

# 營養資料標籤制度 -- 給業界的資料 NUTRITION LABELLING SCHEME (NLS) - INFORMATION FOR TRADE

業界諮詢論壇  
Trade Consultation Forum  
25-6-2026

# 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**。
  
  - **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
  - **飲食供應機構 (catering establishment)**指在業務運作中，配製食物交付最後消費者即時食用的食肆、食堂、會社、酒館、學校、醫院或其他機構(包括車輛、固定攤檔或流動攤檔)
- 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**.
  
  - **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
  - **catering establishment (飲食供應機構)** means a restaurant, canteen, club, public house, school, hospital or other establishment (including a vehicle or a fixed or mobile stall) where, in the course of a business, food is prepared for delivery to the ultimate consumer for immediate consumption



# 預先包裝食物的標記及標籤

## Marking and Labelling of Prepackaged Food

### (第132W章附表3) (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

\*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**



# 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。
- 《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**營養聲稱**。
- (Amendment: Requirements for Nutrition Labelling and Nutrition Claim) Regulation 2008 《Amendment Regulation》 enacted in 1 July 2010.
- 《Amendment Regulation》 include 2 types of nutrition information on food labels, namely **Nutrition Labelling** and **Nutrition Claims**.



營養資料標籤制度 -- 給業界的資料

[https://www.cfs.gov.hk/tc\\_chi/programme/programme\\_nifl/programme\\_nifl.html](https://www.cfs.gov.hk/tc_chi/programme/programme_nifl/programme_nifl.html)

Nutrition Labelling Scheme - Information for Trade

[https://www.cfs.gov.hk/english/programme/programme\\_nifl/programme\\_nifl.html](https://www.cfs.gov.hk/english/programme/programme_nifl/programme_nifl.html)



# 營養資料標籤制度 -- 給業界的資料

## NLS - Information for Trade

營養資料標籤制度 -- 給業界的資料

[https://www.cfs.gov.hk/tc\\_chi/programme/programme\\_nifl/programme\\_nifl.html](https://www.cfs.gov.hk/tc_chi/programme/programme_nifl/programme_nifl.html)



香港特別行政區政府  
食物安全中心

主頁 > 最新消息 > 新資訊 > 營養資料標籤制度 > 給業界的營養標籤資料

### 營養資料標籤制度

分享:  

#### 給業界的營養標籤資料



營養知多少  
揀啱我需要

消費者日益明白飲食與健康的關係，因而對食物營養越感興趣，想得到更多有關的資料。現時有越來越多進口及本地製造的預先包裝食物在標籤上標示營養資料。此網頁會概述食物標籤上的各種營養資料，以增加大家對此方面的認識。

