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二零二四年食物事故回顧

Review of Food Incidents in 2024

食物安全中心風險管理組
林嘉潤醫生報告

Reported by Dr. Ka-yun LAM, Medical & Health Officer,
Risk Management Section, Centre for Food Safety

食物安全中心(食安中心)設有**食物事故監測系統**，以主動監察並識別香港以外地區有可能影響本港食物安全的食物事故。食安中心亦參與國際上的食物安全資訊機構，例如國際食品安全當局網絡，以及食品和飼料快速預警系統，並與各總領事館、其他當局及媒體等保持緊密聯繫。

二零二四年的食物事故

二零二四年，食安中心通過食物事故監測系統共監察到約5,300宗食物事故。對於可能對本港造成影響的食物事故，食安中心會檢查相關進口記錄，與各國當局聯繫，並聯絡本地業界以追查有關食品是否在本地有售。當發現有關產品在本港市面有售時，食安中心因應風險評估結果及本港規例要求來實施不同的風險管理行動，措施包括按需要停售受影響產品、發起產品回收、暫停進口和加強監測有關產品。

The Centre for Food Safety (CFS) has established a [Food Incident Surveillance System \(FISS\)](#) to proactively monitor and identify food incidents occurring outside Hong Kong which might have local food safety implications. The CFS also participates in international food safety authorities such as the International Food Safety Authorities Network (INFOSAN) and Rapid Alert System for Food and Feed (RASFF) and closely communicate with Consulates-General and other authorities and the media, etc.

Food Incidents in 2024

In 2024, the CFS identified around 5,300 food incidents through the FISS. For those food incidents with potential local impact, the CFS reviewed relevant import records, coordinated with international authorities and conducted sales checks with local traders with a view to investigating the local availability of the implicated products. For affected products with local availability, the CFS implemented different risk management actions depending on the risk assessment and in compliance with local regulations. These measures included discontinuation of sales of the affected products, initiating product recalls, import suspension, and enhancing surveillance of relevant products as necessary.

食物事故類型 Types of Food Incidents

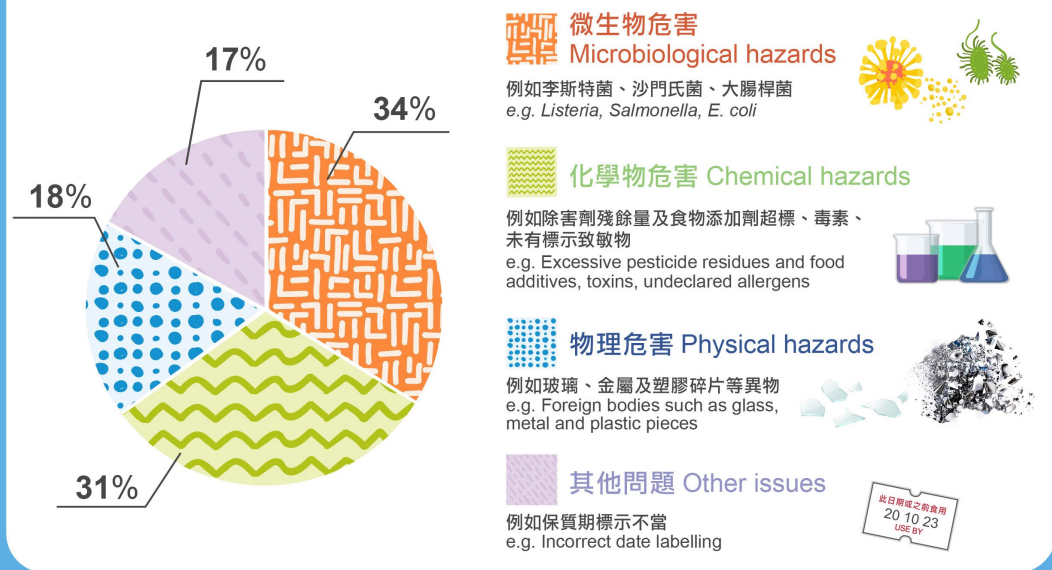


圖1: 二零二四年發出公告的食物事故類型
Figure 1: Types of food incidents with public announcements made in 2024

