

# 降低食物中糖和脂肪含量的 業界指引

## Trade Guidelines for Reducing Sugars and Fats in Foods

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## 目的

本指引是為製造和售賣食物的所有業界而編製，目的在於協助他們生產和推廣既健康又可供安全食用的較低糖和脂肪含量的食物。



## 糖

### 食物中的糖

2 食物中的糖(包括單糖和雙糖)是簡單碳水化合物。有些糖天然存在於食物中(例如水果中的果糖、蜂蜜中的葡萄糖、以及奶類中的乳糖)，

其他的則是添加於食物中。含大量添加糖的食物包括糖果糕餅、蛋糕、酥皮糕點、餅乾、果汁飲料、濃縮果汁和碳酸飲料(俗稱汽水)等。糖有超過十多個名稱，例如紅糖、黃糖、高果糖玉米糖漿、麥芽糖漿、麥芽糖和糖蜜等。

### 糖與健康

3 糖可為身體提供能量(1克糖提供4千卡能量)。葡萄糖是其中一種糖，可快速為腦部提供能量。進食過多糖(包括游離糖<sup>1</sup>)可能令人攝入能量過剩，增加超重和患肥胖症的風險，從而增加患上心臟病和其他慢性非傳染病(包括某些癌症)的風險。經常過量攝入游離糖亦會增加蛀牙機會。

1 游離糖是指由製造商、廚師和消費者加入食物中的所有單糖和雙糖，加上蜂蜜、糖漿和果汁裡的天然糖分。

## Purpose

This set of guidelines is intended for all food traders manufacturing and selling foods. It aims to help them produce and promote wholesome and safe products which have lower sugars and fats content.

## Sugars

### Occurrence of sugars in foods

2 Sugars, which refer to mono- and di-saccharides present in food, are simple carbohydrates. Some sugars are found naturally in foods (e.g. fructose in fruits, glucose in honey, lactose in milk), whereas others are added to foods. Foods rich in added sugars include confectioneries, cakes, pastries, biscuits, fruit drinks, cordials, carbonated soft drinks, and so on. More than a dozen of terms are referring to sugars, such as brown sugar, high fructose corn syrup, malt syrup, maltose, molasses, etc..

### Sugars and health

3 Sugars provide energy for the body (1g sugars provides 4kcal). In the form of glucose, sugars serve as immediate energy source for the brain. Getting too much sugars (including free sugars<sup>1</sup>) may lead to excessive energy intake, increasing the risk of overweight and obesity, which in turn increases the risk of heart diseases and other chronic non-communicable diseases (NCD) including certain cancers. Frequent excessive intake of free sugars can also increase the risk of dental caries.

1 Free sugars mean all mono- and di-saccharides added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrup and fruit juices in diets.





4 世界衛生組織(下稱“世衛”)和聯合國糧食及農業組織(下稱“糧農組織”)建議，游離糖的攝取量應少於每日所需能量的10%。能量需要因人而異，受多項因素包括年齡、性別、體重及體力活動影響。以一個每日攝取

2000千卡能量的人為例，每日游離糖的攝取量應少於50克(約10粒方糖)。

### 糖在食品加工中的作用

5 糖通常在食物製造和處理過程中或在餐桌上添加於食物中。添加了糖的食物和飲料變得有甜味，更為可口。此外，糖具有防腐的作用，以及改變食物的特性如黏度、質感、色澤等。

## 脂肪

### 食物中的脂肪

6 膳食脂肪可來自植物性和動物性食物。不論來自植物或動物，所有脂肪(固體)和油(大部分屬



4 The World Health Organization (WHO) and Food and Agriculture Organization of the United Nations (FAO) suggest that the intake of free sugars should be less than 10% of the daily energy intake. Energy requirement depends on age, gender, body weight and activity level. For example, an individual with a daily energy intake of 2000kcal should limit the intake of free sugars to less than 50g/day (about 10 sugar cubes).



### Roles of sugars in food processing

5 Sugars are usually added to foods during processing, preparation, or at the table. The added sugars sweeten foods and beverages and improve their palatability. They are also added to foods for preservation purposes and to provide functional attributes, such as viscosity, texture and browning capacity.

