

# 兒童理想營養 建議



兒童營養顧問小組

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Child Nutrition Advisory Group  
兒童營養顧問小組

# 母乳是嬰兒的最佳營養

專家都認同母乳能為嬰兒提供最佳的營養<sup>1</sup>。母乳含有嬰兒出生首6個月發育及成長所需的全部營養。它的獨特成分讓嬰兒容易消化和吸收。因此，世界衛生組織建議，在嬰兒出生的首6個月內，應以母乳作為嬰兒唯一的營養來源<sup>2</sup>。

母乳中含有的主要營養成分包括：

- **蛋白質** — 母乳含有約60%乳清蛋白，是成長及發育的必需營養<sup>3</sup>。 $\alpha$ -乳白蛋白是母乳中乳清蛋白的主要蛋白成分，能促進礦物質的吸收，並具抗菌功效<sup>3</sup>。在整個授乳期間，母乳所含的蛋白質濃度平均為每公升12克<sup>4,5</sup>。
- **碳水化合物** — 乳糖是母乳中主要的能量來源之一<sup>6</sup>。
- **脂肪** — 母乳所含的三酸甘油脂能為嬰兒提供能量。此外，母乳中的必需脂肪酸（亦稱多元不飽和脂肪酸【PUFA】）是製造AA及DHA的所需物質。AA及DHA是促進中樞神經系統（包括腦部）發育的必要元素<sup>7</sup>。
  - **核酸** — 支援細胞生長及分裂。
  - **維他命及礦物質** — 促進理想成長及發育。



AA = 二十碳四烯酸；DHA = 二十二碳六烯酸

# 母乳是嬰兒的最佳營養

很多因素或會影響妳是否採用母乳餵哺的決定。這包括伴侶及醫護人員的態度、妳的工作情況，以及社會政策。然而，在一些情況下，妳亦可能無法進行母乳餵哺（表一）。若醫護人員不建議妳採用母乳餵哺，妳應使用一些母乳代替品。

對於無法或選擇不以母乳餵哺的母親，嬰兒配方奶粉是最常用的母乳代替品。

表一 · 醫護人員可能建議使用母乳代替品的情況<sup>8</sup>

情況		建議
嬰兒情況	嬰兒被診斷患有： <ul style="list-style-type: none"><li>• 典型單乳糖血症</li><li>• 楓糖漿尿症</li><li>• 苯酮酸尿症</li></ul>	這些嬰兒只應以特製配方奶粉餵哺
	<ul style="list-style-type: none"><li>• 出生體重極低之嬰兒 (&lt;1,500克)</li><li>• 早於32週出生的嬰兒</li><li>• 有血糖過低風險的嬰兒</li></ul>	可能一段時期需要額外使用母乳代替品
母親情況	<ul style="list-style-type: none"><li>• 愛滋病</li></ul>	切勿餵哺母乳
	<ul style="list-style-type: none"><li>• 嚴重疾病（例如敗血病）</li><li>• 1型皰疹病毒</li><li>• 正使用某些藥物（例如癌症治療）</li></ul>	暫時避免餵哺母乳；請向妳的醫護人員查詢
	<ul style="list-style-type: none"><li>• 乳房膿腫</li><li>• 乙型及丙型肝炎</li><li>• 乳腺炎</li><li>• 結核病</li><li>• 吸煙及飲酒</li></ul>	這些健康問題值得關注，但仍可繼續母乳餵哺；請向妳的醫護人員查詢

## 妳懂得如何為BB選擇安全而合適的嬰兒配方奶粉嗎？

這本小冊子會為妳簡介兒童營養顧問小組就選擇嬰兒配方奶粉時應考慮的因素而作出的建議（表二）。兒童營養顧問小組由一群關注兒童營養的本地專科醫護人員組成。小組成員包括有兒科醫生、婦產科醫生、營養師及助產士。顧問小組會透過會議，商討有關孕婦、嬰兒及兒童的重要營養及飲食問題，並作出建議。

