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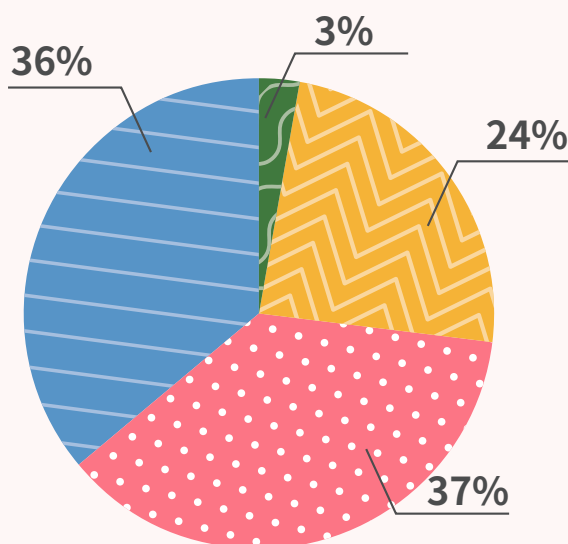
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二零一九年食物事故回顧

Review of Food Incidents in 2019

食物安全中心風險管理組
李予晴醫生報告
Reported by Dr. Yu-ching Li, Medical & Health Officer,
Risk Management Section, Centre for Food Safety

危害類型 Types of Hazard



微生物 Microbiological
例如沙門氏菌、大腸桿菌等
e.g. *Salmonella*, *E. coli*, etc.



化學物 Chemical
例如
1. 使用未經許可/過量的防腐劑
2. 未有標示致敏物
e.g.
1. use of unauthorised / excessive preservatives
2. undeclared allergens



物理 Physical
例如玻璃、金屬及塑膠碎片等異物
e.g. foreign bodies such as glass, metal and plastic pieces



其他 Others

圖1: 本港就食物事故發出的警報所涉及的危害類型
Figure 1. Types of hazard involved in local alerts related to food incidents

食物安全中心(食安中心)設有食物事故監測系統,監察及檢視香港以外地區發生的食物事故。食安中心透過此系統篩檢各國食物主管當局的網站,從而主動地偵察食物事故。為了掌握更多食物事故信息,食安中心亦加入了國際上的食物安全資訊網絡,例如聯合國糧食及農業組織與世界衛生組織共同管理的國際食品安全當局網絡,以及歐洲聯盟的食品和飼料快速預警系統。有了食物事故監測系統這個平台,一旦發生可能影響本港市民食物安全的事故時,食安中心便能及時作出應變。

二零一九年的食物事故

二零一九年,食安中心透過食物事故監測系統共監察到約2,040宗食物事故,當中包括約400宗因未有標示致敏物而引致的食物事故。食安中心已評

The Centre for Food Safety (CFS) has established a Food Incidents Surveillance System (FISS) to monitor and review food incidents that occur outside Hong Kong. Through the FISS, the CFS proactively identifies food incidents through screening websites of national food authorities. The CFS also participates in international food safety information networks, such as the International Food Safety Authorities Network (INFOSAN) jointly managed by the Food and Agriculture Organization of the United Nations and the World Health Organization, as well as the "Rapid Alert System for Food and Feed (RASFF)" of the European Union to further broaden our network of intelligence. The FISS is an established platform that enables the CFS to respond readily to events with potential food safety implications to our local population.

