A

Biscuits

B

Biscuits

低鹽 LOW SALT ①

② Nutrition Information of Biscuits A

per 100g	
Energy	XXkcal
Protein	XXg
Total fat	XXg
Saturated fat	2.0g
Tans fat	0.5g
Carbohydrates	XXg
Sugars	XXg
Sodium	700mg

Nutrition Information of Biscuits B

per 100g	
Energy	XXkcal
Protein	XXg
Total fat	XXg
Saturated fat	1.6g
Tans fat	0.4g
Carbohydrates	XXg
Sugars	XXg
Sodium	110mg

③ Tips for Choosing Healthier Food

Check out the fat, sugars and sodium (or salt) contents in nutrition labels and make a healthier choice of "3 Low".

	What is High? (Choose less)		What is Low? (Choose more)	
	Per 100 g (more than)	Per 100 mL (more than)	Per 100 g (not more than)	Per 100 mL (not more than)
Total fat	20 g		3 g	1.5 g
Sugars	15 g	7.5 g	5 g	
Sodium	600 mg	300 mg	120 mg	

食物環境衞生署 Food and Environmental Hygiene Department   食物安全中心 Centre for Food Safety

Nutrients	Daily intake upper limits	Excessive intake will increase risk of developing
Total fat	60 g*	Overweight and obesity
Sugars	50 g*	
Saturated fat	20 g*	Heart diseases
Trans fat	2.2 g*	
Cholesterol	300 mg	
Sodium	2000 mg	High blood pressure and stomach cancer

*Based on a 2000-kcal diet. Individual intake amounts may be higher or lower depending on energy requirements.

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Liying Dong

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