

## Turn and look for healthier food choices Want to Learn More?

Check out the following websites:  
Centre for Food Safety  
[www.cfs.gov.hk](http://www.cfs.gov.hk)

Central Health Education Unit,  
Department of Health  
[www.cheu.gov.hk/eng/info/  
otherdiseases.htm](http://www.cheu.gov.hk/eng/info/otherdiseases.htm)



A closer look at  
Nutrition Labelling

## HEART DISEASES AND FATS



# HEART DISEASES

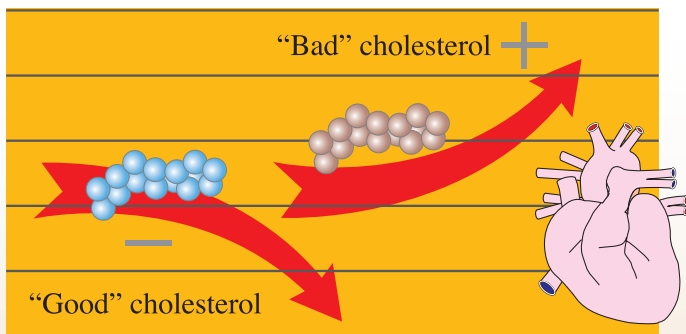


Heart diseases have been one of the top killers in Hong Kong. According to the Department of Health, 16 in 100 deaths were caused by heart diseases in 2007. Maintaining healthy body weight, normal blood pressure and blood cholesterol level are important in managing heart diseases. To achieve these goals, people with heart diseases should always adopt the “3 Low, 1 High” healthy eating principle, that is low fat, low sodium (or salt), low sugars and high fibre. Among the “3 Low” nutrients, reduction in fat intake is particularly noteworthy.

## FATS AND HEART DISEASES

There are two major types of cholesterol in our body, the Low Density Lipoprotein (LDL) cholesterol (also known as “bad” cholesterol) and High Density Lipoprotein (HDL) cholesterol (also known as “good” cholesterol). High “bad” cholesterol and/or low “good” cholesterol in blood contribute to the development of heart diseases.

Both saturated fat and trans fat raise the “bad” cholesterol level in blood. In addition, trans fat also lowers the level of “good” cholesterol in blood.



On the other hand, monounsaturated fat and polyunsaturated fat do not raise the “bad” cholesterol level and are considered beneficial to heart health if taken in moderate amount. Monounsaturated fat and polyunsaturated fat, like other kinds of fat, are concentrated sources of energy (1 g of fat provides 9 kcal). Eating too much of these fats may also lead to excessive energy intake which, in turn, increases the risk of overweight and obesity.

## How Much Fat Do We Need?



Based on a 2000-kcal diet, the total fat intake should be limited to **60 g per day** (1 tablespoon of oil provides 14 g of fat) of which not more than 20 g and 2.2 g should come from saturated fat and trans fat respectively.

## DIETARY MANAGEMENT OF HEART DISEASES

To maintain a healthy heart, people with heart diseases should consume diet lower in fat especially saturated fat and trans fat. They are advised to choose food with lower combined amount of saturated fat and trans fat as well as replacing these fats with an appropriate amount of healthier alternatives such as monounsaturated fat and polyunsaturated fat. Dietary modifications including increasing dietary fibre intake and limiting dietary cholesterol intake are suggested as well.

## USE OF NUTRITION LABELLING

From 1<sup>st</sup> July 2010, nutrition labels on prepackaged food will provide the content information of energy, protein, carbohydrates, total fat, **saturated fat**, **trans fat**, **sodium** and sugars. When reading



nutrition labels, attention should be paid to the serving size and the actual amount of food to be consumed. If one eats twice the serving size, the energy and nutrient content will be doubled accordingly.

Nutrition claims on a package are always eye-catching, in particular claims on saturated fat, trans fat and cholesterol for people with heart diseases. Since different types of fat have different effects on heart health, requirements on these claims under the Nutrition Labelling Scheme are inter-related. For example, products with claims on any types of fat, including total fat, saturated fat and trans fat, must also present its cholesterol content in the nutrition label. Products carrying claim on cholesterol must fulfill requirements not only on cholesterol, but also on saturated fat and trans fat.

