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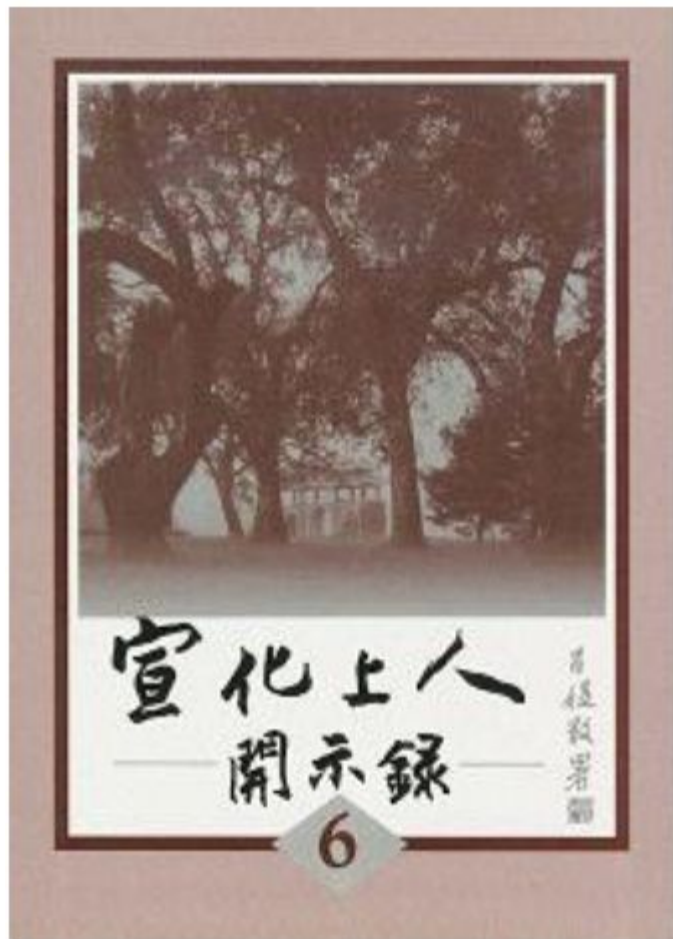
此投影片僅供參考, 不能取代專業醫師之意見, 診斷及治療, 如有任何問題, 請與您的醫師聯絡. 此投影片請勿轉發

Building Blocks of Life: Protein

生命的積木 蛋白質

我們人是個小化學工廠，在你的思想裡加上點什麼東西，就變成一點數據。你加上善功德，就往上升一升，升到天上去做天人，或做人間的人，或者做阿修羅。你做惡業就墮落到地獄，做餓鬼或畜生。……。

We are small chemical factories.



7 Signs of Protein deficiency 是否蛋白質攝取不足

1. 頭髮和指甲容易斷裂 brittle hair and nails
2. 一直想吃東西 feel hungry all the time
3. 瘦了，但不是減脂，而是肌肉量下降 weight loss in a bad way
4. 受傷之後，復原速度很慢 slow recovery time
5. 很容易感冒 frequent episodes of cold/flu
6. 肌肉或關節痛 muscle ache or joint pain
7. 腦袋昏昏沉沉、變得遲鈍 foggy brain

How to Consume Protein? 如何攝取蛋白質?

Principle 原則:

1. High-Quality protein 蛋白質品質
2. Estimate your need 攝取量估算
3. Divided dose 平均攝取

High-Quality protein 蛋白質品質

1. Plant-based 植物性 (Canada's Food Guide)
2. Variety 多樣化
3. Soy bean 黃豆
4. Limit highly processed ones 避免過度加工/高鹽/煎烤炸
5. Remember fiber (green leafy vegetables) and water 同時要吃青菜和補充水分

Estimate your need 蛋白質需求估算

Assuming you are healthy 健康的成人需要量:

