



學生小食營養指引

適用於中、小學

Nutritional Guidelines on Snacks for Students

For Use in Primary and Secondary Schools

學 生 小 食 營 養 指 引
適 用 於 中、小 學

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For Use in Primary and Secondary Schools

衛 生 署

Department of Health

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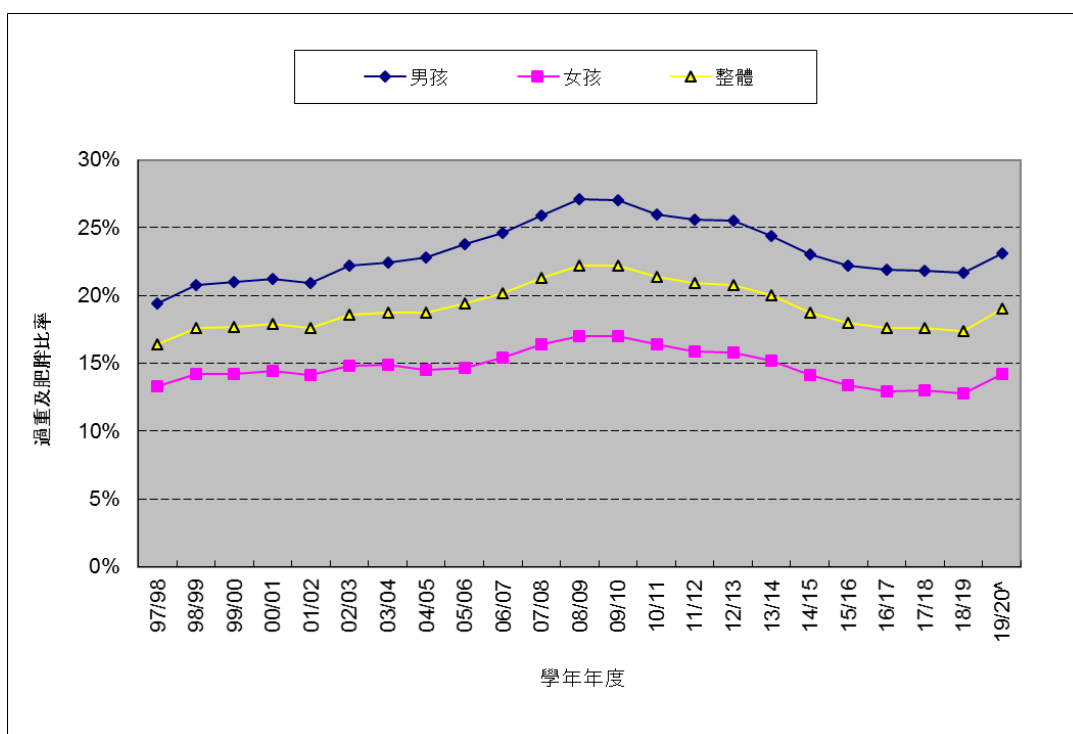
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1. 背景

1.1 健康飲食是促進學生成長的重要因素，亦有助預防肥胖及多種慢性疾病，例如心臟病、糖尿病、高血壓和某些癌症。但現時本港學生由於種種原因而未能遵行健康飲食模式。進食或飲用過多高熱量的小食或飲品，並且欠缺體能活動，可導致過重和肥胖。衛生署的資料顯示，小學生的過重及肥胖比率由一九九七／九八學年的 16.4% 增至二零零八／零九學年的 22.2%。雖然近年小學生的過重及肥胖比率呈下降趨勢，但二零一九／二零[^]學年的相關比率仍高達 19%（見圖一）。換言之，約每五名學生便有一名屬於過重或肥胖。



（圖一）香港小學生過重及肥胖率

（資料來源：衛生署學生健康服務）

[^] 因應 2019 冠狀病毒病的影響，學生健康服務中心自二零二零年一月二十九日起暫停提供二零一九／二零學年的學生年檢服務。由於服務嚴重受阻，影響了二零一九／二零學年接受服務的學生人數和出席模式，直接比較二零一九／二零學年與其他學年的數據時須謹慎處理。

1.2 兒童每天有大部分時間在學校度過，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。家長的角色亦同樣重要，不僅在於配合學校教學方針，還有教育兒童實踐健康飲食，以及作兒童的榜樣。

1.3 自二零零六／零七學年起，衛生署聯同教育局、食物環境衛生署、教育界及專業團體推行「健康飲食在校園」運動，透過建立良好的飲食文化，為學生提供健康午膳和小食及加強營養教育等策略，致力改善學生的飲食習慣，讓他們得以健康成長，為促進全人發展和終身學習奠定良好的基礎。

2. 健康「小食」在校園

2.1 「小食」指正餐之間所進食的適量食物（包括飲品）。健康小食是兒童飲食模式的其中一部分，有助兒童成長和發育。一般而言，兒童由於胃部容量較小、活動量較大，一日三頓正餐未必能充分地補充日常所消耗的熱量或提供身體所需的營養素，故或需要適當地進食健康的小食，以作補充。健康小食的分量應不影響兒童進食下一頓正餐的胃口。另外，為減低蛀牙的風險，學生應於正餐之間只進食一次小食，以及在正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，在於教育學生選擇健康食物，並提供一個健康飲食環境，使他們更容易作出健康之選。與其禁止學生進食小食，倒不如讓他們學習如何明智地選擇營養價值高和分量適中的小食。外地經驗證實在教職員、家長及小食部營運商的共同努力下，學生可進食更多健康小食。

2.3 可惜，早前一項調查發現學校小食部出售的小食大多數是高油、鹽或糖。這些小食足以妨礙學生攝取發育所需的營養素，影響成長和健康。與此同時，部分小食部被自動售賣機取代。學生在缺乏指導和監察的情況下自由選購食物時，更需要學校聯同家長及小食供

應商，合力營造一個理想的校園健康飲食環境。

2.4 有見及此，衛生署於二零零六年首次推出《小學小食營養指引》（下稱指引），提示及協助校長、老師、家長及小食供應商向學生提供較健康的食物，保障學生健康。

3. 目的

3.1 參照世界衛生組織的建議，本指引的目標是協助學生：

- 達到熱量平衡和健康體重
- 增加水果和蔬菜進食量
- 減少總脂肪攝入量
- 減少糖分攝入量
- 減少鹽分（鈉質）攝入量

4. 本指引的使用者

4.1 小食部或自動售賣機並不是學校的必要設施。當學校考慮應否設立小食部和／或自動售賣機時，必須清楚明白這些設施對學生健康的潛在影響，以保障學生的健康和成長。

4.2 對於設有小食部和／或自動售賣機的學校，建議下列人士參考本指引第六節，先檢視不同小食的營養價值對身體的影響，才決定是否向學生出售該食品及飲品：

- 小食部或自動售賣機營運商
- 負責監察校內小食供應的教職員及家長

4.3 至於沒有設置小食部或自動售賣機的學校，教職員和家長可參考本指引第六節或「健康飲食在校園」運動的專題網站（<https://school.eatsmart.gov.hk>）內有關小食的健康飲食資訊，引導學生選擇適量的健康小食。

5. 關於本指引

5.1 本指引於二零零六年六月首次發布，除了參考外地經驗和本地情況外，亦諮詢多個政府部門、專業團體、學術界和家長組織。指引的重點在於小食的**營養價值**。這些小食泛指來自家中、商店、學校小食部或自動售賣機的食品和飲品。指引提供**實用指導**予小食供應商、家長和教職員，協助他們在校內為學生提供適量的健康食品和飲品。

5.2 為使指引更能切合實際需要，本署分別於二零零九年六月、二零一零年十二月、二零一四年十二月及二零一八年十月作出修訂。由於本署在二零一零年十二月修訂時把指引內容延伸至適用於中學，指引的名稱亦相應更新為《學生小食營養指引》。

5.3 二零一八年，衛生署聯同專業團體、學術界及醫院管理局代表組成營養工作小組，對本指引加以審閱。此版本於二零二二年發布，是指引的第六版。此版本主要的更新內容為：

- 加入更多小食例子
- 介紹衛生署的「至『營』小食站」網頁

6. 小食質量的要求

6.1 此部分主要訂明小食質量的要求，以免學生攝入過量的熱量、脂肪、鹽分及糖分。

6.2 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：

「質」：

😊 「適宜選擇」的小食：含較少脂肪、鹽和糖的小食，大多是新鮮的食物，鼓勵學生選擇此類小食。

😐 「限量選擇」的小食：含較多脂肪、鹽或糖的小食。建議學生限制進食次數。

😞 「少選為佳」的小食：脂肪、鹽或糖含量高的食物，以及含咖啡因（泛指咖啡、奶茶、紅茶、綠茶或添加了咖啡因的飲品）或甜味劑（代糖）的食物及飲品（此限制只適用於小學生），建議學生少吃為妙，以免影響健康及妨礙成長。

「量」：

為免學生因進食過量小食而影響正餐的胃口，每次供應或出售給學生的小食分量不宜多於 **125 千卡^{*} 熱量**，飲品方面則以 **250 毫升或以下為佳**。附件一「小食建議供應分量」表列出約 125 千卡的小食分量，若小食部自製或購入散裝的小食時，亦可作參考。

6.3 培養飲食行為及改變環境需時，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小食部或自動售賣機出售「少選為佳」的小食，進而勸喻學生不要自備「少選為佳」的小食回校。關注學生健康的人士應以「適宜選擇」的小食取代「限量選擇」及「少選為佳」的小食為最終目標。

