

「生冷」食物要留神

Look Out for High-risk Foods,
No Matter Where You Choose to Eat



聽到「生冷」食物，你會想到什麼？壽司？刺身？還是生蠔？「生冷」食物一般是指生或未煮熟的食物。你可能沒有察覺，其實不少常見的食物都可能含有生或未煮熟的配料，例如以生蛋製作的芒果布甸、煙三文魚三文治，甚至加入未煮熟的碎牛肉的粥等。食物安全中心提醒市民，特別是高危人士（如孕婦、幼童、長者或免疫力較低人士），在日常生活中要特別留意這些「生冷」食物。

What comes to your mind when you hear the term 'high-risk foods'? Sushi? Sashimi? Or raw oysters? Raw or undercooked food are generally high-risk foods. You may not notice that some common dishes may contain raw or undercooked ingredients, such as mango pudding made with raw eggs, smoked salmon sandwiches, and congee made with undercooked beef. The Centre for Food Safety would like to share with the public, especially susceptible populations (e.g. pregnant women, infants and young children, the elderly and people with weakened immunity), on how to be vigilant about high-risk foods in their daily diet.





「生冷」食物的風險

Risk of High-risk Foods

- 食物中毒 Food Poisoning -

生或未煮熟的食物(例如海鮮、蛋類、肉類、乳製品和蔬菜)，或者較多人稱為「生冷」的食物，均屬高風險食物，原因是缺乏足夠的熱處理，未能有效消滅當中可能存在的致病微生物。若進食受細菌或病毒污染的食物，可能出現嘔吐、腹瀉、腹痛及發燒等常見病徵，而一些寄生蟲則可引致輕度至中度的腸胃不適症狀。

Raw or undercooked foods, e.g. seafood, eggs, meat, dairy products and vegetables, are high-risk foods, as there is inadequate heat treatment to eliminate the microorganisms that may be present which can pose risks to human health. Eating food contaminated by bacteria or viruses may lead to symptoms including vomiting, diarrhoea, abdominal pain and fever. Some parasites can cause mild to moderate gastrointestinal symptoms.

進食受細菌或病毒污染的食物，可能出現：

Eating food contaminated by bacteria or viruses may lead symptoms including :

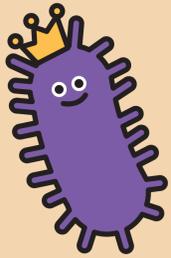
嘔吐
vomiting

腹瀉
diarrhoea

腹痛
abdominal
pain

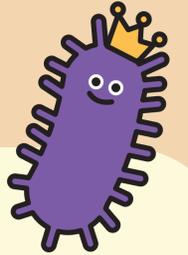
發燒
fever

輕度至中度
腸胃不適
mild to moderate
gastrointestinal
symptoms



「生冷」食物的風險

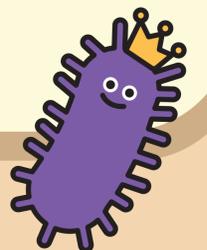
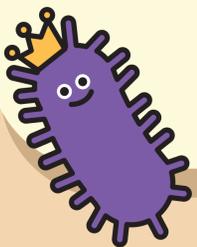
Risk of High-risk Foods



- 「超級細菌」 Superbugs -

生或未煮熟的食物也可能帶來「超級細菌」的風險。「超級細菌」泛指具抗菌素耐藥性的微生物，能抑制多種抗菌素(例如抗生素)的作用。抗菌素耐藥性問題嚴重威脅公共衛生，烹煮可殺死食物中的「超級細菌」，但生或未煮熟的食物卻容易帶有這些微生物，包括可透過進食途徑感染人類的「超級細菌」。這些「超級細菌」即使本身未必具有致病性，仍可能將抗藥性基因轉移至人體內的其他細菌，影響相關抗菌素的功效。

