

本地糖水的糖含量

Sugar Content in Local Sweet Soups

業界諮詢論壇
Trade Consultation Forum

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背景

Background



糖對健康的影響

Health effects of sugar

- 糖可為身體提供能量(每克糖提供4千卡能量)。
- 進食過多糖可能會令人攝入過多能量，增加超重和患上肥胖症的風險。
- 經常攝入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。
- Sugar provides energy for the body (each gram of sugar can provide 4 kcal of energy).
- 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.



糖 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。

➤ 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.



能量 Energy

- 能量用以支持人體活動。
- 能量需要量視乎年齡、性別、體重及活動而定。
- Energy supports activities of human body
- Energy requirement depends on age, gender, body weight and activity level.



世衛糖攝入量建議 (1)

WHO's sugar intake recommendations

➤ 游離糖

- 在整個生命歷程中減少攝入量
- 成人和兒童的每日能量總攝入量的10%以下(強烈建議)
- 進一步減至每日能量總攝入量的5%以下可帶來額外的健康好處(條件性建議)



➤ Free sugars

- a reduced intake throughout the lifecourse
- <10% of total energy intake in both adults and children (strong recommendation)
- further reduction to <5% of total energy intake would provide additional health benefits (conditional recommendation)



世衛糖攝入量建議 (2)

WHO's 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(強烈建議)
- 游離糖攝入量少於
25克(條件性建議)

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

- < 50g free sugars
(strong
recommendation)
- < 25g free sugars
(conditional
recommendation)



糖水的糖含量

Sugar Contents in Sweet Soups

- 糖水一直受本地市民歡迎，而市面上亦有預先包裝的糖水。
- 市民喜歡在飯後或聚會中進食糖水。
- 故中心和消委會進行聯合研究。
- Sweet soups are popular and prepackaged products are available in the market.
- Sweet soups are often consumed after meals or in gathering.
- CFS and CC thus conduct this joint study.



是次研究 The Study



目的 Objectives

- 測試一些本地的糖水的糖含量，以監察這些糖水的糖含量。
- 增加公眾對糖水的糖含量及能量值的認識，從而幫助公眾作出知情和適合個人情況的選擇。
- 推動食物業界採取行動減低市面上糖水的糖含量。
- To provide an update on the levels of sugar in sweet soups.
- To inform the public on the sugar content and energy value in sweet soups to enable informed choices.
- To urge the food trade to take action to reduce the sugar content of sweet soups in the market.



研究範疇 Scope of Study

➤ 本港市面上較常見的糖水

- 非預先包裝糖水
 - 除了楊枝甘露是抽取凍樣本外，其餘糖水種類均是抽取熱樣本。
- 預先包裝糖水

➤ Sweet soups that commonly available in the market

- Non-prepackaged sweet soups
 - hot samples were collected except mango sago dessert with pomelo which is generally served cold.
- Prepackaged sweet soups



方法 Method



採樣 Sampling (1)

➤ 抽取樣本時間

- 2016年4月至5月

➤ 地點

- 非預先包裝糖水(100個)
 - ◆ 糖水店、甜品店、酒樓及豆製品店等
- 預先包裝糖水(11個)
 - ◆ 超市、便利店及零售店等

➤ Sampling period

- April to May 2016

➤ Location

- Non-prepackaged sweet soups (100 samples)
 - ◆ Sweet soup shop, dessert shop, Chinese restaurants, and soybean product shops etc
- Prepackaged sweet soups (11 samples)
 - ◆ Retail shops, supermarkets and convenience stores etc



