



健康小資訊

Healthy Tips

環保飲食 愛惜地球 Low Carbon Environmental Friendly Diet



環保飲食讓你和地球都更健康

氣候反常，全球變暖，冰山溶化，這些不尋常的變化告訴我們，地球正在被破壞中！而不斷增加的綠色氣體排放正是元兇之一。若我們能精明地選擇食物，就可以減少這些氣體的排放～

- 就地取材 – 多選本地製造的食物可減少運送時的氣體排放
 - 多菜少肉 – 生產肉類所需的資源比種植蔬果多
 - 時令新鮮 – 當造的食物不單產量多，營養亦特別豐富
 - 知足不過量 – 不浪費食物，切忌眼闊肚窄。多餘的食物增加堆填區負荷，亦影響健康
- 改善飲食習慣不但可以改善健康，同時還可以保護環境。讓我們都從飲食著手，救救我們的家 – 地球。

Eco-friendly Diet brings a Healthier you and a Healthier Earth

Unusual climate change, global warming, melting ice berg... all these unusual phenomenon indicate our Earth is being damaged! Increased greenhouse gases emission is one of the culprits that harms our Earth and what we choose to eat can reduce the emission of these gases ~

- Have locally produced foods - This reduces gases emission during transportation
- More veggie and less meat - A lot more resources are needed to breed animals than to grow fruit and veggie.
- Eat seasonal food - They are always massively produced and more nutritious
- Balanced diet - Over-eating not only affects your health. Food wastage also increases burden of landfill
- Suggested cooking methods: steaming, boiling and baking, instead of deep-frying

Now you know how changes in diet will improve your health and protect the environment as well. Let's start from our diet to save our Earth - Our Home

