



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

現今的飲食習慣導致人們的膳食含有過高脂肪，而膳食纖維卻偏低。如過量吸收脂肪，但消耗不夠，脂肪便會積聚在身體內，導致肥胖及引起其他慢性疾病，例如糖尿病、高血壓及心臟病。The diet of most people nowadays contains too much fat but too little dietary fibre. Excessive intake of fat without adequate exercise results in accumulation of fat in the body, which leads to obesity and chronic illnesses such as diabetes, hypertension and heart disease.

注意下列飲食小貼士，能有效減低患上心臟病的機會。The following healthy eating tips are what you need to stay heart-healthy.

## 1. 依照「健康飲食金字塔」的原則實踐均衡飲食

Follow the "Healthy Eating Food Pyramid" guide to maintain a balanced diet

### 健康飲食金字塔 (成人)

Healthy Eating Food Pyramid (Adult)



每天應喝6至8杯流質包括清水、清茶、奶、清湯  
Drink 6-8 glasses of fluid (including water, tea, milk, clear soup) a day



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