

# 餐飲中常見的中式飲品的糖含量

## Sugar Content in Popular Chinese-style Beverages Consumed with Meals

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# 背景

## Background



# 糖對健康的影響

## Health effects of sugar

- 糖只含能量(每克糖提供4千卡能量)而沒有其他的營養價值。
- 進食過多糖可能會令人攝取過多能量，增加超重和患上肥胖症的風險。
- 經常攝取過多的糖還會引至蛀牙。
- Sugar contains only energy (each gram of sugar can provide 4 kcal of energy) without providing other nutrients.
- 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.



# 糖 Sugars

➤ 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



# 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 sugar

- 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 sugar  
(strong  
recommendation)
- < 25g free sugar  
(conditional  
recommendation)



# 餐飲中的中式飲品

## Chinese-style Beverages Consumed with Meals

- 本地成年人的糖攝入主要來自不含酒精飲品
- 餐飲中的中式飲品一直受本地市民歡迎
- 故中心和消委會再次進行聯合研究
- Non-alcoholic beverages were found to be the major contributors to the total sugar intake of the adult population in HK
- Chinese-style beverages have been popular among local consumers during mealtimes
- CFS and CC thus conduct this joint study



# 是次研究 The Study



# 目的 Objectives

- 測試一些餐飲中較常見的中式飲品的糖含量。
- 增加公眾對這類飲品的糖含量的認識，從而幫助公眾作出知情和適合個人情況的選擇。
- 推動食物業界積極採取行動減低飲品的糖含量。
- To provide an update on the levels of total sugar in some popular Chinese-style beverages consumed with meals in HK.
- To inform the public on the sugar content in these drinks to enable informed choices.
- To urge the trade to take action to reduce sugar content of beverages.



# 研究範疇 Scope of Study (1)

## ➤ 不含酒精中式飲品

- 中國傳統的飲品或結合中國元素的飲品
- 通常在本地餐館用膳時與食物一起享用
- 通常以添加糖製成

## ➤ Chinese-style non-alcoholic beverages

- Traditional Chinese beverages or products incorporated with Chinese elements
- Commonly consumed together with meals in local restaurant setting
- Generally made with added sugar



## 研究範疇 Scope of Study (2)

- 涵蓋非預先包裝凍和熱的飲品及預先包裝飲品
- 重點探討以添加糖製成的飲品。然而，當選定的產品有「低糖」、「無糖」或「無添加糖」的配方版本，該些版本亦有機會被採樣。
- Included both hot and cold non-prepackaged beverages as well as prepackaged beverages
- Primarily focused on those beverages made with added sugars. Nevertheless, when a selected product had “low sugar”, “sugar-free” or “no added sugar” version, these versions might also be sampled.



# 方法 Method



# 採樣 Sampling (1)

## ➤ 抽取樣本時間

- 2015年5月至7月

## ➤ 地點

- 非預先包裝飲品(101款)
  - ◆ 中式食肆、火鍋店、茶餐廳、快餐店、粥粉麵店等
- 預先包裝飲品(40款)
  - ◆ 超市及零售店等

## ➤ Sampling period

- May to July 2015

## ➤ Location

- Non-prepackaged drinks (101 samples)
  - ◆ Chinese restaurants, hot-pot restaurants, local cafés, fast-food shops, noodles and congee shops, etc
- Prepackaged drinks (40 samples)
  - ◆ Retail shops, supermarkets, etc



飲品種類 Beverage types	非預先包裝樣本數目 No. of <u>non-prepackaged</u> samples collected	預先包裝樣本數目 No. of <u>prepackaged</u> samples collected
豆漿 Soy milk	31	16
菊花飲品 Chrysanthemum drink	5	6
酸梅湯 Sour plum drink	10	3
山楂飲品 Hawthorn drink	5	0
竹蔗飲品 Sugar cane drink	10	4
雪梨飲品 Pear drink	5	5
羅漢果飲品 Luo han guo drink	5	0
薏米飲品 Coix seed drink	5	3
杏仁霜 Almond drink	5	0
柑桔/柚子蜜 Kumquat/citron honey	10	3
西洋菜蜜 Watercress honey	10	0
<b>整體 Overall</b>	<b>101</b>	<b>40</b>