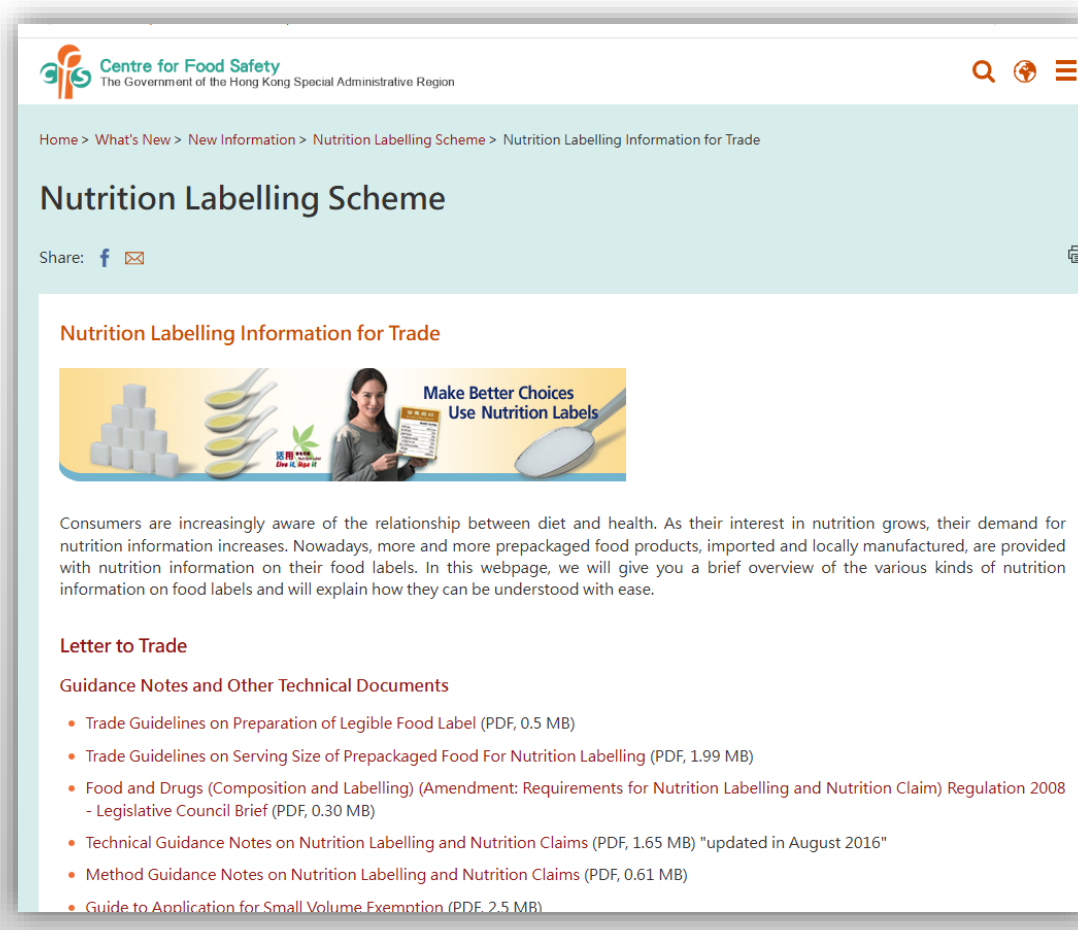
#### 給業界的信

##### 指引及其他技術文件

- 製備可閱的食物標籤業界指引 (PDF, 0.68 MB)
- 預先包裝食物營養標籤的食用分量業界指引 (PDF, 1.87 MB)
- 《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》 - 立法會參考資料摘要 (PDF, 0.63 MB)
- 營養標籤及營養聲稱技術指引 (PDF, 2.56 MB) "二零一六年八月更新"
- 營養標籤及營養聲稱檢測方法技術指引 (PDF, 0.61 MB)
- 小量豁免申請指引 (PDF, 2.5MB)
- 營養標籤及營養聲稱技術指引 - 數據修整方法 (只有英文版)(PDF, 0.14 MB)
- 香港營養資料標籤制度容許的營養素功能聲稱 (PDF, 0.18 MB)
- 尋找香港認可實驗室
- 尋找香港以外認可實驗室

Nutrition Labelling Scheme (NLS) - Information for Trade



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Centre for Food Safety  
The Government of the Hong Kong Special Administrative Region

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### Nutrition Labelling Scheme

Share:  

#### Nutrition Labelling Information for Trade



Make Better Choices  
Use Nutrition Labels

Consumers are increasingly aware of the relationship between diet and health. As their interest in nutrition grows, their demand for nutrition information increases. Nowadays, more and more prepackaged food products, imported and locally manufactured, are provided with nutrition information on their food labels. In this webpage, we will give you a brief overview of the various kinds of nutrition information on food labels and will explain how they can be understood with ease.

#### Letter to Trade

##### Guidance Notes and Other Technical Documents

- Trade Guidelines on Preparation of Legible Food Label (PDF, 0.5 MB)
- Trade Guidelines on Serving Size of Prepackaged Food For Nutrition Labelling (PDF, 1.99 MB)
- Food and Drugs (Composition and Labelling) (Amendment: Requirements for Nutrition Labelling and Nutrition Claim) Regulation 2008 - Legislative Council Brief (PDF, 0.30 MB)
- Technical Guidance Notes on Nutrition Labelling and Nutrition Claims (PDF, 1.65 MB) "updated in August 2016"
- Method Guidance Notes on Nutrition Labelling and Nutrition Claims (PDF, 0.61 MB)
- Guide to Application for Small Volume Exemption (PDF, 2.5 MB)

# 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（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 + 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, the amount of cholesterol must be declared as well.

- e.g. “fat free”, “low saturated fat”, “trans fat free”

- Declaration of other nutrients is voluntary



# 表達能量值/營養素含量

## Energy Value and Nutrient Content Expression

- 能量值:以每100克(或每100毫升)食物的千卡(kcal)或千焦(kJ)表達
  - 營養素含量: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)
- Energy value in kilocalorie or kilojoule per 100 g (or 100 ml); or
  - Nutrient content 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)

Nutrition Information 營養資料			
Servings Per Package / 每包裝所含食用分量數目: (insert number of servings)			
Serving Size / 食用分量: g, ml or other unit as appropriate/克、毫升或其他適當的單位			
	Per 100g or Per 100ml / 每 100 克或每 100 毫升	Per Serving / 每食用分量	Chinese Reference Value / 每 100 克或每 100 毫升的中國營養素參考值百分比
Energy / 能量	kcal or kJ / 千卡或千焦	kcal or kJ / 千卡或千焦	%
Protein / 蛋白質	g / 克	g / 克	%
Total fat / 總脂肪	g / 克	g / 克	%
- Saturated fat / 飽和脂肪	g / 克	g / 克	%
- Trans fat / 反式脂肪	g / 克	g / 克	%
Carbohydrates / 碳水化合物	g / 克	g / 克	%
- Sugars / 糖	g / 克	g / 克	%
Sodium / 鈉	mg / 毫克	mg / 毫克	%
Insert nutrient(s) involved in claim(s) / 填入涉及聲稱的營養素	g, mg or μg / 克、毫克或微克	g, mg or μg / 克、毫克或微克	%
Insert other nutrient(s) to be declared / 填入其他標示的營養素	g, mg or μg / 克、毫克或微克	g, mg or μg / 克、毫克或微克	%