Food Incidents in 2019

In 2019, the CFS identified about 2,040 food incidents from the FISS, including about 400 food incidents related to undeclared

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焦點個案

Incident in Focus

估所有監察到的食物事故，並採取跟進行動。

針對可能會影響本港的食物事故，食安中心因應情況採取適切的行動包括：聯絡有關當局及業界、發出本地警報以通知市民及業界，以及檢測相關食物樣本。受影響的產品如在本港有售，食安中心會指令業界停售並回收產品。此外，食安中心會發出回收產品的公告，並提供適當的食物安全建議。

二零一九年，食安中心共發出133則食物事故報表、24則業界警報及29則新聞公報。本港就食物事故發出的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／過量的防腐劑、未有標示致敏物等)、物理(例如異物)，以及其他危害(例如品質問題)。在發出本地警報的食物事故當中，與微生物及化學物危害有關的事故分別佔37%及36%(見圖1)。

處理食物事故

讓我們以下列例子來說明，食物事故監測系統如何有助減少食物事故對本地的影響，保障公眾健康。

美國加州薩利納斯蘿蔓生菜疑受O157:H7型大腸桿菌污染

在二零一九年底，美國多州爆發與加州薩利納斯蘿蔓生菜有關的O157:H7型大腸桿菌感染個案。據報共有來自27個州份的167人受O157:H7型大腸桿菌感染，其中合共85人需入院治理。

二零一九年十一月底，食安中心透過食物事故監測系統得悉，美國食品及藥物管理局發出通告，表示正調查當地爆發的大腸桿菌感染個案，並指可能與食用產自加州薩利納斯的蘿蔓生菜有關。

為審慎起見，食安中心即時暫停該地區出產的蘿蔓生菜進口及在港出售。調查顯示，本港有兩個進口商曾進口受影響的產品。有關進口商已按食安中心指令停售受影響的產品、將之下架及展開回收。食安中心亦發出新聞公報通知市民及提供食物安全建議，並提醒業界如持有有關產品，應立即停止使用或出售。

此外，食安中心在進口及零售層面加強抽檢產自加州的蘿蔓生菜，結果均通過O157:H7型大腸桿菌測試。食安中心密切監察事故發展，並檢視加州薩利納斯蘿蔓生菜的進口管制安排。

本港並無因是次事故而導致的食物中毒報告或食物投訴。其後，薩利納斯蘿蔓生菜的進口禁令在二零二零年一月二十四日解除。這宗個案說明，食物事故檢測系統對於及早偵察並應對可能影響本港市民的食物事故，發揮了重要的作用。

結語

總括而言，食物事故監測及應變系統一直行之有效，使食安中心得以適時偵察及處理食物事故，保障食物安全。

allergens. The CFS assessed all food incidents identified and took follow-up actions.

In response to food incidents that might have local impact, the CFS took various pertinent actions, including contacting relevant authorities and traders, issuing local alerts to inform the public and the trade and collecting relevant food samples for analysis, where indicated. When the affected products were available locally, the CFS might instruct the trade to stop sale and initiate recall of the products. Public announcements might be made to recall products and to provide appropriate food safety advice.

In 2019, the CFS issued 133 food incident posts, 24 trade alerts and 29 press releases. For those incidents with local alerts issued, the hazards identified included microbiological (e.g. *Listeria*, *Salmonella*, *Escherichia coli* (*E. coli*), etc.), chemical (e.g. use of unauthorised / excessive preservatives, undeclared allergens, etc.), physical (e.g. foreign bodies) and others (e.g. substandard qualities). Food incidents related to microbiological and chemical hazards with local alerts issued accounted for 37% and 36% respectively (see Figure 1).

Management of Food Incidents

We use the following example to illustrate how the FISS could help reducing the local impact of food incidents and safeguard public health.

Romaine lettuce suspected to be contaminated with *E. coli* O157:H7 in Salinas, California, the United States

In late 2019, there was a multistate outbreak of *E. coli* O157:H7 infections in the United States linked to romaine lettuce grown in Salinas, California. A total of 167 people infected with the outbreak strain of *E. coli* O157:H7 were reported from 27 states. A total of 85 hospitalisations were reported.

In late November 2019, the CFS, through the FISS, noted a notice issued by the Food and Drug Administration of the United States about its investigation of an outbreak of *E. coli* infection that was likely linked to the consumption of romaine lettuce produced in Salinas, California.

