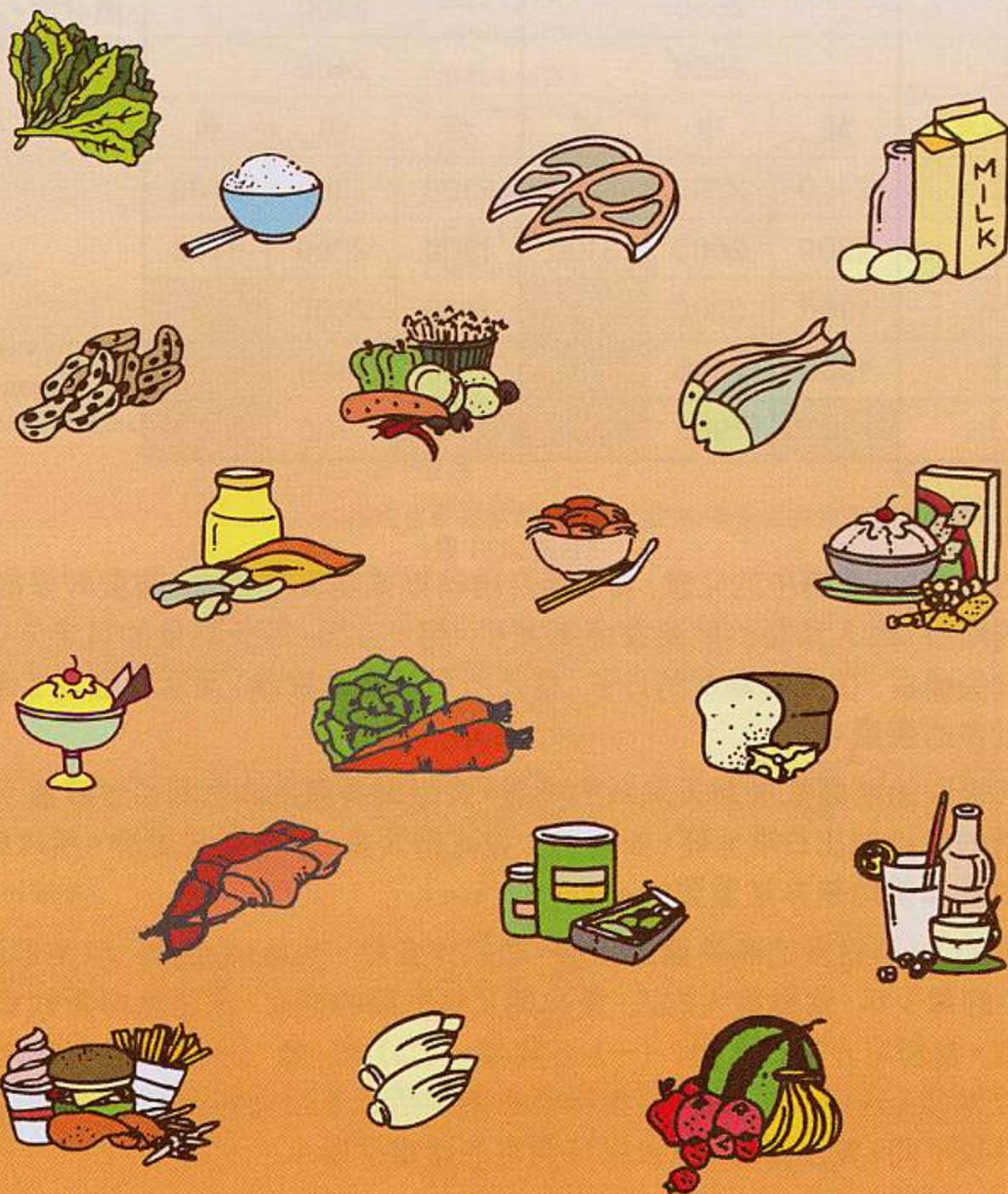


# 熱量知多少

## Facts about Calorie and Energy



## 熱量知多少

熱量單位是Kilocalorie (千卡)，一千卡是指使一公斤(一升)的水升高溫度攝氏一度時所需的能量。

每人每天需要多少能量是因人而異的，與年齡、性別、工作性質及活動量有關。

### 每人每天平均所需的能量(千卡)

	男(千卡)			女(千卡)		
7-10歲	1950			1850		
11-14歲	2650			2300		
15-18歲	2900			2400		
體力活動水平	輕	中	重	輕	中	重
18歲以上	2400	2700	3200	2100	2300	2700
50歲以上	2300	2600	3100	1900	2000	2200
60歲以上	1900	2200		1800	2000	
70歲以上	1900	2100		1700	1900	
80歲以上		1900			1700	

女性：

懷孕期+200千卡

哺乳期+500千卡

(資料來源：中國居民膳食營養素參考攝入量，中國營養學會2000)

從以上數字可見，發育中的兒童、青少年及懷孕期或哺乳期婦女，需要較多能量；而隨著年齡的增長，成人所需的能量會逐漸減少。另一方面，每天熱量的需求亦按氣溫及個人活動量而異，在天氣寒冷的日子，每天所需熱量會提高，而活動量及工作量大的人，亦需要較多的能量。

假如每天吸取的能量低於每天消耗的能量，會阻礙身體的成長和引致體重下跌；反之，如果能量的供給超出日常消耗，如運動少或吃得太多，就會造成肥胖。所以維持適當的能量消耗與供給是非常重要的。

活動量少的人，不宜多吃高熱量的食物，如煎炸食物、糖果、甜品等，以免導致肥胖。而發育中的青少年、活動量大的人、懷孕期及哺乳期的婦女，應注意均衡飲食及足夠的熱量吸取。食物可分為五大類：(一) 五穀類、(二) 肉、魚、豆或蛋類、(三) 蔬菜類、(四) 生果類及(五) 奶類，每天的食物都必須包括這五類食物。同時，由於每類食物所供應的熱量不同，要注意分量，以保持適當的體重平衡。

## Facts about Calorie and Energy

Kilocalorie (kcal) is the unit for measuring energy. One kcal equals to the amount of energy needed to heat up one kilogram (one litre) of water by one degree Celsius.

Daily energy needs vary among individuals, depending on their age, gender, job nature and physical activity level.

### Average daily energy requirements for individuals (kcal)

	Male (kcal)			Female (kcal)		
Aged 7-10	1950			1850		
Aged 11-14	2650			2300		
Aged 15-18	2900			2400		
Activity Level	Low	Medium	High	Low	Medium	High
Aged 18 above	2400	2700	3200	2100	2300	2700
Aged 50 above	2300	2600	3100	1900	2000	2200
Aged 60 above	1900	2200		1800	2000	
Aged 70 above	1900	2100		1700	1900	
Aged 80 above		1900			1700	

Female:

Pregnancy + 200 kcal

Breastfeeding + 500 kcal

(Source: The Chinese Dietary Reference Intakes, Chinese Nutrition Society 2000)

As shown by the above figures, children and adolescents in developmental stages and pregnant or breastfeeding women require higher calorie intake, while energy requirements of adults decline gradually with age. Environmental temperature and activity level are also determining factors of our daily energy requirement. For example, we need more energy in cold weather; and people with high activity level or heavy workload have greater energy needs.

If we take in less energy than we use daily, our body growth will be hampered, leading to weight loss. On the contrary, our body will gain weight if we take in more energy input than we use daily, such as exercising less or eating too much. Therefore, it is rather important to maintain a good balance between energy input and output.

People with low activity level should stay away from energy-dense food such as deep-fried food, candies and desserts to avoid becoming overweight. Adolescents in their developmental stages, physically active people and pregnant or breastfeeding women should maintain a balanced diet with sufficient calorie intake. Food can be divided into five main groups: (1) grains and cereals, (2) meat, fish, beans or eggs, (3) vegetables, (4) fruit, and (5) dairy products. All these groups should be included in our daily diet. To maintain a healthy body weight, we should eat the right amount of different food groups as they contain different energy content.

