

## 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

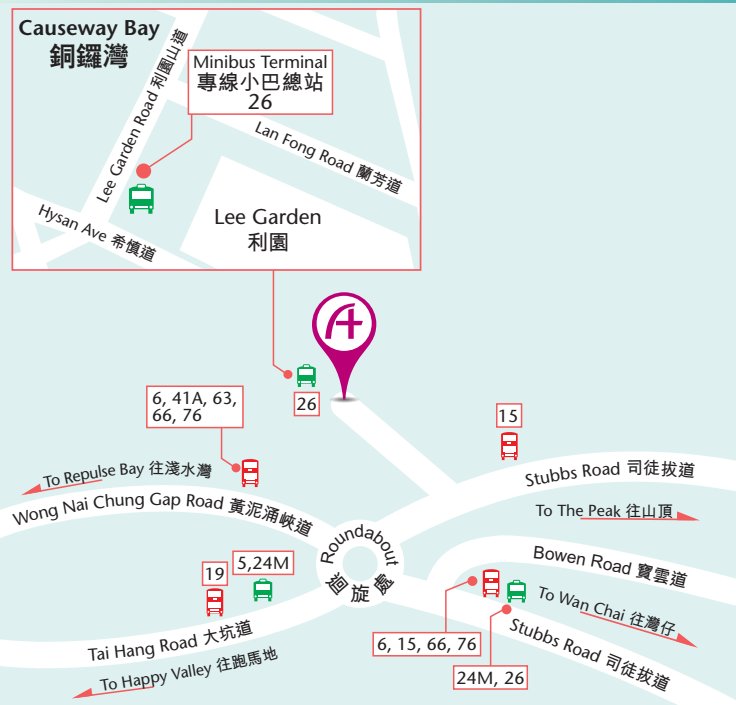
Up to 可降低約  
**10%**

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



Dietitian Services

## Map 路線圖



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

📍 40 Stubbs Road, Hong Kong  
香港司徒拔道40號  
☎ (852) 3651 8742  
✉ fservices@hkah.org.hk



Service Information  
服務詳情



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2022/01 Revised 修訂

Extending the Healing Ministry of Christ  
延續基督的醫治大能

Adventist 港  
Health 安

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



## 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 basal metabolic rates, Hong Kong Adventist Hospital – Stubbs Road 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

香港安醫院 — 司徒拔道以嶄新科技準確量度基礎新陳代謝率，為您全面分析體格，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



- A calorimeter provides accurate measurement of basal metabolic rates  
熱量分析儀能準確量度基礎新陳代謝率

Dietitian Services

## Services Highlights

### 本院營養服務的特色

- Customized meal plans 個人化餐單
- Science-led follow-up 科學化跟進
- Flexible food choices 具彈性的飲食建議
- 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.

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

Dietitian Services

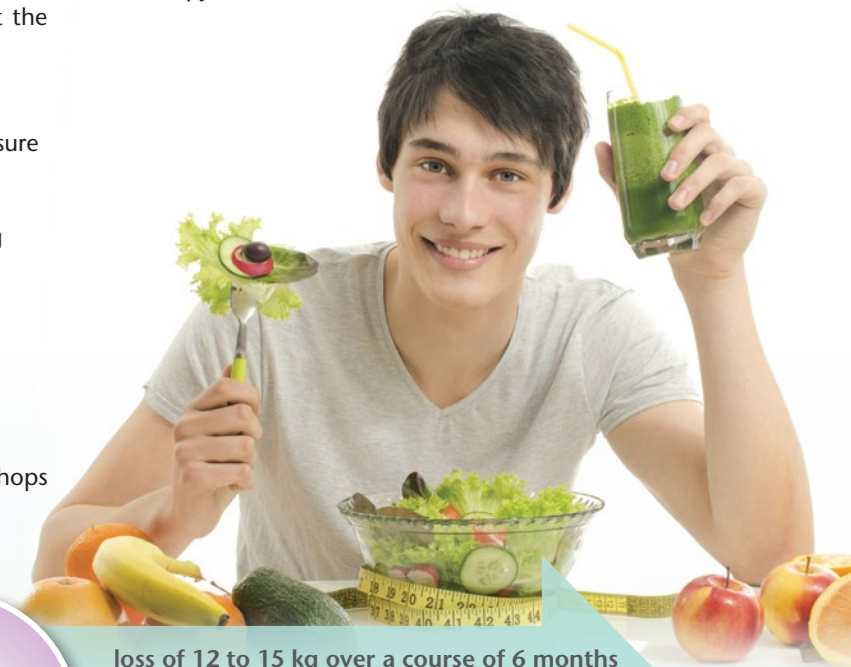
Dietitian Services

+ 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。





## Diabetes Dietary Therapy 糖尿病飲食計劃

**Does having diabetes mean a lifetime of hunger and boring meals?**

**With a proper understanding of how to choose suitable foods and control portions, diabetes patients can still enjoy a variety of food while keeping their blood sugar levels in check.**

