

1. 素食怎樣幫助我的健康？
How Vegetarian Diet contributed to my health?

素食中的食物都含有豐富的纖維、光化合物質、維生素和礦物質，而且較少飽和脂肪和膽固醇。有很多可信的證據，證明素食對許多慢性病的預防和治療都有卓越成效，包括心臟病、高血壓、中風、癌症、肥胖、糖尿病、膽囊疾病、關節炎、腎病、腸胃失調和哮喘等。

Vegetarian diet is naturally high in fiber, phytochemicals, vitamins, and minerals, low in saturated fat, and cholesterol free. There is convincing evidence that vegetarian diet is useful 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.

2. 素食裏有沒有足夠的營養？
Are there enough nutrients?

均衡的素食可以確保你有充足的營養，這包括全麥、蔬菜、水果、豆類和堅果。你亦可以從加鈣豆奶和營養添加的果汁和穀物早餐中吸收更多礦物質和維生素。

A well-designed vegetarian diet consists of whole grains, vegetables, fruits, legumes and nuts can guarantee your nutrient needs. While choosing enriched soymilk and fortified juices and breakfast cereals can add more minerals and vitamins to your diet.

vitamin **B12** vitamin

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

是。對營養素和食物份量作出輕微調整的均衡素食餐單，可確保孕婦有充足的體重增加和吸收足夠的葉酸，並應付在懷孕和餵哺母乳期間為母親和嬰兒提供額外的營養需。

Yes, a well-balanced vegetarian diet with minor modification to the nutrients and the number of food servings can help ensure sufficient weight gain and enough folate intake during pregnancy and provide enough nutrients for the lactating mother and the baby.

4. 從素食我可以得到充足的鐵質嗎？
Can I obtain adequate iron from the diet?

素食者所吸收的維生素C比非素食者多出50%，正正能幫助吸收鐵質。透過進食更多含豐富鐵質的植物性食物（蘑菇、全麥麵包和大豆），和進食更多添加鐵質的食物（營養添加的五穀產品和素肉），這樣便可以確保從飲食中吸收到充足的鐵質。

Vegetarian diet allows us to get about 50% more vitamin C than non-vegetarian, which aids iron absorption. By consuming more iron-rich plant foods (mushroom, whole wheat bread and soybean), and iron-fortified foods (enriched grain products and fortified meat substitutes), we can ensure adequate iron intake from the diet.

calcium vitamin **B12**

5. 從素食我可以得到足夠的鈣質嗎？
Can I obtain adequate calcium from the diet?

可以每天進食含豐富鈣質的蔬菜水果：芥蘭、散葉甘藍、西蘭花、秋葵莢和東方綠葉菜，例如白菜、白蘿卜和芥菜；並且經常食用含鈣的豆腐。確保你選擇的大豆或五穀類飲料已添加鈣質和維生素D，以便能促進鈣質的吸收。也應該選擇進食高鈣質的無花果、杏仁、芝麻籽和白豆。

Eat calcium-rich greens every day: kale, collards, broccoli, okra, and Oriental greens such as bok choy, turnip and mustard greens; and to use calcium-set tofu more often. Make sure the soy or grain beverage you select is fortified with calcium and the vitamin D that promotes its absorption. Choose figs, almonds, sesame seeds and white beans that are also high in calcium contents.

6. 素食是否適合我的幼童和嬰兒？
Is the diet suitable to my child / infant?

嬰兒和幼童與成年人的營養需要大有不同。他們生長速度快，而且每磅體重也比成年人要求更多蛋白質、脂肪、維生素和礦物質。由於素食的脂肪和能量較低，故此需要配合孩子獨特的營養需要而製成最適合其成長的膳食。建議讓嬰兒哺乳至一歲，又或選擇市面上的嬰兒配方作為營養補給。

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 than adults. Since vegetarian diet is having less fat and energy, a specially designed vegetarian diet is needed to provide enough nutrients for child growth. Recommended to breast feed infants to one year of age, or to choose baby formula as supplement.

vitamin calcium

成功之道
Formula for Success

這條程式有三部分：
 There are three parts to the formula:

母乳 Breast Milk + 適當的固體食物 Appropriate Solids + 足夠的卡路里 Sufficient Calories	=	 一個健康的素食嬰孩 One Healthy Vegetarian Baby
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7. 手術後，素食能為我提供足夠的蛋白質以應付身體的需要嗎？
Can the diet provide enough protein for body repair after my surgery?

那些燒傷或從手術中康復的病人也許需要多達20% 從蛋白質而來的熱量來重建組織。素食裏的蛋白質，如豆腐、大豆蛋白、素肉和被精製的五穀，與肉類蛋白質同樣容易被消化並且被身體吸收。因此，在身體康復期間，均衡的素食可以提供身體對蛋白質的需要。

Those who are recovering from burns or surgery may need as much as 20% of their caloric intake to be derived from protein in order to rebuild tissue. The protein in foods such as tofu, textured soy protein, meat substitutes, and refined grains is as digestible as that in animal products. So, a well-balanced vegetarian diet can fulfill the protein need of the body during recovery stage.



vitamin **B12** vitamin