## 常見有關熱量的謬誤：

### 1. 植物油的熱量較低

**錯** 雖然植物油不含膽固醇，植物油與動物油的熱量相同，它們的分別在於脂肪的種類，不是熱量。植物油不含膽固醇，而且多屬不飽和脂肪。

### 2. 水果的熱量較低，多吃也不會致胖。

**錯** 雖然水果熱量較低，但多吃也會積聚相當的熱量，例如五個橙約等於一碗飯所提供的熱量。按食物金字塔的建議，我們每天應進食兩至三份水果，以保持均衡飲食。

## Common Misconceptions about Energy

### 1. Vegetable oils contain less calories

**Wrong:** Vegetable oils, though cholesterol-free, contain the same energy content as animal fat. In other words, they differ by the type of fat instead of energy content. Vegetable oils have no cholesterol and most are unsaturated.

### 2. Fruit is low in calorie. You will not be getting fat even eating a lot of them.

**Wrong:** Although fruit contains less energy, eating a lot of them will still provide considerable energy. For example, the energy provided by five oranges is almost the same as one bowl of rice. As recommended in the Food Pyramid, we should have 2-3 servings of fruit everyday to maintain a balanced diet.

## 常見食物的熱量含量表：

### Table of energy contents of common food :

五穀類 Grains and Cereals	分量 Portion	卡路里 (千卡) Calories (kcal)
白飯 Cooked rice	1中號碗 (64克米) 1 mid-size bowl (with 64 g of uncooked rice)	234
白粥 Congee	1中號碗 (24克米) 1 mid-size bowl (with 24 g of uncooked rice)	88
米粉 (熟, 未連湯) Rice vermicelli (cooked, without broth)	1中號碗 (140克) 1 mid-size bowl (140 g)	173
河粉 (熟, 未連湯) Rice noodles (cooked, without broth)	1中號碗 (140克) 1 mid-size bowl (140 g)	284
意粉 (熟, 未連湯) Spaghetti (cooked, without broth)	1中號碗 (140克) 1 mid-size bowl (140 g)	174
通心粉 (熟, 未連湯) Macaroni (cooked, without broth)	1中號碗 (165克) 1 mid-size bowl (165 g)	167
上海麵 Shanghai noodles	1個 (58克) 1 cake (58 g)	207
蛋麵 Egg noodles	1個 (55克) 1 cake (55 g)	215
伊麵 E-fu noodles	1個 (細) (80克) 1 cake (small) (80 g)	404

即食麵 Instant noodles	1個 (100克) 1 cake (100 g)	455
麥皮 (熟) Oatmeal (cooked)	1中號碗 (生) (56克) 1 mid-size bowl (uncooked) (56 g)	180
早餐粟米片 Breakfast cereal	1中號碗 (25克) 1 mid-size bowl (25 g)	92
<b>包、餅、糕點類 Bread, Biscuits and Cakes</b>	<b>分量 Portion</b>	<b>卡路里 (千卡) Calories (kcal)</b>
漢堡包 Hamburger	1個 (102克) 1 piece (102 g)	260
芝士漢堡包 Cheese burger	1個 (116克) 1 piece (116 g)	310
魚柳包 Fish fillet burger	1個 (142克) 1 piece (142 g)	440
煙肉蛋漢堡包 Bacon and egg burger	1個 (138克) 1 piece (138 g)	290
豬柳漢堡包 Sausage burger	1個 (117克) 1 piece (117 g)	370
豬柳蛋漢堡包 Sausage and egg burger	1個 (167克) 1 piece (167 g)	440
火腿三文治 Ham sandwich	1份 (122克) 1 serving (122 g)	262
芝士火腿三文治 Cheese and ham sandwich	1份 (146克) 1 serving (146 g)	353
熱狗包 Hotdog	1個 (120克) 1 piece (120 g)	300
牛角包 Croissant	1個 (41克) 1 piece (41g)	180
方包 (厚身) Plain bread (thick slice)	1片 (50克) 1 slice (50 g)	125
豬仔包 Plain bun	1個 (60克) 1 piece (60 g)	169
雞尾包 Cocktail bun	1個 (65克) 1 piece (65 g)	221
菠蘿包 Pineapple bun	1個 (70克) 1 piece (70 g)	235
克力架餅 Cracker	1塊 (8克) 1 piece (8 g)	35
甜茶餅 Sweet biscuit	1塊 (8克) 1 piece (8 g)	28
梳打餅 Soda cracker	1塊 (15克) 1 piece (15 g)	71
馬利餅 Marie biscuit	3塊 (15克) 3 pieces (15 g)	35
鬆厚薄餅 (芝士) Thick crust pizza (cheese)	2件 (200克) 2 slices (200 g)	492
薄脆薄餅 (芝士) Thin crust pizza (cheese)	2件 (150克) 2 slices (150 g)	398
芝士蛋糕 (直徑9吋) Cheese cake (9" in diameter)	1/12個 1/12 piece	278

