

# FOOD GROUP EXCHANGE TIPS CARD

## HOW MUCH DAIRY SHOULD WE EAT?



### NUTRITION FACTS

- Dairy foods provide important nutrients including calcium, potassium, vitamin D and protein for the health and daily maintenance of our body<sup>1</sup>
- With rich calcium content, dairy foods can help to improve bone health and reduce the risk of osteoporosis. This is particularly important during childhood and adolescence when the foundation for bone mass is being built<sup>1</sup>

### DAILY RECOMMENDATION FOR HEALTHY INDIVIDUALS BY THE HONG KONG DEPARTMENT OF HEALTH<sup>2,3</sup>

Age group	Glasses of milk and alternatives*
2 to 17 years old	2
Adults and elderly	1 - 2
Pregnant women (1 <sup>st</sup> trimester)	1 - 2
Pregnant (2 <sup>nd</sup> and 3 <sup>rd</sup> trimester) and lactating women	2

\*1 glass = 240 ml

#### Extra tips:<sup>1,4</sup>

- Choose low-fat or fat-free products as the regular versions may be high in saturated fats and cholesterol
- Avoid products with added sugar such as chocolate or fruit flavours

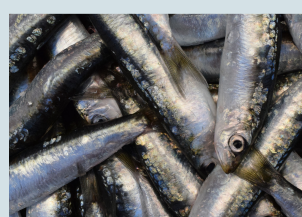
### WHAT ALTERNATIVES PROVIDE SIMILAR CALCIUM CONTENT (300 MG) TO ONE GLASS OF MILK?<sup>3,4</sup>



Firm tofu x 0.5 block (175 g)



Calcium fortified soy milk x 1 glass\*



Sardines with bones x 3



Bok choy x 5 tael (200g)



Yoghurt x 1 tub (150 g)



Cheese x 2 slices



Sesame x 3 tablespoons



Choy sum x 300 g

Images from Freepik and Pixabay

References: 1. United States Department of Agriculture. Nutrients and health benefits. Available at: <https://www.choosemyplate.gov/dairy-nutrients-health>. Accessed on 09May2018. 2. Hong Kong Department of Health. Healthy eating food pyramid. 2014. 3. Hong Kong Department of Health. Healthy eating during pregnancy and breastfeeding. 2016. 4. Hong Kong Department of Health. Healthy eating meal plan for adult woman. 2015. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution. WYE-PM-155-MAY-18



# 食物種類換算小貼士

## 我們應進食多少奶類食物？



### 營養資訊

- 奶類食物可提供鈣、鉀、維他命D及蛋白質等重要營養素，支持身體健康及日常運作<sup>1</sup>
- 奶類食物含豐富鈣質，有助改善骨骼健康及降低骨質疏鬆的風險，於兒童及青少年建立骨質基礎的時期尤其重要<sup>1</sup>

### 香港衛生署給健康人士的每日攝取量建議<sup>2,3</sup>

年齡組別	奶類及代替品 (杯) *
2 至 17 歲	2
成年人及長者	1-2
懷孕婦女 (初期)	1-2
懷孕 (中後期) 及授乳婦女	2

\*1 杯 = 240 毫升

### 小貼士:<sup>1,4</sup>

- 低脂或脫脂產品的飽和脂肪及膽固醇水平會比全脂產品較低
- 避免選擇朱古力或果味奶等添加了糖分的產品

### 有什麼代替品可提供與一杯奶相約的鈣質 (300毫克) ?<sup>3,4</sup>



板豆腐 × 0.5 磚 (175 克)



加鈣豆奶 × 1 杯\*



沙甸魚 (連骨) × 3



白菜 × 5 兩 (200克)



乳酪 × 1 盒 (150 克)



芝士 × 2 片



芝麻 × 3 湯匙



菜心 × 300 克

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資料來源: 1. United States Department of Agriculture. Nutrients and health benefits. Available at: <https://www.choosemyplate.gov/dairy-nutrients-health>. Accessed on 09May2018. 2. Hong Kong Department of Health. Healthy eating food pyramid. 2014. 3. Hong Kong Department of Health. Healthy eating during pregnancy and breastfeeding. 2016. 4. Hong Kong Department of Health. Healthy eating meal plan for adult woman. 2015. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution. WYE-PM-155-MAY-18

