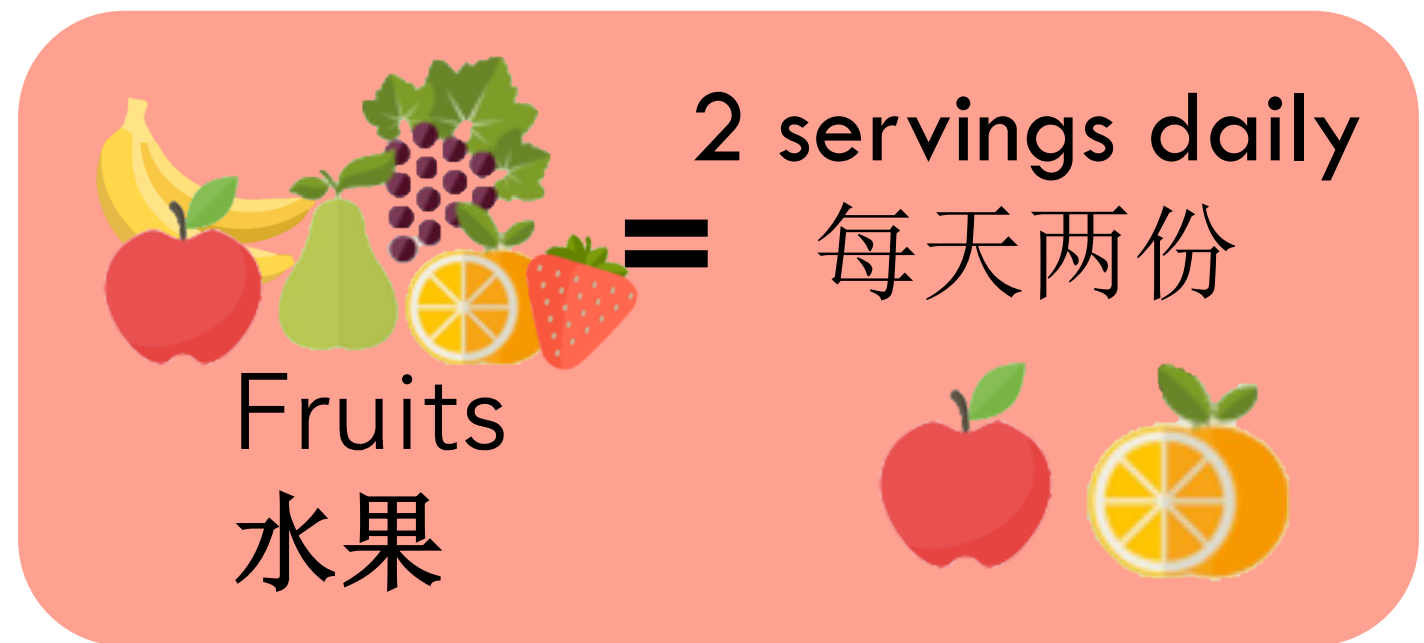
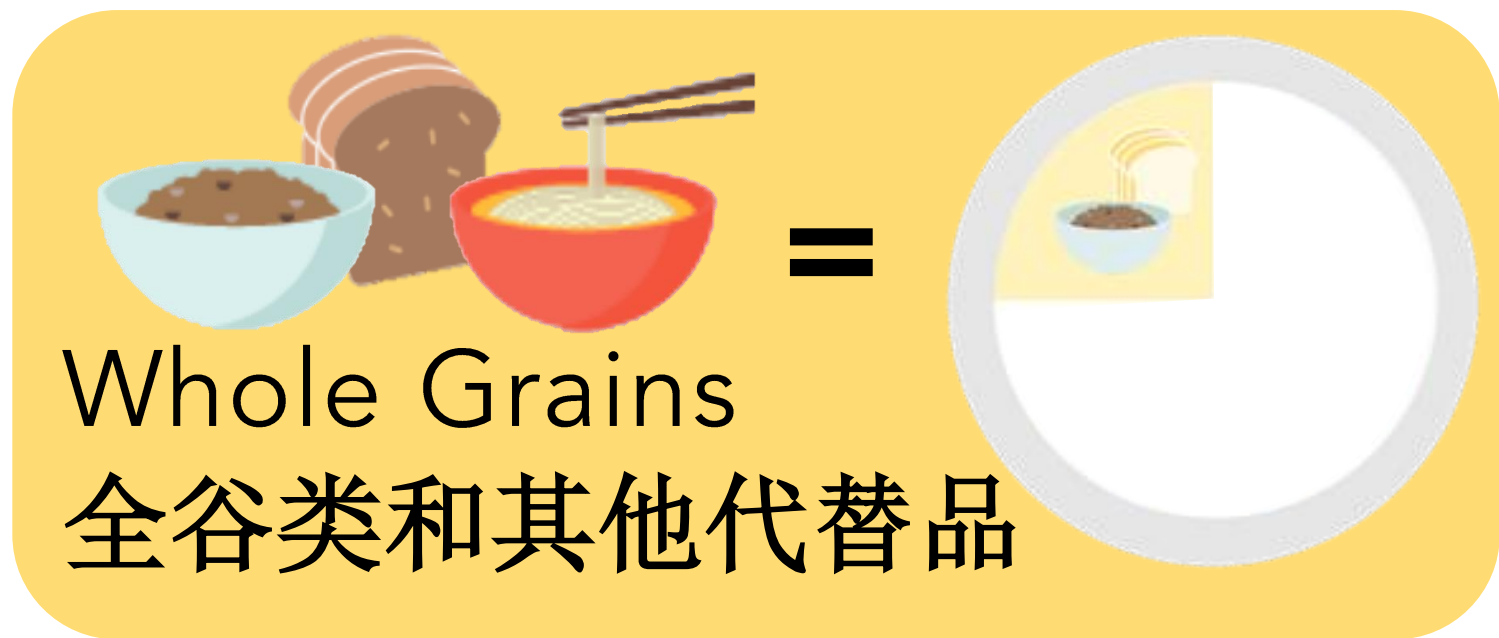


