

## 如何攝取足夠的膳食纖維？

應以循序漸進的方式增加膳食纖維的攝取量，且每天必須攝取足夠的流質（6-8杯或以上），否則身體或會因不適應大量增加的膳食纖維，而出現肚瀉、肚漲、放屁等現象。

### 早餐

1. 選吃全穀麥麵包。
2. 以紅米或糙米代替部分白米煲粥，或選吃麥皮。
3. 選吃高纖的穀類早餐。

### 午餐及晚餐

1. 以紅米或糙米代替部分白米。
2. 多選吃蔬菜類食物。
3. 嘗試在菜式加入高纖食材，如菇菌類、豆類食物。
4. 選用蔬菜類、豆類食物煲湯，並進食湯渣。
5. 以水果取代甜品。

### 小食

1. 選吃全穀麥麵包或高纖餅乾。
2. 以蔬果類食物作小食，如青瓜、甘筍、蘋果、香蕉。

## How To Ensure Adequate Intake Of Dietary Fibre?

Increase your dietary fibre intake gradually and have adequate intake of fluids (6-8 glasses or more) every day. Otherwise, you may not adapt to the large amount of dietary fibre intake and will experience discomforts such as diarrhea, bloating, flatulence and so on.

### Breakfast

1. Choose whole grain or wholemeal bread.
2. Replace part of the white rice with red or brown rice when making congee, or have oatmeal porridge instead.
3. Choose high-fibre breakfast cereals.

### Lunch & Dinner

1. Replace part of the white rice with red or brown rice.
2. Eat plenty of vegetables.
3. Try to add high-fibre ingredients such as mushrooms, beans and legumes to your dishes.
4. Use vegetables, beans and legumes to make soup and eat the soup ingredients.
5. Replace desserts with fresh fruits.

### Snack

1. Choose whole grain or wholemeal bread or high-fibre biscuits.
2. Choose fruit and vegetables as snacks, such as cucumbers, carrots, apples and bananas.

## 各類食物的膳食纖維含量

### Dietary Fibre Content of Various Food Items

食物名稱 Food items	重量(克)* Weight (grams)*	膳食纖維(克) Dietary Fibre (grams)	膳食纖維 / 100克* Dietary Fibre / 100 grams*
<b>穀物類 Grains</b>			
燕麥片 1/3 碗 Oats, 1/3 bowl	34	3.4	10.1
全麥麵包 1 片 Wholemeal bread, 1 slice	32	2.2	6.8
粟米片 1 碗 Cornflakes, 1 bowl	35	1.3	3.6
糙米飯 1 碗 Brown rice, cooked, 1 bowl	244	4.4	1.8
白飯 1 碗 White rice, cooked, 1 bowl	198	0.8	0.4
<b>水果 / 乾果類 Fruit/Dried Fruit</b>			
杏脯 4 粒 (切半) Dried apricots, 4 pieces (halves)	14	1.0	7.3
西梅乾 3 粒 (去核) Dried prunes, 3 pieces (pitted)	29	2.0	7.1
提子乾 1 迷你小盒 (去籽) Raisins, 1 miniature box (seedless)	14	0.5	3.7
香蕉 1 條 (中型) Bananas, 1 piece (medium)	118	3.1	2.6
蘋果 1 個 (連皮·中型) Apples, 1 piece (unpeeled, medium)	182	4.4	2.4
橙 1 個 (中型) Oranges, 1 piece (medium)	131	3.1	2.4
<b>蔬菜類 Vegetables</b>			
青豆 (熟) 1/2 碗 Green peas, cooked, 1/2 bowl	100	5.5	5.5
西蘭花 (熟) 1/2 碗 Broccoli, cooked, 1/2 bowl	98	3.2	3.3
粟米粒 (熟) 1/2 碗 Corn kernels, cooked, 1/2 bowl	103	2.5	2.4
菠菜 (熟) 1/2 碗 Spinach, cooked, 1/2 bowl	113	2.7	2.4
白蘑菇 (熟) 1/2 碗 Mushrooms, white, cooked, 1/2 bowl	98	2.1	2.2
生菜 (生) 1 碗 Lettuce, raw, 1 bowl (shredded)	45	0.6	1.3
番茄 (生) 1 個 (中型) Tomatoes, raw, 1 piece (medium)	123	1.5	1.2
<b>乾豆類 Dry Beans</b>			
綠豆 (熟) 1/2 碗 Mung beans, cooked, 1/2 bowl	126	9.6	7.6
紅腰豆 (熟) 1/2 碗 Red kidney beans, cooked, 1/2 bowl	111	8.2	7.4
紅豆 (熟) 1/2 碗 Adzuki beans, cooked, 1/2 bowl	144	10.5	7.3
眉豆 (熟) 1/2 碗 Cowpeas (Blackeyes), cooked, 1/2 bowl	107	6.9	6.5
黃豆 (熟) 1/2 碗 Soybeans, cooked, 1/2 bowl	108	6.5	6.0
<b>果仁及種子類 Nuts and Seeds</b>			
奇異籽 1 安士 Chia seeds, 1 oz	28	10.7	37.7
芝麻 1 安士 Sesame seeds, 1 oz	28	3.3	11.8
開心果 (焗) 1 小包 Pistachio nuts, roasted, 1 small pack	40	4.1	10.3
栗子 (焗) 6 粒 Chestnuts, roasted, 6 kernels	50	2.6	5.1
腰果 (焗) 1 小包 Cashew nuts, roasted, 1 small pack	40	1.2	3.0