Weight (kg) 體重 (公斤) x 0.8 = Average Daily Protein Need 平均每日蛋白質需求(公克)

Example: 範例

70 kg x 0.8 = 56 g of protein per day 56 公克的蛋白質(每天)

Protein Intake for Seniors 高齡者需求估算

高齡者的蛋白質需要量建議為1-1.5公克/公斤

Average Daily Protein Need for seniors may be up to 1~1.5 g per kg body weight

Example for seniors: 範例 -- 高齡者

70 kg x 1.5 = 105 g of protein per day 105 公克的蛋白質(每天)

Soy bean 黃豆

- 完全蛋白質 (含全部必要胺基酸)
- Complete protein (all 9 essential amino acids)

Soy bean and Gout

- 黃豆屬於中普林含量的食物(每100公克中含有150毫克普林)，因此，有痛風或高尿酸問題的人，不宜食用太多的整顆黃豆，但如果是豆腐、豆乾、豆漿的豆類加工製品，普林含量不高，則不在此限。
- Soy beans have moderate purine level so patients with gout and high uric acid should not consume a large amount of soybeans. However, processed soy-based products such as tofu and soy milk have low purine content so these patients do not have to limit tofu and soy milk.

Tofu nutrition label 豆腐營養標示

BEST BEFORE
2019



KEEP REFRIGERATED ($\leq 4^{\circ}\text{C}$)
GARDER AU FROID ($\leq 4^{\circ}\text{C}$)



傳統豆腐
Traditional Tofu
Tofu traditonnel

700 g (350 g x 2)



INGREDIENTS: WATER, SOY BEANS, CALCIUM SULPHATE,
GLUCONO-DELTA-LACTONE.
INGRÉDIENTS: EAU, FÈVES DE SOYA, SULFATE DE CALCIUM,
GLUCONO-DELTA-LACTONE.

SERVING SUGGESTION: RINSE TOFU WITH WATER BEFORE
USE. COOK BEFORE SERVING. / PRÉSENTATION SUGGÉRÉE:
AVANT UTILISATION, RINSER LE TOFU AVEC DE L'EAU. FAIRE
CUIRE AVANT DE SERVIR. / 煮用前，請用水清洗。使用時，請煮透。

MADE IN CANADA FROM DOMESTIC AND IMPORTED
INGREDIENTS. / FAIT AU CANADA À PARTIR
D'INGRÉDIENTS LOCAUX ET IMPORTÉS.



PACKED FOR /
EMBALLÉ POUR:
UNCLE T FOOD
6311 FRASERWOOD PLACE
RICHMOND, B.C.
CANADA V6W 1J2

Nutrition Facts
Valeur nutritive

Per about 1/4 piece (88 g) /
Pour environ 1/4 de morceau (88 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 60	
Fat / Lipides 3.5 g	5 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 2 g	1 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	10 %
Iron / Fer	6 %

700 g (350 g x 2)



nonGMOproject.org • projetsansOGM.org

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Fat / Lipides 3.5 g 5 %

Saturated / saturés 0.5 g 3 %
+ Trans / trans 0 g

Cholesterol / Cholestérol 0 mg

Sodium / Sodium 0 mg 0 %

Carbohydrate / Glucides 2 g 1 %

Fibre / Fibres 0 g 0 %

Sugars / Sucres 1 g

Protein / Protéines 6 g

Vitamin A / Vitamine A 0 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 10 %

Iron / Fer 6 %

700 g total x 6 g protein / 88 g of tofu = 47.7 g protein per box

700 公克總重 x 6 公克 蛋白質 / 88公克 豆腐 = 每盒豆腐有47.7公克
蛋白質

2019 JUN 19

BEST BEFORE / MEILLEUR AVANT

INGREDIENTS: WATER, SOYBEANS
(NON-GMO), SOY SAUCE (WATER, WHEAT,
SOYBEANS, SALT, LESS THAN 0.1% SODIUM
BENZOATE AS A PRESERVATIVE, BREWING
STARTER (ASPERGILLUS SOYAE), SALT,
CALCIUM SULPHATE, SPICES, COLOUR.

