
反式脂肪的最新發展

Latest Development on Trans Fats

業界諮詢論壇

Trade Consultation Forum

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反式脂肪 Trans Fat

- 增加低密度脂蛋白膽固醇（即所謂“壞”膽固醇）
- 減少高密度脂蛋白膽固醇（即所謂“好”膽固醇）
- 增加患心臟病的風險
- raise the level of low-density lipoprotein (LDL) cholesterol (also called the “bad” cholesterol)
- lower the level of high-density lipoprotein (HDL) cholesterol (also called the “good” cholesterol)
- increasing the risk of coronary heart disease

反式脂肪 Trans Fat

- 膳食中的反式脂肪分天然反式脂肪及人造反式脂肪
- 天然反式脂肪存在於牛和羊的奶和脂肪及其製品（例如全脂牛奶及牛油）
- 人造反式脂肪是植物油經過“氫化過程”處理中形成
- Dietary trans fat can be classified into natural trans fat and artificial trans fat
- Natural trans fat is found in milk and fat of sheep and cattle, such as whole milk and butter
- Artificial trans fat is produced during the process of hydrogenation of vegetable oil

反式脂肪 Trans Fat

- 膳食中主要的反式脂肪是人造反式脂肪，源自進食了以部分氫化植物油為材料的食品或用氫化植物油烹調的煎炸和烘培食品
- The main dietary trans fat is artificial trans fat, which is from intake of food made with partially hydrogenated vegetable oil (PHVO) or cooked with partially hydrogenated vegetable oil, such as fried food and bakery products.

反式脂肪的最新發展

Latest Development on Trans Fats

- 世界衛生組織建議‘利用國家政策從根本上消除在食品供應中使用部分氫化植物油’作為其中一個全球監控指標，來達到世衛於2025年將心血管病、癌症、糖尿病或慢性呼吸道疾病所導致的過早死亡率相對降低25%的全球目標
- WHO recommends 'national policies that virtually eliminate partially hydrogenated vegetable oils (PHVO) in the food supply' as one of the global indicators for monitoring of the achievement of WHO global target of prevention and control of NCD (25% relative reduction in risk of premature mortality from cardiovascular diseases, cancer, diabetes, or chronic respiratory diseases by 2025).

反式脂肪的最新發展

Latest Development on Trans Fats

- 美國食物及藥物管理局最近公佈把膳食中主要反式脂肪來源的部分氫化油 列作食物添加劑規管
- 除經申請及批准外，在2018年6月18日後不可在食物中使用部分氫化油
- The U.S. Food and Drug Administration has recently announced that Partially Hydrogenated Oils (PHOs), the primary dietary source of trans fats, will be subject to regulation as food additives
- Starting from 18 June 2018, PHOs cannot be used in food unless an application is made and approval granted

反式脂肪的最新發展 (2)

Latest Development on Trans Fats (2)

- 美國的業界若申請使用部分氫化油，必須於申請時提供足夠科學證據以支持某些特定的部分氫化油用途是符合安全的
- 是次規管是針對人造反式脂肪
- 天然存在於牛和羊的脂肪及乳製品如牛奶、牛油、芝士及忌廉等的反式脂肪則不受規管
- Food industry in the U.S. should submit sufficient scientific evidence to substantiate that the specific uses of PHOs are safe along with the applications to use
- This regulatory initiative is intended to regulate artificial trans fats
- Trans fats found naturally in the fats of cattle and sheep, and their dairy products (e.g. milk, butter, cheese and cream) will not be subject to regulation

其他國家的規管

Regulatory control in overseas countries

■ 丹麥

- 規定每100克供人食用或用於製造食物的油脂，其反式脂肪含量不得超過2克

■ 新加坡

- 規定每100克供出售或用於製造食物的預先包裝可食用油脂，其反式脂肪含量不得超過2克

■ Denmark

- require that per 100 g of oils and fats, either alone or as part of processed foodstuffs, that are intended to be consumed by human shall not contain more than 2 g of trans fat

■ Singapore

- require that per 100 g of prepacked edible fats and oils for sale or for use as an ingredient in the preparation of foods shall not contain more than 2 g of trans fat

其他國家的規管 (2)

Regulatory control in overseas countries (2)

- 美國紐約市
 - 禁止食肆貯存、使用或出售每食用分量含超過0.5克反式脂肪酸並含有部分氫化植物油、起酥油或人造牛油的食物
- New York City in the U.S.
 - prohibits food containing partially hydrogenated vegetable oils, shortenings or margarines with more than 0.5g trans fatty acid per serving to be stored, used, or served by food service establishments

