

Comparison of Conditions for Nutrient Content Claims between Hong Kong and Other Countries

Component	Hong Kong, China		Singapore ^{Remark 1}		Indonesia ^{Remark 2}		Japan ^{Remark 3}		Switzerland ^{Remark 4}		Germany ^{Remark 5}		Brazil ^{Remark 6}		Republic of Korea ^{Remark 7}	
	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions
Energy	With the word "Low"	(a) Solid food containing not more than 40 kcal (170 kJ) of energy per 100 g of food; or (b) Liquid food containing not more than 20 kcal (80 kJ) of energy per 100 mL of food.	Low Energy Low Calorie Light in Energy Light in Calorie	(a) <40 kilocalorie per serving*; or ≤40 kilocalorie per 100g (b) ≤8 kilocalorie per 100mL for beverages (ready for consumption) and ≤20 kilocalorie per 100mL for other liquid food; or <40 kilocalorie per serving*	With the word "Low"	(a) Solid food containing not more than 40 kcal (170 kJ) energy per 100 g of food; or (b) Liquid food containing not more than 20 kcal (80 kJ) energy per 100 mL of food.	With the word "Low"	(a) Solid food containing not more than 40 kcal of energy per 100 g of food; or (b) Liquid food containing not more than 20 kcal (80 kJ) of energy per 100 mL of food.	With the word "Low"	(a) Solid food containing not more than 40 kcal (170 kJ) of energy per 100 g of food; or (b) Liquid food containing not more than 20 kcal (80 kJ) of energy per 100 mL of food.	Low Energy	A claim that a food is low in energy, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain more than 40 kcal (170 kJ) / 100 g for solids or more than 20 kcal (80kJ)/100mL for liquids. For table-top sweeteners the limit of 4 kcal (17 kJ) / portion, with equivalent sweetening properties to 6 g of sucrose (approximately one teaspoon of sucrose), applies.	With the word "Low" ("Baixo" in Portuguese). It can also be replaced by "Poor" ("Pobre") and "Light" ("Leve")	(a) Solid food: Maximum of 40 kcal (170 kJ) / 100 g; or (b) Liquid food: Maximum of 20 kcal (80 kJ) / 100 mL.	With the word "Low"	(a) Less than 40 kcal per 100 g of food (b) Less than 20 kcal per 100 mL of food
	With the word "Free"	Liquid food containing not more than 4 kcal of energy (17 kJ) per 100 mL of food.	Energy Free Calorie Free	≤1 kilocalorie per 100g / 100mL; or ≤5 kilocalories per serving* * When using the 'per serving' claim, the food would have to meet the requirements for 'per 100g' (solid) or 'per 100mL' (liquid).	With the word "Free" ! Can use similar word, such as "without", "not contain".	Liquid food containing not more than 4 kcal energy per 100 mL of food.	With the word "Free"	(a) Solid food containing less than 5 kcal of energy per 100 g of food; or (b) Liquid food containing less than 5 kcal of energy per 100 mL of food.	With the word "Free"	(a) Food containing not more than 4 kcal of energy (17 kJ) per 100 mL of food (b) Sweetening preparations containing not more than 0.4 kcal (1.7kJ) per portion, which is equivalent to 6 g of sucrose (ca 1 teaspoon of sucrose).	Energy-Free	A claim that a food is energy-free, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain more than 4 kcal (17 kJ) / 100 mL. For table-top sweeteners the limit of 0.4 kcal (1.7 kJ) / portion, with equivalent sweetening properties to 6 g of sucrose (approximately one teaspoon of sucrose), applies.	With the word "Without" ("Não contém" in Portuguese). It can also be replaced by "Free" (Livre) and "Zero" (Zero).	(a) Solid food: Maximum of 4 kcal/ 100 g; or (b) Liquid food: Maximum of 4 kcal/ 100 mL.	With the word "Free"	Less than 4 kcal per 100 mL of food
Fat	With the word "Low"	(a) Solid food containing not more than 3 g of fat per 100 g of food; or (b) Liquid food containing not more than 1.5 g of fat per 100 mL of food.	Low Fat Low in Fat Light in Fat Light in Fat	(a) ≤3g fat per 100g (b) ≤1.5g fat per 100mL	With the word "Low"	(a) Solid food containing not more than 3 g fat per 100 g of food; or (b) Liquid food containing not more than 1.5 g fat per 100 mL of food.	With the word "Low"	(a) Solid food containing not more than 3 g of fat per 100 g of food; or (b) Liquid food containing not more than 1.5 g of fat per 100 mL of food.	With the word "Low"	(a) Solid food containing less than 3 g of fat per 100 g of food; or (b) Liquid food containing less than 1.5 g of fat per 100 mL of food. (1.8 g of fat per 100 mL of partly skimmed milk).	Low Fat	A claim that a food is low in fat, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 3 g of fat per 100 g for solids or 1.5 g of fat per 100 mL of liquids (1.8 g of fat per 100 mL for semi-skimmed milk)	With the word "Low" ("Baixo" in Portuguese). It can also be replaced by "Poor" ("Pobre") and "Light" ("Leve")	(a) Solid food: Maximum of 3 g fat / 100 g; or (b) Liquid food: Maximum of 1.5 g fat/100 mL.	With the word "Low"	(a) Less than 3 g per 100 g of food (b) Less than 1.5 g per 100 mL of food
	With the word "Free"	(a) Solid food containing not more than 0.5 g of fat per 100 g of food; or (b) Liquid food containing not more than 0.5 g of fat per 100 mL of food.	Fat Free Contains No Fat Free of Fat	(a) ≤0.15g fat per 100g of food <u>Meal Type Product:</u> ≤0.5g fat per serving (b) ≤0.15g fat per 100mL of food <u>Meal Type Product:</u> ≤0.5g fat per serving	With the word "Free" ! Can use similar word, such as "without", "not contain".	(a) Solid food containing not more than 0.5 g fat per 100 g of food; or (b) Liquid food containing not more than 0.5 g fat per 100 mL of food.	With the word "Free"	(a) Solid food containing less than 0.5 g of fat per 100 g of food; or (b) Liquid food containing less than 0.5 g of fat per 100 mL of food.	With the word "Free"	(a) Solid food containing not more than 0.5 g of fat per 100 g of food; or (b) Liquid food containing not more than 0.5 g of fat per 100 mL of food.	Fat-Free	A claim that a food is fat-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0.5 g of fat per 100 g or 100mL. However, claims expressed as "X% fat-free" shall be prohibited.	With the word "Without" ("Não contém" in Portuguese). It can also be replaced by "Free" (Livre) and "Zero" (Zero).	(a) Solid food: Maximum of 0.5 g fat / 100 g; or (b) Liquid food: Maximum of 0.5 g fat / 100 mL.	With the word "Free"	(a) Less than 0.5 g per 100 g of food (b) Less than 0.5 g per 100 mL of food

