

食物安全焦點

Food Safety Focus



食物安全中心
Centre for Food Safety

二零一二年十月·第七十五期
October 2012 · 75th Issue
ISSN 2224-6908



食物環境衛生署
Food and Environmental
Hygiene Department

由食物環境衛生署食物安全中心於每月第三個星期三出版
Published by the Centre for Food Safety, Food and Environmental Hygiene Department on every third Wednesday of the month

本期內容 IN THIS ISSUE

焦點個案

李斯特菌病與懷孕

食物安全平台

吃即食麵但怕脂肪過多?營養標籤
幫到你

食物事故點滴

避免從食物中攝入內分泌干擾物
低鈉飲食 健康之道

風險傳達工作一覽

Incident in Focus

Listeriosis and Pregnancy

Food Safety Platform

Want to Get Less Fat from
Instant Noodles? Count on
Nutrition Label

Food Incident Highlight

Avoid Endocrine Disruptors in Food
Good Health Starts with Low
Sodium Diet

Summary of Risk Communication Work

編輯委員會 EDITORIAL BOARD

總編輯

何玉賢醫生

顧問醫生(社會醫學) (風險評估及傳達)

行政編輯

楊子橋醫生

首席醫生(風險評估及傳達)

委員

溫遠光醫生 首席醫生(風險管理)

陳詩寧獸醫 高級獸醫師(獸醫公共衛生)

黃錫基先生 署理高級總監(食物安全中心)

吳平華先生 高級總監(食物安全中心)

蔡適文博士 高級化驗師(食物化驗)

周楚耀醫生 風險評估組主管

肖穎博士 食物安全主任(風險評估)

陳志偉醫生 高級醫生(風險評估)

Editor-in-chief

Dr. Y Y HO

Consultant (Community Medicine)
(Risk Assessment and Communication)

Executive Editor

Dr. Samuel YEUNG

Principal Medical Officer
(Risk Assessment and Communication)

Members

Dr. Y K WAN

Principal Medical Officer (Risk Management)

Dr. Allen CHAN

Senior Veterinary Officer
(Veterinary Public Health)

Mr. S K WONG

Atg. Senior Superintendent
(Centre for Food Safety)

Mr. P W NG

Senior Superintendent
(Centre for Food Safety)

Dr. S M CHOI

Senior Chemist (Food Chemistry)

Dr. C Y CHOW

Head (Risk Assessment Section)

Dr. Y XIAO

Food Safety Officer (Risk Assessment)

Dr. Allen CHAN

Senior Medical Officer (Risk Assessment)

焦點個案 Incident in Focus

李斯特菌病與懷孕

Listeriosis and Pregnancy

食物安全中心

風險評估組

科學主任馬嘉明女士報告

Reported by Ms. Janny MA, Scientific Officer,
Risk Assessment Section,
Centre for Food Safety

衛生防護中心上月報告,截至本年八月底,本港已錄得21宗李斯特菌病個案,遠高於二零零四至二零一一年每年3至17宗的數字。這是李斯特菌病在二零零八年列為法定須呈報的傳染病以來的最高記錄。雖然身體健康的人很少患上李斯特菌病,但這種病對某些群組包括孕婦可能構成嚴重的健康風險。本文將探討孕婦感染食源性李斯特菌病的問題。

李斯特菌病與孕婦

李斯特菌病是一種傳染病,一般由進食受李斯特菌污染的食物引致。李斯特菌廣泛分布於泥土、水、腐爛的植物和動物的腸道等自然環境中。

由於免疫系統在懷孕期間較弱,因此孕婦較易染上李斯特菌病。孕婦染病後或只有輕微類似流感的病徵,有時甚至毫無徵狀,但李斯特菌可通過胎盤傳染給胎兒。孕婦在妊娠第一期患上此病可引致流產;如在妊娠第三期才患病,可引致早產、嬰兒出生時體重過輕甚至死亡。在受李斯特菌感染的足月或臨近足月胎兒中,約有半數可能夭折。

較後期感染李斯特菌病的胎兒出生後亦可能會出現智力障礙、癱瘓、失明,以及大腦、心臟和腎臟受損等多種健康問題。

本港情況

由二零零四年六月至二零一二年八月期間,衛生防護中心共有106宗李斯特菌病的記錄個案,其中14宗(佔13%)的患者是孕婦。

在這14宗懷孕個案中,其中四宗引致自然流產或胎死腹中;一名孕婦早產誕下嬰兒,但嬰兒在出生一天後夭折;其餘九名孕婦順利誕下嬰兒,其中兩名嬰兒受感染,須接受抗生素治療。所有孕婦均情況穩定,經治療後已完全康復。

