

健康零食如何揀？

小朋友在發育期間，生長速度快，所以熱量及營養的需求會較成人高。健康的小食，除了可以提供能量，也可以補充水份及協助攝取足夠的營養。作為補充能量的零食，目標是不會影響正餐胃口為主。所以會較建議選吃一些新鮮的蔬果。

除了可以直接進食外，也可以加入鮮奶或乳酪打成奶昔。新鮮水果也可以配合班戟、窩夫等食材製作小食，比用果醬或雪糕健康得多。如新鮮水果不方便外出，可以考慮一些無添加糖的乾果，也是一個不錯的選擇，但要留意，乾果的營養素並不能取代新鮮水果，小食以外，最好每天也吃最少1個中型水果。



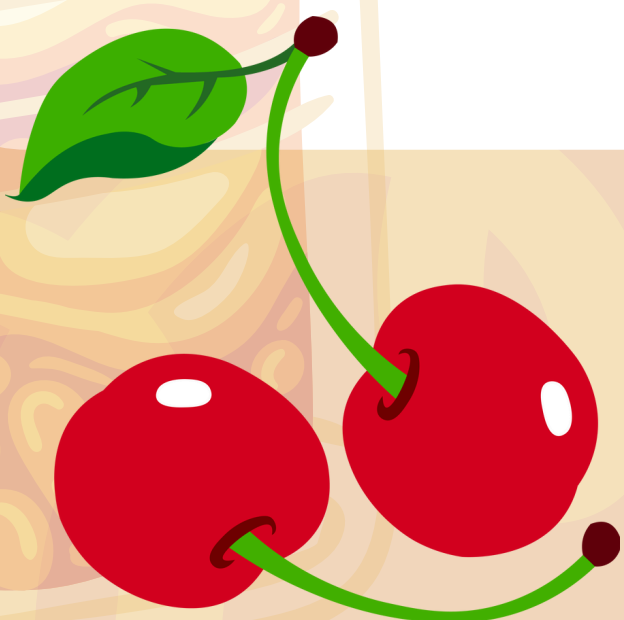
脆口的餅乾也是小朋友的至愛小食之一，不過很多餅乾的鹽份和脂肪也較高，要小心選擇。可以試選擇較低熱量的米餅、粟米餅或無糖粟米片取代，當然，也可以改吃天然的粗糧如栗子、蕃薯、粟米等，低脂也高纖。果仁也是另一個脆健康的選擇，但果仁屬於脂肪類，大部分果仁4-6粒已有1茶匙油的脂肪量，而且鈉質也高。



營養師小TIPS

選購時，除了比較兩款產品的能量(每100克)外，還可以查看標籤上脂肪、糖及鈉(或鹽)的含量，從而作出較健康的選擇。

食物安全中心表示，按每100克/毫升而言，產品的總脂肪、糖及鈉含量不超過3克、5克及120毫克為健康的選擇。因此建議多留意標籤，選擇健康的食物，以減少患上肥胖及心血管疾病的風險。另外購買時也要注意數量，以免造成不必要的浪費。



Choose healthy snacks wisely

Teenagers need more energy to grow, instead of 3 meals, healthy snack will be a good backup. However, we need to choose wisely so as to eat healthily.

While snacks are only a backup to our main meals, they should not be too full. Fresh fruit will be highly recommended. Besides eating them raw, you can blend fresh fruit and vegetables with milk or yogurt to make a milkshake. You can also add fresh fruit when making pancakes or waffles to replace fruit syrup or ice cream. If you can't bring fresh fruit with you, try dried fruit instead. It is better choose those without added sugar. However, a medium size fresh fruit a day is recommended since the nutrients of dried fruit can't replace fresh fruit.

Crispy biscuits are one of the most favorite snack of children. However, most of the biscuits are high in fat and sodium. Rice cake, corn thins or no sugar cereal are the best replacements. Or you can substitute those with corn, sweet potatoes or chestnuts to increase fiber intake as well.

Nuts are another good crispy choice. One thing to remember is nuts are high in fat, 4-6 pieces count 1 tsp oil fat content, also high in fat. It is recommended to read and compare the nutrition labels and choose those lower in sodium and fat.

You can also find baked chips instead of fried ones now, though the fat content is lower but they are high in salt and MSG which is not recommended either. Thus, when you choose snack, better stick with the 3 high 1 low golden rule.



TIPS

To make healthier food choices, in addition to comparing the energy (per 100g) of products, we could check the fat, sugars, and sodium (or salt) contents in nutrition labels and make a healthier choice of '3 low' items.

The Centre for Food Safety suggests that foods containing no more than 3g of total fat, 5g of sugars, and 120mg of sodium are considered healthier food choices. Selecting foods with "3 lows" can help reduce the risk of obesity and cardiovascular disease. To avoid unnecessary waste, we should buy only as much as we can eat.

