

「每日二加三」是甚麼？

近年，廣泛的研究指出，進食足夠的蔬菜和水果能有助預防多種主要疾病。全球疾病負擔研究顯示，於2019年，低水果和低蔬菜飲食導致的死亡人數分別達105萬和52.9萬人。因此，我們建議在均衡飲食中，每天應進食**最少兩份水果和三份蔬菜**（每份約重80克），以促進健康。

為何進食足夠的蔬果如此重要？

大部份水果與蔬菜都是天然低脂和低熱量食物，同時能為人體提供各種營養要素和預防疾病的物質，如維生素、礦物質、水分、膳食纖維和植物化合物等。不同研究亦顯示，在均衡飲食中進食足夠蔬果，**能有助預防多種主要疾病和健康問題**，如高血壓、糖尿病、中風、心臟病、一些癌症和肥胖等。

是不是單靠「每日二加三」就能做到飲食與營養均衡？

沒有一種食物能為我們提供所有維持健康所需的營養素，因此我們建議你參考以下均衡飲食的主要原則：

- 選擇不同種類食物
- 以全穀類食物作為每餐主要食物
- 進食充足的蔬菜水果
- 進食適量肉、魚、蛋、奶類和其代替品
- 減少進食加工或醃製食品，以及高脂、高鹽或高糖的食物
- 喝足夠的流質（包括清水、清茶和清湯）
- 飲食要定時定量
- 均衡飲食之餘，也要多做運動，保持適中的體重

計算兩份水果時，有甚麼可以包括在內？

以下類型的水果均可以計算在「兩份」之內，但應盡可能選擇新鮮的水果：

- 新鮮、罐頭和冷藏水果（添加大量糖分的水果〔如甜品〕和天然高脂肪的水果〔如椰子、榴槤和牛油果〕除外）
- 沒有添加糖或鹽的乾果和乾棗類
- 沒有添加糖的純果汁*



進食不同種類的水果有助攝取不同的營養素。「一份水果」約等於：

- 兩個小型水果（如布祿和奇異果）
- 一個中型水果（如橙和蘋果）
- 半個大型水果（如香蕉、西柚和楊桃）
- 半碗水果塊（如西瓜、哈密瓜和蜜瓜）
- 半碗顆粒狀水果（如提子、荔枝、車厘子和士多啤梨）
- 一湯匙沒有添加糖或鹽的乾果（如提子乾和西梅乾）
- 四分三杯沒有添加糖的純果汁*（如鮮橙汁連果肉）

（註：一湯匙 ≈ 15毫升；一杯 ≈ 240毫升；一碗 = 250-300毫升）

*與原個水果比較，純果汁含較高的糖分，但膳食纖維含量較低，建議進食原個水果。此外，飲用多於四分三杯（180毫升）的純果汁也只會當作一份水果計算。

計算三份蔬菜時，有甚麼可以包括在內？

以下類型的蔬菜均可以計算在「三份」之內，但應盡可能選擇新鮮的蔬菜：

- 新鮮、罐頭和冷藏蔬菜（醃製的蔬菜，如鹽醃和醋漬蔬菜除外）
- 根莖及瓜類植物（馬鈴薯、番薯和木薯除外）
- 豆類、菇菌類、海藻和芽菜類
- 沒有添加糖或鹽的純蔬菜汁^



進食不同種類的蔬菜有助攝取不同的營養素。「一份蔬菜」約等於：

- 一碗未經烹調的葉菜（如生菜和紫椰菜）
- 半碗煮熟的蔬菜，包括葉菜、芽菜、瓜類、豆類或菇菌（如菜心、芥蘭、菠菜、白菜、豆芽、茄子、紅蘿蔔、荷蘭豆和金菇）
- 四分三杯沒有添加糖或鹽的純蔬菜汁^（如新鮮番茄汁連渣）

（註：一杯 ≈ 240毫升；一碗 = 250-300毫升）

^純蔬菜汁的膳食纖維含量較少，且營養素亦不及新鮮時令的蔬菜，因此飲用多於四分三杯（180毫升）的純蔬菜汁也只會當作一份蔬菜計算。

有甚麼簡易的方法能助我進食更多蔬果？

- 以新鮮水果取代糖果、朱古力和甜品
- 煲湯時不妨少放些肉類，並多以蔬菜和水果作食材
- 多自備飯盒，減少外出進餐，並確保飯盒裏有最少三分之一是蔬菜
- 選購食物時，無論是午餐或晚餐，都應為每人準備最少三至四兩（一兩約等於38克）的蔬菜
- 把肉類釀進瓜類中，如節瓜和茄子
- 番茄、洋蔥、青椒、紅椒和菇菌等多種蔬菜都很適合配搭肉類入饌，宜多採用
- 吃自助餐時，可先吃沙律
- 帶備一些容易去皮和進食的水果，並以此作小食，例如香蕉、布祿、提子和梨
- 確保家裏經常儲備充足新鮮蔬果
- 蔬果的烹調時間不宜過長以減少營養素的流失

每天在均衡飲食中，進食最少兩份水果和三份蔬菜有助促進健康！



衛生防護中心網頁
Centre for Health Protection Website
www.chp.gov.hk



健康飲食專題網頁
EatSmart Website
www.eatsmart.gov.hk



水果蔬菜不可少
日日記得二加三
Enjoy Fruit and Vegetables Every Day
Two plus Three is the Way

衛生署健康教育專線

Health Education Infoline of the Department of Health 2833 0111

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Enjoy Fruit and Vegetables Every Day

Two plus Three is the Way



What is "2 Plus 3 A Day" ?



