



麵包的鈉含量風險評估研究報告

Risk Assessment Study on Sodium Content in Bread

業界諮詢論壇
Trade Consultation Forum
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鈉對健康的影響(1)

Health effect of sodium(1)

過量攝取會導致不良健康影響包括高血壓以及增加患上心血管疾病的風險

世界衛生組織（世衛）建議成人每日攝取少於2000毫克鈉（相當於每日進食少於5克鹽），或少於一平茶匙食鹽

就年齡介乎2-15歲的兒童，世衛則建議根據各自的能量需求，在成人每日的鈉攝入量作出下調以合乎所需

Excess sodium is linked to adverse health outcomes including increased blood pressure and increased risk of cardiovascular disease

For adults, World Health Organization (WHO) recommends less than 2000 mg/day of sodium (equivalent to less than 5 g/day salt), or just under a teaspoon

For children aged 2–15 years, WHO recommends adjusting the adult dose downward based on their energy requirements

鈉對健康的影響(2)

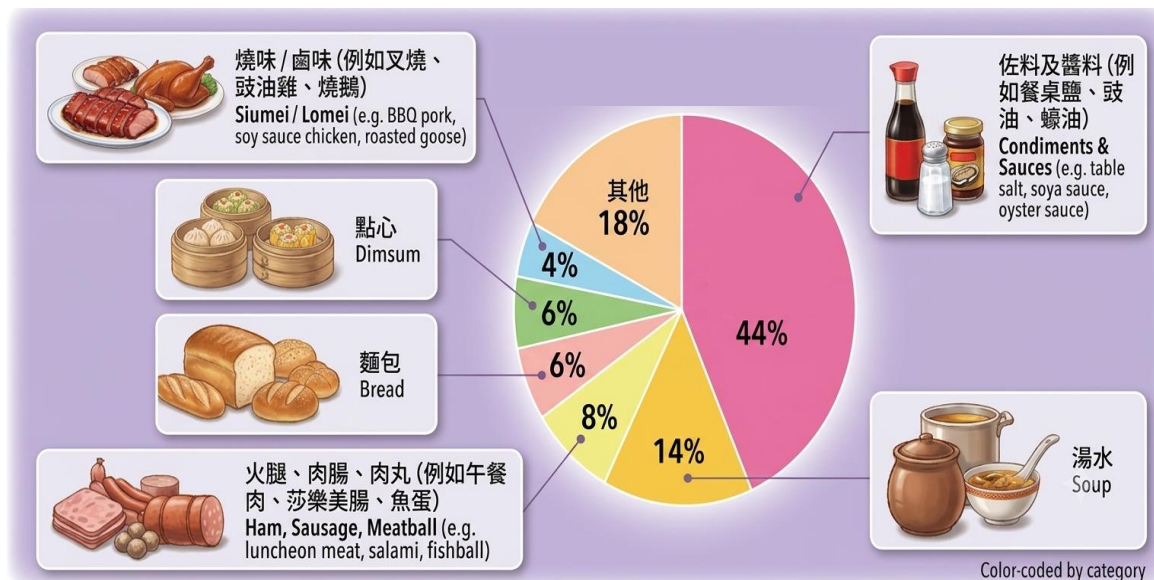
Health effect of sodium(2)

麵包是本港市民日常（特別是早餐）食品之一

麵包是本港成年人鈉總攝取量的第四大膳食來源（6%）

Bread is one of the commonest food items consumed in Hong Kong, particularly as an item for breakfast

Bread was found to be the fourth major contributors (6%) to the total sodium intake of the adult population





是次研究 This Study





目的 Objectives

檢測本地市面上目標麵包種類的鈉含量

促進與業界的溝通，以提供鈉含量較低的食物

就市民如何減少從麵包攝取鈉制訂建議

Measure sodium levels in bread products available in the local market

Facilitate the discussion with the trade to provide food products with less sodium

Formulate advice to the public to lower the sodium intake from consumption of bread



