

本地港式小菜的營養含量

Nutrient Content of Hong Kong Style Savoury Dishes

業界諮詢論壇

Trade Consultation Forum

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背景

Background



為甚麼我們要留意營養素的攝入量？

Why do we focus on the intake of nutrients?

- 如長期過量攝入一些營養素，能引致過重、肥胖和其他長期病患，因此需要限制攝入。
- 例如：鈉(鹽)、糖、脂肪
- We need to restrict the intake of some nutrients as excessive intake of these nutrients can lead to overweight, obesity and other chronic diseases.
- E.g. sodium (salt), sugar, fat



鈉對健康的影響

Health effects of sodium

- 鈉是維持人體機能正常運作的必需元素，但攝取過多可能會增加患上高血壓的風險。
- 高血壓若不及早診治，可引致心臟病和中風等慢性疾病。
- Sodium is essential for body functions, but excessive intake of sodium may have higher risk of developing high blood pressure.
- Untreated high blood pressure can lead to chronic diseases such as heart attack and stroke.



世衛鈉攝取量建議

WHO's sodium intake recommendation

➤ 鈉

- 一般成年人每日的鈉攝取量應少於2,000毫克 (5克鹽，即略少於一平茶匙食鹽)。

➤ Sodium

- The daily intake of sodium of an average adult should be less than 2,000 mg (5 g of salt, slightly less than 1 level teaspoon of salt).



飲食中的鈉的來源

Sources of dietary sodium

- 世衛指出，煮食時添加鹽及不同的醬料是亞洲國家其中一個攝取鈉的主要來源。
- According to WHO, high proportions of sodium in the diet come from salt added in cooking and from sauces in Asian countries.



糖對健康的影響

Health effects of sugar

- 糖可為身體提供能量(每克糖提供4千卡能量)。
- 進食過多糖可能會令人攝入過多能量，增加超重和患上肥胖症的風險。
- 經常攝入過多的糖還會引致蛀牙。
- 肥胖症會增加患上一些慢性疾病(如：高血壓、心臟病和糖尿病)的風險。
- Sugar provides energy for the body (each gram of sugar can provide 4 kcal of energy).
- 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.
- Obesity increases the risk of a number of chronic diseases, such as hypertension, heart diseases and diabetes mellitus.



脂肪對健康的影響

Health effects of fat

- 脂肪是高能量的來源，每克脂肪提供 9 千卡能量。進食太多脂肪會導致攝入過多能量，增加患上肥胖症、高血壓及糖尿病的風險。
 - 攝取過量的飽和脂肪和反式脂肪，會增加血液中“壞膽固醇”含量，從而增加患上冠心病的風險。
- Fat is a concentrated source of energy, as each gram of fat can provide 9 kcal of energy. Consuming too much fat can lead to too much energy intake, and in turn increase the risk of obesity, high blood pressure and diabetes.
- Consuming too much saturated fat and trans fat can increase the level of “bad cholesterol” in blood and increase the chance for coronary heart disease.



本地的減鹽減糖行動

Local actions on salt and sugar reduction

- 政府於2015年成立「降低食物中鹽和糖委員會」，就制定政策方向及工作計劃，向食物及衛生局局長提供建議。

The Government established the “Committee on Reduction of Salt and Sugar in Food” in 2015, which is responsible for making recommendations to the Secretary for Food and Health on the formulation of policy directions and work plans.
- 委員會認為推廣低鹽低糖飲食文化是首要的工作，讓市民逐漸改變偏鹹偏甜的飲食習慣，接受一個相對健康的飲食方式，並帶動對低鹽低糖食物的需求，令業界更積極作出配合。

The Committee considered the first and foremost task is to promote a culture of low-salt-and-sugar diet, which will see the public gradually change from a high-salt-and-sugar diet to a relatively healthier one. Such a change will generate the demand for low-salt-and-sugar food and stimulate proactive response from the food trade.



