

FOOD GROUP EXCHANGE TIPS CARD

HOW MUCH VEGETABLES SHOULD WE EAT?

NUTRITION FACTS



- Vegetables are low in fat and calories, while providing an array of important nutrients including dietary fibre, vitamins and minerals¹
- These nutrients provide many health benefits, such as dietary fibre that helps support heart and gastrointestinal health, it also helps to increase satiety with fewer calories¹
- Folic acid, found in dark green vegetables like choy sum, bok choy and spinach, is particularly important for women of childbearing age planning for pregnancy^{1,2}

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

Age group	Servings of vegetables
2 to 5 years old	≥ 1.5
6 – 11 years old	≥ 2
From 12 years old onwards	≥ 3
Pregnant women (1 st trimester)	≥ 3
Pregnant (2 nd and 3 rd trimester) and lactating women	4 - 5

Various forms of vegetables⁴

- Fresh, canned and frozen vegetables (except preserved ones)
- Root and gourd vegetables (except starchy ones such as potatoes)
- Beans, peas, mushrooms, seaweeds and sprouts
- Fresh vegetable juice without added sugar

HOW MUCH IS ONE SERVING?⁴



Cooked vegetables
x 0.5 bowl*



Fresh vegetable juice without
added sugar x 0.75 cup (180 ml)[^]



Salad x 1 bowl*

*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 than fresh vegetables

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

Images from Pixabay

References: 1. United States Department of Agriculture. Nutrients and health benefits. Available at: <https://www.choosemyplate.gov/vegetables-nutrients-health>. Accessed on 09May2018. 2. Hong Kong Department of Health. Healthy eating during pregnancy and breastfeeding. 2016. 3. Hong Kong Department of Health. Healthy eating food pyramid. 2014. 4. Hong Kong Department of Health. Three servings of vegetables. Available at: <https://www.chp.gov.hk/en/static/g0024.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

我們應進食多少蔬菜？

營養資訊



- 蔬菜的脂肪及熱量水平很低，卻含有大量維他命、礦物質及膳食纖維等營養素¹
- 這些營養素可帶來不同的健康益處，如膳食纖維就可以幫助支持心臟及腸道健康，亦有助在較低熱量的情況下，增加飽肚感¹
- 而葉酸對準備懷孕中的女士特別重要，可於菜心、白菜、菠菜等深綠色蔬菜中找到^{1,2}

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	≥ 1.5
6 至 11 歲	≥ 2
12 歲或以上	≥ 3
懷孕婦女（初期）	≥ 3
懷孕（中後期）及授乳婦女	4-5

不同類型的蔬菜⁴

- 新鮮、罐頭和急凍蔬菜（醃製的蔬菜除外）
- 根莖及瓜類（高澱粉質的如薯仔除外）
- 豆類、菇菌類、海帶、芽菜
- 沒有添加糖的新鮮蔬菜汁

一份等於多少？⁴



煮熟的蔬菜 × 0.5 碗*



沒有添加糖的新鮮蔬菜汁
× 0.75 杯 (180 毫升)*^



沙律菜 × 1 碗*

*1 碗 = 250-300 毫升

1 杯 = 240 毫升

^ 因蔬菜汁的膳食纖維含量及營養質素較新鮮蔬菜低，所以飲用多於這分量都只會當一份蔬菜計算

選擇不同顏色及種類的蔬菜可攝取不同營養素!⁴

Images from Pixabay

資料來源: 1. United States Department of Agriculture. Nutrients and health benefits. Available at: <https://www.choosemyplate.gov/vegetables-nutrients-health>. Accessed on 09May2018. 2. Hong Kong Department of Health. Healthy eating during pregnancy and breastfeeding. 2016. 3. Hong Kong Department of Health. Healthy eating food pyramid. 2014. 4. Hong Kong Department of Health. Three servings of vegetables. Available at: <https://www.chp.gov.hk/en/static/90024.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

