

睇營養標籤 Read Nutrition Label

脂肪

脂肪天然存在於奶類、肉類及油脂等。部分食物或因油炸等加工過程令脂肪含量增加。

食物例子：薯片、蛋糕、餅乾、即食麵。

食物：即食麵

脂肪含量：15克(每包裝)

Fat

Fat naturally presents in milk, meat and oil, etc. Fat content of some prepackaged foods may be increased through processing such as deep frying. Food examples: Potato chips, bakery products, instant noodle.

Food: Instant noodle

Fat content level: 15g (per pack)

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糖

過量攝取糖會導致超重及蛀牙。

食物例子：飲料如汽水、果汁、甜點、糖果及部分穀類早餐。

食物：粟米片

糖含量：40克(每100克)

Sugars

Excessive intake of sugars can cause overweight and dental caries.

Food examples: Beverage likes soft drinks and juice, desserts and some breakfast cereals may contain higher amounts of sugars.

Food: Cornflakes

Sugars content level: 40g (per 100g)

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鈉

過量攝取鈉會增加患上高血壓及胃癌的風險。

食物例子：罐頭食品、調味料、醃製食物、鹹味小食。

食物：罐頭沙甸魚

鈉含量：320毫克(每食用分量：55克)

Sodium

Excessive intake of sodium increases risk of high blood pressure and stomach cancer.

Food examples: Canned food, sauces, preserved food and savory snacks.

Food: Canned sardines

Sodium content level: 320mg (per serving: 55g)

知我食多少 Know How Much I Eat

我的進食分量：1包

我的總脂肪攝入量：15克

My consumption amount: 1 pack

My total fat intake: 15g



營養資料 Nutrition Information	
每包裝/Per Package	
能量/Energy	363千卡/kcal
蛋白質/Protein	7克/g
總脂肪/Total fat	15克/g
- 反式脂肪/Trans fat	0克/g
碳水化合物/Carbohydrates	50克/g
- 糖/Sugars	1克/g
鈉/Sodium	600毫克/mg

知我食多少 Know How Much I Eat

我的進食分量：50克

我的糖攝入量：20克

My consumption amount: 50g

My sugars intake: 20g



營養資料 Nutrition Information	
每100克/Per 100 g	
能量/Energy	371千卡/kcal
蛋白質/Protein	5克/g
總脂肪/Total fat	0.3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	87克/g
- 糖/Sugars	40克/g
鈉/Sodium	500毫克/mg

知我食多少 Know How Much I Eat

我的進食分量：110克

我的鈉攝入量：640毫克

My consumption amount: 110g

My sodium intake: 640mg



營養資料 Nutrition Information	
每包裝所含食用分量=2 / No. of Servings per pack=2	
食用分量：55克 / Serving size: 55g	
每食用分量 Per serving	
能量/Energy	72千卡/kcal
蛋白質/Protein	8克/g
總脂肪/Total fat	4克/g
- 飽和脂肪/Saturated fat	1克/g
- 反式脂肪/Trans fat	0克/g
碳水化合物/Carbohydrates	1克/g
- 糖/Sugars	0.6克/g
鈉/Sodium	320毫克/mg

揀咗我需要 Make Better Choices

一般人士每日總脂肪的攝入上限：
60克(4湯匙油)。

對比總脂肪的每日攝入上限，
我已攝取上限的百分之25。

For most people, the daily
intake upper limit of total fat:
60g (4 tablespoons of oil).

With reference to the daily
intake upper limit of fat,
I have taken 25%.



揀咗我需要 Make Better Choices

一般人士每日糖的攝入上限：
50克(10粒方糖)。

對比糖的每日攝入上限，
我已攝取上限的百分之40。

For most people, the daily
intake upper limit of sugars:
50g (10 cubes of sugars).

With reference to the daily
intake upper limit of sugars,
I have taken 40%.



揀咗我需要 Make Better Choices

一般人士每日鈉的攝入上限：
2000毫克(1平茶匙鹽)。

對比鈉的每日攝入上限，
我已攝取上限的百分之32。

For most people, the daily
intake upper limit of sodium:
2000mg (1 level teaspoon of salt).

With reference to the daily
intake upper limit of sodium,
I have taken 32%.



睇營養標籤

食物：_____

我關注的營養素：

脂肪 糖 鈉

食物參考量：

每100克/毫升

每包裝

每食用分量 (_____ 克/毫克)

營養素含量：_____ 克/毫克

Read Nutrition Label

Food: _____

Nutrient of my concern:

Fat Sugars Sodium

Reference amount of food:

per 100g/ml

per pack

per serving (_____ g/ml)

Nutrient content: _____ g/mg

知我食多少

我的進食分量：_____ 克/毫升

或 _____ 包

我的營養素攝入量：_____ 克/毫克

Know How Much I Eat

My consumption amount: _____ g/ml

or _____ pack(s)

My nutrient intake: _____ g/mg

揀啱我需要

對比營養素的每日攝入

上限 _____ 克/毫克，我已攝取上限的百分之 _____。

Make Better Choices

With reference to the daily intake upper limit of the nutrient _____ g/mg, I have taken _____ %.

本單張上所載的總脂肪及糖的每日攝入上限是按一般成年人攝取2000千卡的膳食計算。

The daily intake upper limits of total fat and sugars in this pamphlet are based on a 2000-kcal diet for an average adult.

活用營養標籤 3部曲 -step Guide to Use Nutrition Labels

睇營養標籤
Read Nutrition Label

知我食多少
Know How Much I Eat

揀啱我需要
Make Better Choices



由脂肪、糖及鈉開始！
Let's start from fat, sugars and sodium!