

FOOD GROUP EXCHANGE TIPS CARD

HOW MUCH MEAT AND PROTEIN FOODS SHOULD WE EAT?



NUTRITION FACTS

- This food group includes meat, poultry, seafood, eggs, beans, nuts and seeds¹
- Proteins provided by these foods function as building blocks for bones, muscles, cartilage and more, while they are also often a source for minerals such as iron and zinc¹
- Omega-3 fats (e.g. DHA and EPA) can be found in many seafood, and appropriate consumption helps maintain heart health¹

DAILY RECOMMENDATION FOR HEALTHY INDIVIDUALS BY THE HONG KONG DEPARTMENT OF HEALTH²⁻⁴

Age group	Meat, fish, egg and alternatives (taels)*
2 to 5 years old	1.5 - 3
6 - 11 years old	3 - 5
12 - 17 years old	4 - 6
Adult	5 - 8 (5 - 6 for women)
Pregnant (1 st trimester) women	5 - 6
Pregnant (2 nd and 3 rd trimester) women	5 - 7
Lactating women	6 - 7
Elderly	5 - 6

*1 tael = size of a table tennis ball

Extra tips:^{1,4}

Meat can often be high in saturated fat!

- Choose lean meat, remove the skin and trim off fat
- Reduce consumption of offal and processed meat such as ham, sausage and spam

WHAT IS EQUIVALENT TO 1 TAEI OF MEAT?^{4,5}



Firm tofu x 0.25 block /
Silky tofu x 1 piece



Cooked soybeans
x 4 tablespoons



Cooked beans (others)
x 6-8 tablespoons



Raw meat x 40 g
(table tennis ball size)



Chicken egg x 1



Lean meat x 4-5 slices



Cooked meat x 30 g
(table tennis ball size)



Roasted plain nuts x 40 g

References: 1. United States Department of Agriculture. Nutrients and health benefits. Available at: <https://www.choosemyplate.gov/protein-foods-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. 5. Hong Kong Department of Health. Meat, fish, egg & alternatives. Available at: <https://www.chp.gov.hk/en/static/100013.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. Images from Pixabay.



食物種類換算小貼士

我們應吃多少肉類及蛋白質食物？



營養資訊

- 這一組食物包括肉類、家禽、海鮮、蛋類、豆類、果仁及種籽¹
- 這些食物可提供蛋白質，作為骨骼、肌肉及關節的結構基礎，同時亦是礦物質，例如鐵和鋅的來源¹
- 奧米加-3 脂肪（如DHA 及 EPA）可以在很多海鮮中找到，適量進食可幫助維持心臟健康¹

香港衛生署給健康人士的每日攝取量建議²⁻⁴

年齡組別	肉、魚、蛋及代替品 (兩) *
2 至 5 歲	1.5 - 3
6 至 11 歲	3 - 5
12 至 17 歲	4 - 6
成年人	5 - 8 (女性: 5 - 6)
懷孕婦女 (初期)	5 - 6
懷孕婦女 (中後期)	5 - 7
授乳婦女	6 - 7
長者	5 - 6

*1兩 = 一個乒乓球大小

小貼士:^{1,4}

通常肉類的脂肪含量都很高！

- 選擇瘦肉，並記得將皮和肥膏去掉
- 減少進食內臟及火腿、香腸、午餐肉等腌製肉類

有什麼等於一兩肉?^{4,5}



板豆腐 x 0.25 磚 /
布包豆腐 x 1 磚



煮熟的黃豆 x 4 湯匙



煮熟的其他豆類
x 6-8 湯匙



生肉 x 40 克
(乒乓球大小)



雞蛋 x 1 隻



瘦肉 x 4-5 片



熟肉 x 30 克
(乒乓球大小)



原味的焗果仁 x 40 克

資料來源: 1. United States Department of Agriculture. Nutrients and health benefits. Available at: <https://www.choosemyplate.gov/protein-foods-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. 5. Hong Kong Department of Health. Meat, fish, egg & alternatives. Available at: <https://www.chp.gov.hk/en/static/100013.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. Images from Pixabay.

