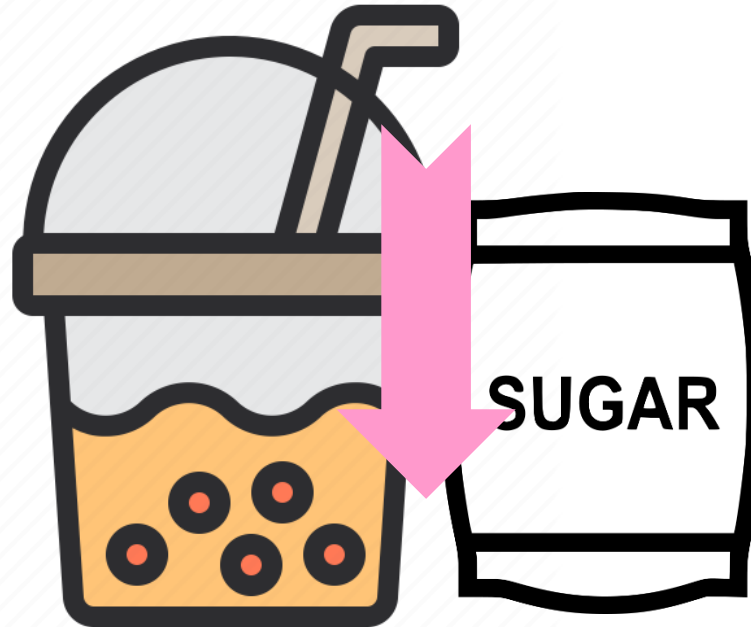


減少飲品中的糖

Reducing sugar in beverages



糖對健康的影響

Health effects of sugar

- 游離糖指所有由製造商、廚師和消費者在食物添加的單糖和雙糖，以及蜜糖、糖漿、果汁及濃縮果汁中天然含有的糖。
- 進食過多糖可能會令人攝取過多能量，增加超重和患上肥胖症的風險。
- 經常攝取過多的糖還會引至蛀牙。
- 肥胖症會增加患上一些慢性疾病(如：高血壓、心臟病和糖尿病)的風險。
- Free sugars are monosaccharides and disaccharides added to foods and beverages by the manufacturer, cook or consumer, and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrates.
- Consuming too much sugar can lead to excessive energy intake and in turn increase the risk of overweight and obesity.
- Frequent consumption of too much sugar can also lead to dental decay.
- Obesity increases the risk for a number of chronic diseases, such as hypertension, heart diseases and diabetes mellitus.



世衛游離糖攝入量建議

WHO' s free sugar intake recommendations



➤ 以每日從膳食攝入2000千卡能量的人為例:

- 游離糖攝入量少於50克
 - 減低肥胖和某些慢性疾病的風險
- 游離糖攝入量少於25克
 - 除可減低肥胖和某些慢性疾病的風險外，更有助減少蛀牙

➤ For a total energy intake of 2000 kcal/day:

- < 50g free sugar
 - Reduce the risk of overweight and obesity and certain chronic diseases
- < 25g free sugar
 - Provide additional health benefits in the form of reduced dental caries



營養素含量(糖)聲稱

Nutrition Claims (Sugar)

每100克/毫升糖含量(克) Sugar content per 100 g/mL (g)	糖含量水平 Level of sugar content
$\leq 0.5^*$	「無糖」 "sugar-free"
$\leq 5^*$	「低糖」 "low in sugar"

調製茶類飲品的糖含量

Sugar Contents in Tea-based beverages

- 根據中心取得的資料，估計本港成年人的糖總攝入量的32%來自不含酒精飲品，當中包括汽水、茶及蔬果汁 / 蔬果汁飲品。
- 此類調製茶類飲品一直受本地市民歡迎，但不少添加了蜜糖、糖漿或濃縮果汁（含游離糖）。
- 故中心和消委會進行聯合研究。
- Based on CFS' available data, it is estimated that 32% of total sugar intake is from non-alcoholic beverages, which consist of carbonated drinks, tea and fruit and vegetable juices/juice drinks.
- These tea-based beverages have become very popular by local population, but many of them have honey, syrup and fruit juice concentrates added (contain free sugar).
- CFS and CC thus conducted this joint study.