糖水種類 Sweet soup types	非預先包裝樣本數目 No. of <u>non-</u> <u>prepackaged</u> samples collected	預先包裝樣本數目 No. of <u>prepackaged</u> samples collected
紅豆沙 Red bean sweet soup	10	3
綠豆沙 Mung bean sweet soup	10	2
番薯糖水 Sweet potato sweet soup	10	0
豆腐花 Soybean curd dessert	10	2
楊枝甘露 Mango sago dessert with pomelo	10	0
芝麻糊 Sesame sweet soup	10	2
椰汁西米露 Sago sweet soup with coconut milk	10	0
腐竹雞蛋糖水 Bean curd sheet sweet soup with egg	10	0
渣咋 Mixed bean sweet soup	10	2
合桃露 Walnut sweet soup	10	0
整體 Overall	100	11



測試項目 Test Items

- 測試由食物安全中心食物研究化驗所進行
- 非預先包裝糖水(100個)
 - 檢測樣本中的糖含量
 - 檢測各種糖水混合樣本中的能量值
- 預先包裝糖水(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 sweet soups (100 samples)
 - Tested for sugar content
 - Tested for energy value of composite sample of same type of sweet soups
- Prepackaged sweet soups (11 samples)
 - Referred to the nutrition label



結果分析 Data analysis

每100克糖含量(克) Sugar content (g per 100 g)	糖含量水平 Level of sugar content
≤ 0.5 *	「無糖」 “sugar-free”
≤ 5 *	「低糖」 “low in sugar”

*根據本地現行的營養標籤規例

The existing Nutrition Labelling Regulation in HK



結果 Findings



非預先包裝糖水樣本檢出的糖含量

Total sugar for non-prepackaged samples

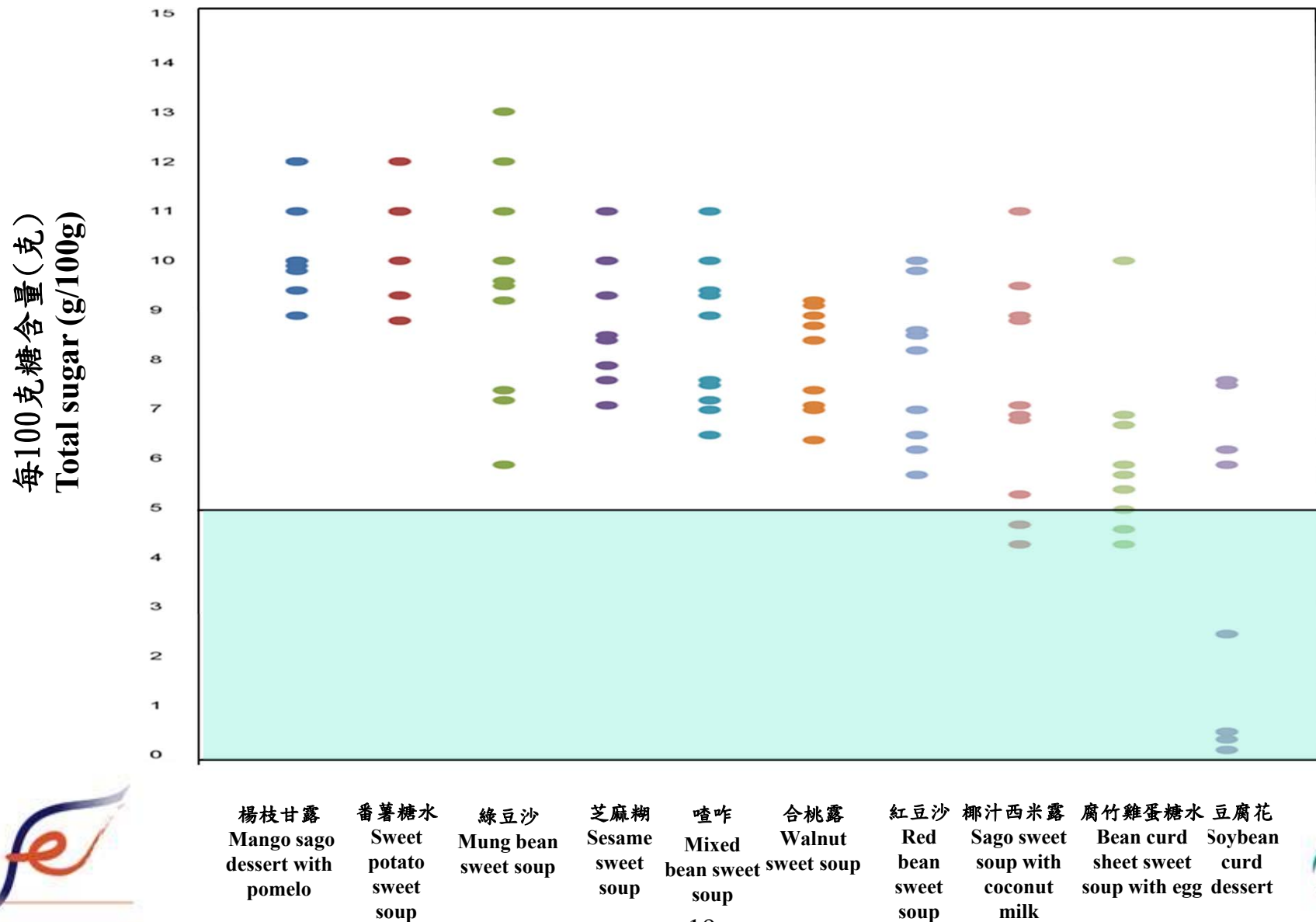
糖水種類 Sweet soup types	樣本數目 No. of samples	每100克糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100 g)
楊枝甘露 Mango sago dessert with pomelo	10	11 [8.9-12]
番薯糖水 Sweet potato sweet soup	10	10 [8.8-12]
綠豆沙 Mung bean sweet soup	10	9.5 [5.9-13]
芝麻糊 Sesame sweet soup	10	8.8 [7.1-11]
喳咋 Mixed bean sweet soup	10	8.4 [6.5-11]
合桃露 Walnut sweet soup	10	8.1 [6.4-9.2]
紅豆沙 Red bean sweet soup	10	7.9 [5.7-10]
椰汁西米露 Sago sweet soup with coconut milk	10	7.3 [4.3-11]
腐竹雞蛋糖水 Bean curd sheet sweet soup with egg	10	6.0 [4.3-10]
豆腐花 Soybean curd dessert	6	5.4 [2.5-7.6]
	4 (無添加糖 no added sugar)*	0.40 [0.17-0.53]
整體 Overall	100	8.0 [0.17-13]

