



在餐牌上就高風險食物向消費者作出食用忠告的業界指引

GUIDELINES FOR FOOD BUSINESSES ON PROVIDING CONSUMER ADVICE ON HIGH-RISK FOOD ON MENUS

業界諮詢論壇

二零二二年六月三十日

TRADE CONSULTATION FORUM

30 JUN 2022

業界指引

- 適用於食物業處所、食肆及食品零售商
- 有助業界告知消費者所供應的即食食物含有生的或未煮熟的食材／配料，消費者須注意因此而增加的食用風險

Trade Guidelines

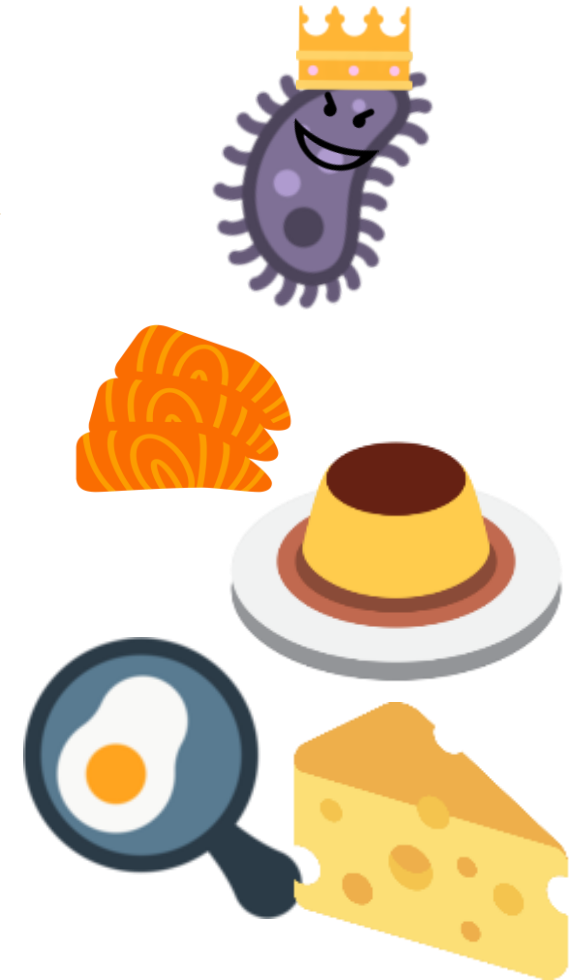
- Applicable to food premises, restaurants and food retailers
- Aim to facilitate food businesses in informing consumers of the increased risk of consuming raw/ undercooked foods and ingredients in ready-to-eat foods served to customers



生的或未煮熟的食物屬高風險

Raw/Undercooked Foods are High Risk Foods

- 沒有經過熱處理或熱處理不足，未能徹底消除食物中的微生物，包括「超級細菌」
- 這些「超級細菌」不論是否有致病性，都有可能把抗藥性基因轉移到人體內的其他細菌
- 日後我們使用抗生素治病時，藥效便可能受影響
- Raw/undercooked foods receive no or inadequate heat treatments. They are more likely to carry microorganisms including antibiotic-resistant “superbugs” that can be transferred to humans through food intakes
- Whether or not “superbugs” can cause illnesses, they may transfer their antibiotic resistance genes to other bacteria inside the human body
- This in turn may affect the effectiveness of future use of antibiotics when needed



應用「食物安全五要點」以應付抗菌素耐藥性問題 Combat AMR by “Five Keys to Food Safety”

- 食物安全五要點主要是由世衛制定。
- Mainly formulated by the World Health Organization



這些要點是基於科學證據而訂出，對預防食源性疾病極為有效，不論致病菌是耐藥性與否。
These keys are based on scientific evidence and are effective in preventing foodborne pathogens, including AMR pathogens

