



以上資料由精英訓練科技部轄下的
運動營養中心提供，只供參考。

歡迎轉載以上資料，惟事先須得本院許可；
轉載時亦須鳴謝本院。

如有查詢，請致電2681 6367與
運動營養中心聯絡。

The above information is provided by the Sport Nutrition and
Monitoring Centre of the Elite Training Science and
Technology Division. All information is for reference only.
Reproduction of materials is welcome with prior permission.
Acknowledgements are required.

For enquiry, please contact: Sport Nutrition and
Monitoring Centre. Tel : 2681 6367



香港體育學院有限公司
Hong Kong Sports Institute Limited

香港新界沙田源禾路25號 香港體育學院
Hong Kong Sports Institute, 25 Yuen Wo Road,
Sha Tin, N.T. Hong Kong

電話 Tel : (852) 2681 6888 圖文傳真 Fax : (852) 2681 6330
網址 Website : <http://www.hksi.org.hk>

3/2013初版
3/2013 First Print

運動營養教育系列手冊
SPORT NUTRITION
EDUCATION SERIES XVIII

食物標籤精明選 Making Smart Choice with the Food Label



HONG KONG
SPORTS INSTITUTE
香港體育學院

前言

食物標籤為消費者提供預先包裝食物的關鍵信息，使他們在購買食物時作出明智的選擇。由二零一零年七月一日起，大部分在香港出售的預先包裝食物都需要營養標籤。營養標籤是食物標籤的一部分，幫助運動員選擇合適的食物，以滿足他們的營養需求。

Introduction

The food label provides consumers with key information on the properties of pre-packaged food and enables them to make informed choices when purchasing food. Since 1st July 2010, most prepackaged foods sold in Hong Kong are also required to have nutrition label. The nutrition label which is a part of the food label is useful in helping athletes choose the best foods to meet their nutritional needs.



圖一：食物標籤資料
Figure1. Information on the Food Label

食物標籤資料 (圖一)

A 食物名稱

- ◆ 食物名稱必須清楚列明。

B 配料表

- ◆ 配料須按所佔的重量或體積，由大至小依次表列，即先列出配料重量最重的。運動員可以利用這些資料來評估產品的營養質素。例如，需要控制體重的運動員不應該選擇配料表較前位置列有“糖”、“脂肪”、“油”或其他類型的糖和脂肪的食物。

- ◆ 如食物含有致敏物必須清楚列明。運動員可以閱讀配料表來避免他們有過敏反應的食物。

- ◆ 食物中的食物添加劑必須清楚地列明。如使用添加劑，須列明其作用類別和其本身所用名稱或國際識別編號 (INS) 或“E”編號。例如，如果產品含有命名三氯蔗糖的甜味劑，在配料表中應列作為甜味劑 (三氯蔗糖)，或甜味劑 (955) 或甜味劑 (E955)。食物添加劑INS的相關資料可以在食物安全中心的網頁查詢。

http://www.cfs.gov.hk/tc_chi/whatsnew/whatsnew_fstr/whatsnew_fstr_food_additives_list.htm

C 保質期的說明

- ◆ 說明食物的保質期為“此日期或之前食用”或“此日期前最佳”。

D 特別貯存方式或使用指示的陳述

- ◆ 須清楚說明如有特別貯存方式或使用指示的陳述。

E 製造商或包裝商的名稱及地址

- ◆ 須清楚列明製造商或包裝商的公司名稱及地址。

F 數量、重量或體積

- ◆ 須清楚列明數量或淨重量或淨體積。

營養標籤是食物標籤的一部分。一般以列表形式標示有關資料，並加上“營養資料”、“營養成分”或“營養標籤”等標題。營養標籤包含了有關食物的特定營養成分含量。營養標籤可以幫助運動員簡易地比較食物，並選擇適合的食物來滿足特定需求。

Information on the Food Label (Figure 1)

A Name of Food

- ◆ The name of food must be clearly stated.

