

# 營養標籤是什麼？

WHAT IS NUTRITION LABEL?

營養標籤是食物標籤的一部分 Nutrition label is part of a food label



食物標籤上的資料 Information on Food Label



食物標籤上的營養資料 Nutrition Information on Food Label

# 營養標籤制度

## NUTRITION LABELLING SCHEME

- 自**2010年7月1日**起生效。Effective since **1<sup>st</sup> July 2010**.
- 規管預先包裝食物上的營養標籤及營養聲稱。  
Regulates nutrition labels and nutrition claims on prepackaged food.

營養資料 Nutrition Information	
每100毫升/Per100ml	
能量/Energy	68千卡/kcal 287千焦/kJ
蛋白質/Protein	3.5克/g
總脂肪/Total fat	4克/g
-飽和脂肪/Saturated fat	2.4克/g
-反式脂肪/Trans fat	0.1克/g
碳水化合物/Carbohydrates	4.6克/g
-糖/Sugars	4.6克/g
鈉/Sodium	44毫克/mg

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包裝須列出營養素“1+7”數值資料  
Label should list the nutritional values of “1+7”

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營養資料 Nutrition Information 每 100 克 /Per 100g  
能量 /Energy 436 千卡 /kcal (1831 千焦 /kJ) , 蛋白質 /Protein 11 克 /g ,  
總脂肪 /Total fat 16 克 /g , 飽和脂肪 /Saturated fat 7 克 /g ,  
反式脂肪 /Trans fat 0 克 /g , 碳水化合物 /Carbohydrates 62 克 /g ,  
糖 /Sugars 2 克 /g , 鈉 /Sodium 730 毫克 /mg

小包裝食物可能會採用直線形式展示營養標籤。  
Small packages may use this linear format to show the nutrition information.



營養聲稱須符合特定條件  
Nutrition claims should fulfill specified conditions



# 什麼是食用分量？

## WHAT IS SERVING SIZE?

食用分量泛指一般人每次進食該食物時通常會進食的分量。製造商會在預先包裝食物上提供一個相關食用分量作計算營養含量之用。有些國家會制訂一套適用於營養標籤的食用分量。部份食物業界在製作營養標籤時可能會參考相關資料。

Serving size generally refers to the amount of that food people usually eat in one eating occasion. Food manufacturers may provide a serving size of the prepackaged food for estimation of nutrition contents. Some countries may have set up a list of serving sizes for nutrition labelling purpose. Some food traders may take reference from such information when preparing their nutrition labels.

### 例子 Examples:



薯片 Potato chips: 30 克 /g  
(美國 USA)



飲品 Drinks: 250 毫升 /mL  
(歐盟 European Union)



曲奇餅 Cookies: 30-40 克 /g  
(加拿大 Canada)

# 營養聲稱 須符合特定的條件

NUTRITION CLAIMS SHOULD FULFIL SPECIFIED CONDITIONS



「低糖」是屬於一項營養素含量聲稱，表示該飲品每 100 毫升含不超過 5 克糖。  
"Low sugar" is a Nutrient Content Claim, indicating the drink contains not more than 5g of sugars per 100 mL.



「較少鈉」是一項營養素比較聲稱，表示該豉油與同類產品比較，它的鈉含量比同類產品最少低 25%。

"Less Sodium" is a Nutrient Comparative Claim, indicating the soy sauce contains at least 25% less sodium when compared with a similar product.

圖示的是一項營養素功能聲稱，表示該奶類產品含有鈣，而鈣有助鞏固骨骼生長。營養標籤上亦應同時顯示鈣的含量。

This figure shows a Nutrient Function Claim, stating the milk product contains calcium, and calcium is good for building strong bones. The amount of calcium should also be listed in the nutrition label.

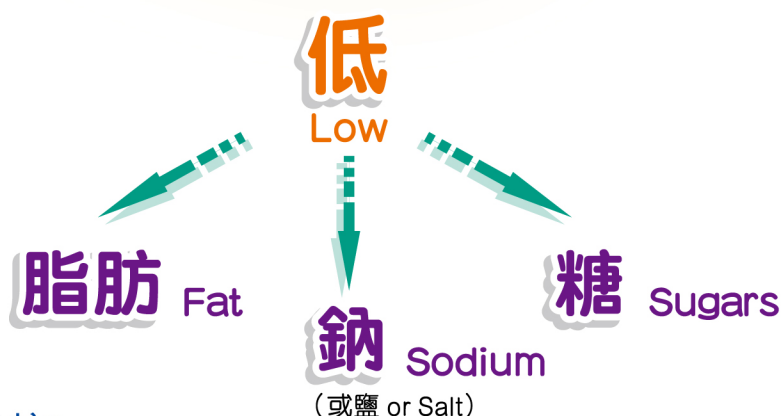




# 潮選「三低」

CHECK OUT “3 LOW” FOOD

- 追求健康的生活，「三低」飲食模式是其中一個有效方法。  
Adopting a “3 Low” diet is one of the keys to healthy lifestyle.



