

認識嬰幼兒 因食物而引起的哽喉風險

Know More About Choking Risk of Food Advice
in Infants and Young Children



了解嬰幼兒因食物而引起的哽喉風險

Understanding Choking Risk of Food in Infants and Young Children

食物可對嬰幼兒造成哽喉風險，特別是在嬰幼兒未能充分咀嚼或嘗試把食物整塊吞下的時候。任何食物均有可能引致哽喉，但含有骨頭或其他硬物的「堅硬食物」，以及容易卡在咽喉的細小圓形食物較易造成哽喉。為減低嬰幼兒哽喉的風險，家長與照護者在選擇食物時要格外小心。

Food can pose a choking risk in infants and young children, especially if they do not chew it well or try to swallow it whole. Choking can happen with any food, but it is more likely to happen with firm foods that contain bones or other hard substances, and foods that are small and round which can easily get stuck in the throat. To reduce choking risk of foods in infants and young children, parents and caregivers should take extra caution with their food choices.

為預防哽喉，避免給嬰幼兒提供難以咀嚼 或容易整口吞咽的食物，例如：

To help prevent choking, avoid serving foods that are difficult to chew and easy to swallow whole. For example:

細小而難以溶化的食物

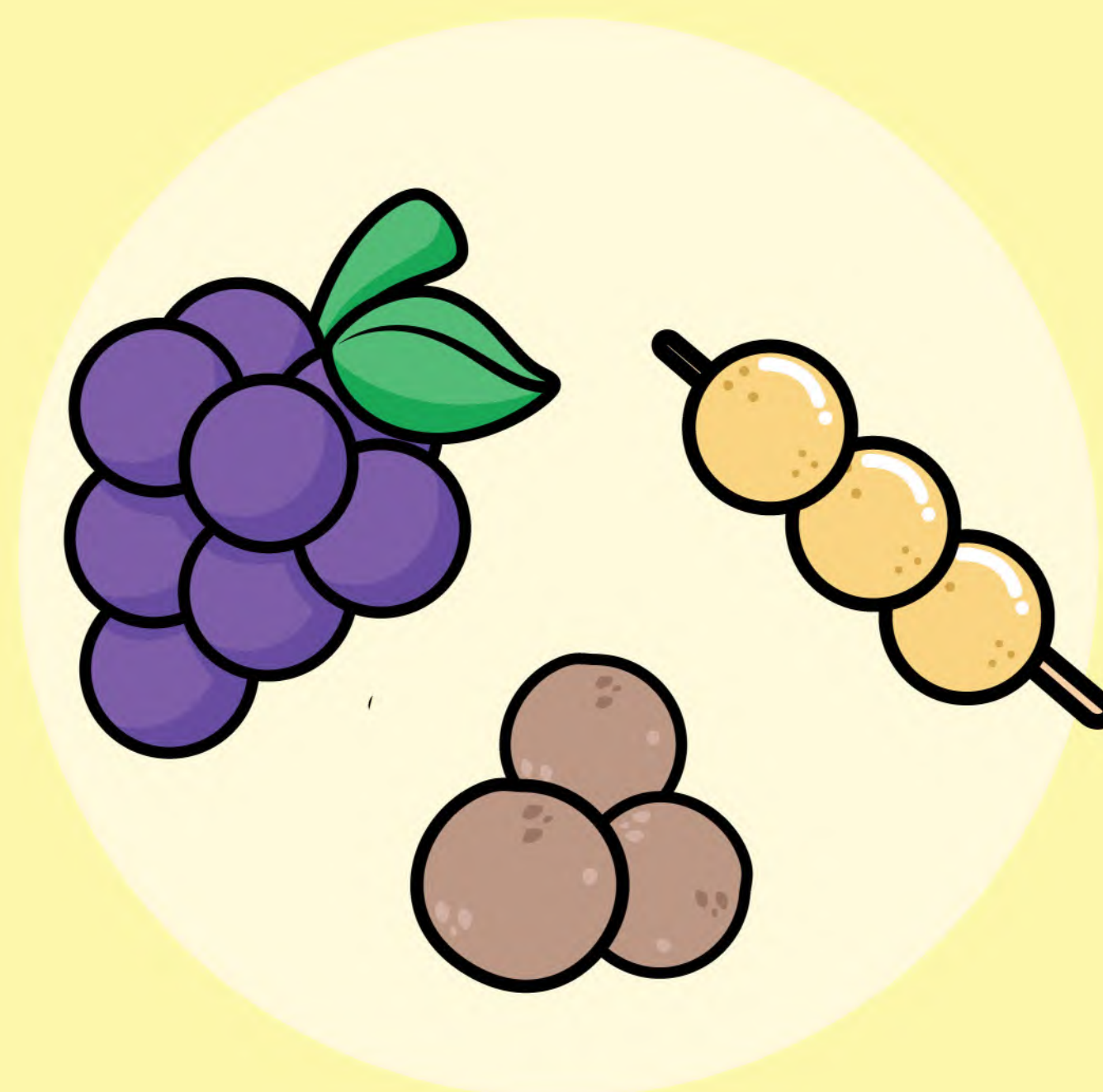
Foods that are small and do not dissolve easily