*參考2015年中式飲品糖含量的研究，每100克「無添加糖」豆漿的糖含量不超過1.0克。

From the study on “Sugar content in Chinese-style Beverages” in 2015, sugar content of ‘no added sugar’ soybean drinks samples was not more than 1.0g/100g.

非預先包裝糖水的糖含量

Sugar content of non-prepackaged sweet soups



非預先包裝糖水樣本的糖含量水平

Level of sugar for non-prepackaged samples

糖水種類 Sweet soup types	樣本數目 no. of samples		
	總數 Total	視為低糖樣本 Samples considered as “low sugar” ($> 0.5\text{g}$ and $\leq 5.0\text{g}/100\text{ g}$)	樣本糖含量 Samples with total sugar $> 5.0\text{g}/100\text{ g}$
楊枝甘露 Mango sago dessert with pomelo	10	0	10
番薯糖水 Sweet potato sweet soup	10	0	10
綠豆沙 Mung bean sweet soup	10	0	10
芝麻糊 Sesame sweet soup	10	0	10
喳咋 Mixed bean sweet soup	10	0	10
合桃露 Walnut sweet soup	10	0	10
紅豆沙 Red bean sweet soup	10	0	10
椰汁西米露 Sago sweet soup with coconut milk	10	2	8
腐竹雞蛋糖水 Bean curd sheet sweet soup with egg	10	3	7
豆腐花 Soybean curd dessert	6*	2	4
整體 Overall	96	7	89

