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活力快訊

一踏入12月，小朋友便會特別興奮，因為一年一度的聖誕節就到了！除了有禮物外，還有不同形式的派對聚會，可以吃喝一番。慶祝聖誕雖然開心，但都要注意飲食均衡，如果吃太多不健康的派對食品，很容易會引起消化不良！

派對小食少不免香口油炸的食物如炸雞翼、薯條或炸薯餅，以及美味又漂亮的甜品如蛋糕或曲奇餅。這些都屬於高脂肪及高糖份的食物。如果我們進食過量，會增加胃部的負擔，容易引起消化不良。因此，建議於派對前先進食少量水果，攝取纖維，從而增加飽肚感，及減低食慾。

在選擇派對食物時，可以進食適量的碳水化合物，例如三文治、意粉或飯，以減低熱量的吸收。肉類方面，盡量選擇烤或焗的食物，例如烤火雞、焗羊扒或焗雞翅。再配一些沙律小食，確保攝取足夠的纖維。甜品方面，可以選擇份量較少的聖誕布甸、曲奇或蛋糕。大餐後，建議進行適量運動，以幫助消化，減少因節日而食滯的問題。

最後，提提大家記得預備適當份量的食物，以免製造廚餘，造成浪費。



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Luncheon Star Newsletter

Children are excited in December because Christmas is coming! Gifts and Christmas parties are all filled with joy, excitement and delicious food! However, we need to control the intake of party food to avoid indigestion. Most of the party food such as cookies, cake, fries and chicken wings, are deep fried, high in fat and sugar. If we take both too much at the same time, our stomach will be under great pressure in digestion, which may cause stomachache. To keep a balanced diet, we could take some fruit or veggie salad before eating the party food. Because the fiber can keep us satisfied for longer after we have stopped eating.

When we choose party food, we better follow the balanced diet rules, and include adequate carbohydrates like sandwiches, spaghetti, rice. For meat, we should choose baked or grilled turkey, lamb chop, or drumsticks. Don't forget to eat salad to prevent indigestion. Desserts like cookies, puddings, and cakes should be the last ones to take to reduce overloading. Encourage children do more exercise after the party to increase output and help digestion.

Last but not least, remember to prepare the appropriate amount of food to avoid food waste.

