

政府在減鹽減糖上的現行工作

Current Work of the Government on Salt and Sugar Reduction

I. 評估及監察本港的情況

Assessing and monitoring local situation

進行鈉含量的風險評估研究，例如：

Conducting risk assessment studies on sodium content, such as:



湯水的鈉含量
Sodium Content in Soups



本地碟頭粉麵飯的鈉含量
Sodium Content in Local "Meal-on-One-Plate"

進行糖含量的風險評估研究，例如：

Conducting risk assessment studies on sugar content, such as:



本地糖水的糖含量
Sugar Content in Local Sweet Soups



中式飲品糖含量不用靠估
餐飲中常見的中式飲品的糖含量
Sugar Content in Popular Chinese-style Beverages Consumed with Meals

II. 制訂策略

Formulating strategies

成立了降低食物中鹽和糖國際諮詢委員會，就國際間推動減鹽減糖的成功經驗，提供建議。

Established the International Advisory Panel on Reduction of Salt and Sugar in Food to advise on international successful experience.



成立降低食物中鹽和糖委員會，協助制訂本地減鹽減糖目標及優先工作範疇。

Established the Committee on Reduction of Salt and Sugar in Food to help identify local reduction targets and priority areas.



降低食物中鹽和糖委員會主席陳智思(中)、食物及衛生局常任秘書長(食物)謝凌潔貞(左一)和食物環境衛生署署長劉利群(右一)於2016年與「小營廚減鹽減糖好煮意比賽」的參賽學生和家長合照。

The Chairperson of the Committee on Reduction of Salt and Sugar in Food, Mr Bernard Charnwut Chan (centre); the Permanent Secretary for Food and Health (Food), Mrs Cherry Tse (first left); and the Director of Food and Environmental Hygiene, Miss Vivian Lau (first right), in a photo with the participants of Junior Chefs' Culinary Ideas of Salt and Sugar Reduction Competition in 2016.

三大工作方針 Three Directions

「從小做起」(例如衛生署的「『健康飲食在校園』運動」)
Starting from an early age
(e.g. the Department of Health's EatSmart@school.hk)

加強資訊的透明度
Enhancing transparency of information

加強宣傳教育
Strengthening publicity and education

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III. 推廣和公眾教育

Promotion and public education

以「全城減鹽減糖」為主題舉辦各項宣傳活動。

Organised publicity activities under the theme “Hong Kong’s Action on Salt and Sugar Reduction”.



「食物安全日2016」以「全城減鹽減糖——健康煮意從小起」為主題。「小營廚減鹽減糖好煮意比賽」的最後評審及頒獎亦於活動當日同場進行。

The theme of Food Safety Day 2016 was “Hong Kong’s Action on Salt and Sugar Reduction - Healthy cooking starts small”. The final adjudication and award presentation ceremony of the Junior Chefs’ Culinary Ideas of Salt and Sugar Reduction Competition was held on the same day of the event.



「食物安全日2015」以「全城減鹽減糖」為主題。「減鹽減糖及營養標籤短片創作比賽」的最後評審及頒獎亦於年度重點活動當日同場進行。

The theme of Food Safety Day 2015 was “Hong Kong’s Action on Salt and Sugar Reduction”. The final adjudication and award presentation ceremony of Salt and Sugar Reduction & Nutrition Labelling Video Competition was held on the same day of the annual signature event.



於2017年舉辦「低鹽低糖正面標籤設計比賽」及「低鹽低糖我識揀標語創作暨海報設計比賽」

Launched the Low-Salt and Low-Sugar Front-of-Pack Label Competition and Smart Choices for Low-Salt and Low-Sugar Slogan Writing cum Poster Design Competition in 2017.

如欲獲取更多關於減鹽減糖的資料 Further information on salt and sugar reduction

可瀏覽中心的主題網頁：

Please visit the CFS thematic website:



降低膳食中的鈉和糖
<https://goo.gl/E8098A>



Reduction of Dietary Sodium and Sugar
<https://goo.gl/Eh9jnJ>

或瀏覽「全城減鹽減糖」Facebook 專頁：

or visit Facebook page on Hong Kong’s Action on Salt and Sugar Reduction:



全城減鹽減糖 Hong Kong’s Action on Salt and Sugar Reduction