兒童健康飲食金字塔
Healthy Eating Food Pyramid for Children

2 - 5 岁
years old

每週應喝 4 - 5 杯流質
Drink 4 - 5 glasses of fluid every day
包括清水、奶、清湯
Including water, milk, clear soup

油、鹽、糖類
Fat/Oil, Salt and Sugar
吃最少
Eat the least

肉、魚、蛋及代替品
Meat, Fish, Egg and Alternatives
每天 1.5 - 3 兩
1.5 - 3 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

蔬果類 Fruits
每天最少 1 份
At least 1 serving 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 1.5 - 3 碗
1.5 - 3 bowls every day
1 碗 = 250 - 300 毫升
1 bowl = 250 - 300 ml

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