

臺灣人的健康飲食綱領

Dietary Guideline of Taiwan

1. 每日飲食應參考「飲食指南」之食物分類與建議份量，適當搭配選食。

Plan your daily diet according to the food groups and servings recommended in the Food Guide.

2. 確認個人之健康體重及熱量需求，飲食熱量攝取應控管於需求範圍以內。

Learn about your individual healthy body weight and energy requirement, and monitor your energy intake within your energy requirement range.

3. 維持健康體重並避免體脂肪囤積，每日應有充分之體能活動。

Be physically active to maintain desirable body weight and avoid body fat accumulation.

4. 每日飲食應以未精製植物性食物為主。

Consume mostly unrefined foods of plant origin.

5. 每日應攝取足量之蔬菜、水果、全穀、豆類、堅果與種子類及乳製品。

Consume adequate amounts of vegetables, fruits, whole grains, nuts and seeds, legume products and dairy products daily.

6. 食物選擇應力求變化，增加食物多樣性，並選用當令在地食材。

Increase consumption of wide variety and diversity of foods, and choose seasonal and local foods.

7. 選擇原態且營養素密度高的食物。

Choose nutrient dense foods.

8. 控管食物份量，避免攝入過多熱量或浪費食物。

Limit serving size to avoid over consumption of calories or food wasting.

9. 限制高熱量密度、高油及高糖食物，避免含糖飲料。

Limit consumption of energy dense, high fat and high sugar foods, and avoid sugary drinks

10. 降低食鹽的使用，限制鹽漬食物，避免過度使用醬料。

Limit consumption of salt preserved and salty foods, avoid usage of salty sauces.

11. 嬰兒應以母乳哺餵至少 6 個月，並適時給予副食品。

Mothers are encouraged to breast feeding their newborns for at least 6 months, and supplement with solid food when the child is ready.

12. 若飲酒，需限量。但懷孕及哺乳期間絕不可飲酒。

Limit consumption of alcoholic beverages. Do not drink alcohol during pregnancy and lactation period.

13. 注重食物之衛生與安全。

Pay attention to food safety recommendations.

序言
國健署長官

健康
家

編者序

良好的飲食營養是健康的基礎。過去經濟困窘的時代，貧窮與食物匱乏是營養不良的主要成因。經濟開發到一定的水準後，已少有食物缺乏造成營養不良的狀況。但與「飲食不健康」相關的慢性疾病，卻取而代之成為公共衛生的主要問題。由此可見，「吃」雖然是一種「本能」，完全依「本能」選擇日常飲食，不一定能維持營養健康。

「營養科學」研究發展至今，雖還未能瞭解所有食物成分對健康的影響。卻已瞭解符合人體營養需求的「均衡飲食」組成，預防慢性疾病的「飲食類型」和「飲食原則」。若能將這些知識進行教育推廣，使民眾認知如何達成「健康均衡」的飲食，進而改變飲食營養的態度與行為。將可改善慢性疾病對健康的威脅，對減輕醫療負擔、提升生產力與競爭力，促進國家社會的發展有很大的助益。

先進國家如美國在 1980 年代開始發展飲食綱領。聯合國下的世界衛生組織 WHO 早在 90 年代就開始提醒各國建立適合國情與社會文化背景的「飲食綱領」。我國衛生署在 1970 年代開始製作「每日飲食指南」與「國人飲食指標」，做為國人均衡飲食的指導原則。由於此等指南指標內容係供一般民眾閱讀，內容需淺顯易懂，原始背景專業內容均無法呈現。2008～2009 年進行指南指標修訂時，乃決定參照 WHO 之建議，先由營養學界組成的修訂委員會，訂出專業推薦，寫出專業版「飲食綱領」。再由健康傳播學者改寫成供一般民眾閱讀的「飲食指標」、「飲食指南」。再經另一個由食科、公衛、醫學、農學、大眾傳播、教育等學界專家、業界、NGO 代表等組成的委員會，共同討論，達到共識。此即本專業版「飲食綱領」的由來。

在已開發國家社會，國民飲食營養健康的改善需靠「國民飲食營養教育」及「建構健康飲食環境」，兩個面向共同發展才能順利達成。本專業版「飲食綱領」除供為編寫「每日飲食指南」與「國人飲食指標」之基礎。尚可供為國民營養政策制訂之依據，包括：編寫特定對象（如各級學校教科書、種族、地區、職業別等）營養教育教材，各種推廣「健康飲食」活動策略計畫、食品營養標示規範，農產運銷規劃，鼓勵食品產業、餐飲業改善並發展更符合「健康飲食」原則的產品等等。

黃青真謹述

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前言

適切的飲食，乃維持生命與健康的基礎。飲食由各種食物組合而成，人體需由日常飲食中獲取熱量、並得到建構體質及調節生理代謝所需材料，才能維持正常身體組織與機能。營養科學研究指出，人體需由食物中獲得適當之熱量與將近 40 種必需營養素，以滿足人體營養的需求。而能夠符合人體營養需求之飲食，即所謂之『均衡飲食』。飲食是人類的本能，飢餓與食慾的生理訊息驅動人類攝食。研究發現，依生理本能所攝入之飲食，並不一定符合營養健康之需求。而各種食物之組成不同，如何選擇與搭配食物，使組成之飲食可以滿足健康之需求？二十世紀中期，營養學者即開始根據當時已知之人體營養需求與食物組成特性，將食物分類，強調每類食物均需吃到，才能避免營養素的缺乏，是為最早之食物選擇指引。

臺灣在 1950~1960 年代，由當時之『農復會』訂定四大類食物分類，為最早之飲食指引。其後經衛生署修訂為五大類食物（1977, 1981），六大類食物（1995），稱為『每日飲食指南』（林等, 1995）（Tseng 2008）。每類食物之份量，迭有修訂。另外亦有『國人飲食指標』之訂定（1984）與修訂（1988、1995）（林等, 1995）（Tseng 2008）。其多由主管機關邀請學者專家經系列會議討論，參考國外（主要是美國）的作法，列舉當時認為國人應該注意並改善之飲食習慣與狀況。最後編輯出以一般民眾為主要對象之「飲食指南」與「飲食指標」。

聯合國衛生組織/糧農組織（WHO/FAO）1998 年頒佈『以食物為基礎的飲食綱領』制訂與使用原則（Preparation and use of Food-based Dietary Guideline）（WHO, 1998）。其中指出，以食物為基礎的飲食綱領（Food Based Dietary Guideline, FBDG）為提供一般大眾易於接受的飲食指導和營養教育之依據，建議世界各國依據國情參照該指導原則制定該國之飲食綱領。

WHO/FAO 主張，制訂飲食綱領應以食物而非以『營養素』為基礎，主要原因為：a) 飲食是由食物組成，b) 食物成份中之生物機能及對健康的影響尚未全部清楚，c) 不同食物中各營養素組合有不同生理代謝功用，d) 食物

製備方式影響食物的營養價值，e) 動物、臨床及流行病學證據顯示，特定飲食型態與特定疾病有關 (Clay, 1997)。WHO/FAO 建議，制訂以食物為基礎之飲食綱領，其關鍵原則需考量:飲食類型 (Food Pattern)、可行性 (Practability)、易懂 (Comprehensibility) 和文化相容性 (Cultural acceptability)。此外，儘量依循實證營養學之原則，以系統性的數據、資料、科學原則來進行飲食指引建議之估算與研擬。過程中先找出國人現階段之飲食營養健康相關問題，再參考學術研究文獻及國際組織建議之飲食營養對策，研議『以食物為基礎的飲食綱領』。(WHO, 1998; Clay, 1997)

臺灣營養學會於 2008-2009 年接受當時行政院衛生署委託收集資料，並研議修訂『國人飲食指標』與『每日飲食指南』。鑑於「飲食綱領」為國民營養政策制定中最重要的一環，為推動民眾健康飲食及營養教育施行、建構健康飲食環境等政策制訂之最高原則與重要依歸。而台灣過去的「國民飲食指標」和「每日飲食指南」，為讓民眾易讀瞭解，往往忽略其科學專業背景與精準度。難以廣泛而有效應用於各面向國家營養政策制訂。因此，乃參考 (WHO/FAO) 建議的『以食物為主之飲食綱領制訂與使用原則』，經過資料收集、分析，由「營養學專家學者」組成的委員會多次討論，擬定出專業版「飲食綱領」。再經另一由其他相關方面「專家學者」組成的委員會審查討論而定案。最後，請「健康傳播」專業學者，將「飲食綱領」專業科學概念，改寫成適合一般民眾閱讀之『國人飲食指標』、『每日飲食指南』，提供公共衛生單位第一線的營養教育材料。(黃, 2015)

背景資料收集

如前所述，WHO/FAO 建議建立 FBDG 時，應儘量依循實證營養學之原則，以系統性的數據、資料、科學原則來進行估算與研擬。我們進行資料收集的過程中，發現國際間已有許多機構依此原則針對飲食營養與健康議題進行實證與系統性文獻資料分析，並經專業委員會討論議定，提出健康飲食之建議。例如：WHO/FAO (WHO 2003; WHO 2006; WHO 2015; WCRF/AICR

(World Cancer Research Fund/American Institute of Cancer Research) WCRF 2007; WCRF 2016)、美國農業部 Nutrition Evidence Library Team 與 2015 Dietary Guidelines Advisory Committee (USDA 2005, King 2007, USDA 2010, USDA 2015, USDA 2016, Dwyer et al 2016) 等。這些具有強力實證背景支持的健康飲食建議，因而特別值得參考。此外，我們廣泛收集國際機構或各國的飲食綱領如附錄一，進行分析比較，找出共同點，如附錄表一所列。

