

Hong Kong's Action on Salt and Sugar Reduction & Reduce Salt, Sugar, Oil. We Do! Programme of the Food Safety Charter

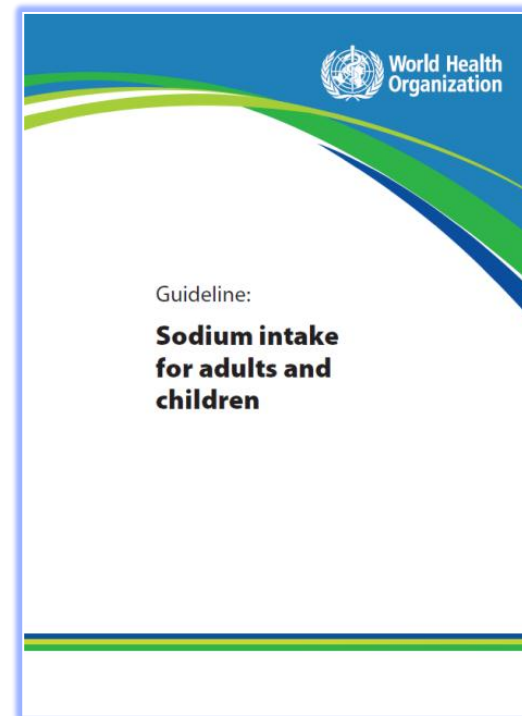
**Trade Consultation Forum
25.03.2015**

Background (1)

- Dietary **sodium** (salt) and **sugar** intake and non-communicable diseases (NCDs)
 - Excessive **sodium** intake → hypertension → cardiovascular diseases
 - Increase the risk of developing fatal stroke and coronary heart diseases (CHD)
 - Excessive **sugar** intake → associated with overweight, obesity and dental caries

World Health Organization's Recommendations - Sodium (Salt)

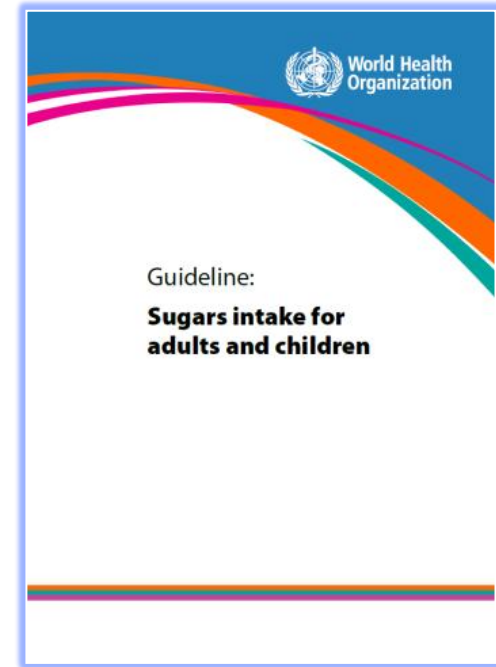
- Strong recommendation
 - A reduction in sodium intake to <2 g/day sodium (5 g/day salt) in adults.



2012

World Health Organization's Recommendations - Free Sugars

- Strong recommendation
 - A reduced intake of **free sugars** throughout the life course.
 - In both adults and children, reduce the intake of **free sugars** to less than 10% of total energy intake.
(e.g. <50g free sugars (~10 sugar cubes) for a 2000-kcal diet.)
- Conditional recommendation
 - A further reduction of the intake of **free sugars** to below 5% of total energy intake.
- **Free sugars:** 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.



2015



Background (2)

- In HK, NCDs (e.g. hypertension, stroke, CHD and obesity) raise public health concerns
 - One of the contributors is unhealthy dietary habit
- In 2014, the Centre for Food Safety (CFS) established the International Advisory Panel (IAP) on Reduction of Dietary Sodium and Sugar in Hong Kong. The Secretary for Food and Health continues to appoint experts as members of the Panel. The Panel is now renamed as the International Advisory Panel on Reduction of Salt and Sugar in Food.
- In 2015, the Chief Executive's policy agenda included devising and implementing a strategic plan for encouraging reduced salt and sugar in food so as to promote a healthy diet as one of the new initiatives.

Background (3)

- CFS strives to safeguard food safety and promote healthy eating.
- Studies conducted by the CFS showed that:
 - **Condiments and sauces** - major sources of sodium intakes of the local population.
 - **Carbonated drinks and fruit juices** - popular among children, sugar contained in these kinds of drinks:
 - Do not have any nutritional value
 - Increase the risk of overweight/obesity
- In the coming years, the CFS will work closely with the Department of Health to further promote the reduction of dietary sodium (salt) and sugar in HK.

