



# 素食有妙法



## 為什麼要吃素食？

許多願意追求健康生活的人都會嘗試選擇素食，由於素食本身含低飽和脂肪及高纖維素，有助減輕及維持體重，研究亦確實指出減少吃肉尤其精製肉類能大大減低大腸癌，使素食變得越來越受歡迎。

### 素食的基礎飲食

素食以豆類、豆腐、果仁、種子、水果和蔬菜為基礎的飲食，另一類為大米，燕麥，麵包和麵食等全穀物。

### 素食者需關注的營養

想要實現營養均衡的素食，就要注意以下四種營養素的攝取，才可以在素食的同時保持身體健康運作。

- 蛋白質
- 維生素B12
- 鐵質
- 鈣質

素食者要特別注意營養配搭，以確保充足的鐵質，例如：

- 豆類：鷹嘴豆，豆類，豆腐；
- 果仁：腰果，南瓜籽；
- 蔬菜：羽衣甘藍，菠菜；
- 乾果類：杏脯乾，無花果乾，葡萄乾
- 藜麥

\*亦要多攝取維他命C，如豐富的水果及沙律菜以加強鐵質的吸收

**微量礦物質：**兩粒巴西果仁已經滿足你幾乎一天的硒。除了全穀麥，果仁及種子，面豉湯亦含豐富的鋅！

### 藜麥

藜麥是一種富含多種營養素的食物，被稱為素食的獨特選擇。它包含豐富的蛋白質、鐵、維生素B12、葉酸和其他維生素，不同於穀物，屬於種子類食品，最初起源於南美，後期引進到其他國家。



巴西果仁蘊含豐富硒有助強化肌肉、頭髮、指甲

| 礦物質(毫克)<br>每100克份量 | 藜麥    | 白米    | 全穀麥   |
|--------------------|-------|-------|-------|
| 鈣                  | 148.7 | 6.9   | 50.3  |
| 鐵                  | 13.2  | 0.7   | 3.8   |
| 鎂                  | 383.7 | 137.8 | 467.7 |
| 鋅                  | 4.4   | 0.6   | 4.7   |

比較藜麥及其他食物的礦物質含量,明顯藜麥的鐵質相比豐富

### 膳食及營養部

如有任何疑問或營養諮詢，請致電營養師：

荃灣 2275 6979 或 Whatsapp 9135 5079 / 香港司徒拔道 3651 8742 或 Whatsapp 6112 5051



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若素食者嚴格排除蛋及奶類,那只有靠添加維他命B12 的食品及補充劑來攝取維他命B12。

## 素食之旅新常態

烹調素食可以嘗試用素食材料例如各種豆類和堅果藉以代替傳統的肉來煮湯的,配合顏色鮮艷的根莖部及果仁作湯料,五穀方面就多混合藜麥於白米中,同時逐漸減低每餐進食肉類的份量,餐與餐之間會飲用加鈣豆奶來補充蛋白質,甚至於每日三餐之中選擇一餐作全素食。

## 建議菜譜-素湯

利用植物和根莖成分取代肉類來製作湯水,例如:紅菜頭、紅蘿蔔、甜玉米配以果仁、栗子、紫洋蔥。這個湯脂肪含量低但卻含豐富礦物質,果仁本身蛋白質豐富亦蘊含豐富奧米加三油,故此建議你必需連湯渣吃。

## 結論

素食的好處多,越來越多的支持者得出的結論都認同透過精心的素食編排,素食選擇是可以達致營養均衡的,亦能維持健康的生活,使我們遠離疾病。不妨鼓勵自己轉換一個全新的進餐方式或考慮成為半素食者。



混合藜麥於白米



素湯顏色繽紛,營養不遜色於熬製而成的肉湯

參考:

- Food Fact Sheet- Plant Based Diet. British Dietetics Association (BDA)
- Nutrition and Healthy eating (2019). Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/vegetarian-diet/art-20046446>
- S Singh et al (2016). Quinoa, functional superfood for today's worlds. A Review. World Scientific News. WSN (58)84-96. [www.worldscientificnews.com](http://www.worldscientificnews.com).
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# Wonderful ways to be vegetarians



## Why Choose Vegetarian eating?

Many people who are willing to pursue a healthy life will try to choose a vegetarian diet. Since vegetarian food itself contains low-saturated fat and high fiber, it helps to maintain and lose weight. Studies have indeed emphasized that reducing meat consumption, especially refined meat, can greatly reduce the risk of colorectal cancer. Vegetarian food is becoming more and more popular.