研究範疇

Scope of study

112個非預先包裝麵包樣本，共分為12個類別，每個類別有8個樣本

- 比高包
- 牛油排包
- 芝士包
- 雞尾包
- 牛角包
- 法式麵包
- 菠蘿包
- 腸仔包
- 芝麻包
- 甜餐包
- 吞拿魚包
- 提子麥包

112 non-prepackaged bread samples, covering 12 groups, and 8 samples for each group

- Bagel
- Butter loaf
- Cheese bread
- Cocktail bun
- Croissant
- French bread
- “pineapple” bun
- Sausage bun
- Sesame roll/ bun
- Sweet plain roll/ bun
- Tuna fish bun
- Wheat bread with raisin

麵包組別 (1)

Bread groups(1)



比高包
Bagel



牛油排包
Butter loaf



芝士包
Cheese bread



雞尾包
Cocktail bun



牛角包
Croissant



法式麵包
French bread

麵包組別 (2) Bread groups(2)



菠蘿包
"Pineapple" bun



腸仔包
Sausage bun



芝麻包
Sesame roll / bun



甜餐包
Sweet plain roll / bun



吞拿魚包
Tuna fish bun



提子麥包
Wheat bread with raisin



採樣 Sampling

抽取樣本時間

2024年9月至10月

抽取樣本地點

- 烘焙店
- 茶餐廳
- 咖啡室
- 超級市場

每個抽取樣本地點收集不多於3個樣本

Sampling period

Sep to Oct 2024

Sampling Locations

- Bakery shops
- Hong Kong-style tea restaurants
- Western style cafés
- Supermarkets

Not more than 3 samples are collected for each sampling location



測試項目

Test items

測試由食物安全中心食物研究化驗所進行

檢測樣本中的鈉含量

分拆化驗腸仔包和吞拿魚包，以了解餡料和麵包皮佔整體鈉含量的比例

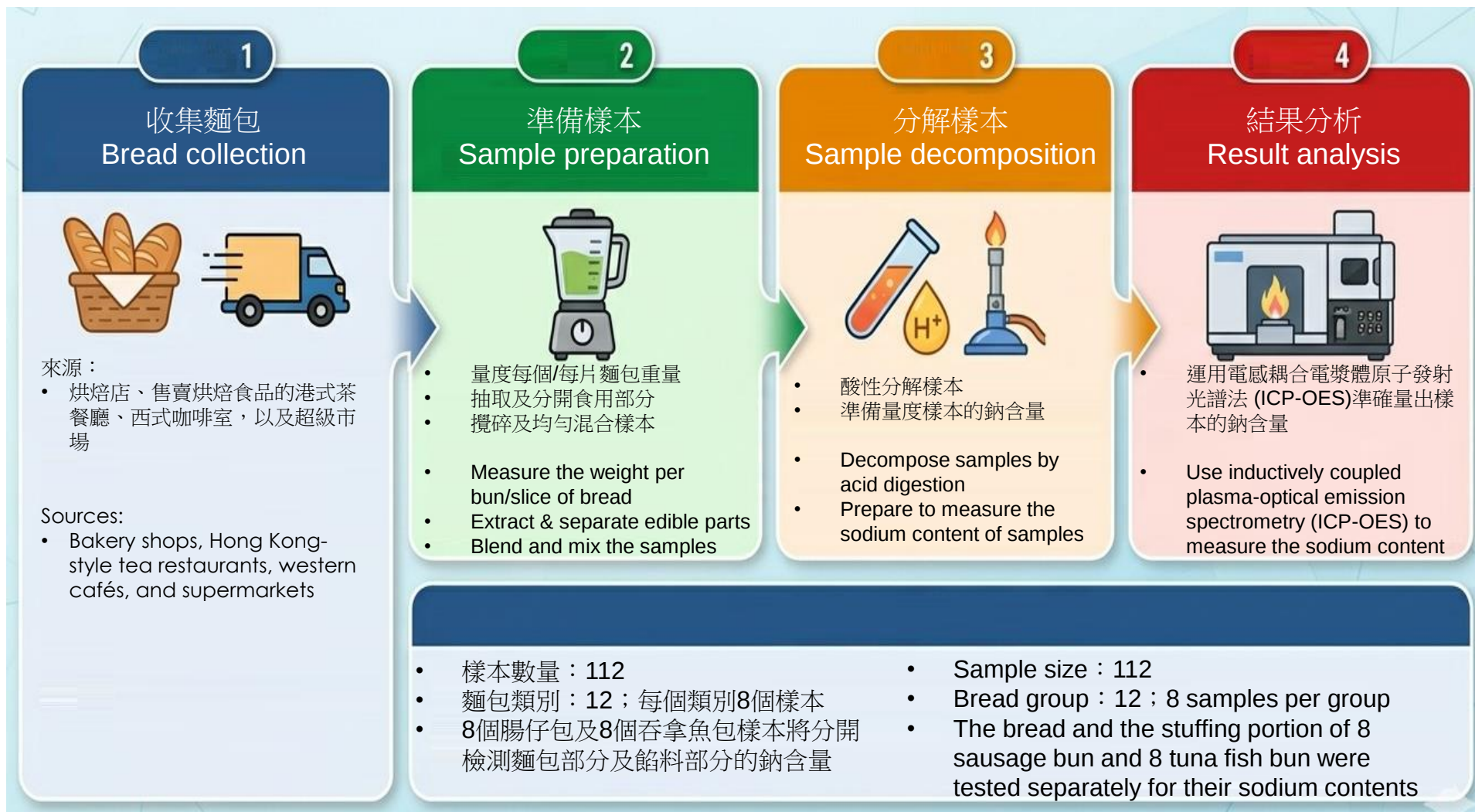
Conducted by Food Research Laboratory of the Centre for Food Safety

