



**Final Report of Project**

**Project No. : 2008 / 0461**

**Part A**

Project Title: A One-stop Workshop for Teachers – Move More. Eat Well and Feel Good

Name of Organization/School: World Cancer Research Fund Limited

Project Period: From 10/2009 (month/year) to 09/2010 (month/year)

**Part B**

*Please read the Guidelines to Completion of Final Report of Quality Education Fund Projects before completing this part of the report.*

Please use separate A4-size sheets to provide an overall report with regard to the following aspects:

1. Attainment of objectives
2. Project impact on learning effectiveness, professional development and school development
3. Cost-effectiveness – a self-evaluation against clear indicators and measures
4. Deliverables and modes of dissemination; responses to dissemination
5. Activity list
6. Difficulties encountered and solutions adopted

*\* Final Report of Project prior to the 8<sup>th</sup> call should be signed by the supervisor of the school/the head of the organization or the one who signed the Quality Education Fund Agreement for allocation of grant on behalf of the organization.*

*\* Final Report of Project under the 8<sup>th</sup> and subsequent calls should be submitted via “Electronic Project Management System” (EPMS). Once submitted, these reports are regarded as already endorsed by the supervisor of the school/the head of the organization or the one who signed the Quality Education Fund Agreement for allocation of grant on behalf of the organization.*

**WCRF HK's Final Report of****"A One-stop Workshop for Teachers – Move More, Eat Well and Feel Good" Project****1. Attainment of Objectives**

Objective statement	Activities related to the objective	Extent of attainment of the objective	Evidence or indicators of having achieved the objective
<p><b>Objective 1</b> Provide teachers with science-based information on healthy food and nutrition, physical activity, and weight management for disease prevention</p>	<ul style="list-style-type: none"> <li>• Health talks conducted by WCRF HK's dietitian and personal trainer</li> <li>• Dissemination of WCRF HK's educational materials</li> </ul>	Fully achieved	Over 98% of participants found the content of the workshop interesting and informative according to a post-workshop evaluation
<p><b>Objective 2</b> Offer channels for teachers to access accurate health information</p>	<ul style="list-style-type: none"> <li>• Health talks</li> <li>• Dissemination of WCRF HK's educational materials</li> <li>• Enquiry hotline and dietitian mailbox</li> <li>• WCRF HK's website</li> </ul>	Fully achieved	Teachers could access up-to-date health information from WCRF HK's publications and website. They could also obtain information on diet and exercise through WCRF HK's enquiry hotline and the dietitian mailbox.
<p><b>Objective 3</b> Help teachers identify barriers to adopting a healthy diet and lifestyle through individual health consultation, plus offering personal advice and guidance</p>	<ul style="list-style-type: none"> <li>• Discussion and Q&amp;A sessions after health talk</li> <li>• Individual health consultation at the workshop</li> </ul>	Fully achieved	Over 95% of participants found the content of the workshop useful in helping them lead a healthy diet and lifestyle.
<p><b>Objective 4</b> Provide practical tips for teachers to incorporate healthy diet and physical activities into their daily life through tutorials and demonstrations</p>	<ul style="list-style-type: none"> <li>• Cooking and exercise demonstration session</li> <li>• Dissemination of WCRF HK's educational materials</li> <li>• Exercise demonstration DVD</li> </ul>	Fully achieved	The "Fundamentals of Healthy Living" booklet and the "Exercise Demonstration DVD" were well received by teachers. Over 75% of participants rated the healthy cooking and exercise demonstration as one of the most useful parts of the workshop.

<b>Objective 5</b> Offer a meaningful source of activities for schools, especially for staff development day	<ul style="list-style-type: none"> <li>• Discussion and Q&amp;A sessions after health talk</li> <li>• Individual health consultation at the workshop</li> </ul>	Fully achieved	Over 80% of participants rated the workshop "Excellent" or "Good" as a whole. About 80% of participants showed interest in other health-related workshops or talks organised by WCRF HK
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## 2. Project impact on professional development of teachers

### *Broadening teachers' horizons*

The health talks and the tutorial sessions have broadened the teachers' horizons in understanding that leading a healthy diet and lifestyle is in fact simpler and easier than they have thought. Through the workshop, teachers learned that preparing healthy foods is not really that time consuming and healthy foods are not unappetising or costly. WCRF HK's dietitian and personal trainer explained and demonstrated with real examples that by making small simple changes to our daily eating habits and routine, everyone can adopt a healthy diet and lifestyle.

