

## 写記 上海中海 Healthy Lunch Healthy Lunch Suitable for Everyone



五穀類(如飯麵)、蔬菜類和肉類(及其代替品)佔飯盒容量的比例應是3比2比1。
Grains and Cereals (such as rice and pasta), vegetables and meat (and its substitutes) in lunch box should be provided in the ratio of 3:2:1 by volume.







「健康飲食專題網站」 EatSmart Website **WWW.eatsmart.gov.hk** 

二十四小時健康教育熱線

24-hour Health Education Hotline 2833 0 1 1