



外出飲食替換指引

Dining Out

Food Swaps Guide

運動營養教育系列手冊 XXI
Sport Nutrition Education Series XXI



以上資料由精英訓練科技科轄下的運動營養監控中心提供，只供參考。
歡迎轉載以上資料，惟事先須得本院許可；轉載時亦須鳴謝本院。

The above information is provided by the Sport Nutrition Monitoring Centre of the
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外出進食的重點

外出用膳時運動員未必能輕易了解食物中的營養，有見及此，本指引提供香港餐廳常見食物和飲品的營養資料，亦列出較健康的替代，冀望能助你達致個人的營養目標。

◆ 選擇較低脂的食物，減少或避免煎炒炸食物

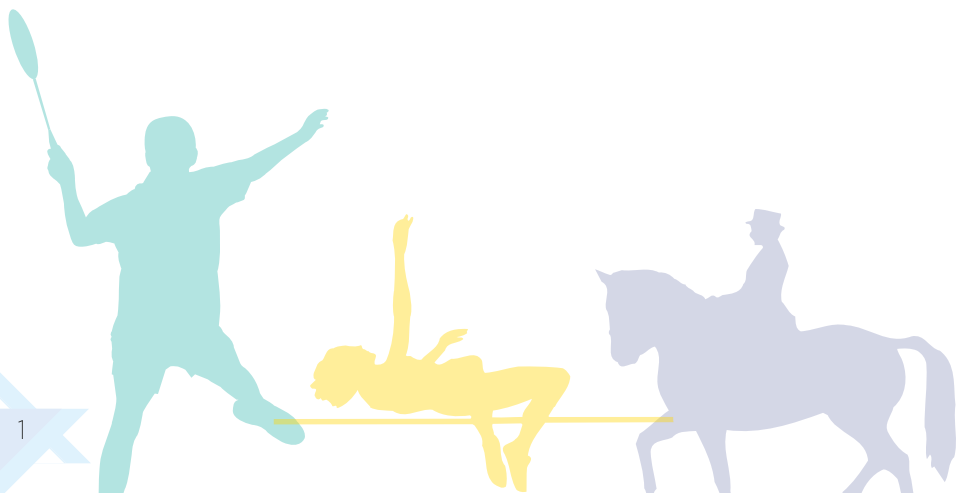
- 選擇較低脂的肉類，如豬柳、瘦豬扒、牛柳、西冷、牛腱等，因為它們的脂肪含量一般均少於百分之十五。不宜常吃豬腩肉、排骨、牛腩、牛肋骨、肉眼扒等脂肪比例較高的肉類。
- 油炸過程令食物脂肪含量增加，油炸、油泡、紅燒的菜式均含有較高脂肪，宜以白焯、蒸、烤的菜式取代。

◆ 選擇較低糖的飲品

- 餐廳飲品的糖分一般較多，尤其是凍飲品，不知不覺間就會攝入過量熱量。故宜在餐廳中叫少／走甜飲品，或無糖飲品。
- 大部份預先包裝的飲品都加入大量糖分（有些飲品一支所含有的糖分已高於每日建議攝取量的一半），所以在購買飲品時可選擇無糖或低糖版本。
- 避免選擇加入花奶的飲品（如咖啡、奶茶等飲品）。

◆ 選擇較多蔬菜的菜式以攝取足夠維生素、礦物質和纖維素

- 外出用膳時容易忽略蔬菜，建議多點一碟時令蔬菜，或蔬菜配肉類的菜式，以每人每餐最少半碗蔬菜為目標。
- 亦可選擇有蔬菜在內的「碟頭飯」，如菜遠肉片飯、蕃茄蛋飯、涼瓜牛肉飯。



Main Points to Remember When Dining Out



Dining out can be tricky as it is not always easy to understand the nutrition. This guide aims to provide nutrition information of foods from local restaurants and offer healthier alternatives to ensure you stay on track with your nutrition strategy.

