



愛護心臟 由健康生活做起 Adopt a heart-healthy lifestyle to protect your heart

均衡飲食 Balanced Diet

2. 外出用膳好介紹

Smart choice for Eating Out

- 外出飲食時，留意「有『營』食肆」標誌，代表這是一間關心你健康需要的食肆。When you eat out, look for the EatSmart Decal. The EatSmart Decal stands for a restaurant that cares about your health needs.
- 點選餐牌上貼有「三少之選」或者「蔬果之選」標誌的「有『營』菜式」，便可以吃到多蔬果或少油鹽糖的美食！Try the dishes that come with the EatSmart “3 Less Dish” or “Dish with More Fruit and Vegetables” logos. You can enjoy tasty food with more fruit and vegetables, or less oil, salt and sugar.



- 如欲查閱「有『營』食肆」運動的詳情或有關參與的食肆資料，可瀏覽衛生署「有『營』食肆」運動專題網站。For details of the Campaign or information on EatSmart Restaurants, please visit the thematic website of the EatSmart@restaurant.hk Campaign.

restaurant.eatsmart.gov.hk



主題網站

Thematic website



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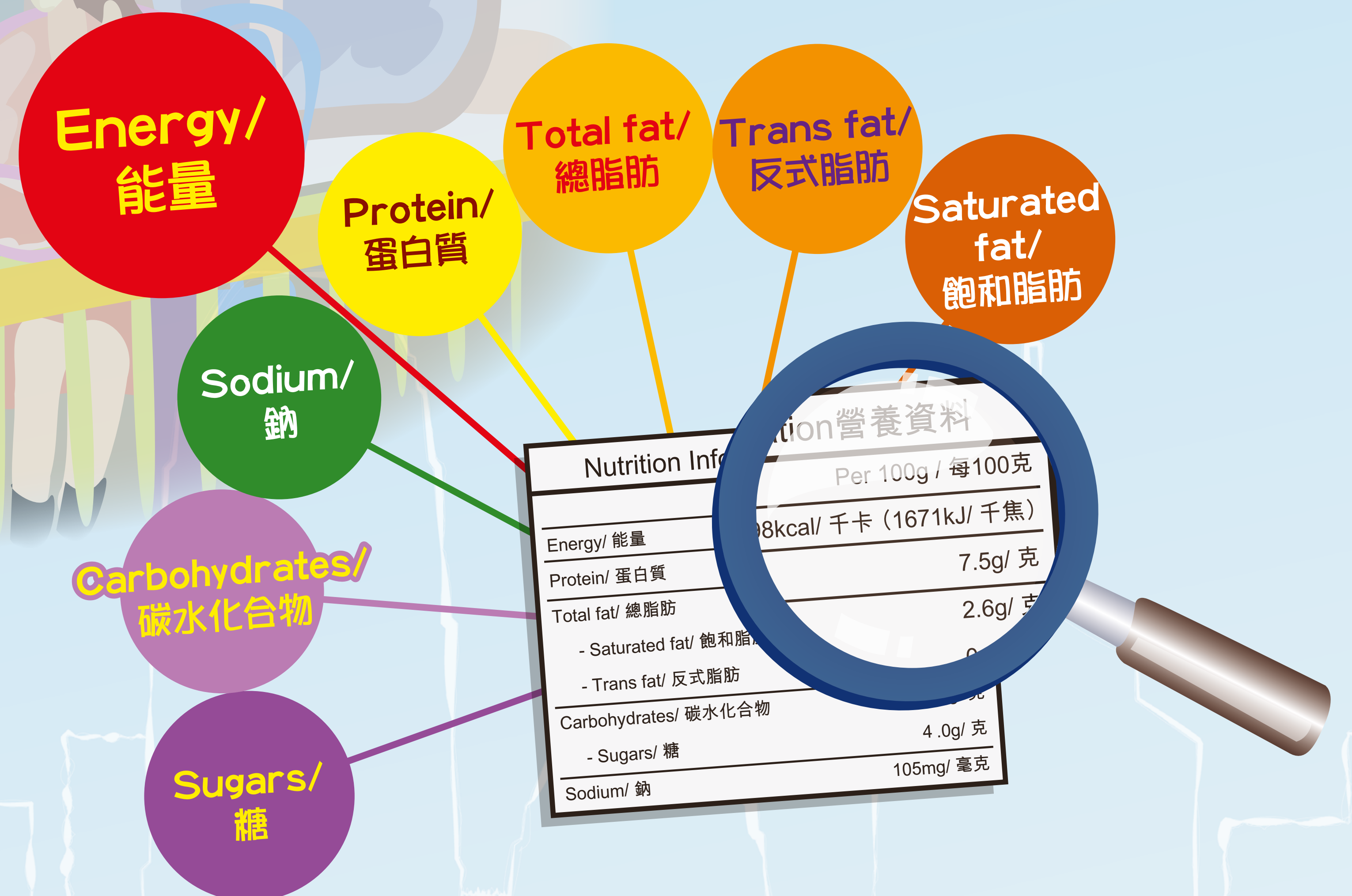


Instagram

3. 營養資料標籤制度

Nutrition Labelling Scheme

- 營養資料標籤制度在二零一零年七月一日生效後，預先包裝食品將會附有營養標籤，列出「1 + 7」的營養資料，而營養聲稱亦受規管，有助消費者選擇更健康的食物。「1 + 7」營養資料為能量和七種指定營養素，包括蛋白質、總脂肪、飽和脂肪、反式脂肪、碳水化合物、糖和鈉的數值。The Nutrition Labelling Scheme effective on 1st July, 2010 will enable consumers to make healthier food choices, with the nutrition labels on the prepackaged food carrying "1+7" nutrition information and nutrition claims being regulated. The "1+7" nutrition information is the value of energy plus seven specified nutrients, including protein, total fat, saturated fat, trans fat, carbohydrates, sugars and sodium.



- 如想了解更多有關營養資料標籤制度，請瀏覽食物安全中心網站。For more information related to the Nutrition Labelling Scheme, please visit the website of Centre for Food Safety.

www.nutritionlabel.gov.hk



香港防癆心臟及胸病協會
The Hong Kong Tuberculosis,
Chest and Heart Diseases Association