國人現階段之飲食營養及相關健康問題

(一) NAHSIT 2004~2008 全國營養健康調查結果 (潘 & 杜 2009)

1. 成人 (≥ 19 歲) 男性過重與肥胖 ($BMI \geq 24$) 盛行率為 51.0%，女性為 36.2%。45 歲以上成人 BMI 平均值超過 24，禁食血糖平均值超過 100 mg/dL，顯著高於前 2 次調查結果 (表 1 及圖 1)。
2. 成人男性糖尿病盛行率為 11.7%，女性為 8.4%，平均為 8.8%。顯著高於前 2 次調查結果，代謝症候群盛行率亦顯著飆高 (表 2)。
3. 國人蔬果與奶類的每日攝取次數/份數都不及 1995 年版之每日飲食指南建議份數，其中僅有 20.7% 的國人之蔬果攝取總次數/份數達建議量的 5 份，而有 65.2% 的國人每日攝取不到 1 份的奶類。

表 1. 十九歲以上國人性別、年齡別血糖、身體質量指數平均值、標準誤 — 三次營養健康調查之比較

人群分類	NAHSIT 1993-1996 [†]		TwHHH 2002 [‡]		NAHSIT 2005-2008 [†]	
	FPG (s.e.)	BMI (s.e.)	FPG (s.e.)	BMI (s.e.)	FPG (s.e.)	BMI (s.e.)
年齡分層	96.17 (0.36)	23.07 (0.20)	94.06 (0.39) *	23.26 (0.10)	103.58 (0.93) *§	23.70 (0.12) *§
19-44	90.23 (0.57)	22.50 (0.26)	88.37 (0.39) *	22.72 (0.12)	97.31 (1.03) *§	22.99 (0.17) *§
45-64	101.23 (1.12)	24.17 (0.13)	100.65 (0.96)	24.08 (0.10)	109.50 (1.88) *§	24.58 (0.16) *§
65 +	108.08 (2.46)	23.51 (0.40)	104.04 (1.62)	23.60 (0.15)	116.41 (2.38) *§	24.66 (0.17) *§

男性	93.91 (0.87)	22.88 (0.30)	95.35 (0.80)	23.88 (0.10) *	105.22 (0.96) *\$	24.29 (0.14) \$
19-44	90.24 (0.54)	22.67 (0.35)	89.57 (0.62)	23.72 (0.13) *	100.24 (1.10) *\$	23.96 (0.24) \$
45-64	98.60 (1.68)	23.85 (0.12)	102.94 (1.69)	24.39 (0.11) *	110.12 (2.51) *\$	24.68 (0.19) \$
65+	99.72 (1.69)	22.43 (0.63)	101.44 (1.82)	23.30 (0.14)	114.91 (2.21) *\$	24.05 (0.29) *\$
女性	98.43 (0.70)	23.47 (0.17)	92.83 (0.59) *	22.66 (0.11) *	101.97 (1.37) *\$	23.22 (0.18) *
19-44	90.22 (0.72)	22.32 (0.22)	87.28 (0.43) *	21.80 (0.13)	94.43 (1.30) *\$	22.03 (0.23)
45-64	104.03 (2.15)	24.40 (0.16)	98.55 (0.98) *	23.80 (0.13)	108.91 (2.29) *	24.49 (0.24) *
65+	116.61 (4.13)	24.58 (0.40)	107.71 (2.75)	24.01 (0.25)	117.93 (3.91) *	25.28 (0.24) *

† 所有的數據都經過人口校正並且加權

‡ 三高調查是相同機率的樣本 不需經過加權

* 與 1993~1996 調查顯著不同 (P < 0.016)

§ 與 2002 年三高調查顯著不同 (p < 0.016)

FPG (空腹血糖) : Fasting Plasma Glucose Test.

BMI (身體質量指數) : Body Mass Index.

(潘 & 杜, 2009)

肥胖盛行率依性別之跨研究比較

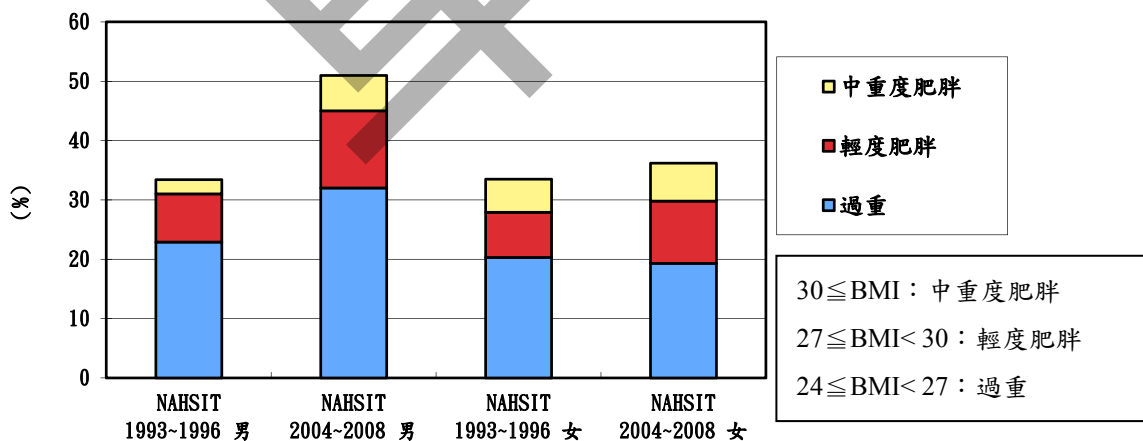


圖 1. 肥胖盛行率依性別之跨研究比較

(潘 & 杜, 2009)

表 2. 兩次全國營養調查調查結果幾種營養健康異常盛行率比較

調查時間	1993-1996		2005-2008	
	男	女	男	女
肥胖+過重	32.1%	31.7%	51.0%	36.2%
血清三酸甘油酯過高	14.7%	8.9%	20.8%	7.9%
糖尿病	3.7%	5.3%	11.7%	8.4%
代謝症候群	(過去文獻紀錄 10-15%)		25.7%	20.4%
高尿酸血症	26.1%	17%	21.9%	9.8%
血清膽固醇過高	11.8%	13.6%	12.5%	10.0%
高血壓	28.5%	19.6%	20.9%	13.4%

(Pan *et al*, 2011; Yeh *et al* 2011)

(二) 其他相關公共衛生背景資料

1. 過去幾年國人十大死亡原因皆以惡性腫瘤、心臟疾病、腦血管疾病佔前三名，加上排名四~五的糖尿病和排名八~九的高血壓性疾病，五者皆與飲食營養密切相關。(衛生福利部 2016)
2. 歷年健保局所公布的健保藥費支出中，以治療高血脂、高血壓、糖尿病、癌症的抗腫瘤標靶藥物和心臟病等的藥物等，佔有極高的比例。(中央健保局 2010)
3. 根據研究，使國人成年男女性之身體質量指數 (BMI) 維持於 24 以下，預期各可節省新台幣 160 億元之健保支出(Pan *et al* 2012)。另一研究指出，每日蔬菜攝取量超過 5 份者，每人每年健保支出可減少新台幣約五至七千元。一項於榮民之家進行的低鈉鹽介入研究，結果顯示每人每年可減少新台幣 14,913 元之醫療支出 (Chang *et al* 2006)。

綜此，慢性疾病為目前威脅國人健康、耗費醫療資源之公共衛生重大議題。WHO/FAO 與 WCRF/AICR 的科學證據研析報告，均指出飲食營養改善可預防這些慢性疾病，為公共衛生預防醫學的重要策略。

(三) 問題研析

1. NAHSIT2004-2008 之調查結果，台灣成年人 BMI 平均值超過 24，表示一半

以上的人過重或肥胖。禁食血糖平均值超過 100，表示一半以上的人，已進入代謝症候群高風險範圍。此次調查結果顯示，糖尿病與代謝症候群盛行率皆顯著較前次調查增加，印證了代謝異常為目前國人飲食營養健康上最大的問題。罹患「代謝症候群」預測其未來心血管疾病與糖尿病風險激增。

2. 肥胖與代謝症候群主要源自於飲食熱量失衡，也就是熱量攝取超越熱量消耗，造成體脂肪逐漸囤積，而造成代謝異常。因此，矯正飲食熱量失衡，為飲食營養改善之第一要務。
3. 前幾次全國營養健康調查結果，顯示國人仍有相當比例處於微量營養素瀕臨缺乏之狀態。而新鮮蔬果為維生素、礦物質之主要來源。此外充足攝取新鮮蔬菜水果，對多種慢性疾病具有保護作用。
4. 國人鈣攝取量普遍不足，奶類係獲取鈣質之最佳途徑。
5. 在食物不虞匱乏之已開發國家，決定個人飲食營養狀況是否合宜之最大影響因素，乃個人之營養知識、行為與態度，其次是健康飲食是否容易獲得。因此，樹立國家之整體營養教育政策及健康食物供應環境體系，實為現階段改善國民營養最需優先進行的工作。

建立專業版「飲食綱領」條文及其說明

考量（1）癌症、心臟疾病、腦血管疾病、糖尿病、高血壓性疾病、代謝異常等為目前國人健康最大威脅，（2）體重過重/肥胖盛行率高與這些疾病/健康威脅皆直接相關。乃參考前述國際組織/先進國家針對這些慢性疾病之飲食建議，擬出專業版「飲食綱領」條文及其說明如下。專業版「飲食綱領」條文與國際組織/其他國家「飲食綱領」對照如附錄表二。

1. 每日飲食應依『飲食指南』之食物分類與建議份量，適當搭配選食。

說明：適足之營養攝取，為維持生命與健康之基礎。人體之營養需求包括熱量及約 40 種的必需營養素，均需由日常飲食中攝取足量，才不致發生營養缺乏。所謂均衡飲食，即指每種必需營養素都攝取到符合需求的量，且