MY HEALTHY PLATE

我的健康碟盘



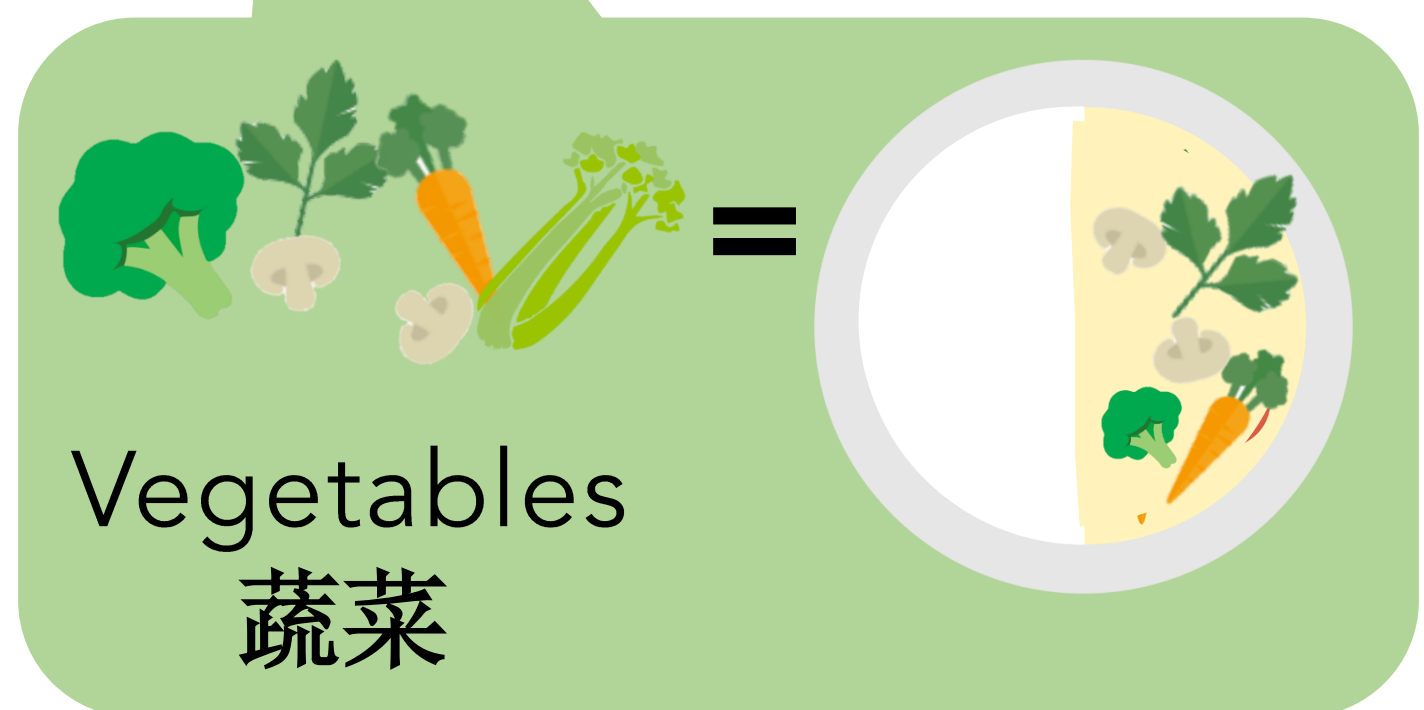
“My Healthy Plate” is a easy-to-understand visual guide that shows you correct proportions of different food groups of a healthy and balanced meal.

It is suitable for general population, however if you have any specific dietary requirements or medical conditions, please clarify with your doctor.



“我的健康碟盘”是一个简单的视觉指南，指导您每天从不同食物组别中应该摄取的是当分量。

它适用于一般人群，但如果您有任何特定的饮食要求或病情，请向您的医生说明。



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHConditions-Treatments>

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