

營之訊

簡介營養標籤制度

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《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》)標誌着本港的食物標籤制度邁進新紀元。《修訂規例》於二零一零年七月一日生效後，大部分在香港出售的預先包裝食物將會附有營養標籤。

為什麼需要引進營養資料標籤制度？

引進營養資料標籤制度(下稱“標籤制度”)的目的，是幫助消費者作出有依據的食物選擇，鼓勵食品製造商提供符合營養準則的食品，以及規管有誤導或欺詐成分的標籤和聲稱。沒有這標籤制度，製造商則無須強制性提供營養資料，消費者便無從得知很多食品的營養素成分。

標籤制度的內容是什麼？

標籤制度涵蓋營養標籤和營養聲稱。營養標籤為消費者提供有關食物的營養素的數值資料，消費者可根據有關資料，選擇對自己健康有益的食物。至於營養聲稱方面，為營養聲稱訂定特定條件，可統一各聲稱的意義，為消費者提供可靠的指標。舉例說，如產品要聲稱“低糖”，每100克/毫升食物應含不多於5克糖。

營養標籤

消費者可在營養標籤上看到能量及七種指定標示營養素(蛋白質、總脂肪、飽和脂肪、反式脂肪、碳水化合物、糖和鈉)，即所謂“1+7”的數值。

營養聲稱

一般來說，聲稱是一些在食物包裝上吸引消費者注意的說明，就選定的營養資料，提供方便快捷的參考。營養聲稱可能凸顯某種營養素的含量(例如低脂、高纖等)，或讓消費者知道該食物與其他類似食物的營養成分的差異(例如膽固醇含量較低)，或形容食物中的營養素於人體的生理功用(例如鈣有助強健骨骼)。由二零一零年七月一日起，這些營養聲稱將會受到規管，而作營養聲稱前這些食品亦須符合特定的條件。



是否所有預先包裝食物都會附有營養標籤？

二零一零年七月一日之後，大部分預先包裝食物將會附有營養標籤。不過，若干食品可能因不同的理由而獲得豁免遵從營養標籤規定，例如一些包裝面積細小的食品(例如盛載預先包裝食物的容器的總表面面積少於100平方厘米)。另外，部分能量及指定標示營養素含量極低(接近零)的食物(例如蒸餾水)及並無添加任何成分的牛肉和新鮮蔬果亦可獲豁免遵從營養標籤規定。

如何使用營養標籤上的資料？

營養標籤的資料有很多用途，消費者可以：

1. 比較不同食物的營養成分，從而作出較健康的選擇，例如挑選脂肪、鈉(或鹽)和糖含量較低的食物。
2. 了解食物的營養素成分及估計營養素於整體膳食所佔的比例。
3. 配合個人膳食方面的需要。

學懂如何運用營養標籤上的資料，便可選擇有益健康的食物。由今天開始，就閱讀營養標籤吧！

想了解更多？

請看食物安全中心網站 www.nutritionlabel.gov.hk，或致電24小時熱線(電話號碼：2868 0000)。

二零一零年六月
食物安全中心

NutriGet

Introducing Nutrition Labelling Scheme

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The Food and Drug (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 beginning 1 July 2010.

Why a Nutrition Labelling Scheme is needed?

A Nutrition Labelling Scheme (the Scheme) aims to assist consumers to make informed food choices, encourage food manufacturers to apply sound nutrition principles in the formulation of foods, and regulate misleading or deceptive labels and claims. Without the Scheme, provision of nutrition information is not mandatory and consumers may not know the nutrient contents of many products.

What is in the Scheme?

Both nutrition labels and nutrition claims are covered in the Scheme. Nutrition labels provide consumers with information on 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 they will become trustworthy for consumers. For example, a product with a claim of "low sugars" should contain not more than 5 g of sugars per 100 g/mL of the food.

Nutrition Labels

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 nutrition labels.

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 consumers how the nutrient 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 starting 1 July 2010 and they must meet certain specified conditions before making the claims.



Will all prepackaged foods have Nutrition Labels?

Majority of the prepackaged foods will have nutrition labels after 1 July 2010. However, some products are exempted from the requirements due to various reasons. For example, very small packages (e.g. a container with a total surface area of less than 100 cm²). Foods which contain insignificant amount (nearly zero) of energy and specified nutrients (e.g. distilled water), as well as raw meat, fresh fruits and vegetables without any addition of ingredient are also exempted from the nutrition labelling requirements.

How to make use of the information on the Nutrition Label?

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

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

By applying the information on nutrition labels, consumers can make food choices that are good for health. So let's start today – Read the Nutrition Labels!

Want to learn more?

Check the CFS's website www.nutritionlabel.gov.hk, or call the 24-hour hotline (Tel. No. 2868 0000)

June 2010
Centre for Food Safety