

兒童健康飲食金字塔

Healthy Eating Food Pyramid for Children

6-11 歲
years old

油、鹽、糖類
Fat/Oil, Salt and Sugar

吃最少
Eat the least

奶類及代替品
Milk and Alternatives

每天 **2** 杯
2 glasses every day
1 杯 = 240 毫升
1 glass = 240 ml

肉、魚、蛋及代替品
Meat, Fish, Egg and Alternatives

每天 **3-5** 兩
3-5 taels every day
1 兩 = 1 個乒乓球大小的肉類
1 tael = meat in the size of a table tennis ball

蔬菜類 Vegetables

每天最少 **2** 份
At least **2** servings every day
1 份 = ½ 碗熟菜
1 serving = ½ bowl of cooked vegetables

水果類 Fruits

每天最少 **2** 份
At least **2** servings every day
1 份 = 1 個中型水果(如橙或蘋果)
1 serving = 1 medium-sized fruit (e.g. orange or apple)

穀物類 Grains

每天 **3-4** 碗
3-4 bowls every day
1 碗 = 250 - 300 毫升
1 bowl = 250 - 300 ml

每天應喝 **6-8** 杯流質

Drink **6-8** glasses of fluid every day

包括清水、奶、清湯
Including water, milk, clear soup

