

預先包裝食物的食物標籤與營養標籤 Food Labelling and Nutrition Labelling of Prepackaged Food

業界諮詢論壇

Trade Consultation Forum

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預先包裝食物定義

Definition of Prepackaged Food

- 根據第132W章，預先包裝食物 (prepackaged food) 指任何經全部或部分包裝食物以致 -
 - 如不打開或不改變包裝，則不能將包裝內的食物變更；及
 - 該食物可隨時作為單份食品，交給最後消費者或飲食供應機構。
- In Cap.132W, "Prepackaged Food" (預先包裝食物) means any food packaged, whether completely or partially, in such a way that-
 - the contents cannot be altered without opening or changing the packaging; and
 - the food is ready for presentation to the ultimate consumer or a catering establishment as a single food item.

*最後消費者 (ultimate consumer) 指非為以下目的而進行購買的任何在香港的人供轉售、供飲食供應機構或供製造業之用

*ultimate consumer (最後消費者): any person who buys otherwise than for the purposes of resale, a catering establishment or a manufacturing business

根據第132W章附表3的規定 – 預先包裝食物的標記及標籤 Marking and labelling of prepackaged food under Schedule 3 of Cap. 132W

除非獲得豁免，否則所有預先包裝食物均須加上包括下列資料的可閱標記：

- 名稱或稱號
- 配料表
- “此日期前最佳”或“此日期或之前食用”日期的說明
- 特別貯存方式或使用指示的陳述
- 製造商或包裝商的姓名或名稱及地址
- 數量、重量或體積及
- 使用適當語文

Unless otherwise exempted, the following information shall be legibly marked on the food label of all prepackaged food:

- Name or designation
- List of ingredients
- Indication of “best before” or “use by”
- Statement of special condition for storage or instruction for use
- Name & address of manufacturer / packer
- Count, weight or volume
- Use appropriate language

食物標籤 Food Labelling

食物名稱

Name of the food

- 須加上可閱標記，不得就食物的性質有虛假、誤導或詐騙成分。
- It shall be legibly marked and shall not be false, misleading or deceptive as to the nature of the food.

製造商或包裝商 的名稱及地址

Name and address of manufacturer or packer

保質期的說明

Indication of durability

- “此日期或之前食用”或“此日期前最佳”
- “Use by” or “Best before” date.

數量、重量或體積

Count, weight or volume

配料表

List of ingredients

- 配料須按用於食物包裝時所佔的重量或體積，由大至小依次表列。
- 如含有法例中列明的**食物致敏物**，必須標示。
- 如使用**添加劑**，須標示其作用類別和其本身所用名稱或國際識別編號（不論是否以“E”或“e”為詞頭）。
- **Ingredients** should be listed in descending order of weight or volume determined as at the time of their use when the food was packaged.
- **Allergenic substances** stated in the law should be specified if they are present in the food.
- Functional class of an **additive** and its specific name or international identification number (with or without the prefix “E” or “e”) should be specified if it is used.

特別貯存方式 或使用指示的陳述

Statement of special conditions for storage or instructions for use



配料表 - 添加劑

List of ingredients - Additives

- 添加劑如構成食物的配料，須列明該添加劑的作用類別及 -
 - a) 其本身所用名稱；
 - b) 它在食物添加劑國際編碼系統中的識別編號；或
 - c) 它在食物添加劑國際編碼系統中以“E”或“e”為詞頭的識別編號。

例如：防腐劑(二氧化硫), 增味劑:E625 or 471(乳化劑)

食物添加劑消費者指南

https://www.cfs.gov.hk/tc_chi/whatsnew/whatsnew_fstr/files/ins_list_num_order.pdf

- An additive constituting one of the ingredients of a food shall be listed by its functional class and -
 - a) Its specific name; or
 - b) its identification number under the International Numbering System for Food Additives; or
 - c) its identification number under the International Numbering System for Food Additives with the prefix

e.g. Preservative (Sulphur Dioxide), Flavour Enhancer :E625 or 471(emulsifier)

The Consumer Guide to Food Additives

https://www.cfs.gov.hk/tc_chi/whatsnew/whatsnew_fstr/files/ins_list_num_order.pdf

