

水果蔬菜

Fruits
and
Vegetables

Healthy and Tasty

健康美味
令人讚歎



水果蔬菜不可少
日日記得三加三

Enjoy Fruits and Vegetables Every Day

Two plus Three is the Way

每天在均衡飲食中，進食最少兩份水果及三份蔬菜有助促進健康！
Having at least 2 servings of fruits and 3 servings of vegetables every day as part of a balanced diet helps promote health!

欲知更多，可致電衛生署健康教育熱線
For further information, please call the Health Education Hotline of the Department of Health

2833 0111

或瀏覽我們的「二加三」網站
or visit our "2 plus 3" website

[http:// 2plus3.cheu.gov.hk](http://2plus3.cheu.gov.hk)



衛生署

Department of Health