是次研究

The Study



港式小菜

Hong Kong style savoury dishes

- 香港人經常出外用膳
- 港式小菜是本地日常膳食的重要部分
- 種類繁多，但已知的營養含量有限
- In HK, eating out is very much a way of life
- HK style savoury dishes constitute a significant part of our everyday local diet
- Numerous combinations; nutrient content is largely unknown



目的 Objectives

- 檢測及比較一些本地食肆供應的港式小菜的營養素
- 幫助公眾在外出用膳時能作出知情和適合個人情況的選擇
- 推動食物業界透過改良食品配方提供減鈉的港式小菜
- To measure and compare the nutrient content of HK style savoury dishes provided by local food premises.
- To inform and assist the public to make informed choices when eating out.
- To encourage the trade to provide HK style savoury dishes with less sodium through recipe reformulation.



研究範疇 Scope of Study

- 10種本港市面上較常見的港式小菜
- 10 types of HK style savoury dishes that are commonly available in local food premises



方法

Method



採樣 Sampling

抽取樣本時間

- 2017年3月至4月

地點

- 酒樓食肆
- 港式茶餐廳
- 快餐店

Sampling period

- March to April 2017

Location

- Chinese restaurants
- Local style cafés
- Fast-food restaurants



港式小菜種類	HK style savoury dish types	樣本數目 No. of samples collected
鹹蛋蒸肉餅	Steamed minced pork patty with salted egg	10
菠蘿咕嚕肉	Pork and pineapple in sweet and sour sauce	10
中式牛柳	Beef fillet in sweet and sour sauce	10
蝦仁炒蛋	Scrambled egg with shrimp	10
粟米魚塊	Fish fillet in sweet corn sauce	10
西蘭花炒魚塊	Stir-fried broccoli with fish fillet	10
欖菜肉鬆四季豆	Sauteed French bean with minced pork and Chinese preserved olive	10
魚香茄子煲	Eggplant casserole with salted fish and minced pork	10
西芹炒雞柳	Stir-fried celery with chicken fillet	10
北菇西蘭花	Broccoli with braised Chinese mushroom	10
整體 Overall		100



測試項目 Test Items

➤ 測試由中心食物研究化驗所進行

➤ 檢測樣本中的:-

- 鈉
- 糖
- 總脂肪
 - 飽和脂肪
 - 反式脂肪
- 能量

➤ Testing conducted by Food Research Laboratory of CFS

➤ Tested for content of:-

- Sodium
- Sugar
- Total fat
 - Saturated fat
 - Trans fat
- Energy



結果分析 Data analysis (1)

	低 LOW* (每100克食物) (per 100 g of food)	高 HIGH# (每100克食物) (per 100 g of food)
鈉 (或鹽) Sodium (or salt)	≤ 120 毫克/mg	> 600 毫克/mg
糖 Sugar	≤ 5 克/g	> 15 克/g
總脂肪 Total fat	≤ 3 克/g	> 20 克/g

*根據本地現行的營養標籤規例

According to the existing Nutrition Labelling Regulation in Hong Kong

#根據中心為方便市民有效地使用營養標籤而編印的“購物指南卡”

According to the “Shopping card” published by CFS which aims at facilitating consumers in making good use of nutrition labels



結果分析 Data analysis (2)

- 以每日三餐計算, 把攝入的營養素分量與世衛建議每日攝取限量的三分之一作比較。
- Based on taking 3 meals a day, the amount of nutrient intake is compared with 1/3 of WHO's recommendations on daily intake upper limits.

營養素 Nutrients	世衛建議每日攝取限量 (以每日攝取2,000千卡能量計) WHO's recommendations on daily intake upper limits (based on a 2000-kcal diet)
鈉 sodium	< 2,000 毫克 / mg
糖 Sugar*	< 總能量的10% (<50克) < 10% total energy (< 50 g)
總脂肪 Total fat	< 總能量的30% (<66克) < 30% total energy (< 66 g)
飽和脂肪 Saturated fat	< 總能量的10% (<22克) < 10% total energy (< 22 g)
反式脂肪 Trans fat	< 總能量的1% (<2.2克) < 1% total energy (< 2.2 g)

*將游離糖攝入量進一步減至每日總能量的5%以內可更有效減少蛀牙

Further reduction of free sugar intake to below 5% of total energy intake would provide additional health benefits in the form of reduced dental caries