蒟蒻果凍
Konjac jellies

細小的圓形/橢圓形食物

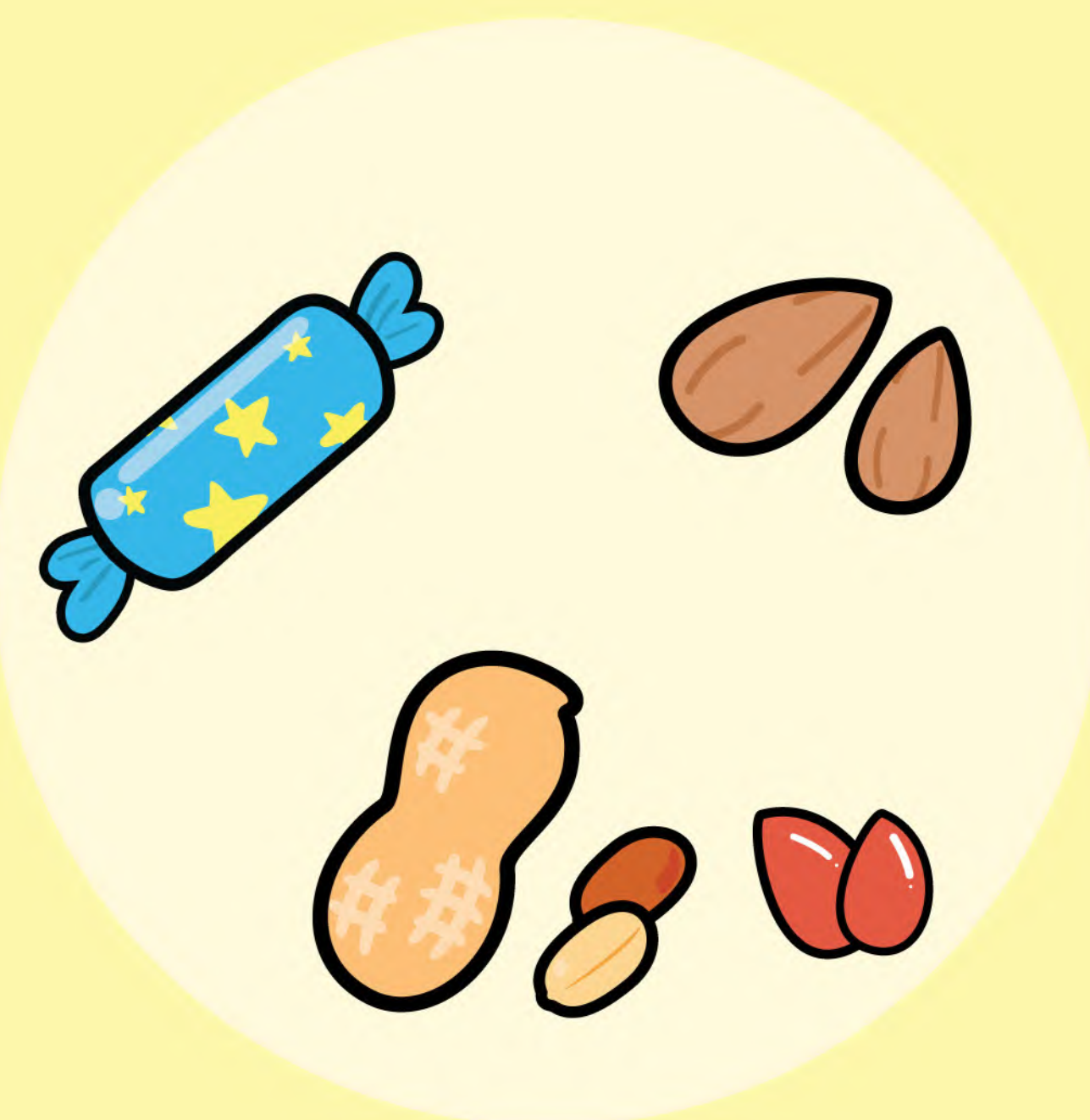
Small round / oval foods



葡萄、牛丸、魚蛋
Grapes, beef balls, fish balls

細小的堅硬食物

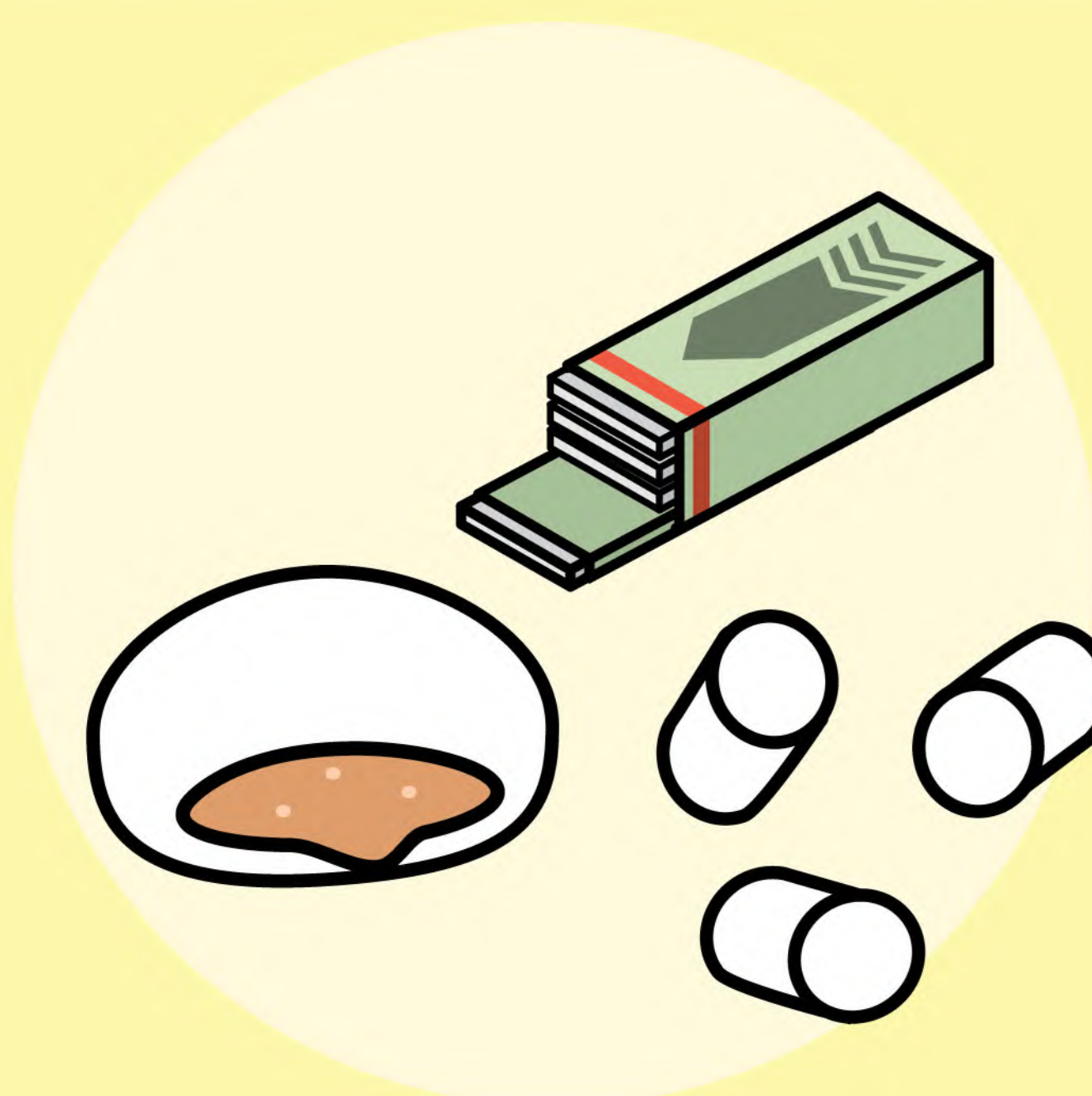