高風險食物

由於李斯特菌在環境中無處不在,食物中有少量此菌不足為奇。一般而言,含有少量李斯特菌的食物(例如每克食物少於100個菌落形成單位)對消費者的健康影響極微。然而,細菌數目一旦增加,消費者便易有染上李斯特菌病的風險。

雖然正常的煮食溫度可消滅李斯特菌,而且該菌不能在冷凍溫度下生長,但與其他引致食物中毒的細菌不同的是,李斯特菌在低至零度的冷藏溫度下仍可緩慢地生長。因此,保質期較長(超過五天)的冷藏即食食物是感染李斯特菌病的高風險食物。食物長期存放在雪櫃,有機會令李斯特菌有充裕的時間慢慢繁殖,繼而在保質期內每克食物超過100個菌落形成單位。進食這些未有進一步烹煮的食物可能會受感染。

Last month, the Centre for Health Protection (CHP) reported that, by end of August this year, there have already been 21 reported cases of listeriosis, much higher than the annual reported figures of 3 to 17 between 2004 and 2011. This marks the highest number recorded since listeriosis became a notifiable disease in 2008. Although listeriosis is an uncommon disease in healthy individuals, it may pose significant health risk to certain subpopulations including pregnant women. This article discusses foodborne listeriosis in pregnant women.

Listeriosis in Pregnant Women

Listeriosis is an infectious disease usually caused by eating food contaminated with *Listeria monocytogenes*. This bacterium is commonly found in the natural environment, for example, soil, water, decaying plants and animal intestines.

During pregnancy, the immune system is weakened and thus pregnant women are more susceptible to listeriosis. While pregnant women, when infected, may just experience mild, flu-like symptoms or even with no symptoms, *L. monocytogenes* can pass to the baby through the placenta. During the first trimester of pregnancy, listeriosis may cause miscarriage. As the pregnancy progresses to third trimester, listeriosis can result in preterm birth, delivery of a low-birth-weight infant or even infant death. About half of the infants infected at or near term may die.

Foetuses who suffer a late infection may develop a wide range of health problems, including mental retardation, paralysis, blindness, impairments of the brain, heart and kidney.

Local Situation

Among the 106 listeriosis cases recorded by the CHP between June 2004 and August 2012, 14 (13%) cases were related to pregnant women.

Four out of the 14 pregnant cases had spontaneous abortion or stillbirth. One mother had a preterm delivery but the baby died one day after birth. The other nine pregnant women delivered their babies in stable condition with two of the babies infected and required antibiotic treatment. All pregnant women were clinically stable and recovered after treatment.

High Risk Foods

Due to its ubiquity in the environment, low concentration of *L. monocytogenes* may be present in food. In general, foods containing low levels of *L. monocytogenes* (e.g. < 100 colony-forming unit (cfu)/g) pose very little risk to consumers. However, as the number of bacteria increase, consumers will be at risk of listeriosis.

Although *L. monocytogenes* can be killed under normal cooking temperature and that it cannot grow at frozen temperature, unlike other food poisoning bacteria, it may continue to grow slowly at refrigerated temperature as low as 0°C. This characteristic makes long shelf life (greater than five days) refrigerated ready-to-eat food a potential high risk item for listeriosis. Prolonged storage in refrigerator may allow *L. monocytogenes* to have sufficient time to grow gradually to exceed 100 cfu/g throughout the shelf life. This may lead to infection when the food is consumed without further cooking.

焦點個案
Incident in Focus

由二零零八年至二
零一二年七月期間，
食物安全中心對近
1 800個食物樣本進
行李斯特菌測試，其中七個(包括六個
煙三文魚及一個煙火腿)不合格。



From 2008 to July 2012, the
Centre for Food Safety tested
around 1 800 food samples for
L. monocytogenes, in which seven
of them, including six smoked
salmon and one smoked ham were
found unsatisfactory.

