



10月《活力快訊》：[★至Fit B餐]

全新「天然菜果特調汁」登場！[★至fit餐] 為學童專注力與免疫力加分！

打破傳統醬汁高鈉、高脂印象，將鮮甜的蔬菜與水果融入汁底，不僅大幅提升美味度，更暗藏豐富的微量營養素，讓同學們在每一口飯菜中輕鬆吸收營養！



紅菜頭甘筍汁 — 喚醒腦部與護眼紅寶石
營養成分：豐富甜菜紅素、β-胡蘿蔔素、天然硝酸鹽、高纖紅米。



提升學習專注力：



紅菜頭中的天然硝酸鹽有助促進血液循環與腦部供氧，讓學童午後上課不易昏昏欲睡，保持思維敏捷。

保護靈魂之窗：



甘筍與蘿蔔富含β-胡蘿蔔素，能轉化為維他命A，舒緩長時間看書及使用電子屏幕引起的眼睛疲勞。



金黃香濃南瓜汁 — 免疫防護與天然質感
營養成分：維他命A、維他命C、鉀質。

增強呼吸道抵抗力：

南瓜中的維他命A能維護呼吸道與腸道黏膜健康，為轉季期間的學童建立第一道免疫防線。



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鮮檸香草汁 — 開胃促吸收與控鈉先鋒
營養成分：豐富維他命C、天然檸檬酸及抗氧化香草。

提振食慾與輕鹽減鈉：

天然檸檬酸帶出清爽口感，能刺激唾液分泌、促進食慾；天然酸香與香草風味取代過多食鹽，從小培養學童清淡健康的口味。

維他命C與優質蛋白質：

低脂雞胸扒提供豐富且優質的動物性蛋白質與必需氨基酸，是學童肌肉發育與組織修復的重要基石；維他命C能幫助增強抵抗力、維持細胞健康。



鮮茄蔬菜汁 — 腸道健康與抗氧化防護
營養成分：茄紅素、洋蔥素及豐富膳食纖維。



抗氧化與強化免疫：熟番茄釋放大量茄紅素，配合洋蔥的洋蔥素，能清除體內自由基，減少學童日常疲勞感。

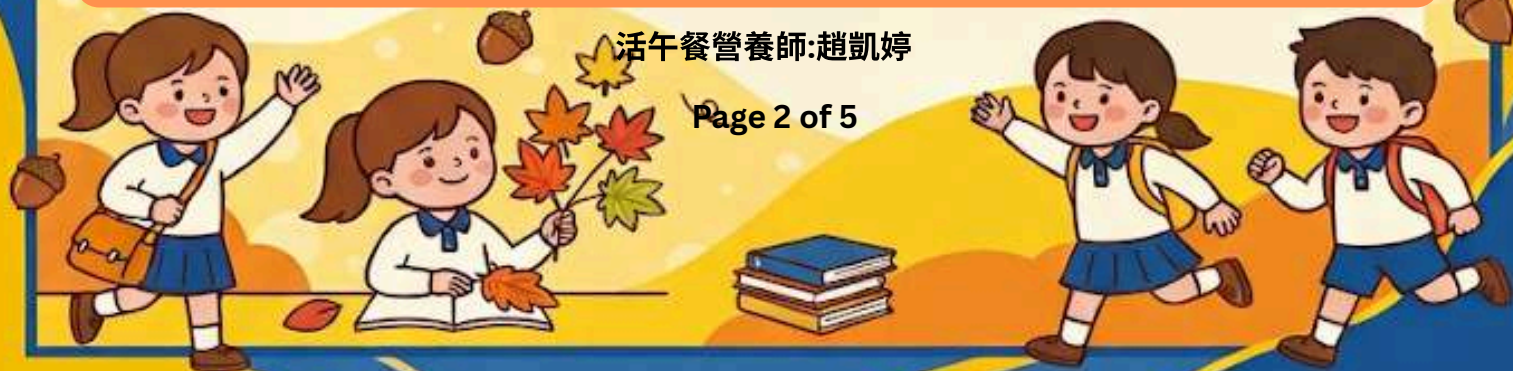
維護腸道機能：搭配粟米飯與多款蔬菜纖維，能促進腸道蠕動，維持學童消化系統健康，預防便秘。



👍營養師Tips: 👍對於平時不愛吃大塊蔬菜的同學，特調蔬菜汁已將精華融入汁底，拌飯食用能不知不覺攝取所需微量營養。❤️

活午餐營養師:趙凱婷

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🍷October 《Luncheon Star Newsletter》 : [★Meal Fit B]

Brand-New "Specially Blended Natural Fruit & Vegetable Sauces" Debut! [★Fit Meal] Boosts Students' Concentration and Immunity!

