

# Chinese Taipei



## Policies, Interventions and Actions

### Amendments - Scope of Sale of Drinks and Snacks on Campus

This regulation sets nutritional restrictions on the sale of beverages and snacks on school campuses below junior high school level. Beverages and snacks must be below 250 kcal, and the calories provided by fat must be below 30% of the total among other restrictions. (Available only in Traditional Chinese)

Categories:	Evidence of School Food Regulations
Year(s):	2025 (ongoing)
Target age group:	Kinderen
Organisation:	Ministry of Health and Welfare
Find out more:	<a href="http://www.doe.gov.taipei">www.doe.gov.taipei</a>
Linked document:	<a href="#">Download linked document</a>

### Community Nutrition Care Operation Manual

A practical operation manual for community nutrition promotion centres. Since 2018, these centres have worked to improve the nutrition of the elderly population. They provide individual and group nutrition education, training for community medical personnel and volunteers, and coaching for restaurants to provide appropriate and healthy food for older people. (Available only in Traditional Chinese)

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2024 (ongoing)
Target age group:	Volwassenen
Organisation:	Health Promotion Administration, Ministry of Health and Welfare
Find out more:	<a href="http://www.hpa.gov.tw">www.hpa.gov.tw</a>
Linked document:	<a href="#">Download linked document</a>

## Nutrition and Healthy Eating Promotion Act

This law intends to create a supportive environment for healthy eating, enhance public knowledge of healthy eating and nutrition, and improve public health. Implementation plans include the delivery of nutrition education in schools, government agencies, and public enterprises, and medical institutions. (Available only in Traditional Chinese)

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2024 (ongoing)
Target age group:	Volwassenen en kinderen
Organisation:	Ministry of Health and Welfare
Find out more:	<a href="http://www.hpa.gov.tw">www.hpa.gov.tw</a>
Linked document:	<a href="#">Download linked document</a>

## Evidence-based Guideline on Adult Obesity Prevention and Management 2023

Guidelines on obesity prevention and treatment, including recommendations for assessment, interventions and treatment. An update of the 2018 edition. (Available only in Traditional Chinese)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2023 (ongoing)
Target age group:	Volwassenen
Organisation:	Ministry of Health and Welfare, Taiwan Medicine Association for the Study of Obesity, Cochrane Taiwan
Find out more:	<a href="http://taiwan.cochrane.org">taiwan.cochrane.org</a>
Linked document:	<a href="#">Download linked document</a>

## Regulations on Nutrition Labelling for Prepackaged Food Products

Mandatory national labelling guidelines for packaged foods and drinks, including nutritional content, calories, and recommended servings. Amended in 2021. (Available only in English language)

Categories:	Labelling Regulation/Guidelines
Year(s):	2021 (ongoing)
Target age group:	Volwassenen
Organisation:	Taiwan Food and Drug Administration
Linked document:	<a href="#">Download linked document</a>

## Dietary Reference Intakes for Chinese People (8th edition)

The 8th edition of the Dietary Reference Intakes based on the nutritional state of the Taiwanese population. (Available only in Traditional Chinese)

Categories:	Evidence of Nutritional or Health Strategy/Guidelines/Policy/Action plan
Year(s):	2020 (ongoing)
Target age group:	Volwassenen en kinderen
Organisation:	Taiwan Food and Drug Administration
Find out more:	<a href="http://www.hpa.gov.tw">www.hpa.gov.tw</a>
Linked document:	<a href="#">Download linked document</a>

## Public Places Breastfeeding Regulations

This regulation protects women's rights to breastfeed in public places and requires that an accessible breastfeeding environment for women who wish to breastfeed is provided.

