

健康午膳 321



均衡飲食對處於成長期的兒童至為重要。過量進食或攝取過多熱量會導致肥胖，增加日後患上高血壓、糖尿病、心血管病等慢性疾病的風險。相反，營養不足則會妨礙身體健康成長和發展。因此，提供營養均衡及分量適當的午餐，並教導兒童作健康選擇，對他們養成良好的飲食習慣非常重要。

製作健康午餐的三步曲

- 1 適當分量
- 2 「營」選食物
- 3 健康烹調



適當分量

適當的食物分量比例既能提供足夠的營養素，又能避免攝取過多的熱量，其原則為：

- 以穀物類為主糧
- 蔬菜多菜少肉

如把一個餐盒 / 餐碟的容量平均分為六格，則穀物類應佔三格，蔬菜類佔兩格，而肉類（及代替品）則佔一格。簡單來說，穀物類（如飯和麵）、蔬菜類和肉類佔飯盒容量的比例應為「三比二比一」。



「營」選食物

健康午膳應以「三低一高」為原則，即低油（脂肪）、低鹽（鈉）、低糖和高纖。選擇較健康的食物有助達到以上建議：

挑選天然新鮮的食物，同時選擇要多樣化

穀物類	全穀麥或添加蔬菜的穀物類食物，如糙米飯、粟米飯和麥包
蔬菜類	新鮮（非醃製）蔬菜、瓜類、菇菌類，如菜心、甘筍、南瓜、番茄和冬菇
肉、魚、蛋及代替品	低脂肪肉類（瘦肉），如瘦豬扒、牛柳、去皮雞肉、魚和雞蛋 非油炸原味黃豆製品，如鮮腐竹和豆腐



另外，減少選用高油、鹽或糖的食物：

限制選用的食品

（建議中小學校的午餐每星期提供此類食品不超過2次）

- 高脂肪肉類，如排骨、牛腩和雞翼
- 加工或醃製的食品，如叉燒、香腸、雪菜和已調味的素肉
- 炒飯和炒麵
- 高脂肪、高鹽或高糖醬汁 / 芡汁，如鹵水、腐乳、甜酸汁、白汁 / 咖喱汁（添加了全脂奶或淡奶）

強烈不鼓勵選用的食品

（建議校園的午餐不提供此類食品）

- 油炸食品，如炸豬扒、豆卜和伊麵
- 添加了忌廉或椰汁的醬汁 / 芡汁，如忌廉白汁和椰汁咖喱
- 鹽分極高的食品，如鹹魚、鹹蛋和臘腸

除此之外，午餐不應附有甜品，以免兒童因進食甜品而忽略正餐，妨礙吸收足夠的營養素，或進食額外甜品而吸收過多熱量。至於流質，清水是最佳選擇。



健康烹調

烹調方法對飯餸中的脂肪、鹽、糖及熱量含量等都有直接的影響。健康烹調的秘訣是：

- 多選擇低脂的烹調方法，如蒸、焯、烤、焗或少油快炒；
- 多選用天然調味料，如薑、蒜、八角或香草；以及
- 選擇醬汁 / 芡汁較少的菜式，否則亦應多選用以新鮮食材製成的芡汁，如番茄汁和南瓜汁，減少使用現成醬汁。

午餐例子

中式	西式
粟米汁魚塊菜飯 + 蘑菇蜜豆	番茄肉醬三色螺絲粉 + 西蘭花
冬菇馬蹄蒸肉餅 + 椰菜糙米飯	香草蜆肉天使麵 + 青瓜茄子
雜菜炒肉粒飯 + 節瓜	生菜吞拿魚麥包三文治 + 粟米粒



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均衡飲食不限於午餐實行，其他正餐亦要注重「質」與「量」的要求。要子女養成均衡飲食的習慣，身教是最有效的方法。由於成人的飲食原則與兒童無異，因此家長可按本小冊子的建議，與子女一起實踐健康飲食，並持之以恆。



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



健康午膳321

衛生署健康教育專線：2833 0111

Healthy Lunch 321



A balanced diet is essential for children's growth. Overeating or excessive energy intake may lead to obesity, which increases the risks of chronic diseases such as high blood pressure, diabetes and cardiovascular diseases. On the contrary, malnutrition will hamper body growth and development. In order to help school children form good eating habits, it is important that we should give them a balanced and well-portioned lunch and also provide them with guidance on making healthy food choices.

