

預先包裝食物標籤知多點

Know More About the Label of Prepackaged Food

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



食物環境衛生署
Food and Environmental
Hygiene Department



食物安全中心
Centre for Food Safety

營養標籤 Nutrition Label

- 營養標籤是一套有系統地標示食品營養資料的方法。
- 營養標籤一般以列表形式標示有關資料，並加上“營養資料”、“營養成分”或“營養標籤”等標題。
- Nutrition label is a systematic way of presenting nutrition information of food products.
- Nutrition label is usually in a tabular format with a heading like “Nutrition Information”, “Nutrition Facts” or “Nutrition Label”.

能量及營養素 Energy and Nutrients

- 營養標籤必須列出“1+7”的資料，即能量及七種指定標示營養素的數值（包括蛋白質、總脂肪、飽和脂肪、反式脂肪、碳水化合物、糖及鈉）。
- Nutrition label must list out the energy content and values of 7 nutrients specified for labelling (“1+7”), namely, protein, total fat, saturated fat, trans fat, carbohydrates, sugars and sodium.



營養聲稱 Nutrition Claims

- 營養聲稱是凸顯某種營養素的含量或生理功用的說明。
- 食品必須符合特定的條件才可作出營養聲稱。同時，營養標籤必須列出涉及聲稱的營養素的含量（例如聲稱「低膽固醇」的洋葱湯必須列出膽固醇含量及符合特定的條件）。
- Nutrition claims emphasise the contents or physiological roles of selected nutrients.
- Nutrition claims must meet certain specified conditions. Also, the amounts of those nutrients that are the subjects of nutrition claims must be included in the nutrition label (e.g. a can of onion soup with “low cholesterol” claim must list the cholesterol content and meet certain conditions).

食物參考量 Reference Amount of Food

- 能量和營養素數值可以不同的食物參考量來表達，例如以每100克、每100毫升、每食用分量或每包裝。
- Energy and nutrient values can be expressed in different reference amount such as per 100g/mL, per serving or per package.

有關食物標籤及營養標籤的詳情 請瀏覽食物安全中心網頁

For further information on Food Labelling and Nutrition Labelling
Please visit the website of the Centre for Food Safety

www.cfs.gov.hk