

Nutritional Guidelines on Snacks for Primary School Students

Revised 修訂 6/2009



小學 生小食 營養 指引



目錄

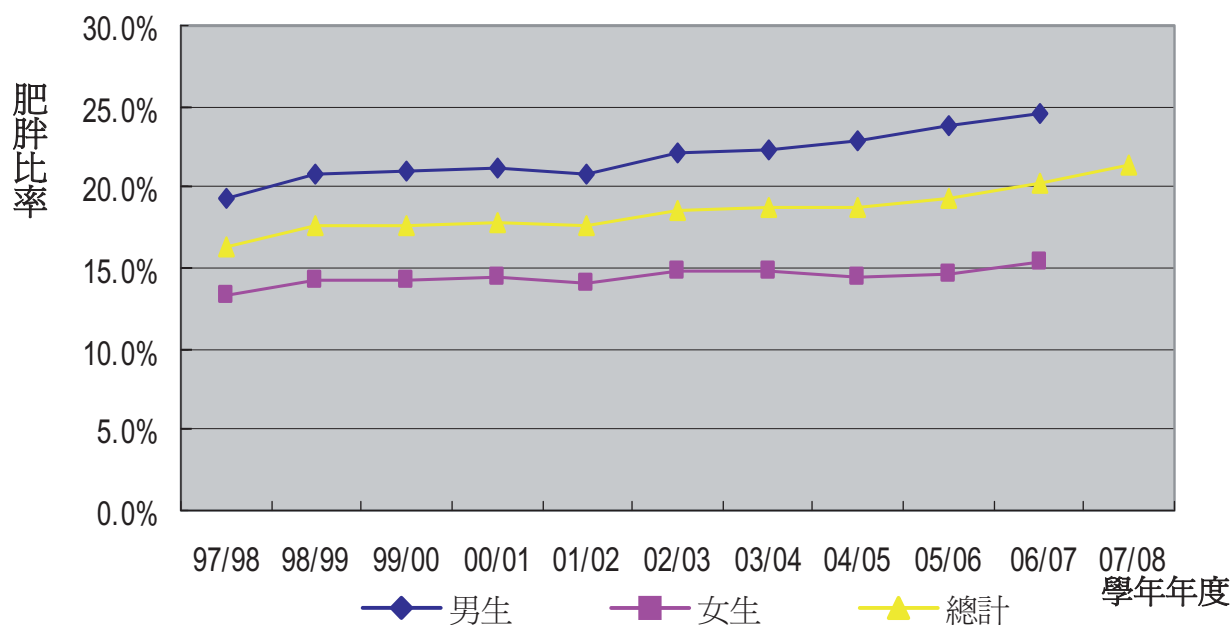
	頁數
1. 背景	4
2. 健康「小食」在校園	5
3. 關於本指引	6
4. 本指引的使用者	7
5. 健康飲食的重點	7
6. 小食分類指引	8
「宜多選擇」的小食	9
「限量選擇」的小食	10
「少選為佳」的小食	11
7. 給目標使用者的指導	12
食物部營運商	12
教職人員及家長（負責監察校內小食供應）	14
8. 參考資料	16
9. 鳴謝	18

目錄

	頁數
10. 附件	
一. 「宜多選擇」的預先包裝小食的定義	19
二. 食物標籤簡介	21
三. 小食建議食用分量	23
四. 小食分類流程圖	24
五. 健康小食監察表	36

1. 背景

1.1 健康飲食能預防肥胖、心臟病、癌症和糖尿病等與飲食有關的慢性疾病，對於學童的健康成長至為重要。然而，本港學童由於種種原因，未能遵行健康飲食模式¹，而進食過多高能量的小食或飲料，並且欠缺運動，更可能導致體重超標。衛生署的資料顯示，小學學童的肥胖比率從一九九七／九八年度的 16.4% 上升至二零零七／零八年度的 21.3%（見圖一）。換言之，幾乎每五名學童中便有一名屬於肥胖。



（圖一）小學學童肥胖比率（資料來源：衛生署學生健康服務）

1.2 由於兒童每日有大部分時間會在學校度過，因此學校的教導、環境及文化對孕育兒童的飲食習慣影響深遠。至於家長在教育兒童關於健康選擇和遵行健康飲食原則方面，亦扮演著相當重要的角色，除了配合學校教學方針，也直接成為兒童的學習及模仿對象。

1.3 為預防兒童的肥胖問題加劇，及抗衡因不良飲食習慣而衍生的疾病，衛生署與教育局（前稱教育統籌局）、食物環境衛生署、教育界、專業團體和家長組別合作，於二零零六／零七學年在小學開始推行「健康飲食在校園」運動。此運動旨在培養兒童健康的飲食習慣、鼓勵學校供應健康午餐和小食，以及強化營養教育，以確保兒童能健康地發展和有效地學習。

2. 健康「小食」在校園

2.1 「小食」乃指兩主餐之間所進食的少量食物或飲料。健康小食是兒童飲食模式的其中一部分，幫助兒童成長和發育。一般而言，兒童由於胃部容量較小，活動量較大，一日三餐未必能充分地補給他們日常所消耗的能量或提供身體所需的營養，因此適當地進食健康的小食便能擔當補充的角色。適量的小食，以不應破壞兒童進食下一正餐的胃口為原則。另外，為減低蛀牙的風險，學童亦應於主餐之間只進食一次小食及在主餐和小食以外的時間只飲用清水。

2.2 學校推廣健康小食的關鍵，在於教育學童選擇健康食物，並提供一個健康飲食環境，使他們較容易作出健康的選擇。與其禁止學童進食小食，倒不如讓他們學習如何明智地選擇營養較佳和份量較適中的小食。外地經驗證實透過學校教職人員、家長及食物部營運商的共同努力，可以令學童增加選擇進食健康小食²⁻⁶。

2.3 可惜，一項調查亦發現在學校食物部出售的小食大多是不健康¹。這些不健康的小食足以妨礙兒童攝取發育所需的營養素，影響成長和健康。與此同時，本署留意到近年來有食物售賣機取代部分小食部運作。學童在缺乏指導和監察的情況下自由選購食物時，更需學校聯同家長及食物部供應商，合力營造

一個理想的校園營養環境。

2.4 有見及此，衛生署制定本《小學生小食營養指引》（即前《小學小食營養指引》），提示及協助校長、學校教職人員、家長及食物部營運商於供應學童食物時，作出健康的選擇，保障學童健康。

3. 關於本指引

3.1 本指引於二零零六年六月首次發放，除了參考外地經驗⁷⁻¹⁶和本地情況外，亦諮詢多個政府部門、專業團體、學界和家長組織。指引的重點在於食物的**營養價值**。這些食物泛指來自家中、市場、學校食物部或售賣機的食品和飲料。指引提供**實用指導**予食物部營運商、家長和學校教職人員，協助他們為學童提供適量的健康食品 and 飲料。

3.2 指引制定後，本署於二零零六／零七及二零零七／零八兩個學年透過不同渠道，收集食物部營運商、家長及學校教職人員的意見，並參考最新海外對「健康小食」的定義及分類¹⁷⁻¹⁸，再於二零零九年進行修訂，冀能給讀者更明確清晰的指引，好讓他們更容易按食物的營養價值將小食分類及設定每次供應的分量。

3.3 修訂內容包括加入

- 更多「宜多選擇」、「限量選擇」及「少選為佳」的小食例子供參考
- 按食物的營養價值界定何謂「宜多選擇」的預先包裝小食（附件一）
- 「食物標籤簡介」（附件二），教你認識和閱讀食物標籤
- 「小食建議食用分量」（附件三），助你掌握供應自製或散裝健康小

食的分量

- 「小食分類流程圖」(附件四)，助你判斷小食是否屬「宜多選擇」、「限量選擇」或「少選為佳」類別

3.4 本指引將按使用者的實際經驗和意見作出檢討和修訂。

4. 本指引的使用者

4.1 食物部或售賣機並不是學校的基本設施。當學校考慮應否設立食物部和／或售賣機的同時，必須清楚明白這些設施對學生健康的影響，為學童的健康成長提供最大的保障。

4.2 對於設有食物部和/或售賣機的學校，我們建議下列人士參考本指引第六節，先檢視後決定向學生出售食品與飲料：

- 食物部／售賣機營運商
- 負責監察校內小食供應的教職人員及家長

4.3 至於沒有設食物部或售賣機的學校，教職人員和家長可參考本指引第六節或參閱「健康飲食在校園」網站 (<http://school.eatsmart.gov.hk>) 內有關小食的教育素材，引導學童選擇適量的健康小食。

5. 健康飲食的重點

5.1 參照世界衛生組織的建議，本指引的目標是協助兒童

- 達致能量的平衡及健康體重
- 增加進食水果和蔬菜
- 限制脂肪攝取量
- 限制糖分攝取量
- 限制鹽分（鈉質）攝取量

6. 小食分類指引

6.1 本節根據小食的營養價值對健康構成的影響分為三個主要類別，建議應否向學童推薦作為小食，並利用「紅黃綠燈」的顏色代表下列三種小食類別，方便使用者識別不同組別的小食：

- 😊 「宜多選擇」的小食，又稱「綠燈小食」，屬較健康的小食，鼓勵學童多選此類小食
- 😐 「限量選擇」的小食，又稱「黃燈小食」，有一定的營養價值但同時含較多的脂肪、鹽、糖或人造甜味劑，建議學童限制進食分量及每週進食次數
- 😞 「少選為佳」的小食，又稱「紅燈小食」，營養價值較低或脂肪、鹽或糖分含量高，建議學童少吃為妙，以免影響健康及妨礙成長

6.2 為免破壞學童進食正餐的胃口，每次供應或出售食品給學童的分量可參考營養標籤上的建議，而包裝飲料應不多於 250 毫升。若食物部自製或購入散裝的「宜多選擇」小食時，可參考附件三的建議分量供應。

6.3 飲食行為的培養及環境改變需時，學校應按校情計劃如何逐步改善校

內飲食環境，例如，學校可先考慮禁止在食物部或售賣機出售「少選為佳」的小食，進而勸諭學童不要自攜「少選為佳」的小食回校。關注學童健康的人士最終目標應以「宜多選擇」的小食取代「限量選擇」及「少選為佳」的小食。有關小食的分類，請參閱本章節及附件四。

☺ 「宜多選擇」的小食

6.4 營養素如碳水化合物、蛋白質、膳食纖維、鈣質和其他礦物質或維他命等，對學生的健康和成長十分重要。學校應以「宜多選擇」的小食作為食物部和售賣機主要供應的食物，因為這類小食能為學童提供重要的營養素，同時又含較少脂肪、鹽（鈉質）、糖及不含人造甜味劑，能避免兒童過量攝取脂肪、糖分和鹽分及培養嗜甜的口味。例如蔬果含豐富的纖維，可令兒童產生飽肚的感覺，防止他們過量進食，因而有助減低患上肥胖和心血管疾病的風險；奶品類則含豐富的鈣質，對骨骼和牙齒的成長與強化極為重要。學童亦應多選擇此類食品作為小食。

6.5 「宜多選擇」的小食包括以下食物類別

- ☺ 含較少脂肪、鹽及糖的麵包和五穀類
- ☺ 無添加鹽、油、糖的蔬菜和水果
- ☺ 無添加糖及低脂或脫脂奶品類
- ☺ 瘦肉及其代替品
- ☺ 低糖及低脂飲料

6.6 選擇「宜多選擇」的預先包裝小食時，請先閱讀營養標籤，並了解食

品是否符合附件一所描述的營養要求。

☺ 「限量選擇」的小食

6.7 儘管此類別的小食有一定的營養價值，但同時亦含較多的脂肪、鹽、糖或人造甜味劑，因此學校應限制此類小食的供應及推廣。為限制學童進食此類小食，食物部營運商應避免大量供應或放於當眼或方便接觸的地點讓學童容易選購。以每星期五個上課天計，建議學童進食不多於兩次此類小食。

6.8 校方可以透過限制每週供應天數或設置銷售量上限，來減少這類較不健康的小食供應。食物部可在出售地點貼上清晰標誌，清楚區分「宜多選擇」和「限量選擇」的小食種類。此外，食物部應建議消費者在購買「限量選擇」的小食時，要適可而止，並提供細小包裝。

