食物安全焦點
Food Safety Focus

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節日聚餐期間維持食物安全
Keeping Food Safe During Holiday Gatherings

食物安全中心風險傳達組
科學主任陳蓉蓉女士報告

Reported by Ms. Melva CHEN, Scientific Officer,
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踏入年尾，不少人開始籌備辦公室聚餐、家庭晚宴和朋友聚會。許多家庭會選擇訂購部分菜式，並自行烹調其餘菜餚。這些場合必須特別注意食物安全，因為聚餐菜式種類繁多，當中或包括高風險的冷盤或生食，加上預先大量製作，食物往往會長時間置於室溫；原隻火雞、大型魚類和龍蝦等菜式平日較少烹調，因此家中煮食的人未必熟悉其安全製備程序。這些因素均會增加食物安全風險。以下是需要留意的關鍵風險：

風險一：烹調高難度菜式

若不熟悉原隻火雞、大型烤肉、釀入其他食材的家禽、清蒸大魚或炒龍蝦等菜式的正確解凍及烹調時間，會增加食物未能徹底煮熟和交叉污染的風險。

減低風險建議：

預先妥善計劃，避免因匆忙而亂了陣腳。仔細遵循生產商的指示，特別是急凍火雞的解凍及烹調指示。參考可靠的食譜來源，如具公信力的烹飪書或可信的網上平台。使用食物溫度計確保食物最厚部分的溫度達到攝氏75度。保持清潔並防止交叉污染，特別是曾接觸生肉、家禽或海產的表面。處理海產前先清洗蔬果，事後亦應清潔廚房洗手盆。

風險二：過早大量製作，並缺乏適當溫度控制

冷卻大批量食物需時較長，令食物長時間處於攝氏4至60度的「危險溫度範圍」，細菌容易迅速繁殖。這會增加肉類、肉汁、咖喱、炆炖類食物和鹵味中產氣莢膜梭狀芽孢桿菌的風險，以及飯麵中蠟樣芽孢桿菌的風險。這兩種細菌均能形成孢子。這些孢子即使在烹煮後仍能存活，並在溫暖環境下萌芽繁殖，是聚餐引致食物中毒的常見原因。

減低風險建議：

將湯羹和炆炖類等食物煮至沸騰，確保溫度達攝氏75度或以上。煮熟的食物在食用前應保持在攝氏60度以上；或透過分裝於淺身容器、改善空氣流通或使用冰水浴於兩小時內冷卻。隨後應盡快放進雪櫃，並在食用前徹底翻熱。

風險三：供應生或半熟海產

壽司、刺身和生蠔帶有潛在風險，可能含有副溶血性弧菌、李斯特菌、諾如病毒、甲型肝炎病毒和戊型肝炎病毒等病原體。

減低風險建議：

選擇較安全的替代品，如焗蠔或含熟食配料的紫菜卷。高危人士（如孕婦、幼童、長者和免疫力較弱人士）應避免進食生海產。

As the year draws to a close, many people are planning office functions, family dinners, and friends' gatherings. Many households will order some dishes and prepare others themselves. These occasions often call for food safety as the meals share several risk-enhancing features: they are diverse and may include high-risk cold or raw items; many are prepared in large batches well ahead of time; foods may sit out for long periods during the gathering; and some dishes such as whole turkeys, oversized fish and lobsters are usually cooked only for special occasions, meaning home cooks may be less familiar with safe preparation. Below are the key risks to note:

Risk to Note #1: Cooking Challenging Dishes

Unfamiliarity with proper thawing and cooking times for dishes like whole turkeys, large roasts, stuffed poultry, steamed oversize fish or stir-fried lobsters increases the risk of undercooking and cross-contamination.

Reducing Risks:

Plan so that things do not get rushed or flustered. Follow manufacturer instructions carefully, especially for thawing and cooking frozen turkeys. Use trusted recipe sources such as reputable cookbooks or credible online platforms. Use a food thermometer to ensure the thickest part reaches 75°C. Keep everything clean and avoid cross-contamination, especially from surfaces that touched raw meat, poultry or seafood. Wash vegetables and fruit before handling seafood, and clean the sink afterwards.

Risk to Note #2: Preparing Large Batches Too Far in Advance Without Proper Temperature Control

Large batches take longer to cool, leaving food in the temperature danger zone (4-60°C) where bacteria multiply quickly. This raises the risk of *Clostridium perfringens* in meats, gravies, curries, stews and lo-mei, and *Bacillus cereus* in rice and noodles—two common causes of party-related food poisoning, as these bacteria are able to form spores that can survive cooking and then germinate and multiply in warm environments.

Reducing Risks:

Bring foods like soups and stews to a rolling boil to ensure they reach 75°C or above. Keep cooked food above 60°C before serving, or cool within two hours by dividing into shallow containers, improving air circulation, or using an ice-water bath. Refrigerate promptly and reheat thoroughly.

Risk to Note #3: Serving Raw or Undercooked Seafood

Sushi, sashimi and raw oysters carry inherent risks. They may contain pathogens such as *Vibrio parahaemolyticus*, *Listeria monocytogenes*, norovirus, hepatitis A and hepatitis E.

Reducing Risks:

Choose safer options such as baked oysters or seaweed rolls with cooked ingredients. Avoid raw seafood for susceptible groups (pregnant women, young children, the elderly and the immunocompromised).

