

預先包裝食物的營養標籤

Nutrition Labelling of Prepackaged Food

業界諮詢論壇

Trade Consultation Forum

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營養標籤制度

Nutrition Labelling Scheme

- 適用於一般預先包裝食物
- 涵蓋食物標籤上兩類主要營養資料
 - 營養標籤
 - 營養聲稱
- Applicable to general prepackaged foods
- Covers two main types of nutrition information on food labels
 - nutrition label
 - nutrition claims

營養標籤

Nutrition Label

- 營養標籤須載有**能量及七種核心營養素(1+7)**的資料
 - 即蛋白質、碳水化合物、總脂肪、飽和脂肪酸、反式脂肪酸、鈉和糖
- 並須列明各種**涉及聲稱的營養素**的含量 (當聲稱涉及任何脂肪類別時，同時亦須標示膽固醇含量)
- 可自願標示其他營養素
- Nutrition label must include the information on **energy and seven core nutrients (1+7)**
 - protein, carbohydrates, total fat, saturated fatty acids, trans fatty acids, sodium and sugars.
- The nutrition label must list the amounts of any **claimed nutrients**. (when the claim is on any type of fat, cholesterol content must be declared as well)
- For other nutrients, declaration is voluntary

必須標示的營養素之表達方式

Expressions of Required Nutrients

- 每100克(或每100毫升)
- 每包裝 (若包裝只含單一個食用分量);或
- 每食用分量 (必須以克或毫升量化一個食用分量及提供包裝內食用分量數目)
- Per 100 g (or 100 ml);
- Per package (if the package contains only one single serving); or
- Per serving (if the information on the serving size in g/ml and the no. of servings in the package are provided)

Nutrition Information營養資料	
Per 100g/ 每100克	

Nutrition Information營養資料	
Servings Per Package/ 每包裝所含食用分量數目: 3	
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)

Nutrition Information營養資料	
Servings Per Package/ 每包裝所含食用分量數目: 1	
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

營養聲稱

Nutrition Claim

- 指述明、指出或暗示某食物含有特定營養特質的陳述
- 營養聲稱規管範圍包括：
 - 營養素含量聲稱
 - 營養素比較聲稱
 - 營養素功能聲稱
- 規管範圍包括食物標籤及宣傳品
- Means any representation which states, suggests or implies that a food has particular nutritional properties
- Nutrition claims include:
 - Nutrient content claim
 - Nutrient comparative claim
 - Nutrient function claim
- Food labels and advertisement are subject to the control



豁免原則

Exemptions- Principles

- 根據第132W章附表6，部分食品可獲豁免遵從該規例有關營養標籤的規定：
- 一般豁免項目
 - 實際運作的困難(例如包裝總表面面積少於**100**平方厘米)
 - 食物中不含（近乎零的）能量及核心營養素
 - 沒有添加其他配料的某些新鮮食物 (例如：新鮮水果、蔬菜、肉類、魚類)
- 小銷售量豁免項目
- As for nutrition labelling, under Schedule 6 of Cap.132W, some food items are exempted from the nutrition labelling requirements of the Regulations:
- General Exemption Item
 - Practical difficulty for the trade (e.g., prepackaged food packed in a container which has a total surface area of less than 100cm²)
 - The food does not contain (meeting definition of zero) energy and core nutrients
 - Certain food which is fresh in nature without any addition of ingredient (e.g. fresh fruits, vegetables, meat and fish)
- Prepackaged food with small sales volume

獲豁免營養標籤的項目

Exemptions from Nutrition Labelling

- 實際運作的困難
 - 獨立花巧包裝並擬作單份出售的甜點。
 - 獨立包裝並擬作單份出售的涼果，而其本身是再無其他包裝的。
 - 包裝在總表面面積小於100平方厘米的容器內的預先包裝食物。
- Practical difficulty for the trade
 - Individually wrapped confectionery products in a fancy form intended for sale as single items.
 - Individually wrapped preserved fruits which are not enclosed in any further packaging and which are intended for sale as single items.
 - Prepackaged food packed in a container which has a total surface area of less than 100 cm².

謝謝 Thank you



- 營養標籤及營養聲稱技術指引
- 營養標籤及營養聲稱檢測方法技術指引

http://www.cfs.gov.hk/tc_chi/food_le_g/files/nl_technical_guidance_c.pdf

http://www.cfs.gov.hk/tc_chi/food_le_g/files/nl_method_guidance_c.pdf

- Technical Guidance Notes on Nutrition Labelling and Nutrition Claims
- Method Guidance Notes on Nutrition Labelling and Nutrition Claims

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http://www.cfs.gov.hk/english/food_le_g/files/nl_method_guidance_e.pdf