6.9 「限量選擇」的小食包括以下食物類別

- ☺ 含較多脂肪、糖或鹽的麵包和五穀類
- ☺ 加工和醃製蔬菜
- ☺ 添加糖分的水果
- ☺ 全脂或加糖奶品類
- ☺ 加工、醃製或脂肪含量較高的肉類及其代替品
- ☺ 添加糖分但有營養價值的飲料

⊖ 「少選為佳」的小食

6.10 強烈不鼓勵在校園出售以下**脂肪、鹽或糖含量高或營養價值較低的小食**。常食用脂肪、鹽或糖含量高的小食會增加患上肥胖、心臟病、糖尿病和高血壓的風險。此外，常食用營養價值低的小食有機會影響進食正餐的胃口，導致營養攝取不均衡，妨礙身體發展。因此，為建立一個健康的校園飲食環境，協助同學培養正確選擇健康食物的習慣，這些小食不應攜帶返校，亦不應在食物部或售賣機出售。

6.11 「少選為佳」的小食包括以下食物類別

- ⊖ 高熱量、糖、鹽或脂肪食物
- ⊖ 營養價值較低食物（包括含有人造甜味劑的香口膠及糖果）
- ⊖ 高糖、營養價值極低或含咖啡因的飲料

6.12 學校教職人員和食物部營運商對家長和學生應負有責任，不應允許在校內進行「限量選擇」或「少選為佳」小食的推廣活動，例如

- 食品公司籌辦的推廣活動
- 具有直接或間接廣告意圖的學校物資贊助
- 口頭鼓勵對某些食品的消費
- 在顯眼地點放置食品／推廣資訊／品牌名稱和標誌，如售賣機機身廣告等
- 在售賣機出售這些食品
- 將這些食品送贈予學校、師生或家長

- 將這些食品作為獎勵或獎品

7. 給目標使用者的指導

7.1 為了讓學童建立良好的飲食習慣，我們鼓勵食物部營運商、家長和學校教職人員緊密合作，共同建立一個有助健康飲食的學校環境。本節旨在向有關人士提供實用提示。

7.2 對於促進學童健康飲食方面擔當重要角色的人士，我們更推薦本指引附件五中所提供的監察表，用以監察學生進食小食的品質。學校也可利用該表，作為監察校園推行健康飲食的進度。

給食物部營運商的指導

7.3 為支持校園的健康飲食環境，食物部營運商應

在採購小食時，

- 經常參閱本指引，評估食物的營養價值和出售的數量，選擇健康的小食，避免購入「少選為佳」的小食。如有疑問，應諮詢學校及專業人士的意見。
- 選擇方便攜帶、儲存和保質期較長的食物種類，例如：獨立包裝的餅乾條、梳打餅、經超高溫處理的紙盒裝牛奶和紙包裝的乾果（提子乾、西梅乾、杏脯）。這些食品的包裝通常較小，因此更適合學童食用。
- 仔細閱讀食物標籤（營養標籤、成分、保質期和儲存方法）。可參考附件

小學生小食營養指引

二。

- 留意學生飲食喜好的轉變，並嘗試以多元化的健康小食吸引學生。

在出售小食時，

- 僅在小息而非午膳時間供應小食，避免學生以小食代替午餐。
- 確保所供應小食的份量不足以代替正餐，並提供小包裝、一人份量的小食，以免影響學生進食下一正餐的胃口。至於散裝小食建議食用分量，可參考附件三。
- 若小食的份量足以取代午餐，應遵守衛生署的《小學生午膳營養指引》。
- 參考相關的食物處理指引來準備、儲藏或出售自製食物¹⁹。

在部署營銷和推廣方法時，

- 多吸引學生購買健康小食。例如為「宜多選擇」小食訂出低於其他小食的價格，或用臨時折扣刺激學生嘗試新的健康食品。
- 為消費者，即學校教職人員、家長和學生，提供有關出售食品和飲料的營養價值最新資訊（至少需提供本指引第六節中所提供的食品和飲料分類資料）。
- 於顯眼位置或利用標語推廣「宜多選擇」小食，及／或限制其他較不健康小食的宣傳，或使用不同容器／貼紙來區分「宜多選擇」和其他較不健康的小食。
- 舉辦試食環節，讓學生嘗試不同口味的健康小食，作出多元化的選擇。
- 定期與學校教職人員、家長（家長教師會）和學生溝通，共同促進學生健康。

給教職人員及家長（負責監察校內小食供應）的指導

7.4 為建立校內健康飲食環境，教職人員及家長應在

家校合作方面，

- 通力協作，並在適當的時候諮詢營養專家的意見，發展和制訂學校的健康飲食政策和措施。
- 通知及教育其他教職員及家長有關健康小食重要性的資訊，並鼓勵他們以身作則和教導兒童於合適的時候選用適量的小食。為免影響兒童進食下一正餐的胃口和影響牙齒健康，每次進食（包括正餐或小食）之間最少要相隔 1.5 - 2 小時，而且分量宜小。
- 多與其他教職員及家長溝通，確保他們能為學童提供正確知識及健康的學習或家庭環境，以助學童培養健康的飲食習慣。
- 鼓勵孩子在小息時多做運動，以縮短他們吃小食的時間，避免他們過量進食。

促成健康飲食的環境和文化方面，

- 與食物部營運商合作，共同遵守本指引，並提供健康的小食選擇，以協助鞏固兒童的正面飲食行爲。
- 利用健康小食監察表（附件五）定期監察食物部／售賣機所售賣的小食及校內推行健康飲食的措施。
- 將營養教育編入學校的教學大綱，教導學生如何選擇健康的食品。學校可參考衛生署「健康飲食在校園」主題網站內所提供的「營養教育生活

小學生小食營養指引

事件教材」，為學童教授正確的營養知識及相關技能。教材網址如下：

http://www.eatsmart.gov.hk/links/he0008_html_b5.html

- 在學校集會時和活動中宣傳「宜多選擇」的健康小食。
- 讓學生擔任「健康大使」，在校園內推廣健康小食。
- 考慮增加推廣健康小食的活動，提高兒童對健康食品的重視和接受程度，例如：舉辦五穀週、大豆週、水果週、蔬菜週等，並嘉許實踐健康飲食模式的學生。學校亦可參考衛生署「健康飲食在校園」主題網站內「推廣健康飲食的項目建議」，設計及籌辦校本活動。項目建議的網址如下：http://www.eatsmart.gov.hk/links/he0007_html_b5.html
- 避免使用食物作為獎賞。
- 禁止「限量選擇」和「少選為佳」的食品在校內的推廣活動（見 6.12 節）。

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9. 鳴謝

- 官立小學校長協會
- 香港中文大學醫學院健康教育及促進健康中心
- 香港心臟專科學院
- 香港教育城
- 香港資助小學校長協會
- 香港肥胖醫學會
- 香港津貼小學議會
- 香港電台
- 香港營養學會
- 食物環境衛生署食物安全中心
- 家庭與學校合作事宜委員會
- 教育局

如對本指引有任何查詢或建議，請電郵至 health_cheuweb@dh.gov.hk。如欲知更多健康方面的資訊，請致電衛生署健康教育熱線 2833 0111，或瀏覽衛生署「健康飲食在校園」專題網站 <http://school.eatsmart.gov.hk>。

衛生署 2009 年 6 月修訂

10. 附件

(附件一)「宜多選擇」的預先包裝小食的定義

學校及家長應為兒童提供「宜多選擇」的小食，長遠而言，更應以「宜多選擇」的小食取代「限量選擇」和「少選為佳」的小食。透過闡述「宜多選擇」預先包裝小食的營養定義，本指引能協助讀者憑食物營養標籤或成分資料正確識別食品是否屬於「宜多選擇」類別。

同時，為免破壞學童進食正餐的胃口，每次供應或出售食品給學童的分量可參考營養標籤上的建議，而包裝飲料應不多於 250 毫升。若食物部自製或購入散裝的「宜多選擇」小食時，應參考附件三的建議分量供應。

當選擇「宜多選擇」的小食時，除了留意下表列出的營養素含量外，消費者亦應留意反式脂肪¹的含量，因為不少研究顯示反式脂肪對健康有負面的影響。學校及家長可參考食品包裝上的成分資料或營養標籤，為學童選購不含或含較少反式脂肪的小食。這有助減低患上因過量攝取反式脂肪所引致的疾病，特別是心臟病。

食品類

食品類別	營養要求	食品例子
麵包或其他五穀類 (如餅乾、粟米片、脆片、栗子等)	◇ 除水以外，應以穀麥（包括麵粉、麥、米、粟米、馬鈴薯等）作為首要或次要材料 ² ◇ 脂肪：每食用份量含 3 克或以下 ◇ 飽和脂肪：每食用份量含 1 克或以下 ◇ 鈉：每食用份量含 360 毫克或以下	見 P.30 及 P.31

1. 「反式脂肪」有機會以「植物起酥油」、「部分氫化植物油」、「氫化植物油」、「人造牛油」等名稱於成分欄出現。
2. 請留意食品包裝紙上「成分」或「用料」一欄。

食品類別	營養要求	食品例子
穀麥條	<ul style="list-style-type: none"> ✧ 應以穀麥或水果作為首要材料² ✧ 脂肪：每食用份量含 3 克或以下 ✧ 飽和脂肪：每食用份量含 1 克或以下 ✧ 鈉：每食用份量含 360 毫克或以下 ✧ 糖：不在成分欄的首位（以水果作為首要材料的穀麥條，每食用份量含 16 克或以下的糖分） 	見 P.31
脫水蔬菜／水果片	<ul style="list-style-type: none"> ✧ 應以蔬菜／水果作為首要材料² ✧ 非油炸 ✧ 不含添加鹽、糖及油² 	見 P.32
奶類食品 (如芝士、乳酪等)	<ul style="list-style-type: none"> ✧ 應以牛奶作為首要材料 ✧ 脂肪：每食用份量含 3 克或以下 ✧ 鈉：每食用份量含 360 毫克或以下 ✧ 無添加糖分 	見 P.34

飲料類

飲料類別	營養要求	飲料例子
奶類飲料	<ul style="list-style-type: none"> ✧ 應以牛奶作為首要材料 ✧ 脂肪：每 100 毫升含 1.5 克或以下 ✧ 不含添加糖² 	見 P.25
豆奶	<ul style="list-style-type: none"> ✧ 除水以外，應以大豆作為首要材料² ✧ 脂肪：每 100 毫升含 1.5 克或以下 ✧ 糖：每 100 毫升含 5 克糖或以下 	見 P.26
果汁及蔬菜汁 (包括由濃縮產品調校的果汁及蔬菜汁)	<ul style="list-style-type: none"> ✧ 100%果汁、蔬菜汁或蔬果汁 ✧ 不含添加鹽或糖² 	見 P.27

1. 「反式脂肪」有機會以「植物起酥油」、「部分氫化植物油」、「氫化植物油」、「人造牛油」等名稱於成分欄出現。
2. 請留意食品包裝紙上「成分」或「用料」一欄。

(附件二) 食物標籤簡介

成分

食品標籤上的「成分」欄又稱「配料」、「成分組合」、「用料」或其他有類似含意的詞語，根據食品各項材料，按其於包裝時使用的重量或體積，以由多至少的次序列明。「成分」欄內容需符合法例規定，因此，消費者可利用顯示的資料，如鹽、油、糖的排列位置，比較同類食品的鹽、油、糖含量。以下例子列出不同橙汁的「成分」。

成分：
水、大豆、燕麥、糖、磷酸三鈣、乳化劑及隱定劑(460 及 466)、鹽、酸度調節劑(500)、調味劑

一盒 250 毫升豆奶的
「成分」欄樣本

紅、黃、綠橙汁的「成分」欄樣本

成份：
100% 橙汁還原、維他命 C

「宜多選擇」橙汁：無添加糖分

成份：
水、濃縮橙汁、糖、果肉、酸度調節劑(330)、防腐劑(202)、維他命 C、天然色素(160a)、維他命 E

「限量選擇」橙汁：糖分不在成分欄首兩位

成份：
水、糖、濃縮橙汁、酸度調節劑(550)、維他命 C、天然調味劑(橙味)、色素(110)、酸度調節劑(500)、防腐劑(211)