### *Providing a learning opportunity and enhancing their professional development*

This project has provided a learning opportunity for teachers to understand more about the benefits of a healthy diet and lifestyle for their general wellbeing. The project has also improved their knowledge on diet and lifestyle for cancer prevention, which they can share with their students. Together with the food label reading skill gained in the Eating Well session and practical tips from the tutorial session, they will not only be able to incorporate healthy food and lifestyle choices into their busy work schedule, but also to influence the health behaviours of their students by being their role models. These will help build a healthy campus in the long-term.

## 3. Cost effectiveness

### *Budget Checklist*

Budget Items (Based on Schedule II of Agreement)	Approved Budget (a)	Actual Expense (b)	Change [(b)-(a)]/(a) +/- %
Staff Cost	\$48,000	\$48,000	0%
Services	\$107,600	\$107,600	0%
Equipment	\$1,000	\$1,116	+11.6%
Publication/Printing	\$22,200	\$21,350	-3.0%
General Expenses	\$11,800	\$6,586.6	-44.2%

### *Utilization of available resources*

In addition to the *Fundamentals of Healthy Living* booklet 《健康生活基本法》 and the "Simple Exercise Demonstration" DVD 《簡易運動示範》 produced for this project, we also distributed other health educational materials produced by WCRF HK to each participant of the workshops. These materials

included *Eating Well for Cancer Prevention* booklet, *Moving More for Cancer Prevention* booklet, and a full set of our educational resources for circulation in the school libraries. As an incentive to enhance the response rate of the post-workshop questionnaire, WCRF HK gave each respondent a health aid, *Understanding Nutrition Labels* which provided teachers with key information about understanding nutrition labels as well as food shopping tips (Sample attached). Participants could also contact our dietitian and personal trainer by telephone or emails for any questions related to diet, physical activity and cancer prevention after the workshop.

#### *Unit cost of direct beneficiaries*

A total of 1,253 teachers attended the workshop and benefited from the workshop and health educational materials. The unit cost of direct beneficiaries is \$147.4 per teacher.

#### *Sustainability of the learning programme and materials developed*

In addition to the powerpoint presentation of the health talks, which contained valuable and useful information for teachers to share with their students, teachers could continue to learn about the up-to-date cancer prevention messages and access the health educational materials by visiting WCRF HK's website and contact our dietitian and personal trainer for any questions on diet, lifestyle and cancer prevention.

#### *Alternative approaches for equivalent benefits at less cost*

An alternative approach to conduct this project is to hold the workshop for several schools in the same district at one time. This could help save some service fee by grouping a large number of audiences together. However, it would also sacrifice the unique nature of the workshop as less time will be made available for individual dietetic consultations for teachers who will also receive less individual attention. Moreover, holding a workshop for several schools in one district at the same time would be very difficult to co-ordinate, as all the schools had very specific availability times.

#### **4. Deliverables and Modes of Dissemination**

WCRF HK produced 1,500 sets of the *Fundamentals of Healthy Living* booklet and the "Simple Exercise Demonstration" DVD to be distributed to each participant of the workshops. This handy booklet contains WCRF HK's diet and physical activity recommendations, healthy recipes and sample meal plans, suggested shopping lists, as well as practical exercise tips; while the DVD featured simple exercise demonstrations that can be done at home or in the campus. Both the handbook and the DVD were well received by the participants.

The *Fundamentals of Healthy Living* booklet and the "Simple Exercise Demonstration" DVD were distributed to participants at each workshop. A total of 1,253 copies of the booklet and DVDs were distributed at the workshop. Another 89 copies of these resources were distributed to a few participating schools on request to benefit teachers who could not attend the workshop for various reasons.

