

# 成人健康飲食金字塔

## Healthy Eating Food Pyramid for Adults

# 成人

## Adults

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 1-2 杯  
1-2 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 5-8 兩  
5-8 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 3 份  
At least 3 servings every day  
1 份 = ½ 碗熟菜  
1 serving = ½ 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 3-8 碗  
3-8 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、清茶、奶、清湯  
Including water, tea, milk, clear soup



衛生署  
Department of Health

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

衛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)

2833 0111



2014 製作 (Produced 2014)