

表一：穀基類嬰幼兒食品樣本

樣本編號 [1]	產品名稱	重量/容量 [2]	原產地 [2]	營養標籤 [2]			營養聲稱/ 健康聲稱	聲稱類別 [8] [9]		
				以中文/英文標示完整的營養素表 [3] [4]	參考分量的表述：每100克(A)/每食用分量或每包裝(B)	鈉/維生素 B1 [5] [6]		樣本上標示的字句 [7]	聲稱類別 [8] [9]	
									營養素含量/ 營養素比較 [10]	營養素功能/ 其他功能/ 減低疾病風險 [11]
穀物粉										
1	Babynat Organic Infant Cereal First Flavour	220克	法國	✓	A	✓/✓	[composition in essential amino acids, richness in natural minerals.]	(Contains) essential amino acids* ; (Contains) natural minerals*	—	
2	Bellamy's Organic Baby Rice	125克	澳洲	✓	B	✓/□	[IRON ENRICHED]	Iron enriched	—	
3	美素健奶米粉 Frisocream Rice-based Milk Cereal	300克	荷蘭	✓	A	✓/✓	[含有蛋白質、維他命及礦物質]	含蛋白質；含維他命；含礦物質	—	
4	Happy Baby Happy Bellies Organic Multi-Grain Cereal	198克	美國	✓	B	✓/✓	[DHA + probiotic immunity support]; [Probiotic protection: Good bacteria specially formulated to help strengthen your baby's digestive system which can protect against the development of allergies.]; [DHA for EYE AND BRAIN DEVELOPMENT] [VITAMIN + MINERAL FORTIFIED]	(Contains) DHA* ; vitamins and minerals fortified	DHA for eye and brain development/ Probiotic immunity support* ; Probiotic...help strengthen your baby's digestive system...♦/ Probiotic...protect against the development of allergies * ♦	
5	Healthy Times Whole Grain Barley Cereal for Baby (Certified Organic Baby Cereal)	170克	美國	✓	B	✓/✓	[an important source of iron, calcium, and vitamins]; [fortified with iron, calcium and B Vitamins for healthy growth and development]	Source of iron; source of calcium; source of vitamins; fortified with iron; fortified with calcium; fortified with B vitamins	Iron, calcium and B vitamins for healthy growth and development	
6	Heinz First Foods Pure Baby Rice	100克	英國	✓	A	✓/✓	[a great source of calcium, iron and zinc] [vitamins & minerals ✓]; [enriched with 13 vitamins and minerals, like iron and zinc which work together to help the immune system]; [enriched with vitamins A, B, C, D and niacin]	Source of iron; source of calcium; source of zinc; (Contains) vitamins; (Contains) minerals; enriched with 13 vitamins and minerals; enriched with vitamins A, B, C, D and niacin	Enriched with 13 vitamins and minerals, like iron and zinc which work together to help the immune system	
7	Hipp Organic Apple, Orange & Banana Cereal	160克	克羅地亞	✓	A	✓/✓		無相關聲稱	不適用	
8	Holle有機蘋果梨子小米粥 Holle Organic Millet Porridge Apple-Pear	250克	德國	✓	A, B	✓/✓		無相關聲稱	不適用	
9	萬朝有機嬰兒米糊100日 Maeil Mam'ma Meal	220克	韓國	□	—	—		無相關聲稱	不適用	
10	Matsuya Congee Flake Calcium Added	90克	日本	□	—	—		無相關聲稱	不適用	
11	雀巢嬰兒米粉(米) Nestlé Infant Cereal (Rice)	250克	中國	✓	A	✓/✓	[含均衡維他命(A, C, D, E, B1, B2, B3, B5, B6, B12)及礦物質(Ca, Fe, Zn)]; [添加DHA及多種營養素，更含豐富鈣質，有助寶寶骨骼及牙齒發展。]; [想增強寶寶的抵抗力，就要由腸道健康著手。……為寶寶提供均衡的營養並添加BL益生菌、DHA及多種營養素，讓寶寶每一天健康成長。]	含均衡維他命 (A, C, D, E, B1, B2, B3, B5, B6, B12) 及礦物質 (Ca, Fe, Zn); 更含豐富鈣質；添加DHA及多種營養素	想增強寶寶的抵抗力，就要由腸道健康著手...均衡的營養並添加...DHA及多種營養素*；鈣質，有助寶寶骨骼及牙齒發展/想增強寶寶的抵抗力，就要由腸道健康著手...添加BL益生菌...讓寶寶每一天健康成長♦	
12	Only Organic First Cereal Wholegrain Baby Rice	160克	德國	✓	B	✓/✓	[with added Vitamin B1]; [includes thiamin (Vitamin B1) which is an essential nutrient for growing babies.]	With added vitamin B1	Thiamin (Vitamin B1)...is an essential nutrient for growing babies	
13	Organix Organic Wholegrain Fruity Apple Cereal	150克	西班牙	□	—	—	[with added Vitamin B1]; [Wholegrains contain more minerals, vitamins and fibre than processed grains]	With added vitamin B1*; more minerals*; more vitamins*; More fibre*	—	
14	Rafferty's Garden Organic Baby's Banana Porridge	125克	澳洲	✓	B	✓/□	[Good source of Iron]; [When baby is old enough to start eating solids, it's important that they have foods that are high in iron... are fortified with this essential nutrient to help with normal development and growth for your baby.]; [extra iron]	Good source of iron; Fortified with iron; extra iron	Iron...help with normal development and growth	
15	特福芬有機全燕麥粉 Töpfer Lactana Organic Whole Grain Oat Cereal	175克	德國	✓▲	A	□/✓	[The grain contains unsaturated fatty acids and is a natural source for dietary fibres]	Contains unsaturated fatty acids* ; source of dietary fibres	—	
16	和光堂 Wakodo 嬰兒食品米糊粉	50克	日本	□	—	—		無相關聲稱	不適用	
米餅										
17	Bean Stalk 羊栖菜紫菜幼兒脆餅 Bean Stalk Baby Snack	20克	日本	□	—	—		無相關聲稱	不適用	
18	岩塚製菓野菜家族 Iwatsuka Vege Family Rice Cracker	55克	日本	□	—	—		無相關聲稱	不適用	
19	Kewpie 野菜軟米菓 Kewpie Soft Rice Cracker with Vegetables	20克	日本	□	—	—		無相關聲稱	不適用	
20	Kuriyama Anpanman Baby Cracker	2枚x8袋	日本	□	—	—		無相關聲稱	不適用	
21	Organix Finger Foods Organic Apple Rice Cakes	50克	比利時	✓	A, B	□/✓	[Thiamin (Vitamin B1) is an essential nutrient for growing children.]; [Wholegrains contain more minerals, vitamins and fibre than processed grains]	More minerals* ; more vitamins* ; more fibre*	Thiamin is an essential nutrient for growing children	
22	Pigeon 小魚海苔米菓	14克	日本	□	—	—		無相關聲稱	不適用	
23	和光堂 Wakodo 嬰兒米餅(銀魚及海藻)	20克	日本	□	—	—	[Iron and Calcium-Fortified]	Iron fortified* ; calcium fortified*	—	

