

重溫預先包裝食物的 食物標籤與營養標籤

A Revisit to Food Labelling and Nutrition Labelling of Prepackaged Food

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香港預先包裝食物的標籤制度

Labelling of Prepackaged Food in Hong Kong

- 《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。

- ▶ 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、誤導或許騙成分。
- 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.

特別貯存方式或指示的陳述
Statement of special conditions for storage or instructions for use

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.

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)
- 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))
- Individually wrapped preserved fruits which are not enclosed in any further packaging and which are intended for sale as single items
 - (exempt the whole Schedule)
- Prepackaged food packed in a container the largest surface of which has an area of less than 10 cm²
 - (exempt 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

- (exempt the
1. list of ingredients
2. durability indication)

- Any food consisting of a single ingredient

- (exempt the list of ingredients)

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	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）能量或核心營養素
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)
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)
7. 已授予小量豁免的預先包裝食物
4. The food does not contain (meeting definition of zero) energy or core nutrients
5. Certain food which is in raw state without any addition of ingredient (e.g. meat, marine or fresh water fish, etc.)
6. Fruit or vegetable, whether fresh, chilled, frozen or dried without any addition of ingredient
7. Prepackaged food granted with Small Volume Exemption

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。
 - ▶ 須預先獲得食物安全中心批准。
- Prepackaged foods
 - same version
 - with annual sales volume not exceeding 30,000 unitsmay be granted with exemption from providing nutrition labelling.
 - 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

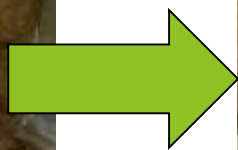


不獲豁免營養標籤的例子

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.



營養標籤及營養聲稱技術指引

Technical Guidance Notes on Nutrition Labelling and Nutrition Claims



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

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

營養標籤及營養聲稱技術指引

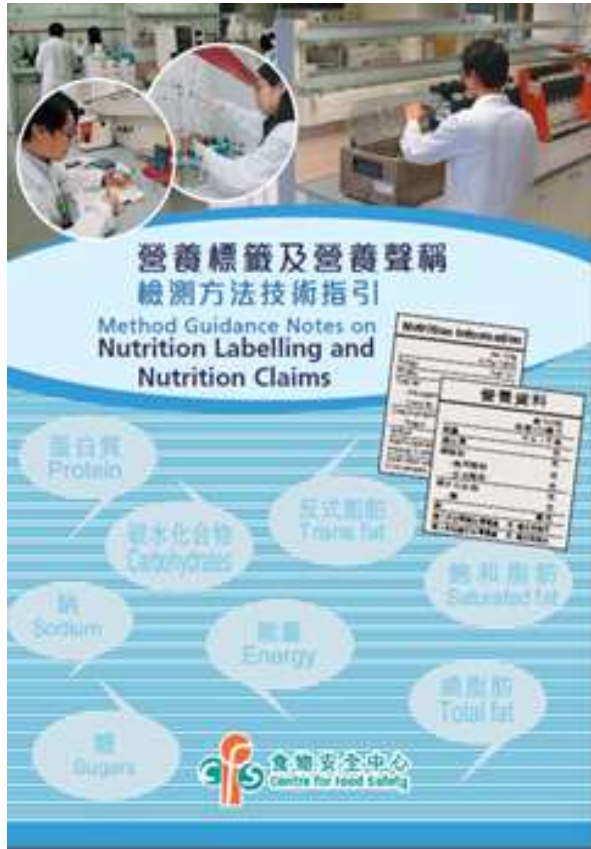
Technical Guidance Notes on Nutrition Labelling and Nutrition Claims

