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## 食物標籤 — 為消費者提供知情選擇

### Food Labelling – Providing Informed Choices for Consumers

食物安全中心風險傳達組  
科學主任游天頌先生報告  
Reported by Mr. Arthur YAU, Scientific Officer,  
Risk Communication Section, Centre for Food Safety

食物安全中心近月發現，有含有二氧化硫的預先包裝食物樣本未有標明含有該種食物添加劑，因此不符合本地食物標籤規定。食物標籤不僅是對食物商的法例規定，還有助消費者在選購食物時作出知情的決定，並得知如何安全地貯存和食用所購買的食物。

#### 食物標籤是什麼？

食物標籤是重要的溝通途徑，告知消費者產品是什麼、內含物質，以及如何安全地處理、配製和食用。隨着社會由直接向生產者購買食物，轉為購買來自世界各地的預先包裝食物，為消費者提供可靠及準確的說明便十分重要。

In recent months, the Centre for Food Safety had found samples of prepackaged food containing sulphur dioxide but with the labelling of the food additive missing, therefore not complying with the local food labelling requirements. More than just a legal requirement for food traders, food labels also help consumers make informed decisions when purchasing food and help them store and consume the purchased food safely.

#### What is Food Labelling?

Food labelling is an important communication channel to inform consumers about what the product is, what it contains and how to handle, prepare and consume it safely. As societies are moving from direct purchases from people who produce the food to international trade of prepackaged food, it is important to provide trustworthy and precise



圖1: 本港預先包裝食物標籤上的不同部分  
Figure 1: Different parts of food labelling for prepackaged food in Hong Kong.

糧食及農業組織(糧農組織)把食物標籤定義為顯示在食品上的資料，包括書寫、印刷、印製、標示、壓印或蓋上，或附加在食物容器或食品上的標牌、品牌、標記、圖片或其他說明。資料內容包括配料、分量及營養價值，可附於食物或展示在食物附近以促進銷售。

## 食物標籤為何有用？

食物標籤有多方面的作用。它可防止食物銷售商在包裝上虛報資料，因為法例規定他們必須確保所示資料準確無誤。此外，[標示過期日期及最佳食用日期](#)有助減少浪費食物。鑑於糖尿病及心臟病等與飲食相關的非傳染病日益加重世界各地的醫療負擔，營養標籤亦是有效的工具，可協助消費者作出健康的食物選擇。

## 國際的食物標籤標準

食品法典委員會是釐定食物標準的國際機構，該委員會制定了[《預先包裝食品標識通用標準》](#)供世界各地參考，當中訂明食物標籤不得有虛假、誤導或詐騙成分，或令人對產品有錯誤印象。這套通則廣為全球多國所採用。

## 本港的食物標籤

在本港，有關食物標籤的規例載於[《食物及藥物\(成分組合及標籤\)規例》](#)(第132W章)。食物標籤規定列出的資料包括食物名稱、配料表(包括[致敏物](#))、[保質期說明](#)、特別貯存方式或使用指示、數量、重量或體積、製造商或包裝商的姓名或名稱及地址，以及[營養標籤](#)(見圖1)。業界如把較大包裝的食物分裝為零食包裝，應向供應商取得配料詳情，以便在標籤上提供準確的資料。

### 注意事項

1. 食物標籤是國際認可的溝通途徑，告知消費者預先包裝食物的資料。
2. 食物業應遵守本地的食物標籤規定。
3. 消費者可善用食物標籤以確保食物安全、減少浪費食物和[作出知情的食物選擇](#)，從而[管理自己的健康](#)和[預防非傳染病](#)。

### 給市民的建議

- 消費者應善用食物標籤資料以確保食物安全、減少浪費食物和作出知情的食物選擇，從而保持健康和預防非傳染病。
- 食物過敏人士亦應善用配料及致敏物標籤。

### 給業界的建議

- 食物業應向供應商取得準確的資料，嚴格遵從本地的食物標籤規定，並在食物包裝上提供清晰簡潔的資料。

descriptions to consumers.

The Food and Agriculture Organization (FAO) describes food labels as the information presented on food products, which include tag, brand, mark, pictorial or other descriptive matter, written, printed, stencilled, marked, embossed or impressed on, or attached to a container of food or food product. The information, including ingredients, quantity and nutritional value, can accompany the food or be displayed near the food to promote sale.

## Why is Food Labelling Useful?

Food labelling is useful in many ways. It can discourage food sellers from making false representations on a package, as they are legally required to ensure accuracy of the information presented. Also, [the expiration and best before labelling](#) is an attempt to reduce food waste. In view of the increasing health burden of diet-related non-communicable diseases (NCDs) like diabetes and heart diseases worldwide, nutrition labelling can also be a useful tool in helping consumers make healthy food choices.

