可閱的食物標籤

Legible Food Labels

業界諮詢論壇
Trade Consultation Forum

16.9.2022

食物環境衞生署
Food and Environmental Hygiene Department

食物安全中心
Centre for Food Safety

背景 Background

- 在食物標籤上提供食物及營養資料，是推廣均衡飲食、保障公眾健康的重要工具。
- 可閱而適當標示各項必要資料的食物標籤，是有助消費者作出明智選擇的橋樑。

- **Provision of food and nutrition information on food label is an important tool to promote a balanced diet and protect public health**
- **Legible food label with essential information of product appropriately marked is a bridge for assisting consumers make informed choices**

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背景 Background (2)

《製備可閱的食物標籤業界指引》(下稱《業界指引》)

- 旨在協助業界在食物標籤上提供清楚可閱的資料
- 載述製備可閱的食物標籤的原則和列出一些例子

Trade Guidelines on Preparation of Legible Food Label (the Guidelines)

- aims at assisting the trade in providing legible information on food label
- provides principles and examples of legible food labels for reference

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背景 Background (3)

《製備可閱的食物標籤業界指引》(下稱《業界指引》)

- 本署於詮釋《食物及藥物(成分組合及標籤)規例》(第132W 章)中訂明的食物標籤可閱性的要求時亦會參考此指引。

Trade Guidelines on Preparation of Legible Food Label (the Guidelines)

- FEHD will also make reference to the guidelines in the interpretation of legibility requirements of food label as stipulated in the Food and Drugs (Composition and Labelling) Regulations (Cap. 132 W).

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可閱的食物標籤的元素
Elements of Legible Food Label

字體大小適中

- 一般而言，
  - 英文字母:

    建議"x-高度"最小達1.2毫米
  - 中文字:

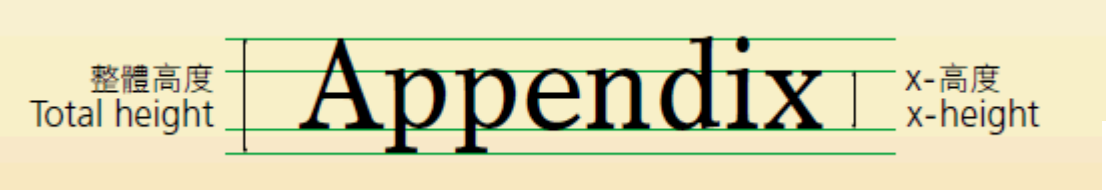
    與英文字母"x-高度"1.2毫米對等的高度

- 如下顯示，"x-高度"是指英文小楷字母"x"的高度:

Suitable font size

- In general,
  - English letter:

    recommended "x-height" at least 1.2mm
  - Chinese characters: comparable size to "x-height" 1.2 mm
- "x-height" is defined as the height of small character "x" as illustrated below:



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可閱的食物標籤的元素
Elements of Legible Food Label (2)

字體大小適中（2）

- 有些情況標示建議字體可能有困難
  - 產品包裝面積有限（如總表面面積小於400平方厘米）
  - 除本地法例要求外，亦需標示其他國際標準或指引要求的資料

Suitable font size (2)

- the recommended font size may not be always practically feasible
  - limited package size (e.g. total surface area less than **400**cm^2)
  - required to present information required by **international standards and guidelines** in addition to local laws

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可閱的食物標籤的元素
Elements of Legible Food Label (3)

字體大小適中（3）

- 有些情況標示建議字體可能有困難
  - 從外地進口的產品，可能因包裝設計所限， 未必有足夠空間貼上以較大字體印製的標籤
  - 食物標籤上的資料以多種語言標示（如中文及英文）

英文字母x-高度計算最小應達0.8毫米
中文字整體高度計算最小應達1.8毫米

Suitable font size (3)

- the recommended font size may not be always practically feasible
  - imported food products that have packaging with limited spacing for affixing label with larger font size
  - the information is presented in more than one language (e.g. Chinese and English)