「少選為佳」橙汁：糖分在成分欄首兩位

營養標籤

由食物環境衛生署負責執行的《2008 年食物及藥物(關於營養標籤及營養聲稱的規定)規例》，會於兩年寬限期屆滿後（即由二零一零年七月一日起）強制性實施，屆時所有預先包裝食物都必須加上附有能量及七種核心營養素（即蛋白質、碳水化合物、總脂肪、飽和脂肪酸、反式脂肪酸、鈉及糖）的營養標籤。現時已有不少的食品製

造商開始將食品的營養成分列明在營養標籤上，讓我們更了解食物的營養價值，繼而可與同類食物比較，幫助我們作出選擇。有關營養標籤制度的詳情，請參閱食物及衛生局 (<http://www.fhb.gov.hk>) 或食物環境衛生署轄下的食物安全中心 (www.cfs.gov.hk) 網頁。

營養標籤是指以標準格式列出食物的營養素成分，有關資料通常以表列形式顯示，亦有機會顯示該食物的食物分量。

Nutrition Information 營養資料		
Serving Per Packet: 5	每容器份量數目: 5	
Serving Size: 20g	食用分量: 20克	
	Per 100 g 每100克	Per Serving 每食用分量
Energy 總熱量	420 kcal	84 kcal
Protein 蛋白質	10 g	2 g
Total Fat 總脂肪	20 g	3 g
Saturated Fat 飽和脂肪	10 g	1 g
Trans Fat 反式脂肪	8 g	0 g
Carbohydrate 碳水化合物	50 g	10 g
Sugar 糖	10 g	2 g
Sodium 鈉	900 mg	180 mg
Dietary Fibre 膳食纖維	2 g	0.4 g

一包 100 克餅乾的「營養標籤」樣本

部分資料來源：食物環境衛生署

(附件三) 小食建議食用分量

在校內出售預先包裝小食前，可參考營養標籤上的建議食用分量供應。包裝飲品方面，建議供應分量不多於 250 毫升。若食物部自製或購入散裝的「宜多選擇」小食時，可參考下表的建議分量供應。

食物類別	每次食用分量	重量
五穀類		
餅乾	約 3 片	30 克
海棉蛋糕	約 1 件 (10吋直徑的蛋糕分成 12 件)	55 克
其他脆片	約 1/3 碗	30 克
粟米粒	約 1/2 碗	85 克
焗薯	約 1/2 碗	85 克
蔬菜		
新鮮蔬菜	約 1 碗(未熟)／半碗(熟)	85 克
鮮榨蔬菜汁	約 1 杯	240 毫升
水果		
罐頭水果	約 3/4 碗	140 克
果乾	約 1 小盒	40 克
脫水水果片	約 1/2 碗	30 克
鮮榨果汁	約 1 杯	240 毫升
肉類及其代替品		
雞蛋	約 1 隻 (中型)	50 克
水浸罐頭吞拿魚	約 1/3 碗	55 克
乾焗果仁或籽	約 2 湯匙	30 克
乾豆類	約 2 湯匙	35 克
其他		
低脂沙律醬	1 湯匙	15 克

1 碗=240 毫升

資料來源：美國食物暨藥物管理局 (U.S. Food and Drug Administration)

(附件四) 小食分類流程圖

市面上充斥着林林總總的食物。單憑食物包裝上的推銷資訊或聲稱，學校、小食部營運商及家長往往難以識別和為學童選購健康小食。本附件嘗試以深入淺出的手法，把小食分類從而顯示它們是否屬於「宜多選擇」、「限量選擇」或「少選為佳」的類別，協助學校、營運商及家長選購。



注意：所有在學校售賣的飲品包裝不應多於 250 毫升

奶類飲料		
	宜多選擇	限量選擇
分類準則 (營養素含量請參考食物上的營養標籤)	<ul style="list-style-type: none"> 無添加糖分¹ 及 每 100 毫升含脂肪 ≤ 1.5 克 	<ul style="list-style-type: none"> 添加糖分¹ 或 每 100 毫升含脂肪 > 1.5 克
飲料例子	低脂奶、脫脂奶	低脂朱古力奶、低脂乳酪飲料、全脂奶、乳酪飲料、士多啤梨奶或其他果味奶

成分：水、鮮牛奶、奶固體、穩定劑 (E460, E466, E407, E170)、維他命 A 及 D。

低脂奶的「成分」欄及營養標籤樣本

Nutrition Information 營養資料	
Serving Per Packet: 1 Serving Size: 240ml	每容器份量數目: 1 食用分量: 240 毫升 每100毫升 Per 100mL
Energy 能量	42 kcal (千卡)
Protein 蛋白質	3.4 g (克)
Total Fat 總脂肪	1.0 g (克)
Saturated Fat 飽和脂肪	0 g (克)
Trans Fat 反式脂肪	0 g (克)
Carbohydrate 碳水化合物	5 g (克)
Sugar 糖	5 g (克)
Sodium 鈉質	44 mg (毫克)
Calcium 鈣	119 mg (毫克)

1. 請參考附件二 (P.21) 有關「成分」欄的資料

注意：所有在學校售賣的飲品包裝不應多於 250 毫升

豆奶	
	宜多選擇
分類準則 (營養素含量請參考食物上的營養標籤)	每 100 毫升含 ➢ 脂肪 ≤1.5 克 及 ➢ 糖分 ≤5 克
飲料例子	低糖豆奶、燕麥低糖豆奶
	限量選擇
	每 100 毫升含 ➢ 脂肪 >1.5 克 或 ➢ 糖分 >5 克
	普通加糖豆奶

Nutrition Information 營養資料	
Serving Per Packet: 1 食用份量數目: 1	每份食用量: 250 毫升
每 100 毫升 Per 100mL	
Energy 能量	411 kcal(千卡)
Protein 蛋白質	0 g (克)
Total Fat 總脂肪	1.4 g (克)
Saturated Fat 飽和脂肪	0 g (克)
Trans Fat 反式脂肪	0 g (克)
Carbohydrate 碳水化合物	7 g (克)
Sugar 糖	4.9 g (克)
Sodium 鈉質	0 mg (毫克)
Calcium 鈣	140 mg (毫克)

低糖豆奶的營養標籤樣本

注意：所有在學校售賣的飲品包裝不應多於 250 毫升

果汁		宜多選擇	限量選擇	少選為佳
分類準則		<ul style="list-style-type: none"> 無添加糖¹ 	<ul style="list-style-type: none"> 添加糖分但糖分不在「成分」欄¹ 首兩位 	<ul style="list-style-type: none"> 含脂肪的果汁 添加糖分且糖分在「成分」欄¹首兩位
飲料例子		100%純果汁、鮮榨果汁 (椰汁不屬此類別)	加糖果汁 (椰汁不屬此類別)	紙包加糖果汁、純椰汁

成份：
100% 橙汁還原、維他命 C

無添加糖橙汁的「成分」欄樣本

1. 請參考附件二 (P.21) 有關「成分」欄的資料

注意：所有在學校售賣的飲品包裝不應多於 250 毫升

中式飲料／涼茶		
	限量選擇	少選為佳
分類準則 (營養素含量請參考食物上的營養標籤)	每 100 毫升含 ➢ 糖分 ≤5 克	每 100 毫升含 ➢ 糖分 >5 克
飲料例子	低糖中式飲料／涼茶	普通加糖中式飲料／涼茶

Nutrition Information 營養資料	
Serving Per Packet: 5 Serving Size: 100ml	每份份量數目: 5 食用分量: 100毫升
	每100毫升 Per 100mL
Energy 能量	30 kcal(千卡)
Protein 蛋白質	0g (克)
Total Fat 總脂肪	0g (克)
Saturated Fat 飽和脂肪	0g (克)
Trans Fat 反式脂肪	0g (克)
Carbohydrate 碳水化合物	7g (克)
Sugar 糖	5g (克)
Sodium 鈉質	0 mg (毫克)

中式涼茶的營養標籤樣本

注意：所有在學校售賣的飲品包裝不應多於 250 毫升

其他飲料		
	限量選擇	少選為佳
分類準則 (營養素含量請參考食物上的營養標籤)	<ul style="list-style-type: none"> 不含咖啡因 	<ul style="list-style-type: none"> 含咖啡因 或 每 100 毫升含糖分¹ > 5 克 (乳酸飲料除外)
飲料例子	乳酸飲料	含茶或綠茶的飲料、咖啡、奶茶、運動飲料

注意：所有在學校售賣的預先包裝食品應根據營養標籤建議的進食份量包裝或提供

麵包、餅乾、玉米脆片

分類準則	宜多選擇	限量選擇	少選為佳
(營養素含量請參考食物上的營養標籤)	每食用分量含 <ul style="list-style-type: none"> ● ≤3 克 總脂肪 ● ≤1 克 飽和脂肪 ● ≤360 毫克 鈉 及	不含有高脂肪及高糖分的餡料 <ul style="list-style-type: none"> ● 每食用分量含 <ul style="list-style-type: none"> ● >3 克 脂肪 ● >1 克 飽和脂肪 ● >360 毫克 鈉質 或	含有較多脂肪或糖分（包括高脂肪及高糖分的餡料） <ul style="list-style-type: none"> ● 每食用分量含 <ul style="list-style-type: none"> ● >3 克 脂肪 ● >1 克 飽和脂肪 ● >360 毫克 鈉質 或
食物例子	麥包、純味餅乾、低脂麥餅	雪芳蛋糕、奶鹽梳打餅、米餅、動物餅、蝦餅	威化餅/夾心餅、忌廉包、芝士蛋糕、朱古力鬆餅、牛角包、蝴蝶酥、牛油曲奇

Nutrition Information 營養資料	
每容器份量數目: 5 食用分量: 20克	
Per 100 g 每 100 克	Per Serving 每食用分量
Energy 總熱量	420 kcal
Protein 蛋白質	10 g
Total Fat 總脂肪	20 g
Saturated Fat 飽和脂肪	10 g
Trans Fat 反式脂肪	8 g
Carbohydrate 碳水化合物	50 g
Sugar 糖	10 g
Sodium 鈉	2 g
Dietary Fibre 膳食纖維	900 mg
	2 g

梳打餅的營養標籤樣本

注意：所有在學校售賣的預先包裝食品應根據營養標籤建議的進食份量包裝或提供

穀麥條 及 其他五穀類食品

食物類別	宜多選擇		限量選擇		少選為佳
	其他五穀類食品	穀麥條	其他五穀類食品	穀麥條	
分類準則 (營養素含量 請參考食物 上的營養標 籤)	<ul style="list-style-type: none"> 無添加鹽、油及糖 以焗或水煮方式烹調 	<ul style="list-style-type: none"> 每食用分量含 <ul style="list-style-type: none"> ≤3 克 脂肪 ≤1 克 飽和脂肪 及 ≤360 毫克 鈉質 糖分不在「成分」欄¹首位 (以水果作為首要材料的穀麥條, 每食用份量少於 16 克) 	<ul style="list-style-type: none"> 非油炸但添加鹽、油或糖 	<ul style="list-style-type: none"> 每食用分量含 <ul style="list-style-type: none"> >3 克 脂肪 >1 克 飽和脂肪 或 >360 毫克 鈉質 糖分在「成分」欄¹首位 (以水果作為首要材料的穀麥條, 每食用份量多於 16 克) 	<ul style="list-style-type: none"> 油炸食品
食物例子	薯仔、蕃薯、栗子、粟米	以水果為主的低脂穀麥條	牛油粟米、非油炸即食麵	普通穀物條	炸薯餅、油炸即食麵、薯片

成分：果乾(40%)、全穀碎燕麥、葡萄糖漿、蔗糖、南瓜籽、菜油、蜜糖。

低脂穀麥條的「成分」欄及營養標籤樣本

Nutrition Information 營養資料	
Serving Per Packet: 6 每袋份量數目: 6	
Serving Size: 40g 食用分量: 40克	
Per Serving 每食用分量	Per 100 g 每100克
Energy 總熱量 2.0 g	140 kcal 349 kcal
Protein 蛋白質 2.4 g	5.0 g 6.0 g
Total Fat 總脂肪 Saturated Fat 飽和脂肪	0.5 g 1.2 g
Trans Fat 反式脂肪 0 g	0 g
Carbohydrate 碳水化合物 Sugar 糖	27.5 g 16 g
Sodium 鈉	60 mg
Dietary Fibre 膳食纖維	2.0 g