在選擇嬰兒配方奶粉前，請諮詢醫護人員的意見。

表二 · 選擇嬰兒配方奶粉時的主要考慮

該嬰兒配方奶粉符合國際標準嗎？	由在本港立法前自願登記計劃中註冊的奶粉生產商製造及入口的嬰兒配方奶粉應該符合 <b>國際食品標準委員會（CODEX Alimentarius Commission）</b> 的營養要求。此國際食品標準委員會於1963年成立，旨在制定有關食物的標準和指引
妳明白包裝上的標籤嗎？包裝上是否以合適的語言清楚列明產品的資料？	確保妳明白標籤上的這些資料： <ul style="list-style-type: none"><li>• 營養資訊</li><li>• 成分說明，包括食物添加劑</li><li>• 使用方法</li><li>• 使用期限</li><li>• 製造商及原產地</li></ul>
產品是否經妥當的存放及運送方法入口？	存放及運送環境，包括氣溫及濕度，會影響產品的品質。只應購買經由在本港立法前自願登記計劃中註冊的奶粉生產商入口的嬰兒配方奶粉，以確保在存放和運送過程均符合嚴謹的品質管理狀況
嬰兒配方奶粉是否由有提供售後支援的生產商生產？	信譽良好的嬰兒配方奶粉生產商會給家長提供適當的售後支援及教育服務。這些生產商均有正式的程序處理有關產品的問題，包括產品回收
妳是否光顧信譽良好的零售商購買？	切勿在網上購買嬰兒配方奶粉，因為這無法確保零售商的信譽及產品的品質

## 常見問題

**問：我可用哪一種水來沖調嬰兒配方奶粉？**

答：一般開水只要經煮沸及在使用前冷卻，已可用作沖調嬰兒配方奶粉。妳亦可使用樽裝的蒸餾水來沖調嬰兒配方奶粉。一些樽裝水若標明為「天然礦泉水」，可能含有過多的鈉，因此不適合讓嬰兒使用。在購買樽裝礦泉水時，請檢查標籤，以確保每公升不含超過200毫克的鈉<sup>9</sup>。

**問：我的小朋友經常便秘——這是否與我使用的嬰兒配方奶粉有關？轉用其他奶粉有好處嗎？**

答：這可能與妳使用的嬰兒配方奶粉有關。然而，妳應帶同孩子與兒科醫生會診，讓醫生為他/她進行詳細的身體檢查，以排除任何胃腸道問題。若然孩子的檢查結果正常，妳可安全地嘗試轉用另一種符合國際食品標準(CODEX)的嬰兒配方奶粉。如有任何問題，請向妳的兒科醫生或營養師查詢。

**問：使用非牛奶嬰兒配方奶粉，例如大豆配方，對我的孩子有好處嗎？**

答：大豆配方嬰兒奶粉不含牛奶及乳糖。若嬰兒被診斷患有乳糖不耐症，或對牛奶蛋白敏感，可建議使用大豆配方奶粉代替。在考慮轉用大豆或其他非牛奶配方時，應諮詢妳的醫護人員，以決定哪一種配方適合妳的嬰兒。



# 兒童營養顧問小組

兒童營養顧問小組是由一群關注兒童營養的本地專科醫護人員組成。顧問小組成員包括兒科醫生、婦產科醫生、營養師及助產士，目的是討論從受孕、懷孕以至嬰兒及兒童期的重要營養及飲食問題——包括母乳餵哺、添加餵哺及補充餵哺——以及提高香港醫護人員及家長對這些問題的關注。

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本教育小冊子內容僅供參考，並不能取代醫生的專業意見。如對孩子的成長有任何疑問，請向妳的醫生查詢。

## 重要說明

母乳是新生嬰兒的最佳食糧。只有在母親無法給嬰兒餵哺母乳時，才以配方奶粉代替母乳。母親攝取足夠的營養，對授乳的準備及維持都很重要。以配方奶粉輔助母乳餵哺，對授乳會帶來負面的影響；一旦中止授乳，便可能難以重新給嬰兒餵哺母乳。請遵照醫護人員的指導餵哺嬰兒，並依照指示使用及沖調配方奶粉。不必要或不當地使用配方奶粉，可能會影響嬰兒的健康。選擇餵哺嬰兒的方法時，應考慮有關的社會及經濟因素。