B List of Ingredients

- ◆ Ingredients must be listed in descending order of weight or volume, i.e. the ingredient that weighs the most is listed first. Athletes can use this information to evaluate the nutrition quality of a product. For example, athletes who need to control weight should not choose food that has “sugar”, “fat”, “oil” or other types of sugar and fat listed in the first few ingredients.

- ◆ Allergenic substances must be clearly stated if they are present in the food. Athletes can read the ingredients list to avoid any food which they are allergic to.

- ◆ Food additives must be clearly stated if they are present in the food. It shall be listed by both its functional class and either its specific name or its international numbering system (INS) number or its “E” number. For example, if a product contains a sweetener named sucralose, it shall be presented in the ingredients list as sweetener (sucralose), or sweetener (955) or sweetener (E955). Relevant information on the INS for food additives can be accessed at the Centre for Food Safety’s webpage at

http://www.cfs.gov.hk/tc_chi/whatsnew/whatsnew_fstr/whatsnew_fstr_food_additives_list.htm

C Indication of Durability

- ◆ Stated as “use by” or “best before”, to indicate the shelf life of the food.

D Special Conditions for Storage or Instructions for Use

- ◆ Special conditions for storage or special instructions for use should be clearly stated, if any.

E Name and Address of Manufacturer or Packer

- ◆ Information of the manufacturer or packer should be clearly stated.

F Count, Weight or Volume

- ◆ The numerical count or net weight or net volume should be clearly stated.

Nutrition label is part of a food label. It is usually in tabular format with a heading like “Nutrition Information”, “Nutrition Facts” or “Nutrition Label”. It contains information about specific nutrient content of the food. The nutrition label helps athletes to compare products easily and to select the appropriate food for their specific needs.

營養標籤資料 (圖二)

A “1+7”

營養標籤必須列出“1+7”的資料，即能量及七種指定標示營養素的數值（包括蛋白質、總脂肪、飽和脂肪、反式脂肪、碳水化合物、糖及鈉）。

B 食用分量和每包裝所含食用分量數目

能量和營養素數值可以用不同的食用份量表示，如每100毫升、每100克、每份或每包裝。有時，營養標籤上的食用分量有可能不是運動員平時吃的分量。例如，如果標籤上列出的分量为100克，運動員吃一件食物，他/她需要在營養標籤上進行換算，從而獲得該件食物的實際營養含量。因此，運動員需要仔細閱讀營養標籤上的食用份量。

C 能量

食物的能量值可採用千卡路里（千卡）或千焦耳（千焦）（1千卡大約等於4.18千焦）來標示。需要控制體重的運動員在選購食物前應先閱讀能量值及比較有關食品。

D 蛋白質

蛋白質是運動後用作修復和重建肌肉的重要營養素，及對免疫功能、營養素的運送和儲存等其他生化功能非常重要，所以運動員必須每天攝取足夠的蛋白質。

營養資料	
	B 每100克
C 能量	341.6 千卡 (1429 千焦)
蛋白質 D	34.1 克
脂肪總量 F	2.8 克
飽和脂肪 G	1.4 克
反式脂肪 G	0 毫克
E 碳水化合物	45 克
糖	36.6 克
鈉 H	1525.9 毫克

A 1+7

Information on the Nutrition Label (Figure 2)

A “1+7”

The nutrition label must include “1+7” items, i.e. the values of energy plus seven specified nutrients namely, protein, total fat, saturated fat, trans fat, carbohydrates, sugars and sodium.

B Serving size and number of servings per package

Energy and nutrient values can be expressed in different serving size such as per 100 milliliters, per 100 grams, per serving or per package. Sometimes, the serving size listed may not be the serving size athletes normally eat. For example, if the serving size listed on the label is 100g and an athlete eats one piece of that food, he/she needs to make calculations from the numbers on the nutrition label in order to obtain the actual nutrient content in one piece of food. Therefore, athletes need to read the serving size on the nutrition label carefully.

