
規管食物中的反式脂肪-國際情況
Regulating Trans Fats in Food –
The International Scene

業界諮詢論壇
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背景 Background (1)

■ 膳食中的反式脂肪種類：

- 天然反式脂肪及；
- 人造反式脂肪

■ 反式脂肪對人體的影響：

- 增加低密度脂蛋白膽固醇（“壞”膽固醇）
- 減少高密度脂蛋白膽固醇（“好”膽固醇）
- 增加患心臟病的風險

■ Types of dietary trans fats:

- Natural trans fats and;
- Artificial trans fats

■ Health impact of trans fats:

- Raise the level of low-density lipoprotein (LDL) cholesterol (the “bad” cholesterol)
- Lower the level of high-density lipoprotein (HDL) cholesterol (the “good” cholesterol)
- Increase the risk of heart disease

背景 Background (2)

- 膳食中主要的反式脂肪是工業製成的反式脂肪
- 源自進食了以部分氫化油為材料的食品或用部分氫化油烹調的煎炸和烘培食品
- 部分氫化油是反式脂肪酸的主要來源
- The main dietary trans fats is industrially-produced trans fats
- From the intake of food made with Partially Hydrogenated Oils (PHOs) or cooked with PHOs, such as fried food and bakery products
- PHOs are the primary source of trans fatty acids (TFAs)

背景 Background (3)

■ 世界衛生組織（世衛）建議

- 反式脂肪酸的攝取量應該低於每日所吸收的能量的百分之1
- 以2,000千卡膳食計算，每日反式脂肪酸攝取應少於2.2克
- 於2018年推出”REPLACE”指引以取締工業製成的反式脂肪酸

■ Advice from World Health Organization (WHO)

- TFAs consumption should be limited at 1% of the daily energy intake
- Less than 2.2g / day of TFAs in a 2,000-kcal diet
- Issue the guideline “REPLACE” in 2018 to eliminate industrially-produced TFAs



資料來源：世界衛生組織
Source: World Health Organization

背景 Background (4)

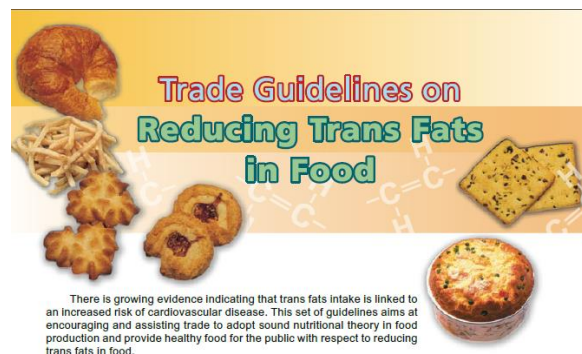
R E P		L A C E			
REVIEW	PROMOTE	LEGISLATE	ASSESS	CREATE	ENFORCE
dietary sources of industrially-produced trans fats and the landscape for required policy change	the replacement of industrially-produced trans fats with healthier fats and oils	or enact regulatory actions to eliminate industrially-produced trans fats	and monitor trans fat content in the food supply and changes in trans fat consumption in the population	awareness of the negative health impact of TFA among policy-makers, producers, suppliers, and the public	compliance with policies and regulations
審視	推廣	立法	評估	營造	實施
日常飲食中含有工業製成反式脂肪的源頭和改變有關政策所需的規模	以其他較為健康的脂肪及油取代工業製成的反式脂肪	或實行管制措施以取締工業製成的反式脂肪	及監察食物供應中反式脂肪的含量和社會人口中反式脂肪攝取的改變	在制訂政策人士, 生產商, 供應商及公眾對反式脂肪酸所造成的負面影響的意識	及遵從有關政策和規例



資料來源：世界衛生組織
Source: World Health Organization

背景 Background (5)

- 根據《食物及藥物(成分組合及標籤)規例》(第132W章), 預先包裝食物的營養標籤必須標示其反式脂肪含量
- 食物安全中心(食安中心)已於2008年製作了《減少食物中反式脂肪業界指引》供業界參考
- According to 《Food and Drugs (Composition and Labelling) Regulations》(Cap. 132W), the content of trans fats in prepackaged food shall be listed on the nutrition labelling
- The Centre for Food Safety (CFS) produced the “Trade Guidelines on Reducing Trans Fats in Food” in 2008 for the reference of the food trade



國際情況 International Scene (1)