Extensive studies in recent years show that eating enough fruit and vegetables can help prevent many major diseases. According to the Global Burden of Disease Study, diet low in fruit and vegetables was responsible for 1.05 million and 529,000 deaths in 2019 respectively. We, therefore, recommend a daily intake of **at least 2 servings of fruit and 3 servings of vegetables** (about 80 grams per serving) as part of a balanced diet in order to promote optimal health.

Why is it important to consume adequate amounts of fruit and vegetables?

Most fruit and vegetables are naturally low in fat and calories while offering a wide range of nutrients and disease-preventing substances such as vitamins, minerals, water, dietary fibre and phytochemicals. Various researches also revealed that adequate intake of fruit and vegetables as part of a balanced diet can **help prevent many major diseases and health problems** such as hypertension, diabetes, stroke, heart diseases, certain cancers and obesity.

"2 Plus 3 A Day" Is that all we need to do to achieve a nutritionally-balanced diet?

There is no single food which can provide us with all the nutrients we need to stay healthy. Thus, follow these key principles of a balanced diet:

- Choose a variety of foods
- Consume whole grains as the major component of each meal



- Eat plenty of fruit and vegetables
- Eat adequate amounts of meat, fish, eggs, milk and their alternatives
- Eat less processed or preserved foods and foods that are high in fat, salt or sugar
- Drink an adequate amount of fluids (such as water, tea and clear soup)
- Have regular meals
- Balance your food intake with regular exercise and maintain a healthy weight

What counts as 2 servings of fruit?

The following can count towards 2 servings of fruit. You should, however, choose fresh fruit whenever possible:

- Fresh, canned and frozen fruits (except fruit desserts with a lot of added sugar and fruits that are naturally high in fat such as coconuts, durians and avocados)
- Dried fruits and dates without added sugar or salt
- Pure fruit juice without added sugar*



Eating a variety of fruits helps you obtain different nutrients. One serving of fruit is approximately equivalent to:

- 2 pieces of small-sized fruit (e.g. plum and kiwi fruit)
- 1 piece of medium-sized fruit (e.g. orange and apple)
- ½ piece of large-sized fruit (e.g. banana, grapefruit and star fruit)
- ½ bowl of fruit cuts (e.g. watermelon, cantaloupe and honeydew melon)

- ½ bowl of mini-sized fruit (e.g. grapes, lychees, cherries and strawberries)
- 1 tablespoon of dried fruit without added sugar or salt (e.g. raisins and prunes)
- ¾ glass of pure fruit juice without added sugar* (e.g. fresh orange juice with pulp)

(Remarks: 1 tablespoon ≈ 15 ml; 1 glass ≈ 240 ml; 1 bowl = 250-300 ml)

* Compared to a whole fruit, pure fruit juice contains less dietary fibre but a much higher sugar content. It is advisable to consume the whole fruit. Besides, pure fruit juice in excess of ¾ glass (180 ml) will still be counted as one serving of fruit only.

What counts as 3 servings of vegetables?

The following can count towards 3 servings of vegetables. You should, however, choose fresh vegetables whenever possible:

- Fresh, canned and frozen vegetables (except preserved vegetables, such as salt-cured and pickled vegetables)
- Root and gourd vegetables (excluding potatoes, sweet potatoes and cassava)
- Beans, peas, mushrooms, seaweeds and sprouts
- Pure vegetable juice without added sugar or salt^



Eating a variety of vegetables helps you obtain different nutrients. One serving of vegetables is approximately equivalent to:

- 1 bowl of raw leafy vegetables (e.g. lettuce and purple cabbage)
- ½ bowl of cooked vegetables, including leafy vegetables, sprouts, gourds, beans or mushrooms (e.g. Chinese flowering cabbage, Chinese kale, spinach, white cabbage, bean sprouts, eggplant, carrot, snow pea and enoki mushroom)

- ¾ glass of pure vegetable juice without added sugar or salt^ (e.g. fresh tomato juice with pulp)

(Remarks: 1 glass ≈ 240 ml; 1 bowl = 250-300 ml)

^ Pure vegetable juice contains less dietary fibre and nutrients in content. Besides, pure vegetable juice in excess of ¾ glass (180 ml) will still be counted as one serving of vegetables only.

What are some easy ways to increase fruit and vegetable intake?

- Replace candies, chocolate and desserts with fresh fruits
- Use less meat and more vegetables and fruits when cooking soups
- Bring your own lunch box more frequently instead of eating out. Fill at least one-third of your lunch box with vegetables
- When shopping for ingredients, whether for lunch or dinner, buy at least 3 to 4 taels (1 tael is equivalent to about 38 grams) of vegetables for each person
- Gourds such as hairy gourds and eggplants can be filled with meat stuffing
- Cook vegetables that go well with meat. Examples are tomatoes, onions, green and red sweet peppers and mushrooms
- When you visit a buffet restaurant, start with the salad bar first
- Bring along fruits that can be easily peeled or eaten as a healthy snack. Examples are bananas, plums, grapes and pears
- Always keep a good stock of fresh fruit and vegetables at home
- Do not overcook fruit and vegetables to minimise nutrient loss

Having at least 2 servings of fruit and 3 servings of vegetables every day as part of a balanced diet helps promote health!