3 steps to a healthy lunch

- 1 An appropriate portion
- 2 Smart food choices
- 3 Healthy cooking methods



An appropriate portion

A well-portioned meal provides all nutrients needed without excess energy. In general,

- grains are the main staple; and
- the rest should be comprised of mainly vegetables and some meat.



If a lunch box/plate is divided equally into **six parts**, then **grains** should take up three; two of the rest should be **vegetables** and one should go to **meat (and alternatives)**. As such, the ratio of **grains** (e.g. rice and noodles), **vegetables** and **meat** to the volume of lunch box/plate is **3:2:1**.



Smart food choices

As a general rule, healthy lunch should be high in dietary fibre, low in oil (fat), salt (sodium) and sugar. It is easy to achieve this goal by making healthy food choices.

Use a great variety of fresh foods

Grains	Whole grains or grains with added vegetables such as brown rice, rice with added corn kernel, and wholemeal bread	
Vegetables	Fresh (not preserved) vegetables, gourds and mushroom such as flowering Chinese cabbage, carrot, pumpkin, tomato and shiitake mushroom	
Meat, fish, egg and alternatives	Low-fat meat (lean meat) such as lean pork chop, beef tenderloin, skinless chicken, fish and egg Non-fried plain soy products such as fresh bean curd sheet and tofu	

Meanwhile, consumption of food items high in fat, salt or sugar should be reduced.

Limited Food Items

Lunch of primary and secondary schools should not include "Limited Food Items" on more than 2 school days per week

- Fatty meat such as spare ribs, beef brisket and chicken wing
- Processed or preserved food such as barbecued pork, sausage, preserved mustard green and seasoned vegetarian meat
- Fried rice or fried noodles
- Sauce or gravy high in fat, salt or sugar such as Chinese marinade, fermented soybean curd, sweet and sour sauce, white sauce/curry sauce (made with full-fat milk or evaporated milk)

Strongly Discouraged Food Items

School lunch should not include "Strongly Discouraged Food Items" at all

- Deep-fried foods such as deep-fried pork chop, fried tofu and E-fu noodles
- Sauce or gravy with added cream or coconut milk such as white sauce made with cream, and curry sauce made with coconut milk
- Food items with very high salt content such as salted fish, salted egg and Chinese preserved sausage

Dessert should not be provided with lunch as children may either choose to give up part of their meal for the dessert, resulting in undernourishment, or experience an excess intake of energy when the dessert is consumed. In addition, the ideal beverage is always water.



Healthy cooking methods

Cooking method affects the content of fat, salt, sugar and energy of meals. Here below are some tips about healthy cooking:

- Choose low-fat cooking methods such as steaming, boiling, baking and stir-frying with just a little oil.
- Use more natural seasonings such as ginger, garlic, aniseed and herbs.
- Choose dishes with less sauce or gravy, or replace ready-to-use sauces with sauce made with fresh ingredients such as tomato sauce and pumpkin sauce.

Lunch examples

Chinese style		Western style	
Fish fillet with sweet corn sauce (served with rice with added vegetable)	+ Mushrooms and snap peas	Fusilli tricolore bolognaise	+ Broccoli
Steamed pork patty with dried shiitake mushroom and water chestnuts (served with brown rice)	+ Cabbage	Capellini ("angel hair") with clams and herbs	+ Cucumber and eggplant
Stir-fried vegetables and pork (served with rice)	+ Hairy gourd	Sandwich: lettuce and tuna on wholemeal bread	+ Sweet corn

Healthy Lunch 321 Suitable for all

The recommendations for healthy lunch, in terms of quantity and quality, are also applicable to other main meals. The most effective way to develop children's habit of healthy eating is to be their role model. Since adults and children share the same principles of healthy eating, they should follow the above recommendations together and eat healthy regularly.



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



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



Healthy Lunch 321

Health Education Infoline of the Department of Health: 2833 0111