配料表 - 氫化油

List of ingredients – Hydrogenated oil

- 《2021年食物及藥物（成分組合及標籤）（修訂）規例》已於2023年12月1日生效
- 預先包裝食物如含有氫化油（例如完全氫化油）必須在其配料表中作出相應標示
- The Food and Drugs (Composition and Labelling) (Amendment) Regulation 2021 come into effect on 1 December 2023
- Any prepackaged food containing hydrogenated oils, e.g. fully hydrogenated oil, must be indicated in the list of ingredient

配料表- 致敏物

List of ingredients - Allergens

如食物由下列任何物質組成，或含有下列任何物質，該等物質的名稱須在配料表中指明：

- 1.含有麩質的穀類；
- 2.甲殼類動物及甲殼類動物製品；
- 3.蛋類及蛋類製品；
- 4.魚類及魚類製品；
- 5.花生、大豆及它們的製品；
- 6.奶類及奶類製品(包括乳糖)；
- 7.木本堅果及堅果製品；以及
- 8.濃度達到或超過百萬分之十的亞硫酸鹽。

例子: "小麥", "麩粉 (含有麩質的穀類)", "蛋類", "小蝦 (甲殼類動物)", "魚類", "鯖魚 (魚類)", "花生", "豉油 (含有大豆)", "乳清蛋白質 (奶類製品)"。

If a food consists of or contains any of the following substances, the name of the substance shall be specified in the list of ingredients:

- 1.cereals containing gluten;
- 2.crustacea and crustacean products;
- 3.eggs and egg products;
- 4.fish and fish products;
- 5.peanuts, soybeans and their products;
- 6.milk and milk products (lactose included);
- 7.tree nuts and nut products; and
- 8.sulphite in concentrations of 10 parts per million or more.

E.g. "Wheat", "Flour (cereals containing gluten)", "Egg", "Shrimp (Crustacean)", "Fish", "Mackerel (fish)", "Peanuts", "Soy sauce (contains soybeans)", "Whey protein (milk product)".

配料表- 致敏物

List of ingredients - Allergens

假如食品沒有使用致敏物作配料，但配製期間卻與含致敏物的產品共用一條生產線，或配製食品的廠房亦處理指明的致敏物，便應在配料表末端或貼近配料表之處，加上有關警告字句。警告字句應具有下列其中一種格式：

- "可能含有微量(致敏物名稱)"；
- "含有微量(致敏物名稱)"；或
- "生產此食品的廠房亦處理(致敏物名稱)"。

不過，致敏物警告字句的效用不宜誇大，業界人士亦不得藉詞而逃避"採取了一切合理預防措施及盡了一切應盡的努力"以預防交叉污染的責任。

The statement should be marked at the end or in immediate proximity to the ingredients list if allergens are not used as an ingredient in the food product but produced on a production line shared with allergen containing products or in a factory where specified allergens are also handled. The warning should be in one of the following formats:

- "May contain traces of (NAME OF ALLERGEN)";
- "Contains traces of (NAME OF ALLERGEN)"; or
- "Produced in a factory where (NAME OF ALLERGEN)" is also handled.

However, the use of the allergen warning statement cannot be emphasised too strongly, and must not be used as a way of evading the responsibility to exercise "all reasonable precautions and all due diligence" to prevent cross-contamination.

保質期的說明

Indication of Durability

- "此日期前最佳(best before)"; or "此日期或之前食用(use by) ”
- 有關日期須以阿拉伯數字或中英文表示
- 以英文字母 “DD”、“dd”、“D”或 “d” 並以中文字 “日” 標明日子；
- 以英文字母 “MM”、“mm”、“M”或 “m” 並以中文字 “月” 標明月份；及
- 以英文字母 “YY”、“yy”、“Y”或 “y” 並以中文字 “年” 標明年份
- 而日、月、年可按任何次序標明
- 例子: use by (此日期或之前食用) :
11/06/2007 (D/M/Y,日/月/年) or
11.6.2007 (D日M月Y年) or
110607 (DMY日月年)
- "best before (此日期前最佳)"; or "use by (此日期或之前食用) ”;
- followed by the date in both the English and Chinese languages or in Arabic numerals.
- the day shall be indicated by the words “DD”, “dd”, “D” or “d” in English lettering and “日” in Chinese character;
- the month shall be indicated by the words “MM”, “mm”, “M” or “m” in English lettering and “月” in Chinese character; and
- the year shall be indicated by the words “YY”, “yy”, “Y” or “y” in English lettering and “年” in Chinese character
- and the day, month and year can appear in any order
- e.g. use by (此日期或之前食用) :
11/06/2007 (D/M/Y,日/月/年) or
11.6.2007 (D日M月Y年) or
110607 (DMY日月年)

“此日期或之前食用”日期的說明

Indication of “use by” date

- 如預先包裝食物從微生物觀點看是非常易毀消的，因此在一段短時期之後相當可能對人類健康構成即時的危險，則須說明“此日期或之前食用”日期。
- In case of prepackaged food which, from the microbiological point of view, is **highly perishable** and is therefore likely after a short period to constitute an immediate danger to human health, a “**use by**” date shall be indicated.

