

青少年健康飲食金字塔

Healthy Eating Food Pyramid for Adolescents

12-17歲

years old

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 2 杯
2 glasses every day
1 杯 = 240 毫升
1 glass = 240 ml

肉、魚、蛋及代替品
Meat, Fish, Egg and Alternatives

每天 4-6 兩
4-6 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

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

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)

穀物類 Grains

每天 4-6 碗
4-6 bowls every day
1 碗 = 250-300 毫升
1 bowl = 250-300 ml

每天應喝 6-8 杯流質

Drink 6-8 glasses of fluid every day

包括清水、奶、清湯
Including water, milk, clear soup



衛生署

Department of Health

中央健康教育組網頁
Central Health Education Unit website

衛生署二十四小時健康教育熱線
24-hour Health Education Hotline of the Department of Health

www.cheu.gov.hk

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