

## The Five Food Groups

Food Group	Functions and Characteristics
1. Breads and Cereals (rice, noodle, pasta, bread, biscuit, cereal)	- good source of carbohydrates, provide B vitamins and plant protein. - whole grain products are good sources of dietary fibre. - provide energy.
2. Vegetables (all fresh, frozen and canned vegetables)	- good source of beta carotene vitamins B, C, minerals and dietary fibre. - vegetables are low in fat. - prevent cancer.
3. Fruits (all fresh, frozen, canned fruits and fruit juices)	- good source of carbohydrates, beta carotene, vitamins B, C, minerals and dietary fibre. - fruits are low in fat (except coconut and avocado).
4. Meat & Alternates (beef, pork, lamb, poultry, fish, egg, dried beans, tofu etc.)	- both meats and beans are good sources of protein, iron and B vitamins, therefore, beans can substitute meats nutritionally. - meat products contain cholesterol but beans do not, beans also contain less fat than meats. - function as building blocks of tissues, manufacture and repair cells.
5. Milk and Dairy Products (fresh milk, powdered milk, UHT packaged milk, yogurt, cheese etc.)	- good source of protein, calcium, phosphorus and B vitamins, also provides carbohydrate and fat - best to choose low fat or skimmed milk - maintain healthy teeth and bones

Each food group provides unique nutrients and serves different functions in the body. To achieve nutritional balance, one must eat a variety of foods. A diet which is limited to a few foods will lead to nutritional deficiency

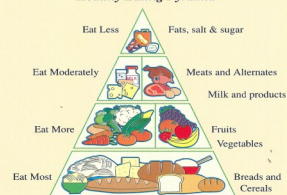
## Typical Hong Kong Chinese Eating Habit Is Not Desirable

- Meats as main food item at meals, but very little rice.
- Use too much oil in cooking e.g. pan-frying, deep fat frying, and use lots of seasoning.

- Frequently eat junk food, desserts, soft drinks, instant noodles, and preserved foods like luncheon meat, ham and sausage.
- Eat little vegetables, fruits and milk products.
- Eat and work at the same time, and eat out often.

## The Proper Way of Eating Is As Follows

### Healthy Eating Pyramid



Other countries (like USA, UK and Australia) also use the food pyramid to promote healthful eating. The pyramid consists of four levels. Each food group has its own area and the size of each is different. Total food intake should be proportional to the area each group occupies in the pyramid. For example, the fats, salt and sugar group is on the top of the pyramid, and occupies the smallest area. Therefore, they should be used sparingly. On the other hand, the breads and cereals group is at the bottom and occupies the largest area. Therefore, these foods should be the foundation of our diets. Carbohydrates should provide 60 - 70 % of total energy intake in an athlete's diet. In order to reach this recommendation, athletes must eat more bread and cereal products, fruits, milk and root vegetables like potatoes, carrots, corn etc.

## Diet Recommendation

No single food provides all the nutrients needed and no food is absolutely not allowed. However, there are foods which are better choices and some which are less desirable. The following charts provide recommendation on food choices.

Food Group	Better Choices	Eat less Often
Beverages	Low fat milk, skimmed milk, soymilk, calcium fortified soy milk, fresh fruit juice, yogurt, drinks, sports drinks, water, balanced nutrition drinks (e.g. Ensure)	Soft drinks, coffee, tea, sweetened juices, whole milk, milkshake

Food Group	Better Choices	Eat less Often
Breads and Cereals	rice, noodles, breads, oatmeal, congee, breakfast cereals, biscuits, whole wheat bread, steamed buns etc.	instant noodles, yee mein, cookies, fried donuts, croissant, French toast, Chinese sweet buns with filling etc
Vegetables	all fresh vegetables	potato chips, French fries, salted and preserved vegetables
Fruits	all fresh fruits	coconut milk, avocados, sweetened and preserved fruits
Meat and Alternates	all fresh or frozen lean meats: chicken, pork, beef, lamb, fish, beans, red/mung beans, lima beans, kidney beans, lentils, soybeans etc; tofu, dehydrated tofu	fatty meats, poultry skin, preserved meats like corned beef, luncheon meat, beef jerky, salted preserved fish, sausage, Chinese BBQ meats, eggs

Note: Eat no more than 3 egg yolks per week, but egg white is not included in this limit.

