

孕期需要服用鈣片嗎？

Is calcium supplementation necessary during pregnancy?

懷孕期間是否需要補充鈣片，關鍵在於孕婦的日常飲食是否能提供足夠的鈣質。鈣質對胎兒骨骼發育和孕婦骨骼健康非常重要，並有助於降低早產、妊娠高血壓和妊娠毒血症（懷孕後期出現高血壓和蛋白尿）的風險。

建議孕婦每日攝取1,000 毫克的鈣質。奶製品（芝士、乳酪）、加鈣豆奶、硬豆腐、芝麻和深綠色蔬菜等都是鈣質的良好來源。例如，一杯（240 毫升）加鈣豆奶配搭一磚板豆腐，便能滿足每日鈣質的需求。此外，適量接觸陽光有助身體合成維他命D，進而促進鈣質的吸收。

如果飲食中的鈣質不足，建議在醫護人員指導下補充鈣片，以免過量攝取對健康造成危害。

The need for calcium supplementation in pregnant women depends on whether their dietary calcium intake meets daily requirements. Calcium is essential for fetal bone development and maternal bone health, and it may reduce the risk of preterm birth, gestational hypertension, and preeclampsia—a condition characterized by high blood pressure and protein in the urine during the later stages of pregnancy.

The recommended daily calcium intake for pregnant women is 1,000 mg. To achieve this, it is beneficial to include calcium-rich foods in the diet, such as dairy products (cheese and yogurt), calcium-fortified soy beverages, firm tofu, sesame seeds, and dark green vegetables. For example, a cup (240 ml) of calcium-fortified soy milk with a block of firm tofu can meet daily calcium requirements. Exposure to sunlight also aids the body in producing vitamin D, which enhances calcium absorption.

If dietary intake is insufficient, calcium supplements may be considered under the guidance of healthcare professionals, as excessive calcium can be harmful to health.



References

1. Family Health Service. (2024, October). *Meeting your calcium needs*. Family Health Service. https://www.fhs.gov.hk/english/health_info/woman/30120.html
2. National Institutes of Health. (2025). *Calcium - Health professional fact sheet*. U.S. Department of Health & Human Services. <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/#h8>