



2 plus 3 a Day
<http://2plus3.cheu.gov.hk>

2 3
加

1份 = 1湯匙提子乾
1 serving = 1 tablespoon of raisins

1份 = 1碗生食蔬菜
1 serving = 1 bowl of uncooked vegetables

1份 = 2個奇異果
1 serving = 2 kiwi fruits

1份 = 半碗焗茼蒿菜
1 serving = 1/2 bowl of cooked bok choy

1份 = 半碗士多啤梨
1 serving = 1/2 bowl of strawberries

1份 = 180毫升純果汁
1 serving = 180 ml of pure fruit juice

1份 = 1個中型啤梨
1 serving = 1 medium-sized pear

原個水果比果汁更能提供
每天所需的膳食纖維！
Whole fruit is better than fruit juice
in providing the daily requirement
of dietary fibre!

1份 = 1個中橙
1 serving = 1 medium-sized orange

1份 = 半碗提子
1 serving = 1/2 bowl of grapes

1份 = 1片西瓜
1 serving = 1 slice of watermelon

1份 = 半隻香蕉
1 serving = a 1/2 banana

每天在均衡飲食中，
進食最少兩份水果及三份蔬菜
有助促進健康！
Having at least 2 servings of fruit and
3 servings of vegetables every day as part of
a balanced diet helps promote health!

1碗/杯(容量) = 240毫升
1 bowl/cup/glass (Volume) = 240ml