◆ **Select foods with lower fat content, avoid or limit fried foods (e.g. deep-fried, pan-fried or stir-fried)**

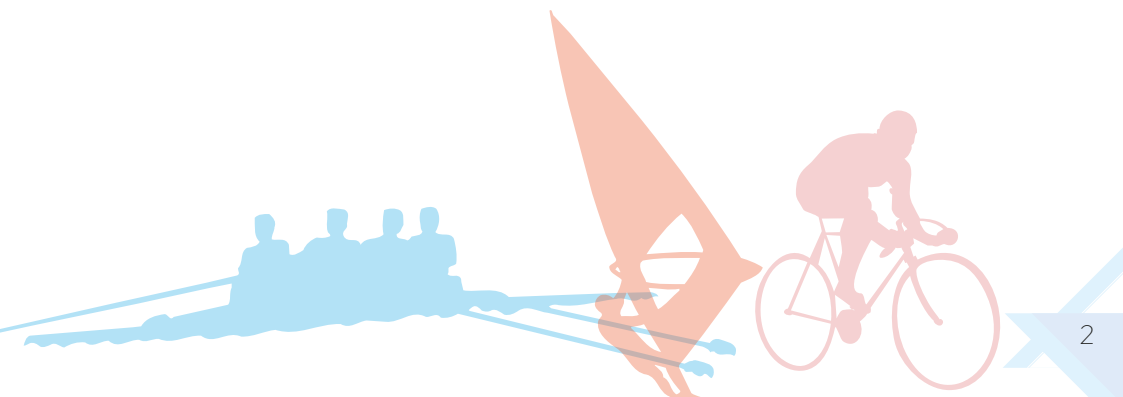
- Choose lean meat – such as pork loin, lean pork chop, beef tenderloin, sirloin and beef shin, as they contain less than 15% of fat. Avoid eating fatty meat cuts such as brisket, ribs and rib eye.
- The frying process increases the fat content of the food. Choose foods cooked by steaming, simmering, boiling or baking instead.

◆ **Select drinks with low sugar content**

- Drinks in restaurants usually contain a high level of sugar, especially cold drinks. Thus, it is easy to get more energy than we need without noticing. Order drinks with “less sweet”, less sugar or no sugar to avoid excess energy intake.
- Most packaged drinks have a high sugar content (some drinks contain more sugar than half of the daily recommended sugar intake in a bottle). Buy diet drinks or drinks with no added sugar.
- Reduce having drinks with evaporated milk (e.g. coffee, milk tea, etc.).

◆ **Choose more vegetables for adequate vitamins, minerals and fibre**

- It is very common to have a large portion of meat and a small amount of vegetables when dining out. Try to have an extra plate of vegetables or meat dishes with vegetables. Aim for at least 1/2 bowl of cooked vegetables every meal per person.
- Order dishes that have vegetables, or vegetables in a combination, e.g. sliced pork and vegetables with rice, scrambled egg and tomato with rice, sliced beef and bitter melon with rice.



適當的飲食比例是促進運動表現的關鍵

每天訓練的強度都有不一樣，所以運動員應按訓練種類和日程，選擇最合適的飲食比例。



低強度訓練類／體重控制：低訓練量日子包括輕鬆訓練或比賽前調整而不需要增加攝取，需要減體重或熱量需求較少的運動員。

- 五穀類**：佔餐碟的 1/4
- 瘦蛋白質類**：佔餐碟的 1/4
- 蔬菜類**：佔餐碟的 1/4
- 水果類**：佔餐碟的 1/4
- 油脂類**：每餐 1 茶匙



中強度訓練：一般的訓練日即約每天一節技術訓練和一節耐力訓練。

- 五穀類**：約佔餐碟的 1/3
- 瘦蛋白質類**：佔餐碟的 1/4
- 蔬菜類**：約佔餐碟的 1/3
- 水果類**：正餐以外時間進食
- 油脂類**：每餐 1 湯匙



高強度訓練／比賽日：高訓練量的日子即約每天兩節或以上的高強度的訓練，或比賽前需要較多碳水化合物作能量儲備，應在比賽前中後遵循此方法進食。

- 五穀類**：佔餐碟的 1/2
- 瘦蛋白質類**：佔餐碟的 1/4
- 蔬菜類**：佔餐碟的 1/4
- 水果類**：正餐以外時間進食
- 油脂類**：每餐 2 湯匙

Portion Size for Training and Performance

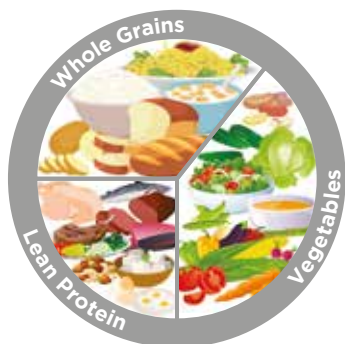


Athletes have different training intensities each day, therefore, it is important to eat for training needs by composing the plate with the correct portion of nutrients.