其他國家的規管 (3)

Regulatory control in overseas countries (3)

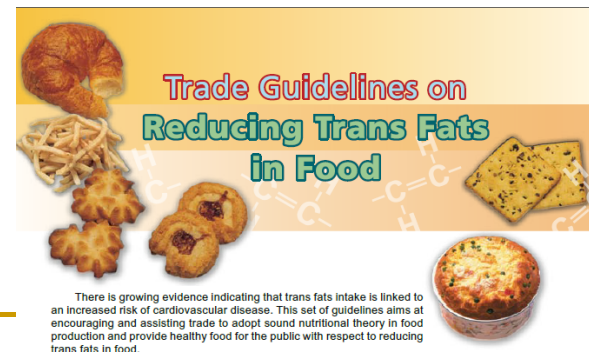
- 加拿大卑詩省規定，食肆貯存、使用、供應或出售的
 - 所有可供塗抹的軟人造牛油及油，其反式脂肪含量不得超過總脂肪含量的2%
 - 所有其他食物，其反式脂肪含量不得超過總脂肪含量的5%
- Food service establishments In British Columbia in Canada must meet the regulatory requirements for all food located on the premises of, used in preparation, served or offered for sale
 - All soft spreadable margarine and oil meets the restriction of 2% trans fat or less of total fat content
 - All other food meets the restriction of 5% trans fat or less of total fat content

業界指引

Trade Guidelines

- 本港及世界各地民眾對食物中的反式脂肪與其健康影響的關注
- 中心已早於2008年製作了《減少食物中反式脂肪業界指引》供業界參考

- The local and international health concern over trans fats in food
- The CFS produced the “Trade Guidelines on Reducing Trans Fats in Food” as early as 2008 for the reference of the food trade



風險評估研究

Risk assessment studies

- 中心在2007至2012年期間進行了4次有關食物中反式脂肪含量的風險評估研究
- 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 conducted four risk assessment studies on trans fat content in food during the period from 2007 to 2012
- Including studies conducted jointly with the Consumer Council.
- The types of food assessed included
 - bakery products (e.g. bread, cakes and cookies)
 - deep fried food (e.g. French fries, fried chicken and fried fritters)
 - margarine/margarine-like spreads.

風險評估研究 (2)

Risk assessment studies (2)

- 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大幅下降趨勢
- 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
- As shown in the comparison of results of the study conducted in 2012 with previous ones, there had been an apparent declining trend in the mean trans fat content in food samples
- Reflecting the positive effect of the trade's effort in reducing trans fat level 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%

風險評估研究 (3)

Risk assessment studies (3)

- 研究亦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
- 反映出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的
- Trans fat content in some individual samples had reduced dramatically whilst a similar saturated fat content had been maintained
- Showing that it is practically feasible for the trade to reduce trans fats in food without raising the saturated fat content.

營養標籤/聲稱

Nutrition Labelling/Claim

- 根據香港營養標籤的要求，預先包裝食物的營養標籤必須標示其反式脂肪含量
- 符合相關聲稱條件的預先包裝食物，可作出“不含反式脂肪”的營養聲稱
- According to the HK nutrition labelling requirements, content of trans fat in prepackaged food shall be listed on the nutrition labelling.
- “Free of trans fat” can be made provided that the prepackaged food meets the conditions stipulated for this nutrition claim.

嬰兒配方產品的營養成分組合

Nutritional Composition of Infant Formulae

- 根據香港有關嬰兒配方產品的營養成分組合的要求，嬰兒配方產品的反式脂肪酸含量不得超過脂肪酸總含量的3%。有關嬰兒配方產品的規定將會於今年十二月十三日生效。
- According to the HK nutritional composition requirements of infant formulae, the amount of trans fatty acids must not exceed 3% of the total content of fatty acids. The requirements for infant formulae will come into force starting 13th December this year.

展望

Way Forward

- 世界衛生組織建議採用國家政策以消除在食品供應中使用部分氫化植物油
- 因應國際間的最新發展，如各國家/地區的規管方式及建議，中心會不時審視規管部分氫化油使用的需要
- 我們會繼續與業界攜手進一步減少食物中的反式脂肪含量，保障食物安全及公眾健康
- WHO recommends adoption of national policies that virtually eliminate PHVOs in the food supply.
- The CFS will examine from time to time the need to regulate the use of PHOs, in the light of the latest international developments, including the regulatory approaches and recommendations of other countries/regions
- We will continue to work with the trade to further lower trans fat content in food to safeguard food safety and public health

謝謝!
Thank You!