

對自己的健康負責，
我選擇符合「三低」的食品。

Be responsible for one's own health, I choose food
LOWER in FAT, SODIUM and SUGARS.



轉轉看看 營養標籤

健康飲食選「三低」

TURN AND LOOK AT THE NUTRITION LABEL
CHOOSE FOOD LOWER IN FAT, SODIUM AND SUGARS

購買預先包裝食物時，緊記細閱
營養標籤，比較不同食品的營養
成分，選擇脂肪、鈉和糖含量
較低的食物。

Read the nutrition label before buying
prepackaged food. Compare the nutritional
content of different products and choose food
lower in fat, sodium and sugars.

較低
LOWER IN

脂肪 FAT
鈉 SODIUM
糖 SUGARS