

# 給懷孕婦女的食物安全建議

## Food Safety Advice for Pregnant Women

在懷孕期間，免疫系統被削弱，孕婦較容易受到致病菌如李斯特菌的感染。因此，懷孕及計劃懷孕的女性應特別小心飲食以減低食物安全的風險。

During pregnancy, the immune system is weakened. Pregnant women are more susceptible to foodborne pathogens, such as *Listeria monocytogenes*, which can lead to infection. Hence, women who are pregnant or planning to become pregnant should pay particular attention to their diet to reduce food safety risk.

### 預防食源性疾病

#### Preventing Foodborne Diseases



食源性疾病，包括各種因進食受微生物或化學物污染的食物和飲料而引起的疾病。常見的病徵包括胃痙攣、嘔吐和腹瀉等。

Foodborne diseases refer to a wide spectrum of illnesses caused by the ingestion of foods and drinks contaminated with microorganisms or chemicals. Common presenting symptoms include stomach cramps, vomiting, diarrhoea, etc.



要預防食源性疾病，在日常生活中應用**食物安全五要點**，妥善處理食物，保障自己及胎兒的健康。

To prevent foodborne diseases, apply the **5 Keys to Food Safety** in daily life and adopt proper food handling practices to protect your health and the health of your foetus.



# 食物安全五要點

## 5 Keys to Food Safety

### 要點一：精明選擇

#### Key 1. Choose

從衛生和可靠的店鋪購買食物和配料，只選購及進食未超逾食用限期（即“此日期或之前食用”或“此日期前最佳”日期）的食物。

Obtain food and ingredients from hygienic and reliable sources. Only choose and consume food before its expiry date (i.e., “use by” or “best before” date).



處理食物前和進食前要徹底洗淨雙手  
Wash hands thoroughly before handling food and before eating

### 要點二：保持清潔

#### Key 2. Clean

處理食物前和進食前要徹底洗淨雙手，配製食物期間也要勤洗手。處理食物後，用熱水和清潔劑清洗砧板、刀、其他用具、洗滌盤和工作枱。

Wash hands thoroughly before handling food and before eating. Wash hands often during food preparation. Clean cutting boards, knives, other utensils, washbasin and work surfaces with hot water and detergent upon handling food.

### 要點三：生熟分開

#### Key 3. Separate

在雪櫃內，以有蓋的容器貯存食物，避免生的食物與即食或經煮熟食物接觸。即食或熟的食物放在上格，生的肉類、家禽及海產放在下格，以免生的食物的汁液滴在即食或已烹煮食物上。使用不同的用具（例如砧板和刀）分開處理生和即食或熟的食物。

In the refrigerator, store food in containers with lids to avoid contact between raw food and ready-to-eat food or cooked food. Store raw meat, poultry, and seafood below ready-to-eat food or cooked food to prevent juices from dripping onto ready-to-eat food or cooked food. Use different sets of utensils (e.g. cutting boards and knives) to handle raw food and ready-to-eat food or cooked food separately.

## 要點四：煮熟食物

### Key 4. Cook

食物應徹底煮熟至中心溫度達攝氏75度或以上，並維持至少30秒。肉類和什臈：肉汁必須清澈，不應呈紅色；切開已煮熟的肉和什臈時不應見血。

Food should be cooked thoroughly with core temperature reaching 75°C or above for at least 30 seconds. For meat and offal, make sure that juices are clear, not red, blood is not visible when you cut the cooked meat and offal.

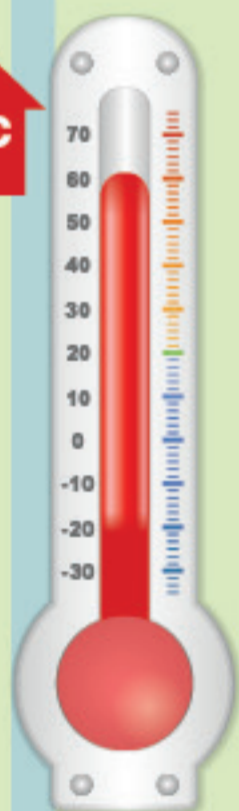


煮熟食物  
Cook food thoroughly

## 要點五：安全溫度

### Key 5. Safe Temperature

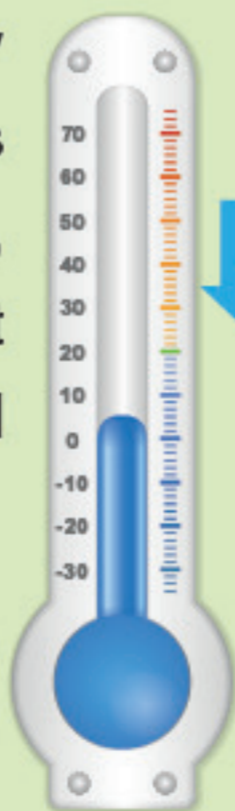
60°C



食物已煮熟後應立即進食。如非即時進食，熱食應貯存在攝氏60度以上，凍食應貯存在4度或以下。

Consume food promptly after cooking. If the food is not consumed immediately, always keep hot food at above 60°C and keep cold food at or below 4°C.

