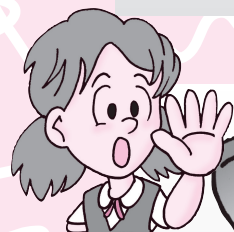
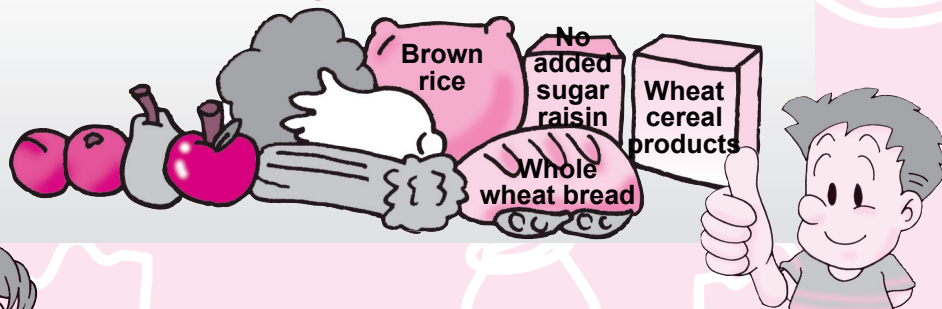
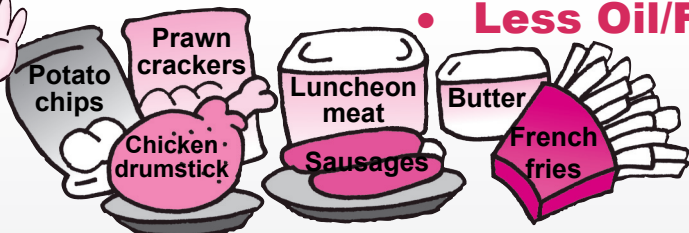