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	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions
Saturated Fat	With the word "Low"	(a) Solid food containing – (i) not more than 1.5 g of saturated fat and trans fatty acids combined per 100 g of food; and (ii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy; or (b) Liquid food containing – (i) not more than 0.75 g of saturated fat and trans fatty acids combined per 100 mL of food; and (ii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy.	Low Saturated Fat Low in Saturated Fat	(a) ≤1.5g of saturated fats per 100g, and ≤10% of kilocalories from saturated fats (b) ≤0.75g of saturated fats per 100mL, and ≤10% of kilocalories from saturated fats	With the word "Low"	(a) Solid food containing not more than 1.5 g saturated fat per 100 g of food; or <u>Specific requirement:</u> Food must comply with the requirement of low cholesterol and low trans fat. (b) Liquid food containing not more than 0.75 g saturated fat per 100 mL of food. <u>Specific requirement:</u> Food must comply with the requirement of low cholesterol and low trans fat.	With the word "Low"	(a) Solid food containing – (i) not more than 1.5 g of saturated fat per 100 g of food; and (ii) the energy of saturated fat contributes not more than 10% of the total energy; or (b) Liquid food containing – (i) not more than 0.75 g of saturated fat combined per 100 mL of food; and (ii) the energy of saturated fat contributes not more than 10% of the total energy.	With the word "Low"	(a) Solid food containing – (i) not more than 1.5 g of saturated fat and trans fatty acids combined per 100 g of food; and (ii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy; or (b) Liquid food containing – (i) not more than 0.75 g of saturated fat and trans fatty acids combined per 100 mL of food; and (ii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy.	Low Saturated Fat	A claim that a food is low in saturated fat, and any claim likely to have the same meaning for the consumer, may only be made if the sum of saturated fatty acids and trans-fatty acids in the product does not exceed 1.5 g per 100 g for solids or 0.75 g / 100 mL for liquids and in either case the sum of saturated fatty acids and trans-fatty acids must not provide more than 10% energy.	With the word "Low" ("Baixo" in Portuguese). It can also be replaced by "Poor" ("Pobre") and "Light" ("Leve") Obs.: For complementary nutrition information related to saturated fatty acids and cholesterol, trans fatty acids should be considered in the calculation of saturated fat, when applicable.	(a) Solid food: Maximum of 1.5 g saturated fatty acids / 100 g; and Not more than 10% of the total energy available from the food shall be derived from saturated fatty acids; or (b) Liquid food: Maximum of 0.75 g saturated fatty acids / 100 mL; and Not more than 10% of the total energy available from the food shall be derived from saturated fatty acids.	With the word "Low"	(a) Less than 1.5 g per 100 g of food, and less than 10% of calories of food (b) Less than 0.75 g per 100 mL of food, and less than 10% of calories of food
	With the word "Free"	(a) Solid food containing not more than 0.1 g of saturated fat and trans fatty acids combined per 100 g of food; or (b) Liquid food containing not more than 0.1 g of saturated fat and trans fatty acids combined per 100 mL of food.	Saturated Fat Free Free of Saturated Fat	≤0.5g of saturated fats per 100g, and ≤1% of the total fat is trans fats. Trans fats should be counted as saturated fats for these claims.	With the word "Free" *Can use similar word, such as "without", "not contain".	(a) Solid food containing not more than 0.1 g saturated fat per 100 g of food; or <u>Specific requirement:</u> Food must comply with the requirement of low cholesterol and low trans fat. (b) Liquid food containing not more than 0.1 g saturated fat per 100 mL of food. <u>Specific requirement:</u> Food must comply with the requirement of low cholesterol and low trans fat.	With the word "Free"	(a) Solid food containing less than 0.1 g of saturated fat per 100 g of food; or (b) Liquid food containing less than 0.1 g of saturated fat per 100 mL of food.	With the word "Free"	(a) Solid food containing not more than 0.1 g of saturated fat and trans fatty acids combined per 100 g of food; or (b) Liquid food containing not more than 0.1 g of saturated fat and trans fatty acids combined per 100 mL of food	Saturated Fat-Free	A claim that a food does not contain saturated fat, and any claim likely to have the same meaning for the consumer, may only be made where if the sum of saturated fat and trans-fatty acids does not exceed 0.1 g of saturated fat per 100 g or 100 mL.	With the word "Without" ("Não contém" in Portuguese). It can also be replaced by "Free" (Livre) and "Zero" (Zero). Obs.: For complementary nutrition information related to saturated fatty acids and cholesterol, trans fatty acids should be considered in the calculation of saturated fat, when applicable.	(a) Solid food: Maximum of 0.1 g saturated fatty acids / 100 g; or (b) Liquid food: Maximum of 0.1 g saturated fatty acids / 100 mL.	With the word "Free"	(a) Less than 0.1 g per 100 g of food (a) Less than 0.1 g per 100 mL of food
Trans Fat	With the word "Free"	(a) Solid food containing – (i) not more than 0.3 g of trans fat per 100 g of food; and (ii) not more than 1.5 g of saturated fat and trans fatty acids combined per 100 g of food; and (iii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy. (b) Liquid food containing – (i) not more than 0.3 g of trans fat per 100 mL of food; and (ii) not more than 0.75 g of saturated fat and trans fatty acids combined per 100 mL of food; and (iii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy.	Trans Fat Free Free of Trans Fats	≤0.5g of trans fats per 100g	With the word "Low" *Can use similar word, such as "without", "not contain".	(a) Solid food containing not more than 1.5 g trans fat per 100 g of food; or (b) Liquid food containing not more than 0.75 g trans fat per 100 mL of food. <u>Specific requirement:</u> Food must comply with the requirement of low saturated fat and low cholesterol. With the word "Free" *Can use similar word, such as "without", "not contain".	---	With the word "Low"	(a) Solid food containing – (i) not more than 1.5 g of saturated fat and trans fatty acids combined per 100 g of food; and (ii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy; or (b) Liquid food containing – (i) not more than 0.75 g of saturated fat and trans fatty acids combined per 100 mL of food; and (ii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy.	No nutrition claims allowed	No nutrition claims allowed	With the word "Without" ("Não contém" in Portuguese). It can also be replaced by "Free" (Livre) and "Zero" (Zero)	Maximum of 0.2 g trans fatty acids / portion and Maximum of 2 g saturated fatty acids / portion.	With the word "Low"	Less than 0.5 g per 100 g of food	