## Fats

### Occurrence of fats in foods

6 Dietary fats are found in both plant and animal foods. All fats (solid) and oils (most of them are liquid), whether of vegetable or animal origin, are combinations of saturated and unsaturated fatty acids. Trans fat (TFA) is unsaturated fatty acids with at least a double bond in *trans* configuration, which makes it different from other unsaturated fat and has properties more like saturated fat (SFA).

7 Common sources of fats in our diet are cooking fats and oils, butter, margarine, salad dressings, fried foods, animal skin, seeds and nuts, and high fat animal products. Among these, a high level of SFA is found in animal fats (e.g. lard, beef tallow), full fat dairy products (e.g. butter, milk, cheese, cream), some



液體)都含飽和及不飽和脂肪酸。反式脂肪屬於不飽和脂肪酸，在結構上含有至少一個反式雙鍵，因而有別於其他不飽和脂肪，但特性卻較近似飽和脂肪。

7 我們從膳食攝入的脂肪一般來自烹調用脂肪和油、牛油(亦稱奶油或黃油)、人造牛油、沙律醬、煎炸食品、動物皮層、種子和堅果，以及高脂肪動物製品。動物脂肪(例如豬油、牛脂)、全脂乳製品(例如牛油、奶類、芝士、忌廉)、部分經加工的肉類、市售烘焙食品(例如餅乾、酥皮糕點)、油炸快餐食品、椰子油和棕櫚油等，都含有大量飽和脂肪。另一方面，反式脂肪大多來自油炸和烘焙食品等經加工食物(例如餅乾、曲奇餅、蛋糕、酥皮糕點、炸薯條等)。製造這些食品的配料、起酥油和硬人造牛油，都以部分氫化植物油製成。此外，精煉油也含有少量反式脂肪。而牛和羊的肉、奶和奶製品，都含有少量天然的反式脂肪。

### 脂肪與健康

8 脂肪提供人體各類組織(特別是神經組織)結構成分所必需的脂肪酸，脂肪還有助吸收脂溶性維他命A、D、E和K。脂肪是濃縮的能量來源(1克脂肪提供9千卡能量)。不過，進食過量脂肪會增加超重和患肥胖症的風險。

9 飽和脂肪和反式脂肪均會提高血液中的低密度脂蛋白(“壞”)膽固醇含量。此外，反式脂肪更會降低血液中的高密度脂蛋白(“好”)膽固醇含量。世衛指出，有令人信服的證據顯示，進食過量

processed meats, commercially baked products (e.g. biscuits, pastries), deep-fried fast foods, coconut oil and palm oil. On the other hand, TFA is mostly found in processed foods, such as fried foods and bakery products (e.g. crackers, cookies, cakes, pastries, chips, etc.) with partially hydrogenated vegetable oil used as ingredients, shortenings and hard margarines. A low level of TFA is also found in highly refined oil and present naturally in the meat, milk and milk products of sheep and cattle.

### Fats and health

8 Fats supply essential fatty acids for the structural components of tissues, especially neural tissues. They help in the absorption of the fat-soluble vitamins A, D, E and K. Fats are concentrated sources of energy (1g fats provides 9kcal). However, eating too much fats increases the risk of overweight and obesity.

9 Both SFA and TFA raise the level of low-density lipoprotein (“bad”) cholesterol in the blood. In addition, TFA also lowers the level of high-density lipoprotein (“good”) cholesterol in the blood. According to WHO, there is convincing evidence that eating too much SFA and TFA increases the risk of heart diseases, presently the second killer in Hong Kong. Cholesterol in the blood and tissues is derived from two sources: diet and endogenous synthesis. Although dietary cholesterol raises plasma cholesterol levels, observational evidence for an association of dietary cholesterol intake with heart diseases is contradictory. However, it is advisable to keep dietary cholesterol intake below



飽和脂肪和反式脂肪會增加患上各類心臟病(現時是香港的第二號殺手)的風險。在血液和身體組織中的膽固醇來自膳食和內源性合成。儘管膳食膽固醇提高血漿膽固醇水平，但膳食膽固醇攝入量與心臟病關係的觀察證據是矛盾的。不過，明智的做法是盡可能於膳食中保持膽固醇攝入量低於世衛建議的每日300毫克。

