

HEALTHY EATING TIPS CARD

CHOOSING THE RIGHT FLUIDS

DAILY RECOMMENDATION FOR HEALTHY INDIVIDUALS BY THE HONG KONG DEPARTMENT OF HEALTH:¹

Age group	Glasses*	Examples
2 to 5 years old	4 - 5	Water, milk, clear soup
6 years old to elderly	6 - 8	Water, tea, milk, clear soup

*1 glass = 240 mL



DAIRY²

- o Choose low-fat or skimmed milk, and low-sugar soymilk as important calcium sources
- o Avoid sweetened dairy products such as flavoured milk, evaporated and condensed milk



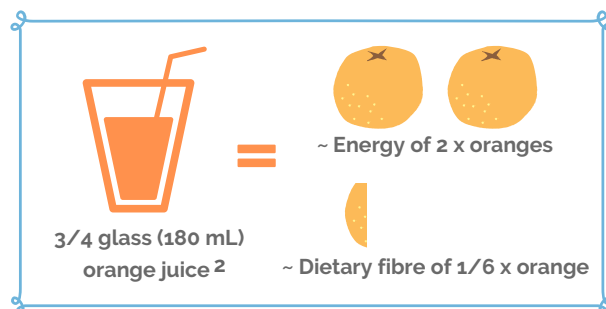
JUICES³

- o Contains lower nutrition value than whole fruits and excessive consumption may be associated with malnutrition, gastrointestinal discomfort and tooth decay
- o Should not be provided to children < 1 year old unless clinically indicated



SPORTS DRINKS⁴

- o Unlike professional endurance training, water is sufficient to serve as replenishment after daily regular exercises
- o Many have sugar added and may lead to weight gain with regular consumption



SUGAR CONTENT IN ONE SERVING OF COMMON DRINKS:⁵



1 cube = 1 teaspoon = 5 g sugar

Soft drink x 1 can (330 mL)



Lemon tea x 1 pack (250 mL)



Sports drink x 1 bottle (500 mL)



Pearl milk tea x 1 cup (500 mL)



Iced lemon tea x 1 cup (300 mL)



Apple juice x 1 cup (250 mL)



Iced coffee x 1 cup (300 mL)



Water

= 0 g

Note: According to the World Health Organisation, daily consumption of added sugars for adults should be < 50 g



WATER IS THE BEST OPTION!

References: 1. HK Department of Health. Healthy eating food pyramid. 2014. 2. HK Department of Health. Nutrition guidelines for children aged 2 to 6. 2018. 3. Heyman MB et al. Pediatrics. 2017;139(6):e20170967. 4. HK Department of Health. Sports drinks. 2018. 5. HK Department of Health. Joyful healthy workplace poster. Available at: <http://www.joyfulhealthyworkplace.hk/zh/health.php>. Accessed on 29Mar2019. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution. WYE-PM-083-MAY-19.



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健康飲食小貼士

選擇適合的飲料

香港衛生署給健康人士的每日攝取量建議:¹

年齡組別	杯數*	例子
2 至 5 歲	4 - 5	水、奶、清湯
6 歲至長者	6 - 8	水、茶、奶、清湯

*1 杯= 240 毫升



奶品類²

- 選擇低脂或脫脂牛奶，以及低糖豆奶，作為重要的鈣質來源
- 避免飲用加甜的奶類產品，如朱古力奶、果味奶類、淡奶及煉奶



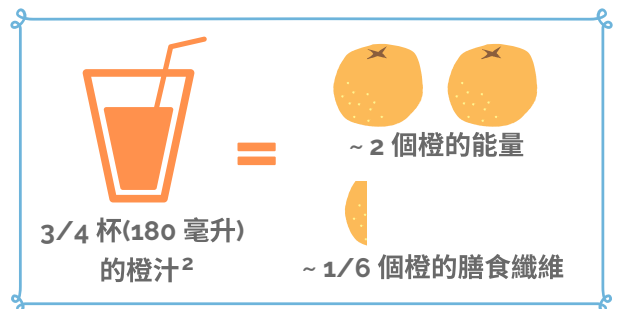
果汁³

- 比新鮮水果的營養價值低，過量飲用與營養不良、腸道不適及蛀牙有關
- 除非有臨床需要，否則不應提供給少於1歲的小童



運動飲品⁴

- 如非專業的耐力訓練，日常的運動後，清水已足夠補充水份
- 很多產品都有添加糖份，慣常飲用可導致體重上升



日常飲料的糖份含量:⁵



1粒方糖 = 1茶匙 = 5克糖

汽水x 1 罐 (330 毫升)



檸檬茶x 1 包(250毫升)



運動飲品x 1 樽 (500毫升)



珍珠奶茶x 1 杯 (500毫升)



凍檸茶x 1 杯 (300毫升)



蘋果汁x 1 杯 (250毫升)



凍咖啡x 1 杯 (300毫升)



水

= 0 克

注: 根據世界衛生組織, 成人的每日游離糖攝取量應少於50克



清水是最好的選擇!

參考資料: 1. HK Department of Health. Healthy eating food pyramid. 2014. 2. HK Department of Health. Nutrition guidelines for children aged 2 to 6. 2018. 3. Heyman MB et al. Pediatrics. 2017;139(6):e20170967. 4. HK Department of Health. Sports drinks. 2018. 5. HK Department of Health. Joyful healthy workplace poster. Available at: <http://www.joyfulhealthyworkplace.hk/zh/health.php>. Accessed on 29Mar2019. WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution. WYE-PM-083-MAY-19.



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