C Energy

The energy content of food can be expressed in kilocalories (kcal) or kilojoules (kJ) and 1 kcal is equal to 4.18 kJ. Athletes who need to control weight should read the energy content first and compare products before buying.

D Protein

Protein is an important nutrient for repairing and rebuilding muscle after exercise and also critical for other biochemical functions such as immune function, transport and storage of other nutrients etc. Athletes must consume adequate protein daily.

Nutrition Information	
	B Per 100g
C Energy	341.6kcal (1429kJ)
Protein D	34.1g
Total Fat F	2.8g
Saturated Fat G	1.4g
Trans Fat G	0mg
E Carbohydrate	45g
Sugars	36.6g
Sodium H	1525.9mg

A 1+7

E 碳水化合物和糖

碳水化合物是運動時主要能量來源。運動員應在每餐正餐和小食內包含碳水化合物。“糖”類是天然和精製糖的組合。在水果、果汁和牛奶內天然存在的糖，常附有其他營養素如維生素和礦物質，反之在白砂糖、糖漿及糖果存在的精製糖除了提供能量及碳水化合物外通常缺乏其他營養素。然而，在營養標籤上天然存在的糖和精製糖是沒有分開識別的。運動員應該閱讀配料表找出糖的主要成分，尤其當運動員選購罐頭水果、乾果和果汁時，因為這些產品可能含有精製糖。需要控制體重的運動員應盡量避免進食含糖分高的食物，即每100克食用分量含糖量超過15克，以及食物配料如糖和玉米糖漿列在配料表較前位置。“低糖”和“不含糖”食物的定義請參考“營養素含量聲稱”。

F 總脂肪

飲食中攝取適量的脂肪，有助於保持良好健康及提供日常活動能量。運動員飲食中應該包括適量的脂肪。攝取過量的脂肪會導致體重增加。運動員可以使用營養標籤作比較，並選擇適合的食物。“低脂肪”和“不含脂肪”食物的定義請參考“營養素含量聲稱”。

G 飽和脂肪和反式脂肪

飽和脂肪和反式脂肪可增加血液中的“壞”膽固醇。反式脂肪也會降低血液中的“好”膽固醇。因此，攝入過多這些脂肪會增加患心臟病機會，運動員應該減少攝取飽和脂肪和反式脂肪。

H 鈉

鈉是一種礦物質，是用來調節體液，也是汗液中流失量最多的礦物質。攝取過多的鈉與高血壓是相關的。雖然運動員會從汗液中流失較多的鈉，但亦沒有需要增加鈉的攝取量，除非他們在炎熱天氣下進行超級耐力運動。

E Carbohydrates and sugars

Carbohydrate is the major fuel source in exercise. Athletes should include carbohydrates in every meal and snack. The “sugar” category is a combination of naturally occurring and refined sugars. Naturally occurring sugars, found in fruits, fruit juice and milk, are often accompanied with other nutrients such as vitamins and minerals; whereas, refined sugars, found in table sugar, syrup and candies, provide energy and carbohydrates but usually lack other nutrients. However, there is no distinction between naturally occurring sugars and refined sugars on the nutrition label. Athletes should read the ingredients list to find out the major component of sugars. This is important when athletes buy canned fruits, dried fruits and fruit juice because these products may contain refined sugars. Athletes who need to control body weight should avoid foods with high sugar content, i.e. food with sugar content of more than 15g/100g serving and products which have sugar and corn syrup stated as the first few ingredients. For the definitions of “low sugar” and “sugar free” food, refer to “Nutrient Content Claim”.

F Total fat

Proper amount of dietary fat helps to maintain good health and provide energy for daily activities. Athletes should include moderate amounts of fat in their diets. Excessive fat intake will lead to weight gain. Athletes can use the nutrition label to compare products and choose suitable foods. For the definitions of “low fat” and “fat free” food, refer to “Nutrient Content Claim”.

G Saturated fat and Trans fat

Both saturated fat and trans fat may raise the “bad” cholesterol in blood. Trans fat also lowers the “good” cholesterol in blood. Therefore, excessive intake of these fats will increase the risk of heart disease and athletes should attempt to minimize intake of saturated fat and trans fat.

