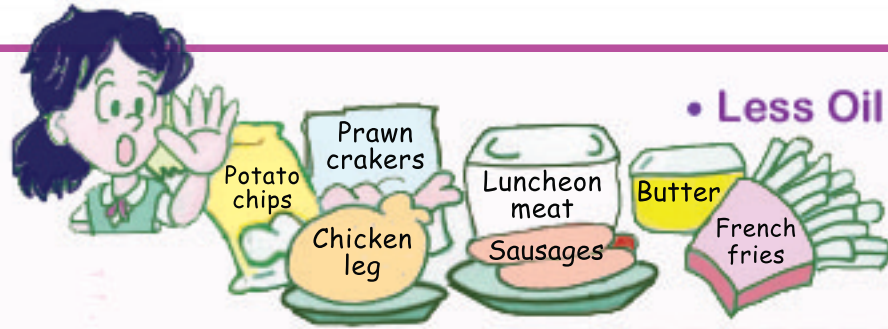
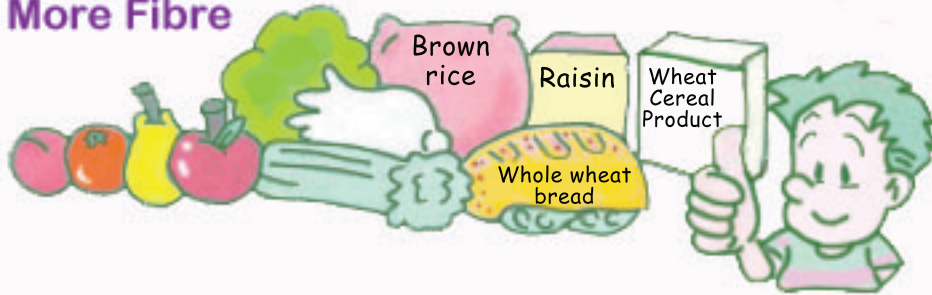


Healthy Diet

One "More" Three "Less" I Can Do It

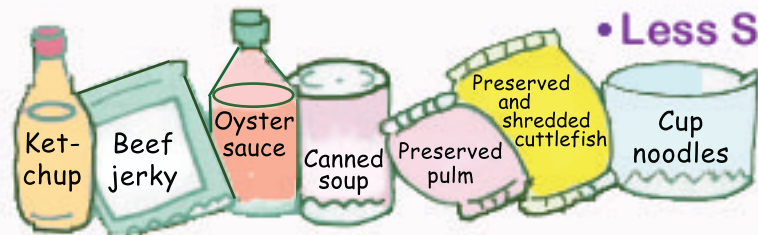
• More Fibre



• Less Sugar



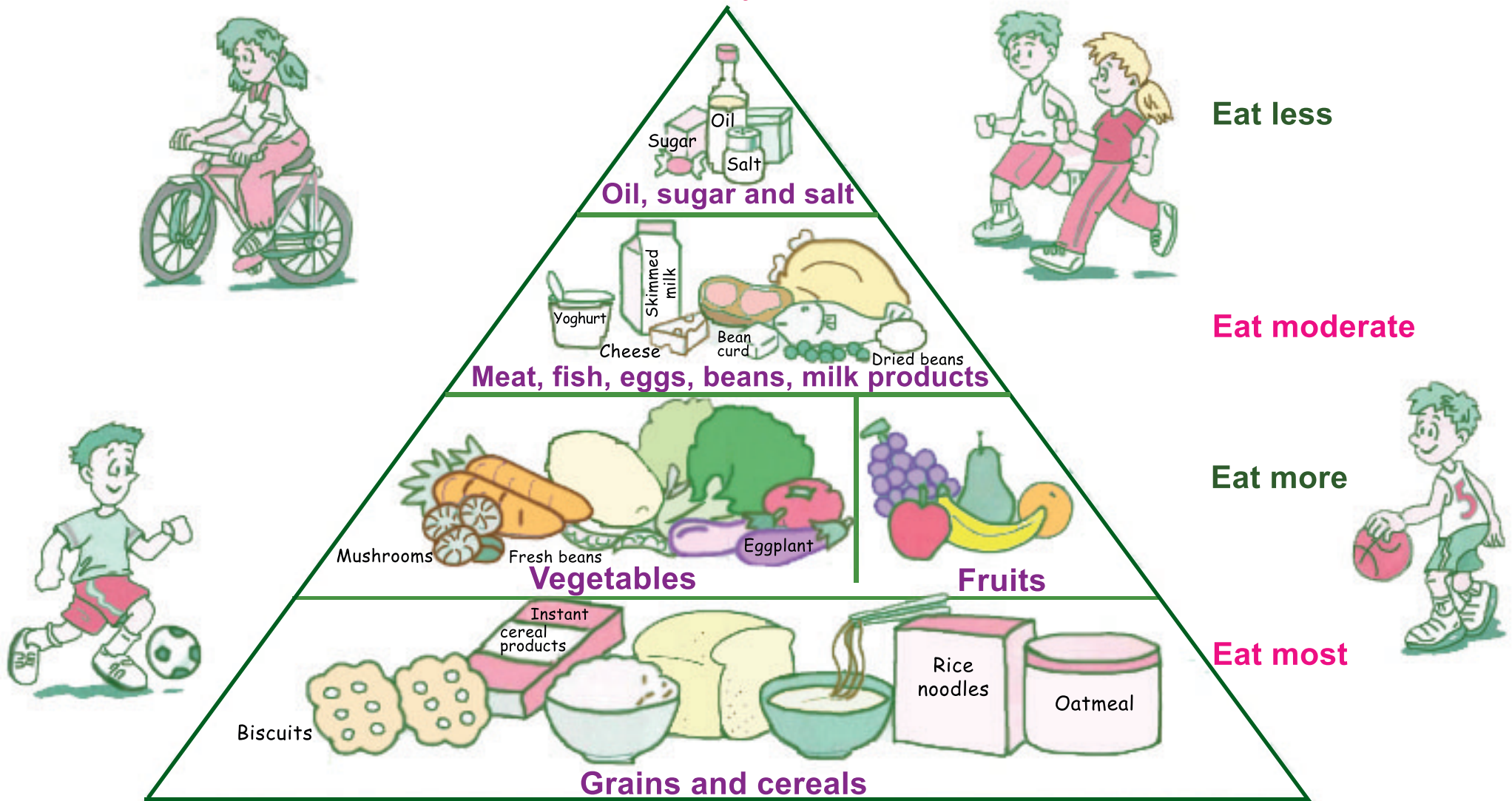
• Less Salt



Choose Properly Eat Healthily



Food Pyramid



Each kind of food provides various nutrients that our bodies need. We should take food according to the proportion indicated in the "Food Pyramid" and take 6 to 8 glasses of fluids (including water, plain tea, clear soup and fresh fruit juice etc.) to promote our health.

