

## 英文

### Health Foods

#### What are health foods?

1. Based on “Health Foods Management,” health foods refer to “foods with health efficacy, or foods labeled or advertised with their efficacies.” “Health Foods” is a legal term. The foods must be examined and approved by Ministry of Health and Welfare before they can be called “Health Foods” While the so-called “Healthcare Foods” sold on the market are actually ordinary foods that can only be regarded as nutritional supplements. Both are entirely different!
2. Although health foods accredited by Ministry of Health and Welfare are able to enhance health, but they do not possess any medical efficacy, and neither do they feature equivalent medical effects and unable to replace the regular drugs used in medical treatments.

#### Choose “Health Foods” wisely that bear the following insignias!

The accredited “Health Foods” are marked with “DOH Health Food Regulation No.” or “DOH Health Food No.”. Both of them are shown with a “standard green elliptical pattern.” These are guaranteed health foods examined by the Department of Health.



## 中文對照說明

### 健康食品

#### 什麼是健康食品？

1. 依據「健康食品管理法」，健康食品是指「具有保健功效，並標示或廣告其具該功效之食品」。「健康食品」乙詞是法律名詞，食品一定要經過衛生福利部審查通過後才能稱為「健康食品」，而坊間所說的「保健食品」其實就是一般食品，僅能做為營養補充而已，兩者是不相同的！
2. 雖然通過衛生福利部認證的健康食品可以輔助身體健康，但是並不具有任何醫療效能，也沒有等同藥品的效果，更無法取代正規治療的藥品。

#### 「健康食品」聰明選 標章這樣看！

通過認證的「健康食品」，包裝上都標有「衛部健食規字號」才是經或「衛部健食字號」，同時具有「綠色橢圓標準圖樣」，過衛生福利部審查有保障的健康食品。

## Health foods consumption precautions

While selecting health foods, you should first “STOP” and think calmly whether they are really necessary and whether they can enhance your health? Then “LOOK” at the packages carefully for the “standard green elliptical patterns” and “license numbers,” warning notes,” “precautions,” recommended dosages,” and “health efficacies.” Please pay attention to “LISTEN,” consult the physician, pharmacist, dietitian or other specialists before you can correctly purchase health foods that are beneficial to your health. As a reminder, “a balanced diet, normal rest and consistent exercise schedules” are indeed the best route to good health. For more information, please assess <http://consumer.fda.gov.tw/> to check out on “Consumer Knowledge Network on Food and Drug.”

## 食用健康食品要注意什麼？

在選購健康食品前應先「停」，冷靜思考一下是否確實有需要，以及對健康是否有幫助；並且仔細「看」，清楚閱讀包裝上的「綠色橢圓標準圖樣」及「許可證字號」、「警語」、「注意事項」、「建議攝取量」以及產品的「保健功效」；食用前請用心「聽」，請教醫師、藥師或營養師等專業人員，才能正確選購對自己身體狀況有幫助的健康食品。提醒您，「均衡飲食、正常作息加上持續運動」才是最好的保健之道。更多資訊請上「食品藥物消費者知識服務網」查詢 <http://consumer.fda.gov.tw/>。