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Component	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions
Cholesterol	With the word "Low"	(a) Solid food containing – (i) not more than 0.02 g of cholesterol per 100 g of food; (ii) not more than 1.5 g of saturated fat and trans fatty acids combined per 100 g of food; and (iii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy.	Low Cholesterol Light in Cholesterol Low in Cholesterol Lite in Cholesterol	(a) ≤20mg of cholesterol per 100g, and ≤ 1.5g of saturated fats per 100g food, and ≤10% of kilocalories from saturated fats [†]	With the word "Low"	(a) Solid food containing not more than 0.02 g cholesterol per 100 g of food; or <u>Specific requirement:</u> Food must comply with the requirement of low saturated fat and low trans fat.	With the word "Low"	(a) Solid food containing – (i) not more than 20 mg of cholesterol per 100 g of food; (ii) not more than 1.5 g of saturated fat per 100 g of food*; and (iii) the energy of saturated fat contributes not more than 10% of the total energy* * These are not applied where the serving size of the food is declared to be 15 g or less, and the amount of saturated fatty acid is not more than 15% of the total amount of fatty acid in the food.	With the word "Low"	(a) Solid food containing not more than 20 mg of cholesterol per 100 g of food; or	No nutrition claims allowed		With the word "Low"	(a) Solid food: Maximum of 20 mg cholesterol / 100 g; and Maximum of 1.5 g saturated fatty acids / 100 g; and Not more than 10% of the total energy available from the food shall be derived from saturated fatty acids; or	With the word "Low"	(a) Less than 20 mg per 100 g of food, and saturated fat is less than 1.5 g per 100 g of food and less than 10% of calories of food
		(b) Liquid food containing – (i) not more than 0.01 g of cholesterol per 100 mL of food; (ii) not more than 0.75 g saturated fat and trans fatty acids combined per 100 mL of food; and (iii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy.		(b) ≤10mg of cholesterol per 100mL, and ≤0.75g of saturated fats per 100mL, and ≤10% of kilocalories from saturated fats [†] + trans fats must be counted (or calculated) as saturated fats for this claim												
Cholesterol	With the word "Free"	(a) Solid food containing – (i) not more than 0.005 g of cholesterol per 100 g of food; (ii) not more than 1.5 g of saturated fat and trans fatty acids combined per 100 g of food; and (iii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy.	Cholesterol Free No Cholesterol Free of Cholesterol	<u>Food that are derived solely from plant source:</u> 0mg of cholesterol per 100g food <u>Other food products:</u> <5mg of cholesterol per 100g food, and meets the conditions for a "low saturated fats food"	With the word "Free" † Can use similar word, such as "without", "not contain".	(a) Solid food containing not more than 0.005 g cholesterol per 100 g of food; or <u>Specific requirement:</u> Food must comply with the requirement of low saturated fat and low trans fat.	With the word "Free"	(a) Solid food containing – (i) less than 5 mg of cholesterol per 100 g of food* ; (ii) less than 1.5 g of saturated fat per 100 g of food*; and (iii) the energy of saturated fat contributes not more than 10% of the total energy* * These are not applied where the serving size of the food is declared to be 15 g or less, and the amount of saturated fatty acid is not more than 15% of the total amount of fatty acid in the food.	With the word "Free"	(a) Solid food containing not more than 5 mg of cholesterol per 100 g of food; or	No nutrition claims allowed		With the word "Without" ("Não contém" in Portuguese). It can also be replaced by "Free" (Livre) and "Zero" (Zero). Obs.: For complementary nutrition information related to saturated fatty acids and cholesterol, trans fatty acids should be considered in the calculation of saturated fat, when applicable.	(a) Solid food: Maximum of 5 mg of cholesterol / 100 g; and Maximum of 1.5 g saturated fatty acid / 100 g; and Not more than 10% of the total energy available from the food shall be derived from saturated fatty acids; or	With the word "Free"	(a) Less than 5 mL per 100 mL of food, and saturated fat is less than 1.5 g per 100 g of food and less than 10% of calories of food
		(b) Liquid food containing – (i) not more than 0.005 g of cholesterol per 100 mL of food; (ii) not more than 0.75 g saturated fat and trans fatty acids combined per 100 mL of food; and (iii) saturated fat and trans fatty acids, the sum of which contributes not more than 10% of energy.														