*The value and feasibility for the deliverable to be widely disseminated by the QEF as well as suggested modes of dissemination*

The *Fundamentals of Healthy Living* booklet serves as a handy tool and provides practical tips for healthy living for shopping or organising physical activity events. It can be modified as an all-in-one package to make it even handier for distribution by inserting a copy of the “Simple Exercise Demonstration” DVD and an exercise band with an additional packaging cost.

*Elements contributing to the success of the project and feasibility of continuing the project*

The success of “A one-stop workshop for teachers – Move More, Eat Well and Feel Good” could largely be attributed to the variety of elements included in the project. From food and exercise quizzes, health talks, tutorial sessions to personal health consultations with our dietitian, all these activities aimed to provide practical information and solutions for teachers to overcome their barriers to adopting a healthy diet and lifestyle despite their busy schedule.

The teachers enjoyed taking part in the food and exercise quizzes, and gained interesting knowledge about diet and exercise at the same time. The health talks conducted by the dietitian and personal trainer provided them with useful and easy to understand information on the relationship between diet, physical activity, weight management and cancer prevention. Exercise and cooking demonstrations led by our personal trainer and dietitian served the purpose to demonstrate how they could incorporate simple exercise and prepare healthy foods despite their busy schedule. Finally, the personal health consultation with our dietitian allowed the teachers to understand their current personal health status and helped them to identify barriers to adopting a healthy diet and lifestyle. This also offered a channel for them to seek professional and individualised advice.

“A one-stop workshop for teachers – Move More, Eat Well and Feel Good” was well received by teachers. Most of the participants reported that the content of the workshop was interesting, informative and useful in helping them lead a healthy diet and lifestyle. The project could be extended to benefit kindergarten and primary school teachers in Hong Kong.

Finally, the fact that the workshop was delivered by professional tutors, from a reputable charity, whose information is science-backed had a significant impact.

## 5. Activity List

*Particulars of activities conducted during the project period such as types of activities, brief descriptions of the activities, number of participants and feedback from participants*

During the project period from October 2009 to September 2010, twenty 4-hour workshops were conducted with about 1250 teachers participating. Details of each workshop are listed in the table on the next page.

	School Name (in Chinese)	Date of workshop	Time	Number of participants
1	聖馬可中學	19 Mar 10	0900 – 1300	68
2	瑪利諾神父教會學校	31 Mar 10	1230 – 1630	55
3	中華基督教會基協中學	08 Apr 10	0900 – 1300	56
4	培英中學	09 Apr 10	1300 – 1700	78
5	順德聯誼總會梁銶琚中學	14 Apr 10	1300 – 1700	59
6	南亞路德會沐恩中學	16 Apr 10	1330 – 1730	64
7	香港管理專業協會李國寶中學	30 Apr 10	0830 – 1230	60
8	中華聖潔會靈風中學	03 May 10	0900 – 1300	69
9	崇真書院	14 May 10	0830 – 1230	60
10	保祿六世書院	04 Jun 10	1300 – 1700	60
11	何明華會督銀禧中學	09 Jun 10	0830 – 1230	60
12	張祝珊英文中學	11 Jun 10	0830 – 1230	70
13	港九潮州公會中學	28 Jun 10	0830 – 1230	71
14	九龍真光中學	25 Aug 10	0830 – 1230	54
15	基督書院	25 Aug 10	1330 – 1730	80
16	孔聖堂中學	26 Aug 10	0900 – 1300	50
17	港九街坊婦女會孫方中書院	26 Aug 10	1400 – 1800	56
18	寶血女子中學	27 Aug 10	0830 – 1230	70
19	風采中學(教育評議會主辦)	24 Sep 10	0900 – 1300	58
20	新界鄉議局大埔區中學	20 May 10	0830 – 1230	55

The content of each workshop includes:

1. One-on-one health consultation with WCRF HK's dietitian  
(Ongoing throughout the workshop – 10 minutes for each participant)
2. Physical activity session – “Moving More” (2 hours)
  - Pre-workshop questionnaire to be filled in by participants (5 minutes)
  - A health talk on the health benefits of physical activity (1 hour)
  - A physical activity tutorial and demonstration (45 minutes)
  - Q&A plus evaluation (10 minutes)
3. Healthy eating session – “Eating Well” (2 hours)
  - Pre-workshop questionnaire to be filled in by participants (5 minutes)
  - A talk on healthy eating for lower cancer risk (1 hour)
  - A healthy cooking tutorial and demonstration (45 minutes)
  - Q&A plus evaluation (10 minutes)

The workshop, hosted by WCRF HK's dietitian and personal trainer, began with asking the participants

to fill in a pre-workshop questionnaire (Appendix 1) to collect information about their health status, lifestyle habits as well as knowledge on cancer prevention. The participants were required to complete the same questionnaire (post-workshop questionnaire) about two months after the workshop. Data collected from the pre- and post-workshop questionnaires were analysed and compared to evaluate the changes in their health status, lifestyle habits and knowledge on cancer prevention after the workshop.

### **Feedback from Participants – Survey result and evaluation**

#### ***Overall health status and health awareness***

From the data collected from both questionnaires, the percentage of participants who rated their current health status as average or above increased from 76.6% to 80.3%. On average, more participants correctly identified the scientifically proven diet and lifestyle risk factors of cancer (i.e. smoking, having a poor diet, being overweight, not being physically active, drinking alcohol and eating processed meat).

#### ***Dietary and lifestyle habits***

Improvements were also observed in the dietary and lifestyle habits of the workshop participants. More teachers became more physically active. The percentage of participants who reported that they did not exercise at all decreased by 5% and the average duration spent on doing exercise each day also increased. Processed meat is scientifically proven to be a risk factor of colorectal cancer. After the workshop, fewer participants consumed processed meat as part of their daily or weekly diet. When looking at vegetable and fruit intake, about a 5% increase was observed in participants who were able to meet the recommended intake of 5 or more servings of fruits and vegetables a day. Alcohol is also proven to be a risk factor of several common cancers. The percentage of participants not drinking any alcohol at all increased from 69.4% to 73.4% after attending the workshop. Moreover, the number of drinks consumed, if consumed at all, fell within our recommendation.

After attending the exercise tutorial, three of the schools reported they have purchased exercise rubber bands for every teacher in their schools. By doing so, teachers can do exercise using the rubber bands at school, using the “Simple Exercise Demonstration” DVD as a reference. These schools are Pui Ying Secondary School, Confucius Hall Middle School and Precious Blood Secondary School.

At the end of each workshop, participants filled-in an evaluation form (Appendix 2) with their comments. The comments were summarised as below:

- 83 per cent of the participants rated the workshop as good or excellent
- 98 per cent of the participants found the content of the workshop interesting and informative
- 97 per cent of the participants found the content of the workshop useful in helping them lead a healthy diet and lifestyle
- Almost all (99.6 per cent) of the participants rated the presentation by the dietitian and personal trainer clear and easy to understand

- Majority of the participants found the health talks, exercise demonstration and individual dietitian consultation the most useful parts of the workshop
- Majority of the participants found the exercise demonstration, healthy cooking demonstration, health talks the most interesting parts of the workshop

Additional comments from participants suggested that there is a demand for similar activities by WCRF HK:

- The workshop was good and provided interesting and practical information
- WCRF HK should organise more similar or related workshops in schools to raise the health awareness among teachers
- Follow up workshops should be organised
- The booklet contains good and simple information, which is handy especially for people with a busy schedule
- Good for us (teachers) to get up and do exercise
- Full of practical suggestions
- The workshop has made me aware of the harm of over indulgence of red meat. Moderate consumption (of meat) has become my lifestyle ever since

## 6. Difficulties Encountered and Solutions Adopted

### *Project timeline and coordination*

WCRF HK planned to conduct 20 workshops between Dec 2010 and July 2011. In order to fit the schedule of the registered schools, there was a need for a slight variation in the project timeline, with the first workshop starting in March 2010 and the last one finishing in late September. However, WCRF HK was still able to conduct the workshops in 20 schools and collect the post-workshop data for analysis within the project period. In addition to 20 participating schools and the other 13 schools that showed interest (as listed in the progress report) but unable to arrange the workshop within the project period, there was one other school (HK & KIn CCPA Ma Chung Sum Secondary School) on the waiting list and another (SKH Tsoi Kung Po Secondary School) which signed up and cancelled.

