

一份水果的例子：

Examples of one serving of fruit:



2 個小型水果  
pieces of  
small-sized fruit



1 個中型水果  
piece of  
medium-sized fruit



$\frac{1}{2}$  碗顆粒狀水果／水果塊  
bowl of mini-sized fruit/  
cut-up fruit



$\frac{1}{2}$  個大型水果  
piece of  
large-sized fruit

# 每日水果蔬菜 2+3 Every Day

Servings of  
Fruit

Servings of  
Vegetables

一份蔬菜的例子：

Examples of  
one serving of vegetables:

$\frac{1}{2}$  碗煮熟瓜類  
bowl of  
cooked gourds



1 碗未煮熟蔬菜  
bowl of uncooked vegetables

$\frac{1}{2}$  碗煮熟蔬菜  
bowl of  
cooked vegetables



備註：1 碗 = 250 - 300 毫升  
Remark: 1 bowl = 250 - 300 ml

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衛生防護中心  
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2 plus 3 Every Day



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