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焦點個案 Incident in Focus

二零一八年食物事故回顧

Review of Food Incidents in 2018

食物安全中心風險管理組
林婉珊醫生報告

Reported by Dr. Yuen-shan LAM, Medical & Health Officer,
Risk Management Section, Centre for Food Safety

食物安全中心(中心)設有食物事故監察系統,監察及檢視香港以外地區發生的食物事故。此系統有助中心應對可能會影響本港的食物事故,以採取適時的風險管理措施,保障市民健康。

The Centre for Food Safety (CFS) has established a Food Incidents Surveillance System (FISS) to monitor and review food incidents occurred outside Hong Kong.

To protect public health, it is important to initiate timely risk management actions in response to those incidents that might have local impact.

二零一八年的食物事故

二零一八年,中心透過食物事故監察系統共監察到約1,950宗食物事故,當中包括約450宗因未有標示致敏物而引發的食物回收行動。中心已評估所有監察到的食物事故,並針對與本地相關的事故採取跟進行動。

中心採取的跟進行動包括:聯絡有關當局及本地業界以取得進一步資料;抽檢相關食物樣本;以及在有需要時發出警報以通知相關持份者等。二零一八年,中心共發出193則食物事故報表、31則業界警報

及30則新聞公報,以提醒市民及業界。本港就食物事故發出警報所涉及的危害類型包括微生物(例如李斯特菌、沙門氏菌、大腸桿菌等)、化學物(例如使用未經許可或過量的防腐劑、未有標示致敏物等)、物理危害(例如異物)及其他危害(例如品質問題),當中46%個案與微生物危害有關(見圖1)。

重溫兩宗食物事故

下文概述兩宗於二零一八年備受市民及傳媒關注的食物事故:

1. 澳洲哈密瓜疑受李斯特菌污染事故

二零一八年三月初,中心透過食物事故監察系統得悉澳洲及新西蘭食物管理局發出通告,指澳洲新南威爾斯州一個種植商所出產的哈密瓜可能受李斯特菌污染,並與當地爆發李斯特菌感染個案有關。

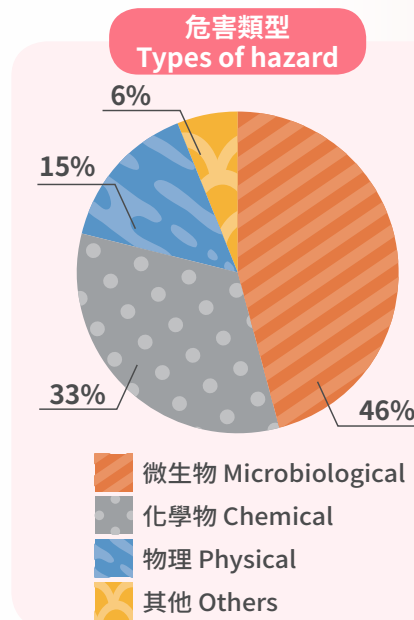


圖1: 本港就食物事故發出警報所涉及的危害類型

Figure 1. Types of hazard involved in local alerts due to food incident

necessary. In 2018, the CFS issued 193 food incident posts, 31 trade alerts and 30 press releases to alert the public and the trade. For those incidents with local alerts issued, the hazards identified included microbiological (e.g. *Listeria*, *Salmonella*, *E. coli*, etc.), chemical (e.g. use of unauthorised or excessive preservatives, undeclared allergens, etc.), physical (e.g. foreign body) and others (e.g. substandard qualities), with 46% of cases related to microbiological hazards (see Figure 1).

Highlights on Two Food Incidents

Two food incidents which attracted considerable interest from the public and the media in 2018 are highlighted below:

1. Incident of Australian rockmelons suspected to be contaminated with *Listeria monocytogenes*

In early March 2018, the CFS, through its FISS, noted a notice issued by the Food Standards Australia New Zealand that an outbreak of listeriosis in Australia might be linked to

焦點個案
Incident in Focus

中心立刻聯絡澳洲有關當局跟進事件。根據澳洲當局提供的資料，本港共有九個進口商曾進口受影響產品。中心隨即聯絡有關進口商，全部確認曾進口受影響產品及已售罄，並按中心建議展開回收。同時，中心加強抽檢本地市面上出售的哈密瓜，結果全部通過李斯特菌測試。

因應這次事故，中心發出新聞稿及業界警報通知市民及業界，並提醒消費者在流動的清水下以清潔的刷子刷洗整個哈密瓜表面，才切開食用。此外，中心並無收到是次事故所導致的食物中毒報告。