Nutrition Information		
Serving(s) Per Package: 1		
Serving Size: 200 g		
	Per 100 g	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 200cm<sup>2</sup>.
- The marking or labelling of prepackaged food shall be in the Eng language, the Chi language; or both languages.
  - A list of nutrients shall be in both the Eng and Chi languages if both languages are used in the marking or labelling of prepackaged food.

營養資料	
	每 100 克 或每 100 毫升
能量	千卡 / 千焦
蛋白質	克
總脂肪	克
- 飽和脂肪	克
- 反式脂肪	克
碳水化合物	克
- 糖	克
鈉	毫克
填入涉及聲稱的營養素	克、毫克或微克
填入其他標示的營養素	克、毫克或微克

Nutrition Information	
	Per 100g or Per 100ml
Energy	kcal / kJ
Protein	g
Total fat	g
- Saturated fat	g
- Trans fat	g
Carbohydrates	g
- Sugars	g
Sodium	mg
Insert nutrient(s) involved in claim(s)	g, mg or µg
Insert other nutrient(s) to be declared	g, mg or µg

Nutrition Information 營養資料	
	Per 100g or Per 100ml/每 100 克或每 100 毫升
Energy/能量	xx kcal / kJ / 千卡/千焦
Protein/蛋白質	xx g/克
Total fat/總脂肪	xx g/克
Saturated fat/飽和脂肪	xx g/克
Trans fat/反式脂肪	xx g/克
Carbohydrates/碳水化合物	xx g/克
Sugars/糖	xx g/克
Sodium/鈉	xx mg/毫克
Insert nutrient(s) involved in claim(s)	xx g, mg or µg/克、毫克或微克
Insert other nutrient(s) to be declared	xx g, mg or µg/克、毫克或微克



# 豁免營養標籤的項目(例子)

## Items Exempt from Nutrition Labelling (Examples)

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。

1. 獨立花巧包裝並擬作單份出售的甜點。
2. 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。
3. 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。
4. 沒有添加其他配料的水果或蔬菜(不論是新鮮、冷凍、冷凝或乾的)
5. 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)。
6. 食物中不含(近乎零)能量或核心營養素
7. 因銷量小而申請獲豁免的食物[少量豁免制度]
  - ❑ 預先包裝屬同版本每年銷售量不超過30,000件
  - ❑ 須預先獲得食物安全中心批准。

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

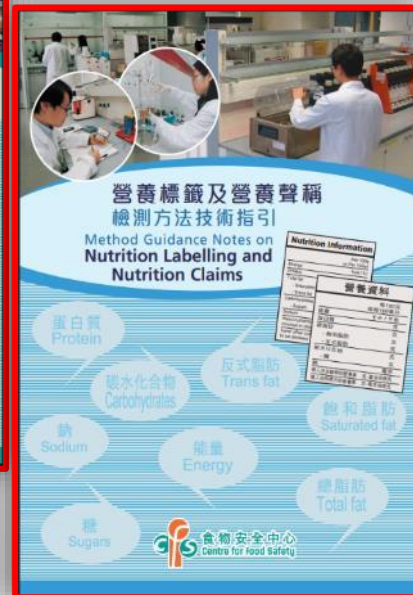
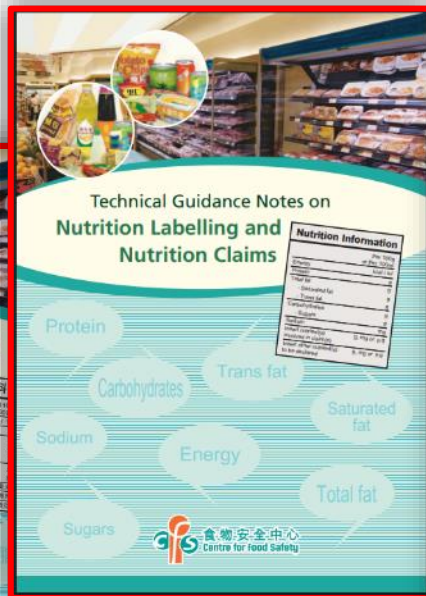
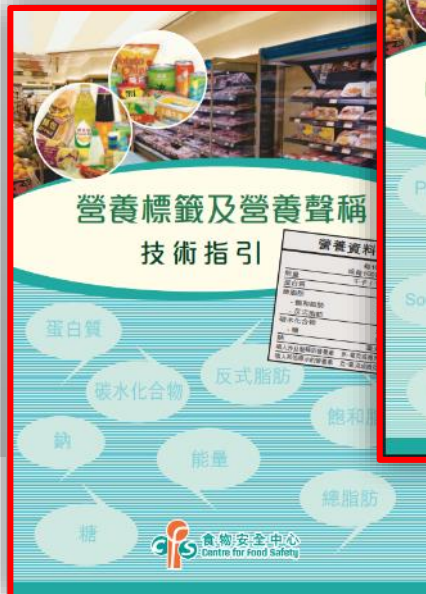
1. Individually wrapped confectionery products in a fancy form intended for sale as single items.
2. Individually wrapped preserved fruits which are not enclosed in any further packaging and which are intended for sale as single items.
3. Prepackaged food packed in a container which has a total surface area of less than 100 cm<sup>2</sup>.
4. Fruit or vegetable, whether fresh, chilled, frozen or dried without any addition of ingredient
5. Spring water and mineral water (including water to which minerals have been artificially added and which is described as mineral water).
6. Food not containing (meet "0" definition) energy or core nutrients
7. Food applied for exemption successfully due to low sales volume (Small Volume Exemption Scheme):
  - ❑ Prepackaged foods of same version with annual sales volume not exceeding 30,000 units.
  - ❑ Prior approval from CFS of FEHD is required.