### *Workshop arrangement*

One of the workshops was requested to be conducted outside the school campus while a few were conducted in schools with no cookery room or other cooking facilities, which did not allow WCRF HK's dietitian to conduct the cooking demonstration as proposed. In view of this, a lifestyle modification exercise and sharing session was introduced in place of the healthy cooking demonstration. The lifestyle modification session included a case study, which allowed teachers to discuss and share ideas for improving their daily meal plans and lifestyle. The dietitian also provided practical tips for teachers to modify a recipe with healthier ingredients and/or cooking methods.



A few schools requested to have cooking tutorials for all teachers instead of cooking demonstrations. In order to accommodate this, teachers were split into two groups due to venue restriction. One group attended the exercise tutorial while the other group attended the cooking tutorial in the cookery room, and swapped afterwards. However, this has sacrificed some time for the individual consultation session with the dietitian.

*Budget variation*

WCRF HK initially planned to purchase a total of 30 exercise rubber bands, available in 6 small packs. Thus, 2 or 3 teachers would share a rubber band during the exercise tutorial session. However, bulk packs of exercise rubber bands were available at a lower unit cost. Therefore, WCRF HK purchased 2 bulk packs of exercise rubber bands, which made a total of 52 rubber bands, at a cost slightly higher than that in the budget (HK\$1,116 vs. HK\$1,000). But this allowed every teacher to use one exercise rubber band during the exercise tutorial. The extra budget was reallocated from another item in the approved budget, according to the “General Guidelines on Management and Monitoring of Projects” (Schedule III, Part 1). After all, WCRF HK was able to finish all the 20 workshops within the approved budget.

## 'Move More, Eat Well and Feel Good' Pre-workshop Questionnaire

Please check the answer you most agree with

1. Please rate your current health status (1 = Excellent, 5 = Poor)  
 1     2     3     4     5
2. By having a healthy diet, being physically active and maintaining a healthy weight, \_\_\_\_ of the most common cancer can be prevented.  
 1/5                       1/4                       1/3                       1/2
3. Which, if any, of the following do you think increases the risk of developing cancer?  
(Please check all that apply)  
 Smoking                                       Eating processed meat  
 Eating a poor diet                               Stress  
 Being overweight                               Coffee  
 Not being physically active                       None of these  
 Alcohol     Don't know
4. How often do you exercise? How much time do you spend on doing exercise each day?  
 No exercise at all     1-3 days weekly     4-6 days weekly     Every day  
 0 minutes                       1-15 minutes                       15-30 minutes                       30 minutes or more
5. How often do you eat processed meat (such as ham, bacon, sausages, Chinese style preserved meat and sausages, and salted fish)?  
 Never     Occasionally     Monthly     Weekly     Daily
6. How many fruits and vegetables do you eat every day?  
Fruits                      (1 portion = 1 medium apple / 1 cup grapes / 1 cup diced melon)  
 None     1 portion     2 portions     3 portions or more  
Vegetables                      (1 portion = ½ bowl cooked / 1 bowl uncooked)  
 None     1 portion     2 portions     3 portions or more
7. How often do you drink alcohol? How much do you drink each time?  
(One drink = 280ml standard beer / 125ml wine / 30ml spirits)  
 Never     1-3 times per week     4-6 times per week     Every day  
 0 drink     1 drinks     2 drinks     3 drinks or more

