

# 識破營養標籤 認清小食「紅綠燈」



預先包裝小食琳瑯滿目，包裝上的「美味」圖案背後，往往隱藏著高糖、高鈉或高脂肪的陷阱。我們必須學會解讀營養標籤，並活用衛生署的「紅綠黃」分類指引。

## 認清「1+7」：營養標籤的基本功

根據香港法例，預先包裝食物必須標示能量及七種指定營養素（蛋白質、總脂肪、飽和脂肪、反式脂肪、碳水化合物、糖、鈉）。你可在預先包裝食物上的當眼位置找到營養標籤。

### 比較的第一步：認準「每 100 克」

在挑選小食時，第一步絕對不是看包裝正面的廣告圖案，而是翻到背後的營養標籤。比較不同食品時，最公平的尺碼是「每 100 克（或毫升）」

營養資料/Nutrition information		
Servings Per Package/每包裝所含食用份量	X	
Servings Size/食用份量	XXg/克	
	Per Serving	Per 100g
Energy/能量	XXX kcal/千卡	XXX kcal/千卡
Protein/蛋白質	XXg/克	XXg/克

## 破解營養標籤：如何挑選少糖小食？

糖分雖然能帶來短暫的快樂，但攝取過多會讓血糖快速波動，導致精神不濟。根據香港食物安全中心的指引，我們可以利用以下標準來分辨：

**低糖：** 每 100 克固體食物含糖量不超過 5 克（飲品則不超過 5 克/100 毫升）

**高糖：** 每 100 克含糖量超過 15 克。

實戰對比： 假設你想喝包裝飲品，拿出一盒檸檬茶與一盒無糖豆漿。檸檬茶每 100 毫升可能高達 13 克糖，而無糖或低糖豆漿可能只有 0 至 4 克糖。只要兩相對比，選擇糖分數字較小的那一款，就能大幅減少額外的糖分攝取。

## 隱形的口渴殺手：如何挑選低鹽小食？

鹽分在營養標籤上通常以「鈉」（Sodium）來標示。很多吃起來不鹹的零食（如朱古力餅乾、夾心餅），為了防腐和增加層次感，其實暗中加了許多鈉。

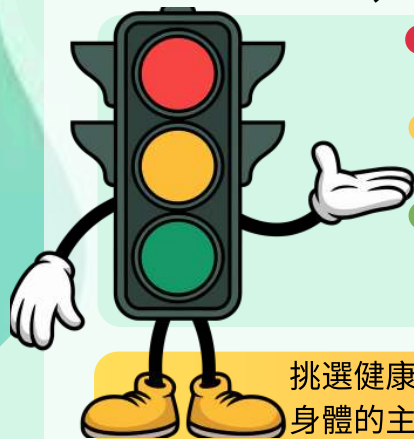
**低鈉：** 每 100 克固體食物含鈉量不超過 120 毫克。

**高鈉：** 每 100 克含鈉量超過 600 毫克。

實戰對比： 同樣是脆口零食，市售的調味薯片每 100 克鈉含量動輒超過 500 毫克，屬於高鈉食品；若換成原味粟米片或無添加鹽的烤堅果，鈉含量可能不到 10 毫克。比較時，請盡量選擇接近或低於 120 毫克的食品。

## 根據衛生署指引，根據小食的營養價值對健康構成的影響，主要可分為三個類別：

- 少選為佳 (高熱量、高鹽、高糖。標準：糖分>15g或鈉>600mg。) 例如：薯片、汽水、夾心餅乾。
- 限量選擇 (脂肪或糖分稍高，建議每星期不多於兩次。) 例如：純果汁、全脂牛奶。
- 適宜選擇 (含較少脂肪、鹽和糖，營養價值較高，建議多選。) 標準：每100g總脂肪≤3g、糖分≤5g、鈉≤120mg。 例如：新鮮水果、低糖豆漿。



挑選健康小食並不代表要完全放棄零食的樂趣，而是透過閱讀營養標籤，做自己身體的主人。養成「少糖、更低鹽」的購買習慣，為未來的健康打下堅實基礎。

## Crack the Nutrition Label: Understand the Snack 'Traffic Light'



Behind the "delicious" graphics on the wide variety of pre-packaged snacks often lie hidden traps of high sugar, high sodium, or high fat. We must learn to decode nutrition labels and effectively apply the Department of Health's "Red, Yellow, and Green" classification guidelines.