# 技術指引及業界指引

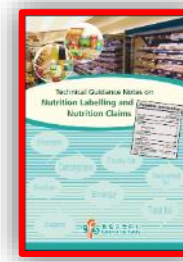
## Guidance Notes and Trade Guidelines

- 營養標籤及營養聲稱技術指引  
[https://www.cfs.gov.hk/tc\\_chi/food\\_leg/files/nl\\_technical\\_guidance\\_c.pdf](https://www.cfs.gov.hk/tc_chi/food_leg/files/nl_technical_guidance_c.pdf)
- 營養標籤及營養聲稱檢測方法技術指引  
[https://www.cfs.gov.hk/tc\\_chi/food\\_leg/files/nl\\_method\\_guidance\\_c.pdf](https://www.cfs.gov.hk/tc_chi/food_leg/files/nl_method_guidance_c.pdf)
- 製備可閱的食物標籤業界指引  
[https://www.cfs.gov.hk/tc\\_chi/programme/programme\\_nifl/files/Trade\\_Guidelines\\_on\\_Preparation\\_of\\_Legible\\_FL\\_c.pdf](https://www.cfs.gov.hk/tc_chi/programme/programme_nifl/files/Trade_Guidelines_on_Preparation_of_Legible_FL_c.pdf)
- 預先包裝食物營養標籤的食用分量業界指引  
[https://www.cfs.gov.hk/tc\\_chi/food\\_leg/files/Serving\\_size\\_of\\_prepackaged\\_food\\_clean\\_c.pdf](https://www.cfs.gov.hk/tc_chi/food_leg/files/Serving_size_of_prepackaged_food_clean_c.pdf)
- Technical Guidance Notes on Nutrition Labelling and Nutrition Claims  
[https://www.cfs.gov.hk/english/food\\_leg/files/nl\\_technical\\_guidance\\_e.pdf](https://www.cfs.gov.hk/english/food_leg/files/nl_technical_guidance_e.pdf)
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- 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](https://www.cfs.gov.hk/english/programme/programme_nifl/files/Trade_Guidelines_on_Preparation_of_Legible_FL_e.pdf)
- Trade Guidelines on Serving Size of Prepackaged Food For Nutrition Labelling  
[https://www.cfs.gov.hk/english/food\\_leg/files/Serving\\_size\\_of\\_prepackaged\\_food\\_clean\\_e.pdf](https://www.cfs.gov.hk/english/food_leg/files/Serving_size_of_prepackaged_food_clean_e.pdf)





# 規管容忍限 Tolerance Limits



- 根據恆常食物監察計劃，當局會核證營養標籤上營養數值的準確性。
- 營養素標示值的規管容忍限視乎營養素的種類而定。
- 規管容忍限並不適用於營養聲稱。

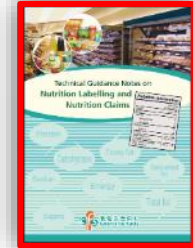
- Under the routine surveillance programme, the Administration verifies the accuracy of nutrient values on nutrition labels.
- Depending on the type of nutrients, the declared values have different tolerance limits.
- Tolerance limits **do not apply to nutrition claims**.