# 測試項目 Test Items

- 測試由食物安全中心食物研究化驗所進行
- 非預先包裝飲品(101款)
  - 檢測樣本中的糖含量
- 預先包裝飲品(40款)
  - 檢視了這些樣本營養標籤
- Testing conducted by Food Research Laboratory of Centre for Food Safety
- Non-prepackaged beverages (101 samples)
  - Tested for sugar content
- Prepackaged beverages (40 samples)
  - Referred to the nutrition label



# 結果分析 Data analysis

每100毫升糖含量(克) Sugar content per 100 mL	糖含量水平 Level of sugar content
$\leq 0.5$ *	「無糖」 “sugar-free”
$\leq 5$ *	「低糖」 “low in sugar”
$> 7.5$ #	「高糖」 “high in sugar”

\*根據本地現行的營養標籤規例

The existing Nutrition Labelling Regulation in HK

#根據衛生署發出的《學生小食營養指引》

*Nutrition Guidelines on Snacks for Students* published by the Department of Health



# 結果

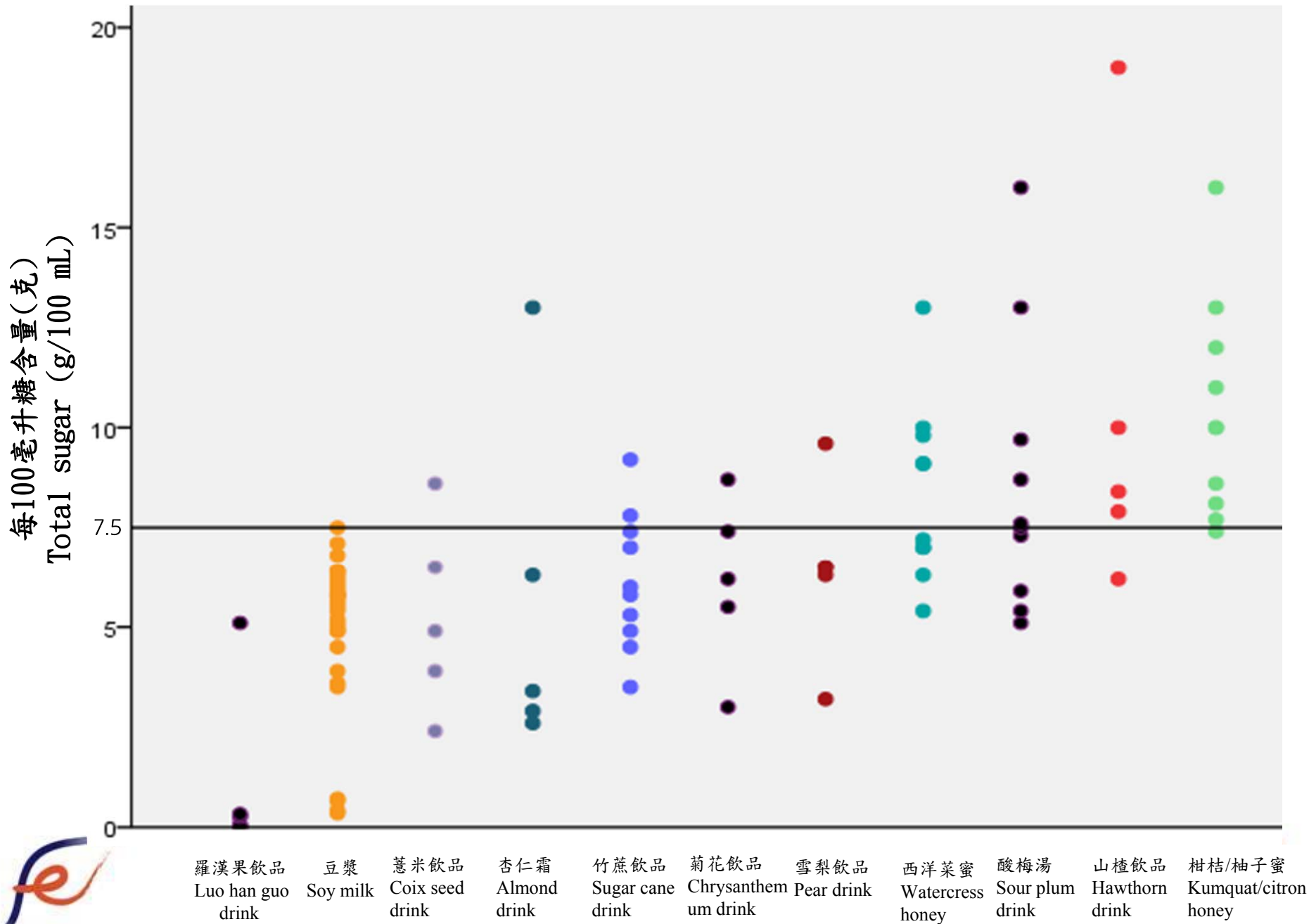
# Findings



# 非預先包裝飲品樣本檢出的糖含量

## Total sugar for non-prepackaged samples

飲品種類 Beverage types	樣本數目 No. of samples	每100毫升糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100 mL)
羅漢果飲品 Luo han guo drink	5	1.2 [0.027-5.1]
豆漿 Soy milk	31	4.9 [0.35-7.5]
薏米飲品 Coix seed drink	5	5.3 [2.4-8.6]
杏仁霜 Almond drink	5	5.6 [2.6-13]
竹蔗飲品 Sugar cane drink	10	6.1 [3.5-9.2]
菊花飲品 Chrysanthemum drink	5	6.2 [3.0-8.7]
雪梨飲品 Pear drink	5	6.4 [3.2-9.6]
西洋菜蜜 Watercress honey	10	8.4 [5.4-13]
酸梅湯 Sour plum drink	10	8.6 [5.1-16]
山楂飲品 Hawthorn drink	5	10 [6.2-19]
柑桔/柚子蜜 Kumquat/citron honey	10	10 [7.4-16]
<b>整體 Overall</b>	<b>101</b>	<b>6.6 [0.027-19]</b>



# 非預先包裝飲品樣本的糖含量水平

## Level of sugar for non-prepackaged samples

飲品種類 Beverage types	樣本數目 no. of samples				