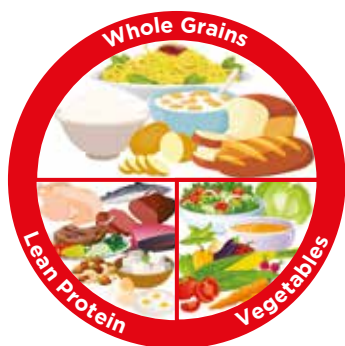
Easy Training/ Weight Control: An easy day may contain just an easy workout or tapering without the need to load up for competition with energy and nutrients. Easy day meals may also apply to athletes trying to lose weight and athletes in sports requiring less energy (calories) due to the nature of their sport.

- Whole Grains** : 1/4 of the plate
- Lean Protein** : 1/4 of the plate
- Vegetables** : 1/4 of the plate
- Fruits** : 1/4 of the plate
- Oil and fats** : 1 teaspoon/ meal



Moderate Training: A moderate day may be one where you train twice but focus on technical skill in one workout and on endurance in the other.

- Whole Grains** : ~1/3 of the plate
- Lean Protein** : 1/4 of the plate
- Vegetables** : ~1/3 of the plate
- Fruits** : As snack (mid-meal)
- Oil and fats** : 1 tablespoon/ meal



Hard Training/Race Day: A hard day contains at least two workouts that are relatively hard or competition. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.

- Whole Grains** : 1/2 of the plate
- Lean Protein** : 1/4 of the plate
- Vegetables** : 1/4 of the plate
- Fruits** : As snack (mid-meal)
- Oil and fats** : 2 tablespoon/ meal

常見食物的營養資料

外出用膳時選擇較合適的食物和飲品，對於改善健康和身體組成必定有幫助。以下列表提供一些香港常見的食物和飲品的營養資料以作參考。（除特別標示以外，所有食物以每食用份量計算）

盡量少吃的選擇

替換

較合適的選擇

西式食肆



快餐店

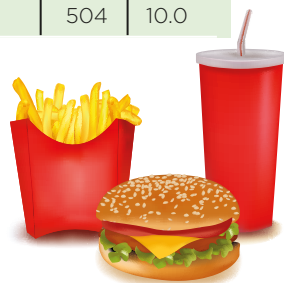
	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
兩層芝士漢堡	434	22.9	芝士漢堡飽	294	12.4
豬柳煎蛋漢堡	427	26.8	魚柳漢堡飽	337	14.4
薯條 (中)	313	16.7	粟米杯	81	2.0
炸雞塊 (6件)	316	21.5	烤雞凱撒沙律	248	11.4
炸雞翼 (4件)	484	33.4	燒雞漢堡飽	358	14.6

薄餅 (以1片大批計算)

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
雜錦薄餅	299	13.0	夏威夷薄餅	259	9.5
烤雞薄餅	274	9.7	素食薄餅	254	9.5

西式意粉/飯

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
葡汁雞皇飯	640	23.0	意式番茄海鮮意粉	468	12.0
千層肉醬闊麵	790	42.8	肉醬意粉	504	10.0



Nutrition Content of Foods from Local Restaurants



A healthier and fitter body composition can be achieved easier, if more appropriate choices are selected when dining out. The following tables contain a reference value for the nutrition content of food items that are commonly seen in Hong Kong. (All food items and drinks are listed as a single food serve unless stated otherwise)

Items that you should choose less of

Substitute

More appropriate items to choose

Western Cuisines

Fast Food Restaurant

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Double cheese large burger	434	22.9	Single cheese burger	294	12.4
Sausage muffin with egg	427	26.8	Fish burger	337	14.4
French fries (medium)	313	16.7	Sweet corn	81	2.0
Chicken nuggets (6 pcs)	316	21.5	Caesar salad with grilled chicken	248	11.4
Fried wings (4 pcs)	484	33.4	Grilled chicken burger	358	14.6

