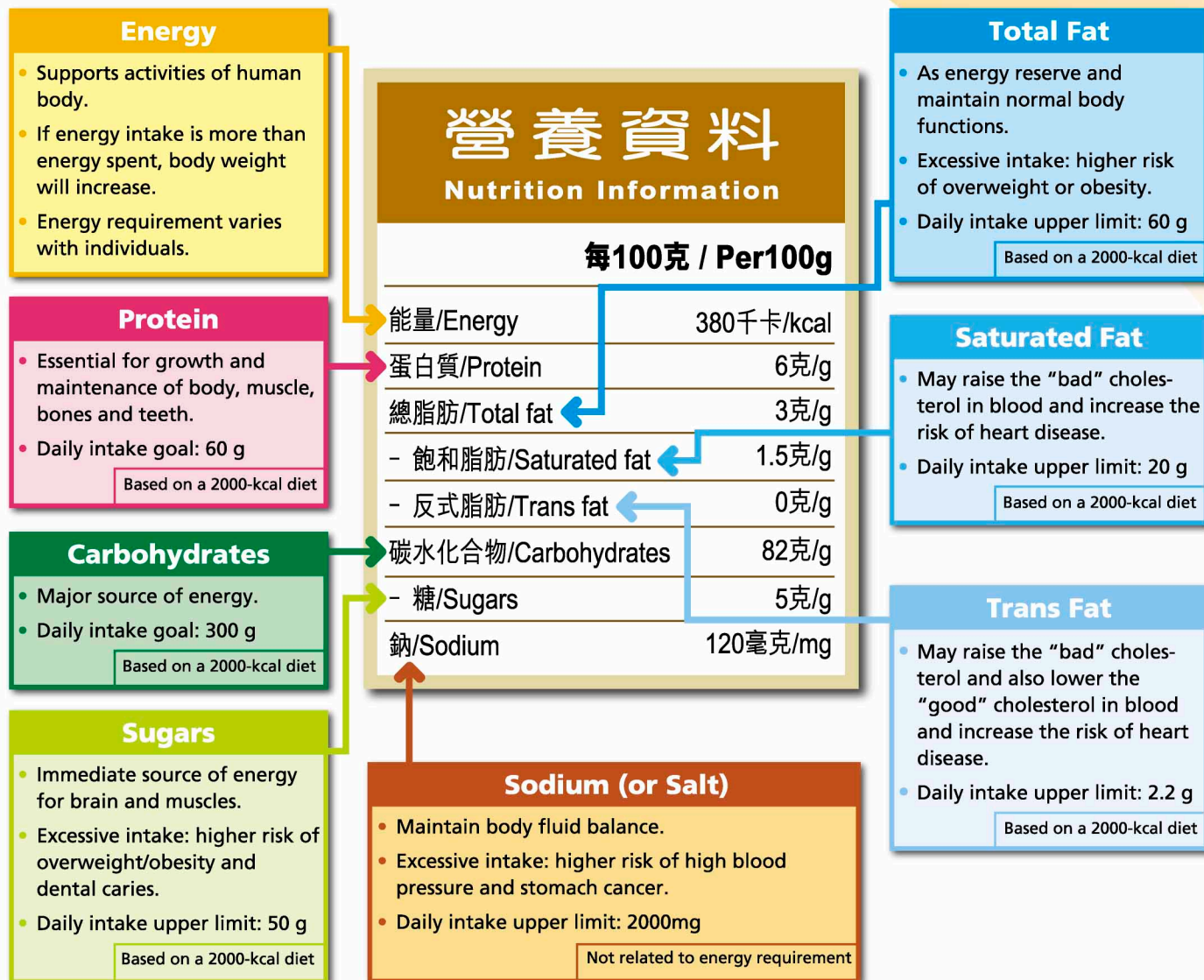


# NutriGet

## "1+7" and Health

# 2

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 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](http://www.nutritionlabel.gov.hk) to check your energy requirement and daily intake upper limit.