English minimum font size: 0.8mm
Chinese minimum font size: 1.8mm

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可閱的食物標籤的元素
Elements of Legible Food Label (4)

對比鮮明

- 全黑色或單一深色的字體，並列印在白色或單一淺色、具適當對比的背景上，即「白底黑字」
- 只要字句能清楚顯示，相反做法亦可予接納，即「黑底白字」

Good contrast

- all black or single dark colour type, printed on a white or other single light colour
- acceptable to do it vice versa as long as the words are clearly shown

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可閱的食物標籤的元素
Elements of Legible Food Label (5)

對比鮮明 (2)

- 以透明容器包裝的食物
  - 建議於標籤範圍加上不透明、具適當對比的背景
  - 以免標籤的清晰度受食物的顏色或外形影響

Good contrast (2)

- for products packed in transparent containers
  - recommended food label area come with a non-transparent contrasting background
  - the clarity of the label would not be affected by the colour or appearance of the food

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可閱的食物標籤的元素
Elements of Legible Food Label (6)

間距充足

- 字句需清楚展示，字與字，以及字與分隔或包圍資料的間隔線或框線，不得緊貼或重疊。

Enough spacing

- Words and characters do not touch each other or the lines and borders surrounding or separating the information, if any

可閱的食物標籤的元素
Elements of Legible Food Label (7)

其他元素

- 合適的印刷技術
- 使用不反光印刷表面
- 適當的字款

Other elements

- suitable printing technology
- non-reflective printing surface
- appropriate font type

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字體大小 Font size

例子 Example (1)

餅乾 / Biscuits

Nutrition Information / 營養資料		
Servings Per Package / 每包裝所含食用分量數目：1		
Serving Size / 食用分量：40g / 克		
	Per 100g / 每100克	Per Serving / 每食用分量
Energy / 能量	1967 kJ / 千焦	787 kJ / 千焦
Protein / 蛋白質	7.9 g / 克	3.2 g / 克
Total Fat / 總脂肪	20.1 g / 克	8.0 g / 克
- Saturated Fat / 飽和脂肪	9.1 g / 克	3.6 g / 克
- Trans Fat / 反式脂肪	0 g / 克	0 g / 克
Total Carbohydrates / 總碳水化合物	68.6 g / 克	27.4 g / 克
- Dietary Fiber / 膳食纖維	4.4 g / 克	1.8 g / 克
- Sugars / 糖	17.3 g / 克	6.9 g / 克
Sodium / 鈉	317 mg / 毫克	127 mg / 毫克

中文字整體高度
Chinese total height = 0.91 mm (不符合指引)

英文字母"x-高度"
English x-height =0.48mm (不符合指引)

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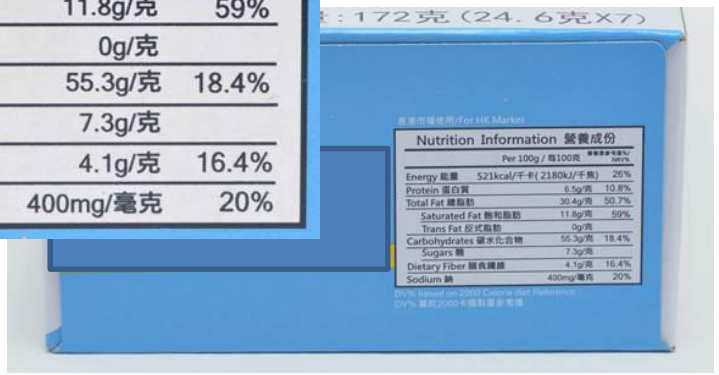
字體大小 **Font size**

例子 **Example (2)**

餅乾 / Biscuits

Nutrition Information 營養成份		
	Per 100g / 每100克	營養素參考值%/ NRV%
Energy 能量	521kcal/千卡(2180kJ/千焦)	26%
Protein 蛋白質	6.5g/克	10.8%
Total Fat 總脂肪	30.4g/克	50.7%
Saturated Fat 飽和脂肪	11.8g/克	59%
Trans Fat 反式脂肪	0g/克	
Carbohydrates 碳水化合物	55.3g/克	18.4%
Sugars 糖	7.3g/克	
Dietary Fiber 膳食纖維	4.1g/克	16.4%
Sodium 鈉	400mg/毫克	20%