當受影響產品在本港市面有售，食安中心會通過新聞公報、[業界警報及食物/致敏物警報](#)通知消費者及業界。若經評估後認為產品對本港沒有重大影響，食安中心則會透過[食物事故報表](#)發出相關資訊。

二零二四年，食安中心共發出442則食物事故報表、20則新聞公報、20則業界警報及16則食物警報，涉及化學物危害（例如食物添加劑超標、毒素）、微生物危害（例如李斯特菌、沙門氏菌、諾如病毒）、物理危害（例如異物），及其他問題（例如保質期標示不當）。大部分事故與微生物及化學物危害有關，分別佔34%及31%。

食物事故風險管理

以下兩宗事例說明食安中心如何藉着食物事故監測系統有效處理食物事故，以及如何主動跟進香港以外地區發生可能影響本港的重大食物事故。

食安中心應對台灣米酵菌酸事故的工作

二零二四年三月，食安中心通過食物事故監測系統得悉台灣衛生當局發出通告，指台北發生致命食物中毒事故。受影響病人的臨床樣本被檢出對**米酵菌酸**毒素呈陽性反應。

米酵菌酸是一種耐熱毒素，由椰毒伯克氏菌產生，這種細菌在土壤及植物中無處不在，會影響肝臟、腦部及腎臟，引發的症狀包括缺乏能量、眩暈、嗜睡、腹痛和嘔吐等。嚴重個案可致命，過去其亦曾發生多宗死亡事故。

食安中心主動跟進這宗在台灣發生的食物事故。我們在本地進口及零售層面追查有關米粉製品，結果並無發現有關製品。為審慎起見，食安中心發出食物事故報表、網上文章及社交媒體貼文提醒市民，並提供食物安全建議。食安中心舉辦的業界諮詢論壇中，亦有包括安全製備粉、麵以預防食物中毒（包括米酵菌酸中毒）的主題，以提高業界的認知。食安中心也與台灣衛生當局保持密切溝通，並加強抽檢本港米粉製品是否含有米酵菌酸，全部結果均令人滿意。此外，食安中心亦巡查了本港一家生產米粉製品的食物製造廠，該廠的整體衛生狀況令人滿意，並已實施食物安全重點控制系統。

可能受O121型產志賀毒素大腸桿菌污染的進口甘筍

二零二四年十一月，食安中心通過食物事故監測系統得悉美國食物及藥物管理局發出通告，指美國一種甘筍可能受O121型產志賀毒素大腸桿菌污染而需要進行回收。食安中心隨即聯繫本地進口商採取跟進行動，調查發現實受影響甘筍已由一名進口商進口本港。食安中心指令進口商停售、下架和[回收](#)受影響產品，及發出新聞公報及業界警報。

有些大腸桿菌的菌株例如O121型大腸桿菌，會通過產生志賀毒素而致病。這些細菌被稱為產志賀毒素大腸桿菌。產志賀毒素大腸桿菌感染的症狀包括腹痛、水狀腹瀉，甚至帶血腹瀉。部分患者可能會發燒和嘔吐。部分受感染的人可能會出現腸出血及嚴重併發症如溶血尿毒症。

結語

食安中心有效利用食物事故監測系統，及早偵察食物事故和採取行動。食安中心會迅速應對食物事故，繼續致力保障市民健康。

When the affected products were available locally, the CFS notified consumers and the trade through press releases, Trade Alerts and [Food/Allergy Alerts](#) as required. For products evaluated as not having major local impact, the CFS disseminated relevant information via [Food Incident Posts](#).

In 2024, the CFS issued 442 food incident posts, 20 press releases, 20 trade alerts, and 16 food alerts, involving chemical hazards (e.g. use of excessive food additives, toxins), microbiological hazards (e.g. *Listeria*, *Salmonella*, *Norovirus*), physical hazards (e.g. foreign matters), and other issues (e.g. incorrect date labelling). The majority of the food incidents were related to microbiological and chemical hazards, which accounted for 34% and 31% respectively.