Hong Kong's Action on Salt and Sugar Reduction - Content

- IAP
- “Reduction of Dietary Sodium and Sugar” Homepage
 - “Salt Awareness Week: Salt and Children” Website
- “Hong Kong’s Action on Salt and Sugar Reduction” Facebook
- Theme of the Food Safety Day 2015: “Hong Kong’s Action on Salt and Sugar Reduction”
- International Symposium on Reduction of Dietary Sodium and Sugar
- “Reduce Salt, Sugar, Oil. We Do!” Programme of the “Food Safety Charter”

IAP (1)

Advises the Government on:

- The formulation of overall strategy of reduction of sodium and sugars in foods;
- The development, implementation and evaluation of programmes of reduction of sodium and sugars in foods in Hong Kong;
- The setting of local targets of reducing sodium and sugars content in various food groups; and
- Relating public education strategy

**Prof. Norman
CAMPBELL
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**Prof. Graham
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**Prof. Bruce
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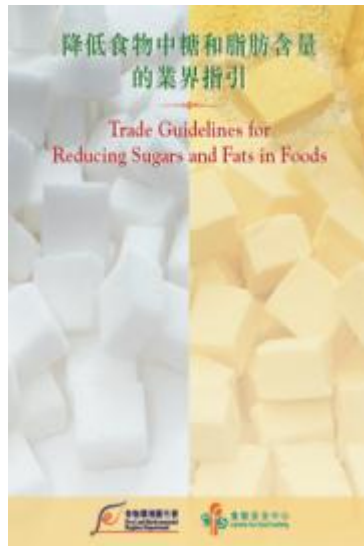


**Prof. ZHAO
Wenhua
(Mainland)**



IAP (2)

- To set the reduction targets for sodium (salt) and sugar content in food, CFS will
 - Make reference to the expert advice of the IAP, and
 - Liaise with the trade on providing healthier food choices to the consumers.
- Prioritised food groups:
 - **Sodium (Salt) Reduction:** Condiments and sauces
 - **Sugar Reduction:** Carbonated drinks and fruit juices



“Reduction of Dietary Sodium and Sugar” Homepage

Reduction of Dietary Sodium and Sugar

Reduction of Dietary Sodium and Sugar

Dietary sodium and sugar intakes are closely related to health. Excessive sodium intake will increase the risk of developing hypertension, fatal stroke and coronary heart disease while dietary sugar intake is a determinant of body weight and dental caries.

The Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department has been striving to safeguard food safety and promote healthy eating in Hong Kong, including conducting relevant [risk assessment studies](#), implementing [nutrition labelling scheme](#) in prepackaged foods and preparing trade guidelines on reducing dietary [sodium](#), [sugar](#) and [fats](#).

To know more about [Sodium \(Salt\) Reduction](#) and [Sugar Reduction](#), click the below links.



International Advisory Panel (IAP) on Reduction of Dietary Sodium and Sugar

http://www.cfs.gov.hk/english/programme/programme_rdss/programme_rdss.html

“Hong Kong’s Action on Salt and Sugar Reduction” Facebook



<https://www.facebook.com/HongKongsActiononSaltandSugarsReduction>

Food Safety Day 2015

- **Theme:** Hong Kong's Action on Salt and Sugar Reduction
 - Encourage the public to gradually reduce the intake of salt and sugar, and train the taste buds to adapt to the light-flavoured food for health's sake.
 - “Less salt and sugar - Keep body healthier”

“Reduce Salt, Sugar, Oil. We Do!” Programme of the “Food Safety Charter”



The Programme

Objective:

- Aims to help members of the public reduce the intake of salt, sugar and oil when dining out by adopting a holistic approach.

Some examples of the Programme content:

- Restaurants are encouraged to take reference to the guidelines published by the CFS in preparing food.
- Diners are encouraged make request for dishes prepared with less salt, sugar or oil based on their preference and needs.
- To create an enabling environment for salt, sugar and oil reduction, participating Signatories are committed to:
 - Serve peanuts and other nuts that are non-deep fried and unsalted as appetiser.
 - Offer only one pack of sugar for each drink.
- It is also hoped that Signatories could:
 - Arrange cooks to attend nutrition and health talks.

“Reduce Salt, Sugar, Oil. We Do!” Programme Home Page



“Reduce Salt, Sugar, Oil. We Do!” Programme



The Centre for Food Safety (CFS) has launched a programme entitled “Reduce Salt, Sugar, Oil. We Do!” calling for the active participation of Food Safety Charter signatories to help members of the public to reduce the intake of salt, sugar and oil when dining out. The participating signatories are requested to take reference to the [Trade Guidelines for Reducing Sodium in Foods](#) and [Trade Guidelines for Reducing Sugars and Fats in Foods](#) published by the CFS in preparing foods, and to encourage patrons to make request for foods prepared with less salt, sugar or oil based on their preference and needs.

Participating signatories will be awarded the “Reduce Salt, Sugar, Oil. We Do!” badges, stickers, posters and other promotional items for display in the food premises. The names of the participating food premises will be uploaded onto the CFS website, so customers would know your concerns for their health in addition to your support to food safety.



“Reduce Salt, Sugar, Oil. We Do!”
badges and stickers



“Reduce Salt, Sugar, Oil.
We Do!” poster

http://www.cfs.gov.hk/english/whatsnew/whatsnew_fstr/Food_Safety_Charter_Reduce_Salt_Sugar_Oil_We_Do.html

Thank You