

# Recapitulation of the Nutrition Labelling Scheme in Hong Kong

## Advanced Workshop on Nutrition Labelling Scheme

# Objectives of this Workshop

- From a **practical** point of view, to provide participants a **more detailed understanding** of:
  - the **Nutrition Labelling Scheme**; and
  - the **Food and Drugs (Composition and Labelling) (Amendment: Requirements for Nutrition Labelling and Nutrition Claim) Regulation 2008**.
- To provide a **platform** for discussion of **enquiries**.

# Assistance to Trade

- Technical guidance notes<sup>\*(1)</sup>
- Method guidance notes<sup>\*(2)</sup>
- Workshops (basic, advance)
- Helpdesk (with staff answering phone enquiry): 2381 6096
- 24-hour Hotline (with pre-recorded voice & fax messages): 2868 0000
- Online resources ([www.cfs.gov.hk](http://www.cfs.gov.hk)):
  - Frequently Asked Questions
  - Other information, e.g. Nutrition Label Calculator  
[http://www.cfs.gov.hk/english/programme/programme\\_nifl/nlc-intro.html](http://www.cfs.gov.hk/english/programme/programme_nifl/nlc-intro.html)

\*Available from the [Communication Resource Unit](#) (free of charge) or downloadable from the [CFS website](#):

(1) [http://www.cfs.gov.hk/english/food\\_leg/files/nl\\_technical\\_guidance\\_e.pdf](http://www.cfs.gov.hk/english/food_leg/files/nl_technical_guidance_e.pdf)

(2) [http://www.cfs.gov.hk/english/food\\_leg/files/nl\\_method\\_guidance\\_e.pdf](http://www.cfs.gov.hk/english/food_leg/files/nl_method_guidance_e.pdf)

# Review of the Basic Workshop

## ■ Theory

- Amendment Regulation
- Technical Guidance Notes
- Method Guidance Notes
- Indirect Nutrient Analysis
- Small Volume Exemption Scheme

## ■ Practice

- Steps for Making Nutrition Labels and Claims
- Case Studies

## Q&A

Nutrition Information 營養資料	
	Per 100g or Per 100ml/ 每 100 克或每 100 毫升
Energy / 能量	kcal or kJ / 千卡或千焦
Protein / 蛋白質	g / 克
Total fat / 總脂肪	g / 克
- Saturated fat / 飽和脂肪	g / 克
- Trans fat / 反式脂肪	g / 克
Carbohydrates / 碳水化合物	g / 克
- Sugars / 糖	g / 克
Sodium / 鈉	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
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

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

# The Scheme & its Time Frame

## ■ Aims:

- Facilitate consumers in making **healthy food choices**
- Encourage food manufacturers to apply **sound nutrition principles in the formulation of foods** which would benefit public health
- Regulate **misleading or deceptive** labels and claims on nutrition information

## ■ Time Frame:

- enacted by the Legislative Council on 28 May 2008
- 2 years grace period
- Enforce on 1 July 2010  
(all prepackage food must have a nutrition label, except for those in the exemption lists)

# Scope of the Scheme

- **Applicable to** general prepackaged food
- **Not applicable to:**
  - **Formula** and **food** intended to be consumed by children under the age of 36 months
  - Food for **special dietary uses**

# Contents of the Scheme

Nutrition information on Food Labels

Nutrition Labelling

Nutrition Claims

Nutrient **content** claims

Nutrient **comparative** claims

Nutrient **function** claims

# Required Nutrients on Nutrition Labels

- 1+7 (energy and 7 core nutrients: protein, carbohydrate\*, total fat, saturated fatty acids, trans fatty acids, sodium, and sugars)
- Claimed nutrients (must declare cholesterol for claims on any type of fat)
- Other nutrients (voluntary declaration)

\*Can be declared as "available" or "total" (the latter must declare dietary fibre).



# Nutrition Claims

- Any representation which **states**, **suggests** or **implies** that a food has particular nutritional properties
- Generally follow **Codex** standards
- Nutrition claims include:
  - Nutrient content claim
  - Nutrient comparative claim
  - Nutrient function claim
- Food **labels** and **advertisement** are subject to the control

# Exemption Highlights

- Total 16 items, following 4 principles:
  - Practical difficulty for the trade (e.g. package / container with a total surface area <math><100\text{cm}^2</math>)
  - The food does not contain\* energy and core nutrients
  - The food is fresh in nature without any addition of ingredient, and is not subject to processing (e.g., fresh / dried fruits and vegetables)
  - The food has a small sales volume - Small Volume Exemption Scheme
    - Prepackaged food with annual sales volume not exceeding 30,000 units
    - must apply for approval and subject to other conditions

\*meeting the definition of zero

# Trade's efforts after the passing of the Amendment Regulation

- More and more products are carrying nutrition labels that meet the requirements.

before

after



before

after

NUTRITION INFORMATION		SERVINGS PER PACKAGE: 4		SERVING SIZE: 250 mL	
		AVE. QTY PER 250 mL SERVE		AVE. QTY PER 100 mL	
ENERGY	熱量	496 kJ (118 kcal)		198 kJ (47 kcal)	
PROTEIN	蛋白質	9.0 g (18% RDI*)		3.6 g	
FAT TOTAL	脂肪, 總數	3.5 g		1.4 g	
- SATURATED	飽和脂肪	2.3 g		0.9 g	
CARBOHYDRATE	碳水化合物	12.5 g		5.0 g	
SODIUM	鈉	115 mg		46 mg	
CALCIUM	鈣	500 mg (83% RDI*)		200 mg	
VITAMIN D	維生素D	2.0 µg (20% RDI*)		0.8 µg	

NUTRITION INFORMATION		SERVINGS PER PACKAGE: 4		SERVING SIZE: 250 mL	
		AVE. QTY PER 250 mL SERVE		AVE. QTY PER 100 mL	
ENERGY	熱量	496 kJ (118 kcal)		198 kJ (47 kcal)	
PROTEIN	蛋白質	10.0 g (20% RDI*)		4.0 g	
FAT TOTAL*	脂肪, 總數	0.25 g		0.10 g	
- SATURATED	飽和脂肪	0.15 g		0.06 g	
- TRANS	反式脂肪	0.03 g		0.01 g	
CARBOHYDRATE	碳水化合物	13.5 g		5.4 g	
- SUGARS	糖	13.5 g		5.4 g	
SODIUM	鈉	125 mg		50 mg	
CALCIUM	鈣	350 mg (44% RDI*)		140 mg	

\* 建議攝取量 (澳洲標準)  
\* RECOMMENDED DIETARY INTAKE (AUSTRALIA)  
2 SERVINGS A DAY PROVIDES 20g OF PROTEIN.

~ Thank you ~