10 世衛和糧農組織建議，反式脂肪的膳食攝入量應為極低，實際上應少於每日所需能量的1%。至於飽和脂肪和總脂肪，建議的攝入量分別應少於每日所需能量的10%和介乎15至30%。以一個每日攝取2000千卡能量的人為例，每日攝入的總脂肪應少於60克(約4湯匙油)，其中不多於20克來自飽和脂肪，另不多於2.2克來自反式脂肪。

### 脂肪在食品加工的作用

11 脂肪在食物中擔當着功能和感官的重要角色。例如，脂肪能夠提升和釋放出其他配料的味道；與其他配料產生相互作用時，脂肪使食物具有



WHO's recommendation, i.e. 300mg/day.

10 WHO and FAO suggest that diets should provide a very low intake of TFA. In practice, this implies an intake of less than 1% of daily energy intake. As for SFA and total fat, an intake of less than 10% and between 15 and 30% of daily energy intake respectively is recommended. An individual with a daily energy intake of, for example, 2000kcal should limit the intake of total fat to less than 60g/day (about 4 tablespoons of oils), of which no more than 20g and 2.2g respectively should come from SFA and TFA.

### Roles of fats in food processing

11 Fats play important functional and sensory roles in food. For example, they are responsible for carrying, enhancing, and releasing the flavour of other ingredients, as well as for interacting with other ingredients to develop the texture and mouth feel characteristics of foods. Fats/oils also serve as a preservative to reduce the water activity of foods, prevent microbial growth and extend product shelf life. Furthermore, fats act as a heat transfer medium in frying.

### International approaches on reducing the intakes of sugars and fats in the population

12 In 2004 WHO Global Strategy on Diet, Physical Activity and Health recommended member states to work together with the private sector, health professional bodies, consumer groups, non-governmental organisations and so forth



特殊的質感和口感。脂肪/油亦有防腐作用，可降低食物的水活性、抑制微生物生長和延長產品保質期。此外，在煎炸食物時，脂肪可作為傳熱媒介將食物煮熟。

## 國際間對減低市民糖和脂肪攝入量的做法



12 2004年世衛的《飲食、身體活動與健康全球戰略》建議會員國應與私立部門、衛生專業機構、消費者團體、非政府組織等合作，合力降低與飲食有關的慢性非傳染病(包括肥胖症)負擔。該文件指出，食物業界採取措施減少加工食物中的糖和脂肪含量以及每份食物的分量、引進更多創新、健康和富有營養的選擇，以及審查目前市場營銷做法，可促進全球的健康。其中一項世衛向業界提出的具體建議是限制現有產品中游離糖、飽和脂肪和反式脂肪的含量。

13 在推銷手法方面，世衛主張限制向兒童推銷或以廣告促銷高糖和高脂的食品和飲料。為響應這項建議，一些國家實施法律管制禁止廣告，另一些則對市場營銷或廣告推行非法定指引和自我管制行業守則，例如一些團體公布的守則/指引<sup>2</sup>。

2 這些團體包括 the European Network on Reducing Marketing Pressure on Children, the Interagency Working Group on Food Marketed to Children, the Consumers International, and the International Obesity Task Force。

to reduce the burden of diet-related NCDs including obesity. It is highlighted that initiatives by the food industry to reduce the sugars and fats content of processed foods and portion sizes, to increase introduction of innovative, healthy, and nutritious choices; and review of current marketing practices, could accelerate health gains worldwide. Limiting the levels of free sugars, SFA and TFA in existing products is one of the specific recommendations to the trade.

13 On marketing practices, WHO advocates restricting the marketing or advertising of foods and beverages high in sugars and fat especially to children. To support this, some countries have introduced statutory regulations that ban advertising, and other countries have implemented non-statutory guidelines and self-regulation that impose some limitations on marketing or advertising, e.g. codes/guidelines published by some organisations<sup>2</sup>.

14 Food safety requires proactive tripartite collaboration among the Government, food trade and consumers. Taking into consideration of food safety, quality and consumer acceptance, food reformulation is a widely recommended and adopted approach to reduce sugars and fats in foods and hence in their overall intakes of the population. In the context of healthier food choices, it means reformulating existing foods to

2 These organisations include the European Network on Reducing Marketing Pressure on Children, the Interagency Working Group on Food Marketed to Children, the Consumers International, and the International Obesity Task Force.

