

# 熱量知多少

Facts about **Calorie and Energy**



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# 熱量知多少

熱量單位是Kilocalorie (千卡)，一千卡是指使一公斤(一升)的水升高溫度攝氏一度時所需的能量。

每人每天需要多少熱量是因人而異的，與年齡、性別、工作性質及活動量有關。

## 每人每天平均所需的熱量 (千卡)

體能活動水平	男性 (千卡)			女性 (千卡)		
	輕	中	高	輕	中	高
6歲	1400	1600	1800	1250	1450	1650
7歲	1500	1700	1900	1350	1550	1750
8歲	1650	1850	2100	1450	1700	1900
9歲	1750	2000	2250	1550	1800	2000
10歲	1800	2050	2300	1650	1900	2150
11歲	2050	2350	2600	1800	2050	2300
14歲	2500	2850	3200	2000	2300	2550
18歲或以上	2250	2600	3000	1800	2100	2400
50歲或以上	2100	2450	2800	1750	2050	2350
65歲或以上	2050	2350		1700	1950	
80歲或以上	1900	2200		1500	1750	

**女性：**  
懷孕初期+0千卡  
懷孕中期+300千卡  
懷孕後期+450千卡  
哺乳期+500千卡

(資料來源：中國居民膳食營養素參考攝入量，中國營養學會2013)

發育中的兒童、青少年及懷孕或哺乳婦女，以每公斤體重計算，需要較多熱量；而隨着年齡的增長，成人所需的熱量會逐漸減少。另一方面，每天熱量的需求亦按氣溫及個人活動量而異。在天氣寒冷的日子，每天所需熱量會提高，而活動量及工作量大的人，亦需要較多的熱量。

假如每天攝取的熱量低於每天消耗的熱量，會阻礙身體的成長和引致體重下跌；反之，如果熱量的攝取超出日常消耗，如運動少或吃得太多，就會造成肥胖。所以維持適當的熱量消耗與攝取是非常重要的。

活動量少的人，不宜多吃高熱量的食物，如煎炸食物、糖果、甜品，以免導致肥胖。發育中的青少年、活動量大的人、懷孕或哺乳期的婦女，應注意均衡飲食及足夠的熱量攝取。食物可分為五大類：(一)穀物類、(二)肉、魚、蛋及代替品、(三)蔬菜類、(四)水果類及(五)奶類及代替品，每天的食物都必須包括這五類食物。同時，由於每類食物所供應的熱量不同，要注意分量，以保持適當的體重平衡。

# Facts about Calorie and Energy

Kilocalorie (kcal) is the unit for measuring energy. One kcal equals to the amount of energy needed to heat up one kilogram (one litre) of water by one degree Celsius.

Daily energy needs vary among individuals, depending on their age, gender, job nature and physical activity level.

## Average daily energy requirements for individuals (kcal)

Activity Level	Male (kcal)			Female (kcal)			
	Low	Medium	High	Low	Medium	High	
Aged 6	1400	1600	1800	1250	1450	1650	<b>Female:</b> <b>1st trimester of pregnancy</b> <b>+ 0 kcal</b>
Aged 7	1500	1700	1900	1350	1550	1750	
Aged 8	1650	1850	2100	1450	1700	1900	
Aged 9	1750	2000	2250	1550	1800	2000	<b>2nd trimester of pregnancy</b> <b>+ 300 kcal</b>
Aged 10	1800	2050	2300	1650	1900	2150	
Aged 11	2050	2350	2600	1800	2050	2300	<b>3rd trimester of pregnancy</b> <b>+ 450 kcal</b>
Aged 14	2500	2850	3200	2000	2300	2550	
Aged 18 or above	2250	2600	3000	1800	2100	2400	<b>Breastfeeding</b> <b>+ 500 kcal</b>
Aged 50 or above	2100	2450	2800	1750	2050	2350	
Aged 65 or above	2050	2350		1700	1950		
Aged 80 or above	1900	2200		1500	1750		

(Source: The Chinese Dietary Reference Intakes, Chinese Nutrition Society 2013)

Children and adolescents in developmental stages and pregnant or breastfeeding women require higher calorie intake per kilogram body weight, while energy requirements of adults decline gradually with age. Environmental temperature and activity level are also determining factors of our daily energy requirement. For example, we need more energy in cold weather; and people with high activity level or heavy workload have greater energy needs.