Milk and Dairy Products	low fat/skimmed milk, low fat evaporated milk, yogurt, low fat cheese	full cream milk, regular evaporated milk, sweetened condensed milk, cheese, ice cream
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Note: Soybean milk contains little calcium, therefore, it cannot be used to substitute milk. If you have lactose intolerance (symptoms include stomachache and diarrhoea after drinking milk), you may eat other calcium-rich foods like: bones of canned fish, except packaged silken tofu, noodlefish, seafood (shrimp, oysters, scallops, sea cucumber), Chinese kale, broccoli, pak choi, soy milk fortified with calcium

## Follow these Eating Guidelines for Good Health

- Eat a variety of foods.
- Maintain a healthy body weight.
- Eat more fruits, vegetables and cereal products.
- Reduce your use of salted, preserved or sugary foods.
- If you drink alcohol, do so moderately.
- Drink enough fluids daily.

Food provides energy, eating wisely can help in bringing out your potential. American Olympic Gymnastics Gold Medalist, Trent Dimas said, "Successful athletes must be healthy, because they would not miss training due to sickness, are often energetic and don't get tired easily."

The above information is provided by the Sport Nutrition Unit of the Athlete and Scientific Services Division. All information is for reference only.

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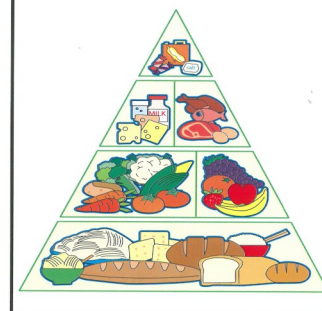
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## 運動營養教育系列手冊 SPORT NUTRITION EDUCATION SERIES II

## 健康飲食指引 Guidelines to a Healthful Diet



HONG KONG  
SPORTS INSTITUTE  
香港體育學院

## 食物分為五大類

種類	功用及特點
一 五穀類 (飯、粉、麵、麵包、餅乾、麥片等)	● 含豐富碳水化合物，供給維他命B維及植物性蛋白質。 ● 全麥穀類含豐富纖維素。 ● 供給熱能。
二 蔬菜類 (所有新鮮、雪藏及罐裝蔬菜)	● 含豐富胡蘿蔔素、維他命B、C、各類礦物質及纖維素。 ● 蔬菜是低脂肪的食物。 ● 有助預防癌症。
三 水果類 (所有新鮮、雪藏、罐裝水果及果汁)	● 含豐富碳水化合物、胡蘿蔔素、維他命B、C、各類礦物質及纖維素。 ● 水果是低脂肪的食物(椰子及牛油果除外)。
四 肉類及代替品 (牛、豬、羊、家禽、魚、蛋、乾豆、豆腐等)	● 肉類及豆類食物均含豐富蛋白質、鐵質、維他命B維。因此，豆類食物可以代替品肉類。 ● 肉類食物含膽固醇，豆類及豆製品則沒有，而且脂肪含量比肉類低。 ● 功用是構成體內各組織，製造及修補細胞。
五 奶及奶品類 (鮮奶、奶粉、保鮮裝牛奶、乳酪、芝士等)	● 含豐富蛋白質、鈣質、磷質及維他命B、亦含碳水化合物及脂肪。 ● 宜選擇低脂或脫脂奶。 ● 維持牙齒、骨骸健康。