H Sodium

Sodium is a mineral that regulates our body fluid and is the most abundant mineral lost in sweat. Excessive sodium intake is related to hypertension. Although athletes have higher sodium losses through sweat, there is usually no need to increase sodium intake unless they are engaged in ultra endurance activity in a relatively hot climate.

了解營養聲稱的含義

運動員經常會在食物包裝上看到如“低脂”、“低糖”、“高鈣”或“輕/減”等營養聲稱。這些聲稱突顯了食物的特點。根據新的營養標籤制度，營養聲稱必須符合特定的條件。營養聲稱可分為三種：營養素含量聲稱、營養素比較聲稱和營養素功能聲稱。

營養素含量聲稱

營養素含量聲稱是與食物的營養素含量有關。運動員可以使用營養素含量聲稱迅速地識別合乎他們營養需要的產品。例如，食物標籤上列有“低能量”、“不含能量”、“低脂”、“低糖”、“不含脂肪”或“不含糖”的食品是需要控制體重的運動員的選擇。對於青少年運動員，攝取足夠的鈣質對骨骼的生長發育是非常重要的。因此，他們可以選擇標籤上列有“鈣質來源”或“高鈣”的產品。

表一：以下是營養素含量聲稱的例子

聲稱	營養素含量聲稱的條件
不含能量	每100毫升液體食物含不超過4千卡(17千焦) 能量
低能量	每100克固體食物含不超過40千卡(170千焦)能量； 或每100毫升液體食物含不超過20千卡(80千焦)能量
低蛋白質	食物(固體或液體) 含提供不超過5%能量的蛋白質
蛋白質來源	每100克固體食物含超過6克蛋白質；或每100毫升液體食物含超過3克蛋白質；或每100千卡食物(固體或液體) 含超過3克蛋白質；或每1000千焦食物(固體或液體) 含超過7.2克蛋白質
高蛋白質	每100克固體食物含超過12克蛋白質；或每100毫升液體食物含超過6克蛋白質；或每100千卡食物(固體或液體) 含超過6克蛋白質；或每1000千焦食物(固體或液體) 含超過14.4克蛋白質
不含脂肪	每100克固體食物含不超過0.5克脂肪；或每100毫升液體食物含不超過0.5克脂肪
低脂肪	每100克固體食物含不超過3克脂肪；或每100毫升液體食物含不超過1.5克脂肪

Understanding Nutrition Claims

Athletes often see nutrition claims such as “low fat”, “low sugar”, “high calcium” or “light” on food packages. These claims highlight certain characteristics of the food. Under the new nutrition labeling scheme, nutrition claims must meet the specified conditions. There are 3 types of nutrition claims, namely, nutrient content claim, nutrient comparative claim and nutrient function claim.

Nutrient Content Claim

This claim is related to the contents of nutrient in the food. Athletes can use this nutrition claim to quickly identify the products that meet their dietary goals. For example, if for those who need to control weight, a product labeled “low energy”, “energy free”, “low fat”, “low sugars”, “fat free” or “sugar free” would be a better choice. For adolescent athletes, adequate calcium intake is important for bone growth and development. Therefore, they may choose products labeled as “source of calcium” or “high calcium”.

Table 1: The following are some examples of nutrient content claims

Claims	Conditions for Nutrient Content Claims
Energy Free	≤4kcal(17kJ)/100ml (liquid food)
Low Energy	≤40kcal(170kJ)/100g (solid food) or ≤20 kcal(80kJ)/100ml (liquid food)
Low Protein	Protein which contributes not more than 5% of energy
Source of Protein	≥6g/100g (solid food) or ≥3g/100ml (liquid food) or ≥3g/100kcal or ≥7.2g/1000kJ
High Protein	≥12g/100g (solid food) or ≥6g/100ml (liquid food) or ≥6g/100kcal or ≥14.4g/1000kJ
Fat Free	≤0.5g/100g (solid food) or ≤0.5g/100ml (liquid food)

