

預先包裝食物的食物標籤與營養標籤 Food Labelling and Nutrition Labelling of Prepackaged Food

食物安全研討會2021

Food Safety Seminar for Trade 2021

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香港預先包裝食物的標籤制度

Labelling of Prepackaged Food in Hong Kong

- 目前，《食物及藥物(成分組合及標籤)規例》(第132W章)規定，除非獲得豁免，否則所有預先包裝食物均須加上包括下列資料的可閱標記：

1. 食物名稱；
2. 配料表(包括配料、食物致敏物及添加劑)；
3. 保質期的說明；
4. 特別貯存方式或使用指示；
5. 數量、重量或體積；
6. 製造商或包裝商的姓名或名稱及地址；及
7. 營養標籤。

- At present, The Food and Drugs (Composition and Labelling) Regulations (Cap. 132W), requires the following information to be legibly marked on the food label of all prepackaged food, unless otherwise exempted-

1. Name of the food;
2. List of ingredients (including ingredients, allergenic substances and additives);
3. Indication of durability;
4. Special conditions for storage or instruction for use;
5. Count, weight or volume;
6. Name and address of manufacturer or packer; and
7. Nutrition label.

食物標籤 Food Labelling



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

釋義 Interpretation

■ “配料” (ingredient)

指用於製造或配製食物並繼續存在於製成品中的任何物質(即使形態已有所更改)，包括任何添加劑或合成配料的任何成分

■ “ingredient” (配料)

means any substance, including any additive and any constituent of a compound ingredient, which is used in the manufacture or preparation of a food and which is still present in the finished product, even if in altered form

釋義 Interpretation

■ “添加劑”

指於任何階段中添加於或使用於食物內或食物上面通常不視為或用作食物的任何物質，用以影響食物的耐藏性、組織、稠度、外形、味道、氣味、鹼性或酸性，或對食物起任何其他科技上的作用，並包括作用如前述般添加於或使用於食物內或食物上的加工處理助劑

■ “additive”

means any substance, not commonly regarded or used as food, which is added to, or used in or on, food at any stage to affect its keeping qualities, texture, consistency, appearance, taste, odour, alkalinity or acidity, or to serve any other technological function in relation to food, and includes processing aids in so far as they are added to, or used in or on, food as aforesaid

致敏物的標示

Labelling of Allergens

- 根據規例，如該食物含有以下已知會引致敏感的八種物質的任何一種，須於配料表上作出聲明。這些物質包括：

1. 含有麩質的穀類；
2. 甲殼類動物及甲殼類動物製品；
3. 蛋類及蛋類製品；
4. 魚類及魚類製品；
5. 花生、大豆及它們的製品；
6. 奶類及奶類製品(包括乳糖)；
7. 木本堅果及堅果製品，以及
8. 濃度達到或超過百萬分之十的亞硫酸鹽。

- With reference to the Regulations, the presence of any of the eight substances, which are known to cause allergy, should be declared on the ingredient list:

1. cereals containing gluten;
2. crustacea and crustacean products;
3. eggs and egg products;
4. fish and fish products;
5. peanuts, soybeans and their products;
6. milk and milk products (lactose included);
7. tree nuts and nut products, and
8. sulphite in concentrations of 10 parts per million or more.

防腐劑的監管

Regulation of Preservatives

- 業界在食物內使用防腐劑須遵照《食物內防腐劑規例》第132BD章）中的規定。
- 第132BD章訂明任何進口、為出售而製造或供出售的食物只可含有於附表一所指明的准許防腐劑或抗氧化劑及其分量不可超過最高准許含量。
- Food trade using preservatives in food must comply with the **Preservatives in Food Regulation (Cap. 132BD)**
- The Regulation stipulate that any food being imported, manufactured for sale, or sold should only contain **permitted preservatives or antioxidants** and in the proportion that does **not exceed the maximum permitted levels** in **Schedule 1** of the Regulation.