Nutrition Information 營養資料		Per Package/ 每包裝
Energy/ 能量	122kcal/ 千卡 (512kJ/ 千焦)	
Protein/ 蛋白質		5.4g/ 克
Total fat/ 總脂肪		1.9g/ 克
- Saturated fat/ 飽和脂肪		1.3g/ 克
- Trans fat/ 反式脂肪		0g/ 克
<b>Cholesterol/ 膽固醇</b>		<b>9mg/ 毫克</b>
Carbohydrates/ 碳水化合物		20.8g/ 克
- Sugars/ 糖		13.4g/ 克
Sodium/ 鈉		63mg/ 毫克



**Table 1: Specific Conditions for Nutrient Content Claims in Relation to Different Types of Fat and Cholesterol**

Claims	Specific conditions	
	Per 100 g of solid food	Per 100 mL of liquid food
<b>Total fat</b>		
Low fat	• Containing not more than 3 g of fat	• Containing not more than 1.5 g of fat
Fat free	• Containing not more than 0.5 g of fat	• Containing not more than 0.5 g of fat
<b>Saturated fat</b>	<b>Solid food</b>	<b>Liquid food</b>
Low saturated fat	(1) Sum of saturated fat and trans fat is not more than 1.5 g per 100 g of food and (2) Sum of saturated fat and trans fat contributes not more than 10% of energy	(1) Sum of saturated fat and trans fat is not more than 0.75 g per 100 mL of food and (2) Sum of saturated fat and trans fat contributes not more than 10% of energy

Claims	Specific conditions	
<b>Saturated fat</b>	<b>Per 100 g of solid food</b>	<b>Per 100 mL of liquid food</b>
Saturated fat free	<ul style="list-style-type: none"> <li>Sum of saturated fat and trans fat is not more than 0.1 g</li> </ul>	<ul style="list-style-type: none"> <li>Sum of saturated fat and trans fat is not more than 0.1 g</li> </ul>
<b>Trans fat</b>	<b>Solid food</b>	<b>Liquid food</b>
Trans fat free	(1) Containing not more than 0.3 g of trans fat per 100 g of food and  (2) Sum of saturated fat and trans fat is not more than 1.5 g per 100 g of food and  (3) Sum of saturated fat and trans fat contributes not more than 10% of energy	(1) Containing not more than 0.3 g of trans fat per 100 mL of food and  (2) Sum of saturated fat and trans fat is not more than 0.75 g per 100 mL of food and  (3) Sum of saturated fat and trans fat contributes not more than 10% of energy
<b>Cholesterol</b>	<b>Solid food</b>	<b>Liquid food</b>
Low cholesterol	(1) Containing not more than 20 mg of cholesterol per 100 g of food and  (2) Sum of saturated fat and trans fat is not more than 1.5 g per 100 g of food and  (3) Sum of saturated fat and trans fat contributes not more than 10% of energy	(1) Containing not more than 10 mg of cholesterol per 100 mL of food and  (2) Sum of saturated fat and trans fat is not more than 0.75 g per 100 mL of food and  (3) Sum of saturated fat and trans fat contributes not more than 10% of energy

Claims	Specific conditions	
<b>Cholesterol</b>	<b>Solid food</b>	<b>Liquid food</b>
Cholesterol free	(1) Containing not more than 5 mg of cholesterol per 100 g of food and  (2) Sum of saturated fat and trans fat is not more than 1.5 g per 100 g of food and  (3) Sum of saturated fat and trans fat contributes not more than 10 % of energy	(1) Containing not more than 5 mg of cholesterol per 100 mL of food and  (2) Sum of saturated fat and trans fat is not more than 0.75 g per 100 mL of food and  (3) Sum of saturated fat and trans fat contributes not more than 10 % of energy

Nutrition Information 營養資料	
	Per 100g/ 每 100 克
Energy/ 能量	13kcal/ 千卡 (54kJ/ 千焦)
Protein/ 蛋白質	0.1g/ 克
<b>Total fat/ 總脂肪</b>	<b>0.1g/ 克</b>
- Saturated fat/ 飽和脂肪	0g/ 克
- Trans fat/ 反式脂肪	0g/ 克
Cholesterol/ 膽固醇	0mg/ 毫克
Carbohydrates/ 碳水化合物	2.9g/ 克
- Sugars/ 糖	2.7g/ 克
<b>Sodium/ 鈉</b>	<b>1310mg/ 毫克</b>



