



EatSmart Tips for Students under the New Normal Series

Healthy Eating Principles



Healthy eating contributes to good health, boosts immunity and manages body weight

Have a regular diet and choose a variety of food to obtain necessary nutrients

Ensure grains, vegetables and meat (and its alternatives) taken at lunch and dinner are in the ratio of 3:2:1 by volume

Consume more high-dietary fibre grains, eat less food high in fat, salt or sugar, as well as preserved and processed food

Eat adequate fruit and vegetables every day

Drink enough fluid every day, among which water is the best choice



Perform hand hygiene before meal, removing or putting on mask