熱量攝取與熱量消耗達到平衡。營養學家根據食物中營養素分佈情形，將食物分類，只要依此分類由每類中選擇食物達建議份數與份量，即可達到『均衡』之要求!! 依實證原則建立之「每日飲食指南」六大類食物及各類食物建議份量，如表 3（詳見每日飲食指南單張與手冊）所示。其係針對七種不同熱量需求所規劃設計。為維持各種熱量飲食之營養素密度，六大類食物份數隨熱量需求增加而增加。個人化的每日飲食六大類食物份數規劃，可由『中研營養資訊網 我的飲食計畫』（<http://gao.sinica.edu.tw/health/plan.html>）網頁，輸入年齡、性別、身高及身體活動量進行查詢。本版「每日飲食指南」的建立係依循實證營養學的作法，以預防營養素缺乏、降低心臟血管疾病、代謝疾病及癌症風險為目標（Sacks et al 1995; Obarzanek et al 2001; Appel et al 2005; 潘 2013; Mozaffarian 2016）。依 NAHSIT 調查國人飲食型態資料，進行計算得到國人六大類食物中的食物選項和比例，再進一步做了健康化的調整，設計六大類食物份數分配，使建議飲食能至少滿足 DRIs 70% 及各種建議目標。（潘與洪, 2015; 洪 2009）。

表 3. 每日飲食指南依熱量需求之六大類飲食建議份數

	1200 大卡	1500 大卡	1800 大卡	2000 大卡	2200 大卡	2500 大卡	2700 大卡
全穀雜糧類（碗）	1.5	2.5	3	3	3.5	4	4
全穀雜糧類（未精製*）（碗）	1	1	1	1	1.5	1.5	1.5
全穀雜糧類（其他*）（碗）	0.5	1.5	2	2	2	2.5	2.5

豆魚蛋肉類 (份)	3 ^a	4 ^b	5	6	6	7	8
乳品類 (份)	1.5	1.5	1.5	1.5	1.5	1.5	2
蔬菜類 (份)	3 ^c	3	3	4	4	5	5
水果類 (份)	2	2	2	3	3.5	4	4
油脂與堅果種子類 (份)	4	4	5	6	6	7	8
油脂類 (茶匙)	3	3	4	5	5	6	7
堅果種子 (份)	1 ^d	1	1	1	1	1	1

*「未精製」主食品, 如: 糙米飯、全麥食品、燕麥、玉米、甘藷等。

「其他」指白米飯、白麵條、白麵包饅頭等。這部分全部換成「未精製」更好。

^a 高鈣豆製品至少佔 1/3 以確保鈣質充裕。

^b 攝取 1500 大卡的青少年, 高鈣豆製品至少佔 1/3 以確保鈣質充裕。

^c 深色蔬菜比例至少佔 1/2 以確保鈣質充裕。

^d 選擇高維生素 E 堅果種子, 包括花生仁、杏仁片、杏仁果、葵瓜子、松子仁。

份量部分的基準如下: 份量大小 (Portion size)

1. 全穀雜糧類: 以 15 公克醣類為準來計算 (約為 70 大卡)
2. 豆魚蛋肉類: 以 7 公克蛋白質為準來計算 (約為 75 大卡)。
3. 乳品類: 以 8 公克蛋白質為準來計算 (約為 120 大卡)。
4. 蔬菜類: 以 100 公克生重為 1 份。
5. 水果類: 以 100 公克生重為 1 份。
6. 油脂與堅果種子類: 以 5 公克脂肪為準來計算 (約為 45 大卡)。

2. 確認個人之健康體重及熱量需求, 控管飲食熱量攝取於需求範圍以內。

說明: 熱量攝取多於熱量消耗, 會使體內脂肪囤積過多, 慢性疾病風險激增。

目前國人成年男性體重過重與肥胖人口已佔一半以上, 為十分值得重視的健康問題。認識自身熱量需求, 並將飲食熱量攝取控制於需求範圍內, 乃體重管理之第一步。行政院衛生署公布的健康體位範圍為 $18.5 \leq \text{BMI} < 24$, 國人 BMI 與死亡率關係研究, 大約以 BMI=22, 接近最低點。(Pan et al 2012)

(1) 個人健康體重之計算:

先計算身體質量指數 (Body Mass Index, BMI):

$$\text{BMI} = \text{體重 (公斤)} / \text{身高 (公尺)}^2$$

健康體重之目標值為 BMI=22;

健康體重之 BMI 範圍 18.5~23.9。

(2) 個人熱量需求之估算，依現行版本「國人膳食營養素參考攝取量修訂第七版 (Dietary Reference Intakes, DRIs)」，計算步驟如下：

1) 分別以下列算式，代入年齡、體重及身高計算休息代謝能 (RMR)：

成年男性：

$$\text{RMR (kcal/kg)} = 27.6989 - 0.01807 \times \text{年齡 (足歲)} - 0.1448 \times \text{體重 (公斤)} + 0.03797 \times \text{身高 (公分)}$$

成年女性：

$$\text{RMR (kcal/kg)} = 25.44 - 0.01807 \times \text{年齡 (足歲)} - 0.1448 \times \text{體重 (公斤)} + 0.03797 \times \text{身高 (公分)}$$

2) 決定生活活動強度指數 (PA)：

低 PA=1.3; 稍低 PA=1.5; 適度 PA=1.7; 高 PA=1.9

3) 計算每日熱量需求：

$$\text{每日熱量需求} = \text{RMR (kcal/kg)} \times (\text{健康}) \text{體重 (kg)} \times \text{PA}$$

個人健康體重與熱量需求，亦可由『中研營養資訊網 我的飲食計畫』(<http://gao.sinica.edu.tw/health/plan.html>) 網址查詢。或由「每日飲食指南」之表格查詢。

3. 每日應有充分之體能活動，以達足夠熱量消耗，避免體脂肪囤積，維持健康體重。

說明：日常生活中有充份之體能活動為保持健康所不可或缺，並可藉此增加熱量消耗，達成熱量平衡及良好之體重管理。與單純減少熱量攝取相較，藉由體能活動增加熱量消耗，是更健康的體重管理方法。因為總熱量攝取過低時，維生素與礦物質的攝取量非常不易達到營養需求。日常生活應該培養多活動生活習慣，活動量調整可先以少量為開始，再逐漸增加

到建議活動量。建議每天應從事中等強度體能活動 30 分鐘。各種體能活動之熱量消耗，如表 4。

表 4. 各種運動熱量消耗表

運動名稱	消耗熱量 (大卡/公斤體重/小時)
下樓梯 (15 階)	0.012
上樓梯 (15 階)	0.036
騎腳踏車 (8.8 公里/小時)	3
走步 (4 公里/小時)	3.1
划獨木舟 (4 公里/小時)	3.4
高爾夫	3.7
保齡球	4
快走步 (6.0 公里/小時)	4.4
划船 (4 公里/小時)	4.4
游泳 (0.4 公里/小時)	4.4
跳舞 (快)	5.1
溜輪鞋	5.1
騎馬 (小跑)	5.1
羽毛球	5.1
排球	5.1
乒乓球	5.3
溜冰刀 (16 公里/小時)	5.9
網球	6.2
爬岩 (35 公尺/小時)	7
手球	8.3
騎腳踏車 (20.9 公里/小時)	9.7
拳擊	11.4
划船比賽	12.4
跑步 (16 公里/小時)	13.2

(行政院體委會, 2012)

4. 每日飲食應以未精製植物性食物佔大部分。

說明：食物在加工精製過程當中，許多對人體有益之微量成分均被去除。由

精煉食物，如白糖、白麵粉、澱粉等加工製造之食品，往往空有熱量，而無其他營養價值。未精製植物性食物，除為豐富的維他命、礦物質及膳食纖維來源，更提供各式各樣之植化素成分，對人體健康具有保護作用。愈來愈多證據顯示，以植物性食物佔大部分之飲食，對健康較為有利，且符合節能減碳之環保原則，對延緩全球暖化、預防氣候變遷及維護地球環境永續發展及糧食安全（Food Security）至為重要。研究指出，只要人類改變成以植物性食物為主的少肉飲食，可以為人體健康與全球氣候變遷改善創造雙贏（Springmann et al 2016）。此外，美國大型追蹤研究顯示植物性蛋白質攝取量較高有較低死亡風險（Song et al 2016）唯應選擇未精製植物性食物，以充分攝取微量營養素、膳食纖維與植化素。

5. 每日應攝取足量之蔬菜、水果、全穀、豆類、堅果種子類以及乳製品。

說明：NAHSIT 全國營養調查結果顯示，國人之蔬菜、水果與乳類攝取不足之情況相當普遍。根據研究，足量攝取蔬菜、水果、乳類、全穀、豆類與豆製品、堅果種子類及乳製品，不但對均衡營養之滿足，不可或缺。更是降低多種慢性疾病風險之利器，例如：心血管疾病、高血壓及某些癌症。建議每日攝取蔬菜中至少 1/3 以上為深色蔬菜(包括深綠和黃紅色)，每日攝取全穀雜糧類中至少 1/3 以上為未精製之原態全穀雜糧食物。系統分析研究結果顯示，全穀攝取降低總死亡率、心血管疾病與癌症死亡率（Zong et al 2016）

6. 每類食物應力求變化，增加食物之多樣性。並選用當令在地食材。

說明：日常所吃的每種食物成分均不相同，增加食物多樣性，可增加獲得各種不同種類營養素及植化素之機會，也減少不利於健康食物成分攝入之機會。健康飲食多樣性有助於體重的維持 (Vadiveloo 2016)。當令食材乃最適天候下所生產，「當令」就表示季節適合這種蔬果成長，營養價值也高，最適合人們食用。此外，當令食材因為盛產，價錢較為便宜，品質亦佳。而選擇在地食材不但較為新鮮，且減少長途運輸之能源消耗，亦符合節能減碳之原則。當令在地食材資訊見農委會網頁：
http://www.coa.gov.tw/theme_list.php?theme=product