*不包括「無添加糖」樣本
“No added sugar” samples were excluded



個別非預先包裝糖水的糖攝入量

Sugar intake from some non-prepackaged sweet soups

糖水種類 Sweet soup types	樣本 數目 No. of samples	每分樣本糖含量 (克) Total sugar per sample (g)	佔世衛建議游離糖 攝入量百分比 % WHO daily sugar intake recommendation*
楊枝甘露 Mango sago dessert with pomelo	10	27 - 66	54% - 132%
綠豆沙 Mung bean sweet soup	10	19 - 48	38% - 96%
椰汁西米露 Sago sweet soup with coconut milk	10	11 - 48	22% - 96%
喳咋 Mixed bean sweet soup	10	17 - 43	34% - 86%



*每日能量總攝入量的10%以下，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
<10% of total energy intake (i.e. < 50g free sugar for a total energy intake of 2000 kcal/day)



個別非預先包裝糖水的糖攝入量

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楊枝甘露 Mango sago dessert with pomelo	10	27 - 66	54% - 132%



	每分樣本糖含量 (克) Total sugar content per sample (g)	每100克樣本糖含量 (克) Total sugar(g/100 g)	樣本重量 (克) Sample weight (g)
每分最高糖含量樣本 Sample with the highest sugar content per sample	66	11 (4 th)	600 (1 st)
每分最低糖含量樣本 Sample with the lowest sugar content per sample	27	9.4 (9 th)	290 (9 th)

楊枝甘露樣本重量範圍 (克) Range of sample weight of Mango sago dessert with pomelo (g): 240-600

豆腐花 樣本糖含量

Sugar contents of soybean curd dessert

非預先包裝 Non-prepackaged			預先包裝 Prepackaged		
版本 Version	樣本數目 No. of samples	每100克糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100 g)	版本 Version	樣本數目 No. of samples	每100克糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100 g)
普通配方 Regularly sweetened	6	5.4 [2.5-7.6]	普通配方 Regularly sweetened	2	9.9 [8.9-10.8]
無添加糖 no added sugar	4	0.40 [0.17-0.53]			
整體 Overall	10	3.4 [0.17-7.6]	整體 Overall	2	9.9 [8.9-10.8]^

^ 非預先包裝及預先包裝樣本中平均糖含量較高

Higher mean sugar content between non-prepackaged and prepackaged samples



其他糖水樣本糖含量

Sugar content of other sweet soups

糖水種類 Sweet soup types	非預先包裝 Non-prepackaged		預先包裝 Prepackaged	
	樣本數目 No. of samples	每100克糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100g)	樣本數目 No. of samples	每100克糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100g)
綠豆沙 Mung bean sweet soup	10	9.5 [5.9-13]^	2	8.0 [7.8-8.1]
芝麻糊 Sesame sweet soup	10	8.8 [7.1-11]	2	8.7 [8.6-8.8]
渣咋 Mixed bean sweet soup	10	8.4 [6.5-11]	2	9.0 [8.9-9.0]^
紅豆沙 Red bean sweet soup	10	7.9 [5.7-10]^	3	7.0 [4.8*-8.8]

