

# 預先包裝食物的標籤

## Labelling of Prepackaged Food



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# 預先包裝食物的標籤

## Labelling of Prepackaged Food

- 根據《食物及藥物(成分組合及標籤)規例》(第132W章)的規定，預先包裝食品必須加上適當的食物標籤。
- 食物標籤包括：
  - 一般標籤
  - 營養標籤
- According to the Food and Drugs (Composition and Labelling) Regulations (Cap. 132W), all prepackaged food shall be labelled with appropriate Food Labelling.
- Food Labelling includes:
  - General Labelling
  - Nutrition Labelling

# 何謂預先包裝食物？

## What is prepackaged food?

- “預先包裝食物”指任何經全部或部分包裝食物以致-
  - 如不打開或不改變包裝，則不能將包裝內的食物變更；以及
  - 該食物可隨時作為單份食品，交給最後消費者或飲食供應機構
- “Prepackaged food” means any food packaged, whether completely or partially, in such a way that-
  - the contents cannot be altered without opening or changing the packaging; and
  - the food is ready for presentation to the ultimate consumer or a catering establishment as a single food item

# 何謂預先包裝食物？

## What is prepackaged food?

- 至於下列食物，則不會視作預先包裝食物，無須加上一般標籤和營養標籤：
  - 本身沒有包裝而只在顧客選購後才作包裝的食物
  - 放在包裝內但沒有繫緊或密封封口的食物
- The following are not considered as prepackaged food and general labelling and nutrition labelling is not required:
  - Products that are not packed beforehand and are just put in packaging for customers at the point of sale
  - Products put in packaging that the opening is not tied up nor sealed

# 食物標籤

## Food Labelling

- 須使用中文或英文，或中英文兼用，列出以下資料：
  - 食物名稱
  - 配料表
  - 保質期的說明
  - 特別貯存方式 或 使用指示的陳述
  - 製造商 或 包裝商的名稱及地址
  - 食物的數量、重量或體積
  - 營養標籤
- Use either the English or the Chinese language or in both language, to list out the following information:
  - Name of the food
  - List of ingredients
  - Indication of durability
  - Statement of special conditions for storage or instructions for use
  - Name and Address of manufacturer or packer
  - Count, weight or volume
  - Nutrition Label

# 一般標籤

## General Labelling

### 食物名稱

Name of the food

- 須加上可辨標記，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，由大至小依次排列。
- 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（不論是予以“E”或“e”為前綴）。
- 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

# 營養標籤

## Nutrition Labelling



營養標籤  
Nutrition  
Labelling

# 營養標籤制度

## Nutrition Labelling Scheme

- 適用於一般預先包裝食物
- 涵蓋食物標籤上兩類主要營養資料
  - 營養標籤
  - 營養聲稱
- Applicable to general prepackaged foods
- Covers two main types of nutrition information on food labels
  - nutrition label
  - nutrition claims



# 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)

The image shows three examples of nutrition labels. The top label has 'Per 100g/每100克' circled in red. The middle label has 'Per Serving 每食用分量' circled in red. The bottom label has 'Per Package 每包裝' circled in red.

Nutrition Information 營養資料	
Per 100g/每100克	
Energy/ 能量	210kcal/ 千卡 (881kJ/ 千焦)

  

Nutrition Information 營養資料	
Servings Per Package/ 每包裝所含食用分量數目: 3	
Serving Size/ 食用分量: 5 pieces (50g)/ 5塊 (50克)	
Per Serving 每食用分量	
Energy/ 能量	70kcal/ 千卡 (293kJ/ 千焦)

  

Nutrition Information 營養資料	
Servings Per Package/ 每包裝所含食用分量數目: 1	
Serving Size/ 食用分量: 236ml / 236毫升	
Per Package 每包裝	
Energy/ 能量	158kcal/ 千卡 (664kJ/ 千焦)
Protein/ 蛋白質	7.6g/ 克
Total fat/ 總脂肪	9.2g/ 克
- Saturated fat/ 飽和脂肪	6.7g/ 克
- Trans fat/ 反式脂肪	0.3g/ 克
Carbohydrates/ 碳水化合物	11.3g/ 克
- Sugars/ 糖	11.3g/ 克
Sodium/ 鈉	130mg/ 毫克

# 營養聲稱

## Nutrition Claim

- 指述明、指出或暗示某食物含有特定營養特質的陳述
- 營養聲稱規管範圍包括：
  - 營養素含量聲稱
  - 營養素比較聲稱
  - 營養素功能聲稱
- 規管範圍包括食物標籤及宣傳品
- Means any representation which states, suggests or implies that a food has particular nutritional properties
- Nutrition claims include:
  - Nutrient content claim
  - Nutrient comparative claim
  - Nutrient function claim
- Food labels and advertisement are subject to the control



# 豁免原則

## Exemptions- Principles

- 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
  - 實際運作的困難(例如包裝總表面面積少於100平方厘米)
  - 食物中不含（近乎零的）能量及核心營養素
  - 沒有添加其他配料的某些新鮮食物 (例如：新鮮水果、蔬菜、肉類、魚類)
- 小銷售量豁免項目
- 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 Item
  - Practical difficulty for the trade (e.g., prepackaged food packed in a container which has a total surface area of less than 100cm<sup>2</sup>)
  - The food does not contain (meeting definition of zero) energy and core nutrients
  - Certain food which is fresh in nature without any addition of ingredient (e.g. fresh fruits, vegetables, meat and fish)
- Prepackaged food with small sales volume

# 獲豁免營養標籤的項目

## Exemptions from Nutrition Labelling

- 實際運作的困難
  - 獨立花巧包裝並擬作單份出售的甜點。
  - 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。
  - 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。
- Practical difficulty for the trade
  - Individually wrapped confectionery products in a fancy form intended for sale as single items.
  - Individually wrapped preserved fruits which are not enclosed in any further packaging and which are intended for sale as single items.
  - Prepackaged food packed in a container which has a total surface area of less than 100 cm<sup>2</sup>.

# 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检测方法技術指引

[http://www.cfs.gov.hk/tc\\_chi/food\\_label/files/nl\\_technical\\_guidance\\_c.pdf](http://www.cfs.gov.hk/tc_chi/food_label/files/nl_technical_guidance_c.pdf)

[http://www.cfs.gov.hk/tc\\_chi/food\\_label/files/nl\\_method\\_guidance\\_c.pdf](http://www.cfs.gov.hk/tc_chi/food_label/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\\_label/files/nl\\_technical\\_guidance\\_e.pdf](http://www.cfs.gov.hk/english/food_label/files/nl_technical_guidance_e.pdf)

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