

營養知識 101 - 果仁 (Part 1)

果仁的營養價值豐富，它含有豐富蛋白質、不飽和脂肪酸、維他命E、膳食纖維、多酚類抗氧化物及礦物質如錳、銅、硒。

現時有眾多研究顯示恆常進食果仁帶有很多益處，例如能有助降低壞膽固醇及血脂，抗炎，控制體重和減低心血管疾病風險。果仁的不飽和脂肪含量高(佔總脂肪量70-80%)，因此卡路里亦不算低(平均每100克含600卡路里，相等於三碗飯)，但由於同時含豐富的膳食纖維(每100克含7克)，有助增加飽肚感，只要適量地在餐與餐之間用作為小食，能有助控制體重。

有一項為期三個月的研究發現有恆常進食約50克杏仁的過重人士，它們的體重所減的幅度較沒有進食杏仁的高近3倍。美國心臟協會建議每週應進食至少4份果仁，而每份相等於1.5安士(42克)或大約一隻掌心左右。



Nutrition 101 – Nuts (Part 1)

Nuts are nutritious dietary sources of nutrients such as protein, unsaturated fats, vitamin E (also called Tocopherol), dietary fibre, polyphenol antioxidants, as well as minerals like manganese, copper, and selenium.

Currently, numerous studies have shown habitual consumption of nuts confers several health benefits, such as lowering the “bad” LDL cholesterol and triglycerides, promoting anti-inflammatory activities, assisting in weight management, and reducing the risk of cardiovascular diseases. Nuts are high in calories (in average 600kcal per 100g, equivalent to that of 3 bowls of rice) due to their high unsaturated fat contents (about 70-80% of total fat content); however, given the presence of dietary fibre (7g per 100g) which promotes satiety, they can be beneficial in weight management when eaten between meals as snacks in moderation.

A 3-month study has found that overweight people with regular intake of almonds have lost nearly 3 times as much weight than those who do not eat almonds. The American Heart Association suggests an intake of at least 4 servings of nuts weekly, with each serving being 1.5 ounce (42g) or approximately a handful.

Food and Dietetic Dept

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