

全城減鹽減糖

Hong Kong's Action on Salt and Sugar Reduction

健康煮意從小起
Healthy Cooking Starts Small

買
睇標籤

Buy:
Read nutrition labels



從小處
做起

Start with small actions

出街食

Dining out:
Ask for "less salt",
"less sugar" and
"less gravy"



煮
少落鹽糖，
多用天然食材調味

Cook: Use less salt and sugar.
Choose natural ingredients
for seasoning

降低食物中鹽和糖委員會
Committee on Reduction of
Salt and Sugar in Food

食物環境衛生署
Food and Environmental
Hygiene Department

食物安全中心
Centre for Food Safety



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