

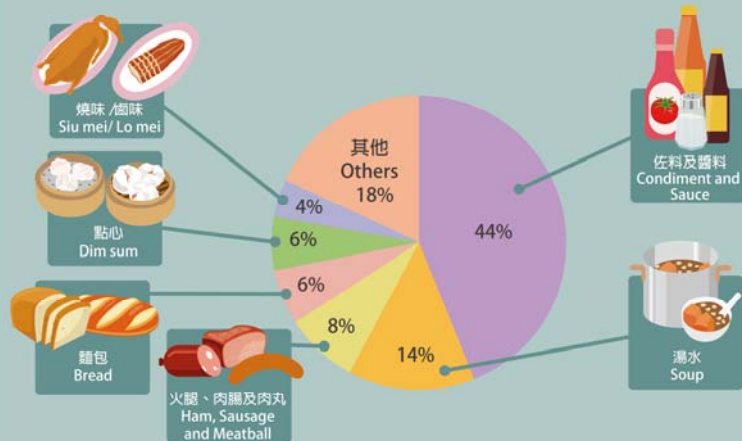
找出鹽疑犯

Look out for the Hidden Salt

香港人攝入鈉(鹽)的主要食物來源

Major Food Sources of Sodium (Salt) intake in Hong Kong

根據食物安全中心的研究，本港成年人攝入鈉(鹽)的主要食物類別包括：
According to the studies conducted by the Centre for Food Safety (CFS), the major food groups contributing to sodium (salt) intake for local adults include:



廚房的「鹽」疑犯

The Hidden Salt in the Kitchen



保持均衡和多元化的飲食，多選擇新鮮農作物及肉類，少吃醃製及加工食品

Maintain a balanced and varied diet with more fresh produce and meat but less preserved and processed foods.