1. 請參考附件二 (P.21) 有關「成分」欄的資料

注意：所有在學校售賣的預先包裝食品應根據營養標籤建議的進食份量包裝或提供

		蔬果		
		宜多選擇	限量選擇	少選為佳
分類準則		<ul style="list-style-type: none"> ➢ 非油炸 及 ➢ 無添加鹽、油及糖¹ 	<ul style="list-style-type: none"> ➢ 非油炸但添加鹽、油或糖¹ 	<ul style="list-style-type: none"> ➢ 油炸食品
食物例子		車厘茄、香蕉、蘋果、提子乾、西梅乾、杏脯乾、脫水蔬菜片或水果片	加糖菠蘿乾或芒果乾、加鹽紫菜、糖漿浸的水果罐頭	炸紫菜、炸蕃薯、炸南瓜片

成分：去核西梅、防腐劑 (E202)

無添加糖西梅乾的「成分」欄樣本

1. 請參考附件二 (P.21) 有關「成分」欄的資料

注意：所有在學校售賣的預先包裝食品應根據營養標籤建議的進食份量包裝或提供

肉類及其代用品										
分類準則										
	<table border="1"> <thead> <tr> <th>宜多選擇</th> <th>限量選擇</th> <th>少選為佳</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> ➢ 非油炸 及 ➢ 無添加鹽、油、糖¹ </td> <td> <ul style="list-style-type: none"> ➢ 脂肪含量較高的肉類 或 ➢ 非油炸但添加鹽、油或糖¹的加工食品 </td> <td> <ul style="list-style-type: none"> ➢ 油炸食品 或 ➢ 添加較多鹽、油、糖¹的食品 </td> </tr> <tr> <td> 供製作三文治的新鮮瘦肉、去皮雞肉、自製鮮肉丸、水煮蛋、罐頭水浸吞拿魚、無糖豆腐花、乾焗原味果仁或豆類 </td> <td> 焗雞翼、鹵水蛋、腸仔、火腿、魚蓉燒賣、白魚蛋、肉丸、餃子、罐頭油浸或鹽水浸吞拿魚、加糖豆腐花、鹽焗果仁、芥末青豆 </td> <td> 炸魚蛋、炸雞翼、炸豬扒、牛肉乾、豬肉乾、肉鬆、魚肉腸、魷魚絲 </td> </tr> </tbody> </table>	宜多選擇	限量選擇	少選為佳	<ul style="list-style-type: none"> ➢ 非油炸 及 ➢ 無添加鹽、油、糖¹ 	<ul style="list-style-type: none"> ➢ 脂肪含量較高的肉類 或 ➢ 非油炸但添加鹽、油或糖¹的加工食品 	<ul style="list-style-type: none"> ➢ 油炸食品 或 ➢ 添加較多鹽、油、糖¹的食品 	供製作三文治的新鮮瘦肉、去皮雞肉、自製鮮肉丸、水煮蛋、罐頭水浸吞拿魚、無糖豆腐花、乾焗原味果仁或豆類	焗雞翼、鹵水蛋、腸仔、火腿、魚蓉燒賣、白魚蛋、肉丸、餃子、罐頭油浸或鹽水浸吞拿魚、加糖豆腐花、鹽焗果仁、芥末青豆	炸魚蛋、炸雞翼、炸豬扒、牛肉乾、豬肉乾、肉鬆、魚肉腸、魷魚絲
宜多選擇	限量選擇	少選為佳								
<ul style="list-style-type: none"> ➢ 非油炸 及 ➢ 無添加鹽、油、糖¹ 	<ul style="list-style-type: none"> ➢ 脂肪含量較高的肉類 或 ➢ 非油炸但添加鹽、油或糖¹的加工食品 	<ul style="list-style-type: none"> ➢ 油炸食品 或 ➢ 添加較多鹽、油、糖¹的食品 								
供製作三文治的新鮮瘦肉、去皮雞肉、自製鮮肉丸、水煮蛋、罐頭水浸吞拿魚、無糖豆腐花、乾焗原味果仁或豆類	焗雞翼、鹵水蛋、腸仔、火腿、魚蓉燒賣、白魚蛋、肉丸、餃子、罐頭油浸或鹽水浸吞拿魚、加糖豆腐花、鹽焗果仁、芥末青豆	炸魚蛋、炸雞翼、炸豬扒、牛肉乾、豬肉乾、肉鬆、魚肉腸、魷魚絲								
食物例子										

成分：杏仁

乾焗原味果仁的「成分」欄樣本

1. 請參考附件二 (P.21) 有關「成分」欄的資料

注意：所有在學校售賣的預先包裝食品的預先包裝食品應根據營養標籤建議的進食份量包裝或提供

奶類食品			
	宜多選擇	限量選擇	少選為佳
分類準則 (營養素含量請參考食物上的營養標籤)	<ul style="list-style-type: none"> 無添加糖分¹ 每食用分量含 <ul style="list-style-type: none"> 脂肪 ≤3 克 及 鈉質 ≤360 毫克 	<ul style="list-style-type: none"> 添加糖分¹ 或 每食用分量含 <ul style="list-style-type: none"> 脂肪 >3 克 或 鈉質 >360 毫克 	<ul style="list-style-type: none"> 添加較多糖分¹ 每食用分量含 <ul style="list-style-type: none"> 脂肪 >3 克 或 鈉質 >360 毫克
食物例子	低脂芝士、純味乳酪	全脂芝士、低脂加糖乳酪、全脂加糖乳酪	雪糕、煉奶

Nutrition Information 營養資料	
Serving Per Packet: 10 每容器份量數目: 10	Per Serving 每食用分量
Serving Size: 28g 食用分量: 28 克	Per 100 g 每100克
Energy 總熱量	173 kcal
Protein 蛋白質	24.4 g
Total Fat 總脂肪	7 g
Saturated Fat 飽和脂肪	4.3 g
Trans Fat 反式脂肪	0 g
Carbohydrate 碳水化合物	2 g
Sugar 糖	0.5 g
Sodium 鈉	612 mg
	48 kcal
	6.9 g
	2 g
	1.2 g
	0 g
	0.5 g
	0.2 g
	171 mg

成分：巴士德消毒脫脂牛奶、芝士、奶蛋白質、牛油、乳化鹽 (E452, E450)、鹽、增稠劑 (E407)、防腐劑 (E202)

低脂芝士的營養標籤及「成分」欄樣本

1. 請參考附件二 (P.21) 有關「成分」欄的資料

注意：所有在學校售賣的預先包裝食品應根據營養標籤建議的進食份量包裝或提供

糖果或高糖食品

	少選為佳
分類準則	<ul style="list-style-type: none"> ➢ 含高糖分 或 ➢ 營養價值低且含有人造甜味劑
食物例子	果汁糖、朱古力、無糖糖果、低糖香口膠、雪條

(附件五) 健康小食監察表

此監察表有助監察校內食物部或售賣機所提供小食的營養價值，以及量度校內建立健康飲食環境的進度。若在此表第二及第三部份答「是」越多，代表學校在促進健康小食方面的表現越好。

1. 請在適當的空格加上 ✓ 號：

學生可在校內以下地方購買小食： 學校食物部 售賣機 以上兩處

請在適當的空格加上 ✓ 號，如答「否」，請考慮改善現有情況的行動。

2. 健康小食的供應	是	否	不知道	即將採取的行動 (請參考本指引 7.3 節)
a. 小食的供應是否只限於小息時段，以避免學童不吃午餐？				
b. 所有的小食是否都是以細小包裝出售(即其份量是不足以影響學生進食下餐的胃口或代替正餐或根據預先包裝小食的營養標籤的建議進食份量出售)？				
c. 食物部或售賣機是否沒有出售「少選為佳」的小食？				
d. 「限量選擇」小食的每週供應日子或數量是否有限制？				
e. 小食售賣處有否貼上清晰的提示，建議消費者進食「限量選擇」的小食時，要適可而止？				
f. 「宜多選擇」的小食是否在食物部或售賣機有售？(例如能提供重要營養素且含較少脂肪、鹽、糖及不含人造甜味劑的小食)				
g. 「宜多選擇」的小食價格是否總體上低於其他的小食？				

健康小食監察表（續）

3. 學校/食物部活動	是	否	不知道	即將採取的行動 (請參考本指引 7.3 及 7.4 章節)
a. 家長、學生是否一起參與建立學校的健康飲食政策？				
b. 所有有關「少選為佳」或「限量選擇」小食的促銷或推廣活動，是否在校內全面禁止？（請參考本指引 6.12 節）				
c. 有否嘉許選食「宜多選擇」小食的學生？				
d. 食物部是否清楚區分「宜多選擇」的小食與「限量選擇」的小食，以幫助學生選擇較健康的小食？				
e. 校內有否舉辦健康小食的推廣活動，如五穀週、大豆週、水果週、蔬菜週等？				
f. 有否將營養教育編入學校的教學大綱，教導學生如何選擇健康的食物？				

Content

	Page
1. Background	40
2. Healthy ‘Snacks’ at School	41
3. About the Guidelines	43
4. Users of the Guidelines	44
5. Principles of Healthy Eating	45
6. Guidelines on Snack Classification	45
<i>Snacks to Choose More</i>	<i>46</i>
<i>Snacks to Choose in Moderation</i>	<i>47</i>
<i>Snacks to Choose Less</i>	<i>49</i>
7. Guidance for Target Users	50
<i>Tuck Shop Operators</i>	<i>51</i>
<i>School Personnel and Parents who are Responsible for Monitoring the Supply of Snacks at School</i>	<i>53</i>
8. References	55
9. Acknowledgements	57

Content

	Page
10. Appendices	
I. <i>Definition of Pre-packaged 'Snacks to Choose More'</i>	58
II. <i>An Overview of Food Labels</i>	61
III. <i>Recommended Serving Size for Snacks</i>	63
IV. <i>Flow Chart on Classification of Snacks</i>	64
V. <i>Healthy Snacks Monitoring Checklist</i>	76

1. Background

1.1 Healthy eating is essential for the growth of school-aged children and prevention of diet-related health problems including obesity, heart disease, cancer and diabetes. However, for a number of reasons, healthy eating is not commonly practised among local students¹. Excessive consumption of high energy snacks or drinks, and lack of exercise can lead to overweight/obesity. The Department of Health (DH) has recorded a rising trend of obesity among primary school students, from 16.4% in 1997/98 to 21.3% in 2007/08 (See Figure 1). That is to say, about one in five schoolchildren in Hong Kong is obese.

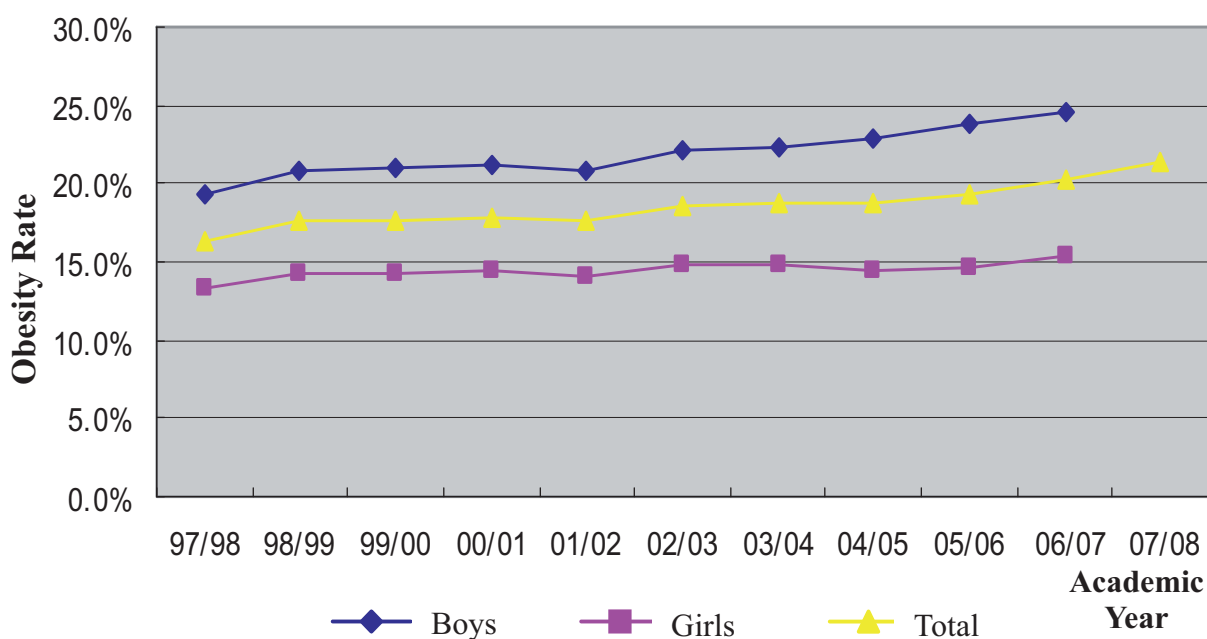


Figure 1. Obesity Rate of Primary School Students

(Source: Students Health Service, DH)

1.2 Children spend a great deal of time in school daily. Thus, the teaching, environment and culture in schools have long lasting impact on the eating habits of the children. The role of parents is equally important, not only in co-operating with

the teaching in schools, but also in educating children about healthy food choices and healthy eating practice, and acting as role models of children.

