



消費者委員會 CONSUMER COUNCIL

二〇〇七年十二月十日

消費者委員會今天(12月10日)重申該會支持推行強制營養資料標籤制度，提高消費者選購預先包裝食物時的知情權，維護公眾健康。

故此該會非常支持政府在2003年時提出的原建議，強制標籤應包括熱量和9個核心營養素含量資料(1+9)，包括蛋白質、碳水化合物、脂肪、飽和脂肪、膽固醇、糖、鈉、膳食纖維和鈣。

鑒於科學研究發現反式脂肪對心臟健康的不良影響，與及公眾對食品含有反式脂肪的關注，消委會建議應將反式脂肪納入須強制標籤的核心營養素內。

另外，消委會認為政府應採用原來的建議，將標籤形式統一為按每100克(固體食品)或100毫升(液體食品)標示。

消委會指出，不同產品的營養素按相同基數列出，消費者在選購時才可容易進行比較。

市場上同類但不同品牌和款式的食品，營養素會按不同基數標示。舉例說，三款餅乾的營養素分別按100克、26克和15克來標示。

消費者難以確定哪一款含較多或較少營養素。若只參照列出的營養素值而沒有考慮到不同的基數，便可能被錯誤引導，作出不適當的選擇。

政府現時建議容許營養素含量按每100克/毫升或按每一食用分量標示的兩者皆可模式，消委會擔心會令消費者混淆。

故此消委會強烈支持將營養素統一按每100克/毫升標示。這予消費者選擇適合食物的同時，亦鼓勵食品製造商研發和生產更高營養價值的產品，提升公眾健康，長遠來說令整個社會受惠。

消委會不反對以「每一食用分量」作為標示，但只應作為額外的表達方式，以「每一食用分量」標示方便消費者計算營養素的攝入量，但消費者在購買前難以用這些資料來比較產品所含的營養素。

最後，政府建議豁免每年銷量少於3萬個單位的食品標示營養資料，消委會對此有所保留。究竟如何定出3萬這數目、如何界定怎樣為一個單位、市面上多少食品會因而得到豁免、如何執行等，並不清楚。



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The Consumer Council today (December 10) reiterated its support of a mandatory nutrition labelling regime that promotes informed consumer choice of prepackaged food products for better public health.

It is, therefore, strongly supportive of the Government's original proposal of 2003 for mandatory labelling of energy value and a set of nine core nutrients (1+9), namely, protein, carbohydrate, fat, saturated fat, cholesterol, sugars, sodium, dietary fibre, and calcium.

In addition, in view of the scientific research on the effect of trans fat on cardiovascular health and rising public concern over these ingredients in many food products, the Council recommends that trans fat be also included to the list of core nutrients to be labelled under the new scheme.

Secondly, the Consumer Council is adamant that the Government should maintain its original proposal on the presentation of nutrient content to be unified as per 100g (for solid) or per 100ml (for liquid) of food.

The Council attaches great importance to the provision of relevant consumer information to facilitate easy comparison between different products by consumers at the time of purchase.

In the market, different brands and models of the same category of food may label their nutrient content on different bases. For example, in the case of three cracker products, they may express their nutrient content as per 100g, 26g and 15g.

It is difficult for consumers to determine which one contains more or less of a certain nutrient or nutrients. If consumers only compare the nutrient content by the values labelled without due regard to the bases adopted, they may be misled into a wrong selection.

The Government's present proposal to allow nutrient content to be presented either as per 100g/ml or as per serving is of concern to the Council as it may cause confusion to the consumers.

The Council, therefore, strongly supports standardization in the presentation of nutrient content as per 100g/ml of food. It will encourage food manufacturers to develop and produce products with higher nutrient value, ultimately enhancing public health. In the long run, the community will benefit from it.

The Council has no objection to nutrition information presented in per serving size too but this should be optional only. Serving size information serves a useful purpose to consumers as it facilitates easy calculation of the amount of nutrients consumed, after the purchase of the product.

Lastly, the Consumer Council has reservations about the proposed small volume exemption for food products with annual sales volume of 30,000 units or below. It is not clear, amongst others, how the threshold of 30,000 units is set or how a unit is defined, how many food products in the market will be eligible for such exemption, and how it can be effectively enforced.

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