

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



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



有營小食



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、焗番薯、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、焗粟米或粟米粒。



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

焗雞蛋、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）。



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



“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, 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).



Drinks

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

