

healthy habits for a balanced lifestyle

健康習慣 均衡生活

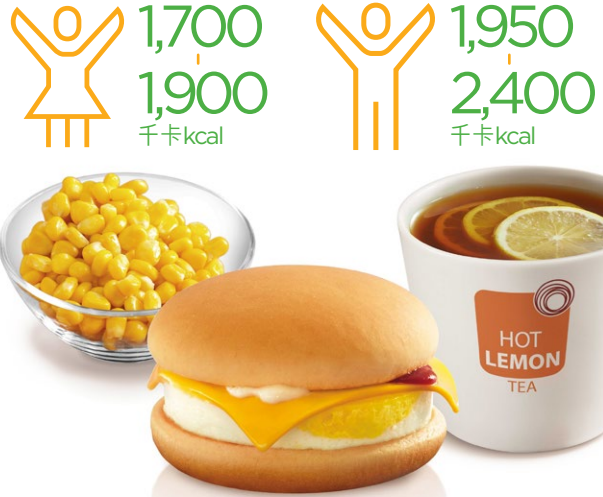
麥當勞有「營」飲食三步曲，輕鬆實踐健康生活態度！

Follow these smart steps to help you maintain a healthy lifestyle with McDonald's!

1 適量攝取卡路里 Balance your calories

平均而言，成年女性每天需攝取約1,700至1,900千卡，而成年男性則每天需要約1,950至2,400千卡¹。當您於麥當勞點餐時，可挑選符合自己所需卡路里攝取量的食品。

On average, **adult females** need about **1,700 to 1,900 kcal** per day, while **adult males** need about **1,950 to 2,400 kcal** per day¹. When ordering at McDonald's, choose wisely to fit your meal within your required calories intake.



2 食物種類要均衡 Balance your food groups

參考健康飲食金字塔²，了解個人日常飲食可能缺乏的營養，點餐時選擇適合的食物，達至營養均衡。

- 食物應以**五穀類**為主。
- 多吃**蔬菜**和**水果**。
- 只吃**適量**的肉、魚、蛋、豆類和奶品類。
- 吃**最少**脂肪、油、鹽和糖類。
- 每天喝**六至八杯水**或**流質飲品**，保持身體有足夠水分。

麥當勞提供多元化的食品選擇，為您輕鬆打造營養均衡的飲食。

Refer to the Food Pyramid² to see what nutrients you may be missing in your daily diet and order a meal that can help you achieve a balanced diet.

- Your diet should be comprised of **mostly grains** and **cereals**.
- Eat **more fruit** and **vegetables**.
- Eat only **moderate amount** of **meat, fish, eggs, beans** and **dairy products**.
- Eat **less fats, oils, salts** and **sugars**.
- Make sure you **drink six to eight glasses** of **water** or **fluid** to keep you hydrated.

With the variety of sizes and choices available at McDonald's, it's easy to put together a balanced, nourishing meal.



3 適量運動益身心 Balance your life with exercise



定期鍛煉可改善心肺功能，減低患上慢性疾病的風險，亦有助舒緩壓力和保持理想體重。研究顯示每天進行**30分鐘的運動**，對健康有莫大裨益。³

各家長和小朋友如想定下健康目標，培養運動習慣，可考慮參加每年一度的**麥當勞兒童愛心馬拉松**！此活動推廣親子運動和健康生活之餘，更讓參加者一同為慈善「愛跑、愛世界」！

Regular exercise can strengthen your heart, reduce the risk of chronic diseases, relieve stress and help you maintain your optimum body weight. Studies reveal that **30 minutes of moderate exercise every day** is beneficial to health.³

To all parents and kids, if you think setting a goal would help you stay inspired and motivated, consider joining the **McDonald's Kidathon!** This annual charity run promotes exercise and healthy lifestyles among families with its **"Run for Fun, Run for Love"** spirit.



想食得有「營」？
立即下載麥當勞App，
一睇就識！

Craving a healthy meal? Download our McDonald's App now to get nutrition facts at your fingertips.



註Notes:

¹ 以上數值是基於男性的體重為65公斤，女性的體重為55公斤，兩者均是低活動量。

The above values are based on an average body weight of 65kg for men and 55kg for women with a low activity level assumed. 資料來源：Source: <http://www.cfs.gov.hk/english/nutrient/nutrient.php>

² 更多關於食物金字塔 More about Food Pyramid: <https://www.chp.gov.hk/en/static/90017.html>

³ 資料來源 Source: <https://www.gov.hk/en/residents/health/healthadvice/healthcare/exercise.htm>