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# Recommendations on optimal child nutrition



The Child Nutrition Advisory Group

Hong Kong • April 2011



Child Nutrition Advisory Group  
兒童營養顧問小組

# Human milk is the ideal nutrition for your babies

Experts all agree that human milk will provide the best nutrition for babies.<sup>1</sup> Human milk contains all the nutrients your baby needs to develop and thrive in the first 6 months. Its unique composition makes it easily digestible. For these reasons, the World Health Organization recommends human milk as the only source of nutrition for the first 6 months of life.<sup>2</sup>

The major nutritional components of human milk include:

- **Protein** – Human milk contains about 60% whey protein, which is essential for growth and development.<sup>3</sup>  $\alpha$ -lactalbumin, the dominant protein in the whey fraction of human milk, possibly promotes mineral absorption and has antimicrobial properties.<sup>3</sup> Throughout the lactation period, average protein concentration of human milk is 12 g/L.<sup>4,5</sup>
- **Carbohydrates** – Lactose is one of the main sources of energy in human milk.<sup>6</sup>
- **Fats** – Human milk contains milk triacylglycerols to provide energy for the breastfed infant. It also contains essential fatty acids, also called polyunsaturated fatty acids (PUFA), required for the production of AA and DHA. AA and DHA are essential building blocks for the central nervous system, including the brain.<sup>7</sup>
- **Nucleic acids** – support cell growth and division.
- **Vitamins and minerals** – promote optimal growth and development.





# Human milk is the ideal nutrition for your babies

Many factors may influence the decision whether or not to breastfeed. These may include the attitudes of your partner and your healthcare provider, your work situation as well as institutional policies. However, there may be circumstances when breastfeeding is not possible (Table 1). If your healthcare professional has advised against breastfeeding, human milk substitutes should be used.

Infant milk formulas are the most commonly used human milk substitutes when mothers cannot, or choose not to, breastfeed.

**Table 1. Conditions for which healthcare professionals would recommend the use of human milk substitutes<sup>8</sup>**

	Description of conditions	Recommendations
<b>Infant conditions</b>	Infants diagnosed with: <ul style="list-style-type: none"><li>• classic galactosaemia</li><li>• maple syrup urine disease</li><li>• phenylketonuria</li></ul>	These infants should only be fed specialized formula
	<ul style="list-style-type: none"><li>• Very low birth weight infants (&lt;1,500 g)</li><li>• Very pre-term infants (&lt;32 weeks)</li><li>• Infants at risk of hypoglycaemia</li></ul>	Additional milk substitutes may be required for a limited period
<b>Maternal conditions</b>	<ul style="list-style-type: none"><li>• Human immunodeficiency virus (HIV) infection</li></ul>	<u>Do not</u> breastfeed
	<ul style="list-style-type: none"><li>• Severe illness (eg, sepsis)</li><li>• Herpes simplex virus type 1</li><li>• Mother taking certain medications (eg, cancer treatment)</li></ul>	<u>Temporarily avoid</u> breastfeeding; consult your healthcare professional for advice
	<ul style="list-style-type: none"><li>• Breast abscess</li><li>• Hepatitis B and hepatitis C</li><li>• Mastitis</li><li>• Tuberculosis</li><li>• Smoking and alcohol consumption</li></ul>	These health problems may be of concern but breastfeeding <u>may continue</u> ; check with your healthcare professional



## Do you know how to choose an infant milk formula that is safe and appropriate for your baby?

This booklet outlines recommendations from the Child Nutrition Advisory Group regarding factors you should consider when selecting infant milk formula (Table 2).

The Child Nutrition Advisory Group is a group of local specialist healthcare professionals with an interest in child nutrition. Paediatricians, obstetrician-gynaecologists, dietitians and midwives are represented. The Advisory Group gathers to discuss and make recommendations regarding key nutrition and dietary issues for pregnant mothers, infants and children.

Consult your healthcare provider before choosing an infant milk formula for your baby.

