

# 健康小食

## 多選擇



成長中的兒童，生長速度快，活動量也較高，往往需要大量的營養和熱量。健康的小食，有助補充兒童在學習和運動時消耗的水分和熱量，也有助他們攝取足夠的營養素。

相反，進食過量或選擇一些不健康的小食，不但令兒童攝取過多的熱量，導致體重上升或對健康造成負面的影響，亦可能會減低兒童進食正餐的胃口，阻礙他們吸收全面的營養。

因此，家長為兒童安排小食時，需配合健康飲食的原則，才能有效地發揮小食的功用並培養兒童均衡飲食的習慣。

### 進食之時要精明

- 如在兩餐正餐之間感到肚餓，才進食小食。
- 小食時間應與正餐相隔最少1.5至2小時及正餐之間只吃一次小食。
- 為免影響進食下一正餐的胃口，小食分量宜少。每次進食時，食品不宜多於125千卡（525千焦）；飲品則以250毫升或以下為佳。
- 多選擇高膳食纖維、少油、少鹽和少糖的天然新鮮食物。
- 應以穀物及蔬果類的小食為主。
- 飲品而言，清水是最佳選擇。
- 不建議兒童選用含咖啡因的食品，如綠茶、咖啡和含有咖啡或茶類成分的曲奇餅，因兒童分解咖啡因的能力較低，過量攝取或會令他們出現手震和影響睡眠的情況。
- 不建議兒童選用含甜味劑的食品，如無糖的口香糖、健怡汽水，因這類食品一般營養價值較低，且甜度十分高，或會培養兒童嗜甜的口味。



衛生防護中心網頁  
www.chp.gov.hk



「健康飲食在校園」網頁  
https://school.eatsmart.gov.hk



健康小食多選擇



至「營」小食站

衛生署健康教育專線：2833 0111

健康飲食金字塔把食物分為不同類別，如選用得宜，這些食物不但是正餐的主要食糧，也是健康的小食。

### 適宜選擇的小食

#### 穀物類

- 白麪包/全麥包（如添加果仁的全麥包和提子包）
- 焗番薯
- 低脂芝士/雞蛋/吞拿魚三文治
- 花生醬/不含反式脂肪的植物牛油多士（塗上薄層）



#### 蔬菜類

- 新鮮蔬菜（如青瓜、甘筍和車厘茄）
- 田園沙律（可配上少量沙律醬）
- 原味紫菜
- 焗粟米



#### 奶類及代替品

- 低脂/脫脂奶
- 低脂原味乳酪
- 低脂芝士
- 高鈣無糖/低糖豆漿



#### 水果類

- 新鮮水果
- 無添加糖的乾果（如杏脯、西梅乾和提子乾）
- 乾焗果片（如蘋果片）
- 水果盤/水果沙律（可配上少量沙律醬）



#### 肉、魚、蛋及代替品

- 焗雞蛋
- 乾焗原味果仁（如杏仁和腰果）



### 限量選擇的小食

#### 穀物類

- 高纖的早餐穀麥和穀麥條
- 原味餅乾
- 火腿三文治
- 無添加糖的果醬多士（塗上薄層）



#### 水果類

- 添加糖的乾果
- 罐裝水果
- 無添加糖的純果汁



#### 肉、魚、蛋及代替品

- 豉油雞翼
- 蒸餃子
- 蒸魚蓉燒賣
- 鹽焗果仁
- 加糖豆腐花
- 鹵水蛋



#### 奶類及代替品

- 全脂/加糖的奶
- 全脂/加糖乳酪
- 全脂芝士
- 高鈣甜豆漿



### 少選為佳的小食

#### 穀物類

- 威化餅/朱古力餅/曲奇餅/夾心餅乾
- 忌廉包/蛋糕
- 即食麵
- 牛油/煉奶/添加糖的果醬多士



#### 其他食品

- 糖果類（如糖和朱古力）
- 雪糕/雪條
- 高糖分的汽水/紙包飲品
- 薯片/脆條



#### 蔬菜類

- 高脂/高鹽紫菜
- 牛油粟米

#### 水果類

- 加糖果汁



#### 肉、魚、蛋及代替品

- 油炸食品（如炸雞翼和炸魚柳）
- 咖喱魚蛋
- 牛肉乾/豬肉乾





# Healthy Snacks



Children are growing fast and physically active. They require nutrients and energy. Healthy snacks help replenish the water and energy lost during learning as well as exercising, and help children obtain enough nutrients.