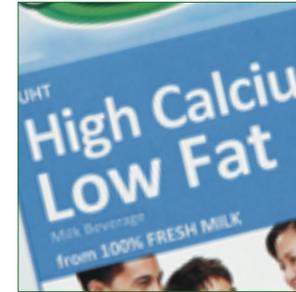


14 確保食物安全，有賴於政府、業界及消費者三方共同努力。考慮到食物安全、品質和消費者的接受程度，按新配方製造食物是廣為推薦和採用的方法。利用這個方法減少食物中的糖和脂肪含量，從而降低市民的整體糖和脂肪攝入量。就選擇更健康的食物而言，實際上是按新配方製造現有食物，把食物中某些成分去除(例如反式脂肪)或減少(例如糖及飽和脂肪)，同時維持食物的味道、質感和保質期等特質。多年來，經過不斷的監察，這方面已取得一些成果。例如，歐盟有報導指飽和脂肪含量在炸薯條中的已減少30至70%，在餅乾中則減少15至18%；而含糖飲料的糖含量則減少了10至40%。

15 海外的經驗顯示，業界在生產和推廣既健康又可供安全食用的較低糖及/或脂肪含量的食物，以及提升市民的健康水平方面，舉足輕重。就按新配方製造食物而言，減少食物的糖/脂肪含量的三項主要策略，分別是(一)減少糖和脂肪的含量，不以其他成分代替；(二)使用代替品或代用品；以及(三)減少每份食物的量。例如，英國、荷蘭和加拿大就訂定了減少多種食品脂肪含量的目標，供業界遵循。此外，在加拿大、英國和其他地方，亦有糖/脂肪的代替品，供生產多種食品。最後，不少國家如加拿大、澳洲和部分歐盟成員國(例如英國)建議各公司考慮減少每份食物的分量，藉此減少市民攝入糖和脂肪的分量。

remove (e.g. TFA) or reduce (e.g. sugars, SFA) certain food components while maintaining characteristics such as flavour, texture and shelf life. With continual monitoring, some positive results have been reported over the years. For instance, it has been reported that in the EU the amount of SFA has been reduced by 30-70% in chips and 15-18% in biscuits, and that of sugars by 10-40% in sugary drinks.

15 Overseas experience shows that the trade plays a crucial role in accelerating health gains in the population by **producing** and **promoting** wholesome and safe products with lower sugars and/or fats content. In terms of food reformulation, three main strategies have been identified to reduce sugars/fats in foods, namely, (i) reduce their amount without replacement, (ii) use replacements or substitutes, and (iii) reduce portion size. For instance targets in reducing fats in various products have been established in the UK, the Netherlands, and Canada for the trade to follow. Furthermore, possible alternatives to replace sugars/fats for various food products have been provided in Canada, the UK, and other places. Lastly, many countries such as Canada, Australia, some EU member states (e.g. the UK)



## 有關製造/生產較低糖/ 脂肪含量的食物的建議

### 採購較低糖/脂肪含量的配料/食物及訂定減糖/脂肪目標

- (i) 如有選擇，應選用較低糖/脂肪含量的配料。有關資料可請供應商提供，查閱產品的營養標籤，或從一些食物成分資料庫(例如食物安全中心的營養資料查詢系統)獲取。
- (ii) 建立公司產品的資料庫，以監察食物的糖/脂肪含量。
- (iii) 盡量就各食物類別訂定個別的減糖/脂肪目標。
- (iv) 根據食物安全中心預備的《減少食物中反式脂肪業界指引》中的建議，採購較低總脂肪、飽和脂肪及/或反式脂肪含量的配料。

### 實踐

- (i) 使用糖/脂肪時，應遵從優良製造規範。如情況許可，務求不超過減糖/脂肪目標。
- (ii) 提供(再)培訓給予廚師/主廚/食品研發人，使他們了解健康飲食之道和產品中較健康的選擇。
- (iii) 在無損食物的品質的情況下，研製低糖、低脂食物，並盡量減少使用添加劑。以減少肉餡餅內總脂肪含量為例，可選用較瘦的肉，並可透過調整餡餅皮的脂肪與麵粉比例進一步減少其含量。

have suggested companies to consider reducing the portion size as an approach to reduce the intake of sugars and fats in the population.

