

Turn and look for healthier food choices Want to Learn More?

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A closer look at
Nutrition Labelling

GET TO KNOW THE NEW NUTRITION LABELLING SCHEME



食物安全中心
Centre for Food Safety

GET TO KNOW THE NEW NUTRITION LABELLING SCHEME

The Food and Drugs (Composition and Labelling) (Amendment: Requirements for Nutrition Labelling and Nutrition Claim) Regulation 2008 signifies a new era of food labelling in Hong Kong as most prepackaged food sold in Hong Kong will have nutrition labelling from 1st July 2010.

WHY DO WE NEED A NUTRITION LABELLING SCHEME?

A Nutrition Labelling Scheme (the Scheme) aims to assist consumers

- ➡ to make informed food choices,
- ➡ to encourage food manufacturers to apply sound nutrition principles in the formulation of foods, and
- ➡ to regulate misleading or deceptive labels and claims.

Without the Scheme, provision of nutrition information is not mandatory and consumers may not know the nutritional content of many products.

WHAT IS IN THE SCHEME?

Both nutrition labels and nutrition claims are included in the Scheme; these two elements serve two different purposes. Nutrition labels provide consumers with information on energy and nutrient values of the food so that they can make use of the information to choose foods that are good for their health. Setting conditions for nutrition claims standardise the meaning of various claims so that consumers can know the real meaning behind each claim. For example, when they see a claim of “low sugars”, they can know that the product should contain not more than 5 g of sugars per 100 g/mL of the food.



Once the Scheme is enforced, consumers can find “1+7” items (i.e. the values of energy plus seven specified nutrients – protein, total fat, saturated fat, trans fat, carbohydrates, sugars and sodium) on the nutrition labels.

Nutrition Information 營養資料	
Per 100g/ 每100克	
Energy/ 能量	398kcal/ 千卡 (1671kJ/ 千焦)
Protein/ 蛋白質	7.5g/ 克
Total fat/ 總脂肪	2.6g/ 克
- Saturated fat/ 飽和脂肪	0.2g/ 克
- Trans fat/ 反式脂肪	0g/ 克
Carbohydrates/ 碳水化合物	86.1g/ 克
- Sugars/ 糖	4.0g/ 克
Sodium/ 鈉	105mg/ 毫克

ENERGY

+

PROTEIN, TOTAL FAT, SATURATED FAT,
TRANS FAT, CARBOHYDRATES, SUGARS AND SODIUM



NUTRITION CLAIMS

Generally, claims are eye-catching descriptors found on food packages. They can serve as a quick reference for selected nutrition information. They may highlight the content of certain nutrients (e.g. low fat, high fibre, etc.), or tell you how the nutritional content of a particular food product differs from another similar food (e.g. lower cholesterol), or describe the physiological function of a nutrient which is present in the food (e.g. calcium builds strong bones). These nutrition claims will be regulated from 1st July 2010 and they must meet certain specified conditions before making the claims.



WILL I SEE NUTRITION LABELS ON ALL PREPACKAGED FOOD?

Majority of the prepackaged food will have nutrition labels after 1st July 2010. However, some products are exempted from the requirements due to various reasons. For example, there may be practical difficulties for providing nutrition labels in very small packages (e.g. a container with a total surface area of less than 100 cm²). Food, such as tea leaves, spices and distilled water, which contain insignificant amount (nearly zero) of energy and specified nutrients, as well as raw meat, fresh fruits and vegetables without any addition of ingredients are also exempted from the nutrition labelling requirements.



此乃豁免營養標籤產品
Nutrition Labelling Exempted

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Furthermore, prepackaged food products with annual sales volume of 30 000 units or below may also apply for exemption from the requirements of nutrition labelling. Products exempted due to low volume of sales will have stickers on the packages to indicate their exemption status. Such stickers may be in circular, square or rectangular shapes.

Sometimes, you may see an exemption number on the stickers as well.

HOW CAN I MAKE USE OF THE INFORMATION ON THE NUTRITION LABEL?

Consumers can use the information on the nutrition label in many ways –

- To compare nutritional content among different foods for a healthier choice, e.g. to choose food lower in fat, sodium (or salt) and sugars.
- To understand the nutritional content of food and estimate their contribution to the overall diet.
- To meet individual's dietary needs.

By applying the information on nutrition labels, you can make food choices that are good for your health.

**So let's start today –
Read the Nutrition
Labels!**



THIS PAMPHLET IS PREPARED BY THE TASK FORCE ON
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- Consumer Council
- Department of Health
- Education Bureau
- Food and Environmental Hygiene Department
- Hong Kong Dietitians Association
- Hong Kong Nutrition Association
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- The Hong Kong Medical Association

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