

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「星級有營食肆」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 Restaurant Star+” Decal which 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 “EatSmart Dishes” that come with the “3 Less” or “More Fruit and Vegetables” logos. You can enjoy tasty food with more fruit and vegetables, or less oil, salt and sugar.



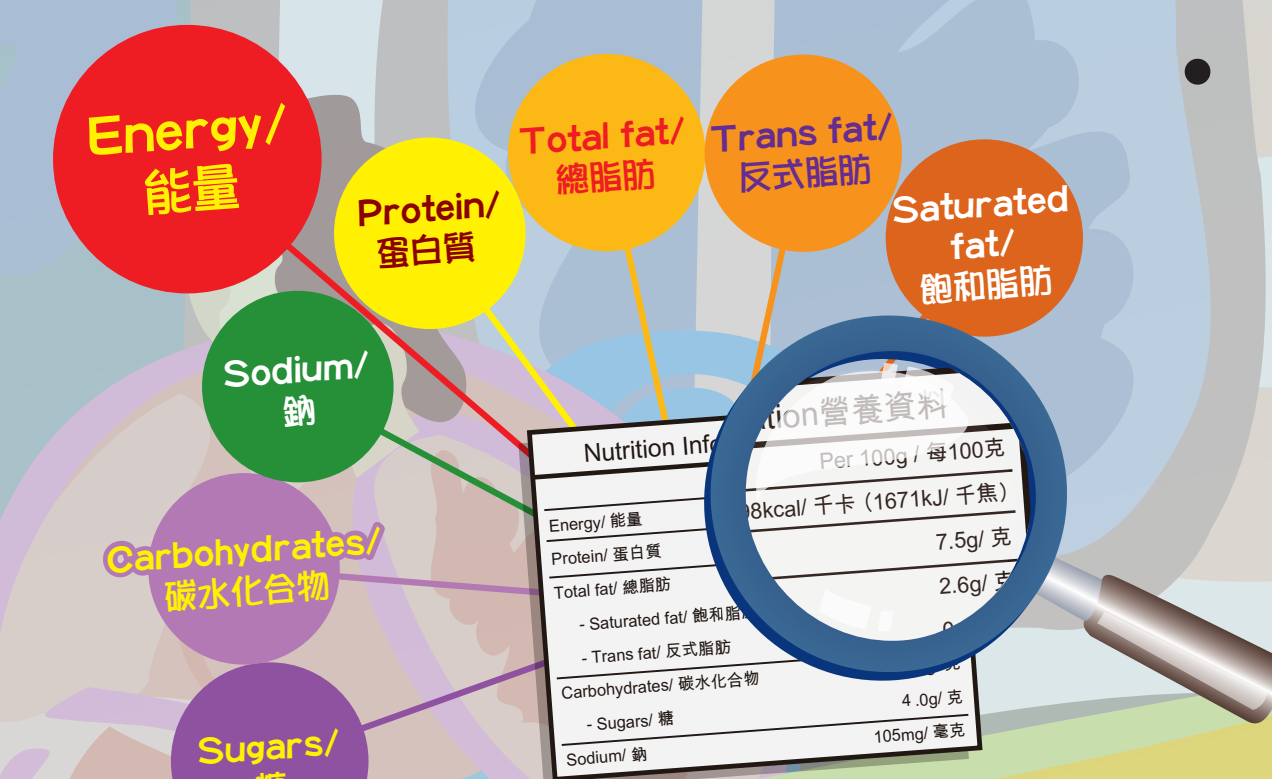
- 如欲查閱「星級有營食肆」運動的詳情或有關參與的食肆資料，可瀏覽衛生署「星級有營食肆」運動專題網站。For details of the Campaign or information on EatSmart Restaurants, please visit the thematic website of the “EatSmart Restaurant Star+” Campaign.

restaurant.eatsmart.gov.hk

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

4. 預先包裝食品「鹽／糖」標籤計劃

“Salt / Sugar” Label Scheme for Prepackaged Food Products

- 降低食物中鹽和糖委員會、食物及衛生局以及食物環境衛生署食物安全中心共同推出自願性質的預先包裝食品「鹽／糖」標籤計劃，讓消費者容易辨認「低鹽低糖」的產品，從而作出有依據的決定，並希望通過計劃鼓勵業界提供更多「低鹽低糖」的產品給消費者選擇。The Committee on Reduction of Salt and Sugar in Food, the Food and Health Bureau and the Centre for Food Safety of the Food Environmental Hygiene Department jointly introduced a voluntary “Salt / Sugar” Label Scheme for Prepackaged Food Products to help consumers identify low-salt-low-sugar products more easily and make informed choices. It is also wished that the Scheme will serve as a catalyst for the trade to provide more varieties of low-salt-low-sugar products for consumers.
- 如想了解更多有關計劃的詳情，請瀏覽食物安全中心網站。For more information related to the Scheme, please visit the website of the Centre for Food Safety.

https://www.cfs.gov.hk/tc_chi/programme/programme_rdss/programme_Salt_Sugar_Label_Scheme.html

https://www.cfs.gov.hk/english/programme/programme_rdss/programme_Salt_Sugar_Label_Scheme.html



香港防癆心臟及胸病協會
The Hong Kong Tuberculosis,
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