^ 非預先包裝及預先包裝樣本中平均糖含量較高

Higher mean sugar content between non-prepackaged and prepackaged samples

* 糖含量符合「低糖」的標準

Sugar content reaches “low sugar” standard



非預先包裝及預先包裝糖水樣本的能量值

Energy values of non-prepackaged and prepackaged samples

糖水種類 Sweet soup types	非預先包裝糖水 Non-Prepackaged		預先包裝糖水 Prepackaged	
	每100克混合樣本 能量值 (千卡) Energy value of composite sample (kcal/100g)	每100克 糖含量 平均值 (克) Total sugar Mean (g/100g)	每100克 能量平均值 (千 卡) Mean energy value (kcal/100g)	每100克 糖含量 平均值 (克) Total sugar Mean (g/100g)
合桃露 Walnut sweet soup	130 [1 st]	8.1 [6 th]	-	-
芝麻糊 Sesame sweet soup	98	8.8	83	8.7
椰汁西米露 Sago sweet soup with coconut milk	86	7.3	-	-
腐竹雞蛋糖水 Bean curd sheet sweet soup with egg	83	6.0	-	-
喳咋 Mixed bean sweet soup	82	8.4	85 [1 st]	9.0 [2 nd]
綠豆沙 Mung bean sweet soup	71	9.5	68	8.0
楊枝甘露 Mango sago dessert with pomelo	66 [7 th]	11 [1 st]	-	-
番薯糖水 Sweet potato sweet soup	66	10	-	-
紅豆沙 Red bean sweet soup	66	7.9	72	7.0
豆腐花 Soybean curd dessert	59	3.4	69 [4 th]	9.9 [1 st]

部分非預先包裝糖水的能量攝入量

Energy intake from some non-prepackaged sweet soups

糖水種類 Sweet soup types	每100克混合樣本 能量值 (千卡) Energy value of composite sample (kcal/100g)	每分糖水 能量值 (千卡) Energy value (kcal/sample)#	佔每日攝入2000千卡 能量百分比 % Daily energy intake of 2000 kcal
合桃露 Walnut sweet soup	130	400	20%
喳咋 Mixed bean sweet soup	82	300	15%
椰汁西米露 Sago sweet soup with coconut milk	86	290	15%
芝麻糊 Sesame sweet soup	98	280	14%

#以各分類糖水樣本每分重量的平均值計算
calculated from average serving size of samples of each sweet soup type



結果1:

- 個別同種類糖水樣本的糖含量差異很大。

這表示業界減低這些糖水的糖含量是切實可行的。

Finding 1:

- Large variations in the sugar contents within the same type of certain sweet soups.

This reflects the possibility of the Trade to reduce the sugar content in these sweet soups.



結果2:

➤ 部分糖水種類的樣本的糖含量符合「低糖」的標準。

業界應考慮增加供應低糖配方的糖水。

Finding 2:

➤ Sugar contents of certain types of sweet soup sample reach “low sugar” level.

The trade should consider increasing the supply of low sugar versions of these sweet soups.



結果3:

- 部分糖水種類的能量值較其他糖水為高。

消費者選擇糖水時，除了注意糖水的糖含量外，還應注意其能量值。

Finding 3:

- Energy values of certain types of sweet soup are higher than that of the others .

Consumers should take note of the sugar content as well as energy values of sweet soups.



本地的減糖行動

Local actions on sugar reduction

- 政府於2015年成立降低食物中鹽和糖委員會，就制定政策方向及工作計劃，以減低香港市民的鹽和糖攝入量及食物中的鹽和糖含量，向食物及生局局長提供建議。
- 降低食物中鹽和糖國際諮詢委員會認為首先應從改良食品配方入手，並有需要為改良食品配方訂立建議目標水平。
- 改良食品配方須循序漸進地逐步減少食物中的糖含量。
- The Government established the Committee on Reduction of Salt and Sugar in Food in 2015, which is responsible for making recommendations to the Secretary for Food and Health on the formulation of policy directions and work plans to reduce the intake of salt and sugar by the public, as well as to reduce salt and sugar in food.
- The International Advisory Panel (IAP) on Reduction of Salt and Sugar in Food considers that priority should be accorded to product reformulation, and target level for reformulation needs to be set.
- Product reformulation should gradually reduce the amount of sugar in food.



