
世界衛生組織對反式脂肪的目標 WHO's Target on Trans Fats

業界諮詢論壇

Trade Consultation Forum

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背景 Background (1)

■ 膳食中的反式脂肪種類：

- 天然反式脂肪及；
- 人造反式脂肪

■ 天然反式脂肪的來源：

- 牛及羊的奶和脂肪及其製品例如全脂奶及牛油

■ 人造反式脂肪的來源：

- 工業氫化作用以延長食物的保質期及改善口感

■ Types of dietary trans fats:

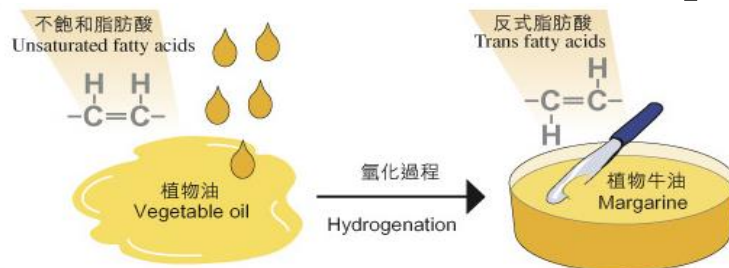
- Natural trans fats and;
- Artificial trans fats

■ Sources of Natural trans fats:

- Milk and fat products of cattle and sheep e.g. whole milk and butter

■ Sources of Artificial trans fats:

- Industrial hydrogenation of oils (PHOs) to increase the shelf life and improve the food texture

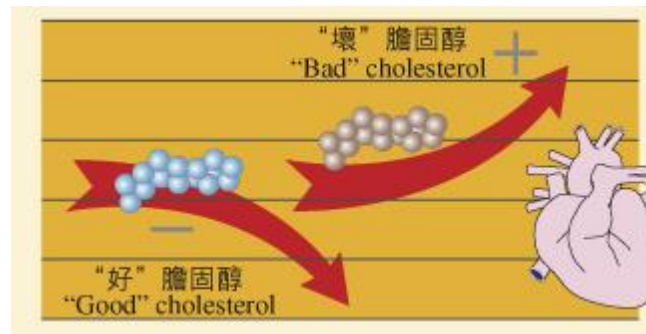


背景 Background (2)

- 膳食中主要的反式脂肪是工業製成的反式脂肪
- 源自進食了以部分氫化油為材料的食品或用部分氫化油烹調的煎炸和烘培食品
- 部分氫化油是反式脂肪酸的主要來源
- The main dietary trans fats is industrially-produced trans fats
- From the intake of food made with PHOs or cooked with PHOs, such as fried food and bakery products
- PHOs are the primary source of trans fatty acids (TFAs)

背景 Background (3)

- 增加低密度脂蛋白膽固醇（“壞”膽固醇）
- 減少高密度脂蛋白膽固醇（“好”膽固醇）
- 增加患心臟病的風險，而心臟病是香港其中一種致命疾病
- Raise the level of low-density lipoprotein (LDL) cholesterol (the “bad” cholesterol)
- Lower the level of high-density lipoprotein (HDL) cholesterol (the “good” cholesterol)
- Increase the risk of heart disease, which is one of the leading causes of death in Hong Kong



世界衛生組織的最新建議

Latest Advice made by WHO (1)

■ 世界衛生組織（世衛）建議

- 反式脂肪酸的攝取量應該低於每日所吸收的能量的百分之一
- 以2,000千卡膳食計算，每日反式脂肪酸攝取應少於2.2克
- 最有效及持續在食物供應中減少反式脂肪酸的方法
 - 訂立法例
 - 規管措施

■ Advice from World Health Organization (WHO)

- TFAs consumption should be limited at 1% of the daily energy intake
- Less than 2.2g / day of TFAs in a 2,000-kcal diet
- The most effective and consistent way to reduce TFAs in the food supply
 - Legislation
 - Regulatory actions



資料來源：世界衛生組織
Source: World Health Organization

世界衛生組織的最新建議

Latest Advice made by WHO (2)

WHO plan to eliminate industrially-produced trans-fatty acids from global food supply

14 May 2018 | News Release

WHO today released REPLACE, a step-by-step guide for the elimination of industrially-produced *trans*-fatty acids from the global food supply.

