

減鈉

對學童午餐的重要性

在當今社會，隨著快餐文化的興起，學童的飲食習慣也面臨挑戰。過量的鈉攝取已成為一個重要的公共健康問題，特別是在學校午餐中。根據衛生署的學童午餐營養指引，減少鈉的攝取對於學童的健康和發展至關重要。

過高的鈉攝取與多種健康問題有關。衛生署指出，長期攝取過量的鈉會增加高血壓、心血管疾病及其他健康風險。對於學童而言，這些問題可能在未來的生活中產生長期影響，因此，在學校午餐中控制鈉的攝取至關重要。鈉的過量攝取對學童的認知發展也有負面影響。研究顯示，過高的鈉攝取會導致注意力不集中和學習能力下降。學校是學童學習和社交的主要場所，午餐的營養組成直接影響他們的學習效果。衛生署的指引強調，學校應提供均衡的膳食，確保學童在校期間能夠獲取足夠的營養，從而促進他們的認知發展。



減鈉飲食有助於培養健康的飲食習慣。根據衛生署的建議，學校午餐應以新鮮食材為主，減少加工食品的使用。加工食品通常含有高量的鈉，而新鮮的水果和蔬菜則是健康飲食的核心。透過提供低鈉選擇，學校不僅能改善學童的即時健康，還能幫助他們養成終身的健康飲食習慣。為了有效減少午餐中的鈉含量，學校可以採取多種措施。衛生署建議使用香料和草藥替代鹽來調味，這樣可以保持食物的美味，同時降低鈉的攝取。此外，學校應鼓勵孩子們選擇健康的食品，包括全穀類、低脂肪的乳製品和多樣的蛋白質來源。

減少鈉的攝取對學童的健康發展至關重要。在餐單設計上，活力午餐的餐單是跟從政府的營養指引，包括「3:2:1」健康飲食概念及「3低1高」煮食原則，再結合家長的意見而設計，絕對是符合健康飲食的概念。

另外，為配合衛生署減低學童患上心血管疾病及中風的風險，活力午餐積極參與「學校午餐減鹽計劃」。我們於每月的餐單中，提供至少80%減鈉餐款。在菜式烹調及設計上，會採用天然的香料或較低鈉的調味料，平衡菜式的味道及低鈉的營養目標。透過這些努力，我們希望可以為學童創造一個更健康的飲食環境，幫助他們在未來的生活中茁壯成長。



The Importance of Reducing Sodium in School Lunches for Children

In today's society, the rise of fast food culture has posed challenges to children's eating habits. Excessive sodium intake has become a significant public health issue, particularly in school lunches. According to the Department of Health's Nutritional Guidelines for School Lunches, reducing sodium intake is crucial for children's health and development.

High sodium intake is linked to various health problems. The Department of Health indicates that long-term excessive sodium consumption can increase the risk of hypertension, cardiovascular diseases, and other health issues. For children, these problems may have long-lasting effects on their future health, making it essential to control sodium intake in school lunches. Excessive sodium intake negatively impacts children's cognitive development. Research shows that high sodium consumption can lead to difficulties in concentration and learning. Schools are primary places for children's education and social interaction, and the nutritional composition of their lunches directly affects their learning outcomes. The Department of Health emphasizes that schools should provide balanced meals to ensure that children receive adequate nutrition during school hours, thereby promoting their cognitive development.



A reduced sodium diet helps cultivate healthy eating habits. The Department of Health recommends that school lunches focus on fresh ingredients while minimizing the use of processed foods. Processed foods often contain high levels of sodium, while fresh fruits and vegetables are core components of a healthy diet. By offering low-sodium options, schools can not only improve children's immediate health but also help them develop lifelong healthy eating habits. To effectively reduce sodium levels in lunches, schools can implement several strategies. The Department of Health advises using herbs and spices instead of salt for seasoning, which can maintain the flavor of foods while lowering sodium intake. Furthermore, schools should encourage children to choose healthy foods, including whole grains, low-fat dairy products, and a variety of protein sources.

Reducing sodium intake is crucial for the healthy development of schoolchildren. In menu design, Luncheon Star follows government nutritional guidelines, including the "3:2:1" healthy eating concept and the "low in 3, high in 1" cooking principle, while incorporating parents' feedback, ensuring it aligns with healthy eating principles. Additionally, to align with the Department of Health's efforts to reduce the risk of cardiovascular diseases and strokes among children, Luncheon Star actively participates in the "School Lunch Salt Reduction Program." Each month, we offer at least 80% reduced-sodium meal options. In the preparation and design of dishes, we use natural spices or low-sodium seasonings to balance flavor with low-sodium nutritional goals. Through these efforts, we aim to create a healthier eating environment for schoolchildren, helping them thrive in their future lives.

