

Is it normal to have more gas and flatulence? 食素後，腸胃出現氣脹是否正常？

Gas production is a normal phenomena of the intestine and is a result of fermentation of undigested carbohydrates in the large intestine. To reduce gas production, consume fewer beans or bean products, and more high fibre foods to encourage the growth of beneficial bacteria- which helps digest the sugar in beans, thereby reducing gas production.

腸道產生氣體是正常的生理現象，源於未完全消化的碳水化合物在腸裡內發酵，繼而產生氣體所致。想改善情況，宜適量攝取豆制品，並多吃含有纖維素的食物，以促進腸道有益細菌生長，幫助分解豆類糖份，繼而減少氣體產生。

What is a vegetarian food pyramid? 甚麼是素食食物金字塔？

Vegetarian Diet Pyramid 素食者的食物金字塔

Based on traditional eating patterns of healthy vegetarians across cultures
素食食物金字塔是根據不同文化素食者的健康飲食習慣綜合而成的。

Sweets 甜點
Eggs 蛋

Optional, occasionally,
or in small quantities
偶然吃一次或只吃少量

Egg Whites 蛋白
Soy Milk 豆漿或豆奶
Dairy 奶類食品

Nuts 果仁
Seeds 種子

Plant Oils 植物油

Whole grains 全麥

At every meal 每餐

Fruits 水果
Vegetables 蔬菜



Drink enough water every day
for good health
每日飲足夠的開水

Legumes (soybeans, peanuts
and other legumes)
豆類 (大豆、花生和其它豆類)

Daily exercise or
physical activity
每日做適量運動或體力活動



Map 路線圖



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Why a Vegetarian Diet? 為甚麼要食素？



How does a vegetarian diet contribute to my health? 素食怎樣令我更健康？

A vegetarian diet is naturally high in fibre, phytochemicals, vitamins and minerals. It is low in both saturated fat and cholesterol. There is convincing evidence showing a vegetarian diet is effective in the prevention and/ or treatment of numerous chronic diseases including heart disease, hypertension, stroke, cancer, obesity, diabetes, gallbladder disease, arthritis, kidney disease, gastro-intestinal disorders and asthma.

素食的飽和脂肪和膽固醇含量少，纖維、植物生化素(植物化學成份)、維他命和礦物質的含量豐富。同時，可信的報告指出，素食能有效預防甚至治療多種慢性病，例如心臟病、高血壓、中風、癌症、癰肥、糖尿病、膽囊疾病、關節炎、腎病、腸胃失調和哮喘等。

Are there enough nutrients? 素食能否提供充足營養？

A well-designed vegetarian diet consists of whole grains, vegetables, fruits, legumes and nuts, which can fulfill your daily nutrient needs. Choosing enriched plant-based milk, fortified juices and breakfast cereals also add more minerals and vitamins to your diet.

均衡的素食能提供身體每日所需營養。理想的素食餐單應包括全穀類食品、蔬菜、水果、豆類和果仁。亦可選添加了營養素的植物奶、果汁和穀物片，以攝取更多礦物質和維他命。

Is it suitable for pregnant and lactating women? 素食是否適合懷孕和餵養母乳的婦女？

A well-balanced vegetarian diet with minor modifications to the nutrients and the number of food servings can help ensure sufficient weight gain and adequate folate intake during pregnancy. It is also capable of providing enough nutrients to a lactating mother and her baby.

懷孕或餵養母乳的婦女的素食餐單需按營養需要微調或改變份量。這樣既維持均衡營養，又可以確保準媽媽於懷孕期間增加適當體重和攝取足夠的葉酸，餵養母乳的媽媽及其寶寶也能攝取足夠的營養。

Will I obtain adequate iron from the diet? 我可以透過素食吸收足夠鐵質嗎？

When compared to a non-vegetarian diet, a vegetarian diet allows us to ingest 50% more vitamin C, which aids iron absorption. By consuming more iron-rich plant foods (such as dried fruits, whole wheat bread, and soybeans) and iron-fortified foods (such as enriched breakfast cereal or soy milk), we can ensure an adequate iron intake from the diet.

維他命C有助身體吸收鐵質，素食餐單的維他命C含量，比非素食餐單多近50%。只要多吃鐵質含量豐富的植物性食物如乾果、全麥麵包和大豆等，或添加了鐵質的早餐穀物及豆奶，就能確保吸收到足夠鐵質。

Is the diet suitable for my child / infant? 素食是否適合幼童或初生嬰兒？

Infants and children have very different nutritional needs than adults. They are growing rapidly and require more protein, fat, vitamins, and minerals per pound of body weight when compared to adults. Since a vegetarian diet contains less fat and energy, children need a specially designed vegetarian diet in order to reach the amount of nutrients needed for healthy growth. Breast-feeding is recommended for infants up to one year of age, or supplemented with baby formula.

嬰幼兒的營養需求與成年人不同。他們生長速度快，增加一磅體重所需的蛋白質、脂肪、維他命和礦物質比成年人多，而素食提供的脂肪和熱量相對較低。我們建議媽媽以母乳哺餵嬰兒至一歲，又或選擇市面上的嬰兒配方奶粉補充營養。同時，幼兒的素食餐單須特別設計，以確保能滿足其成長所需。

Formula for Success 成功之道

There are three parts to the formula:
這條程式有三分：

Breast Milk
母乳

Appropriate Solids
適當的固體食物

Sufficient Calories
足夠的卡路里

One Healthy
Vegetarian Baby
健康成長的
素食寶寶

Will I obtain adequate calcium from the diet? 我能從素食攝取足夠鈣質嗎？

You will be able to obtain adequate calcium by eating calcium- rich greens every day, such as kale, asparagus, broccoli, okra, bok choy, spinach, as well as calcium-set tofu, figs, almonds, sesame seeds and white beans. Consuming more of these foods everyday will ensure a sufficient calcium intake. Choosing calcium-fortified beverages such as plant-based milk or fruit juices also promote calcium absorption.

不少素食食材含有豐富鈣質，綠葉蔬菜如羽衣甘藍、蘆筍、西蘭花、秋葵、白菜、菠菜，還有傳統硬豆腐、無花果、杏仁、芝麻和白豆，多吃可確保攝取充足的鈣質。選擇添加了鈣質和維他命D的植物奶和果汁，也有助促進鈣質吸收。

Will a vegetarian diet provide the protein that my body needs after surgery? 手術後，素食能提供足夠的蛋白質以應付康復期的身體需要嗎？

For those who are recovering from burns or surgery, at least 20% of your daily caloric intake needs to be derived from protein in order to rebuild tissue. The protein in foods such as tofu, beans and nuts are as digestible as those in animal products, so a well-balanced vegetarian diet can easily fulfill the body's need for protein during the recovery stage.

燒傷或手術後，因為身體會重新長出細胞，所以每天需要攝取最少20%源自蛋白質的熱量。豆腐、乾豆、堅果類等的蛋白質與動物性蛋白一樣容易消化和吸收。因此，只要維持均衡飲食，素食都能滿足康復期身體所需的蛋白質。