# **NutriGet**

"1+7" and Health

Consumers can find "1+7" nutrition information, i.e. energy plus seven specified nutrients – protein, total fat, saturated fat, trans fat, carbohydrates, sugars and sodium. Let's look at what these are and their effects on our health.

# **Energy**

- Supports activities of human body.
- If energy intake is more than energy spent, body weight will increase.
- Energy requirement varies with individuals.

## **Protein**

- Essential for growth and maintenance of body, muscle, bones and teeth.
- Daily intake goal: 60 g

Based on a 2000-kcal diet

### **Carbohydrates**

- Major source of energy.
- Daily intake goal: 300 g

Based on a 2000-kcal diet

# **Sugars**

- Immediate source of energy for brain and muscles.
- Excessive intake: higher risk of overweight/obesity and dental caries.
- Daily intake upper limit: 50 g

Based on a 2000-kcal diet

# 營養資料

**Nutrition Information** 

# 每100克 / Per100g

380千卡/kcal

7.1		
蛋白質/Protein		6克/g
總脂肪/Total fat <del>《</del>		3克/g
- 飽和脂肪/Saturated fat <del>《</del>		1.5克/g
- 反式脂肪/Trans fat <		0克/g
▶碳水化合物/Carbohydrates		82克/g
┣── 糖/Sugars		5克/g
鈉/Sodium		120毫克/mg

#### **Sodium (or Salt)**

Maintain body fluid balance.

能量/Energy

- Excessive intake: higher risk of high blood pressure and stomach cancer.
- Daily intake upper limit: 2000mg

Not related to energy requirement

#### **Total Fat**

- As energy reserve and maintain normal body functions.
- Excessive intake: higher risk of overweight or obesity.
- Daily intake upper limit: 60 g

Based on a 2000-kcal diet

#### **Saturated Fat**

- May raise the "bad" cholesterol in blood and increase the risk of heart disease.
- Daily intake upper limit: 20 g

Based on a 2000-kcal diet

# **Trans Fat**

- May raise the "bad" cholesterol and also lower the "good" cholesterol in blood and increase the risk of heart disease.
- Daily intake upper limit: 2.2 g

Based on a 2000-kcal diet

Energy requirement of individuals varies with their age, gender, body weight and physical activity level. For average adult, female salesperson, with body weight of 50 to 60 kg (110 to 132lb) and low physical activity level will require about 1800 to 2000 kcal a day. Male cleaner, with body weight of 60 to 65 kg (132 to 143 lb) and low to medium physical activity level will require about 2400 to 2800 kcal a day. You may also consult your family doctor or dietitian for further details.

# **Want to Try?**

Now, it's time to understand the energy and nutrient available from your favourite prepackaged foods! You may also try our online tool "Nutrition Label Widget" at www.nutritionlabel.gov.hk to check your energy requirement and daily intake upper limit.