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	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions
Sugars	With the word "Low"	(a) Solid food containing not more than 5 g of sugars per 100 g of food; or	Low Sugar Low in Sugar Lite in Sugar Light in Sugar	(a) ≤5g sugars per 100g; or ≤2g sugars per serving	With the word "Low"	(a) Solid food containing not more than 5 g sugar per 100 g of food; or	With the word "Low"	(a) Solid food containing not more than 5 g of sugars per 100 g of food; or	With the word "Low"	(a) Solid food containing not more than 5 g of sugars (mono- and disaccharides) per 100 g of food; or	Low Sugars	A claim that a food is low in sugars, and any claim likely to have the same meaning for the customer, may only be made where the product contains no more than 5 g of sugar per 100 g for solids or 2.5g of sugars per 100mL for liquids or 100 mL.	With the word "Low" ("Baixo" in Portuguese). It can also be replaced by "Poor" ("Pobre") and "Light" ("Leve")	(a) Solid food: Maximum of 5 g sugar / 100 g and the same conditions required for "Low in Energy" or "Reduced in Energy" , or the sentence "this is not an energy reduced food" , or equivalent sentence; or	--	
		(b) Liquid food containing not more than 5 g of sugars per 100 mL of food.		(b) ≤2.5g sugars per 100mL ≤2g sugars per serving		(b) Liquid food containing not more than 2.5 g sugar per 100 mL of food.		(b) Liquid food containing not more than 2.5 g of sugars per 100 mL of food.		(b) Liquid food containing not more than 2.5 g of sugars (mono- and disaccharides) per 100 mL of food.				(b) Liquid food: Maximum of 5 g sugar/ 100 mL and the same conditions required for "Low in Energy" or "Reduced in Energy" , or the sentence "this is not an energy reduced food" , or equivalent sentence.		
	With the word "Free"	(a) Solid food containing not more than 0.5 g of sugars per 100 g of food; or	Sugar Free Free of Sugar	(a) ≤0.5g sugars per 100g <u>Meal Type Product</u> ≤0.5g sugars per serving*	With the word "Free" ¹ ¹ Can use similar word, such as "without", "not contain".	(a) Solid food containing not more than 0.5 g sugar per 100 g of food; or (b) Liquid food containing not more than 0.5 g sugar per 100 mL of food. Apply for: candy, syrup, drinking powder, juice, jelly, jam	With the word "Free"	(a) Solid food containing less than 0.5 g of sugars per 100 g of food; or	With the word "Free"	(a) Solid food containing not more than 0.5 g of sugars (mono- and disaccharides) per 100 g of food; or	Sugars-Free	A claim that a food is sugar-free, and any claim likely to have the same meaning for the customer, may only be made where the product contains no more than 0.5 g of sugar per 100 g or 100 mL.	With the word "Without" ("Não contém" in Portuguese). It can also be replaced by "Free" (Livre) and "Zero" (Zero)	(a) Solid food: Maximum of 0.5 g sugar /100 g and the same conditions required for "Low in Energy" or "Reduced in Energy" , or the sentence "this is not an energy reduced food" , or equivalent sentence; or	With the word "Free"	(a) Less than 0.5 g per 100 g of food
		(b) Liquid food containing not more than 0.5 g of sugars per 100 mL of food.		(b) ≤0.5g sugars per 100mL <u>Meal Type Product</u> ≤0.5g sugars per serving* * When using the 'per serving' claim, the food would also have to meet the requirements for 'per 100g' (solid) or 'per 100mL' (liquid).	With the word "Without Added Sugar"	Only apply for food with no added monosaccharide, disaccharide, artificial sweetener, and other additives that provide sweet taste. For product naturally contain sugar, the label must state "Contain sugar naturally"		(b) Liquid food containing less than 0.5 g of sugars per 100 mL of food.		(b) Liquid food containing not more than 0.5 g of sugars (mono- and disaccharides) per 100 mL of food	With No Added Sugars	A claim stating that sugars have not been added to a food, and any claim likely to have the same meaning for the customer, may only be made where the product does not contain any added mono- or disaccharides or any other food used for its sweetening properties. If sugars are naturally present in the food, the following indication should also appear on the label: 'CONTAINS NATURALLY OCCURRING SUGARS'	(b) Liquid food: Maximum of 0.5 g sugar/ 100mL and the same conditions required for "Low in Energy" or "Reduced in Energy" , or the sentence "this is not an energy reduced food" , or equivalent sentence.		(b) Less than 0.5 g per 100 mL of food	