豁免食物標籤的項目

Items exempt from Food labelling

根據第132W章附表4，部分食品可獲豁免遵從該規例部分或全部食物標籤的規定。

Under Schedule 4 of Cap.132W, some food items are exempted from parts or all of the general food labelling requirements of Schedule 3, Cap.132W.

豁免食物標籤的項目

Items exempt from Food labelling

- 酒精飲料
 - i) 含有根據《應課稅品條例》(第109章)第53條釐定的以容積計算的酒精濃度超過1.2%但少於10%的飲品
 - 豁免附表全部規定除
 - 第3條及
 - 第4條：“此日期前最佳”或“此日期或之前食用”日期的說明
 - ii) 葡萄酒、甜酒、有氣葡萄酒、加香葡萄酒、果酒、有氣果酒和其他含有根據《應課稅品條例》(第109章)第53條釐定的以容積計算的酒精濃度達到或超過10%的飲品
 - 豁免附表全部規定除
 - 第3條
- Alcoholic drinks
 - i) Drinks with an alcoholic strength by volume of more than 1.2% but less than 10% as determined under section 53 of the Dutiable Commodities Ordinance, Cap. 109
 - Exempt whole Schedule except
 - Section 3 &
 - Section 4 : Indication of “best before” or “use by”
 - ii) Wines, liqueur wines, sparkling wines, aromatised wines, fruit wines, sparkling fruit wines and other drinks with an alcoholic strength by volume of 10% or more as determined under section 53 of the Dutiable Commodities Ordinance Cap. 109
 - Exempt whole Schedule except
 - Section 3

豁免食物標籤的項目

Items exempt from Food labelling

根據第132W章附表3第3條的規定:

“即使任何預先包裝食物獲豁免遵從第2條的規定，但如該食物附有標記或標籤表列其配料，則該配料表在各方面均須符合本附表的規定。”

In accordance to Section 3, Schedule 3, Cap.132W:

“If any prepackaged food is marked or labelled with a list of ingredients notwithstanding that it is exempted from the requirements of section 2, such list shall conform in all respects with the requirements of this Schedule.”

獲豁免食物標籤的項目

Exemptions from Food Labelling

- 在飲食供應機構售出以供即時食用的預先包裝食物
 - (豁免附表全部規定(第3 條除外))
- 獨立花巧包裝並擬作單份出售的甜點
 - (豁免附表全部規定)
- 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
 - (豁免附表全部規定)
- Prepackaged food sold at a catering establishment for immediate consumption
 - (exempted the whole Schedule except section 3)
- Individually wrapped confectionery products in a fancy form intended for sale as single items
 - (exempted the whole Schedule)
- Individually wrapped preserved fruits which are not enclosed in any further packaging and which are intended for sale as single items
 - (exempted the whole Schedule)

獲豁免食物標籤的項目

Exemptions from Food Labelling

- 包裝在容器內的預先包裝食物，而容器的最大平面面積少於10平方厘米

- (豁免
1. 配料表
2. 特別貯存方式或使用指示的陳述
3. 製造商或包裝商的姓名或名稱及地址)

- 新鮮水果及新鮮蔬菜

- (豁免
1. 配料表
2. 保質期的說明)

- Prepackaged food packed in a container the largest surface of which has an area of less than 10 cm²

- (exempt the
1. list of ingredients
2. statement of special conditions for storage or instructions for use
3. name and address of manufacturer or packer)

- Fresh fruit and fresh vegetables

- (exempt the
1. list of ingredients
2. durability indication)

獲豁免食物標籤的項目

Exemptions from Food Labelling

- 含有單一種配料的食物
 - (豁免配料表)
- 調味料
 - (豁免配料表)
- 烹飪用的鹽、除防腐劑外不加任何配料的糖、香口膠及其他類似產品
 - (豁免保質期的說明)
- Any food consisting of a single ingredient
 - (exempt the list of ingredients)
- Flavourings
 - (exempt the list of ingredients)
- Cooking salt, Sugar with no added ingredients other than preservatives, Chewing gums and other similar products
 - (exempt the durability indication)