Risk Management of Food Incidents

The following two examples demonstrate how the CFS manages food incidents effectively with the help of FISS and how the CFS proactively follow up serious food incidents occurring outside Hong Kong that might have local implication.

The CFS's Work on Taiwan's Bongkreki Acid Incident

In March 2024, the CFS identified via FISS an announcement from the health authority of Taiwan of a food poisoning outbreak in Taipei with fatal cases reported. Clinical specimens of affected patients were tested positive for the toxin [bongkreki acid](#).

Bongkreki acid is a heat-stable toxin produced by the bacterium *Burkholderia gladioli* pathovar *cocovenenans* (*B. cocovenenans*), which is ubiquitous in soil and plants. It affects the liver, brain and kidneys, causing symptoms including lack of energy, dizziness, drowsiness, abdominal pain, vomiting, etc. It can be fatal in severe cases with high fatality in past outbreaks.

The CFS proactively followed up on this food incident which had occurred in Taiwan. Our local sales checks at import and retail levels did not find the concerned rice noodle products. For the sake of prudence, the CFS issued a Food Incident Post, an online article and social media posts to alert the public and provided food safety advice. The CFS organised a Trade Consultation Forum with a topic on safe handling of rice and noodles to prevent food poisoning, including bongkreki acid poisoning in order to raise the awareness of the trade. The CFS also maintained close communication with the health authority of Taiwan and enhanced surveillance of local rice noodle products for bongkreki acid testing and all results were satisfactory. Besides, the CFS also conducted inspection at a local food factory that produced rice noodle products and the overall hygiene condition of the factory was satisfactory with a HACCP food safety system in place.

Imported Carrots with Possible Shiga Toxin-producing *E. coli* (STEC) O121 Contamination

In November 2024, the CFS through FISS identified a notification from the Food and Drug Administration of the United States (US) that a kind of carrots originating from the US was being [recalled](#) due to possible contamination with STEC O121. The CFS immediately contacted local importers for follow up and investigation revealed that an importer has imported the affected carrots into Hong Kong. The CFS instructed the importer to stop selling and remove the concerned products from shelves and to initiate a recall. A press release and a trade alert were issued.

Some strains of *E. coli*, e.g. *E. coli* O121, can cause diseases through the production of a toxin called Shiga toxin. These strains are called STEC. Symptoms of STEC infection include abdominal pain and watery diarrhoea that may in some cases progress to bloody diarrhoea. Fever and vomiting may also occur. Intestinal bleeding and serious complications such as hemolytic uraemic syndrome may also develop in some people.

Conclusion

The FISS is an important tool leveraged by the CFS for early detection and timely intervention of food incidents. The CFS will continue to make every endeavour to safeguard public health by swiftly responding to food incidents.

增加進食蔬菜的益處並同時減低風險

Consuming Vegetables – Maximising the Benefits while Minimising the Risks

食物安全中心風險傳達組
科學主任游天頌先生報告

Reported by Arthur YAU, Scientific Officer,
Risk Communication Section, Centre for Food Safety

均衡飲食應包含蔬菜，因為蔬菜是纖維和重要營養素（包括維他命和礦物質）的重要來源。人們多吃水果和蔬菜，能有助降低死亡率和預防心臟病、中風、結腸直腸癌、二型糖尿病及肥胖症等非傳染性疾病。世界衛生組織建議成年人每日進食最少 400 克蔬果。在本港，衛生署也作出類似的建議。要盡量增加進食蔬菜對健康的益處，我們敦促市民遵循以下的健康提示。我們也會藉此機會消除一些關於配製和貯存蔬菜的謬誤。

