

# 青少年健康飲食金字塔 Healthy Eating Food Pyramid for Adolescents

## 12-17歲 years old

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 2 杯  
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 4 - 6 兩  
4 - 6 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 4 - 6 碗  
4 - 6 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、奶、清湯  
Including water, milk, clear soup



衛生防護中心  
Centre for Health Protection



衛生防護中心網站  
Centre for Health Protection Website  
[www.chp.gov.hk](http://www.chp.gov.hk)



12 - 17 歲青少年健康飲食金字塔  
Healthy Eating Food Pyramid  
for Adolescents 12 - 17 years old

衛生署健康教育專線  
Health Education Infoline of the Department of Health **2833 0111**



衛生署  
Department of Health