\*參考資料：美國農業部轄下的營養素資料實驗室（資料以1碗約等於300毫升為單位計算）

\*Reference: Nutrient Data Laboratory, US Department of Agriculture  
(Data is calculated based on a unit of 1 bowl equivalent to 300ml)

#資料來源：食物安全中心

#Source: Centre for Food Safety

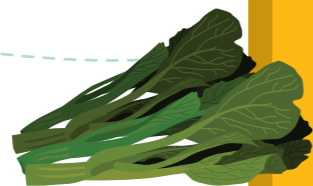


# 高纖飲食 High-fibre Diet



## 膳食纖維是甚麼？

膳食纖維雖然不會被人體直接吸收，卻是維持健康的一種要素。日常飲食中，膳食纖維主要來自蔬菜類、水果類、穀物類、豆類、果仁和種子類的食物。至於肉類及其他動物來源的食糧，均沒有膳食纖維。



## 膳食纖維對身體有何益處？

### 1 促進健康

天然的高纖食物含豐富維生素和礦物質，可促進身體健康。

### 2 預防並紓緩便秘及痔瘡

膳食纖維能促進腸道蠕動並於吸水後使大便變軟，從而預防和紓緩便秘及痔瘡。

### 3 穩定血糖以控制糖尿病

膳食纖維能減慢腸道中糖分進入血液的速度，有助穩定血糖及控制糖尿病患者的病情。

### 4 降低血液中膽固醇和預防心臟病

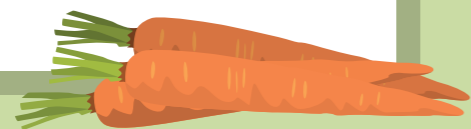
膳食纖維能與膽固醇結合排出體外，有助降低血液中膽固醇和預防心臟病。

### 5 控制體重

高纖食物容易飽肚，能減少攝取過多熱量，有助控制體重。

### 6 預防大腸癌

長期的高纖飲食能減低大腸癌的風險。這可能是由於膳食纖維增加大便體積和促進腸道蠕動，減少食物渣滓停留在腸道的時間。



## What is Dietary Fibre?

While dietary fibre cannot be directly absorbed by the body, it is essential for good health.

In our diet, dietary fibre mainly comes from fruit and vegetables, grains, beans, legumes, nuts and seeds. Meat and other foods of animal origin do not contain dietary fibre.



## How is Dietary Fibre Good for Us?

### 1 Enhancing Health

Natural high-fibre foods help us stay healthy because they are rich in vitamins and minerals.

### 2 Preventing and Relieving Constipation and Hemorrhoids

Dietary fibre promotes bowel movement and makes stool soft when it absorbs water, which helps prevent and relieve constipation and hemorrhoids.

### 3 Stabilising Blood Glucose Level to Control Diabetes

Dietary fibre slows down the entry of glucose from the intestines into the blood. This helps stabilise blood glucose level and keep diabetes under control.

### 4 Lowering Blood Cholesterol Level and Preventing Heart Disease

Dietary fibre binds with cholesterol to excrete it from the body. This helps lower the blood cholesterol level and prevent heart disease.

### 5 Controlling Body Weight

High-fibre foods help in weight control because they are very filling. This in turn reduces excessive calorie intake.

### 6 Preventing Colorectal Cancer

A sustained high-fibre diet reduces the risk of colorectal cancer. This is probably because dietary fibre increases faecal bulk and promotes bowel movement, which shortens the stay of digested food in the bowel.



## 你有進食足夠的膳食纖維嗎？

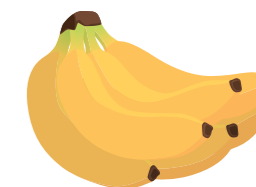
### 兒童：

每天所需的膳食纖維量是**其年齡加5克**。

例如：一位6歲的兒童，每天所需的膳食纖維攝取量便是6+5克，即為11克。

### 青少年及成人：

每天需要**25克或以上**的膳食纖維。



## Are You Getting Enough Dietary Fibre?

### Children:

The daily requirement of dietary fibre is equivalent to **their age plus 5 grams**.

For example, a 6-year-old child needs 11 grams (6 + 5) of dietary fibre every day.

### Adolescents and adults:

They need **25 grams or more** of dietary fibre every day.



有關更多健康資訊，可致電衛生署健康教育專線：

For more health information,  
please call the Health Education Infoline of the Department of Health:

**2833 0111**



衛生防護中心網頁  
Centre for Health Protection  
Website  
[www.chp.gov.hk](http://www.chp.gov.hk)



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