

活用營養標籤及降低食物中鹽和糖

Nutrition Labelling and Reduction of Salt and Sugar in Food

資源材料目錄 Resource Material Catalogue

(2019年10月 October 2019)

請填妥回條及選擇所需資源材料並傳真至傳達資源小組(2787 3638)。你亦可登入中心專題網頁瀏覽已更新的資訊及資源。查詢請電 2381 6096。

- 營養標籤：<http://www.nutritionlabel.gov.hk/>
- 降低膳食中的鈉和糖：https://www.cfs.gov.hk/tc_chi/programme/programme_rdss/programme_rdss.html
- 資源材料(附相片)：<https://bit.ly/2XragDh>

If you are interested, please complete the reply slip indicating your selected resource materials listed, and return by fax at 2787 3638 to the Communication Resource Unit. For enquiries, please call 2381 6096.

- Nutrition Labelling: <http://www.nutritionlabel.gov.hk/>
- Reduction of Dietary Sodium and Sugar: https://www.cfs.gov.hk/english/programme/programme_rdss/programme_rdss.html
- Resource Materials(with photos): <https://bit.ly/2RS69yW>

回條 Reply Slip

致食物安全中心 To: Centre for Food Safety

1. 我希望索取背頁所選的資源材料以非牟利形式推廣營養標籤或低鹽低糖飲食文化。I would like to obtain the resource materials as indicated overleaf for promotion of nutrition labelling or low-salt and low-sugar diet in a not-for-profit approach.

- 於日常活動派發及展示 For distribution and display during our regular activities/functions
- 舉辦營養標籤或低鹽低糖飲食文化推廣活動資料如下: For organising functions/events to promote use of nutrition labelling or low-salt and low-sugar diet with details below:
- 活動形式 Format: 講座 Talk / 展覽 Exhibition / 其他 Others: _____
- 對象 Target audience: _____
- 活動舉辦日期 Date of activity: _____ 預計出席人數 Estimated no. of participants: _____

2. 我明白食物安全中心保留一切權利決定批核的數量。I understand that the CFS reserves the rights for the quantity of the resource materials provided.

姓名 Name (中文) (English)

職位 Post Title:	電郵 Email:
電話 Phone Number:	傳真 Fax:
商戶/機構/學校名稱 Name of Organisation	負責人簽署及機構印章 Signature of Person in Charge and Chop of Organisation:

領取地點 Address for Collection :

九龍欽州西街87號食物環境衛生署南昌辦事處暨車房四樓401室 傳達資源小組
Communication Resource Unit, Room 401, 4/F, Food and Environmental Hygiene Department, Nam Cheong Offices and Vehicle Depot, 87 Yen Chow Street West, Kowloon)

時間 Time :

逢星期一至五上午8時45分至中午1時; 下午2時至5時30分(公眾假期除外)

Mon. to Fri. 8:45 a.m. to 1 p.m.; 2 p.m. to 5:30 p.m. (Except Public Holidays)

(中心會通知聯絡人前來領取Contact person will be informed of the collection)

I. 海報及陳列品 Posters and Display item

數量 Quantity	大小 Size	簡介 (*請圈出適用) Description (*Please circle appropriate)
	A2/A3	營養知多少 揀啱我需要(* 糖 / 脂肪 / 鈉) Make Better Choices Use Nutrition Labels (* Sugars / Fat / Sodium)
	A2/A3	一拍一比營養標籤 食物高低鈉見 Compare Nutrition Labels Side by Side to Choose the Lower Sodium Options
	A2	少點鹽糖 多點健康 Less salt and sugar for better health
	A1/A2/A3	糖真相 The Truth About Sugars
	A1/A2/A3	鈉真相 The Truth About Sodium
	A1/A2/A3	脂肪真相 The Truth About Fats
	A1/A2/A3	塗黑的營養聲稱 Black-out Nutrition Claims

II. 「營之訊」系列 “NutriGet” Factsheet Series

數量 Quantity	簡介 Description
	「營之訊」系列由2010年7月起一共6期，分別為「簡介營養資料標籤制度」、「1+7」與健康、營養標籤「麵」、「面」觀、精選冷吃穀類早餐、含糖飲品知多點、活用營養標籤 食物高低「鈉」見，供訂閱。 “NutriGet” is a quarterly publication produced since Jul 2010. They are Introducing Nutrition Labelling Scheme, 1+7 and Health, Get to Know Nutrition Labels of Instant Noodles, Smart Choice of Cold-served Breakfast Cereals, and Know more about Sugary Drinks, Nutrition Labels to Become Sodium Savvy. For subscription.

III. 單張 Pamphlets

數量 Quantity	題目 Title
	活用營養標籤三部曲 Three-step Guide to Use Nutrition Labels
	預先包裝食物標籤知多點 Know More About the Label of Prepackaged Food (中英文 Bilingual)
	預先包裝食物標籤知多點 Know More About the Label of Prepackaged Food (多種語言 Multilingual)
	全城減鹽減糖 Hong Kong's Action on Salt and Sugar Reduction

IV. 資訊卡 Info Cards

數量 Quantity	產品 Item	簡介 Description
	購物卡	營養素攝入上限及水平等, 中文
	Shopping Cards	Intake limits and levels of nutrients, English only
	聲稱卡 Claim Card	營養聲稱的法定條件 Legal definitions for selected nutrition claims

V. 小冊子 Booklet

數量 Quantity	題目 Title	頁數 Pages
	認識新的營養資料標籤制度	8
	Get to Know the New Nutrition Labelling	8
	了解營養聲稱	8
	Understanding Nutrition Claims	8
	能量及營養素	8
	Energy and Nutrients	8
	如何閱讀營養標籤	16
	How to Read Nutrition Label	16
	維持適當體重與能量	12
	Weight Maintenance and Energy	12
	善用營養標籤選擇“三低”的食物	8
	Use Nutrition Labels to Choose “3 Low” Food	8
	兒童肥胖症與營養標籤	8
	Childhood Obesity and Nutrition Labelling	8
	糖尿病與碳水化合物	12
	Diabetes Mellitus and Carbohydrates	12
	心臟病與脂肪	12
	Heart Diseases and Fats	12
	高血壓與鈉	8
	High Blood Pressure and Sodium	8

VI. 借用展板 Exhibition Boards On-loan Service

展覽日期 Date of Display	簡介 Description	大小 Size
	營養知多少 揀啱我需要 1套16塊, 中英文 (附設遊戲板) 16 in 1 set, Bilingual (with Game Board)	42厘米 (cm) x 60厘米 (cm)
	營養標籤多面睇 1套30塊, 中文 30 in 1 set, Chinese only	79厘米 (cm) x 99厘米 (cm) 42厘米 (cm) x 60厘米 (cm)
	與減少食物中鹽和糖相關的展板; 1套11塊, 中英文 Exhibition boards related to salt and sugar reduction; 11 in 1 set, Bilingual	42厘米 (cm) x 60厘米 (cm) 易拉架 Roll up banners: 80厘米 (cm) x 200厘米 (cm)
	「營養標籤101」; 1套15塊, 中英文 Nutrition Label 101 ; 15 in 1 set, Bilingual	42厘米 (cm) x 60厘米 (cm)

VII. 教材套 Training Kit

簡介 Description	數量 Quantity
「活用營養標籤及降低食物中鹽和糖教材套」(2017) Training Package on Nutrition Labelling and Reduction of Salt and Sugar in Food (2017)	