### Foundations of a Vegetarian Diet

A vegetarian diet centers around legumes, tofu, nuts, seeds, fruits, and vegetables, supplemented by whole grains such as rice, oats, bread, and pasta.

### Nutritional Concerns for Vegetarians

To achieve nutritional balance on a vegetarian diet, attention must be paid to the intake of four key nutrients to maintain optimal body function:

- Protein
- Vitamin B12
- Iron
- Calcium

Vegetarians should focus on combining nutrients to ensure adequate iron intake. Examples include:

- **Legumes:** Chickpeas, lentils, tofu
- **Nuts:** Cashews, pumpkin seeds
- **Vegetables:** Kale, spinach
- **Dried fruits:** Apricots, figs, raisins
- **Quinoa**

\*Additionally, increasing vitamin C intake through fruits and leafy greens enhances iron absorption.

**Micronutrients:** Two Brazil nuts provide nearly a day's worth of selenium. Apart from whole grains, nuts, and seeds, miso soup is also rich in zinc!

### Quinoa

Quinoa stands out as a nutrient-rich food and a unique choice for vegetarians. It contains abundant proteins, iron, vitamin B12, folate, and other vitamins. Unlike grains, quinoa belongs to the seed category and originally hails from South America, later brought into other countries.



**Brazil nuts are rich in selenium, aiding in muscle, hair, and nail strength.**

| Minerals(mg)<br>Serving Size per 100g | Quinoa | White Rice | Whole Grain |
|---------------------------------------|--------|------------|-------------|
| Calcium                               | 148.7  | 6.9        | 50.3        |
| Iron                                  | 13.2   | 0.7        | 3.8         |
| Phosphate                             | 383.7  | 137.8      | 467.7       |
| Zinc                                  | 4.4    | 0.6        | 4.7         |

**Comparing mineral content, quinoa notably surpasses other foods in iron.**



# Wonderful ways to be vegetarians



For strict vegetarians excluding eggs and dairy, vitamin B12 must be obtained from fortified foods and supplements.

## The New Normal of Vegetarian Journey

In vegetarian cooking, one can explore using plant-based ingredients like various beans and nuts as substitutes for traditional meats in soups. Vibrant root vegetables and nuts can be incorporated into soups, with a blend of grains like quinoa with white rice, gradually reducing meat consumption per meal. Calcium-fortified soy milk can supplement protein intake between meals, even opting for a fully vegetarian meal once a day.



**Mix quinoa with white rice.**

## Recommended Recipe - Vegetarian Soup

Utilize plant-based and root ingredients instead of meat to prepare soups, for instance: beetroot, carrots, sweet corn paired with nuts, barley, purple onions. This low-fat soup is rich in minerals, with nuts providing plenty of protein and omega-3 oils. Therefore, it is recommended to consume the residue of the soup.

## Conclusion

The benefits of vegetarianism are abundant, and more supporters are concluding that with thoughtful planning, a vegetarian diet can achieve nutritional balance and sustain a healthy life, keeping us away from diseases. Encourage yourself to embrace a new dining approach or become a semi-vegetarian.



**Vegetarian soups are colorful and nutritionally comparable to meat-based broths.**

### References:

- Food Fact Sheet- Plant Based Diet. British Dietetics Association (BDA)
- Nutrition and Healthy eating (2019). Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/vegetarian-diet/art-20046446>
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