「適宜選擇」的小食

6.4 營養素例如碳水化合物、蛋白質、膳食纖維、鈣質或維生素，對學生的健康和成長十分重要。學校應以「適宜選擇」的小食作為小食部和自動售賣機主要供應的食物，因為這類小食**能為學生提供重要的營養素**，同時又含較少**脂肪、鹽和糖**。例如新鮮蔬果含豐富的膳食纖維，可令學生產生飽肚的感覺，防止他們過量進食，從而有助

^{*} 1 千卡 ≈ 4.2 千焦

減低患上肥胖和心血管疾病的風險；奶類及代替品（下稱奶品類）則含豐富的鈣質，有助維持骨骼和牙齒的健康。學生亦應多選擇此類食物作為小食。

6.5 「適宜選擇」的小食例子如下：

- 😊 含較少脂肪、鹽和糖的麪包和其他穀物類的食物，例如全麥餐包
- 😊 無添加油、鹽、糖的蔬菜和水果，例如粟米粒和提子乾
- 😊 無添加糖的低脂或脫脂奶品類
- 😊 瘦肉及其代替品，例如乾焗原味果仁和焗雞蛋
- 😊 低糖及低脂飲品，例如無糖豆漿

😞 「限量選擇」的小食

6.6 儘管這類別的小食有一定的營養價值，但同時亦含較多的脂肪、鹽或糖，因此學校應限制供應及推廣這類小食。小食供應商應避免大量供應這類小食或放於當眼或方便接觸的地點，好讓學生較容易選購「適宜選擇」的小食。以每星期五個上課天計，建議學生進食不多於兩次這類小食。

6.7 校方可以透過限制每週供應日數或設置銷售量上限，以減少這類小食的供應。小食部和自動售賣機上可貼上清晰標誌，以區分「適宜選擇」和「限量選擇」的小食種類。

6.8 「限量選擇」的小食例子如下：

-  含較多脂肪、鹽或糖的麪包、餅乾和其他穀物類的食物
-  加工和醃製蔬菜
-  含添加糖的水果
-  全脂或含添加糖的奶品類
-  加工、醃製或脂肪含量較高的肉類及其代替品
-  純果汁

「少選為佳」的小食

6.9 強烈不鼓勵在校園出售**脂肪、鹽或糖含量高的小食**。經常食用脂肪、鹽或糖含量高的小食會增加患上肥胖、心臟病、糖尿病和某些癌症的風險。

6.10 此外，不建議提供含有咖啡因或甜味劑的食物及飲品給小學生，因為咖啡因有刺激腦部中樞神經的作用，過量攝取可令人

（特別是兒童，因他們分解咖啡因的能力較低）出現心跳加速、手震和影響睡眠等情況。另外，甜味劑提供的熱量雖然很少甚至不含熱量，但甜度卻十分高，或會培養兒童嗜甜的口味。

6.11 因此，為建立一個健康的校園飲食環境及協助學生培養健康飲食習慣，這類小食不應攜帶返校，亦不應在小食部或自動售賣機出售。

6.12 「少選為佳」的小食例子如下：

- ☹ 高熱量、脂肪、鹽或糖食物
- ☹ 高糖飲品
- ☹ 含咖啡因或甜味劑的食物及飲品（只適用於小學生）

6.13 教職員和小食供應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
- 口頭鼓勵消費某些食品
- 在顯眼地點放置食品、推廣資訊或品牌名稱和標誌，例如自動售賣機機身廣告

- 將這些食品贈予學校、師生或家長
- 將這些食品作為獎勵

6.14 詳細的小食分類營養準則見附件二。

7. 校園於節日慶祝活動的食物安排

7.1 很多傳統節日也和食物有關，例如復活節的朱古力蛋和中秋節的月餅。老師或希望於教學活動中介紹節慶食物給學生認識；可是，這些食物不少都屬高脂、高鹽或高糖類別。那麼，學校應否禁止這些食物呢？

7.2 誠然，食物文化和社交意義應受重視。根據健康飲食的原則，若選擇進食高脂、高鹽或高糖的食物，我們只宜淺嚐。因此，若學校認為有確實需要在校內向學生介紹甚至安排品嚐這些節慶食物，需注意以下事項：

- 盡量提供較健康的食物選擇，例如中秋節提供水果
- 如安排品嚐高脂、高鹽或高糖的節慶食物：
 - 先向學生說明這些食物的營養價值，才安排進食
 - 提醒學生只可進食少量
 - 以不影響正餐的胃口為原則
- 其他由午膳供應商、小食部和自動售賣機供應的食物，任何時候都必須符合《學生午膳營養指引》和《學生小食營養指引》的營養要求

8. 促進校園推廣和提供健康小食的工具簡介

8.1 為協助學校提供健康小食，衛生署提供以下載列於附件三的工具並上載至「健康飲食在校園」運動的專題網站（<https://school.eatsmart.gov.hk>）以供參考：

- 「至『營』小食站」網頁
- 《學校小食營養監察簡易手冊》
- 「學校小食營養監察表格」

「至『營』小食站」網頁

8.2 衛生署按小食營養分類準則開發了「至『營』小食站」網頁，以便使用者利用營養標籤的資料為預先包裝小食進行營養分類。此網頁亦會就進食分量作出建議。

8.3 另外，「有『營』小食資料庫」[†]載有過百款符合本指引中「適宜選擇」和「限量選擇」營養分類準則的預先包裝小食產品資料，協助大眾作出健康的選擇。

[†] 「有『營』小食資料庫」由香港營養學會開發。

《學校小食營養監察簡易手冊》和「學校小食營養監察表格」

8.4 透過恆常監察小食部和自動售賣機所提供的小食質量，並且客觀地記錄監察結果，學校便能使用有關數據向小食供應商反映意見，確保只供應健康的小食。建議學校每學年進行最少兩次小食營養監察。《學校小食營養監察簡易手冊》詳細列出有關小食監察的程序和「學校小食營養監察表格」的應用範例。

9. 給目標使用者的指導

9.1 為了讓學生建立良好的飲食習慣，我們鼓勵小食供應商、家長和教職員緊密合作，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指導。

9.2 對於促進學生健康飲食方面擔當重要角色的人士，我們推薦使用本指引附件四的「校園小食供應情況監察表」，以監察校園推行健康飲食的進度。

給小食供應商的指導

9.3 為支持校園的健康飲食環境，小食供應商應：

在採購小食時

- 經常參閱本指引以選擇健康的小食，並定期評估小食的質素，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、易於儲存和保質期較長的小食，例如獨立包裝的原味餅乾、乾果（例如提子乾、西梅乾、杏脯和脫水水果片）、經超高溫處理的紙盒裝牛奶。這些食品的包裝分量通常較小，因此更適合學生食用；

- 仔細閱讀食物標籤（營養標籤、成分、保質期和貯存方法），詳情可參考附件五「食物標籤簡介」；和
- 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

- 僅在午膳時間以外供應小食，避免學生以小食代替午餐；
- 確保所供應小食的分量不足以代替正餐，以免影響學生進食下一正餐的胃口，可參考附件一「小食建議供應分量」表；
- 若小食的分量足以取代午餐，應遵守衛生署的《學生午膳營養指引》；和
- 參考相關的食物安全指引來準備、貯存或出售自製小食。

在部署營銷和推廣方法時

- 吸引學生購買健康小食。例如為「適宜選擇」的小食訂立低於其他小食的價格，或用限時折扣刺激學生嘗試新的健康小食；
- 為消費者，即教職員、家長和學生，提供有關出售食品和飲品的營養價值最新資訊（至少需提供本指引附件二中所列明的食品和飲品營養分類資料）；
- 於顯眼位置或利用標語推廣「適宜選擇」的小食，或使用不同

容器或貼紙來區分「適宜選擇」和「限量選擇」的小食；

- 舉辦試食環節，讓學生嘗試不同口味的健康小食，有助他們作出多元化的選擇；和
- 定期與教職員、家長（家長教師會）和學生溝通，共同促進學生健康。

給教職員及家長（負責監察校內小食供應）的指導

9.4 為建立校內健康飲食環境，教職員及家長應在：

家校合作方面

- 通力合作，並在適當的時候諮詢營養師的意見，以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的重要性，並鼓勵他們以身作則和教導學生於合適的時候進食適量小食。為免影響進食下一頓正餐的胃口和影響牙齒健康，進食小食時間應與正餐相隔最少 1.5 至 2 小時，而且分量宜少；
- 多與其他教職員及家長溝通，確保他們能向學生灌輸正確的飲食知識及提供健康的學習及家庭環境，以助學生培養健康的飲食習慣；和
- 鼓勵學生在小息時多做運動，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

- 與小食供應商合作，共同遵守本指引，並提供健康的小食選擇，以協助鞏固學生的正面飲食行為；
- 利用附件三的「學校小食營養監察表格」和附件四的「校園小食供應情況監察表」，定期監察小食部和自動售賣機所售賣的小食及在校內推行健康飲食的措施；
- 將營養和健康飲食教育元素融入校本課程中，以及相關學習領域或學科的教學大綱，教導學生如何選擇健康的食物；
- 在學校集會和活動中推廣「適宜選擇」的小食；
- 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，提高學生對健康小食的重視和接受程度，例如舉辦穀物週、大豆週、水果月、蔬菜週，並嘉許實踐健康飲食模式的學生；
- 避免使用食物作為獎賞；和
- 禁止在校內活動推廣「限量選擇」和「少選為佳」的小食（見6.13 節）。