Breaking away from the traditional stereotype of high-sodium and high-fat sauces, we blend fresh, sweet fruits and vegetables directly into our sauce bases. Not only does this significantly elevate the flavor, but it also packs rich micronutrients—allowing students to easily absorb nutrition with every bite!

**Beetroot & Carrot Sauce —
Brain-Boosting & Eye-Protecting Ruby**
Nutritional Ingredients: Rich in Betalain,
Beta-Carotene, Natural Nitrates, and
High-Fiber Red Rice.

Enhancing Learning Concentration:

Natural nitrates in beetroot help promote blood circulation and oxygen supply to the brain, keeping students alert and preventing afternoon drowsiness.

Protecting Eyesight:

Carrots and radishes are rich in Beta-Carotene, which converts into Vitamin A to relieve eye fatigue caused by prolonged reading and screen time.

🍴October 《Luncheon Star Newsletter》 : [★Meal Fit B]

Golden Rich Pumpkin Sauce – Immune Shield & Natural Texture

Nutritional Ingredients: Vitamin A, Vitamin C, Potassium.



- **Boosting Respiratory Resistance:** Vitamin A in pumpkin maintains the health of respiratory and intestinal mucosa, building the first line of immune defense for students during seasonal changes.

Fresh Lemon & Herb Sauce – Appetite-Stimulating & Low-Sodium Hero

Nutritional Ingredients: Rich in Vitamin C, Natural Citric Acid, and Antioxidant Herbs.

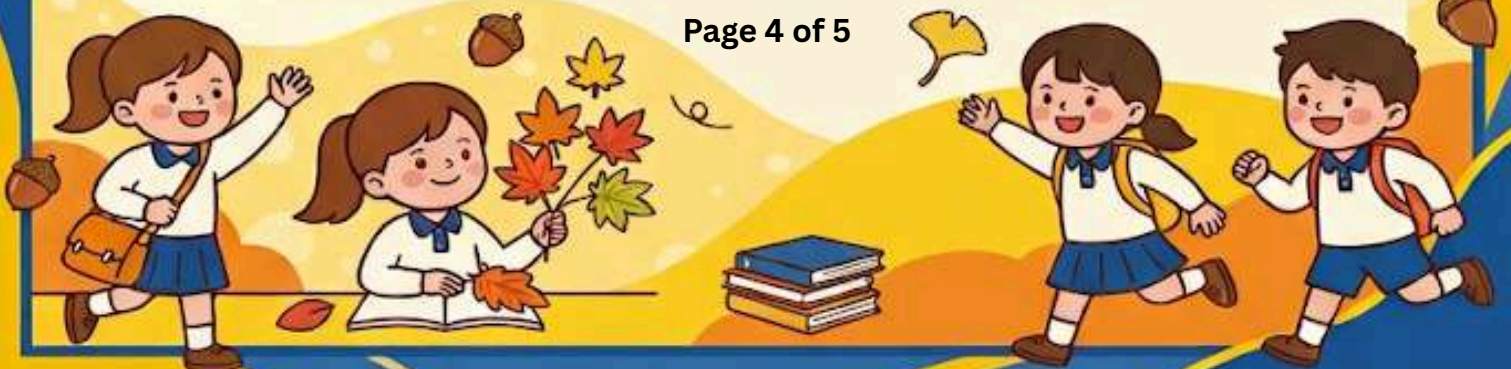


Vitamin C & Quality Protein:

Stimulating Appetite & Reducing Sodium:

Natural citric acid delivers a refreshing taste that stimulates saliva secretion and appetite. The natural citrus aroma and herbal flavors replace excessive salt, helping students cultivate a preference for lighter, healthier flavors from a young age.

Low-fat chicken breast offers rich, high-quality animal protein and essential amino acids, serving as a key building block for students' muscle development and tissue repair. Vitamin C helps strengthen immunity and support cellular health.



 October 《Luncheon Star Newsletter》 : [★Meal Fit B] Fresh Tomato & Vegetable Sauce —
Gut Health & Antioxidant Shield

Nutritional Ingredients: Lycopene, Quercetin,
and Rich Dietary Fiber.



- **Antioxidant Protection & Immune Boost:** Cooked tomatoes release abundant lycopene, which works together with quercetin from onions to clear free radicals in the body and reduce daily fatigue in students.
 - **Supporting Gut Function:** Paired with corn rice and dietary fiber from various vegetables, it promotes intestinal peristalsis, maintains digestive health, and prevents constipation.
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 🍌 Nutritionist's Tip: 🍌

For students who don't usually enjoy eating large pieces of vegetables, these specially blended vegetable sauces have integrated essential nutrients directly into the sauce base. Mixing it with rice allows you to effortlessly consume required micronutrients without even realizing it! ❤️

LUNCHEONSTAR NUTRITIONIST: HOLLIE CHIU