為什麼要限制攝入脂肪、鈉及糖？

Why Cut Back on Fat, Sodium and Sugars?

脂肪  
Fat

能量儲備和維持正常身體功能。

攝入過量：超重/肥胖症的風險增加。

As energy reserve and maintain normal body functions.

Excessive intake: higher risk of overweight/obesity.

鈉  
Sodium

維持體液平衡。

攝入過量：高血壓和胃癌的風險增加。

Maintain body fluid balance.

Excessive intake: higher risk of high blood pressure and stomach cancer.

糖  
Sugars

提供能量。


攝入過量：超重/肥胖症及蛀牙的風險增加。

Provide energy.

Excessive intake: higher risk of overweight/obesity and dental caries.

# 脂肪

## FAT

	每天攝入上限 Daily intake upper limit	約相當於 Approximately equal to	攝入過量會增加以下的風險 Excessive intake will increase the risk of
總脂肪* Total Fat*	60克/g	4 湯匙油 Tablespoons of oil 	超重及肥胖症 Overweight & obesity

\* 按 2000 千卡的膳食計算 Based on a 2000-kcal diet

什麼是高？

每100克食物中脂肪含量超過20克

What is High?

Food with fat content of more than 20 g per 100 g

什麼是低？

每 100 克食物中脂肪含量不超過 3 克

What is Low?

Food with fat content of not more than 3 g per 100 g

都市飲食習慣容易引致過量攝入脂肪。建議調整食物選擇及分量，以維持合適的脂肪攝入量。

Metropolitan eating habits often associate with excessive fat intake. Adjusting our food choices and consumption amount helps us maintain an appropriate intake level.



# 鈉

## SODIUM

	每天攝入上限 Daily intake upper limit	約相當於 Approximately equal to	攝入過量會增加 以下的風險 Excessive intake will increase the risk of
鈉 Sodium	2000毫克/mg	1 平茶匙鹽 level teaspoon of salt 	高血壓及胃癌 High blood pressure & Stomach cancer

什麼是高？

每100克食物中鈉含量超過600毫克

What is High?

Food with sodium content of more than 600 mg per 100 g

什麼是低？

每 100 克食物中鈉含量不超過 120 毫克

What is Low ?


Food with sodium content of not more than 120 mg per 100 g

食物中的鈉主要來自鹽及各種調味料。建議調整食物選擇及分量，以避免過量攝入鈉。

Sodium in food mainly comes from salt and seasonings. Adjusting our food choices and consumption amount prevent us from taking in too much sodium.

# 糖

## SUGARS

	每天攝入上限 Daily intake upper limit	約相當於 Approximately equal to	攝入過量會增加 以下的風險 Excessive intake will increase the risk of
糖* Sugars*	50克/g	10 粒方糖 Cubes of sugars 	超重/肥胖症及蛀牙 Overweight/ obesity and dental caries

\* 按 2000 千卡的膳食計算 Based on a 2000-kcal diet

什麼是高？

每100克食物中糖含量超過15克

What is High?

Food with sugars content of more than 15 g per 100 g

什麼是低？

每 100 克食物中糖含量不超過 5 克

What is Low?

Food with sugars content of not more than 5 g per 100 g

糖可以增添進食的樂趣，但過量攝入則有損健康。建議調整食物選擇及分量，達致糖的攝入量不超過每天攝入上限。

Sugars add to the pleasure of eating, but excessive intake harms our health. Adjusting our food choices and consumption amount helps keep our sugars intake in check.



# 什麼是2000千卡膳食？

## WHAT IS A 2000-KCAL DIET?

營養標籤多以2000千卡的膳食作營養素參考值的計算基礎。2000千卡的膳食是指一整天從食物和飲品中所攝取的能量總值為2000千卡的膳食。

A 2000-kcal diet is often used in nutrition labels as a basis for calculation of nutrient reference values. It refers to a diet which gives a total of 2000 kcal of energy from all food and drinks consumed in a day.