Regardless of the types of nutrition claim that may appear on the package, they only give a rough idea about the content of a particular nutrient, one should not make a food choice solely on the basis of a nutrition claim. Moreover, very often nutrition claims are made for a specific nutrient only. In order to eat healthily, we should take note of other nutrients as well. For example, a product with a "fat free" claim may have high sodium content. The best practice is to refer to the nutrition label for detailed information in order to make healthy food choices.

## THREE SIMPLE STEPS TO READ NUTRITION LABEL

STEP 1

### TAKE NOTE OF THE REFERENCE AMOUNT OF FOOD BEING USED IN THE NUTRITION LABEL

The nutritional content may be expressed in several ways:

per 100 g/mL

per serving

per package

Comparison should be made basing on the same reference amount, e.g. per 100 g versus per 100 g, per 50-gram serving versus per 50-gram serving, but not per 100 g versus per 50-gram serving.

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

Nutrition Information 營養資料	
Serving Size/ 食用分量: 5 pieces (50g)/ 5塊 (50克)	
Per Serving/ 每食用分量	
Energy/ 能量	218kcal/ 千卡 (916kJ/ 千焦)
Protein/ 蛋白質	5.5g/ 克
Total fat/ 總脂肪	8g/ 克
- Saturated fat/ 飽和脂肪	3.5g/ 克
- Trans fat/ 反式脂肪	0g/ 克
Carbohydrates/ 碳水化合物	31g/ 克
- Sugars/ 糖	1g/ 克
Sodium/ 鈉	365mg/ 毫克

Nutrition Information 營養資料	
Serving Size/ 食用分量: 236mL / 236毫升	
Per Package/ 每包裝	
Energy/ 能量	158kcal/ 千卡 (664kJ/ 千焦)
Protein/ 蛋白質	7.6g/ 克
Total fat/ 總脂肪	9.2g/ 克
- Saturated fat/ 飽和脂肪	5.7g/ 克
- Trans fat/ 反式脂肪	0.3g/ 克
Carbohydrates/ 碳水化合物	11.3g/ 克
- Sugars/ 糖	11.3g/ 克
Sodium/ 鈉	130mg/ 毫克

STEP 2

## READ AND COMPARE THE NUTRITIONAL CONTENT

Based on the same reference amount of food, comparison can be made among the content of saturated fat, trans fat and sodium of various products. Then choose the one that is lower in **combined amount of saturated fat and trans fat** as well as lower in **sodium**. Furthermore, a product with less energy, total fat and sugars would be preferred in case weight maintenance is also an issue.

Question 1: Which is a better choice?



### Milk Beverage A:

Nutrition Information 營養資料	
Serving Size/ 食用分量: 236mL / 236毫升	
Per Package/ 每包裝	
Energy/ 能量	156kcal/ 千卡
Protein/ 蛋白質	7.8g/ 克
Total fat/ 總脂肪	9.0g/ 克
- Saturated fat/ 飽和脂肪	5.9g/ 克
- Trans fat/ 反式脂肪	0.2g/ 克
Carbohydrates/ 碳水化合物	11g/ 克
- Sugars/ 糖	11g/ 克
Sodium/ 鈉	97mg/ 毫克

Combined amount of saturated fat and trans fat = 6.1 g (5.9g + 0.2g)

### Milk Beverage B:

Nutrition Information 營養資料	
Serving Size/ 食用分量: 236mL / 236毫升	
Per Package/ 每包裝	
Energy/ 能量	84kcal/ 千卡
Protein/ 蛋白質	8.5g/ 克
Total fat/ 總脂肪	0.2g/ 克
- Saturated fat/ 飽和脂肪	0.2g/ 克
- Trans fat/ 反式脂肪	0g/ 克
Carbohydrates/ 碳水化合物	12g/ 克
- Sugars/ 糖	12g/ 克
Sodium/ 鈉	104mg/ 毫克

Combined amount of saturated fat and trans fat = 0.2 g (0.2g + 0g)

Answer 1:

Milk Beverage B is a better choice as it has much less combined amount of saturated fat and trans fat, energy and total fat in each package (i.e. 236 mL).