結果

Findings



港式小菜樣本檢出的鈉含量

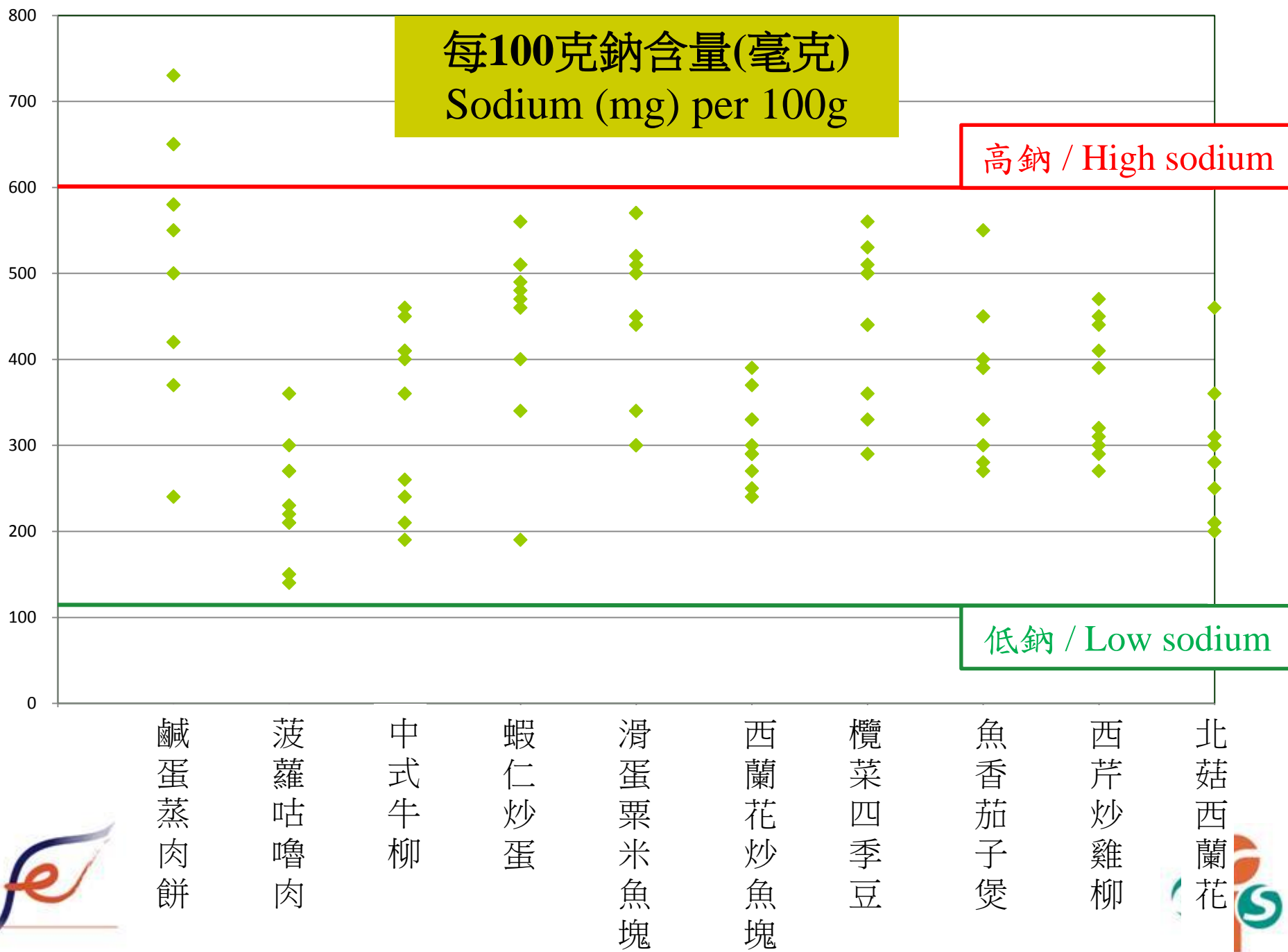
Sodium content of HK style savoury dish samples