焗蘋果批 (直徑9吋) Baked apple pie (9" in diameter)	1/6個 1/6 piece	405
<b>魚、蛋、肉類</b> <b>Fish, Eggs and Meat</b>	<b>分量</b> <b>Portion</b>	<b>卡路里 (千卡)</b> <b>Calories (kcal)</b>
雞肉香腸 Chicken meat sausage	1條 (45克) 1 piece (45 g)	115
火腿 Ham	2片 (57克) 2 slices (57 g)	103
燒豬排骨 (半肥瘦) Roasted pork ribs (50% fat and 50% lean)	85克 85 g	270
煎豬扒 (半肥瘦) Pan-fried pork chop (50% fat and 50% lean)	89克 89 g	334
煎豬扒 (全瘦) Pan-fried pork chop (lean)	67克 67 g	178
燒肉 (半肥瘦連皮) Roasted pork (50% fat and 50% lean, with skin)	75克 75g	248
燒肉 (全瘦) Roasted pork (lean)	75克 75g	170
炸雞翼 Deep-fried chicken wing	1隻 (55克) 1 piece (55g)	178
燒雞肉 Roasted chicken	1碗 (140克) 1 bowl (140g)	266
炸雞上髀 Deep-fried chicken thigh	1件 (104克) 1 piece (104g)	294
炸雞小腿 Deep-fried chicken drumstick	1件 (57克) 1 piece (57g)	146
燒鴨肉 (連皮) Roasted duck (with skin)	半隻 (382克) Half piece (382g)	1287
燒鴨肉 (不連皮) Roasted duck (without skin)	半隻 (221克) Half piece (221g)	445
燒鵝肉 (連皮) Roasted goose (with skin)	半隻 (774克) Half piece (774g)	2362
燒鵝肉 (不連皮) Roasted goose (without skin)	半隻 (591克) Half piece (591g)	1406
銀鱈魚 (白灼) Cod fillet (boiled)	100克 100g	102
吞拿魚 (水浸) Tuna fish (canned in spring water)	85克 85g	111
吞拿魚 (油浸) Tuna fish (canned in oil)	85克 85g	163
紅衫魚 (生·淨肉) Golden thread fish (raw, meat only)	2兩 (75克) 2 taels (75g)	85
大魚腩 (生·連皮去骨) Bighead fish, fatty cut (raw, with skin and boneless)	2兩 (75克) 2 taels (75g)	57
白灼蝦 Boiled shrimp, with shell	100克 100g	99

