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焦點個案 Incident in Focus

港式小菜的鈉含量

Sodium Content of Hong Kong Style Savoury Dishes

食物安全中心風險評估組
科學主任郭麗儀女士報告

Reported by Ms. Joey KWOK, Scientific Officer
Risk Assessment Section, Centre for Food Safety

二零一七年十一月十五日，食物安全中心（中心）與消費者委員會公布一項聯合研究的結果。該研究檢測了港式小菜的營養素含量，部分小菜被視為本地招牌美食。不久之後，衛生署亦發布了《2014/15年度人口健康調查》報告，顯示本港年齡介乎15至84歲的人士每日的鹽攝取量為8.8克（約3 520毫克鈉），超過世界衛生組織（世衛）建議的每日攝取限量。攝取過多鈉可能會增加患上高血壓的風險，高血壓若不及早診治，可引致心臟病、中風及腎衰竭等。本文重點討論有關小菜的鈉含量的一些主要研究結果，並敦促業界迅速採取行動，應對這個重要的公共衛生課題。

On 15 November 2017, the Centre for Food Safety (CFS) and the Consumer Council announced the results of a [joint study](#) which examined the nutrient content of Hong Kong style savoury dishes, some of which are considered signature of our local cuisine. Shortly afterwards, the Department of Health also released the report of Population Health Survey 2014/15 which revealed that the daily salt intake among local persons aged 15 to 84 was 8.8 g (about 3520 mg of sodium), a level which is well above the World Health Organization (WHO) recommended daily limit. Excessive intake of sodium may increase the risk of developing high blood pressure, and untreated high blood pressure can lead to heart attack, stroke and kidney failure, etc. This article highlights some key results on sodium in the dishes and urges the trade to take prompt actions to address this important public health issue.

研究

有關研究從本地市場的中式酒樓食肆、茶餐廳及連鎖快餐店搜集了10種港式小菜各10個樣本，以檢測鈉及其他營養素的含量。

The Study

Ten samples for each of the 10 types of Hong Kong style savoury dishes had been collected from Chinese restaurants, local style cafes and fast-food chains in the local market, and tested for the contents of sodium and other nutrients.

“鹹蛋蒸肉餅”樣本（分量為100克）的平均鈉含量最高，其中三個樣本屬高鈉，即每100克食物

“Steamed minced pork patty with salted egg” was found to contain the highest mean sodium content per 100 g, of which three samples were considered high in sodium content, i.e.

原味食譜：

用全隻鹹蛋、鹽及豉油調味

Original recipe :

Used whole salted egg, salt and soy sauce for seasoning



含 860 毫克鈉
Contained 860 mg sodium

減鈉配方 1：

走鹽、只用全隻鹹蛋及豉油調味

Reduced-salt formulation 1 :

Left out salt, used whole salted egg and soy sauce for seasoning



含 660 毫克鈉
Contained 660 mg sodium

減鈉配方 2：

用新鮮雞蛋白代替鹹蛋白、
走鹽及豉油減半

Reduced-salt formulation 2 :

Replaced salted egg white by fresh egg white, left out salt, and halved soy sauce



含 150 毫克鈉
Contained 150 mg sodium

經實驗室檢測每 100 克樣本的鈉含量 Laboratory testing result of sodium content per 100 g of samples

大部分消費者在味道測試中表示喜歡鈉含量最低的蒸肉餅。
Majority of consumers in the taste testing preferred the steamed pork patty with the lowest sodium content.

焦點個案
Incident in Focus

含超過600毫克鈉。鈉含量最高的樣本（即每100克食物含730毫克鈉）所含的鈉，是鈉含量最低的樣本（即每100克食物含240毫克鈉）的三倍，顯示業界減少該款菜式的鈉含量是可行的。

此外，該研究亦模擬在本地食肆用膳的不同情景，發現即使搭配不同種類的小菜，每人整餐的鈉攝取量仍遠超於世衛建議鈉的每日攝取限量（即每個成人每日攝取2 000毫克鈉，或少於每日5克鹽）的三分之一。由此可見，業界確實需要透過改良食譜降低港式小菜的鈉含量，讓市民可逐步減少外出用膳的鈉攝取量。