7. 選擇原態下營養素密度高的食物。

說明：營養素密度，指食物每單位熱量同時提供其他必需營養素之種類及含量，愈多者營養素密度愈高 (Drewnowski 2005, Miller et al 2009, Fulgoni, III et al 2009, Drewnowski & Fulgoni VL 3rd. 2014)。所謂「空有熱量 (Empty Calorie)」之食物，就是營養素密度極低或等於 0 的食品。國人目前的生活多趨向靜態，熱量需求不高。選擇營養素密度高的食物，每日飲食才能在有限的熱量額度範圍內，由提供熱量的食物中同時攝取到足夠的維他命、礦物質等必需營養素。避免營養素密度極低或等於 0 的「空有熱量」食品，飲食才容易均衡、並控制熱量平衡。「原態下」營養密度高的食物，指其所含多種必需營養素乃食材本身原來即帶有，非來自加工過程中人為的添加。(Miller et al 2009)

8. 控管食物份量，避免攝入過多熱量或浪費食物。

說明：食品或餐飲廠商常以「加量不加價」或「吃到飽」為促銷手段。唯個人飲食任意加大份量容易造成熱量攝取過多或是食物廢棄浪費（Livingstone & Pourshahidi 2014）。購買與製備餐飲時，應注意份量適中。

9. 限制高熱量密度及高糖食物，避免含糖飲料。

說明：高熱量密度食物，如油炸與其他高脂高糖的食物，相同份量就會攝入過多熱量。甜食、糕餅、含糖飲料等，也很容易過量攝食而吃入過多熱量（Karl JP & Roberts 2014）。對於熱量平衡與體重管理，十分不利，也增高肥胖相關疾病的風險。例如：高熱量密度食物的攝取增加乳癌風險（Hartman et al 2016）。食物烹調應多採取蒸、煮、烤、微波等方法，減少烹調過程外加油脂。此外，選擇不添加糖之飲料。每日飲食中添加糖攝取量不宜超過總熱量 10%。游離糖與含糖飲料攝取與體重過重相關，主要原因在於熱量攝取過量（Te Morenga et al 2012）。

10. 限制鹽漬食物，避免過度使用醬料及吃得太鹹。

說明：飲食重口味、過鹹、過度使用醬料及其他含鈉調味料、鹽漬食物，均易使鈉攝取量太高，不但是高血壓之風險因子，也容易造成鈣質流失。不可不防！每日鹽份攝取總量，應限制在 6 公克（100 mmole）以下。每

日鈉攝取總量，應限制在 2400 毫克（100 mmole）以下。

11. 嬰兒應完全以母乳哺餵至少 6 個月，其後需給予充分的副食品,並持續哺餵母乳。

說明：1) 母乳是最適合嬰兒的食物。母乳哺餵可降低嬰兒感染及其日後罹患過敏性疾病、肥胖以及癌症等慢性疾病之風險 (Victora 2016)，亦可降低母親罹患乳癌之風險。母乳哺餵對嬰兒未來一生健康之保護作用，是難以取代及補償的。因此，母乳哺餵是母親送給孩子最有價值而無可取代的禮物。近年，世界衛生組織已依母乳哺餵嬰兒之生長狀況，發展出嬰兒生長曲線。

- 2) 嬰兒 6 個月左右，需開始添加副食品，補充營養需求（例如鐵質）。並開始訓練嬰兒咀嚼、吞嚥、接受多樣性食物，包括蔬菜水果，並且養成口味清淡的飲食習慣。為其未來一生奠定良好的飲食習慣。
- 3) 6 個月後，於副食品之外，仍鼓勵持續哺餵母乳。美國小兒科醫學會建議持續哺餵至 12 個月或更久。世界衛生組織基於開發中國家之感染問題，建議持續哺餵至 24 個月。歐洲小兒腸胃、肝臟與營養學會則建議哺餵至母嬰感覺不再想要繼續哺乳為止，因為沒有足夠證據顯示已開發國家母乳哺餵應繼續至多久最佳。

12. 若飲酒，需限量。但懷孕期間絕不可飲酒。

說明:每公克酒精提供 7 大卡熱量，長期過量飲酒不但容易攝入過多熱量，也會傷害肝臟，甚至致癌。若飲酒，男性每日不應超過 2 杯，女性每日不應超過 1 杯，每杯以酒精含量 10 公克計。酒類及含酒精飲料之酒精含量如附表 5。

表 5 常見酒類酒精含量與每杯體積

酒別	酒精含量 (體積比%)	含 10 g 酒精之體積 (毫升)
各種啤酒、淡酒、汽泡果汁酒	5% (3~6%)	200
紅葡萄酒(紅酒)、白葡萄酒(白酒)、甜紅葡萄酒、玫瑰紅酒、葡萄蜜酒、荔枝酒	12% (10~14%)	83
紹興酒、陳年紹興酒、花雕酒、黃酒、紅露酒、烏梅酒、清酒	17% (16-18%)	59
米酒	22%	45
麥茸酒	30%	33
白蘭地、威士忌、伏特加、蘭姆酒、琴酒、高粱酒	~40%	25
竹葉青酒、玫瑰露酒、雙鹿五加皮酒	45% (44~48%)	22
茅台酒	54.5%	18
(金門)(陳年)高粱酒	58%	17
大麴酒	65%、	15

13. 注重食物之清潔衛生與安全

說明：食物應注意清潔衛生，且加以適當貯存與烹調。避免攝入發霉、腐敗、酸敗、變質與汙染之食物。購買食物時應注意食品標示及食物來源，並注意保存期限。

總結與展望

本『專業版飲食綱領』具有以下特色：

- (1) 強調熱量平衡、避免攝入過多熱量及增加體能活動。
- (2) 強調熱量密度低、營養素密度高的食物。
- (3) 強調每日飲食應包含足夠之全穀雜糧、豆類、新鮮蔬果、乳品類及少量堅果。提醒國人這些是需注意足量攝取的食物。
- (4) 強調飲食應以未精製原態植物性食物占大部分、多樣性、當季在地食材，符合環保及永續發展的概念。
- (5) 強調母乳哺餵。

本「專業版飲食綱領」可供為擬定國民營養政策之依據：

此「專業版飲食綱領」之概念，已用於編寫供一般我國健康成人使用之「每日飲食指南」與「國人飲食指標」文宣單張以及使用手冊，於2011~2012 釋出。2016 再做小幅修訂。除此之外，「專業版飲食綱領」之基本概念另可供為，例如：

1. 編纂教材供營養教育之參考：除供一般民眾使用的「飲食指南」與「飲食指標」之外，編寫供各級學校使用的「飲食營養教育」教科書、供特定族群（如：種族、地區、職業別）使用之教材等。
2. 經由傳統或新興媒體推動特定議題營養教育推廣、養成良好飲食習慣使用。包括網路、網站、行動裝置 App 等之設計之根據。
3. 建構健康飲食環境：供農業生產規劃，食品產業、餐飲業等發展與改善產品之依據，達到「健康飲食」可近性（accessibility）之目的。若民眾面對販售的產品大多為符合「健康飲食原則」之食物，使消費者身處「健康飲食環境」，則國人健康飲食的目標更容易達成。此目標需要先針對消費者進行密集的「健康飲食營養教育」，使消費者懂得選擇符合「健康飲食原則」的食物，即可帶動食品產業生產更為符合「健康飲食原則」的食物。

4. 未精製原態植物性食物、多樣性、當季在地食材等原則，有利台灣農業產銷規劃。加上「注重適中份量選擇，避免浪費」的概念，加強環保意識，有利於永續發展與糧食保安（food security）。
5. 熱量密度、營養素密度概念可提供食品「營養標示」之原則。

日本的研究顯示，對飲食綱領遵循度愈高，總死亡率、心血管與腦血管疾病死亡率愈低（Kurotani et al 2016），年輕女性腰圍與血 LDL-膽固醇愈低（Nishimura et al 2015）。冀望本飲食綱領之推行，亦能改善國人之整體健康。

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附 錄

附錄表一 各國飲食指標比較表 (2016)

	台灣	中國	日本	韓國	菲律賓	印度	泰國	馬來西亞	澳洲	歐盟	美國	加拿大	WCRF
均衡飲食	V	V	V	V		V	V	V	V	V	V		
強調穀類主食	V	V	V	V			V	V	V	V		V	
鼓勵特定食物攝取 (蔬果、豆類、乳品等)	V	V	V	V	V	V	V	V	V	V	V	V	V
飲食多樣	V	V	V	V	V	V	V	V	V	V	V	V	
糖鹽油脂相關	V	V	V	V	V	V	V	V	V	V	V	V	V
飲酒相關	V	V		V	V		V		V	V	V		V
製備食物、進食習慣			V	V					V	V			
熱量平衡、體重、體能活動	V	V	V	V	V	V	V	V	V	V	V	V	V
母乳哺育	V				V	V		V	V	V			V
食品安全	V	V		V	V	V	V	V	V	V	V		V
飲食文化		V	V	V									
避免浪費	V	V	V	V									
生命期營養					兒童	懷孕及哺乳婦女、嬰兒、兒童及青少年、 老年人							Cancer Survivors
其他	飲水		愉悅心情用餐、定時用餐			飲水		飲水	飲水		Choose carbohydrates wisely.	飲水	*Eat mostly plant foods *Supplements