Pizza (Calculated using the amount of 1 piece of large sized pizza)

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Meat pizza	299	13.0	Hawaiian pizza	259	9.5
Chicken pizza	274	9.7	Vegetable pizza	254	9.5

Rice or Pasta

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Portuguese chicken rice	640	23.0	Italian tomato seafood pasta	468	12.0
Lasagna	790	42.8	Spaghetti bolognese	504	10.0





中式食肆

茶餐廳 (麵類)

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
豉椒排骨炒麵	1500	91.0	魚蛋湯粗麵條	340	4.8
干燒伊麵	1300	72.0	牛丸湯河粉	500	7.7
星州炒米	1100	51.0	雲吞湯幼麵條	430	13.2
乾炒牛河	970	33.0	牛肉米粉連湯	430	12.0

茶餐廳 (飯類)

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
菠蘿雞粒炒飯	1500	57.0	冬瓜肉粒湯飯	590	5.1
福建炒飯	1400	45.0	冬菇蒸雞飯	660	18.0
焗豬扒飯	1300	60.0	滑蛋蝦仁飯	750	13.0
咖喱牛腩飯	1300	50.0	時菜肉片飯	750	14.0
揚州炒飯	1200	49.0	鮮茄牛肉飯	720	10.8

茶餐廳 (早餐類)

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
餐肉蛋即食麵	680	38.0	雪菜肉絲湯米粉	350	7.1
沙爹牛肉即食麵	700	32.0	火腿通粉	350	4.9
煎蛋、吉列魚柳	650	43.0	瘦肉粥	300	14.4
腸仔(2條)	179	12.5	牛奶麥皮	64	2.0
奶油多	238	9.1	麥方包多士	182	3.5

Chinese Cuisines



Chinese “Tea Restaurant” (Noodles)

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Fried noodles with preserved black bean, assorted pepper and spare rib	1500	91.0	Wheat noodles (thick) in soup with fish ball	340	4.8
Braised E-Fu noodles	1300	72.0	Flat noodles in soup with beef ball	500	7.7
Fried rice vermicelli (Singapore style)	1100	51.0	Wheat noodles (thin) in soup with wonton	430	13.2
Fried flat noodles with sliced beef	970	33.0	Rice vermicelli (thin) with beef and soup	430	12.0

Chinese “Tea Restaurant” (Rice)

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Fried rice with diced chicken and pineapple	1500	57.0	Rice in soup with winter melon and diced pork	590	5.1
Fried rice (Fujian style)	1400	45.0	Steamed rice with chicken and winter mushroom	660	18.0
Baked pork chop with rice	1300	60.0	Steamed rice with stir-fried egg and shrimp	750	13.0
Steamed rice with curry beef brisket	1300	50.0	Steamed rice with stir-fried vegetable and sliced pork	750	14.0
Fried rice (Yangzhou style)	1200	49.0	Steamed rice with stir-fried tomato and sliced beef	720	10.8

Chinese “Tea Restaurant” (Breakfast)

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Instant noodles in soup with luncheon meat and egg	680	38.0	Rice vermicelli in soup with preserved mustard green and shredded pork	350	7.1
Instant noodles in soup with satay beef	700	32.0	Macaroni with ham	350	4.9
Deep fried fish fillet with scrambled eggs	650	43.0	Minced pork congee	300	14.4
Sausages (2 pcs)	179	12.5	Oats with milk	64	2.0
Condensed milk and butter toast	238	9.1	Toast (wheat bread)	182	3.5

茶樓 (中式點心)

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
鹹水角(3件)	510	23.4	上素蒸粉果(3件)	156	4.5
春卷(3件)	450	33.0	蒸羅漢齋腸粉(1碟)	228	6.3
豉汁蒸排骨(1碟)	260	17.0	蝦餃(4件)	200	8.4
叉燒酥(3件)	600	42.0	白灼生菜(免油)	10	0
煎蘿蔔糕(3件)	325	14.3	蒸蘿蔔糕(3件)	220	9.0

