

膳食記錄表 Diet Recording Form

膳食 Diet	食物 Food	大約分量 (克) Approx. Weight (gram)
早餐 Breakfast		
午餐 Lunch		
下午茶 Afternoon Tea		
晚餐 Dinner		
其他 Other		

參考資料：中國營養學會建議平均每日所需能量 (2013)

Reference information: Daily average energy requirement recommended by the Chinese Nutrition Society (2013)

健康人士(沒有慢性疾病及特定營養需要的人士)每日平均所需的能量 Estimated daily energy requirement for healthy individuals with no chronic disease and specific nutritional requirement			
年齡 (歲)	Age (year)	男性 (千卡/日) Male (kcal/day)	女性 (千卡/日) Female (kcal/day)
1 -		900	800
2 -		1100	1000
3 -		1250	1200
4 -		1300	1250
5 -		1400	1300
6 -		1600	1450
7 -		1700	1550
8 -		1850	1700
9 -		2000	1800
10 -		2050	1900
11 - 13			
- 身體活動水平 - 輕	- Light level of physical activity	2050	1800
- 身體活動水平 - 中	- Moderate level of physical activity	2350	2050
- 身體活動水平 - 重	- High level of physical activity	2600	2300
14 - 17			
- 身體活動水平 - 輕	- Light level of physical activity	2500	2000
- 身體活動水平 - 中	- Moderate level of physical activity	2850	2300
- 身體活動水平 - 重	- High level of physical activity	3200	2550
18 - 49			
- 身體活動水平 - 輕	- Light level of physical activity	2250	1800
- 身體活動水平 - 中	- Moderate level of physical activity	2600	2100
- 身體活動水平 - 重	- High level of physical activity	3000	2400