# 兒童健康飲食金字塔

**Healthy Eating Food Pyramid** for Children

6-11歳 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 3-5 兩

3 - 5 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 2 份

At least 2 servings every day

1份=½碗熟菜 1 serving =  $\frac{1}{2}$  bowl of cooked vegetables

## 水果類 Fruits

每天最少 2 份

At least 2 servings 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)

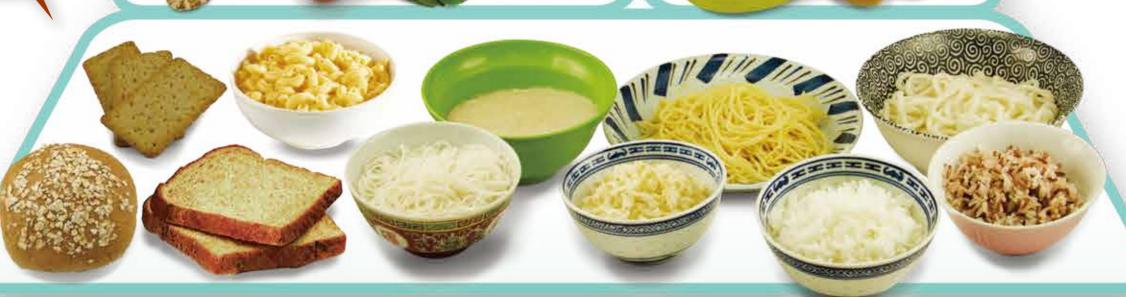
#### 穀物類 Grains

每天 3 - 4 碗

**3 - 4** bowls every day

1碗=250-300毫升

1 bowl = 250 - 300 ml





每天應喝 6-8 杯流質

Drink 6 - 8 glasses of fluid every day

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



Central Health Education Unit website

衞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

2833 0111

