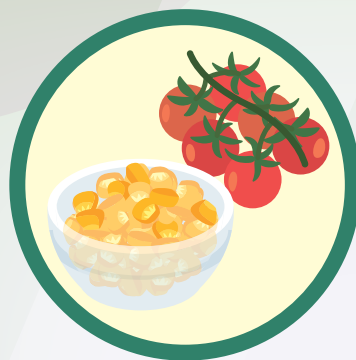


Choose Healthy Snacks Wisely



Snacks of Choice

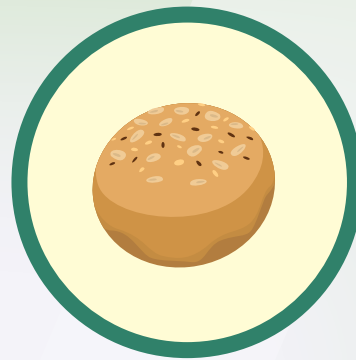
Encourage to choose



Fresh vegetables



Fresh fruit



Bread roll



Baked sweet potato



Low-fat milk



Boiled egg



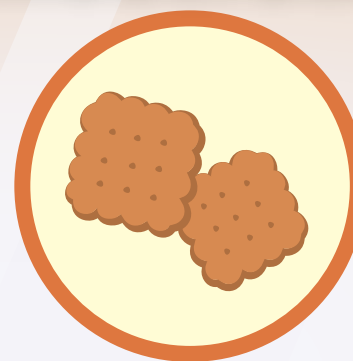
Dry-roasted plain nuts

Snacks to Choose in Moderation

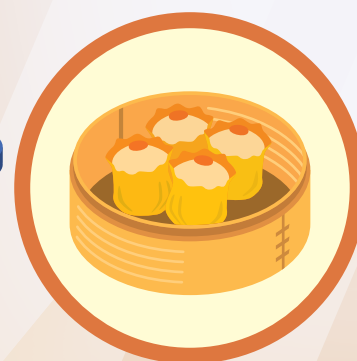
Eat occasionally



Full-fat milk



Plain biscuits



Siu mai



Ham sandwich



Pure fruit juice

Snacks to Choose Less

Avoid eating



Cake



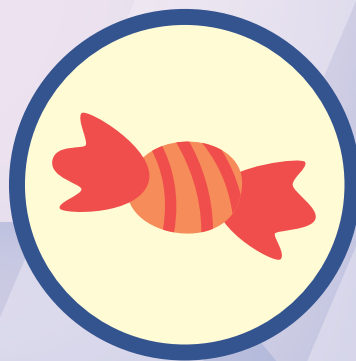
Soft drink



Potato chips



Chocolate



Candy



衛生防護中心
Centre for Health Protection



健康飲食在校園
EatSmart@school.hk



"EatSmart@school.hk" Campaign



Healthy Snack Checker



Nutritional Guidelines on
Snacks for Students



衛生署
Department of Health