Categories:	Evidence of Breastfeeding promotion or related activity
Year(s):	2019 (ongoing)
Target age group:	Volwassenen en kinderen
Organisation:	Ministry of Health and Welfare
Linked document:	<a href="#">Download linked document</a>

## Empirical Guidelines for the Prevention and Treatment of Childhood Obesity

Evidence-based guidelines for the prevention and treatment of childhood overweight and obesity. They are intended for clinicians and provide information on the epidemiology of obesity in children, prevention strategies, school health promotion interventions, and screening and treatment procedures. (Available only in Traditional Chinese)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	Kinderen
Organisation:	Health Promotion Administration, Ministry of Health and Welfare
Linked document:	<a href="#">Download linked document</a>

## Evidence-based Guideline on Adult Obesity Prevention and Management 2018

Guidelines on obesity prevention and treatment. (Available only in Traditional Chinese)

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018-2023
Target age group:	Volwassenen
Organisation:	Ministry of Health and Welfare, Taiwan Medicine Association for the Study of Obesity, Cochrane Taiwan
Find out more:	<a href="http://taiwan.cochrane.org">taiwan.cochrane.org</a>
Linked document:	<a href="#">Download linked document</a>

## Restriction on the Use of Hydrogenated Oils in Edible Foods

This restriction stipulates that from July 1 2018, partially hydrogenated oils (PHOs) must not be used in food in Taiwan.

Categories:	Limit or ban on trans fats or PHOs
Year(s):	2018 (ongoing)
Target age group:	Volwassenen en kinderen
Organisation:	Ministry of Health and Welfare
Find out more:	<a href="http://www.mohw.gov.tw">www.mohw.gov.tw</a>

## Taiwan's Obesity Prevention and Management Strategy

The Strategy outlines policies and strategies across different settings, including families, schools, workplaces, and healthcare institutions. Key objectives include strengthening healthcare services, creating supportive environments, enhancing awareness and education, and monitoring and evaluating obesity prevention efforts. The strategy does not specify numerical targets for reducing obesity prevalence but aims for a reduction in prevalence for school students and adults.

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2018 (ongoing)
Target age group:	Volwassenen en kinderen
Organisation:	Health Promotion Administration, Ministry of Health and Welfare
Find out more:	<a href="http://www.hpa.gov.tw">www.hpa.gov.tw</a>
Linked document:	<a href="#">Download linked document</a>

## Guidelines for Front of Package Nutrition Labelling of Food Products

Guidance for voluntary front of package nutrition labelling of food products. The recommended labels include calorie, saturated fat, sugar, and sodium content in grams and as a percentage of daily reference value. (Available only in English language)

Categories:	Labelling Regulation/Guidelines
Year(s):	2017 (ongoing)
Target age group:	Volwassenen en kinderen
Organisation:	Taiwan Food and Drug Administration
Linked document:	<a href="#">Download linked document</a>

## National Physical Activity Guidelines

National guidelines for physical activity, providing evidence-based recommendations for children, adolescents, adults, and the elderly, as well as people with disabilities, people with chronic diseases, and pregnant and postpartum women. They are intended for health professionals and the public. (Available only in Traditional Chinese)

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2017 (ongoing)
Target age group:	Volwassenen en kinderen
Organisation:	Health Promotion Administration, Ministry of Health and Welfare
Linked document:	<a href="#">Download linked document</a>

## Regulations Governing the Advertising and Promotion of Foods Unsuitable for Long-Term Consumption by Children

These regulations came into force in January 2016, in accordance with Article 28, Paragraph 3 of the Food Safety and Sanitation Management Act. They restrict the advertising of "foods unsuitable for long-term consumption by children", including snacks, candies, beverages, ice creams, and foods supplied by establishments that directly serve food and drink which contain high levels of fat, saturated fat, sodium or sugar. These foods must not be advertised on children's television channels from 5pm to 9pm, cannot be claimed to replace regular meals, and cannot be promoted through toy rewards or giveaways. (Available only in Taiwanese language)

Categories:	Evidence of Marketing Guidelines/Policy
Year(s):	2016 (ongoing)
Target age group:	Kinderen
Organisation:	Food and Drug Administration, Ministry of Health and Welfare
Find out more:	<a href="http://www.mohw.gov.tw">www.mohw.gov.tw</a>
Linked document:	<a href="#">Download linked document</a>

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