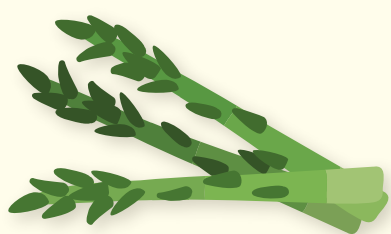




不同蔬菜任你揀

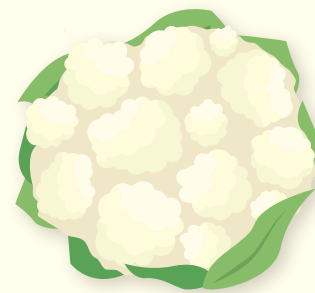
Choose Your Vegetables from the Variety



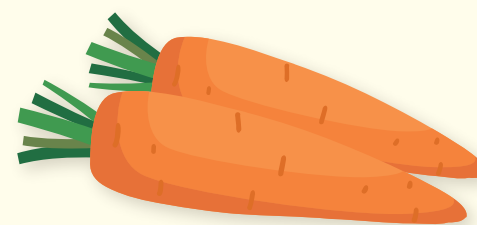
蘆筍
Asparagus



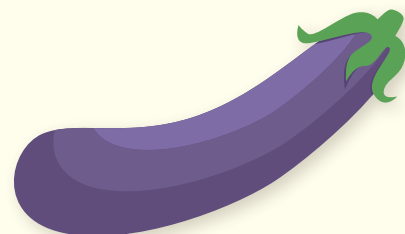
西蘭花
Broccoli



椰菜花
Cauliflower



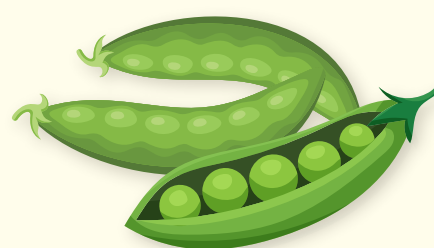
紅蘿蔔
Carrot



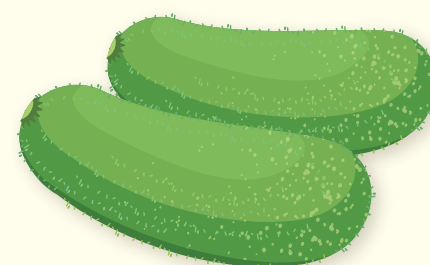
茄子
Eggplant



四季豆
French bean



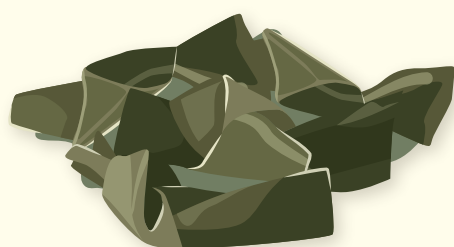
青豆
Green pea



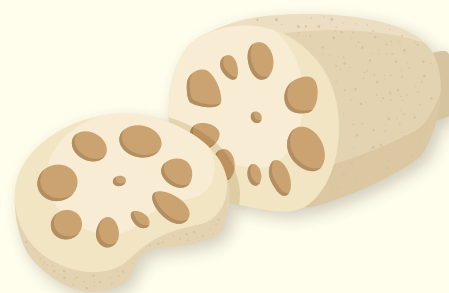
節瓜
Hairy melon



西生菜
Iceberg lettuce



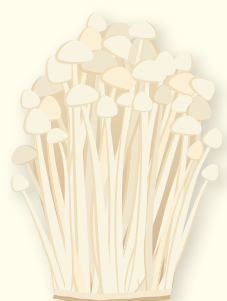
海帶
Kelp



蓮藕
Lotus root



芥菜
Mustard leaf



金菇
Needle mushroom



洋葱
Onion



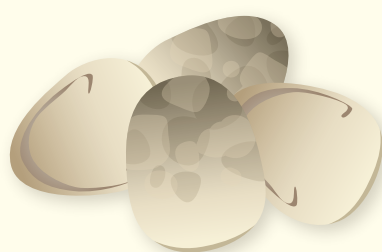
秋葵
Okra



南瓜
Pumpkin



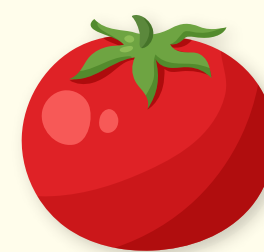
羅馬生菜
Romaine lettuce



草菇
Straw mushroom



菠菜
Spinach



番茄
Tomato



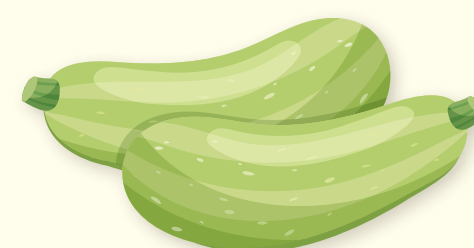
白菜
White cabbage



木耳
Wood ear fungus



黃甜椒
Yellow sweet pepper



翠玉瓜
Zucchini

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Veggies A to Z : Build a Balanced Plate, A Fresh Start Awaits !



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不同蔬菜任你揀
Choose Your Vegetables
from the Variety



蔬果益處多 (信息圖)
The Benefits of Fruit and
Vegetables (Infographic factsheet)

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