

Children Health Program

Nutrition Consultation



A healthy child will follow an individual growth curve. If a child does not have enough nutrients in their diet, they may suffer from limited growth and even problems with their ability to learn. Some children, who are lacking the vital nutrients they need, may experience fatigue and be more likely to become sick¹. If your child's picky eating leads to them being underweight, it may have a negative impact on their learning and behaviour. Poor nutrition can cause problems with a child's intellectual development.



Source: ⁽¹⁾ Normal growth and development Medline Plus website. <https://medlineplus.gov/ency/article/002456.htm>. Accessed 18 Apr 2017.

The nutritional needs of toddlers, pre-school children, school children and teenagers are unique. Our registered dietitian works with parents and children to help develop diet plans and nutritional goals, and provide guidance on how to achieve the goals effectively at each visit.

(Package 1) Toddlers (0-24 months) – on weight issues and picky eating (CS Code: EE25)

Toddlers aged 0-2 years are growing and developing quickly. It is important to make sure they have an appropriate diet that provides all the nutrients they need and develop healthy eating habits with a varied diet. Food preferences are often established during this early stage of life. However, it can be hard for parents to know what exactly and in what amounts toddlers should eat.



This package is designed to help parents choose a healthy and varied diet for their children to prevent or improve common problems of toddlers, such as underweight, overweight and picky eating.

(Package 2) Pre-school children (Aged 2-5) – on delayed growth and nutrient deficiencies (CS Code: EE26)

Delayed growth and nutrient deficiencies are the major concerns to the parents of pre-school children. Common nutrient deficiencies among children include calcium, vitamin A, vitamin C and iron deficiencies, which can significantly affect the overall health and development of the children. A proper balance of nutrients is critical to normal brain development at this formative period.

Our dietitian will weigh and measure your child at each visit to gather the information for plotting a growth chart, with curve showing the growth pattern of your child and whether his/her height and weight growth are proportional. Our dietitian will monitor the growth chart to make sure your child follows the same "curve" over time and that the growth pattern does not show unexpected change. The growth of preschoolers is an important sign of good health and nutrition.



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(Package 3) School children (Aged 6-12) - on overweight (CS Code: EE27)

Childhood obesity has become an ever-increasing problem among local school children. Statistics from the Student Health Service of the Department of Health revealed that the proportion of overweight/obese primary one students rose from 11.3% in 1996/97 to 17.1% in 2008/09. Despite the slight decrease, it still remained at a considerable level of 13.6% in 2012/13². The figures indicate the prevalence of overweight/obesity at the pre-primary stage.



School children aged 6 to 12 years grow rapidly and can be very active, which makes it essential for them to eat a healthy and varied diet to acquire adequate energy and nutrients. A balanced diet should be combined with regular exercise to maintain a healthy body weight.

This package aims to help parents choose a healthy and balanced diet for their children to prevent or manage problems of being overweight. Our dietitian will monitor the growth chart to make sure your child continues to follow the same "curve" over time and that the growth pattern does not show unexpected change.

Source of reference: ⁽²⁾Nutrition Guideline for Children aged 2-6. Department of Health website. http://www.startsmart.gov.hk/files/pdf/nutritional_eng.pdf. Accessed 10 April 2017.

(Package 4) Teenagers (Aged 13- 17) – on eating disorder and anorexia (CS Code: EE28)



Eating disorders, including anorexia nervosa and bulimia nervosa, are a group of mental illnesses characterised by abnormal eating habits that would bring adverse physical and mental consequences. These disorders commonly develop in adolescence and are much more common in female. With a female-to-male ratio at 10:1, eating disorders have also been becoming more prevalent among men and boys. About 1 out of 200 schoolgirls suffers from anorexia nervosa, but the prevalence stands at 6% among ballet dancers or models³. Influenced by the widely circulated idea that "Thin is beauty" in the media, teenagers are concerned about body weight and would resort to dieting and exercise for body weight management.

Anorexia nervosa happens when this concern goes extreme, leading to a relentless pursuit of thinness that is accompanied by malnutrition and physical ill-health.

Patients with anorexia nervosa try to lose weight through dieting, vomiting, excessive physical exercise or use of medication driven by an extreme fear of being fat or a strong desire to be thin. Apart from the loss of body weight, muscle and bone strength, the patients' hormone function would be disturbed. The most notable change would be the absence of menstruation in women or impotence in men.

