle, and smoked pork trotters Fatty meat such as ribs, steamed beef balls, steamed beef rice rolls, sliced fatty beef, beef, mutton, and bacon Internal organs such as fish head, bone marrow, liver, brain, heart, intestine, kidney, and lung Seafood such as the ovary and digestive glands of crabs, shrimp paste, lobster paste, squid, cuttlefish, and octopus
Eggs and Dairy Products	Eggs such as egg yolks (limit to less than two per week), preserved eggs, and salted egg Dairy products such as whole milk or milk powder, evaporated milk, condensed milk, non-dairy creamer, cream, cheese, and ice cream
Oils	Lard, butter, coconut oil, chicken fat, palm oil, reused oil, and brick margarine
Beverages	Milk tea, coffee with whole milk, soup with puff pastry, bone soup, chicken feet soup, cream soup
Desserts and Pastries	Puff pastries; Chinese pastries such as mooncakes, egg rolls, and egg tarts; Western-style pastries and cakes such as cheesecakes, sandwich biscuits, wafers, cookies, etc.
Others	Sauces



The Healthy Vegan Food Pyramid

2026/10 Revised

Hyperlipidemia

A 飲食降膽固醇和血脂

+ 選擇低脂肪食物，特別是非精製的全穀類、蔬菜及生果等高纖維食物
+ 避免煎、炸，多採用低脂烹調方法（如蒸、烤、焗），改為少油快炒等方法，並可使用易潔鑊來煮食。
+ 避免高膽固醇、高飽和脂肪、高糖份食物和飲品。
+ 應避免吃下列食物：

穀類	糭、流沙包、雞包、蓮蓉包、菠蘿包、雞尾包、腸仔包、薄餅
蔬果類	天婦羅、炸薯條、炸薯片、椰漿、椰汁
豆類及果仁類	油炸豆製品，如豆卜、響鈴、炸支竹、炸豆腐等 油炸果仁，如花生、腰果等
肉類和海產	乾肉，如臘腸、臘鴨、牛肉乾、豬肉乾、肉鬆 皮層，如雞腳（鳳爪）、鴨掌、鵝掌、雞皮、鴨皮、鵝皮、豬手和薰蹄 肥肉，如排骨、山竹牛肉、牛肉腸粉、肥牛、牛肉、羊肉、煙肉 內臟，如魚頭（魚雲）、骨髓、肝、腦、心、粉腸、腰、肺 海鮮，如蟹黃、蝦膏、龍蝦膏、魷魚、墨魚、八爪魚
蛋和奶類	蛋，如蛋黃（每週不超過2隻）、皮蛋、鹹蛋 奶類及其製品，如全脂奶或奶粉、淡奶、煉奶、咖啡伴侶、忌廉、芝士、雪糕
油類	豬油、牛油、椰子油、雞膏、棕櫚油、多次翻用過的油、磚塊植物牛油
飲品類	茶餐廳奶茶、全脂咖啡、酥皮湯、骨湯、雞腳湯、忌廉湯
甜品類	酥皮類糕點、中式糕點（如月餅、蛋卷、蛋撻）、西式糕點（如芝士蛋糕、夾心餅、威化餅、曲奇餅等）
其他	饀汁



健康素食金字塔

2026/10 Revised

認識高血脂