因應研究結果，一些相關的餐廳作出積極回應，表示會考慮採取措施，例如加強與廚師的溝通和相關的員工培訓，並會積極改良食譜，持續降低食物中的鈉含量。

降低港式小菜的鈉含量的實際方法

下文引用“鹹蛋蒸肉餅”該款小菜為例以作說明。在該款小菜中，鈉的主要來源是：(i)鹹蛋，特別是蛋白；(ii)醃肉用的鹽及調味料；以及(iii)可能在上菜前添加的額外豉油。在知道鈉的來源後，專業廚師及在家煮食的消費者可發揮創意，改良食譜，以期做到既可減鈉，又可令小菜保持美味可口。事實上，中心早前曾就不同鈉含量的蒸肉餅進行味道測試（見圖）。令人鼓舞的是，參與測試的大部分消費者均表示較喜歡鈉含量最低的肉餅。

注意要點：

1. 根據研究結果，消費者如在本地食肆享用港式小菜的話，整餐的鈉攝取量很大可能超過世衛建議的每日攝取量的三分之一。
2. 業界應注意，所出售的食物的鈉含量會造成公共衛生影響，並應迅速採取行動應對這個重要的公共衛生課題。
3. 現今的消費者實際上可能較歡迎和喜歡少鹽的小菜。

給業界的意見

- 在醃肉及烹調步驟減少使用鹽及調味料(例如豉油、蠔油、雞粉)的分量，多用香草及香料(例如薑、蔥、蒜)作調味。
- 減少小菜的醬汁分量，並以獨立容器盛載醬汁及調味料。
- 參考中心的《降低食物中鈉含量的業界指引》，製作鈉含量較低的食物。

給市民的意見

- 點餐時，要求小菜“少鹽”及“少汁”。
- 要求豉油或其他調味料另上，並在試味後適量添加。
- 在家煮食時，減少使用鹽及調味料以降低小菜的鈉含量。

containing more than 600 mg per 100 g of food. The sample with the highest sodium content (i.e. 730 mg/100 g) contained three times as much sodium as the sample with the lowest sodium content (i.e. 240 mg/100g), reflecting that it is feasible for the trade to reduce sodium content in this particular dish.

The study also simulated different scenarios of eating out in local food premises. Remarkably, it was revealed that even with different combinations of dishes, the sodium intake for the whole meal per person would still far exceed one-third of WHO's recommendation on daily intake upper limit for sodium (i.e. 2000 mg per day for adults, or less than 5 g of salt per day). Again, this signifies that the trade needs to reduce sodium content of Hong Kong style savoury dishes through recipe modification, so that members of the public can reduce their sodium intake gradually when eating out.

In view of the study results, some restaurants involved in this study responded positively that they would consider taking measures such as strengthening communication with chefs and relevant staff training, and would seek actively to modify recipes for continue improvement of sodium content in food.

Practical Ways to Reduce Sodium Content in Hong Kong Style Savoury Dishes

The dish “steamed minced pork patty with salted egg” is used here for illustration purpose. The major sources of sodium in this dish come from: (i) salted egg, especially egg white; (ii) salt and condiments for marinating; and (iii) extra soy sauce may be added before serving. Knowing where the sodium comes from, professional chefs and consumers at home can exercise creativity to modify their recipes with a view to cutting down sodium content of the dish whilst maintaining a tasty final product. Indeed, the CFS has conducted a [taste testing](#) on steamed pork patties with different sodium contents earlier on (see illustration), and it was encouraging to find that the majority of participating consumers had shown preference for the patty with the lowest sodium content.

Key Points to Note:

1. According to the findings, when consumers are having a meal of Hong Kong style savoury dishes in local food premises, the sodium intake is likely to exceed one-third of WHO's daily recommendation.
2. The trade should be aware that sodium content in food on sale has public health implications, and they should take prompt action to address this important public health issue.
3. Consumers nowadays may actually welcome and prefer dishes to be less salty.