2. 美國蘿蔓生菜疑受O157:H7型大腸桿菌污染事故

二零一八年十一月底，中心透過食物事故監察系統得悉美國及加拿大均有報告指當地爆發大腸桿菌感染個案，可能與食用受大腸桿菌污染的蘿蔓生菜有關。中心隨即向美國及加拿大有關當局了解詳情。

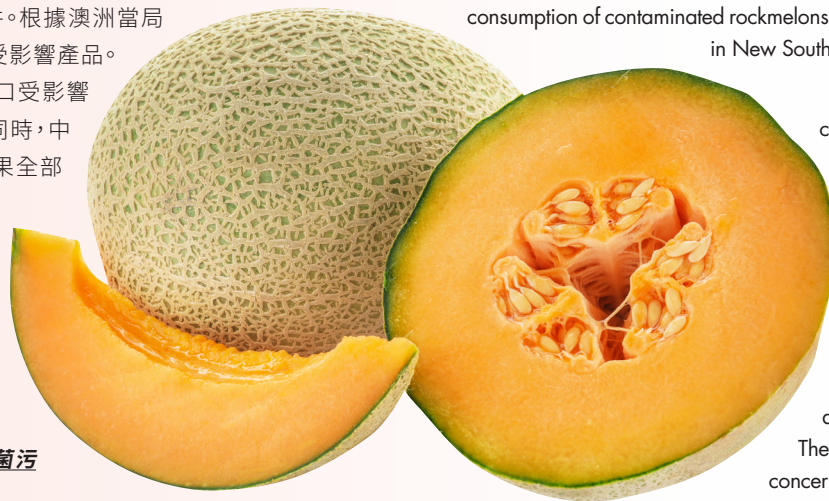
在調查初期，有關當局未能提供受影響蘿蔓生菜的產地資料。為審慎起見，中心在進口層面扣檢所有由美國及加拿大進口的蘿蔓生菜，同時在零售層面加強抽檢來自這兩國的蘿蔓生菜。此外，中心發出新聞稿呼籲市民不要食用來自美國及加拿大或來源不明的蘿蔓生菜，並密切留意事件發展。

美國當局其後公布，美國及加拿大當地爆發的大腸桿菌感染個案可能與產自美國加州的蘿蔓生菜有關。中心因應最新資料，暫停加州出產的蘿蔓生菜進口及在港出售，並繼續抽檢產自美國其他地區的蘿蔓生菜，以確保食物安全。此外，中心亦知會市民及業界此事的最新情況，並通知美國當局有關暫停進口事宜。中心就是次事故進行O157:H7型大腸桿菌檢測結果全部合格，亦無收到相關的本地食物中毒報告。

基於美國有關當局對事件提交的調查報告和其採取的監控措施，中心經評估後決定在二零一九年二月十九日解除美國在加州出產蘿蔓生菜暫停進口本港的安排。中心會繼續密切事件，以保障食物安全。

未來路向

中心會致力減輕食物事故對本地造成的影響，並力求維持一套周全的系統，以適時偵察、處理及檢討食物事故，保障市民健康。



consumption of contaminated rockmelons produced by a grower in New South Wales, Australia.

The CFS immediately contacted relevant Australian authorities for follow up. According to the information provided by the authorities, a total of nine local importers had imported the affected products. The CFS contacted the concerned importers at once and all of them confirmed import of the affected products which had already been sold out. The importers initiated a recall according to the CFS' advice. In addition, the CFS enhanced surveillance of rockmelons in the local market, and all the test results were satisfactory for *Listeria monocytogenes*.

In response to this incident, the CFS issued press release and trade alert to inform the public and the trade about the incident; and reminded consumers to wash and scrub the surface of the whole rockmelon with a clean brush under clean running water before cutting it for consumption. There were no reports of local food poisoning arising from this incident.

2. Incident of US romaine lettuce suspected to be contaminated with E. coli O157:H7

In late November 2018, the CFS, through its FISS, learnt that there were reports in the United States (US) and Canada about outbreaks of *Escherichia coli* (*E. coli*) infection that might be linked to consumption of contaminated romaine lettuce. The CFS immediately contacted the US and Canadian authorities for more information.

In the beginning of the investigation, information about the place of origin of the affected romaine lettuce was not available. For the sake of prudence, the CFS held all romaine lettuce imported from the US and Canada for testing at import level and stepped up surveillance of romaine lettuce from the two countries at retail level. Moreover, the CFS issued press release to urge the public not to consume romaine lettuce from the US, Canada and unknown sources; and closely monitored the development of the incident.