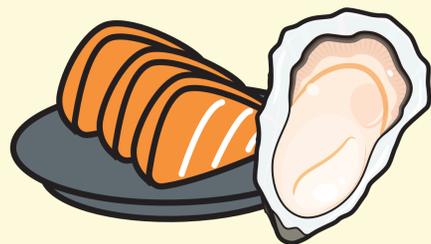
Raw or undercooked foods are also associated with the risk of 'superbugs'. 'Superbugs' are microorganisms that have developed antimicrobial resistance (AMR) to stop a wide range of antimicrobial agents, antibiotics for example, from working against them. AMR is a serious public health threat. Cooking can kill 'superbugs', but raw or undercooked foods are more likely to carry 'superbugs' that can be transferred to humans through food intake. Whether or not 'superbugs' can cause illnesses, they may transfer their resistance genes to other bacteria inside the human body, affecting the effectiveness of antimicrobial use in the future.



常見「生冷」食物例子

Examples of Common High-risk Foods

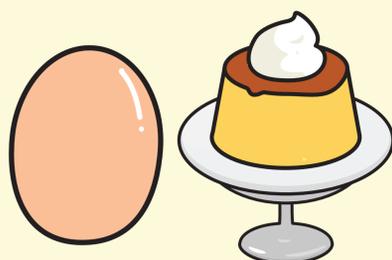
海鮮 Seafood



生吃或未煮熟的魚類
(例如魚生壽司、刺身、煙三文魚)
生吃或未煮熟的其他海產
(例如蠔、帶子、蝦、墨魚)

Fish served raw/undercooked
(e.g. sushi with raw seafood,
sashimi, smoked salmon)
Other raw/undercooked seafood
(e.g. oysters, scallops, shrimps,
cuttlefish)

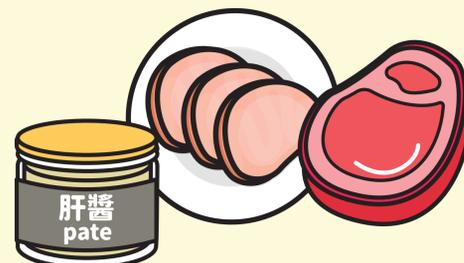
蛋類 Eggs



生吃或未煮熟、蛋白和蛋黃尚未凝固的蛋
(例如太陽蛋、炒滑蛋、半熟蛋或奄列)
以生蛋製成的沙律醬和以生蛋製作的甜點
(例如布甸、慕司、意大利芝士蛋糕)

Eggs served raw/undercooked (i.e. eggs
with unhardened whites and yolks) (e.g.
sunny-side-up eggs, scrambled eggs,
partly boiled eggs or omelettes).
Salad dressings made with raw eggs,
desserts made with raw eggs (e.g.
puddings, mousses, tiramisu)

肉類 Meat



生或未煮熟的肉類和內臟
(例如粥內生或未煮熟的碎牛肉或豬肝、
半生熟的牛扒)

凍食肉類和肉類產品
(例如火腿、香腸、肉醬、肝醬)
Raw/undercooked meat and offal (e.g.
congees served with undercooked
minced beef or pork liver partially
cooked steak)
Cold meat and meat products (e.g. ham,
sausages, pate)

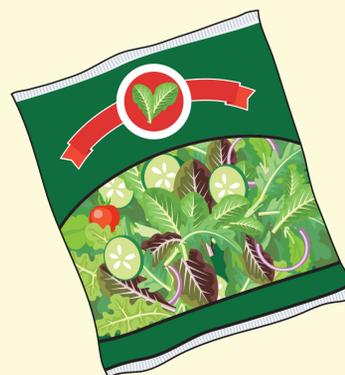
乳製品 Dairy products



以生乳製成的軟芝士
(例如菲達、布里、卡門貝爾)
和藍紋芝士
(例如丹麥藍芝士、古岡左拉、羅克福)

