



## 抗疫小貼士 Health Tips Against Viruses

### 均衡飲食

依照「健康飲食金字塔」原則飲食，切忌偏食。攝取均衡營養，才能維持抵抗力，保持身體健康。

### A Balanced Diet

A balanced diet is key to maintaining immunity and staying healthy. Use the "Healthy Eating Pyramid" as a guide, and make sure to avoid picky eating.

