

FOOD GROUP EXCHANGE TIPS CARD

HOW MUCH FRUITS SHOULD WE EAT?



NUTRITION FACTS

- Eating fruits as part of an overall healthy diet provides health benefits including reduced risk of chronic diseases like obesity, type 2 diabetes, cancers and heart diseases¹
- Fruits are sources of different essential nutrients that are often underconsumed, including vitamin C and potassium.¹
- Vitamin C supports immunity and helps to heal cuts and wounds, while potassium plays a role in maintaining healthy blood pressure¹

DAILY RECOMMENDATION FOR HEALTHY INDIVIDUALS BY THE HONG KONG DEPARTMENT OF HEALTH^{2,3}

Age group	Servings of fruits
2 to 5 years old	≥ 1
From 6 years old onwards	≥ 2
Pregnant women (1 st trimester)	≥ 2
Pregnant (2 nd and 3 rd trimester) women	2 - 3
Lactating women	3

Extra tips:

- Medium-sized = size of a lady's fist³
- Fresh, canned and frozen fruit all count! Except for fruit with added sugar and those naturally high in fat (e.g. coconut, durian, avocado)⁴

HOW MUCH IS ONE SERVING?⁴



Large-sized fruit x 0.5 piece
(e.g. banana, grapefruit)



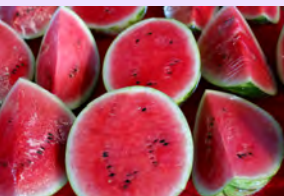
Mini-sized fruits x 0.5 bowl*
(e.g. grapes, strawberries)



Medium-sized fruit x 1 piece (e.g. apple, orange)



Small-sized fruit x 2 pieces
(e.g. kiwifruit, plum)



Cut fruits x 0.5 bowl* (e.g. watermelon, honey dew melon)



100% fruit juice without added sugar x 0.75 cup*^



Dried fruits without added sugar or salt x 1 tablespoon

Eat a colourful variety of fruits to obtain different nutrients!⁴

*1 bowl = 250-300 ml

1 cup = 240 ml

^ Consuming more than this amount will still count as 1 serving as juice contains less nutrients and higher sugar level than fresh fruits

Images from Pixabay

References: 1. United States Department of Agriculture. Nutrients and health benefits. Available at: <https://www.choosemyplate.gov/fruits-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. Two servings of fruits. Available at: <https://www.chp.gov.hk/en/static/g0023.html>. Accessed on 09May2018 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

我們應進食多少水果？



營養資訊

- 吃水果作為健康飲食的一部分可幫助減低患上肥胖症、二型糖尿病、癌症及心血管疾病等慢性疾病的風險¹
- 有很多人體需要但常常攝取不足的營養素，如維他命C及鉀，都可以在水果中找到。維他命C可支持免疫力，有助傷口愈合，而鉀對維持健康血壓水平有重要作用¹

香港衛生署給健康人士的每日攝取量建議^{2,3}

年齡組別	建議份數
2 至 5 歲	≥ 1
6 歲或以上	≥ 2
懷孕婦女（初期）	≥ 2
懷孕婦女（中後期）	2-3
授乳婦女	3

小貼士:

- 中型 = 女士拳頭的大小³
- 新鮮、罐頭及急凍水果都可包括在計算內!額外添加了糖的水果或者椰子、榴蓮及牛油果等本身脂肪含量高的水果除外⁴

一份等於多少？⁴



大型水果 x 0.5 個
(例子：香蕉、西柚)



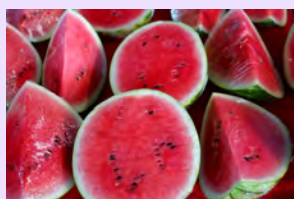
顆粒狀的水果 x 0.5 碗*
(例子：提子、士多啤梨)



中型水果 x 1 個
(例子：蘋果、橙)



小型水果 x 2 個
(例子：布林、奇異果)



水果塊 x 0.5 碗*
(例子：西瓜、蜜瓜)



沒有添加糖的純果汁
x 0.75 杯*^



沒有添加糖或鹽的乾果
x 1 湯匙

選擇不同顏色及種類的水果可攝取不同營養素!⁴

*1 碗 = 250-300 毫升

1 杯 = 240 毫升

^因果汁的營養質素較新鮮水果低，糖分亦較高，所以飲用多於這分量都只會當一份水果計算

Images from Pixabay

資料來源: 1. United States Department of Agriculture. Nutrients and health benefits. Available at: <https://www.choosemyplate.gov/fruits-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. Two servings of fruits. Available at: <https://www.chp.gov.hk/en/static/g0023.html>. Accessed on 09May2018 WYETH® is a registered trademark of Wyeth LLC. Used under license. For healthcare professionals' reference and distribution. WYE-PM-155-MAY-18

