

營養知多少 揀咗我需要

Make Better Choices Use Nutrition Labels



每天鈉的攝入上限：
2000毫克 = 1平茶匙5克鹽

Daily intake upper limit of sodium:
2000mg = 1 level teaspoon of 5g salt



用營養標籤
挑選適合自己的食物和分量
吃得更好更健康!
Use nutrition labels
to choose the type and amount of food
that meets individual needs
Enjoy healthy eating!



www.nutritionlabel.gov.hk