海外國家主流的監管方向 Approaches of regulatory control in overseas countries

將部分氫化油列作食物添加劑規管
例子：美國

Regulate PHOs as a kind of food additives

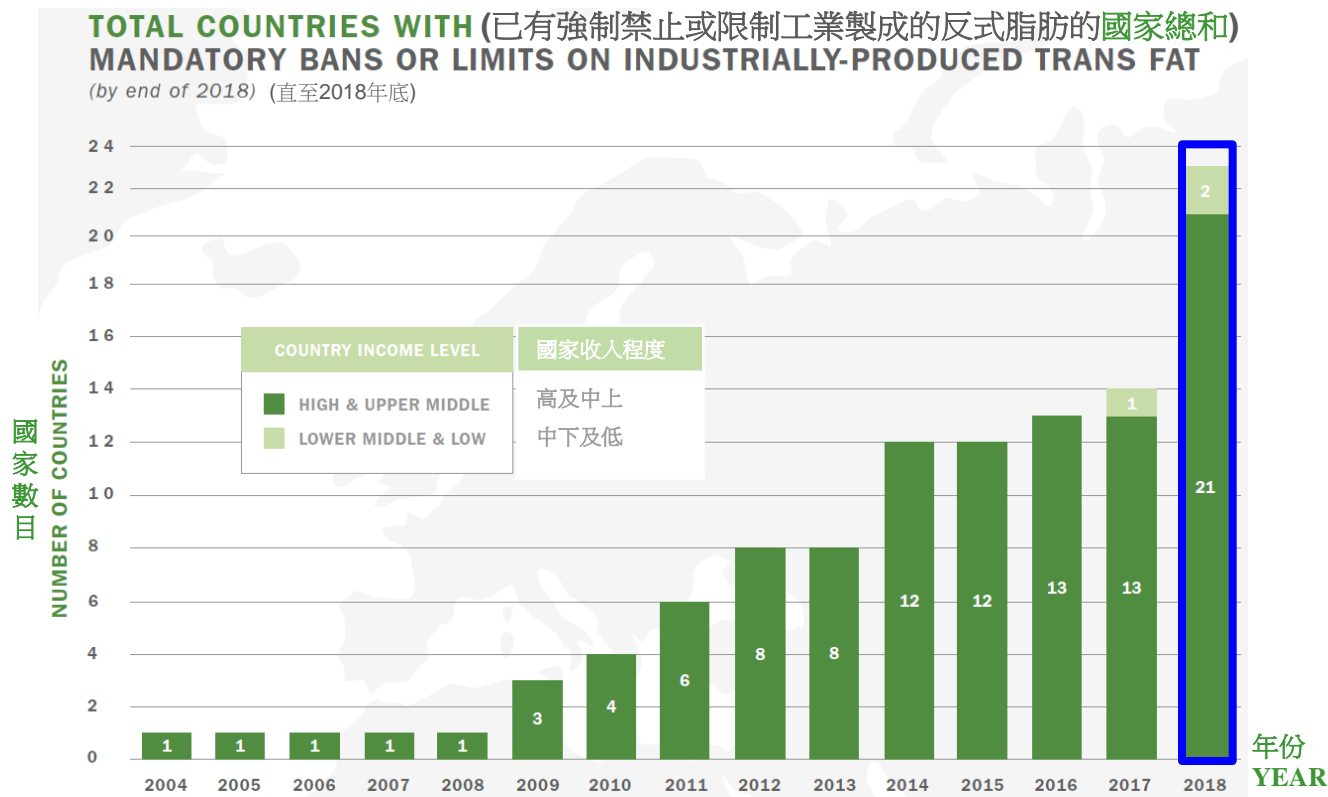
e.g. United States

限制成份中的反式脂肪酸含量
(如用作製作食物的食用油脂)
例子：丹麥，奧地利，匈牙利，拉脫維亞

**Limit the TFAs in the ingredient
(e.g. Fats and oils in food for sale)**

e.g. Denmark, Austria, Hungary, and Latvia

國際情況 International Scene (2)



WHO's expectation

- By the end of 2018, **23 countries** will have set mandatory limits on industrially-produced trans fats or banned PHOs

世衛預期

- 在2018年底，將會有**23個國家**推行強制措施以限制工業製成的反式脂肪或禁止部分氫化油



資料來源：世界衛生組織
 Source: World Health Organization

國際情況 International Scene (3)