1.3 To prevent childhood obesity from worsening and combat diseases related to unhealthy eating habits, DH is working in collaboration with the Education Bureau (formerly known as the Education and Manpower Bureau), the Food and Environmental Hygiene Department, education sector, professional bodies and parent groups to initiate a healthy eating movement in primary schools from the 2006/07 school year. The movement aims to cultivate healthy eating practices, facilitate the provision of healthy lunch and snacks at school and strengthen nutritional education so that children can develop in a healthy way and learn effectively.

2. Healthy ‘Snacks’ at Schools

2.1 ‘Snack’ is defined as a little amount of food or beverages taken between main meals. It is fair to say that healthy snacking can be a part of a child’s dietary pattern and contribute positively to growth and development. Due to children’s small stomach capacity and high activity level, some children may not be able to obtain adequate energy and nutrients from the three main meals of the day for compensating their daily expenditure. The proper consumption of healthy snacks, therefore, can help the supplementation of energy and nutrient requirements. Aptly taken, healthy snacks should not spoil the appetite of children for the next main meal. In addition, to reduce the risk of tooth decay, children should limit snacks to once between the main meals, and drink only water at all other times.

2.2 In the drive to promote healthy snacks at school, it is critical to educate children about healthy food choices and provide a healthy eating environment which makes healthy choices easier. Instead of prohibiting children from snacking, they should be guided to make wise choices in accordance with the nutritional quality and quantity of snacks consumed. Overseas experiences have shown that through the concerted effort of school administrators, teachers, parents and tuck shop operators, children's consumption of healthy snacks²⁻⁶ could be increased.

2.3 Unfortunately, a study showed that most snacks sold in school tuck shops are unhealthy¹. These unhealthy snacks could hinder children's ability to obtain adequate nutrients for growth and development, and adversely affect their health. At the same time, DH notes that in recent years, food vending machines are replacing some part of tuck shop operation. Children are able to choose and buy food without proper guidance and monitoring. Thus, it becomes more important that schools, parents and tuck shop operators join force to create an ideal nutritional environment in schools.

2.4 In view of the above, DH issues this *Nutritional Guidelines on Snacks for Primary School Students* (the Guidelines) to guide principals, teachers, parents and tuck shop operators to make instrumental decisions with a view to providing healthier food choices for schoolchildren.

3. About the Guidelines

3.1 The Guidelines were first issued in June 2006. Making reference to overseas experiences⁷⁻¹⁶ and local situations, the Guidelines were developed in consultation with various government departments, professional bodies, the school sector and parent representatives. The Guidelines focused on the **nutritional value** of food and beverage items to be taken by students in the school setting which could be brought from home, bought from the market, school tuck shops or vending machines. They provided practical **guidance** for tuck shop operators, parents and school personnel in determining the types of food and beverage items to be allowed and promoted in the school environment for the benefit of children's health.

3.2 Once promulgated, DH collected feedbacks on the Guidelines in the 2006/07 and 2007/08 school years from tuck shop operators, parents and school personnel through different channels. Overseas experience with the respect to the definition and classification of 'Healthy Snacks' was also taken into account.¹⁷⁻¹⁸ The Guidelines were subsequently revised in 2009 to provide a clearer reference for the reader in term of nutritional value and serving size of snacks.

3.3 Newly added items in the revised version include:

- More examples on 'Snacks to Choose More', 'Snacks to Choose in Moderation' and 'Snacks to Choose Less' for reference;
- 'Definition of Prepackaged Snacks to Choose More' according to the nutritional value of food (Appendix I);
- 'An Overview of Food Labels' (Appendix II), that enables you to know

and read food labels;

- ‘Recommended Serving Size for Snacks’ (Appendix III), that helps you master the serving size for self-made or bulk-packed food items;
- ‘Flow Chart on Classification of Snacks’ (Appendix IV), that allows you to decide whether the snacks belong to ‘Snacks to Choose More’, ‘Snacks to Choose in Moderation’ or ‘Snacks to Choose Less’.

3.4 The Guidelines will be reviewed and revised in the light of experience gained and feedback collected from users.

4. Users of the Guidelines

4.1 A tuck shop is not an essential establishment in a school. When a school decides whether to operate a tuck shop and/or vending machine, it must, at the same time, understand the possible health effects caused by these facilities to students so that maximum protection can be provided to them.

4.2 For **schools that operate a tuck shop and/or vending machine**, we suggest the following persons to scrutinize and decide on the food and beverage items to be sold to students by making reference to section 6 of the Guidelines:

- Tuck shop/vending machine operators; and
- School personnel and parents who are responsible for monitoring the supply of snacks at schools.

4.3 For schools without tuck shops or vending machines, school personnel and

parents can guide children to consume healthy snacks in appropriate amounts by making reference to section 6 of the Guidelines or browsing educational materials available from the thematic website of ‘EatSmart@school.hk’ Campaign at <http://school.eatsmart.gov.hk>.


5. Principles of Healthy Eating

5.1. In line with the recommendations made by the World Health Organization, the objectives of the Guidelines are to help children:

- achieve energy balance;
- increase consumption of fruit and vegetables;
- limit energy intake from fat;
- limit intake of free sugar;
- limit salt (sodium) consumption.

6. Guidelines on Snack Classification

6.1 This section provides a framework for classifying food and beverages into three main categories according to their health effect. Traffic light colours (red, yellow and green) are used to denote each category of food to make them more readily recognisable.

 **Snacks to Choose More**, also known as ‘Green Light Snacks’, are healthier choices. Students are encouraged to choose snacks from this category.

 **Snacks to Choose in Moderation**, also known as ‘Yellow Light

Snacks’, contain some nutritional value but have more fat, salt and sugar or contain artificial sweeteners. Students should limit the amount and frequency of consuming snacks in this category.

☹️ ***Snacks to Choose Less***, also known as ‘Red Light Snacks’, are low in nutritional value or high in fat, salt or sugar. To minimize the adverse impact on health and growth, students should eat the least of such food items.






6.2 To avoid adversely affecting students’ appetite for main meals, consideration should be given to refer to the suggested serving size printed on the nutrition label of food items before they are supplied or sold to students. For beverages, the serving size should not be more than 250ml. School tuck shops may refer to Appendix III for the recommended serving size of self-made or bulk-packed food items.

6.3 Since behavioural and environmental changes take time to establish, schools should implement school-based action plans to improve the school nutritional environment in phase. For example, schools may first consider banning the sale of ‘Snacks to Choose Less’ items in tuck shops and vending machines, followed by advising students not to bring food items belonging to the category back to schools. For parties interested in the welfare of students, their eventual goal is to replace ‘Snacks to Choose in Moderation’ and ‘Snacks to Choose Less’ with ‘Snacks to Choose More’ in the school environment. For details of snack classification, please refer to the following parts of this section and Appendix IV.

😊 ***Snack to Choose More***

6.4 Nutrients such as carbohydrate, protein, dietary fibre, calcium and other minerals or vitamins are vital to students' health and growth. School tuck shops and vending machines should primarily supply 'Snacks to Choose More' food items as they can **provide students with important nutrients and contain less fat, salt (sodium), sugar and no artificial sweeteners**. This can prevent students from consuming excessive amount of fat, sugar and salt and developing a craving for sweet food. For instance, vegetables and fruit are rich in dietary fibre, which can prevent overeating by giving children a sense of fullness and help reduce their risk of developing obesity and cardiovascular diseases; dairy products are rich in calcium which is essential for the growth and strengthening of bones and teeth. Students are encouraged to select snacks from this category.

6.5 'Snacks to Choose More' food items include the following categories (please see Appendix IV for more food examples):

-  Bread and cereals with less fat, sugar or salt content;
-  Vegetables and fruit without added salt, oil or sugar;
-  Low-fat/skimmed dairy products without added sugar;
-  Lean meat and its alternatives;
-  Beverages low in fat and added sugar.

6.6 It is advisable to read the nutrition labels of pre-packaged food items when selecting 'Snacks to Choose More' and check the nutrient content of the food items with the nutrition criteria mentioned in Appendix I.

Snacks to Choose in Moderation

6.7 Tuck shop operators should limit the supply and promotion of these food and beverage items which, **despite their nutritional value, contain artificial sweeteners or higher amount of fat, sugar or salt content.** To limit their consumption, these food items should not be abundantly supplied to or conveniently accessible by schoolchildren. Students are recommended to consume these snacks **no more than twice in five school days.**

6.8 Supply of snack choices in this category can be checked by limiting the number of days they can be sold in a week or capping the sales volume. Where snacks in this category are offered for sale, tuck shop operators should clearly distinguish ‘Snacks to Choose More’ from ‘Snacks to Choose in Moderation’ by, for instance, posting clear signage at the point of sale. Moreover, customers should be advised to consume these snacks in moderation and only small package sizes should be provided.




6.9 ‘Snacks to Choose in Moderation’ food items include the following categories (please see Appendix IV for more food examples):

- ☹ Bread and cereals with higher fat, sugar or salt content;
- ☹ Processed and preserved vegetables;
- ☹ Fruit with added sugar;
- ☹ Whole fat or sugar-added dairy products;
- ☹ Processed meat, preserved meat, meat with higher fat content and their substitutes;
- ☹ Beverages with added sugar but contain some nutritional value.

Snacks to Choose Less

6.10 The following items are strongly discouraged in the school setting as they are **low in nutritional value or high in fat, salt and sugar content**. Frequent consumption of snacks high in fat, salt or sugar increases the risk of developing obesity, heart disease, diabetes and high blood pressure. In addition, frequent consumption of snacks low in nutritional value may affect one's appetite for the next main meal and result in imbalanced nutrient intake which could affect healthy development. To establish a healthy eating environment in schools and help students develop healthy eating habits, these items should not be brought to school, or made available for sale from school tuck shops or vending machines.

6.11 'Snacks to Choose Less' food items include the following categories (please see Appendix IV for more food examples):

-  Energy-dense, high-sugar, high-salt and high-fat food;
-  Food with low nutritional value (including chewing gums and sweets containing artificial sweeteners);
-  Caffeine-containing beverages or beverages high in sugar or low in nutritional value.

6.12 Furthermore, school administrators and tuck shop operators owe a duty to parents and students by not allowing activities or actions that promote 'Snacks to Choose in Moderation' and 'Snacks to Choose Less' in the school environment including:

- Promotional activities organized by food companies;

- Sponsorship of school materials achieving a direct/an indirect advertising intention;
- Verbal encouragement of consumption of certain food items;
- Placing of food items/promotional messages/brand names and logos at prominent locations;
- Sale of these food items in vending machines;
- Offer of these food items as gifts to schools, teachers or parents;
- Use of these food items as awards or prizes.

7. Guidance for Target Users

7.1 To enable schoolchildren to adopt good dietary practices at school, tuck shop operators, parents and school personnel are encouraged to work closely together to build a supportive school environment. This section of the Guidelines provides practical tips for the stakeholders concerned.

7.2 As part of their key roles in promoting healthy eating among children, the stakeholders are encouraged to monitor the quality of snacks consumed by students by making use of the checklist in Appendix V. The checklist serves as a tool for the school to monitor its progress in building and sustaining a healthy eating environment in the school.