If we consume less energy than we use daily, our body growth will be hampered, leading to weight loss. On the contrary, our body will gain weight if we consume more energy than we use daily, such as exercising less or eating too much. Therefore, it is rather important to maintain a good balance between energy input and output.

People with low activity level should stay away from energy-dense food such as deep-fried food, candies and desserts to avoid becoming overweight. Adolescents in their developmental stages, physically active people and pregnant or breastfeeding women should maintain a balanced diet with sufficient calorie intake. Food can be divided into five main groups: (1) grains, (2) meat, fish, eggs and alternatives, (3) vegetables, (4) fruits and (5) milk and alternatives. All these groups should be included in our daily diet. To maintain a healthy body weight, we should eat the right amount of different food groups as they contain different energy content.

# 常見有關熱量的謬誤

1. 粟米油、花生油、芥花籽油和橄欖油等健康的植物油，多吃無妨。

**錯** 雖然除椰子油和棕櫚油外，其他的植物油主要含有益心血管健康的不飽和脂肪酸，但它們與動物油脂所含的熱量相同，每一克油脂同樣提供九千卡的熱量，所以我們只宜適量地食用健康的植物油。

2. 水果的熱量較低，多吃也不會致胖。

**錯** 雖然水果熱量較低，但多吃也會積聚相當的熱量，例如三個大橙約等於一碗飯所提供的熱量。按健康飲食金字塔的建議，成人每天應進食最少兩份水果，以保持均衡飲食。

## Common Misconceptions about Energy

1. Are vegetable oils such as corn oil, peanut oil, canola oil and olive oil healthier than we can feel free to eat more?

**Wrong:** Although vegetable oils, except coconut oil and palm oil, contain mainly unsaturated fat which is beneficial to cardiovascular health, they have the same calorific value as animal fats. Each gram of oil or fat provides 9 kcal of energy. Therefore, we should consume healthy vegetable oils in moderation.

2. Fruit is low in calories. You will not be getting fat even eating a lot of them.

**Wrong:** Although fruit contains less energy, eating a lot of them will still provide considerable energy. For example, the energy provided by three large oranges is almost the same as one bowl of rice. As recommended in the Healthy Eating Food Pyramid, adults should have at least two servings of fruit every day to maintain a balanced diet.

# 常見食物的熱量含量表

## Table of energy contents of common food

穀物類 Grains	分量 Portion	熱量 (千卡) Energy (kcal)
全蛋麵 (熟) Egg noodles (cooked)	1碗 (200克) 1 bowl (200g)	276
通心粉 (熟) Macaroni (cooked)	1碗 (175克) 1 bowl (175g)	277
麥皮 (熟) Oatmeal (cooked)	1碗 (293克) 1 bowl (293g)	208
白粥 Plain congee	1碗 (200克) 1 bowl (200g)	64
藜麥 (熟) Quinoa (cooked)	1碗 (232克) 1 bowl (232g)	278
白飯 Rice (cooked)	1碗 (198克) 1 bowl (198g)	257
麥方包 Sandwich wheat bread	1片 (47克) 1 piece (47g)	122
白方包 Sandwich white bread	1片 (49克) 1 piece (49g)	137
蕎麥麵 (熟) Soba noodles (cooked)	1碗 (143克) 1 bowl (143g)	142
意粉 (熟) Spaghetti (cooked)	1碗 (175克) 1 bowl (175g)	277

