

# 預先包裝食物標籤知多點

## Know More About the Label of Prepackaged Food

### 食物名稱

#### Name of the food

- 須加上可閱標記，不得就食物的性質有虛假、誤導或詐騙成分。
- It shall be legibly marked and shall not be false, misleading or deceptive as to the nature of the food.

### 製造商或包裝商 的名稱及地址

#### Name and address of manufacturer or packer

### 保質期的說明

#### Indication of durability

- “此日期或之前食用”或“此日期前最佳”
- “Use by” or “Best before” date.

### 數量、重量或體積

#### Count, weight or volume

### 配料表

#### List of ingredients

- 配料須按用於食物包裝時所佔的重量或體積，由大至小依次表列。
- 如含有法例中列明的食物致敏物，必須標示。
- 如使用添加劑，須標示其作用類別和其本身所用名稱或國際識別編號（不論是否以“E”或“e”為詞頭）。
- **Ingredients** should be listed in descending order of weight or volume determined as at the time of their use when the food was packaged.
- **Allergenic substances** stated in the law should be specified if they are present in the food.
- Functional class of an **additive** and its specific name or international identification number (with or without the prefix “E” or “e”) should be specified if it is used.

### 特別貯存方式 或使用指示的陳述

#### Statement of special conditions for storage or instructions for use



## 營養標籤 Nutrition Label

- 營養標籤是一套有系統地標示食品營養資料的方法。
- 營養標籤一般以列表形式標示有關資料，並加上“營養資料”、“營養成分”或“營養標籤”等標題。
- Nutrition label is a systematic way of presenting nutrition information of food products.
- Nutrition label is usually in a tabular format with a heading like “Nutrition Information”, “Nutrition Facts” or “Nutrition Label”.



## 營養聲稱 Nutrition Claims

- 營養聲稱是凸顯某種營養素的含量或生理功用的說明。
- 食品必須符合特定的條件才可作出營養聲稱。同時，營養標籤必須列出涉及聲稱的營養素的含量（例如聲稱「低膽固醇」的洋葱湯必須列出膽固醇含量及符合特定的條件）。
- Nutrition claims emphasise the contents or physiological roles of selected nutrients.
- Nutrition claims must meet certain specified conditions. Also, the amounts of those nutrients that are the subjects of nutrition claims must be included in the nutrition label (e.g. a can of onion soup with “low cholesterol” claim must list the cholesterol content and meet certain conditions).

## 能量及營養素 Energy and Nutrients

- 營養標籤必須列出“1+7”的資料，即能量及七種指定標示營養素的數值（包括蛋白質、總脂肪、飽和脂肪、反式脂肪、碳水化合物、糖及鈉）。
- Nutrition label must list out the energy content and values of 7 nutrients specified for labelling (“1+7”), namely, protein, total fat, saturated fat, trans fat, carbohydrates, sugars and sodium.

## 食物參考量 Reference Amount of Food

- 能量和營養素數值可以不同的食物參考量來表達，例如以每100克、每100毫升、每食用分量或每包裝。
- Energy and nutrient values can be expressed in different reference amount such as per 100g/mL, per serving or per package.

有關食物標籤及營養標籤的詳情 請瀏覽食物安全中心網頁  
For further information on Food Labelling and Nutrition Labelling  
Please visit the website of the Centre for Food Safety

[www.cfs.gov.hk](http://www.cfs.gov.hk)