	總數 Total	視為無糖樣本 Samples considered as “sugar-free” of ( $\leq 0.5\text{g}/100\text{ mL}$ )	視為低糖樣本 Samples considered as “low sugar” ( $> 0.5$ and $\leq 5.0\text{g}/100\text{ mL}$ )	樣本糖含量 Samples with total sugar > 5.0 and $\leq 7.5\text{g}/100\text{ mL}$	視為高糖樣本 Samples considered as “high in sugar” ( $>7.5\text{g}/100\text{ mL}$ )
羅漢果飲品 Luo han guo drink	5	4			
豆漿 Soy milk	31	2			
薏米飲品 Coix seed drink	5	0	3	1	1
杏仁霜 Almond drink	5	0	3	1	1
竹蔗飲品 Sugar cane drink	10	0	0	0	0
菊花飲品 Chrysanthemum drink	5	0	1	3	1
雪梨飲品 Pear drink	5	0	1	3	1
西洋菜蜜 Watercress honey	10	0	0	5	5
酸梅湯 Sour plum drink	10	0	0	0	0
山楂飲品 Hawthorn drink	5	0	0	0	0
柑桔/柚子蜜 Kumquat/citron honey	10	0	0	1	9
<b>整體 Overall</b>	<b>101</b>	<b>6</b>	<b>20</b>	<b>46</b>	<b>29</b>

# 個別非預先包裝飲品的糖攝入量

## Sugar intake from some non-prepackaged drinks (1)

	樣本數目 No. of samples	每分樣本糖含量(克) Total sugar per sample (g)	世衛建議游離糖攝入量百分比* % WHO daily sugar intake recommendation*
豆漿 Soy milk	31	1.2 - 40	2.4% - 80%



\*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  
< 50g free sugar for a total energy intake of 2000 kcal/day



# 個別非預先包裝飲品的糖攝入量

## Sugar intake from some non-prepackaged drinks (2)

	樣本 數目 No. of samples	每分樣本糖 含量(克) Total sugar per sample (g)	每250毫升糖 含量(克) Total sugar (g/250mL)	佔世衛建議游離糖攝入 量百分比 % WHO daily sugar intake recommendation*
柑桔/柚子蜜 Kumquat/ citron honey	10	15 - 37		30% - 74%
西洋菜蜜 Watercress honey	10	13 - 29		26% - 58%
酸梅湯 Sour plum drink	10		13 - 40	26% - 80%
山楂飲品 Hawthorn drink	5		16 - 47.5	32% - 95%