Our dietitian can help patients with eating disorders through nutrition counseling and education, which include an assessment that analyses the nutrient needs of an individual and a recommended meal plan. Our dietitian will also help the affected individual work through food myths, misconceptions and common fallacies about food, weight and intake. Our dietitian also work in conjunction with physicians to treat the effects of malnutrition.

Source of reference: ⁽³⁾Mental Health Tips. Eating Disorder. Hospital Authority of Hong Kong website. http://www3.ha.org.hk/cph/imh/mhi/article_02_01_05_chi.asp. Accessed 10 April 2017.

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Nutrition Consultation (5-session package) for Package 1 – 4 covers:

1st Session - Initial Assessment

1. Growth Charts
2. Ideal Body Weight (IBW) Assessment
3. 24-Hr Diet Recall
4. Food Exchanges
5. Personalized Diet Plan & Recommendations

2nd – 5th Sessions – Follow-ups

1. Weight Progress
2. Food Diary Review
3. Diet Plan & Recommendations

Special Rate: HK\$2,500 per package (Original Price: HK\$2,600- HK\$2,975)

Service Location:

- (i) Room 601-605, 6/F, Hong Kong Pacific Centre, 28 Hankow Road, Tsim Sha Tsui, Kowloon (2723 1183)
- (ii) Room 501-507, 5/F, Prince's Building, 10 Chater Road, Central, Hong Kong (2523 8166)

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Food Allergy Test



Optional Test: Food Allergy Test (Immediate + delayed*) HK\$4,788

(Enjoy a discounted price at HK\$4,280 for a 5-session nutrition consultation package at the same time)



If you have food allergies, your immune system mistakes particular foods, such as eggs or nuts, as harmful, resulting in either immediate, severe and even life-threatening symptoms (as in severe peanut allergy), or other chronic symptoms (as in gluten allergy, which is also known as coeliac disease).

Food allergies are more common in young children than in adults. It is particularly important for children not to cut out on any food groups without seeking medical advice, as that could put you under the risk of missing out essential nutrients. A registered dietitian can help you identify and remove a suspect food from your diet and replace it with alternatives to make sure you do not miss out any essential nutrients. Your dietitian can also explain what you need to look for on food labels and when you eat out.

Food Allergy (112 IgG, 102 IgE)

Asian Food

Dairy : Casein, Cheddar Cheese, Mozzarella Cheese, Milk, Goat Milk, Whey , Yogurt

Seafood : Abalone, Clam , Codfish , Crab, Cuttlefish , Halibut, Lobster, Oyster, Red Snapper, Salmon, Scallop, Sea Bass, Sea Perch , Shrimp , Sole, Tuna

Meat/ Fowl : Beef , Chicken, Duck, Egg Whole, Chicken, Egg Whole, Duck , Goose , Lamb, Pork

Vegetables : Avocado, Bean Sprout, Beet, Bitter Gourd, Broccoli, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Leeks, Lettuce, Mushroom, Onion, Pepper (Green Bell), Sweet Potato , White Potato, Radish, Spinach, Squash Zucchini, Tomato, Vegetable Sponge , Water Spinach

Fruit : Apple, Cantaloupe, Cherry, Coconut, Grape, Grapefruit, Guava, Honeydew, Kiwi, Lemon, Mango, Orange, Papaya, Pineapple, Watermelon

Legumes/ Nuts / Grains : Almond, Kidney Bean, Lima Bean, Red Bean, Soy Bean, String Bean, Cashew Nut, Corn, Gliadin Wheat, Wheat Gluten, Job's Tears, Mung Bean, Oat, Green Pea, Peanut, Pistachio, Brown Rice, White Rice, Sesame Seed, Sunflower Seed English Walnut

Spices: Curry Powder, Ginger, Mustard, Black Pepper, Cayenne Pepper

Misc : Coffee Bean, Bee Honey, Woo-long Tea , Baker's Yeast, Brewer's Yeast

*Immediate response: the reaction arises within a few minutes, the reaction time is short and symptoms are dramatic; Delayed response: the reaction takes hours or days to show up , the reaction time is long-lasting and symptoms are subtle

