

# Eat Smart! Follow the Healthy Eating Food Pyramid!



Food contains various types of nutrients to keep us healthy. For the sake of health, the nutritional value, functions, freshness and hygiene condition of food should be taken into account when we choose what we eat. As we cannot get all the nutrients we need from one single kind of food alone, it is necessary to have a balanced diet to keep us healthy. Eating according to the Healthy Eating Food Pyramid would ensure balanced nutrition. The combination of a healthy diet and regular physical activity can maintain a healthy body weight, thus benefiting our health and preventing diet-related diseases such as hypertension, heart disease, stroke, osteoporosis and certain cancers.

## Principles of Healthy Eating:

- Eat a variety of foods and avoid picky eating
- Eat most - grains
- Eat more - fruits and vegetables
- Eat moderately - milk and alternatives, meat, fish, eggs and alternatives (including dried beans)
- Eat less - fat/oil, salt and sugar
- Drink an adequate amount of fluid (including water, tea and clear soup) every day
- Have regular meals

## Healthy Eating Food Pyramid (Adults)



## Food Groups

### Eat most Grains

Food sources:  
Congee/porridge, rice noodles (vermicelli), noodles, rice, Chinese buns, breakfast cereals, bread, biscuits, etc.



Grains are rich in carbohydrate which is the main source of energy. They contain traces of vitamin B1, B6 and plant-based protein. Wholegrain foods (e.g. oatmeal and wholemeal bread) have a high content of dietary fibre as well.

Tips: Choose low-fat (e.g. non-deep fried) and wholegrain foods.

**More -** Rice noodles (vermicelli), Shanghai noodles, mantou, macaroni, wholemeal pasta, red rice, brown rice, oatmeal, wholemeal bread, biscuits, etc.

**Less -** Oil noodles (Yau Mian), instant noodles, pastries, cakes, sandwich biscuits, etc.

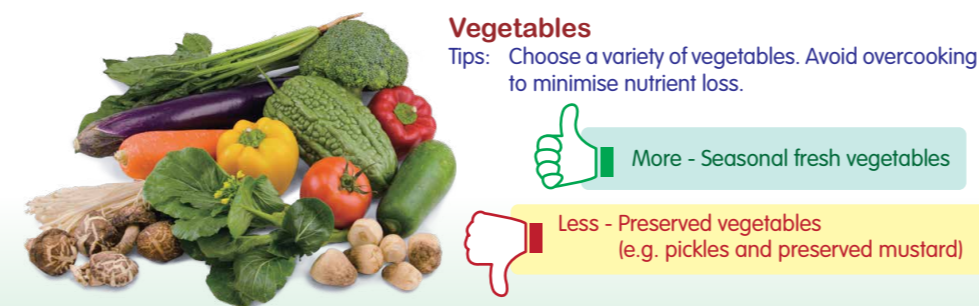
### Eat more Fruits and Vegetables

Food sources:  
All kinds of leafy vegetables, gourds, beans, mushrooms, fruit, dried fruit, etc.

**Fruits**  
Tips: Choose fruit in different colours to obtain various nutrients. Choose dried fruit without added sugar or salt (e.g. raisins and prunes).

**More -** Fresh fruit and dried fruit without added sugar or salt

**Less -** Canned fruit in syrup, sweetened fruit juice, preserved (sweetened) dried fruit, etc.



**Vegetables**  
Tips: Choose a variety of vegetables. Avoid overcooking to minimise nutrient loss.

**More -** Seasonal fresh vegetables

**Less -** Preserved vegetables (e.g. pickles and preserved mustard)

## Eat moderately Meat, Fish, Eggs and Alternatives

Food sources:  
Meats (e.g. pork, beef and lamb) and poultry; fish and seafood; eggs; dried beans and bean products (e.g. soy beans, chickpeas and tofu), nuts and seeds (e.g. cashew nuts and sesame), etc.



Tips: Choose lean meat and trim away the fat. Reduce the use of offal. Vegetarians should consume dried beans, nuts and non-fried plain soybean products to increase protein and iron intake.

**More -** Lean meat, fish, dried beans, bean products (e.g. bean curd and fresh bean curd sheets), etc.

**Less -** Fatty meat, chicken skin, chicken feet, offal, processed meat (e.g. sausage and luncheon meat), barbecue meat, Chinese preserved meat, fried bean curd, bean curd puff, etc.

