



Read the Nutrition Fact

閱讀營養標籤



閱讀營養標籤·認識你的食物

從 2010 年 7 月開始，所以在本港出售的預先包裝食物都需要有營養成份標籤。你又有否嘗試閱讀一下？以下是一些簡易的小貼士~

- **進食份量** – 可用每 100 克或毫升，或者每個食用份量表示。記得留意自己的進食份量是否和標籤相符。
- **脂肪份量** – 如果每 100 克食物中，脂肪含量少過 3 克的話，就是低脂；超過 20 克的話就屬於高脂肪。
- **糖份含量** – 如果每 100 克食物中，糖的含量少過 5 克的話，就是低糖；超過 15 克的話就屬於高糖份。
- **鈉質含量** – 如果每 100 克食物中，鈉質的含量超過 600 毫克的話，則屬於高鈉質。

高脂和高糖的食物熱量較高，容易致肥。而攝取過量的鈉質則會增加患上高血壓的機會。

另外，如果本身對食物有過敏反應的話，則要留意包裝上的致敏成份聲明，避免進食含致敏原的食物。

從今天開始就多加留意食物標籤，避免墮入食物陷阱。

Read the Nutrition Fact. Know more about your food

Since July 2010, Nutrition Fact has to be listed on all of the pre-packed food in Hong Kong. Have you tried to read the label? Here are some handy tips for you~

- **Reference size:** It can be listed as per 100g, 100ml or serving size. Do not forget to convert it to you own serving size.
- **Fat Content:** Food with fat content not more than 3g is classified as low fat, whereas more than 20g is classified as high fat
- **Sugar Content:** Food with sugar content not more than 5 g is classified as low sugar whereas more than 15g is classified as high sugar
- **Sodium Content:** Food with sodium more than 600mg is classified as high sodium.

Food high in fat or sugar is fattening. Taking too much sodium also increases risk of high blood pressure. From now on, read the food label before you eat and avoid falling into trap of food.