沙律適合所有人進食嗎？

蔬菜沙律容易配製而且可以冷凍食用，備受注重健康的人士歡迎。然而，由於沙律包含多種未經烹煮的生配料及是即食食品，因此是高危食物。儘管生的蔬菜中部分營養素（例如維他命C等水溶性營養素）未經烹煮會保存得較好，但這也意味著存在的致病菌仍會存活。此外，預先包裝沙律長時間冷凍貯存，若受到污染，便尤其會增加李斯特菌繁殖的風險。因此，**高危人士**如孕婦、長者及免疫系統較弱人士應避免進食沙律及未經烹煮的蔬菜。市民可參閱食物安全中心有關沙律的指引，來安全地配製沙律。

蔬菜：烹煮有哪些影響？有哪些較佳的烹煮方法？

雖然眾所周知，焯菜會令不少水溶性營養素（例如維他命C和葉酸）流失，但仍有一些方法可以減少其流失。事實上，**蔬菜的營養素含量受多種因素影響**，包括蔬菜的種類、當中的營養素及處理和烹煮方法。研究顯示，烹煮的時間越短、烹煮所用的液體越少，保存在蔬菜中的水溶性營養素就會越多。例如，相較其他烹煮方法，蔬菜在焯或蒸後才炒，可令水溶性營養素保存較佳，同時也能產生較少加工過程污染物**丙烯酰胺**。另一方面，部分研究指出，與未經烹煮的蔬菜相比，烹煮可能對脂溶性營養素（例如β-胡蘿蔔素和維他命K）造成少量流失或甚至有所增加，因為烹煮有可能令某些難以被身體吸收及運用的脂溶性營養素變成可以被吸收及運用。

此外，烹煮能去除存在於某些蔬菜中的一些**天然毒素**。例如，水煮可以去除竹筍內含氰化物的化合物，浸泡過夜後以水烹煮也可以將腰豆中的**植物血球凝集素**（一種凝集素）含量降低至安全水平。去除植物血球凝集素也能減低對吸收鈣、鐵、磷和鋅等礦物質的干擾。最後，烹煮可以有效消滅來自自然環境或交叉污染的致病菌（例如沙門氏菌、大腸桿菌）。



圖2：沙律和炒菜
Figure 2: Salad and stir-fried vegetables

把煮熟蔬菜用作翌日的午餐安全嗎？

現時，部分人會因為擔心吃剩的蔬菜在隔夜後酶或細菌的活性導致**亞硝酸鹽含量**在增加，而把吃剩的蔬菜棄掉。然而，**食安中心**早前進行的一項研究結果顯示，熟菜在雪櫃隔夜（即24小時）貯存，亞硝酸鹽含量不會增加，因為在攝氏0至4度的溫度下，硝酸鹽轉化為亞硝酸鹽的速度很低。要減低蔬菜中的亞硝酸鹽含量，應正確處理蔬菜（例如在雪櫃內貯存蔬菜、在烹煮前清洗或去皮，

A **balanced diet** should include vegetables, as they are a great source of fibre and essential nutrients, including vitamins and minerals. People are encouraged to eat more fruits and vegetables, which helps to lower mortality rates and protects against non-communicable diseases such as heart disease, stroke, colorectal cancer, type 2 diabetes and obesity. The World Health Organization (WHO) **recommends** that adults consume at least 400 grams of fruits and vegetables daily. Locally, the Department of Health gives similar advice. To maximise the benefits of vegetable consumption, the public is urged to follow the health tips below. We will also take this opportunity to dispel misconceptions about preparing and storing vegetables.

Are Salads Suitable for Everyone?

Vegetable **salads** are popular among health-conscious individuals since they are easy to prepare and can be enjoyed chilled. Nevertheless, salads are considered high-risk food as they are composed of a variety of raw ingredients without cooking and are ready to eat. While some nutrients (e.g. water soluble nutrients like vitamin C) in raw vegetables are preserved better by not cooking them, this also means that any pathogens present remain viable. Additionally, the extended period of chilled storage for pre-packaged salads especially increases the risk of *Listeria monocytogenes* proliferation if contamination occurs. Therefore, **susceptible individuals** — such as pregnant women, the elderly, and those with weakened immune systems — should avoid salads and uncooked vegetables. The public can refer to the **CFS guidelines on salads** for preparing salads safely.