附錄表二 專業版飲食綱領條文與參考國外飲食綱領條文對照表

專業版「飲食綱領」/飲食指標條文	參考各國或國際組織飲食綱領詞句
<p>1. 每日飲食應依『飲食指南』之食物分類與建議份量，適當搭配選食。</p> <p>Construct daily diet according to the food groups and servings recommended in the Food Guide</p> <p>1. 飲食應依『每日飲食指南』的食物分類與建議份量，適當選擇搭配。特別注意應吃到足夠量的蔬菜、水果、全穀、豆類、堅果種子及乳製品</p>	<p>* Follow a healthy eating pattern across the lifespan. A healthy eating pattern includes:</p> <ul style="list-style-type: none"> • A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other • Fruits, especially whole fruits • Grains, at least half of which are whole grains • Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages • A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products • Oils (USA 2015-2020) <p>* Eat well-balanced meals with staple food, as well as main and side dishes. (日本 2010 第 3 條)</p> <p>* Enjoy a wide variety of nutritious foods (Australia 2013)</p> <ol style="list-style-type: none"> 1. Plenty of vegetables, legumes/beans and fruits. 2. Grain (cereals) foods, mostly wholegrain and/or high cereak fibre varieties, such as bread, cereals, rice, pasta and noodles, polenta, couscous, oats, quinoa and barley. 3. Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and and legumes/beans 4. Milk, yoghurt, cheeses and/or alternatives, mostly reduced fat (reduced fat milks are not suitable for children under 2 years) 5. Drink plenty of water. <p>* Eat a variety of foods from each of the five food groups and maintain proper weight (Thailand 1996 第 1 條)</p>

<p>2. 確認個人之健康體重及熱量需求，控管飲食熱量攝取於需求範圍以內。</p> <p>Learn personal healthy body weight and energy need, and control the energy intake within need.</p> <p>02. 了解自己的健康體重和熱量需求，適量飲食，以維持體重在正常範圍內。</p>	<p>*Control Calorie intake to manage body weight. (USA 2005 第2條)</p> <p>* Maintain a healthy body weight and balance the calories you eat with physical activity. (日本 2010 第7條)</p> <p>* Track your daily food intake to monitor your diet. (日本 2010 第10條)</p> <p>* Achieve and maintain a healthy weight. (Australia 2013 第1條)</p> <p>* Keep weight low within the healthy range. (WCRF report 2016 第1條)</p> <p>* Maintain body weight in a healthy range. (Malaysia 2010 第2條)</p>
<p>3. 每日應有充分之體能活動，以達足夠熱量消耗，避免體脂肪囤積，維持健康體重。</p> <p>Be physically active</p> <p>03. 維持多活動的生活習慣，每日從事動態活動至少30分鐘。</p>	<p>* Be physically active for at least 30 minutes every day, and sit less. (WCRF report 2016 第2條)</p> <p>* Maintain a body weight between the recommended limits (a BMI of 20-25) by taking moderate levels of physical activity, preferably daily. (EU 第4條)</p> <p>* Increase physical activity for a healthy weight. Exercise for more 30 minutes every day. (Korea 2010 第2條)</p> <p>* Over-eating should be avoided to prevent over-weight and obesity. Proper physical activity is essential to maintain desirable body weight. (India 2010 第8條)</p> <p>* 吃動平衡，健康體重 (中國 2016 第2條)</p> <p>* Be physically active every day. (Malaysia 2010 第3條)</p>
<p>4. 每日飲食應以未精製植物性食物佔大部分。</p> <p>Eat mostly foods of unrefined plant origin</p> <p>05. 三餐主食應有1/3 為糙米、全麥製品或其他全穀雜糧。</p> <p>06. 多素少葷、多新鮮少加工、多粗食少精製。</p>	<p>*Eat a nutritious diet based on a variety of foods originating mainly from plants, rather than animals. (EU 第1條)</p> <p>*Eat enough grains such as rice and other cereals. (日本 2010, 第4條)</p> <p>* A healthy eating pattern includes fruit, especially whole fruit. Grains, at least half of which are whole grains. (USA 2015-2020)</p> <p>* Plant Foods: Eat more grains, veg, fruit and beans. (WCRF 2016 第4條)</p> <p>* 食物多樣，穀類為主 (中國 2016 第1條)</p> <p>*Eat adequate amount of rice, other cereal products (preferably whole grain) and tubers. Eat plenty of fruits and vegetables every day. (Malaysia 2010 第3,4條)</p>

<p>5. 每日應攝取足量之蔬菜、水果、全穀、豆類、堅果種子類以及乳製品。</p> <p>Vegetables, fruits, whole grains, nuts and seeds, legume products and dairy products should be consumed daily in adequate amount</p> <p>01. 飲食應依『每日飲食指南』的食物分類與建議份量，適當選擇搭配。特別注意應吃到足夠量的蔬菜、水果、全穀、豆類、堅果種子及乳製品</p>	<ul style="list-style-type: none"> * Eat a variety of vegetables and fruits, preferably fresh and local, several times per day (at least 400g per day) (EU 第 12 條) *Combine vegetables, fruits, milk products, bean and fish in your diet. (日本 2010, 第 5 條) * Eat more grains, veg, fruit and beans. (WCRF report 2016, 第 4 條) * Eat a variety of foods. (Korea 2010 第 1 條) <ul style="list-style-type: none"> - Eat a variety of grains, especially whole-grain. - Eat a variety of vegetables. - Eat a variety of fruits - Eat a dairy products daily. * Eat plenty of vegetables and fruits regularly. (Thailand 1996 第 3 條) *多吃蔬果、奶類、大豆類 (中國 2016 第 3、4 條) *吃更多的蔬菜和水果 *每天攝食牛奶、乳製品及其他富含鈣質的食物，像是小魚乾及深綠色葉菜類植物 (菲律賓 第 5、7 條)
<p>6. 每類食物應力求變化，增加食物之多樣性。並選用當令在地食材。</p> <p>Increased Variety and diversity, Choose seasonal and local foods</p> <p>07. 飲食多樣化，選擇當季在地食材。</p>	<ul style="list-style-type: none"> *Eat more of a variety of vegetables, fruit, wholegrains, and pulses such as beans. (WCRF 2007, 第 4 條) *Focus on variety, nutrient density, and amount. (USA 2015-2020, 第 2 條) *Take advantage of your dietary culture and local food products, while incorporating new and different dishes. (日本 2010, 第 8 條) *Eat a variety of foods from each of the five food groups and maintain proper weight. (Thailand 1996 第 1 條) *食物多樣，穀類為主 (中國 2016 第 1 條) *每天攝取多種食物 (菲律賓 第 1 條) *Eat a variety of foods within your recommended intake (Malaysia 2010 第 1 條)
<p>7. 選擇原態下營養素密度高的食物。</p> <p>Choose Nutrient dense intact foods</p>	

<p>06. 多素少葷、多新鮮少加工、多粗食少精製。</p>	
<p>8. 控管食物份量，避免攝入過多熱量或浪費食物。</p> <p>Control the serving size to avoid overconsumption of energy or wasting foods</p> <p>08. 購買食物或點餐時注意份量，避免吃太多或浪費食物。</p>	<p>*Reduce Leftovers and waste through proper cooking and storage methods. (日本 2010, 第 9 條)</p> <p>*Prepare and/or order foods in adequate amounts and keep them safe. (Korea 第 7 條)</p>
<p>9. 限制高熱量密度及高糖食物，避免含糖飲料。</p> <p>Limit consumption of energy dense and high sugar foods, avoid sugar drinks</p> <p>09. 盡量少吃油炸和其他高脂高糖食物，避免含糖飲料。</p>	<p>*Limit consumption of energy-dense foods (foods high in fats and/or added sugar and/or low in fiber) and avoid sugar drinks. (WCRF 2007, 第 3 條)</p> <p>* A healthy eating pattern limits saturated fats and trans fats, added sugars, and sodium. Consume less than 10 percent of calories per day from added sugars. (USA 2015-2020)</p> <p>*Consume only moderate amounts of sugars and foods containing added sugars. (Australia 2003)</p> <p>*Select foods that are low in sugar, and eat refined sugar sparingly, limiting the frequency of sugary drinks and sweets. (EU 第 8 條)</p> <p>* Foods and Drinks that Promote Weight Gain: Avoid high-calorie foods and sugary drinks. (WCRF report 2016 第 3 條)</p> <p>* Avoid an excessive intake of sweet and salty foods. (Thailand 1996 第 7 條)</p>
<p>10. 限制鹽漬食物，避免過度使用醬料及吃得太鹹。</p> <p>Limit consumption of salt preserved and salty foods</p> <p>10. 口味清淡、不吃太鹹、少吃醃製品、沾醬酌量。</p>	<p>*Eat less salt and avoid mouldy grains & cereals (WCRF report 2016, 第 7 條)</p> <p>* A healthy eating pattern limits saturated fats and trans fats, added sugars, and sodium. Consume less than 2,300 milligrams (mg) per day of sodium. (USA 2015-2020)</p> <p>*Avoid too much salt and fat. (日本 2010, 第 6 條)</p> <p>*Choose foods low in salt. (Australia 2003)</p> <p>*Choose a low-salt diet. Total salt intake should not be more than one teaspoon_ (6g) per day, including the salt in bread and processed, cured and preserved</p>

