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餐飲菁英 匯聚於此

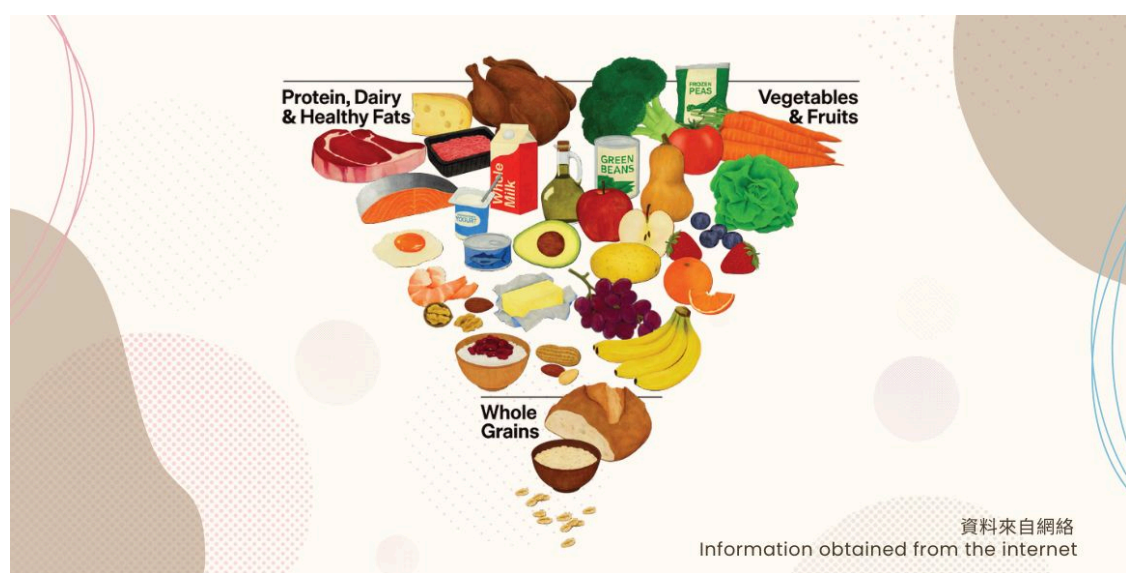
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Hong Kong Convention
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香港會議展覽中心

「倒金字塔」改寫飲食規則，您的商業策略準備好了嗎？ The Inverted Food Pyramid Is Here. Is Your Business Ready?

新發布的《2025–2030年美國膳食指南》不僅使用顛覆性的革新「倒金字塔」，更預示著一場影響深遠的全球餐飲市場變革。這套以「吃原型食物」為核心的新準則，正在**重塑從生產、採購到消費的整條產業鏈，為敏銳的企業創造前所未有的機遇。**

The release of the ***Dietary Guidelines for Americans, 2025–2030*** has done far more than simply **invert the iconic food pyramid**. It marks a fundamental shift that is set to reshape the global F&B landscape. By championing “eat real food,” these guidelines are **redrawing the industry map—from sourcing and production to consumer choices—unlocking significant opportunities for forward-thinking businesses.**



資料來自網絡

Information obtained from the internet

雖然新指南中的圖文表述的引起廣泛討論，但其核心市場訊號無比清晰。我們為您提煉出以下**不容忽視的商業風向：**

While the striking inverted pyramid visual has captured attention, the commercial signals are clear and compelling. Here are **the key trends you cannot overlook:**

- 提倡充足的蛋白質來源，包括認可**全脂牛奶**及**優質紅肉**的益處；
Championing high-quality protein sources, including the recognised benefits of **full-fat dairy** and **premium red meats**;
- 優先推崇**未加工的天然食材**，以回應對健康飲食的呼聲；
Prioritising **unprocessed, natural ingredients** to deliver wholesome, real-food eating;
- 強調**全穀類食物**在日常碳水化合物攝取中的關鍵角色；
Emphasising intact **whole grains** as the foundation of daily carbohydrate intake;
- 擴大有益脂肪的選擇，包含其中**黃油及牛脂**，與**橄欖油和牛油果**等經典選項並列為可接受來源。
Broadening options for beneficial fats, with **butter and beef tallow** now standing alongside established choices like **olive oil and avocado**.

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變革已至，RBHK 2026 是您對接需求的戰略支點

The Shift Is Under Way. RBHK 2026 Is Your Strategic Platform to Capitalise on It

香港餐飲展（RBHK）2026 匯聚行業買家與決策者，是您**展示符合新趨勢的產品、建立戰略合作、洞悉市場動向**的一站式平台。

Restaurant, Bar & Café Hong Kong (RBHK) 2026 brings together professional buyers, key decision-makers, and industry leaders. It's your premier one-stop platform to **showcase trend-aligned products, forge strategic partnerships, and stay ahead of market developments.**

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