



# 部分氫化油 的規管

# Regulation of Partially Hydrogenated Oils (PHOs)

# 2021年 食物內有害物質 (修訂)規例

# Harmful Substances in Food (Amendment) Regulation 2021

# 2021年食物內有害物質 (修訂)規例

## 第3A條 禁止輸入和出售含有違禁物質的某些食物或油等

- (2) 任何人不得輸入含有部分氫化油的油或脂肪或兩者的混合物以供人食用。
- (3) 任何人不得售賣或為供出售而託付或交付含有部分氫化油的食物（包括油或脂肪或兩者的混合物）以供人食用。

# Harmful Substances in Food<sup>2</sup> (Amendment) Regulation 2021

## Regulation 3A Prohibition of import and sale of certain food or oil etc. containing prohibited substances

- (2) A person must not import for human consumption any oil or fat or a mixture of oil and fat containing partially hydrogenated oil.
- (3) A person must not sell, or consign or deliver for sale, for human consumption any food (including any oil or fat or a mixture of oil and fat) containing partially hydrogenated oil.”

# 2021年食物內有害物質 (修訂)規例釋義

- 「部分氫化油」被列為食物中的違禁物質，在《規例》中訂明禁止輸入含有「部分氫化油」的任何食用油脂，以及售賣含有「部分氫化油」的任何食物（包括食用油脂）。

# Interpretation of Harmful Substances in Food (Amendment) Regulation 2021

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- Regard PHOs as a prohibited substance in food, prohibiting the **import of any edible fats and oils** containing PHOs and the **sale of any food (including edible fats and oils)** containing PHOs under the Regulations

# 《2021年食物及藥物(成分組合及標籤)(修訂)規例》

# Food and Drugs (Composition and Labelling) (Amendment) Regulation 2021

## 附表3 預先包裝食物的標記及標籤 第2條 配料表

- (4F) 如食物由氫化油組成，或含有氫化油—
- (a) 配料表須載有“氫化油”的提述；或
  - (b) 配料表上所顯示的該油名稱，須以“氫化”一詞修飾。

## Schedule 3 MARKING AND LABELLING OF PREPACKAGED FOODS Section 2 List of ingredients

- (4F) If a food consists of or contains hydrogenated oil—
- (a) the list of ingredients must contain a reference to “hydrogenated oil”; or
  - (b) the name of the oil, as appearing in the list of ingredients, must be qualified by the word “hydrogenated”.

## 附表4 獲豁免遵從附表3規定的項目

“含有單一種配料（不包括氫化油）的食物”

## Schedule 4 ITEMS EXEMPT FROM SCHEDULE 3

“Any food consisting of a single ingredient other than hydrogenated oil”

# 《2021年食物及藥物(成分組合及標籤)(修訂)規例》 釋義

- 如預先包裝食物含有**氫化油\***，必須在其配料表中作出相應標示。
  - 例子:「氫化」、「氫化油」、「氫化脂肪 / 氫化脂 / 氫化油脂」、「完全氫化油 / 全氫化油」、「完全氫化脂 / 全氫化脂」等

\*產品中的油被標示為“氫化”即為**完全氫化油**

# Interpretation of Food and Drugs (Composition and Labelling) (Amendment) Regulation 2021 5

- Any prepackaged food contains **hydrogenated oils\*** must be indicated accordingly in the list of ingredients:
  - E.g. “hydrogenated”, “hydrogenated oil”, “hydrogenated fat”, “fully hydrogenated oil”, “fully hydrogenated fat”, etc..

\*Oil in a product labelled "hydrogenated" means **fully hydrogenated oil**

• 修訂規例(規管部分  
氫化油 及標示“氫  
化油”)相關條文將  
於二〇二三年十二  
月一日生效

Provisions in both  
amendment  
regulations (regulating  
PHOs and labelling  
hydrogenated oils) will  
come into operation  
on December 1, 2023

# 《2021年食物內有害物質(修訂)規例》指引

## 第三章: 部分氫化油

# Guidelines on the Harmful Substances in Food (Amendment) Regulation 2021

## Chapter 3: PHO



# 食物製造商參考資料

「取代食物中工業生產反式脂肪的指引」  
專頁

[https://www.cfs.gov.hk/tc\\_chi/food\\_leg/food\\_leg\\_Guidance\\_to\\_REPLACE\\_Trans\\_Fats\\_in\\_Food.html](https://www.cfs.gov.hk/tc_chi/food_leg/food_leg_Guidance_to_REPLACE_Trans_Fats_in_Food.html)

The screenshot shows the Chinese version of the webpage. At the top left is the CFS logo and the text '香港特別行政區政府 食物安全中心'. A search bar is located at the top right. The main navigation menu on the left includes '最新消息', '關於我們', '新聞稿', '違規標本的檢測結果', '工作項目', '委員會及論壇', '進口管制 / 出口驗證', '屠房及食用動物監察', and '食物規例 / 指引'. The main content area features the title '取代食物中工業生產反式脂肪的指引' and a sub-header '取代食物中工業生產反式脂肪的指引'. Below the text, there is an image of butter and a photo of a person wearing gloves handling food. The text below the images states: '有越來越多證據顯示，攝取反式脂肪會增加罹患心血管疾病的風險。此處提供了一套新的指引，旨在鼓勵和協助業界減少食物中的反式脂肪及取代工業生產的反式脂肪，為市民提供較健康的食物。' and includes a link to '取代食物中工業生產反式脂肪的指引'.

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# Materials for food traders

Designated webpage for “**Guidance to Replace Industrially-produced Trans Fats in Food**”

[https://www.cfs.gov.hk/english/food\\_leg/food\\_leg\\_Guidance\\_to\\_REPLACE\\_Trans\\_Fats\\_in\\_Food.html](https://www.cfs.gov.hk/english/food_leg/food_leg_Guidance_to_REPLACE_Trans_Fats_in_Food.html)

The screenshot shows the English version of the webpage. At the top left is the CFS logo and the text 'Centre for Food Safety The Government of the Hong Kong Special Administrative Region'. A search bar is located at the top right. The main navigation menu on the left includes 'What's New', 'About Us', 'Press Release', 'Results of Sample with Irregularity', 'Programme Areas', 'Committee and Forum', 'Import Control / Export Certification', and 'Slaughterhouses and Food'. The main content area features the title 'Food Legislation / Guidelines' and a sub-header 'Guidance to Replace Industrially-produced Trans Fats in Food'. Below the text, there is an image of butter and a photo of a person wearing gloves handling food. The text below the images states: 'There is growing evidence indicating that trans fats intake is linked to an increased risk of cardiovascular disease. A new set of guidance aims at encouraging and assisting trade to provide healthier food with respect to reducing trans fats and replacing industrially-produced trans fats is available here: [Guidance to Replace Industrially-produced Trans Fats in Food](#)'.



**謝謝!**

**Thank you!**