

# 食物添加劑 消費者指南

The Consumer Guide  
to Food Additives

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## 重要通告

此國際編碼系統是供標籤食物時一般參考之用，不可被視為可在本港合法使用的食物添加劑的名單。此國際編碼系統中有些食物添加劑的技術用途可能與本港食物法例的規定有異。有關食物添加劑法例的詳情，請參閱相關的本港食物法例。

## Important Notice

This International Numbering System (INS) is intended for use as general reference for labelling purpose only. It should not be considered as a list of food additives permitted to be used in Hong Kong. Technological functions of some food additives in the INS may not be regarded as such under the food laws in Hong Kong. For detailed legal provisions governing food additives, please refer to respective food laws in Hong Kong.

## 序

爲使消費者能夠獲得更多資訊和選擇合適的食物，政府在二零零四年七月制定《2004年食物及藥物(成分組合及標籤)(修訂)規例》，規定食物業須標示預先包裝食物中使用的食物添加劑用途類別，以及其本身所用名稱或其識別編號。爲期三年的寬限期將於二零零七年七月九日屆滿。在本港出售的預先包裝食物必須提供這些資料。

這本小冊子易於使用，有助消費者識別預先包裝食物內的食物添加劑。有些人對某些食物添加劑敏感或有意避免進食某些食物添加劑，小冊子對他們尤其有用。希望這本小冊子會成爲大家購物時必備的錦囊！

食物環境衛生署署長  
陳育德

## Foreword

To provide consumers with more information and to facilitate them to make appropriate food choices, the food trade is required to declare the functional class and the full name or specific identification number of the food additives used in prepackaged food with the enactment of the Food and Drugs (Composition and Labelling) (Amendment) Regulation 2004 in July 2004. The three-year grace period will lapse on 9 July 2007 and such information should be provided on prepackaged food sold in Hong Kong.

This easy-to-use pocket-size booklet is designed to help consumers to identify the food additives used in prepackaged food. It is particularly useful for those people who are allergic to or would like to avoid certain kinds of food additives. I hope this booklet will serve as your useful companion during your shopping trips!

Eddy CHAN  
Director of Food and Environmental Hygiene

# 食物添加劑消費者指南

## 背景

食物添加劑對食物工業十分重要，有助確保食物安全，改善食物的穩定性、味道、顏色、外觀及延長貯存期，從而減少浪費食物。許多食物添加劑都有特定名稱，這些名稱不少是冗長和複雜的。為方便消費者，食品法典委員會為食物添加劑編製了一套國際編碼系統，供國際間採用，以識別各種食物添加劑。

根據《2004年食物及藥物(成分組合及標籤)(修訂)規例》<sup>註</sup>，香港出售的預先包裝食物應在標籤上詳列所用的食物添加劑。食物標籤應列明食物添加劑的準確名稱和用途類別，使消費者能掌握正確資料，知道食物究竟含有何種添加劑，以及每種添加劑的用途。

註：《2004年食物及藥物(成分組合及標籤)(修訂)規例》制定於二零零四年七月。為期三年的寬限期將於二零零七年七月九日屆滿。

## 食物添加劑的作用

不同的食物添加劑有不同的用途，其中不少添加劑可以：

- 使食物更美味可口
- 使加工食物的外觀更爲吸引
- 更有效地保持食物的質素或穩定性
- 保存食物，假若這是延長食物貯存期最可行的方法
- 提高食物安全
- 減少浪費食物

## 國際編碼系統的內容

「國際編碼系統」是一套供國際採用識別食物添加劑的系統，但系統內所列的化學物並非全部獲准在香港使用。在香港出售使用這些添加劑的食物仍受《公眾衛生及市政條例》（香港法例第132章）第V部分及其附屬法例規管。

國際編碼系統並不包括調味劑（flavour）、香口膠的基礎劑，以及特別膳食及營養添加劑。

## 國際編碼系統的編排方式及用法

### 食物添加劑的用途類別

爲方便標籤，食物添加劑的技術作用均按其用途類別來劃分，這些用途類別的名稱較具體地說明添加劑的用途，讓消費者較容易明白它的作用和含義。食品



法典委員會使用的用途類別共有下列的 23 種：

1. 酸味劑	13. 麵粉處理劑
2. 酸度調節劑	14. 發泡劑
3. 抗結劑	15. 膠凝劑
4. 消泡劑	16. 上光劑
5. 抗氧化劑	17. 水分保持劑
6. 增體劑	18. 防腐劑
7. 色素	19. 推進劑
8. 護色劑	20. 膨脹劑
9. 乳化劑	21. 穩定劑
10. 乳化鹽	22. 甜味劑
11. 固化劑	23. 增稠劑
12. 增味劑	

