

“Health food”	Major ingredients	Functions claimed	Truths	Points to Note
Wheat grass / Wheat grass tablets	Chlorophyll, fibre, vitamins, minerals and little amount of protein	Contain a special enzyme which can resist bacteria and help detoxification	<ul style="list-style-type: none"> The structure of an enzyme will be destroyed in the process of digestion and decomposition, and the function of the enzyme will then be lost. How can it still resist bacteria and help detoxification? 	<ul style="list-style-type: none"> The nutrients in wheat grass can also be obtained from other green vegetables
Fibre tablets / Fibre powder	Fibre	Help weight loss and detoxification	<ul style="list-style-type: none"> All foods made from plants contain fibre. Fibre helps defecation and reduces the time that food wastes stay in the intestines. It also reduces the accumulation of carcinogens indirectly Fibre will expand in volume after absorbing water and makes one feel full, so reducing one's appetite 	<ul style="list-style-type: none"> Taking fibre supplement will lead to excessive intake of fibre, which may hinder the absorption of minerals and result in malnutrition Eating too much fibre without drinking sufficient water will make the intestines and stomach difficult to adapt and lead to abdominal pain or diarrhea
Konjac (Konnyaku) jelly	Konjac (a high-fibre plant)	Help weight loss		<ul style="list-style-type: none"> Most of the konjac jellies on the market contain considerable amount of sugar. Frequent eating may lead to weight gain instead of weight loss The benefit of fibre should be obtained from balanced diet. Eat more vegetables, fruits, melons, beans, mushrooms, algae and whole wheat foods

THE TRUTH OF “HEALTH FOOD”





To promote health and prevent diseases, we must

- * Well-balanced diet
- * Appropriate amount of exercise
- * Good lifestyle
- * Good personal and environmental hygiene
- * Avoid bad habits such as smoking, drinking, or drug abuse
- * Be happy and cheerful

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“Health food” has aroused strong public concern in recent years. Lots of foods on the market claim to have the functions of preventing heart disease, cancers and constipation, and can help detoxification and enhance beauty. Are these “health foods” really good for our health? Is it necessary for us to take such “health foods”? Some information regarding several “health foods” is set out below for your reference.

“Health food”	Major ingredients	Functions claimed	Truths	Points to Note
Fish oil capsule	Fat of deep-sea fishes, contains Ω -3 fatty acids (unsaturated fatty acids)	Prevent heart disease or other vascular diseases	<ul style="list-style-type: none"> Ω-3 fatty acids can inhibit blood coagulation and reduce the risk of thrombosis 	<ul style="list-style-type: none"> Excessive Ω-3 fatty acids will reduce blood coagulation and may lead to wound bleeding, internal bleeding, anaemia, stroke, etc Other deep-sea fishes (e.g. tuna, sardine, salmon, trout, cod) and shellfishes (e.g. clam, scallop, shrimp, crab) are also rich in Ω-3 fatty acids Eating fish or shellfish instead of other meat thrice a week is already enough to obtain sufficient Ω-3 fatty acids
Goat milk tablet	Goat milk	The nutrient value of goat milk is twice that of cow milk	<ul style="list-style-type: none"> Except slightly higher in iron and potassium, other nutrients in goat milk, such as protein and calcium, are less than cow milk. However, goat milk tablet is more expensive 	<ul style="list-style-type: none"> Can choose between cow milk and goat milk 
Apple cider vinegar	Water, vinegar (some with juice, sugar or honey)	Lose weight and lower cholesterol by drinking daily	<ul style="list-style-type: none"> Without sufficient medical evidence 	<ul style="list-style-type: none"> Apple cider vinegar with honey is a high-calorie drink. If you rely on it but without improving your dietary habit nor doing more exercise, you will not be able to lose weight; on the contrary, there is a risk of gaining weight
Antioxidant supplement	Antioxidant nutrients including vitamins C, E and beta-carotene	Enhance beauty, anti-aging	<ul style="list-style-type: none"> Aging is due to the oxidation and destruction of cells by “free radicals” Tension, bad living habits and some environmental factors will facilitate the production of free radicals in our body Antioxidant nutrients can prevent free radicals from attacking cells and reduce the speed of destruction 	<ul style="list-style-type: none"> It will be easy to absorb excessive antioxidant nutrients by taking antioxidant supplement, which may have adverse effect on your health Antioxidant nutrients can be obtained from balanced diet with various fruits and vegetables 
Aloe vera juice	Aloe vera juice, sugar	Cure constipation and gastric disease	<ul style="list-style-type: none"> The skin of aloe vera is a laxative Medical evidence proving that aloe vera can cure gastric disease is still insufficient 	<ul style="list-style-type: none"> Overdose will lead to diarrhea, dehydration, and affect the absorption of nutrients and the balance of electrolyte The best way to cure constipation is to eat more high-fibre food (such as vegetables, fruits), drink more water and do more exercise Aloe vera juice with sugar is high in calories. Frequent drinking will lead to excessive absorption of calories and weight gain