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Sodium	With the word "Low"	Food, solid or liquid, containing not more than 0.12 g of sodium per 100 g/mL of food.	Low in Salt Low Sodium Light in Salt Low Salt Light in Sodium Lite in Salt Low in Sodium Lite in Sodium Lightly Salted	≤120mg sodium per 100g	With the word "Low"	Food containing not more than 0.12 g sodium per 100 g of food	With the word "Low"	Food containing not more than 120 mg of sodium per 100 g (solid) or 100 mL (liquid) of food.	With the word "Low"	Food, solid or liquid, containing not more than 0.12 g of sodium or the equivalent content of salt per 100 g/mL of food.	Low Sodium/Salt	A claim that a food is low in sodium/salt, and any claim likely to have the same meaning for the customer, may only be made where the product contains no more than 0.12 g of sodium, or the equivalent value for salt, per 100 g or per 100 mL. For waters, other than natural mineral waters falling within the scope of Directive 80/777/EEC, this value should not exceed 2 mg of sodium per 100 mL.	With the word "Low" ("Baixo" in Portuguese). It can also be replaced by "Poor" ("Pobre") and "Light" ("Leve")	(a) Solid food: Maximum of 120 mg sodium / 100 g; or (b) Liquid food: Maximum of 120 mg sodium / 100 mL.	With the word "Low"	Less than 120 mg per 100 g of food
	With the word "Very low"	Food, solid or liquid, containing not more than 0.04 g of sodium per 100 g/mL of food.	Very Low in Salt Very Low in Sodium	≤40mg sodium per 100g	With the word "Very low"	Food containing not more than 0.04 g sodium per 100 g of food	---	With the word "Very low"	Food, solid or liquid, containing not more than 0.04 g of sodium or the equivalent content of salt per 100 g/mL of food.	Very Low Sodium/Salt	A claim that a food is very low in sodium/salt, and any claim likely to have the same meaning for the customer, may only be made where the product contains no more than 0.04 g of sodium, or equivalent value for salt, per 100 g or per 100 mL. This claim shall not be used for natural mineral waters and other waters.	With the word "Very Low" ("Muito Baixo" in Portuguese)	(a) Solid food: Maximum of 40 mg sodium / 100 g; or (b) Liquid food: Maximum of 40 mg sodium / 100 mL.	--		
	With the word "Free"	Food, solid or liquid, containing not more than 0.005 g of sodium per 100 g/mL of food.	Salt Free Sodium Free	≤5mg sodium per 100g	With the word "Free" ¹ Can use similar word, such as "without", "not contain".	Food containing not more than 0.005 g sodium per 100 g of food	With the word "Free"	Food containing not more than 5 mg of sodium per 100 g (solid) or 100 mL (liquid) of food.	With the word "Free"	Food, solid or liquid, containing not more than 0.005 g of sodium or the equivalent content of salt per 100 g of food.	Sodium-Free or Salt-Free	A claim that a food is sodium-free or salt-free, and any claim likely to have the same meaning for the customer, may only be made where the product contains no more than 0.005 g of sodium, or the equivalent value for salt, per 100g.	With the word "Without" ("Não contém" in Portuguese). It can also be replaced by "Free" (Livre) and "Zero" (Zero).	(a) Solid food: Maximum of 5 mg sodium / 100 g; or (b) Liquid food: Maximum of 5 mg sodium / 100 mL.	With the word "Free"	Less than 5 mg per 100 g of food

