

# Allergen Labelling Requirement of Coconut under Tree Nuts in Hong Kong

## 香港對木本堅果類椰子的 致敏物標籤要求

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Trade Consultation Forum  
25 June 2026

業界諮詢論壇  
2026年6月25日

# Local regulatory requirements

- In Hong Kong, the Food and Drugs (Composition and Labelling) Regulations (Cap. 132W) require that the names of the following known allergens present in a prepackaged food must be specified in the ingredient list:
  - Cereals containing gluten (namely wheat, rye, barley, oats, spelt, their hybridized strains and their products);
  - Crustacea and crustacean products;
  - Eggs and egg products;
  - Fish and fish products;
  - Peanuts, soybeans and their products;
  - Milk and milk products (including lactose);
  - **Tree nuts** and nut products

# 本港規例要求

- 在香港，食物及藥物（成分組合及標籤）規例（第132W章）規定如食物由下列任何物質組成，或含有下列任何物質，該等物質的名稱須在配料表中指明：
  - 含有麩質的穀類（即小麥、黑麥、大麥、燕麥、裂穀小麥、它們的混合變種及它們的製品）
  - 甲殼類動物及甲殼類動物製品
  - 蛋類及蛋類製品
  - 魚類及魚類製品
  - 花生、大豆及它們的製品
  - 奶類及奶類製品（包括乳糖）
  - **木本堅果**及堅果製品

# Local regulatory requirements

- Currently, CFS requires coconut to be labelled as allergen under the “Tree nuts” category:
  - There is no specific definition of "tree nuts and nut products" in the Cap. 132W.

# 本港規例要求

- 目前，食物安全中心要求將椰子標示為「木本堅果」類別下的致敏物：
  - 第 132W 章中並未對「木本堅果及堅果製品」作出具體定義。

# Labelling requirement outside Hong Kong

## 香港以外地區的標籤要求

Authority 組織／機構	Labelling requirement on coconut as food allergen 椰子作為食物致敏物的標籤要求
Chinese Mainland 中國內地	Tree nuts is listed as an allergen and need to be labelled. However, coconut is <b>not required</b> to be labelled as allergen. 木本堅果被列為致敏物，需要貼上標籤。但是，椰子無需貼上致敏物標籤。
Codex 食品法典 委員會	Coconut (Cocos nucifera L.) (TN 0665) is classified under “Tree Nuts (TN 0085)” but <b>not included</b> in the list of tree nuts allergen. 椰子 (Cocos nucifera L.) (TN 0665) 被歸類為 “木本堅果 (TN 0085)” ，但未被列入木本堅果致敏物清單中。
EU 歐盟	Coconut is <b>not included</b> in the nuts allergen list 椰子不在堅果致敏物列表中

# Labelling requirement outside Hong Kong

## 香港以外地區的標籤要求

Authority 組織／機構	Labelling requirement on coconut as food allergen 椰子作為食物致敏物的標籤要求
FSANZ 澳洲及新西蘭 食物標準局	Coconut is <b>not included</b> in the nuts allergen list 椰子不在堅果致敏物列表中
Singapore 新加坡	Coconut is <b>not included</b> in the nuts allergen list 椰子不在堅果致敏物列表中
US FDA 美國食物及藥物管理局	Coconut <b>no longer considered as major food allergen</b> and do not appear on the list of major food allergens in the revised 5th edition of the <u>Food Allergen Q&amp;A Guidance</u> published on 6 January 2025. 椰子不再被視為主要食物致敏物，於2025年1月6日發布的‘食物致敏物問答指引’（第五次修訂版本）中主要食物致敏物列表中沒有出現。

# Review on Epidemiology of Coconut Allergy

# 椰子過敏流行病學 檢視

- Risk assessment of Food Standards Australia New Zealand (FSANZ) concluded that allergy to coconut is rare and the risk of coconut allergies in individuals allergic to tree nuts is very low.<sup>1</sup>
- Studies in Chinese Mainland reported common causative foods of allergy among adults and school children, which does not include coconut.<sup>2</sup>
- In Hong Kong, the Immunology and Allergy Unit of the Hong Kong University considered that coconut is not from tree nut or peanut families, thus may not trigger allergy.<sup>3</sup>
- 澳洲紐西蘭食品標準局 (FSANZ) 的風險評估得出結論：對椰子過敏的情況很少見，對木本堅果過敏的人對椰子過敏的風險非常低。<sup>1</sup>
- 中國內地的研究報告指出成人和學齡兒童常見的致敏物食物，當中不包括椰子。<sup>2</sup>
- 香港大學免疫及過敏科認為，椰子不屬於木本堅果或花生類，因此可能不會引發過敏反應。<sup>3</sup>

Sources 來源:

- 1) <https://www.foodstandards.gov.au/sites/default/files/food-standards-code/proposals/Documents/P1044%20Approval%20Report.pdf>
- 2) <https://weekly.chinacdc.cn/en/article/doi/10.46234/ccdcw2022.159>
- 3) [https://immune.hku.hk/wp-content/uploads/2025/03/food\\_eng.pdf](https://immune.hku.hk/wp-content/uploads/2025/03/food_eng.pdf)