- 每類食物的主要營養成份及功用均不同，要達到營養均衡，飲食要多元化，偏食會引致營養不足。

## 一般香港人的飲食習慣不可取

- 以肉類為主，米飯則少。
- 煮食方法甚為油膩，例如：煎、炒、炸，而且還用大量調味料。
- 常吃零食、甜品、汽水、即食麵及醃製食物如：午餐肉、火腿及腸仔。
- 甚少吃蔬菜、水果及少用奶類食品。
- 邊吃邊做事，而且出外進食的次數頻密。

## 正確的飲食方式如下

### 健康飲食金字塔



多個國家 (包括美國、英國、澳洲) 都以飲食金字塔來推廣健康飲食。金字塔分為四層，每層有不同類型的食物，所佔的面積亦有別。日常飲食中各類食物的份量應與金字塔的面積分佈成正比。例如：

油、鹽、糖在金字塔的頂部，佔的面積最少，少吃為佳。相反，五穀類食物被放在底部，佔的面積最多，飲食就應以這類食物為主。五穀類食物主要供給碳水化合物，運動員的飲食要達 60 - 70% 碳水化合物化物的標準便需多吃五穀類及其它含豐富碳水化物的食物如水果、奶類及根類蔬菜例如：薯仔、甘筍、粟米等。

## 飲食指引

沒有一種食物可供給全部所需的營養，亦沒有食物是絕不能吃。可是有些是較佳的選擇而其它就最好別經常進食。以下是各類食物的選擇建議：

食物種類	較佳選擇	別經常進食
飲品	低脂肪、脫脂奶、豆漿、加鈣豆漿、鮮果汁、乳酪飲品、運動飲品、水、均衡營養品(例如：加營養)	汽水、咖啡、茶、加糖果汁、全脂肪奶、奶昔



食物種類	較佳選擇	別經常進食
五穀類	飯、粉、麵、麵包、麥片、粥、早餐五穀類食品、餅乾、全麥麵包、蒸饅頭等	即食麵、伊麵、曲奇、油條、法國牛柳酥、西多士、雞尾飽等
蔬菜類	所有新鮮蔬菜	薯片、薯條、醃製蔬菜，例如：梅菜、雪里紅、菜脯等
水果類	所有新鮮水果	椰汁、牛油果、醃製水果，如：話梅、陳皮梅等。
肉類及代替品	所有新鮮或雪藏的瘦肉：雞、豬、牛、羊、魚；豆：紅/綠豆、眉豆、腰豆、馬豆、黃豆等；豆腐、豆干	肥肉，例如：五花腩；家禽的皮及鳳爪；雞翼尖等；醃製或煙燻肉類，例如：咸牛肉、午餐肉、牛肉乾、咸魚、腸仔、燒臘，蛋類
註：蛋黃每星期最好不超過三隻，蛋白則不在此限。		
奶及奶品類	低脂/脫脂奶、低脂肪、乳酪、低脂芝士	全脂肪、普通淡奶、煉奶、芝士、雪糕
註：豆漿所含的鈣質極少，不能代替奶的營養。若飲鮮奶後有不適，例如：絞肚痛及肚瀉，可選用其它鈣質豐富的食物，例如：罐裝魚的骨、豆腐(盒裝滑豆腐除外)、白飯魚、海產(蝦、蜆、帶子、海參)、芥蘭、西蘭花、莧菜、小白菜、加鈣豆漿。		

## 建立健康好體魄，須遵守以下飲食原則

- 飲食要多元化，勿偏食。
- 保持理想體重。
- 多吃蔬菜及五穀類食物。
- 減少進食高脂肪、醃製或高糖份的食物。
- 絕不能濫用酒精。
- 每天飲用足夠的水份。

食物是燃料的來源，飲食得宜有助發揮潛能。美國的奧運金牌體操運動員 Trent Dimas 說：「成功的運動員必定有健康的體魄，因為他不會因疾病而缺課而且體力充沛，不容易疲勞。」

以上資料由運動員及科研事務科轄下的運動營養部提供，只供參考。  
歡迎轉載以上資料，惟事先須得本院許可；轉載時亦須鳴謝本院。

如有查詢，請致電26816277與運動科學部聯絡。  
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