INGRÉDIENTS: EAU, FÈVES DE SOJA
(NON-OGM), SAUCE DE SOJA (EAU, BLÉ,
SOYAS, SEL, MOINS QUE 0.1% BENZOATE,
DE SODIUM COMME UN PRESERVATIF,)
DÉMARREUR BRASSANT (ASPERGILLUS
SOYAE), SEL, SULFATE DE CALCIUM,
ÉPICES, COLORANT.

FAIT À PARTIR DE FÈVES
DE SOJA NON-OGM,
SANS CHOLESTEROL,
PASTEURISÉ

SUNRISE SOYA FOODS
VANCOUVER, BC V6A 1H5
1-800-661-BEAN
WWW.SUNRISE-SOYA.COM

① K[®] KOSHER
PARVE CHECK
經檢定潔食產品

MADE WITH NON-GMO SOYBEANS • CHOLESTEROL-FREE
非基因改造 不含膽固醇
經高溫消毒 • PASTEURIZED



五香豆乾

FLAVOURED DRIED
TOFU
SÉCHÉ AROMATISÉ



Nutrition Facts Valeur nutritive

Serving Size (70 g) / Portion (70 g)
Servings Per Container 4
Portions par contenant 4

Amount	% Daily Value
Teneur	% valeur quotidienne

Calories / Calories 130

Fat / Lipides 7 g 11 %

Saturated / saturés 1 g 5 %
+ Trans / trans 0 g

Cholesterol / Cholestérol 0 mg

Sodium / Sodium 280 mg 12 %

Carbohydrate / Glucides 2 g 1 %

Fibre / Fibres 1 g 4 %

Sugars / Sucres 0 g

Protein / Protéines 14 g

Vitamin A / Vitamine A 0 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 20 %

Iron / Fer 8 %

11021 - 05/15

KEEP REFRIGERATED
GARDER RÉFRIGÉRÉ

(NON-GMO), SOY SAUCE (WATER, WHEAT,
SOYBEANS, SALT, LESS THAN 0.1% SODIUM
BENZOATE AS A PRESERVATIVE, BREWING
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INGRÉDIENTS: EAU, FÈVES DE SOJA
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SOJAE), SEL, SULFATE DE CALCIUM,
ÉPICES, COLORANT.

**FAIT À PARTIR DE FÈVES
DE SOJA NON-OGM,
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VANCOUVER, BC V6A 1H5
1-800-661-BEAN
WWW.SUNRISE-SOYA.COM**



經檢定潔食產品

280 g


SUNRISE

五香豆乾

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Vitamin A / Vitamine A 0 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 20 %

280 g total x 14 g protein / 70 g of tofu = 56 g protein per box

280 公克總重 x 14 公克 蛋白質 / 70公克 豆干 = 每包豆干有56公克
蛋白質

Does Protein damage the kidney?

疾病狀況	蛋白質攝取量之調節
慢性腎衰竭	0.6公克/公斤理想體重，若GFR>70毫升/分時，不需限制蛋白質
透析	1. 血液透析（HD）：1公克/公斤理想體重；供組織重建時：1.2-1.5公克/公斤 2. 間歇式腹膜透析（IPD）：1.2公克/公斤理想體重；供組織重建時：1.5公克/公斤 3. 連續可動式腹膜透析（CAPD）：1.2公克/公斤理想體重；供組織重建時：1.5公克/公斤
腎臟症候群	0.6-0.8公克/公斤理想體重，且80%為高生物價蛋白質
腎炎症候群	一般而言，無需限制蛋白質，除非有尿毒的情況發生
急性腎衰竭	初期給0.5公克/公斤理想體重。往後依腎功能的恢復，慢慢增加至正常需要量