## Question 2: Which is a better choice?



### Corn Flakes C:

Nutrition Information 營養資料	
Per 100g/ 每100克	
Energy/ 能量	382kcal/ 千卡
Protein/ 蛋白質	8g/ 克
Total fat/ 總脂肪	0.7g/ 克
- Saturated fat/ 飽和脂肪	0.1g/ 克
- Trans fat/ 反式脂肪	0g/ 克
Carbohydrates/ 碳水化合物	86g/ 克
- Sugars/ 糖	8g/ 克
Sodium/ 鈉	800mg/ 毫克

### Corn Flakes D:

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

### Answer 2:

Corn Flakes C and D have the same combined amount of saturated fat and trans fat and comparable amount of energy and total fat. Corn Flakes C is a better choice as it has less sodium and much less sugars in each 100 g.

## STEP 3

## REFER TO THE PERCENTAGE NUTRIENT REFERENCE VALUE (%NRV) (IF AVAILABLE)

%NRV is a relative expression of the nutritional content. It tells you whether there is a lot or a little of a nutrient in the stated amount of food on a scale from 0% to 100%. A high percentage means the food contains a lot of a nutrient whereas a low percentage means it contains just a little. In case the %NRV of energy or those nutrients that should be consumed less (e.g. saturated fat, trans fat, sodium, total fat or sugars) is at the high-end, think twice before making the purchase of that particular food product as it is very likely that the food may contribute a great proportion of your daily allowances of these nutrients.

%NRV may come in different terms in nutrition labels. For example, in Hong Kong, a set of NRV is adopted and the energy and nutrient values may be presented as %Chinese NRV. %Daily Value (%DV) or %Daily Intake (%DI) may be used in other places, and their values may be different from those adopted in Hong Kong.

## Question 3: Which is a better choice?

### Soup E:

Nutrition Information 營養資料		
Servings Per Package/ 每包裝所含食用分量數目: 2		
Serving Size/ 食用分量: 200g / 200克		
	Per Serving/ 每食用分量	%Chinese NRV Per Serving/ 每食用分量的 中國營養素 參考值百分比
Energy/ 能量	116kcal/ 千卡	6%
Protein/ 蛋白質	3.2g/ 克	5%
Total fat/ 總脂肪	7.0g/ 克	12%
- Saturated fat/ 飽和脂肪	2.0g/ 克	10%
- Trans fat/ 反式脂肪	0g/ 克	
Carbohydrates/ 碳水化合物	10g/ 克	3%
- Sugars/ 糖	2.5g/ 克	
Sodium/ 鈉	940mg/ 毫克	47%



### Soup F:

Nutrition Information 營養資料		
Servings Per Package/ 每包裝所含食用分量數目: 2		
Serving Size/ 食用分量: 200g / 200克		
	Per Serving/ 每食用分量	%Chinese NRV Per Serving/ 每食用分量的 中國營養素 參考值百分比
Energy/ 能量	78kcal/ 千卡	4%
Protein/ 蛋白質	3.0g/ 克	5%
Total fat/ 總脂肪	1.4g/ 克	2%
- Saturated fat/ 飽和脂肪	0g/ 克	0%
- Trans fat/ 反式脂肪	0g/ 克	
Carbohydrates/ 碳水化合物	13.4g/ 克	4%
- Sugars/ 糖	3.3g/ 克	
Sodium/ 鈉	620mg/ 毫克	31%

### Answer 3:

Soup F is a better choice as it has much less saturated fat and total fat, less energy and sodium in each serving (i.e. 200 g).

THIS PAMPHLET IS PREPARED BY THE TASK FORCE ON  
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FROM:

- Association of Hong Kong Nursing Staff
- Centre for Health Education and Health Promotion,  
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- Committee on Home-School Co-operation
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Centre for Food Safety  
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Municipal Services Building,  
123A Fa Yuen Street,  
Mong Kok, Kowloon.