

# 有營小食



## 健康小食可以幫你補充

- 水分
- 熱量
- 正餐時可能攝取不足的營養素，如膳食纖維、維生素C和鈣質。



## 做個精明食家

- 多選「三低一高」小食，即低脂、低糖、低鹽及高膳食纖維的小食。
- 為減低蛀牙的風險，建議正餐之間只進食一次小食，以及在正餐與小食以外的時間只飲用清水。



## 小食時間

- 正餐之間感到肚餓，才進食小食。
- 與正餐時間相隔最少1.5至2小時。



## 小食分量

- 只進食少量的小食，以免影響進食正餐的胃口。



衛生防護中心網頁  
[www.chp.gov.hk](http://www.chp.gov.hk)



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



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至「營」小食站

衛生署健康教育專線：2833 0111

## 適宜選擇的小食



### 穀物類

白麵包、全麥包（包括添加果仁的全麥包）、提子包、蒸饅頭、烩番薯、以瘦肉作餡料及無添加牛油三文治（如低脂芝士三文治、番茄雞蛋三文治、吞拿魚三文治）、花生醬多士。



### 蔬菜類

新鮮蔬菜（如青瓜、甘筍、車厘茄）、配上少量沙律醬的田園沙律、烩粟米或粟米粒。



### 水果類

新鮮水果、無添加糖的乾果（如杏脯、西梅乾、提子乾）、乾焗水果片（如蘋果片）。



### 肉、魚、蛋及代替品

烩雞蛋、乾焗原味果仁（如杏仁、腰果）、乾豆類。



### 奶類及代替品

無添加糖的低脂或脫脂奶類（如低脂或脫脂奶、低脂原味乳酪、低脂芝士）。



### 飲品

清水、無糖或低糖豆漿、低糖中式飲品。



# Healthy Snacks



## Healthy snacks can help you

- Replenish water;
- Replenish energy;
- Make up for the possible insufficient intake of nutrients (e.g. dietary fibre, vitamin C and calcium) from main meals.

## Be a smart eater

- Choose snacks that are "3 Low 1 High", i.e. low-fat, low-sugar, low-salt, and high-dietary fibre.
- To reduce the risk of tooth decay, provide snack once between main meals when necessary and drink water only outside the main meals and snack times.

## Snack time

- Eat snack only if feeling hungry between main meals.
- Take snacks with a time lag of at least 1.5 to 2 hours in between main meals.

## Quantity

- Eat a small amount so as not to spoil the appetite for the main meal.



Centre for Health Protection Website  
[www.chp.gov.hk](http://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

## Snacks of Choice



### Grains

White bread, whole wheat bread (including whole wheat bread with nuts added), raisin bread, steamed bun, boiled sweet potatoes, lean meat sandwiches without butter (e.g. low-fat cheese sandwich, tomato and egg sandwich, tuna sandwich), toast with peanut butter.



### Vegetables

Fresh vegetables (e.g. cucumbers, carrots, cherry tomatoes), garden salad served with minimal amount of salad dressing, boiled sweet corn or corn kernels.



### Fruits

Fresh fruit, dried fruit without added sugar (e.g. dried apricots, dried prunes, raisins), baked fruit chips without added sugar (e.g. apple chips).



### Meat, fish, egg & alternatives

Boiled eggs, unsalted dry-roasted nuts (e.g. almonds, cashew nuts), dry beans.



### Milk & alternatives

Low-fat or skimmed dairy products without added sugar (e.g. low-fat or skimmed milk, low-fat plain yoghurt, low-fat cheese).



### Drinks

Water, unsweetened or low-sugar soy drinks, low-sugar Chinese beverages.