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（部份參考資料只備英文版本，而以上次序乃根據本指引的英文版本以英文字母順序排列）

11. 鳴謝

「健康飲食在校園」運動督導委員會

- 官立小學校長協會
- 食物環境衛生署
- 香港中文大學醫學院賽馬會公共衛生及基層醫療學院
- 香港心臟專科學院
- 香港特殊學校議會
- 香港肥胖醫學會
- 香港教育城
- 香港資助小學校長會
- 香港營養師協會
- 香港營養學會
- 家庭與學校合作事宜委員會
- 津貼小學議會
- 教育局

（以中文筆劃數目順序排列）

營養工作小組

- 食物環境衛生署
- 香港大學專業進修學院—食品及營養學
- 香港營養師協會
- 香港營養學會
- 醫院管理局

（以中文筆劃數目順序排列）

如對本指引有任何查詢或建議，請電郵至 eatsmart_school@dh.gov.hk。

如欲了解更多健康資訊，請瀏覽衛生署「健康飲食在校園」專題網站

(<https://school.eatsmart.gov.hk>)，或致電衛生署健康教育熱線 2833

0111。

衛生署 2022 年修訂

12. 附件

附件一：小食建議供應分量

縱使是較健康的小食，過量進食也會影響學生正餐的胃口，並會令他們吸收過多的熱量而增加體重；故建議每次出售小食的分量不宜多於 **125 千卡^a 熱量**，飲品方面則以 **250 毫升** 或以下為佳。

下表列出提供約 125 千卡的小食分量，若小食部出售自製或散裝的小食時亦可參考以下的建議供應分量。

食物類別	建議供應分量
穀物類	
餅乾	3-4 塊長方形，4-6 塊圓形
早餐穀物片（不包括牛奶）	1 碗
芝士多士	1 片方包配 1 片較低脂芝士
花生醬多士	1 片方包配 1½ 茶匙花生醬
果醬多士	1 片方包配 1½ 茶匙無添加糖的果醬
火腿三文治（一款餡料）	½ 份，1 片方包配 ½ 件火腿
雞蛋三文治（一款餡料）	½ 份，1 片方包配 ½ 隻雞蛋
吞拿魚沙律三文治（一款餡料）	½ 份，1 片方包配 2 茶匙罐裝水浸吞拿魚和 1 茶匙沙律醬
蔬菜類	
車厘茄	1 碗
粟米粒	½ 碗
田園沙律	1 碗（可添加不多於 1 湯匙的沙律醬）
用作三文治餡料的蔬菜	不限
純蔬菜汁	¾ 杯
水果類	
水果塊	½ 碗
提子乾	1 湯匙
西梅乾	1 湯匙
杏脯	4 件
脫水水果片	½ 碗
純果汁	¾ 杯
肉、魚、蛋及代替品	
雞蛋	1 隻
豉油雞翼	1 隻
蒸燒賣	3-5 件
蒸餃子	2-3 隻
乾焗原味果仁	2 湯匙

^a 1 千卡 ≈ 4.2 千焦

1 茶匙 ≈ 5 毫升，1 湯匙 ≈ 15 毫升，1 杯 ≈ 240 毫升，1 碗 = 250 至 300 毫升

資料來源：食物環境衛生署食物安全中心、美國農業部轄下的營養素資料實驗室

建議每次進食的小食分量
不宜多於 **125 千卡^a 熱量**。

附件二：小食分類營養準則

食品

使用指引：

- 如小食屬即食的預先包裝食品，可根據營養標籤和成分表的資料將其分類。
- 如小食是營養資料標籤制度不涵蓋的即食食品，例如新鮮、自製和散裝食品，則應參考「不附營養標籤的即食食品」以作分類。
- 有關小食的建議供應分量，請參考附件一。

即食的預先包裝食品（附營養標籤）

食品類別	食品例子	「少選為佳」的小食 產品符合以下 <u>任何一項</u> 條件	「限量選擇」的小食 產品並不符合「少選為佳」的小食條件， 但符合以下 <u>任何一項</u> 條件	「適宜選擇」的小食 產品符合以下 <u>所有</u> 條件
穀物類	- 餅乾 - 蛋糕 - 早餐穀物片 和穀物條 - 即食麩	每 100 克 - 總脂肪 >20.0 克 - 糖分 >15.0 克 - 鈉質 >600 毫克 含甜味劑 (此限制只適用於小學生)	每 100 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 糖分 >5.0 克 至 ≤15.0 克 - 鈉質 >120 毫克 至 ≤600 毫克 或 任何穀物類產品，符合每 100 克含膳食纖維 ≥3.0 克和以下任何兩項要求： 每 100 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 糖分 >5.0 克 至 ≤15.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	每 100 克 - 總脂肪 ≤3.0 克 - 糖分 ≤5.0 克 - 鈉質 ≤120 毫克
蔬菜類	- 紫菜 - 青豆 - 蔬菜片	每 100 克 - 總脂肪 >20.0 克 - 糖分 >15.0 克 - 鈉質 >600 毫克 含甜味劑 (此限制只適用於小學生)	每 100 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 糖分 >5.0 克 至 ≤15.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	每 100 克 - 總脂肪 ≤3.0 克 - 糖分 ≤5.0 克 - 鈉質 ≤120 毫克

^a 1 千卡 ≈ 4.2 千焦

即食的預先包裝食品（附營養標籤）

建議每次進食的小食分量
不宜多於 125 千卡^a 熱量。

食品類別	食品例子	「少選為佳」的小食 產品符合以下 任何一項 條件	「限量選擇」的小食 產品並不符合「少選為佳」的小食條件， 但符合以下 任何一項 條件	「適宜選擇」的小食 產品符合以下 所有 條件
水果類	- 乾果 - 罐裝水果 - 水果片	每 100 克 - 總脂肪 >20.0 克 - 鈉質 >600 毫克 含甜味劑 (此限制只適用於小學生)	含添加糖分 ^b 每 100 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	無添加糖分 ^b 每 100 克 - 總脂肪 ≤3.0 克 - 鈉質 ≤120 毫克
肉、魚、 蛋及代 替品	- 魚肉腸 - 牛肉及豬肉 乾 - 魷魚絲 - 豆腐花	每 100 克 - 總脂肪 >20.0 克 - 糖分 >15.0 克 - 鈉質 >600 毫克 含甜味劑 (此限制只適用於小學生)	每 100 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 糖分 >5.0 克 至 ≤15.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	每 100 克 - 總脂肪 ≤3.0 克 - 糖分 ≤5.0 克 - 鈉質 ≤120 毫克
果仁類	- 果仁	每 100 克 - 糖分 >15.0 克 - 鈉質 >600 毫克 含甜味劑 (此限制只適用於小學生)	含添加油分 ^b 每 100 克 - 糖分 >5.0 克 至 ≤15.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	無添加油分 ^b 每 100 克 - 糖分 ≤5.0 克 - 鈉質 ≤120 毫克

^a 1 千卡 ≈ 4.2 千焦

^b 可從「成分」表判斷食品是否含有添加的油、鹽或糖。按法例規定，食物標籤上的「成分」，又稱「配料」、「成分組合」、「用料」或其他類似意思的字詞，指各種成分於包裝時所佔的重量或體積，並由大至小依次序列。

食品類別	食品例子	「少選為佳」的小食 產品符合以下 任何一項 條件	「限量選擇」的小食 產品並不符合「少選為佳」的小食條件， 但符合以下 任何一項 條件	「適宜選擇」的小食 產品符合以下 所有 條件
栗子 ^c	- 栗子	每 100 克 - 總脂肪 >20.0 克 - 鈉質 >600 毫克 含甜味劑 (此限制只適用於小學生)	含添加糖分 ^b 每 100 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	無添加糖分 ^b 每 100 克 - 總脂肪 ≤3.0 克 - 鈉質 ≤120 毫克
奶品類	- 乳酪 - 芝士	含甜味劑 (此限制只適用於小學生)	含添加糖分 ^b 每 100 克 - 總脂肪 >3.0 克	無添加糖分 ^b 每 100 克 - 總脂肪 ≤3.0 克
其他食品	- 糖果 - 朱古力 - 薯片 - 脆條	每 100 克 - 總脂肪 >20.0 克 - 糖分 >15.0 克 - 鈉質 >600 毫克 含甜味劑 (此限制只適用於小學生)	每 100 克 - 總脂肪 >3.0 克 至 ≤20.0 克 - 糖分 >5.0 克 至 ≤15.0 克 - 鈉質 >120 毫克 至 ≤600 毫克	每 100 克 - 總脂肪 ≤3.0 克 - 糖分 ≤5.0 克 - 鈉質 ≤120 毫克

^a 1 千卡 ≈ 4.2 千焦

^b 可從「成分」表判斷食品是否含有添加的油、鹽或糖。按法例規定，食物標籤上的「成分」，又稱「配料」、「成分組合」、「用料」或其他類似意思的字詞，指按各種成分於包裝時所佔的重量或體積，並由大至小依次序列。