火鍋 (打邊爐)

小貼士:可選擇新鮮蔬菜為主的湯底（如番茄、粟米），避免攝取過量的脂肪。醬料方面，以蔥花、薑絲、鮮蒜茸、芫茜、鮮辣椒絲、乾辣椒粉取代沙爹醬、芝麻醬等高脂醬料。進食次序亦可先吃蔬菜，然後吃澱粉質類（如米粉、烏冬），最後才吃肉類以減少攝取脂肪，亦可避免湯底在一開始就變得充滿油份。肉類則可以選擇較低脂的海鮮來取代肥牛、腩肉等高脂肪肉類。

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
肥牛(100克)	330	29.0	鮮牛肉(100克)	138	5.2
豬腩肉(100克)	518	53.0	鮭魚片(100克)	113	5.2
魚皮餃(4隻)	180	12.0	鮮蝦(100克)	99	1.1
響鈴(100克)	410	17.0	豆腐(100克)	82	3.7
炸魚皮(100克)	600	49.0	茼蒿(100克)	20	0
午餐肉(100克)	334	30.0	金菇(100克)	37	0
公仔麵(1包)	400	18.0	米粉(100克)	88	0.3
沙爹湯底	170	12.0	番茄湯底	38	0.6





Chinese Teahouse (Yum Cha)

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Deep-fried meat dumpling (3 pcs)	510	23.4	Steamed vegetarian dumpling (3 pcs)	156	4.5
Deep fried spring roll (3 pcs)	450	33.0	Steamed rice-flour roll with vegetarian stuffing (1 plate)	228	6.3
Steamed pork ribs with black bean sauce (1 plate)	260	17.0	Steamed fresh prawn dumpling (4 pcs)	200	8.4
Barbecued pork puff pastry (3 pcs)	600	42.0	Boiled headed lettuce (without oil)	10	0
Pan-fried turnip cake (3 pcs)	325	14.3	Steamed turnip cake (3 pcs)	220	9.0

Chinese Hot Pot

Tips: Choose vegetable stock (tomato/corn) as the hot pot base to avoid excess fat intake. For sauce, use fresh scallions, shredded ginger, parsley, fresh garlic, chili or dried chili flakes to replace satay sauce or sesame dressing as they are high in fat content. During the meal, you should start with vegetables first, then carbohydrates (eg. noodles or udon), and finish with meat at the end to lower fat intake and avoid turning the hot pot base oily too soon. Choose seafood to replace meats with fatty cuts.

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Slices of beef with fat (100g)	330	29.0	Fresh lean beef (100g)	138	5.2
Slices of pork belly (100g)	518	53.0	Fresh grass carp fish slices (100g)	113	5.2
Meat dumpling with fish skin (4 pcs)	180	12.0	Fresh shrimps (100g)	99	1.1
Deep fried soybean roll (100g)	410	17.0	Tofu (100g)	82	3.7
Deep fried fish skin (100g)	600	49.0	Garland chrysanthemum (100g)	20	0
Luncheon meat (100g)	334	30.0	Enoki mushroom (100g)	37	0
Instant noodle (1 pack)	400	18.0	Rice vermicelli (100g)	88	0.3
Satay soup base	170	12.0	Tomato soup base	38	0.6



日韓食肆

日式「放題」

小貼士:可先進食魚生等清淡海鮮或燒菠蘿/炒雜菜等蔬菜及生果類。以減少攝入過份熱量和脂肪。(以下魚生份量為4-5片)

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
軟殼蟹手卷	143	20.0	湯烏冬	136	0
燒牛舌(100克)	309	25.0	帶子魚生	88	0
芝麻雞翼(2隻)	410	26.0	甜蝦魚生	106	1.7
羊鞍(2件)	446	30.0	吞拿魚魚生	123	1.8
天婦羅(2件)	140	20.0	清酒煮蜆	70	1.0
花之戀(2件)	170	17.0	三文魚魚生	211	13.5
芝士年糕(3粒)	384	18.9	冷麵	99	0
燒雞軟骨(2串)	120	13.0	燒雞串(2串)	103	3.4

日式拉麵

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
豬骨湯拉麵	630	25.0	醬油拉麵	500	15.0
			味噌拉麵	585	17.0
日式叉燒(2片)	154	12.0	日式蕎麥麵	200	2.0
日式煎餃(5件)	300	16.0	雜錦海鮮湯烏冬	360	6.0
日式炸餅(2塊)	280	15.0	糖心蛋(1隻)	73	5.0



Japan and Korean Cuisines



Japanese-style “All you can eat”

Tips: Choose to have sashimi (raw fish) or grilled fruits/vegetables first to avoid excessive intake of energy and fat. (The following serves of sashimi are equivalent to 4-5 slices of fish.)

