

趁低吸「鈉」

Go for Less "SODIUM"

留意菜式食材，以低脂、低糖、低鈉為健康基礎
Pay attention to the ingredients in foods and choose foods low in fat, sugar and sodium as the foundation of a healthy diet



選購參與「預先包裝食品『鹽/糖』標籤計劃」的產品
Choose products participating in the "Salt/ Sugar" Label Scheme for Prepackaged Food Products



留意食物分量
Beware of the portion size



留意醬汁的分量
Beware of the amount of sauce



可選擇較低脂肪和鈉的食材
Choose foods lower in fat and sodium



閱讀營養標籤
Read the nutrition label



查閱購物卡
Read the Shopping Card

何種選擇較健康的食物		何種選擇較健康的食物	
選擇高脂肪	選擇低脂肪	選擇高鈉	選擇低鈉
牛油	20克	鹽	1.5克
糖	15克	5克	5克
脂肪	400毫克	300毫克	120毫克

Tips for Choosing Healthier Food		何種選擇較健康的食物	
What to Buy?	What to Buy?	What to Buy?	What to Buy?
1. Fat	2.0g	3.0g	1.5g
11g	2.5g	3g	1.5g
400mg	300mg	120mg	120mg

低鈉廚房宣言

LESS SODIUM NOW

可選用蒜頭、薑、蔥、醋、檸檬汁、香茅、沙薑粉、五香粉、七味粉、花椒、八角、羅勒等天然食材來調味，或含有谷胺酸的菇菌類、蕃茄作為配料。

Use natural ingredients like garlic, ginger, spring onion, vinegar, lemon juice, lemongrass, "spice ginger" powder, five spice powder, seven spice powder, Chinese prickly ash, star anise and basil for flavouring. Ingredients containing glutamic acid like mushroom and tomato will work too!

