



認識 反式脂肪

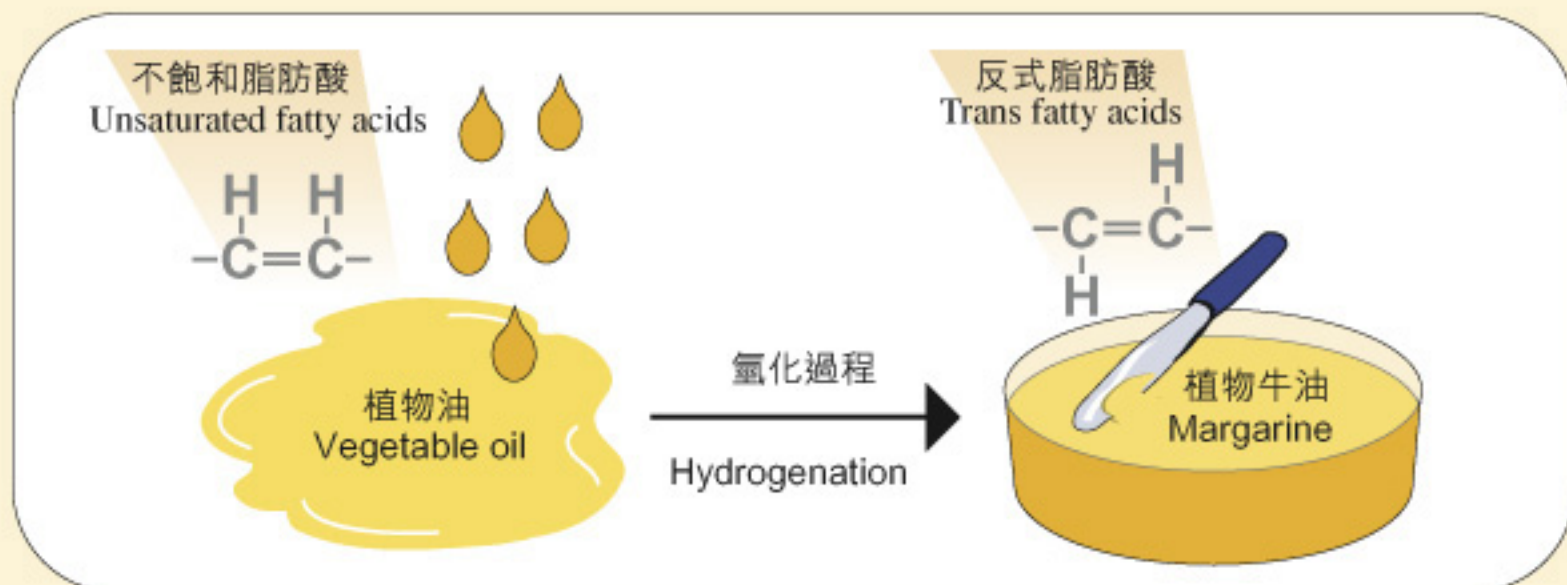
Understanding
Trans Fats



食物安全中心
Centre for Food Safety

反式脂肪酸是什麼？

反式脂肪酸（亦作“反式脂肪”）屬於不飽和脂肪酸，結構中帶有至少一個反式雙鍵。為了延長食物的保質期和增加口感，食品製造商通常會將油從液體狀轉為半固體狀，反式脂肪便由此形成。這個程序稱為“氫化過程”。



What are trans fatty acids?

Trans fatty acids (also known as “trans fats”) are unsaturated fatty acids with at least one double bond in the trans configuration. Trans fats are made when food manufacturers turn oil from liquid form into semi-solid form so as to increase the shelf life and improve the texture of food. The process is called hydrogenation.