防腐劑的監管 Regulation of Preservatives

附表1

[第2、3及11條及附表1A]

可含食物添加劑的食物及在每個情況下食物添加劑的種類及分量

第1欄		第2欄		第3欄	第4欄
編號	食物分類或細分類	准許食物添加劑		最高准許含量(百萬分率, 除非另有指明)	附註
		國際編碼系統編號	名稱說明		
4	水果及蔬菜(包括菇和真菌、根和塊根或莖、豆和豆莢, 及蘆筍)、海藻, 及果仁和種子				
4.1	面層經處理的新鮮水果	220	二氧化硫	50	註 10

SCHEDULE 1

[ss. 2, 3 & 11 & Sch. 1A]

FOOD WHICH MAY CONTAIN FOOD ADDITIVE AND THE DESCRIPTION AND PROPORTION OF FOOD ADDITIVE IN EACH CASE

Column 1		Column 2		Column 3	Column 4
No.	Food category or sub-category	Permitted food additives		Maximum permitted level (ppm, unless otherwise specified)	Note
		INS no.	Name		
4	Fruits and vegetables (including mushrooms and fungi, roots and tubers, pulses and legumes, and aloe vera), seaweeds, and nuts and seeds				
4.1	Surface-treated fresh fruit	220	Sulphur dioxide	50	Note 10

預先包裝食物中防腐劑的標示

Labelling of Preservatives in Prepackaged Food

根據《食物及藥物(成分組合及標籤)規例》(第132W章)，在本港出售的預先包裝食品如使用了食物添加劑，必須－

- 在食物標籤上的配料表中列明其**作用類別**；及
- ✓ 其本身**所用名稱**；或
- ✓ 它在食物添加劑國際編碼系統中的**識別編號**或
- ✓ 它在食物添加劑國際編碼系統中以“E”或“e”為詞頭的**識別編號**。

According to the Food and Drugs (Composition and Labelling) Regulations (Cap. 132W), if a **food additive** is used in a prepackaged food available in Hong Kong, it must be -

- listed by its **functional class**; together with
- ✓ its **specific name**; or
- ✓ its **identification number** under the International Numbering System for Food Additives; or
- ✓ its **identification number** under the International Numbering System for Food Additives **with the prefix “E” or “e”**.



預先包裝食物含有亞硫酸鹽的標示

Labelling of Prepackaged Food contains Sulphite

- 如食物由濃度達到或超過百萬分之十的亞硫酸鹽組成或含有上述濃度的亞硫酸鹽，有關的亞硫酸鹽的作用類別及其名稱須在配料表中指明。
- If a food consists of or contains sulphite in a concentration of 10 parts per million or more, the functional class of the sulphite and its name shall be specified in the list of ingredients.
- 例如，二氧化硫如加入食物中作為防腐劑，須在配料表上標示：
 - ✓防腐劑（二氧化硫）
- For instance, if sulphur dioxide is added to the food as a preservative, it has to be labelled in the ingredient list as-
 - ✓Preservative (sulphur dioxide)

預先包裝食物中防腐劑的標示

Labelling of Preservatives in Prepackaged Food



成分 INGREDIENT

腰果、防腐劑（二氧化硫）
Cashew nut, Preservative (sulphur dioxide)

獲豁免食物標籤的項目

Exemptions from Food Labelling

- 根據第132W章附表4，部分食品可獲豁免遵從該規例部分或全部食物標籤的規定。
- 一般豁免項目主要包括:
 - 在飲食供應機構售出以供即時食用的預先包裝食物
 - (豁免附表全部規定)
 - 獨立花巧包裝並擬作單份出售的甜點
 - (豁免附表全部規定)
- As for food labelling, under Schedule 4 of Cap.132W, some food items are exempted from parts or all of the general food labelling requirements of the Regulations.
- General exemption Items mainly included:
 - Prepackaged food sold at a catering establishment for immediate consumption
 - (exempted the whole Schedule)
 - Individually wrapped confectionery products in a fancy form intended for sale as single items
 - (exempted the whole Schedule)