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Component	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	
Protein	With the word "Low"	Food, solid or liquid, containing protein which contributes not more than 5% of energy.	Low Protein	<5% kilocalories from protein	---	---	---	---	---	---	---	---	Not establish for protein	---	---	---	
	With the word "Source"	(a) Solid food containing not less than 10% of the Chinese NRV of protein per 100 g of food; or	Source of Protein Contains Protein	To claim the presence of protein in food, the product has to meet the following requirements as stipulated in regulation 9(8) of the Food Regulations: (i) the quantity of the product to be consumed a day must be stated in the product label; (ii) a nutrition information panel (NIP) in the form specified in the Twelfth Schedule of the Food Regulations, or other similar form should be incorporated in the product label; (iii) the product should yield a protein content of no less than 12% by weight of the calories of the product; and (iv) the quantity of the product to be consumed a day as stated on the product label should contain at least 10g of protein.	With the word "Source"	(a) Solid food containing not less than 20% of NRV protein per 100 g of food; or	With the word "Source"	(a) Solid food containing not less than 10% of the Japanese NRV of protein per 100 g of food; or	With the word "Source"	Food, solid or liquid: at least 12% of total energy content accrue from the protein content.	Source of Protein	A claim that a food is a source of protein, and any claim likely to have the same meaning for the customer, may only be made where at least 12% of the energy value of the food is provided by protein.	With the word "Source" ("Fonte de" in Portuguese)	(a) Solid food: Minimum of 10% RDI / 100 g; or	With the word "Containe d" or "Source of"	Not less than 10% nutrient reference values per 100 g of food, 5% of nutrient reference values per 100 mL of food or 5% of nutrient reference values per 100 kcal of food	
		(b) Liquid food containing not less than 5% of the Chinese NRV of protein per 100 mL of food; or				(b) Liquid food containing not less than 10% of NRV protein per 100 mL of food.		(b) Liquid food containing not less than 5% of the Japanese NRV of protein per 100 mL of food; or						(b) Liquid food containing not less than 5% of the Japanese NRV of protein per 100 kcal of food (12% of the Japanese NRV of protein per 1 MJ of food).			(b) Liquid food: Minimum of 5% RDI / 100 mL.
	(c) Food, solid or liquid, containing not less than 5% of the Chinese NRV of protein per 100 kcal of food (12% of the Chinese NRV of protein per 1 MJ of food).																
Protein	With the word "High"	(a) Solid food containing not less than 20% of the Chinese NRV of protein per 100 g of food; or	Good source of protein High in protein Rich in protein Excellent source of protein	To use the claim "Protein rich" for food, the product has to meet the following requirements as stipulated in regulation 9(8) of the Food Regulations: (i) the quantity of the product to be consumed a day must be stated in the product label; (ii) a nutrition information panel (NIP) in the form specified in the Twelfth Schedule of the Food Regulations, or other similar form should be incorporated in the product label; (iii) the product should yield a protein content of no less than 20% by weight of the calories of the product; and (iv) the quantity of the product to be consumed a day as stated on the product label should contain at least 10g of protein.	With the word "High"	(a) Solid food containing not less than 35% of NRV protein per 100 g of food; or	With the word "High"	(a) Solid food containing not less than 20% of the Japanese NRV of protein per 100 g of food; or	With the word "High"	Food, solid or liquid: at least 20% of total energy content accrue from the protein content.	High Protein	A claim that a food is high in protein, and any claim likely to have the same meaning for the customer, may only be made where at least 20% of the energy value of the food is provided by protein.	With the word "High Value" ("Alto teor" in Portuguese). It can also be replaced by "Rich" (Rico) and "High content" (Alto conteúdo).	(a) Solid food: Minimum of 20% RDI / 100 g; or	With the word "High" or "Rich"	Not less than 20% of nutrient reference values per 100 g of food, 10% of nutrient reference values per 100 mL of food or 10% nutrient reference values per 100 kcal of food	
		(b) Liquid food containing not less than 10% of the Chinese NRV of protein per 100 mL of food; or				(b) Liquid food containing not less than 17.5% of NRV protein per 100 mL of food.		(b) Liquid food containing not less than 10% of the Japanese NRV of protein per 100 mL of food; or						(c) food, solid or liquid, containing not less than 10% of the Japanese NRV of protein per 100 kcal of food (24% of the Japanese NRV of protein per 1 MJ of food).			(b) Liquid food: Minimum of 10% RDI / 100 g.
		(c) Food, solid or liquid, containing not less than 10% of the Chinese NRV of protein per 100 kcal of food (24% of the Chinese NRV of protein per 1 MJ of food).															

