蔬果日日食 至Fit有活力

Fruit and Veg Daily Keep You Fit and Healthy

有關蔬果營養資訊，請瀏覽「開心蔬果月」專題網站
For the nutritional facts of fruit and vegetables, please visit the "Joyful Fruit & Veg Month" thematic website

開心蔬果月 Joyful Fruit & Veg Month

衞生署
Department of Health