

仔仔，食物除了要好味，  
還要健康先好買呀！

Don't choose food just for its taste.  
Make sure it's HEALTHY too!



轉轉看看 營養標籤  
食得健康好處多  
TURN AND LOOK AT THE NUTRITION LABEL  
REAP THE FRUITS OF HEALTHY EATING

購買預先包裝食物時，參考營養標籤上的資料，  
選擇較健康的食物，從而達致飲食均衡，有助減低患上  
肥胖症及冠心病等慢性病症的風險。

Read the nutrition label before buying prepackaged food. Choose healthier  
ones to achieve balanced diet and reduce the risk of developing chronic conditions  
e.g. obesity and coronary heart disease.