Limits trans fats in 2% of fat and oil in all food	Nationwide ban on PHOs	Limits trans fats to (i) 2% of total fat content in vegetable oils and margarines and; (ii) 5% of the total fat content in all other food	Limits trans fats to 2% by weight in fats, vegetable oils and margarines	Limits trans fats to 5% by weight in fats, oils and emulsions
1. Austria 2. Chile 3. Denmark 4. Ecuador 5. Hungary 6. Iceland 7. Latvia 8. Norway 9. South Africa	10. Canada 11. United States	12. Argentina 13. Colombia 14. Iran (Islamic Republic of) 15. Saudi Arabia	16. Armenia 17. Belarus 18. Kazakhstan 19. Kyrgyzstan 20. Russian Federation 21. Singapore 22. Switzerland	23. India
限制在食物中的反式脂肪少於在總脂肪及油含量的百分之 2	管制食物中的部分氫化油的使用	限制 (i) 植物油和人造牛油的反式脂肪少於在總脂肪含量的百分之 2 及; (ii) 在食物中的反式脂肪少於在總脂肪含量的百分之 5	限制植物油和人造牛油的反式脂肪少於總重量中的百分之 2	限制脂肪，油及乳化劑的反式脂肪少於總重量中的百分之 5
1. 奧地利 2. 智利 3. 丹麥 4. 厄瓜多爾 5. 匈牙利 6. 冰島 7. 拉脫維亞 8. 挪威 9. 南非	10. 加拿大 11. 美國	12. 阿根廷 13. 哥倫比亞 14. 伊朗 15. 沙地阿拉伯	16. 亞美尼亞 17. 白俄羅斯 18. 哈薩克斯坦 19. 吉爾吉斯斯坦 20. 俄羅斯 21. 新加坡 22. 瑞士	23. 印度



主要資料來源：世界衛生組織
Major Source: World Health Organization

國際情況 International Scene (4)

Legislation Effective Date: 1st Jan, 2004
 法例生效日期: 2004年1月1日

有關推行法例後成效的例子: 丹麥

Example in illustrating the outcome after legislation: Denmark

Number of products with more than 2 g IP-TFA per 100 g of fat distributed among the different commodities. (在不同商品中每100克脂肪中含有高於2克工業製成的反式脂肪的產品)
 The total number of investigated samples is given in brackets.

(抽取作調查的樣本總數以括號表示)

商品 Commodities	2002- 2003	2004- 2005	2006- 2007	2010	2012- 2013
巧克力及甜點 Chocolate and confectionery products	2 (43)	1 (11)	0 (1)	1 (11)	0 (2)
糖果 Sweets	8 (19)	0 (15)	0 (2)	1 (8)	0 (2)
蛋糕 Cakes	14 (63)	1 (21)	1 (5)	0 (27)	0 (18)
曲奇 Cookies	22 (49)	8 (40)	1 (15)	3 (19)	2 (30)
餅乾 Biscuits	3 (26)	0 (7)	0 (1)	0 (2)	4 (18)
果醬 Fruit spread	2 (2)	0 (2)	0 (0)	0 (0)	0 (0)
微波爐製爆谷 Microwave oven popcorn	2 (17)	0 (6)	1 (1)	0 (5)	0 (4)
炸薯條及凍薯 French fries and frozen potatoes	8 (23)	3 (23)	1 (12)	0 (13)	0 (10)
快餐供應食品 Fast food (tortilla, taco, pie, spring roll)	1 (7)	4 (7)	0 (5)	1 (7)	0 (4)
冰淇淋及到會食品 Ice cream and catering products	3 (4)	0 (10)	0 (0)	0 (0)	0 (0)
人造牛油, 乳化油及炸油 Margarines, shortenings and frying oils	0 (0)	0 (6)	0 (3)	1 (4)	0 (7)
總數 Total	65 (253)	17 (148)	4 (45)	7 (96)	6 (95)
	[26%]	[11%]	[9%]	[7%]	[6%]



Ministry of Food, Agriculture and Fisheries of Denmark

資料來源: 丹麥農業食品漁業部

Source: Ministry of Food, Agriculture and Fisheries of Denmark

Before legislation
 法例生效前

After legislation
 法例生效後

本地立法的可能性

Possibility of local legislation

- 香港是其中一個城市較先推行營養標籤包括列出反式脂肪的法例
- 但是至今仍未有就食物中的反式脂肪含量作出任何的規管措施
- 為了保障公眾健康，有可能就食物中的反式脂肪含量作出規管
- Hong Kong is one of the pioneer cities which implements nutrition labelling legislation (Cap. 132W) including trans fats
- No regulatory controls on the content of trans fats in food at this stage
- There may be a need to regulate the level of trans fats in food to further protect public health