

Nutritional Guidelines on Lunch for Students

For Use in Primary and Secondary Schools



學生午餐膳營養指引
適用於中、小學



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衛生署

Department of Health

目錄

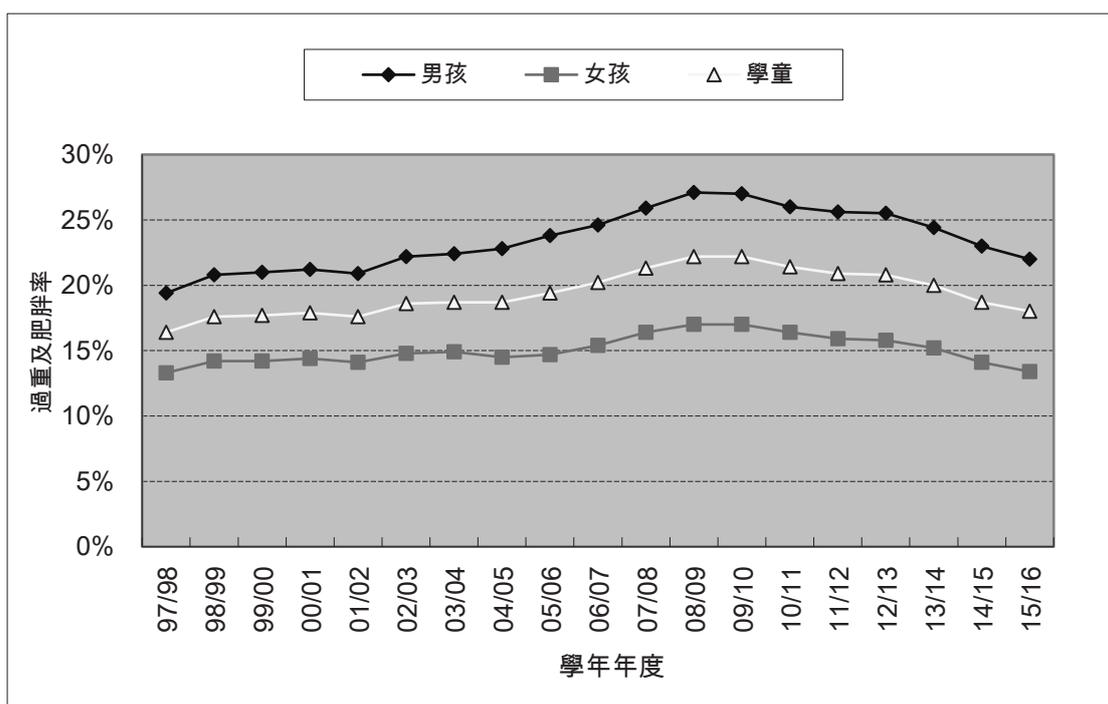
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1. 背景

1.1 健康飲食乃預防肥胖和心臟病、癌症、糖尿病等慢性疾病及促進學生健康成長的重要因素。反觀現時本港學生由於種種原因卻未能普遍遵行健康飲食原則。衛生署的資料顯示，小學生的過重及肥胖比率由一九九七／九八學年的 16.4% 增至二零零八／零九學年的 22.2%。雖然近年有下降的趨勢，但二零一五／一六學年的相關比率仍高達 18.0%（見圖一）。換言之，約每五名學生便有一名屬於過重或肥胖。



(圖一) 香港小學學童過重及肥胖率

(資料來源：衛生署學生健康服務)

1.2 衛生署聯同教育局、食物環境衛生署、教育界、專業組織及相關機構自二零零六／零七學年推行「健康飲食在校園」運動，透過建立良好的飲食文化，為學童提供健康午膳和小食，及加強營養教育等策略，改善學童的飲食習慣，讓他們得以健康成長和提升學習效率。

1.3 外地經驗顯示，針對學校飲食環境的措施可以帶來明顯的效果。因此，衛生署於二零零六年首編午膳營養指引，並於二零一七年進行第四次修訂，使指引內容更切合使用者的需要。

2. 目的

2.1 本指引旨在確保學生能夠進食營養均衡的學校午膳，以供正常生長和發育所需。參照世界衛生組織的建議，其目標包括：

- 達到熱量的平衡和健康的體重
- 增加水果蔬菜進食量
- 減少總脂肪攝入量
- 減少糖分攝入量
- 減少鹽分（鈉質）攝入量

2.2 附件一提供根據《中國居民膳食營養素參考攝入量-2013版》訂出的「學生每天的熱量、脂肪、糖和鈉建議攝入量」，以供參考。

3. 本指引的使用者

3.1 本指引可用作為中、小學生提供均衡營養的參考基準，也是校方與午膳供應商簽訂合約中訂明食物的質和量的重要部分。營養指引之對象包括中學及小學的校長、教師、午膳供應商及家長。

4. 關於本指引

4.1 衛生署參照外地經驗、考慮本地情況及經諮詢多個政府部門、專業團體、學術界和午膳供應商後，於二零零六年三月推出《小學午膳營養指引》。為使指引更能切合實際需要，本署透過不同渠道收集各方的意見，適時作出修訂，並於二零一零年十二月把指引內容延伸至適用於中學使用，指引的名稱亦相應更新為《學生午膳營養指引》。本版為二零一七年六月的第四次修訂版本。

4.2 本版新修訂的內容包括：

- 更新優良模式的內容
- 更新「限制供應的食品」詳情和例子
- 加入附件一：「學生每天的熱量、脂肪、糖和鈉建議攝入量」

4.3 本指引的建議分兩個部分，需同時執行。第一部分訂明學校午膳應提供各主要食物類別之**分量**；第二部分則列明這些食物的**質素**。

5. 第一部分 - 量的要求

5.1 理想均衡的午膳需為學生提供約每天所需三分之一的營養素。根據衛生署提倡的本地健康飲食金字塔建議，健康午膳提供穀物類（例如飯、麵）、蔬菜和肉類（及其代替品）佔飯盒容量的比例應是三比二比一。



註：把一個餐盒容量平均分為六格，穀物類應佔三格，蔬菜佔兩格，而肉類（及其代替品）則佔一格。換言之，穀物類、蔬菜和肉類（及其代替品）的分量比例是三比二比一。

小學生及中學生每天的午膳食物分量應符合下列標準（請參考附件二的食物例子）：

小學生的午膳建議分量

食物類別	小一至小三學生的建議分量	小四至小六學生的建議分量
穀物類	最少 4 份	最少 5 份
蔬菜類	最少 1 份	最少 1 份
肉、魚、蛋及代替品	1 至 2 份	1½ 至 2½ 份
水果類 ¹	最少 1 份	最少 1 份
油脂類 (在處理和烹調食物時所添加的脂肪和油分)	最多 2 份	最多 2 份

¹ 建議小學生於校內攝取最少一份水果以達至全日攝取兩份水果的要求。學校應與午膳供應商及家長議定具體安排，並鼓勵午膳供應商供應原個水果（代替果汁）以增加膳食纖維攝取量；若選擇供應無添加糖的果汁，應當作「限制供應的食品」，即以每週五個上課天計，不多於兩個上課天向學生提供無添加糖的果汁，並且每次不超過 180 毫升。