## Advice on manufacturing/producing foods with lower sugars/fats content

### Sourcing and targeting for ingredients/foods with lower sugars/fats content

- (i) Choose ingredients with lower sugars/fats content if available. The information could be obtained from the suppliers, the nutrition labels of the products, or some food composition databases, such as the Nutrient Information Inquiry System from the Centre for Food Safety.
- (ii) Establish a database of the company products to monitor the sugars/fats content in foods.
- (iii) Set individual sugars/fats reduction targets for various food categories if possible.
- (iv) Follow the advice in the Trade Guidelines on Reducing Trans Fats in Food prepared by the Centre for Food Safety to source for ingredients with lower total fat, SFA and/or TFA.

### Practising

- (i) Adhere to the Good Manufacturing Practice (GMP) when using sugars/fats. Aim to not exceeding sugars/fats reduction targets, whenever relevant.
- (ii) Provide (re-)trainings to cooks/chefs/product developers on healthy eating and the healthier options of food products.
- (iii) Research and develop products with lowered sugars and fats, with minimal use of additives if possible, and without

- (iv) 設計低糖、低脂食譜時，不但要考慮按新配方所製造之食品的觀感和質感，亦要顧及食品的微生物安全程度及穩定性。為降低食品因減少用糖/脂肪而引致的微生物風險，除使用防腐劑外，還可考慮降低酸鹼度、調低貯存溫度、增加加熱過程或善用包裝技術(例如真空包裝、充氮包裝)。
- (v) 提供更多低糖/低脂食物供顧客選擇。
- (vi) 把糖/糖漿及塗醬/沙律醬與食物分開放置，讓顧客按其口味添加於食物。
- (vii) 提供各種分量的食品或分量較小的食物供顧客選擇。如無法提供分量較小的食物，可建議貯存方法或改良包裝(例如使用密實袋、可重複密封的盒)，令剩餘的食物保存得更好，以便日後食用。
- (viii) 依照《減少食物中反式脂肪業界指引》，生產總脂肪、飽和脂肪及反式脂肪含量較低的食物；提供更多不用油炸，以低脂烹調方法配製的菜式，例如清蒸、烤焗。
- (ix) 只在有需要時才使用糖/脂肪的替代品，以減少食物的糖/脂肪含量。
- (x) 依最新科學共識為基礎，製造適合糖尿病患者的食品。其營養成分應支持有關患者的膳食管理，例如低糖、低脂。



compromising their quality. Taking total fat content of meat pies as an example, it could be reduced by choosing leaner cuts of meat, and may be further cut down by adjusting the ratio of fat and flour in the pastry.

- (iv) While developing low-sugars/low-fats recipes, consider not only its sensory and textural properties, but also the microbiological safety and stability of the reformulated product. Consider factors other than preservatives such as reducing pH, reducing storage temperature, increasing heat process, or using packaging techniques (e.g. vacuum packing, nitrogen packing) to reduce the microbiological risk of cutting sugars/fats in the products.
- (v) Provide more reduced sugars/fats content options for customers to choose.
- (vi) Serve sugar/syrup and spread/salad dressings separately for customers to add into the foods according to their tastes.
- (vii) Offer a range of portion sizes of products or smaller dishes for customers to choose. If smaller portion size is not possible, provide tips on or improve package for proper storage of the remaining foods for other eating occasions (e.g. use of zipper bags, resealable boxes).
- (viii) Use the Trade Guidelines on Reducing Trans Fats in Food as a guide to produce foods with lower total fat, SFA and TFA; such as providing more dishes that use low fat cooking methods (e.g. steaming, grilling) rather than deep-frying.
- (ix) Use sugars/fats replacers only if necessary to reduce the content of sugars/fats in the food supply.