世衛計劃取締在全球食物供應中工業製成的反式脂肪酸

- 世衛在2018年5月14日發出新聞稿
- 並就有關取締工業製成的反式脂肪酸發出一份名為「REPLACE」的指引



資料來源：世界衛生組織
Source: World Health Organization

世界衛生組織的最新建議

Latest Advice made by WHO (3)

REPLACE

REVIEW	PROMOTE	LEGISLATE	ASSESS	CREATE	ENFORCE
dietary sources of industrially-produced trans fats and the landscape for required policy change	the replacement of industrially-produced trans fats with healthier fats and oils	or enact regulatory actions to eliminate industrially-produced trans fats	and monitor trans fat content in the food supply and changes in trans fat consumption in the population	awareness of the negative health impact of TFA among policy-makers, producers, suppliers, and the public	compliance with policies and regulations
審視	推廣	立法	評估	營造	實施
日常飲食中含有工業製成反式脂肪的源頭和改變有關政策所需的規模	以其他較為健康的脂肪及油取代工業製成的反式脂肪	或實行管制措施以取締工業製成的反式脂肪	及監察食物供應中反式脂肪的含量和社會人口中反式脂肪攝取的改變	在制訂政策人士, 生產商, 供應商及公眾對反式脂肪酸所造成的負面影響的意識	及遵從有關政策和規例



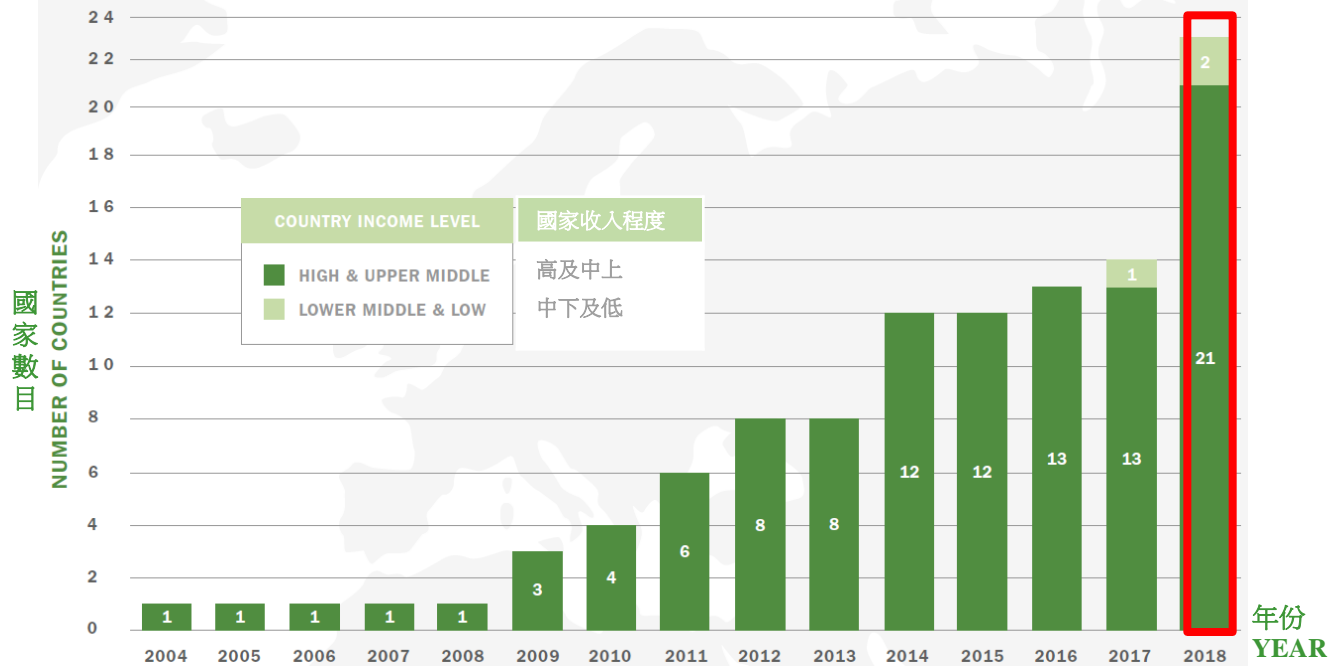
資料來源：世界衛生組織
Source: World Health Organization

世界衛生組織的最新建議

Latest Advice made by WHO (4)

TOTAL COUNTRIES WITH (已有強制禁止或限制工業製成的反式脂肪的國家總和) MANDATORY BANS OR LIMITS ON INDUSTRIALLY-PRODUCED TRANS FAT

(by end of 2018) (直至2018年底)



WHO's expectation

- By the end of 2018, **23 countries** will have set mandatory limits on industrially-produced trans fats or banned PHOs