食物標籤上的營養資料

Nutrition information on food labels

- 《2008年食物及藥物(成分組合及標籤)(修訂：關於營養標籤及營養聲稱的規定)規例》(《修訂規例》)於2010年7月1日實施
- (Amendment: Requirements for Nutrition Labelling and Nutrition Claim) Regulation 2008 《Amendment Regulation》 enacted in 1 July 2010
- 《修訂規例》涵蓋食物標籤上兩類主要營養資料，即營養標籤及與營養聲稱。
- 《Amendment Regulation》 include 2 types of nutrition information on food labels, namely Nutrition Labelling and Nutrition Claims

營養標籤 Nutrition Label



營養標籤上必須標示的營養素

Required Nutrients on Nutrition Labels

- 1+7(能量加7種指定標示營養素)
 - – 即能量、蛋白質、總脂肪、飽和脂肪、反式脂肪、碳水化合物、糖及鈉
- 碳水化合物含量可以「可獲得的碳水化合物」或「總碳水化合物」標示；但若以「總碳水化合物」標示時，必須同時標示膳食纖維含量。
- 涉及營養聲稱的營養素（另外當聲稱涉及任何脂肪類別時，同時亦須標示膽固醇含量）
 - 例如“不含脂肪”、“低飽和脂肪”、“不含反式脂肪”聲稱
- 可自願標示其他營養素
- 1+7 (energy plus seven nutrients specified for labelling)
 - – i.e. energy, protein, total fat, saturated fat, trans fat, carbohydrates, sugars and sodium.
- The amount of carbohydrates can be declared as “available carbohydrates” or “total carbohydrates”. However, if declared as “total carbohydrates”, the dietary fibre content must be declared as well.
- Nutrient(s) involved in nutrition claim(s) (when the nutrition claim is on any type of fat,
 - e.g. “fat free”, “low saturated fat”, “trans fat free” the amount of cholesterol must be declared as well).
- For other nutrients, declaration is voluntary

表達能量值 Energy value expression

- 以每100克(或每100毫升)食物的千卡(kcal)或千焦(kJ)表達；或
- 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)
- In kilocalorie, kilojoule Per 100 g (or 100 ml); or
- 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	
Energy/ 能量	436kcal/ 千卡 (1831kJ/ 千焦)
Protein/ 蛋白質	11g/ 克
Total fat/ 總脂肪	16g/ 克
- Saturated fat/ 飽和脂肪	7g/ 克
- Trans fat/ 反式脂肪	0g/ 克
Carbohydrates/ 碳水化合物	62g/ 克
- Sugars/ 糖	2g/ 克
Sodium/ 鈉	730mg/ 毫克

Nutrition Information		
Serving(s) Per Package: 1		
Serving Size: 200 g		
	Per 100g	Per Package
Energy(kcal)	173 kcal	347 kcal
Protein	5.7 g	11.4 g
Fat, Total	1.2 g	2.3 g
Saturated fatty acids	0.7 g	1.3 g
Trans fatty acids	0 g	0 g
Carbohydrates	49.6 g	99.2 g
Sugars	32.7 g	65.4 g
Sodium	0 mg	0 mg

營養資料		
每包裝所含食用分量數目: 2		
食用分量: 200 毫升		
	每食用分量	每食用分量的 中國營養素參考值 百分比
能量(千卡)	347 千卡	17%
蛋白質	11.4 克	19%
脂肪總量	2.3 克	4%
飽和脂肪酸	1.3 克	7%
反式脂肪酸	0 克	--
碳水化合物	99.2 克	33%
糖	65.4 克	--
鈉	0 毫克	0%

表達營養素含量

Nutrient content expression

- 以每100克(或每100毫升)食物的克(g)、毫克(mg)或微克(µg)表達；或
- 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)
- In gram(g), milligram(mg), microgram (µg) Per 100 g (or 100 ml); or
- 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)

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反式脂肪酸	0 克	--
碳水化合物	99.2 克	33%
糖	65.4 克	--
鈉	0 毫克	0%

營養素表的格式

Format of list of nutrients

- 營養素表須在包裝的顯眼處以列表格式展示，並須配以適當標題。
- 如包裝的總表面面積小於200 平方厘米，則營養素表可以直線格式展示。
- 預先包裝食物上的標記或標籤須使用英文、中文或中英文兼用。如預先包裝食物上的標記或標籤是中英文兼用，則營養素表須使用中文及英文。

- A list of nutrients shall be presented in tabular form in a conspicuous place of the package with an appropriate heading.
- A list of nutrients may be presented in linear form if the total surface area of the package is smaller than 200cm²
- The marking or labelling of prepackaged food shall be in the English language, the Chinese language; or both languages. A list of nutrients shall be in both the English and Chinese languages if both languages are used in the marking or labelling of prepackaged food.