^c 栗子原屬果仁類，但由於有別於一般果仁的營養價值，總脂肪含量不多於百分之三，且含豐富的天然糖分，所以果仁類的營養分類準則並不適用於栗子。

不附營養標籤的即食食品

建議每次進食的小食分量
不宜多於 **125 千卡^a 熱量**。

食品類別	「少選為佳」的小食 脂肪、鹽或糖含量高的小食	「限量選擇」的小食 含較多脂肪、鹽或糖的小食	「適宜選擇」的小食 含較少脂肪、鹽和糖的小食
穀物類	- 夾心餅 - 油炸的穀物類食物，例如炸薯條、炸冬甩 - 塗上牛油、煉奶、含添加糖的果醬多士 - 蛋糕	- 原味餅乾 - 塗上無添加糖的果醬多士 - 火腿三文治	- 白麪包、全麥麪包、提子包 - 花生醬多士 - 雞蛋三文治 - 吞拿魚沙律三文治 - 塗上不含反式脂肪的植物牛油的多士
蔬菜類	- 牛油粟米	—	- 新鮮蔬菜，例如車厘茄 - 田園沙律（可配上少量的沙律醬） - 烩粟米
水果類	—	- 含添加糖分的乾果	- 新鮮水果 - 無添加糖分的乾果
肉、魚、蛋及代替品	- 油炸的肉類食物，例如炸雞翼、炸魚柳、炸魚蛋	- 豉油雞翼 - 蒸點心，例如餃子、燒賣	- 烩雞蛋
果仁類	—	- 含添加鹽的果仁	- 乾焗原味果仁
栗子	—	—	—
奶品類	—	—	—
其他食品	—	—	—

^a 1 千卡 ≈ 4.2 千焦

飲品

建議每次飲用的飲品分量以 250 毫升或以下為佳。

飲品類別	「少選為佳」的小食 產品符合以下 <u>任何一項</u> 條件	「限量選擇」的小食 產品並不符合「少選為佳」的小食條件，但符合以下 <u>任何一項</u> 條件	「適宜選擇」的小食 產品符合以下 <u>所有</u> 條件
- 牛奶(包括以牛奶為主的乳酪飲品 ^b)	含咖啡因或甜味劑 (此限制只適用於小學生)	含添加糖分 ^c 每 100 毫升 - 總脂肪 >1.5 克	無添加糖分 ^c 每 100 毫升 - 總脂肪 ≤1.5 克
- 乳酸菌飲品 ^d - 豆漿 - 中式／草本飲品	每 100 毫升 - 糖分 >7.5 克 含咖啡因或甜味劑 (此限制只適用於小學生)	每 100 毫升 - 總脂肪 >1.5 克 - 糖分 >5.0 克 至 ≤7.5 克	每 100 毫升 - 總脂肪 ≤1.5 克 - 糖分 ≤5.0 克
- 果汁	含添加糖分 ^c 含甜味劑 (此限制只適用於小學生)	無添加糖分 ^c	—
- 蔬菜汁 - 其他飲品	每 100 毫升 - 糖分 >7.5 克 - 鈉質 >300 毫克 含咖啡因或甜味劑 (此限制只適用於小學生)	每 100 毫升 - 總脂肪 >1.5 克 - 糖分 >5.0 克 至 ≤7.5 克 - 鈉質 >120 毫克 至 ≤300 毫克	每 100 毫升 - 總脂肪 ≤1.5 克 - 糖分 ≤5.0 克 - 鈉質 ≤120 毫克

^a 1 千卡 ≈ 4.2 千焦

^b 以牛奶為主的乳酪飲品，指產品所含的牛奶成分在成分表首兩位。

^c 可從「成分」表判斷食品是否含有添加的油、鹽或糖。按法例規定，食物標籤上的「成分」，又稱「配料」、「成分組合」、「用料」或其他類似意思的字詞，指按各種成分於包裝時所佔的重量或體積，並由大至小依次序列。

^d 乳酸菌飲品包括牛奶成分不在成分表首兩位的乳酪飲品。

附件三：促進校園推廣和提供健康小食的工具



「至『營』小食站」網頁

[illegible]

《學校小食營養監察簡易手冊》

「學校小食營養監察表格」

附件四：校園小食供應情況監察表

此監察表有助監察校內小食部或自動售賣機所提供小食的營養價值，以及評估校內建立健康飲食環境的進度。若在此表第二部分回答「是」越多，代表學校在促進健康小食的供應和推廣方面表現越好。

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：☐ 學校小食部 ☐ 自動售賣機 ☐ 以上兩處

2. 請在適當的空格加上 ✓ 號，如答「否」，請列出計劃改善現有情況的行動。

(甲) 供應健康小食的安排	是	否	不知道	即將採取的行動 (請參考本指引 9.3 節)
a. 是否只在午膳以外的時段供應健康小食？				
b. 有否參考附件一的建議分量出售或提供所有小食？				
c. 是否已在小食部或自動售賣機禁售「少選為佳」的小食？				
d. 有否限制每週供應「限量選擇」的小食日子或數量？				
e. 有否在售賣小食處貼上清晰的提示，建議學生有限度進食「限量選擇」的小食？				
f. 有否在小食部或自動售賣機出售「適宜選擇」的小食？				
g. 「適宜選擇」的小食價格是否整體低於「限量選擇」的小食？				

校園小食供應情況監察表（續）

(乙) 於學校推廣健康小食	是	否	不知道	即將採取的行動 (請參考本指引 9.3 及 9.4 章節)
a. 家長和學生是否一起參與制訂學校的健康飲食政策？				
b. 有否在校內全面禁止所有有關「少選為佳」和「限量選擇」的小食的促銷或推廣活動？（請參考本指引 6.13 節）				
c. 有否嘉許選擇「適宜選擇」的小食的學生？				
d. 是否能於小食部和自動售賣機清楚區分「適宜選擇」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. 有否舉辦健康小食的推廣活動，例如穀物週、大豆週、水果月或蔬菜週？				
f. 有否將營養和健康飲食教育元素融入校本課程中，以及相關學習領域或學科的教學大綱，教導學生如何選擇健康的小食？				

附件五：食物標籤簡介

成分

食物標籤上的「成分」又稱「配料」、「成分組合」、「用料」或其他類似意思的字詞，指各種成分於包裝時所佔的重量或體積，並由大至小依次表列。消費者可利用顯示的資料，例如油、鹽和糖的排列位置，判斷是否添加於產品中。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、
乳化劑及穩定劑（460 及 466）、
鹽、酸度調節劑（500）、調味劑

一盒 250 毫升豆奶的
「成分」示例

屬「限量選擇」和「少選為佳」的橙汁「成分」示例

成分：
100% 濃縮橙汁、維生素 C

「限量選擇」的橙汁：無添加糖

成分：
水、濃縮橙汁、**糖**、果肉、酸度調節劑（330）、防腐劑（202）、維生素 C、
天然色素（160a）、維生素 E

「少選為佳」的橙汁：含添加糖

營養標籤

由食物環境衛生署負責執行的《2008 年食物及藥物(成分組合及標籤)(修訂:關於營養標籤及營養聲稱的規定)規例》於二零一零年七月一日生效,所有預先包裝食物都必須加上附有熱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、反式脂肪、鈉及糖)的營養標籤。營養標籤讓市民更了解食物的營養價值,繼而可與同類食物比較,幫助消費者作出較健康的選擇。有關營養標籤制度的詳情,請參閱食物環境衛生署轄下的食物安全中心網頁(<https://www.cfs.gov.hk>)。

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。

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	4 g
Saturated Fat 飽和脂肪	10 g	2 g
Trans Fat 反式脂肪	8 g	1.6 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」示例

資料來源：食物環境衛生署食物安全中心

1. Background

1.1 Healthy eating is essential for promoting students' growth and preventing obesity and a number of chronic diseases such as heart disease, diabetes, hypertension and certain cancers. However, healthy eating is not commonly practised among local students for a number of reasons. Excessive consumption of high-energy snacks or drinks and a lack of physical activity can lead to overweight and obesity. Information from the Department of Health (DH) revealed the overweight and obesity rate of primary school students increased from 16.4% in 1997/98 school year to 22.2% in 2008/09 school year. Although a downward trend was noted in recent years, the overweight and obesity rate of primary school students in the 2019/20[^] school year remained at a considerable level of 19% (See Figure 1). In other words, about one in five school students is overweight or obese.