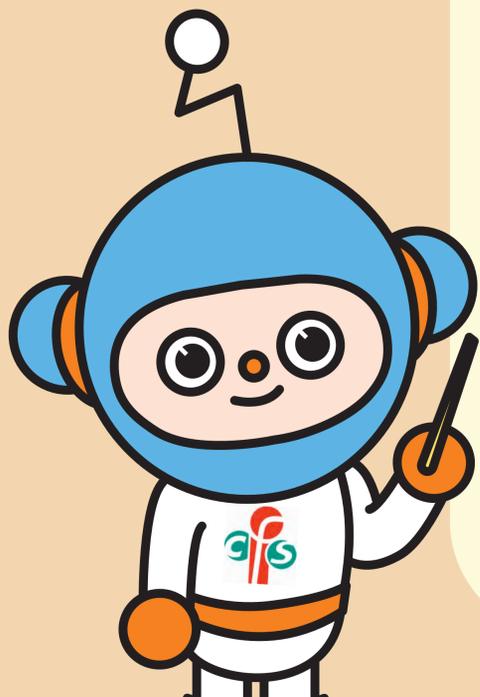
Soft cheeses
(e.g. Feta, Brie, Camembert)
and blue cheeses
(e.g. Danish blue, Gorgonzola and
Roquefort) made from raw milk

蔬菜 Vegetables



供生吃的即食蔬菜
(例如預先包裝的沙律菜、生芽菜)

Ready-to-eat raw vegetables
(e.g. prepackaged salad vegetables,
raw seed sprouts)



誰是高危人士?

Who are the Susceptible Populations?

無論透過進食「生冷」食物而感染哪種食源性病原體，高危人士(包括孕婦、嬰幼兒、長者及免疫力弱人士)會有較大機會出現嚴重的症狀，甚至可能危及生命。

No matter what type of food-borne pathogen infections that are caused by consumption of raw or undercooked food, susceptible populations including pregnant women, infants and young children, the elderly and people with weakened immunity, are more likely to develop severe symptoms and even face the risk of death.



孕婦 Pregnant Women

懷孕期間內荷爾蒙和免疫力的改變會削弱孕婦的免疫系統功能，因此她們較易從「生冷」食物感染食源性疾病。另一方面，發育中的胎兒易受一些不會令孕婦出現病徵的食源性致病菌影響。廣為人知的李斯特菌正是危害這個羣組的致病菌，可以嚴重影響胎兒的發育，甚至導致死亡。

Hormonal and immunological changes during pregnancy result in weakening of mother's immune system and hence she is more prone to foodborne disease. On the other hand, the developing foetus is susceptible to foodborne pathogens that may not cause symptoms in the mother. Listeriosis is a well-known risk for this group of people, it can seriously affect the development of foetus and can even cause death.

詳情請往



For further details



嬰幼兒 Infants and Young Children

嬰兒及幼童對食源性致病菌的自身防禦功能較弱，因為他們的免疫系統尚未發育成熟，同時腸道內的菌羣所起的保護作用可能不如成年人有效。初生嬰兒的胃部酸性較成年人為低，故細菌和其他致病菌較易在其體內生存。此外，按體重比例計算，嬰兒及幼童較成年人進食更多食物，因此假若食物含有毒素或污染物，他們的相對攝入量會較高。

The natural defences of infants and young children against foodborne pathogens are weaker, because the immune system is not well developed and the protection afforded by resident gut flora may not be as effective as that in adults. The stomach of newborns is less acidic than that of adults; bacteria and other pathogens survive relatively easier in newborns. In addition, infants and young children consume more food in proportion to their weight than adults. Hence, they can proportionately consume more toxins or contaminants if present in food.

詳情請往



For further details



誰是高危人士?

Who are the Susceptible Populations?



長者 The Elderly

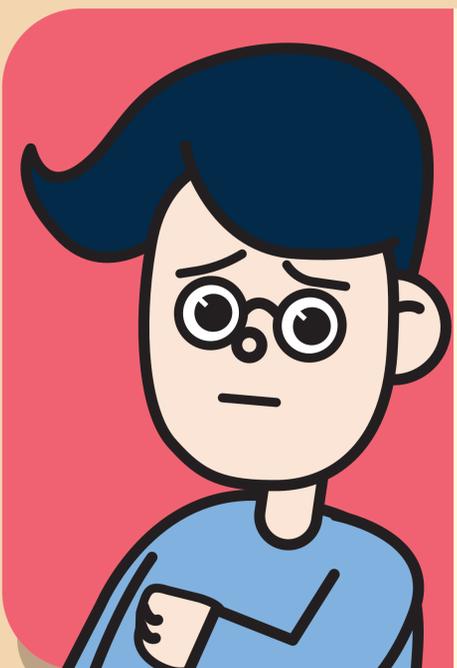
人體自身防禦或抵抗感染的功能會隨年齡增長而逐漸下降。部分長者如患有糖尿病等慢性疾病，其免疫系統的功能可能會因這些疾病或有關治療而進一步被削弱。