Vegetables: Effects of Cooking and Better Ways to Cook them?

While boiling vegetables is known to cause a considerable loss of water-soluble nutrients (e.g., vitamin C and folates) to the water, there are still some ways to minimise such loss. Indeed, the **nutrient content of vegetables can be influenced by a variety of factors**, including the types of vegetables, the nutrients involved, and the methods of preparation and cooking. Research shows that the shorter the cooking time and the less cooking liquid used, the more water-soluble nutrients are retained in vegetables. For instance, stir-frying vegetables after blanching or steaming retains water-soluble vitamins better than other cooking methods, while also reducing the formation of the process contaminant **acrylamide**. On the other hand, some studies suggest that cooking can lead to either a small loss or even an increase in fat-soluble nutrients (e.g., beta-carotene and vitamin K) compared with uncooked vegetables, as cooking may make

certain fat-soluble nutrients that are not readily absorbed and utilised by body become bioavailable.

Besides, cooking can eliminate certain **natural toxins** present in certain vegetables. For example, boiling can remove cyanide-containing compounds in bamboo shoots, and cooking with moist heat after soaking

overnight can reduce the levels of **phytohaemagglutinin** (a type of lectin) in kidney beans to a safe level. By removing phytohaemagglutinin, the interference with the absorption of minerals such as calcium, iron, phosphorus, and zinc is also reduced. Lastly, cooking can effectively destroy pathogens that may come from the natural environment or cross-contamination (e.g., *Salmonella*, *E. coli*).

Is it Safe to Bring Cooked Vegetables for Lunch the Next Day?

Nowadays, some people discard leftover vegetables from their meals because they worry about rising **nitrite levels** overnight due to enzyme or bacterial activity. However, an earlier **CFS study's** findings demonstrated that nitrite levels of cooked vegetables do not increase after storing overnight (i.e., for 24 hours) in a refrigerator, as the conversion rate of nitrate to nitrite is low at temperatures between 0 and 4°C.

以及在切碎或磨碎後盡快烹煮)。事實上，歐洲食物安全局已指出，進食蔬果的益處大於從這些食物攝入硝酸鹽對人體健康可能產生的風險。為防止細菌污染，如打算隔夜貯存熟食（例如作為午餐飯盒），應在烹煮後立即把所需分量存起。在進食前，應把食物徹底翻熱。

結語

要盡量增加進食蔬菜對健康的益處，了解如何配製和處理蔬菜至關重要。高危人士應避免進食高危食物如生吃蔬菜，一般人則應在進食前正確配製和貯存蔬菜。若能掌握正確的知識，消費者便既得進食蔬菜的益處，又可減低對健康的風險。

To minimise nitrite levels in vegetables, [handle](#) them properly (e.g., [store vegetables](#) in the refrigerator, [wash](#) or peel before cooking, and cook soon after chopping or mashing). Indeed, the European Food Safety Authority has [stated](#) that the benefits of eating fruits and vegetables outweigh any potential health risks from nitrate exposure through these foods. If you plan to store cooked food overnight (e.g., for lunchboxes), it is advisable only pack the amount you intend to store right after cooking to prevent bacterial contamination. Reheat thoroughly before consumption.

Conclusion

Understanding how to prepare and handle vegetables is vital for maximizing health benefits of vegetable consumption. Susceptible individuals should avoid high-risk foods like raw vegetables, while others should prepare and store vegetables properly before consumption. With proper knowledge, consumers can reap the benefits of vegetable consumption while minimizing health risks.