	<p>foods. (Salt iodisation should be universal where iodine deficiency is endemic.) (EU 第9條)</p> <p>* If consuming foods and drinks high in fat, salt or sugar have these less often and in small amount. Eat less salt- no more than 6g a day for adults. (UK 2015, 第7條)</p> <p>*Choose food low in salt and use less salt in cooking. (Korea 2010 第4條)</p> <p>*Salt should be used in moderation. (India 2010 第9條)</p> <p>*Avoid an excessive intake of sweet and salty foods. (Thailand 1996 第7條)</p> <p>*少鹽少油、控糖限酒 (中國第2016 第5條)</p> <p>*食用碘化鹽，但避免食用過鹹的食物 (菲律賓2000 第8條)</p>
<p>11. 嬰兒應完全以母乳哺餵至少 6 個月，其後需給予充分的副食品，並持續哺餵母乳。</p> <p>Breast feeding for up to 6 months</p> <p>04. 母乳哺餵嬰兒至少 6 個月，其後並給予充分的副食品。</p>	<p>*Promote exclusive breastfeeding and the introduction of safe and adequate complementary foods from the age of 6 months while breastfeeding continues during the first years of life. (EU 第12條)</p> <p>*Breastfeeding: If you can, breastfeed your baby for six months (WCRF report 2016, 第9條)</p> <p>* Encourage and support breastfeeding. (Australia, 2003)</p> <p>*Exclusive breast-feeding should be practiced for up to 6 months. Breast-feeding can be continued up to two years. (India 2010 第3條)</p> <p>*Practice exclusive breastfeeding from birth until six months and continue to breastfeed until two years of age (Malaysia 2010 第12條)</p> <p>*母乳哺育嬰兒從出生到 4-6 個月，哺育期間給予適當的食物 (菲律賓2000 第2條)</p>
<p>12. 若飲酒，需限量。但懷孕期間絕不可飲酒。</p> <p>Limit consumption of alcoholic beverages</p> <p>11. 若飲酒，男性不宜超過 2 杯 (每杯酒精 10 公克)，女性每日不宜超過 1 杯。但孕期絕不可</p>	<p>* If alcohol is consumed, limit intake to no more than 2 drinks (each containing 10g of alcohol) per day (EU 第10條)</p> <p>*If alcohol is consumed, it should be consumed in moderation. (USA 2015-2020)</p> <p>*If you drink alcoholic beverages, do so in moderation. (Korea 2010 第6條)</p> <ul style="list-style-type: none"> - Limit up to 2 drinks a day for men, and 1 drink a day for women - Do not drink alcoholic beverages during pregnancy <p>*Limit your alcohol intake if you choose to drink. (Australia 2003)</p>

<p>飲酒。</p>	<p>*Alcoholic Drinks: For cancer prevention, don't drink alcohol (WCRF report 2016 第6條)</p> <p>* Avoid or reduce the consumption of alcoholic beverages.(泰國 1996 第9條)</p> <p>*少鹽少油、控糖限酒 (中國第2016 第5條)</p> <ul style="list-style-type: none"> - 兒童少年、孕婦、乳母不應飲酒 - 成人如飲酒, 男性一天飲用酒的酒精量不超過 25g, 女性不超過 15g
<p>13. 注重食物之衛生與安全</p> <p>Pay attention to food safety.</p> <p>12. 只吃衛生與安全的食物。</p>	<p>* Keep food safe to eat. (USA 第9條)</p> <p>* Care for your food: prepare and store it safely. (Australia 2003)</p> <p>* Prepare food in a safe and hygienic way. Steam, bake, boil or microwave to help reduce the amount of added fat. (EU第11條)</p> <p>* Eat clean and safe foods in adequate amounts (Korea 2010 第3條)</p> <p>* Eat clean and safe food. (Thailand 1996 第8條)</p> <p>* Foods consumed should be safe and clean. (India 2010 第10條)</p> <p>*吃乾淨且安全的食物 (Philippines 2000 第9條)</p> <p>*杜絕浪費、興新食尚 (中國第2016 第6條)</p> <ul style="list-style-type: none"> - 選擇新鮮衛生的食物和適宜的烹調方式 - 食物製備生熟分開、熟食二次加熱要熟透 <p>*Preservation, processing, preparation: Limit consumption of salt. Avoid moldy cereals (grains) or pulses (legumes) (WCRF report 2016, 第7條)</p>

附錄一本研究收集到的各國/跨國組織之飲食綱領條文

Dietary Guidelines for American 2005

1. Consume a variety of foods within and among the basic food groups while staying within energy needs.
2. Control calorie intake to manage body weight.
3. Be physically active every day.
4. Increase daily intake of fruits and vegetables, whole grains, and nonfat or low-fat milk and milk products.
5. Choose fats wisely for good health.
6. Choose carbohydrates wisely for good health.
7. Choose and prepare foods with little salt.
8. If you drink alcoholic beverages, do so in moderation.
9. Keep food safe to eat.

Dietary Guidelines for American 2010

1. Maintain calorie balance over time to achieve and sustain a healthy weight.
2. Foods and food components to reduce
 - Reduce daily sodium intake to less than 2,300 milligrams (mg) and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease. The 1,500 mg recommendation applies to about half of the U.S. population, including children, and the majority of adults.
 - Consume less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
 - Consume less than 300 mg per day of dietary cholesterol.
 - Keep trans fatty acid consumption as low as possible by limiting foods that contain synthetic sources of trans fats, such as partially hydrogenated oils, and by limiting other solid fats.
 - Reduce the intake of calories from solid fats and added sugars.

- Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age.

3. Foods and nutrients to increase

- Individuals should meet the following recommendations as part of a healthy eating pattern while staying within their calorie needs.
Increase vegetable and fruit intake.
- Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
- Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.
- Use oils to replace solid fats where possible.
- Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.

4. Building healthy eating Patterns

- Select an eating pattern that meets nutrient needs over time at an appropriate calorie level.
- Account for all foods and beverages consumed and assess how they fit within a total healthy eating pattern.
- Follow food safety recommendations when preparing and eating foods to reduce the risk of foodborne illnesses.

Dietary Guidelines for American 2015-2020

1. Follow a healthy eating pattern across the lifespan.
2. Focus on variety, nutrient density, and amount.
3. Limit calories from added sugars and saturated fats and reduce sodium intake.
4. Shift to healthier food and beverage choices.
5. Support healthy eating patterns for all.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits saturated fats and trans fats, added sugars, and sodium

- Consume less than 10 percent of calories per day from added sugars
- Consume less than 10 percent of calories per day from saturated fats
- Consume less than 2,300 milligrams (mg) per day of sodium
- If alcohol is consumed, it should be consumed in moderation

Meet the Physical Activity Guidelines for Americans.

Food guide of Japan 2000

1. Enjoy your meals
2. Establish a healthy rhythm by keeping regular hours for meals
3. Eat well-balanced meals with staple food, as well as main and side dishes
4. Eat enough grains such as rice and other cereals
5. Combine vegetables, fruits, milk products, bean and fish in your diet
6. Avoid too much salt and fat
7. Learn your healthy body weight and balance the calories you eat with physical activity
8. Take advantage of your dietary culture and local food products, while incorporating new and different dishes
9. Reduce leftovers and waste through proper cooking and storage methods
10. Assess your daily eating

Food guide of Japan 2010

1. Enjoy your meals.
2. Establish a healthy rhythm by keeping regular hours for meals.
3. Eat well-balanced meals with staple food, as well as main and side dishes.
4. Eat enough grains such as rice and other cereals.
5. Combine vegetables, fruits, milk products, beans and fish in your diet.
6. Avoid too much salt and fat.
7. Maintain a healthy body weight and balance the calories you eat with physical activity.
8. Take advantage of your dietary culture and local food products, while incorporating new and different dishes.
9. Reduce leftovers and waste through proper cooking and storage methods.
10. Track your daily food intake to monitor your diet.

The Dietary Guidelines for Australians 2003

1. Enjoy a wide variety of nutritious foods
 - Eat plenty of vegetables, legumes and fruits.
 - Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain.
 - Include lean meat, fish, poultry and/or alternatives.

- Include milks, yoghurts, cheeses and/or alternatives. Reduced-fat varieties should be chosen, where possible.
- Drink plenty of water.

and take care to

- Limit saturated fat and moderate total fat intake.
- Choose foods low in salt.
- Limit your alcohol intake if you choose to drink.
- Consume only moderate amounts of sugars and foods containing added sugars.

2. Prevent weight gain: be physically active and eat according to your energy needs.

3. Care for your food: prepare and store it safely.

4. Encourage and support breastfeeding.

The Dietary Guidelines for Australians 2013

1. Achieve and maintain a healthy weight

- Nutritious foods should be chosen from the five food groups and the unsaturated fat allowance, in amounts consistent with Foundation Diets
- Discretionary (energy-dense, nutrient-poor) choices should be limited
- Taller and/or more active adults in each age and sex group can choose additional serves of foods from the five food groups and/or unsaturated spreads and oils and/or discretionary foods to increase energy intake to meet energy requirements
- Weight and waist circumference should be measured regularly (e.g. every 2 or 3 months)
- The recommendations of the Australian physical activity guidelines should be followed

2. Enjoy a wide variety of nutritious foods

Enjoy a wide variety of nutritious foods from these five groups every day:

- Plenty of vegetables, including different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as bread, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under 2 years) And drink plenty of water

***CINDI Dietary Guide, WHO Regional Office for Europe,
EUR/00/5018028. 2000 .Twelve steps to healthy eating***

http://www.euro.who.int/_data/assets/pdf_file/0017/150083/E79832.pdf

Food-Based Dietary Guidelines in Europe

<http://www.eufic.org/article/en/expid/food-based-dietary-guidelines-in-europe/>

1. Eat a nutritious diet based on a variety of foods originating mainly from plants, rather than animals.
2. Eat bread, grains, pasta, rice or potatoes several times a day
3. Eat a variety of vegetables and fruits, preferably fresh and local, several times per day (at least 400g per day)
4. Maintain a body weight between the recommended limits (a BMI of 20-25) by taking moderate levels of physical activity, preferably daily.
5. Control fat intake (not more than 30% of daily energy) and replace most saturated fats with unsaturated vegetable oils or soft margarines.
6. Replace fatty meat and meat products with beans, legumes, lentils, fish, poultry or lean meat.
7. Use milk and dairy products (kefir, sour milk, yoghurt and cheese) that are low in both fat and salt.
8. Select foods that are low in sugar, and eat refined sugar sparingly, limiting the frequency of sugary drinks and sweets.
9. Choose a low-salt diet. Total salt intake should not be more than one teaspoon (6g) per day, including the salt in bread and processed, cured and preserved foods. (Salt iodisation should be universal where iodine deficiency is endemic.)
10. If alcohol is consumed, limit intake to no more than 2 drinks (each containing 10g of alcohol) per day.
11. Prepare food in a safe and hygienic way. Steam, bake, boil or microwave to help reduce the amount of added fat.
12. Promote exclusive breastfeeding and the introduction of safe and adequate complementary foods from the age of 6 months while breastfeeding continues during the first years of life.

