

本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或未煮熟食材/配料，消費者須注意因此而增加的食用風險。

生或未煮熟的食物屬高風險食物

生或未煮熟的食物因沒有經過熱處理或熱處理不足，未能消滅當中可危害人類健康的微生物（例如細菌、病毒和寄生蟲），故屬高風險食物。

食用受污染的生或未煮熟食物，可導致食源性疾病，病徵和食物中毒的嚴重程度，視乎污染食物的病原體而定。吃下受細菌或病毒污染的食物所引致的疾病，常見病徵包括嘔吐、腹瀉、腹痛和發燒。至於寄生蟲感染，一些寄生蟲可引致輕度至中度的腸胃症狀，以及出疹和痕癢的過敏反應。在更嚴重和複雜的個案中，某些寄生蟲（例如肺吸蟲）更有可能侵入人體的重要器官（例如肺部），引發嚴重的併發症。無論是哪種病原體，高危人士如受感染，較大機會出現嚴重症狀，甚至會有生命危險。

高危人士應避免食用生或未煮熟的食物

高危人士包括孕婦、嬰幼兒、長者和免疫力弱人士（例如糖尿病、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病人、或正服用如抗生素、抗胃酸藥等藥物的病人）。這些人士進食生或未煮熟的食物，較易患上食源性疾病或出現併發症。

抗生素耐藥性與食物安全

除食物中毒外，生或未煮熟的食物也可能帶有「超級細菌」風險。「超級細菌」泛指產生了抗生素耐藥性的微生物（例如細菌），具有抑制多種抗生素（例如抗生素）的能力。抗生素耐藥性問題嚴重威脅公眾健康，因為在「從農場到餐桌」的整個過程中，食物都有可能受「超級細菌」污染。烹煮可殺死食物中的「超級細菌」，而生或未煮熟的食物則容易存有微生物，包括可透過進食途徑感染人類的「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，藥效便可能受到影響。

向消費者作出食用忠告

為了讓消費者（特別是高危人士）知悉進食生或未煮熟食物的風險，業界可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。除餐牌外，在合適情況下，業界也可在菜單展示板、小冊子、指示牌、食品標籤及標語牌上作出食用忠告。

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。

食用忠告適用於下列食品：

供生吃或未煮熟的魚類*（例如壽司、刺身、煙三文魚）



所有其他供生吃或未煮熟的水產*（例如蠔、帶子、蝦、墨魚）



供生吃或未煮熟的蛋（蛋白和蛋黃仍未凝固，例如太陽蛋、炒滑蛋、半熟蛋或奄列）



以生蛋製成的沙律醬和蛋黃醬



* 提供此類食物的業界，必須符合食環署相關發牌之條件。

以生蛋製作的甜點（例如布甸、慕司、意大利芝士蛋糕）



以生乳製成的軟芝士（例如菲達（Feta）、布里（Brie）、卡門貝爾（Camembert））和藍紋芝士（例如丹麥藍芝士（Danish blue）、古岡左拉（Gorgonzola）、羅克福（Roquefort））



供生吃的即食蔬菜（例如預先包裝的沙律菜、芽菜）



生或未煮熟的肉類（例如牛肉他他、生牛肉薄片、粥內生或未煮熟的碎牛肉/豬肝）



標示生或未煮熟的食物

除食用忠告外，業界也可在餐牌上說明哪些食品是生或未煮熟的食物，或以符號（例如星號*）標示。如食物的生熟程度由消費者自訂，在適用的情況下，業界亦應作出食用忠告。附錄載列有關示例，可供參考。

至於生或未煮熟而可安全食用的食物，或經特別處理後可生吃或非全熟食用的食物，例如採用經巴士德消毒的蛋和奶分別製成的太陽蛋和軟芝士，或熱熏三文魚，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，以確保食物安全。

在餐牌上標示高風險食物和作出食用忠告示例

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。

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。

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）*
西冷
牛柳
漢堡扒

(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。



Guidelines for Food Businesses

on Providing Consumer Advice on High-risk Foods on Menus



These guidelines aim to facilitate food businesses in informing consumers of the increased risk of consuming raw or undercooked foods and ingredients in ready-to-eat foods served to customers. They are applicable to food premises, restaurants and food retailers.