Comparison of Conditions for Nutrient Content Claims between Hong Kong and Other Countries

Hong Kong, China			Singapore ^{Remark 1}		Indonesia ^{Remark 2}		Japan ^{Remark 3}		Switzerland ^{Remark 4}		Germany ^{Remark 5}		Brazil ^{Remark 6}		Republic of Korea ^{Remark 7}	
Component	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions
Vitamins and Minerals (Except Sodium)	With the word "Source"	(a) Solid food containing not less than 15% of the Chinese NRV of the vitamin or mineral concerned per 100 g of food; or	Contain/presence of a vitamin/mineral	For use of claims on presence of vitamins and minerals in food products, the products should contain at least one-sixth of the daily allowance as specified in Table I of regulation 11 of the Food Regulations for the respective vitamins and minerals, in per reference quantity of the products, as specified in Table II of the same regulation. The quantities of vitamins and minerals present should also be declared in the product labels in the manner as specified under regulation 11(5).	With the word "Source"	(a) Solid food containing not less than 15% of NRV vitamins and minerals (except sodium) per 100 g of food; or	With the word "Source"	(a) Solid food containing not less than 15% of the Japanese NRV of the vitamin or mineral concerned per 100 g of food; or	With the word "Source"	Food, solid or liquid, containing at the end of the date of minimum durability at least 15% of the recommended daily allowance of the vitamin or mineral concerned per 100g/mL of food of package, representing only a portion.	Source of [Name of Vitamin/s] and/or [Name of Mineral/s]	A claim that a food is a source of vitamins and/or minerals, and any claim likely to have the same meaning for the customer, may only be made where the product contains at least a significant amount as defined in the Annex to Directive 90/496/EEC or an amount provided for by derogations granted according to Article 6 of Regulation (EC) No 1925/2006 of the European Parliament and of the Council of 20 December 2006 on the addition of vitamins and minerals and of certain other substance to foods.	With the word "Source" ("Fonte de" in Portuguese)	(a) Solid food: Minimum of 15% RDI / 100 g; or	With the word "Contained" or "Source of"	Not less than 15% of nutrient reference values per 100 g of food, 7.5% of nutrient reference values per 100 mL of food or 5% of nutrient reference values per 100 kcal of food
		(b) Liquid food containing not less than 7.5% of the Chinese NRV of the vitamin or mineral concerned per 100 mL of food; or				(b) Liquid food containing not less than 7.5% of NRV vitamins and minerals (except sodium) per 100 mL of food.		(b) Liquid food containing not less than 7.5% of the Japanese NRV of the vitamin or mineral concerned per 100 mL of food; or						(b) Liquid food containing not less than 7.5% of the Japanese NRV of the vitamin or mineral concerned per 100 mL of food; or		
		(c) Food, solid or liquid, containing not less than 5% of the Chinese NRV of the vitamin or mineral concerned per 100 kcal of food (12% of the Chinese NRV of the vitamin or mineral concerned per 1 MJ of food).						(c) Food, solid or liquid, containing not less than 5% of the Japanese NRV of the vitamin or mineral concerned per 100 kcal of food (12% of the Japanese NRV of the vitamin or mineral concerned per 1 MJ of food).		(c) Food, solid or liquid, containing not less than 5% of the Japanese NRV of the vitamin or mineral concerned per 100 kcal of food (12% of the Japanese NRV of the vitamin or mineral concerned per 1 MJ of food).						
	With the word "High"	(a) Solid food containing not less than 30% of the Chinese NRV of the vitamin or mineral concerned per 100 g of food; or	Source/ Enriched/ Fortified/ Ennobled/ Vitamined/ High/ Rich/ Added with a vitamin/ mineral	For foods that are enriched, fortified, ennobled, vitamined, the products should contain at least 50% of the daily allowance as specified in Table I of regulation 11 of the Food Regulations for the respective vitamins and minerals, in per reference quantity of the products, as specified in Table II of the same regulation. The quantities of vitamins and minerals present should also be declared in the product labels in the manner as specified under regulation 11(5).	With the word "High"	Two times the value for "source"	With the word "High"	(a) Solid food containing not less than 30% of the Japanese NRV of the vitamin or mineral concerned per 100 g of food; or	With the word "High"	Food, solid or liquid, containing at the end of the date of minimum durability at least 30% of the recommended daily allowance of the vitamin or mineral concerned per 100g/mL of food of package, representing only a portion.	High [Name of Vitamin/s] and/or [Name of Mineral/s]	A claim that a food is high in vitamins and/or minerals, and any claim likely to have the same meaning for the customer, may only be made where the product contains at least twice the value of 'source of [NAME OF VITAMIN/S] and/or [NAME OF MINERAL/S]'.	With the word "High Value" ("Alto teor" in Portuguese). It can also be replaced by "Rich" (Rico) and "High content" (Alto conteúdo).	(a) Solid food: Minimum of 30% RDI / 100 g; or	With the word "High" or "Rich"	Not less than 30% of nutrient reference values per 100 g of food, 15% of nutrient reference values per 100 mL of food or 10% of nutrient reference values per 100 kcal of food
		(b) Liquid food containing not less than 15% of the Chinese NRV of the vitamin or mineral concerned per 100 mL of food; or				(b) Liquid food containing not less than 15% of the Japanese NRV of the vitamin or mineral concerned per 100 mL of food; or		(b) Liquid food containing not less than 15% of the Japanese NRV of the vitamin or mineral concerned per 100 mL of food; or						(b) Liquid food: Minimum of 15% RDI / 100 g.		
						(c) Food, liquid or solid, containing not less than 10% of the Chinese NRV of the vitamin or mineral concerned per 100 kcal of food (24% of the Chinese NRV of the vitamin or mineral concerned per 1 MJ of food).				(c) Food, liquid or solid, containing not less than 10% of the Japanese NRV of the vitamin or mineral concerned per 100 kcal of food (24% of the Japanese NRV of the vitamin or mineral concerned per 1 MJ of food).		(c) Food, liquid or solid, containing not less than 10% of the Japanese NRV of the vitamin or mineral concerned per 100 kcal of food (24% of the Japanese NRV of the vitamin or mineral concerned per 1 MJ of food).				

