

# 如何降低血脂肪(膽固醇及三酸甘油脂)

高血脂是心臟冠狀動脈疾病，粥狀動脈硬化的主要原因，而吸菸、缺少運動亦為心臟冠狀動脈疾病的重要危險因子，我飛航人員肩負大眾安全的重大責任，您的健康是大家的保障，請確實注意維護您的健康。

每增加血中總膽固醇值1毫克/100毫升，則冠狀動脈心臟病增加2%；每增加血中高密度膽固醇值1毫克/100毫升，則冠狀動脈心臟病降低2-3%。

血脂肪：膽固醇 (Cholesterol) 正常值為 <200mg/dl

三酸甘油脂 (Triglyceride) 正常值為 <150mg/dl

低密度膽固醇(LDL-C) 正常值為 <130mg/dl

高密度膽固醇 (HDL) 正常值為 ♀ >40mg/dl

♂ >35mg/dl

總膽固醇與HDL之比值應小於5.0

降低血脂肪應保有三A：

- 1.自覺 (Awareness)：也就是定期健康檢查，藉以了解自身的狀況。
- 2.需求 (Ammunition)：飲食上選用符合本身所需及足夠的熱量之食物即可。
- 3.行動 (Action)：也就是適量的運動，良好的生活習慣的養成。

## 飲食注意事項：

- 1.宜避免或減少攝取：肥肉、香腸、漢堡、培根、內臟（腦、肝、腰子）、蝦、龍蝦、蟹、蚌類（蛤、蜆、牡蠣）、蛋黃、烏賊、魷魚、鰻魚、草魚、魚卵、沙拉醬等含高膽固醇的食物。
- 2.會使三酸甘油脂過高的也應避免，如：牛奶、全脂牛奶、富含澱粉的蔬菜（馬鈴薯、玉米）、過甜的食物及飲料、油炸或煎過的食物、花生、瓜子；富含碳水化合物的食物（如麵粉類）及酒亦應限制攝取量。
- 3.減少油脂的攝取量，特別是動物油脂及椰子油。

經常運動，拋棄香菸；

保持體重，飲食清淡；

肥胖非福，減重延年；

嚴控血脂，冠心病減。

您的『好心』，乘客『安心』！

## HOW TO LOWER BLOOD LIPIDS (CHOLESTEROL AND TRIGLYCERIDE)

High blood lipids is a main causes for coronary heart disease. Besides smoking, overweight and not enough exercise are also contributing factors. Have a great responsibility for public safety, therefore, your health is a public concern.

Statistically, each extra 1mg/100ml of LDL (Bad Cholesterol) gives a 2% increase in coronary heart disease. On the other hand, for every 1 mg/100ml increase of HDL (Good Cholesterol) gives a 2-3% decrease of coronary heart disease.

**NORMAL VALUES :** Cholesterol : < 200mg/dl  
Triglyceride : < 150mg/dl  
LDL- C : < 130mg/dl  
HDL Cholesterol : ♀ > 40mg/dl  
♂ > 35mg/dl  
Cholesterol and HDL ratio < 5.0

### TO REMEMBER THE THREE "A'S TO REDUCE BLOOD LIPIDS:

1. Awareness : Periodical health examination, so that you will know the current condition of your health.
2. Ammunition : Select a proper diet with enough calories.
3. Action : Appropriate exercise and good healthy habits.

### OBSERVE A PROPER DIET :

1. Avoid completely or only eat a little of: Fatty meats, sausages, hamburger, bacon, internal organs including brain, liver, kidney and intestines. Also avoid shell fish including prawns, shrimps, lobster, crab, clams and oysters. Avoid egg yolk, cuttle fish, eel, fish eggs, salad dressing and any other food high in saturated fat (Cholesterol).
2. Avoid food that increase Triglyceride: Milk, starchy vegetables like potatoes and corn, sweetened foods and drinks, oily or fried foods, peanuts, seeds, high carbohydrate food (like noodles). Avoid consuming strong alcoholic beverages.
3. Decrease oily foods, especially those containing animal fats or coconut oil.

**Exercise constantly, Maintain body weight:**

**Quit smoking, Eat light food ;**

**Decrease fat intake for longevity.**

**Control bad cholesterol to decrease heart disease.**

**Your good health promotes passengers safety.**