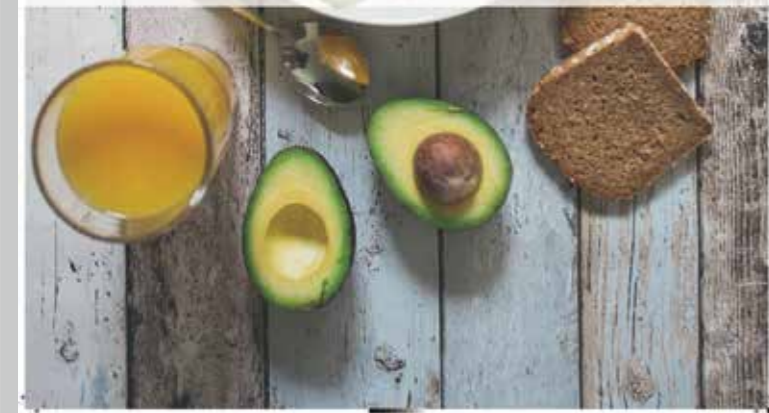




根據美國營養學會指出，均衡和妥善規劃的素食，不僅有益身體健康，提供充足的營養，而且患高血壓、心臟病和癌症的風險會明顯降低。

According to The Academy of Nutrition and Dietetics, a well-planned vegetarian diet is healthy, nutritionally adequate, and can help reduce the risk of high blood pressure, heart attack and cancer.



素食是「2015-2020 美國人的飲食建議」中所建議的三個健康飲食方法之一。
In the 2015-2020 Dietary Guidelines for Americans, vegetarian diets are recommended as one of the three healthful dietary patterns.

素食改善健康 GREEN DIET IMPROVES YOUR HEALTH



體重 Weight

- 體重指數較低 Lower BMI
- 體重過重及肥胖情況比較少 Lower percentage of overweight or obesity



心血管疾病 Cardiovascular disease (CVD)

- 罹患心血管疾病和冠心病機率分別減少13%及19% 13% and 19% decreased risk for developing CVD & ischemic heart disease



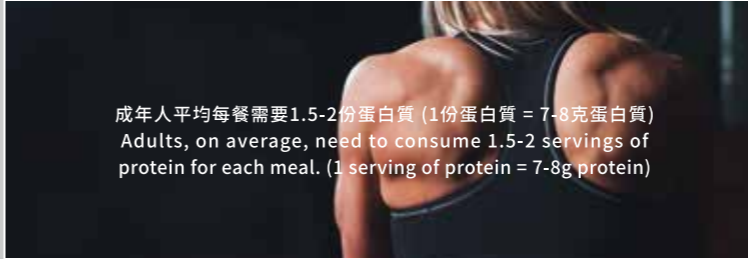
癌症 Cancer

- 整體癌症發病率減少18% 18% lower overall cancer incidence
- 罹患大腸癌風險減少25% 25% reduction in risk of colorectal cancer



糖尿病 Diabetes

- 罹患二型糖尿病風險較低 Lower risk of type 2 diabetes



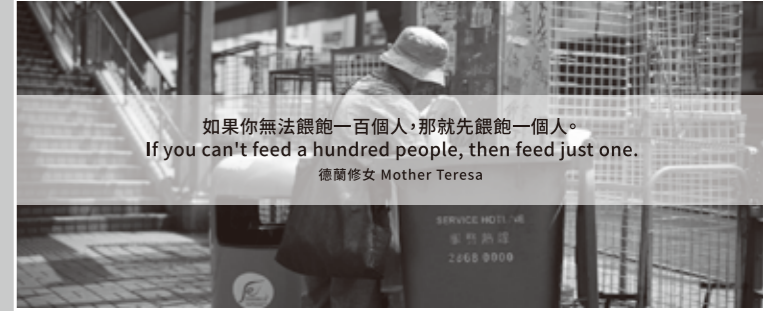
成年人平均每餐需要1.5-2份蛋白質 (1份蛋白質 = 7-8克蛋白質)
Adults, on average, need to consume 1.5-2 servings of protein for each meal. (1 serving of protein = 7-8g protein)

