

致家長
To Parents

每天給孩子吃水果 以改善健康

Provide Children with Fruit Every Day
to Improve Their Health



適量進食不同種類食物，是達致均衡飲食及獲得充足營養的關鍵。進食足夠蔬果有助減低患上多種慢性疾病的風險（例如心臟病、中風及某些癌症）。在均衡飲食的前提下，我們建議孩子每天進食足夠水果，以改善健康狀況及減低患上疾病的風險。

Eating the right amount of different kinds of food is the key to a balanced diet and optimal nutrition. An adequate intake of fruit and vegetables helps reduce the risks of chronic diseases, such as heart diseases, stroke and certain kinds of cancer. We therefore recommend children to eat an adequate amount of fruit every day as part of a balanced diet for improving health and reducing the risks of diseases.

每天水果的建議攝取量：

The recommended daily intake of fruit:

2-5 歲
years old

至少1份
At least 1 serving



6 歲或以上
years old or above

至少2份
At least 2 servings



水果的營養成分：

Nutrients in fruit:

✓ **膳食纖維** - 包括水溶性纖維和非水溶性纖維，各有不同益處。

Dietary fibre - can be soluble or insoluble, each with different benefits.

✓ **維生素** - 不同水果提供不同維生素，例如維生素A、葉酸、核黃素及維生素C。

Vitamins - vary among fruits. Examples are vitamin A, folic acid, riboflavin and vitamin C.

✓ **礦物質** - 不同水果提供不同礦物質，例如鐵、鈣、鉀、鎂及鋅。

Minerals - vary among fruits. Examples are iron, calcium, potassium, magnesium and zinc.

✓ **水分** - 一些水果（例如西瓜）的水分比重高達90%。

Water - makes up 90% of the weight of certain fruits (such as watermelon).

✓ **植物化合物** - 存在於植物中的天然物質，被認為能改善健康，減低患病風險。

Phytochemicals - substances naturally found in plants that are believed to improve health and reduce risks of diseases.



一份水果是多少？

What counts as 1 serving?

一份水果約80克，相等於：

1 serving of fruit is about 80 grams and is equivalent to:



兩個小型水果
2 pieces of small-sized fruit

例如：布祿、奇異果
e.g. plum, kiwi fruit



一個中型水果
1 piece of medium-sized fruit

例如：橙、蘋果、柑
e.g. orange, apple, mandarin



半個大型水果
½ piece of large-sized fruit

例如：香蕉、西柚、火龍果
e.g. banana, grapefruit, dragon fruit



半碗（一碗約250至300毫升）
水果塊或顆粒狀水果
½ bowl (1 bowl is about 250 to 300ml)
of cut-up fruit or mini-sized fruit

例如：西瓜、蜜瓜、提子、荔枝、車厘子
e.g. watermelon, honeydew melon, grapes,
lychees, cherries



一湯匙（約15毫升）
沒有添加糖或鹽的乾果
1 tablespoon (about 15ml) of
dried fruit without added sugar or salt

例如：提子乾、西梅乾
e.g. raisins, dried prunes



四分三杯（約180毫升）
沒有添加糖的純果汁*
¾ glass (about 180ml) of pure fruit juice*
without added sugar

例如：純橙汁連果肉
e.g. pure orange juice with pulp



* 與原個水果比較，純果汁的糖分含量較高，但膳食纖維較低。家長應盡量鼓勵孩子進食原個水果，以達致建議的每天水果攝取量。此外，飲用多於180毫升的純果汁也只會當作一份水果計算。

Compared to whole fruit, pure fruit juice contains less dietary fibre but a much higher sugar content. Parents are advised to provide whole fruit for their children to meet the recommended daily fruit intake. Besides, pure fruit juice in excess of ¾ glass (180ml) would still be counted as 1 serving of fruit only.

增加進食水果的妙法：




A smart way to include more fruit in your diet:

哪個時段吃水果最合適？其實無論將水果加入正餐（如早、午或晚餐）或當作小食（上或下午茶點），都是好選擇，而且有多種食法。部分例子如下：

When is the best time for eating fruit? Actually, fruit is a great choice to be included in both main meals (e.g. breakfast, lunch or dinner) and snacks (in the morning or afternoon). There are many ways of enjoying fruit. Some examples are as follows:

多選擇不同種類的新鮮水果，以攝取不同營養素。

Choose a variety of fresh fruits to obtain different nutrients!

進食時段 Eating Time	食物例子 Examples	水果建議 Fruit recommendations
早餐 Breakfast	 <ul style="list-style-type: none">低脂奶麥皮 + 水果 Oatmeal with low-fat milk + fruit低脂原味乳酪 + 水果 Low-fat plain yoghurt + fruit	提子乾、菠蘿、士多啤梨 Raisins, pineapple, strawberries
茶點 Refreshment break	 <ul style="list-style-type: none">新鮮水果 Fresh fruit	蘋果、布祿、桃駁李、香蕉 Apple, plum, nectarine, banana
午餐、晚餐（代替甜品） Lunch and dinner (as a substitute for dessert)	 <ul style="list-style-type: none">新鮮水果 Fresh fruit雜果沙律 Mixed fruit salad	橙、哈密瓜、提子、車厘子 Orange, Hami melon, grapes, cherries

