

# 食物淨含量標示及營養標籤

## Labelling of net content of food and nutrition labelling

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# 背景

## Background

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- 在食物標籤上提供營養資料，是推廣均衡飲食、保障公眾健康的重要工具。
- Provision of nutrition information on food label is an important tool to promote a balanced diet and protect public health

# 背景

## Background

- 根據營養標籤制度，在標示強制性規定的能量及營養素的含量時，可採用下列方式：
  - 每100克(或100毫升)食物；
  - 每個包裝(如包裝內只有一個食用分量)；或
  - 每一食用分量(如包裝已註明食用分量的數目及大小(以公制單位計，即克或毫升))。
- According to the Nutrition Labelling Scheme, when declaring the values of energy and nutrients that are mandatorily required, these values can be expressed as:
  - per 100g (or 100mL) of food;
  - per package (if the package contains only a single serving); or
  - per serving (provided that the number of servings and the serving size (in gram or milliliter) are specified on the package))

# 營養素含量標示方式的建議

## Recommendation on Nutrient Content Expression

- 中心希望業界留意食物標籤所列的重量／數量資料與營養標籤上的食物參考量標示方法(即每100克／毫升、每一食用分量或每個包裝)是否一致
- Traders should note the consistency of the information on weight/count declaration on the food label and the expression of reference amount of food (i.e. per 100g/mL, per serving or per package) on nutrition label

# 營養素含量標示方式的建議

## Recommendation on Nutrient content Expression

- 部分產品 (如：糰、雞腿、雞翼、餅乾、麵包) 在包裝上標示的食物數量為產品件數，而非產品重量，但營養標籤列出的資料卻只以“每100克”食物計算
- 消費者不能計算出產品每件／每包的能量和營養素含量
- 中心不鼓勵這種做法
- For some products (such as rice dumpling, chicken leg, chicken wing, biscuit, bread), the quantity of food declared on the package is based on the product count instead of product weight. However, the nutrition declaration is based on “per 100g” only
- Consumers are not able to calculate the energy and nutrient content of each piece/each package of the product
- Such practice is not encouraged

# 營養素含量標示方式的建議

## Recommendation on Nutrient content Expression

- 建議業界為旗下預先包裝食物提供有關產品重量或體積的資料
- 否則可在包裝上標示產品“每一食用分量”的營養資料，以及食用分量的大小及數目的資料
- Traders are recommended to provide information on product weight or volume on their prepackaged products
- Otherwise, nutrition information for “per serving” of product on the package, along with information on serving size and number of servings, may be declared

# 營養素含量標示方式的建議

## Recommendation on Nutrient content Expression

- 雖然是否採用這種標示方式由業界自行決定，但中心強烈建議業界遵從這種做法
- 此舉有助消費者善用營養標籤選擇食物，並提高他們對產品的滿意程度
- Although such presentation is voluntary, it is strongly recommended to follow such a practice
- It would facilitate consumers using nutrition label to make food choices and enhance consumers' satisfaction on the product

# 預先包裝食物營養標籤的食用分量業界指引

## Trade Guidelines on Serving Size of Prepackaged Food For Nutrition Labelling

- 食物安全中心已於2011年出版“預先包裝食物營養標籤的食用分量業界指引”，以鼓勵及協助業界為預先包裝食物營養標籤上的食用分量提供資料

- The Centre for Food Safety issued “Trade Guidelines on Serving Size of Prepackaged Food For Nutrition Labelling “ in 2011, so as to encourage and assist the trade to provide information on the serving size of prepackaged food products for the purpose of nutrition labelling





謝謝  
Thank You