有空間提供更大營養標籤
Have enough space to provide larger nutrition label

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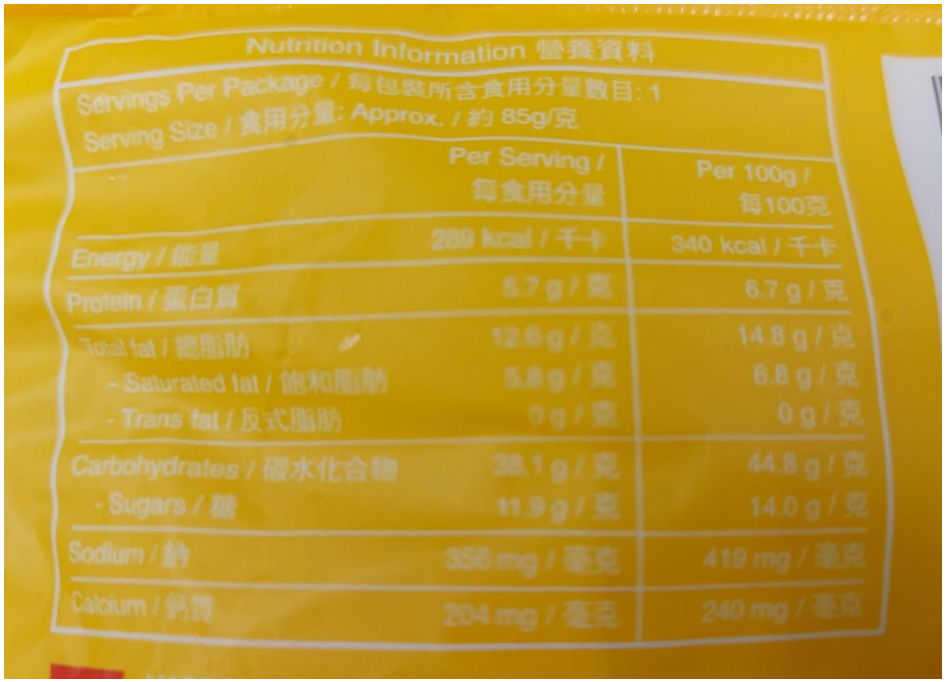
對比度 **Contrast**

例子 **Example (1)**

麵包 / Bread



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對比度 **Contrast**

例子 **Example (2)**

麵包 / Bread

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間距 **Spacing**

例子 **Example (1)**

沙甸魚罐頭 / Canned sardine

Nutrition Information	
	Per 100g
Energy	164kcal
Protein	17.0g
Total Fat	10.0g
Saturated Fat	2.5g
Trans Fat	0g
Carbohydrates	1.5g
Sugars	1.5g
Sodium	600mg

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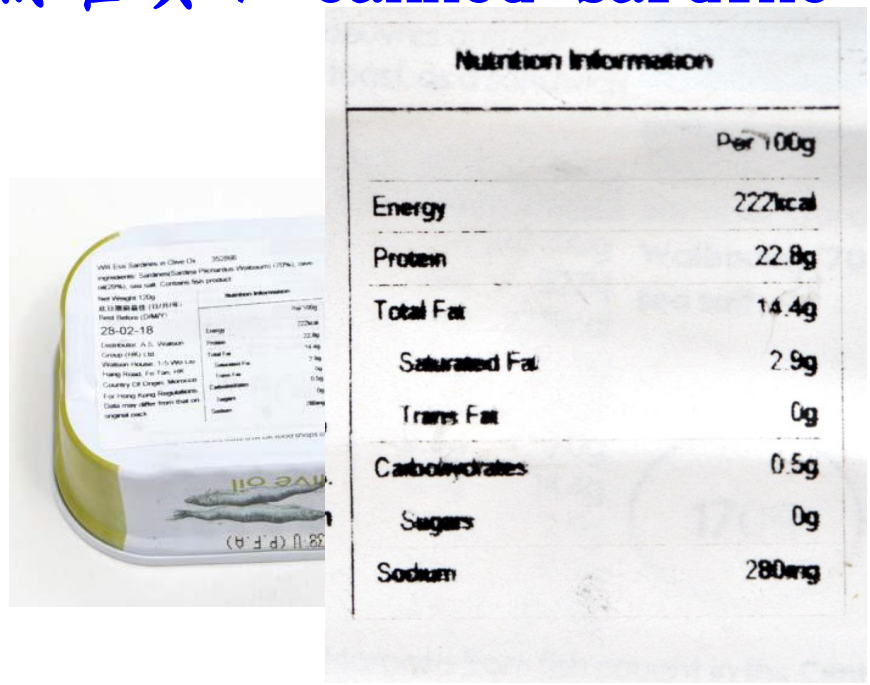
間距 **Spacing**

