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for healthier food choices
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A closer look at
Nutrition Labelling

**USE
NUTRITION LABELS
TO CHOOSE
“3 LOW” FOOD**



CHOOSE FOOD THAT IS LOWER IN FAT, SODIUM (OR SALT), AND SUGARS

These
"3 Low" are often
found in healthy eating
principles. We encourage
people to adopt "3 Low" not just
when having meals, but also when
shopping for prepackaged food.
To do so, information on
nutrition labels comes
in handy.



THE NUTRITION LABELLING SCHEME

Nutrition Information 營養資料	
Per 100g/每100克	
Energy/ 能量	398kcal/ 千卡 (1671kJ/ 千焦)
Protein/ 蛋白質	7.5g/ 克
Total fat/ 總脂肪	2.6g/ 克
- Saturated fat/ 飽和脂肪	0.2g/ 克
- Trans fat/ 反式脂肪	0g/ 克
Carbohydrates/ 碳水化合物	86.1g/ 克
- Sugars/ 糖	4.0g/ 克
Sodium/ 鈉	105mg/ 毫克

From 1st July 2010, nutrition labels on prepackaged food will provide the content information of energy, protein,



total fat, saturated fat, trans fat, carbohydrates, **sugars** and **sodium**. In addition, nutrition claims, such as "low fat", "sugars free" and "low sodium" made on food labels or in advertisements of prepackaged food products will also be regulated.

CHOOSING FOOD THAT IS LOWER IN FAT, SODIUM (OR SALT), AND SUGARS

To choose prepackaged food that is lower in fat, sodium (or salt) and sugars, one easy way is to look for the related claims. However, some manufacturers may choose not to use nutrition claims even though their products have met relevant specified conditions. A product without nutrition claims should not be perceived as inferior to others. Therefore, nutrition claims should only be used as a screening tool. The best practice is to look at the nutrition labels of various products, compare the nutritional content and make an informed choice. Have a look at table 1 to understand the meaning of different types of claims.

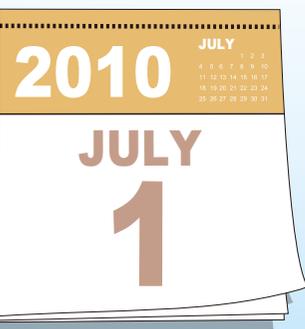
Table 1: Specified Conditions for Nutrient Content Claims in Relation to Fat, Sodium and Sugars

Low fat

- Containing not more than 3 g of fat per 100 g of solid food; or
- Containing not more than 1.5 g of fat per 100 mL of liquid food

Fat free

- Containing not more than 0.5 g of fat per 100 g/mL of food



Low sodium

● Containing not more than 120 mg of sodium per 100 g/mL of food

Very low sodium

● Containing not more than 40 mg of sodium per 100 g/mL of food

Sodium free

● Containing not more than 5 mg of sodium per 100 g/mL of food

Low sugars

● Containing not more than 5 g of sugars per 100 g/mL of food

Sugars free

● Containing not more than 0.5 g of sugars per 100 g/mL of food

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.

STEP 2

READ AND COMPARE THE NUTRITIONAL CONTENT

Based on the same reference amount of food, consumers can make comparison among the content of total fat, sodium and sugars of various products. Then choose the one that is lower in fat, sodium (or salt) and sugars.

Question 1: Which is a better choice?

Milk Beverage A:

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	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



Milk Beverage B:

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	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

Answer 1:

Milk Beverage B is a better choice as it has much less total fat in each package (i.e. 236 mL).

Q & A

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 is a better choice as it has 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 nutritional content. It tells you whether there is a lot or a little of a nutrient in the stated amount of food usually 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 those nutrients that should be consumed less (e.g. fat, sodium and 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 nutrient value 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	76kcal/ 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 total fat and less sodium in each serving (i.e. 200 g).

THIS PAMPHLET IS PREPARED BY THE TASK FORCE ON NUTRITION LABELLING EDUCATION COMPRISING MEMBERS FROM:

- Association of Hong Kong Nursing Staff
- Centre for Health Education and Health Promotion, The Chinese University of Hong Kong
- Committee on Home-School Co-operation
- Consumer Council
- Department of Health
- Education Bureau
- Food and Environmental Hygiene Department
- Hong Kong Dietitians Association
- Hong Kong Nutrition Association
- Hospital Authority
- The Hong Kong Medical Association

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www.cfs.gov.hk

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