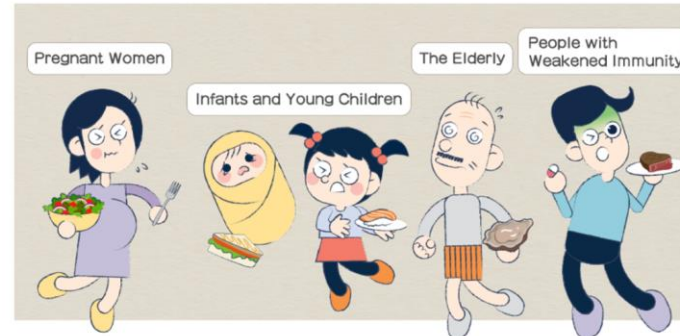
高危人士應避免食用生的和未煮熟的食物

Susceptible Populations Should Avoid Eating Raw and Undercooked Foods

- 孕婦
- 嬰幼兒
- 長者
- 免疫力弱的人士
 - 糖尿病
 - 肝病或腎病等慢性病患者
 - 愛滋病病毒感染者
 - 接受器官移植的病人
 - 接受化療或放射治療的人
 - 或正服用如抗生素、抗胃酸藥等藥物的病人



- Pregnant women
- Infants and young children
- The elderly
- People with weakened immunity
 - Diabetes
 - Liver or kidney disease
 - HIV infection
 - With organ transplants
 - Undergoing chemotherapy or
 - Radiotherapy
 - Or taking medications such as antibiotics and antacids



向消費者作出食用忠告

Food Advice for Consumers

- 在餐牌上就此等食物給予消費者食用忠告或提示
- 忠告字句應清楚易讀，並展示於餐牌的顯眼位置
- 也可在菜單展示板、小冊子、招牌、食品標籤及/或紙牌上作出食用忠告
- Provide consumer advice or a reminder on raw/undercooked foods on the menu
- The advice should be legible and displayed at a prominent position of the menu
- Apart from menus, the advice can also appear on menu boards, brochures, signage, food labels and placards if suitable

食用忠告示例：

食用生或未煮熟的食物，可增加患上食源性疾病的風險，尤其是孕婦、嬰幼兒、長者和免疫力弱人士。

An example of consumer advice:

Consuming raw or undercooked foods may increase the risk of foodborne illness, especially for pregnant women, infants, young children, the elderly and people with weakened immunity.



消費者對食用忠告的看法

Comments of Consumer Liaison Group

- 2019年九月舉行消費者聯繫小組聚焦小組討論會
- 討論會目的是了解成員對「**抗菌素耐藥性與食物安全的意見**」包括「在餐牌上就高風險食物向消費者作出食用忠告」的看法
- 討論結果將有助日後政府制定有關減少食物中抗菌素耐藥性的相關政策
- A focus group meeting was held with the consumer liaison group in September 2019
- The purpose of the meeting is to obtain members' comments on AMR and food safety including views on putting high-risk food advice on the menu
- The results of the discussion will help the government to formulate relevant policies on reducing risk of AMR in the future



消費者對食用忠告的看法

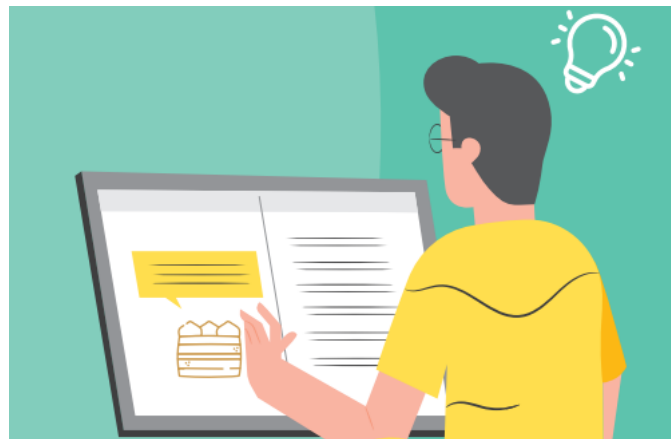
Comments of Consumer Liaison Group

綜合意見

- 消費者表示平時未必會留意到餐牌上哪些是有生或未徹底煮熟的食物
- 餐牌標示高風險食物有助對市民作出知情及較合適的選擇
- 餐牌標示的文字和圖像宜清楚簡單

Summary of comments:

- Consumers said that they were not always aware of the presence of raw/undercooked food on the menu
- Menu highlighting high-risk foods would help them to make informed choices
- The text and image of the menu label should be clear and simple



適用食品

Relevant Food items



供生吃或未煮熟的魚類

(如壽司、刺身、煙熏三文魚)

Fish served raw/Undercooked

(e.g. sushi, sashimi, smoked salmon)

所有其他供生吃或未煮熟的水產

(如蠔、鰻蚶、扇貝、蟹、蝦、海螺、墨魚)