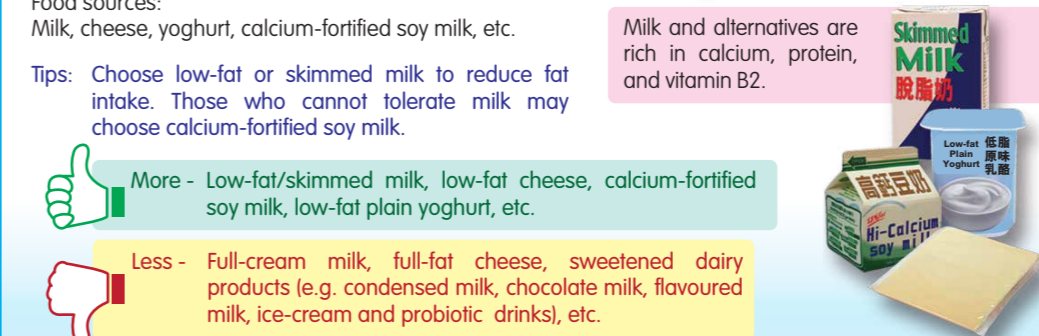
## Eat moderately Milk and Alternatives

Food sources:  
Milk, cheese, yoghurt, calcium-fortified soy milk, etc.

Tips: Choose low-fat or skimmed milk to reduce fat intake. Those who cannot tolerate milk may choose calcium-fortified soy milk.

**More -** Low-fat/skimmed milk, low-fat cheese, calcium-fortified soy milk, low-fat plain yoghurt, etc.

**Less -** Full-cream milk, full-fat cheese, sweetened dairy products (e.g. condensed milk, chocolate milk, flavoured milk, ice-cream and probiotic drinks), etc.



## Eat the least Fat/Oil, Salt and Sugar

Food sources:  
Animal fat or vegetable oil (e.g. canola oil, peanut oil, corn oil and butter); edible salts, sauces and flavourings; sugars (e.g. white sugar and honey), syrup, candies, soft drinks, etc.



Tips: Choose foods that are low in fat/oil, salt and sugar. Choose low-fat cooking methods such as steaming, double-boiling, stewing, blanching, grilling and baking.

**More -** Natural herbs and spices (e.g. ginger, spring onion, garlic and pepper)

**Less -** Fried/deep-fried food (e.g. French fries and fried fritters (youtiao)); preserved foods (e.g. fermented bean curd, salted eggs and salted fish); candies, soft drinks, sweetened beverages, desserts, etc.

## Drink 6-8 glasses of fluid every day

Sources:  
Water and beverages such as tea, milk and clear soup.  
Avoid intake of sweetened drinks.



## How much food do you need every day?

Age	Food groups	Grains	Fruits*	Vegetables*	Meat, fish, eggs and alternatives	Milk and alternatives	Fat/oil, salt and sugar
2-5 years		1.5-3 bowls	at least 1 serving	at least 1.5 servings	1.5-3 tael	2 glasses	*Fat the least (no recommended amount of intake is specified as they can be obtained from other food groups)
6-11 years		3-4 bowls	at least 2 servings	at least 2 servings	3-5 tael	2 glasses	
12-17 years		4-6 bowls	at least 2 servings	at least 3 servings	4-6 tael	2 glasses	
18-64 years	Males	4-8 bowls	at least 2 servings	at least 3 servings	5-8 tael	2 glasses	
	Females	3-6 bowls	at least 2 servings	at least 3 servings	5-7 tael	1-2 glasses	
65 years or above		3-5 bowls	at least 2 servings	at least 3 servings	5-6 tael	1-2 glasses	
Remarks		1 bowl of cooked rice = Rice noodles, 1 bowl = Bread, 2 slices	1 serving of fruit = Medium-sized apple, 1 piece = Small-sized kiwifruit, 2 pieces	1 serving of vegetables = Cooked vegetables, ½ bowl = Raw vegetables, 1 bowl	1 tael of meat = Egg, 1 piece = Firm tofu, ¼ block	1 glass of milk = Low-fat cheese, 2 slices = Low-fat plain yoghurt, 1 pot (150ml)	

Note: 1 bowl = 250-300 ml ; 1 glass ≈ 240 ml

\*The amounts of fruit and vegetables specified in the above list are the minimum recommended daily intake only. A larger intake is always advisable for all age groups.

The amount of energy and nutrients required on a daily basis varies from person to person, depending on factors such as age, gender, body height, body weight, activity level, and health conditions. To maintain a balanced diet and maintain good health, it is important to select food with high nutritional values by reading nutrition labels, which contain ingredient lists and nutrition information. Additionally, the Healthy Eating Food Pyramid can be used as a guide for appropriate portion sizes.



Centre for Health Protection Website  
www.chp.gov.hk



EatSmart Website  
www.eatsmart.gov.hk



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Health Education Infoline of the Department of Health: 2833 0111