Guidance for Tuck Shop Operators

7.3 To support healthy eating environment in schools, tuck shop operators should:

When purchasing snacks,

- Always evaluate the nutritional quality and quantity of food to be sold by referring to the Guidelines; select healthy snacks and avoid the sale of ‘Snacks to Choose Less’. If in doubt, consult the school and professionals for advice;
- Select food items that are convenient to carry, easy to store and more durable, such as individually packaged biscuit sticks and soda crackers, cartoned UHT (ultra-high temperature) milk and paper-packed dried fruit, e.g. raisins, pitted prunes and apricots. Coincidentally, they often come in smaller serving sizes which are more suitable for students;
- Read food labels (nutrition labels, ingredients, shelf-life and storage methods) carefully. Please refer to Appendix II;
- Pay attention to shifts in students’ preferences. Make frequent adjustments to the variety of healthy snacks to appeal to students’ changing preferences.

When selling snacks,

- Only provide snacks at recess to avoid students skipping lunch;
- Ensure that the portion of snack provided is not large enough to replace a normal main meal. Offer snacks that come in small and individual servings so that the appetite of students for the next meal will not be taken away. Please refer to Appendix III for the recommended serving size for bulk-packed

snacks;

- Follow the *Nutritional Guidelines on School Lunch for Primary School Students* issued by DH if the portion size of a snack is comparable to or intended to replace a main meal;
- Refer to relevant food handling guidelines¹⁹ when preparing, storing or selling self-made food.

When deploying marketing and promotion methods,

- Attract students to buy healthy snacks. For example, price ‘Snacks to Choose More’ lower than ‘Snacks to Choose in Moderation’ or use temporary discounts to motivate students to try new healthy products;
- Provide consumers, namely school personnel, parents and students, with updated information on the nutritional value (at least the categorization specified in section 6) of all food and beverage items to be sold in the school setting;
- Place ‘Snacks to Choose More’ in prominent locations and/or put up signages to promote them, or use different containers/stickers to distinguish ‘Snacks to Choose More’ from other less healthy snacks;
- Organize tasting sessions for students to try healthful choices;
- Regularly communicate with school personnel, parents (Parents and Teachers Associations (PTAs)) and students to work together for the sake of children’s health.

Guidance for School Personnel and Parents who are Responsible for Monitoring the Supply of Snacks at School

7.4 To establish a healthy eating environment at school, school personnel and parents should:

For home-school co-operation,

- Work together and, where appropriate, consult nutrition experts to develop and promulgate a healthy eating policy for the school;
- Inform and educate other school personnel and parents about the importance of healthy snacks. Encourage them to act as role models and to teach students the right time for right portion of snacks. To prevent spoiling the appetite of children for the next meal and affecting dental health, a time lag of 1.5-2 hours should be kept between two intakes (including main meal or snack) and the portion should be small;
- Regularly communicate with each other to ensure that they can impart accurate information to and provide a healthy learning or family environment for children's development of healthy eating habits;
- Encourage children to be more physically active during recess to shorten snacking time and avoid overeating.

In establishing the environment and culture on healthy eating,

- Work with tuck shop operators to offer healthful snack choices to help children consolidate their positive eating behaviour;
- Make use of the 'Healthy Snacks Monitoring Checklist' (Appendix V) to regularly monitor snacks sold in tuck shop/vending machine and measures

taken by the school to promote healthy eating;

- Incorporate nutrition knowledge into the school curriculum to educate students about healthy choices. Schools can also provide accurate nutritional information and related skills for children by making reference to the ‘Nutritional Teaching Kits’ available from the thematic website of ‘EatSmart@school.hk’ Campaign. The link for the teaching kits is as follows:

http://www.eatsmart.gov.hk/links/he0008_html_en.html ;

- Promote ‘Snacks to Choose More’ during school assembly and activities;
- Recruit students as ‘Health Ambassadors’ for promoting healthy snacks at school;
- Consider mounting promotional campaigns to raise children’s awareness and receptiveness of healthy food items, e.g. cereal week, soy week, fresh fruit week, vegetable week, and give recognition to healthy snacking behaviour among students. Schools may also design and organize school-based activities by making reference to the ‘Suggested Activities for Promoting Healthy Eating’ (Chinese version only) at the thematic website of ‘EatSmart@school.hk’ Campaign. The link for the ‘suggested activities’ is as follows:

http://www.eatsmart.gov.hk/links/he0007_html_b5.html ;

- Avoid using food as reward;
- Prohibit promotional activities in the school for food items that are less healthy, namely ‘Snacks to Choose in Moderation’ and ‘Snacks to Choose Less’ (see section 6.12).

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- The Subsidized Primary Schools Council
- Radio Television Hong Kong
- Hong Kong Nutrition Association
- Centre for Food Safety, Food and Environmental Hygiene Department
- Committee on Home-School Co-operation
- Education Bureau

For any enquiries or suggestions on the Guidelines, please contact us by email at health_cheuweb@dh.gov.hk. For more health information, please call the Health Education Hotline of the Department of Health 2833 0111 or visit the website of the Central Health Education Unit at <http://www.cheu.gov.hk>.

Revised by the Department of Health, June 2009

10. Appendices

(Appendix I) Definition of Pre-packaged ‘Snacks to Choose More’

Schools and parents should provide ‘Snacks to Choose More’ to children. In the long-term, ‘Snacks to Choose in Moderation’ and ‘Snacks to Choose Less’ should be replaced by ‘Snacks to Choose More’. By elaborating the nutritional definition of pre-packaged ‘Snacks to Choose More’, the current Guidelines should help determine, from the nutrition labels or ingredients information provided on the food packaging if a food item should belong to the ‘Snacks to Choose More’ category.

In order not to spoil the appetite of children for the next main meal, the serving size of food supplied or sold to children each time should follow the recommendations on the food nutrition labels, whereas for packaged drinks the volume should not exceed 250 ml. For tuck shops which prepare their own food or purchase “Snacks to Choose More” in bulk, they should refer to Appendix III for the recommended serving size.

Consumers should not only be aware of the nutrient content mentioned in the tables below when choosing ‘Snacks to Choose More’, but also the content of trans fat¹ because of its adverse health effect reported in the literature. Schools and parents may purchase food that does not include or includes less ‘trans fat’ for children according to the ingredient information or nutrition label on the food packaging. This will help reduce the risk of developing diseases caused by excessive intake of trans fat, especially heart diseases.

1. ‘Trans fat’ may exist in the ingredients information on food packaging in the name as ‘vegetable shortening’, ‘partially hydrogenated vegetable oil’, ‘hydrogenated vegetable oil’ and ‘margarine’.
2. Please note the ‘Ingredients’ or ‘Contents’ on the food packaging.

Foods

Types of foods	Nutritional Criteria	Examples
Bread or other cereals (such as biscuits, corn flakes, crisps, and chestnuts, etc.)	<ul style="list-style-type: none"> ✧ Other than water, cereals (including flour, wheat, rice, corn, and potatoes)² should be the first or second ingredients ✧ Fat: contains 3 grams or less per serving ✧ Saturated fat: contains 1 gram or less per serving ✧ Sodium: contains 360 grams or less per serving 	See P.70 and P.71
Cereal bars	<ul style="list-style-type: none"> ✧ Cereals or fruit should be the first ingredients² ✧ Fat: contains 3 grams or less per serving ✧ Saturated fat: contains 1 gram or less per serving ✧ Sodium: contains 360 grams or less per serving ✧ Sugar is not at the first place of the list of ingredients (for cereal bars with fruit as the first ingredient, the content of sugar should be 16 grams or less per serving) 	See P.71
Dried vegetables/fruit chips	<ul style="list-style-type: none"> ✧ Fruit/vegetables should be the first ingredient² ✧ Non-deep fried ✧ No added salt, sugar and oil² 	See P.72
Dairy food products (such as cheese, yogurt, etc.)	<ul style="list-style-type: none"> ✧ Milk should be the first ingredient² ✧ Fat: contains 3 grams or less per serving ✧ Sodium: contains 360 grams or less per serving ✧ No added sugar 	See P.74

1. 'Trans fat' may exist in the ingredients information on food packaging in the name as 'vegetable shortening', 'partially hydrogenated vegetable oil', 'hydrogenated vegetable oil' and 'margarine'.
 2. Please note the 'Ingredients' or 'Contents' on the food packaging.

Beverages

Type of Drinks	Nutritional requirements	Examples
Dairy products	<ul style="list-style-type: none"> ✧ Milk should be used as the first ingredient² ✧ Fat: contains 1.5 grams or less per 100 ml ✧ No added sugar² 	See P.65
Soy milk	<ul style="list-style-type: none"> ✧ Other than water, soybeans should be used as the first ingredient² ✧ Fat: contains 1.5 grams or less per 100 ml ✧ Sugar: contains 5 grams or less of sugar per 100 ml 	See P.66
Fruit and vegetable juices (including fruit and vegetable juices made from concentrated products)	<ul style="list-style-type: none"> ✧ 100% fruit juice, vegetable juice or combo ✧ No added salt or sugar² 	See P.67

1. 'Trans fat' may exist in the ingredients information on food packaging in the name as 'vegetable shortening', 'partially hydrogenated vegetable oil', 'hydrogenated vegetable oil' and 'margarine'.
 2. Please note the 'Ingredients' or 'Contents' on the food packaging.

(Appendix II) An Overview of Food Labels

List of Ingredients

Preceded by an appropriate heading consisting of the words “ingredients”, “composition”, “contents” or words of similar meaning, the ingredients shall be listed in descending order by weight or volume determined as at the time of their use when the food was packaged. This is in keeping with current legal requirement. Hence, consumers can take reference from the order of ranking of ingredients, for example, salt, oil and sugar, to compare between different products of the same types. Set out below are the ingredients of different types of orange juices.

Ingredients:
Water, Soybeans, Malt, Sugar, Tricalcium Phosphate, Milk Solid and Stabilizer (460 & 466), Salt, Acidity Regulator (500), Flavouring

Sample of the list of ingredients for a pack of soy milk of 250 ml

Samples of the list of ingredients for red, yellow and green orange juices

Ingredients:
100% Pure Orange Juice from Concentrate, Vitamin-C

Orange Juice “To Choose More”: No sugar added

Ingredients:
Water, Concentrated Orange Juice, **Sugar**, Pulp, Acidity Regulator(330), Preservative (202), Vitamin-C, Natural Colour (160a), Vitamin-E

Orange Juice “To Choose in Moderation”: Sugar **is not** listed in the first or second place of the list of ingredients.

Ingredients:
Water, **Sugar**, Concentrated Orange Juice, Acidity Regulator (550), Vitamin-C, Natural Flavouring (Orange), Colour (110), Acidity Regulator(500), Preservative (211)

Orange Juice “To Choose Less”: Sugar is listed in the first or second place of the list of ingredients.

Nutrition Labels

The Food and Drugs (Requirements for Nutrition Labelling and Nutrition Claim) Regulation 2008 to be enforceable by Food and Environment Hygiene Department after a two-year grace period, will take effect from 1 July 2010. All pre-packaged food by then must attach nutrition labels that include the information on energy and seven core nutrients, namely, protein, carbohydrates, total fat, saturated fat, trans fat, sodium and sugars. Many food manufacturers started to enumerate the nutrition facts of food on nutrition labels. This will empower consumers to have a better understanding on the nutritional value of food, to facilitate comparison of food items of the same type, and to make an informed choice. For more details of the nutrition labelling system, please refer to the websites of the Food and Health Bureau (<http://www.fhb.gov.hk>) or the Centre for Food Safety (www.cfs.gov.hk) under the Food and Environment Hygiene Department.

Nutrition labels refer to the listing of nutrition content of food in a standardized manner. The information is often presented in a tabulated format. The serving size of the food may also be shown.

Nutrition Facts 營養成分		
Serving Per Packet: 5		每容器份量數目: 5
Serving Size: 20g		食用分量: 20克
	Per 100 g 每100克	Per Serving 每食用分量
Energy 總熱量	420 kcal	84 kcal
Total Fat 總脂肪	20 g	4 g
Saturated Fat 飽和脂肪	10 g	2 g
Trans Fat 反式脂肪	8 g	1.6 g
Total Carbohydrate 總碳水化合物	50 g	10 g
Dietary Fibre 膳食纖維	2	0.4
Sugar 糖	10 g	2 g
Protein 蛋白質	10 g	2 g
Sodium 鈉	900 mg	180 mg

Sample of the nutrition label for a pack of 100- gram biscuit

Part of information from Food and Environment Hygiene Department

(Appendix III) Recommended Serving Size for Snacks

Before selling pre-packaged snacks, schools should refer to the suggested serving size printed on nutrition labels. As to packaged beverages, the serving size should not exceed 250 ml. If the tuck shops prepare their own food or purchase “Snacks to Choose More” in bulk, they should refer to the table below for the recommended serving size when selling food to children.