世衛預期

- 在2018年底, 將會有**23個國家**推行強制措施以限制工業製成的反式脂肪或禁止部分氫化油

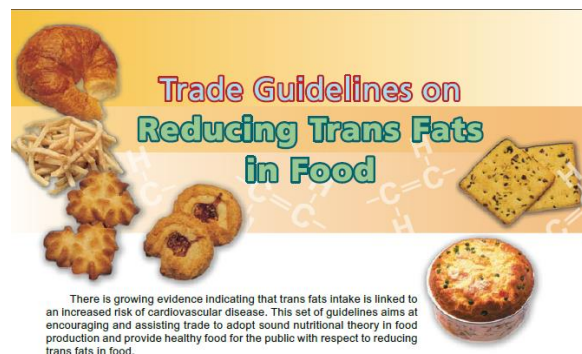


資料來源: 世界衛生組織
Source: World Health Organization

本地情況

Local Situation (1)

- 根據《食物及藥物(成分組合及標籤)規例》(第132W章), 預先包裝食物的營養標籤必須標示其反式脂肪含量
- 食物安全中心(食安中心)已於2008年製作了《減少食物中反式脂肪業界指引》供業界參考
- According to 《Food and Drugs (Composition and Labelling) Regulations》(Cap. 132W), the content of trans fats in prepackaged food shall be listed on the nutrition labelling
- The Centre for Food Safety (CFS) produced the “Trade Guidelines on Reducing Trans Fats in Food” in 2008 for the reference of the food trade



本地情況

Local Situation (2)

- 食安中心在2007至2012年期間發佈了4次有關食物中反式脂肪含量的風險評估研究結果
- 當中包括聯同消費者委員會進行相關的研究
- 檢測的食物種類包括：
 - 烘焙食物（例如麵包、蛋糕、曲奇等）
 - 油炸食品（包括薯條、炸雞、油炸鬼等）
 - 人造牛油類產品
- The CFS announced 4 risk assessment study results on trans fats content in food from 2007 to 2012
- Including studies conducted jointly with the Consumer Council
- Types of food assessed:
 - Bakery products (e.g. bread, cakes and cookies)
 - Deep fried food (e.g. French fries, fried chicken and fried fritters)
 - Margarine spreads

本地情況

Local Situation (3)

- 於2012年所進行的研究結果，與過去的評估研究比較，發現食物樣本中的反式脂肪平均含量有所下降
- 反映出業界在減低食物中反式脂肪含量方面所取得的成果
- In the comparison of results of the study conducted in 2012 with previous ones, the mean trans fats content in food samples is reduced
- Reflecting the trade's effort in reducing trans fats levels in their products

Food category 食物種類	Mean Trans Fat content (range) (g/100g) 平均反式脂肪含量 (範圍) (克/100克)		% Change 百分比變化
	2012 study results 2012年研究	Previous studies results 過往研究	
Cake 西餅/蛋糕類	0.41 (0.070-0.77)	0.56 (0.15-0.90)	-27%
Egg tart/pie/pastry 蛋撻/批/酥皮類	0.39 (0-1.1)	0.67 (0.025-1.7)	-42%
Bread 麵包類	0.21 (0-0.49)	0.59 (0.17-1.8)	-64%

本地情況

Local Situation (4)

- 研究發現個別樣本的反式脂肪含量比過往研究結果大為降低而其飽和脂肪含量則相若
- 反映業界在減少食物中的反式脂肪之餘，不增加飽和脂肪含量是切實可行
- Trans fats contents in some individual samples had reduced dramatically whilst a similar saturated fats content had been maintained
- Showing that it is practically feasible for the trade to reduce trans fats in food without raising the saturated fats content

有關生產和配製食物的建議

Advice on Food Production and Preparation

■ 改用較健康的替代品

□ 可改以使用

- 單元不飽和脂肪的油類(例如芥花籽油和橄欖油)
- 多元不飽和脂肪的油類(例如大豆油和粟米油)

■ 減低食物中的脂肪總含量

□ 選用脂肪含量較低的配料

- 例如脂肪含量較低的奶製品和烹調醬料

□ 提供更多以低脂方式烹調的菜式

- 例如蒸、焗、烤或焗等，而少用油炸方式

■ Replace with healthier alternatives

□ May be replaced by

- Monounsaturated fats (e.g. canola oil and olive oil)
- Polyunsaturated fats (e.g. soybean oil and corn oil)