蛋白質「素」求 KNOW YOUR PROTEIN

蛋白質除了是維持人體生長發育、建構及修補細胞的主要元素外，亦令人有飽肚感。很多人誤以為只有肉才有蛋白質，其實很多植物亦含有豐富蛋白質，大家可以參考以下資料便可輕鬆吸收足夠蛋白質。

Protein is essential for the growth of our body. It also helps build and repair our body's tissues and organs. It makes us feel satiated. While many people have the misconception that meat is the only protein source, many plants in fact are rich in protein. The following guide will help you meet the daily protein needs.

1份蛋白質 1 serving of protein:



如果你無法餵飽一百個人，那就先餵飽一個人。
If you can't feed a hundred people, then feed just one.
德蘭修女 Mother Teresa

無綠不歡飲宴 GREEN LUCK BANQUET



食物浪費 Food Waste 3,300 噸 tons
貧窮 Poverty NO.1
貧窮人口 People in Poverty 970,000

在香港，有人把食物倒在垃圾桶，有人卻要在垃圾桶找食物，這都是大家都不希望見到的事情。因此，我們Green Monday創立Green LUCK Banquet致力推廣綠色飲宴文化，回收宴會/婚宴中剩餘的食物，交給Food Angel重新翻熱食物，讓有需要的人士得以溫飽之餘，也可以減低社會成本。

In Hong Kong, numerous banquets are being held to celebrate joyous occasions throughout the year, yet, they are one of the main sources of food waste. Sadly, a lot of food waste was still edible when it was disposed while people live in hunger on the other side of the city. Therefore, Green Monday introduced an initiative program Green LUCK Banquet to join hands with Food Angel to redistributing excess food items at banquets and promote a sustainable banquetting culture.

免費！而且幫到人，何樂而不為！

TEL: 2263 3172

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每日進食50克加工肉 (即少過兩塊燒肉) 罹患大腸癌機率增18%。
consuming 50g of processed meat (less than 2 pieces of bacon) increases the chance of developing colorectal cancer by 18%.

肉食對健康的影響 HEALTH IMPACT OF MEAT EATING

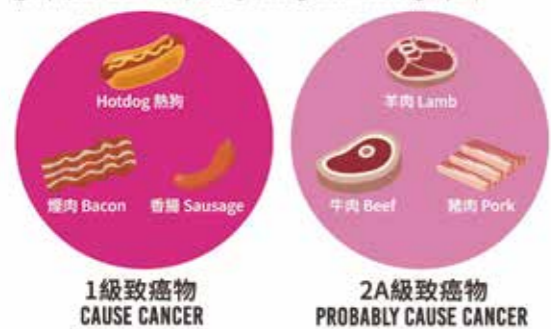
與素食者相比，肉食者患上某些疾病的風險較高，包括冠心病、二型糖尿病、高血壓、某些癌症及肥胖。

Meat eaters are at a higher risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity.

食加工肉選食煙無分別? Processed Meat is the New Tobacco?

世界衛生組織已將加工肉列為「一級致癌物」，對人體有明確致癌性，而紅肉為「2A級致癌物」，有一定致癌性。

The World Health Organisation has classified processed meat as carcinogenic (group 1) and red meat as probably carcinogenic to humans (group 2A).