焗蛋 Hard-boiled egg	1隻 (50克) 1 piece (50g)	74
煎蛋 Fried egg	1隻 (50克) 1 piece (50 g)	118
火腿芝士奄列 Ham and cheese omelette	1份 (118克) 1 serving (118g)	290
<b>蔬菜 Vegetables</b>	<b>分量 Portion</b>	<b>卡路里 (千卡) Calories (kcal)</b>
白菜 (水煮) Chinese cabbage (boiled)	1中號碗 (170克) 1 mid-size bowl (170g)	20
椰菜 (水煮) Cabbage (boiled)	1中號碗 (150克) 1 mid-size bowl (150g)	32
西蘭花 (水煮) Broccoli (boiled)	1中號碗 (156克) 1 mid-size bowl (156g)	44
生菜 Lettuce	1中號碗 (56克) 1 mid-size bowl (56g)	10
甘筍 (水煮) Carrot (boiled)	1條 (72克) 1 piece (72g)	31
粟米 (焗) Sweet corn (boiled)	1條 (77克) 1 piece (77g)	83
青豆 (水煮) Green bean (boiled)	1碗 (196克) 1 bowl (196g)	231
蕃薯 (焗) Sweet potato (boiled)	1個 (151克) 1 piece (151g)	160
<b>乾豆/豆製品 Dry Beans / Bean Products</b>	<b>分量 Portion</b>	<b>卡路里 (千卡) Calories (kcal)</b>
熟眉豆 Cooked black eye bean	1碗 (171克) 1 bowl (171g)	198
熟紅豆 Cooked red bean	1碗 (256克) 1 bowl (256g)	208
熟黃豆 Cooked soybean	1碗 (172克) 1 bowl (172g)	298
熟豆腐 Cooked tofu	1磚 (112克) 1 piece (112g)	85
熟豆腐泡 Deep-fried tofu puff	6個 (100克) 6 pieces (100g)	316
<b>水果 Fruit</b>	<b>分量 Portion</b>	<b>卡路里 (千卡) Calories (kcal)</b>
蘋果 Apple	1個 (小型) (138克) 1 piece (small) (13g)	80
橙 Orange	1個 (小型) (131克) 1 piece (small) (131g)	60
香蕉 Banana	1隻 (175克) 1 piece (175g)	105
提子 Grape	10粒 (50克) 10 pieces (50g)	35
西瓜 Watermelon	1塊 (926克) 1 slice (926g)	152
芒果 Mango	1個 (300克) 1 piece (300g)	135

牛油果 Avocado	1個 (454克) 1 piece (454g)	340
<b>點心</b> Dim Sum	<b>分量</b> Portion	<b>卡路里 (千卡)</b> Calories (kcal)
蝦餃 Steamed prawn dumpling (Ha-gau)	1件 (16克) 1 piece (16g)	48
燒賣 Steamed pork dumpling (Siu-mai)	1件 (16克) 1 piece (16g)	58
雞扎 Steamed chicken roll with tofu skin	1件 (90克) 1 piece (90g)	150
上素粉果 Steamed vegetarian dumpling	1件 (20克) 1 piece (20g)	46
潮州粉果 Steamed Chiu Chow dumpling	1件 (57克) 1 piece (57g)	89
魚翅餃 Steamed Shark's fin dumpling	1件 (15克) 1 piece (15g)	39
山竹牛肉 Steamed minced beef ball	1件 (42克) 1 piece (42g)	90
排骨 Steamed pork ribs	1碟 (140克) 1 plate (140g)	250
叉燒包 Steamed barbecue pork bun	1個 (50克) 1 piece (50g)	130
奶黃包 Steamed egg custard bun	1個 (50克) 1 piece (50g)	120
蓮蓉包 Steamed lotus seed paste bun	1個 (50克) 1 piece (50g)	170
蘿蔔糕 (煎) Turnip cake (pan-fried)	1件 (80克) 1 piece (80g)	100
齋腸粉 Steamed plain rice-roll	1條 (57克) 1 piece (57g)	69
牛肉腸粉 Steamed rice-roll with beef	1條 (78克) 1 piece (78g)	83
鹹肉粽 Salted meat rice dumpling	1隻 (細) (100克) 1 piece (small) (100g)	210
春卷 Deep-fried spring roll	1條 (40克) 1 piece (40g)	150
芋角 Deep-fried taro dumpling	1件 (50克) 1 piece (50g)	170
<b>零食</b> Snacks	<b>分量</b> Portion	<b>卡路里 (千卡)</b> Calories (kcal)
芝士圈 Cheese ring	1小包 (25克) 1 pack (small) (25g)	125
焗花生 (不連殼) Roasted peanut (shelled)	28粒 (28克) 28 pieces (28g)	170
焗栗子 Roasted chestnut	3粒 (28克) 3 pieces (28g)	68
果汁糖 Fruit drops	5粒 (28克) 5 pieces (28g)	98
朱古力 chocolate	1小包 (50克) 1 pack (small) (50g)	265