表一：穀基類嬰幼兒食品樣本 (續)

樣本編號 [1]	產品名稱	重量/容量 [2]	原產地 [2]	營養標籤 [2]			樣本上標示的字句 [7]	營養聲稱/健康聲稱	聲稱類別 [8] [9]	
				以中文/英文標示完整的營養素表 [3] [4]	參考分量的表述：每100克(A)/每食用分量或每包裝(B)	鈉/維生素B1 [5] [6]			營養素含量/營養素比較 [10]	營養素功能/其他功能/減低疾病風險 [11]
牙仔餅										
24	Babynat 有機牙仔餅 Babynat Organic Teething Biscuits	120克	法國	✓	A, B	✓/✓	無相關聲稱	不適用		
25	Bellamy's Organic Toothiepegs Teething Rusks	100克	澳洲	✓	A, B	✓/□	[IRON ENRICHED]	Iron enriched	—	
26	Earth's Best Organic Barley Teething Biscuits	132克	美國	✓	B	✓/□	[Excellent Source of Calcium for Infants]	Excellent source of calcium*	—	
27	Gerber Graduates for Toddlers lil' biscuits	126克	美國	✓	B	✓/□	[Good Source of Calcium, Iron, Vitamin E & Zinc]; [good source of 4 vitamins & minerals]; [Iron for healthy brain development]; [Zinc and Vitamin E for natural immune support]; [Calcium for healthy bones and teeth]	Good source of calcium; good source of iron; good source of vitamin E; good source of zinc	Iron for healthy brain development; zinc...for natural immune support;...vitamin E for natural immune support ✖; calcium for healthy bones and teeth	
28	Healthy Times Vanilla Biscuits for Teethers (Premium Organic Teething Biscuits)	168克	美國	✓	B	✓/□	[With Calcium For Growing Bones]	(Contains) calcium	Calcium for growing bones	
29	Heinz Teething Rusks	100克	澳洲	✓	A, B	✓/□	無相關聲稱	不適用		
30	Holle 有機嬰兒斯佩爾特餅乾 Holle Organic Spelt Biscuits	150克	德國	✓	A, B	✓/✓	無相關聲稱	不適用		
31	Organix Finger Foods Organic Soft Rusks	175克	英國	✓	A, B	✓/✓	[Thiamin (Vitamin B1) is an essential nutrient for growing children.]; [Wholegrains contain more minerals, vitamins and fibre than processed grains]	More minerals* ; more vitamins* ; more fibre	Thiamin is an essential nutrient for growing children	
32	Rafferty's Garden Banana Milk Rusks	100克	澳洲	✓	A, B	✓/□	無相關聲稱	不適用		
33	和光堂 Wakodo 南瓜曲奇餅	58克	日本	□	—	—	無相關聲稱	不適用		
餅乾										
34	Babynat Organic Growing-up Biscuit	150克	比利時	✓	A	✓/✓	無相關聲稱	不適用		
35	Bean Stalk Baby Animal Cheese Biscuit	50克	日本	□	—	—	無相關聲稱	不適用		
36	Euu 有機嬰兒餅乾-有機農紫菜+維他命A Euu Organic Biscuit	60克	韓國	□	—	—	無相關聲稱	不適用		
37	Gerber Graduates Sweet Potato Puffs	42克	美國	✓	B	✓/□	[IRON, E, ZINC]; [Iron for Healthy Brain Development]; [Vitamin E and Zinc for Natural Immune Support]	(Contains) iron; (Contains) vitamin E; (Contains) zinc	Iron for healthy brain development ; Vitamin E...for natural immune support ✖; ...Zinc for natural immune support	
38	Ginbis Tabekko Baby Biscuit	56克	日本	□	—	—	[DHA]	(Contains) DHA	—	
