



透析病人高鐵飲食之護理指導（英文）

Nursing guidance for dialysis patients on high-iron diet

一、人體為什麼需要鐵：Why does human body needs iron?

鐵是必需營養素，人體需由飲食中獲得足夠的鐵質，以維持正常的生理功能。

Iron is an essential nutrient, and body needs to get enough iron from the diet to maintain normal physiological functions.

二、鐵的生理功能 Physiological function of iron：

1、是血紅素與肌紅素的成分，可幫助氧在體內運送。

It is a component of heme and myoglobin that helps oxygen transport in the body.

2、是細胞色素的成分，幫助能量的產生。

Is a component of cytochrome that helps energy production

三、鐵不足 Lack of iron：

1、每次透析皆有少量殘血 20~30 ml。

Each dialysis has a small amount of residual blood 20~30 ml

2、鐵攝取不足。

Lack of iron intake

3、每年流失鐵 3~5 g。

Loss of iron 3~5 g per year

4、採血。

Blood collection

四、鐵的食物來源 Iron food source：

鐵質利用率的高低與食物的種類有關。動物性食物含鐵的吸收、利用率，是植物性食物的三倍。

The level of iron utilization is related to the type of food. The absorption and utilization rate of iron in animal food is three times of plant food.



1、動物性食物所含鐵質利用率較高。肉類中紅色越深者，含鐵量越多。

Animal foods contain high iron utilization. The deeper the red in meat, the more iron

2、含鐵量高的動物性食物伴隨高磷，需同時服用磷結合劑。

Animal foods with high iron content are accompanied by high phosphorus, and need to take phosphorus binder at the same time.

3、不吃牛肉的腎友可選擇鮭魚、豬肉、羊肉來補充鐵質。

Patient who do not eat beef can choose salmon, pork, and lamb to supplement iron.

4、促進鐵吸收的食物：富含維生素C的食物和果汁，如番石榴、檸檬。

Foods that promote iron absorption: foods rich in vitamin C and juices such as guava and lemon

5、鈣、單寧酸和咖啡會妨礙鐵質吸收，進餐時，應儘可能避免影響鐵吸收的鈣、單寧酸、植酸、草酸，以及纖維質。

Calcium, tannic acid and coffee can interfere with iron absorption. When eating, avoid calcium, tannic acid, phytic acid, oxalic acid, and fiber that affect iron absorption.

6、為了降低鈣質的影響，最好錯開鈣與鐵質攝取的時間。不妨利用早餐、餐間點心、睡前來攝取所需要的鈣質，午餐和晚餐則以攝取鐵質為主。

In order to reduce the effects of calcium, it is best to stagger the time of calcium and iron intake. Use breakfast, snacks, and the amount of calcium you need before bedtime, and iron for lunch and dinner.

7、飯前飯後兩個小時，最好都避免喝茶或咖啡。因為單寧酸會與鐵質結合後沉澱，使得鐵質無法被吸收。一杯茶會降低64%的鐵質吸收率，一杯咖啡則會降低39%。



It is best to avoid tea or coffee for two hours after meals. Because tannic acid precipitates in combination with iron, iron cannot be absorbed. A cup of tea will reduce the iron absorption rate by 64%, and a cup of coffee will decrease by 39%.

8、一般來說，口感澀澀的蔬菜，都含有高量的植酸、草酸，會和鐵質結合，降低鐵的吸收率。

In general, the vegetables with high taste contain high amounts of phytic acid and oxalic acid, which combine with iron to reduce the absorption rate of iron.

◎含鐵量豐富的食物一覽表：

主食	燕麥粥 Oatmeal (海鮮 seafood)、蓮子 lotus seeds、養生麥粉 wheat flour、紅豆 red beans、穀類早餐食品 cereal breakfast cereals、綠豆 mung beans、麥片 cereals、麥芽飲品 malt drinks、薏仁 coix seed、小米 millet (但此類食物含高磷、高鉀 but such foods contain high phosphorus, high potassium)、南瓜籽 pumpkin seeds、芝麻籽 sesame seeds
海產	髮菜 Seaweed、西施舌 Xi Shi tongue、牡蠣 oysters (乾 dry)、柴魚片 bonito chips、文蛤 clams、九孔 abalone、小魚乾 dried fish、蚵仔 clams、章魚 octopus、蝾螺 snails、蝦仁 shrimps、紅蟳 red scallions、文蜆 clams、鯖魚 squid
肉類	鴨血 Duck blood、豬肝 pig liver、豬心 pig heart、腰子 kidney、鴨肉 duck、雞肝 chicken liver、雞心 chicken heart、牛腱 burdock、牛腿肉 beef leg、豬血 pig blood、深色肉類 red meat、鵝肝 foie gras
豆類	皇帝豆 Emperor beans、甜豌豆 sweet peas、黃豆 soybeans、黑豆 black beans、毛豆 edamame、豆腐 tofu
蔬菜類	紅苜菜 Red leeks、山芹菜 mountain celery、黑甜菜 black beets、澎湖絲瓜 loofah、茼蒿 sage、萵苣菜 lettuce、菠菜 spinach、紅蘿蔔 carrots、海帶 kelp、綠葉蔬菜 green leafy vegetables、髮菜 Seaweed
其他	黑糖 Brown sugar、水果乾 dried fruit、龍眼肉 longan、蛋黃 egg yolk、櫻桃 cherry、腰果 cashew

參考文獻

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護理指導評值：

◎是非題

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It is best to avoid tea or coffee for two hours after meals. Because tannic acid will precipitate after binding with iron, making iron unabsorbable

◎選擇題

4. () 以下何者為是?(1)為增加鐵吸收可以與維生素C一起服用(2)避免吃過多鐵質食物三天再攝取一次高鐵食物(3)可以邊吃牛排邊喝咖啡(4)植物性的鐵質比動物性鐵質高五倍，故應多吃植物性鐵質。

Which of the following is true? (1) To increase iron absorption, take it with vitamin C (2) Avoid eating Excessive iron food for three days and then high-iron food (3) can take coffee while eating steak (4) vegetal the iron is five times higher than the animal iron, so you should eat more phytolith.

5. () 何者不是高鐵食物?(1)鴨血(2)黑糖 (3)豬肝(4)白飯。

What is not high-iron food? (1) duck blood (2) brown sugar (3) pig liver (4) rice

6. () 不吃牛肉可以進食何者食物來補充鐵質?(1)鮭魚 (2)白飯 (3)麵條 (4)香蕉。

What kind of food can you eat to supplement iron without eating beef? (1) squid (2) white rice (3) noodles (4) bananas

(答對 5-6 題 完全了解；答對 3-4 題 部分了解；答對 1-2 題 完全不瞭解)

Answer 5-6 questions completely understand; answer to 3-4 questions part of the understanding; answer 1-2 questions completely do not understand



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1. (o) 2. (o) 3. (o) 4. (1) 5. (4) 6. (1)

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