

# 全城減鹽減糖

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Hong Kong's Action on  
**Salt and Sugar**  
Reduction



# 鈉(鹽)

## 進食含高鈉(鹽)的食物對健康有什麼害處？ 本港市民的健康狀況如何？

**鈉**(鹽)與健康有密切的關係。膳食中攝取過多的鈉(鹽)會增加患高血壓的機會，亦會增加患上中風及冠心病的風險。根據政府統計處二零一一至一二年度進行的調查，本港五十五歲或以上患有高血壓的人口達百分之三十四。

## 世界衛生組織對每人每日的鈉攝取量 有什麼建議？本港有何目標？

**世**界衛生組織(世衛)建議成人每日的鈉攝取量應少於2 000毫克(即略少於一平茶匙鹽)，並且在二零二五年將人口平均鹽攝取量降低百分之三十。2克的鈉等於5克的鹽。根據本地一所大學進行的兩個研究，估計本港成年人口每日的鹽攝取量約為十克。因此，我們希望在二零二五年，人口平均鹽攝取量降至七克，而長遠來說則希望達至五克或更少的目標。

## 食物安全中心在制定有關減鈉(鹽)標準 時，會否優先處理某類食品？原因為何？

**食**物安全中心(中心)的調查結果顯示，醬油及調味料是本港人口攝取鈉(鹽)的主要來源。因此，中心會參考降低食物中鹽和糖國際諮詢委員會(前稱降低香港食物中的鈉和糖國際諮詢委員會)以及降低食物中鹽和糖委員會的意見，和國際間推動減低膳食中鈉(鹽)的經驗，與業界商討如何降低醬油及調味料的鈉(鹽)含量。



## 市民可以採取什麼措施去減低 從膳食中攝取的鈉(鹽)？

**為**避免攝取過量鈉(鹽)影響健康，市民須小心選擇，參考營養標籤，選擇鈉含量較低的食物。在香港，根據《2014年食物及藥物(成分組合及標籤)規例》(第132W章)，聲稱「低鈉」、「很低鈉」或「不含低鈉」的預先包裝食物，必須符合每100克食物分別含不多於120毫克鈉、40毫克鈉或5毫克鈉的要求。

市民亦可改變飲食習慣，減少在食物添加鹽或含鈉的調味料。大家可用天然材料(例如蒜、薑、檸檬/青檸汁、芫茜等)替代高鹽分的調味料及醬汁(例如蝦醬、豆豉、雞粉、蠔油等)。此舉可讓味蕾適應少鹽的食物。市民亦宜減少食用加工食物，例如經醃製的魚類/肉類/蔬菜類食品、火腿和香腸、鹹味零食及即食麵等。

# 糖

## 進食含高糖的食物對健康有什麼害處？ 本港市民的健康狀況如何？

**食**用游離糖會增加蛀牙的風險。從含有大量游離糖的食物和飲料中攝取多餘能量還會導致體重不當增加，可能會導致超重和肥胖。根據衛生署二零一四年進行的調查，十八歲至六十四歲的人口中有百分之三十九屬超重或肥胖。衛生署發布的二零一一年口腔健康調查，顯示五歲兒童組別中約半數的兒童曾患蛀牙。

## 世界衛生組織對每人每日的糖攝取量 有什麼建議？

**世**界衛生組織(世衛)在二零一五年三月發出了新的指引，提出兩項強烈建議，即：(i) 在整個生命歷程中減少攝取游離糖；及(ii) 成人和兒童的游離糖攝取量應減至每日能量總攝取量的百分之十以內。以每日攝取2 000千卡能量的人為例，每日游離糖的攝取量應少於五十克(即約十粒方糖)。世衛亦加入一項條件性建議，建議將游離糖攝取量進一步減至每日能量總攝取量的百分之五以內。游離糖是指包括由生產商、廚師或消費者在食品中添加的單糖和雙糖以及天然存在於蜂蜜、糖漿、果汁和濃縮果汁中的糖分。

## 食物安全中心在制定有關減糖標準時， 會否優先處理某類食品？原因為何？

**食**物安全中心(中心)的調查結果顯示，汽水和果汁是本港兒童喜愛的飲料。但是這些飲品含有的糖分，除了增加過重、肥胖及蛀牙的機會外，只有很低的營養價值。因此，中心會參考降低食物中鹽和糖國際諮詢委員會(前稱降低香港食物中的鈉和糖國際諮詢委員會)以及降低食物中鹽和糖委員會的意見，和國際間推動減低膳食中糖的經驗，與業界商討如何降低汽水和果汁的糖含量。

## 市民可以採取什麼措施去減低 從膳食中攝取的糖？

**為**避免攝取過量糖影響健康，市民須小心選擇，參考營養標籤，選擇糖含量較低的食物。在香港，根據《2014年食物及藥物(成分組合及標籤)規例》(第132W章)，聲稱「低糖」或「無糖」的預先包裝食物，必須符合每100克固體/液體食物分別含不多於5克糖或0.5克糖的要求。

市民亦可改變飲食習慣，減少進食添加大量糖的食物及飲品(如蛋糕、朱古力、糖果、汽水、三合一茶或咖啡、果汁)，大家可多選擇水果、代糖糖果、無糖汽水、中國茶及清水。此舉可讓味蕾適應少糖的食物。



# 全城 Hong Kong's Action on Salt and Sugar Reduction 減鹽減糖



# Sodium (Salt)

**What are the adverse health effects of consuming food with high sodium (salt)?  
What is the health status of the local population?**

**D**ietary sodium (salt) intake is closely related to health. Excessive sodium (salt) intake will increase the risk of developing hypertension, stroke and coronary heart disease. According to a survey conducted by the Census and Statistics Department in 2011-12, 34 per cent of the local population aged 55 and above suffered from hypertension.