For the sake of prudence, the CFS immediately suspended the import into and sale within Hong Kong of romaine lettuce produced in the area concerned. Investigations showed that two importers had imported the affected products into Hong Kong. The two importers concerned stopped the sale, removed from shelves and initiated a recall of the affected products according to the CFS' instructions. A press release was issued to inform the public and provide food safety advice. The CFS also alerted the trade to stop using and selling the products concerned immediately should they possessed it.

In addition, the CFS had enhanced the surveillance of romaine lettuce produced in California at both import and retail levels. The test result was satisfactory for *E. coli* O157:H7. The CFS closely monitored the incident and reviewed the import control arrangement for romaine lettuce from Salinas, California.

There were no reports of local food poisoning outbreak and food complaint arising from this incident. The import suspension on romaine lettuce from Salinas to Hong Kong was subsequently lifted on 24 January 2020. This case demonstrated the role that the FISS plays in early identification and intervention of food incidents that may have potential impact to the local population.

Conclusion

In sum, the effective food incident surveillance and response system put in place has enabled the CFS to detect and manage food incidents in a timely manner for safeguarding food safety.

在餐牌上就高風險食物向消費者作出食用忠告

Consumer Advice on High-risk Foods on Menus

食物安全中心風險傳達組
科學主任陳蓉蓉女士報告

Reported by Ms. Melva CHEN, Scientific Officer,
Risk Communication Section, Centre for Food Safety

聽到「生或未煮熟的食物」，你會想到什麼？壽司？刺身？還是生蠔？會不會想到其他含有生的配料的食物？例如以生蛋製作的芒果布甸、煙三文魚三文治，以及以未煮熟的牛肉作配料的粥。消費者外出用膳時往往未必知道，看來無害的食物原來也有可能嚴重影響健康。對於生或未煮熟的食物，消費者與業界都應格外留神。

食用生或未煮熟食物的風險

生或未煮熟的食物，例如肉類、家禽、水產及蛋類，屬於高風險食物（見圖2），原因是沒有經過熱處理或熱處理不足，未能消滅當中可致病的微生物。進食受細菌或病毒污染的食物引起的疾病常見病徵包括嘔吐、腹瀉、腹痛及發燒。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。無論感染哪種病原體，高危人士，包括孕婦、嬰幼兒、長者及免疫力弱人士，較大機會出現嚴重症狀，甚至會有生命危險。

生或未煮熟的食物較大機會含有「超級細菌」

在「從農場到餐桌」的整個過程中，食物都有可能受微生物污染，包括「超級細菌」。「超級細菌」泛指產生了抗菌素耐藥性的微生物（例如細菌），具有抑制多種抗菌素（例如抗生素）的能力。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。抗菌素耐藥性問題嚴重威脅大眾健康，從食物安全觀點而言，要應對這個問題，有效方法之一是透過烹煮殺死食物中的「超級細菌」。

本地業界如何能幫助消費者降低風險？

美國食品及藥物管理局的《食品法規》規定，食肆如出售生或未煮熟的動物產品，都必須就此向顧客作出忠告。食肆向消費者作出食用忠告的方式，通常是在餐牌下方展示忠告字句。

為了迎合消費者的需求，食肆選擇供應生或未煮熟的食物，這是可以理解的。然而，食物安全中心（食安中心）最近舉行的一次專題小組會議發現，本地消費者往往未必知道他們所點的食物是生或未煮熟的，而且難以確定菜式是否含有生或未煮熟的配料，例如生蛋。有鑑於此，食安中心已發出業界指引，以便業界告知消費者所供應的即食食物含有生或未煮熟的食材／配料，消費者須注意因此而增加的食用風險。食肆可透過小冊子、指示牌或餐牌上的提示、

供生吃或未煮熟之魚類（例如壽司、刺身、煙三文魚）
Fish served raw/undercooked (e.g. sushi, sashimi, smoked salmon)



