

營養知多少 揀咗我需要

Make Better Choices Use Nutrition Labels



每天糖的攝入上限：
50克* = 10粒方糖

Daily intake upper limit of sugars:
50g* = 10 sugar cubes



用營養標籤
挑選適合自己的食物和分量
吃得更好更健康!
Use nutrition labels
to choose the type and amount of food
that meets individual needs
Enjoy healthy eating!

*2000千卡膳食
For a 2000-kcal diet



www.nutritionlabel.gov.hk