調製茶類飲品的糖含量及能量值 –

食物安全中心及消費者委員會聯合測試結果

Sugar and Energy Contents of Common Non-Indigenous Tea-Based Beverages

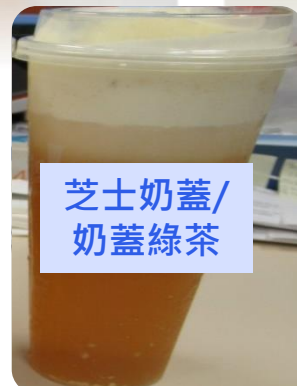
in Hong Kong –

Result of Joint Study by the Centre for Food Safety and
Consumer Council

研究範疇 Scope of Study

➤ 8種非預先包裝茶類飲品

➤ 8 types of non-prepackaged tea-based beverages



➤ 11個預先包裝茶類飲品

➤ 11 prepackaged tea-based beverages



採樣 Sampling

➤ 抽取樣本時間

- 2018年5月至7月

➤ 地點

- 非預先包裝飲品(127個)

- ◆ 飲品店及食肆

- 預先包裝飲品(11個)

- ◆ 超市及便利店等

➤ Sampling period

- May to July 2018

➤ Location

- Non-prepackaged beverages (127 samples)
 - ◆ Beverage stalls and restaurants
- Prepackaged beverages (11 samples)
 - ◆ Supermarkets and convenience stores, etc



測試項目 Test Items

- 測試由食物安全中心食物研究化驗所進行
- 非預先包裝飲品(127個)
 - 「原味」樣本及珍珠奶茶中的珍珠
 - 糖含量及能量值
 - 「不加糖」樣本
 - 糖含量
- 預先包裝飲品(11個)
 - 檢視了這些樣本營養標籤
- Testing conducted by Food Research Laboratory of Centre for Food Safety
- Non-prepackaged beverages (127 samples)
 - “Regular” version and pearls in “Pearl tapioca milk tea”
 - sugar and energy contents
 - “No added sugar” version
 - sugar content
- Prepackaged beverages (11 samples)
 - Referred to the nutrition label