Nutrition Information 營養資料	
Per 100g/ 每100克	
Energy/ 能量	436kcal/ 千卡 (1831kJ/ 千焦)
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Sodium/ 鈉	730mg/ 毫克

豁免營養標籤的項目

Items exempt from Nutrition labelling

根據第132W章附表6，部分食品可獲豁免遵從該規例附表5營養標籤的規定。

Under Schedule 6 of Cap.132W, some food items are exempted from the nutrition labelling requirements of Schedule 5, Cap.132W.

豁免營養標籤的項目

Items exempt from Nutrition labelling

- 含有以容積計算的酒精濃度(以《應課稅品條例》(第109章)第53條酒精濃度的定義中所描述的方式釐定者)超過1.2%預先包裝食物。
- 在飲食供應機構售出的、通常購買作即時食用的預先包裝食物。
- 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。
- Prepackaged food with an alcoholic strength by volume of more than 1.2% as determined in the manner described in the definition of alcoholic strength in section 53 of the Dutiable Commodities Ordinance (Cap. 109).
- Prepackaged food sold at a catering establishment which is usually bought for immediate consumption.
- 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.

豁免營養標籤的項目

Items exempt from Nutrition labelling

- 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。
- 沒有添加其他配料的的水果或蔬菜(不論是新鮮、冷凍、冷凝或乾的)
- 泉水及礦泉水(包括經人工添加礦物質的、被描述為礦泉水的水)。
- 食物中不含(近乎零的)能量及核心營養素
- 因銷量小而申請獲豁免的食物
- Prepackaged food packed in a container which has a total surface area of less than 100 cm².
- Fruit or vegetable, whether fresh, chilled, frozen or dried without any addition of ingredient
- Spring water and mineral water (including water to which minerals have been artificially added and which is described as mineral water).
- The food does not contain (meeting definition of zero) energy and core nutrients
- Food applied for exemption successfully due to low sales volume

小量豁免制度

Small Volume Exemption Scheme

- 任何預先包裝屬
 - 相同版本
 - 每年銷售量不超過30,000件，
可獲豁免提供營養標籤。
- 須預先獲得食物安全中心批准。
- Prepackaged foods
 - same version
 - with annual sales volume not exceeding 30,000 units
may be granted with exemption from providing nutrition labelling.
- Prior approval from Centre for Food Safety (CFS) of FEHD is required.

食物的虛假標籤

False labelling of food

根據第132章第61條的規定：

任何人如與其出售的食物一併給予下列標籤，或在其為出售而展出的食物上一併展示下列標籤——

- (a) 對食物作出虛假說明的標籤；
或
- (b) 預計會在食物的性質、物質或品質方面誤導他人的標籤，

則不論該標籤是否附於或印於包裹物或容器上，該人即屬犯罪，除非該人能證明其本人不知且即使作出合理的努力仍不能確定該標籤具上述的性質。

In accordance to Section 61, Cap 132:

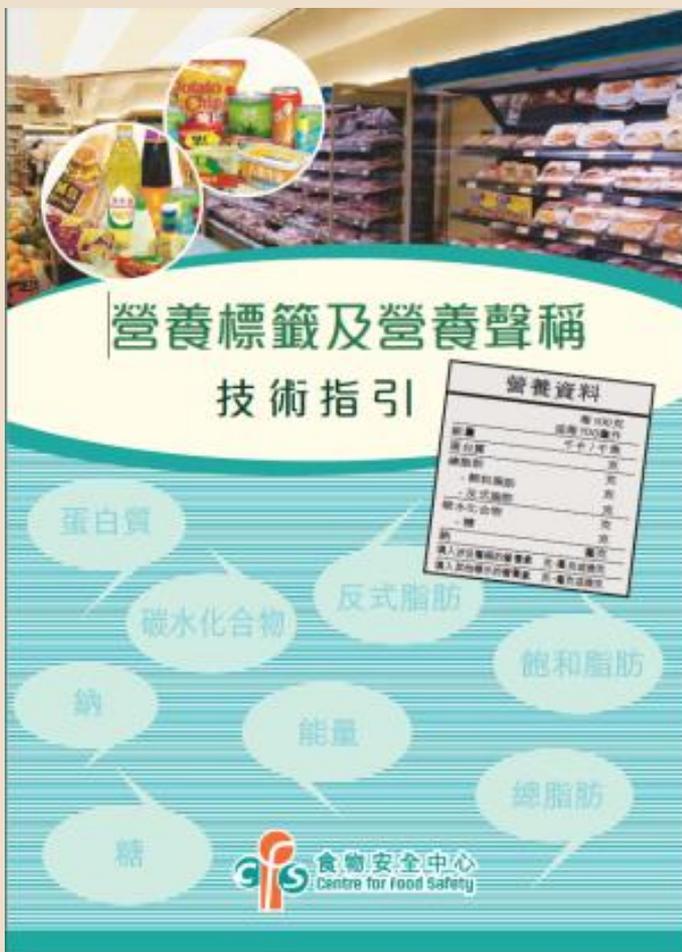
If any person gives with any food sold by him, or displays with any food exposed for sale by him, a label, whether or not the same is attached to or printed on the wrapper or container, which—

- (a) falsely describes the food; or
- (b) is calculated to mislead as to its nature, substance or quality,

he shall be guilty of an offence, unless he proves that he did not know, and could not with reasonable diligence have ascertained, that the label was of such a character as aforesaid.

營養標籤及營養聲稱技術指引

Technical Guidance Notes on Nutrition Labelling and Nutrition Claims



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

http://www.cfs.gov.hk/english/food_leg/files/nl_technical_guidance_e.pdf

營養標籤及營養聲稱技術指引

Technical Guidance Notes on Nutrition Labelling and Nutrition Claims

表 2 標示部分營養素所用的單位和數據修整方法

	單位	數據修整至	“0”的定義 ² (每 100 克/毫升)
能量	千卡或千焦	1	≤ 4 千卡或 17 千焦
蛋白質	克	0.1	≤ 0.5 克
碳水化合物(可獲得或總量)	克	0.1	≤ 0.5 克
總脂肪	克	0.1	≤ 0.5 克
飽和脂肪酸	克	0.1	≤ 0.5 克
反式脂肪酸	克	0.1	≤ 0.3 克
鈉	毫克	1	≤ 5 毫克
糖	克	0.1	≤ 0.5 克
膳食纖維	克	0.1	≤ 1.0 克
膽固醇	毫克	1	≤ 5 毫克