**What are the recommendations of the World Health Organization on daily sodium intake? What is the target for our local population?**

**T**he World Health Organization (WHO) recommends a maximum sodium intake of 2 000 milligrams daily (i.e. slightly less than 1 level teaspoon of salt) for adults and the average population intake of salt shall be reduced by a relative 30 per cent by 2025. Two grams of sodium means 5 grams of salt. Based on two studies conducted by a local university, it was estimated that the average daily intake of salt was about 10 grams in the adult population. As such, Hong Kong would like to reduce the average daily intake of salt to 7 grams by 2025, with an ultimate aim of 5 grams or below in the long term.



## Does the Centre for Food Safety have priority in certain kinds of food for reduction of sodium (salt) content? And why?

The results of the studies conducted by the Centre for Food Safety (CFS) show that sauces and condiments are the major sources of sodium (salt) intake of the local population. Therefore, the CFS will liaise with the trade on reducing sodium (salt) in sauces and condiments, with reference to the advice of the International Advisory Panel on Reduction of Salt and Sugar in Food (formerly known as International Advisory Panel of Reduction of Dietary Sodium and Sugar in Hong Kong) and the Committee on Reduction of Salt and Sugar in Food, as well as the international experience in reducing dietary sodium (salt).

## What actions can the public take to reduce dietary intake of sodium (salt)?

To avoid adverse health effects caused by excessive intake of sodium (salt), the public is advised to make careful choices, read nutrition labels and choose food with lower sodium content. In Hong Kong, under the Food and Drugs (Composition and Labelling) Regulation (Cap.132W), prepackaged food with “low sodium”, “very low sodium”, or “free sodium” claim must contain no more than 120 milligrams, 40 milligrams, or 5 milligrams of sodium respectively per 100 grams of food.

The public could also change their dietary habits by reducing the amount of salt or sodium-containing seasonings added to food. They could use natural ingredients (e.g. garlic, ginger, lemon/lime juice, parsley) to replace seasonings and sauce which are high in salt (e.g. shrimp paste, salted black bean, chicken powder, oyster sauce). This can allow the taste buds to become accustomed to food with less salt. They are also advised to reduce the intake of processed food, e.g. preserved fish/ vegetables/ meat, ham and sausage, salty snack food, and instant noodles, etc.

# Sugar

## What are the adverse health effects of consuming food with high sugar?

### What is the health status of the local population?

**C**onsuming free sugars increases the risk of dental caries (tooth decay). Excess calories from food and drinks high in free sugars also contribute to unhealthy weight gain, which can lead to overweight and obesity. According to a survey conducted by the Department of Health (DH) in 2014, 39 per cent of the population aged between 18 and 64 were classified as overweight and obese. The Oral Health Survey 2011 released by DH shows that around half of the 5-year old children have tooth decay experience.

## What are the recommendations of the World Health Organization on daily sugar intake?

**I**n March 2015, the World Health Organization (WHO) issued a new set of guidelines with two strong recommendations: (i) a reduced intake of free sugars throughout the lifecycle; and (ii) in both adults and children, reduce the intake of free sugars to less than ten per cent of total energy intake. This translates into less than about 50 grams of free sugars (about 10 sugar cubes) per day for someone having a 2000-Kcal diet. The WHO also makes a conditional recommendation and suggests a further reduction of the intake of free sugars to below five per cent of total energy intake. Free sugars refer to 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.

## Does the Centre for Food Safety have priority in certain kinds of food for reduction of sugar content? And why?

The results of the studies conducted by the Centre for Food Safety (CFS) show that carbonated drinks and fruit juices were popular among children in Hong Kong. Yet, sugar in these drinks only increase the risk of overweight, obesity and dental caries but have little nutritional value. Therefore, the CFS will liaise with the trade on reducing sugar in carbonated drinks and fruit juices, with reference to the advice of the International Advisory Panel on Reduction of Salt and Sugar in Food (formerly known as International Advisory Panel on Reduction of Dietary Sodium and Sugar in Hong Kong) and the Committee on Reduction of Salt and Sugar in Food, as well as the international experience in reducing dietary sugar.

## What actions can the public take to reduce dietary intake of sugar?

To avoid adverse health effects caused by excessive intake of sugar, the public is advised to make careful choices, read nutrition labels and choose food with lower sugar content. In Hong Kong under the Food and Drugs (Composition and Labelling) Regulation (Cap.132W), prepackaged food with “low sugars” or “no sugars” claim must contain no more than 5 grams or 0.5 grams of sugars respectively per 100 grams of solid/liquid food.

The public could also change their dietary habits by cutting down on food with excessive sugar. They could replace confectionaries, desserts and drinks (e.g. cake, chocolate, sweets, soft drinks, 3 in 1 tea or coffee, fruit juice) with fruits, sugar free sweets, sugar free soft drinks, Chinese tea, and drinking water. This can allow the taste buds to become accustomed to food with less sugar.