預防之道

一般而言，處理食物時奉行**食物安全五要點**可預防李斯特菌病。由於一般
煮食溫度已可殺死李斯特菌，立即食用
新鮮烹調並徹底煮熟的食物便不會有染病之虞。由於李斯特菌在低
溫下(如攝氏4度)仍能緩慢生長，因此應盡快食用雪櫃內的容易腐
壞食物包括剩菜，並在食用前徹底翻熱。外出用膳時，只進食徹底
煮熟及上桌時仍然滾熱的食物，那些生/未煮熟和半冷不熱的不吃
為妙。

此外，為有效預防李斯特菌病，孕婦應避免進食高風險食物，
以及/或選擇較安全的食物(見表)。

孕婦應小心選擇食物，避免進食煙三文魚和煙火腿等高風險食物
Pregnant women should choose foods carefully and avoid high risk foods e.g.
smoked salmon and smoked ham

Prevention

In general, proper food handling
by applying **5 keys to food safety**
can help prevent listeriosis. Since
L. monocytogenes can easily be
destroyed under normal cooking temperature, immediate consumption of
freshly and thoroughly cooked food should be safe from listeriosis. Since
L. monocytogenes can still grow slowly at low temperatures (e.g. at 4°C),
refrigerated perishable foods including leftover food should be consumed
as soon as possible and reheated thoroughly before consumption. While
eating out, only eat cooked and hot served food but not those which are
raw/ undercooked and served lukewarm.

In addition, avoiding high risk foods and/or choosing safer alternatives
is an effective way to prevent listeriosis (see Table).

高風險食物及較安全的選擇一覽表
Table: Examples of high risk foods and their safer alternatives

食物 Food	高風險食物的例子 Examples of high risk items	較安全的選擇 Safer alternatives
即食凍肉 Ready-to-eat cold meats	冷吃肉類及冷切肉(例如直接開封食用及於沙律吧和自助餐 取用的凍肉) Cold cut and deli meat (e.g. straight from the package and from salad bars and buffets)	食用前應徹底加熱或在家自行配製即食凍肉，並即日食用 Heat thoroughly before consumption or make home cooked refrigerated meat and use within the day of cooking
即食冰鮮海產 Ready-to-eat chilled seafood	生(例如生蠔、刺身和一些用生海鮮製作的壽司)及煙燻海 產(如煙三文魚) Raw (e.g. oysters, sashimi and some raw seafood containing sushi) and smoked (e.g. smoked salmon) seafood	食用前應徹底加熱或在家自行配製即食冰鮮海產，並即日食用 Heat thoroughly before consumption or make home cooked refrigerated seafood and use within the day of cooking
沙律 Salads	預製或預先包裝沙律(例如沙律吧及自助餐所供應的沙律) Prepared or pre-packaged salads (e.g. from salad bars and buffets)	在家自製新鮮沙律，並即日食用 Freshly prepared home made salad and use within the day of preparation
芝士 Cheeses	以未經巴士德消毒的奶類製成的芝士，包括部分軟芝士和 半軟芝士 Cheeses made from unpasteurised milk including some soft and semi-soft cheeses	以經巴士德消毒的奶類製成的芝士、硬芝士和經處理的芝士、 芝士醬 Cheeses made from pasteurised milk, hard and processed cheeses, cheese spreads
雪糕 Ice-cream	軟雪糕 Soft ice-cream	硬雪糕 Frozen ice-cream

注意要點：

1. 李斯特菌病對較易受影響的群組如孕婦會造成嚴重影響。
2. 食物即使存放在低溫(如攝氏4度)的雪櫃，李斯特菌仍能緩慢生長。
3. 孕婦應避免進食高風險食物，尤其是保質期較長的冷藏(冰凍除外)即食食物。

Key Points to Note:

1. Listeriosis can cause serious implications for **susceptible subpopulations** like pregnant women.
2. Even food stored in a refrigerator at lower temperatures (e.g. at 4°C) may allow *L. monocytogenes* to grow slowly.
3. Pregnant women should avoid eating high risk foods especially refrigerated (excluding frozen) ready-to-eat foods with long shelf life.

給孕婦的建議

1. 保持食物及個人衛生。
2. 避免進食高風險食物，尤其是保質期較長的冷藏即食食物。
3. 容易變壞的食物應存放在攝氏4度或以下的雪櫃內，並避免交叉污染。
4. 所有食物，包括生的食物、加工食物及剩菜均應徹底加熱烹煮；即食食物應盡快食用。

Advice to Pregnant Women

1. Maintain good food and personal hygiene.
2. Avoid high risk foods especially refrigerated ready-to-eat foods with long shelf life.
3. Keep perishable food at refrigerator operates at or below 4°C and avoid cross-contamination.
4. Cook all food including raw, processed and leftovers thoroughly and use ready-to-eat food as soon as possible.