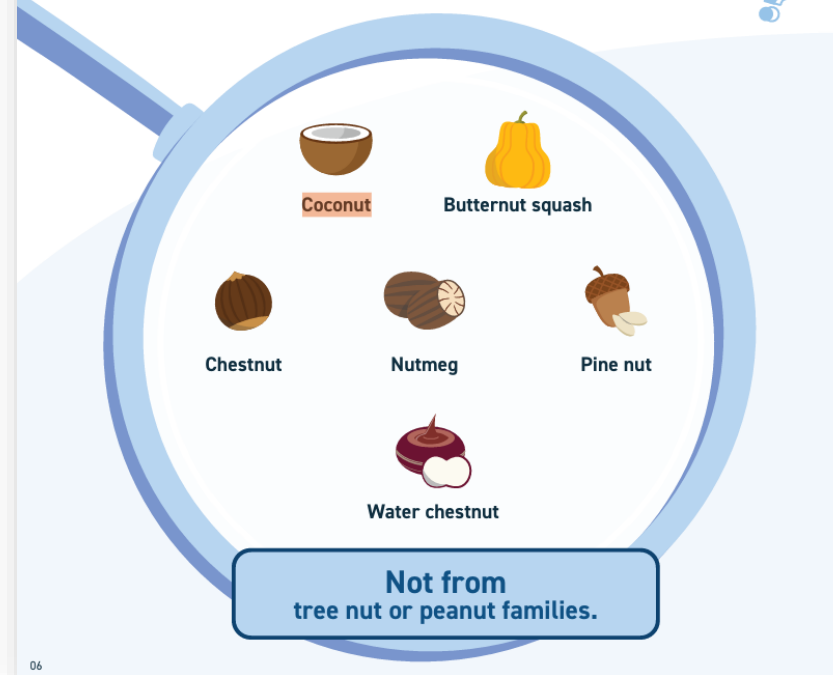
# Review on Epidemiology of Coconut Allergy

## 椰子過敏流行病學檢視



### Do Patients with Peanut Allergy Need to Avoid All “Nut” Containing Foods?

Despite having the word ‘nut’ in their name, the following foods are not from tree nut or peanut families, thus may not trigger allergy:



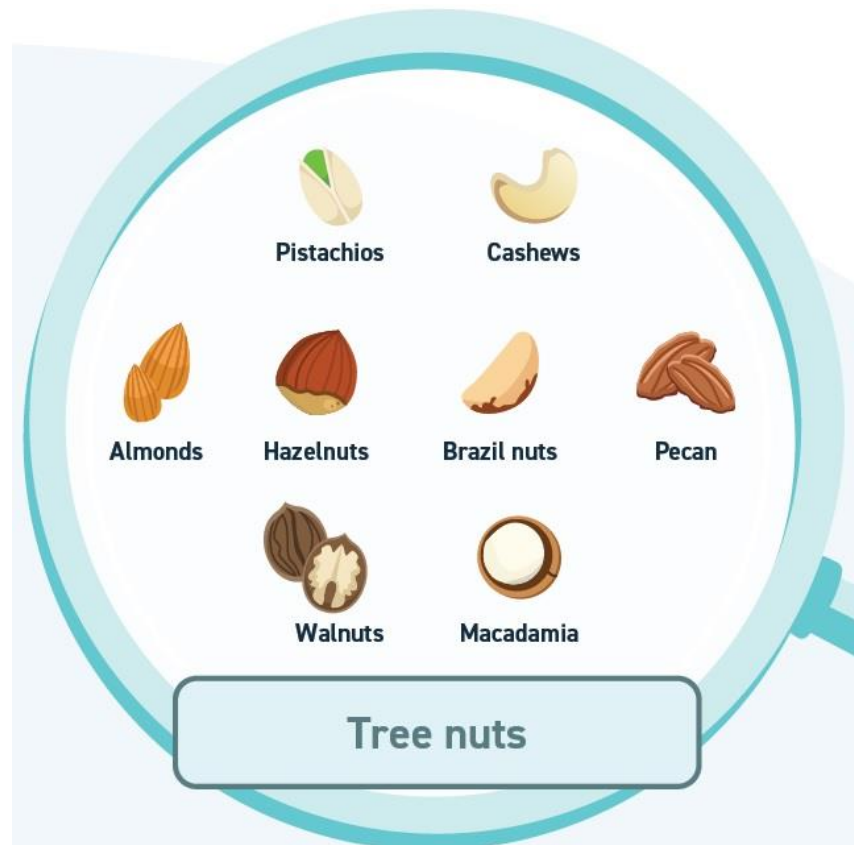
### 花生過敏患者需避免進食所有含有「堅果」的食物嗎？

儘管名稱與「堅果」有關，但以下食物並非來自木本堅果或花生家族，因此花生過敏患者不一定對其過敏。



# Review on Epidemiology of Coconut Allergy

## 椰子過敏流行病學檢視



# Way Forward

- The allergen labelling requirement of Codex does not include coconut as allergen.
- US, Canada, EU, Australia, Chinese Mainland and Singapore do not required coconut to be labelled as allergen.
- As coconut allergy seems rare in Hong Kong, coconut is removed from allergen labelling after making reference to the allergen labelling practice of Codex and other places.
- This has been supported by experts of the Expert Committee on Food Safety.

