

1高3低小食

健康 滋味 有益

“1 High 3 Low” Snacks
Healthy and Tasty



宜選

新鮮及天然的食物

Choose fresh and natural food

高纖、低脂、低鹽、低糖的小食

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

