

Healthy Eating

The foundation of a Healthy Diet is
Balance and Variety

- **Balance** ensures you are providing your body with enough essential nutrients for health without causing problems such as obesity or malnutrition.

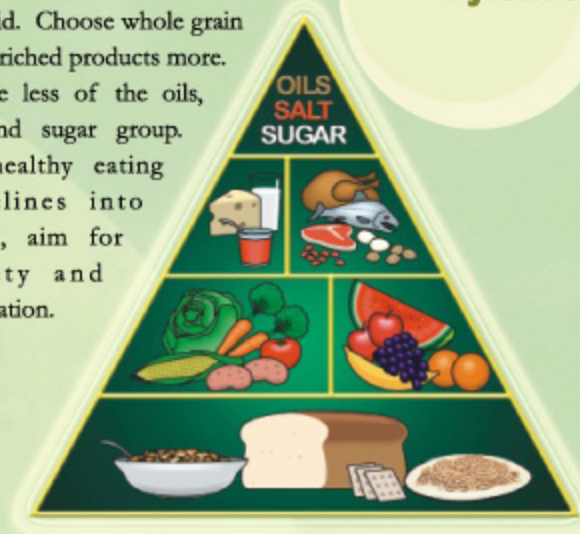


- **Eating a varied diet** means you are trying different foods.



The Food Pyramid is divided into six different groups. Each of the food group provides different essential nutrients to maintain our health. The amount of food you need depends on the level of the Pyramid. Choose whole grain and enriched products more. Choose less of the oils, salt and sugar group. Put healthy eating guidelines into action, aim for variety and moderation.

FOOD Pyramid



HEALTHY EATING GUIDELINES

1. Balance your meals to include foods from each food group.
2. Emphasize on rice, breads, other grain products, vegetables and fruits.
3. Choose low-fat/skim dairy products, and leaner meats. Trim all visible fats.
4. Choose poultry, fish, dried peas, beans and lentils more often.
5. Prepare foods with little or no fats. Replace animals' fats with vegetable oils.
6. Be moderate on snacks, processed foods, quick/instant foods, fast foods/restaurant foods. Cut down on eating out as well.
7. Avoid alcohol and smoke.
8. Maintain regular physical activity.

Dietetic Services

The above information was prepared by our Dietetic Services. We aim at promoting good nutrition and healthy eating through the enjoyment of foods.

Our services include :-

Nutrition counselling

Individualized diet counselling for clients with Diabetes Mellitus, Hyperlipidemia, Renal Failure, Liver Failure, Pregnancy, Vegetarian eating, and etc.

Weight Control Program

Eat well, exercise well to lose weight.

Summer Program

Group teaching on balanced nutrition for children.

Health Seminars

Nutrition for Pregnancy/Breast Feeding
Nutrition for Diabetes Mellitus
Nutrition for Weight Reduction, etc.



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健康飲食

健康飲食全賴 均衡 的選擇。

- 均衡的飲食習慣可確保有充足的營養來保持身體健康，避免過胖及營養不良。

- 至於選擇不同的食物有助我們矯正偏食的習慣，及可嘗試多元化的食物。



金字塔內共分六組的食物。每一組食物提供我們日常所需的不同營養。至於所需的食物份量則按金字塔的層次而作決定。底部的五穀類需要的份量最多。頂部的鹽、油及糖所需的份量則最少。只要大家能按食物金字塔的指示，嘗試多元化，在每一組食物中選擇適當份量的食物，則可攝取均衡的營養，及建立良好的飲食習慣，以達致身體健康之目標。

食物 金字塔



1. 嘗試多元化的食物，不偏食。
2. 多選全穀類的食物，如紅米、麥包等及新鮮蔬菜和水果。
3. 選擇脫脂或低脂奶製品。任何肉類以全瘦為首選，在烹調肉類家禽時，先去除肥膏或皮。
4. 吃魚、家禽、乾豆類或製品，來代替含脂肪較高的肉類。
5. 烹調時，減少用油。以植物油來代替動物油。
6. 減少或避免零食、醃製食品、即食的食品、快餐店/酒樓食物及出外進食。
7. 戒除酒和煙。
8. 多做活動有助保持標準體重。

飲食營養部

以上資料由養和醫院飲食營養部提供。本部門致力推廣均衡飲食及營養，以達致促進健康及享受美食的效果。

服務範圍包括：

- 飲食營養指導 - 為患有糖尿病、高血脂、腎病、肝病...等人士或孕婦及素食者設計個人飲食建議/餐單，以達均衡營養的目標。
- 減肥課程 - 作出飲食習慣評估，鼓勵均衡飲食及適量運動。
- 暑期班 - 通過團體的學習，指導兒童建立均衡的飲食習慣。
- 健康講座 - 定期舉行飲食營養講座。例如：
懷孕及授乳期的飲食
糖尿病的飲食
控制體重的飲食

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養和醫院
飲食營養部