肉、魚、蛋及代替品 Meat, Fish, Egg and Alternatives	分量 Portion	熱量 (千卡) Energy (kcal)
焗紅腰豆 Boiled red kidney beans	1湯匙 (11克) 1 tablespoon (11g)	14
焗黃豆 Boiled soybeans	1湯匙 (11克) 1 tablespoon (11g)	19
焗梅頭豬肉 (全瘦) Braised pork blade shoulder (lean)	100克 100g	233
焗排骨 (半肥瘦) Braised spareribs (separable lean and fat)	100克 100g	397
燒牛柳 (瘦) Broiled beef tenderloin (lean)	100克 100g	200
罐頭茄汁沙甸魚 (太平洋品種) Canned sardine in tomato sauce (Pacific)	1條 (38克) 1 piece (38g)	70
罐頭水浸白吞拿魚 Canned white tuna in water	1罐 (大) (172克) 1 can (large) (172g)	220
鱈魚 (大西洋品種, 乾煮) Cod (Atlantic, dry heat)	1件魚柳 (180克) 1 fillet (180g)	189
炸雞脾 Deep-Fried Chicken Leg	100克 100g	250
板豆腐 Firm tofu	¼ 磚 (81克) ¼ block (81g)	57

炸雞翼 Fried chicken wing	1隻，去骨 (32克) 1 wing, bone removed (32g)	103
煎蛋 Fried egg	1隻大 (46克) 1 large (46g)	90
免治豬肉 (熟) Ground pork (cooked)	100克 100g	297
火腿 Ham	1片 (20克) 1 piece (20g)	26
焗蛋 Hard-boiled egg	1隻大 (50克) 1 large (50g)	78
腸仔 Meat sausage	1條 (35克) 1 link (35g)	95
煎豬大排 (去骨，半肥瘦) Pan-fried center rib pork chop (boneless, separable lean and fat)	1件 (75克) 1 chop (75g)	205
烤牛肋骨 (去骨，半肥瘦) Roasted beef rib (boneless, separable lean and fat)	100克 100g	351
烤雞胸肉 (不連皮) Roasted chicken breast (without skin)	100克 100g	165
燒鴨肉 (連皮) Roasted duck (with skin)	半隻 (382克) ½ duck (382g)	1290
燒鴨肉 (不連皮) Roasted duck (without skin)	半隻 (221克) ½ duck (221g)	444
燒鵝肉 (連皮) Roasted goose (with skin)	半隻 (774克) ½ goose (774g)	2361
燒鵝肉 (不連皮) Roasted goose (without skin)	半隻 (591克) ½ goose (591g)	1407
三文魚 (大西洋品種，乾煮) Salmon (Atlantic, dry heat)	½件魚柳 (178克) ½ fillet (178g)	367
蝦 (濕煮) Shrimp (moist heat)	4大隻 (22克) 4 large (22g)	22
腐竹 Soybean sheet	4件 (29克) 4 pieces (29g)	134

## 蔬菜類

### Vegetables

	分量 Portion	熱量 (千卡) Energy (kcal)
焗蘭花 Boiled broccoli	1個中型 (180克) 1 stalk, medium (180g)	63
焗椰菜 Boiled cabbage	半碗 (82克) ½ bowl (82g)	19
白灼菜心 Boiled Chinese flowering cabbage	半碗 (65克) ½ bowl (65g)	13
白灼生菜 Boiled headed lettuce	半碗 (75克) ½ bowl (75g)	18
焗粟米 Boiled sweet corn	1條中型 (103克) 1 ear, medium (103g)	99
白灼通菜 Boiled water spinach	半碗 (49克) ½ bowl (49g)	7
熟冬菇 Cooked shiitake mushrooms	4粒 (72克) 4 mushrooms (72g)	40
番茄 Tomato	1個 (111克) 1 piece (111g)	18

## 水果類

### Fruits

	分量 Portion	熱量 (千卡) Energy (kcal)
牛油果 Avocado	1個 (201克) 1 piece (201g)	322
香蕉 Banana	1隻中型 (118克) 1 medium (118g)	105
哈密瓜 Cantaloupe	半碗切粒 (87克) ½ bowl, cubes (87g)	30
火龍果 Dragon fruit	半個中型 (175克) ½ medium (175g)	98
富士蘋果 (連皮) Fuji apple (with skin)	1個 (180克) 1 piece (180g)	92
提子 (連皮) Grape (with skin)	半碗 (81克) ½ bowl (81g)	56
青奇異果 Kiwi fruit	1個 (69克) 1 piece (69g)	42
橙 Orange	1大個 (184克) 1 large (184g)	86
啤梨 (連皮) Western pear (with skin)	1個 (230克) 1 piece (230g)	117