Comparison of Conditions for Nutrient Content Claims between Hong Kong and Other Countries

Hong Kong, China			Singapore ^{Remark 1}		Indonesia ^{Remark 2}		Japan ^{Remark 3}		Switzerland ^{Remark 4}		Germany ^{Remark 5}		Brazil ^{Remark 6}		Republic of Korea ^{Remark 7}	
Component	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions	Description of the claim	Conditions
Dietary Fibre	With the word "Source"	(a) Solid food containing not less than 3 g of dietary fibre per 100 g of food; or (b) Liquid food containing not less than 1.5 g of dietary fibre per 100 mL of food.	Source of Dietary Fibre Contains Dietary Fibre	(a) ≥ 1.5 g per 100kcal*; or ≥ 3 g per 100g (b) ≥ 1.5 g per 100kcal*; or ≥ 3 g per 100mL. *When using the 'per serving' or 'per 100kcal' claim, the food would also have to meet the requirements for 'per 100g' (solid) or 'per 100mL' (liquid).	---	---	With the word "Source"	(a) Solid food containing not less than 3 g of dietary fibre per 100 g of food; or (b) Liquid food containing not less than 1.5 g of dietary fibre per 100 mL of food.	With the word "Source"	Food, solid or liquid, containing at least 3 g of dietary fibre per 100 g or at least 1.5 g of dietary fibre per 100 kcal.	Source of Fibre	A claim that a food is a source of fibre, and any claim likely to have the same meaning for the customer, may only be made where the product contains at least 3 g of fibre per 100 g or at least 1.5 g of fibre per 100 kcal.	With the word "Source" ("Fonte de" in Portuguese)	(a) Solid food: Minimum of 3 g fibre / 100 g; or (b) Liquid food: Minimum of 1.5 g fibre / 100 g.	With the word "Contained" or "Source of"	Not less than 3 g per 100 g or 1.5 g per 100 kcal of food
	With the word "High"	(a) Solid food containing not less than 6 g of dietary fibre per 100 g of food; or (b) Liquid food containing not less than 3 g of dietary fibre per 100 mL of food.	High in Dietary Fibre High source of Dietary Fibre Good source of Dietary Fibre Fibre-Rich	(a) ≥ 4 g per serving*; or ≥ 3 g per 100kcal*; or ≥ 6 g per 100g (b) ≥ 4 g per serving*; or ≥ 3 g per 100kcal*; or ≥ 6 g per 100mL. *When using the 'per serving' or 'per 100kcal' claim, the food would also have to meet the requirements for 'per 100g' (solid) or 'per 100mL' (liquid).	---	---	With the word "High"	(a) Solid food containing not less than 6 g of dietary fibre per 100 g of food; or (b) Liquid food containing not less than 3 g of dietary fibre per 100 mL of food.	With the word "High"	(a) Solid food containing not less than 6 g of dietary fibre per 100 g of food; or (b) Not less than 3 g of dietary fibre per 100 kcal of food.	High Fibre	A claim that a food is high in fibre, and any claim likely to have the same meaning for the customer, may only be made where the product contains at least 6 g of fibre per 100 g or at least 3 g of fibre per 100 kcal.	With the word "High Value" ("Alto teor" in Portuguese). It can also be replaced by "Rich" (Rico) and "High content" (Alto conteúdo).	(a) Solid food: Minimum of 6 g fibre / 100 g; or (b) Liquid food: Minimum of 3 g fibre / 100 g.	With the word "High" or "Rich"	Not less than 6 g per 100 g or 3 g per 100 kcal of food

Remark 1 : Information provided by Agri-Food & Veterinary Authority, Singapore on 4.8.2008

Remark 2 : Information provided by Trade Consul of Konsulat Jenderal Republik Indonesia Hong Kong on 15.10.2008

Remark 3 : Information provided by Consulate-General of Japan on 23.7.2008

Remark 4 : Information provided by Swiss Federal Office of Public Health, Switzerland on 29.9.2008

Remark 5 : Information provided by Consulate General of the Federal Republic of Germany on 8.9.2008

Remark 6 : Information provided by National Health Surveillance Agency, Ministry of Health of Brazil on 3.9.2008

Remark 7 : Information provided by Consulate General of the Republic of Korea on 9.7.2009