中學生的午膳建議分量

食物類別	女學生及中一至中二男學生的建議分量 ²	中三或以上男學生的建議分量 ²
穀物類	最少 5 份	最少 8 份
蔬菜類	最少 1 ½ 份	最少 1 ½ 份
肉、魚、蛋及代替品	1 ½ 至 2 ½ 份	2 至 3 份
水果類 ³	最少 1 份	最少 1 份
油脂類 (在處理和烹調食物時所添加的脂肪和油分)	最多 2 份	最多 2 份

² 中學生正處於發育階段，無論生理需要、體能活動量各有不同，故熱量需求差異頗大。學生可參考以上建議選擇午膳分量，若用膳後，仍有肚餓感，可額外進食穀物類和蔬菜；或另行選擇較合適的午膳分量。

建議午膳供應商與學校共同商討午膳供應協議，供學生添補穀物類和蔬菜或自行選擇較合適的午膳分量。

³ 建議中學生於校內攝取最少一份水果以達至全日攝取兩份水果的要求。學校

應與午膳供應商及家長議定具體安排，並鼓勵午膳供應商供應原個水果（代替果汁）以增加膳食纖維攝取量；若選擇供應無添加糖的果汁，應當作「限制供應的食品」，即以每週五個上課天計，不多於兩個上課天向學生提供無添加糖的果汁，並且每次不超過 180 毫升。

6. 第二部分 - 質的要求

6.1 本指引的第二部分訂明午膳餐盒及隨餐附送食物的**質素**。指引的主要目的是防止學生進食過量的脂肪、鹽（鈉質）及糖。其內容包括：

- 優良模式
- 鼓勵多供應的食品
- 限制供應的食品
- 強烈不鼓勵供應的食品

（請參考附件三的「健康午膳餐盒評估表」以便評定午膳餐盒的營養**質素**。）

優良模式

6.2 為使學生增加膳食纖維及減少脂肪、鹽及糖的攝取，以避免吸收過多熱量及導致營養失衡，午膳供應商須於供應所有午膳款式時，全面執行下列優良模式：

優良模式的內容

- 每天供應蔬菜
- 只採用少量健康且不經氫化的植物油（例如粟米油、芥花籽油、橄欖油、花生油）烹調
- 所有可見的動物脂肪（肥肉）及烹調所用的多餘油分已在供應前去除
- 多選用天然食材、香草和香料來增加菜式味道
- 不供應甜品

鼓勵多供應的食品

6.3 進食足夠膳食纖維有助降低一些健康問題的風險，例如肥胖、心血管病等；因此，若午膳供應商每天供應多於一款的穀物類，則每天需在最少一款午膳款式中選取下列食物類別，作為用料；若午膳供應商每天只供應一款穀物類，則以每週五個上課天計，需在最少兩個上課天提供下列食物類別：

鼓勵多供應的食品類別	理念	例子
全穀麥穀物類	增加膳食纖維的攝取量	糙米飯、紅米飯、燕麥片、全麥穀物片、全麥麵包、全麥麵條、蕎麥麵
添加蔬菜的穀物類	增加膳食纖維的攝取量	菜飯、粟米飯、香菇飯、菠菜麵、甘筍麵

6.4 由於學生的發育及成長需要大量鈣質，鼓勵午膳供應商多選鈣質豐富的食物作用料。可是，由於適合製作午膳餐盒的鈣質豐富食材有限，家長應多為子女於午膳以外的時段供應鈣質豐富的食物，例如低脂或脫脂牛奶、低脂乳酪、低脂芝士、硬豆腐、加鈣豆漿等。

限制供應的食品

6.5 以每週五個上課天計算，午膳供應商最多只可於兩個上課天向學生提供屬於限制供應類別的食品，以減少脂肪、鹽及糖的攝取量（特別是飽和脂肪）：

限制供應食品的詳情	理念	例子
添加了脂肪、油分的穀物類 ⁴	減少總脂肪攝取量	炒飯、炒麵
脂肪比例較高的肉類及連皮的禽肉	減少飽和脂肪攝取量	牛腩、排骨、雞翼、雞髀及其他連皮的禽肉
全脂奶品類	減少飽和脂肪攝取量	全脂牛奶、全脂芝士、全脂乳酪、淡奶（包括較低脂淡奶）
加工或醃製的肉類、蛋類及蔬菜類食品	減少總脂肪及鹽分攝取量	叉燒、煙肉、火腿、香腸、午餐肉、玉子豆腐、已調味的素肉、雪菜、酸瓜
高糖分、高鹽分或高脂肪醬汁或芡汁 ⁵	減少糖分、鹽分及總脂肪攝取量	甜酸汁、使用全脂奶品類及高鹽分調味料（例如全脂芝士、淡奶、腐乳、豆瓣醬）所製成的醬汁或芡汁

⁴ 指在烹煮過程中添加多於 2 茶匙油（一人分量計）的飯及麵類食品

⁵ 建議減少採用高糖分、高鹽分或高脂肪醬汁或芡汁。若必須採用，應把醬汁或芡汁與穀物類食物分開供應

強烈不鼓勵供應的食品

6.6 所有午膳款式不應加入下列食品，以減低學生脂肪（特別是飽和脂肪及反式脂肪）、鹽及糖的攝取量：

強烈不鼓勵供應食品的詳情	理念	例子
油炸食物	減少總脂肪攝取量	炸薯條、炸豬扒、炸雞翼或雞髀、炸點心（例如春卷和咖喱角）
添加了動物脂肪及植物性飽和脂肪的食物	減少飽和脂肪攝取量	添加了豬油、雞脂、牛油（包括較低脂牛油）、忌廉（包括較低脂忌廉）、棕櫚油、椰油、椰子製品（例如椰汁咖喱、葡汁、含有椰汁或椰肉的甜品、曲奇）
含反式脂肪的食物	減少反式脂肪攝取量	添加了含反式脂肪的人造牛油、起酥油的食物，及以這些油脂類為材料或烹調的煎炸和烘焙食物（例如酥皮糕點、餅乾等）
「少選為佳」的飲品 ⁶	減少糖分攝取量	汽水、果味飲品、加糖果汁、乳酪飲品、乳酸菌飲品、紙包檸檬茶或菊花茶
鹽分極高的食品	減少鹽分攝取量	鹹魚、鹹蛋

⁶ 請參考《學生小食營養指引》第六章中「少選為佳」的小食

7. 素食餐款的注意事項

7.1 素食餐款泛指以植物為食材，並不選用動物的肉的餐款。若素食餐款欠缺合適的肉類代替品，餐款的蛋白質含量便因而偏低，且不符合本指引就學校午膳所說明的「量的要求」。

合適的肉類代替品

7.2 乾豆類、黃豆及其製成品、種籽和果仁是合適的肉類代替品，因為它們含豐富蛋白質、一些人體必需的氨基酸和鐵質。

- 乾豆（例如黃豆、雞心豆、紅腰豆、紅豆、眉豆）
- 黃豆製品（例如硬／布包豆腐、白豆干、百頁、鮮腐竹、非油炸的枝竹、豆渣）
- 種籽果仁（例如芝麻、花生、合桃、腰果）