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

Table 3 Tolerance limits for declaration of energy level or nutrient content on nutrition label

Energy/ Nutrients	Tolerance Limits
Energy, Total fat, Saturated fatty acids, Trans fatty acids, Cholesterol, Sodium, Sugars	≤ 120% declared value
Protein, Polyunsaturated fatty acids, Monounsaturated fatty acids, Carbohydrates, Starch, Dietary fibre, Soluble fibre, Insoluble fibre, individual component of fibre	≥ 80% declared value
Vitamins and minerals (other than Vitamin A, Vitamin D and added vitamins and minerals)	≥ 80% declared value
Vitamin A and Vitamin D (including added ones)	80% - 180% declared value
Added vitamins and minerals (other than Vitamin A and Vitamin D)	≥ declared value



# 單位和數據修整方法

## Rounding Rules and Definition of "0"

- 所有營養成分含量表述必須準確無誤。
- 能量值和營養素含量應以絕對數值表示：
  - 不接受範圍包括**最大值**（例如>3克）和**最小值**（例如<0.5毫克）。
- 建議採用數據修整方法：
  - 以克(g)和毫克(mg)表示的其他營養素→分別修整至0.1克和1毫克。
  - 以相對量標示→調整至最接近的1%  
4.3%→4% · 7.8%→8%。
- All nutrient content expressions must be accurate and truthful.
- Energy value and amount of nutrients should be expressed in absolute number:
  - Do not accept ranges, incl. **max** (e.g. >3g) and **min** (e.g. <0.5mg).
- Rounding rules are suggested:
  - Other nutrients expressed in gram (g) and milligram (mg) → round to nearest 0.1g and 1mg respectively.
  - Relative amount expression → round to nearest 1%.

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 <sup>2</sup> (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

<sup>2</sup>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。

Table 2 Units and Rounding Rules for Labelling of Selected Nutrients

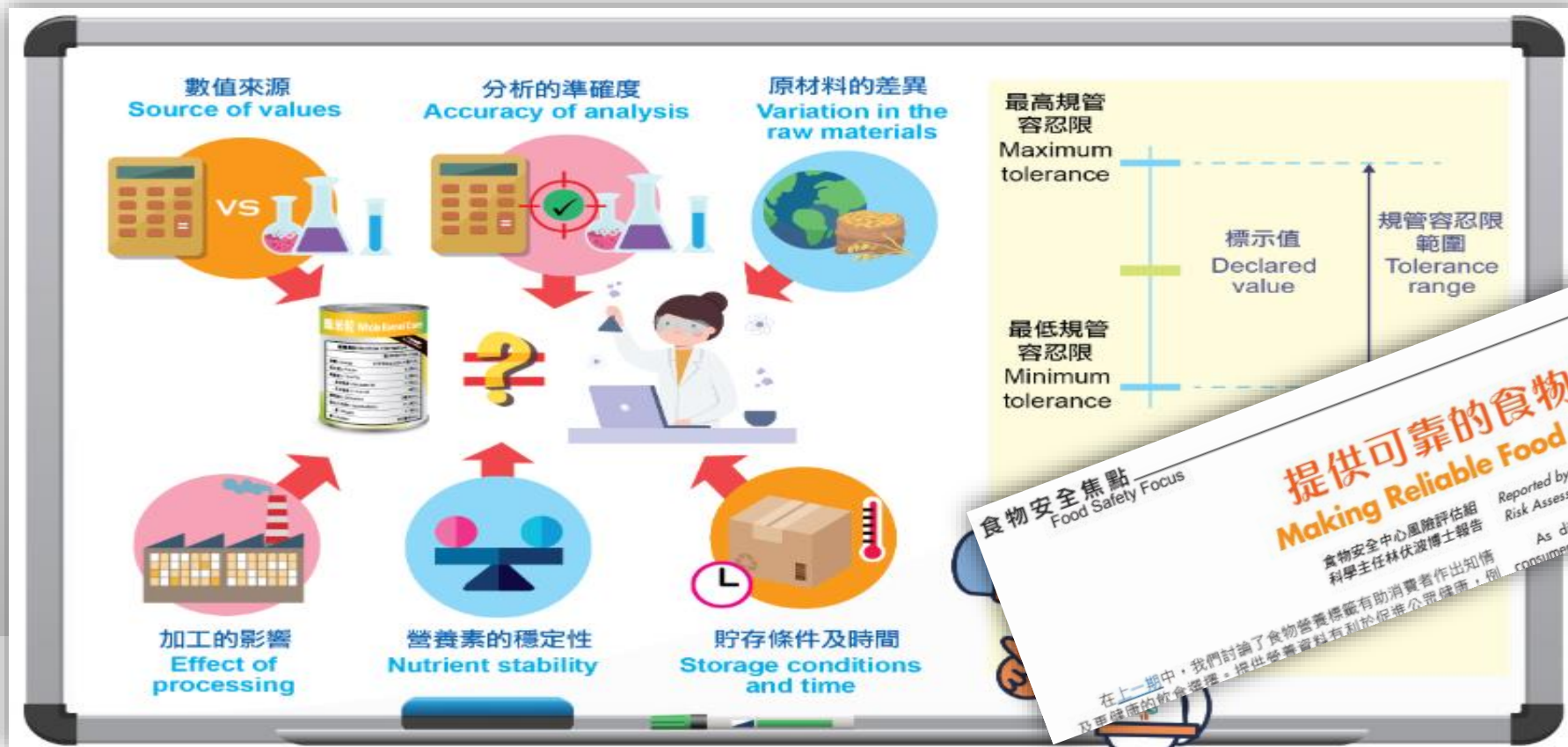
	Unit	Round to	Definition of "0" <sup>2</sup> (per 100 g/mL)
Energy	kcal or kJ	1	≤ 4 kcal or 17 kJ
Protein	g	0.1	≤ 0.5 g
Carbohydrates (Available or Total)	g	0.1	≤ 0.5 g
Total fat	g	0.1	≤ 0.5 g
Saturated fatty acids	g	0.1	≤ 0.5 g
Trans fatty acids	g	0.1	≤ 0.3 g
Sodium	mg	1	≤ 5 mg
Sugars	g	0.1	≤ 0.5 g
Dietary Fibre	g	0.1	≤ 1.0 g
Cholesterol	mg	1	≤ 5 mg