39	Happy Baby Organic Puffs Apple Puffs	60克	美國	✓	B	✓/✓	[Fortified with Vitamins & Minerals]; [Enriched with... Vitamin D]; [1/2 the sugar of all other Puffs (compared to Gerber (1g sugar) and Beech-Nut (1g sugar).]; [Contains 25mg CHOLINE per serving for healthy brain development.]	Fortified with vitamins ; fortified with minerals; enriched with vitamin D/ 1/2 the sugar of all other puffs (compared to Gerber (1g sugar) and Beech-nut (1g sugar). †	Choline...for healthy brain development	
40	Healthy Times Original Teddy Puffs (Premium Organic Finger Food or Cereal)	156克	美國	✓	B	✓/✓	[fortified with iron, calcium and vitamins]; [Excellent Source of Iron, Calcium and B Vitamins for Healthy Growth and Development.]	Excellent source of iron ; excellent source of calcium ; excellent source of B vitamins ; fortified with iron, calcium and vitamins	Iron, calcium and B vitamins for healthy growth and development	
41	Heinz Biscotti Apple	60克	意大利	✓	A, B	✓/✓	[a source of iron]; [contains 10 key vitamins & minerals]	Source of iron; Contains 10 key vitamins and minerals	—	
42	Kewpie 雞蛋動物餅 Kewpie Animal Shape Egg Biscuits	105克	日本	□	—	—	無相關聲稱	不適用		
43	Organix Goodies Organic Gingerbread Men	135克	德國	✓	A	✓/□	[Wholegrains contain more minerals, vitamins and fibre than processed grains]; [MORE VITAMINS, MINERALS & FIBRE]	More minerals* ; more vitamins* ; more fibre	—	
44	Pigeon 南瓜蕃薯曲奇	50克	日本	□	—	—	無相關聲稱	不適用		
45	Plum Organics Baby Organic Super Puffs Fruit Grain Puffs - Super Yellows Banana & Peach	42克	美國	✓	B	✓/□	[has 100mg of Potassium - to help maintain healthy blood pressure]; [Iron...for healthy brain development; Vitamin E...a powerful antioxidant; Zinc...to help support a healthy immune system...]	(contains) potassium	Potassium - to help maintain healthy blood pressure; iron...for healthy brain development; vitamin E...a powerful antioxidant; zinc...to help support a healthy immune system	
46	和光堂 Wakodo 動物餅	50克	日本	□	—	—	[加入兒童發育中必須的鈣質及維他命B1]	加入鈣* ; 加入維他命B1*	兒童發育中必須的鈣質及維他命B1	

註

[1] 樣本以英文名稱順序排列。

[2] 樣本包裝上的資料。 —：無標示

[3] ✓：樣本有以中文/英文標示完整的營養素表。
□：樣本的中文/英文營養素表部分或全部被遮蓋，或只以其他外語標示營養素表，或沒有提供營養素表。

[4] ▲：除了樣本#15，其餘有以中文/英文標示營養素表的樣本都有標示「1+3」，即能量、蛋白質、總脂肪、碳水化合物含量。樣本#15沒有標示總脂肪含量。

[5] ✓：有標示 □：無標示

[6] 樣本#21沒有標示鈉的實際含量值，只以「trace(微量)」標示。

[7] []：來自樣本包裝上的標示。

[8] 將樣本標示的中文/英文營養聲稱/健康聲稱，按聲稱的性質而分類。
—：沒有屬於該類別的聲稱

[9] *：以食品法典委員會的《關於營養標籤的法典準則》作為參考，樣本在包裝上沒有提供作出聲稱的營養素的含量數值，不符合食品法典委員會的要求。

✖：是次研究下，評定有關聲稱未有國際公認的科學證據支持。

✚：標示的字句容易令消費者聯想到產品的DHA與增強抵抗力的關係。

[10] †：營養素比較聲稱。除樣本#39外，其他樣本均沒有標示營養素比較聲稱。

[11] ◆：其他功能聲稱。除樣本#4及#11外，其他樣本均沒有標示其他功能聲稱。

✚：減低疾病風險聲稱。除樣本#4外，其他樣本均沒有標示減低疾病風險聲稱。