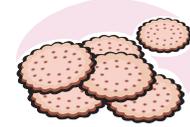
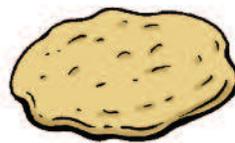
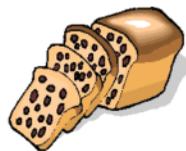


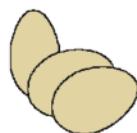
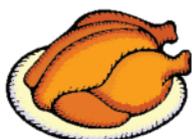
午餐盒食物清單

你的午餐盒內有下列每一類食物嗎？

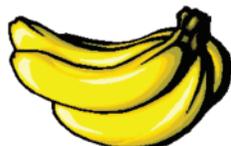
麵包、
穀類麥片
和穀粒類



瘦的肉類和其
他營養成份類
同的食物



水果



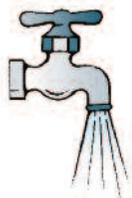
蔬菜



減脂乳類產品



水



健康推廣服務