Is it normal to have more gas and flatulence?

食素後，腸胃出現氣脹是否正常？

Gas production reflects the normal, healthy function of the intestines and is a result of the fermentation of undigested carbohydrates in the large intestine. To reduce gas production, eat a smaller portion of beans in addition to other fibrous foods regularly, encouraging the growth of the bacteria that digests bean sugars, and thereby reducing gas production.

腸道產生氣體是正常、健康的生理現象，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，宜吃富纖維質的素食，以促進腸道有益細菌生長，並且只吃相對小量的豆類。腸道內的有益細菌能有效分解豆類糖份，繼而減少氣體產生。

What is a vegetarian food pyramid?

甚麼是素食食物金字塔？

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。



Enquiries 查詢

For vegetarian dietary counseling, weekend vegetarian health camp and "NEWSTART" live-in health reform program, please contact us on the phone number below, or visit out website.

本院設有素食營養輔導、素食健康體驗日營及「新起點」健康實踐計劃。如欲進一步了解，請與我們聯絡，或瀏覽以下網站。

Nutritional assessment and dietetic advice 營養評估及輔導	: (852) 2275 6979
Lifestyle Management Center 健康生活促進中心	: (852) 2275 6338
Website 網站	: www.twah.org.hk

Like us on
Hong Kong Adventist Hospital - Tsuen Wan

Map 路線圖



Bus 巴士

39A	Tsuen Wan West Station	荃灣西站
39M	Tsuen Wan MTR	荃灣港鐵站
30X	Whampoa Gardens	黃埔花園
30	Cheung Sha Wan	長沙灣
A38	Hong Kong International Airport	香港國際機場

To the Hospital Via Castle Peak Road:
+ Alight at Tsuen King Circuit Flyover
+ Take the bus in front of Tsuen King Circuit Police Station

所有行經青山公路荃灣段之巴士：
+ 於荃景圍天橋站下車，
+ 然後步行至荃景圍警署轉乘巴士到醫院。

Minibus 專線小巴

95M	Tsuen Wan MTR	荃灣港鐵站
95	Nina Tower	如心廣場
84	Tsuen Wan Chung On Street	荃灣眾安街

24小時急診中心
Hour Urgent Care Center

Adventist Health 港安
Hong Kong Adventist Hospital · Tsuen Wan
香港港安醫院·荃灣

Address 地址：199 Tsuen King Circuit, Tsuen Wan, N.T.
新界荃灣荃景圍199號
Telephone 電話：(852) 2275 6688
Fax 傳真：(852) 2275 6767
Website 網站：www.twah.org.hk

Hong Kong Adventist Hospital -Tsuen Wan reserves the right to update the fee schedule, brochure, terms and conditions. Any change of fee schedule will be announced and notices will be published in advance, in accordance with the statutory notice period. Any other changes except the fee schedule may be made at any time as it sees fit without prior notice, you are advised to check the latest information before using our services. For the latest information, please visit our website at www.twah.org.hk
香港港安醫院—荃灣保留修訂收費表、單張內容、條款及細則之權利。任何的收費表調整將會根據法定的通知期提前發出通告和作出宣布。其他與收費表以外的相關修訂，則可能不作另行通知，閣下於使用本院服務前查閱最新資訊。
如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

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Extending the Healing Ministry of Christ
延續基督的醫治大能

Adventist Health 港安
Hong Kong Adventist Hospital · Tsuen Wan
香港港安醫院·荃灣

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 fiber, phytochemicals, vitamins, and minerals. It is low in saturated fat and cholesterol-free. There is convincing evidence that shows that a vegetarian diet is also 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、癡肥、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 soymilk, fortified juices, and breakfast cereals can 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。也可以加鈣豆奶、添加營養素的果汁和穀物早餐，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 about 50% more vitamin C, which aids iron absorption. By consuming more iron-rich plant foods (such as mushrooms, whole wheat bread, and soybeans) and iron-fortified foods (such as enriched grain products and fortified meat substitutes), we can ensure adequate iron intake from the diet.

維他命C有助身體吸收鐵質。素食餐單含有豐富的維他命C，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菇類、全麥麵包和大豆等，或添加鐵質的素食如五穀產品或素肉，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, which may also be 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週歲，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:
這條程式有三部分：



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, collards, broccoli, okra, and Oriental greens such as bok choy, turnip, and mustard greens, as well as choosing calcium-set tofu. Make sure the soy or grain beverage you select is fortified with calcium and vitamin D, the latter of which promotes the absorption of calcium. Figs, almonds, sesame seeds, and white beans are also high in calcium content.

不少素食食品含有豐富鈣質，西式蔬菜如芥蘭菜葉 (即羽衣甘藍)、卷葉芥蘭 (即綠葉甘藍)、西蘭花、毛茄，中式蔬菜如白菜、圓蘿蔔 (即無菁) 和芥菜，還有傳統硬豆腐、無花果、杏仁、芝蔴籽和白豆，多吃可確保攝取充足的鈣質。選擇添加鈣質和維他命D的大豆和五穀類飲料，都有助促進鈣質吸收。

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, as much as 20% of your daily caloric intake needs 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 of 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，所以每天攝取的熱量需要有約20%源自蛋白質。豆腐、大豆、素肉或精製穀類等食物的蛋白質跟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。