

飲食

是我們每天生活的基本部分，但事實上，很多時身體不適和患病都是由於飲食不均衡而引致的。註冊營養師提供營養飲食指導服務，按個別體質需要及飲食喜好，制定個人化的營養餐單，提供實用的飲食指導，幫助患病及有需要人士，讓他們從疾病中盡快康復，建立良好飲食習慣，預防及減低疾病復發的機會。

Diet is an essential part of everyone's lives. There are many diseases related to poor dietary habits. Our registered dietitian provides personalized and feasible dietary advices for helping clients developing healthy eating pattern, improving their health condition and reducing risks in suffering from various kinds of diseases.



營養師服務時間

Service Hours of Dietitian

星期一至星期五 上午9:00 - 下午5:00
星期六 上午9:00 - 下午2:00
星期日及公眾假期休息
Monday – Friday 9am - 5pm
Saturday 9am - 2pm
Closed on Sunday and Public Holidays



營養指導服務

Dietetic Counselling Service



營養飲食指導服務

Dietetic Counselling Service

註冊營養師替門診及住院的病人提供營養飲食指導服務，根據病人體重、身高、脂肪比例、血液化驗結果、病歷及飲食習慣等分析身體的營養狀況、需要及評估風險，提供適切的個人營養飲食計劃和餐單。

Our registered dietitian provides personalized dietary advice to both in-patients and out-patients according to their medical condition and nutrition needs.

各項營養飲食指導

Dietary Management

糖尿病 Diabetes

設計適合個別糖尿病病人的餐單，教導計算每天碳水化合物的攝取量，以便控制血糖在合理水平。

Dietary advices and carbohydrates counting are provided based on clients' health condition and dietary habits for helping them in controlling blood glucose level within the normal range.

妊娠期、產後或授乳期

Pregnancy and Lactation

教導孕婦在懷孕期間攝取足夠的營養、維持健康的體重及增磅速度。設計個人化的營養餐單，以便照顧產後媽媽在授乳期的營養需求及能夠健康地修身。

Personalized dietary advices are provided to clients for ensuring adequate nutrition intake and healthy weight changes during pregnancy and lactation.

高血脂、高血壓

Hyperlipidemia and Hypertension

設計適合個別病人的低脂及低鹽餐單，教導外出飲食時的食物選擇，達致改善血脂及血壓水平。

Feasible dietary advices and healthy dine-out tips are provided for lowering clients' fat and salt intake, which help improving their blood lipid and blood pressure.

痛風症 Gout

教導病人低嘌呤的飲食，減低尿酸過高的狀況。

Providing dietary advice for lowering purine intake, which help lowering uric acid in blood.

兒童營養 Pediatric Nutrition

教導家長在嬰兒「戒奶」期間如何預備固體食物，確保嬰兒有足夠的營養。並指導家長正確選擇食物，以保持嬰兒或兒童健康發育。

Providing ways for parents in introducing solid food and choosing healthy food for picky eaters, in order to ensure their children having adequate nutrition intake and healthy growth and development.

體重過輕、營養失調或進食困難

Malnutrition

評估個人飲食及營養狀況，教導如何均衡飲食，健康地增加體重及有需要時建議服用營養補充劑。

Helping clients developing balance dietary pattern and introducing oral nutrition supplement when necessary, in order to achieve healthy weight gain for clients and improve their health condition.

手術或癌症治療前後

Nutrition for Cancer and Surgical Patients

評估手術、電療或化療前病人的營養狀況，協助提升營養質素，減低手術、電療或化療後出現營養不良的風險。針對病人手術、電療或化療的額外營養需求，提供均衡飲食建議，增強體質，協助傷口癒合及復原。

Assessing and improving nutrition condition for cancer and surgical patients for reducing risk of malnutrition and improving their health condition during and after treatment.

腎病 Renal Nutrition

根據個別病人的病情和血液報告，提供低鹽、低鉀、低磷及低蛋白質等飲食建議。

Providing feasible dietary advice for renal patients based on their healthy and medical condition.

體重管理指導服務

Weight Management Counselling Service

為身體脂肪過高的兒童及成年人提供有計劃的個人體重管理指導，使他們能在健康、安全及有效的情况下進行體重管理，達到持久效果。註冊營養師與參加者訂立減輕體重及脂肪目標和進度、評估參加者飲食習慣、設計個人飲食計劃、提供選擇食物的知識、出外用膳的飲食貼士、跟進每日飲食和運動量，監察各項身體狀況進展。

我們提供全面而切合個人需要的體重管理計劃，由醫生、營養師、物理治療師等互相合作，幫助達致理想的健康體重。

Our registered dietitian assesses nutrition needs of overweight and obese clients, provides personalized dietary meal plans, dine out tips, cooking tips and monitor clients' health condition in order to achieve healthy weight loss and keep their weight within healthy range.

Our weight management packages are operated by a team of health professionals including doctors, registered dietitian and physiotherapists, which aim at helping clients achieving their weight within healthy range.

支援服務 Community Nutrition Services

本院營養部樂於為各界效勞，服務社群。學校、院舍或社區團體等機構如有需要，註冊營養師亦會提供營養教育及支援服務，如營養健康講座、膳食營養評估、食物安全衛生及環境衛生指導等服務。

Our registered dietitian provides community nutrition service, such as delivering nutrition talks and doing nutrition assessment on menus, to schools, nursing home and community organizations.

