

認識

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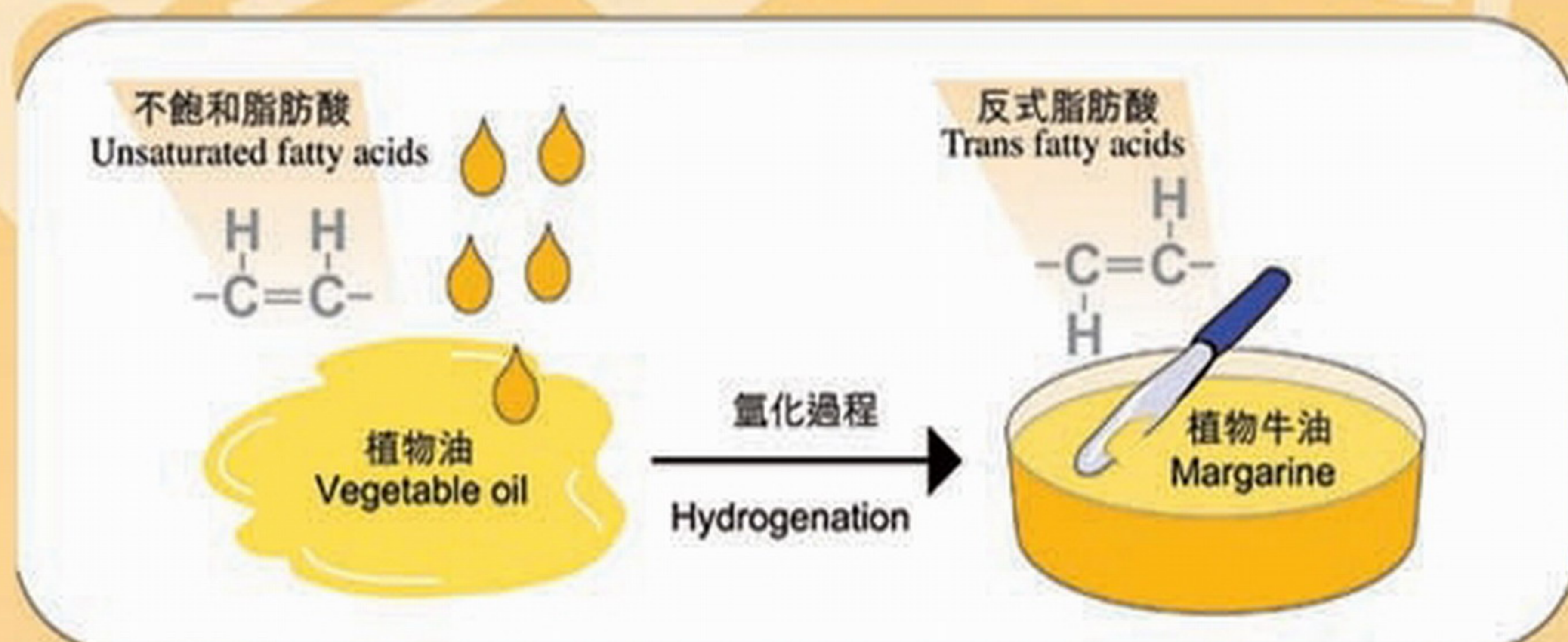
反式脂肪

Understanding !!

Trans Fats

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？

反式脂肪常見於氫化植物油，例如起酥油和植物牛油。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焙食品。牛和羊的奶和脂肪亦含有少量天然的反式脂肪。

常見含有反式脂肪的食物包括：

- 餅乾
- 蛋糕
- 脆片
- 沙律醬
- 曲奇餅
- 餡餅
- 炸薯條
- 植脂奶粉



What foods contain trans fats?

Trans fats are mostly found in hydrogenated vegetable oils, such as shortening and margarines. Fried food and bakery products with hydrogenated vegetable oil used as ingredients or in cooking process are the main sources of trans fats in our diet. A low level of trans fats is also found naturally in the milk and the fat of sheep and cattle.