不含糖	每100克固體食物含不超過0.5克糖；或每100毫升液體食物含不超過0.5克糖
低糖	每100克固體食物含不超過5克糖；或每100毫升液體食物含不超過5克糖
鈣質來源	每100克固體食物含超過120毫克鈣質；或每100毫升液體食物含超過60毫克鈣質；或每100千卡食物（固體或液體）含超過40毫克鈣質；或每1000千焦食物（固體或液體）含超過96毫克鈣質
高鈣	每100克固體食物含超過240毫克鈣質；或每100毫升液體食物含超過120毫克鈣質；每100克食物（固體或液體）含超過80毫克鈣質；或每1000千焦食物（固體或液體）含超過192毫克鈣質
鐵質來源	每100克固體食物含超過2.25毫克鐵質；或每100毫升液體食物含超過1.125毫克鐵質；或每100千卡食物（固體或液體）含超過0.75毫克鐵質；或每1000千焦食物（固體或液體）含超過1.8毫克鐵質
高鐵	每100克固體食物含超過4.5毫克鐵質；或每100毫升液體食物含超過2.25毫克鐵質；或每100千卡食物（固體或液體）含超過1.5毫克鐵質；或每1000千焦食物（固體或液體）含超過3.6毫克鐵質

資料來源：食物安全中心

雖然營養素含量聲稱可作快速參考之用，但是運動員應該閱讀營養標籤上的所有資料，以作出最佳的選擇。例如，營養素含量聲稱為“低脂”或“不含脂肪”的食物有可能含高糖或高能量。

營養素比較聲稱

營養素比較聲稱是比較兩種或以上同類食物的營養素含量。例如“較/更低、較/更少、減低、降低、輕、減”是指營養素含量較同一牌子的一般產品差異不少於25%或10%（維生素和礦物質，鈉除外）；而“較/更高、較/更多、增加、添加、增添”是指營養素含量較同一牌子的一般產品差異不少於25%或10%（維生素和礦物質，鈉除外）。運動員應該謹記少糖並不等於低糖。該產品糖含量只較同一牌子的一般產品少25%，而糖含量可以比低糖產品為高。因此，運動員應該閱讀營養標籤上的所有資料，以作出一個健康的食物選擇。

Low Fat	≤3g/100g (solid food) or ≤1.5g/100ml (liquid food)
Sugars Free	≤0.5g/100g (solid food) or ≤0.5g/100ml (liquid food)
Low Sugars	≤5g/100g (solid food) or ≤5g/100ml (liquid food)
Source of Calcium	≥120mg/100g (solid food) or ≥60mg/100ml (liquid food) or ≥40mg/100kcal or ≥96mg/1000kJ
High Calcium	≥240mg/100g (solid food) or ≥120mg/100ml (liquid food) or ≥80mg/100kcal or ≥192mg/1000kJ
Source of Iron	≥2.25mg/100g (solid food) or ≥1.125mg/100ml (liquid food) or ≥0.75mg/100kcal or ≥1.8mg/1000kJ
High Iron	≥4.5mg/100g (solid food) or ≥2.25mg/100ml (liquid food) or ≥1.5mg/100kcal or ≥3.6mg/1000kJ

Source: Centre for Food Safety

Although nutrient content claims may serve as a quick reference, athletes should read all information on the nutrition label in order to make the best choice. For example, a product with a “low fat” or “fat free” claim may have high contents of sugars or energy.

Nutrient comparative claim

Nutrient comparative claim compares the nutrient contents of two or more similar food products. For example: Reduced/less/lower/fewer/light means the nutrient is at least 25% or 10% (for vitamins and minerals except sodium) less than the regular product of the same brand; whereas, higher / extra / added / more / plus / increased means the nutrient is at least 25% or 10% (for vitamins and minerals except sodium) more than the regular product of the same brand. Athlete should remember that less sugar is not equal to low sugar. That product only contains at least 25% less sugar than the regular product and the sugar content can be higher than a low sugar product. Therefore, athletes should read all information on the nutrition label in order to make a healthful food choice.

