

# 兒童健康飲食金字塔

## Healthy Eating Food Pyramid for Children

2-5 歲  
years old

油、鹽、糖類  
Fat/Oil, Salt and Sugar

吃最少  
Eat the least

奶類及代替品  
Milk and Alternatives

每天 2 杯  
2 glasses every day  
1 杯 = 240 毫升  
1 glass = 240 ml

肉、魚、蛋及代替品  
Meat, Fish, Egg and Alternatives

每天 1.5 - 3 兩  
1.5 - 3 taels every day

1 兩 = 1 個乒乓球大小的肉類  
1 tael = meat in the size of a table tennis ball

蔬菜類 Vegetables

每天最少 1.5 份  
At least 1.5 servings every day

1 份 = ½ 碗熟菜  
1 serving = ½ bowl of cooked vegetables

水果類 Fruits

每天最少 1 份

At least 1 serving every day

1 份 = 1 個中型水果(如橙或蘋果)  
1 serving = 1 medium-sized fruit (e.g. orange or apple)

穀物類 Grains

每天 1.5 - 3 碗  
1.5 - 3 bowls every day

1 碗 = 250 - 300 毫升  
1 bowl = 250 - 300 ml

每天應喝 4 - 5 杯流質

Drink 4 - 5 glasses of fluid every day

包括清水、奶、清湯  
Including water, milk, clear soup



衛生署

Department of Health

中央健康教育組網頁  
Central Health Education Unit website

生署二十四小時健康教育熱線  
24-hour Health Education Hotline of the Department of Health

[www.cheu.gov.hk](http://www.cheu.gov.hk)

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2014 製作 (Produced 2014)