Advice to the Trade

- Reduce the use of salt and condiments (e.g. soy sauce, oyster sauce, chicken powder) during marinating and cooking steps; use more herbs and spices (e.g. ginger, spring onion, garlic) instead for seasoning.
- Reduce the amount of sauce in dishes, and serve sauce and condiments in separate containers.
- Make reference to the CFS' “Trade Guidelines for Reducing Sodium in Foods” for producing food with lower sodium content.

Advice to the Public

- Ask for “less salt” and “less gravy” dishes when ordering.
- Request soy sauce or other condiments to be served separately, and taste before adding them.
- When cooking at home, reduce the use of salt and condiments to cut down sodium content of dishes.

認識預先包裝食品「鹽／糖」標籤計劃

Understanding the "Salt/Sugar" Label Scheme for Prepackaged Food Products

食物安全中心風險傳達組
科學主任何國偉先生報告

Reported by Mr. Nicky HO, Scientific Officer
Risk Communication Section, Centre for Food Safety

二零一七年十月，在食物業界的支持下，降低食物中鹽和糖委員會(委員會)、食物及衛生局和食物安全中心(中心)共同推出自願性質的預先包裝食品「鹽／糖」標籤計劃(計劃)。該計劃是委員會為了在社會推動低鹽低糖飲食所推行的其中一項措施。

The Committee on Reduction of Salt and Sugar in Food (CRSS), the Food and Health Bureau and the Centre for Food Safety (CFS) jointly introduced a voluntary "Salt / Sugar" Label Scheme for Prepackaged Food Products (the Scheme) with the support of food trade in October 2017. The Scheme is one of the CRSS' initiatives to promote low-salt-and-sugar diets in the community.

降低膳食中的鈉和糖

從膳食中攝取鈉和糖的分量與健康息息相關。膳食中攝取過多的鈉會增加患高血壓的機會，亦會增加患上致命性中風及冠心病的風險；而膳食中攝取過多的糖則可能導致超重及蛀牙。

Reduction of Dietary Sodium and Sugar

Dietary sodium and sugar intakes are closely related to health. Excessive sodium intake will increase the risk of developing hypertension, fatal stroke and coronary heart disease while excessive dietary sugar intake may cause overweight and dental caries.

為配合世界衛生組織所採取的措施，政府已在施政綱領加入推動降低香港市民的鹽和糖攝入量。委員會接着成立，負責就制定政策方向及工作計劃，以降低市民的鹽和糖攝入量及食物中的鹽和糖含量，向政府提供意見。

To echo with the World Health Organization initiatives, promotion of reducing salt and sugar intake for the general population in Hong Kong had been put on the Government Policy Agenda. The CRSS had been subsequently established to advise the Government on the formulation of policy directions and work plans to reduce the intake of salt and sugar by the public, as well as to reduce salt and sugar contents in food.

預先包裝食品「鹽／糖」標籤計劃

政府與委員會共同推行計劃，以協助消費者容易辨別低鹽低糖的產品，讓市民可透過參考「鹽／糖」標籤(標籤)，選擇少鹽少糖的食物；並希望該計劃可產生催化作用，鼓勵業界提供更多低鹽低糖的產品供消費者選擇。預計市場不久將會有加上有關標籤的預先包裝食品出售。

"Salt / Sugar" Label Scheme for Prepackaged Food Products

The Government and the CRSS jointly introduced the Scheme to assist consumers to easily identify low-salt-and-sugar products and facilitate the public to select food with less salt and sugar by making reference to the "Salt / Sugar" Labels (the Labels). It is also wished that the Scheme will serve as a catalyst for the trade to provide more varieties of low-salt-low-sugar products for consumers. It is expected that prepackaged food products with the Labels would be available in the market soon.

標籤備有中文、英文及雙語版，並有彩色及黑白版本。

The Labels are available in Chinese, English and bilingual versions, as well as colour and black and white.

符合《食物及藥物(成分組合及標籤)規例》(第132W章)下「低鹽」、「無鹽」、「低糖」及「無糖」定義的預先包裝食品，均可展示有關標籤(見圖)。

The Labels can be displayed on all prepackaged food products that are in compliance with the definitions of "low salt", "no salt", "low sugar" and "no sugar" under the Food and Drugs (Composition and Labelling) Regulations (Cap.132W) (see illustration).