7.3 然而，不少豆類製品（例如油豆腐、素鵝、炸枝竹）經油炸處理，屬「強烈不鼓勵供應的食品」。此外，素雞、素豬肉、素火腿等素食食材雖然不經油炸，但經加工處理後鹽分或較高，屬「限制供應的食品」。

7.4 學校可根據校情選用雞蛋和低脂奶類製品（例如低脂芝士）等食材的素食餐款，它們亦可代替肉類提供蛋白質。

7.5 白麵筋和烤麩也是素食餐款經常選用的食材，它們的主要成分是高筋小麥麵粉，其蛋白質含量雖然較高，但缺乏某些人體必須的氨基酸，故只宜偶爾採用它們代替肉類提供蛋白質。

7.6 菇類、青豆（即豌豆）、荷蘭豆、四季豆、豆芽、豆角等屬蔬菜，並不是合適的肉類代替品，因為它們的蛋白質含量遠不及乾豆。

8. 校園於節日慶祝活動的食物安排

8.1 很多傳統節日也和食物扯上關係，例如復活節的朱古力蛋和中秋節的月餅等。老師或希望於教學活動中介紹節慶食物給學生認識；可是，這些食物不少都屬高脂、高糖或高鹽類別。那麼，學校應否禁止這些食物呢？

8.2 誠然，食物文化和社交意義是應受重視的。根據健康飲食的原則，若選擇進食高脂、高糖或高鹽的食物，我們只宜淺嚐。因此，若學校認為有確實需要在校內向學生介紹甚或安排品嚐這些節慶食物，需注意以下事項：

- 盡量提供較健康的食物選擇，例如中秋節的水果等
- 如安排品嚐高脂、高糖或高鹽的節慶食物：
 - 先向學生說明這些食物的營養價值，才安排進食；
 - 提醒學生只可進食少量；
 - 以不影響正餐的胃口為原則；及
 - 其他由午膳供應商、小食部和自動售賣機供應的食物，任何時候都必須符合《學生午膳營養指引》和《學生小食營養指引》的營養要求。

9. 促進校園提供健康午膳工具簡介

9.1 為協助學校建立健康的飲食環境，衛生署開發了以下的工具（附件四）並上載至「健康飲食在校園」運動的專題網站（<http://school.eatsmart.gov.hk/>）以供下載：

- 選擇學校午膳供應商手冊
- 午膳食品分類表
- 學校午膳營養監察簡易手冊
- 學校午膳營養監察表格

選擇學校午膳供應商手冊

9.2 由於學校與午膳供應商的合約年期一般較長（由一年至三年不等），故選擇合適的學校午膳供應商對學生的健康飲食尤為重要。

9.3 現時學校和家長在挑選學校午膳供應商時，普遍會根據供應商的規模、食物衛生、食物質素和價格等因素作出決定。然而，學校及家長更應同時考慮午膳營養價值、供應商推動學生飲食健康的積極性。

9.4 衛生署廣泛諮詢各界別後，制訂了《選擇學校午膳供應商手冊》，供學校參考。

午膳食品分類表

9.5 食材的種類繁多，且午膳供應商推出的餐款亦經常推陳出新；為協助教職員、家長和午膳供應商更準確掌握食材的分類，衛生署推出「午膳食品分類表」，當中羅列出更多食材例子，以供參考。建議校內的膳食小組或負責學生膳食的老師，每月在收到由午膳供應商提供的餐單後，利用「午膳食品分類表」進行餐單預檢，並與供應商商討改良餐單，令學生的午膳更健康。

9.6 為確保「午膳食品分類表」切合食材選用的新趨勢，衛生署會作出適時檢討和修訂，並上載至「健康飲食在校園」運動的專題網站（<http://school.eatsmart.gov.hk/>）以供下載。

學校午膳營養監察簡易手冊和學校午膳營養監察表格

9.7 恆常監察學校午膳的營養質素且客觀記錄結果，學校便能使用有關數據向供應商反映，確保午膳營養質素。建議學校每學年進行最少四次每次為期一週的午膳營養監察。《學校午膳監察手冊》列出詳細有關午膳監察的程序和學校午膳營養監察表格的應用範例。

10. 資料來源

1. “Diet, nutrition and the prevention of chronic diseases”, Report of the Joint WHO/FAO expert consultation, WHO Technical Report Series, No.916 (TRS 916) Available at
http://whqlibdoc.who.int/trs/WHO_TRS_916.pdf
2. 中國營養學會（2014）。中國居民膳食營養素參考攝入量：2013版。北京：科學出版社。
3. 6-11 years old Food Pyramid, Department of Health, HKSARG.
Available at :
http://www.cheu.gov.hk/b5/resources/exhibition_details.asp?id=2407&HTMLorText=0
4. 12-17 years old Food Pyramid, Department of Health, HKSARG.
Available at :
http://www.cheu.gov.hk/b5/resources/exhibition_details.asp?id=2408&HTMLorText=0

11. 鳴謝

- 香港中文大學醫學院賽馬會公共衛生及基層醫療學院
健康教育及促進健康中心
- 家庭與學校合作事宜委員會
- 教育局
- 食物環境衛生署
- 香港肥胖醫學會
- 香港心臟專科學院
- 香港營養師協會
- 香港教育城
- 香港營養學會
- 香港特殊學校議會
- 津貼小學議會
- 官立小學校長協會
- 香港資助小學校長會

如對本指引有任何查詢或建議，請電郵至

health_cheuweb@dh.gov.hk。如欲知更多健康方面的資訊，請瀏覽衛生署健康飲食專題網站 <http://www.eatsmart.gov.hk>，或致電衛生署健康教育熱線 2833 0111。

衛生署 2017 年 6 月修訂

12. 附件

附件一：學生每天的熱量、脂肪、糖和鈉建議攝入量

根據中國營養學會編著的《中國居民膳食營養素參考攝入量 - 2013 版》，下表列出學生每天的熱量、脂肪、糖和鈉建議攝入量。

年齡	熱量 (千卡)		脂肪 (佔總熱量攝入量的 百分比)	糖 (佔總熱量攝入量的 百分比)	鈉 (毫克)
	男	女			
7	1700	1550	20-30	<10	1500
9	2000	1800			1500
13	2350	2050			1900
16	2850	2300			2200

註：上表所列的每天熱量建議攝入量屬「中度身體活動水平」人士的參考值，而學生日常活動屬中度水平身體活動的其中一個例子。鈉的每天建議攝入量指「預防非傳染性慢性病的建議攝入量」。