## International Food Labelling Standard

The Codex Alimentarius Commission (Codex) is an international food standards authority. They have established the [Codex General Standard for Labelling of Prepackaged Foods](#) as a worldwide reference. Codex requires that labelling should not be false, misleading or deceptive or likely to create an erroneous impression of the products. The general requirements have been adopted by many countries in the world.

## Food Labelling in Hong Kong

In Hong Kong, the regulations related to food labelling are stipulated under the [Food and Drugs \(Composition and Labelling\) Regulations](#) (Cap. 132W). The food labelling requirements include name of food, list of ingredients (including [allergens](#)), [indication of durability](#), special conditions for storage or instructions for use, count, weight or volume, name and address of manufacturer or packer and [nutrition label](#) (see figure 1). Traders who prepare retail packages of food from bulk packages should obtain ingredient details from the suppliers for preparing accurate labels.

### Key Points to Note

1. Food labelling is an internationally accepted means of communicating with consumers on what a prepackaged food is.
2. The food trade should comply with the local food labelling requirements.
3. Consumers can use food labels to keep food safe, reduce food waste and [make informed food choices](#) for [taking control of their own health](#) and [preventing NCDs](#).

### Advice to the Public

- Consumers should make use of the information on food labelling to keep food safe, reduce food waste and make informed food choices for maintaining health and preventing NCDs.
- People who have food allergies should also make use of ingredients and allergens labelling.

### Advice to the Trade

- The food trade should obtain accurate information from the suppliers, follow the local food labelling requirements closely and provide clear and concise information on the food packaging.

# 牛隻所患的非典型牛海綿狀腦病(非典型瘋牛症)

## Atypical Bovine Spongiform Encephalopathy in Cattle

食物安全中心獸醫公共衛生組  
B M HWANG 獸醫報告

Reported by Dr. B M HWANG, Veterinary Officer,  
Veterinary Public Health Section, Centre for Food Safety

二零二一年九月三日，巴西農牧業和食品供應部確認，在米納斯吉拉斯州及馬托格羅索州出現兩宗牛隻患上非典型牛海綿狀腦病(非典型瘋牛症)的個案。在過去23年的監測中，巴西共有五宗牛隻患上非典型瘋牛症的報告個案。根據最近二零二一年五月的世界動物衛生組織第17號決議，巴西獲認為「瘋牛症風險可忽略」級別國家。在世界各國，包括歐盟成員國、美國、加拿大及日本，至今發現了90多宗牛隻患上非典型瘋牛症的個案。

### 何謂瘋牛症？

瘋牛症是一種漸進式的致命疾病，由名為「普里昂」的變異蛋白在牛隻的神經組織中積聚因而破壞神經系統所引致，特徵是在腦部中形成海綿狀的空洞。瘋牛症屬其中一種傳染性海綿狀腦病(又稱普里昂病)，同類疾病包括綿羊和山羊的癢病、鹿的慢性消耗病、人類的克雅二氏症和非典型克雅二氏症，以及巴布亞新幾內亞「法雷人」的「庫魯病」。

### 牛隻所患的瘋牛症種類

牛隻所患的瘋牛症分為兩種：牛隻進食受普里昂蛋白污染的飼料後患上的典型瘋牛症，以及相信是自然發生在牛羣中的非典型瘋牛症。

### 典型瘋牛症的傳播途徑及透過清除高風險部位作出防控

基於牛隻典型瘋牛症與人類非典型克雅二氏症的關係，使食用受瘋牛症病原污染的食物成為公共衛生關注事項。受感染動物的某些組織，即高風險部位，已被證實最有可能含有並因而傳播引致瘋牛症的普里昂蛋白。世界動物衛生組織指出，這些組織包括腦部、眼睛、脊髓、頭顱骨、脊椎、扁桃腺及迴腸末端。

典型瘋牛症在一九九零年代被視為重大威脅，但由於成功實施了有效的防控措施，發病率在過去多年已顯著下降，現時估計個案數目極低(接近零)。

### 何謂非典型瘋牛症？

在二零零零年代初期，由於加強了對傳染性海綿狀腦病的監測，因此發現了引致非典型瘋牛症的非典型普里昂蛋白。非典型瘋牛症的個案數目可算是微不足道。

非典型瘋牛症是自然和零星地發生的，相信是發生在所有牛羣中，但發病率甚低，並且僅在進行密切監測時才在年老的牛隻身上發現。

到目前為止，沒有證據顯示非典型瘋牛症具有傳染性。不過，仍然建議在牛隻飼料鏈中採取污染風險管理措施作為防範，例如防止高風險部位及肉骨粉加入動物飼料中。雖然世界動物衛生組織沒有建議對出現非典型瘋牛症的國家施加衛生或貿易限制，但兩個國家或地區可根據雙方訂立的雙邊衛生協定暫停牛肉出口。