獲豁免食物標籤的項目

Exemptions from Food Labelling

- 獨立包裝並擬作單份出售的涼果，而其本身是再無其他包裝的
 - (豁免附表全部規定)
- Individually wrapped preserved fruits which are not enclosed in any further packaging and which are intended for sale as single items
 - (exempted the whole Schedule)
- 包裝在容器內的預先包裝食物，而容器的最大平面面積少於10平方厘米
 - (豁免附表
 - 1.配料表
 - 2.特別貯存方式或使用指示的陳述
 - 3.製造商或包裝商的姓名或名稱及地址))
- Prepackaged food packed in a container the largest surface of which has an area of less than 10 cm²
 - (exempted the
 - 1.list of ingredients
 - 2.statement of special conditions for storage or instructions for use
 - 3.name and address of manufacturer or packer))

獲豁免食物標籤的項目

Exemptions from Food Labelling

- 新鮮水果及新鮮蔬菜
 - (豁免附表
 - 1. 配料表
 - 2. 保質期)
- 含有單一種配料的食物
 - (豁免附表配料表)
- Fresh fruit and fresh vegetables
 - (exempted the
 - 1. list of ingredients
 - 2. durability indication)
- Any food consisting of a single ingredient
 - (exempted the list of ingredients)

引入營養資料標籤制度之目的

Aims of the Scheme

- 幫助消費者作出有依據的食物選擇；
- 鼓勵食物製造商提供符合營養準則的食品；
- 規管有誤導或欺詐成分的標籤和聲稱。
- Facilitate consumers in making healthy food choices
- Encourage food manufacturers to apply sound nutrition principles in the formulation of foods
- Regulate misleading or deceptive labels and claims on nutrition information

營養標籤 Nutrition Label



營養標籤
Nutrition
Label

營養標籤

Nutrition Label

- 營養標籤須載有能量及七種核心營養素(1+7)的資料
 - 即蛋白質、碳水化合物、總脂肪、飽和脂肪酸、反式脂肪酸、鈉和糖
 - 並須列明各種涉及聲稱的營養素的含量 (當聲稱涉及任何脂肪類別時，同時亦須標示膽固醇含量)
 - 可自願標示其他營養素
- Nutrition label must include the information on energy and seven core nutrients (1+7)
 - protein, carbohydrates, total fat, saturated fatty acids, trans fatty acids, sodium and sugars.
 - The nutrition label must list the amounts of any claimed nutrients. (when the claim is on any type of fat, cholesterol content must be declared as well)
 - For other nutrients, declaration is voluntary

必須標示的營養素之表達方式

Expressions of Required Nutrients

- 每100克(或每100毫升)
 - 每包裝 (若包裝只含單一個食用分量);或
 - 每食用分量 (必須以克或毫升量化一個食用分量及提供包裝內食用分量數目)
- Per 100 g (or 100 ml);
 - Per package (if the package contains only one single serving); or
 - Per serving (if the information on the serving size in g/ml and the no. of servings in the package are provided)

Nutrition Information 營養資料	
	Per 100g/ 每100克
Energy/ 能量	436kcal/ 千卡 (1831kJ/ 千焦)
Protein/ 蛋白質	11g/ 克
Total fat/ 總脂肪	16g/ 克
- Saturated fat/ 飽和脂肪	7g/ 克
- Trans fat/ 反式脂肪	0g/ 克
Carbohydrates/ 碳水化合物	62g/ 克
- Sugars/ 糖	2g/ 克
Sodium/ 鈉	730mg/ 毫克

Nutrition Information		
Serving(s) Per Package: 1		
Serving Size: 200 g		
	Per 100 g	Per Package
Energy(kcal)	173 kcal	347 kcal
Protein	5.7 g	11.4 g
Fat, Total	1.2 g	2.3 g
Saturated fatty acids	0.7 g	1.3 g
Trans fatty acids	0 g	0 g
Carbohydrates	49.6 g	99.2 g
Sugars	32.7 g	65.4 g
Sodium	0 mg	0 mg

營養資料		
每包裝所含食用分量數目: 2		
食用分量: 200 毫升		
	每食用分量的	每食用分量的
	中國營養素參考值	百分比
能量(千卡)	347 千卡	17%
蛋白質	11.4 克	19%
脂肪總量	2.3 克	4%
飽和脂肪酸	1.3 克	7%
反式脂肪酸	0 克	--
碳水化合物	99.2 克	33%
糖	65.4 克	--
鈉	0 毫克	0%