附件二：《學生午膳營養指引》第一部分（量的要求）- 食物例子

食物類別	建議分量				一個食用分量的例子
	小一至小三學生	小四至小六學生	女學生及中一至中二男學生 ¹	中三或以上男學生 ¹	
穀物類	最少 4 份	最少 5 份	最少 5 份	最少 8 份	白飯（煮熟）= 1/5 碗 = 40 克 河粉（煮熟）= 1/5 碗 = 40 克 蛋麵（煮熟）= ¼ 碗 = 40 克 意粉或通粉（煮熟）= ½ 碗 = 50 克 方包（去皮）= ½ 片 = 20 克
蔬菜類	最少 1 份	最少 1 份	最少 1 ½ 份	最少 1 ½ 份	未經烹調的葉菜（例如生菜）= 1 碗 = 55 克 煮熟的葉菜（例如白菜、菠菜）= ½ 碗 = 85 克 煮熟的瓜類（例如冬瓜、脆玉瓜）= ½ 碗 = 90 克 煮熟的菇類 = ½ 碗 = 80 克
肉、魚、蛋及代替品	1 至 2 份	1 ½ 至 2 ½ 份	1 ½ 至 2 ½ 份	2 至 3 份	牛、豬、雞或魚肉（煮熟）= 約 4 片 = 30 克 （與 1 個乒乓球的大小相約） 蝦（煮熟）= 約 8 隻小型 = 30 克 雞蛋（全隻煮熟）= 1 隻大型 = 50 克 硬豆腐 = ¼ 磚 = 88 克 煮熟的豆類（例如紅腰豆、雞心豆）= 6-8 湯匙 = 100 克
水果類 ²	最少 1 份	最少 1 份	最少 1 份	最少 1 份	橙（連皮）= 1 個中型 = 130 克 蘋果（連皮）= 1 個中型 = 106 克 香蕉（連皮）= ½ 條大型 = 68 克 提子 = ½ 碗 = 80 克 無添加糖分的果乾（例如提子乾）= 約 1 湯匙 = 20 克
油脂類 （在處理和烹調食物時所添加的脂肪和油分）	最多 2 份	最多 2 份	最多 2 份	最多 2 份	植物油（例如粟米油、花生油、芥花籽油或橄欖油）= 1 茶匙 = 4.5 克 沙律醬（例如蛋黃醬、千島醬或意式沙律醬）= 1 湯匙 = 15 克

備註：1 碗 = 250-300 毫升

¹ 中學生正處於發育階段，無論生理需要、體能活動量各有不同，故熱量需求差異頗大。學生可參考以上建議選擇午膳分量，若用膳後，仍有肚餓感，可額外進食穀物類食物和蔬菜；或另行選擇較合適的午膳分量。

建議午膳供應商與學校共同商討午膳供應協議，供學生添補穀物類食物和蔬菜或自行選擇較合適的午膳分量。

² 建議中、小學生於校內攝取最少一份水果以達至全日攝取兩份水果的要求。學校應與午膳供應商及家長議定具體安排，並鼓勵午膳供應商供應原個水果（代替果汁）以增加膳食纖維攝取量；若選擇供應無添加糖的果汁，應當作「限制供應的食品」，即以每週五個上課天計，不多於兩個上課天向學生提供無添加糖的果汁，並且每次不超過 180 毫升。

附件三：健康午膳餐盒評估表

午膳餐盒怎樣才算健康？請於適當的空格內填上✓號。若第 1-16 項皆選「是」，代表該午膳餐盒已符合基本營養要求。若有關餐盒能同時符合第 17 或 18 項要求，則更理想。

午膳供應商名稱：_____ 午膳餐盒款式：_____ 評估人員姓名及職位：_____ 評估日期：_____

健康午膳餐盒要求	是	否	備註
<u>量的要求及優良模式</u>			
1. 供應的穀物類、蔬菜類和肉類佔飯盒的容量比例是 3:2:1（即最多是穀物類，其次是蔬菜，而肉類佔最少）	<input type="checkbox"/>	<input type="checkbox"/>	
2. 供應不少於一份蔬菜（例如半碗煮熟的葉菜、瓜類或菇類）	<input type="checkbox"/>	<input type="checkbox"/>	
3. 採用少量健康且不經氫化的植物油（例如粟米油、芥花籽油、橄欖油、花生油）烹調	<input type="checkbox"/>	<input type="checkbox"/>	
4. 所有可見的動物脂肪（肥肉）及烹調所用的多餘油分已在供應前去除	<input type="checkbox"/>	<input type="checkbox"/>	
5. 選用天然食材、香草和香料	<input type="checkbox"/>	<input type="checkbox"/>	
6. 沒有供應甜品	<input type="checkbox"/>	<input type="checkbox"/>	
<u>限制供應的食品</u>			
7. 沒有使用添加脂肪、油分的穀物類（例如炒飯、炒麵），醬汁或芡汁與穀物類分開供應	<input type="checkbox"/>	<input type="checkbox"/>	
8. 沒有使用脂肪比例較高的肉類（例如牛腩、排骨）及連皮禽肉（例如雞翼、雞脾）	<input type="checkbox"/>	<input type="checkbox"/>	
9. 沒有使用全脂奶品類	<input type="checkbox"/>	<input type="checkbox"/>	
10. 沒有使用加工或醃製的肉類、蛋類及蔬菜類食品（例如叉燒、煙肉、火腿、香腸、素肉、雪菜）	<input type="checkbox"/>	<input type="checkbox"/>	
11. 沒有使用高糖分、高鹽分或高脂肪醬汁或芡汁（例如甜酸汁、以全脂芝士、淡奶、腐乳、豆瓣醬等所製成的醬汁或芡汁）	<input type="checkbox"/>	<input type="checkbox"/>	
<u>強烈不鼓勵供應的食物</u>			
12. 沒有供應油炸的食物（例如炸薯條、炸豬扒、春卷）	<input type="checkbox"/>	<input type="checkbox"/>	
13. 沒有供應添加了動物脂肪及植物性飽和脂肪的食物，例如添加豬油、雞脂、牛油（包括較低脂牛油）、忌廉（包括較低脂忌廉）、棕櫚油、椰油、椰子製品（例如椰汁咖喱、含有椰汁或椰肉的甜品、曲奇）	<input type="checkbox"/>	<input type="checkbox"/>	
14. 沒有供應含反式脂肪的食物，如添加了含反式脂肪的人造牛油、起酥油的食物，及以這些油脂類為材料或烹調的煎炸和烘焙食物（例如酥皮糕點、餅乾）	<input type="checkbox"/>	<input type="checkbox"/>	
15. 沒有供應「少選為佳」的飲品*（例如汽水、果味飲品、加糖果汁、乳酪飲品、紙包檸檬茶）	<input type="checkbox"/>	<input type="checkbox"/>	
16. 沒有供應鹽分極高的食物（例如鹹魚、鹹蛋）	<input type="checkbox"/>	<input type="checkbox"/>	
<u>鼓勵多供應的食物</u>			
17. 含全穀麥或添加蔬菜的穀物類（例如全麥麵包、糙米飯、菜飯、粟米飯、蕎麥麵、菠菜麵）	<input type="checkbox"/>	<input type="checkbox"/>	
18. 含鈣質豐富的食品（例如低脂奶品類、硬豆腐）	<input type="checkbox"/>	<input type="checkbox"/>	

*請參考《學生小食營養指引》第六章中「少選為佳」的小食

1. Background

1.1 Healthy eating is essential for students' growth and prevention of long-term health problems such as obesity, heart disease, cancer and diabetes. However, for a number of reasons, healthy eating is not commonly practised among local students. The Department of Health (DH) recorded a rising trend of overweight and obesity among primary school students, from 16.4% in 1997/98 to 22.2% in 2008/9. Although a downward trend was noted in recent years, the overweight and obesity rate in 2015/16 remained at a significant level of 18.0% (see Figure 1). That is to say, about one in five school students is either overweight or obese.

