



### Tips to promote health and prevent diseases

- ❖ Balanced diet
- ❖ Appropriate amount of exercise
- ❖ Regular life
- ❖ Good personal and environmental hygiene
- ❖ Avoid bad habits such as smoking, drinking and drug abuse
- ❖ Be happy and cheerful

### Be aware of food marketing

A balanced diet provides adequate nutrients for the growth of a child and adolescent. Food advertisement intends to increase the sales of certain products. Consumers should pay more attention to the ingredients rather than the product claims and the advertisement. If necessary, please get advice from your family doctor before purchase.



# THE TRUTH OF “HEALTH FOOD”



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"Health food" has aroused 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"	Main ingredients	Food source	Points to Note
Fish oil	<ul style="list-style-type: none"> <li>● Contains omega-3 (<math>\Omega</math> - 3) fatty acids (including EPA and DHA)</li> </ul>	<ul style="list-style-type: none"> <li>● Fishes that are rich in omega-3 fatty acids include salmon, mackerel, sardines etc.</li> <li>● <math>\alpha</math>-linolenic acid (ALA) is also a type of omega-3 fatty acid. Walnuts, flaxseeds, chia seeds are rich in <math>\alpha</math>-linolenic acid.</li> <li>* ALA can convert to EPA and DHA in the body.</li> </ul>	<ul style="list-style-type: none"> <li>● Omega-3 fatty acids can inhibit function of blood platelets and prevent normal blood clotting. People who are on warfarin or other anti-coagulants should avoid high dose of fish products.</li> </ul>
Cod liver oil	<ul style="list-style-type: none"> <li>● Contains omega 3(<math>\Omega</math>-3) fatty acids(EPA &amp; DHA)</li> <li>● Vitamin A</li> <li>● Vitamin D</li> </ul>	<ul style="list-style-type: none"> <li>● Foods that are rich in omega-3 fatty acids include salmon, mackerel, sardines, walnuts, flaxseeds, chia seeds.</li> <li>● Foods high in vitamin A include oily fish (e.g. salmon, mackerel), egg yolks, etc.</li> <li>● Foods high in carotenoid include carrots, spinach, broccoli, papaya, tomato, sweet potato, etc.</li> <li>* <math>\beta</math>-carotenoid from carotenoid is converted to vitamin A in the body.</li> <li>● Foods high in vitamin D include egg yolk, oily fish (e.g. salmon, mackerel), etc.</li> <li>● Skin can help produce vitamin D under sun exposure.</li> </ul>	<ul style="list-style-type: none"> <li>● Omega-3 fatty acids can inhibit function of blood platelets and prevent normal blood clotting. People who are on warfarin or other anti-coagulants should avoid high dose of cod liver oil products.</li> <li>● Excessive vitamin A intake may cause liver problem.</li> <li>● Excessive vitamin D intake may cause hypercalcemia (i.e. blood calcium is too high) and calcium in urine higher than normal, thus increasing risk for calcification in soft tissues e.g. blood vessels.</li> </ul>
Vitamin C	<ul style="list-style-type: none"> <li>● Vitamin C</li> </ul>	<ul style="list-style-type: none"> <li>● Foods containing vitamin C include citrus fruits (e.g. mandarin orange, orange, grapefruit), strawberries, kiwi, guava, broccoli, green pepper, beverages fortified with vitamin C, etc.</li> </ul>	<ul style="list-style-type: none"> <li>● Excessive intake of vitamin C may cause diarrhoea.</li> <li>● Some of the vitamin C enriched beverages may contain added sugar. Excessive intake of sugar increases the risk for overweight and obesity.</li> <li>● More fruit and vegetable intake can provide enough vitamin C to our body. Fruits and vegetables contain different antioxidants which have great health benefits too.</li> </ul>
Probiotics	<ul style="list-style-type: none"> <li>● Contain live microorganisms that are intended to have health benefits to the intestinal tract.</li> </ul>	<ul style="list-style-type: none"> <li>● Foods contain probiotics include yoghurt, fermented foods (e.g. kimchi) and probiotic drinks, etc.</li> </ul>	<ul style="list-style-type: none"> <li>● Fruits, vegetables and beans contain fibre, most of which is the food for the good bacteria in our gut, thus helping maintain our gut healthy.</li> <li>● Some yoghurts and probiotic drinks are high in added sugar, so it is better to choose low sugar or plain yoghurts.</li> </ul>
Calcium	<ul style="list-style-type: none"> <li>● Calcium</li> </ul>	<ul style="list-style-type: none"> <li>● Foods high in calcium include milk and dairy products, dark leafy greens (e.g. bok choy), sardines, sesame seeds, etc.</li> </ul>	<ul style="list-style-type: none"> <li>● Excessive intake of calcium may affect the absorption of zinc.</li> </ul>
Iodine	<ul style="list-style-type: none"> <li>● Iodine</li> </ul>	<ul style="list-style-type: none"> <li>● Foods rich in iodine include seaweed, kelp, seafood, marine fish, eggs, milk and dairy products.</li> </ul>	<ul style="list-style-type: none"> <li>● Avoid choosing those snacks with iodine but high in salt or fat content.</li> </ul>