港式小菜種類 HK style savoury dish types	每100克鈉含量 平均值[範圍](毫克) Mean sodium content [range] (mg/100 g)
鹹蛋蒸肉餅 Steamed minced pork patty with salted egg	530(240-730)
粟米魚塊 Fish fillet in sweet corn sauce	450(300-570)
欖菜肉鬆四季豆 Sauteed French bean with minced pork and Chinese preserved olive	450(290-560)
蝦仁炒蛋 Scrambled egg with shrimp	440(190-560)
魚香茄子煲 Eggplant casserole with salted fish and minced pork	370(270-550)
西芹炒雞柳 Stir-fried celery with chicken fillet	370(270-470)
中式牛柳 Beef fillet in sweet and sour sauce	340(190-460)
西蘭花炒魚塊 Stir-fried broccoli with fish fillet	310(240-390)
北菇西蘭花 Broccoli with braised Chinese mushroom	290(200-460)
菠蘿咕嚕肉 Pork and pineapple in sweet and sour sauce	240(140-360)
整體 Overall	380(140-730)

每100克鈉含量(毫克)
Sodium (mg) per 100g

高鈉 / High sodium

低鈉 / Low sodium



鹹蛋蒸肉餅：鈉從何來？

Steamed pork patty: Where does sodium come from?



