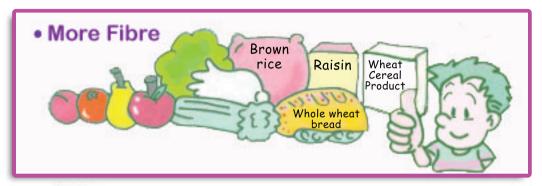
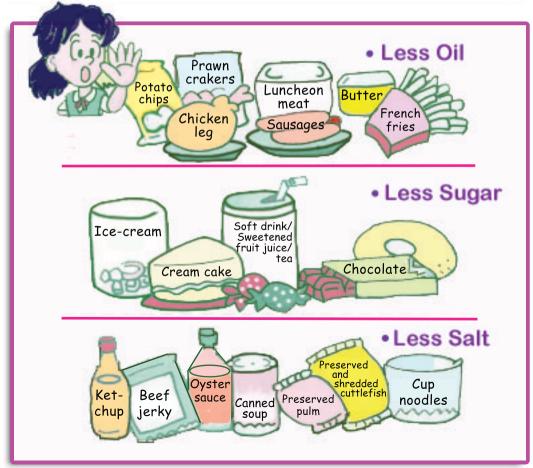
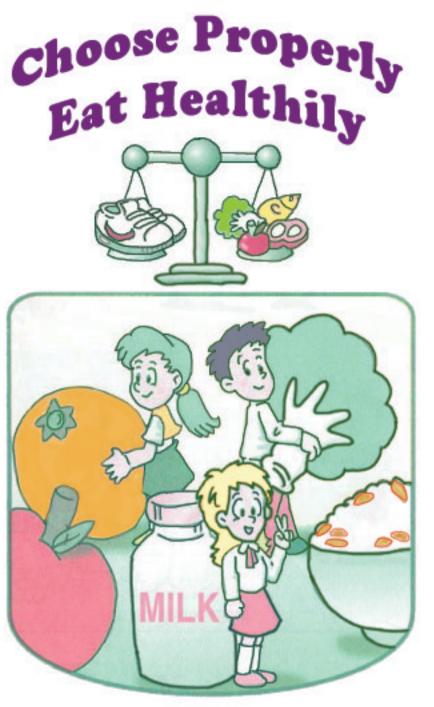
Healthy Diet One "More" Three "Less" I Can Do It







Student Health Service Department of Health www.studenthealth.gov.hk 2010

Food Pyramid **Eat less** Oil, sugar and salt Yoghurt Eat moderate Bean curd Cheese Meat, fish, eggs, beans, milk products Eat more Eggplant Mushrooms Fresh beans Vegetables **Fruits** cereal products Eat most Rice noodles Oatmeal Biscuits **Grains and cereals** 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.