
Targeted Food Surveillance on Used oil

Centre for Food Safety

Food and Environmental Hygiene Department

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Background

- “Used cooking oil” and “gutter oil” has drawn much media coverage in the past few years, reflecting the concerns of the public on their use in food preparation.
- New chemicals form when oil are subject to heating. Some contaminants in oil could get concentrated with repeated heating, or present in smoke from the heating process. Certain chemicals might adversely affect health.
- In view of this, the Centre for Food Safety (CFS) conducted a targeted food surveillance to assess the safety of used cooking oil.



Types of tests

- The CFS collected 68 samples from different locations including food premises and food factories for testing (items listed below) from April to September this year:
 - Dioxins and dioxins-like substances
 - Polycyclic aromatic hydrocarbon (PAH)
 - Aflatoxins
 - Heavy metals
 - Colouring matters
 - Mineral oils



Overall result

- All the samples were satisfactory.

Advice for the trade

- Choose cooking oil of good quality and consistent stability
- Avoid the use of expired oil product
- Use properly designed equipment



Advice for the trade (Cont'd)

- Select the lowest possible frying temperature
- Filter cooking oil frequently to remove food particles



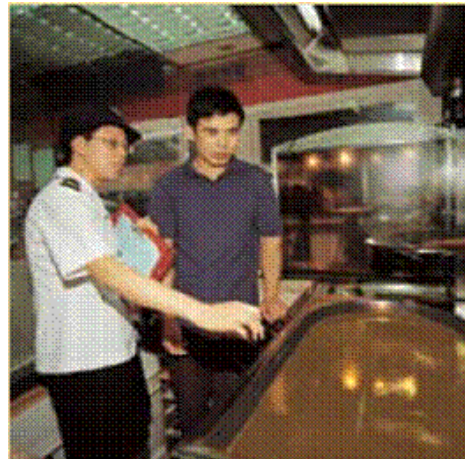
Advice for the trade (Cont'd)

- Cleanse equipment frequently
- Replace cooking oil as needed to maintain quality



Advice for the trade (Cont'd)

- Provide adequate training to staff
- Check quality of oil used frequently.



Advice for consumers

- Patronise hygienic and reliable licensed food premises.