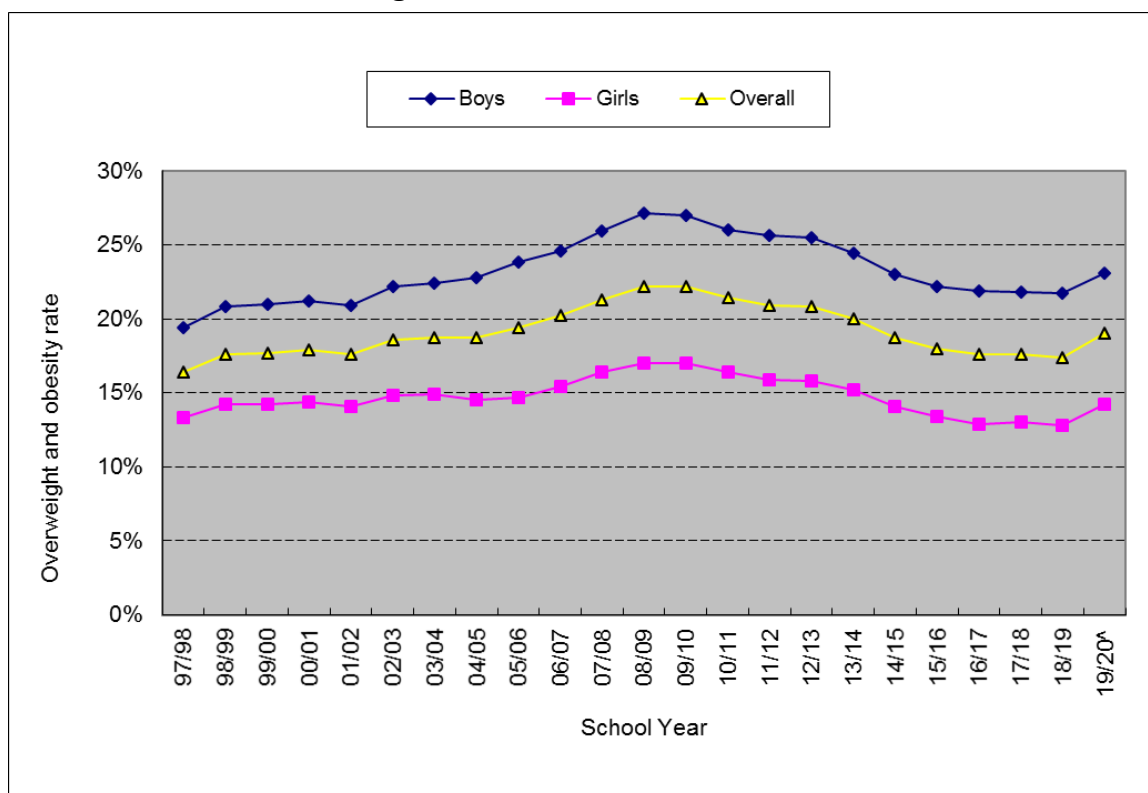


Figure 1. Overweight and Obesity Rate of Hong Kong Primary School Students
(Source: Student Health Service, the DH)

[^] Annual health assessment had been suspended since 29 January 2020 in 2019/20 school year due to COVID-19. In view of serious service disruption affecting the number and pattern of attending students in 2019/20 school year, direct comparison of the data in 2019/20 with that of previous years has to be done with caution.

1.2 Children spend a great deal of time in school every day. Thus, the teaching, environment and culture in schools have a long-lasting impact on the eating habits of 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 eating practice and acting as role models of children.

1.3 Together with the Education Bureau, the Food and Environmental Hygiene Department (FEHD), the education sector and professional organisations, the DH has launched the 'EatSmart@school.hk' Campaign since the school year 2006/07. Through strategies such as establishing a good eating culture, providing healthy lunch and snacks in schools for students and strengthening nutrition education, the campaign aims to improve students' eating habits and help them grow healthily, thus laying a good foundation for their whole-person development and life-long learning.

2. Healthy ‘Snacks’ at Schools

2.1 ‘Snacks’ refer to the moderate amount of food (including drinks) taken between main meals. Healthy snacks are part of children’s dietary pattern and contribute to their growth and development. Due to their small stomach capacity and high activity level, children may not be able to replenish the energy consumed or obtain necessary nutrients their bodies required from the three main meals a day. Therefore, consuming healthy snacks moderately helps to supplement the energy and nutrient required. The amount of healthy snacks should not affect the appetite of children for the next main meal. In addition, to reduce the risk of tooth decay, children should only eat snacks once between main meals and only drink water at all other times.

2.2 The key to promote healthy snacks at school lies on educating students to choose healthy food and providing a healthy eating environment which allows them to make healthy choices easier. Instead of prohibiting students from snacking, they should be guided to choose highly nutritious and moderate amount of snacks wisely. Overseas experiences have shown that under the concerted effort of school personnel, teachers, parents and tuck shop operators, students can consume more healthy snacks.

2.3 Unfortunately, an earlier study showed that most snacks sold in schools’ tuck shops are high in fat, salt or sugar. These snacks could deter students from obtaining the necessary nutrients they need for growth and development, therefore adversely affect their growth and health. At the same time, food vending machines are replacing some tuck shops. It becomes more important for schools, parents and snacks suppliers to jointly create an ideal

healthy eating environment in schools especially when students can choose and buy food freely without proper guidance and monitoring.

2.4 In view of the above, the DH issued the *Nutritional Guidelines on Snacks for Primary School Students* (Guidelines) for the first time in 2006, which guides and assists principals, teachers, parents and snack suppliers to provide healthier food choices for students, thus safeguarding students' health.

3. Purpose

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

- To achieve energy balance and a healthy weight
- To increase consumption of fruit and vegetables
- To limit intake of total fat
- To limit intake of sugar
- To limit intake of salt (sodium)

4. Users of the Guidelines

4.1 A tuck shop or vending machine is not an essential establishment in a school. Schools must understand the potential health effects on students when they consider whether to set up a tuck shop and/or vending machine or not in order to safeguard students' health and growth.

4.2 The following persons for **schools with a tuck shop and/or vending machine** are suggested to refer to section 6 of the Guidelines and evaluate the nutritional impact of different snacks on health before deciding if such food and drink should be sold to students:

- Tuck shop or vending machine operators
- School personnel and parents who are responsible for monitoring snack provision at schools

4.3 School personnel and parents for **schools without tuck shops or vending machines** can guide students to choose moderate amount of healthy snacks by making reference to section 6 of the Guidelines or healthy eating information regarding snacks on the thematic website of 'EatSmart@school.hk' Campaign (<https://school.eatsmart.gov.hk>).

5. About the Guidelines

5.1 The Guidelines was first released in June 2006. Besides making reference to overseas experiences and local situations, the Guidelines were developed in consultation with various government departments, professional organisations, the academic sector and parent groups. The Guidelines focused on the **nutritional value** of snacks. These snacks generally refer to food and drink brought from home, retailers, school tuck shops or vending machines. The Guidelines also provided **practical guidance** to snacks providers, parents and school personnel in assisting them to provide moderate amount of healthy food and drink to students in schools.

5.2 To meet the actual needs, the DH revised the Guidelines in June 2009, December 2010, December 2014 and October 2018 respectively. The DH enriched the contents of the Guidelines during the revision made in December 2010, making it applicable to secondary schools. The Guidelines were thus renamed as *Nutritional Guidelines on Snacks for Students*.

5.3 The DH jointly formed a Nutrition Working Group comprising representatives from professional organisations, the academic sector and Hospital Authority in 2018 to review the Guidelines. This edition, issued in 2022, is the 6th version of the Guidelines. Major modifications of this edition include:

- Added more snack examples
- Introduced the 'Healthy Snack Checker' website of the DH

6. Quality and Quantity Requirements of Snacks

6.1 This section mainly listed out the quality and quantity requirements of snacks so as to avoid students from taking excessive energy, fat, salt and sugar.

6.2 Snacks are mainly divided into three categories according to the impact of their nutritional value on health:

Quality:

- 😊 ***Snacks of Choice:*** contain less fat, salt and sugar. Most of them are fresh produce. Students are encouraged to choose snacks from this category.
- 😐 ***Snacks to Choose in Moderation:*** contain more fat, salt or sugar. Students should limit the frequency of consuming snacks from this category.
- 😞 ***Snacks to Choose Less:*** food and drinks high in fat, salt or sugar, as well as those contain caffeine (generally refer to coffee, milk tea, black tea, green tea or drinks with added caffeine) or sweeteners (sugar substitutes) (for primary school students only). To minimise the adverse impacts on health and growth, students should eat the least of such food items.

Quantity:

To avoid affecting students' appetite for main meals due the overconsumption of snacks, the quantity of **snacks provided or sold to students should be no more than 125 kcal[#] of energy per serving, while drinks should be 250 ml or less.** 'Recommended Serving Size for Snacks' in Appendix 1 listed out the serving sizes of snacks providing 125 kcal of energy. Tuck shops may also make reference to Appendix 1 when making or buying bulk-packed snacks.

6.3 Since it takes time to develop eating habits and change eating environment, schools should implement plans to improve its eating environment in phases base on school's circumstances. For example, schools may first consider to prohibit the sales of 'Snacks to Choose Less' items in tuck shops and vending machines, followed by advising students not to bring food items from this category to schools. The ultimate goal for persons that concern the health of students is to replace 'Snacks to Choose in Moderation' and 'Snacks to Choose Less' with 'Snacks of Choice'.

Snacks of Choice

6.4 Nutrients such as carbohydrate, protein, dietary fibre, calcium or vitamins are vital to students' health and growth. School tuck shops and vending machines should primarily provide 'Snacks of Choice' as they can **provide students with important nutrients and contain less fat, salt and sugar.** For instance, fresh fruit and vegetables are rich in dietary fibre, which can

[#] 1 kcal $\approx$ 4.2 kJ

prevent overeating by giving students a sense of fullness and help reducing their risk of developing obesity and cardiovascular diseases; milk and alternatives are rich in calcium which contribute to healthy development of bones and teeth. Students are encouraged to select snacks from this category.