■ Reduce the total fat content in food

□ Choose ingredients with lower fat content

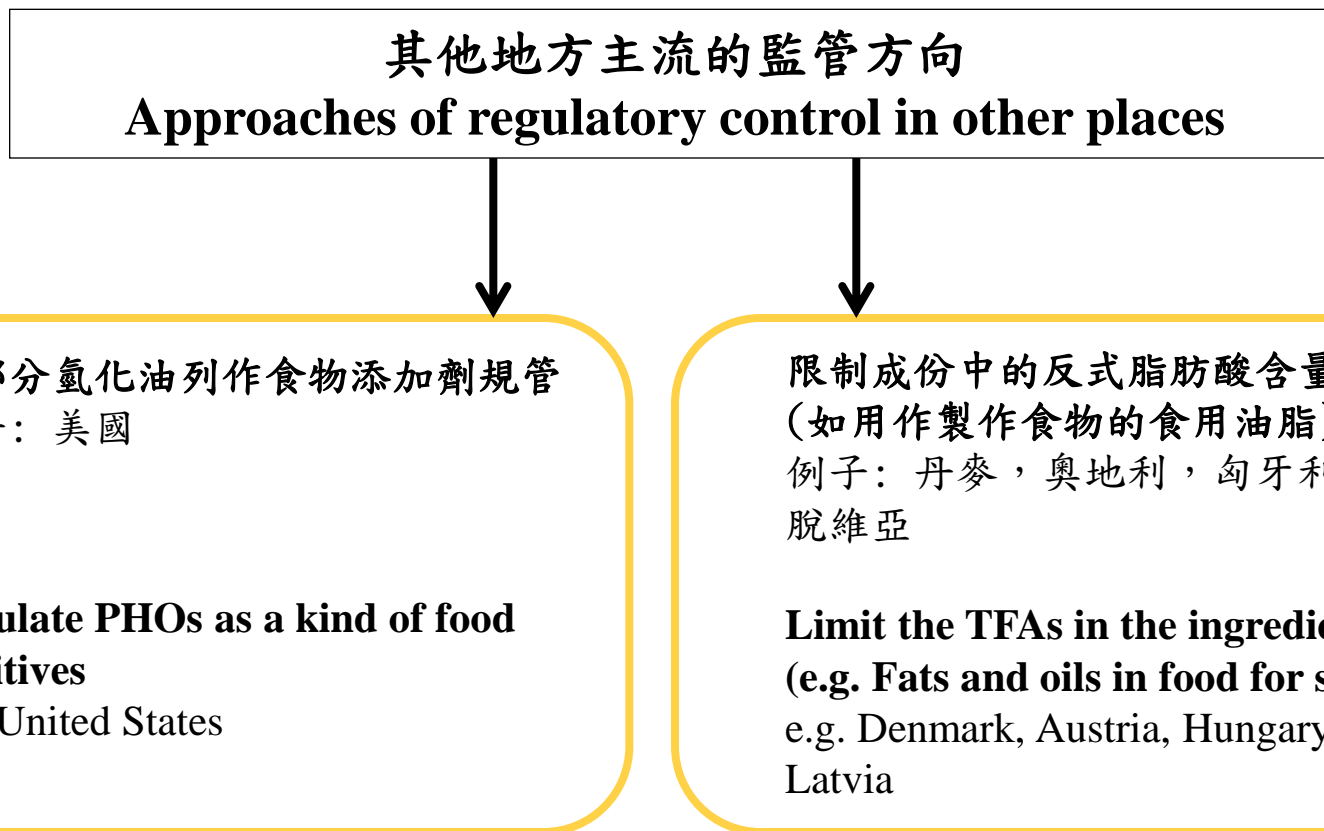
- e.g. lower fat dairy products and cooking sauces

□ Provide dishes using low fat cooking methods

- Such as steaming, poaching, grilling and baking, rather than deep-frying

其他地方的規管

Regulatory Control in Other Places



總結

Conclusion

- 世衛計劃以取締在全球食物供應中工業製成的反式脂肪酸
- 世衛近期已發出一份名為「REPLACE」的指引，列出六大策略行動以促進達成有關目標
- 因應國際間的最新發展，如各國家/地區的規管方式及建議，食安中心會不時審視規管部分氫化油/反式脂肪酸使用的需要
- WHO plans to eliminate industrially-produced TFAs from global food supply
- WHO has recently issued a guideline entitled “REPLACE”, which sets out six strategic actions to facilitate the achieving of the said target.
- The CFS will examine from time to time the need to regulate the use of PHOs / TFAs, in the light of the latest international developments, including the regulatory approaches and recommendations of other countries/regions