例子 **Example (2)**

沙甸魚罐頭 / Canned sardine



Nutrition Information	
	Per 100g
Energy	222kcal
Protein	22.8g
Total Fat	14.4g
Saturated Fat	2.9g
Trans Fat	0g
Carbohydrates	0.5g
Sugars	0g
Sodium	280mg

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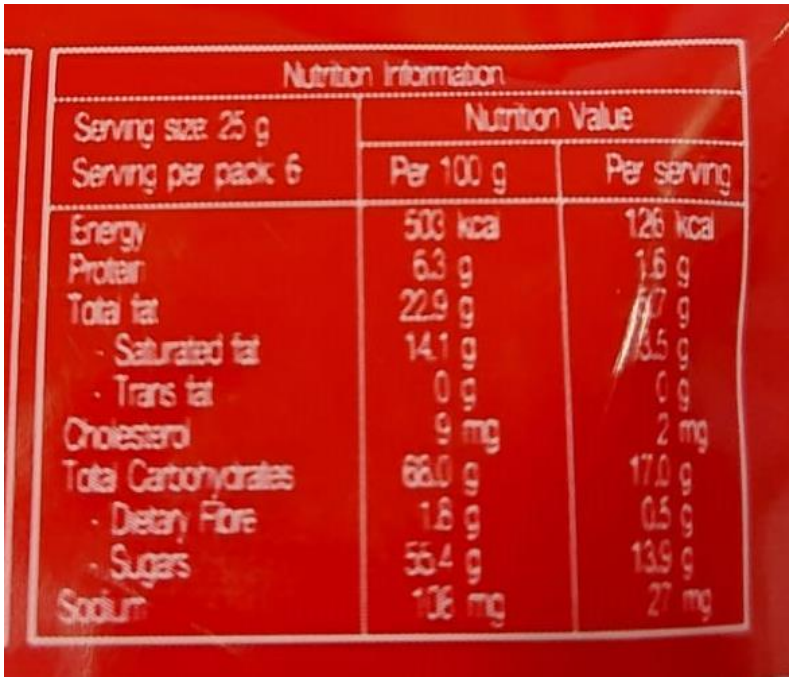
印刷技術 **Printing Technology**

例子 **Example (1)**

朱古力 **/ Chocolate**



Nutrition Information		
Serving size: 25 g Serving per pack: 6	Nutrition Value	
	Per 100 g	Per serving
Energy	503 kcal	126 kcal
Protein	6.3 g	1.6 g
Total fat	22.9 g	5.7 g
- Saturated fat	14.1 g	3.5 g
- Trans fat	0 g	0 g
Cholesterol	9 mg	2 mg
Total Carbohydrates	66.0 g	17.0 g
- Dietary Fibre	1.8 g	0.5 g
- Sugars	55.4 g	13.9 g
Sodium	106 mg	27 mg

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印刷技術 Printing Technology

例子 **Example (2)**

非酒精飲料 / Non-alcoholic beverages

Nutrition Information		
	Per	100mL
Energy	35	kcal
Protein	0.1	g
Total fat	0.0	g
Saturated fat	0.0	g
Trans. Fat	0.0	g
Carbohydrate	8.8	g
Sugars	8.8	g
Sodium	6	mg

