

選擇少糖食品  
保持健康體重有辦法  
CHOOSE FOODS WITH LESS  
SUGAR FOR HEALTHIER  
WEIGHT



一起少甜  
LESS SWEET NOW!



選擇含有較少糖、無糖或無甜味劑的食物及飲品  
Choose foods and beverages with less sugar, no sugar or no sweeteners added

參閱預先包裝食品上的食物標籤，作出有依據的選擇  
Refer to the food labels on prepackaged foods to have informed choices

慢慢適應味道較清淡的食物，最終改變飲食習慣  
Alter dietary habits by gradually adapting to the lighter-flavoured food

如果選擇光顧食肆或購買預先包裝食物，可以留意以下低糖要訣  
When patronising restaurants or buying prepackaged foods, keep in mind the following tips on lowering sugar intake:

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

留意食物分量  
Beware of the portion size



出街食



Dining out:  
Ask for "less salt", "less sugar" and "less gravy"

「少鹽」、「少糖」、「少料」

閱讀營養標籤  
Read the nutrition label



Buy:  
Read nutrition labels

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



多選天然食物，少吃加工製品  
Have more natural foods but less processed products



查閱購物卡  
Read the Shopping Card

如何選擇較健康的食物  
How to choose healthier food

項目	低糖 (Low Sugar)	無糖 (No Sugar)	低糖 (Low Sugar)	無糖 (No Sugar)
每100克/100毫升	≤ 5g	0g	≤ 5g	0g
每100克/100毫升	≤ 10g	0g	≤ 10g	0g
每100克/100毫升	≤ 15g	0g	≤ 15g	0g

Tips for Choosing Healthier Food

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光顧「星級有營食肆」，選擇「三低之選」的菜式  
Patronise EatSmart Restaurants and choose "3 low" dishes