什麼食物含有反式脂肪？

氫化植物油（例如一些經氫化過程製造的起酥油和人造牛油）一般含較高反式脂肪，是食物中反式脂肪的主要來源。我們從膳食攝取的反式脂肪主要來自以氫化植物油為材料或用氫化植物油烹調的煎炸和烘培食品。牛和羊的奶和脂肪及其製品（例如全脂牛奶及牛油）含有少量天然的反式脂肪。

有可能以氫化植物油製造的食物包括：

- 餅乾
- 蛋糕
- 餡餅
- 麵包
- 脆片類零食
- 沙律醬
- 植脂奶粉
- 油炸食物如薯條



What foods contain trans fats?

Hydrogenated vegetable oils (such as some shortening and margarines produced by hydrogenation) are usually high in trans fats, and are the major sources of trans fats in food. Trans fats in our diet mainly come from fried food and bakery products with hydrogenated vegetable oil used as ingredients or in cooking process.

Trans fats are also found naturally in the milk and the fat of sheep and cattle (such as whole milk and butter) at low level.

Examples of foods that may be produced with hydrogenated vegetable oil:

- Crackers
- Chips
- Cakes
- Salad dressings
- Pastries
- Dried/powdered non-dairy creamers
- Bread
- Fried products such as French fries

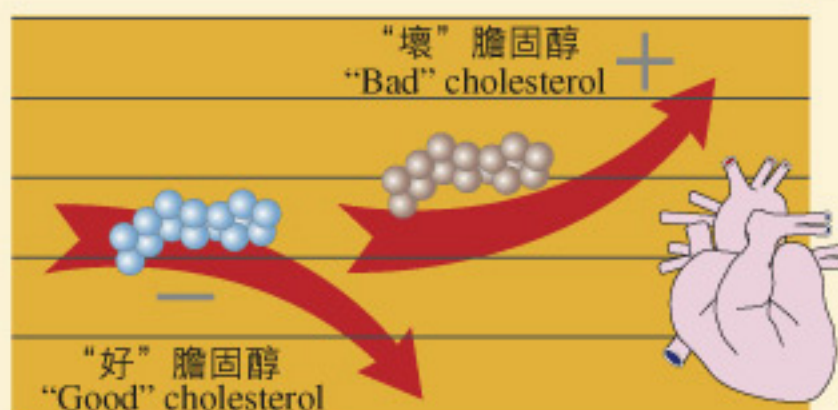


為什麼反式脂肪會有損健康？

反式脂肪會增加人體內的低密度脂蛋白膽固醇（即“壞”膽固醇），同時又會減少高密度脂蛋白膽固醇（即“好”膽固醇），因而增加患心臟病的風險。在香港最常見的致命疾病中，心臟病排第二位。

Why are trans fats harmful to health?

Trans fats can raise the level of low-density lipoprotein (LDL) cholesterol (often called “bad” cholesterol) of our body, while at the same time lower the level of high-density lipoprotein (HDL) cholesterol (often called “good” cholesterol). This increases the risk of heart disease, which is the second killer in Hong Kong.



反式脂肪酸與飽和脂肪酸有何不同？

飽和脂肪酸（亦作“飽和脂肪”）在室溫下呈固體狀態，很容易辨認。牛油和豬油等動物脂肪，以及某些植物油（例如椰油）都含有大量飽和脂肪。

由於飽和脂肪和反式脂肪均會增加患心臟病的風險，要吃得健康，我們應選擇飽和脂肪和反式脂肪含量低的食物。



How are trans fatty acids different from saturated fatty acids?

Saturated fatty acids (also known as “saturated fats”) are in solid state at room temperature and therefore can be easily recognised. Saturated fats are abundant in animal fats such as butter and lard, as well as some vegetable oils such as coconut oil.

Since both saturated fats and trans fats can increase the risk of heart disease, it is healthier to choose food low in both saturated and trans fats.