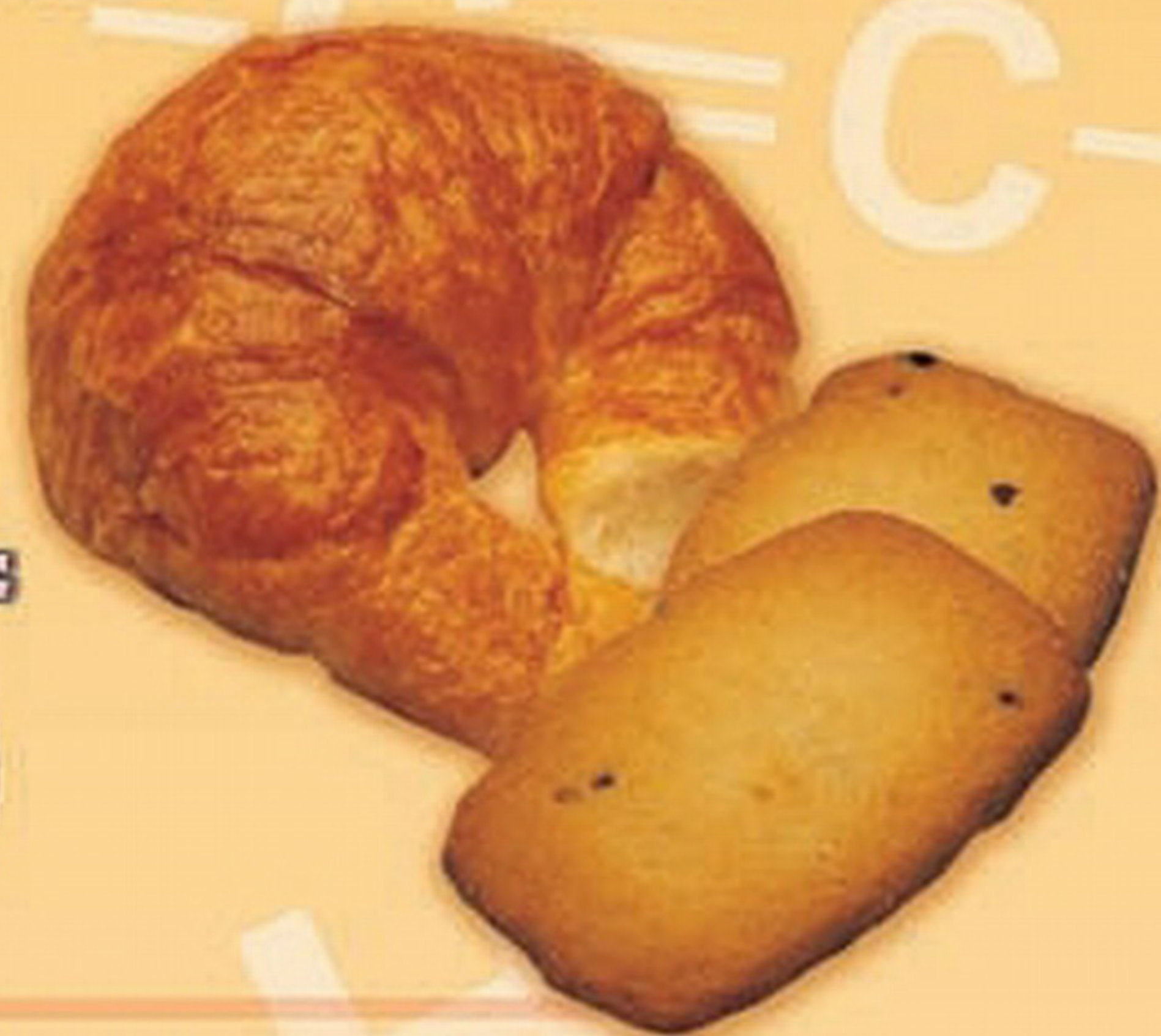
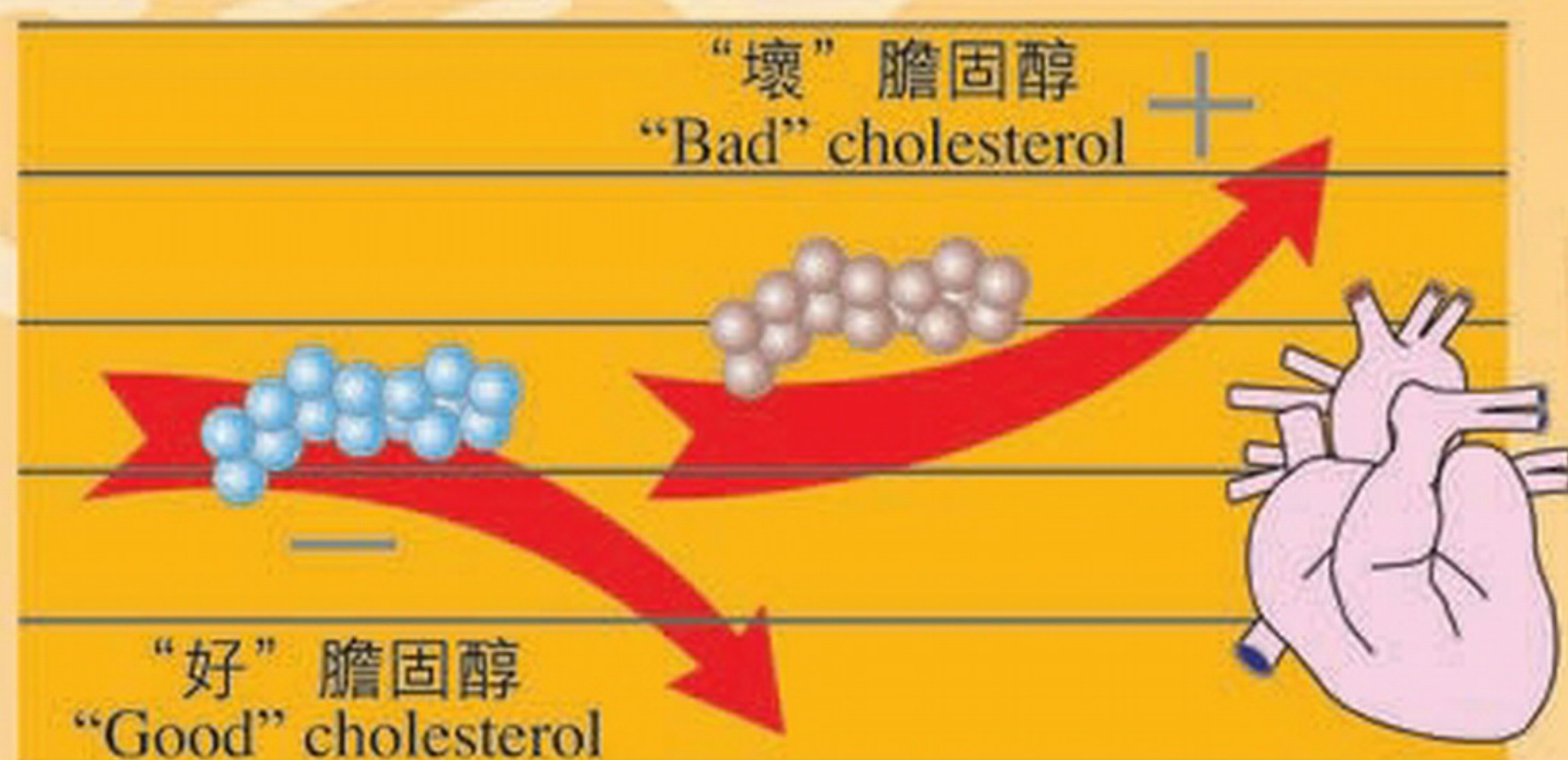
Examples of foods commonly containing trans fats are:

- Crackers
- Chips
- Cookies
- French fries
- Cakes
- Salad dressings
- Pastries
- Dried/powdered non-dairy creamers



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，心臟病排第三位。



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。

飽和脂肪和反式脂肪均會增加人體內的低密度脂蛋白膽固醇（“壞”膽固醇），增加患心臟病的風險，而反式脂肪更會減少高密度脂蛋白膽固醇（“好”膽固醇）。因此，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.

Both saturated fats and trans fats can increase the risk of heart disease by raising the level of LDL (“bad”) cholesterol, while trans fats will even lower the level of HDL (“good”) cholesterol. Thus, 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 卡路里熱量的人為例，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 suggests 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 2 000 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？



少吃油炸食物、烘焙食品和植物牛油
查閱食物標籤：

- 細閱營養標籤，選擇含有較少反式脂肪的食物
- 避免進食含有下列成分的食物：
 - 氫化植物油
 - 部分氫化植物油
 - 氫化脂肪
 - 部分氫化脂肪
 - 植物起酥油



避免使用氫化油和脂肪煮食或配製食物
保持飲食均衡



How to limit the intake of trans fats?



Eat fewer deep-fried foods, baked foods and margarines

Read the food labels:

- read the nutrition labels and choose foods with lower trans fat content
- avoid foods containing:
 - hydrogenated vegetable oil
 - partially hydrogenated vegetable oil
 - hydrogenated fat
 - partially hydrogenated fat
 - vegetable shortening



Avoid using hydrogenated oils and fats in cooking and food preparation
Maintain a balanced diet



查詢

食物環境衛生署

24小時熱線：

傳達資源小組：

網址：

電郵：

2868 0000

2381 6096

www.cfs.gov.hk

enquiries@fehd.gov.hk

Enquiries

Food and Environmental Hygiene Department

24-hour Hotline:

2868 0000

Communication Resource Unit:

2381 6096

Website:

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