



活力快訊



想小朋友快高長大，除了攝取充足鈣質幫助骨骼生長外，肌肉的生長也同樣重要。要「長肉」便要攝取足夠的優質蛋白質。蛋白質除了幫助我們增長肌肉外，還能夠修補及更新細胞和器官，保持新陳代謝。普遍人也認知新鮮肉類，主要包括豬、牛、羊、雞這類動物性蛋白質。它的成份優質，不但含有完全蛋白質，而且也含有鐵質，是另外一種成長的重要元素。不過它們的脂肪也相對比較高，小朋友每日進食4至6兩肉類就攝取到足夠的蛋白質。

其實除了以上的鮮肉外，魚和海鮮包括蝦、青口、蟹和帶子等等，也含有優質的蛋白質，而且脂肪相對較低。另外，雞蛋也是一個不錯的選擇。如果小朋友不喜歡吃鮮肉，可以考慮從豆製品如豆腐、豆漿、枝豆等等，來攝取植物性蛋白質。不過要注意，植物性蛋白質的蛋白質成份並不及新鮮肉類多，所以，要食較多的份量才可以補充到足夠的蛋白質。不過，小朋友也可以嘗試從不同食物中攝取蛋白質，從而達致營養均衡。此外，適量的運動對肌肉的生長也很重要。所以小朋友應該保持恆常運動，才能夠保持健康的體魄，快樂地成長！

最後，提提大家記得預備適當份量的肉類，以免製造廚餘，造成浪費。





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Building muscle is also important if you want your children to grow tall in addition to an adequate amount of calcium for bone growth. We must take a sufficient amount of good quality protein in order to develop muscle. Protein is needed to build muscle, repair and replace cell and organ systems, as well as for maintenance of good metabolism. Most people already know that fresh meat is rich in protein and has high quality complete proteins, such as pork, beef, lamb or chicken. It also contains a large amount of iron which is another important mineral for growth. However, the protein from animals contain a high level of fats and is required to be consumed from approximately 160-240g per day for children.

In addition, the protein levels of good quality are also relatively low in fresh meat and seafoods such as oysters, mussels and crabmeat etc. whereas fat content is slightly less so. Moreover, the egg will be a good substitute for fresh meat, as well as tofu, soya milk, edamame and so on. But, in fact, there will be less protein than fresh meat and we need to take more of it so that we can get a balanced intake every day. However, we still encourage children to try out different kinds of foods so that we have a wider range of nutrients. In short, exercise is also a key factor for muscle development, and the maintenance of routine can build up healthy, happy body and life!

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