能量需要量視乎 Energy requirement depends on -

- ◆ 年齡age
- ◆ 性別gender
- ◆ 體重body weight
- ◆ 活動量等physical activity level, etc



### 例子(二) Example B:

- ◆ 男性清潔工人Male cleaner
- ◆ 體重60至65公斤(132至143磅)  
Body weight of 60 to 65 kg  
(132 to 143 lb)
- ◆ 低至中度活動量  
Low to medium activity level
- ◆ 每天約需2400至2800千卡能量  
Requires about 2400 to 2800 kcal daily



### 例子(一) Example A:

- ◆ 女性售貨員Female salesperson
- ◆ 體重50至60公斤(110至132磅)  
Body weight of 50 to 60 kg  
(110 to 132 lb)
- ◆ 低活動量  
Low activity level
- ◆ 每天約需1800至2000千卡能量  
Requires about 1800 to 2000 kcal daily

營養素(例如脂肪、糖)的每天攝入上限與能量需要量成正比。

Daily intake upper limits of nutrients (e.g. fat, sugars) are directly proportional to energy requirement.

你亦可向你的家庭醫生或營養師查詢更具體資料。

You may also consult your family doctor or dietitian for further details.

# 脂肪及膽固醇

## FATS AND CHOLESTEROL

為保持心臟健康和理想的體重，應限制攝入總脂肪、飽和脂肪、反式脂肪和膽固醇。

To maintain heart health and a desirable body weight, try to limit intake of total fat, saturated fat, trans fat and cholesterol.

### 總脂肪 Total fat

攝入過量會增加超重及肥胖症的風險。  
Excessive intake will increase the risk of overweight and obesity.

### 飽和脂肪 Saturated Fat

會提升血液中“壞”膽固醇，增加患心臟病的風險。  
May raise the "bad" cholesterol in blood and increase the risk of heart disease.

### 反式脂肪 Trans Fat

會提升血液中“壞”膽固醇和降低“好”膽固醇，增加患心臟病的風險。  
May raise the "bad" cholesterol and also lower the "good" cholesterol in blood and increase the risk of heart disease.

### 膽固醇 Cholesterol

血膽固醇過高會增加患心臟病的風險。  
High blood cholesterol is a risk factor for heart disease.



# 營養知多少 揀啱我需要 - 糖

MAKE BETTER CHOICES, USE NUTRITION LABELS-SUGARS



營養資料 Nutrition Information	
每100克/ Per100g	
能量/Energy	400千卡/kcal
蛋白質/Protein	5.3克/g
總脂肪/Total fat	0.5克/g
-飽和脂肪/Saturated fat	0.1克/g
-反式脂肪/Trans fat	0克/g
碳水化合物/Carbohydrates	93.7克/g
-糖/Sugars	42克/g
鈉/Sodium	1100毫克/mg



這玉米片每100克含42克糖。  
In these corn flakes, every 100g contains 42g sugars.



假如我進食50克玉米片，便會攝取入**21**克糖，  
即約4粒方糖，佔糖每天攝入上限的四成。

If I eat 50g of corn flakes, I'll have **21** g sugars,  
i.e. about 4 cubes of sugars, which is 40% of the  
daily intake upper limit for sugars.

# 營養知多少 揀啱我需要-鈉

MAKE BETTER CHOICES, USE NUTRITION LABELS- SODIUM



營養資料 Nutrition Information	
每包裝所含食用分量數目/Servings Per Package : 2 食用分量/Serving Size : 200克/200g	
	每食用分量/ Per Serving
能量/Energy	116千卡/kcal
蛋白質/Protein	3.2克/g
總脂肪/Total fat	7.0克/g
- 飽和脂肪/Saturated fat	2.0克/g
- 反式脂肪/Trans fat	0克/g
碳水化合物/Carbohydrates	10克/g
- 糖/Sugars	2.5克/g
鈉/Sodium	940毫克/mg

這罐罐頭湯每 200 克 (即半罐) 含 940 毫克鈉。  
In this canned soup, every 200g (i.e. 1/2 can) contains 940mg sodium.



假如我進食半罐湯，便會攝取入 **940** 毫克鈉，即約半茶匙鹽，佔鈉每天攝入上限的一半。

If I eat half can of soup, I'll have **940** mg sodium, i.e. about half a teaspoon of salt, which is 50% of the daily intake upper limit for sodium.