含高鹽分的
醃製鹹蛋



製作時添加
含鹽／鈉的
調味料



上菜時可能
添加豉油汁

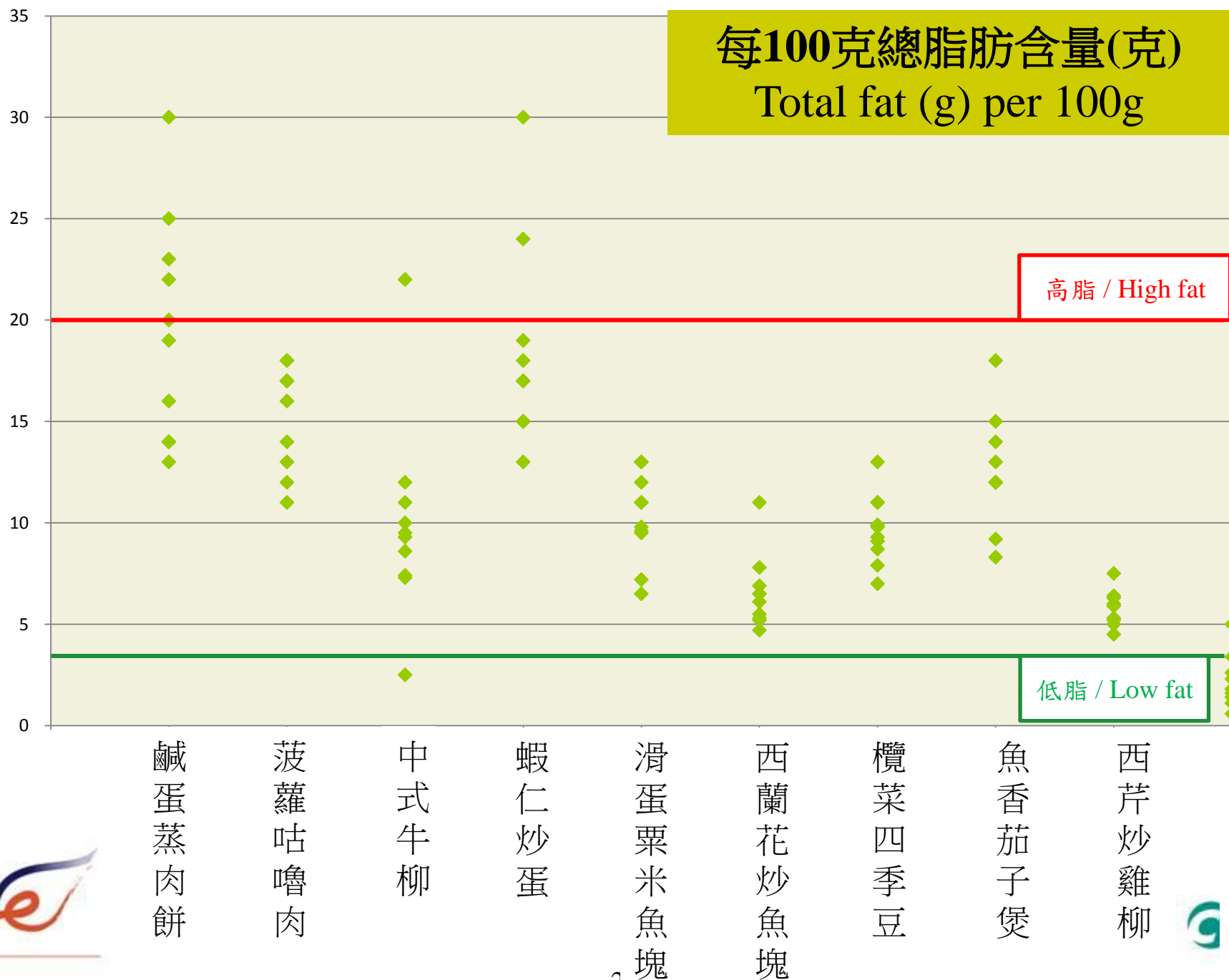


港式小菜樣本檢出的總脂肪含量

Total fat content of HK style savoury dish samples

港式小菜種類 HK style savoury dish types	每100克總脂肪含量 平均值[範圍](克) Mean total fat content [range] (g/100 g)
鹹蛋蒸肉餅 Steamed minced pork patty with salted egg	20(13-30)
蝦仁炒蛋 Scrambled egg with shrimp	18(13-30)
菠蘿咕嚕肉 Pork and pineapple in sweet and sour sauce	15(11-18)
魚香茄子煲 Eggplant casserole with salted fish and minced pork	13(8.3-18)
粟米魚塊 Fish fillet in sweet corn sauce	10(6.5-13)
中式牛柳 Beef fillet in sweet and sour sauce	10(2.5-22)
欖菜肉鬆四季豆 Sauteed French bean with minced pork and Chinese preserved olive	9.7(7.0-13)
西蘭花炒魚塊 Stir-fried broccoli with fish fillet	6.6(4.7-11)
西芹炒雞柳 Stir-fried celery with chicken fillet	5.8(4.5-7.5)
北菇西蘭花 Broccoli with braised Chinese mushroom	2.2(0.59-5.0)
整體 Overall	11(0.59-30)

每100克總脂肪含量(克) Total fat (g) per 100g



脂肪從何來？

Where does fat come from?

使用較重肥肉
比例所製成的
蒸肉餅



使用較高脂肪
部位的肉類

炒餸時使用較大量食油



模擬兩人於酒樓食肆用膳 看看整餐營養素攝入量

**Simulate two people eating out in Chinese restaurant,
look into nutrient intake for the whole meal**



較豐富的晚餐 A relatively big dinner



	整餐每人攝入量 Intake per person for whole meal	佔世衛建議每日攝取限量百分比 (以每日攝取2,000千卡能量計) % WHO recommended daily intake upper limit (based on a 2000-kcal diet)
鈉(毫克) / Sodium (mg)	2700	137%
糖(克) / Sugar (g)	6.5	13%
總脂肪(克) / Total fat (g)	70	106%
飽和脂肪(克) / Sat fat (g)	11	48%
能量(千卡) / Energy (kcal)	1300	64%



較少肉的晚餐 A dinner with less meat



	整餐每人攝入量 Intake per person for whole meal	佔世衛建議每日攝取限量百分比 (以每日攝取2,000千卡能量計) % WHO recommended daily intake upper limit (based on a 2000-kcal diet)
鈉(毫克) / Sodium (mg)	2000	98%
糖(克) / Sugar (g)	9.0	18%
總脂肪(克) / Total fat (g)	17	26%
飽和脂肪(克) / Sat fat (g)	2.4	11%
能量(千卡) / Energy (kcal)	590	30%

模擬一個人在快餐店或茶餐廳用膳 看看營養素攝入量

**Simulate one person eating out in a fast-food restaurant or
local style cafe, look into nutrient intake**



一個人進食整碟一人分量小菜

Consuming the whole one-person serving of savoury dish

世衛建議每日鈉
攝取限量的90%

世衛建議
每日鈉攝
取限量的
87%

世衛建議
每日鈉攝
取限量的
81%



現時港式小菜的鈉含量不理想

Sodium content of HK style savoury dishes is not ideal

- 業界確實有責任改良食譜以降低港式小菜的鈉含量，消費者才可逐步減少外出用膳的鈉攝取量。
- Trade has the responsibility to reduce sodium content in HK style savoury dishes through recipe reformulation, so that consumers can reduce their sodium intake gradually when eating out.



