

## How to Choose Nutritious Snacks?

Hong Kong people encounter high pressure at work and have long working hours. Many consider snacks as the elixir for relieving stress, recharging their batteries and fighting off drowsiness. Nevertheless, among the myriads of snacks in the market, many are of “three highs” (i.e. high fat, salt and sugar). Overconsumption of these foods will not only result in excessive energy intake, but also lead to increased risks of obesity and other chronic diseases. Therefore, we should choose nutritious and healthy snacks that can restore our strength, and avoid “three-high” foods.

However, how can we determine whether a snack is of “three highs”? In fact, we can choose healthier foods by checking their fat, sugar and sodium content on the nutrition labels:

What is high? (choose less)	For every 100g (More than)
Total Fat	20 g
Sugars	15 g
Sodium	600 mg

Reference: Centre for Food Safety



營養成分 Nutrition Facts	
每100克 Per 100g	
熱量 Energy	470 千卡/kcal
蛋白質 Protein	10.7 克/g
總脂肪 Total Fat	15.7 克/g
- 飽和脂肪 Saturated Fat	5.5 克/g
- 反式脂肪 Trans Fat	0.0 克/g
碳水化合物 Carbohydrates	71.4 克/g
- 糖 Sugars	1.1 克/g
鈉 Sodium	220 毫克/mg

We should choose foods that contain no more than 20g of total fat, 15g of sugar and 600mg of sodium for every 100g of the product as far as possible. It would be even more desirable if the products contain relatively more dietary fibre. Furthermore, it is preferable to limit the energy content of foods to no more than 125 kcal every time we eat snacks.

Nutrition Facts 營養成分		
	Per 100g 每 100 克	Per serving 4.7g 每食用分量 4.7 克
Energy 總熱量	344 kcal / 千卡	16 kcal / 千卡
Protein 蛋白質	28.5 g / 克	1.3 g / 克
Total Fat 總脂肪	1.1 g / 克	0.1 g / 克
Saturated Fat 飽和脂肪	0.0 g / 克	0.0 g / 克
Trans Fat 反式脂肪	0.0 g / 克	0.0 g / 克
Total Carbohydrates 總碳水化合物	54.9 g / 克	2.6 g / 克
Dietary Fibre 膳食纖維	13.9 g / 克	0.6 g / 克
Sugars 糖	10g / 克	0.47g / 克
Sodium 鈉	590 mg / 毫克	27.7 mg / 毫克