# 營養知多少 揀啱我需要-脂肪(1)

MAKE BETTER CHOICES, USE NUTRITION LABELS-FAT(1)

“我每天下午會感到肚餓，  
通常會吃5塊餅乾作為小食。  
I feel hungry in the afternoon  
everyday. I usually eat 5  
pieces of biscuit as a  
snack.”



這款餅乾每 100 克含 28 克總脂肪。  
In this biscuit, every 100g contains  
28g total fat.



餅乾甲 Biscuit A

## 營養資料 Nutrition Information

	每100克/Per100g
能量/Energy	542千卡/kcal
蛋白質/Protein	5.8克/g
總脂肪/Total fat	28克/g
- 飽和脂肪/Saturated fat	16.8克/g
- 反式脂肪/Trans fat	0克/g
碳水化合物/Carbohydrates	67.4克/g
- 糖/Sugars	43.4克/g
鈉/Sodium	160毫克/mg



假如我進食 5 塊(重 50 克)，便會攝入 **14** 克總脂肪，  
即一湯匙油，約佔脂肪每天攝入上限的四分之一。

If I eat 5 pieces (weigh 50g), I'll have **14g** total fat,  
i.e. 1 tablespoon of oil, which is about 25% of the daily  
intake upper limit for fat.



# 營養知多少 揀啱我需要 - 脂肪(2)

MAKE BETTER CHOICES, USE NUTRITION LABELS - FAT(2)

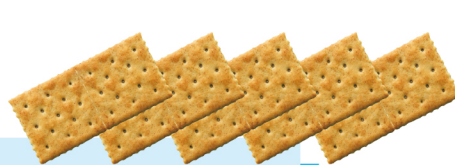
## 餅乾乙 Biscuit B

營養資料 Nutrition Information	
每包裝所含食用分量數目/Servings Per Package: 3	
食用分量/Serving Size: 5塊 (50克)/5 pieces (50g)	
	每食用分量/ Per Serving
能量/Energy	218千卡/kcal
蛋白質/Protein	5.5克/g
總脂肪/Total fat	8.0克/g
- 飽和脂肪/Saturated fat	3.5克/g
- 反式脂肪/Trans fat	0克/g
碳水化合物/Carbohydrates	31.0克/g
- 糖/Sugars	1.0克/g
鈉/Sodium	365毫克/mg



這款餅乾每食用分量是 5 塊 (即 50 克)，含 8 克總脂肪。

In this biscuit, each serving size is 5 pieces (i.e. 50g) which contains 8g total fat.



假如我進食 5 塊 (即 50 克)，便會攝入 **8** 克總脂肪，即約半湯匙油，約佔脂肪每天攝入上限的八分之一。

If I eat 5 pieces (i.e. 50g), I'll have **8g total fat**, i.e. about half a tablespoon of oil which is about one-eighth of the daily intake upper limit for fat.



作為小食，攝入半湯匙油的分量較為合適。因此，我會選吃餅乾乙。

It is more appropriate to take in half a tablespoon of oil from a snack. As such, I'll choose Biscuit B.

# 我的營養日記

## MY NUTRITION DIARY

就著你所關注的營養素，你可以考慮用日記方式，記下每天從食物和飲品中一共攝入了多少。

For the nutrients of your concern, you can consider using a diary to jot down your daily intake from food and drinks.

例子 Sample: 我的名字：Mimi，我關注的營養素：糖  
My Name: Mimi, My Nutrient of Concern: Sugars

日期 Date	時間 Time	食物 Food	糖攝入量 Sugars intake	感想 Remarks	累積攝入量 Cumulative intake
5.5.2011	0900	熱咖啡, 1杯 Hot coffee, 1 cup	1茶匙 teaspoonful	1茶匙是5克糖! 1 teaspoonful is 5 g sugars!	5克/g
	1200	可樂, 1/2罐 (165毫升) Coke, 1/2 can (165 mL)	18克/g	與朋友分享 一罐 Shared the can with a friend	23克/g 
	1700	餅乾, 50克 Biscuits, 50 g	7克/g		30克/g 

要保持健康，選擇食物及進食時，  
不要忘記參考均衡飲食的原則呀！  
To stay healthy, don't forget to take  
note of the principles of balanced diet  
when making food choices and during  
consumption!