### 公共衛生防控措施

典型瘋牛症構成食物安全問題，但至今沒有證據證明非典型瘋牛症同樣會構成食物安全問題。此外，由於仍然建議在牛隻飼料鏈中採取針對典型瘋牛症的相同污染風險管理

On 3 September 2021, the Ministry of Agriculture, Livestock and Food Supply (MAPA) of Brazil confirmed the diagnosis of two atypical bovine spongiform encephalopathy (BSE) cases in cattle in the states of Minas Gerais and Mato Grosso. In the past 23 years of surveillance for the disease in Brazil, there have been a total of five reported cases of atypical BSE in cattle. According to the latest World Organisation for Animal Health (OIE) Resolution No. 17 in May 2021, Brazil is recognised as having a “negligible BSE risk”. Worldwide, there have been slightly more than 90 cases to date of atypical BSE detected in cattle in various countries, including European Union, USA, Canada and Japan.

### What is BSE?

BSE is a progressive, fatal disease through degeneration of the nervous system in cattle that is caused by the accumulation of an abnormal protein called ‘prion’ in nervous tissues. It is characterised by formation of a sponge-like pattern in brain. It is one of a group of diseases known as transmissible spongiform encephalopathies (TSEs), or prion diseases. This group includes scrapie in sheep and goats, chronic wasting disease (CWD) in deer, Creutzfeldt-Jakob disease (CJD) and variant CJD (vCJD) in humans, and “Kuru” amongst the Fore people of Papua New Guinea.

### Types of BSE in Cattle

There are two forms of BSE in cattle: the classical BSE occurs in cattle after ingesting prion-contaminated feed, while the atypical BSE is believed to occur spontaneously in all cattle populations.

### Transmission of Classical BSE and Control through Removal of Specified Risk Materials

The link between classical BSE in cattle and vCJD in humans with consumption of BSE contaminated food makes it a public health issue. It has been proven that certain tissues of infected animals, namely the specified risk materials (SRMs), are most likely to contain and therefore transmit the BSE prion. According to the OIE, these tissues include brain, eyes, spinal cord, skull, vertebral column, tonsils and distal ileum.

Classical BSE was identified as a significant threat in the 1990s but its occurrence has markedly decreased over the past years, as a result of the successful implementation of effective control measures, and its occurrence is now estimated to be extremely low (close to zero cases).

### What is Atypical BSE?

In the early 2000s, atypical prions causing atypical BSE were identified as the result of enhanced surveillance for TSEs. The number of cases of atypical BSE is negligible.

Atypical BSE refers to naturally and sporadically occurring forms, which are believed to occur in all cattle populations at a very low rate, and which have only been identified in older cattle when conducting intensive surveillance.

To date, there is no evidence that atypical BSE is transmissible. However, measures to manage exposure risk in the feed chain of cattle, such as preventing the SRMs and meat-and-bone meal from entering animal feed continue to be recommended as a precaution. Atypical BSE does not bring sanitary or trade restrictions to the country by the OIE, although temporary suspension of beef exports may be imposed by bilateral sanitary protocol agreements between two nations or areas.

### Public Health Control Measures

While classical BSE is a food safety issue, there is no evidence so far for atypical BSE to be a food safety issue. Furthermore, the food safety risk of atypical BSE is further reduced as the same measures to manage exposure risk for classical BSE (e.g. exclusion of SRMs) in the feed chain of cattle continue to be recommended as a precaution.



圖2: 非典型瘋牛症自然地發生在年老的牛隻身上  
Figure 2: Atypical BSE occurs in older cattle spontaneously.

措施作為防範(例如禁用高風險部位)，因此非典型瘋牛症的食物安全風險得以進一步降低。

根據《進口野味、肉類、家禽及蛋類規例》(第132AK章)的規定，每批進口牛肉均須附有官方衛生證明書，證明適宜供人食用。

香港與巴西已建立牛肉進口協定。巴西當局簽發的衛生證明書須訂明關於傳染病、衛生守則及有害物質(包括藥物及化學物殘餘)的特定衛生要求，以及動物福利條文。至於衛生證明書針對瘋牛症所須訂明的要求，則包括肉類或肉類產品必須按照世界動物衛生組織《陸生動物衛生法典》所提出的建議進行處理及生產，從而充分保證進口肉類適宜供人食用。

在下一期，我們會看看現時世界各地典型瘋牛症的情況。

Under the Imported Game, Meat, Poultry and Eggs Regulations (Cap. 132AK), it is specified that each consignment of imported beef must be accompanied by an official health certificate stating that the meat is fit for human consumption.