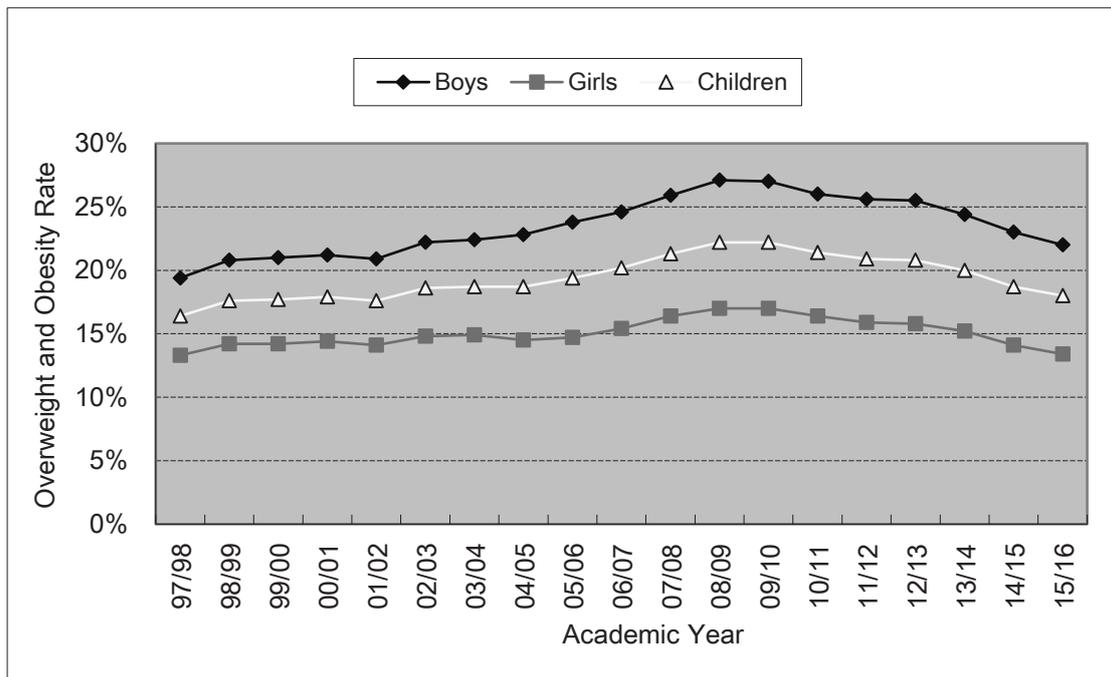


Figure 1. Obesity Rate of Hong Kong Primary School Students

(Source: Student Health Service, DH)

1.2 In light of this, the DH worked with the Education Bureau, the Food and Environmental Hygiene Department, education sector, professional bodies and related organisations to launch the “EatSmart@school.hk” campaign in the school year 2006/07. The campaign aims to cultivate healthy eating practices, to facilitate the supply of healthy lunches and snacks at school and to strengthen nutrition education so that students can develop healthily and learn effectively.

1.3 Overseas experiences have shown that intervention targeting at the school nutritional environment could make a significant impact. Subsequently, the DH prepared the “*Nutritional Guidelines on School Lunch for Primary School Students*” in 2006, and revised it in 2017 for the fourth time to enable the content to meet users’ needs better.

2. Purpose

2.1 The Guidelines aim to ensure that students are served with a nutritionally balanced school lunch that promotes normal growth and development. In line with the recommendations made by the World Health Organization, the objectives of the Guidelines are –

- To achieve energy balance and a healthy weight
- To increase consumption of fruits and vegetables
- To limit intake of total fats
- To limit intake of sugar
- To limit intake of salt (sodium)

2.2 The recommended daily intakes of energy, fat, sugar and sodium for students as stipulated in the “*Chinese Dietary Reference Intakes: 2013 edition*” is attached in Appendix 1 for reference.

3. Users of the Guidelines

3.1 The Guidelines serve as a reference for school administrators to define food requirements and a core component in contracts signed between schools and lunch suppliers. Targeted users of the Guidelines include principals, teachers and lunch suppliers for primary and secondary schools as well as parents.

4. About the “Guidelines”

4.1 Upon studying overseas experiences and local situations, as well as consulting various government departments, professional bodies, academia and lunch suppliers, the *Nutritional Guidelines on School Lunch for Primary School Students* was released in March 2006. To bring the Guidelines up to date and to meet operational needs, the DH has collected comments from various channels and revised the Guidelines accordingly. In December 2010, the content of the Guidelines has been enriched to cover secondary schools and thus renamed as “*Nutritional Guidelines on Lunch for Students – For Use in Primary and Secondary Schools*”. This is the 4th revision dated June 2017.

4.2 Additions in this revised edition include:

- An update on the “Good Practices” section
- An update on the details and examples of “Limited Food Items”
- New appendix: “Recommended Daily Intakes of Energy, Fat, Sugar and Sodium for Students”

4.3 The recommendations in the Guidelines are divided into two parts, which should be implemented simultaneously. Part one specifies the **quantity** of major food items to be included in a school lunch. Part two specifies the **quality** of such items to be served.

5. Part One – Guidelines on QUANTITY

5.1 An ideal and healthy lunch should be able to meet about one third of the daily nutritional needs of a school student. In accordance with the local Healthy Eating Food Pyramid promoted by the DH, a healthy lunch should provide grains (e.g. rice or pasta), vegetables and meat (and its alternatives) in the ratio of 3:2:1 by volume.



Remark: If a healthy lunch box is divided into six parts, grains should take three, vegetables should take two, and meat (and its alternatives) should form only one part. As such, the ratio of grains, vegetables and meat (and its alternatives) is 3:2:1.

Recommended quantity of each food group for lunches supplied to primary and secondary school students are listed as follows (Please see Appendix 2 for examples) –

Recommendations on lunch provision for primary school students

Food groups	Recommended quantity for Primary 1-3 students	Recommended quantity for Primary 4-6 students
Grains	At least 4 servings	At least 5 servings
Vegetables	At least 1 serving	At least 1 serving
Meat, fish, egg and alternatives	1 – 2 servings	1 ½ – 2 ½ servings
Fruits ¹	At least 1 serving	At least 1 serving
Fat and oils <i>(Used during food preparation and cooking process)</i>	2 servings maximum	2 servings maximum

¹ It is recommended for primary school students to have at least one serving of fruit at school to achieve two servings of fruit a day. Schools should discuss with lunch suppliers and parents for practical arrangements. Provision of whole fruit instead of fruit juice is encouraged to increase intake of dietary fibre. If unsweetened fruit juice is to be provided instead, it should be counted as a “Limited Food Item”, to be provided not more than two school days per week (given five school days in a week) and only at a serving size of 180 ml or below.