Subsequently, the US authorities announced that the outbreaks of *E. coli* infection in the US and Canada were likely linked to romaine lettuce harvested in California. In response, the CFS suspended the import into and sale in Hong Kong of romaine lettuce harvested in California; and continued taking samples of romaine lettuce harvested in other areas of the US to safeguard food safety for testing. The CFS also updated the public and the trade on the issue, and informed the US authorities about the import suspension. All the relevant test results were satisfactory for *E. coli* O157:H7. There were no reports of food poisoning arising from this incident.

In view of the submission of investigation report and the implementation of surveillance programme by the US authorities, CFS has conducted an assessment and decided to lift the import suspension harvested in California on 19 February 2019. The CFS will continue to closely monitor the incident to safeguard food safety.

Way Forward

The CFS will strive to reduce the local impact of the incidents and is committed to maintaining a comprehensive system to detect, manage and review food incidents in a timely manner, so as to protect public health.



改良食品配方以降低食物的鹽含量(第I部分) ◀

Product Reformulation to Reduce Salt Content in Food (Part I)

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

膳食中的鹽攝取量與健康息息相關。攝取過多鹽會增加患上高血壓的機會，因而提高罹患中風及冠心病的風險。世界衛生組織(世衛)建議成年人每日應攝取少於5克鹽(2,000毫克鈉)，而世衛各會員國通過了一項目標，就是在二零二五年或之前，人均鹽攝取量相對減少30%。

Dietary salt intakes are closely related to health. Excessive salt intake will increase the risk of developing high blood pressure, a risk factor of stroke and coronary heart disease. The World Health Organization (WHO) recommends that adults should consume less than 5g of salt (2,000mg sodium) daily and the WHO Member States adopted a target of 30% relative reduction in mean population intake of salt by 2025.

本地情況

在本港，衛生署發表的《二零一四至二零一五年度人口健康調查報告書》指出，15至84歲人士每日平均攝取8.8克鹽(約3,500毫克鈉)，而大多數(86%)人士每日的鹽攝取量超出世衛建議每日少於5克的上限。此外，政府推行《邁向2025：香港非傳染病防控策略及行動計劃》，當中訂立了在二零二五年或之前把人均鹽/鈉攝取量相對減少30%的目標。

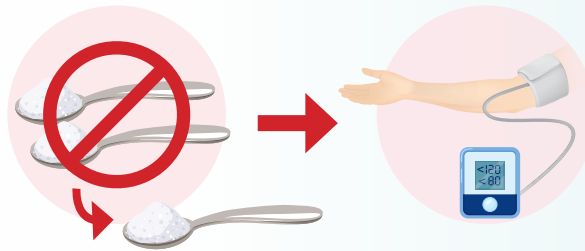


圖2:改良食品配方以減少食物的鹽含量能幫助市民減少鹽攝取量及患高血壓的風險。

Figure 2. Product reformulation to reduce salt content in food helps reduce population salt intake and the risk of developing high blood pressure.

Local Situation

In Hong Kong, the Report of Population Health Survey 2014/2015 published by the Department of Health revealed that persons aged 15 to 84 had a daily salt intake of 8.8g per day (~3,500mg sodium). The vast majority (86%) had dietary salt intake above the WHO's recommended daily limit of less than 5g per day. In addition, a target of a 30% relative reduction in mean population intake of salt/sodium intake by 2025 was set in the Non-Communicable Diseases Strategy and Action Plan launched by the Government.

改良食品配方以降低食物的鹽含量

世衛認為，推動改良食品配方以降低食物的鹽含量，對於減少鹽攝取量至關重要，且應是其中一項「最合算」措施。世衛又發出了《降低食物的鹽含量：目標及時間表制訂指南2013》(《指南》)，以方便政府按食品類別邀請食物業界參與制訂並遵循減鹽目標及時間表。

Product Reformulation to Reduce Salt Content in Food

The WHO opines that promoting product reformulation to contain less salt is essential to reduce population salt intake and should be one of the “Best Buy” interventions. The WHO also published “A Guide for Setting Targets and Timelines to Reduce the Salt Content of Food 2013” (the Guide) to facilitate the Government in engaging the food trade in setting and following a schedule of salt reduction targets and timelines per food category.