Best before (YMD)

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反光印刷表面 **Reflective Surface**

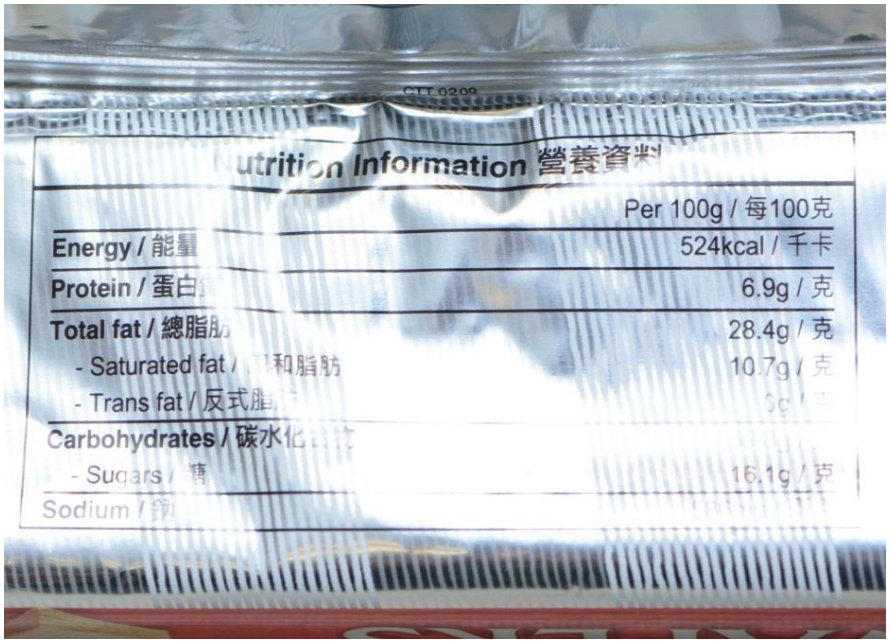
例子 **Example (1)**

麵包/蛋糕Bread/cake

反光印刷表面 **Reflective Surface**

例子 **Example (2)**

麵包/蛋糕Bread/cake



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反光印刷表面 **Reflective Surface**

例子 **Example (3)**

豆卷 / Soyabean roll

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建議 Advices (1)

- 根據《業界指引》，提供清晰可閱的食物標籤
- 採用適當的印刷技術印製食物標籤，並提供間距充足的食物標籤，尤其是印製外加的食物標籤標貼時，應加倍留意
- 確保食物標籤在正常的儲存情況下不會被摘掉或擦掉

- **make reference to the Guidelines to provide legible food label**
- **apply suitable printing technology and provide enough spacing in food label, particularly for affixed Food Label**
- **ensure the printing will not be removed, erased or rubbed off under normal conditions of storage**

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建議 Advices (2)

- 爲有足夠包裝面積的產品提供更大的食物標籤(尤其是營養標籤)
- 將食物標籤放於產品包裝的當眼位置
- 考慮將附有營養標籤的掛牌繫穩於包裝面積有限的產品上

- **provide larger food label (particularly NL) for products with adequate surface area**
- **provide food label in conspicuous place**
- **consider attaching hang tags (if applicable) with NLs to products with small surface area**

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食物標籤的可閱性
Legibility of Food Labels

- 中心會繼續監察食物標籤的可閱性。
- 假如本署有足夠證據證明有關人士違反第132W章的規定，便會對其採取法律行動。違例者一經法庭定罪，最高罰則是可被判處罰款50,000元和監禁6個月。

- **CFS would continue monitoring the legibility of food labels**
- **If there is sufficient evidence to prove any contravention under the Cap.132W Regulations, legal action will be taken against the offender. Upon conviction by the Court, the offender is liable to a maximum fine of $50,000 and 6 months imprisonment.**

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謝謝

Thank You

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