Source: WHO



多選擇新鮮及天然的食材，作出不同的配搭。
Choose more fresh and natural food and prepare meals with a wide diversity of food

素學 VEGETARIAN 101

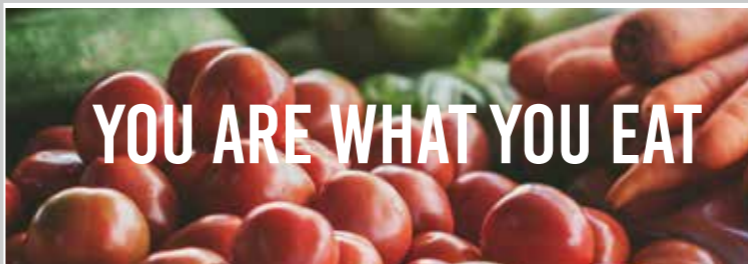
素食一般的好處在於高纖、低脂和低熱量，有益身體。如果營養均衡，必須配合適宜，以免引致某些營養素的缺乏，如蛋白質、維生素B12及鐵等，影響健康。

A vegetarian diet, with its high fibre, low fat and low energy content in general. In order to achieve optimal health, we must ensure that the meal is nutritionally balanced. That way, we can avoid deficiencies in certain nutrients, such as protein, vitamin B12, iron etc.

成人一天建議所需營養及份量 Recommended adult daily requirement of nutrition and portions



*以上每類食物的量均為每日最低標準。建議大家每餐吃多種食物，以維持每天最低標準。
The number of servings in each group is for minimum daily intakes. To meet energy needs, choose food from each group.



名人也Go Green GO GREEN CELEBRITIES



肥媽 Maria Cordero

「鼓勵人Go Green，蔬菜與米是關鍵，所以，如果將芥蘭切粒，粟米粒和紅椒粒用糖炒炒，賣相就豐富好多。」
"To encourage people to go green, the appeal of the dish is the key. If you stir-fry Chinese kale with corn kernels, red pepper and olive vegetables, the dish looks so much more appealing."

陳貝兒 Janis Chan

「食素後，思緒比以前清晰很多，記憶力好，好多人以為食素會無氣無力，但事實剛好相反，我比以前睡得更少，但整個人變得精神。」
"After becoming a vegetarian, my mind has gained clarity and my memory has improved. Contrary to the common belief that a vegetarian diet can make people lethargic, I don't need to sleep as much as before and I feel revitalised."



林一峰 Chet Lam

「目前每週也有兩、三日Go Green，現代生活忙碌，實踐健康生活看似遙不可及，但其實想的話一定找到理由，只要有心想，就一定做到。」
"I go green for 2 to 3 days each week. We all lead a busy life and a healthy lifestyle seems out of reach. However, if we set our mind to something, with dedication and perseverance, we can achieve anything we want."

麥玲玲 Mak Ling Ling

「當遇上重大關口，我會茹素祈福，許願，以彰誠意，經年下來，吃素日子逐漸累積，我多數在禮拜頭Go Green，因為週末應酬較多，週一吃素，正好讓腸胃休息，有利健康。」
"There are ups and downs in life and I go green to pray for auspiciousness. That's how I have cultivated the habit of going green. I usually go green at the beginning of the week as I have most of the social activities during weekends. Adopting Green Monday allows us to go easy on the digestive system, which is beneficial to health."



陳倩揚 Skye Chan

「覺得好肯定比化妝品更重要，我一向都是少肉多菜，家裡煮食肉類只佔一成，從接觸到Green Monday後有更強的使命感，尤其希望在家中教育兒子一週以行動支持環保。」
"Healthy eating is way more important than applying make-up. My diet is mainly comprised of vegetables with very little meat. After knowing about Green Monday, I have a stronger urge to go green for the environment and hope to raise a greener family through actions."



校園計劃 SCHOOL PROGRAM



自校園計劃在2012年開始以來，Green Monday一直致力推廣並教育年輕一代投入健康綠色生活。Green Monday校園計劃得到各方的支持，服務範圍廣蓋全港逾800間中、小學，合共60萬多名學生。

Since the launch of School Program in 2012, Green Monday has been putting much effort in educating the young generation to follow a green lifestyle. With the support of various partners, the program covers over 800 primary & secondary schools and 600,000 students in Hong Kong.

全球31個國家，合共超過600間學校也參與了Green Monday，致力攜手建立一個可持續發展的世界。

31 countries with over 600 schools joined Green Monday globally. Together we can make change happen and build a more sustainable world.