糖的來源：「原味」樣本

Source of sugar: "Regular" version

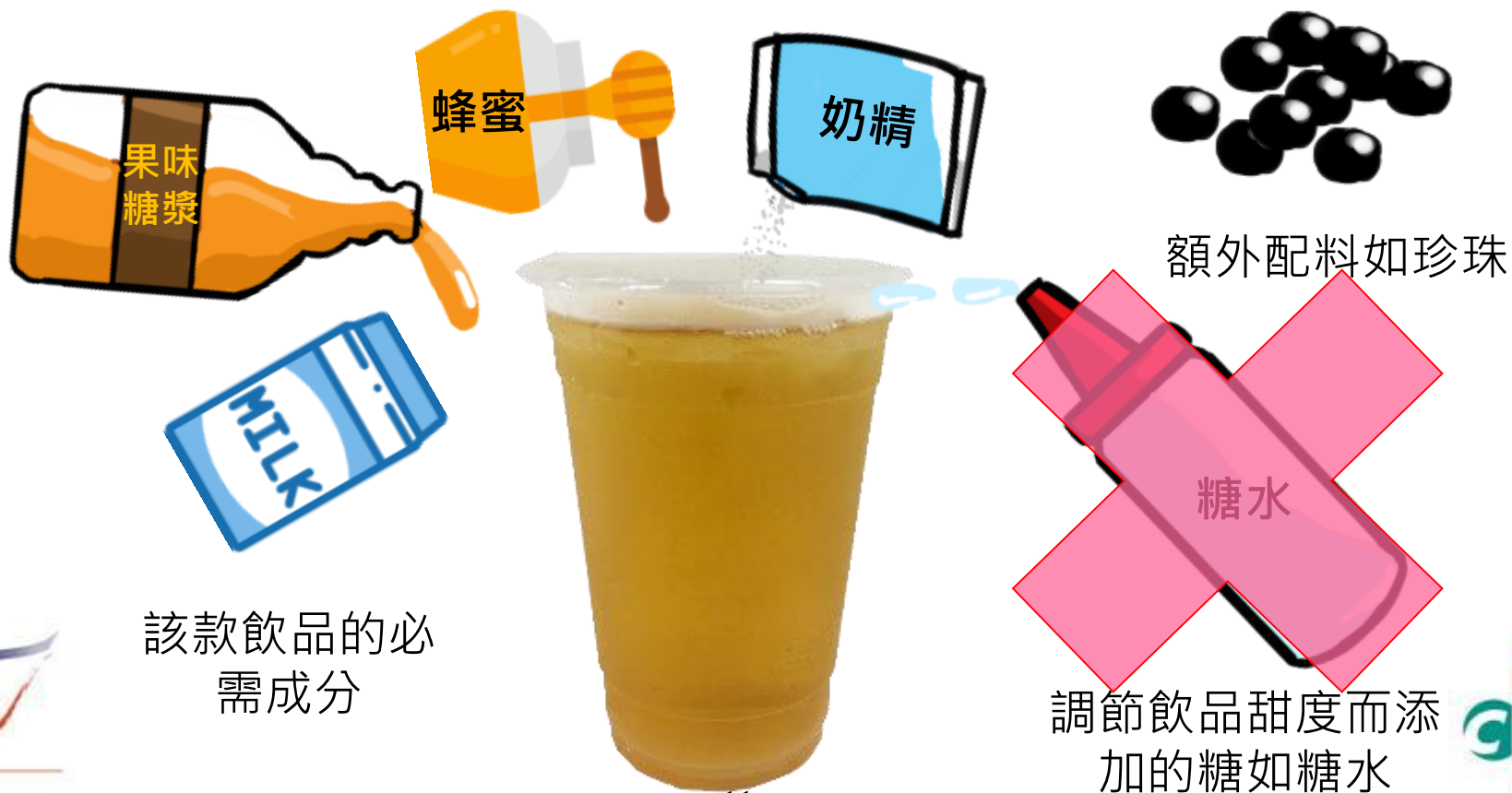
店舖預設的調製配方，配料的分量已設定了



糖的來源：「不加糖」樣本

Source of sugar: "No added sugar" version

店舖提供的走糖(甜) / 去糖(甜)的選擇或
在購買樣本時要求不添加調節飲品甜度而添加的糖



定義 Definition

每100克/毫升糖含量(克) Sugar content per 100 g/mL (g)	糖含量水平 Level of sugar content
≤ 0.5 *	「無糖」 "sugar-free"
≤ 5 *	「低糖」 "low in sugar"
> 7.5 # (每100毫升 Per 100 mL)	「含高糖分飲品」 "Drinks high in sugar"

*根據本地現行的營養標籤規例

The existing Nutrition Labelling Regulation in HK

#根據衛生署發出的「學生小食營養指引」

According to the "Nutritional Guidelines on Snacks for Students" published by the Department of Health



結果 Findings



「原味」樣本的糖含量

Sugar content of “Regular” version



結果:

- 飲用一杯「原味」飲品平均已攝取世衛建議每日游離糖攝入限量的58%，個別同種類茶類飲品樣本的糖含量差異頗大。

這表示消費者可從這些飲品攝入不少糖分，而業界減低這些茶類飲品的糖含量是切實可行的。

Finding:

- One portion of beverage in “regular” version contributed 58% of WHO’ s recommended daily intake of free sugar on average. Sugar content varied widely for certain types of tea-based

This reflects consumers can take in certain amount of sugar from these tea-based beverages, and it is possible for the Trade to reduce the sugar content in these tea-based beverages.

