

食物營養素

Nutrients in Food



營養素是一些從食物中攝取的物質，透過新陳代謝為身體提供所需的熱量，並促進生長發育，維持身體功能和修補細胞組織。

Nutrients are substances obtained from food, which are metabolised in the body for the provision of energy, promoting growth, as well as maintenance and repair of body tissues.



網頁 Webpages: www.fehd.gov.hk/nis/indexc.html

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