Dietary Guidelines for UK 2015- The Eatwell Guide

The Eat well Guide. (2016) . Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland. (3)

1. Eat at least 5 portions of a variety of fruit and vegetables every day
2. Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
3. Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
4. Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
5. Choose unsaturated oils and spreads and eat in small amounts
6. Drink 6-8 cups/glasses of fluid a day
7. If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

8 tips for eating well

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish – including a portion of oily fish each week
4. Cut down on saturated fat and sugar
5. Eat less salt – no more than 6g a day for adults
6. Get active and be a healthy weight
7. Don't get thirsty



Dutch dietary guidelines 2015

Dutch dietary guidelines 2015

<https://www.gezondheidsraad.nl/en/task-and-procedure/areas-of-activity/healthy-nutrition/dutch-dietary-guidelines-2015>

Follow a dietary pattern that involves eating more plant-based and less animal-based food, as recommended in the guidelines

- Eat at least 200 grams of vegetables and at least 200 grams of fruit daily
- Eat at least 90 grams of brown bread, wholemeal bread or other wholegrain products daily
- Eat legumes weekly
- Eat at least 15 grams of unsalted nuts daily
- Take a few portions of dairy produce daily, including milk or yogurt
- Eat one serving of fish weekly, preferably oily fish
- Drink three cups of tea daily
- Replace refined cereal products by whole-grain products
- Replace butter, hard margarines, and cooking fats by soft margarines, liquid cooking fats, and vegetable oils
- Replace unfiltered coffee by filtered coffee
- Limit the consumption of red meat, particularly processed meat
- Minimise consumption of sugar-containing beverages
- Don't drink alcohol or no more than one glass daily
- Limit salt intake to 6 grams daily
- Nutrient supplements are not needed, except for specific groups for which supplementation applies

(D Kromhout, CJK Spaaij, J de Goede and RM Weggemans. The 2015 Dutch food-based dietary guidelines. *European Journal of Clinical Nutrition*. 2016; 70, 869–878.)

WCRF-General recommendations of the 2007 WCRF/AICR Diet and Cancer Report

1. Body Fatness: Be as lean as possible within the normal range of body weight
2. Physical Activity: Be physically active as part of everyday life
3. Foods and Drinks that Promote Weight Gain: Limit consumption of energy-dense foods. Avoid sugary drinks.
4. Plant Foods: Eat mostly foods of plant origin
5. Animal Foods: Limit intake of red meat and avoid processed meat
6. Alcoholic Drinks: Limit alcoholic drinks
7. Preservation, processing, preparation: Limit consumption of salt. Avoid moldy cereals (grains) or pulses (legumes)
8. Dietary Supplements: Aim to meet nutritional needs through diet alone
9. Breastfeeding: Mothers to breastfeed; children to be breastfed
- 10.** Cancer Survivors: Follow the recommendations for cancer prevention

WCRF-General recommendations of the 2016 WCRF/AICR Diet and Cancer Report

1. Body Fatness: Keep weight low within the healthy range.
2. Physical Activity: Be physically active for at least 30 minutes every day, and sit less.
3. Foods and Drinks that Promote Weight Gain: Avoid high-calorie foods and sugary drinks.
4. Plant Foods: Eat more grains, veg, fruit and beans.
5. Animal Foods: Limit red meat and avoid processed meat.
6. Alcoholic Drinks: For cancer prevention, don't drink alcohol.
7. Preservation, processing, preparation: Eat less salt and avoid mouldy grains & cereals.
8. Dietary Supplements: For cancer prevention, don't rely on supplements.
- 9.** Breastfeeding: If you can, breastfeed your baby for six months.
- 10.** Cancer Survivors: After cancer treatment, the best advice is to follow the Cancer Prevention Recommendations.

Korea (Adults) Dietary action guide for adults

- Eat a variety of vegetables, fruits and dairy products daily
- Choose less fatty meats and fried foods
- Choose salt-preserved food less, and prepare foods with less salt
- Increase physical activity for a healthy weight and balance activity with what you eat
- If you drink alcoholic beverages, limit yourself to only 1-2 drinks a day
- Enjoy every meal on time
- Prepare and/or order foods in adequate amounts and keep them safe
- Enjoy our rice-based diet

Korea 2010

1. Eat a variety of foods
 - Eat a variety of grains, especially whole-grain
 - Eat a variety of vegetables
 - Eat a variety of fruits
 - Eat a dairy products daily
 - Choose foods that supply heme iron such as lean red meat for women capable of becoming pregnant
2. Increase physical activity for a healthy weight
 - Make physical activity a regular part of the day
 - Exercise for more 30 minutes everyday
 - Maintain healthy weight
 - Control total calorie intake according to physical activity level
3. Eat clean and safe foods in adequate amounts
 - Choose clean and safe foods
 - Prepare food/ or order foods in adequate amounts
 - Prepare and keep foods safe
 - Enjoy every meal on time
 - Keep the Korean traditional diet for balance
4. Choose foods low in salt and use less salt in cooking
 - Prepare foods with less salt
 - Eat salty liquid when you eat soup and pot stew
 - Do not add more salt or soy sauce at the table
 - Make kimchi with less salt
5. Choose less fatty meat and fried foods
 - Eat meat with fat removed

- Choose less fried foods
- Cook with less oil
- 6. If you drink alcoholic beverages, do so in moderation
 - Limit up to 2 drinks a day for men, and 1 drink a day for women
 - Do not drink alcoholic beverages during pregnancy

Thailand 1996

1. Eat a variety of foods from each of the five food groups and maintain proper weight.
2. Eat adequate amounts of rice or alternative carbohydrate sources.
3. Eat plenty of vegetables and fruits regularly.
4. Eat fish, lean meat, eggs, legumes and pulses regularly.
5. Drink sufficient amounts of milk every day.
6. Choose a diet that is moderate in total fat.
7. Avoid an excessive intake of sweet and salty foods.
8. Eat clean and safe food.
9. Avoid or reduce the consumption of alcoholic beverages.

India 2010

1. A nutritionally adequate diet should be consumed through a wise choice from a variety of foods.
2. Additional food and extra care be required during pregnancy and lactation.
3. Exclusive breast-feeding should be practiced for up to 6 months. Breast-feeding can be continued up to two years.
4. Food supplements should be introduced to infants after 6 months.
5. Adequate and appropriate diet should be taken by children and adolescents, both in health and disease.
6. Green leafy vegetables, other vegetables and fruits should be used in plenty.
7. Cooking oils and animal foods should be used in moderation, and vanaspati/ghee/butter should be used only sparingly.
8. Over-eating should be avoided to prevent over-weight and obesity. Proper physical activity is essential to maintain desirable body weight.
9. Salt should be used in moderation.
10. Foods consumed should be safe and clean.
11. Healthy and positive food concepts and cooking practices should be adopted.

12. Water should be taken in adequate amounts and beverages should be consumed in moderation.
13. Processed and ready-to-eat foods should be used judiciously. Sugar should be used sparingly.
14. The elderly should eat a nutrient-rich diet to keep fit and active.

各國飲食指標補充

(中文資料來源：董事基金會)

加拿大 Canadian Dietary Guidelines 2007

1. 食用多種食物
 2. 強調穀類、麵包、其他的穀類食品、蔬菜和水果
 3. 選擇低脂產品、瘦肉，用少量的油或是不用油準備食物
 4. 靠規律的運動和健康的飲食達到和維持健康的體重
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1. Eat at least one dark green and one orange vegetable each day.
 2. Enjoy vegetables and fruit prepared with little or no added fat, sugar or salt.
 3. Make at least half of your grain products whole grain each day.
 4. Choose grain products that are low in fat, sugar or salt.
 5. Drink skim, 1% or 2% milk each day.
 6. Select lower fat milk alternatives.
 7. Eat at least two food guide servings of fish each week. * Health Canada provides advice for limiting exposure to mercury from certain types of fish
 8. Select lean meat and alternatives prepared with little or no added fat or salt.
 9. Enjoy a variety of foods from the four food groups.
 10. Satisfy thirst with water!
 11. Drink water regularly. It's a calorie-free way to quench your thirst. Drink more water in hot weather or when you are very active.
 12. Include a small amount (30–45 ml, 2–3 tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

馬來西亞 2003 National Dietary Guidelines for Malaysia

1. 吃多種食物
2. 規律的身體活動平衡食物的攝取量以維持健康體重
3. 吃多一點飯、其他的穀類製品、豆類、水果和蔬菜
4. 準備食物時限制油脂的用量，選擇低油、膽固醇的食物
5. 使用小量的鹽並選擇低鹽食物
6. 降低糖的攝取並選擇低糖食物
7. 每天喝大量的水
8. 促進母乳的哺育

