## 

"1 High 3 Low" Snacks Healthy and Tasty















部語及思想的食物

**Choose fresh and natural food** 

高鑞~低温~低温~低速的小食

Opt for high-fibre, low-fat, low-salt and low-sugar snacks





衞生署健康教育專線:

Health Education Infoline of the Department of Health:

2833 0111



健康飲食專題網站 EatSmart Website



至「營」小食站 Healthy Snack Checker

