

脂肪真相 Fat

The Truth About

總脂肪 / Total fat
- 飽和脂肪 / Saturated fat



1 以2000千卡膳食為例，
每天脂肪的攝入上限為60克，
即約4湯匙油
(1湯匙油約相等於14克脂肪)
Daily intake upper limit of fat
for a 2000-kcal diet is 60g,
i.e. about 4 tablespoons of oil
(1 tablespoon of oil ~ 14g of fat)

2 攝取過量脂肪
會增加超重
及肥胖症的風險
Excessive intake of
fat increases risk of
overweight and obesity

3 用營養標籤選擇較低脂的食物
Use nutrition label to choose food lower in fat

什麼是低？ 每100克食物中脂肪含量不超過3克
What is low? Food with fat content not more
than 3g per 100g

什麼是高？ 每100克食物中脂肪含量超過20克
What is high? Food with fat content more
than 20g per 100g

營養資料 Nutrition Information	
每100克/Per 100g	
總脂肪/Total fat	3克/g

營養資料 Nutrition Information	
每100克/Per 100g	
總脂肪/Total fat	20克/g

多選 Choose more

少選 Choose less

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