食出彩虹力量！

蔬果顏色越豐富，營養選擇越多元!

日日記住「2+3」

衞生署提倡「水果蔬菜不可少，日日記住2+3」，建議一般青少年及成年人在均衡飲食中，每天進食最少兩份水果和三份蔬菜。小童所需分量會因年齡及能量需要而有所不同。蔬果能提供維他命、礦物質、水分、膳食纖維及植物化合物，是均衡飲食的重要部分。

紅色蕃茄仔



蕃茄仔含有茄紅素，是一種具抗氧化作用的天然植物化合物。小小一顆、色彩鮮艷又方便進食，是增加日常蔬果種類的好選擇。



清甜蜜瓜和哈蜜瓜

蜜瓜和哈蜜瓜水分豐富，吃起來清甜又清爽，亦能提供維他命C。橙肉哈蜜瓜更含有β-胡蘿蔔素，可在人體轉化為維他命A。維他命C有助維持免疫系統的正常功能，而維他命A則有助維持正常視力。

金黃色菠蘿



菠蘿酸甜多汁，含有豐富維他命C及膳食纖維。提到水果的好處，大家可能首先想到維他命，其實膳食纖維對身體同樣重要！

腸道裡的「健康小助手」

膳食纖維不能被人體完全消化。部分膳食纖維可增加糞便體積，幫助維持規律排便。進食含膳食纖維的食物，再配合足夠水分，有助維持消化系統健康。腸道負責消化食物和吸收營養，從小養成進食不同蔬果的習慣，並配合均衡飲食，有助建立健康的飲食模式。

單靠一種水果不能提供身體所需的所有營養。下次享用活力午餐繽紛蔬果杯時，不妨數一數杯內有多少種顏色！

Eat the Rainbow!
More colours, more variety!

Remember “2 + 3” Every Day

The Department of Health promotes “2 + 3 Every Day”. It recommends that adolescents and adults eat at least two servings of fruit and three servings of vegetables each day as part of a balanced diet. The amount children need may vary according to age and energy needs. Fruits and vegetables provide vitamins, minerals, water, dietary fibre and plant compounds.

Red Cherry Tomatoes

Cherry tomatoes contain lycopene, a natural plant compound with antioxidant properties. Small, colourful and easy to eat, they add variety to our daily fruit and vegetable choices.





Refreshing Melons

Honeydew melon and cantaloupe are juicy, refreshing and rich in water. They also provide vitamin C, while orange-fleshed cantaloupe contains beta-carotene, which the body can convert into vitamin A. Vitamin C supports the normal function of the immune system, while vitamin A helps maintain normal vision.

Golden Pineapple

Golden pineapple is juicy and has a sweet-and-tangy flavour. It provides vitamin C and dietary fibre. When we think about fruit, vitamins may come to mind first, but dietary fibre is also an important part of a healthy diet.



A Little Helper for Digestive Health

Dietary fibre cannot be completely digested by the body. Some types of fibre add bulk to stools and support regular bowel movements. Eating fibre-rich foods, together with drinking enough water, helps maintain a healthy digestive system. Our digestive system breaks down food and absorbs nutrients, so healthy eating habits matter from an early age.

One type of fruit cannot provide every nutrient our bodies need, so variety is important.Let’s enjoy different fruits and vegetables every day and build balanced eating habits for learning and play!