供生吃或未煮熟之水產（例如蠔、帶子、蝦、墨魚）
Raw/undercooked seafood (e.g. oysters, scallops, shrimps, cuttlefish)



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）
Eggs served raw or undercooked (unhardened whites and yolks, such as sunny-side-up 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、慕司、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和藍紋芝士
Soft cheeses and blue cheeses made from raw milk



供生吃的即食蔬菜（例如預先包裝的沙律菜、芽菜）
Ready-to-eat raw vegetables (e.g. prepackaged salad vegetables, seed sprouts)



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



圖2: 生或未煮熟食物的一些常見例子

Figure 2. Examples of some common raw/undercooked foods

What comes to your mind when hearing the term "raw/undercooked foods"? Sushi? Sashimi? Or raw oysters? How about other foods containing raw ingredients, e.g. mango puddings with raw eggs, sandwiches with smoked salmon and congees with undercooked beef? When dining out, consumers are often not aware that those seemingly harmless foods could pose serious health impact. Both consumers and food businesses should pay special attention to raw/undercooked foods.

Risk of Consumption of Raw/Undercooked Foods

Raw/undercooked foods such as meat, poultry, seafood and eggs, are high-risk foods (see figure 2), as there is no or inadequate heat treatment to eliminate the microorganisms present that can cause illnesses. 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. No matter which type of pathogens is involved, susceptible populations including pregnant women, infants, young children, the elderly and people with weakened immunity are more likely to develop severe symptoms and even face the risk of death.

Raw/Undercooked Foods are More Likely to Harbour "Superbugs"

Foods can be contaminated by microorganism including "superbugs" at any stage from farm to table. "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, antibiotics for example, from working against them. 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. AMR is a serious public health threat. From the food safety point of view to combat AMR, cooking is an effective way to kill "superbugs".

effective way to kill "superbugs".

What Can Local Food Businesses Do to Help Consumers Reduce the Risk?

In the United States, the Food and Drug Administration's Food Code requires all restaurants that sell raw/undercooked animal products to post a raw food advisory for customers. This consumer advisory is often seen as a written statement at the bottom of a restaurant menu.

While it is understandable that restaurants may choose to accede to consumer's desire for raw/undercooked food, a recent focus group meeting conducted by the Centre for Food Safety (CFS) found that local consumers are often not aware that the foods they order are raw/undercooked and they have difficulty in determining whether the dish contains raw/undercooked ingredients such as raw eggs. In this regard, the CFS has issued a set of trade guidelines aiming to facilitate food businesses in informing consumers of the increase risk of consuming raw/undercooked foods and ingredients in ready-to-eat foods served to them. Consumers can be informed by brochures, advisories on signs or menus, table tents, labelling or other effective written means. The following is

座枱卡、標籤或其他有效的書面方式，向消費者作出食用忠告。以下是食肆可提供的食用忠告示例，適用於圖2中生或未煮熟的高風險食物：

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。

消費者與業界均有責任確保食物安全

食肆東主有責任提供準確的食物標籤，以助消費者作出知情的選擇。一方面，此舉不單可以保障消費者，尤其是高危人士，免受食源性疾病的侵害，亦可提升食肆的盡責形象。另一方面，消費者必須因應本身的健康狀況來選擇食物。

an example of consumer advice that restaurants can provide, and it applies to raw/undercooked high-risk foods as shown in figure 2.

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.

Both Consumers and Food Businesses Share the Responsibilities to Ensure Food Safety

Restaurant owners bear the liability to provide truthful labelling to help consumers in making informed food choices. By doing so, on the one hand, restaurant owners not only help protecting consumers, especially susceptible populations, from foodborne illnesses, but also promoting the image as a responsible food trader. On the other hand, consumers have to consider their own health conditions in choosing food.