**Thank you very much for participating!**

*Stopping cancer before it starts*

**World Cancer Research Fund Hong Kong (WCRF HK)**

Tel: 2529 5025 Fax: 2520 5202 Email: info-hk@wcrf.org Website: www.wcrf-hk.org

## Appendix 2



### 'Move More, Eat Well and Feel Good Workshop' Evaluation Form

**Please circle the answer that you most agree with:**

1. Please evaluate this workshop as a whole.

Excellent      Good      Fair      Poor      Very poor

2. The contents of the workshop are interesting and informative.

Strongly agree      Agree      Disagree      Strongly disagree

3. The contents of the workshop are useful in helping you lead a healthy diet and active lifestyle.

Strongly agree      Agree      Disagree      Strongly disagree

4. The presentation by the registered dietitian and personal trainer is clear and easy to understand.

Strongly agree      Agree      Disagree      Strongly disagree

5. What was/were the most useful part/s of the workshop? (You may have more than one choice)

Health talk on exercise      Health talk on diet      Quiz      Exercise demonstration  
Sharing      Case study      Individual dietitian consultation      Healthy cooking demonstration

6. What was/were the most interesting part/s of the workshop? (You may have more than one choice)

Health talk on exercise      Health talk on diet      Quiz      Exercise demonstration  
Sharing      Case study      Individual dietitian consultation      Healthy cooking demonstration

7. Are you interested in more similar workshops or health talks organized by WCRF HK?

Yes (Go to question 8)

No (Go to question 9)

8. Which specific topic/s below would be of particular interest to you? (You may have more than one choice)

Weight management      Food and Nutrition      Physical Activity

Others (please specify): \_\_\_\_\_

9. Additional comments or suggestions:

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**Thank you very much for participating!**

*Stopping cancer before it starts*

**World Cancer Research Fund Hong Kong (WCRF HK)**

Tel: 2529 5025 Fax: 2520 5202 Email: info-hk@wcrf.org Website: www.wcrf-hk.org

### Is it healthy? 如何選擇健康食物?

A rough guide to nutrition labels (請參閱標籤的指引)

營養素	每日所需量	每日攝入量
Energy 能量	<225kcal	<225kcal
Saturated fat 飽和脂肪	<5g	<5g
Trans fat 反式脂肪	<0.5g	<0.5g
Total fat 總脂肪	<3g	<3g
Sodium 鈉	<120mg	<120mg
Low sugar 低糖	<5g	<5g
Low sodium 低鈉	<0.5g	<0.5g
Low fat 低脂	<3g	<3g
Low energy 低能量	<225kcal	<225kcal

Energy 能量: 每日攝入量 <225kcal (每日攝入量 <1000kcal 為 100%)

Saturated fat 飽和脂肪: 每日攝入量 <5g (每日攝入量 <20g 為 100%)

Trans fat 反式脂肪: 每日攝入量 <0.5g (每日攝入量 <2g 為 100%)

Total fat 總脂肪: 每日攝入量 <3g (每日攝入量 <60g 為 100%)

Sodium 鈉: 每日攝入量 <120mg (每日攝入量 <2400mg 為 100%)

Low sugar 低糖: 每日攝入量 <5g (每日攝入量 <50g 為 100%)

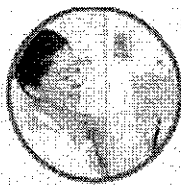
Low sodium 低鈉: 每日攝入量 <0.5g (每日攝入量 <1g 為 100%)

Low fat 低脂: 每日攝入量 <3g (每日攝入量 <60g 為 100%)

Low energy 低能量: 每日攝入量 <225kcal (每日攝入量 <2250kcal 為 100%)

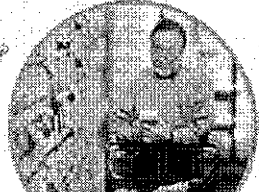
## Shopping tips 購物小貼士

① Plan your healthy grocery list: Fill your cart with plenty of fruits, vegetables, wholegrains and legumes. 購物前先制定健康食物清單: 多買蔬菜、水果、全穀物及豆類食物。



