

手腳冰冷與營養

成日手腳冰冷 可以點？



很多人時常手腳冰冷都會聯想到因為**天氣寒冷**而導致。當天氣寒冷的時候，身體就會啟動**體溫調節**的自然反應，血管便會收縮來減低體溫的留失。當**血管收窄**時，四肢的**血流量**亦會相對地**減少**，令到手腳感到冰冷。

除了天氣影響之外，亦有部份人士因為其他原因容易手腳冰冷，例如**身體缺乏某種營養素**（例如鐵、維他命B9或B12等）、**血管容易堵塞**、或其他病所引起的病徵（例如雷諾氏綜合症、甲狀腺功能減退症、糖尿病神經病變等）

參考：

- Family Health Service Department of Health (2019) Eat Smart to Prevent Iron Deficiency. Available at: https://www.fhs.gov.hk/english/health_info/woman/30069.html
- National Institutes of Health (2021) Iron Fact Sheet for Health Professionals. Available at: <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
- WHO (2020) Physical Activity. Available at: <https://www.who.int/news-room/factsheets/detail/physical-activity>
- Monsen, E. R. (1988) Iron nutrition and absorption: dietary factors which impact iron bioavailability. Journal of the American Dietetic Association, 88(7), pp.786-790.
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膳食及營養部

• 如有任何疑問或營養諮詢，請致電營養師：

荃灣 2275 6979 或 Whatsapp 9135 5079 / 香港司徒拔道 3651 8742 或 Whatsapp 6112 5051

手腳冰冷與營養

關鍵營養素

鐵質、維他命B9和B12有助維持紅血球的健康和製造, 當身體缺乏這些營養素, 紅血球就會變得異常大, 影響它們將氧氣帶入細胞



1 鐵質

- 鐵質可分為兩種：**血紅素**（如肉類）與**非血紅素**（如豆類，菠菜，堅果，薯仔連皮等）
- 成年男士或女士**每日建議膳食攝入量需要**8毫克**鐵質
- 孕婦**每日建議膳食攝入量需要**27毫克**鐵質
- 血紅素鐵質源自於動物性食物的吸收率（15-35%）較非血紅素鐵質源自於植物性食物高（2-20%）
- 建議進食植物性鐵質食物時**可加入含豐富維他命C的食材**（例如紅椒、綠椒或餐後加入一份生果如橙、奇異果或士多啤梨等）**增強非血紅素鐵質的吸收**

2 維他命B9, B12

- 維他命B9（又稱為葉酸）的食物大部分源自於**深綠色蔬菜**包括西蘭花、羽衣甘藍、菠菜或鷹嘴豆、腰豆、肝臟等。
- 懷孕期間，孕婦需要攝取約**600微克**的葉酸。但孕婦**不建議進食肝臟**食物作為葉酸的攝取來源，原因肝臟含大量維他命A，孕婦進食過多維他命A有機會導致流產或嬰兒發育不健全
- 維他命B12豐富的食物來源包括有**肉類、蛋、奶類製品、乳酪、芝士**等



飲食以外，恆常運動有助促進血液循環，減低手腳冰冷的情況。建議每週至少有**150分鐘**的中等強度運動，例如緩步、游水、行樓梯等

COLD LIMBS AND HEALTH

Cold hands and feet?



Many people often think that cold hands and feet are caused by the **cold weather**. When the weather is cold, the body activates its natural response to **thermoregulation**, and the blood vessels constrict to reduce the retention of body temperature. When the **blood vessels are narrowed**, the **blood flow** to the limbs will also be **reduced**, making the hands and feet feel cold. In addition to the weather, some people are prone to have cold hands and feet due to other reasons, such as **lacking of certain nutrients** such as (e.g. iron, vitamin B9 or B12, etc.), and/or **other disease conditions** such as (e.g. Raynaud's syndrome, hypothyroidism, diabetic neuropathy, etc.)

References:

- Family Health Service Department of Health (2019) Eat Smart to Prevent Iron Deficiency. Available at: https://www.fhs.gov.hk/english/health_info/woman/30069.html
- National Institutes of Health (2021) Iron Fact Sheet for Health Professionals. Available at: <https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>
- WHO (2020) Physical Activity. Available at: <https://www.who.int/news-room/factsheets/detail/physical-activity>
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Key Nutrients

Iron, vitamins B9 and B12 help maintain the health and production of red blood cells, which become abnormally large when the body is deficient in these nutrients, preventing them from carrying oxygen into cells



1 Iron

- Iron can be divided into two types: **heme** (e.g. meat) and **non-heme** (e.g. beans, spinach, nuts, potatoes with skin, etc.)
- **Adult men and women** need **8 mg** of iron per day as Recommended Dietary Allowances
- **Pregnant women** need **27 mg** of iron per day as Recommended Dietary Allowances
- Heme iron is more absorbable from animal foods (15-35%) than non-heme iron from plant foods (2-20%)
- It is recommended to **add vitamin C-rich ingredients** (e.g. red pepper, green pepper or a serving of raw fruit such as orange, kiwifruit or strawberry) to **enhance the absorption of non-heme iron**

2 Vitamin B9 & B12

- Vitamin B9 (also known as folic acid) is mostly derived **from dark green vegetables**, including broccoli, kale, spinach or chickpeas, kidney beans, liver, etc.
- During pregnancy, pregnant women need to consume about **600 micrograms** of folic acid. However, it is **not recommended for pregnant women to consume liver** foods as a source of folic acid, because the liver contains a large amount of vitamin A, and excessive consumption of vitamin A may lead to miscarriage or poor baby development
- Vitamin B12 is rich in food sources including **meat, eggs, dairy products, yogurt, cheese, etc.**



In addition to diet, regular exercise can help promote blood circulation and reduce cold hands and feet. It is recommended to have at least 150 minutes of moderate-intensity exercise per week, such as jogging, swimming, walking stairs, etc