雲呢拿雪糕 Vanilla ice cream	1杯 (133克) 1 cup (133g)	269
果汁雪條 Fruit juice ice bar	1條 (92克) 1 piece (92g)	57
炸薯條 (細) French fries (small-size)	1包 (68克) 1 pack (68g)	220
炸薯條 (中) French fries (mid-size)	1包 (97克) 1 pack (97g)	320
炸薯條 (大) French fries (big-size)	1包 (122克) 1 pack (122g)	400
炸薯片 (中) Potato chips (mid-size)	1包 (100克) 1 pack (100g)	533
<b>脂肪 Fats</b>	<b>分量 Portion</b>	<b>卡路里 (千卡) Calories (kcal)</b>
人造牛油 Margarine	1湯匙 (14克) 1 tablespoon (14g)	100
芥花籽油 Canola oil	1湯匙 (14克) 1 tablespoon (14g)	125
粟米油 Corn oil	1湯匙 (14克) 1 tablespoon (14g)	125
花生油 Peanut oil	1湯匙 (14克) 1 tablespoon (14g)	125
沙律醬 Salad dressing	1湯匙 (15克) 1 tablespoon (15g)	60
低熱量沙律醬 Low-calorie salad dressing	1湯匙 (15克) 1 tablespoon (15g)	35
<b>飲品 Drinks</b>	<b>分量 Portion</b>	<b>卡路里 (千卡) Calories (kcal)</b>
可樂汽水 Cola	1罐 (355毫升) 1 can (355ml)	150
代糖汽水 Soft-drink with sweeteners	1罐 (355毫升) 1 can (355ml)	2
清茶 Light tea	1杯 (240毫升) 1 cup (240ml)	2
咖啡 Coffee	1杯 (240毫升) 1 cup (240ml)	2
全脂牛奶 Full cream milk	1杯 (240毫升) 1 cup (240ml)	150
低脂牛奶 Low fat milk	1杯 (240毫升) 1 cup (240ml)	121
脫脂牛奶 Skimmed milk	1杯 (240毫升) 1 cup (240ml)	91
全脂朱古力奶 Full cream chocolate milk	1杯 (240毫升) 1 cup (240ml)	205
煉奶 Condensed milk	6茶匙 (38克) 6 teaspoons (38g)	123
全脂淡奶 Full cream evaporated milk	6茶匙 (32克) 6 teaspoons (32g)	42
朱古力奶昔 Chocolate milkshake	1.25杯 (283毫升) 1.25 cup (283ml)	360

雲呢拿奶昔 Vanilla milkshake	1.25杯 (283毫升) 1.25 cup (283ml)	314
益力多 Yakult	1瓶 (100毫升) 1 bottle (100ml)	70
維他奶 Vitasoy	1盒 (250毫升) 1 box (250ml)	120
葡萄適 Lucozade	1細樽 (275毫升) 1 small bottle (275ml)	198
利賓納 Ribena	1/3杯 (70毫升) 1/3 cup (70ml)	160
純橙汁 (不加糖) Pure orange juice (no sugar added)	1杯 (240毫升) 1 cup (240ml)	114
好立克 Horlick	2茶匙 2 teaspoons	59
阿華田 Ovaltine	3茶匙 3 teaspoons	26
谷咕粉 Cocoa powder	3茶匙 3 teaspoons	19
其他 Others	分量 Portion	卡路里 (千卡) Calories (kcal)
砂糖 Granulated sugar	1茶匙 (5克) 1 teaspoon (5g)	20
蜜糖 Honey	2茶匙 (15克) 2 teaspoon (15g)	43
果醬 Jam	2茶匙 (15克) 2 teaspoon (15g)	39
花生醬 Peanut butter	2茶匙 (15克) 2 teaspoon (15g)	93
糖膠 Syrup	1湯匙 (20克) 1 tablespoon (20g)	60

1安士 = 28克  
1兩 = 40克

1 ounce = 28g  
1 tael = 40 g

如欲知道更多健康知識，請致電2833 0111  
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