## 有關推廣較低糖/脂肪含量的 食物的建議

### 廣告/宣傳資料

- (i) 在公司網頁或宣傳資料上列出各種菜式/產品的糖/脂肪含量，讓消費者知道可選擇糖/脂肪含量較低的食物。
- (ii) 提供小冊子/閱讀材料，講解從整體膳食攝入過量糖/脂肪的不良影響，以及在公司網頁或宣傳資料上列出各種食物的糖/脂肪含量。
- (iii) 遵從世衛的建議，限制高糖/脂肪食物和飲料的市場推銷或廣告宣傳，特別是針對兒童的推銷/廣告。
- (iv) 不鼓勵業界只是因為產品的糖及/或脂肪含量偏低，而在產品上使用“糖尿病食品”，“糖尿病患者的食品”，或與糖尿病相關的類似字眼。

### 有關產品

- (i) 要為產品就糖/脂肪含量作出“不含”和“低”的聲稱，產品的糖/脂肪含量必須符合本地規例內的有關營養聲稱條件(附件)。
- (ii) 至於一些含高糖分/脂肪而不能按新配方製造的食品(例如甜品、牛油)，應在食品上清晰地述明“世衛建議，游離糖的攝取量應少於每日所需能量的10%。(或總脂肪介乎15至30%、或飽和脂肪少於10%、或反式脂肪少於1%)”或類似的勸諭字句，以及標示進食該食品的一個食用分量所攝入的糖/脂肪分量(參考《預先包裝食物營養標籤的食用分量業界指引》)。

- (x) Formulate foods suitable for diabetes mellitus patients basing on current scientific consensus. Their nutritional composition shall support the dietary management of those patients, e.g. low in sugars, low in fats.

## Advice on promoting foods with lower sugars/fats content

### Advertisement/Promotion materials

- (i) Indicate the sugars/fats content of various dishes/products on company's homepage or promotion materials to inform the consumers the lower sugars/fats food options.
- (ii) Provide leaflets/reading materials on the harmful effects of excessive sugars/fats intake from all sources and the sugars/fats content of the various foods on company's homepage or promotion materials.
- (iii) Follow WHO advice on restricting the marketing or advertising of foods and beverages high in sugars/fats, especially to children.
- (iv) Trade are discouraged to use the term “diabetic foods”, “food for diabetes mellitus”, or similar words related to diabetes on products low in sugars, fats, and so on.

### On the products

- (i) Make the "free" and "low" sugars/fats claims only if the sugars/fats content of the products meet the nutrition claim conditions stipulated in local regulation (**Annex**).
- (ii) For products that are high in sugars/fats and cannot be meaningfully reformulated (e.g. desserts, butter), state legibly on the product that “WHO advises limiting the intake of free sugars to less than 10% daily energy intake per day (or 15-30% for total fat, or less than 10% for SFA, or less than 1% for TFA)” or similar advisory statements,

- (iii) 快餐連鎖店和食肆連鎖店應自願在菜單、非預先包裝食物和飲品的標籤、價目表及其他印刷品上提供營養標籤(例如以符號標示)，包括標示食品的糖/脂肪含量，讓顧客作出知情的選擇。

### 其他推廣活動

- (i) 提供獎勵(例如優惠券/折扣/贈品/回贈積分)以鼓勵顧客購買/訂購較低糖/脂肪食物。
- (ii) 商店選定一段時間(例如“低糖/脂肪”月)或在店內劃出部分地方(例如小食、甜品、不含酒精飲料)作宣傳較低糖/脂肪食物之用。
- (iii) 鼓勵廚師/主廚和前線員工向顧客提供建議和協助，指導他們如何選擇低糖/脂肪食物。
- (iv) 餐桌上不放置糖漿/糖和含有脂肪/油的佐料和醬料，只在顧客要求時才予以提供。
- (v) 自願提供小食的營養資料(包括糖/脂肪含量)給由香港營養學會管理的有“營”小食資料庫。
- (vi) 向本地中英文報章和雜誌的飲食健康欄供稿，介紹有關按新配方製造的較低糖/脂肪食品。

and indicate the sugars/fats intake when one serving of the product is consumed (refer to the Trade Guidelines on Serving Size of Prepackaged Food for Nutrition Labelling).

- (iii) For fast food chains and restaurant chains, provide voluntarily nutrition label (e.g. in a form of symbols) including the sugars/fats content of food products, such as in the menu, the label of the non-prepackaged foods and beverages, the price list, and other printing materials for customers to make informed choice.