表 3 營養標籤上標示能量值及營養素含量的規管容忍限

能量/營養素	規管容忍限
能量、總脂肪、飽和脂肪酸、反式脂肪酸、膽固醇、鈉、糖	≤ 標示值的 120%
蛋白質、多元不飽和脂肪酸、單元不飽和脂肪酸、碳水化合物、澱粉質、膳食纖維、可溶性纖維、不可溶性纖維、纖維的個別組成部分	≥ 標示值的 80%
維他命及礦物質(維他命 A、維他命 D 及添加的維他命及礦物質除外)	≥ 標示值的 80%
維他命 A 及維他命 D (包括添加的)	標示值的 80% 至 180%
添加的維他命及礦物質(維他命 A 及維他命 D 除外)	≥ 標示值

營養標籤及營養聲稱檢測方法技術指引

Method Guidance Notes on Nutrition Labelling and Nutrition Claims







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

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

專項食品調查 2022



Targeted Surveillance 2022



- ▶ 2022年1月至2月
- ▶ 預先包裝糖果及朱古力
- ▶ 抽取樣本: 40個
- ▶ 測試項目: 能量值及營養素含量
- ▶ 合格: 37個 
- ▶ 不合格: 3個 

- Jan – Feb 2022
- Prepackaged Candies & Chocolate
- No. of samples: 40
- Testing Parameters: Energy Value & Nutrient Content
- Satisfactory : 37 
- Unsatisfactory : 3 

專項食品調查 2022

Targeted Surveillance 2022

- ▶ 2022年5月至6月
- ▶ 預先包裝餃子及點心
- ▶ 抽取樣本：40個
- ▶ 測試項目：能量值及營養素含量
- ▶ 合格：28個 
- ▶ 不合格：12個 

- May – Jun 2022
- Prepackaged Dumplings & Dim Sums
- No. of samples: 40
- Testing Parameters: Energy Value & Nutrient Content
- Satisfactory : 28 
- Unsatisfactory : 12 

專項食品調查 2023

Targeted Surveillance 2023

- ▶ 2023年1月至2月
 - ▶ 預先包裝薯片及蝦片
 - ▶ 抽取樣本: 40個
 - ▶ 測試項目: 能量值及營養素含量
 - ▶ 合格: 33個 
 - ▶ 不合格: 7個 
- Jan – Feb 2023
 - Prepackaged Potato Chip & Shrimp Cracker
 - No. of samples: 40
 - Testing Parameters: Energy Value & Nutrient Content
 - Satisfactory : 33 
 - Unsatisfactory : 7 

專項食品調查 2023

Targeted Surveillance 2023

- ▶ 2023年5月至6月
 - ▶ 預先包裝冷凍果汁
 - ▶ 抽取樣本: 40個
 - ▶ 測試項目: 能量值及營養素含量
 - ▶ 合格: 40個 
 - ▶ 不合格: 0個 
- May – Jun 2023
 - Prepackaged Chilled Fruit Juice
 - No. of samples: 40
 - Testing Parameters: Energy Value & Nutrient Content
 - Satisfactory : 40 
 - Unsatisfactory : 0 

專項食品調查 2023

Targeted Surveillance 2023

- ▶ 2023年7月至9月
- ▶ 預先包裝即食麵
- ▶ 抽取樣本: 40個
- ▶ 測試項目: 能量值及營養素含量
- ▶ 合格: 40個
- ▶ 不合格: 0個



- Jul – Sep 2023
- Prepackaged Instant Noodles
- No. of samples: 40
- Testing Parameters: Energy Value & Nutrient Content
- Satisfactory : 40
- Unsatisfactory : 0



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。
 - ▶ 根據《公眾衛生及市政條例》(第132章)第61條規定，任何人如在標籤上對所售賣的食物作出虛假說明或在食物的性質、物質或品質方面誤導他人，即屬違法。
 - ▶ 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.
 - According to **Section 61** of the Public Health and Municipal Services Ordinance (**Cap 132**), if any person falsely describes a food or misleads as to the nature, substance or quality of the food on a label of the food sold by him, he shall be guilty of an offence
 - 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.**

重溫預先包裝食物的 食物標籤與營養標籤

A Revisit to Food Labelling and Nutrition Labelling of Prepackaged Food

謝謝

-Thank you-