## 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 | 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 |
| A38 | Hong Kong International Airport | 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 |

## 24 小時急診中心 Hour Urgent Care Center


Adventist Health 港安 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：2022/12/31

The Hospital reserves the right to change or amend details with out prior notification.
For the latest information, please visit our website at www.twa h.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。

N-2206

Adventist Health 港安
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

Dietitian Services

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

## 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。

## 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 | "Bad" cholesterol (LDL) level 壞膽固醇水平 | Blood pressure 血壓 |
|---|---|---|
| Up to 可降低約 36.5% | Up to 可降低約 20% | Up to 可降低約 10% |

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

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

# 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。**

# Diabetes Dietary Therapy
# 糖尿病飲食計劃

| | |
|---|---|
| **Objective 目標** | Improve quality of life by expanding the variety of food choices for diabetics.<br>掌握選擇食物的技巧，提升生活質素 |
| **Course content 內容** | Personalized meal planning, tips for eating out, healthy cooking, techniques for reading nutrition labels, etc.<br>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等 |
| **Sessions 節數** | 8 (to be completed within 6 months)<br>8節（6個月內完成） |
| **Fee 收費** | **HK$3,440** |

* By appointment 敬請預約

## Remarks

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2. Once application is confirmed, the course may not be cancelled or refunded, and is not transferrable.
3. In addition to our packages, consultations may also be paid for on a per-session basis at HK$500 per session.
4. Hong Kong Adventist Hospital – Tsuen Wan reserves the right to amend any of the above details without prior notice.

## Appointments and enquiries

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## 備註

1. 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。
2. 確認參加有關計劃後，不設取消、轉讓名額或退款。
3. 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$500。
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## 預約及查詢

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Valid date 有效期至：2022/12/31

N-2206

# 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*

Professional Dietetic Services
註冊營養師服務

# Cancer Nutrition Therapy
# 癌症飲食計劃

| | |
|---|---|
| Objective<br>目標 | Ensure adequate nutrition, overcome eating difficulties, maintain or gain weight, increase antioxidant levels, and minimize side effects of treatment.<br>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 |
| Sessions 節數 | 4 (to be completed within 6 months)<br>4節（6個月內完成） |
| Fee 收費 | **HK$1,840** |

* By appointment 敬請預約

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Valid date 有效期至：2022/12/31

N-2206

# 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？**

Professional Dietetic Services
註冊營養師服務

# Prenatal Nutrition and Postpartum Weight Loss
# 懷孕期營養及產後修身

| | |
|---|---|
| **Objective 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.<br>確保懷孕期間營養充足，健康增磅；減少妊娠糖尿和高血壓風險；配合母乳餵哺方案，維持充足奶量；健康修身，回復窈窕身段 |
| **Course content 內容** | Tips for eating out, techniques for reading nutrition labels, and hunger and satiety control.<br>外出用餐指引，閱讀營養標籤及延長飽足感貼士等 |
| **Sessions 節數** | 8 (to be completed within 12 months)<br>8節（12個月內完成） |
| **Fee 收費** | **HK$3,440** |

* By appointment 敬請預約

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N-2206

# 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？**

Professional Dietetic Services
註冊營養師服務

# Fatty Liver Dietary Therapy
# 脂肪肝飲食計劃

| | |
|---|---|
| **Objective 目標** | Improve condition of fatty liver; reduce development of other liver condition risks.<br>改善脂肪肝，減少患上其他肝臟病變的風險 |
| **Course content 內容** | Tips for eating out, understanding hidden fat in food, and healthy eating.<br>外出用餐指引，了解食物中的隱藏脂肪及護肝飲食法 |
| **Sessions 節數** | 8 (to be completed within 6 months)<br>8節（6個月內完成） |
| **Fee 收費** | **HK$3,440** |

* By appointment 敬請預約

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Whatsapp: (852) 9135 5079

Valid date 有效期至：2022/12/31

N-2206

# 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，享受食物。**

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

| | |
|---|---|
| Objective<br>目標 | Increase food choices and improve quality of life.<br>掌握選擇食物的技巧，提升生活質素 |
| Course content<br>內容 | Healthy food for the heart, tips for eating out, understanding hidden fat in food.<br>護心食物推介，外出用餐指引，了解食物中的隱藏脂肪 |
| Sessions 節數 | 8 (to be completed within 6 months)<br>8節（6個月內完成） |
| Fee 收費 | **HK$3,440** |

* By appointment 敬請預約

## Remarks

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Whatsapp: (852) 9135 5079

Valid date 有效期至：2022/12/31

N-2206

# Weight Management
# 體重管理

**Does your weight refuse to budge, even after dieting and exercise? Does your weight fluctuate constantly?**
**Learn how 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。**

Professional Dietetic Services
註冊營養師服務

# Weight Management
# 體重管理

| | |
|---|---|
| Objective<br>目標 | Achieve effective, long-term weight loss.<br>有效減重並長期維持 |
| Course content<br>內容 | Personalized meal planning, hunger and satiety control.<br>設計個人化餐單，延長飽足感貼士等 |
| Sessions 節數 | 12 (to be completed within 6 months)<br>12節（6個月內完成） |
| Fee 收費 | **HK$4,800** |

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