Hong Kong has established a beef import protocol with Brazil. Included in the health certification are specific health requirements addressing infectious diseases, hygienic practices and harmful substances, including drug and chemical residues, and animal welfare provisions. More specifically with regard to BSE, the health certificate attestations include handling and produce of meat or meat products in accordance with recommendations made by the OIE under the Terrestrial Animal Health Code, providing full assurances that imported meat is fit for human consumption.

In the next issue, we will cover the current position of classical BSE worldwide.

## 本地學童、懷孕及哺乳婦女攝取足夠的碘嗎？

### Are Local School Children, Pregnant and Breast-feeding Women Having Enough Iodine?

衛生署衛生防護中心最近發表了《[碘質水平調查報告](#)》，調查對象為學童、懷孕及哺乳婦女，他們特別容易患上碘缺乏病。碘質是維持正常甲狀腺功能和促進生長發育的必要營養素。如果在妊娠中期至嬰兒出生後第三年的關鍵時期碘質不足，兒童的大腦及中樞神經系統便可能會因先天性碘缺乏症候群(又稱克汀病或呆小症)而受到不可逆轉的損害。

[懷孕及哺乳婦女](#)應徵詢醫護專業人員意見，並選吃各種碘質豐富的食物，包括海藻類(例如海帶湯、紫菜零食)、海產(例如海水魚、大蝦、淡菜)、蛋類，以及奶類和奶製品(例如芝士、乳酪)。如果使用碘鹽，每天的鹽攝取量不應超過5克或1茶匙，這分量包括來自醬汁、調味料及其他食物的鹽。另一方面，雖然不常見，但攝取過量的碘可擾亂甲狀腺的正常功能。

The Centre for Health Protection of the Department of Health had recently released the [report on the Iodine Survey](#) on school children, pregnant and breast-feeding women. These populations are particularly vulnerable to iodine deficiency disorders. Iodine is an essential nutrient for normal thyroid function and is required for growth and development. If iodine is deficient during the critical period from the second trimester of pregnancy to the third year after birth, the brain and central nervous system of the baby will have irreversible damage from cretinism.

[Pregnant and breast-feeding women](#) are recommended to seek advice from medical professionals and consume a variety of iodine-rich foods. Some iodine-rich foods are seaweeds (e.g. kelp soup, seaweed snack), seafood (e.g. marine fish, prawns, mussels), eggs, as well as milk and milk products (e.g. cheese, yogurt). If using iodised salt, limit the total salt intake to 5 g or 1 teaspoon a day, including the salt in sauces, seasonings and other foods consumed. On the other hand, although uncommon, excessive iodine intake may lead to thyroid disorders.

## 不得售賣未經批准進口的奶類

### Milk for Sale Should be Imported with Permission

食物安全中心(食安中心)在八月發現數款未經食物環境衛生署(食環署)署長批准進口的牛奶，隨即採取行動，包括指令涉事進口商及商戶停售有關產品、把產品下架和展開回收。食安中心又知會業界，追查產品來源及分銷情況，並呼籲業界停止出售和使用受影響產品，以及向市民發出不要飲用有關產品的食物警報。

根據《奶業規例》(第132AQ章)，進口的奶類或奶類飲品必須來自獲得食環署署長批准的製造來源地，否則不得在香港售賣。業界應確保產品符合相關的本地衛生和成分組合標準，以及進口奶類的規定。

In August, the Centre for Food Safety (CFS) found several types of milk imported without permission from the Director of Food and Environmental Hygiene (DFEH). The CFS initiated immediate actions, which include instructing the importer and the vendor to stop sale of the products concerned, remove them from shelves and initiate a recall. The CFS also alerted the trade and traced the source and distribution. The trade was urged to stop selling or using the affected products. Food Alerts were issued to the public not to consume the products concerned.

According to the Milk Regulation (Cap. 132AQ), milk or milk beverages imported into Hong Kong for sale should be obtained from a source of manufacture approved by the DFEH. Trades should ensure that their products comply with relevant local hygiene and composition standards as well as the import requirements before importing milk.



## 風險傳達工作一覽 (二零二一年九月)

### Summary of Risk Communication Work (September 2021)

事故/食物安全個案 Incidents/ Food Safety Cases: 191	公眾查詢 Public Enquiries: 104	業界查詢 Trade Enquiries: 258	食物投訴 Food Complaints: 425	給業界的快速警報 Rapid Alerts to Trade: 4
給消費者的食物警報 Food Alerts to Consumers: 3	懷疑食物中毒個案通報 Suspected Food Poisoning Alerts: 1	教育研討會/演講/講座/輔導 Educational Seminars/ Lectures/ Talks/ Counselling: 50	上載到食物安全中心網頁的新訊息 New Messages Put on the CFS Website: 31	