## 32 I 程度年後 Healthy Lunch Healthy Lunch 大人紀86576 Suitable for Everyone



穀物類(如飯麪)、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 (such as rice and noodles), vegetables and meat (and its alternatives) in lunch box should be provided in the ratio of 3:2:1 by volume.





## 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