### Understand the '1+7' Rule: The Basics of Nutrition Labels

According to Hong Kong law, prepackaged food must display its energy value and seven specified nutrients (protein, total fat, saturated fat, trans fat, carbohydrates, sugars, and sodium). You can easily find the nutrition label in a prominent position on the packaging of prepackaged foods.

### The First Step in Comparison: Look for 'Per 100g'

When choosing snacks, the first step is definitely not to look at the advertising graphics on the front of the packaging, but to flip it over and read the nutrition label on the back. When comparing different foods, the fairest benchmark is the 'per 100g (or ml)' column.



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Protein/蛋白質	XXg/克	XXg/克
Carbohydrates/碳水化合物	XXg/克	XXg/克

### Cracking the Nutrition Label: How to Pick Low-Sugar Snacks?

Although sugar can bring temporary happiness, excessive intake causes rapid blood sugar fluctuations, leading to sluggishness and low energy. According to the guidelines from the Hong Kong Centre for Food Safety, we can use the following criteria to differentiate them.

**Low Sugar:** Contains no more than 5g of sugar per 100g of solid food (or no more than 5g per 100ml for beverages).

**High Sugar:** Contains more than 15g of sugar per 100g. Practical Comparison: Suppose you want a packaged drink and pick up a carton of lemon tea and a carton of unsweetened soy milk.

**Practical Comparison:** The lemon tea might contain up to 13g of sugar per 100ml, while the unsweetened or low-sugar soy milk may only have 0 to 4g. By simply comparing the two and choosing the one with the lower sugar content, you can significantly reduce your intake of extra sugar.



## Crack the Nutrition Label: Understand the Snack 'Traffic Light'



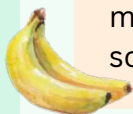
### The Invisible Thirst Killer: How to Choose Low-Salt Snacks?

Salt is usually listed as 'Sodium' on nutrition labels. Many snacks that don't taste salty (such as chocolate cookies and sandwich biscuits) actually contain a lot of hidden sodium added for preservation and flavor enhancement.

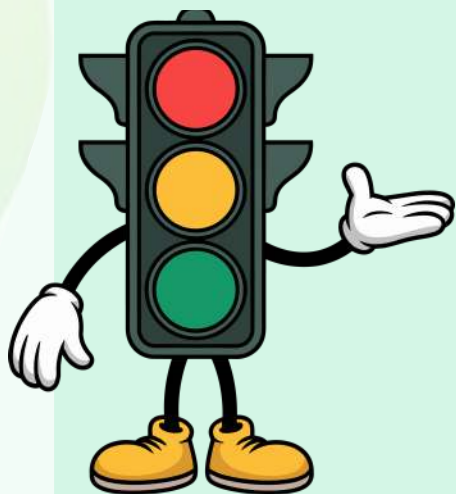
**Low Sodium:** Contains no more than 120mg of sodium per 100g of solid food.

**High Sodium:** Contains more than 600mg of sodium per 100g.

**Practical Comparison:** Even among crunchy snacks, store-bought flavored potato chips can easily exceed 500mg of sodium per 100g, classifying them as high-sodium foods. However, if you switch to plain corn chips or unsalted roasted nuts, the sodium content might be less than 10mg. When making comparisons, try your best to choose foods with sodium levels close to or below 120mg."



According to the Department of Health guidelines, snacks are mainly divided into three categories based on how their nutritional value impacts health:



● **Red Light:** Snacks to Choose Less High in calories, salt, and sugar. Standard: Sugar >15g or sodium >600mg per 100g. Examples: Potato chips, soft drinks, sandwich biscuits."

● **Yellow Light:** Snacks in Moderation Slightly higher in fat or sugar. It is recommended to consume these no more than twice a week. Examples: Pure fruit juice, whole milk

● **Green Light:** Snacks of Choice Contains less fat, salt, and sugar, with high nutritional value. Standard: Total fat ≤3g, sugar ≤5g, and sodium ≤120mg per 100g. Examples: Fresh fruits, low-sugar soy milk



Choosing healthy snacks doesn't mean completely giving up the joy of snacking, but rather taking charge of your own body by reading nutrition labels. Cultivate a 'less sugar, lower salt' purchasing habit to lay a solid foundation for your future health.