6.5 Examples of 'Snacks of Choice' are as follows:

- 😊 Bread and grains with less fat, salt and sugar content, for example whole wheat bun
- 😊 Vegetables and fruit without added oil, salt and sugar, for example corn kernels and raisins
- 😊 Low-fat/skimmed dairy products without added sugar
- 😊 Lean meat and its alternatives, for example dry-roasted plain nut and boiled egg
- 😊 Low-sugar and low-fat drinks, for example unsweetened soy drinks

😐 **Snacks to Choose in Moderation**

6.6 Schools should limit the provision and promotion of this snack category **as they contain more fat, salt or sugar despite their nutritional value.** To gear students to pick 'Snacks of Choice', snacks providers should avoid massively supply snacks in this category or placing them at easily spotted or accessible locations. Students are recommended to consume these snacks **no more than twice in a week of five school days.**

6.7 Provision of snacks in this category can be reduced by limiting the number of selling days in a week or capping the sales volume. Tuck shop and

vending machine operators can post clear signage to distinguish ‘Snacks of Choice’ from ‘Snacks to Choose in Moderation’ when snacks in this category are offered for sale.

6.8 Examples of ‘Snacks to Choose in Moderation’ are as follows:

-  Bread, biscuits and grains with higher fat, salt or sugar content
-  Processed and preserved vegetables
-  Fruits with added sugar
-  Full-fat or sugar-sweetened dairy products
-  Processed, preserved meat or fatty cut of meat and its alternatives
-  Pure fruit juice

Snacks to Choose Less

6.9 **Snacks high in fat, salt or sugar** are strongly discouraged for sale in schools. Frequent consumption of snacks high in fat, salt or sugar increases the risk of obesity, heart disease, diabetes and certain cancers.

6.10 Furthermore, food and drinks containing caffeine or sweeteners are not recommended for primary school students. This is because caffeine can stimulate the central nervous system and excessive intake may lead to situations such as a faster heartbeat, hand tremor and disturbed sleep (especially in children whose ability to break down caffeine is lower). Although sweeteners provide very little or no energy, their sweetness potencies are high, which may develop sweet tooth in children.

6.11 To establish a healthy eating environment in schools and help

students develop healthy eating habits, these food items should not be brought to school or made available for sale in tuck shops or vending machines.

6.12 Examples of 'Snacks to Choose Less' are as follows:

- ☹ Energy-dense, high-fat, high-salt or high-sugar food
- ☹ Drinks high in sugar
- ☹ Food and drinks that contain caffeine or sweeteners (for primary school students only)

6.13 School personnel and snack suppliers should be responsible to parents and students by not allowing the promotion of 'Snacks to Choose in Moderation' and 'Snacks to Choose Less' at schools including:

- Promotional activities organised by food companies
- Sponsorship of school materials with a direct or an indirect advertising intention
- Verbal encouragement of consumption of certain food items
- Placing food items, promotional messages or brand names and logos at prominent locations, such as advertising on the vending machines
- Offering these food items as gifts to schools, teachers, students or parents
- Using these food items as awards

6.14 Details of the nutritional criteria for snack classification are shown in Appendix 2.

7. Food Arrangement During Festival Seasons at Schools

7.1 Many traditional festivals are linked with food, such as chocolate eggs at Easter and mooncakes at the Mid-Autumn Festival. Teachers may wish to introduce these festive foods to students as part of their learning activities. However, many of these food items are high in fat, salt or sugar. Should schools prohibit these festive food items?

7.2 Undeniably, food culture and social meaning should be duly considered. According to the healthy eating principle, we should eat food items that are high in fat, salt or sugar in small amount. Therefore, schools need to take note of the following if they consider there is a need to introduce students to or let students consume these festive foods at schools:

- Provide healthier choices as far as possible, such as fruits in Mid-Autumn Festival
- If fatty, salty or sugary festive foods are served:
 - explain the nutritional value of these food items before serving to students
 - remind the students to take in small amount
 - adhere to the principle of not spoiling the appetite for main meals
- Other food items supplied by lunch suppliers, tuck shops and vending machines should always be in compliance with the nutritional requirements as stated in the *Nutritional Guidelines on Lunch for Students* and the *Nutritional Guidelines on Snacks for Students*

8. A Brief Introduction of the ‘Tools for Promoting and Providing Healthy Snacks at Schools’

8.1 In order to assist schools in providing healthy snacks, the DH has developed the tools below as listed in Appendix 3 and uploaded to the thematic website of the ‘EatSmart@school.hk’ Campaign (<https://school.eatsmart.gov.hk>) for reference:

- ‘Healthy Snack Checker’ website
- *Snack Monitoring Manual* (Chinese version only)
- ‘Snack Monitoring Form’ (Chinese version only)

‘Healthy Snack Checker’ Website

8.2 Developed by the DH in accordance with the nutritional quality for snack classification, the ‘Healthy Snack Checker’ website enables users to classify the prepackaged snacks based on the information on nutrition labels. It also provides recommendations on serving size.

8.3 In addition, the ‘Database of Prepackaged Snacks’[&] contains product information of over hundred prepackaged snacks that fulfilled the nutritional criteria of ‘Snacks of Choice’ and ‘Snacks to Choose in Moderation’ in accordance with the Guidelines, which can assist the public to make healthy choices.

[&] ‘Database of Prepackaged Snacks’ is developed by the Hong Kong Nutrition Association.

***Snack Monitoring Manual* and 'Snack Monitoring Form'**

8.4 Through monitoring the quality and quantity of snacks provided by tuck shops and vending machines regularly and recording monitoring results in an objective manner, schools can use relevant figures to reflect their opinions to snack suppliers and ensure only healthy snacks are provided. Schools are advised to conduct snack monitoring at least twice in each school year. The *Snack Monitoring Manual* lists out the procedures of snack monitoring and application scope of the 'Snack Monitoring Form'.

9. Guidance for Target Users

9.1 To enable students to develop healthy eating habit at school, snack suppliers, parents and school personnel are encouraged to work closely together to build a school environment that supports healthy eating. This section provides practical guidance for the parties concerned.

9.2 Parties that played a key role in promoting healthy eating among students are encouraged to monitor the progress of implementing healthy eating in schools by making use of the 'Checklist on Monitoring Snacks Provision at Schools' in Appendix 4.

Guidance for Snack Suppliers

9.3 To support healthy eating environment in schools, snack suppliers should:

When purchasing snacks

- always refer to the Guidelines to select healthy snacks. Evaluate the quality of snacks regularly and avoid purchasing 'Snacks to Choose Less'. If in doubt, consult the schools and professionals;
- select snacks that are easy to bring and store, as well as with longer shelf life, such as individually packaged plain biscuits, dried fruit (for example raisins, dried prunes, dried apricots and dehydrated fruit chips) and tetra-packed ultra-high temperature (UHT) milk. These food items often come in smaller packaging sizes which are more suitable for students;

- read food labels (nutrition labels, ingredients, shelf life and storage methods) carefully. Please refer to Appendix 5 for 'An Overview of Food Labels'; and
- pay attention to changes in students' preferences. Offer a variety of healthy snacks to attract students.

When selling snacks

- only provide snacks outside lunch hours to avoid students from substituting snacks for lunch;
- ensure the serving size of snacks provided is not large enough to substitute a main meal so that students' appetite for the next main meal will not be spoiled. Please refer to Appendix 1 for the 'Recommended Serving Size for Snacks';
- follow the *Nutritional Guidelines on School Lunch for Students* issued by the DH if the serving size of a snack can replace lunch; and
- refer to relevant food safety guidelines when preparing, storing or selling self-made snacks.

When deploying marketing and promotion methods

- attract students to buy healthy snacks. For example, set the price of 'Snacks of Choice' lower than other snacks or offer limited-time discounts to motivate students to try new healthy snacks;
- provide consumers, namely school personnel, parents and students, with updated information on the nutritional value of food and drinks sold (at least provide the information on the nutrition classification of food and drinks specified in Appendix 2);
- promote 'Snacks of Choice' by placing them in prominent locations or

putting up signage, or use different containers or stickers to distinguish 'Snacks of Choice' from 'Snacks to Choose in Moderation';

- organise tasting sessions for students to try different healthy snacks which help them to make diversified choices; and
- communicate with school personnel, parents (Parents and Teachers Associations) and students regularly to promote students' health.

Guidance for School Personnel and Parents (who are Responsible for Monitoring the Provision of Snack at School)

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

For home-school co-operation

- work together and consult dietitians when appropriate to develop and promulgate a healthy eating policy and measures 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 teach students the appropriate time for having moderate amount of snacks. To prevent spoiling students' appetite for the next main meal and affecting dental health, there should be at least 1.5 to 2 hours between a snack session and a main meal. Snacks should be served in small portion;
- communicate with other school personnel and parents regularly to ensure that they can instill accurate dietary knowledge to students and provide a healthy learning and family environment for students to develop healthy eating habits; and

- encourage students to do more physical exercises during recess to shorten snacking time and avoid overeating.

In establishing healthy eating environment and culture

- work with snack suppliers to comply with the Guidelines and offer healthy snack choices to help students consolidating their positive eating behaviour;
- make use of the 'Snack Monitoring Form' in Appendix 3 and the 'Checklist on Monitoring Snacks Provision at Schools' in Appendix 4 to monitor snacks sold in tuck shops and vending machines and measures taken by the school to promote healthy eating regularly;
- incorporate elements of nutrition and healthy eating into the school curriculum and related key learning areas or teaching outline of related subjects to educate students about healthy food choices;
- promote 'Snacks of Choice' during school assembly and activities;
- recruit students as 'Health Ambassadors' for promoting healthy snacks at school;
- consider increasing the number of promotional campaigns of healthy snacks to raise students' awareness and acceptance of healthy snacks, for example organising cereal week, soy week, fruit month, vegetable week, and give recognition to students who put healthy eating in practice;
- avoid using food as a reward; and
- prohibit the promotion of 'Snacks to Choose in Moderation' and 'Snacks to Choose Less' in school activities (see section 6.13).