# 未來路向

- 食品法典委員會的致敏物標籤要求並未將椰子列為致敏物。
- 美國、加拿大、歐盟、澳洲、中國內地和新加坡不要求將椰子標示為致敏物。
- 由於椰子過敏在香港似乎較為罕見，經參考食品法典委員會及其他機構的致敏物標籤做法後，將椰子從致敏物標籤中移除。
- 有關做法已獲食物安全專家委員會專家們的支持。

END 完

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# Review on Epidemiology of Coconut Allergy

## 椰子過敏流行病學檢視

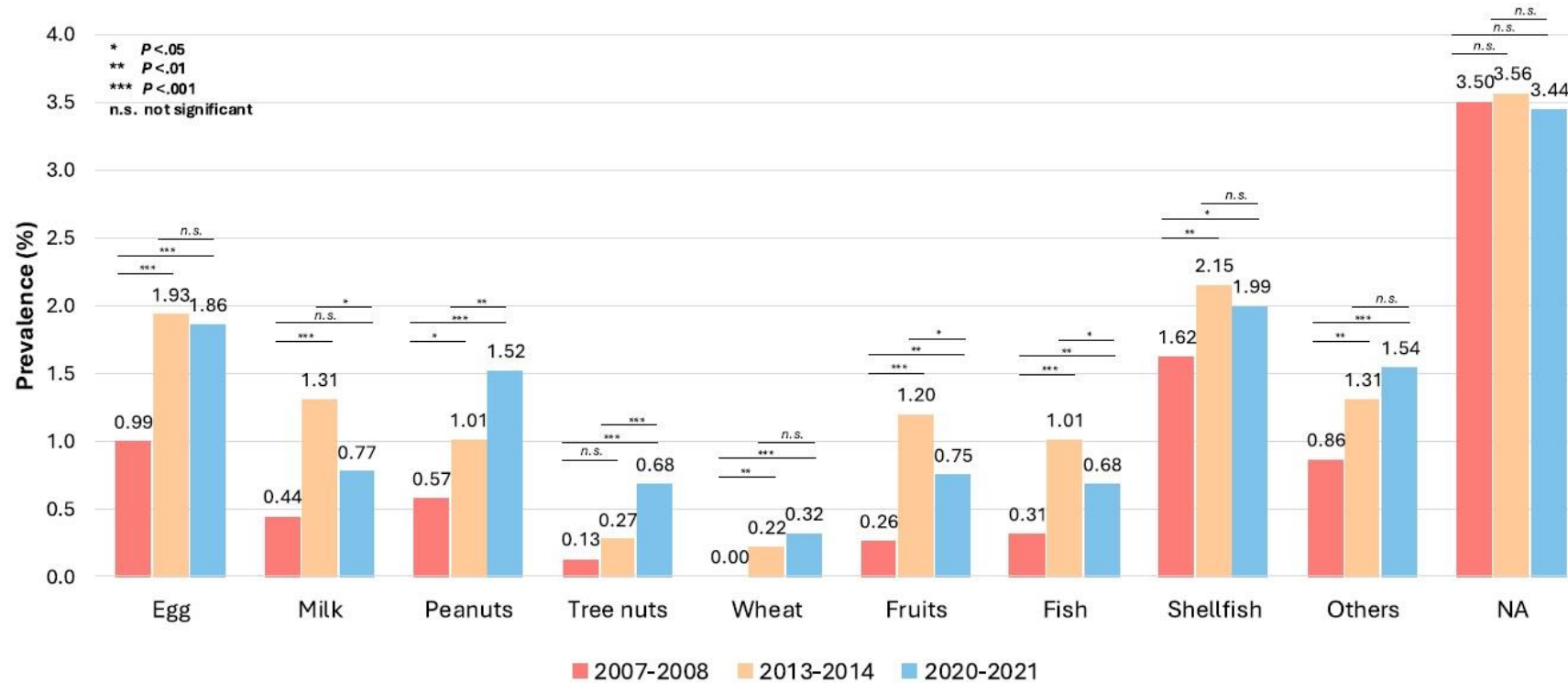


FIGURE 3 Temporal trends in reported food allergic reactions by allergen triggers (egg, milk, peanuts, tree nuts, wheat, fruits, fish, shellfish, others, and NA) among Chinese preschool children (2006–2007, 2013–2014, and 2020–2021). NA, not available/unknown.