

要食得精明，
我識計自己的營養攝取量。

BE SMART! I can work out my nutritional intake.



轉轉看看 營養標籤 計算營養攝取量

TURN AND LOOK AT THE NUTRITION LABEL
CALCULATE THE NUTRITIONAL INTAKE

留意營養標籤所用的參考量，與個人進食量比較，
從而計算每次進食所攝取的能量及營養素分量。

Take note of reference amount being used in the nutrition label, compare
to individual consumption amount so as to calculate the energy and
nutrient intake on each eating occasion.