減鹽目標及時間表

《指南》建議在制訂減鹽目標時，先由鹽總攝取量所佔比重較大及鹽含量基線值較高的食品類別着手。訂立減鹽目標可以採用下列三種中的一種或以上的做法：

Salt Reduction Targets and Timelines

The Guide recommends beginning setting salt reduction targets in food categories that account for a large proportion of total salt intakes and have high baseline salt level. Salt reduction targets could be set using one or more of the following three approaches:

(i) 訂立「平均限值」

訂立較有關食品類別現時平均鹽含量為低的鹽含量平均限值目標。此舉有助食物業界自行監察是否合規。不過，由於這種做法旨在降低整個食品類別中的鹽含量，消費者可能難以明白。

(i) “Average level” approach -

Set an average salt target lower than the existing mean salt content of the food category. It is useful for food trade to monitor its own compliance. However, this approach aims to reduce the salt content across the food category and may be difficult for consumers to understand.

(ii) 訂立「最高上限」

訂立鹽含量的最高上限，數值處於有關食品類別鹽含量分布範圍內第50個與第75個百分位數之間。此舉可確保鹽含量較高的食品大幅減鹽，但食品鹽含量早已低於最高上限的食品商可能沒有減鹽的誘因。

(ii) “Maximum level” approach -

Set a ceiling level between the 50th and 75th percentiles of the salt content distribution of the food category. It ensures meaningful salt reductions in products with higher amounts of salt but food traders whose products have salt levels initially below the maximum level may have no incentive to reduce the salt content.

(iii) 訂立「減鹽百分比」

就有關食品類別訂立減鹽百分比(例如20%減幅)。此舉食物業界可能較易遵循，但或會認為對食品鹽含量已低的食品商有欠公平。

(iii) “Percentage reduction” approach -

Set certain salt reduction percentage for the food category (e.g. 20% reduction). It may be easier for the food trade to follow but it may be perceived as unfair by food traders whose products already have low salt contents.

上述做法各有其優點與局限。世衛認為，應就每個食品類別訂立鹽含量的平均限值及最高上限目標。

Each approach has its own advantages and limitations. The WHO opines that both an average and a maximum target per food category should be set.

此外，《指南》建議減鹽目標應訂於六至十年內達成。初期目標可考慮訂於四年內實現，並訂立中期目標(例如兩年內完成)，以便逐步減鹽和方便監察。監察機制可包括就食品進行化驗分析，並公布結果。

In addition, the Guide proposes that the salt reduction targets should be reached within 6 to 10 years. The initial targets could be considered to span four years with interim targets (e.g. two years intervals) to allow gradual reduction and underpin monitoring. Monitoring framework may include laboratory analysis of the food products and dissemination of the result to the public.

海外制訂目標的經驗

英國及加拿大等海外國家已制訂了自願減鹽的目標及時間表。他們就不同食品類別，例如烘焙食品、湯水及醬料，同時訂立鹽含量的

Overseas Experience in Target Setting

Overseas countries such as United Kingdom (UK) and Canada had set voluntary salt reduction targets and timelines. They set both average and

平均限值及最高上限。此外，他們制訂分階段實現的減鹽目標。舉例來說，英國就麵包及麵包卷訂立二零一二年鈉含量平均限值目標(每100克400毫克)，其後訂立二零一七年的鈉含量平均限值目標(每100克360毫克)及鈉含量最高上限目標(每100克450毫克)。二零一七年有89%的麵包及麵包卷達標。

在加拿大，94個食品類別中有49個(52%)在四年內達到了相應的減鹽目標，這反映出訂立減鹽目標，可以鼓勵食物業界降低食品的鹽含量。

至於業界可以如何降低食品的鹽含量？在下一期，我們會談談怎樣透過改良食品配方來在本港實行減鹽。

maximum levels for different food categories such as bakery products, soups and sauces. Moreover, their salt reduction targets were set by phases. For instance, UK set an average sodium target (400mg/100g) for bread and rolls for 2012 and subsequently set an average sodium target (360mg/100g) and maximum sodium target (450mg/100g) for 2017. In 2017, 89% of the bread and rolls products met the target.

In Canada, 49 out of 94 food categories (52%) had met the relevant salt reduction targets in 4 years, which reflects that setting salt reduction target could encourage the food trade to reduce the salt contents in their products.

How could the trade reduce the salt content in their products? We shall talk about how reduction of salt content through product reformulation can be locally implemented in the next issue.