Recommendations on lunch provision for secondary school students

Food groups	Recommended quantity for female students and Form 1-2 male students²	Recommended quantity for Form 3 or above male students²
Grains	At least 5 servings	At least 8 servings
Vegetables	At least 1 ½ servings	At least 1 ½ servings
Meat, fish, egg and alternatives	1 ½ - 2 ½ servings	2 - 3 servings
Fruits ³	At least 1 serving	At least 1 serving
Fat and oils <i>(Used during food preparation and cooking processes)</i>	2 servings maximum	2 servings maximum

² Secondary school students who undergo puberty have a wide range of energy requirements depending on physiological needs and level of physical activities. Students may refer to the above recommendations to choose the most suitable quantity for school lunches. If the students still feel hungry after having lunch, only extra grains and vegetables are suggested to serve as supplement. Alternatively, such students may choose other school lunches with a more suitable quantity.

Schools and lunch suppliers should come up with an agreement on the practical arrangements on the supply of extra grains and vegetables or on the selection of appropriate quantity for school lunches.

³ It is recommended for secondary school students to have at least one serving of fruit at school to achieve two servings of fruit a day. Schools should discuss with lunch suppliers and parents for practical arrangements. Provision of whole fruit instead of fruit juice is encouraged to increase intake of dietary fibre. If unsweetened fruit juice is to be provided instead, it should be counted as a “Limited Food Item”, to be provided not more than two school days per week (given five school days in a week) and only at a serving size of 180 ml or below.

6. Part Two - Guidelines on QUALITY

6.1 Part Two of the Guidelines specifies the **quality** of food items to be included in a lunch box. Its primary aim is to prevent students from consuming too much fat, salt (sodium) and sugar. It covers four areas –

- Good practices to be adopted
- Food items to be encouraged
- Food items that should be limited
- Food items that are strongly discouraged

(Please see Appendix 3 for “Healthy Lunch Box Checklist” which can be used to assess the nutritional quality of a lunch box.)

Good Practices

6.2 To prevent excessive intake of energy and nutritional imbalance, good practices should be adopted to promote intake of dietary fibre and limit the intake of fat, salt and sugar. Lunch suppliers should observe ALL of the following good practices when serving ALL school lunches –

Description of Good Practices
<ul style="list-style-type: none">➤ Vegetables are supplied every day➤ Only healthy and non-hydrogenated vegetable oils (e.g. corn oil, canola oil, olive oil and peanut oil) in limited amount are used for cooking➤ All visible animal fat and excess oil used in cooking are removed before serving➤ Use more natural ingredients, herbs and spices to enhance dish flavours➤ No dessert and confectionery is supplied

Encouraged Food Items

6.3 Adequate consumption of dietary fibre reduces the risk of certain health problems such as obesity and cardiovascular diseases. Lunch suppliers should include the following food category (1) in AT LEAST ONE menu choice on ALL school days if more than one kind of grains are provided each day, **OR** (2) on any TWO days (given five school days in a week) if only one kind of grains is provided each day –

Categories of Encouraged Food Items	Rationale	Examples
Whole grains	To increase intake of dietary fibre	Brown rice, red rice, oatmeal, whole grain cereals, whole wheat bread, whole wheat noodles and soba (buckwheat noodles)
Grains with added vegetables	To increase intake of dietary fibre	Rice with added leafy vegetables, corn kernels or mushrooms, spinach noodles and carrot noodles

6.4 Since school students have a high calcium need for their growth and development, lunch suppliers are encouraged to use calcium-rich ingredients. However, as there are only limited calcium-rich ingredients suitable for the production of lunch box, parents should provide students with calcium-rich foods such as low-fat or skimmed milk, low-fat yoghurt, low-fat cheese, firm tofu and calcium-fortified soy milk in other main meals or as snacks.

Limited Food Items

6.5 Given five school days in a week, lunch suppliers should not serve item(s) belonging to the “Limited Food Items” on more than two school days per week in order to restrict intake of fat, salt and sugar (especially saturated fat) by students -

Description of Limited Food Items	Rationale	Examples
Grains with added fat and oil ⁴	To limit intake of total fat	Stir-fried rice and stir-fried noodles
Fatty cuts of meat and poultry with skin	To limit intake of saturated fat	Beef brisket, spare ribs, chicken wings, chicken thighs and other poultry with skin
Full-fat dairy products	To limit intake of saturated fat	Full-fat milk, full-fat cheese, full-fat yoghurt, evaporated milk (including reduced-fat products)
Processed or preserved meat, egg and vegetable products	To limit intakes of total fat and salt	Barbecued pork, bacon, ham, sausage, luncheon meat, egg bean curd, seasoned vegetarian meat, preserved mustard green and pickled cucumber

Description of Limited Food Items	Rationale	Examples
Sauce or gravy with high sugar, salt or fat content ⁵	To limit intakes of sugar, salt and total fat	Sweet and sour sauce, sauce or gravy made of full-fat dairy products or high salt seasonings (e.g. full-fat cheese, evaporated milk, fermented soybean curd and fermented broad bean paste)

⁴ It refers to more than two teaspoons of oil per serving per person added during food preparation and cooking process.

⁵ It is recommended to limit the use of sauce or gravy with high content of sugar, salt or fat. If such sauce or gravy must be used, serve separately from grains dishes.

Strongly Discouraged Food Items

6.6 The following items are strongly discouraged in ALL menu choices in order to reduce the intake of fat (especially saturated fat and *trans* fat), salt and sugar by students –

Description of Strongly Discouraged Food Items	Rationale	Examples
Deep-fried food items	To limit intake of total fat	French fries, deep-fried pork chops, deep-fried chicken wings or thighs, deep-fried dim sum (e.g. spring roll and dumpling with curry filling)
Food items with added animal fat and plant sources of saturated fat	To limit intake of saturated fat	Food items with added lard, chicken fat, butter (including reduced-fat butter), cream (including reduced-fat cream), palm oil, coconut oil, coconut products (e.g. curry with coconut cream/milk, Portuguese sauce, desserts with coconut and cookies)
Food items containing trans fat	To limit intake of trans fat	Food items with margarine containing trans fat and shortening, as well as fried food and bakery products (e.g. pastries and crackers) in which trans fat and shortening are used as ingredients or in the cooking process

Description of Strongly Discouraged Food Items	Rationale	Examples
Beverages in “Snacks to Choose Less” category ⁶	To limit intake of sugar	Soft drinks, fruit drinks, fruit juices with added sugar, yoghurt drinks, probiotic drinks and tetra-packed lemon tea/chrysanthemum tea
Food items with very high salt content	To limit intake of salt	Salted fish and salted egg

⁶ Please refer to the “Snacks to Choose Less” in Chapter 6 of the *“Nutritional Guidelines on Snacks for Students”*.

7. Points to Note about Vegetarian Meals

7.1. Vegetarian meals in general refer to meals that consist of vegetable ingredients with no animal meat products. If a vegetarian meal does not contain suitable meat alternatives, the meal will be low in protein, and thus do not comply with the “Guidelines on QUANTITY”.

Suitable meat alternatives

7.2. Dry beans, soybeans and their products, seeds and nuts are suitable meat alternatives. They are rich in protein, certain amino acids and iron, which are all vital to the human body.