馬來西亞 2010 National Dietary Guidelines for Malaysia

1. Eat a variety of foods within your recommended intake
2. Maintain body weight in a healthy range
3. Be physically active everyday
4. Eat adequate amount of rice, other cereal products (preferably whole grain) and tubers
5. Eat plenty of fruits and vegetables everyday
6. Consume moderate amounts of fish, meat, poultry, egg, legumes and nuts
7. Consume adequate amounts of milk and milk products
8. Limit intake of foods high in fats and minimize fats and oils in food preparation
9. Choose and prepare foods with less salt and sauces
10. Consume foods and beverages low in sugar
11. Drink plenty of water daily
12. Practice exclusive breastfeeding from birth until six months and continue to breastfeed until two years of age
13. Consume safe and clean foods and beverages
14. Make effective use of nutrition information on food labels

菲律賓 2000 National Dietary Guidelines for the Philippines

1. 每天攝取多種食物
2. 母乳哺育嬰兒從出生到 4-6 個月，哺育期間給予適當的食物
3. 適當的飲食維持兒童正常的生長
4. 攝食魚、肉、家禽及乾豆類
5. 吃更多的蔬菜和水果
6. 每天吃用油烹煮的食物
7. 每天攝食牛奶、乳製品及其他富含鈣質的食物，像是小魚乾及深綠色葉

菜類植物

8. 食用碘化鹽，但避免食用過鹹的食物
9. 吃乾淨且安全的食物
10. 規律的運動，不抽菸，避免喝酒，以達到健康的生活型態

(菲律賓 2000 National Dietary Guidelines for the Philippines 英文版)

1. Eat a variety of foods everyday
2. Breast-feed infants exclusively from birth to 6 months, and then, give appropriate foods while continuing breast-feeding
3. Maintain children's normal growth through proper diet and monitor their growth regularly
4. Consume fish, lean meat, poultry or dried beans
5. Eat more vegetables, fruits and root crops
6. Eat foods cooked in edible/cooking oil in your daily meals
7. Consume milk, milk products and other calcium-rich foods such as small fish and dark leafy vegetables
8. Use iodized salt, but avoid excessive intake of salty food
9. Eat clean and safe food
10. For a healthy lifestyle and good nutrition, exercise regularly, do not smoke and drinking alcoholic beverages.

希臘 Dietary Guidelines for adults in Greece 1999

(<http://www.mednet.gr/archives/1999-5/pdf/516.pdf>)

1. 不要超過自己身高的最適體重
2. 慢慢吃，每天固定時間在愉悅的環境下用餐
3. 選擇水果和核果類取代甜點、糖果棒作為點心
4. 選擇全穀類的食物
5. 永遠選擇水代替飲料
6. 如果吃均衡的飲食，健康的成人（除了孕婦之外），不需要再吃飲食補充品
7. 要控制過重的體重，熱量低的飲食不能取代運動，如果攝取過多的話還是會促進肥胖
8. 雖然訂出的飲食是終極目標，逐漸的實行對一些人比較可行

中國 2005 中國居民膳食指南

1. 食物多樣，穀類為主
2. 多吃蔬菜、水果和薯類
3. 常吃奶類、豆類或其製品
4. 經常吃適量魚、禽、蛋、瘦肉，少吃肥肉和葷油
5. 食量與體力活動要平衡，保持適宜體重
6. 吃清淡少鹽的膳食
7. 如飲酒應限量
8. 吃清潔衛生、不變質的食物

《中國居民膳食指南 2016》核心推薦

推薦一 食物多樣，穀類為主

每天的膳食應包括穀薯類、蔬菜水果類、畜禽魚蛋奶類、大豆堅果類等食物。

平均每天攝入 12 種以上食物，每週 25 種以上。

每天攝入穀薯類食物 250~400g，其中全穀物和雜豆類 50~150g，薯類 50~100g。

食物多樣、穀類為主是平衡膳食模式的重要特徵。

推薦二 吃動平衡，健康體重

各年齡段人群都應天天運動、保持健康體重。

食不過量，控制總能量攝入，保持能量平衡。

堅持日常身體活動，每週至少進行 5 天中等強度身體活動，累計 150 分鐘以上；主動身體活動最好每天 6000 步。

減少久坐時間，每小時起來動一動。

推薦三 多吃蔬果、奶類、大豆

蔬菜水果是平衡膳食的重要組成部分，奶類富含鈣，大豆富含優質蛋白質。

餐餐有蔬菜，保證每天攝入 300~500g 蔬菜，深色蔬菜應占 1/2。

天天吃水果，保證每天攝入 200~350g 新鮮水果，果汁不能代替鮮果。

吃各種各樣的乳製品，相當於每天液態奶 300g。

經常吃豆製品，適量吃堅果。

推薦四 適量吃魚、禽、蛋、瘦肉

魚、禽、蛋和瘦肉攝入要適量。

每週吃魚 280~525g，畜禽肉 280~525g，蛋類 280~350g，平均每天攝入總量 120~200g。

優先選擇魚和禽。

吃雞蛋不棄蛋黃。

少吃肥肉、煙熏和醃制肉製品。

推薦五 少鹽少油，控糖限酒

培養清淡飲食習慣，少吃高鹽和油炸食品。成人每天食鹽不超過 6g，每天烹調油 25~30g。

控制添加糖的攝入量，每天攝入不超過 50g，最好控制在 25g 以下。

每日反式脂肪酸攝入量不超過 2g。

足量飲水，成年人每天 7~8 杯(1500~1700ml)，提倡飲用白開水和茶水；不喝或少喝含糖飲料。

兒童少年、孕婦、乳母不應飲酒。成人如飲酒，男性一天飲用酒的酒精量不超過 25g，女性不超過 15g。

推薦六 杜絕浪費，興新食尚

珍惜食物，按需備餐，提倡分餐不浪費。

選擇新鮮衛生的食物和適宜的烹調方式。

食物製備生熟分開、熟食二次加熱要熱透。

學會閱讀食品標籤，合理選擇食品。

多回家吃飯，享受食物和親情。

傳承優良文化，興飲食文明新風。

《中國居民膳食指南》2016 核心推薦及摘要

推薦一：食物多樣，穀類為主

平衡膳食模式是最大程度上保障人體營養需要和健康的基礎，食物多樣是平衡膳食模式的基本原則。每天的膳食應包括穀薯類、蔬菜水果類、畜禽魚蛋奶類、大豆堅果類等食物。建議平均每天攝入 12 種以上食物，每週 25 種以上。穀類為主是平衡膳食模式的重要特徵，每天攝入穀薯類食物 250~400 克，其中全穀物和雜豆類 50~150 克，薯類 50~100 克；膳食中碳水化合物提供的能量應占總能量的 50% 以上。

推薦二：吃動平衡，健康體重

體重是評價人體營養和健康狀況的重要指標，吃和動是保持健康體重的關鍵。各個年齡段人群都應該堅持天天運動、維持能量平衡、保持健康體重。體重過低和過高均易增加疾病的發生風險。推薦每週應至少進行 5 天中等強

度身體活動，累計 150 分鐘以上；堅持日常身體活動，平均每天主動身體活動 6000 步；儘量減少久坐時間，每小時起來動一動，動則有益。

推薦三：多吃蔬果、奶類、大豆

蔬菜、水果、奶類和大豆及製品是平衡膳食的重要組成部分，堅果是膳食的有益補充。蔬菜和水果是維生素、礦物質、膳食纖維和植物化學物的重要來源，奶類和大豆類富含鈣、優質蛋白質和 B 族維生素，對降低慢性病的發病風險具有重要作用。提倡餐餐有蔬菜，推薦每天攝入 300~500 克，深色蔬菜應占 1/2。天天吃水果，推薦每天攝入 200~350 克的新鮮水果，果汁不能代替鮮果。吃各種乳製品，攝入量相當於每天液態奶 300 克。經常吃豆製品，每天相當於大豆 25 克以上，適量吃堅果。

推薦四：適量吃魚、禽、蛋、瘦肉

魚、禽、蛋和瘦肉可提供人體所需要的優質蛋白質、維生素 A、B 族維生素等，有些也含有較高的脂肪和膽固醇。動物性食物首選魚和禽類，魚和禽類脂肪含量相對較低，魚類含有較多的不飽和脂肪酸；蛋類各種營養成分齊全；吃畜肉應選擇瘦肉，瘦肉脂肪含量較低。過多食用煙熏和醃制肉類可增加腫瘤的發生風險，應當少吃。推薦每週吃魚 280~525 克，畜禽肉 280~525 克，蛋類 280~350 克，平均每天攝入魚、禽、蛋和瘦肉總量 120~200 克。

推薦五：少鹽少油，控糖限酒

我國多數居民目前食鹽、烹調油和脂肪攝入過多，這是高血壓、肥胖和心腦血管疾病等慢性病發病率居高不下的重要因素，因此應當培養清淡飲食習慣，成人每天食鹽不超過 6 克，每天烹調油 25~30 克。過多攝入添加糖可增加齲齒和超重發生的風險，推薦每天攝入糖不超過 50 克，最好控制在 25 克以下。水在生命活動中發揮重要作用，應當足量飲水。建議成年人每天 7~8 杯（1500~1700 毫升），提倡飲用白開水和茶水，不喝或少喝含糖飲料。兒童少年、孕婦、乳母不應飲酒，成人如飲酒，一天飲酒的酒精量男性不超過 25 克，女性不超過 15 克。

推薦六：杜絕浪費，興新食尚

勤儉節約，珍惜食物，杜絕浪費是中華民族的美德。按需選購食物、按需備餐，提倡分餐不浪費。選擇新鮮衛生的食物和適宜的烹調方式，保障飲食衛生。學會閱讀食品標籤，合理選擇食品。創造和支援文明飲食新風的社會環境和條件，應該從每個人做起，回家吃飯，享受食物和親情，傳承優良飲食文化，樹健康飲食新風。