食物事故點滴

Food Incident Highlight

台灣食品藥物管理署最近報告，日本福岡進口的新鮮士多啤梨驗出除害劑殘餘超出當地的規管標準。在香港，食物中的除害劑殘餘含量受《食物內除害劑殘餘規例》(第132CM章)規管。食物安全中心在二零一六年至二零一八年期間，合共抽取了167個士多啤梨樣本進行除害劑殘餘含量檢測，結果全部令人滿意。中心已針對本地超級市場及水果檔的日本進口士多啤梨加強進行食物監察工作，所有樣本的檢測結果均屬滿意。此外，由台灣當局所進行的風險評估亦未有顯示可能出現健康風險。

業界應向信譽良好的供應商採購食物。消費者應用流動的清水徹底沖洗對除害劑殘餘水果或蔬菜，以去除表面及縫隙中的污垢及其他物質。

士多啤梨中的除害劑殘餘

Pesticides Residues in Strawberries

Recently, Taiwan Food and Drug Administration reported that fresh strawberries imported from Fukuoka of Japan were detected with pesticide residues that had exceeded the regulatory standards in Taiwan. In Hong Kong, the levels of pesticide residues in food are regulated under the Pesticide Residues in Food Regulation (Cap. 132CM). A total of 167 strawberry samples were collected from 2016 to 2018 for pesticide residue level analysis and all tested samples were found satisfactory. Enhanced food surveillance of strawberries imported from Japan was conducted and the results of all samples were satisfactory. In addition, risk assessment conducted on the pesticide residues detected by Taiwan authority did not implicated any possible health risk.

The trade is advised to source food from reputable suppliers. Consumers are recommended to rinse fruits or vegetables thoroughly under clean running water to remove dirt and substances from the surface and the crevices.

進食生蠔存有微生物風險

Consumption of Raw Oysters Carries Inherent Microbiological Risk

漁農自然護理署表示，本港出產的蠔隻應煮熟才進食。蠔可積聚周圍海水中的污染物，包括細菌及病毒。在歐盟等其他地方，只有採自水質合標準的核准產蠔區的蠔隻，方可供生吃。

有些養殖蠔隻過程中可進行淨化過程，以減少污染並延長蠔的保質期。淨化是把蠔置於載有清潔海水的缸中數天，以去除其體內的細菌污染物，例如大腸桿菌。聯合國糧食及農業組織指出，淨化能除去受輕度或中度污染的雙貝類之中的微生物污染物，因而使安全又有營養的雙貝類供應增加。此外，業界進行淨化程序，便能符合多個國家強制在特定情況下雙貝類須作淨化處理的法定要求。然而，對於天然存在的海洋弧菌，例如副溶血性弧菌及創傷弧菌，以及病毒污染物，例如諾如病毒及甲型肝炎，淨化處理效果不大。不過，加熱處理可以殺死這些微生物，因此只要徹底煮熟蠔隻，便可較安全食用。

雖然已採取有效措施規管進口生蠔，也不能保證完全沒有微生物風險。採自糞便污染程度受監控區域的進口生蠔，仍不時被海外當局驗出含諾如病毒，或者被發現與本地及海外的食物中毒個案有關。因此，食用蠔隻的最佳方法，仍是將之徹底煮熟。

According to Agriculture, Fisheries and Conservation Department, oysters harvested in Hong Kong should be cooked before consumption. Oysters are able to accumulate contaminants including bacteria and viruses from surrounding seawater. In other places such as EU, only oysters collected from approved harvesting areas with specified water quality can be used for raw consumption.

In farming of some oysters, there is a process called depuration (purification) to reduce contamination and increase shelf-life of oysters. It is done by holding oysters in tanks of clean seawater for several days to allow bacterial contaminants such as Escherichia coli in the oysters to be purged. According to Food and Agriculture Organization of the United Nations, depuration enables the removal of microbial contaminants from light or moderately contaminated bivalves and thus increases the availability and supply of safe and nutritious bivalves. Furthermore, it enables the industry to meet the legal requirements of many countries on depuration of bivalves mandatory under specific circumstances. However, depuration is less effective in removing naturally occurring marine vibrios such as *Vibrio parahaemolyticus* and *Vibrio vulnificus* and viral contaminants such as norovirus and hepatitis A. Since heat treatment can slay those microorganisms, it is therefore safer to consume oysters after thorough cooking.

Even though effective measures are in place, there is no guarantee that imported raw oysters are completely free from microbiological risks. From time to time, imported raw oysters harvested from areas monitored for faecal contamination were still found to be tested positive for norovirus by overseas authorities or linked to local and overseas food poisoning cases. As such, it is always best to cook oysters thoroughly before consumption.

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