參與計劃的方法

計劃屬自願參與，無需中心事先審批。業界只需填妥推行預先包裝食品「鹽／糖」標籤計劃通知書，通知中心。參與計劃的產品資料將上載於中心的網頁。

標籤應在食物包裝的當眼位置印上或加上。業界可自行決定標籤大小，但應足以令人清楚見到及易讀。

標籤設計及計劃詳情已上載於中心的專題網頁。

Food, solid or liquid, containing not more than 0.12 g of sodium per 100 g/mL of food.

該食物 (不論是固體或液體)
每 100 克或 100 毫升食物
含不超過 0.12 克鈉。



Food, solid or liquid, containing not more than 0.005 g of sodium per 100 g/mL of food.

該食物 (不論是固體或液體)
每 100 克或 100 毫升食物
含不超過 0.005 克鈉。



"Salt / Sugar" Label 「鹽／糖」標籤

Solid food containing not more than 5 g of sugars per 100 g of food; or liquid food containing not more than 5 g of sugars per 100 mL of food.

該食物是固體食物，且每 100 克食物
含不超過 5 克糖。或
該食物是液體食物，且每 100 毫升食
物含不超過 5 克糖。



Solid food containing not more than 0.5 g of sugars per 100 g of food; or liquid food containing not more than 0.5 g of sugars per 100 mL of food.

該食物是固體食物，且每 100 克食物
含不超過 0.5 克糖。或
該食物是液體食物，且每 100 毫升食
物含不超過 0.5 克糖。



How to Participate in the Scheme

The Scheme is voluntary in nature. No prior approval from the CFS is required. Trade members are only requested to notify the CFS by completing the [Notification Form of Implementation of "Salt / Sugar" Label Scheme for Prepackaged Food Products](#). Information of the products under the Scheme will be uploaded to the CFS website.

The Labels should be printed or stuck prominently on the food packaging. The trade may decide the size of the Labels on their own but the Labels should be clear and legible.

The Labels designs and details of the Scheme have been uploaded to the [dedicated webpage of the CFS](#).

「鹽／糖」標籤及《食物及藥物(成分組合及標籤)規例》(第132W章)下「低鹽」、「無鹽」、「低糖」和「無糖」定義。

The "Salt / Sugar" Labels and the definitions of "low salt", "no salt", "low sugar" and "no sugar" under the Food and Drugs (Composition and Labelling) Regulations (Cap.132W).

少鹽少糖飲食

少鹽少糖飲食是合適的飲食文化。為避免攝取過量鹽和糖影響健康，市民應培養健康的飲食習慣，減少攝取鹽和糖。在下次購買預先包裝食品時，應細閱營養標籤，作出精明健康之選，選擇鈉和糖含量較低的食物，讓味蕾慢慢習慣低鹽低糖的食物。

此外，業界應積極參與降低食物中的鹽和糖含量，並參考中心所編製的《[降低食物中鈉含量的業界指引](#)》及《[降低食物中糖和脂肪含量的業界指引](#)》，致力改良食物配方，向市民提供更多優質的少鹽少糖食品。若預先包裝食品符合《食物及藥物(成分組合及標籤)規例》(第132W章)下「低鹽」、「無鹽」、「低糖」及「無糖」聲稱的條件，業界可在包裝展示有關標籤。

Less-salt-and-sugar diet

A less-salt-and-sugar diet is a preferred dietary culture. To avoid adverse health effects caused by excessive intake of salt and sugar, the public is encouraged to develop a healthy eating habit with less salt and sugar. Next time when you purchase prepackaged food products, make smart and healthy choices by reading nutrition labels and choosing food with lower sodium and sugar contents. This can allow the taste buds to become accustomed to food with less salt and sugar.

In addition, trade members should actively participate in reducing salt and sugar contents in foods and make greater efforts to reformulate food recipes to provide more quality foods with less salt and sugar to the public with reference to the [Trade Guidelines for Reducing Sodium in Foods](#) and the [Trade Guidelines for Reducing Sugars and Fats in Foods](#) developed by the CFS. They can display the labels on their prepackaged food products which meet the claim conditions of "low salt", "no salt", "low sugar" and "no sugar" under the Food and Drugs (Composition and Labelling) Regulations (Cap. 132W).