反式脂肪的建議攝取量是多少？

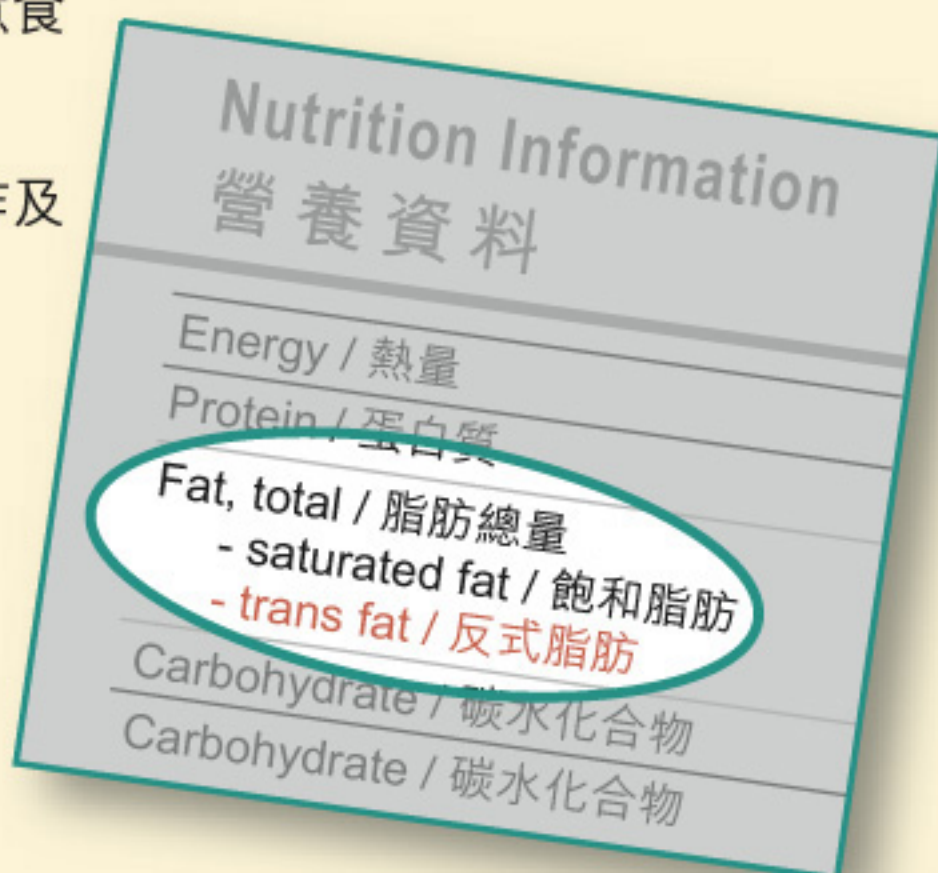
目前世界衛生組織和聯合國糧食及農業組織建議，反式脂肪攝取量應維持於極低水平——即少於人體每日所需熱量的1%。以每日攝取2 000千卡熱量的人為例，反式脂肪的每日攝取量應少於2.2克。

What is the recommendation on the intake of trans fats?

Currently, the World Health Organization and Food and Agriculture Organisation of United Nations suggest that diets should provide a very low intake of trans fats. In practice, this implies an intake of less than 1% of daily energy intake. For example, an individual with a daily energy intake of 2000 kcal should limit the intake of trans fats to less than 2.2g per day.

如何減少反式脂肪攝取量？

- ✓ 細閱食物標籤，選擇含有較少反式脂肪的食物，避免進食含有氫化植物油或氫化脂肪的食物。
- ✓ 避免使用氫化油和脂肪煮食或配製食物。
- ✓ 保持飲食均衡，少吃油炸及高脂肪的食物。



How to limit the intake of trans fats?

- ✓ Read the food labels, choose foods with lower trans fat content, avoid foods produced with hydrogenated vegetable oils or fats.
- ✓ Avoid using hydrogenated oils and fats in cooking and food preparation.
- ✓ Maintain a balanced diet, eat fewer deep-fried and fatty foods.

查詢

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