Raw/Undercooked Foods are High-risk Foods

Raw or undercooked foods are high-risk foods, as there is no or inadequate heat treatment to eliminate the microorganisms (e.g. bacteria, viruses and parasites) present that can pose risks to human health.

Consuming contaminated raw or undercooked foods can cause foodborne illnesses. The symptoms and severity of food poisoning can vary, depending on which pathogen has contaminated the food. Common symptoms of illnesses caused by eating food contaminated by bacteria or viruses include vomiting, diarrhoea, abdominal pain and fever. As for parasites, some can cause mild to moderate gastrointestinal symptoms. Allergic reactions with rash and itching may also occur. In more severe and complicated cases, some parasites such as lung flukes may migrate to vital organs in humans (e.g. lungs), resulting in serious complications. No matter which type of pathogens is involved, susceptible populations are more likely to develop severe symptoms and even face the risk of death.

Susceptible Populations Should Avoid Eating Raw or Undercooked Foods

Susceptible populations include pregnant women, infants, young children, the elderly and people with weakened immunity (people with chronic diseases such as diabetes, liver or kidney disease and HIV infection, or with organ transplants, or undergoing chemotherapy or radiotherapy, or taking medications such as antibiotics and antacids). These people are at higher risk of foodborne illnesses or complications if they consume raw/undercooked foods.

Antimicrobial Resistance and Food Safety

Apart from food poisoning, raw/undercooked foods are also associated with the risk of “superbugs”. “Superbugs” is a term generally used to describe microorganisms (e.g. bacteria) that have developed antimicrobial resistance (AMR), an ability to stop a wide range of antimicrobial agents (e.g. antibiotics) from working against them. AMR is a serious public health threat, and foods can be contaminated by “superbugs” at any stage from farm to table. While cooking can kill “superbugs”, raw/undercooked foods are more likely to carry microorganisms including “superbugs” that can be transferred to humans through food intake. Whether or not “superbugs” can cause illnesses, they may transfer their antibiotic resistance genes to other bacteria inside the human body, and this in turn may affect the effectiveness of future use of antibiotics when needed.

Food Advice for Consumers

To keep consumers, especially susceptible populations, informed of the risk of consuming raw/uncooked foods, food businesses can provide consumer advice or a reminder on raw/undercooked foods on the menu. The advice should be legible and displayed in a prominent position on the menu. Apart from menus, the advice can also appear on menu boards, brochures, signage, food labels and placards if suitable.

The following is 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.

This advice applies to food items such as:



* Businesses providing these foods must meet the requirements of the relevant licensing conditions as requested by the FEHD.



Labelling Raw/Undercooked Foods

Along with consumer advice, food businesses can also describe the food items that are served raw/undercooked or mark them with a symbol (e.g. an asterisk (*)) on the menu. If the food is cooked to the degree ordered by the consumer, provide the advice as appropriate. Examples are set out at the Appendix for reference.

For foods that are safe to be consumed raw/undercooked or are prepared by special methods for safe consumption, such consumer advice may not be required. Examples are sunny-side-up eggs made with pasteurised eggs, soft cheeses made with pasteurised milk and hot-smoked salmon. In such cases, food businesses should assure food safety by obtaining documentary proofs.

Labelling of and Consumer Advice on High-risk Foods on Menus

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

MENU

Desserts

Tiramisu (contains raw eggs)* (1) Label

Mango pudding (contains raw eggs)*

Chocolate brownie

(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.

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

MENU

Seafood

Salmon sashimi* (1) Label

Oysters on half shell*

Fried shrimp

(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.

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.



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