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一個健康的孩子會跟隨成長圖表符合比例地發展。如果一個孩子的飲食中沒有足夠的營養，他們可能會出現發展問題，甚至是學習能力的問題。一些缺乏必需營養素的孩子會容易感到疲倦，更有可能比較易生病¹。如果你孩子因偏食導致他們體重不足，可能會對他們的學習和行為產生負面影響。營養不良更有機會導致孩子的智力發展問題。

幼兒、學前兒童、學童及青少年的營養需求各有不同。我們的註冊營養師將與父母和孩子一起制定飲食計劃及營養目標，並通過每次會面指導如何有效地實踐目標。



Source: ⁽¹⁾ Normal growth and development Medline Plus website. <https://medlineplus.gov/ency/article/002456.htm>. Accessed 18 Apr 2017.

(計劃一) 幼兒營養諮詢 (0-24月) — 關於體重及偏食問題 (CS Code: EE25)

0至2歲大的幼兒成長迅速，因此需要確保他們飲食得宜，從而吸收所需營養，同時養成均衡及健康的飲食習慣。而且，飲食的喜好往往也在這個階段建立，我們必需留意。

然而，父母未必知道什麼食物及份量對孩子的成長最有利。此計劃旨在協助父母為幼兒選擇健康及均衡的飲食，以預防或改善常見的幼兒飲食問題，如體重過輕、過重及偏食。



(計劃二) 學前兒童 (2-5歲) 營養諮詢 — 關於發育遲緩及營養不良 (CS Code: EE26)

發育遲緩和營養不良都是學前兒童父母關注的問題。兒童經常出現鈣質、維他命A、維他命C及鐵質缺乏症，以致嚴重影響其整體健康及發育。在此成長階段，營養均衡對於大腦正常發育極為重要。

營養師會在每次諮詢期間為兒童量度體重及體型，以收集數據來製作成長圖表，圖上的曲線會顯示出兒童的成長模式，以及其身高和體重增長是否符合比例。另外，營養師亦會觀察成長圖表，確保兒童一直沿著相同的「曲線」成長，以及其成長模式不會出現意外變化。學前兒童的成長對於打好健康和營養基礎十分重要。



以上計劃有效期至2018年12月31日
並受有關條款約束

(計劃三) 學童營養諮詢 (6至12歲) ——關於體重超標 (CS Code: EE27)

本地學童肥胖的問題日益嚴重。根據衛生署學生健康服務中心的統計數字顯示，小學生超重/肥胖的比例由1996/97年度的11.3%上升至2008/09年度的17.1%。儘管有關比例於2012/13年略為下降，但仍維持在13.6%的高位²。這些數字均顯示小學學童超重/肥胖的問題普遍。

6至12歲的學童成長迅速，並會變得非常活躍，因此必須保持健康及均衡飲食，以吸收足夠能量和營養，同時配合運動，以維持健康的體重。

此計劃旨在協助父母為子女選擇健康及均衡的飲食，從而預防或管理體重過重的問題。營養師亦會觀察成長圖表，確保兒童一直沿著相同的「曲線」成長，以及其成長模式不會出現意外變化。

Source of reference: ⁽²⁾Nutrition Guideline for Children aged 2-6. Department of Health website.

http://www.startsmart.gov.hk/files/pdf/nutritional_eng.pdf. Accessed 10 April 2017.



(計劃四) 青少年營養諮詢 (13-17歲) ——關於飲食失調及厭食症 (CS Code: EE28)



飲食失調 (包括神經性厭食症和神經性暴食症) 屬於精神疾病，患者因為異常的飲食習慣而導致身體和精神出現問題。飲食失調的症狀一般在青春期中開始出現，並在女性間比較常見。雖然厭食症在女性間較為普遍，患者男女比例高達1:10，但是坊間患上飲食失調的男性也越來越多。一般而言，每200名女學生中便有1名患有神經性厭食症，但有關比例在芭蕾舞者和模特兒間則高達6%³。青少年受媒體渲染影響，認為「瘦即是美」，因此開始關注體重，並通過節食和運動進行體重管理。當這種憂慮變得極端，演化成對瘦身的不懈追求時，就會導致神經性厭食症，造成營養不良，影響健康。

神經性厭食症患者由於過分擔心自己的體型肥胖，又或有強烈的渴望要變瘦，於是通過節食、嘔吐、過度運動或藥物 (例如食慾抑制劑、瀉藥及利尿劑) 等方式減肥。這除了會造成體重下降，肌肉力量及骨骼強度喪失外，患者的賀爾蒙功能也會受到干擾。女性嚴重者甚至會停經，而男性則可能會出現陽痿。

