

Dear parents,

What prepackaged snacks are healthier?



Hello! Last time, I, EatSmart Doggie, shared with you some tips for serving and choosing healthy snacks. This time, let me share with you some skills in choosing prepackaged snacks and drinks!

There are numerous types of prepackaged snacks and drinks available in the market, such as biscuits, dried fruits, milk and soymilk. What would you choose? In fact, all you need to do is to read the **lists of ingredients** and **nutrition labels** on the packaging of the food products, and you can choose healthy snacks and drinks of “3 Low 1 High” (i.e. low-fat, low-sodium, low-sugar and high-dietary fibre) for young children. The aim is to prevent obesity and lower the risk of developing non-communicable diseases such as cardiovascular diseases and diabetes.

Step 1: read the list of ingredients

In general, this part will clearly list all the ingredients added during the manufacturing of the food product in descending order according to their weights or volumes. Food products with ingredients such as fat/oil, salt or sugar **listed nearer the end of the list contain less** fat, sodium or sugar. I recommend choosing food products without added oil, salt or sugar as far as possible. In addition, those containing **artificial sweeteners** or **caffeine**, such as low-sugar biscuits, low-sugar probiotic drinks, oolong tea, coffee-flavoured cakes, should also be **avoided**.

Step 2: read the nutrition label

The “1+7” on the nutrition label refers to the energy value and the content of seven specified nutrients, namely protein, carbohydrates, total fat, saturated fat, trans fat, sodium and sugar. The nutrition labels of some food products also list the content of dietary fibre. We should **compare the nutrition labels of food products of the same kind** by using the same reference amount (e.g. sodium content per 100 g). I recommend **choosing snacks and drinks low in fat, sodium and sugar and high in dietary fibre**. The following two points should also be noted at the same time:

- Pay attention to whether the content of total fat, sodium (salt) and sugar stated in the nutrition label on the packaging reaches the standards of “low-fat”, “low-sodium” and “low-sugar” (Table 1); and
- Choose food products with “high” content of “total fat”, “sodium” or “sugar” per 100 g less often! (Table 1)

Table 1 Nutrient content claims regarding total fat, sodium, sugars and dietary fibre

	What is “Low” ? (Choose more)		What is “High” ? (Choose less)	
	Per 100 g (not more than)	Per 100 ml (not more than)	Per 100 g (more than)	Per 100 ml (more than)
Total Fat	3 g	1.5 g	20 g	
Sodium	120 mg		600 mg	300 mg
Sugars	5 g		15 g	7.5 g
	What is “High” ? (Choose more)			
	Per 100 g (not less than)	Per 100 ml (not less than)		
Dietary Fibre	6 g	3 g		

(Source: Food and Environmental Hygiene Department)



Remember, in addition to choosing food products of “3 Low 1 High”, we should also pay attention to the amount of snacks served to avoid spoiling young children’s appetite for the main meals!



StartSmart@school.hk
Campaign Website



Letter to Parents



StartSmart
Parents' Guide



Food Exchange
List Poster



Less Sugar for
Health Poster

Best regards,
EatSmart Doggie





Dear children, please circle all the healthy snacks and drinks in the supermarket!

Mini Game

<p>原味栗子 Plain Chestnut</p>	<p>原味栗子 Plain Chestnut</p>	<p>低糖豆奶 Low-sugar Soy milk</p>	<p>加鈣低糖豆奶 Calcium-fortified Low-sugar Soy milk</p>	<p>加鈣低糖豆奶 Calcium-fortified Low-sugar Soy milk</p>
<p>糖果 Sweets</p>	<p>糖果 Sweets</p>	<p>薯片 Potato chips</p>	<p>薯片 Potato chips</p>	<p>薯片 Potato chips</p>
<p>朱古力 Chocolate</p>	<p>朱古力 Chocolate</p>	<p>加糖、鹽或糖的乾果 Dried Fruit with Added Oil, Salt or Sugar</p>	<p>無添加油、鹽或糖的乾果 Dried Fruit Without Added Oil, Salt or Sugar</p>	<p>無添加油、鹽或糖的乾果 Dried Fruit Without Added Oil, Salt or Sugar</p>
<p>曲奇餅 Cookies</p>	<p>曲奇餅 Cookies</p>	<p>原味米餅 Plain Rice Cracker</p>	<p>原味米餅 Plain Rice Cracker</p>	<p>原味米餅 Plain Rice Cracker</p>
<p>低脂純味乳酪 Low-fat Plain Yoghurt</p>	<p>低脂牛奶 Low-fat Milk</p>	<p>加糖果汁 Sweetened Fruit Juice</p>	<p>加糖果汁 Sweetened Fruit Juice</p>	<p>咖啡 Coffee</p>
<p>烏龍茶 Oolong Tea</p>	<p>烏龍茶 Oolong Tea</p>	<p>汽水 Soft Drink</p>	<p>汽水 Soft Drink</p>	<p>汽水 Soft Drink</p>

Be a smart consumer, and choose healthy snacks and drinks!



Answers :