- Dry beans (e.g. soybeans, chickpeas, kidney beans, adzuki beans and black-eyed peas)
- Soybean products (e.g. firm tofu/wrapped bean curd, dried bean curd, bean curd sheets, fresh bean curd sheets, non-deep fried bean curd sticks and okara (soy bean pulp))
- Seeds and nuts (e.g. sesame, peanuts, walnuts and cashew nuts)

7.3. However, quite a lot of soybean products (e.g. bean curd puffs, vegetarian goose and deep-fried bean curd sticks) are deep-fried and thus categorised as “Strongly Discouraged Food Items”. Other non-deep fried food items like vegetarian chicken, vegetarian pork and vegetarian ham may have high salt content after processing and hence belong to the category of “Limited Food Items”.

7.4. Eggs and low-fat dairy products (e.g. low-fat cheese) can also replace meat as a source of protein, so long as the schools accept such ingredients in their vegetarian meals.

7.5. White gluten and baked spongy gluten are also popular ingredients for vegetarian meals. Their main content is high-gluten flour. They are high in protein, but do not contain some essential amino acids needed by the body, so use them only occasionally to replace meat as a source of protein.

7.6. Mushrooms, green peas, snow peas, snap peas, bean sprouts, string beans, etc. are vegetables, which contain a much lower level of protein than dry beans, and so they are not suitable meat alternatives.

8. Food Arrangement During Festival Seasons at Schools

8.1 There are plenty of examples where traditional festivals are linked to food, such as chocolate eggs with Easter and mooncakes with the mid-Autumn festival. From time to time, teachers may wish to introduce these festive foods to students as part of their learning activities, but are caught in a dilemma because many of these food items are high in fat, sugar or salt. Should schools prohibit these festive food items?

8.2 Undeniably, the cultural and social meanings of food should be duly considered. According to the healthy eating principle, if we choose food items that are high in fat, sugar or salt, we should have them in small amount. Therefore, if schools consider there is a need to introduce or consume such festive foods at schools, please take note of the following recommendations:

- Provide alternative healthier choices if available, such as fruits in mid-Autumn festival
- If fatty, sugary or salty festive food items are served:
 - explain the nutritional value of the food items before serving to students;
 - remind the students to take in small amount;
 - serve the food items at a time not to affect the appetite for regular meals; and
 - food supplied by lunch suppliers, tuck shops and vending machines should always be in compliance with the *“Nutritional Guidelines on Lunch for Students”* and the *“Nutritional Guidelines on Snacks for Students”*.

9. A Brief Introduction of the ‘Tools for Promotion of Healthy Eating in Schools’

9.1. In order to assist schools in fostering an environment that is conducive to healthy eating, the DH has developed the tools below (Appendix 4), which are now readily available at the thematic website of the “EatSmart@school.hk” Campaign (<http://school.eatsmart.gov.hk/>) for downloading:

- Handbook of Selection of Lunch Suppliers
- Classification of Food Items for School Lunch
- Lunch Monitoring Manual
- Lunch Monitoring Form

Handbook of Selection of Lunch Suppliers

9.2. As a school and its lunch supplier are bound by the contract over a considerably long period in general (i.e. between one and three years), it is essential to choose a suitable lunch supplier who can cater for students’ healthy eating.

9.3. Currently, when schools and parents select their school lunch suppliers, they make their decisions based on factors such as the suppliers’ production scale, food hygiene standards, quality of food ingredients, prices, etc. However, the schools and parents are advised to pay more attention to the nutritional value of lunch, as well as suppliers’ effort in promoting healthy eating among students.

9.4. After consultation with a wide spectrum of stakeholders, the DH has compiled the *“Handbook of Selection of Lunch Suppliers”* for schools’ reference.

Classification of Food Items for School Lunch

9.5. With the availability of different kinds of food ingredients in the market, lunch suppliers launch new lunch menus every now and then. To give teachers, parents and lunch suppliers a better grasp of how to classify food ingredients, the DH has introduced a list titled “Classification of Food Items for School Lunch” to provide more food examples as reference for catering committees or teachers in charge of school catering. They are advised to preview the monthly menus, sent from lunch suppliers, against the “Classification of Food Items for School Lunch”, and then negotiate with the lunch suppliers about how to improve the menus further so that students can enjoy healthier lunch.

9.6. To ensure that the “Classification of Food Items for School Lunch” reflects the latest situation of common food ingredients, the DH will review and revise it in a timely manner. The revised version will also be uploaded at the thematic website of the “EatSmart@school.hk” Campaign (<http://school.eatsmart.gov.hk/>) for downloading.

Lunch Monitoring Manual and Lunch Monitoring Form

9.7. If you regularly monitor the nutritional value of school lunch and record your observations in an objective manner, the schools can reflect their opinions to lunch suppliers with support by data. This can help to ensure nutritional quality of school lunch. The schools are advised to conduct a one-week long nutrition check on school lunch at least four times each year. The "*Lunch Monitoring Manual*" lists out the procedures and examples of how to fill in the "Lunch Monitoring Form" and the follow up actions.

10. References

1. “Diet, nutrition and the prevention of chronic diseases”, Report of the Joint WHO/FAO expert consultation, WHO Technical Report Series, No.916 (TRS 916). Available at http://whqlibdoc.who.int/trs/WHO_TRS_916.pdf
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11. Acknowledgements

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- Hong Kong College of Cardiology
- Hong Kong Dietitians Association
- Hong Kong Education City
- Hong Kong Nutrition Association
- Hong Kong Special Schools Council
- The Subsidized Primary Schools Council
- Union of Government Primary School Headmasters and
Headmistresses
- Union of Heads of Aided Primary Schools of Hong Kong

For enquiries or suggestions on the Guidelines, please email us at health_cheuweb@dh.gov.hk. For more health information, please visit the “EatSmart Website” of the DH at <http://www.eatsmart.gov.hk> or call the Health Education Hotline (2833 0111) of the DH.

Revised by the DH, June 2017

12. Appendices

Appendix 1: Recommended Daily Intakes of Energy, Fat, Sugar and Sodium for Students

According to the Chinese Dietary Reference Intakes (2013 edition) promulgated by the Chinese Nutrition Society, the recommended daily intakes of energy, fat, sugar and sodium for students are as below.

Age	Energy (kcal)		Fat (percentage of total energy intake)	Sugar (percentage of total energy intake)	Sodium (mg)
	Boy	Girl			
7	1700	1550	20-30	<10	1500
9	2000	1800			1500
13	2350	2050			1900
16	2850	2300			2200

Remarks: The recommended daily intake of energy listed in the table above is the reference value for those with “moderate physical activity level”. One of the examples of moderate level physical activity is the daily activities of students. Recommended daily intake of sodium refers to “proposed intakes for preventing non-communicable chronic diseases”.

