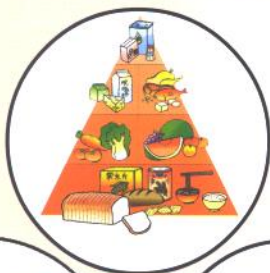


幼童的飲食 (二至五歲)

Diet for Children (2 years to 5 years old)

The Food Pyramid

健康飲食金字塔



Diet for Children (2 years to 5 years old)



Cherish Health from Childhood The Food Pyramid

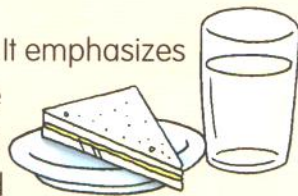


Children above two should join the family at the dining table for three meals a day. It is important for parents to set good examples for their children. In this way, children will develop balanced dietary habits to grow healthy.

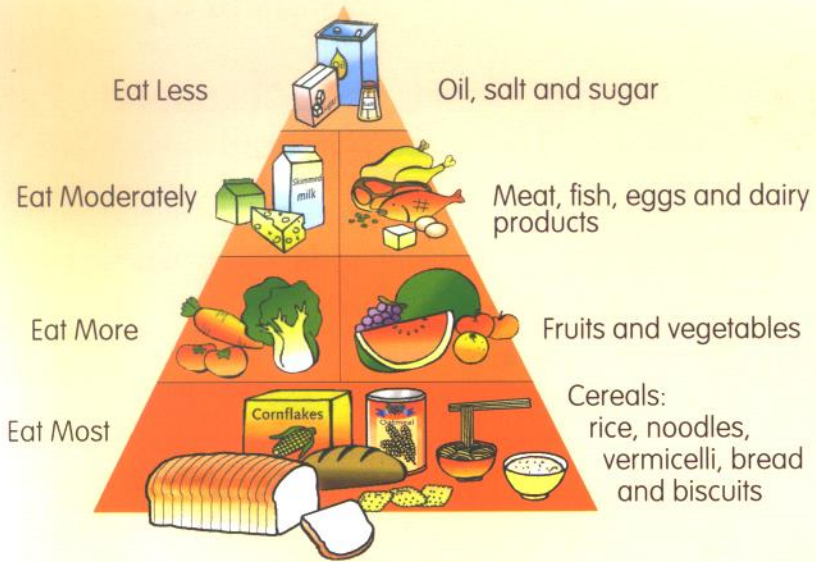
The Food Pyramid



This pyramid tells us what a healthy diet is. It emphasizes a balanced consumption of appropriate amount of a variety of food with special emphasis on grain products, fruits, and vegetables.



Cereals such as rice and wheat are the major sources of food that provide the energy we need. Besides, vegetables and fruits are also important. They provide us with fibers, minerals and vitamins. Meat and milk can by no means substitute cereals as the major source of energy, and should be taken in moderate amount. If taken too much, fat will accumulate in the body. There is evidence linking high fat intake to heart disease. However, there is **no need to limit the fat intake of children before two years old**. Those over two years old may choose low fat milk as their usual drink. Reduction of dietary intake of fat by the age of five years is strongly advised, which means avoidance of fast food and snacks of high fat content, such as deep fried chicken and chips. There is no need for parents to absolutely prohibit their children from eating junk foods, they should rather monitor the **amount** and **frequency** of intake.



For the health of their children, parents should prepare **three balanced meals** everyday, plus two snacks in between if needed. Encourage children to drink more water, eat more cereals, vegetables and fruits but less oily, deep-fried or sweetened food. Following the Food Pyramid and doing regular exercise will help children grow healthy and bring them lifelong benefits.



6-8 Glasses of Water



A Balanced Meal for Children



良好的飲食習慣應從童年開始培養。

如對幼童的飲食有任何疑問，請向母嬰健康院的醫護人員查詢，
我們樂意回答你的問題。

如欲知道更多健康知識，請致電 2833 0111 衛生署 24 小時健康教育錄音熱線
或瀏覽中央健康教育組網頁 www.cheu.gov.hk

Good dietary habits should be established from childhood.

If you have any queries on diet for children,
please contact the medical and nursing staff of Maternal and Child Health
Centres. We are pleased to answer your enquiries.

For more health information, please call the Department of Health's 24-hour
pre-recorded health education hotline : 2833 0111 or visit the website of the
Central Health Education Unit, Department of Health : www.cheu.gov.hk