<sup>2</sup> Same conditions should be applied to the definition of 0% NRV on nutrition labels.

# 提供可靠的食物營養標籤

## Making Reliable Food Nutrition Labels

- 基於季節、加工過程、配料來源、營養素的穩定性及貯存條件的差異，不同批次甚至同一批次的同一食品在營養素數值上可能有所分別。
- 話雖如此，食物的營養素含量與所標示的數值不應有大幅差距。
- The variations in seasons, processing practices, ingredient sources, nutrient stability and storage conditions may result in discrepancies in the nutrient values among the same product of different batches and even within the same batch.
- That said, the nutrient contents of foods should not deviate substantially from the labelled values





# 製備可閱的食物標籤業界指引

## Trade Guidelines on Preparation of Legible Food Label

- 第132W章規定，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**：

- 食物名稱
- 配料表(包括配料、食物致敏物及添加劑)
- 保質期的說明
- 特別貯存方式或使用指示...

- 營養標籤。**

- 可閱的食物標籤的元素：

- 字體大小
- 字及背景的對比
- 每行之間間距

- 原則上，食物標籤**應該盡可能使用最大字體以協助消費者容易地閱讀食物標籤。**

- 本署於詮釋第132W章中訂明的**食物標籤可閱性**的要求時亦會參考此指引。

### 附表3 Schedule 3

### 附表5 / Schedule 5

- Cap.132W requires the following information to be **legibly marked** on the food label of all prepackaged food, unless otherwise exempted:

- Name of the food
- List of ingredients (including ingredients, allergenic substances and additives)
- Indication of durability
- Special conditions for storage or instruction for use...

- Nutrition label.**

- Elements of legible food label

- Suitable font size
- Good contrast
- Enough spacing

- In principle, the **font size** used in the food label **should be as large as possible to facilitate the consumers** to read the labels easily

- FEHD will also make reference to the guidelines in the interpretation of **legibility requirements** of food label as stipulated in Cap. 132W.



# 食物標籤:可閱的和無法閱讀的例子

## Examples of **Legible** and **Illegible** Food Labels

### 可閱的食物標籤的良好例子 (例子1至例子3)

#### 例子1:

英文字母最小達 1.2 毫米(以x-高度計算)及對等大小的中文字

### Good examples of legible food labels (Examples 1-3)

#### Example 1:

At least 1.2 mm x-height for English letter and Chinese characters in comparable font size (general recommendation)

<b>洋蔥湯 ONION SOUP</b>		日 月 年
		此日期前最佳: DD MM YY
		Best before: 15 12 2015
淨重: 30克 Net weight: 30g		
成份: 水、洋蔥、粟米油、鹽、乳清蛋白質(奶類製品)、增味劑 (621)		
用法: 將一罐清水拌入湯內, 煲滾後方可飲用。		
製造商/包裝商: ABC有限公司 香港健康路123號		
Ingredients: Water, onion, corn oil, salt, whey protein(milk product), flavour enhancer (621) Directions: Blend soup with one can of water. Boil before serving.		
Manufacturer/Packer: ABC Ltd. 123 Healthy Road, Hong Kong		
<b>營養資料 Nutrition Information</b> 每100克/Per 100g		
能量/Energy	77千卡/kcal	蛋白質/Protein 2.2克/g

