長者健康飲食金字塔
Healthy Eating Food Pyramid for Elderly

油、鹽、糖類
Fat/Oil, Salt and Sugar
吃最少
Eat the least

奶類及代替品
Milk and Alternatives
每天 1 - 2 杯
1 - 2 glasses every day
1 杯 = 240 毫升
1 glass = 240 ml

蔬菜類
Vegetables
每天最少 3 份
At least 3 servings every day
1 份 = ½ 碗熟菜
1 serving = ½ bowl of cooked vegetables

穀物類
Grains
每天 3 - 5 碗
3 - 5 bowls every day
1 碗 = 250 - 300 毫升
1 bowl = 250 - 300 ml

肉、魚、蛋及代替品
Meat, Fish, Egg and Alternatives
每天 5 - 6 兩
5 - 6 taels every day
1 兩 = 1 個乒乓球大小的肉類
1 tael = meat in the size of a table tennis ball

水果類
Fruits
每天最少 2 份
At least 2 servings every day
1 份 = 1 個中型水果(如橙或蘋果)
1 serving = 1 medium-sized fruit (e.g. orange or apple)

每天應喝 6 - 8 杯流質
Drink 6 - 8 glasses of fluid every day
包括清水、清茶、奶、清湯
Including water, tea, milk, clear soup