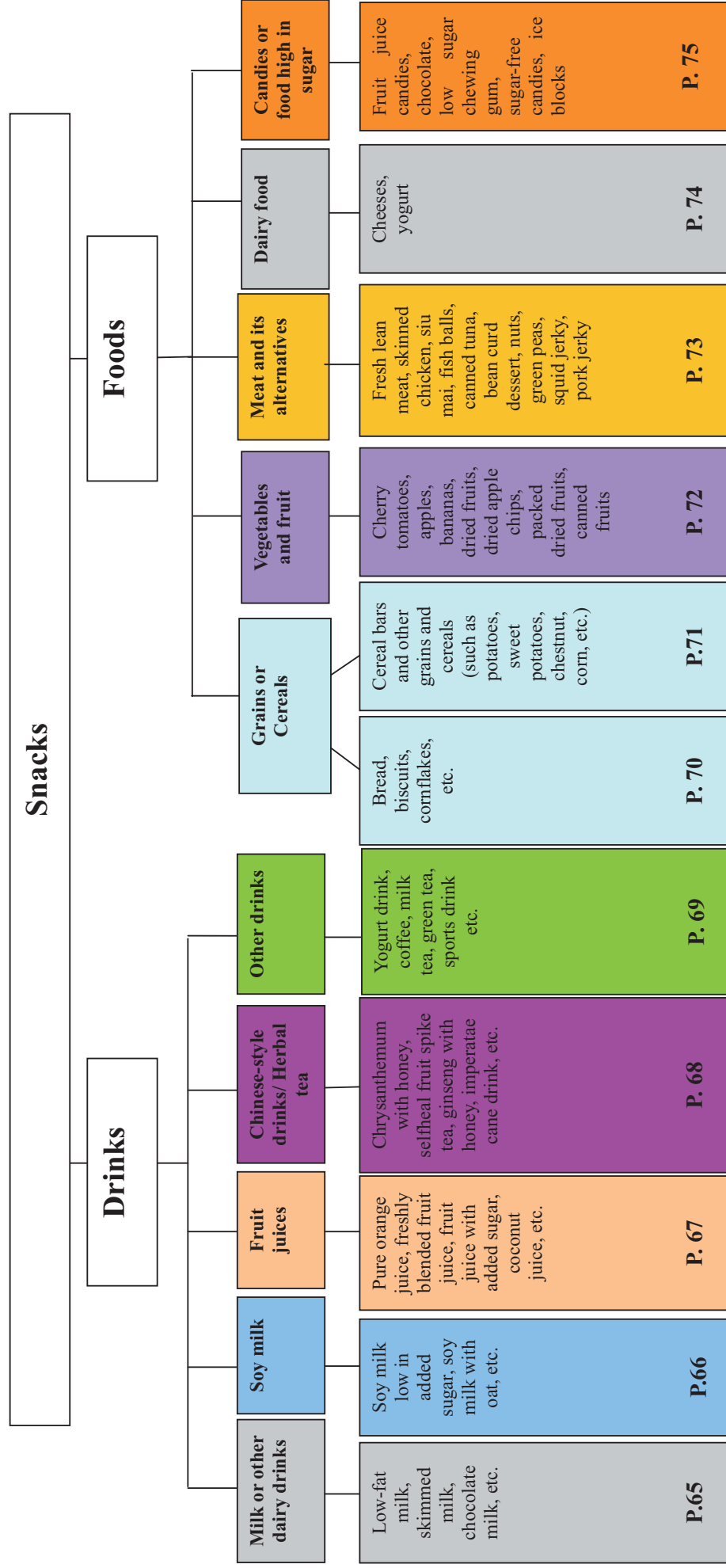
Type of food	Recommended Serving Size	Weight
Cereals		
Biscuits	Approx. 3 pieces	30 g
Sponge cakes	Approx. 1 piece (a cake of 10 inches in diameter cutting into 12 pieces)	55 g
Other crisps	Approx. 1/3 bowl	30 g
Corn kernels	Approx. 1/2 bowl	85 g
Baked potatoes	Approx. 1/2 bowl	85 g
Vegetables		
Fresh vegetables	Approx. 1 bowl (uncooked) / half bowl (cooked)	85 g
Freshly blended vegetable juices	Approx. 1 glass	240 ml
Fruit		
Canned fruit	Approx. 3/4 bowl	140 g
Dried fruit	Approx. 1 small box	40 g
Dried fruit chips	Approx. 1/2 bowl	30 g
Fresh blended fruit juices	Approx. 1 glass	240 ml
Meat and its alternatives		
Eggs	Approx. 1 piece (medium size)	50 g
Canned tuna (in spring water)	Approx. 1/3 bowl	55 g
Unsalted nuts or seed	Approx. 2 tablespoons	30 g
Unsalted green peas	Approx. 2 tablespoons	35 g
Others		
Low fat salad dressing	1 tablespoon	15 g

1 bowl = 240 ml

Source: U.S. Food and Drug Administration

(Appendix IV) Flow Chart on Classification of Snacks

There are a lot of different types of foods in the market. Relying only on the marketing information or claims on the food packaging, schools, tuck shop operators and parents will find it hard to identify and select healthy snacks for children. This appendix provides an easy way of classifying snacks under the categories “To Choose More”, “To Choose in Moderation” or “To Choose Less”, thereby helping schools, operators and parents to purchase healthy food products.



Note: All packaged drinks sold in schools should not be more than 250 ml

Milk or other dairy drinks

	“To Choose More”	“To Choose in Moderation”
Classification criteria (Please refer to the nutrition label on the food for the nutrient content)	<ul style="list-style-type: none"> ➤ No sugar added¹ and ➤ ≤1.5 g of fat per 100 ml 	<ul style="list-style-type: none"> ➤ Sugar added¹ or ➤ >1.5 g of fat for per 100 ml
Examples	Low-fat milk, skimmed milk	Low-fat chocolate milk, low-fat yogurt drink, whole-fat milk, yogurt drink, strawberry milk or other fruit-flavoured milk

Ingredients: Water, Fresh Milk, Milk Solid, Stabilizer (E460, E466, E407, E170), Vitamin A 及 D.

Sample of the ingredient list and nutrition label of low-fat milk

Nutrition Information 營養資料	
Serving Per Packet: 1 每罐份量數目: 1	每100毫升
Serving Size: 240ml 食用分量: 240毫升	Per 100mL
Energy 能量	42 kcal(千卡)
Protein 蛋白質	3.4 g (克)
Total Fat 總脂肪	1.0 g (克)
Saturated Fat 飽和脂肪	0 g (克)
Trans Fat 反式脂肪	0 g (克)
Carbohydrate 碳水化合物	5 g (克)
Sugar 糖	5 g (克)
Sodium 鈉質	44 mg (毫克)
Calcium 鈣	119 mg (毫克)

1. Please refer to Appendix II (P.61) for more information about list of ingredients.

Note: All packaged drinks sold in schools should not be more than 250 ml

Soy milk		
	“To Choose More”	“To Choose in Moderation”
Classification criteria (Please refer to the nutrition label on the food for the nutrient content)	Per 100 ml contain ➢ ≤1.5 g of fat and ➢ ≤5 g of sugar	Per 100 ml contain ➢ >1.5 g of fat or ➢ >5 g of sugar
Examples	Low-sugar soy milk, low-sugar soy milk with oat	Ordinary sugar-added soy milk

Nutrition Information 營養資料	
Serving Per Packet: 1 Serving Size: 250ml	每份淨量: 1 食用分量: 250毫升
每100毫升 Per 100mL	
Energy 能量 Protein 蛋白質 Total Fat 總脂肪 Saturated Fat 飽和脂肪 Trans Fat 反式脂肪 Carbohydrate 碳水化合物 Sugar 糖 Sodium 鈉質 Calcium 鈣	41 kcal(千卡) 0 g (克) 1.4 g (克) 0 g (克) 0 g (克) 7 g (克) 4.9 g (克) 0 mg (毫克) 140 mg (毫克)

Sample of the nutrition label of low-sugar soy milk

Note: All packaged drinks sold in schools should not be more than 250 ml

		Fruit juices		
		“To Choose More”	“To Choose in Moderation”	“To Choose Less”
Classification criteria		<ul style="list-style-type: none"> No sugar added¹ 	<ul style="list-style-type: none"> Sugar added but sugar is not listed in the first or second place of the list of ingredients¹ 	<ul style="list-style-type: none"> Fruit juices that contain fat Sugar added and sugar is listed in the first or second place of the list of ingredients¹
Examples		100% pure fruit juices, freshly blended fruit juices (coconut juice does not belong to this category)	Fruit juices with added sugar (coconut juice does not belong to this category)	Cartoned fruit juices with added sugar, pure coconut juice

**Ingredients:
100% Orange Juice from Concentrate, Vitamin C**

Sample of the ingredient list of pure fruit juice

1. Please refer to Appendix II (P.61) for more information about list of ingredients.

Note: All packaged drinks sold in schools should not be more than 250 ml

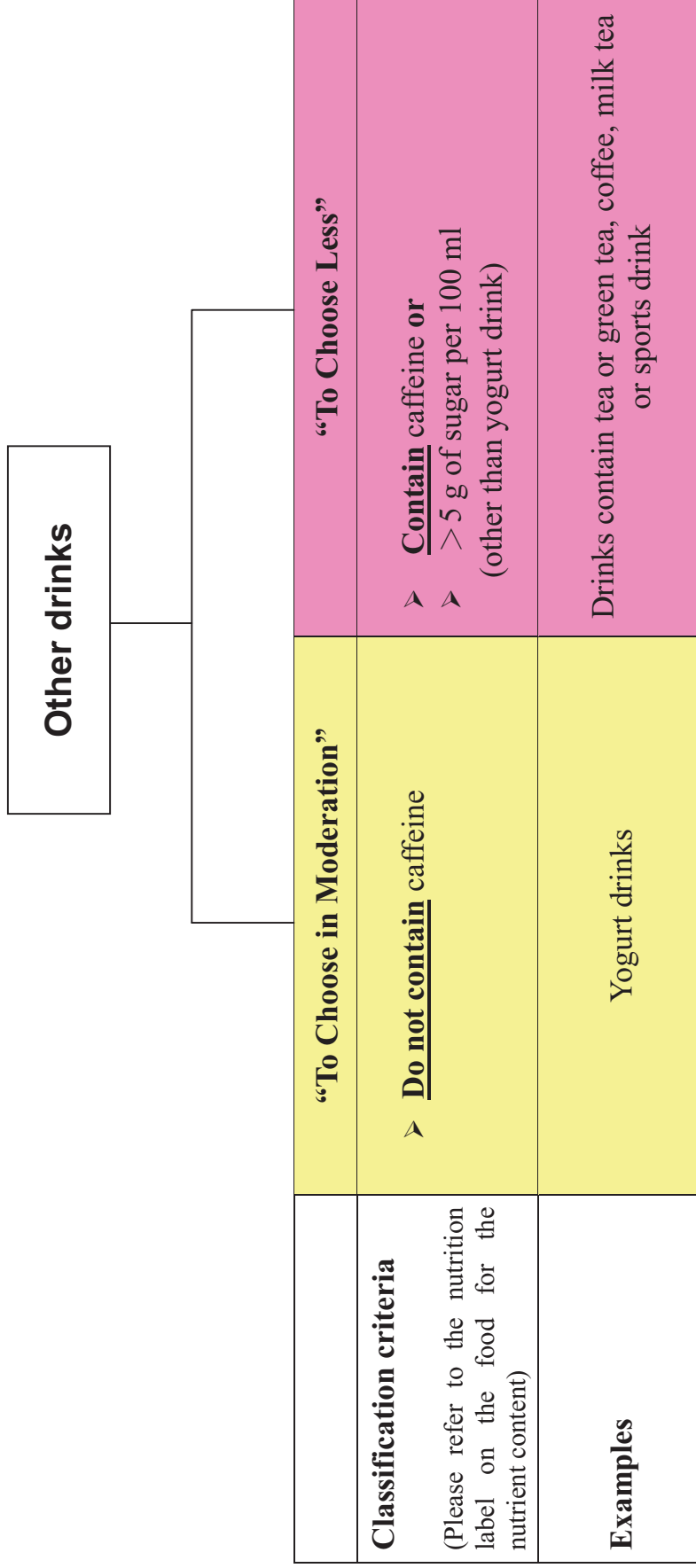
Chinese-style drinks/
herbal tea

	“To Choose in Moderation”	“To Choose Less”
Classification criteria (Please refer to the nutrition label on the food for the nutrient content)	Per 100 ml contain ➢ ≤5 g of sugar	Per 100 ml contain ➢ >5 g of sugar
Examples	Chinese-style drinks/ herbal tea low in sugar	Usual Chinese-style drinks/ herbal with added sugar