- 消費者可透過配搭得宜，揀選鈉含量較低的港式小菜以降低鈉攝入量。
Consumers can make wise matches, and choose savoury dishes with lower sodium content to reduce their own sodium intake.



建議 Advice

給業界的建議

Advice to Trade (1)

- 在醃肉、烹調等步驟減少使用鹽和其他含鹽／鈉的調味料的分量，或選用天然／新鮮的食材。
- 如有需要使用含有高鹽分的食材（例如鹹蛋、醃菜），應相應減少使用鹽和其他含鹽／鈉的調味料的分量。可以的話，亦應盡量減少使用這些含有高鹽分的食材的分量。
- Reduce the use of salt or sodium-containing condiments during marinating and cooking steps; or use more fresh ingredients.
- When the use of high-sodium ingredients (e.g. salted egg, preserved vegetable) is required, the amount of salt or other sodium-containing condiments used should be cut down accordingly. If feasible, use less amount of these high-sodium ingredients.



給業界的建議

Advice to Trade (2)

- 減少每碟小菜的醬汁分量，以及避免自動為港式小菜（例如蒸肉餅）添加額外豉油。如有需要，應以獨立容器盛載豉油或醬汁，讓消費者按口味添加。
- 除提供標準分量的港式小菜外，可提供分量較少例如輕量版的港式小菜，讓消費者按所需的分量來選擇。
- Reduce the amount of sauce in savoury dishes, and avoid adding extra soy sauce before serving. If necessary, serve sauce and condiments in separate containers, and let the consumers decide the amount to be added.
- Apart from providing the standard portion size of savoury dishes, offer savoury dishes in smaller portion size for consumers to choose based on their requirements.



給業界的建議

Advice to Trade (3)

- 在菜單、價目表及其他印刷品上標示所供應的港式小菜的營養成分資料（如能量／卡路里、鈉／鹽等）。
- 參考中心的《降低食物中鈉含量的業界指引》及《降低食物中糖和脂肪含量的業界指引》，製作鈉／鹽、糖和脂肪含量都較低的食物。
- Display nutrition information (particularly energy/calorie, sodium/salt) of savoury dishes on menus, price list and other printed materials.
- Make reference to the CFS' "Trade Guidelines for Reducing Sodium in Foods" and "Trade Guidelines for Reducing Sugars and Fats in Foods" for producing foods with lower sodium/salt, sugar and fat contents.



給消費者的建議

Advice to Consumers (1)

- 點餐時，要求食肆配製食物時「少鹽」。
- 要求豉油、醬汁另上，並在試味後按口味適量添加。
- 本研究測試結果顯示部分以蔬菜為主要食材的港式小菜的鈉含量相對較低。點餐時可考慮多選這些小菜，以貫徹多菜少肉的均衡飲食原則。
- Ask for “less salt” or “less salty” option of the food when ordering.
- Request soy sauce or other condiments to be served separately, and taste before adding them.
- Test results showed that certain HK style savoury dishes with vegetables as the main ingredients were found to have relatively lower sodium content. Consumers may consider ordering these dishes more often to echo with balanced diet principle, i.e. eating more vegetables and less meat.



給消費者的建議

Advice to Consumers (2)

- 留意港式小菜的分量，如分量較大可考慮減少點菜數量。
- 參考本研究結果，留意營養資料選擇合適的港式小菜，以配合個人膳食需要。
- 要選擇較健康的港式小菜，除留意鈉／鹽含量外，亦應留意其他營養成分例如糖、脂肪含量、能量／卡路里。
- Beware of the portion size of savoury dishes. Consider ordering less dishes when the portion size is large.
- Take note of the study results, and choose the savoury dishes that suit individual dietary needs.
- Apart from sodium/salt content, other nutrition information such as sugar, fat, energy/calorie contents are also important when choosing healthier savoury dishes.



謝謝
Thank You

