



健康小食可以幫你補充...

- 水分
- 熱量
- 正餐時可能攝取不足的營養素，如膳食纖維、維生素C和鈣質等。



做個精明食家

- 多選「三低一高」小食，即低脂、低糖、低鹽及高膳食纖維的小食。
- 為減低蛀牙的風險，建議正餐之間只進食一次小食，以及在正餐與小食以外的時間只飲用清水。

小食時間

- 當感到肚餓，才進食小食。
- 與正餐時間相隔最少1.5-2小時。



小食分量

- 只進食少量的小食，以免影響進食正餐的胃口。



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



有營養小食



「小食紅黃綠」
流動應用程式

衛生署二十四小時健康教育熱線：2833 0111

適宜選擇的小食



穀物類

白麵包、全麥包（包括添加果仁的全麥包或幼麥包）、提子包、焗粟米或粟米粒、以瘦肉作餡料及無添加牛油三文治（如低脂芝士三文治、番茄雞蛋三文治、吞拿魚三文治）、花生醬多士等。



蔬菜類

新鮮蔬菜（如青瓜、甘筍、車厘茄等）或配上少量沙律醬的田園沙律等。



水果類

新鮮水果、無添加糖的乾果（如杏脯肉、西梅乾或提子乾等）或乾焗水果片（如蘋果片）等。



肉、魚、蛋及代替品

焗雞蛋、乾焗原味果仁或豆類（如杏仁、花生、腰果）等。



奶類及代替品

無添加糖的低脂或脫脂奶類，如低脂或脫脂奶、低脂乳酪等。



飲品

清水、無糖或低糖豆漿、低糖中式飲品等。





Healthy snacks can help you:

- Replenish water;
- Replenish energy;
- Make up for the possible insufficient intake of nutrients (e.g. dietary fibre, vitamin C and calcium, etc.) from main meals.

Be a smart eater

- Choose snacks that are “3 Low 1 High”, i.e. low-fat, low-sugar, low-salt, and high dietary fibre.
- To reduce the risk of tooth decay, provide snack once between main meals when necessary and give only drinking water outside the meals and snack times.

Snack time

- Eat snack only if feeling hungry between main meals.
- Take snacks with a time lag of at least 1.5 to 2 hours in between main meals.

Quantity

- Eat a small amount so as not to spoil the appetite for the next meal.



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



“EatSmart@school.hk” Website
https://school.eatsmart.gov.hk



Healthy Snacks



“Snack Check” mobile application

24-hr Health Education Hotline of the Department of Health: 2833 0111

Snacks of Choice

Grains

White bread, whole-wheat bread (including whole-wheat and wholemeal bread with nuts added), raisin bread, boiled corn or corn kernels, lean meat sandwiches without butter (e.g. low-fat cheese sandwich, tomato and egg sandwich and tuna sandwich), toast with peanut butter, etc.



Vegetables

Fresh vegetables such as cucumbers, carrots, cherry tomatoes or garden salad served with minimal amount of salad dressing if preferred, etc.



Fruits

Fresh fruit, dried fruit without added sugar (e.g. dried apricots, dried prunes, raisins), baked fruit chips without added sugar (e.g. apple chips), etc.



Meat, fish, egg & alternatives

Boiled egg, unsalted dry-roasted nuts (e.g. almonds, peanuts, cashew nuts), beans, etc.



Milk & alternatives

Low-fat or skimmed dairy products without added sugar, e.g. low-fat or skimmed milk, low-fat yoghurt, etc.



Drinks

Water, unsweetened or low-sugar soy drinks, low-sugar Chinese beverages, etc.