給業界的建議

1. 小心預算每種食物的需求量，以免製作過量。
2. 容易變壞的食物應存放在攝氏4度或以下的雪櫃內，並避免交叉污染。
3. 食物徹底煮熟後才奉客。

Advice to Trade

1. Estimate the demand of each food carefully to avoid over-production.
2. Keep perishable foods at refrigerator operates at or below 4°C and avoid cross-contamination.
3. Cook food thoroughly before serve.



吃即食麵但怕脂肪過多？營養標籤幫到你

Want to Get Less Fat from Instant Noodles? Count on Nutrition Label

食物安全中心
風險傳達組
科學主任陳家茵女士報告

Reported by Ms. Michelle CHAN, Scientific Officer,
Risk Communication Section,
Centre for Food Safety

我們將一連三期介紹如何利用營養標籤，選擇脂肪、鈉和糖含量較低的食物。今期將首先介紹活用營養標籤三部曲(三部曲)，並示範如何利用三部曲，減少從即食麵攝入脂肪。

認識脂肪

脂肪是主要營養素之一，能提供豐富的能量(每克脂肪提供9千卡能量)。根據化學結構，脂肪分為飽和脂肪及不飽和脂肪。攝入過多脂肪容易引致超重和肥胖症，而攝入過多飽和脂肪則會增加低密度脂蛋白膽固醇(俗稱“壞”膽固醇)，“壞”膽固醇水平偏高的人較容易患上心臟病。

世界衛生組織及聯合國糧農組織建議總脂肪及飽和脂肪應不超過每日能量攝入量的30%和10%。按照這個準則，在2000千卡的膳食中，一般人每天應攝取不多於60克總脂肪及20克飽和脂肪。

即食麵與脂肪

即食麵在各地均極受歡迎，亦是港人喜愛的食物之一。即食麵主要由麵粉製成，含豐富碳水化合物。在製造過程中，已煮熟及調味的麵條進行乾燥處理後，被壓製成麵餅，最後在包裝內加入調味包。

每款即食麵所含的總脂肪和飽和脂肪的分量都不同，視乎乾燥過程及調味包的配料而定。經油炸處理的麵條含較高脂肪，而經風乾或熱烘處理的脂肪含量則較低。如即食麵的油炸及/或調味油採用的是棕櫚油、牛油或豬油，亦會令產品的飽和脂肪含量增加。

活用三部曲 減少從即食麵攝入脂肪

自二零一零年實施營養標籤制度後，營養標籤已成為我們日常飲食不可或缺的一部分。消費者可依照以下三部曲，選擇適合自己需要的食物(包括即食麵)種類和分量。

圖表：二零一零年食物安全中心與消費者委員會的合作研究中48個即食麵樣本的總脂肪及飽和脂肪含量

Table: Total fat and saturated fat content of 48 instant noodle samples in joint Centre for Food Safety/Consumer Council study in 2010.

		每100克食物 Per 100 g of food			
	樣本數目 No. of samples	最高總脂肪含量(克) Highest total fat content (g)	平均總脂肪含量(克) Average total fat content (g)	最高飽和脂肪含量(克) Highest saturated fat content (g)	平均飽和脂肪含量(克) Average saturated fat content (g)
非油炸麵 Non-fried noodles	9	7	4.3	4	1.3
油炸麵 Fried noodles	39	30.5	18.8	12.2	8

首先，“睇營養標籤”。留意總脂肪和飽和脂肪的含量。二零一零年食物安全中心與消費者委員會的合作研究發現，根據48個即食麵樣本的營養標籤資料，各款即食麵的脂肪含量相差頗大。當中，在包裝上載有“非油炸”或相若字眼的即食麵的總脂肪及飽和脂肪含量一般較低。

其次，“知我食多少”。計算營養素攝入量時，先找出營養標籤上的食物參考量。即食麵的營養標籤一般以“每包裝”標示。如果你把整包麵連同調味料都吃光，你的營養素攝入量便相等於營養標籤所標示的營養素含量。以右方的即食麵A為例，吃一包便會攝取到20.7克總脂肪及7.8克飽和脂肪。

營養資料 Nutrition Information	
每包裝 Per Package	
能量 Energy	463 千卡 kcal
蛋白質 Protein	10.3 克 g
總脂肪 Total Fat	20.7 克 g
-飽和脂肪 Saturated fat	7.8 克 g
-反式脂肪 Trans fat	0 克 g
碳水化合物 Carbohydrates	58.9 克 g
-糖 Sugars	2.4 克 g
鈉 Sodium	1936 毫克 mg

即食麵A的營養標籤
Nutrition label of instant noodle A.