**糖尿病等於「捱餓」、「無啖好食」？**

**只需要掌握選擇適當食物及其份量的小技巧，就算患有糖尿病都可以大飽口福，兼控制血糖水平。**

2022/01 Revised 修訂

# Diabetes Dietary Therapy

## 糖尿病飲食計劃

<b>Objective</b> 目標	Improve quality of life by expanding the variety of food choices for diabetics 掌握選擇食物的技巧，提升生活質素
<b>Course content</b> 內容	Personalized meal planning, tips for eating out, healthy cooking, techniques for reading nutrition labels, and a calorimeter analysis (value: HK\$1,000) 設計個人化餐單，外出用餐指引，閱讀營養標籤及健康煮食貼士，及一次熱量分析儀測試（價值HK\$1,000）
<b>Sessions 節數*</b>	8 (to be completed within 6 months) 8節（六個月內完成）
<b>Fee 收費</b>	<b>HK\$4,180</b>

\* By appointment 敬請預約

### Remarks

1. A calorimeter analysis (value: HK\$1,000) is included in the above package.
2. All courses must be completed within the designated time period. Outstanding sessions are not subject to extensions or refunds, and are not transferrable.
3. Once application is confirmed, the course may not be cancelled or refunded, and is not transferrable.
4. In addition to our packages, consultations may also be paid for on a per-session basis at HK\$700 per session.
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### 備註

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2. 計劃須於指定時限內完成，未能於指定時限內完成的諮詢服務不設延期、退款或轉讓名額。
3. 確認參加有關計劃後，不設取消、轉讓名額或退款。
4. 本院不單提供上述套式服務計劃，營養諮詢服務亦可按節收費，每節為HK\$700。
5. 香港港安醫院—司徒拔道保留更改及刪改上述資料的權利，而毋須另行通知。
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# Cancer Nutrition Therapy

## 癌症飲食計劃

Concerned about losing weight, a loss of appetite, or a lack of nutrition?

擔心體重下降，沒有食慾，或是營養「跟不上」？

*Suitable for those currently undergoing or who have completed cancer treatment*  
適合正接受 / 已完成癌症治療人士

2022/01 Revised 修訂

# Cancer Nutrition Therapy

## 癌症飲食計劃

<b>Objectives</b> 目標	Ensure adequate nutrition, overcome eating difficulties, maintain or gain weight, increase antioxidant levels, and minimize side effects of treatment. 確保營養充足，改善進食困難，維持或增加體重，提升身體的抗氧化水平，及減少治療帶來的不良反應
<b>Sessions 節數*</b>	4 (to be completed within 6 months) 4節（六個月內完成）
<b>Fee 收費</b>	<b>HK\$2,380</b>

\* By appointment 敬請預約

### Remarks

1. A calorimeter analysis (value: HK\$1,000) is included in the above package.
2. All courses must be completed within the designated time period. Outstanding sessions are not subject to extensions or refunds, and are not transferrable.
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### 備註

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2. 計劃須於指定時限內完成，未能於指定時限內完成的諮詢服務不設延期、退款或轉讓名額。
3. 確認參加有關計劃後，不設取消、轉讓名額或退款。
4. 本院不單提供上述套式服務計劃，營養諮詢服務亦可按節收費，每節為HK\$700。
5. 香港港安醫院—司徒拔道保留更改及刪改上述資料的權利，而毋須另行通知。
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## Prenatal Nutrition and Postpartum Weight Loss

### 懷孕期營養及產後修身

Are you concerned about providing enough nutrition to your baby, or worried about returning to your pre-pregnancy figure after giving birth?

Would you like to prevent gestational diabetes and hypertension?

既擔心胎兒營養不足，又顧慮產後修身的難度？  
想預防妊娠糖尿和高血壓？

2022/01 Revised 修訂

# Prenatal Nutrition and Postpartum Weight Loss

## 懷孕期間營養及產後修身

<b>Objectives</b> 目標	Ensure adequate nutrition and healthy weight gain during pregnancy, reduce risk of gestational diabetes and hypertension, maintain adequate milk supply for breastfeeding mothers, achieve healthy weight loss and a return to pre-pregnancy figure. 確保懷孕期間營養充足，健康增磅；減少妊娠糖尿病和高血壓風險；配合母乳餵哺方案，維持充足奶量；健康修身，回復窈窕身段
<b>Course content</b> 內容	Tips for eating out, techniques for reading nutrition labels, hunger and satiety control, and a calorimeter analysis (value: HK\$1,000) 外出用餐指引，閱讀營養標籤及延長飽足感貼士等，及一次熱量分析儀測試（價值HK\$1,000）
<b>Sessions 節數*</b>	12 (to be completed within 12 months) 12節（十二個月內完成）
<b>Fee 收費</b>	<b>HK\$5,980</b>

\* By appointment 敬請預約

### Remarks

1. All courses must be completed within the designated time period. Outstanding sessions are not subject to extensions or refunds, and are not transferrable.
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## Fatty Liver Dietary Therapy 脂肪肝飲食計劃

Want to reduce your risk of liver cancer or cirrhosis?