On the contrary, overeating or unhealthy snack choices would not only lead to excessive energy intake and result in weight gain or pose negative health impact on children, but also reduce their appetite for main meals, which deter them from attaining comprehensive nutrition.

Therefore, parents should bear in mind the principles of healthy eating when giving snacks to children so that they can get the most benefits from snacks and nurture good eating habits.

## Eat Smart with Healthy Snacks

- Eat snack only if you feel hungry between main meals.
- Keep an interval of at least 1.5 to 2 hours, and serve only for once between main meals.
- Snacks should be small in portion so as not to spoil the appetite for the next main meal. It is recommended to have snacks in no more than 125kcal (525kJ) of energy and drinks to 250ml or less.
- Choose fresh and natural food items that contain more dietary fibre but less fat, salt and sugar.
- Choose mainly grains, fruits and vegetables.
- Water is the best choice among all drinks.
- Food items containing caffeine, such as green tea, coffee and cookies with coffee or tea content, are not recommended for children. This is because children are less capable of breaking down caffeine and they may suffer from hand shaking and disturbed sleep if excessive intake occurs.
- Food items containing sweeteners, such as sugar-free chewing gum, diet soft drinks, are also not recommended for children. This is because most of them are of relatively low nutritional value. In addition, their high sweetness potency may promote craving for sweet food in children.



Centre for Health Protection Website  
www.chp.gov.hk



"EatSmart@school.hk" Website  
https://school.eatsmart.gov.hk



Healthy Snacks



Healthy Snack Checker

Health Education Infoline of the Department of Health: 2833 0111

According to the principle of the Healthy Eating Food Pyramid, foods are divided into different main groups. They serve as basic components of main meals and can be choices of healthy snacks if being chosen and consumed wisely.

## Snacks of Choice

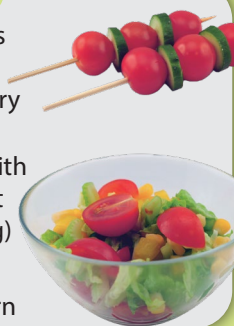
### Grains

- White bread / whole-wheat bread (e.g. whole-wheat bread with nuts and raisin buns)
- Boiled sweet potatoes
- Low-fat cheese / egg / tuna sandwiches
- Toast with peanut butter / trans fat-free margarine (with thin spread)



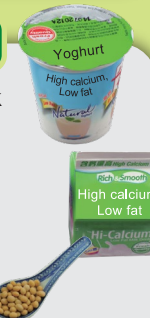
### Vegetables

- Fresh vegetables (e.g. cucumbers, carrots and cherry tomatoes)
- Garden salad (with minimal amount of salad dressing)
- Plain seaweeds
- Boiled sweet corn



### Milk & alternatives

- Low-fat / skimmed milk
- Low-fat plain yoghurt
- Low-fat cheese
- High-calcium unsweetened / low-sugar soy drinks



### Fruits

- Fresh fruit
- Dried fruit without added sugar (e.g. dried apricots, prunes and raisins)
- Baked dried fruit chips (e.g. apple chips)
- Fruit platters / salad (with minimal amount of salad dressing)



### Meat, fish, egg & alternatives

- Boiled eggs
- Dry-roasted plain nuts (e.g. almonds and cashew nuts)



## Snacks to Choose in Moderation

### Grains

- High-fibre breakfast cereals and cereal bars
- Plain biscuits and crackers
- Ham sandwiches
- Toast with a thin spread of jam that without added sugar



### Milk & alternatives

- Full-fat / sweetened milk
- Full-fat / sweetened yoghurt
- Full-fat cheese
- High-calcium sweetened soy drinks



### Fruits

- Dried fruit with added sugar
- Canned fruit
- Pure fruit juice without added sugar



### Meat, fish, egg & alternatives

- Chicken wings in soy sauce
- Steamed dumplings
- Steamed fish siu mai
- Roasted salted nuts
- Sweetened bean curd pudding
- Marinated eggs



## Snacks to Choose Less

### Grains

- Wafers / biscuits coated with chocolate / cookies / sandwich biscuits
- Cream-filled buns / cakes
- Instant noodles
- Toast with butter / condensed milk / jam with added sugar



### Vegetables

- Oily / salty seaweeds
- Sweet corn with butter

### Fruits

- Fruit juice with added sugar



### Other food items

- Confectionery (e.g. candies and chocolate)
- Ice-cream / ice lollies
- Sugary soft drinks / cartoned beverages
- Potato chips / crisps



### Meat, fish, egg & alternatives

- Deep-fried food items (e.g. fried chicken wings and fish fillets)
- Fried fish balls in curry
- Beef / pork jerky