Small hard foods



硬糖果、果仁、花生、瓜子
Hard candy, nuts, peanuts, melon seeds

難嚼、可壓縮的食物

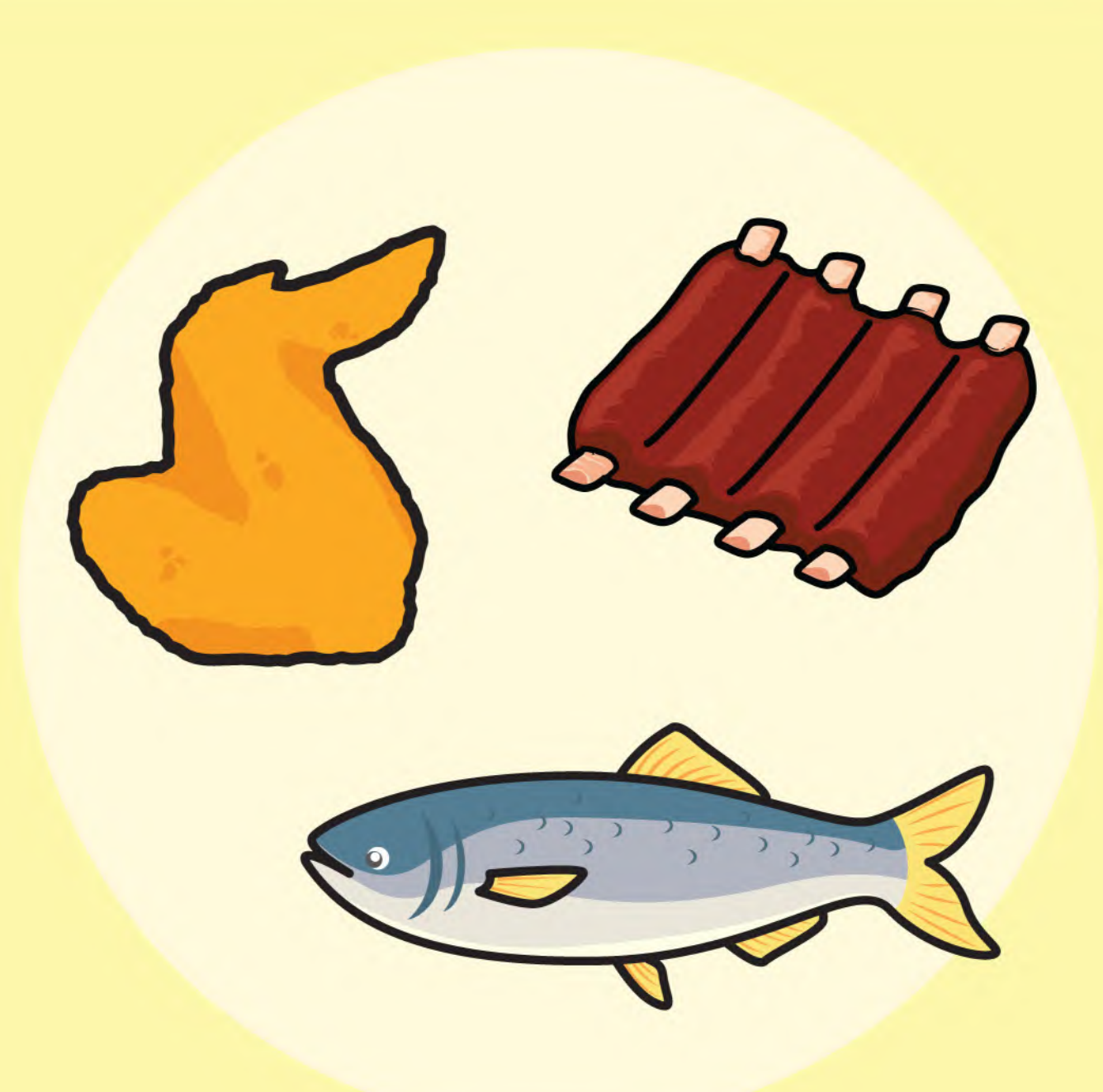
Hard-to-chew, compressible foods



糯米糍、香口膠、棉花糖
