

# Nutrition Labelling of Prepackaged Food for Infants and Young Children

Food and Drugs (Composition and Labelling)  
(Amendment)(No. 2) Regulation 2014

## 營養資料

### Nutrition Information

每100克 / Per 100g

98千卡 / kcal

12克 / g

4.1克 / g

3.2克 / g

Available

鈉 / Sodium

29毫克 / mg

維他命A / Vitamin A

70微克視黃醇當量 /  $\mu\text{g RE}$

維他命D / Vitamin D

1.2微克 /  $\mu\text{g}$

能量 / Energy

蛋白質 / Protein

總脂肪 / Total fat

可獲得碳水化合物 /

Available carbohydrates

鈉 / Sodium

29毫克 / mg

維他命A / Vitamin A

70微克視黃醇當量 /  $\mu\text{g RE}$

維他命D / Vitamin D

1.2微克 /  $\mu\text{g}$

Prepackaged food for infants  
and young children  
Nutrition  
label

1+4+2

For infants and  
young children of  
any age under  
36 months



食物環境衛生署  
Food and Environmental  
Hygiene Department



食物安全中心  
Centre for Food Safety

# Nutrition Labelling of Prepackaged Food for Infants and Young Children

## Food and Drugs (Composition and Labelling) (Amendment)(No. 2) Regulation 2014

Breastfeeding is unquestionably the best choice of diet for infants, in which breastmilk contains natural antibodies that enhances babies' immunity and offers comprehensive nutrients that foster growth. During the first few months of life, breastmilk alone provides adequate nutrition to meet the requirement of babies. Babies approaching 6 months old start going through a developmental transition from a milk-only diet to an adult diet with varieties. Various nutritious complementary foods are introduced to their diet, while breastfeeding can be continued until the child is 2 years old or older.

Infants' and young children's complementary food sources are diverse. The complementary food products targeting to infants and young children, though not necessary to them only, may provide variable amount of different nutrients. Caregivers can make their choice by referring to the nutrition label of prepackaged food for infants and young children, i.e. "Energy + 4 nutrients + vitamins A and D (if added)" ("1+4+2"), available starting from 13 June 2016.

## Composition of Prepackaged Food for Infants and Young Children

As other complementary (weaning) foods, the prepackaged ones provide energy and nutrients for development of infants and young children.

# Energy and Nutrients in Prepackaged Food for Infants and Young Children

## Energy

- Fuel for infants and young children.
- It comes from carbohydrates, fat and protein, with carbohydrates being the primary source of energy.

## Protein

- Protein is required for maintaining and repairing body tissues as well as producing hormones, antibodies and enzymes.
- It may be sourced from cows milk protein or soy protein.

## Fat

- It provides essential fatty acids for normal brain and eye development and absorption of the fat-soluble vitamins.
- Fat stored in the body also reduces body heat loss and protects body organs.

## Carbohydrates

- Getting sufficient carbohydrate intake enables normal and efficient use of dietary fat and protein in the body for other essential functions such as building new tissues.

## Vitamins and Minerals

(vitamin A, Vitamin D, sodium )

- Micronutrients are needed in small amounts but are essential for growth, development and normal body function.
- During infancy and early childhood, the requirement for micronutrients is high.

No nutritional composition requirement has been established for prepackaged food for infants and young children, as infants and young children who have begun complementary feeding are no longer solely dependent on formula products or prepackaged food for infants and young children. However, caregivers can read the nutrition label to make an informed choice.

## Labels Parents See

The nutrition labelling requirements (i.e. "1+4+2") are established in accordance with international practices. For prepackaged food products for infants and young children, the nutrition labels are relatively more concise in comparison to that of infant formula as target population is getting more diversified diet.

Items on the nutrition label	"1+4+2"Label
Energy	✓
Protein	✓
Total fat	✓
Available carbohydrates	✓
Minerals	✓(Sodium)
Vitamins	Vitamins A and D (If added)

## Prepackaged Weaning Food – to Choose or Not to Choose

The Department of Health (DH) and many overseas health authorities recommend the use of home-prepared weaning foods over the commercial ones in the transition to a family diet consisting of foods with a variety of tastes, appearances, flavours and textures. This can also help reduce the likelihood of children becoming fussy eaters. Conversely, commercial weaning foods in jars/ packets may have limited textures and flavours.

When caregivers choose commercial over home-made weaning foods for convenience sake, they should be aware that too much of some nutrients in these products is as harmful as not enough. For example, excessive sodium intake may lead to dehydration as a result of high blood sodium levels, a tendency to prefer salty food and elevated blood pressure in the long run. Hence, read the nutrition label to make a better choice.

## Exemption for Some Prepackaged Food for Infants and Young Children

Formula for special medical purposes for infants and young children marked or labelled with required information is exempted from the requirements of nutritional labelling as formulation of these products is varied to fit different medical purposes arising from diseases, disorders or medical conditions.

Prepackaged food for infants and young children packed in a container which has a total surface area of less than 100cm<sup>2</sup> is exempted from the nutrition labelling requirements.

## Further Information

For details, please refer to the website for more information on the Food and Drugs (Composition and Labelling)(Amendment)(No. 2) Regulation 2014:

[http://www.cfs.gov.hk/english/food\\_leg/food\\_leg\\_Formula\\_Products\\_for\\_Infants.html](http://www.cfs.gov.hk/english/food_leg/food_leg_Formula_Products_for_Infants.html)