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(Arranged in alphabetical order)

11. Acknowledgements

‘EatSmart@school.hk’ Campaign Steering Committee

- Union of Government Primary School Headmasters and Headmistresses
- Food and Environmental Hygiene Department
- The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong
- Hong Kong College of Cardiology
- Hong Kong Special Schools Council
- Hong Kong Association for the Study of Obesity
- Hong Kong Education City
- Hong Kong Aided Primary School Heads Association
- Hong Kong Dietitians Association
- Hong Kong Nutrition Association
- Committee on Home-School Co-operation
- Subsidized Primary Schools Council
- Education Bureau

(Listed according to the number of strokes of the Chinese characters)

Nutrition Working Group

- Food and Environmental Hygiene Department
- Dietetics, Food and Nutrition Sciences, HKU School of Professional and Continuing Education
- Hong Kong Dietitians Association
- Hong Kong Nutrition Association
- Hospital Authority

(Listed according to the number of strokes of the Chinese characters)

For enquiries or suggestions on the Guidelines, please email us at eatsmart_school@dh.gov.hk. For more health information, please visit the thematic website of 'EatSmart@school.hk' of the DH (<https://school.eatsmart.gov.hk>) or call the Health Education Infoline of the DH (2833 0111).

Revised by the DH, 2022

12. Appendices

Appendix 1: Recommended Serving Size for Snacks

Over-consumption of healthier snacks can still spoil students' appetite for main meals, lead to excessive intake of energy and weight gain. Therefore, it is recommended that **the serving size of snacks sold should be no more than 125kcal[§] in energy content**, while **drinks should be 250ml or less in volume**.

The table below lists out the serving size of snacks providing about 125kcal of energy. Tuck shops may refer to the serving sizes recommended below when selling self-made or bulk-packed snacks.

Type of Food	Recommended Serving Size
Grains	
Biscuits	3-4 rectangular biscuits, 4 6 round biscuits
Breakfast cereals (without milk)	1 bowl
Toast with cheese	1 slice of bread with 1 slice of reduced-fat cheese
Toast with peanut butter	1 slice of bread with 1½ teaspoons of peanut butter
Toast with jam	1 slice of bread with 1½ teaspoons of jam without added sugar
Ham sandwich (single filling)	½ portion, 1 slice of bread with ½ piece of ham
Egg sandwich (single filling)	½ portion, 1 slice of bread with ½ piece of egg
Tuna salad sandwich (single filling)	½ portion, 1 slice of bread with 2 teaspoons of tuna canned in water and 1 teaspoon of salad dressing
Vegetables	
Cherry tomatoes	1 bowl
Corn kernels	½ bowl
Garden salad	1 bowl (with no more than 1 tablespoon of salad dressing if preferred)
Vegetables used as sandwich filling	No limit
Pure vegetable juice	¾ cup

[§] 1kcal ≈ 4.2kJ

Type of Food	Recommended Serving Size
Fruits	
Cut-up fruit	½ bowl
Raisins	1 tablespoon
Dried prunes	1 tablespoon
Dried apricots	4 pieces
Dehydrated fruit chips	½ bowl
Pure fruit juice	¾ cup
Meat, fish, egg and alternatives	
Egg	1 piece
Chicken wing in soy sauce	1 piece
Steamed 'siu mai'	3-5 pieces
Steamed dumpling	2-3 pieces
Dry-roasted plain nuts	2 tablespoons

1 teaspoon ≈ 5ml, 1 tablespoon ≈ 15ml, 1 cup ≈ 240 ml, 1 bowl = 250 to 300ml

Sources: Centre for Food Safety, the FEHD, and Nutrient Data Laboratory, United States Department of Agriculture

Appendix 2: Nutritional Criteria for Snack Classification

Food

Instruction for Use:

The recommended serving size of snacks intake each time should be no more than 125 kcal^a in energy content.

- Classify ready-to-eat prepackaged snacks according to the nutrition label and ingredient list.
- Classify snacks that are exempted from the nutritional labeling scheme, e.g. fresh, self-made and bulk-packed food, according to 'Ready-to-eat Food without nutrition label'.
- Please refer to Appendix 1 for the details of serving size of snacks.

Ready-to-eat prepackaged food (with nutrition label)

Type of Food	Examples of food	Snacks to Choose Less <i>Products that meet <u>ANY</u> of the following criteria</i>	Snacks to Choose in Moderation <i>Products that fail to meet the 'Snacks to Choose Less' criteria but meet <u>ANY</u> of the following criteria</i>	Snacks of Choice <i>Products that meet <u>ALL</u> of the following criteria</i>
Grains	- Biscuits, crackers - Cake - Breakfast cereals and cereal bar - Instant noodles	Per 100g - >20.0g of total fat - >15.0g of sugar - >600mg of sodium With sweeteners (for primary school students only)	Per 100g - >3.0g to ≤20.0g of total fat - >5.0g to ≤15.0g of sugar - >120mg to ≤600mg of sodium OR Any grains products contain dietary fibre ≥3g per 100g and meet two of the following criteria: - >3.0g to ≤20.0g of total fat - >5.0g to ≤15.0g of sugar - >120mg to ≤600mg of sodium	Per 100g - ≤3.0g of total fat - ≤5.0g of sugar - ≤120mg of sodium
Vegetables	- Seaweed - Green peas - Vegetable chips	Per 100g - >20.0g of total fat - >15.0g of sugar - >600mg of sodium With sweeteners (for primary school students only)	Per 100g - >3.0g to ≤20.0g of total fat - >5.0g to ≤15.0g of sugar - >120mg to ≤600mg of sodium	Per 100g - ≤3.0g of total fat - ≤5.0g of sugar - ≤120mg of sodium

^a 1kcal ≈ 4.2kJ

**Ready-to-eat prepackaged food
(with nutrition label)**

The recommended serving size of **snacks intake each time should be no more than 125 kcal^a in energy content.**

Type of Food	Examples of food	Snacks to Choose Less <i>Products that meet <u>ANY</u> of the following criteria</i>	Snacks to Choose in Moderation <i>Products that fail to meet the 'Snacks to Choose Less' criteria but meet <u>ANY</u> of the following criteria</i>	Snacks of Choice <i>Products that meet <u>ALL</u> of the following criteria</i>
Fruits	- Dried fruit - Canned fruit - Fruit chips	Per 100g - >20.0g of total fat - >600mg of sodium With sweeteners (for primary school students only)	Per 100g - With added sugar ^b - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium	Per 100g - No added sugar ^b - ≤3.0g of total fat - ≤120mg of sodium
Meat, Fish, Egg and Alternatives	- Fish sausage - Beef and pork jerky - Squid jerky - Bean curd pudding	Per 100g - >20.0g of total fat - >15.0g of sugar - >600mg of sodium With sweeteners (for primary school students only)	Per 100g - >3.0g to ≤20.0g of total fat - >5.0g to ≤15.0g of sugar - >120mg to ≤600mg of sodium	Per 100g - ≤3g of total fat - ≤5.0g of sugar - ≤120mg of sodium
Nuts	- Nuts	Per 100g - >15.0g of sugar - >600mg of sodium With sweeteners (for primary school students only)	Per 100g - With added oil ^b - >5.0g to ≤15.0g of sugar - >120mg to ≤600mg of sodium	Per 100g - No added oil ^b - ≤5.0g of sugar - ≤120mg of sodium

^a 1kcal ≈ 4.2kJ

^b 'List of Ingredients' can be used to determine whether the food items have been added with fat/oil, salt or sugar. As per the legal requirement, 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 in the 'List of ingredients' (also known as 'ingredients', 'composition', 'contents' or words of similar meaning).

**Ready-to-eat prepackaged food
(with nutrition label)**

The recommended serving size of **snacks intake each time should be no more than 125 kcal^a in energy content.**

Type of Food	Examples of food	Snacks to Choose Less <i>Products that meet <u>ANY</u> of the following criteria</i>	Snacks to Choose in Moderation <i>Products that fail to meet the 'Snacks to Choose Less' criteria but meet ANY of the following criteria</i>	Snacks of Choice <i>Products that meet <u>ALL</u> of the following criteria</i>
Chestnuts ^c	- Chestnuts	Per 100g - >20.0g of total fat - >600mg of sodium With sweeteners (for primary school students only)	- With added sugar ^b Per 100g - >3.0g to ≤20.0g of total fat - >120mg to ≤600mg of sodium	- No added sugar ^b Per 100g - ≤3.0g of total fat - ≤120mg of sodium
Dairy Products	- Yoghurt - Cheese	With sweeteners (for primary school students only)	- With added sugar ^b Per 100g - >3.0g of total fat	- No added sugar ^b Per 100g - ≤3.0g of total fat
Other Food Items	- Candies - Chocolate - Chips - Crisps	Per 100g - >20.0g of total fat - >15.0g of sugar - >600mg of sodium With sweeteners (for primary school students only)	Per 100g - >3.0g to ≤20.0g of total fat - >5.0g to ≤15.0g of sugar - >120mg to ≤600mg of sodium	Per 100g - ≤3.0g of total fat - ≤5.0g of sugar - ≤120mg of sodium

^a 1kcal ≈ 4.2kJ

^b 'List of Ingredients' can be used to determine whether the food items have been added with fat/oil, salt or sugar. As per the legal requirement, 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 in the 'List of ingredients' (also known as 'ingredients', 'composition', 'contents' or words of similar meaning).