**Table 2. Key considerations when choosing infant milk formulas**

<b>Does the infant milk formula comply with international standards?</b>	Infant milk formula developed and imported by formula manufacturers registered with the "Pre-Statutory Voluntary Registration Scheme" in Hong Kong should adhere to the requirements of the <b>CODEX Alimentarius Commission</b> , an international commission created in 1963 to develop food standards and guidelines.
<b>Can you understand the labelling on the package? Is the package labelled with an appropriate language?</b>	Check that you can understand the following information on the label: <ul style="list-style-type: none"><li>• nutritional information</li><li>• ingredients list, including food additives</li><li>• directions for use</li><li>• expiry date</li><li>• name of the manufacturer and place of origin</li></ul>
<b>Is the product imported under proper storage and transportation conditions?</b>	The storage and transportation environment, including heat and humidity, affects the quality of the product. Use only infant milk formulas imported by reputable formula manufacturers registered with the "Pre-Statutory Voluntary Registration Scheme" in Hong Kong to ensure rigorous quality-controlled conditions during storage and transportation.
<b>Is the infant milk formula produced by a manufacturer that provides after-sales support?</b>	Infant milk formulas from reputable manufacturers provide appropriate after-sales support and education for parents. They also have formal processes for dealing with issues arising from their products, including product recalls.
<b>Are you buying from a reputable retail outlet?</b>	DO NOT purchase infant formula online as you cannot be assured of the credibility of the retailer and the integrity of their product.

# Frequently asked questions (FAQs)

## **Q. What water can I use for reconstituting infant formula?**

**A.** Ordinary tap water is adequate for use in preparing infant formula, as long as it is boiled and cooled prior to use.

You may also use bottled distilled water to reconstitute infant formula. Some bottled water labeled as 'natural mineral water' may have high levels of sodium that are not suitable for infants' use. Check the label when buying bottled mineral water to make sure that it does not contain more than 200 mg/L of sodium.<sup>9</sup>

## **Q. My child is always constipated – can this be related to the infant formula I am using? Will he benefit from switching to another infant formula?**

**A.** It is indeed possible that this may be related to your infant formula. However, it is important to bring your child to your paediatrician for consultation, so that he/she can conduct a thorough history and physical examination to rule out the presence of any gastrointestinal condition. If your child's examination is normal, switching to another, *CODEX*-compliant infant formula brand can be safely attempted. If in doubt, please consult your healthcare provider for advice.

## **Q. Will my child benefit from a non-milk-based infant formula, such as a soy-based formula?**

**A.** Soy-based infant formulas are milk-free and lactose-free. If an infant is diagnosed to be lactose-intolerant, or to be allergic to milk protein, use of a soy-based formula may be recommended as a substitute.

When contemplating shifting your child to a soy-based or other non-milk-based formula, consult your healthcare provider, who will determine if such a formula is appropriate for your infant.



# The Child Nutrition Advisory Group

The **Child Nutrition Advisory Group** is a group of local specialist healthcare professionals with an interest in child nutrition. The Advisory Group, comprised of paediatricians, obstetrician-gynaecologists, dietitians and midwives, aims to discuss key nutrition and dietary issues from conception to pregnancy to infancy and childhood – including breastfeeding, supplementary feeding and complementary feeding – and raise awareness of these issues amongst Hong Kong healthcare providers and parents.

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## Disclaimer:

*This parent leaflet is for education purposes only. It does not replace your doctor's medical advice. In the event of any doubts or concerns about the growth of your child, seek the expert guidance of your physician for specific information and/or recommendations.*

## Important notice

Breast milk is the best for babies. Infant formula is intended to replace breast milk when mothers do not breastfeed. Good maternal nutrition is important for preparation and maintenance of breastfeeding. Introducing partial bottle-feeding could negatively affect breastfeeding and reversing a decision not to breastfeed is difficult. Professional advice should be followed on infant feeding. Infant formula should be prepared and used as directed. Unnecessary or improper use of infant formula may present a health hazard. Social and financial implications should be considered when selecting a method of infant feeding.



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