Tested for sodium content in samples

Bread and stuffing of sausage and tuna fish buns were separately analyzed to determine the two portions' contributions to the overall sodium contents

測試流程

Test flow





參考水平

Reference values

以100克 食物計算 Per 100g of food	根據香港 《食物及藥物（成分組合及標籤）規例》 According to Food and Drugs (Composition and Labelling) regulations, Cap 132W	根據中心印製的「購物指南卡」 According to the CFS Shopping Card
鈉 Sodium	「低鈉」：含不超過120毫克鈉 “Low Sodium”: Not more than 12mg of sodium	「高鈉」：含超過600毫克鈉 “High Sodium”: More than 600mg of sodium



結果 Findings

麵包樣本檢出的鈉含量(1)

Sodium content in bread samples(1)

麵包 Bread	平均鈉含量 (毫克/100克) Average sodium (mg/100g)	最低鈉含量 (毫克/100克) Minimum (mg/100g)	最高鈉含量 (毫克/100克) Maximum (mg/100g)
法式麵包 French bread	550	250	→ 670
芝士包 Cheese bread	490	280	→ 640
比高包 Bagel	470	380	580
腸仔包 Sausage bun	460	310	550
牛角包 Croissant	440	260	520
芝麻包 Sesame roll/ bun	380	240	550
吞拿魚包 Tuna fish bun	300	160	430
雞尾包 Cocktail bun	280	200	430
菠蘿包 "Pineapple" bun	150	→ 32	260
甜餐包 Sweet plain roll/ bun	130	→ 19	310
牛油排包 Butter loaf	130	→ 18	230
提子麥包 Wheat bread with raisin	100	→ 13	230
整體 Overall	320		

15個「低鈉」樣本：3個菠蘿包、5個甜餐包、3個牛油排包及4個提子麥包
 15 "Low Sodium" samples : 3 "Pineapple" buns, 5 sweet plain roll/ buns, 3 butter loaves and 4 wheat bread with raisin

4個「高鈉」樣本：3個法式麵包及1個芝士包
 4 "High Sodium" samples : 3 French bread and 1 cheese bread



麵包樣本檢出的鈉含量(2)