\*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  
< 50g free sugar for a total energy intake of 2000 kcal/day



# 豆漿 Soy milk

非預先包裝 Non-prepackaged		
版本 Version	樣本數目 No. of samples	每100毫升糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100 mL)
普通配方 Regularly sweetened	27	5.6 [3.5-7.5]
無添加糖 No added sugar	4	0.54[0.35-0.71]
整體 Overall	31	4.9[0.35-7.5]

預先包裝 Prepackaged		
版本 Version	樣本數目 No. of samples	每100毫升糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100 mL)
普通配方 Regularly sweetened	6	5.8[4.7-6.8]
低糖 Low sugar	7	4.6[3.8-5.0]
無糖 Sugar-free	1	0.5
無添加糖 No added sugar	2	0.75[0.5-1.0]
整體 Overall	16	4.3[0.5-6.8]

# 菊花飲品 Chrysanthemum drinks

版本 Version	非預先包裝 Non-prepackaged		預先包裝 Prepackaged	
	樣本數目 No. of samples	每100毫升糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100 mL)	樣本數目 No. of samples	每100毫升糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100 mL)
普通配方 Regularly sweetened	5	6.2[3.0-8.7]	3	7.9[7.0-8.7]
低糖 Low sugar			3	4.5[3.8-5.0]
整體 Overall	5	6.2[3.0-8.7]	6	6.2[3.8-8.7]



# 其他飲品 Other beverages

飲品種類 Drink types	非預先包裝 Non-prepackaged		預先包裝 Prepackaged	
	樣本數目 No. of samples	每100毫升糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100 mL)	樣本數目 No. of samples	每100毫升糖含量 平均值[範圍](克) Total sugar Mean [range] (g/100 mL)
竹蔗飲品 Sugar cane drink	10	6.1[3.5-9.2]	4	7.2[6.0-8.0]
薏米飲品 Coix seed drink	5	5.3[2.4-8.6]	3	7.3[5.0-8.5]
雪梨飲品 Pear drink	5	6.4[3.2-9.6]	5	8.2[4.1-9.7]
酸梅湯 Sour plum drink	10	8.6[5.1-16]	3	12[10-14]
柑桔/柚子蜜 Kumquat/citron honey	10	10[7.4-16]	3	8.4[6.1-11]

## 結果1:

- 個別同種類中式飲品樣本的糖含量差異很大

這表示業界減低這些飲品的糖含量是切實可行的

## Finding 1:

- **Large variations in the sugar contents within the same type of beverage**

**This reflects the possibility of the Trade to reduce the sugar content in these beverages**



## 結果2:

- 豆漿樣本配方種類繁多，有普通、低糖、無糖/無添加糖配方產品供公眾選擇。而預先包裝菊花飲品亦有普通和低糖配方產品。這些配方產品能有效地減低糖的攝入量。

**業界應考慮增加供應低糖、無糖或無添加糖配方的飲品**

## Finding 2:

- There were various versions of soy milk, including regularly sweetened, low sugar, sugar-free and no added sugar. Prepackaged chrysanthemum drink also offers regularly sweetened and low sugar versions. These versions brought about significant reduction in sugar content in these beverages.

**The Trade should consider increasing the supply of low sugar, sugar-free or no added sugar versions of these beverages**



# 與過往研究之比較

## Comparison with previous studies

- 2014年《本港一些非預先包裝食物的糖含量》
- 2009年《香港常見非預先包裝飲品的營養素含量》
  - 甜豆漿樣本的平均糖含量減幅達兩成以上
  - 其他種類飲品的平均糖含量似乎沒有顯著的變化
- Sugars content of some non-prepackaged food in HK (2014)
- Nutrient Contents of common non-prepackaged beverages in HK (2009)
  - Mean sugar content of sweetened soy milk had been reduced by over 20%
  - No apparent changes in sugar content in other types of beverages



