

# Basic Nutrition Guide for Prevention of Atypical Pneumonia

## (II)



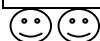
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Vitamin C has been discussed in our previous issue. This leaflet continues to explore the role of other vitamins & minerals with their anti-oxidant and immune modulating properties.

	Function	Remark	US Dietary Reference Intakes (2002)		
			(daily)		Tolerable Upper Levels
			Female	Male	
<b>Vitamin A</b> (including $\beta$ -Carotene)	<ul style="list-style-type: none"> <li>✓ Strengthen healthy cell growth</li> <li>✓ Maintain vision, healthy skin, bone &amp; teeth formation</li> <li>✓ Enhance immune system</li> </ul>	<ul style="list-style-type: none"> <li>➤ Is a fat soluble vitamin – little oil in cooking helps in its absorption</li> <li>➤ Stable to light, heat &amp; other cooking methods, although some losses occur at temperature above 100°C</li> </ul>	700 $\mu$ g	900 $\mu$ g	3000 $\mu$ g
			Yellow orange colored vegetables e.g. 30g – 40g cooked carrot		
<b>Vitamin E</b> ( $\alpha$ -Tocopherol)	<ul style="list-style-type: none"> <li>✓ A very powerful antioxidant, protects polyunsaturated fatty acid from oxidation</li> <li>✓ Helps the formation of muscle, red blood cells and other tissues in the body</li> </ul>	<ul style="list-style-type: none"> <li>➤ Stable to heat, light and usual cooking methods</li> <li>➤ Little fat in cooking helps in its absorption</li> </ul>	15mg Vegetable oil is the main source of this vitamin		1000 mg
<b>Selenium</b>	<ul style="list-style-type: none"> <li>✓ Closely associated with fat metabolism</li> </ul>	<ul style="list-style-type: none"> <li>➤ A balanced diet already provides adequate selenium to prevent deficiency</li> </ul>	55 $\mu$ g 150g cooked meat / seafood		400 $\mu$ g
<b>Zinc</b>	<ul style="list-style-type: none"> <li>✓ Plays a major role in protein synthesis</li> <li>✓ Protects organs &amp; cells against damage by free radicals</li> </ul>	<ul style="list-style-type: none"> <li>➤ Amino acids (protein) &amp; lactose (milk sugar) aid zinc absorption, whereas phytate (in high fibre foods) hinders it</li> </ul>	8mg	11mg	40 mg
			40g – 60g cooked red meat / seafood		

**A balanced diet should provide you with the adequate vitamins & minerals required for an enhanced immune system. Vitamins & minerals, if taken in excess on the contrary, may even be harmful.**

	Food Items	Vitamin A	Vitamin E	Selenium	Zinc
Cereal & Grains	Fortified Breakfast Cereal	😊😊		😊😊	😊😊
	Wheat Germ		😊😊	😊😊	
Fruit & Vegetables	Dark Green Vegetables (e.g. kale, spinach, broccoli)	😊😊			
	Yellow Orange Colored Vegetables (e.g. tomato, pumpkin, squash, papaya)	😊😊			
Meat Group	Beef / Lamb / Pork / Chicken (lean)			😊😊	😊😊
	Fish / Seafood			😊😊	
	Eggs	😊		😊	
Milk & Dairy Products	Milk / Cheese / Yogurt (low / full fat)	😊😊			
Others Specific Items	Mushroom			😊😊	😊😊
	Nuts (e.g. almond, peanut)		😊	😊	
	Fatty Fish (e.g. salmon, tuna, mackerel)	😊		😊	
	Liver	😊		😊	😊
	Oyster			😊😊	😊😊
	Vegetable Oil (e.g. corn, canola, peanut)		😊		
	* Cod Liver oil	😊			
	Garlic			😊😊	



Good Sources



Good sources, high in fat, take in moderation

\* Please consult your dietitian or doctor for children under five

※ Source : Pennington J.A.(1998). Bove's & Church's Food Values of Portions Commonly Used. 17<sup>th</sup> Ed. Lippincott.

## Suggested Menu

Appetizer      Creamy pumpkin soup  
                     Minestone soup  
                     Shrimp cocktail  
                     Oyster monay  
                     Caesar salad / Greek salad

Main Dishes    Baked salmon steak  
                     Vegetarian pizza (tomato, sweet pepper, eggplant and avocado)  
                     Omelette with minced meat, cheese and onion  
                     Seafood risotto with zucchini and tomato

Desserts /      Cream brulee  
 Snacks            Carrot cake  
                     Almond wheat germ cookies  
                     Banana walnut muffin

For copies of "Basic Nutrition Guide for Prevention of Atypical Pneumonia, Issue 1", please visit HKWC Intranet Home Page (<http://hkwc.home/>) or contact Department of Dietetics, QMH. Tel: 2855 4807

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