擬訂減糖目標水平 (含豆類糖水為例)

Sugar reduction target setting (sweet soups with beans as example) (1)

➤ 根據外地訂立減鹽糖目標的建議

- 分析本研究的37個含豆類糖水樣本(紅豆沙、綠豆沙及喳咋)的糖含量數據

➤ With reference to overseas recommendations on target setting approaches

- This study analysed the sugar content data of the 37 sweet soups with beans samples (i.e. Red bean sweet soup, Mung bean sweet soup and Mixed bean sweet soup)



擬訂減糖目標水平 (含豆類糖水為例)

Sugar reduction target setting (sweet soups with beans as example) (2)

三個可能的方案

1. 訂立「糖含量上限」

糖含量分布範圍第50個和第75個百分位數之間

→每100克含8.5至9.6克糖

2. 訂立「糖含量平均值」

根據平均糖含量(即每100克含8.5克糖)

→設定一個較其低的減糖指標

3. 訂立「減糖百分率」

設定某減糖百分率(例如百分之二十)

3 possible options

1. “Maximum level” approach

A ceiling level is set between the 50th and 75th percentiles of the sugar content distribution

→8.5-9.6 g sugar /100g

2. “Average/mean level” approach

Make reference to the average/mean sugar content (i.e. 8.5g sugar /100 g)

→Set a lower sugar reduction target

3. “Percentage reduction target” approach

Apply a certain percentage reduction target (e.g. 20%)

給消費者的建議 Advice to Consumers (1)

- 保持均衡和多元化的飲食，限制進食添加大量糖分及能量值高的食物(包括糖水)。
- 留意糖水的糖含量及能量值。可參考本研究結果及中心的營養資料查詢系統，選擇合適的糖水以配合個人需要。
- 點糖水時，可要求食肆把糖水與其他配料(如黃糖、糖漿等)分開送上，並在試味後，有需要才為糖水（如豆腐花）添加適量的糖。
- Maintain a balanced and varied diet and limit the consumption of foods and drinks with high amount of added sugar and high energy value, including sweet soups.
- Take note of the sugar content and energy value of sweet soups. Choose the appropriate types of product to suit one's need by making reference to the result of this study and the Nutrition Information Inquiry System (NIIS) from the CFS.
- Request other ingredients (such as brown sugar powder, sugar syrup) to be served separately during ordering. Add suitable amount of sugar to sweet soups (e.g. soybean curd dessert) if necessary after tasting.



給消費者的建議 Advice to Consumers (2)

- 留意糖水的分量。如分量超過個人一般食用的分量，可考慮與他人分享。
- 在購買預先包裝糖水時，應參閱營養標籤，查看糖含量、能量值及食用分量。
- 在家自製糖水時，應限制添加糖。可考慮製作不同種類的糖水，並宜選擇製作能量值較低的糖水（如紅豆沙）
- Take note of the portion size of sweet soups. Share the sweet soups of large portion size with others.
- Read the nutrition label and note the sugar content, energy value and portion size when buying prepackaged sweet soups.
- When making sweet soups at home, limit the amount of sugar added. Consider prepare different types of sweet soups and sweet soups with lower energy values (e.g. red bean sweet soup).



給業界的建議 Advice to Trade (1)

- 業界應留意供應的糖水，其糖含量及能量值會對公眾健康構成影響。
- 業界應參考中心的《降低食物中糖和脂肪含量的業界指引》，改良製作過程、轉變配料或食用分量，以減少糖水的糖含量。
- Be aware of the sugar content and energy value of the sweet soups on sale as it has public health implications.
- Through modification of preparation methods, ingredients or serving sizes, the trade can make reference to the CFS' "Trade Guidelines for Reducing Sugars and Fats in Foods " for reducing sugar content in sweet soups.



給業界的建議 Advice to Trade (2)

- 在菜單、價目表及其他印刷品上為所供應的非預先包裝糖水提供營養成分資料，讓顧客作出知情的選擇。
- Provide nutrition information for non-prepackaged sweet soups on menu, price list or other printed materials so that customers can make informed choice.
- 在可行的情況下，如供應豆腐花前，不再額外為糖水添加糖，並把糖水與其他配料(如黃糖、糖漿等)分開送上，讓顧客按其口味添加於糖水中。
- Whenever practical, do not add additional sugar to sweet soups (e.g. soybean curd dessert) before serving. Serve sweet soups and other ingredients (such as brown sugar powder, sugar syrup) separately, so that customers can add those ingredients based on their preferences.



謝謝
Thank You