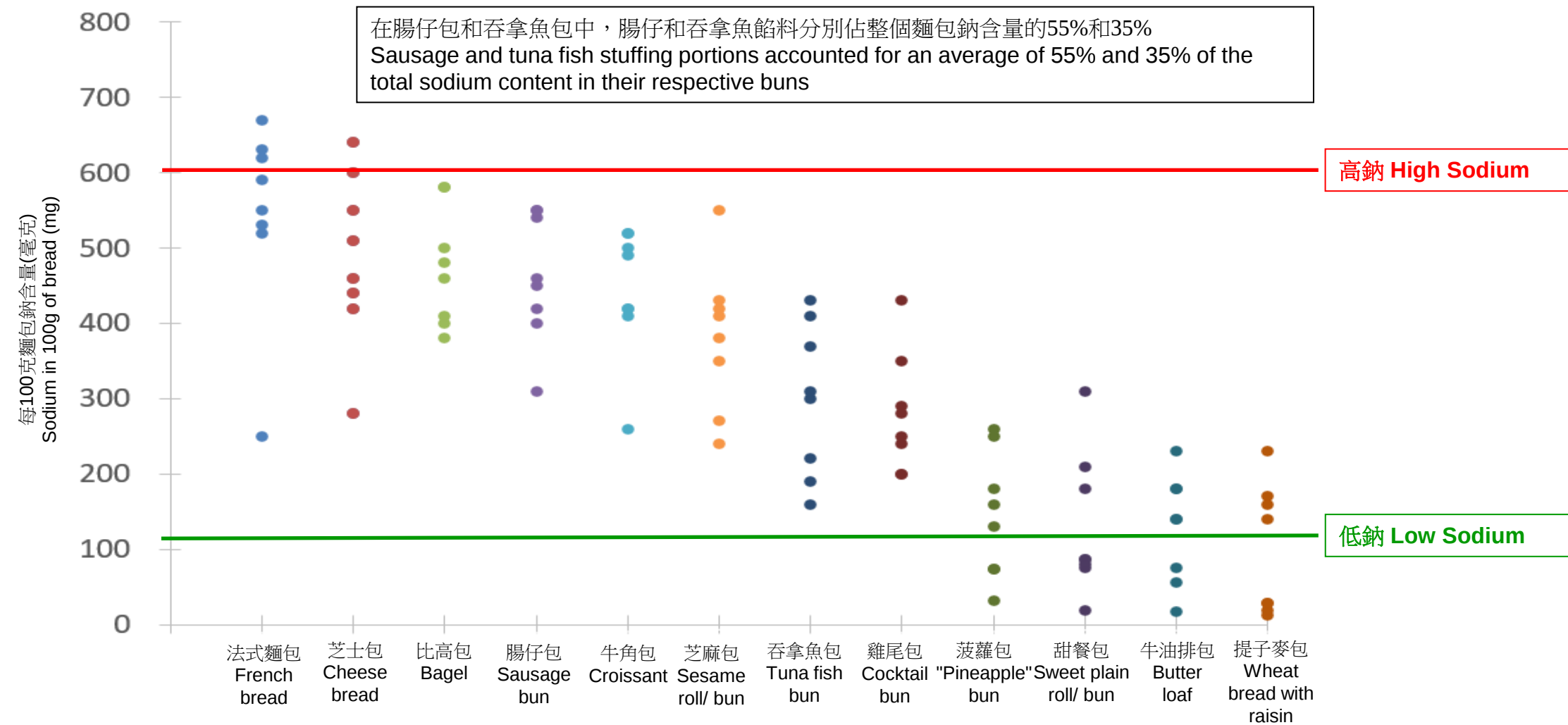
Sodium content in bread samples(2)