消費者對減鈉的改良配方點心的接受程度

Consumer Acceptance of Reformulated Dim Sum for Sodium Reduction

食物安全中心（食安中心）進行了一項研究，以評估消費者對減鈉的改良配方點心的接受程度。食安中心招募了72名參與者試食蝦肉燒賣和豉汁蒸排骨這兩款點心的標準和減鈉（減幅約為一至兩成）樣本，以確定兩者的味道是否存在可察覺的分別。

72名參與者當中分別只有15人和13人在三角測試中分別正確識別出蝦肉燒賣和豉汁蒸排骨的不同樣本。結果顯示，標準點心和減鈉配方點心在味道上沒有可察覺的分別。食安中心已透過不同渠道（包括新聞公報、記者會、電台及電視訪問等）發放該研究結果，以提高市民和業界人士的認知。

食安中心鼓勵業界減少使用鹽和佐料，以降低點心中的鈉含量。消費者應保持均衡的飲食，並選擇進食鈉含量較低的點心。

The Centre for Food Safety (CFS) conducted a [study](#) to assess consumer acceptance of dim sum reformulated for sodium reduction. Seventy-two subjects were recruited to taste standard and reduced-sodium (about 10 to 20 per cent reduction) samples of two types of dim sum: shrimp siu mai and steamed pork ribs with black bean sauce, to determine whether detectable sensory differences exist between them.

Out of 72 subjects, only 15 and 13 subjects correctly identified the odd sample of shrimp siu mai and steamed pork ribs with black bean sauce in the triangle tests respectively. The results suggested that no perceptible sensory difference can be tasted between the standard and the reformulated dim sum. The CFS has already disseminated the findings via various channels, including a press release, a press conference, radio and television interviews to raise awareness of both the public and trade.

The trade is encouraged to [reduce sodium levels](#) in dim sum by using less salt and condiments. Consumers are advised to maintain a balanced diet and choose dim sum with lower sodium levels for consumption.

追蹤食物安全中心官方WhatsApp頻道，收看最新資訊！

Watch and Learn - Let's Subscribe to the CFS WhatsApp Channel

食物安全中心（食安中心）新推出的官方WhatsApp頻道已加上「藍標」的認證徽章，表示該WhatsApp已驗證為食安中心的真實帳號頻道。透過訂閱食安中心的頻道，就能及時接收與本港食物安全事宜的最新消息及各類食物安全資訊，包括教育短片、食物警報及與食物安全相關的各種活動的連結。有關頻道的貼文均配以插圖及清晰的說明，幫助市民清楚掌握食物安全訊息的重點。

要訂閱我們的官方WhatsApp頻道，可掃描附圖的QR Code後，並按「追蹤」和開啟「鈴鐺」。此外，食安中心也會定期在各大社交媒體平台（如Facebook和Instagram）發布貼文，並在YouTube上載不同的影片，從而加強與市民的溝通和互動。



食物安全中心
官方WhatsApp頻道

A Verified Blue Check badge has been added to the Centre for Food Safety's (CFS) newly launched official WhatsApp channel. This certification shows that WhatsApp has confirmed the authenticity of CFS's channel. By subscribing to the channel, one can obtain timely updates on local food safety matters and food safety materials. These include links to educational videos, food alerts, and various food safety related activities. The posts on the channel are enhanced with graphic

illustrations and clear explanations to help the public grasp key food safety messages effectively.

To [subscribe](#) our official WhatsApp channel (In Chinese only), one can scan the QR Code in the illustration below, press "Follow" and click the "bell". Besides, the CFS also posts regularly on various social media platforms such as [Facebook](#) and [Instagram](#) and upload different videos on [YouTube](#) to enhance communications and interactions.



風險傳達工作一覽（二零二五年一月）

Summary of Risk Communication Work (January 2025)

事故/ 食物安全個案 Incidents/ Food Safety Cases: 251	公眾查詢 Public Enquiries: 147	業界查詢 Trade Enquiries: 185	食物投訴 Food Complaints: 705	給業界的快速警報 Rapid Alerts to Trade: 0
給消費者的食物警報 Food Alerts to Consumers: 0	懷疑食物中毒個案通報 Suspected Food Poisoning Alerts: 1	教育研討會/ 演講/ 講座/ 輔導 Educational Seminars/ Lectures/ Talks/ Counselling: 58	上傳到食物安全中心網頁的新訊息 New Messages Put on the CFS Website: 41	