All other raw/undercooked seafood

(e.g. oysters, scallops, shrimps, cuttlefish)

供生吃或未煮熟的蛋

(蛋白和蛋黃並非凝固，如太陽蛋、炒滑蛋、半熟蛋或奄列)

Eggs served raw or undercooked

(unhardened whites and yolks, such as sunny-sideup eggs, scrambled eggs, partly boiled eggs or omelettes)

以生蛋製成的沙律醬和蛋黃醬

Salad dressings and mayonnaise made with raw eggs



以生蛋製作的甜點

(例如布甸、慕斯、意大利芝士蛋糕)

Desserts made with raw eggs

(e.g. puddings, mousses, tiramisu)

以生乳製成的軟芝士

(如菲達芝士(Feta)、布利芝士(Brie)、金文拔芝士

(Camembert)和藍紋芝士(如丹麥藍芝士(Danish blue)、古岡左拉芝士(Gorgonzola)、洛克福芝士(Roquefort)

Soft cheeses (e.g. Feta, Brie, Camembert) **and blue cheeses** (e.g. Danish blue, Gorgonzola, Roquefort) **made from raw milk**

供生吃的即食蔬菜

(例如預先包裝的沙律菜、種子芽)

Ready-to-eat raw vegetables

(e.g. prepackaged salad vegetables, seed sprouts)

生的或未煮熟的肉類

(例如牛肉他他、生牛肉薄片、粥內生的或未煮熟的碎牛肉、豬肝等)

Raw/undercooked meat

(e.g. steak tartare, beef carpaccio, congees served with raw/ undercooked minced beef, pork liver)



生的或未煮熟而可安全食用的食物

For Foods that Are Safe to Consumed Raw/Undercooked

- 經特別處理後可生吃或非全熟食用的食物：
 - 以巴士德消毒處理的蛋製成的太陽蛋
 - 以巴士德消毒處理的奶製成的軟芝士
 - 熱熏三文魚
- 業界可無須向消費者作出食用忠告
- 但仍應就此等食物取得相關證明文件/認可標籤，以確保食用安全
- Prepared by special methods for safe consumption such as:
 - Sunny-side-up eggs made with pasteurised eggs
 - Soft cheeses made with pasteurised milk
 - Hot-smoked salmon
- Consumer advice may not be required
- Food businesses are suggested to assure food safety by obtaining documentary proofs

餐牌忠告示例 (1)

Examples of advice on Menu (1)

例 1：說明食物中含有生或未煮熟的食材，並作出食用忠告。

餐牌

甜品

意大利芝士蛋糕(含生蛋)*
芒果布甸(含生蛋)*
朱古力布朗尼蛋糕

(1) 標示

(2) 在餐牌下方展示忠告字句

*注意：食用生或未煮熟的食物，可增加患上食源性疾病的風險，尤其是孕婦、嬰幼兒、長者和免疫力弱人士。

Example 1: Describe the raw/undercooked foods and provide the advice.

MENU

Desserts

Tiramisu (contains raw eggs)*
Mango pudding (contains raw eggs)*
Chocolate brownie

(1) Label

(2) Advice displayed at the bottom of the menu

* Note: Consuming raw or undercooked foods may increase the risk of foodborne illness, especially for pregnant women, infants, young children, the elderly and people with weakened immunity.

餐牌忠告示例 (2)

Examples of advice on Menu (2)

例2：以星號(*)標示生或未煮熟的食物，並作出食用忠告。

餐牌

海鮮

三文魚刺身*
開邊生蠔*
炸蝦

(1) 標示

(2) 在餐牌下方展示忠告字句

*注意：這是生或未煮熟的食物。食用生或未煮熟的食物，可增加患上食源性疾病的風險，尤其是孕婦、嬰幼兒、長者和免疫力弱人士。

Example 2: Mark the raw/undercooked foods with an asterisk (*) and provide the advice.

MENU

Seafood

Salmon sashimi*
Oysters on half shell*
Fried shrimp

(1) Label

(2) Advice displayed at the bottom of the menu

* Note: This food is either raw or undercooked. Consuming raw or undercooked foods may increase the risk of foodborne illness, especially for pregnant women, infants, young children, the elderly and people with weakened immunity.