^c Chestnuts belong to the food group of nuts. However, unlike nuts, chestnuts contain less than 3% of total fat and contain a significant amount of natural sugar. Therefore, the nutritional criteria for classification of nuts are not applicable to chestnuts.

Ready-to-eat food without nutrition label

The recommended serving size of **snacks intake** each time should be no more than 125 kcal^a in energy content.

Type of Food	Snacks to Choose Less <i>Snacks high in fat, salt or sugar</i>	Snacks to Choose in Moderation <i>Snacks contain more fat, salt or sugar</i>	Snacks of Choice <i>Snacks contain less fat, salt and sugar</i>
Grains	- Sandwich biscuits - Fried grains, e.g. French fries, donuts - Toast with butter, condensed milk or jam with added sugar - Cake	- Plain biscuits - Toast with jam without added sugar - Ham sandwich	- White bread, whole wheat bread, raisin bread - Toast with peanut butter - Egg sandwich - Tuna salad sandwich - Toast with trans-fat-free margarine
Vegetables	- Sweet corn with butter	-	- Fresh vegetables, e.g. cherry tomatoes - Garden salad (with minimal amount of salad dressing if preferred) - Boiled sweet corn
Fruits	-	- Dried fruit with added sugar	- Fresh fruit - Dried fruit without added sugar
Meat, Fish, Egg and Alternatives	- Fried meat, e.g. fried chicken wings, fried fish fillets, fried fish balls	- Chicken wings in soy sauce - Steamed dim-sum, e.g. dumplings, 'siu mai'	- Boiled eggs
Nuts	-	- Nuts with added salt	- Dry-roasted plain nuts
Chestnuts	-	-	-
Dairy Products	-	-	-
Other Food Items	-	-	-

^a 1kcal ≈ 4.2kJ

Drinks

The recommended serving size of **drinks intake** each time should be 250 ml or less in volume.

Type of Drinks	Snacks to Choose Less <i>Products that meet <u>ANY</u> of the following criteria</i>	Snacks to Choose in Moderation <i>Products that fail to meet the 'Snacks to Choose Less' criteria but meet <u>ANY</u> of the following criteria</i>	Snacks of Choice <i>Products that meet <u>ALL</u> of the following criteria</i>
- Milk (including milk-based yoghurt drinks ^{b)})	With caffeine or sweeteners (for primary school students only)	- With added sugar ^c Per 100ml - >1.5g of total fat	- No added sugar ^c Per 100ml - ≤1.5g of total fat
- Probiotic Drinks ^d - Soy Drinks - Chinese Beverages / Herbal Tea	Per 100ml - >7.5g of sugar With caffeine or sweeteners (for primary school students only)	Per 100ml - >1.5g of total fat - >5.0g to ≤7.5g of sugar	Per 100ml - ≤1.5g of total fat - ≤5.0g of sugar
- Fruit Juice	- With added sugar ^c With sweeteners (for primary school students only)	- No added sugar ^c	–
- Vegetable Juice - Other Drinks	Per 100ml - >7.5g of sugar - >300mg of sodium With caffeine or sweeteners (for primary school students only)	Per 100ml - >1.5g of total fat - >5.0g to ≤7.5g of sugar - >120mg to ≤300mg of sodium	Per 100ml - ≤1.5g of total fat - ≤5.0g of sugar - ≤120mg of sodium

^a 1kcal ≈ 4.2kJ

^b Milk-based yoghurt drinks refer to products with milk composition is listed in the first or second place of the list of ingredients.

^c 'List of Ingredients' can be used to determine whether the food items have been added with fat/oil, salt or sugar. As per the legal requirement, 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 in the 'List of ingredients' (also known as 'ingredients', 'composition', 'contents' or words of similar meaning).

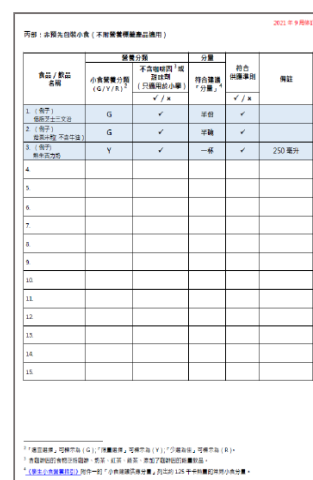
^d Probiotic drinks include yoghurt drinks with milk composition **is not** listed in the first or second place of the list of ingredients.

Nutrition Information
營養資料

	Per 100g 每100克	Per serving 每食用分量
Energy 能量	620kJ / 千卡	880kJ / 千卡
Protein 蛋白質	1.9g / 克	5.5g / 克
Total Fat 總脂肪	1.3g / 克	2.7g / 克
Saturated Fat 飽和脂肪	0.1g / 克	0.1g / 克
Cholesterol 膽固醇	7.5g / 克	10.5g / 克
Sodium 鈉	4.8g / 克	6.4g / 克
Total Crap 總垃圾	61mg / 毫克	85mg / 毫克
Sugar 糖		

Snack Analysis

Input product information and get an instant nutritional classification



'Snack Monitoring Form'

(Chinese Version Only)

Appendix 4: Checklist on Monitoring Snacks Provision at Schools

This checklist helps to monitor the nutritional value of snacks provided from the tuck shop or vending machines and evaluate the progress of creating a healthy eating environment at school. The more 'Yes' answered in part 2 of this checklist, the better the school performs in the provision and promotion of healthy snacks.

1. Please put a **TICK** in the appropriate box:

Students can buy snacks at school from: ☐ school tuck shop ☐ vending machine(s) ☐ Both

2. Please put a **TICK** in the appropriate boxes and list out any planned **ACTIONS** to improve the current situation if the answer is 'No'.

A. Provision Arrangement on Healthy Snacks	Yes	No	No idea	Actions to be taken (Please refer to section 9.3 of the Guidelines)
a. Are healthy snacks supplied ONLY OUTSIDE LUNCH HOURS ?				
b. Are all snacks sold or provided in serving sizes as recommended in Appendix 1?				
c. Are 'Snacks to Choose Less' already banned from the tuck shop or vending machines?				
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 students to limit their consumption of 'Snacks to Choose in Moderation'?				
f. Are 'Snacks of Choice' available for sale in the tuck shop or vending machines?				
g. Are the prices of 'Snacks of Choice' generally lower than those of 'Snacks to Choose in Moderation'?				

Checklist on Monitoring Snacks Provision at Schools (continued)

B. Promotion of Healthy Snacks in School	Yes	No	No idea	Actions to be taken (Please refer to sections 9.3 and 9.4 of the Guidelines)
a. Are parents and students involved in formulating school healthy eating policies together?				
b. Are all promotion campaigns for 'Snacks to Choose Less' and 'Snacks to Choose in Moderation' prohibited at your school? (Please see section 6.13 of the Guidelines)				
c. Is there any recognition given to students for choosing 'Snacks of Choice'?				
d. Does the tuck shop and vending machines distinguish 'Snacks of Choice' from 'Snacks to Choose in Moderation' to help students opt for healthier snack choices?				
e. Are there any promotional campaigns on healthy snacks, e.g. cereal week, soy week, fruit month or vegetable week?				
f. Has the school incorporated elements of nutrition and healthy eating into the school curriculum and related key learning areas or teaching outline of related subjects to educate students about healthy snack choices?				

Appendix 5: 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.

Consumers can take reference from the order of ranking of ingredients, for example, fat/oil, salt and sugar, to determine whether they were added to the product.

Below are the 'ingredients' of different types of orange juice examples.

Ingredients:

Water, Soybeans, Oat, Sugar, Tricalcium Phosphate, Emulsifier and Stabilizer (460 & 466), Salt, Acidity Regulator (500), Flavouring

An example of ingredients list of a pack of 250 ml soy milk

Examples of ingredients list of orange juices in the 'Snacks to Choose in Moderation' and 'Snack to Choose Less' category

Ingredients:

100% Pure Orange Juice from Concentrate, Vitamin C

Orange Juice in 'Snacks to Choose in Moderation'

Category:

No added sugar

Ingredients:

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

Orange Juice in 'Snacks to Choose Less'

Category:

With added sugar

Nutrition Labels

The Food and Drugs (Composition and Labelling) Amendment: Requirements for Nutrition Labelling and Nutrition Claim) Regulation 2008 enforced by the FEHD was effective from 1 July 2010. All prepackaged food must attach nutrition labels that include the information on energy and seven core nutrients (i.e. protein, carbohydrates, total fat, saturated fat, trans fat, sodium and sugars). This enables members of the public to have a better understanding of the nutritional value of food, thus facilitate comparison of food items of the same type and help consumers make healthier choices. For more details of the nutrition labelling scheme, please refer to the website of the Centre for Food Safety under the FEHD (<https://www.cfs.gov.hk>).

Nutrition labels refer to the listing of nutrition content of food in a standardised manner. The information is often presented in a tabular format.

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	4 g
Saturated Fat 飽和脂肪	10 g	2 g
Trans Fat 反式脂肪	8 g	1.6 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

**Example of a nutrition label for a pack of
100g biscuit**

Source: Centre for Food Safety, the FEHD



「健康飲食在校園」運動
"EatSmart@school.hk" Campaign



至「營」小食站
Healthy Snack Checker



《學生小食營養指引》
Nutritional Guidelines on Snacks for Students