非預先包裝茶類飲品樣本檢出的糖含量 – 「原味」樣本

Total sugar for non-prepackaged samples – “Regular” version

飲品種類 Types of beverages	每100克糖含量平均值[範圍](克) Mean of total sugar [range] (g/100 g)
百香果紅茶 Passion fruit black tea	7.1 [4.7-11]
茉莉綠茶 Jasmine green tea	6.0 [4.5-7.7]
蜂蜜綠茶 Honey green tea	5.8 [4.2-8.5]
芒果綠茶 Mango green tea	5.6 [3.9-7.6]
抹茶拿鐵 Matcha Latte	5.2 [3.0-11]
芋香奶茶 Taro milk tea	5.1 [2.8-10]
珍珠奶茶 Pearl tapioca milk tea	5.0 [1.6-7.3]
芝士奶蓋 / 奶蓋綠茶 Cheese milk foam/Milk foam green tea	3.5 [1.4-5.6]
整體 Overall	5.4 [1.4-11]

同一種類飲品中，糖含量差異頗大，最高的樣本是最底的1.7至4.6倍，顯示業界有空間降低飲品的糖含量。



非預先包裝茶類飲品的游離糖攝入量 – 「原味」樣本

Free sugar intake from non-prepackaged samples – “Regular” version

飲品種類 Types of beverages	每杯飲品平均重量 (克) Mean weight per portion (g)	每杯飲品平均糖含量 [範圍] (克) Mean total sugar per portion [range] (g)	佔世衛建議每日游離糖攝入限量百分比* [範圍] (%) % to WHO' s recommended daily free sugar intake* [range]
百香果紅茶 Passion fruit black tea	530	37 [25-55]	73 [49-110]
茉莉綠茶 Jasmine green tea	590	36 [25-51]	72 [49-100]
蜂蜜綠茶 Honey green tea	510	37 [25-55]	73 [49-110]
芒果綠茶 Mango green tea	510	37 [25-55]	73 [49-110]
抹茶拿鐵 Matcha Latte	510	37 [25-55]	73 [49-110]
芋香奶茶 Taro milk tea	510	37 [25-55]	73 [49-110]
珍珠奶茶 Pearl tapioca milk tea	510	37 [25-55]	73 [49-110]
芝士奶蓋 / 奶蓋綠茶 Cheese milk foam/Milk foam green tea	510	37 [25-55]	73 [49-110]
整體 Overall	54	29 [7.1-72]	58 [14-140]

若飲用整杯飲品，共有五個樣本的糖含量皆超過世衛建議每日游離糖攝入限量，而另外接近六成樣本飲用兩杯亦可超過此限量。

*以每日從膳食攝入2000千卡能量的人為例，應攝入少於50克游離糖
 < 50g free sugar for a total energy intake of 2000 kcal/day



「不加糖」樣本的糖含量
Sugar content of
“No added sugar” version



非預先包裝茶類飲品樣本檢出的糖含量 – 「不加糖」樣本

Total sugar for non-prepackaged samples – “No added sugar” version

飲品種類 Types of beverages	每100克糖含量平均值[範圍](克) Mean of total sugar [range] (g/100 g)		相對應「原味」樣本糖含量減少百分比 (%) Relative reduction of sugar content with respect to “regular” version (%)
	「不加糖」樣本 “No added sugar” version	「原味」樣本 “Regular” version	
百香果紅茶 Passion fruit black tea	6.2 (5.1-8.9)	7.4 (4.8-11)	17
蜂蜜綠茶 Honey green tea	4.5 (3.8-5.1)	6.0 (4.3-7.7)	25
芒果綠茶 Mango green tea	4.1 (2.8-6.7)	5.5 (4.0-6.6)	25
芋香奶茶 Taro milk tea	3.4 (1.1-6.2)	5.5 (2.8-10)	39
抹茶拿鐵 Matcha Latte	2.9 (1.5-4.8)	5.0 (3.0-11)	43
珍珠奶茶 Pearl tapioca milk tea	2.2 (1.0-3.1)	4.7 (1.6-7.3)	54
芝士奶蓋 / 奶蓋綠茶 Cheese milk foam/Milk foam green tea	3.7 (1.8-5.6)	3.7 (1.8-5.6)	64
茉莉綠茶 Jasmine green tea	5.5 (5.0-7.7)	5.5 (5.0-7.7)	99
整體 Overall	5.5 (1.6-11)	5.5 (1.6-11)	45