²有關方法同樣適用於營養標籤上營養素參考值百分比為“0”的定義。

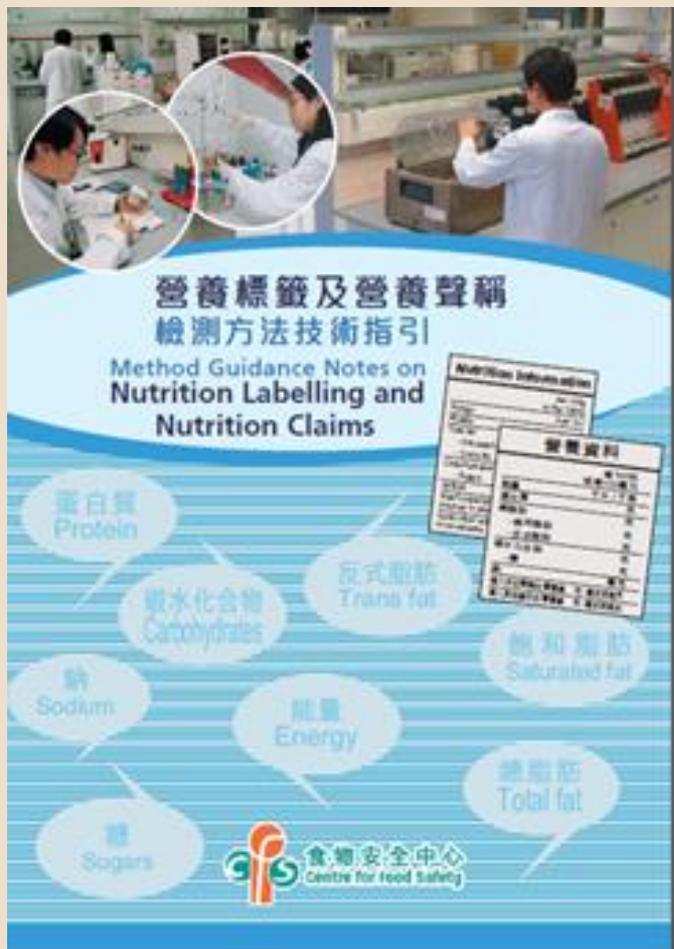
營養標籤及營養聲稱技術指引

Technical Guidance Notes on Nutrition Labelling and Nutrition Claims

表 3 營養標籤上標示能量值及營養素含量的規管容忍限

能量/營養素	規管容忍限
能量、總脂肪、飽和脂肪酸、反式脂肪酸、膽固醇、鈉、糖	≤ 標示值的 120%
蛋白質、多元不飽和脂肪酸、單元不飽和脂肪酸、碳水化合物、澱粉質、膳食纖維、可溶性纖維、不可溶性纖維、纖維的個別組成部分	≥ 標示值的 80%
維他命及礦物質(維他命 A、維他命 D 及添加的維他命及礦物質除外)	≥ 標示值的 80%
維他命 A 及維他命 D (包括添加的)	標示值的 80% 至 180%
添加的維他命及礦物質(維他命 A 及維他命 D 除外)	≥ 標示值

營養標籤及營養聲稱 Method Guidance Notes on Nutrition Labelling and Nutrition Claims



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

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

可閱性食物標籤 Legible food label

《製備可閱的食物標籤業界指引》（下稱《業界指引》）

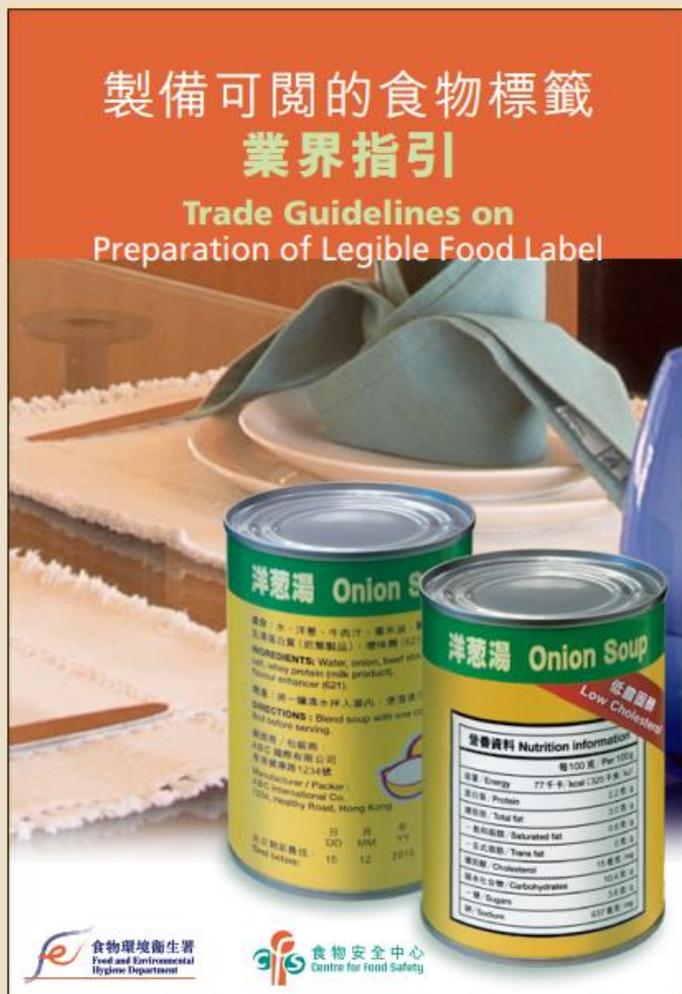
- 本署於詮釋《食物及藥物(成分組合及標籤)規例》(第132W章)中訂明的食物標籤可閱性的要求時亦會參考此指引。

Trade Guidelines on Preparation of Legible Food Label (the Guidelines)

- FEHD will also make reference to the guidelines in the interpretation of legibility requirements of food label as stipulated in the Food and Drugs (Composition and Labelling) Regulations (Cap. 132 W).