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Soft shell crab sushi hand roll	143	20.0	Udon noodles with soup	136	0
Grilled ox tongue (100g)	309	25.0	Scallop sashimi	88	0
Fried chicken wings with sesame (2 pcs)	410	26.0	Sweet shrimp sashimi	106	1.7
Lamb Rack (2 pcs)	446	30.0	Tuna sashimi	123	1.8
Tempura (2 pcs)	140	20.0	Steamed clam with sake	70	1.0
Salmon roll with mayonnaise and fish roe (2 pcs)	170	17.0	Salmon fish sashimi	211	13.5
Baked rice cakes with cheese (3 pcs)	384	18.9	Cold soba (buckwheat) noodles	99	0
Grilled chicken cartilage (2 skewers)	120	13.0	Grilled chicken skewers (2 skewers)	103	3.4

Japanese Ramen

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Ramen with pork bone-based soup	630	25.0	Ramen with Shoyu based soup (soybean sauce)	500	15.0
			Ramen with miso based soup	585	17.0
Japanese-style Chashu (2 slices)	154	12.0	Japanese Soba (buckwheat) noodles	200	2.0
Pan-fried dumplings (5 pcs)	300	16.0	Soup udon with assorted seafoods	360	6.0
Japanese-style croquette (2 pcs)	280	15.0	Soft boiled egg (1 pc)	73	5.0



日韓食肆

韓式燒烤

小貼士:在烤肉/海鮮後可用生菜包起一同進食，以增加蔬菜的攝取量。蔬菜的纖維素可增加飽腹感，從而減少過量進食。另外，在選擇肉類時，可選擇沒有經醬料醃製過的肉類（如鹽燒）以避免高熱量的醬汁。

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
豬頸肉(100克)	224	14.5	南瓜(2片)	53	0
豬腩肉(100克)	368	33.5	燒蝦(2-3隻)	105	1.0
豬皮(2片)	218	20.0	燒魷魚(2-3片)	100	4.0
雞翼(3件)	380	22.0	帶子(2件)	44	0
牛肋骨(100克)	306	26.0	西冷牛肉(3片)	133	3.0
韓式炸雞 (1份約200克)	800	40.0	燒黃花魚(100克)	99	3.0
辣炒韓式年糕 (1份約250克)	750	20.0	韓式飯卷(4件)	190	10.0



Japan and Korean Cuisines



Korean-style BBQ

Tips: Use vegetables (lettuce) to wrap the grilled meat/ seafood to increase vegetable consumption. The fibre in vegetables will induce satiety, which in return, reduce the amount of food eaten. When choosing meat, select meats that have not been marinated (eg. grilled with salt) to avoid energy-dense marinating sauce.

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Pork neck (100g)	224	14.5	Pumpkin (2 slices)	53	0
Pork belly (100g)	368	33.5	Grilled shrimps (2-3 pcs)	105	1.0
Pork skin (2 pcs)	218	20.0	Grilled squid (2-3 pcs)	100	4.0
Chicken wings (3 pcs)	380	22.0	Grilled scallops (2 pcs)	44	0
Beef ribs (100g)	306	26.0	Sirloin beef slices (3 slices)	133	3.0
Korean-style deep fried chicken (200g)	800	40.0	Grilled yellow croaker fish (100g)	99	3.0
Korean-style spicy rice cakes (250g)	750	20.0	Korean-style rice roll with seaweed - "kimbab" (4 pcs)	190	10.0