Appendix 2: Part One of Nutritional Guidelines on Lunch for Students (Quantity) - Examples of Food Items

Food groups	Recommended quantity for				Examples of 1 serving
	primary 1-3 students	primary 4-6 students	female students and Form 1-2 male students ¹	Form 3 or above male students ¹	
Grains	At least 4 servings	At least 5 servings	At least 5 servings	At least 8 servings	Rice, cooked = 1/5 bowl = 40 g Rice noodle, cooked = 1/5 bowl = 40 g Egg noodle, cooked = ¼ bowl = 40 g Spaghetti or macaroni, cooked = ⅓ bowl = 50 g Bread, without crust = ½ slice = 20 g
Vegetables	At least 1 serving	At least 1 serving	At least 1 ½ servings	At least 1 ½ servings	Leafy vegetables (e.g. Lettuce), raw = 1 bowl = 55 g Leafy vegetables (e.g. Chinese cabbage, spinach), cooked = ½ bowl = 85 g Gourds (e.g. wax gourd, zucchini), cooked = ½ bowl = 90 g Mushrooms, cooked = ½ bowl = 80 g

Meat, fish, egg and alternatives	1 – 2 servings	1 ½ – 2 ½ servings	1 ½ - 2 ½ servings	2 - 3 servings	Beef, pork, chicken or fish, cooked = 4 slices = 30 g (similar to the size of 1 table tennis ball) Shrimp, cooked = 8 small = 30 g Whole egg, cooked = 1 large = 50 g Tofu, firm = ¼ block = 88 g Beans (e.g. red kidney beans, chick beans), cooked = 6-8 tablespoons = 100 g
Fruits ²	At least 1 serving	Orange (unpeeled) = 1 medium = 130 g Apple (unpeeled) = 1 medium = 106 g Banana (unpeeled) = ½ large = 68 g Grapes = ½ bowl = 80 g Dried fruit without added sugar e.g. raisin = about 1 tablespoon = 20 g			
Fat and oils <i>(Used during food preparation and cooking processes)</i>	2 servings maximum	2 servings maximum	2 servings maximum	2 servings maximum	Vegetable oils (e.g. corn, peanut, canola or olive oil) = 1 teaspoon = 4.5 g Salad dressing (e.g. mayonnaise, Thousand Island or Italian dressing) = 1 tablespoon = 15 g

Remark: 1 bowl = 250 - 300 ml

¹ Secondary school students who undergo puberty have a wide range of energy requirements depending on physiological needs and level of physical activities. Students may refer to the above recommendations to choose the most suitable quantity for school lunches. If the students still feel hungry after having lunch, only extra grains and vegetables are suggested to serve as supplement. Alternatively, such students may choose other school lunches with a more suitable quantity.

Schools and lunch suppliers should come up with an agreement on the practical arrangements on the supply of extra grains and vegetables and self-selection of quantity for school lunches.

² It is recommended for both primary and secondary school students to have at least one serving of fruit at school to achieve two servings of fruit a day. Schools should discuss with lunch suppliers and parents for practical arrangements. Provision of whole fruit instead of fruit juice is encouraged to increase intake of dietary fibre. If unsweetened fruit juice is to be provided instead, it should be counted as a “Limited Food Item”, to be provided not more than two school days per week (given five school days in a week) and only at a serving size of below 180 ml or below.

Appendix 3: Healthy Lunch Box Checklist

For a lunch box to be qualified as nutritionally balanced, all the boxes for criteria 1-16 should be ticked “Yes”. It will be more nutritionally balanced if criterion 17 or 18 is also fulfilled.

Name of lunch supplier: _____ Name of lunch: _____ Name and post of assessor: _____ Date of evaluation: _____

<u>Guidelines on Quantity and Good Practices</u>			
1.	Grains, vegetables and meat in the lunch box are provided in the ratio of 3:2:1 by volume (i.e. grains is the most, vegetables is less, and meat is the least)	<input type="checkbox"/>	<input type="checkbox"/>
2.	At least one serving of vegetables (e.g. 1/2 bowl of cooked leafy vegetables, gourds or mushrooms) is supplied	<input type="checkbox"/>	<input type="checkbox"/>
3.	Only healthy and non-hydrogenated vegetable oils (e.g. corn oil, canola oil, olive oil and peanut oil) in limited amount are used for cooking	<input type="checkbox"/>	<input type="checkbox"/>
4.	All visible animal fat and excess oil used in cooking are removed before serving	<input type="checkbox"/>	<input type="checkbox"/>
5.	Use natural ingredients, herbs and spices	<input type="checkbox"/>	<input type="checkbox"/>
6.	No dessert and confectionery	<input type="checkbox"/>	<input type="checkbox"/>
<u>Limited Food Items</u>			
7.	No grains with added fat, oil (e.g. stir-fried rice and stir-fried noodles). Sauce or gravy and grains are served separately	<input type="checkbox"/>	<input type="checkbox"/>
8.	No fatty cuts of meat (e.g. beef brisket and spare ribs) and poultry with skin (e.g. chicken wings or thighs)	<input type="checkbox"/>	<input type="checkbox"/>
9.	No full-fat dairy products	<input type="checkbox"/>	<input type="checkbox"/>
10.	No processed or preserved meat, egg and vegetable products (e.g. barbecued pork, bacon, ham, sausage, seasoned vegetable protein and preserved mustard green)	<input type="checkbox"/>	<input type="checkbox"/>
11.	No sauce or gravy with high sugar, salt or fat content (e.g. sweet and sour sauce, sauce or gravy made of full-fat cheese, evaporated milk, fermented soybean curd, fermented board bean paste and oyster sauce)	<input type="checkbox"/>	<input type="checkbox"/>
<u>Strongly Discouraged Food Items</u>			
12.	No deep-fried food items (e.g. French fries, deep-fried pork-chop and spring roll)	<input type="checkbox"/>	<input type="checkbox"/>
13.	No food with added animal fat and plant source of saturated fat, e.g. food items with added lard, chicken fat, butter (including low-fat butter), cream (including low-fat cream), palm oil, coconut oil and coconut (e.g. curry with coconut milk, desserts with coconuts products and cookies),	<input type="checkbox"/>	<input type="checkbox"/>
14.	No food with trans fat, e.g. food items with added margarine containing trans fat and shortening, as well as fried food and bakery products (e.g. pastries and crackers) in which these fats and oils are used as ingredients or in the cooking process	<input type="checkbox"/>	<input type="checkbox"/>
15.	Beverages in “Snacks to Choose Less” category * (e.g. soft drinks, fruit drinks, fruit juices with added sugar, yoghurt drinks and tetra-packed lemon tea/chrysanthemum tea)	<input type="checkbox"/>	<input type="checkbox"/>
16.	No food items with very high salt content(e.g. salted fish and salted egg)	<input type="checkbox"/>	<input type="checkbox"/>
<u>Encouraged Food Items</u>			
17.	Includes whole grains or grains with added vegetables (e.g. whole wheat bread, brown rice, rice with added leafy vegetable or corn kernels, soba (buckwheat noodles) and spinach noodles)	<input type="checkbox"/>	<input type="checkbox"/>
18.	Includes calcium-rich foods (e.g. low-fat dairy products and firm tofu)	<input type="checkbox"/>	<input type="checkbox"/>

* Please refer to the “Snacks to Choose Less” in Chapter 6 of the *Nutritional Guidelines on Snacks for Students*.



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