### 無法閱讀的食物標籤的例子 (例子4至例子7)

#### 例子4:

文字在有圖案的背景上無法清楚顯示

### Examples of illegible food labels (Examples 4-7)

#### Example 4:

Words could not be clearly shown on patterned background



# 可閱的食物標籤:字體大小

## Legible Food Label: Suitable Font Size

- 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。
- 標示建議字體可能有困難\*產品:
  - 以英文字母x-高度計算最小應達到0.8毫米。
  - 以中文字整體高度計算最小應達到1.8毫米。

### \*有困難情況例子:

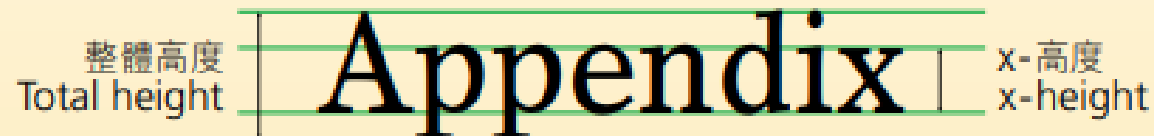
- 包裝面積有限 (如總表面面積<400平方厘米)
- 外地進口的產品，資料以多種語言標示(如中文及英文)

### \*Examples of infeasible products:

- Limited package size (e.g. total surface area <400cm<sup>2</sup>)
- Imported food products with information presented in >1 language (e.g. Chi + Eng)

\* 如下顯示，x-高度是指英文小楷字母x的高度

\* x-height is defined as the height of small character x as illustrated below:



# 可閱的食物標籤: 對比鮮明及間距充足

## Legible Food Label: Good Contrast and Enough Spacing

- 對比鮮明
  - 選用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」。
  - 以透明容器包裝的食物: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。
- 間距充足
  - 字句需清楚展示，字句與字句，以及字句與分隔或包圍資料的間隔線或框線，不得緊貼或重疊。
- 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.
  - For products packed in transparent containers: Recommended food label area come with a non-transparent contrasting background, so that the clarity of the label would not be affected by the colour or appearance of the food
- Enough spacing
  - Words and characters should be displayed in such a manner that they never touch each other or the lines and borders surrounding or separating the information, if any



# 可閱的食物標籤: 其他因素

## Legible Food Label: Other Factors

- 可提升字體的清晰度:
  - 適當的字款
  - 合適的印刷技術
  - 使用不反光印刷表面
- Enhance the clarity of words by other relevant factors:
  - Appropriate font type
  - Suitable printing technology
  - Nonreflective printing surface

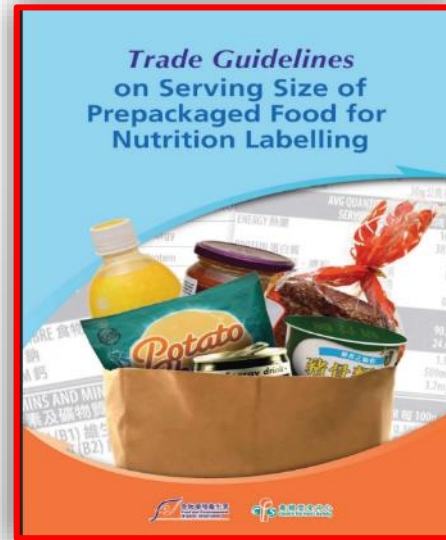


# 預先包裝食物營養標籤的食用分量業界指引 (1)

## Trade Guidelines on **Serving Size** of Prepackaged Food For Nutrition Labelling (1)

中心建議業界可遵從以下原則：

- 如產品採用**供一次食用**的包裝設計，可考慮**以整包作為一個食用分量** (例：獨立包裝雪條、不能重新封口罐裝汽水、杯麵等)。



Following the below principles:

- Products in packing **designed for single consumption occasion**, the **size of the entire pack** could be considered as 1 serving (e.g. individually packed ice-cream bars, soft drinks packed in cans which cannot be resealed, cup noodles, etc.)

- 一個“食用分量”指人們每次進食有關產品時通常會進食的分量。
- 一般通則是預先包裝食物上所列的資料必須全部屬實和沒有誤導成分。
- 《修訂規例》沒有就不同預先包裝食物的每一“食用分量”的大小訂出具體規定。

- A “serving” refers to the amount of product people usually eat on one occasion.
- General rule: all information provided on prepackaged food must be factual and not misleading.
- Amendment Regulation has no specific requirement for the size of each “serving” for different prepackaged food.

