

正確處理 蔬菜和水果

Proper Handling of Vegetable and Fruit

- ✓ 用流動的清水徹底沖洗蔬菜。
- ✓ 如適合，用清潔的刷子刷洗表層堅硬的農產品，以去除表面及縫隙中的污垢和其他物質(包括除害劑和污染物)。
- ✓ 不建議使用肥皂、配方洗滌劑或農產品清潔劑等清洗蔬菜。
- ✓ 用清水浸泡及焯菜可有效去除污垢和減少除害劑殘餘，但由於在處理過程中會導致營養素流失，故不再認為是必要採用的措施。
- ✓ Wash vegetables thoroughly under clean running water.
- ✓ When appropriate, scrub produce with hard surfaces with a clean produce brush to remove dirt and substances including pesticides and contaminants from the surface and the fissures.
- ✓ Use of soaps, special detergents or produce washes is not recommended.
- ✓ Soaking in water and blanching are effective in terms of removing dirt and reducing pesticide residues, but they are no longer considered necessary in the face of nutrient loss in the processes.



- ✓ 以流動的水清洗水果，並擦淨外皮。
- ✓ Wash fruit under running water and rub the skin.