獲豁免營養標籤的項目

Exemptions from Nutrition Labelling

- 根據第132W章附表6，部分食品可獲豁免遵從該規例有關營養標籤的規定。
- 一般豁免項目主要包括：
 1. 獨立花巧包裝並擬作單份出售的甜點。
 2. 獨立包裝並擬作單份出售的涼果，而其本身是再無其他包裝的。
 3. 包裝在總表面面積小於100平方厘米的容器內的預先包裝食物。
- As for nutrition labelling, under Schedule 6 of Cap.132W, some food items are exempted from the nutrition labelling requirements of the Regulations.
- General exemption Items mainly included:
 1. Individually wrapped confectionery products in a fancy form intended for sale as single items.
 2. Individually wrapped preserved fruits which are not enclosed in any further packaging and which are intended for sale as single items.
 3. Prepackaged food packed in a container which has a total surface area of less than 100 cm².

獲豁免營養標籤的項目

Exemptions from Nutrition Labelling

4. 食物中不含（近乎零的）能量及核心營養素
4. The food does not contain (meeting definition of zero) energy and core nutrients
5. 沒有添加其他配料的某些未經烹煮的食物 (例如：肉、海魚或淡水魚等)
5. Certain food which is in raw state without any addition of ingredient (e.g. meat, marine or fresh water fish, etc.)
6. 沒有添加其他配料的的水果或蔬菜(不論是新鮮、冷凍、冷凝或乾的)
6. Fruit or vegetable, whether fresh, chilled, frozen or dried without any addition of ingredient
7. 小銷售量豁免項目
7. Prepackaged food with small sales volume

小量豁免制度

Small Volume Exemption Scheme

- 任何預先包裝屬
 - 相同版本
 - 每年銷售量不超過30,000件，
可獲豁免提供營養標籤。
- Prepackaged foods
 - same version
 - with annual sales volume not exceeding 30,000 units
may be granted with exemption from providing nutrition labelling.
- 須預先獲得食物安全中心批准。
- Prior approval from Centre for Food Safety (CFS) of FEHD is required.

獲豁免標籤的例子

Example with Exemptions from Labelling

沒有添加其他配料的的水果或蔬菜(不論是新鮮、冷凍、冷凝或乾的)
Fruit or vegetable, whether fresh, chilled, frozen or dried without
any addition of ingredient



獲豁免項目 Items Exempted

- 營養標籤 Nutrition Label
- 配料表 List of Ingredients
- 保質期的說明 (只適用於新鮮水果或蔬菜)
Indication of Durability (for Fresh Fruit or Vegetables ONLY)

