



衛生署
Department of Health

碘質食物要識揀

碘鹽代替普通鹽

Choose Iodine-Rich Foods Wisely
Use Iodised Salt Instead of Regular Salt

食鹽總量每日少於1茶匙
total salt intake less than 1 teaspoon per day



海魚
Marine Fish



海產
Seafood



紫菜
Seaweed



雞蛋
Eggs



牛奶
Milk



奶製品
Dairy products

如有甲狀腺問題, 請向醫生查詢
Persons with thyroid problems should seek medical advice.