This is the first article of a series of three that focuses on the use of nutrition labels for choosing food with lower fat, sodium and sugar content. In this article, we will introduce the three-steps to use nutrition labels (three-steps) and demonstrate how it helps reduce fat intake from instant noodles.

Take a Look at Fat

Fat is a kind of macronutrients that provides a concentrated source of energy with each gram yielding nine kilocalories (kcal). Depending on the chemical structure, fat can be divided into saturated fat and unsaturated fat. Whereas eating too much fat increases the risk of overweight and obesity, excessive saturated fat intake raises the Low Density Lipoprotein (LDL) cholesterol, commonly known as “bad” cholesterol, which in turn elevates the chance of developing heart diseases.

The World Health Organization and the Food and Agriculture Organization of the United Nations recommend that total fat and saturated fat intake should not exceed 30% and 10% of the daily energy intake respectively. Based on a 2000-kcal diet, the upper limit of the daily intake of total fat and saturated fat is about 60 g and 20 g accordingly.

Instant Noodle and Fat

Instant noodle is a popular food item in Hong Kong as well as in other places. It is mainly made with wheat flour providing a rich source of carbohydrates. During the manufacturing process, the pre-cooked and flavoured noodles undergo drying process and are compacted into its dehydrated form. The final package usually comes with a seasoning pack.

Depending on its drying process and the ingredients in the seasoning pack, the total fat and saturated fat content of instant noodles varies. While deep fried instant noodles tend to have a higher fat content, those undergo air drying or oven heating contain less fat. If palm oil, butter or lard is used in frying oil and/or seasoning oil, the saturated fat content will also increase.

Get Less Fat from Instant Noodles with Three-steps

Nutrition labelling has become part and parcel of our eating experience since the implementation of Nutrition Labelling Scheme in 2010. By following the three steps below, consumers can choose the types and amount of foods, including instant noodles, which meet their needs.

Firstly, **read the nutrition label**. Pay attention to the level of total fat and saturated fat. A joint Centre for Food Safety/Consumer Council study in 2010 revealed from the nutrition labels that the range of fat content among 48 instant noodle samples was wide. Those carrying the descriptions of “non-fried” or similar terms had generally lower amount of total fat and saturated fat.

Secondly, **know how much I eat**. Check out the reference amount on the nutrition labels for calculating nutrient intake. Usually, the nutrition labels of instant noodles are expressed as “per package”. If you consume the whole pack of noodles including the seasoning, your nutrient intake will be the same as the value showed on the nutrition label. Referring to the example on the left, you will get 20.7 g of total fat and 7.8 g of saturated fat after consuming a whole package of instant noodle A.

其三，“揀咗我需要”。將你的營養素攝入量與自己的每天攝取上限比較。以2000千卡的膳食計，吃掉一包即食麵A所攝入的總脂肪及飽和脂肪，已分別佔這兩種營養素每日攝入上限的35%和39%。想“揀咗需要”，你可以：

- 減少吃即食麵A的次數；
- 當天減少從其他食物攝入脂肪，例如用清蒸和烤等烹調方法，或避免進食含高飽和脂肪配料(如牛油和豬油)的食物；或者
- 查看營養標籤，選購其他總脂肪和飽和脂肪含量較低的即食麵。

更多健康貼士

最後，另一樣同樣不容忽視的是即食麵的鈉含量。無論是麵條本身的鹽分，還是調味包裡的增味劑和醬料都含有鈉。

下一期我們會詳述如何利用三部曲，減少從小食脆片攝入鈉。

Thirdly, **make better choices**. Compare your nutrient intake to your daily intake upper limit. Based on a 2000-kcal diet, consuming a pack of instant noodle A accounts for 35% and 39% of the daily limit of total fat and saturated fat respectively. To make better choices, you can:

- eat instant noodle A less frequently;
- decrease total fat and saturated fat intake from other foods on that day by adopting low fat cooking method such as steaming and grilling or avoiding food with ingredients high in saturated fat such as butter and lard; or
- use nutrition labels to choose other instant noodles with lower total fat and saturated fat content.

More Healthy Tips

Last but not least, consumers should not overlook the sodium content of instant noodles since salt in the noodle itself, the flavour enhancer and sauce in the seasoning pack all provide sodium.