# Healthy Diet One "More" Three "Less" I Can Do It

## • More Dietary Fibre



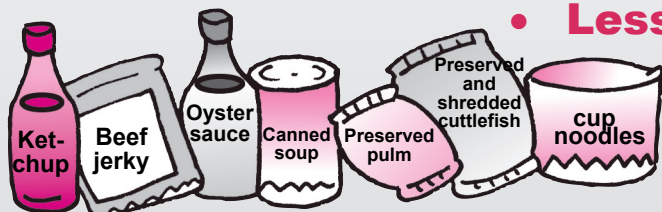
## • Less Oil/Fat



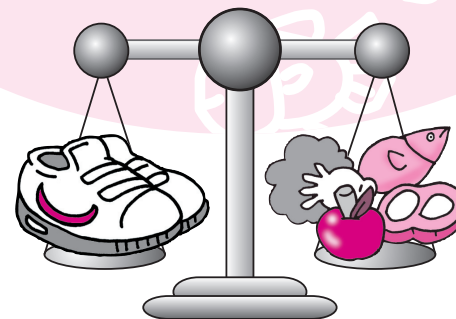
## • Less Sugar



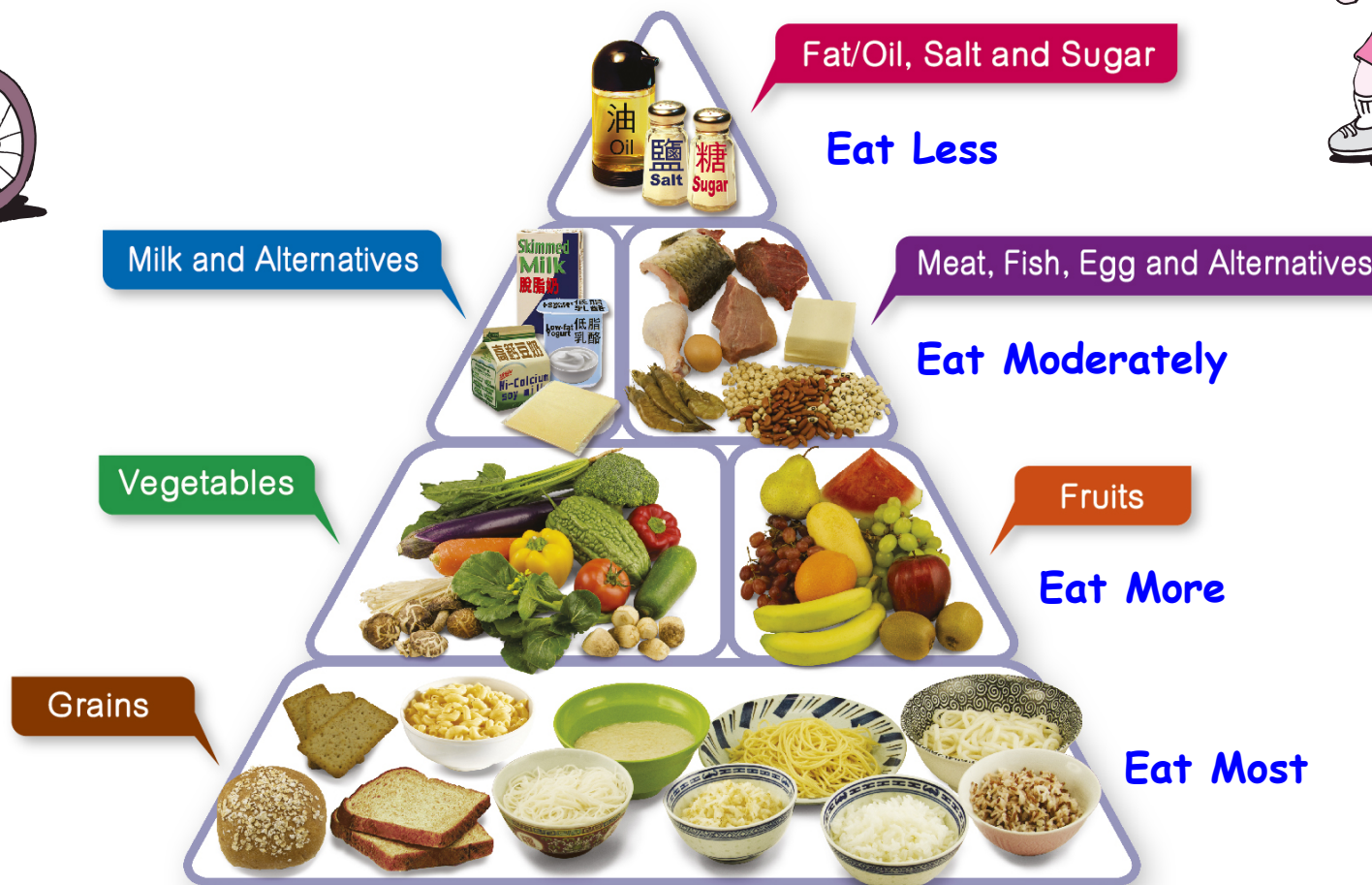
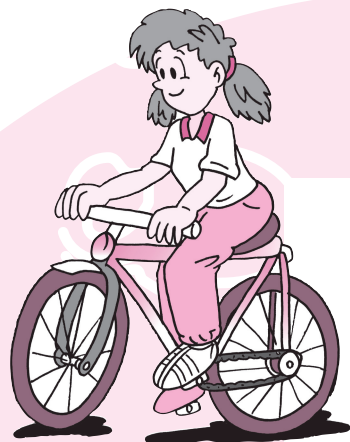
## • Less Salt



# Choose Properly Eat Healthily



# Healthy Eating Food Pyramid



Each kind of food provides various nutrients that our bodies need. We should eat according to the proportion indicated in the "Healthy Eating Food Pyramid" and drink 6 to 8 glasses of fluids (including water, clear soup, etc.) daily to promote our health.