營養師可以通過營養諮詢和教育協助厭食症患者，包括營養評估，以分析個人的營養需求及推薦飲食。營養師也會向厭食症患者解構關於飲食習慣、體重及攝入量的謎團、誤解和常見謬誤，另外還會與醫生合作，一起治療營養不良的患者。當患者獲處方營養補充品時，營養師會指導患者如何調整劑量，以解決營養不良的問題。

Source of reference: ⁽³⁾Mental Health Tips. Eating Disorder. Hospital Authority of Hong Kong website.

http://www3.ha.org.hk/cph/imh/mhi/article_02_01_05_chi.asp. Accessed 10 April 2017.

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營養諮詢計劃一至四（每計劃共五節）

第一節: 初次評估

1. 成長圖表
2. 理想體重 (IBW) 評估
3. 24小時飲食回顧
4. 食物交換建議
5. 個人飲食計劃及建議

第二至五節: 進度檢查

1. 體重進展
2. 飲食日記評論
3. 飲食計劃及建議

每項計劃HK\$2,500（原價HK\$2,600至HK\$2,975）

服務地點：

- (i) 九龍尖沙咀漢口道28號亞太中心6樓601-605室 (2723 1183)
- (ii) 香港中環遮打道10號太子大廈5樓501-507室 (2523 8166)

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附加項目: 食物過敏測試 (即時及延遲反應*) HK\$4,788

(如同時惠顧營養師5次諮詢計劃, 可享優惠價HK\$4,280)



食物過敏指免疫系統將個別食品 (例如雞蛋和堅果) 誤認為有害, 因而引致即時、嚴重或甚至造成生命危險的徵狀 (例如嚴重花生過敏症), 或導致其他慢性徵狀 (例如麩質過敏症, 又稱乳糜瀉)。

年幼兒童出現食物過敏的病例比成年人多。在未有尋求專業醫護人員意見前, 兒童食物過敏患者不應完全避免進食任何食物類別, 否則可能會導致身體缺乏某些必需的營養素。患者可諮詢註冊營養師, 找出日常飲食中構成敏感的食物, 然後以其他食物替代, 確保身體能吸收足夠的主要營養。營養師還會指導患者在選購食物時應查看的標籤項目, 以及外出用膳時的注意事項。

食物過敏測試 (IgG, IgE)

亞洲區食物

乳製品類: 酪蛋白、車打芝士、水牛芝士、牛奶、羊奶、乳清蛋白、乳酪

海鮮類: 鮑魚、蜆、鱈魚、蟹、墨魚、大比目魚、龍蝦、蠔、紅鯛、三文魚、帶子/扇背、盲鱧、鱸魚、蝦、蝶魚、吞拿魚

肉類/家畜類: 牛肉、雞肉、鴨肉、雞蛋、鴨蛋、鵝肉、羊肉、豬肉

蔬菜類: 牛油果、豆芽菜、甜菜、苦瓜、西蘭花、椰菜、紅蘿蔔、椰菜花、芹菜、青瓜、茄子、大蒜、韭菜、生菜、蘑菇、洋蔥、青椒、蕃薯、馬鈴薯、白蘿蔔、菠菜、意大利青瓜、蕃茄、絲瓜、通菜

生果類: 蘋果、哈密瓜 (黃色)、櫻桃、椰子、葡萄、西柚、番石榴、蜜瓜 (綠色)、奇異果、檸檬、芒果、橙、木瓜、菠蘿、西瓜

豆類/堅果類/穀類: 杏仁、紅腰豆、利馬豆、紅豆、大豆、四季豆/豆角、腰果、粟米、麥醇溶蛋白、小麥麩質、薏仁、綠豆、燕麥、豌豆/蜜糖豆、花生、開心果、糙米、白米、芝麻、葵瓜子、核桃

調味料: 咖喱粉、薑、黃芥末、黑椒、辣椒

其他: 咖啡豆、蜂蜜、烏龍茶、麵包酵母、啤酒酵母

*即時反應是指過敏反應在數分鐘內出現, 反應時間較短而症狀顯著; 延遲反應是指過敏反應在數小時至數天內出現, 症狀較持久及不明顯

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