Nutrition Information 營養資料	
Serving Per Packet: 5 Serving Size: 100ml	每份器份量數目: 5 食用分量: 100毫升
	每100毫升 Per 100mL
Energy 能量	30 kcal(千卡)
Protein 蛋白質	0 g (克)
Total Fat 總脂肪	0 g (克)
Saturated Fat 飽和脂肪	0 g (克)
Trans Fat 反式脂肪	0 g (克)
Carbohydrate 碳水化合物	7 g (克)
Sugar 糖	5 g (克)
Sodium 鈉質	0 mg (毫克)

Sample of the nutrition label of low-sugar Chinese-style herbal tea

Note: All packaged drinks sold in schools should not be more than 250 ml



Note: All pre-packaged food sold in schools should be packed or supplied according to the recommended serving size on the nutrition label

Bread, biscuits, cornflakes

	“To Choose More”	“To Choose in Moderation”	“To Choose Less”
Classification criteria (Please refer to the nutrition label on the food for the nutrient content)	Per serving contains <ul style="list-style-type: none"> • ≤3 g of fat • ≤1 g of saturated fat and • ≤360 mg of sodium 	Per serving contains <ul style="list-style-type: none"> • >3 g of fat • >1 g of saturated fat or • >360 mg of sodium 	Per serving contains <ul style="list-style-type: none"> • >3 g of fat • >1 g of saturated fat or • >360 mg of sodium
Examples Wheat bread, plain biscuits, low-fat wheat biscuits	Plain sponge cake, saltine soda cracker, rice crackers, animal biscuits, prawn crackers	Wafer biscuits/sandwich biscuit, cream-filled bun, cheese cake, chocolate muffin, croissant, butterfly danish, cookies	

Nutrition Information 營養資料

Serving Per Packet: 5 每罐份量數目: 5
 Serving Size: 20g 食用分量: 20克

	Per 100 g 每100克	Per Serving 每食用分量
Energy 總熱量	420 kcal	84 kcal
Protein 蛋白質	10 g	2 g
Total Fat 總脂肪	20 g	3 g
Saturated Fat 飽和脂肪	10 g	1 g
Trans Fat 反式脂肪	8 g	0 g
Carbohydrate 碳水化合物	50 g	10 g
Sugar 糖	10 g	2 g
Sodium 鈉	900 mg	180 mg
Dietary Fibre 膳食纖維	2 g	0.4 g

Sample of the nutrition label of soda crackers

Note: All pre-packaged food sold in schools should be packed or supplied according to the recommended serving size on the nutrition label

Cereal bars and other cereal food

Type of food	“To Choose More”		“To Choose in Moderation”		“To Choose Less”
	Other grains and cereals	Cereal bars	Other grains and cereals	Cereal bars	Other grains and cereals
Classification criteria (Please refer to the nutrition label on the food for the nutrient content)	<ul style="list-style-type: none"> No salt, oil and sugar added Cooked by baking or boiling 	<ul style="list-style-type: none"> Per serving contains <ul style="list-style-type: none"> ≤3 g of fat ≤1 g of saturated fat and ≤360 mg of sodium Sugar is not at the first place of the list of ingredients¹ (for cereal bars with fruit as the first ingredient, the content of sugar is 16 grams or less per serving) 	<ul style="list-style-type: none"> Non deep fried, but with salt, oil and sugar added 	<ul style="list-style-type: none"> Per serving contains <ul style="list-style-type: none"> >3 g of fat >1 g of saturated fat or >360 mg of sodium With added sugar and sugar is at the first place of the list of ingredients¹ (for cereal bars using fruits as the first ingredient, content of sugar is more than 16 g per serving) 	<ul style="list-style-type: none"> Deep fried food
Examples	Potatoes, sweet potatoes, chestnut, corn	Low fat fruit-based cereal bars	Corn kernels served with butter, non-deep fried instant noodle	Ordinary cereal bar	Hash brown, deep-fried instant noodle, potato chips

Ingredients: Dried Fruit (40%), Whole Grain Rolled Oats, Glucose Syrup, Cane Sugar, Pumpkin Seeds, Vegetable Oil, Honey.

Nutrition Information 營養資料	
Serving Per Packet: 6 每餐份量數目: 6	Per 100 g 每100克
Serving Size: 40g 食用分量: 40克	Per Serving 每食用分量
Energy 總熱量	140 kcal
Protein 蛋白質	2.0 g
Total Fat 總脂肪	2.4 g
Saturated Fat 飽和脂肪	0.5 g
Trans Fat 反式脂肪	0 g
Carbohydrate 碳水化合物	27.5 g
Sugar 糖	16 g
Sodium 鈉	60 mg
Dietary Fibre 膳食纖維	2.0 g

Sample of the ingredient list and nutrition label of low-fat cereal bars

1. Please refer to Appendix II (P.61) for more information about list of ingredients.

Note: All pre-packaged food sold in schools should be packed or supplied according to the recommended serving size on the nutrition label

Vegetables and fruit

	“To Choose More”	“To Choose in Moderation”	“To Choose Less”
Classification criteria (Please refer to the nutrition label on the food for the nutrient content)	<ul style="list-style-type: none"> ➤ Non deep-fried and ➤ No salt, oil and sugar added¹ 	<ul style="list-style-type: none"> ➤ Non deep-fried but with salt, oil or sugar added 	<ul style="list-style-type: none"> ➤ Deep-fried food
Examples	Cherry tomatoes, bananas, apples, raisins, dried plums, dried apricots, dried vegetable or fruit chips	Dried pineapple or mango with sugar, sea-weed with salt, canned fruit in syrup	Deep-fried sea-weed, deep-fried sweet potatoes, deep-fried pumpkin chips

Ingredient: Seedless Prune, Preservatives (E202)

Sample of the ingredient list of no-added-sugar prune

1. Please refer to Appendix II (P.61) for more information about *list of ingredients*.

Note: All pre-packaged food sold in schools should be packed or supplied according to the recommended serving size on the nutrition label

Meat and its alternatives

	“To Choose More”	“To Choose in Moderation”	“To Choose Less”
Classification criteria	<ul style="list-style-type: none"> ➤ Non deep-fried and ➤ No salt, oil and sugar added¹ 	<ul style="list-style-type: none"> ➤ Meat with higher content of fat ➤ Processed food that are non deep-fried, but with salt, oil or sugar added 	<ul style="list-style-type: none"> ➤ Deep fried food ➤ Food with relatively more salt, oil and sugar added
Examples	Fresh lean meat for use to make sandwiches, skinned chicken, self-made meat balls, boiled eggs, canned tuna in spring water, unsweetened bean curd dessert, unsalted nuts or green peas	Baked chicken wings, spicy boiled eggs, sausages, ham, fish meat siu mai, non deep-fried fish balls, meat balls, dumplings, canned tuna in oil or brine, sweetened bean curd dessert, salted nuts, wasabi green peas	Deep-fried fish balls, deep-fried chicken wings, deep-fried pork chop, beef jerky, pork jerky, pork floss, fish meat sausage, squid jerky

Ingredients: Almond

Sample of the ingredient list of unsalted almond.

1. Please refer to Appendix II (P.61) for more information about *list of ingredients*.

Note: All pre-packaged food sold in schools should be packed or supplied according to the recommended serving size on the nutrition label

Dairy food			
	“To Choose More”	“To Choose in Moderation”	“To Choose Less”
Classification criteria (Please refer to the nutrition label on the food for the nutrient content)	<ul style="list-style-type: none"> ➢ No sugar added¹ ➢ Per serving contains <ul style="list-style-type: none"> • ≤3 g of fat and • ≤360 mg of sodium 	<ul style="list-style-type: none"> ➢ Sugar added¹ or ➢ Per serving contains <ul style="list-style-type: none"> • >3 g of fat or • >360 mg of sodium 	<ul style="list-style-type: none"> ➢ More sugar added¹ ➢ Per serving contains <ul style="list-style-type: none"> • >3 g of fat or • >360 mg of sodium
Examples	Low-fat cheese, plain yogurt	Low-fat cheese, low-fat yogurt with sugar, whole-fat yogurt with sugar	Ice cream, condensed milk

Nutrition Information 營養資料	
Serving Per Packet: 10 每容器份量數目: 10	Per Serving 每食用分量
Serving Size: 28g 食用分量: 28克	48 kcal
Energy 總熱量	6.9 g
Protein 蛋白質	2 g
Total Fat 總脂肪	1.2 g
Saturated Fat 飽和脂肪	0 g
Trans Fat 反式脂肪	0.5 g
Carbohydrate 碳水化合物	0.2 g
Sugar 糖	171 mg
Sodium 鈉	

Ingredients: Pasteurized and Skimmed Cow’s Milk, Cheese, Milk Proteins, Butter, Emulsifying Salt (E452, E450), Salt, Thickener (E407), Preservative (E202)

Sample of the nutrition label and ingredient list of low-fat

1. Please refer to Appendix II (P.61) for more information about *list of ingredients*.

Note: All pre-packaged food sold in schools should be packed or supplied according to the recommended serving size on the nutrition label

Candies or food high in sugar

“To Choose Less”	
Classification criteria	<ul style="list-style-type: none"> ➢ High in sugar or ➢ Low in nutritional value and contains artificial sweetener
Examples	Fruit drops, chocolate, sugar-free candies, low sugar chewing gum, ice blocks

(Appendix V) Healthy Snacks Monitoring Checklist

This checklist helps you to monitor the nutritional value of snacks provided from the tuck shop or vending machines, and to measure the progress of setting up a healthy eating environment at your school. The more ‘YES’ you answer in Part 2 and 3 of this checklist, the better your school performs in promoting healthy snacks.

1. Please **TICK** the appropriate box:

Students can buy snacks at school from: The school tuck shop Vending machines Both

Please **TICK** the appropriate box and consider any **ACTIONS** required to improve current situation if you answer ‘No’.

2. Supply of Healthy Snack	Yes	No	Don't know	Actions to be taken (Please refer to Section 7.3 of the Guidelines)
a. Are healthy snacks ONLY supply at recess to avoid students skipping lunch?				
b. Are all snacks packed in small serving sizes (i.e. not large enough to affect students' appetite for next main meal or replace a main meal or sold in pre-packages according to the recommended serving size printed on the nutrition label)?				
c. Is the tuck shop or vending machine NOT selling any 'Snacks to Choose Less'?				
d. Are 'Snacks to Choose in Moderation' only provided on a limited number of days a week or limited in supply?				
e. Is there any clear signage posted at the point of purchase to remind customers to consume 'Snacks to Choose in Moderation' in moderation?				
f. Are 'Snacks to Choose More' provided in the school tuck shop or vending machines? (i.e. snacks provide important nutrients and contain less fat, salt (sodium), sugar and no artificial sweeteners)				
g. Are the prices of 'Snacks to Choose More' generally lower than those of 'Snacks to Choose in Moderation'?				

Healthy Snacks Monitoring Checklist (continued)

3. School/Tuck Shop Activity	Yes	No	Don't know	Actions to be taken (Please refer to Section 7.3 and 7.4 of the Guidelines)
a. Are parents and students involved in setting healthy eating policies for your school?				
b. Are all promotional activities or events for 'Snacks to Choose Less' and 'Snacks to Choose in Moderation' prohibited at your school (please see Section 6.1.2 of the Guidelines)?				
c. Is there any recognition given to students for choosing 'Snacks to Choose More'?				
d. Does the tuck shop distinguish 'Snacks to Choose More' from 'Snacks to Choose in Moderation' to help students opt for healthier choices?				
e. Are there any promotional campaigns to raise students' awareness and receptiveness of healthy snacks e.g. cereal week, soy week, fresh fruit week, fresh vegetables week etc.?				
f. Have your school built nutrition into school curricula to educate students about healthy food choices?				