When we get older, our immune systems and natural defences are progressively weakened. Some may have their immune systems further weakened if they suffer from certain chronic diseases, such as diabetes, as a result of the disease or its therapy.

詳情請往



For further details



免疫力較弱人士 People with Weakened Immunity

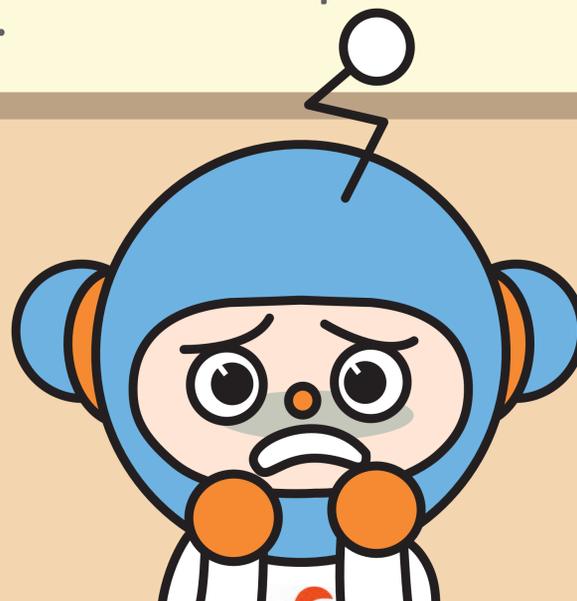
患有免疫系統疾病(例如愛滋病)和一些慢性疾病(例如癌症);或接受了減低身體免疫反應的治療(例如正接受抗生素治療、使用抗胃酸藥、長期服用類固醇或預防移植手術後出現排斥的藥物等等)。這些屬於高危羣組的病人進食「生冷」食物，較易患上食源性疾病或出現併發症。

People with weakened immunity include people with immunological disorders (e.g. HIV infection) and chronic diseases (e.g. cancer) or patients undergoing treatments that weaken their immunity (e.g. on antibiotics treatment, antacid and long-term steroids or drugs given to prevent transplant rejection, etc.). These people are of higher-risk in to food-borne diseases from consumption of raw and undercooked foods and their complications.

詳情請往



For further details





較安全的選擇

Safer Alternatives



高危人士應避免進食「生冷」食物，以較安全的選擇代替：
Susceptible Populations should avoid raw or undercooked foods.
That should consider safer alternatives:

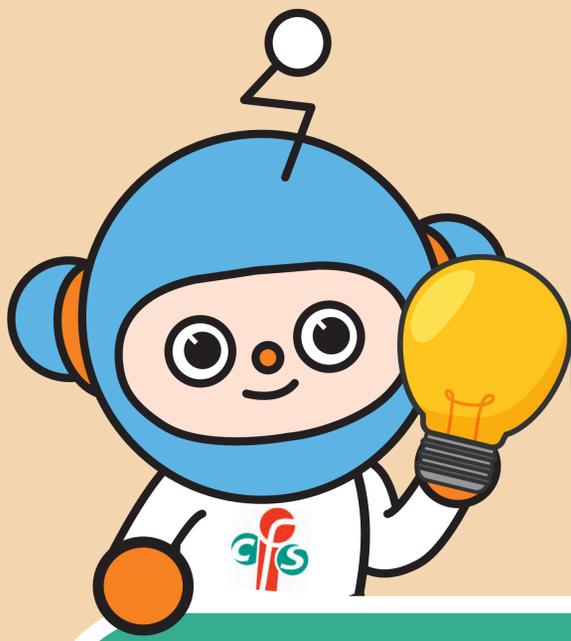
食物類別 Food Type	避免進食的食物 Food to Avoid 	較安全的選擇 Safer Alternatives 
海鮮 Seafood	<ul style="list-style-type: none">• 生吃或未煮熟的魚類 (例如魚生壽司、刺身、煙三文魚)• 生吃或未煮熟的其他海產 (例如蠔、帶子、蝦、墨魚)• Fish served raw/undercooked (e.g. sushi with raw seafood, sashimi, smoked salmon)• All other raw/undercooked seafood (e.g. oysters, scallops, shrimps, cuttlefish)  	<ul style="list-style-type: none">• 徹底煮熟的魚類• 徹底翻熱的煙熏魚類和預先煮熟魚類• 罐頭魚類• 徹底煮熟的海產• 徹底翻熱的煙熏海產和預先煮熟海產• 罐頭海產• Thoroughly cooked fish• Smoked fish and precooked fish reheated thoroughly• Canned fish• Thoroughly cooked seafood• Smoked seafood and precooked seafood reheated thoroughly;• Canned seafood
蛋類 Egg	<ul style="list-style-type: none">• 生吃或未煮熟 (即蛋白和蛋黃尚未凝固) 的蛋 (例如太陽蛋、炒滑蛋、半熟蛋或奄列)• 以生蛋製成的沙律醬和以生蛋製作的甜點 (例如布甸、慕司、意大利芝士蛋糕)• Eggs served raw/undercooked (i.e. those with unhardened whites and yolks), e.g. sunny-side-up eggs, scrambled eggs, partly boiled eggs or omelettes).• Salad dressings made with raw eggs, and desserts made with raw eggs (e.g. puddings, mousses, tiramisu)   	<ul style="list-style-type: none">• 徹底煮熟的蛋類• 不含生蛋或用經巴士德消毒的蛋類製作甜點或沙律醬• Fully cooked eggs• Desserts or salad dressings that do not contain raw eggs or are made with pasteurised eggs

較安全的選擇

Safer Alternatives



食物類別 Food Type	避免進食的食物 Food to Avoid 	較安全的選擇 Safer Alternatives 
肉類 Meat	<ul style="list-style-type: none">• 生或未煮熟的肉類和內臟(例如粥內生或未煮熟的碎牛肉、豬肝、半生熟的牛扒)• 凍食肉類和肉類產品(例如火腿、香腸、肉醬、肝醬)• Raw/undercooked meat and offal (e.g. congees served with undercooked minced beef or pork liver, partially cooked steak)• Cold meat and meat products (e.g. ham, sausages, pate) 	<ul style="list-style-type: none">• 徹底煮熟的肉類和內臟• 徹底翻熱的凍食肉類和肉類產品• Cooked meat and offal• Cold meat and meat products reheated thoroughly
乳製品 Dairy products	<ul style="list-style-type: none">• 以生乳製成的軟芝士(例如菲達、布里、卡門貝爾)和藍紋芝士(例如丹麥藍芝士、古岡左拉、羅克福)• Soft cheeses (e.g. Feta, Brie, Camembert) and blue cheeses (e.g. Danish blue, Gorgonzola and Roquefort) made from raw milk 	<ul style="list-style-type: none">• 以經巴士德消毒的奶類製成的芝士• Cheeses made from pasteurised milk
蔬菜 Vegetables	<ul style="list-style-type: none">• 供生吃的即食蔬菜(例如預先包裝的沙律菜、生芽菜)• Ready-to-eat raw vegetables (e.g. prepackaged salad vegetables, raw seed sprouts) 	<ul style="list-style-type: none">• 徹底清洗的新鮮蔬菜• Thoroughly washed fresh vegetables

