

## 營養知識 101 - 果仁 (Part 2)

果仁的種類繁多，包括有杏仁，核桃，腰果，開心果，巴西堅果等。雖則大部分它們的營養價值相近（除了巴西堅果含極高的硒質），但有某些的碳水化合物含量較高，例如腰果（每100克含30.2克）和開心果（每100克含27.2克）。對於糖尿病人士，營養師建議可盡量選擇含碳水較低的果仁，例如核桃（每100克含13.7克）或巴西堅果（每100克含11.7克）。

市面上有很多各色各樣不同口味的果仁，大部分的鈉質含量較高，建議應盡量選擇原味較佳。另外，有腸易激綜合症的人士，營養師建議避免進食過多含大量低聚半乳糖的腰果和開心果，並可以選擇其他果仁代替。



## Nutrition 101 - Nuts (Part 2)

There are different varieties of nuts, for instance Almonds, Walnuts, Cashews, Pistachios, Brazil nuts, just to name a few. Despite a similar nutritional profile from the majority (except for Brazil nuts with extraordinarily high selenium contents), some are more carbohydrate-dense than the other, particularly Cashews (30.2g per 100g) and Pistachio (27.2g per 100g). For those with diabetes, nuts with lower carbohydrates, such as Walnuts (13.7g per 100g) and Brazil nuts (11.7g per 100g) might be better options.

There are lots of different flavoured nuts currently available in the market, but not necessarily all are suitable for everyone, especially most of them are high in salt content. Thus, it is recommended to pick the plain flavour. Meanwhile, people with irritable bowel syndrome are best to avoid Cashews and Pistachios due to their high Galacto-oligosaccharides content, and replace them with other kinds of nuts.

### Food and Dietetic Dept

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