### Other promotion activities

- (i) Provide incentives (e.g. coupons/discounts/gifts/award points) to encourage patrons purchasing/ordering foods with lower sugars/fats.
- (ii) Designate a period of time (e.g. lower sugars/fats month) or a corner (e.g. snacks, desserts, non-alcoholic beverages) in the shop to promote foods with lower sugars/fats.
- (iii) Encourage cooks/chefs and frontline staff to provide recommendation and assistance to customers on choosing low sugars/fats foods.
- (iv) Remove syrups/sugars and condiments/sauces containing fats/oils from the table and only present them to the customers when requested.
- (v) Submit voluntarily the nutrition information of snacks including sugars/fats content to the "Database of Prepackaged Snacks" maintained by the Hong Kong Nutrition Association.
- (vi) Supply articles to the food and health sections of local Chinese or English newspapers and magazines to introduce the reformulated products with lower sugars/fats content.

**附件：**  
**《食物及藥物 (成分組合及標籤) 規例》**  
**(第132W章)中有關糖/脂肪的聲稱和**  
**作出該等聲稱的相應條件**

營養素	作出聲稱的條件	
	每100克固體食物	每100毫升液體食物
<b>有“低”字樣的營養素含量聲稱</b>		
總脂肪	不超過3克	不超過1.5克
飽和脂肪	飽和脂肪和反式脂肪酸 (兩者合計)不超過1.5克； 以及	飽和脂肪和反式脂肪酸 (兩者合計)不超過0.75克； 以及
	飽和脂肪和反式脂肪酸之和提供不超過10% 能量	
糖	不超過5克	
<b>有“不含”字樣的營養素含量聲稱</b>		
總脂肪	不超過0.5克	
飽和脂肪	飽和脂肪和反式脂肪酸(兩者合計)不超過0.1克	
反式脂肪	反式脂肪不超過0.3克； 飽和脂肪和反式脂肪酸 (兩者合計)不超過1.5克； 以及	反式脂肪酸不超過0.3克 飽和脂肪和反式脂肪酸 (兩者合計)不超過0.75克； 以及
	飽和脂肪和反式脂肪酸之和提供不超過10% 能量	
糖	不超過0.5克	
<b>營養素比較聲稱</b>		
必須符合25%的最小相對差額；以及以下的最小絕對差額：		
總脂肪	不少於3克	不少於1.5克
飽和脂肪	飽和脂肪和反式脂肪酸 (兩者合計)不少於1.5克	飽和脂肪和反式脂肪酸 (兩者合計)不少於0.75克
反式脂肪	不少於0.3克	
糖	不少於5克	

**Annex:**  
**List of sugars/fats claims and corresponding**  
**criteria in the Food and Drugs (Composition**  
**and Labelling) Regulations (Cap. 132W)**

Nutrients	Claim Criteria	
	per 100g of solid food	per 100mL of liquid food
<b>Nutrient Content Claims with the word “Low”</b>		
Total fat	Not more than 3g	Not more than 1.5g
Saturated fat	Not more than 1.5g of saturated fat and trans fatty acids combined; <b>and</b>	Not more than 0.75g of saturated fat and trans fatty acids combined; <b>and</b>
	The sum of which contributes not more than 10% of energy.	
Sugars	Not more than 5g	
<b>Nutrient Content Claims with the word “Free”</b>		
Total fat	Not more than 0.5g	
Saturated fat	Not more than 0.1g of saturated fat and trans fatty acids combined	
Trans fat	Not more than 0.3g of trans fat; Not more than 1.5g of saturated fat and trans fatty acids combined; <b>and</b>	Not more than 0.3g of trans fat; Not more than 0.75g of saturated fat and trans fatty acids combined; <b>and</b>
	The sum of which contributes not more than 10% of energy	
Sugars	Not more than 0.5g	
<b>Nutrient Comparative Claim</b>		
Must meet a minimum relative difference of 25%; <b>and</b> a minimum absolute difference of:		
Total fat	Not less than 3g	Not less than 1.5g
Saturated fat	Not less than 1.5g of saturated fat and trans fatty acids combined	Not less than 0.75g of saturated fat and trans fatty acids combined
Trans fat	Not less than 0.3g	
Sugars	Not less than 5g	

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