

UNDERSTANDING NUTRITION LABELS 營養標籤知多點

This leaflet is supplementary to the attached 'Is it healthy?' card which is a handy tool to help you make healthier food choices while shopping.

此單張為配合內附的「如何選擇健康食物」咭使用，攜帶此咭有助你於購物時選擇較健康的食物。



世界癌症研究基金會(香港)
World Cancer Research Fund Hong Kong

World Cancer Research Fund Hong Kong (WCRF HK) 世界癌症研究基金會(香港)

WCRF HK is the principal HK charity dedicated to the prevention of cancer through the promotion of a healthy diet and nutrition, physical activity and weight management. WCRF HK is committed to providing cancer research and education programmes which expand our understanding of the importance of our food and lifestyle choices in the cancer process. By spreading the good news that cancer can be prevented, WCRF HK hopes that many thousands of lives will be saved. The education and research programmes of WCRF HK are funded almost entirely by donations from the public. You can join us in our fight against cancer by making a gift to WCRF HK. Simply call us on 2529 5205 or visit www.wcrf-hk.org to make an online donation or find out more.

世界癌症研究基金會(香港)是本港主要的慈善團體，致力於提倡透過飲食、營養、體力活動及體重控制來預防癌症。本會致力於資助癌症研究和提供教育項目，力求了解飲食和生活習慣在癌症形成的過程中所佔的重要性。透過傳遞癌症是可以預防的好消息，世界癌症研究基金會(香港)希望能拯救數以萬計的生命。本會所提供的研究資助及教育項目均仗仗來自社會各界人士的熱心捐款。透過捐款資助本會，你便可與本會攜手對抗及預防癌症，請致電2529 5025與我們聯絡，或於本會網頁www.wcrf-hk.org進行網上捐款，及參閱相關資料。

“Stopping cancer before it starts” 防癌未然

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Shopping tips 購物小貼士

- 1 Plan your healthy grocery list:**
Fill your cart with plenty of fruits, vegetables, wholegrains and legumes
購物前先擬定健康食物清單：
多選蔬菜、水果、全穀物和豆類食物



- 2 Use nutrition labels to make healthier choices:**
Amounts per 100g or 100ml are useful for making comparisons between products
運用營養標籤作健康之選：
若食物的營養標籤以每100克或100毫升作標示單位，便可直接比較不同產品的能量及營養素含量



- 3 Check ingredient list:**
Ingredients are listed in descending order of weight. If sugars, salt, fat and oil appear early in the ingredient list, the food is probably not a good choice

看看成份表：
成份表內的成份均由多至少排列。若糖、鹽、油出現於成份表的較前位置，代表該食物可能不太健康



Is it healthy? 如何選擇健康食物？

A rough guide to nutrition labels 閱讀營養標籤的指引

Energy 能量	< 225kcal 千卡	Healthy range (per 100g or 100ml) 健康水平 (每100克或100毫升)
Sugars 糖	Low sugar 低糖： No sugar 無糖：	< 5g 克 < 0.5g 克
Fat 總脂肪	Saturated fat + Trans fat 飽和脂肪 + 反式脂肪	< 3g 克 < 1.5g 克
Sodium 鈉	Liquid food 液體食物：	< 0.75g 克



About nutrition labels

營養標籤

Nutrition labels list energy and 7 specified nutrients.

營養標籤載有能量及7種指定營養素的資料。

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
Carbohydrate/碳水化合物	62g/克
- Sugars/糖	2g/克
Sodium/鈉	730mg/毫克

Food manufacturers provide nutrition information per 100g, per 100ml, per serving or per package. Amounts per 100g or 100ml are useful for making direct comparisons between products.

食物生產商可以每100克、每100毫升、每食用份量或每包裝作標示單位；若標示單位為每100克或每100毫升，便可直接把不同產品的能量及營養素含量作比較。



Energy 能量

Energy is expressed in kilocalories (kcal) and kilojoules (kJ) (1 kcal \approx 4.2 kJ). Excess energy intake will lead to weight gain, and in turn, increase your risk of cancer and other chronic diseases. To maintain a healthy weight, we need to balance the amount of energy we take in with the amount we use up. As a guide, an average-sized, moderately active, healthy woman and man need around 1,800kcal and 2,000kcal a day respectively. However, calorie requirements vary according to age, body size and lifestyle.