餐牌忠告示例 (3)

Examples of advice on Menu (3)

例3：食物的生熟程度由消費者自訂，在適用的情況下，業界應作出食用忠告。

餐牌

牛扒 (可選擇生熟程度)* (1) 標示

西冷
牛柳
漢堡扒

(2) 在餐牌下方展示忠告字句

*注意：食用生或未煮熟的食物，可增加患上食源性疾病的風險，尤其是孕婦、嬰幼兒、長者和免疫力弱人士。

Example 3: If the food is cooked to the degree ordered by the consumer, provide the advice as appropriate.

MENU

Steaks (Cooked to ordered degree of doneness)* (1) Label

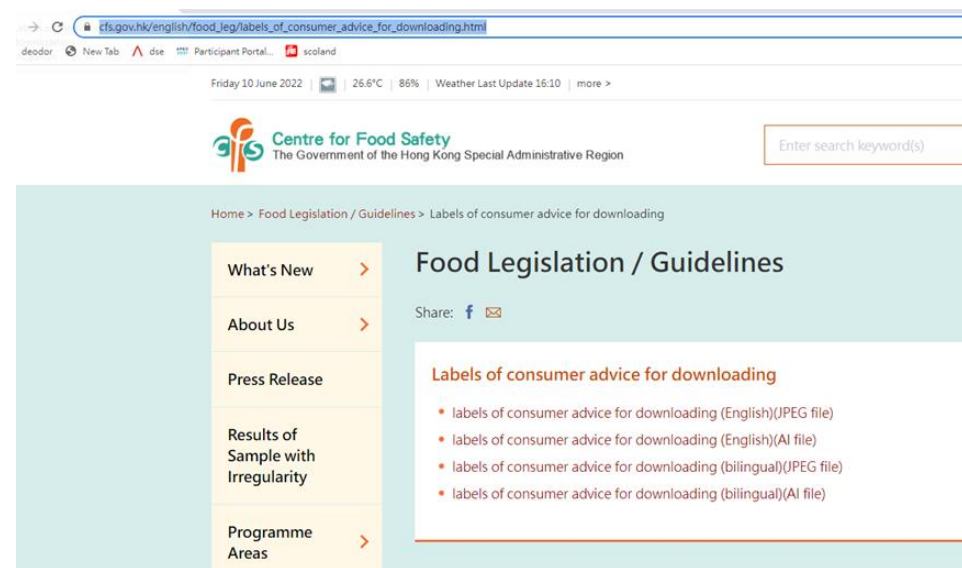
Sirloin
Tenderloin
Burger

(2) Advice displayed at the bottom of the menu

* Note: Consuming raw or undercooked foods may increase the risk of foodborne illness, especially for pregnant women, infants, young children, the elderly and people with weakened immunity.



https://www.cfs.gov.hk/tc_chi/food_leg/labels_of_consumer_advice_for_downloading.html



https://www.cfs.gov.hk/english/food_leg/labels_of_consumer_advice_for_downloading.html

* 注意：食用生或未煮熟的食物，可增加患上食源性疾病的風險，尤其是孕婦、嬰幼兒、長者和免疫力弱人士。

* *Note: Consuming raw or undercooked foods may increase the risk of foodborne illness, especially for pregnant women, infants, young children, the elderly and people with weakened immunity.*

總結 Summary

- 抗菌素耐藥性是**食物安全議題**
- 食物可以是耐藥細菌的傳播媒介，**從農場到餐桌都有機會受耐藥性細菌污染**
- **食物業界是應對抗菌素耐藥性問題的持分者**，在有關針對抗菌素耐藥性的食物安全工作上有很大進步空間
- **食物業界可以**
 - 嚴格執行世衛制定的「**食物安全五要點**」，有效預防食源性疾病，包括耐藥細菌
 - **在餐牌上就此等食物給予食用忠告或提示**，提醒消費者（特別是**高危人士**）生的或未煮熟的食物所潛在食物安全風險

- AMR is a **food safety issue**
- Food can be a vehicle for transmission of AMR bacteria, and **can be contaminated at any stages from farm to table**
- **The food trade is a stakeholder in combating AMR**, and there is much room for improvement in food safety
- **The food trade can**
 - Strictly implement the "**Five Keys to Food Safety**" formulated by the WHO to effectively prevent foodborne diseases, including AMR bacteria
 - **Give food advice or tips on these foods on the menu** to remind consumers (especially susceptible populations) of the potential food safety risks of raw/undercooked foods



謝謝
THANK YOU!



歡迎索取
Please take
one!