

營養與健康息息相關，
買預先包裝食物之前，
我一定會看清楚**營養標籤**！

Nutrition and health are interrelated. That's why I read
the **NUTRITION LABEL** before buying prepackaged food.



轉轉看看 營養標籤

① + ⑦ 你要參考

TURN AND LOOK AT THE NUTRITION LABEL
READ THE "1 + 7"

由2010年7月1日起，大部分預先包裝食物
均會提供"1+7" (能量及7種指定標示營養素) 的資料。

From 1st July 2010, most prepackaged food will provide information
on contents of energy and seven nutrients specified for labelling.