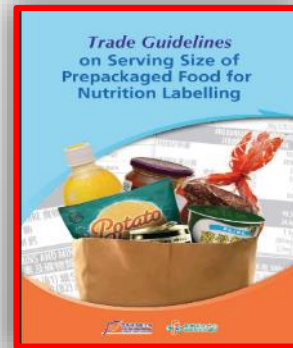


# 食用分量業界指引 (2)

## Trade Guidelines on Serving Size (2)

中心建議業界可遵從以下原則:

- 如產品採用並非供一次食用的包裝
  - 如包裝內有清楚預先分成小分量的單位，而每個可識別的單位是人們每次進食時通常會進食的合理分量，有關單位可視作一個食用量(例:已分切麵包、蛋糕、芝士、乾蛋麵等。)
  - 如產品沒有預先分成小分，但又供指定人數食用，食用分量應參考包裝比例。建議在產品包裝上提供清晰的食用指示，例如“供兩個人食用”(例:供兩個人食用的一包乾意粉，“一個食用分量”應指包裝重量的一半)。
  - **其他產品**: 可仔細考慮市民的飲食習慣、膳食建議、產品特點、食用歷史和製造限制等因素，然後為旗下產品釐定食用分量。
    - 參考本地食用分量標準或共識
    - 參考外國就營養標籤食用分量的指引



Following the below principles:

- Products not intended for consumption on a single occasion:
  - If there are clearly pre-portioned units in the package, and each recognizable unit reflects the reasonable amount that one would usually consume on a single occasion, it could be considered as 1 serving (e.g. pre-sliced bread, cake cheese, dried egg noodles, etc.)
  - If the product is not pre-portioned, but the product is designed to be consumed by a set number of people, the serving size should make reference to the pack proportion. To provide clear serving instruction (e.g. “serves 2” on the product package). E.g. a pack of dried pasta intended to serve people, “1 serving” should refer to the weight of ½ of the package.
  - **Other products**: may determine the serving sizes after careful consideration of factors including the dietary habit of the population, dietary recommendations, product’s characteristics and history of use, as well as manufacturing constraints.
    - Consider local standards or consensus
    - Consider overseas guidelines on serving size for the purpose of nutrition labelling

# 營養資料標籤制度專題網頁

## NLS Designated Website

- 營養資料標籤制度 [專題網頁](#) 中的實用指引有關：
  - 製備 [可閱的標籤](#)，
  - 釐定 [食用分量](#)，
  - 作出 [營養聲稱](#)，以及
  - 尋找 [本地及香港以外](#) 認可化驗所。
- 截至2026年6月15日，彙編了約130題有關營養資料標籤制度之 [常見問題](#)。
- 過往營養資料標籤制度 [工作坊](#) 的詳情和講義 (包括部分錄音資料)，以增加業界對營養資料標籤制度的認識。

- The NLS [designated website](#) contains practical guidelines on :
  - practical guidelines on preparing [legible labels](#)
  - determining [serving size](#),
  - making [nutrition claims](#), and
  - seeking accredited laboratories [in](#) and [outside](#) Hong Kong.
- As of 15 June 2026, compiled about 130 [FAQs](#) on NLS
- Details and handouts (including some audio recordings) of past NLS workshops to assist traders in understanding NLS.

香港特別行政區政府  
食物安全中心

主頁 > 最新消息 > 新資訊 > 營養資料標籤制度 > 給業界的營養標籤資料 > 食物標籤上的營養資料

### 給業界的營養標籤資料

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#### 食物標籤上的營養資料

#### 營養資料標籤制度之常見問題

1. 修訂規例的定義及涵蓋範圍 "二零一八年三月更新"
2. 營養標籤上的資料 "二零一零年十一月更新"
3. 營養聲稱 "二零二五年九月更新"
4. 化驗分析 "二零一零年六月更新"
5. 間接營養素分析
6. 豁免 ("小量豁免制度"除外)
7. 小量豁免制度 "二零一一年六月更新"
8. 抽樣及執法 "二零一七年一月更新"
9. 營養標籤計算器 (下稱"計算器")

Centre for Food Safety  
The Government of the Hong Kong Special Administrative Region

Home > What's New > New Information > Nutrition Labelling Scheme > Nutrition Labelling Information for Trade > Nutrition Information

### Nutrition Labelling Information for Trade

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#### Nutrition Information

#### Frequently Asked Questions on Nutrition Labelling Scheme

1. Definition and Coverage of the Amendment Regulation "Updated in March 2018"
2. Information Presentation on Nutrition Labelling "Updated in November 2010"
3. Nutrition Claims "Updated in September 2025"
4. Laboratory Analysis "Updated in June 2010"
5. Indirect Nutrient Analysis
6. Exemption (excluding Small Volume Exemption Scheme)
7. Small Volume Exemption Scheme (SVE) "Updated in June 2011"
8. Sampling and Enforcement "Updated in January 2017"
9. Nutrition Label Calculator (NLC)

謝謝!  
THANK YOU!