

運動與健康飲食 Exercise and Healthy Diet

要建立健康的生活模式，除了勤做運動外，健康的飲食習慣也很重要。選擇食物時要考慮其營養價值，同時要注意新鮮和衛生。沒有單一食物能完全滿足人體所需的營養，因此均衡飲食是健康生活的基礎。依照「健康飲食金字塔」建議的比例進食，便可從日常飲食攝取均衡營養。再配合恆常運動和控制體重，便能促進身體健康，有效預防多種與飲食有關的疾病，包括高血壓、心血管病、中風、骨質疏鬆症和某些癌症（例如大腸癌）。

In addition to regular exercise, a healthy diet is also important for the pursuit of a healthy lifestyle. When choosing what to eat, we should take into account the nutritional value, freshness and hygienic quality of food. No single food provides all the nutrients we need, so a balanced diet is fundamental to healthy living. You can have a balanced intake of nutrition by following the recommendations of the "Healthy Eating Food Pyramid". A balanced diet, together with regular exercise and body weight control, can promote our health and effectively prevent diet-related diseases, such as hypertension, cardiovascular disease, stroke, osteoporosis and some types of cancer (e.g. colorectal cancer).

健康飲食金字塔 Healthy Eating Food Pyramid



互動遊戲 Interactive Games