食物事故點滴 Food Incident Highlight

扣檢歐盟進口禽蛋的安排已經停止

Hold and Test Arrangement of EU's Poultry Eggs Has Been Ceased

在八月，由於發生氟蟲腈事件，食物安全中心(中心)在進口層面扣檢來自歐洲聯盟(歐盟)國家的禽蛋及蛋類產品。其後，在考慮歐盟所作出的補救措施後，中心把有關安排收窄至五個國家。

所有歐盟國家已採取有效措施，包括實行共同監察在禽蛋及禽肉非法使用化學物的計劃，以及有效執行監察其境內農場及市場的工作，以確保輸港禽蛋及蛋類產品符合本港法例規定。有鑑於此，中心認為無須再推行扣檢有關禽蛋的安排。中心會繼續採用以風險為依據的方法，從進口、批發及零售層面檢測禽蛋。

自事件發生後，除了早前公布的八個不合格樣本外，中心已加強監察市場，並另抽取來自歐盟國家的226個禽蛋及蛋類產品樣本作氟蟲腈測試，結果全部通過檢測。

In August, due to the fipronil incident, the Centre for Food Safety (CFS) has implemented hold and test arrangement of poultry eggs and egg products from European Union (EU) countries at import level. Later, in considering the rectification made by EU, the CFS narrowed the scope of the arrangement to cover five countries only.

In view that all EU countries have taken effective measures, including the implementation of a co-ordinated EU-wide monitoring plan on the presence of illegally used substances in eggs and poultry meat, and effective monitoring of their farms and markets to ensure that eggs and egg products exported to Hong Kong comply with our local legal requirements, the CFS considered the hold and test arrangement was no longer required. The CFS will continue to apply a risk-based approach to test eggs from import, wholesale and retail levels.

Since the incident, other than the eight unsatisfactory samples announced earlier, the CFS has enhanced surveillance on market and collected 226 samples of poultry eggs and egg products from EU countries for fipronil testing and all results were satisfactory.

在食物內使用及濫用二氧化硫的問題

Use and Misuse of Sulphur Dioxide (SO₂) in Foods

食物安全中心(中心)在上月公布，一個預先包裝的乾竹筴樣本含有過量二氧化硫，亦未有在標籤標明使用了二氧化硫。在香港，在指明食物內使用防腐劑必須符合《食物內防腐劑規例》(第132BD章)的規定。此外，預先包裝食物的成分說明(包括添加劑)必須符合《食物及藥物(成分組合及標籤)規例》(第132W章)的規定。

除了乾竹筴外，多種食物(例如乾菜、醃菜、乾果)及肉製品(例如香腸、漢堡扒)亦可能使用二氧化硫作防腐劑。然而，根據第132BD章，二氧化硫不得用於新鮮/冰鮮肉類。除了恆常食物監察工作外，中心一直定期採取專項監察措施，檢測在肉類非法使用二氧化硫的情況。偶爾有個別肉類販商曾非法使用二氧化硫令肉類看起來更新鮮，以致被香港法院定罪。

Last month, the Centre for Food Safety (CFS) announced that a sample of prepackaged dried bamboo fungus was found to contain excessive SO₂ and its usage was not declared on the label. In Hong Kong, the use of preservatives in specified food must comply with the Preservatives in Food Regulation (Cap 132BD). Furthermore, the listing of ingredients including additives in prepackaged food must comply with the Food and Drugs (Composition and Labelling) Regulations (Cap 132W).

Apart from dried bamboo fungus, a variety of foods (e.g. dried/pickled vegetables, dried fruits) and meat products (e.g. sausages, grilled burgers) may use SO₂ as a preservative. However, under Cap 132BD, SO₂ is not permitted in fresh/chilled meat. Besides routine surveillance, the CFS has in place targeted surveillance measures regularly to detect the illegal use of SO₂ in meat. Occasionally, individual meat traders have been found using SO₂ illegally to make meat look fresher and were convicted in Hong Kong courts.

風險傳達 工作一覽 Summary of Risk Communication Work

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