東南亞食肆

越南菜

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
椰漿咖喱牛肉	705	35.0	牛肉沙爹串(2串)	280	17.0
椰漿咖喱雞	660	40.0	蔬菜炒海鮮雜燴	300	18.0
越式炸春卷(3件)	650	40.0	越式蒸粉卷(3件)	340	16.0
香茅豬排河粉	550	30.0	越式牛肉河粉	350	9.5
牛油炸雞翼(3件)	400	25.0	蝦沙律	288	8.0

泰國菜

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
泰式咖喱牛肉	633	40.0	辣雞肉沙律	363	9.0
泰式炒金邊粉	760	36.0	雞肉米粉湯	250	3.0
青咖喱雞	548	36.0	泰式魚餅(2塊)	336	16.0
菠蘿海鮮炒飯	570	30.0	炒通菜	60	12.0
三色冰(1杯)	234	8.4	椰青水(1杯)	93	微量
冬陰公湯(1碗)	160	7.2			



Southeast Asian Cuisines



Vietnamese Cuisine

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Coconut cream curry with beef	705	35.0	Beef satay (2 skewers)	280	17.0
Coconut cream curry with chicken	660	40.0	Stir-fried seafood with vegetables	300	18.0
Vietnamese fried spring roll (3 pcs)	650	40.0	Vietnamese-style steamed rice flour sheet roll (3 pcs)	340	16.0
Lemongrass pork chop noodles with soup	550	30.0	Vietnamese beef noodles with soup	350	9.5
Butter fried chicken wings (3 pcs)	400	25.0	Vietnamese salad with shrimps	288	8.0

Thai Cuisine

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Thai curry with beef	633	40.0	Salad with spicy chicken	363	9.0
Pad Thai	760	36.0	Thai chicken rice vermicelli with soup	250	3.0
Green curry with chicken	548	36.0	Fried fish cakes (2 pcs)	336	16.0
Fried rice with pineapple and seafood	570	30.0	Stir fried swamp cabbage	60	12.0
Tri-colour icy drink (1 glass)	234	8.4	Coconut water (1 cup)	93	Trace
Tom Yum Goong Soup (1 bowl)	160	7.2			





甜品/小食/飲品

甜品

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
士多啤梨雪糕新地	289	6.8	乳酪(雲呢拿味)	150	5.0
焦糖吉士布甸	268	7.3	豆腐花	190	5.0
蘋果脆批(1件)	320	7.0	新鮮水果(1份)	約40	微量
朱古力冬甩	900	50.0	南北杏雪耳木瓜	142	微量
布朗尼	405	17.0	番薯糖水	200	微量
芝麻糊	280	12.0	紅豆沙	220	0.8
杏仁露	400	9.6	喳咋	300	5.3
椰汁糯米甜品	428	16.0	楊枝甘露	230	5.5
芝麻湯圓(5粒)	318	13.5	淨涼粉(1碗)	76	0.6

零食/街頭小吃

	熱量 (千卡)	脂肪 (克)		熱量 (千卡)	脂肪 (克)
格仔餅	450	10.0	魚蛋(1串)(走汁)	76	1.0
雞蛋仔	390	6.6	茶葉蛋(1隻)	73	5.0
魚肉燒賣(6粒)	294	72.0	碗仔翅(走麻油)	123	0.6
薯片(1/2筒)	530	30.0	魷魚絲(40克)	124	1.0
夾心餅(6塊)	330	20.0	梳打餅(4塊)	90	3.2



Dessert/Snacks/Drinks



Desserts

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Strawberry sundae	289	6.8	Yoghurt (vanilla flavour)	150	5.0
Caramel custard flan	268	7.3	Soybean curd dessert	190	5.0
Apple crisp pie (1 pc)	320	7.0	Fresh fruit (1 pc)	Approx. 40	Trace
Chocolate donut	900	50.0	Papaya and snow fungus dessert	142	Trace
Chocolate brownie	405	17.0	Sweet potato sweet soup	200	Trace
Sesame dessert (sweet soup)	280	12.0	Red bean sweet soup	220	0.8
Almond dessert (sweet soup)	400	9.6	Ja Ja (mixed bean dessert/sweet soup)	300	5.3
Glutinous rice steeped in coconut milk	428	16.0	Mango sago dessert with pomelo	230	5.5
Glutinous rice dumpling balls (with sesame filling) (5 pcs)	318	13.5	Grass jelly (or leaf jelly) (1 bowl)	76	0.6