「不加糖」樣本對於相對應的「原味」樣本減少超過四成

非預先包裝茶類飲品的游離糖攝入量 – 「不加糖」樣本

Free sugar intake from non-prepackaged samples – “No added sugar” version

飲品種類 Types of beverages	每杯飲品平均重量 (克) Mean weight per portion (g)	每杯飲品平均糖含量 [範圍] (克) Mean total sugar per portion [range] (g)	佔世衛建議每日游離糖攝入限量百分比* [範圍] (%) % to WHO' s recommended daily free sugar intake* [range] (%)
百香果紅茶 Passion fruit black tea	480	30 [22-43]	59 (44-85)
蜂蜜綠茶 Honey green tea	450	20 [14-25]	40 (28-49)
芒果綠茶 Mango green tea	550	22 [13-31]	45 (31-66)
芋香奶茶 Taro milk tea	540	16 [10-22]	27 (19-42)
抹茶拿鐵 Matcha Latte	400	12 [8-16]	20 (14-28)
珍珠奶茶 Pearl tapioca milk tea	480	14 [9-19]	23 (16-37)
芝士奶蓋 / 奶蓋綠茶 Cheese milk foam/Milk foam green tea	560	8 [5-11]	15 (4.1-21)
茉莉綠茶 Jasmine green tea	570	0.63 [0.0-1.4]	0.63 (0.0-1.4)
整體 Overall	510	15 [0.0-43]	30 (0.0-85)

而飲用一杯「不加糖」樣本平均亦可攝取每日游離糖攝入限量的三成，不過已比「原味」樣本減少接近一半。

*以每日從膳食攝入2000千卡能量的人為例，應攝入少於50克游離糖
< 50g free sugar for a total energy intake of 2000 kcal/day



配料的糖含量

Sugar content of topping

- 珍珠在飲品中亦是糖分的來源。
- 每100克珍珠的糖含量平均為3.8克。
- 平均每份珍珠提供6克糖，即佔每日游離糖攝入量的一成二。
- 平均整杯（無加糖）珍珠奶茶的糖含量有超過四分之一也是來自珍珠。
- Pearl tapioca is one of the sugar sources in the beverages.
- Mean sugar content is 3.8g per 100g of pearl tapioca.
- Each portion of beverage provided 6g of pearl tapioca on average, which means 12% of WHO' s recommended daily free sugar intake.
- One-fourth of sugar content of each portion of pearl tapioca milk tea (no added sugar) came from pearl tapioca on average.



給業界的建議 Advice to Trade (1)

改良配方以降低糖含量

Reformulating products

to lower the levels of sugar present

- 降低原味飲品的糖含量。
- 參考中心的《降低食物中糖和脂肪含量的業界指引》，用較低糖含量的配料。
- 遵從優良製造規範去製作較低糖含量的食物。
- Lower the sugar content of the regular flavour of the beverage.
- Make reference to the CFS' "Trade Guidelines for Reducing Sugars and Fats in Foods". Choose raw ingredients with lower sugar.
- Adhere to the Good Manufacturing Practice (GMP) to produce foods with lower sugar contents.



給業界的建議 Advice to Trade (2)

提供較少分量版本 及/或較低卡路里的飲品
Reducing the portion size, and/ or the number of calories in single-serve products

- 可提供較少分量如250毫升版本的飲品。
- Provide beverages in a smaller portion such as 250mL.



給業界的建議 Advice to Trade (3)

鼓勵顧客購買低糖及無糖的產品

Shift consumer purchasing towards lower or no added sugar products

- 提供折扣或優惠錢予較少分量版本的飲品供選擇。
- 在菜單、價目表及其他印刷品上展示所供應飲品的能量 / 卡路里和糖，讓消費者作出知情的選擇。
- Give better prices and more economical choices for smaller portion beverages such as 250mL.
- Provide nutrition information for non-prepackaged beverages and the toppings on menu, price list or other printed materials so that customers can make informed choices.



謝謝
Thank You