## 即食粉麵及飯

### Ready-to-eat noodles, pasta and rice dishes

	分量 Portion	熱量 (千卡) Energy (kcal)
焗肉醬意粉 Baked spaghetti with meat sauce	1碗 (588克) 1 plate (588g)	823
牛腩湯河粉 Flat noodles (ho fan) in soup with stewed beef brisket	1碗 (720克) 1 bowl (720g)	619
乾炒牛肉河粉 Fried flat noodles with sliced beef	1碟 (650克) 1 plate (650g)	910
豉油皇炒麵 Fried noodles with soy sauce	1碟 (400克) 1 plate (400g)	640
揚州炒飯 Fried rice (Yangzhou style)	1碟 (508克) 1 plate (508g)	965
沙爹牛肉即食麵 Instant noodles in soup with satay beef	1碗 (500克) 1 bowl (500g)	600
雲吞麵 Noodles in soup with wonton	1碗 (630克) 1 bowl (630g)	447
魚蛋湯米粉 Rice vermicelli in soup with fish ball	1碗 (700克) 1 bowl (700g)	406
雪菜肉絲湯米粉 Rice vermicelli in soup with preserved mustard green and shredded pork	1碗 (420克) 1 bowl (420g)	332
叉燒飯 Steamed rice with barbecued pork	1碟 (520克) 1 plate (520g)	1040
冬菇蒸雞飯 Steamed rice with chicken and winter mushroom	1碗 (430克) 1 bowl (430g)	688
咖喱牛腩飯 Steamed rice with curry beef brisket	1碟 (800克) 1 plate (800g)	1280
粟米肉粒飯 Steamed rice with diced pork and sweet corn	1碟 (760克) 1 plate (760g)	912

豉汁鳳爪排骨飯 Steamed rice with pork rib, chicken feet and black bean sauce	1碗 (490克) 1 bowl (490g)	882
魚香茄子飯 Steamed rice with stewed eggplant and shredded salty fish	1碟 (720克) 1 plate (720g)	1080

## 麪包、蛋糕及糕點

### Bread, cakes and pastries

	分量 Portion	熱量 (千卡) Energy (kcal)
雜款西餅 Assorted cakes	1件 (76克) 1 piece (76g)	251
芝士漢堡包 Cheese burger	1個 (254克) 1 piece (254g)	610
芝士蛋糕 Cheese cake	1件 (126克) 1 piece (126g)	403
雞尾包 Cocktail bun	1個 (103克) 1 piece (103g)	402
牛角包 Croissant	1個 (62克) 1 piece (62g)	273
咖喱酥皮卷 Curry puff	1件 (70克) 1 piece (70g)	280
丹麥條 Danish pastry	1件 (112克) 1 piece (112g)	426
蛋撻 Egg tart	1個 (70克) 1 piece (70g)	217
魚柳包 Fish burger	1個 (143克) 1 piece (143g)	400
腿蛋包 Ham and egg bun	1個 (106克) 1 piece (106g)	265
鬆餅 Muffin	1個 (81克) 1 piece (81g)	300
紙包蛋糕 "Paper wrapped" cake	1個 (72克) 1 piece (72g)	238
菠蘿包 Pineapple bun	1個 (97克) 1 piece (97g)	349
薄餅麪包 (含芝士、肉類及蔬菜) Pizza bread (contains cheese, meat and vegetables)	1片 (115克) 1 slice (115g)	299
豬仔包 Plain piggy bun	1個 (74克) 1 piece (74g)	215
肉鬆包 Pork floss bun	1個 (89克) 1 piece (89g)	294
提子包 Raisin bun	1個 (68克) 1 piece (68g)	211
腸仔包 Sausage bun	1個 (96克) 1 piece (96g)	278
吞拿魚包 Tuna fish bun	1個 (106克) 1 piece (106g)	286