製備可閱的食物標籤業界指引

Trade Guidelines on Preparation of Legible Food Label



https://www.cfs.gov.hk/english/programme/programme_nifl/files/Trade_Guidelines_on_Preparation_of_Legible_FL_e.pdf

可閱的食物標籤的元素

Elements of Legible Food Label

字體大小適中

- 一般而言，
 - 英文字母：
 - 建議“x-高度”最小達1.2毫米
 - 中文字：
 - 與英文字母“x-高度”1.2毫米對等的高度
- 如下顯示，“x-高度”是指英文小楷字母“x”的高度：

Suitable font size

- In general,
 - English letter:
 - recommended “x-height” at least 1.2mm
 - Chinese characters:
 - comparable size to “x-height” 1.2 mm
- “x-height” is defined as the height of small character “x” as illustrated below:



可閱的食物標籤的元素

Elements of Legible Food Label

字體大小適中

- 有些情況標示建議字體可能有困難
 - 產品包裝面積有限（如總表面面積小於400平方厘米）
 - 除本地法例要求外，亦需標示其他國際標準或指引要求的資料

Suitable font size

- the recommended font size may not be always practically feasible
 - limited package size (e.g. total surface area less than **400cm²**)
 - required to present information required by **international standards and guidelines** in addition to local laws

可閱的食物標籤的元素

Elements of Legible Food Label

字體大小適中

- 有些情況標示建議字體可能有困難
 - 從外地進口的產品，可能因包裝設計所限，未必有足夠空間貼上以較大字體印製的標籤
 - 食物標籤上的資料以多種語言標示（如中文及英文）

英文字母x-高度計算最小應達0.8毫米
中文字整體高度計算最小應達1.8毫米

Suitable font size

- The recommended font size may not be always practically feasible
 - imported food products that have packaging with limited spacing for affixing label with larger font size
 - the information is presented in more than one language (e.g. Chinese and English)

English **minimum** font size: 0.8mm
Chinese **minimum** font size: 1.8mm

可閱的食物標籤的元素

Elements of Legible Food Label

對比鮮明

- 全黑色或單一深色的字體，並列印在白色或單一淺色、具適當對比的背景上，即「白底黑字」
- 只要字句能清楚顯示，相反做法亦可予接納，即「黑底白字」

Good contrast

- all black or single dark colour type, printed on a white or other single light colour
- acceptable to do it vice versa as long as the words are clearly shown

可閱的食物標籤的元素

Elements of Legible Food Label

對比鮮明

- 以透明容器包裝的食物
 - 建議於標籤範圍加上不透明、具適當對比的背景
 - 以免標籤的清晰度受食物的顏色或外形影響

Good contrast

- for products packed in transparent containers
 - recommended food label area come with a non-transparent contrasting background
 - the clarity of the label would not be affected by the colour or appearance of the food

可閱的食物標籤的元素

Elements of Legible Food Label

間距充足

- 字句需清楚展示，字與字，以及字與分隔或包圍資料的間隔線或框線，不得緊貼或重疊。

Enough spacing

- Words and characters do not touch each other or the lines and borders surrounding or separating the information, if any

可閱的食物標籤的元素

Elements of Legible Food Label

其他元素

- 合適的印刷技術
- 使用不反光印刷表面
- 適當的字款

Other elements

- suitable printing technology
- non-reflective printing surface
- appropriate font type

最高罰則

Maximum Penalty

- 除《食物及藥物(成分組合及標籤)規例》(第132W章)附表4及6所列獲豁免遵從規定的項目外，預先包裝食物如沒有加上適當的標籤，即屬違反該規例第4或第4A或第4B條的規定。
- 如本署有足夠證據證明有關人士違反第132W章的規定，便會對其採取法律行動。違例者一經法庭定罪，最高罰則是可被判處罰款50,000元和監禁6個月。
- Save with the exemptions for those items as listed in Schedule 4 and 6 to the Food and Drugs (Composition and Labelling) Regulations (Cap. 132W), if prepackaged food not marked or labelled properly, it is in breach of Regulation 4 or 4A or 4B of Cap. 132W.
- If there is sufficient evidence to prove any contravention under Cap. 132W, legal action will be taken against the offender. Upon conviction by the Court, the offender is liable to a maximum fine of \$50,000 and 6 months imprisonment.

預先包裝食物的食物標籤與營養標籤 Food Labelling and Nutrition Labelling of Prepackaged Food

謝謝
-Thank you-