食物事故點滴 Food Incident Highlight

新型冠狀病毒感染與食物安全

Novel Coronavirus Infection and Food Safety

近期爆發新型冠狀病毒疫情，市民對此甚為關注。雖然流行病學分析顯示，部分患者是湖北省武漢市一個海鮮批發市場的經營戶，但感染源頭仍有待進一步調查才可確定。直到目前為止，並沒有新型冠狀病毒經食物傳播的報告。

儘管如此，市民仍應按一般建議做好食物安全措施。在配製食物前後，均應清潔雙手及用具。由於這種病毒並不耐熱，食物應煮熟至中心溫度至少達攝氏75度。生熟食物應分開處理及貯存，以免交叉污染。

市民離港外遊時，應避免到濕貨街市、活家禽市場或農場，並切勿進食野味。如無有效的衛生證明書，不得進口野味、肉類、家禽及蛋類。

有關新型冠狀病毒的最新食物安全資訊，請瀏覽[食物安全中心網站](#)，並參閱《[有關預防新型冠狀病毒相關的食物安全建議及常見問題](#)》。

The recent outbreak of novel coronavirus aroused high public concern. Although epidemiological findings revealed that some patients are business operators at a seafood wholesale market in Wuhan, Hubei Province, further investigation is still on-going to identify the source of infection. So far, there is no report that the virus is transmitted via food.

Nevertheless, as a general advice, the public should implement good food safety measures. Hands and utensils should be cleaned before and after food preparation. The virus is not heat resistant and food should be thoroughly cooked to a core temperature of at least 75°C. Cooked and raw food should be prepared and stored separately to avoid cross contamination.

When travelling outside Hong Kong, travellers should avoid visiting wet markets, live poultry markets or farms and do not consume game. Game, meat, poultry and eggs should not be imported without valid health certificates.

For updated food safety information on novel coronavirus, please visit the [website of the Centre for Food Safety](#) and refer to the "[Food Safety Advice on Prevention of Novel Coronavirus and FAQs](#)".

本地燒味滷味的鈉含量

Sodium Content in Local Siu-mei and Lo-mei

食物安全中心(食安中心)與消費者委員會最近進行聯合研究發現，部分本地常見燒味滷味的鈉含量偏高，當中以紅腸所含的鹽量最高，其後依次是燒肉、叉燒及滷水鵝腎。研究亦檢測了燒味滷味醬汁的鈉含量。通過模擬上菜前在叉燒及滷水鵝上淋上醬汁的程序，發現兩者的鈉含量分別增加了17%及38%。

攝取過多的鹽(鈉)可能會增加患上高血壓的風險。市民宜留意燒味滷味的鈉含量，小心選擇，注意鈉含量較高的燒味滷味。進食時宜先試味才決定食物是否需要蘸上醬汁；如有需要，蘸上少量便可。

業界應在上菜時把醬汁分開端上，並參考食安中心的《[降低食物中鈉含量的業界指引](#)》，改良製作方法及轉變配料，以減少燒味滷味的鈉含量。

A recent study jointly conducted by the Centre for Food Safety (CFS) and the Consumer Council found that some popular local Siu-mei and Lo-mei (SMLM) are high in sodium. Red sausage has the highest level of salt, followed by roasted pork, BBQ pork and Lo-shui goose gizzard. The study also tested the sodium content of the sauce/marinade of SMLM. When mimicking the practice of pouring the sauce/marinade over the SMLM before serving, there is a 17% increase in the sodium content in BBQ pork and 38% in Lo-shui goose.

Excessive intake of salt (sodium) may lead to a higher risk of developing hypertension. The public is advised to pay attention to the sodium content in SMLM, choose carefully and be aware of SMLM with high sodium levels. Taste the food before dipping in the sauce/marinade, and dip lightly if needed.

The trade should serve the sauce/marinade separately and is encouraged to reduce the sodium content of SMLM through modification of preparation methods and use of ingredients by making reference to the CFS's "[Trade Guidelines for Reducing Sodium in Foods](#)".



風險傳達工作一覽 (二零二零年一月)

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