營養素功能聲稱

營養素功能聲稱列表載於以下食物安全中心的網頁 (http://www.cfs.gov.hk/english/food_leg/files/Acceptable_Nutrient_Function_Claims_bilingual.pdf)。這聲稱是說明某種營養素對人體生長、發育及維持身體正常功能所擔當的生理角色。這種聲稱必須符合科學證據支持，以及所聲稱的營養素必須顯示在營養標籤上。如適用，聲稱的營養素必須至少符合“營養素來源”的含量（見表一）。例如，產品列出“鐵是血紅細胞形成的因素”，鐵的含量就必須顯示在標籤上，而所示的鐵含量應每100克固體食物含超過2.25毫克鐵質；或每100毫升液體食物含超過1.125毫克鐵質；或每100千卡食物（固體或液體）含超過0.75毫克鐵質；或每1000千焦食物（固體或液體）含超過1.8毫克鐵質。因此，運動員亦可以使用此聲稱來選擇適合的食物以滿足他們的營養目標。

營養標籤產品豁免

根據新的營養標籤制度，某些種類的預先包裝食物，如在食肆出售的即食食物、獨立包裝的糖果製品及單售的乾果和預先包裝食物盛載容器的總表面面積小於100平方厘米可獲豁免。營養標籤豁免的詳細資料可到食物安全中心網頁瀏覽。 (http://www.cfs.gov.hk/tc_chi/food_leg/files/nl_technical_guidance_c.pdf)

總結

食物標籤和營養標籤是有助選擇合適食物的工具。運動員應該閱讀食物標籤上所有的資料包括配料表，以便選擇健康的食物和飲料。此外，營養聲稱突顯了食物的某些特點，及提供額外資料幫助選擇適合食物。

要保持頭腦清醒，不要落入食物陷阱。如果你需要了解更多資料，運動營養中心的工作人員樂意幫忙。

參考資料 Reference :

1. Center for Food Safety, 2012. Nutrition Labeling Scheme. Viewed 22 August 2012. http://www.cfs.gov.hk/english/whatsnew/whatsnew_act/whatsnew_act_19_Nutrition_Labelling_Scheme.html

Nutrient function claim

A list of nutrient function claims can be found in the Centre for Food Safety's webpage (http://www.cfs.gov.hk/english/food_leg/files/Acceptable_Nutrient_Function_Claims_bilingual.pdf). This claim describes the physiological role of a nutrient in growth, development and normal functions of the body. It must be supported by scientific evidence and the claimed nutrient must be shown in the nutrition label. The amount of the claimed nutrient must meet at least "source of the nutrient", if applicable (see Table 1). E.g. If a product states "Iron is a factor in red blood cell formation", iron content must be shown on the label and the amount of iron should not be less than 2.25mg/100g (solid food) or 1.125mg/100ml (liquid food) or 0.75mg/100kcal or 1.8mg/1000kJ. Therefore, athletes can also use this claim to select products that meet their nutrition goals.

Nutrition Label Exemptions

Under the new nutrition labeling scheme, certain types of prepackaged food, such as those sold at a catering establishment for immediate consumption, individually wrapped confectionary products and preserved fruits for sale as single items, and prepackaged food which is packed in a container with total surface area of less than 100cm² etc are exempted. Details on nutrition label exemptions can be accessed in the Centre for Food Safety's webpage (http://www.cfs.gov.hk/english/food_leg/files/nl_technical_guidance_e.pdf).

Conclusion

The food label and nutrition label are helpful tools for choosing appropriate foods. Athletes should read all the information on the food label including the ingredients list in order to make healthful food and beverage choices. In addition, nutrition claims highlight certain characteristics of the food and provide extra information for making a suitable food choice.

Keep clear-minded and don't fall into food traps. If you need more information, the staff of the Sport Nutrition and Monitoring Centre is always there to help.