② Use nutrition labels to make healthier choices: Amounts per 100g or 100ml are useful for making comparisons between products. 運用營養標籤作健康之選: 若食物標籤每100克或100毫升作標示單位, 便可直接比較不同產品的份量及營養素含量。

③ Check ingredient list: Ingredients are listed in descending order of weight. If sugar, salt, fat and oil appear early in the ingredient list, the food is probably not a good choice. 查看成份表: 成份表內的成份均由多至少排列。糖、鹽、油出現於成份表的較前位置, 代表該食物可能不大健康。



## World Cancer Research Fund Hong Kong (WCRF HK) 世界癌症研究基金會 (香港)

WCRF HK is the principal HK charity dedicated to the prevention of cancer through the promotion of a healthy diet and healthy physical activity and cancer management. WCRF HK is committed to providing cancer research and education programmes which expand our understanding of the importance of our food and lifestyle choices in the cancer process. By spreading the good news that cancer can be prevented, WCRF HK hopes that many thousands of lives will be saved. The education and research programmes of WCRF HK are funded almost entirely by donations from the public. You can join us in our fight against cancer by making a gift to WCRF HK. Simply call us on 2529 8200 or visit www.wcrf.hk to make an online donation or find out more.

世界癌症研究基金會 (香港) 是香港主要的慈善機構, 致力於透過推廣飲食、營養、體力活動及癌症管理預防癌症, 改善預防癌症的知識, 為香港提供教育課程, 亦為了解飲食及生活方式與癌症發展過程的關係提供教育課程。透過普及教育可以預防的癌症, 世界癌症研究基金會 (香港) 希望能夠挽救以萬計的生命。本會所開展的研究活動及教育項目均依賴公眾及各界人士的熱心捐款。您可直接撥款予本會, 亦可向本會董事會捐款或贊助。請致電 2529 8200 或查詢詳情。或於本會網頁 www.wcrf.hk 進行網上捐款。及參加捐款活動。

"Stopping cancer before it starts" 防癌於未然  
 Tel 電話: +852 2529 8200 Fax 傳真: +852 2529 8200  
 Web 網址: www.wcrf.hk  
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## UNDERSTANDING NUTRITION LABELS 營養標籤知多點

This leaflet is supplementary to the attached 'Is it healthy?' card which is a handy tool to help you make healthier food choices while shopping. 此冊為貼合內附的「如何選擇健康食物」貼紙用, 備此貼紙有助你於購物時選擇較健康的食物。



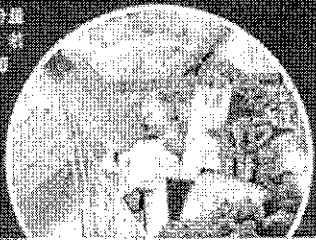
## About nutrition labels 營養標籤

Nutrition labels list energy and 7 specified nutrients. 營養標籤列明能量及 7 種指定營養素的資料。

### Nutrition Information 營養資料

	Per 100g/每100克
Energy/能量	430kcal/千卡 (1831kJ/千焦)
Protein/蛋白質	11g/克
Total fat/總脂肪	19g/克
- Saturated fat/飽和脂肪	7g/克
- Trans fat/反式脂肪	0g/克
Carbohydrate/碳水化合物	92g/克
- Sugars/糖	20g/克
Sodium/鈉	730mg/毫克

Food manufacturers provide nutrition information per 100g, per 100ml, per serving or per package. Amounts per 100g or 100ml are useful for making direct comparisons between products. 食物生產商提供每100克、每100毫升、每食用份量或每包份量作標示單位。若標示單位為每100克或每100毫升, 便可直接比較不同產品的能量及營養素含量作比較。



### Energy 能量

Energy is expressed in kilocalories (kcal) and kilojoules (kJ) (1 kcal = 4.2 kJ). Excess energy intake will lead to weight gain, and in turn, increase your risk of cancer and other chronic illnesses. To maintain a healthy weight, you need to balance the amount of energy we take in with the amount we use up. As a guide, an average-sized, moderately active, healthy woman and man need around 1,800kcal and 2,000kcal a day respectively. However, calorie requirements vary according to age, body size and lifestyle.