Glutinous rice cakes, chewing gums, marshmallows

含有碎骨 / 幼骨的食物

Foods that contain small bones



雞肉、魚肉、排骨
Chicken, fish, ribs

厚稠糊狀的食物

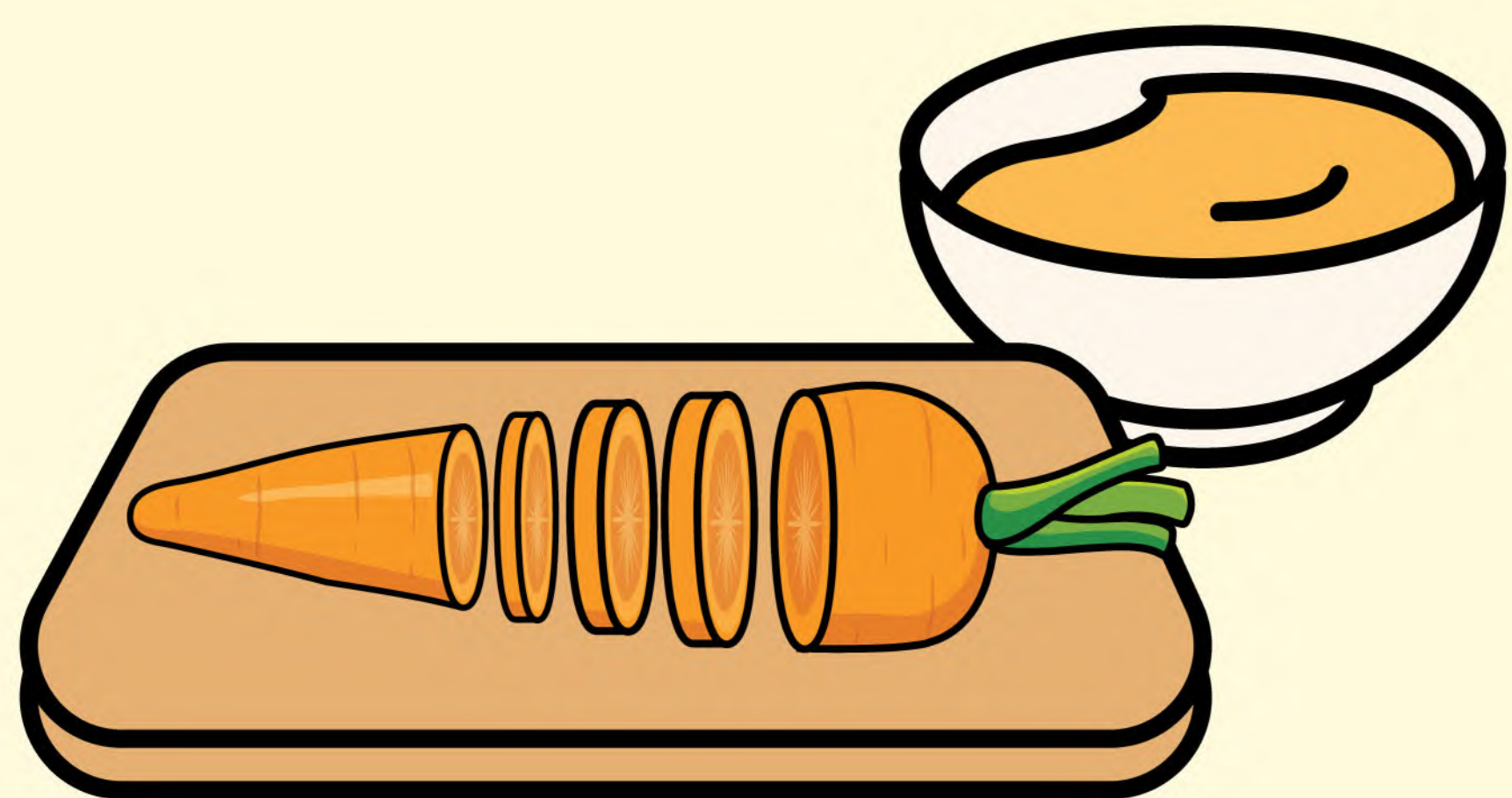
Thick pastes



花生醬
Peanut butter

為預防哽喉，避免給嬰幼兒提供難以咀嚼或容易整口吞咽的食物，例如：

To help prevent choking, avoid serving foods that are difficult to chew and easy to swallow whole. For example:



注意食物的大小與質地

Be aware of the size and texture of the food

將食物切成細小條狀，
或將堅硬的蔬菜煮至軟化

Cut food into small pieces or
soften hard vegetables by cooking

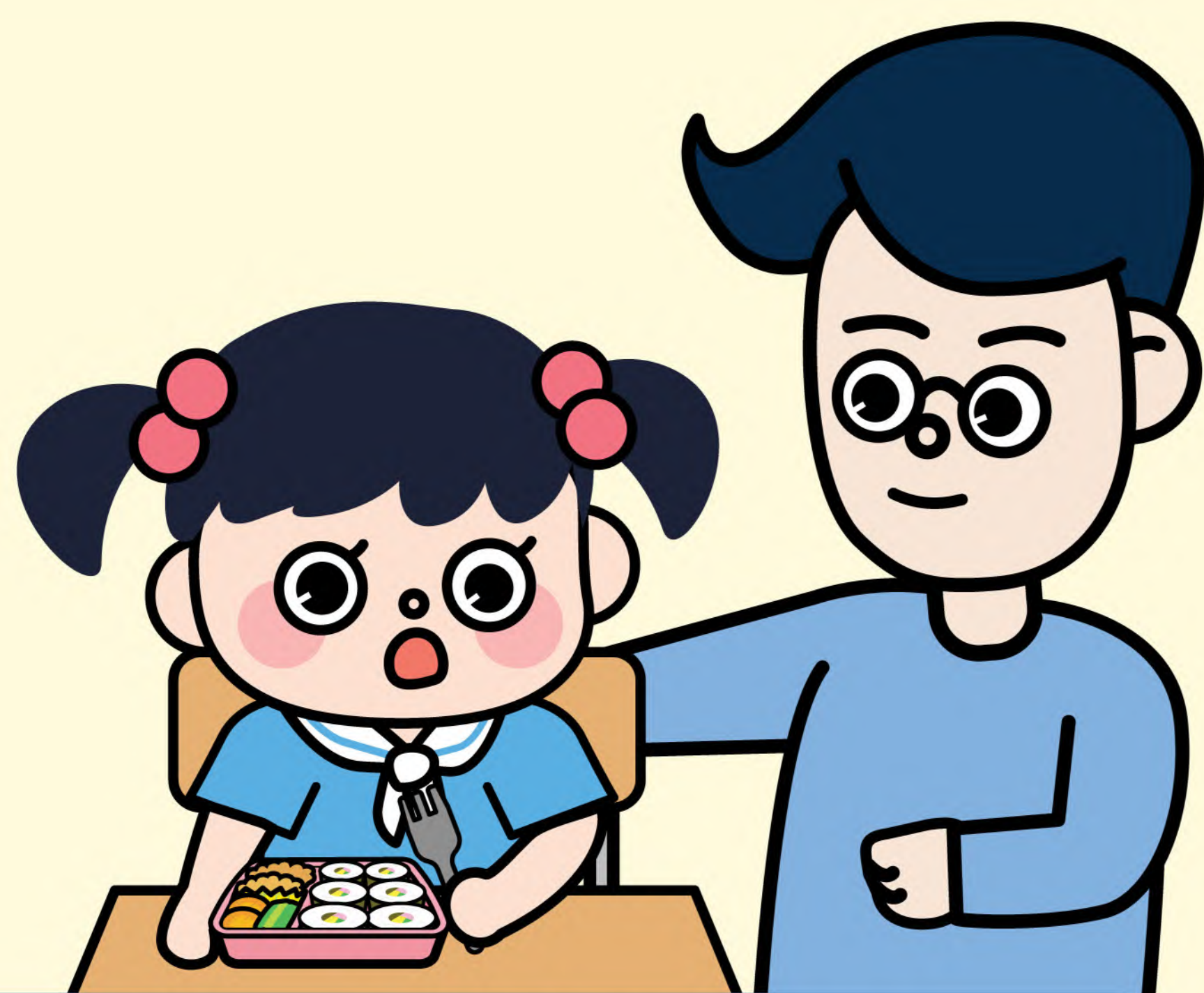


保持良好的進食姿勢

Maintain a good eating posture

保持良好的進食姿勢，讓嬰幼兒挺直地
坐在椅子上進食，進食時切勿走動、說話或遊玩

Maintain a proper eating posture, ensure that the
child sits upright in a chair while eating, and avoid walking,
talking or playing during meals