# 本地的減糖行動

## Local actions on sugar reduction

- 2015年施政綱領提出政府將訂定及推行策略性計劃，推動市民減低從食物中攝入的鹽和糖，推廣健康飲食。
- 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。
- Policy Agenda 2015 included that the Administration will devise and implement a strategic plan for encouraging reduced intake of salt and sugar in food so as to promote a healthy diet.
- The International Advisory Panel on Reduction of Salt and Sugar in Food (IAP) 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 (豆漿為例)

## Sugar reduction target setting (Soy milk as example)

- 根據外地訂立減糖目標的建議和一些主要國際品牌飲料的減糖目標承諾
  - 分析本研究的40款豆漿樣本(扣除無添加糖配方及無糖配方樣本)的糖含量數據

- With reference to overseas recommendations on target setting approaches as well as sugar reduction pledges of certain major international brands
  - This study analysed the sugar content data of the 40 soy milk samples (excluding samples of “no added sugar” and “sugar-free” formulations)



# 擬訂減糖目標水平 (豆漿為例)

## Sugar reduction target setting (Soy milk 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毫升含5.6至6.0克糖

#### 2. 訂立「糖含量平均限值」

根據平均糖含量(即每100毫升含5.4克糖)

→ 設定減糖指標

#### 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 50<sup>th</sup> and 75<sup>th</sup> percentiles of the sugar content distribution

→5.6-6.0 g sugar /100 mL

#### 2. “Average/mean level” approach

Make reference to the average/mean sugar content (i.e. 5.4 g sugar /100 mL)

→Set the sugar reduction target

#### 3. “Percentage reduction target” approach

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

# 擬訂減糖目標水平

## Sugar reduction target setting (3)

- 政府將繼續與相關食物業界商討降低飲品中糖含量的可行性，以制定切實可行的減糖目標及時間表。
- The Administration will continue the work on setting feasible and achievable targets in consultation with the food industry.



# 給消費者的建議 Advice to Consumers

- 留意飲品的糖含量，選擇合適的飲品以配合個人需要。
- 點餐時，可要求食肆提供“少糖”或“無添加糖”的飲品，或把糖或糖水分開送上。
- 留意飲品的分量。如提供的分量超過個人一般飲用的分量(如大瓶裝)，可考慮分數次飲用或與他人分享。
- 保持均衡和多元化的飲食，限制飲用添加大量糖分的飲品。
- Take note of the sugar content of beverages and choose the appropriate types of product to suit one's need.
- Request “less sugar” or “no added sugar” versions of beverages when ordering, or ask for syrup/sugar to be served separately.
- Take note of the serving size of beverages. Share the beverage with others or consume the beverage on several occasions if serving size exceeds the usual consumption amount.
- Maintain a balanced and varied diet and limit the consumption of beverages with large amount of added sugar.



# 給業界的建議 Advice to Trade (1)

- 業界要意識到他們供應的飲品的糖含量會對公眾健康構成影響，故此應參考中心的《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，以減少飲品的糖含量。
- 應積極採取行動減低飲品的糖含量，並參考降低食物中鹽和糖國際諮詢委員會將會訂定的目標水平，以制定可行的減糖方案來達到該目標水平。

- Be aware that sugar content of the beverages on sale has public health implications. Through modification of preparation methods, ingredients and serving sizes, the Trade can make reference to the CFS trade guidelines for reducing sugar contents in food and beverages.
- Take action to reduce sugar content of beverages, make reference to and work towards the sugar reduction target to be set by the IAP.



## 給業界的建議 Advice to Trade (2)

- 在菜單、價目表及其他印刷品上為其供應的非預先包裝飲品提供營養成分資料，讓顧客作出知情的選擇。
- 為顧客提供“少糖”或“無添加糖”的選擇，並在餐牌上和點菜時提醒。
- 回應顧客的要求，提供“少糖”或“無添加糖”的飲品，並把糖或糖水分開送上。
- Provide nutrition information for non-prepackaged food and beverage items on menu, price list or other printed materials so that customers can make informed choice.
- Offer less sugar or no added sugar options on menu and remind customers during ordering.
- Provide “less sugar” or “no added sugar” versions of beverages upon customers’ requests, and serve syrup/sugar separately.



謝謝  
Thank You

