

小朋友要吃營養補充劑嗎？



<https://www.shutterstock.com/zh/image-photo/little-girl-taking-fish-oil-pill-1649760277>

資料來源：資深營養師吳耀芬

很多家長也會問我「我的小朋友需要吃補充劑嗎？例如魚油丸或DHA，這樣會對他好一點嗎？」我自己也有小朋友，我就沒有讓她們吃任何補充劑。但是有一些家長便說「其實吃了補充劑會否真的聰明一點？」

其實如果有均衡飲食，當然不需要任何補充劑。為甚麼呢？例如魚油丸吃太多，也會有過度薄血的作用，很容易便會有流血不止的情況。所以我們說如吃了過量魚油丸的話，對小朋友而言也未必是好事。

我們可能要想辦法如何在食物之中，加一點到魚的成分，例如他不喜歡吃魚，我們可以把魚沾上粉漿烤熟，讓他覺得比較香脆和美味。又或在烹調意粉的時候可以放一些如蜆等的甲殼類食物，這已足夠小朋友吸收。另外，海苔這些簡單的食物，也有成分讓他們更聰明。



<https://www.shutterstock.com/zh/image-photo/close-crispy-breaded-deep-fried-fish-2061811760>

至於，家長可能都覺得多吃鈣質的補充劑，小朋友會長得比較高。這些也是不需要的，因為如果吃過量鈣片，也會很容易令他腎結石。我們可讓小朋友喝牛奶、吃豆腐或喝豆漿，也能幫助他吸收鈣質，又不需要額外特別補充劑。

## Do children need to take nutritional supplements?



<https://www.shutterstock.com/zh/image-photo/little-girl-taking-fish-oil-pill-1649760277>

Source: Senior Dietitian, Ng Yiu Fun

Many parents ask me, "Does my child need to take supplements?" For example, would fish oil or DHA be better for him? I have children myself, and I don't let them take any supplements. But some parents say, "Is it really smarter to take supplements?"

In fact, if you have a balanced diet, you don't need any supplements. Why? For example, if you take too much fish oil, it will have an excessive blood-thinning effect, and you will easily bleed out. So we say that if you take too much fish oil, it may not be good for your child.

We may have to figure out how to add a little bit of fish to our food. For example, if he doesn't like eating fish, we can dip the fish in batter and bake it to make it feel crispy and tasty. Or when cooking spaghetti, you can add some crustaceans, such as clams, which are easy for children to absorb. Also, simple foods such as seaweed have ingredients that make them smarter.



<https://www.shutterstock.com/zh/image-photo/close-crispy-breaded-deep-fried-fish-2061811760>

As for the parents, they may think that if they take more calcium supplements, their children will grow taller. This is also not necessary, because if you take too many calcium tablets, it will be very easy to give him kidney stones. We can let children drink milk, tofu, or soy milk to help them absorb calcium without the need for special supplements.