想逆轉脂肪肝，減少患肝癌或肝硬化的風險嗎？

2022/01 Revised 修訂

# Fatty Liver Dietary Therapy

## 脂肪肝飲食計劃

<b>Objectives</b> 目標	Improve condition of fatty liver and reduce the risk of developing other liver conditions. 改善脂肪肝，減少患上其他肝臟病變的風險
<b>Course content</b> 內容	Tips for eating out, understanding hidden fat in food, and healthy eating, and a calorimeter analysis (value: HK\$1,000) 外出用餐指引，了解食物中的隱藏脂肪，護肝飲食法，及一次熱量分析儀測試（價值HK\$1,000）
<b>Sessions 節數*</b>	8 (to be completed within 6 months) 8節（六個月內完成）
<b>Fee 收費</b>	<b>HK\$4,180</b>

\* By appointment 敬請預約

### Remarks

1. A calorimeter analysis (value: HK\$1,000) is included in the above package.
2. All courses must be completed within the designated time period. Outstanding sessions are not subject to extensions or refunds, and are not transferrable.
3. Once application is confirmed, the course may not be cancelled or refunded, and is not transferrable.
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### 備註

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## Heart Disease Meal Planning 心臟病飲食計劃

Are heart disease patients relegated to a diet of no fat, no salt, and no sugar?

With a proper understanding of how to choose suitable foods and control portions, heart disease patients can still enjoy a variety of food.

心臟病等於「無油、無鹽、無糖」？

只需要掌握選擇適當食物和份量的小技巧，就算患有心臟病都可以大飽口福。

2022/01 Revised 修訂

## Heart Disease Meal Planning 心臟病飲食計劃

<b>Objectives 目標</b>	Increase food choices and improve quality of life. 掌握選擇食物的技巧，提升生活質素
<b>Course content 內容</b>	Healthy food for the heart, tips for eating out, understanding hidden fat in food, and a calorimeter analysis (value: HK\$1,000) 護心食物推介，外出用餐指引，了解食物中的隱藏脂肪，及一次熱量分析儀測試（價值HK\$1,000）
<b>Sessions 節數*</b>	12 (to be completed within 6 months) 12節（六個月內完成）
<b>Fee 收費</b>	<b>HK\$5,980</b>

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## Weight Management 體重管理

Does your weight refuse to budge, even after dieting and exercise? Does your weight fluctuate constantly?

Learn how to lose weight in a healthy way while still enjoying good food.

吃得少又做運動，體重仍然居高不下？體重不停「上上落落」？減重效果應顯著有效，能享受美食。

2022/01 Revised 修訂

# Weight Management 體重管理

<b>Objective 目標</b>	Achieve effective, long-term weight loss. 有效減重並長期維持
<b>Course content 內容</b>	Personalized meal planning, hunger and satiety control, and a calorimeter analysis (value: HK\$1,000) 設計個人化餐單，延長飽足感貼士，及一次熱量分析儀測試（價值HK\$1,000）
<b>Sessions 節數*</b>	12 (to be completed within 6 months) 12節（六個月內完成）
<b>Fee 收費</b>	<b>HK\$5,980</b>

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## 備註

1. 上述計劃包括一次熱量分析儀測試（價值HK\$1,000）。
2. 計劃須於指定時限內完成，未能於指定時限內完成的諮詢服務不設延期、退款或轉讓名額。
3. 確認參加有關計劃後，不設取消、轉讓名額或退款。
4. 本院不單提供上述套式服務計劃，營養諮詢服務亦可按節收費，每節為HK\$700。
5. 香港港安醫院—司徒拔道保留更改及刪改上述資料的權利，而毋須另行通知。
6. 諮詢服務將盡量安排交由同一營養師負責跟進，惟不排除在特別情況下或需更換營養師。

## 預約及查詢

如欲預約本院註冊營養師服務或進一步查詢，歡迎致電(852) 3651 8742或電郵至[fservices@hkah.org.hk](mailto:fservices@hkah.org.hk)，亦可瀏覽本院網站[www.hkah.org.hk](http://www.hkah.org.hk)。