Snacks/Street Foods

	Energy (kcal)	Fat (g)		Energy (kcal)	Fat (g)
Waffle	450	10.0	Fishball (1 skewer) (no sauce)	76	1.0
Eggwaffles	390	6.6	Hard-boiled tea egg	73	5.0
Fish siu mai (6 pcs)	294	72.0	Fake shark's fin soup (no sesame oil)	123	0.6
Potato chips (½ packages)	530	30.0	Dried squid shreds (40g)	124	1.0
Cream filled biscuits (6 pcs)	330	20.0	Crackers (4 pcs)	90	3.2



甜品/小食/飲品

飲品 (除特別註明，其他飲品以1杯，約250毫升來計算)

	熱量 (千卡)	脂肪 (克)	糖分 (克)		熱量 (千卡)	脂肪 (克)	糖分 (克)
凍珍珠奶茶	455	14.0	42.0	清水/茶	0	0	0
汽水(1罐)	205	0	50.0	健怡/無糖汽水	0	0	0
士多啤梨奶昔	511	12.0	67.0	低脂奶	100	2.5	13.0
包裝檸檬茶	137	0	34.0	低糖包裝檸檬茶	50	0	12.5
橙汁飲品 (450毫升)	194	0	42.0	低糖包裝豆奶	115	3.5	12.0
乳酸飲品 (340毫升)	218	3.0	44.0	低糖乳酸飲品 (100毫升)	41	0	4.1

咖啡店 (飲品以中杯470毫升份量計算，食物以每食用份量計算)

	熱量 (千卡)	脂肪 (克)	糖分 (克)		熱量 (千卡)	脂肪 (克)	糖分 (克)
焦糖咖啡冰沙	420	15.0	66.0	花茶(不加糖)	0	0	0
碎朱古力咖啡冰沙	470	18.0	66.0	熱泡沫咖啡 (脫脂奶)	80	0	12.0
熱朱古力飲品	440	20.0	43.0	熱鮮奶咖啡(脫脂奶)	130	0	18.0
牛角包	410	22.0	5.0	吞拿魚三文治	420	17.2	0
藍莓鬆餅	380	17.0	22.0	肉桂提子貝高	270	1.0	11.0
芝士蛋糕	342	22.0	20.0	藍莓燕麥乳酪	200	2.5	15.0



Dessert/Snacks/Drinks



Drinks (All volume are calculated using a cup (250ml) unless stated otherwise)

	Energy (kcal)	Fat (g)	Sugar (g)		Energy (kcal)	Fat (g)	Sugar (g)
Cold pearl milk tea	455	14.0	42.0	Water/clear tea	0	0	0
Soft drinks (1 can)	205	0	50.0	Diet/zero soft drinks	0	0	0
Strawberry milkshake	511	12.0	67.0	Skim milk	100	2.5	13.0
Packaged lemon tea (tetra-packed)	137	0	34.0	Low sugar lemon tea (tetra-packaged)	50	0	12.0
Orange juice drink (450ml)	194	0	42.0	Low sugar soymilk (tetra-packaged)	115	3.5	12.0
Yoghurt drink (340ml)	218	3.0	44.0	Low sugar probiotic milk drink (100ml)	41	0	4.1

Café/Coffee Shop (the following drinks are calculated using the volume of 470ml, and foods are calculated per single serving)

	Energy (kcal)	Fat (g)	Sugar (g)		Energy (kcal)	Fat (g)	Sugar (g)
Frozen caramel blended beverage	420	15.0	66.0	Herbal tea (with no additional sugar)	0	0	0
Frozen java chip blended beverage	470	18.0	66.0	Hot cappuccino (skim milk)	80	0	12.0
Hot chocolate drink	440	20.0	43.0	Hot latte (skim milk)	130	0	18.0
Croissant	410	22.0	5.0	Tuna sandwich	420	17.2	0
Blueberry muffin	380	17.0	22.0	Bagel with cinnamon and raisin	270	1.0	11.0
Cheesecake	342	22.0	20.0	Yoghurt with blueberries and oatmeal	200	2.5	15.0



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