In the next issue, we will show you how to get less sodium from crispy chips with the three-steps.

食物事故點滴 Food Incident Highlight

避免從食物中攝入內分泌干擾物

食物安全中心最近就部分潛在內分泌干擾化學物進行了文獻研究，探討從膳食攝入這些化學物對健康構成的風險。雖然有研究顯示，多種內分泌干擾物均有可能引致癌症，並對人類的生殖能力和發育等有潛在的影響，但根據中心掌握的文獻資料，一般市民從膳食中攝入研究所針對的幾種化學物的分量均低於相關的健康參考值，因此健康受影響的可能性不大。

內分泌干擾物可以是天然或人工製造的物質，可模仿或干擾人體荷爾蒙，從而影響人體組織和器官功能。食物受到環境和食物接觸物料污染，可能含有內分泌干擾化學物。食物是人體攝入這些化學物的主要來源。

市民應避免因偏食某幾類食物而攝入過量污染物，特別是雙貝類，因為此類食物通常含較高水平的內分泌干擾物和金屬污染物。

Avoid Endocrine Disruptors in Food

Recently, the Centre for Food Safety has conducted a literature review to examine the possible health risk associated with dietary exposure to some potential endocrine disrupting chemicals (EDCs). Although many EDCs have been reported to link with cancers and cause reproductive and developmental problems in humans, available data show that dietary exposure of the general population to the chemicals studied is below their respective safety reference values. They are unlikely to cause adverse health effects.

EDCs are naturally occurring or man-made substances that may mimic or interfere with the functions of hormones and thus affect the normal functions of tissues and organs. Food is considered an important source of exposure to EDCs which may present as contaminants from environment or food contact materials.

Consumers are advised to avoid excessive exposure to contaminants from a small range of food items especially bivalves, as they generally contain higher levels of EDCs and metallic contaminants.

低鈉飲食 健康之道

食物安全中心(中心)上月發表了關於本港食物鈉含量的研究報告。中心化驗了九個食物組別，其中佐料及醬料、經處理蔬菜製品及經處理肉製品三個組別的鈉含量屬高水平。

鈉是維持人體機能正常運作的必需元素。鈉的衍生物作為添加劑，有些可令食物更加美味可口(例如俗稱味精的穀氨酸一鈉)，有些可延長產品的保質期(例如硝酸鈉)。然而，攝入過量鈉可能會增加患上高血壓以至冠心病和中風等相關疾病的風險。

根據文獻資料，港人的鈉攝取量一般高於世界衛生組織建議的每日最高攝取量。要追蹤膳食中的鈉，消費者應細閱預先包裝食物上的營養標籤，選擇鈉含量較低的食物，或者透過營養資料查詢系統，找出非預先包裝食物的鈉含量。業界則應按照《降低食物中鈉含量的業界指引》的建議，研發更健康的食品。

Good Health Starts with Low Sodium Diet

Last month, the Centre for Food Safety released its study results on sodium content of local foods. Among the nine food groups tested, condiments and sauces, processed vegetable products, and processed meat products were found to have high sodium content.

Sodium is essential for normal body functions. Derivatives of sodium can be used as additives to make foods more palatable (e.g. monosodium glutamate) and extend product shelf life (e.g. sodium nitrate). However, excessive sodium intake may result in increased risk of high blood pressure and other related diseases such as coronary heart diseases and strokes.

According to the literature, the Hong Kong population in general has sodium intake exceeding the maximum daily intake recommended by the World Health Organization. To track sodium in your diet, consumers are advised to choose food with lower sodium content by reading nutrition labels on prepackaged food products or consulting the Nutrient Information Inquiry System for sodium content of non-packaged foods. Traders are encouraged to follow recommendations in the Trade Guidelines on Reducing Sodium in Foods to develop healthier food choices.

風險傳達 工作一覽 Summary of Risk Communication Work

風險傳達工作一覽 (二零一二年九月) Summary of Risk Communication Work (September 2012)	數目 Number
事故/食物安全個案 Incidents / Food Safety Cases	135
公眾查詢 Public Enquiries	109
業界查詢 Trade Enquiries	127
食物投訴 Food Complaints	482
給業界的快速警報 Rapid Alerts to Trade	37
給消費者的食物警報 Food Alerts to Consumers	2
教育研討會/演講/講座/輔導 Educational Seminars / Lectures / Talks / Counselling	75
上載到食物安全中心網頁的新訊息 New Messages Put on the CFS Website	70