不獲豁免標籤的例子

Example of food not exempted from Labelling



有添加其他配料的蔬菜

Vegetable with addition of other ingredients

不獲豁免標籤的例子

Example of food not exempted from Labelling



有添加其他配料的水
果

Fruit with addition of
other ingredients

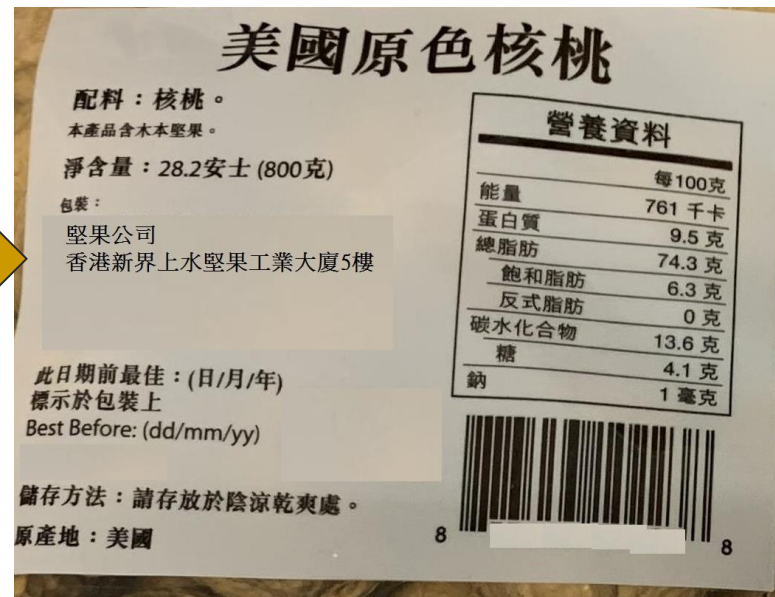


不獲豁免營養標籤的例子

Example of food not exempted from Nutrition Labelling

不論有否添加其他配料的木本堅果/種子/穀物等

Tree Nuts/Seeds/Cereal grains etc whether addition of other ingredients.



最高罰則

Maximum Penalty

- 除《食物及藥物(成分組合及標籤)規例》(第132W章)附表4及6所列獲豁免遵從規定的項目外，預先包裝食物如沒有加上適當的標籤，即屬違反該規例第4或第4A或第4B條的規定。
- 假如本署有足夠證據證明有關人士違反該規例的規定，便會對其採取法律行動。違例者一經法庭定罪，最高罰則是可被判處罰款50,000元和監禁6個月
- Save with the exemptions for those items as listed in Schedule 4 and 6 to the Food and Drugs (Composition and Labelling) Regulations (Cap. 132W), if prepackaged food not marked or labelled properly, it is in breach of Regulation 4 or 4A or 4B of Cap. 132W.
- If there is sufficient evidence to prove any contravention under the Food and Drugs (Composition and Labelling) Regulations (Cap. 132W), legal action will be taken against the offender. Upon conviction by the Court, the offender is liable to a maximum fine of \$50,000 and 6 months imprisonment.

有關公布不符營養標籤規例的預先包裝食品事宜的最新安排

New arrangement for announcement of prepackaged food not in compliance with nutrition labelling regulations

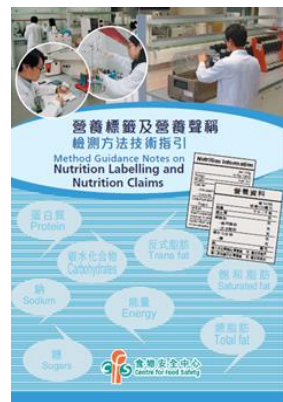
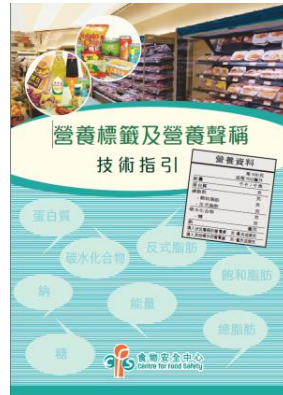
- 由2022年1月1日起，食物安全中心將不會再向業界發放有關《停止出售不符營養標籤規例的預先包裝食品的快速警報》的電郵訊息，改為於中心網站首頁內的「橫額」及「右方選項表」中，新增《營養標籤及營養素違規檢測結果》的連結，供業界查閱。
- With effect from 1.1.2022, rapid alert message regarding “Stop selling of prepackaged food that was found not in compliance with nutrition label rule” will NOT be sent to trade via email. The Centre for Food Safety would add a hyperlink “Nutrition Labelling and Non-compliance Testing & Results” under the “Banner” and “Right Hand Side Manual” on the homepage of CFS Website.

謝謝 Thank you

- 營養標籤及營養聲稱技術指引
- 營養標籤及營養聲稱檢測方法技術指引

http://www.cfs.gov.hk/tc_chi/food_leg/files/nl_technical_guidance_c.pdf

http://www.cfs.gov.hk/tc_chi/food_leg/files/nl_method_guidance_c.pdf



- Technical Guidance Notes on Nutrition Labelling and Nutrition Claims
- Method Guidance Notes on Nutrition Labelling and Nutrition Claims

http://www.cfs.gov.hk/english/food_leg/files/nl_technical_guidance_e.pdf

http://www.cfs.gov.hk/english/food_leg/files/nl_method_guidance_e.pdf