

# 長者健康飲食金字塔

## Healthy Eating Food Pyramid for Elderly

**65歲或以上**  
years or above

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 1-2 杯

1-2 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 5-6 兩

5-6 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 3-5 碗

3-5 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、清茶、奶、清湯

Including water, tea, 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)



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



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