4°C



容易變壞的食物要在配製或徹底煮熟後兩小時內放入雪櫃，如在室溫放超過四小時則不宜食用。

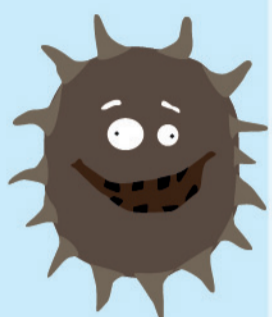
Put perishable food into the refrigerator within two hours of preparation or cooking. Discard food that has been left out at room temperature for more than four hours.



# 如何減低患上李斯特菌病的風險？

## How to reduce the risk of listeriosis?

### 李斯特菌 *Listeria monocytogenes*



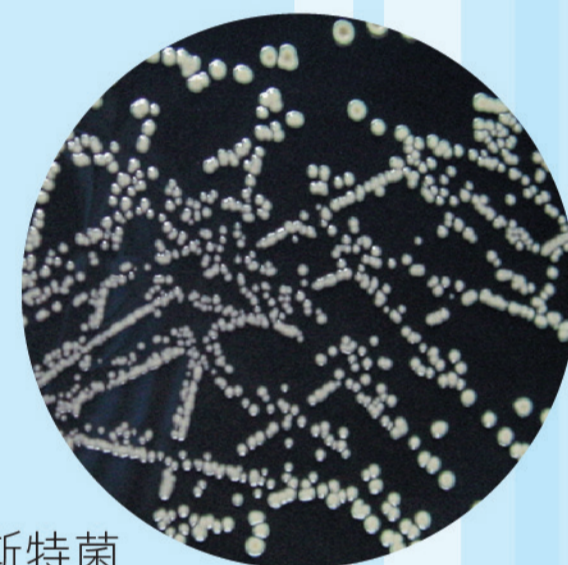
李斯特菌普遍存在於環境中（例如泥土、水）。這種細菌能在低至攝氏0度的溫度下生存及繁殖，但可在正常烹煮溫度下輕易被殺死。進食受這細菌污染的食物可令人患上李斯特菌病。

*Listeria monocytogenes* is a kind of bacteria commonly found in the environment such as soil and water. They can survive and multiply at temperature as low as 0°C, but can be easily destroyed under normal cooking temperature. Consuming *Listeria* contaminated food may lead to the development of a disease called listeriosis.



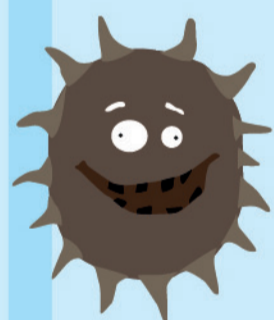
在懷孕期間，免疫系統被削弱，孕婦較容易受到李斯特菌感染。

During pregnancy, the immune system is weakened; pregnant women are more susceptible to *Listeria* infection.



李斯特菌  
*Listeria monocytogenes*

### 李斯特菌病及其病徵 *Listeriosis and its symptoms*



雖然李斯特菌病對健康良好的人只會產生少許甚至沒有任何的病徵，但對孕婦來說可以是非常危險的。受感染的孕婦會將細菌傳到胎兒，導致流產、胎兒夭折、早產或新生嬰兒病重。

Although listeriosis causes few or no symptoms in healthy people, it can be very dangerous for pregnant women. Infected pregnant women may transmit the *Listeria monocytogenes* to their foetus, thus leading to miscarriage, still birth, premature birth or serious illnesses in a newborn baby.



在懷孕期間，受感染的孕婦或會出現類似感冒病徵、發冷、發熱、頭痛、背痛和喉痛。受感染的孕婦有時會全無徵狀，但仍可以嚴重影響腹中胎兒。如婦女在懷孕期間出現上述病徵，應立即看醫生。

During pregnancy, infected women may show flu-like symptoms, chills, fever, headache, back pain and sore throat. Even though some may be asymptomatic, the infection can still severely affect the unborn baby. If the above symptoms occur during pregnancy, consult the doctor immediately.

## 如何減低患上李斯特菌病的風險？

### How to reduce the risk of listeriosis?

在懷孕期間採取以下預防措施，以保障自己和胎兒的健康：

**During pregnancy, take the following precautions to protect your health and the health of your foetus:**

# 1

**避免進食可能含有李斯特菌的高風險食物：**例如軟芝士、軟雪糕、未經巴士德消毒的奶類製成的食物、即食凍肉、冷熏魚類/ 海鮮等冷凍的即食食物。

**Avoid high risk food that may contain *Listeria monocytogenes*,** such as soft cheeses, soft ice-cream, foods made from unpasteurised milk, cold-cuts, cold-smoked fish/ seafood and other refrigerated ready-to-eat foods.

**盡快吃掉即食的食物：**因為李斯特菌在低至攝氏0度的溫度下仍能繁殖（李斯特菌能在受污染的冷藏食物中繁殖）。

**Use ready-to-eat food as soon as possible** since *Listeria monocytogenes* can grow at temperature as low as 0°C. (*Listeria monocytogenes* can multiply in the contaminated food even under refrigeration)

# 2

# 3

**出外用膳時小心選擇食物：**只進食點菜後才烹煮和端上時仍然熱騰騰的食物。避免進食自助餐式食物和預先配製的沙律。

**Be careful while eating out.** Only eat foods that are cooked to order and served hot. Avoid buffet-type meals and pre-prepared salads.

避免進食以下可能含有李斯特菌的高風險食物

Avoid the following high risk food that may contain *Listeria monocytogenes*

