

# 脂肪真相 Fat

The Truth About

總脂肪 / Total fat  
- 飽和脂肪 / Saturated fat



**1** 以2000千卡膳食為例，  
每天脂肪的攝入上限為60克，  
即約4湯匙油  
(1湯匙油約相等於14克脂肪)  
Daily intake upper limit of fat  
for a 2000-kcal diet is 60g,  
i.e. about 4 tablespoons of oil  
(1 tablespoon of oil ~ 14g of fat)

**2** 攝取過量脂肪  
會增加超重  
及肥胖症的風險  
Excessive intake of  
fat increases risk of  
overweight and obesity

**3** 用營養標籤選擇較低脂的食物  
Use nutrition label to choose food lower in fat

**什麼是低？** 每100克食物中脂肪含量不超過3克  
**What is low?** Food with fat content not more  
than 3g per 100g

**什麼是高？** 每100克食物中脂肪含量超過20克  
**What is high?** Food with fat content more  
than 20g per 100g

營養資料 Nutrition Information	
每100克/Per 100g	
總脂肪/Total fat	3克/g

營養資料 Nutrition Information	
每100克/Per 100g	
總脂肪/Total fat	20克/g

**多選 Choose more**

**少選 Choose less**

查詢電話 Enquiry no:  
**2868 0000**



[www.nutritionlabel.gov.hk](http://www.nutritionlabel.gov.hk)

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