全程監督進食

Supervise the entire eating process

隨時留意哽喉的早期徵兆，
及時進行干預

Be aware of the early signs of choking
and intervene promptly

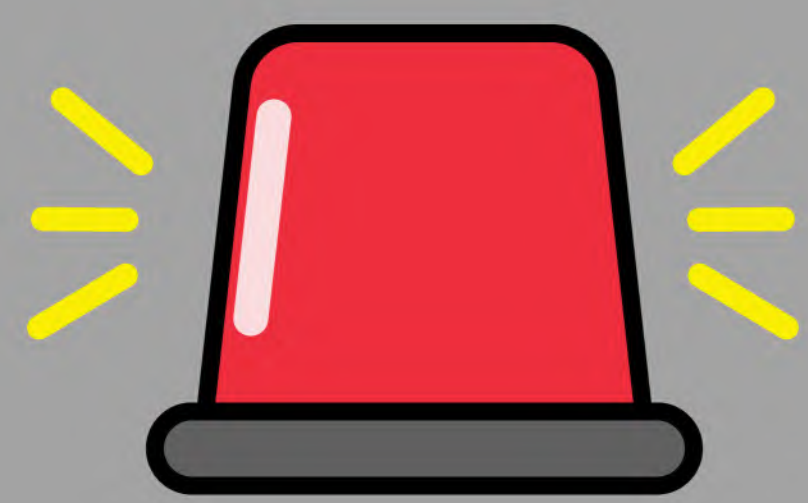


教導細嚼慢嚥

Teach to chew slowly and swallow carefully

鼓勵嬰幼兒充分咀嚼，
慢慢吞嚥，避免過急進食

Encourage infants and children to chew thoroughly,
swallow slowly, and avoid eating too quickly



如遇緊急情況 Upon Emergency

異物哽塞處理建議



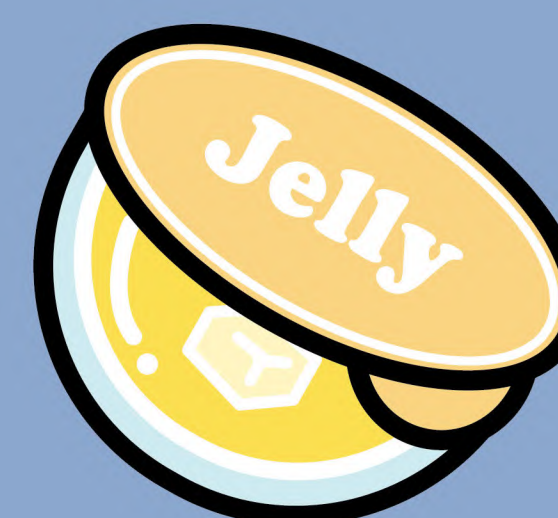
家長與照護者也應懂得嬰幼兒被食物哽喉時如何處理。醫務衛生局轄下的基層醫療健康辦事處出版了異物哽塞處理建議。詳情可掃描二維碼參閱。如出現有生命危險的緊急狀況，請立即致電999尋求醫護協助。

Parent and caregivers should also know what to do if an infant or child is choking. The Primary Healthcare Office of the Health Bureau has published an advice on basic handling of choking in children (available in Chinese only). Scan the QR code for details. In case of life-threatening emergency, please dial 999 for immediate medical assistance.



蒟蒻果凍的規管

Regulation of Jelly Confectionery Containing Konjac



由於蒟蒻果凍的表面光滑而且質地結實，食用方法不當時可能會帶來哽噎風險；迷你杯裝蒟蒻果凍的獨特產品設計可能會增加哽噎風險。《2025 年食物及藥物（成分組合及標籤）（修訂）規例》已於 2025 年 7 月 18 日刊憲並於 2026 年 4 月 1 日起實施。當中要求：

Owing to the smooth and slippery surface and firm texture of konjac jellies, these products may pose a choking risk if not consumed properly. Mini cup konjac jellies can increase the choking risk due to their unique product design. The Food and Drugs (Composition and Labelling) (Amendment) Regulation 2025 was gazetted on 18 July 2025 and effective on 1 April 2026. It requires that:

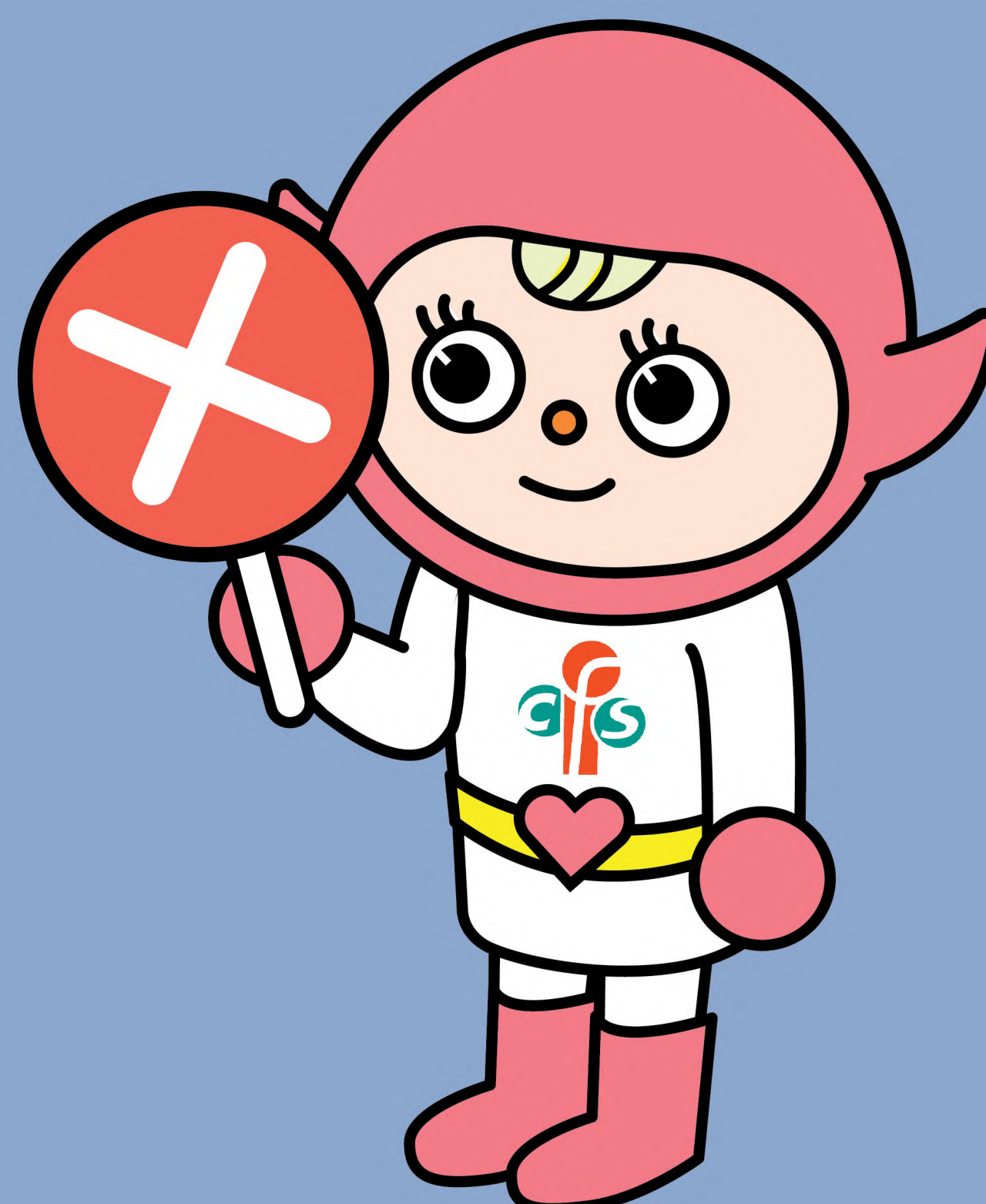
1

屬預先包裝食物的果凍，如是以高度或闊度不超過45毫米的迷你杯狀容器包裝的，則不得含有蒟蒻；

Jelly confectionery that is prepackaged food and that is packed in a mini-cup-shaped container must not contain konjac if the height or width of the container does not exceed 45mm;

或or ← 不超過45毫米
does not exceed 45mm →

不超過45毫米
does not exceed 45mm



2

如屬預先包裝食物的、含有蒟蒻的果凍，其銷售包裝的最外層須以中文和英文清楚可閱地標明下述字樣：

The outermost layer of packaging for sale of jelly confectionery that is prepackaged food and that contains konjac must be clearly and legibly marked with the following words in both Chinese and English:

注意

勿一口吞食，長者及兒童須在監護下食用。

Caution:

Do not swallow whole.

Elderly and children must consume under supervision.

上述字樣須標明在有關包裝上的顯眼處，並以深色字印在淺色底上或以淺色字印在深色底上的方式標明，並須在字體下劃上底線；或以紅色字印在白色或黃色底上的方式標明。

The above words must be marked in a conspicuous position on the packaging. They must be underlined and marked in dark colour on a light-coloured background or in light colour on a dark-coloured background; or marked in red text on a white or yellow background.

