

小食紅黃綠 識揀好醒目

Red, Yellow, Green,
Healthy Snacks Sure Win



宜多選擇的小食
Snacks to Choose
More



限量選擇的小食
Snacks to Choose in
Moderation



少選為佳的小食
Snacks to Choose LESS



衛生署
Department of Health

「健康飲食在校園」網站
'EatSmart@school.hk' Website: www.eatsmart.gov.hk
二十四小時健康教育熱線
24-hour Health Education Hotline: 28330111