### 食物添加劑一覽表

按編碼順序排列的「食物添加劑一覽表」分欄開列食物添加劑的識別編號、名稱及技術用途。

在食物添加劑名稱一欄，有些添加劑再以數字添標細分，例如 (i)、(ii) 等。舉例來說，薑黃 (100) 再分為 (i) 薑黃素及 (ii) 薑黃。加上添標並非是為標籤用途，而是識別不同規格的食物添加劑。由於「食物添加劑一覽表」會不時作出更新，如欲瀏覽最新的版本，請登入食物安全中心網頁（網址：<http://www.cfs.gov.hk>）。

## 鳴謝

承蒙食品法典委員會批准採用食物添加劑國際編碼系統中的資料，食物安全中心謹此鳴謝。

## 查詢

食物環境衛生署食物安全中心  
傳達資源小組 (電話：2381 6096)

## The Consumer Guide to Food Additives

### Background

Food additives play an important role in food industry in ensuring food safety, enhancing stability and taste, improving colour and appearance, and prolonging storage life to minimise food wastage. Many food additives have specific names, which are often long and complex. For the benefit of consumers, the Codex Alimentarius Commission has prepared the International Numbering System for Food Additives (INS), which provides an agreed international numerical system for identifying food additives.

Under the Food and Drugs (Composition and Labelling) (Amendment) Regulation 2004<sup>Note</sup>, prepackaged food sold in Hong Kong should declare details of the food additives used on their labels, both by their exact names and by their functional classes so as to provide consumers with accurate and meaningful information on the exact type of additives present and their functions in the food.

Note: The Food and Drugs (Composition and Labelling) (Amendment) Regulation 2004 was enacted in July 2004. The three-year grace period will lapse on 9 July 2007.

### Functions of Food Additives

Different food additives have different uses. Some of them can be used to:

- Improve palatability of food
- Improve the appearance of processed food
- Improve the keeping quality or stability of food

- Preserve food when this is the most practical way of extending its storage life
- Improve food safety
- Minimise the wastage of food

## Composition of the INS

The INS is an internationally agreed means of identifying food additives. Not all chemicals present in the INS are allowed to be used in Hong Kong. Their use in food for sale in Hong Kong is still subject to regulations prescribed locally in Part V of the Public Health and Municipal Services Ordinance (Cap.132) and its subsidiary legislations.

The INS does not include flavours, chewing gum bases, as well as dietetic and nutritive additives.

## Layout of INS and its usage

### Functional Class of Food Additives

For labelling purposes, the technological functions are grouped under more descriptive functional class titles, which are intended to be meaningful to consumers. Under the Codex, there are a total of 23 class titles and they are listed below:-

1. Acid	13. Flour treatment agent
2. Acidity regulator	14. Foaming agent
3. Anti-caking agent	15. Gelling agent
4. Anti-foaming agent	16. Glazing agent
5. Antioxidant	17. Humectant
6. Bulking agent	18. Preservative
7. Colour	19. Propellant
8. Colour retention agent	20. Raising agent

9. Emulsifier	21. Stabilizer
10. Emulsifying salt	22. Sweetener
11. Firming agent	23. Thickener
12. Flavour enhancer	

### List of Food Additives

The columns in the "List of Food Additives" in numerical order describe the food additives by identification number, name and technological function.

Under the column listing the names of the food additives, some additives are further subdivided by numerical subscripts, such as (i), (ii), etc. For example, Curcumins are subdivided into (i) Curcumin and (ii) Turmeric. These identifications are not for labelling purposes but simply to identify sub-classes which are covered by separate specifications. As the "List of Food Additives" would be updated from time to time, you may wish to visit the website of the Centre for Food Safety for the latest version. The address is <<http://www.cfs.gov.hk>>.

### **Acknowledgement**

Grateful acknowledgement is made to the Codex Alimentarius Commission for allowing the adoption of the INS for food additives in this booklet.

### **Enquiries**

Communication Resource Unit (Tel.: 2381 6096)  
 Centre for Food Safety  
 Food and Environmental Hygiene Department