

營養知多少 揀咗我需要

Make Better Choices Use Nutrition Labels



營養資料 Nutrition Information	
每100克/Per 100g	
能量/Energy	380千卡/kcal
蛋白質/Protein	6克/g
總脂肪/Total fat	3克/g
- 飽和脂肪/Saturated fat	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

每天脂肪的攝入上限：
60克* = 4湯匙油

Daily intake
upper limit of fat:
60g* = 4 tablespoons of oil



用營養標籤
挑選適合自己的食物和分量
吃得更好更健康!
Use nutrition labels
to choose the type and amount of food
that meets individual needs
Enjoy healthy eating!

*2000千卡膳食
For a 2000-kcal diet



www.nutritionlabel.gov.hk