## 中式點心

### Chinese Dim Sum

	分量 Portion	熱量 (千卡) Energy (kcal)
叉燒酥 Barbecued pork puff pastry	1件 (39克) 1 piece (39g)	168
炸饅頭 Deep-fried Chinese bun	1件 (66克) 1 piece (66g)	277
鹹水角 Deep-fried meat dumpling	1件 (45克) 1 piece (45g)	149
芋角 Deep-fried taro dumpling	1件 (40克) 1 piece (40g)	144
煎蘿蔔糕 Pan-fried turnip cake	1件 (84克) 1 piece (84g)	109
春卷 Spring roll	1件 (35克) 1 piece (35g)	112
叉燒包 Steamed barbecued pork bun	1件 (55克) 1 piece (55g)	143
鮮竹卷 Steamed beancurd sheet roll	1件 (56克) 1 piece (56g)	146
雞扎 Steamed beancurd sheet roll with chicken	1件 (86克) 1 piece (86g)	146
山竹牛肉 Steamed beancurd with beef ball	1件 (49克) 1 piece (49g)	88
潮州粉果 Steamed dumpling (Chiuchow style)	1件 (61克) 1 piece (61g)	92
奶皇包 Steamed egg custard bun	1件 (47克) 1 piece (47g)	118
蝦餃 Steamed fresh prawn dumpling (Ha-gau)	1件 (31克) 1 piece (31g)	50
蛋黃蓮蓉包 Steamed lotus seed paste and egg yolk bun	1件 (55克) 1 piece (55g)	165
小籠包 Steamed pork dumpling (Shanghai style)	1件 (37克) 1 piece (37g)	85
豬腸粉 Steamed rice-flour roll	1條 (57克) 1 piece (57g)	63
牛肉腸粉 Steamed rice-flour roll with beef	1條 (80克) 1 piece (80g)	80
燒賣 Steamed stuffed dumpling with shrimp (Siu-mai)	1件 (29克) 1 piece (29g)	58
菜肉包 Steamed vegetable and meat bun	1件 (79克) 1 piece (79g)	182
上素蒸粉果 Steamed vegetarian dumpling	1件 (43克) 1 piece (43g)	47
糯米雞 Sticky rice wrapped in lotus leaf	1件 (339克) 1 piece (339g)	712

## 小食 Snacks

	分量 Portion	熱量 (千卡) Energy (kcal)
咖喱魚蛋 Curry fish ball	5粒 (50克) 5 balls (50g)	65
煎釀三寶 “Deep-fried three treasures” (Eggplant, bell pepper and fried tofu stuffed with minced dace)	各1件，共3件 (102克) 1 piece each, total 3 pieces (102g)	112
乾焗原味杏仁 Dry-roasted plain almond	22粒 (28克) 22 kernels (28g)	167
乾焗原味夏威夷果仁 Dry-roasted plain macadamia nuts	10-12粒 (28克) 10-12 kernels (28g)	201
乾焗原味花生 Dry-roasted plain peanut	28粒 (28克) 28 pieces (28g)	164
硬糖 Hard candies	1粒 (6克) 1 piece (6g)	24
雪糕 Ice cream	1杓 (73克) 1 scoop (73g)	131
牛奶朱古力 Milk chocolate	1條，迷你型 (7克) 1 bar, miniature (7g)	37
鳥結糖 Nougat	1顆 (12克) 1 piece (12g)	52
爆谷 (已熟) Popcorn (popped)	半包 (83克) ½ bag (83g)	415

