

適量吃水果，健康才加分！

石慧玲 營養師

水果是一種美味又健康的食物，含有豐富的維生素、礦物質、膳食纖維和抗氧化物質，對身體有許多好處。然而，許多人認為水果吃得越多越健康，甚至用水果來取代正餐，這其實是一個常見的誤解。雖然水果營養價值高，但過量攝取仍然可能對健康產生不良影響。因此，了解適當的水果攝取量，才能真正發揮水果的健康功效。

一、水果的營養價值

水果含有多種人體所需的營養素，主要包括：

- 1 維生素C：幫助增強免疫力，促進鐵質吸收。
- 2 膳食纖維：幫助腸胃蠕動，預防便秘。
- 3 鉀：有助於維持血壓平衡，減少心血管疾病的風險。
- 4 抗氧化物質：如類黃酮與花青素，有助於對抗自由基，減少細胞損傷。

這些營養素對身體確實有很大的幫助，但如果攝取過量，卻可能帶來健康風險。

二、水果吃太多可能產生的健康問題

- 1 攝取過多糖分：水果的天然糖分主要是果糖，雖然比精製糖健康，但過量攝取仍會導致血糖波動，甚至增加肥胖與蛀牙的風險。特別是果汁、果乾等加工水果產品，因為濃縮了糖分，容易讓人不知不覺攝取過多。
- 2 影響血糖控制：對於糖尿病或血糖調控較差的人來說，水果攝取過量可能會使血糖上升過快，影響身體的胰島素反應。
- 3 腸胃不適：水果含有豐富的膳食纖維，適量攝取有助於腸道健康，但過量可能導致腹脹、腹瀉或腸胃不適，特別是對於腸胃較敏感的人。

三、每天應該吃多少水果？

根據教育部學校午餐基準的建議，國高中生每日午餐應攝取一份水果，而一份水果的量，大約等於一個拳頭大小或一個250c.c.容量碗的量，例如：

- 1 1 顆中等大小的蘋果、橘子或香蕉
- 2 1 碗葡萄或櫻桃
- 3 1 碗的西瓜

以上適度的水果份量搭配均衡飲食，才能讓身體真正受益。

四、結論

水果確實是健康飲食中不可或缺的一部分，但任何食物都應該適量攝取。過量吃水果可能會導致糖分攝取過高、影響血糖控制，甚至引起腸胃不適。因此，建議每天攝取適量水果，並搭配均衡的飲食，才能讓身體真正健康。希望大家能養成聰明吃水果的習慣，享受美味又健康的生活！



Eat Fruit in Moderation for Good Health!



Dietician Vera Shih

Fruit is a delicious and healthy food, rich in vitamins, minerals, dietary fiber, and antioxidants, offering numerous health benefits. However, many people believe that eating more fruit is always healthier, even replacing meals with fruit, which is actually a common misconception. While fruit is nutritious, consuming fruit in excess can have negative effects on health. Therefore, understanding the appropriate amount of fruit intake is essential to fully realize the health benefits of fruit.

1. Nutritional Value of Fruit

Fruit contains a variety of nutrients necessary for the human body, including:

- 1 Vitamin C: Helps boost immunity and enhances iron absorption.
- 2 Dietary Fiber: Aids in digestion and prevents constipation.
- 3 Potassium: Helps maintain blood pressure balance and reduces the risk of cardiovascular diseases.
- 4 Antioxidants: Such as flavonoids and anthocyanins, help combat free radicals and reduce cellular damage.

These nutrients are highly beneficial to the body, but excessive intake can still pose health risks.

2. Health Problems from Eating Too Much Fruit

- 1 Excessive Sugar Intake: The natural sugar in fruit is primarily fructose, which is healthier than refined sugar. However, consuming too much can lead to blood sugar fluctuations and increase the risk of obesity and tooth decay. Processed fruit products like juice and dried fruit, which concentrate the sugar, can easily lead to overconsumption without one realizing it.
- 2 Impact on Blood Sugar Control: For individuals with diabetes or poor blood sugar regulation, excessive fruit intake can cause rapid blood sugar spikes, affecting the body's insulin response.
- 3 Digestive Discomfort: Fruit is high in dietary fiber, which supports digestive health when consumed in moderation. However, excessive consumption may lead to bloating, diarrhea, or digestive discomfort, especially for those with sensitive stomachs.

3. How Much Fruit Should You Eat Daily?

According to the Ministry of Education's school lunch guidelines, high school students should consume one serving of fruit daily with lunch. A serving of fruit is roughly the size of a fist or about a 250ml bowl, such as:

- 1 One medium-sized apple, orange, or banana
- 2 One bowl of grapes or cherries (about 10 pieces)
- 3 One bowl of watermelon



Consuming an appropriate amount of fruit alongside a balanced diet is key to maximizing the health benefits.

4. Conclusion

Fruit is indeed an essential part of a healthy diet, but like any food, fruit should be consumed in moderation. Overeating fruit can lead to excessive sugar intake, disrupt blood sugar control, and cause digestive discomfort. Therefore, it is recommended to consume an appropriate amount of fruit daily and pair it with a balanced diet for optimal health. By cultivating the habit of eating fruit wisely, you can enjoy a delicious and healthy life!