Avoid choosing high energy density foods (particularly processed foods high in added sugar or fat in fibre, or high in fat). Opt for foods lower in energy density (less than 220kcal in 100g). Sugary drinks can also be high in calories, so we should try to avoid them too.

食物的能量單位為千卡 (kcal) 或千焦耳 (kJ) (1千卡約等於4.2千焦耳)。攝取過量的能量 (卡路里) 會令體重增加, 因而增加患上癌症及其他慢性疾病的風險。要維持健康體重, 我們需要平衡所攝取的攝取和消耗。一般健康活躍的成年男女每天需要2,000千卡及1,800千卡。可是, 能量需求會因年齡、身型、體能和生活模式而改變。

購物時, 應留意選擇低能量密度的食物 (特別是高糖份或高脂肪的加工食物)。多選擇能量密度較低的食物 (每100克提供少於225千卡)。含糖飲料的卡路里含量亦很高, 應避免飲用含糖飲品。

### Fat 脂肪

A small amount of fat is essential for good health. But fat is the most energy dense nutrient, containing twice as many calories as carbohydrate and protein. To maintain a healthy weight and to prevent cancer and other chronic illnesses, we should limit our fat intake.

Saturated fat and trans fat can increase blood cholesterol level and therefore, the risk of heart diseases. Opt for low-fat foods, and foods low in or free from saturated fats and trans fat.

On average, women and men should aim for no more than 50g and 60g of fat a day respectively, of which 20g and 22g can be saturated, and no more than 2g and 2.2g of trans fat.

升膽固醇與心臟病風險有關, 但由脂肪是必需營養素, 所以我們需要適量。所攝取的脂肪量應與消耗的能量相平衡, 以維持健康體重及預防癌症及其他慢性疾病。每天應限制脂肪的攝入。

另外, 飽和脂肪和反式脂肪會令膽固醇水平上升, 從而增加患上心臟病的風險。購物時, 應選擇低脂肪、低飽和脂肪及反式脂肪的食物。

一般健康活躍的成年男女每天需不多於66克及60克脂肪, 當中22克和20克為飽和脂肪, 以及不多於2.2克及2克反式脂肪。

### Carbohydrates 碳水化合物

Carbohydrates include starch, sugars and dietary fibre. Opt for unprocessed carbohydrates such as wholegrain bread, brown rice and wholemeal pasta. Limit your intake of sugar by checking sugar free or low-sugar foods.

Please refer to the 'Is it healthy?' card. Note: it is not necessary to severely limit fat intake. A high-fat diet helps prevent certain types of cancer and heart disease. Opt for high-fibre foods to assist our daily fibre requirement of 25g.

碳水化合物包括澱粉、糖及膳食纖維。多選擇未經精煉的碳水化合物食物如全麥粉、糙米和全麥麵粉等。限制對糖份的攝入量, 及多選擇低糖或無糖的食物。

(請參閱「如何選擇健康食物」貼紙詳情) 註: 限制脂肪並非必需, 因為高脂肪飲食有助預防某些人士患上心臟病和某些類型的癌症。應選擇高纖維的食物, 以幫助我們達到每日纖維攝取量。

### Sodium 鈉

Nutrition labels list the content of sodium, a chemical component of salt, instead of salt. Excess sodium intake increases our risk of stomach cancer and high blood pressure. Aim to eat no more than 5g of salt (2.4g sodium) a day. Opt for low-salt food with less than 120mg sodium per 100g of food.

To work out how much salt is in a food, multiply the sodium content by 2.5. (0.4g of sodium = 1.0g of salt)

營養標籤列出鈉 (而非食鹽) 的含量。過量的鈉會增加患上胃癌及高血壓的風險。應食少於5克食鹽 (2.4克鈉) 每天。選擇低鹽食物 (每100克提供少於120毫克的鈉)。

若要計算食物中的食鹽含量, 請將鈉的含量乘以2.5。 (0.4克的鈉 = 1.0克的鹽)