## 其他即食食物 Other ready-to-eat foods

	分量 Portion	熱量 (千卡) Energy (kcal)
椰汁馬豆糕 Coconut milk yellow bean pudding	1件 (85克) 1 piece (85g)	111
酥皮忌廉湯 Cream soup with puff pastry	1碗 (315克) 1 bowl (315g)	410
油炸鬼 Deep-fried Chinese dough sticks	1條 (110克) 1 piece (110g)	506
芒果布甸 Mango pudding	1份 (183克) 1 portion (183g)	168
紅豆沙 Red bean dessert/ sweet soup	1碗 (239克) 1 bowl (239g)	225
芝麻糊 Sesame dessert/ sweet soup	1碗 (289克) 1 bowl (289g)	280
牛蒡酥 Sweet Chinese doughnut	1條 (141克) 1 piece (141g)	522

## 飲品 Drinks

	分量 Portion	熱量 (千卡) Energy (kcal)
即磨咖啡 (不加奶和糖) Brewed coffee (without milk and no sugar added)	1杯 (240毫升) 1 cup (240ml)	2
可樂汽水 Cola	1罐 (330毫升) 1 can (330ml)	122
五花茶 Five flower tea	1杯 (240毫升) 1 cup (240ml)	70
鮮榨橙汁 Fresh orange juice	1杯 (240毫升) 1 cup (240ml)	108
全脂奶 Full cream milk	1杯 (240毫升) 1 cup (240ml)	146
港式咖啡 (不加糖) Hong Kong style coffee (no sugar added)	1杯 (240毫升) 1 cup (240ml)	98
港式奶茶 (不加糖) Hong Kong style milk tea (no sugar added)	1杯 (240毫升) 1 cup (240ml)	106
熱檸檬 Hot lemon honey	1杯 (240毫升) 1 cup (240ml)	94
凍檸檬茶 Iced lemon tea	1杯 (300毫升) 1 cup (300ml)	138
凍珍珠奶茶 Iced milk tea with pearl tapioca	1杯 (520毫升) 1 cup (520ml)	338
低脂奶 Low fat milk	1杯 (240毫升) 1 cup (240ml)	101
奶昔 Milk shake	1杯 (300毫升) 1 cup (300ml)	330
紅豆冰 Red bean icy drink	1杯 (300毫升) 1 cup (300ml)	243
脫脂奶 Skimmed milk	1杯 (240毫升) 1 cup (240ml)	82
酸梅湯 Sour plum drink	1杯 (240毫升) 1 cup (240ml)	118
甜豆漿 Sweetened soybean milk	1杯 (240毫升) 1 cup (240ml)	98
清茶 Tea	1杯 (240毫升) 1 cup (240ml)	2
可可粉 (無添加糖) Unsweetened cocoa powder	1湯匙 (5克) 1 tablespoon (5g)	11

## 油脂類

### Fats and oils

	分量 Portion	熱量 (千卡) Energy (kcal)
牛油 Butter	1湯匙 (14克) 1 tablespoon (14g)	104
芥花籽油 Canola oil	1湯匙 (14克) 1 tablespoon (14g)	126
輕怡蛋黃醬 Light mayonnaise	1湯匙 (15克) 1 tablespoon (15g)	49
橄欖油 Olive oil	1湯匙 (14克) 1 tablespoon (14g)	126
花生油 Peanut oil	1湯匙 (14克) 1 tablespoon (14g)	126
芝麻沙律醬 Sesame seed dressing	1湯匙 (15克) 1 tablespoon (15g)	66

## 其他

### Others

	分量 Portion	熱量 (千卡) Energy (kcal)
薑蓉 Ginger puree	1湯匙 (18克) 1 tablespoon (18g)	85
蜜糖 Honey	1湯匙 (21克) 1 tablespoon (21g)	64
果醬 Jam	1湯匙 (20克) 1 tablespoon (20g)	56
蠔油 Oyster sauce	1湯匙 (18克) 1 tablespoon (18g)	15
花生醬 Peanut butter	1湯匙 (16克) 1 tablespoon (16g)	94

資料來源：食物安全中心、美國農業部轄下的營養素資料實驗室  
Source: Centre for Food Safety, Nutrient Data Laboratory, US Department of Agriculture



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



健康飲食專題網頁  
EatSmart Website  
[www.eatsmart.gov.hk](http://www.eatsmart.gov.hk)



熱量知多少  
Facts about Calorie and Energy

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