麵包 Bread	每個或每食用分量#的 平均重量(克) Mean weight / bun or serving# [range] (g)	每個或每食用分量#的平均鈉 攝入量(毫克) Mean sodium intake / bun or serving# [range] (mg)	每個或每個食用分量#的鈉攝入量佔世衛建議每日 鈉攝取量上限百分比平均值 (%) Contribution / bun or serving# to WHO's recommended daily sodium intake upper limit mean [range] (%)
法式麵包 French bread #	100 [41-160]	530 [250 – 960]	27 [13 – 48]
比高包 Bagel	95 [69 – 120]	460 [260 – 660]	23 [13 – 33]
芝士包 Cheese bread	91 [62 – 150]	450 [220 – 770]	23 [11 – 39]
腸仔包 Sausage bun	94 [84 – 100]	430 [300 – 540]	22 [15 – 27]
吞拿魚包 Tuna fish bun	110 [77 – 140]	320 [120 – 470]	16 [6 – 24]
雞尾包 Cocktail bun	100 [77 – 120]	280 [180 – 450]	14 [9 – 23]
牛角包 Croissant	60 [38 – 70]	260 [150 – 360]	13 [7.5 – 18]
芝麻包 Sesame roll/ bun	54 [32 – 69]	200 [120 – 290]	10 [6 – 15]
菠蘿包 "Pineapple" bun	95 [68 – 160]	130 [52 – 220]	7 [2.6 – 11]
甜餐包 Sweet plain roll/ bun	67 [60 – 75]	89 [14 – 210]	5 [0.7 – 11]
牛油排包 Butter loaf #	60 [31 – 82]	78 [14 – 190]	4 [0.7 – 9.5]
提子麥包 Wheat bread with raisin	77 [65 – 95]	74 [12 – 160]	4 [0.6 – 8]
整體 Overall	83 [31 – 160]	270 [12 – 960]	14 [0.6 – 48]

#所有麵包的鈉攝入量均按每個計算，惟法式麵包則按每個食用分量計算（即五片（每片平均重20克）或約三分之一條長棍法包），牛油排包亦按每個食用分量計算（即一片（平均重60克））
Sodium intake was calculated per bun for all bread, except for French bread which was calculated per serving (of 5 slices with an average weight of 20g per slice or about one third of a long baguette of French bread) and for butter loaf which was calculated per serving (of 1 slice with an average weight of 60g per slice)

鈉含量分佈圖

Distribution chart of sodium content





總結 Conclusion

研究顯示，麵包樣本的整體平均鈉含量低於「高鈉」水平

個別麵包種類的鈉含量較高，例如進食約一個食用份量法式麵包（約100克，即約三分之一條長棍法包）或一個芝士包，已達世衛建議每日鈉攝取量上限約四分之一

由不同供應商生產的同款麵包鈉含量差異明顯，反映業界在改變配方仍有減鈉空間

The study found that the overall average sodium content of the bread samples remained below the “high sodium” threshold

The sodium levels in some bread types were higher. For instance, consuming approximately one serving size of French bread (about 100g, equivalent to about one third of a long baguette of French bread) or one cheese bun could reach about one quarter of the maximum daily intake recommended by the WHO

Significant variations in sodium content among the same type of bread produced by different suppliers, indicating that there is substantial room for the trade to reduce sodium through recipe reformulation



給業界的建議

Advice to Trade

考慮改變製作方法和成分配方，以減少麵包的鈉含量

為消費者提供更多較低鈉的選擇，並可考慮提供體積較小的麵包

建立公司食品資料庫，記錄製作麵包的鈉含量，方便監控

Reduce the sodium content of bread by modifying the preparation methods, ingredient(s) and formulations

Provide more bread products with lower sodium content for consumers to choose from, consider offering bread in smaller portion sizes

Establish a company database to record the sodium content of their bread products for monitoring



給消費者的建議

Advice to Consumers

保持均衡和多元化的飲食

避免大量進食鈉含量較高的麵包，以免攝取過量的鈉

如購買預先包裝麵包，應參閱營養標籤所標示的鈉含量，以選擇鈉含量較低的麵包，同時亦應留意其他營養素（例如糖或脂肪）的含量

Maintain a balanced and varied diet

Avoid excessive consumption of high-sodium bread to prevent excessive intake of sodium

When purchasing prepackaged bread, consumers should refer to the nutrition labels and select products with lower sodium levels and also pay attention to the contents of other nutrients (such as sugar and fat)



謝謝
Thank you