Avoid choosing high energy density foods (particularly processed foods high in added sugar, or low in fibre, or high in fat). Opt for foods lower in energy density (less than 225kcal in 100g). Sugary drinks can also be high in calories, so we should try to avoid them too.

食物的能量單位包括千卡路里（千卡）或千焦耳（千焦）（1千卡約等於4.2千焦）。攝取過量的能量（卡路里）會令體重增加，因而提高患上癌症和其他慢性疾病的風險。要維持健康體重，我們需要平衡能量的攝取和消耗。一般健康活躍的成年男女每天約需要2,000千卡及1,800千卡。可是，能量需求會因年齡、身高、體重和生活模式而改變。

購物時，應盡量避免高熱量密度的食物（特別是高糖份或低纖或高脂肪的加工食物），多選擇熱量密度較低的食物（即每100克提供少於225千卡）。含糖飲品的卡路里含量亦很高，應避免飲用含糖飲品。



Fat 脂肪

A small amount of fat is essential for good health. But fat is the most energy dense nutrient, containing twice as many calories as carbohydrate and protein, gram-for-gram. To maintain a healthy weight and to prevent cancer and other chronic diseases, we should limit our fat intake.

Saturated fat and trans fat can increase blood cholesterol level, and therefore, the risk of heart diseases. Opt for low-fat foods, and foods low in or free from saturated fats and trans fat.

(Please refer to the "Is it healthy?" card)

On average, women and men should aim for no more than 60g and 66g of fat a day respectively, of which 20g and 22g can be saturates, and no more than 2g and 2.2g of trans fat.

身體需要少量脂肪來維持健康，但由於脂肪是熱量密度最高的營養素，所提供的卡路里是同等份量碳水化合物或蛋白質的兩倍。要維持健康體重以預防癌症及其他慢性疾病，必須限制脂肪攝取量。

另外，飽和脂肪和反式脂肪可令膽固醇水平上升，提高患上心臟病的風險。購物時，應選擇低脂肪、不含/低飽和脂肪及反式脂肪的食物。

(請參閱「如何選擇健康食物」咭內詳情)

一般健康活躍的成年男女每天約需不多於66克及60克脂肪，當中22克和20克為飽和脂肪，以及不多於2.2克及2克反式脂肪。



Carbohydrates 碳水化合物

Carbohydrates include starch, sugars and dietary fibre. Opt for unprocessed carbohydrates such as wholegrain bread, brown rice and wholemeal pasta. Limit your intake of sugar by choosing sugar free or low-sugar foods.

(Please refer to the "Is it healthy?" card)

Note: It is not mandatory to specify "fibre" in nutrition label. A high-fibre diet helps prevent cancers of the oesophagus and colorectum. Opt for high-fibre foods to meet our daily fibre requirement of 25 g.

碳水化合物包括澱粉質、糖份及膳食纖維。多選未經精煉的碳水化合物如全麥包、糙米和全麥麵條等。應限制糖份攝取量，及多選無糖或低糖的食物。

(請參閱「如何選擇健康食物」咭內詳情)

註：膳食纖維並非必須要標示的營養素。高纖維飲食有助減低患上大腸癌和食道癌的風險。購物時，多選擇纖維含量豐富的食物，以滿足每天建議攝取量，即25克纖維。



Sodium 鈉

Nutrition labels list the content of sodium, a chemical component of salt, instead of salt. Excess sodium intake increases our risk of stomach cancer and high blood pressure. Aim to eat no more than 6g of salt (2.4g sodium) a day. Opt for low-salt food with less than 120mg sodium per 100g of food.

To work out how much salt a food contains, multiply the sodium content by 2.5: 0.4g of sodium x 2.5 = 1g of salt

營養標籤列出鈉（即組成鹽的其中一種礦物質）而非鹽的含量，進食太多鈉會增加患上胃癌和高血壓的風險。建議每天攝取不多於6克鹽（2.4克鈉），多選擇低鹽食物，即每100克提供少於120毫克鈉。

只要把食物中的鈉含量乘2.5便可計算出鹽的含量。

例：0.4克鈉 x 2.5 = 1克鹽

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Saturated fat + Trans fat 飽和脂肪 + 反式脂肪	Solid food 固體食物： < 1.5g克 Liquid food 液體食物： < 0.75g克
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