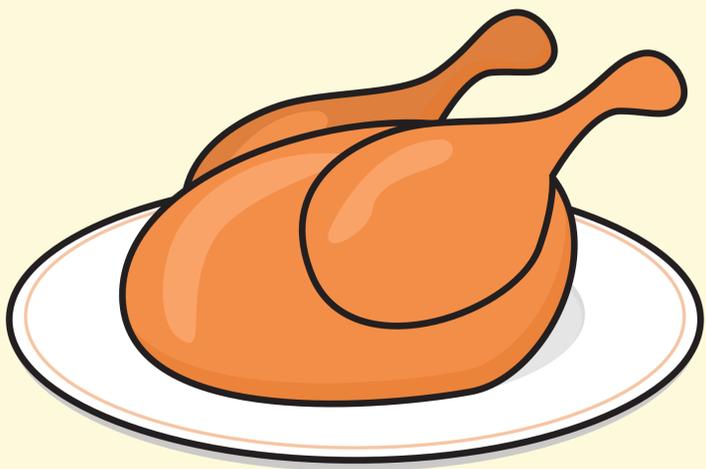


出外飲食小貼士

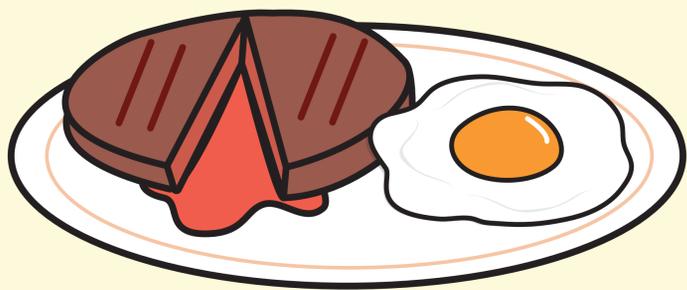
Tips for Eating Out



出外用餐時，可以留意以下幾點來小心「生冷」食物：
When eating out, you can pay attention to the following points and be careful about raw and undercooked foods:



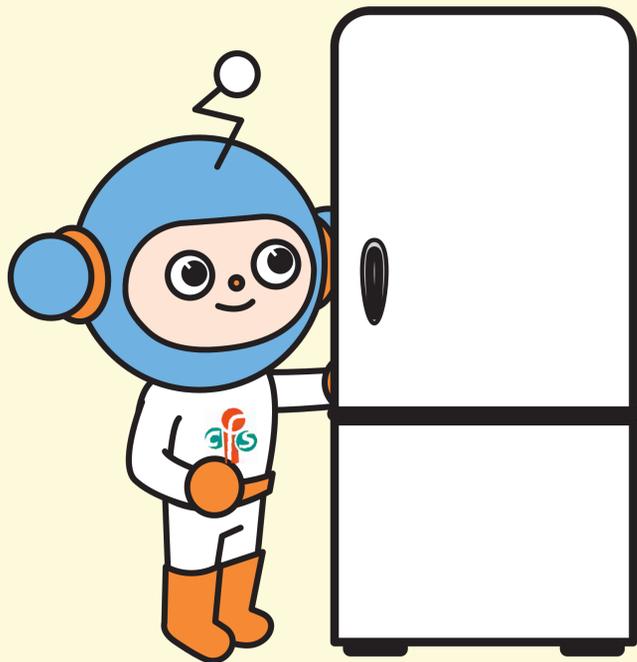
- 點菜時選擇妥為煮熟的食物。如有疑問，向服務員詢問菜餚以什麼材料和方式烹煮。
- Order food that is properly cooked. If in doubt, ask your server about the ingredients of the dishes and how they are cooked.



- 如果上菜時食物未有煮熟，應要求食肆將之徹底煮熟，確保安全才食用。
- If a restaurant serves you undercooked food, send it back to be thoroughly cooked until it is safe to eat.

出外飲食小貼士

Tips for Eating Out



- 吃剩的食物應盡快處理，在用餐起計 2 小時內放入雪櫃貯存。
翻熱剩餘的食物時，應確保食物的中心溫度至少達攝氏 75 度才食用。

- Handle your leftovers quickly. Refrigerate them within 2 hours of eating out. When reheating leftovers, make sure the core temperature of food reaches at least 75°C before eating.

