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)

油、鹽、糖類
Fat/Oil, Salts and Sugar
吃最少 Eat the least

奶類及代替品
Milk and Alternatives
每日1-2杯
（1杯＝240毫升）
1-2 glasses a day
(1 glass = 240ml)

肉、魚、蛋及代替品
Meat, Fish, Egg and Alternatives
每日5-8兩（1兩＝1個乒乓球般大小的肉類）
5-8 taels a day (1 tael of meat = the size of a table tennis ball)

蔬菜類 Vegetables
每日最少3份
（1份＝1/2碗熟菜）
At least 3 servings a day
(1 serving = 1/2 bowl of cooked vegetables

水果類 Fruits
每日最少 2 份（1 份＝1個中型水果，如橙或蘋果）
At least 2 servings a day
(1 serving = 1 medium-sized fruit e.g. orange or apple)

穀物類 Grains
每日3-8碗
（1碗=250-300毫升）
3-8 bowls a day
(1 bowl = 250-300 ml)

更多資訊：

For more information：

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

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