開心蔬果月
Joyful Fruit & Veg Month

我愛蔬菜選擇多

健康飲食在校園 EatSmart@school.hk

衞生署 Department of Health

蔬菜主要來自植物的不同部位。它們大多是低脂、低鹽、低糖和高膳食纖維的天然食物，提供豐富的水分、維生素和礦物質。每天進食足夠的蔬果有助預防肥胖，亦可減低患上多種慢性疾病（例如糖尿病、高血壓、心臟病和某些癌症）的風險。你認識以下常見的蔬菜種類嗎？

豆類

豆類屬豆莢類蔬菜，味道鮮美，營養豐富。

例子：

青豆

甜豆（蜜糖豆）

毛豆（枝豆）

除了提供膳食纖維和不同的維生素及礦物質外，部分更含有蛋白質，有助促進新陳代謝

瓜果類

屬植物長成的果實，由果肉包着種子。瓜果種類繁多，各有不同的口感、顏色和味道。

例子：

南瓜

冬瓜

茄子

番茄

部分含豐富的β-胡蘿蔔素和維生素C，有助促進視力健康和細胞的成長及修補

葉菜類

深綠色的菜葉十分柔軟，而菜柄則較為結實，部分可用作沙律食材直接食用。

例子：

津菜（大白菜）

菠菜

白菜仔

芝麻菜（火箭菜）

生菜

菜心

大多含豐富的鉀質，有助維持人體細胞的正常功能，亦可穩定血壓，有益心臟健康

菇菌類

屬於真菌類，其產生孢子的部分可供食用。

例子：

冬菇

金菇

木耳

提供較多的膳食纖維，有助降低血液中的膽固醇水平和促進排便

根莖類

生長於泥土裏或泥土面層，有一層結實的外皮。

例子：

紅蘿蔔

洋蔥

蘆筍

紅菜頭

根類蔬菜大多含豐富的碳水化合物，可提供熱量；而莖類蔬菜則較為低熱量和低脂，有助控制體重

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Enjoy Vegetables, Enjoy the Variety

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Vegetables mainly come from different parts of plants. A rich source of water, vitamins and minerals, most of them are natural foods low in fat, sodium and sugar and high in dietary fibre. A sufficient daily intake of fruit and vegetables helps prevent obesity and reduce the risk of many chronic diseases, such as diabetes, hypertension, heart diseases and certain types of cancers. Do you know the common types of vegetables as follows?

Beans

Beans, a subgroup of legumes, are tasty and highly nutritious.

Examples:

Green Pea

Sweet Pea

Green Soybean

Apart from dietary fibre and different vitamins and minerals, some also contain protein, which promotes metabolism

Fruiting Vegetables

Fruiting vegetables are the fruits of plants, with seeds embedded in the flesh. They come in diverse types, each of which is unique in texture, colour and flavour.

Examples:

Pumpkin

Wax Gourd

Eggplant

Tomato

Some are high in β-carotene and vitamin C, which help promote eye health, as well as the growth and repair of cells

Leafy Vegetables

Leafy vegetables have soft dark-green leaves and firm stems. Some of them can be consumed raw as salad ingredients.

Examples:

Tientsin Cabbage

Spinach

Small Chinese White Cabbage

Arugula

Chinese Lettuce

Flowering Chinese Cabbage (Choy Sum)

Most are rich in potassium, which helps maintain the normal functions of body cells, stabilise blood pressure and promote heart health

Mushrooms

Mushrooms are fungi. Their spore-producing part is edible.

Examples:

Shiitake Mushroom

Needle Mushroom

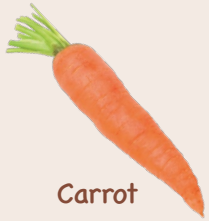
Wood Ear Fungus

Relatively high in dietary fibre, which helps reduce the blood cholesterol levels and stimulate bowel movement

Root and Stem Vegetables

Grown underground or near the soil surface, root and stem vegetables have firm outer skin.

Examples:



Carrot

Onion

Asparagus

Beetroot

Most root vegetables are rich in carbohydrates, which provide energy; whereas stem vegetables, which are lower in energy and fat, help maintain a healthy weight