風險四：在菜式中使用生蛋或半熟蛋

意大利芝士蛋糕、慕絲、自製蛋黃醬、凱撒沙律醬、蛋類三文治和蛋酒常使用生蛋或半熟蛋，可能含有沙門氏菌。

減低風險建議：

使用經巴士德消毒的雞蛋，或選擇將蛋類成分完全煮熟的食譜。

風險五：冷盤放置過久

沙律和三文治等冷盤涉及去皮、切開和混合等工序，但缺乏高溫殺菌步驟。若處理不當，可能發生交叉污染，例如透過雙手傳播金黃葡萄球菌。當食物放置過久，冷盤溫度回升，細菌便會滋生。

減低風險建議：

徹底洗手。冷盤應貯存在雪櫃至食用前一刻才取出，並盡快食用。凡在室溫下擺放超過四小時的食物應予丟棄。

採購及訂購外賣貼士

光顧信譽良好的商店購買食物。售賣限制出售食物（如生蠔、壽司、刺身、燒味和鹵味）的處所須持有相關牌照或許可證。選購使用經巴士德消毒的蛋或蛋類已徹底煮熟的菜式。收到外賣時，檢查包裝是否完整、熱食是否溫熱、冷食是否冰凍。如非即時食用，應放進雪櫃並在進食前徹底翻熱。

處理剩餘食物

將剩餘食物放入清潔的有蓋容器內，並於兩小時內放進雪櫃。進食前須徹底翻熱，並避免重複翻熱。雪櫃內存放超過三天的剩餘食物應予丟棄。

注意以上守則，有助確保食物安全。

使用溫度計確保最厚部分的溫度達到攝氏75度或以上。
Use a thermometer to ensure the thickest part reaches 75°C or above.

熱食應保持在攝氏60度以上。
Hot food should be held at above 60°C.

焗蠔和含熟食配料的紫菜卷是較安全的選擇。
Baked oysters and seaweed rolls with cooked ingredients are safer options.

製作含有生蛋或半熟蛋的菜餚時，應使用經巴士德消毒的雞蛋。
Use pasteurised eggs for dishes containing raw or undercooked eggs.

冷盤和沙律上桌前應保持在攝氏4度或以下。
Keep cold dishes and salads at or below 4°C before serving.

剩餘食物應以有蓋容器盛載並放入雪櫃保存。
Leftovers should be stored in lidded containers in the refrigerator.

圖1: 減低風險建議
Figure 1: Risk reducing recommendations

Risk to Note #4: Using Raw or Lightly Cooked Eggs in Dishes

Tiramisu, mousse, homemade mayonnaise, Caesar dressing, egg sandwiches and eggnog often involve raw or lightly cooked eggs, which may contain *Salmonella*.

Reducing Risks:

Use pasteurised eggs or choose recipes that fully cook the egg components.

Risk to Note #5: Leaving Cold Dishes on the Table for Too Long

Cold dishes like salads and sandwiches involve peeling, cutting and mixing but no heat step to destroy bacteria. If mishandled, cross-contamination may occur—for example, *Staphylococcus aureus* from hands. When foods sit out too long, cold items warm up and allow bacteria to grow.

Reducing Risks:

Wash hands thoroughly, keep cold dishes refrigerated until serving, serve promptly, and discard food left at room temperature for more than four hours.

Tips for Purchasing and Ordering Delivery

Purchase food from reputable vendors. Premises selling restricted foods (raw oysters, sushi, sashimi, siu-mei and lo-mei) should have the required licences or permits. Choose pasteurised or fully cooked egg dishes. When receiving ordered foods, check that the packaging is intact, hot foods are warm and cold foods are chilled. If not consumed immediately, refrigerate and reheat thoroughly.

Handling Leftovers

Store leftovers in clean, lidded containers and refrigerate within two hours. Reheat thoroughly before eating and avoid reheating more than once. Discard any leftovers kept in the fridge for more than three days.

Attention to these practices helps keep meals safe.

認識食物中的高氯酸鹽
Understanding Perchlorate in Food

食物安全中心風險評估組
科學主任張鳳文女士報告

Reported by Ms. Iris CHEUNG, Scientific Officer,
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高氯酸鹽是一種內分泌干擾化學物，會抑制碘質攝取，從而擾亂甲狀腺功能。碘質對製造維持新陳代謝及發育所需的甲狀腺激素至關重要。高氯酸鹽存在於飲用水和食物中，並因農業肥料和工業廢料等源頭而殘留於環境，令大眾日益關注其健康風險。本文旨在闡釋甚麼是高氯酸鹽、其潛在健康影響，以及高氯酸鹽是否對本地人口健康構成嚴重影響。

Perchlorate is an endocrine-disrupting chemical that disrupts thyroid function by inhibiting iodine uptake, which is crucial for producing thyroid hormones essential for metabolism and development. Its presence in drinking water and food, along with its persistence in the environment from sources like agricultural fertilizers and industrial waste, has increased awareness of its health risks. This article aims to shed light on what perchlorate is, its potential health effects, and whether it poses a significant health risk to the local population.

甚麼是高氯酸鹽？

高氯酸鹽是一種天然存在或由人類活動產生的化學物。它可在大氣及某些礦物中天然形成，亦源自火箭燃料、煙花和農業肥料等工業產品。若這些物料貯存或處置不當，高氯酸鹽便可能進入環境。

高氯酸鹽易溶於水且不依附於土壤，因此能經地下水、河流和湖泊迅速長距離傳播。其化學穩定性使其不易揮發，故傾向長期存留於水系中。

高氯酸鹽如何進入食物

植物若種植於受影響土壤或以受污染水源灌溉，會經根部吸收高氯酸鹽，導致高氯酸鹽積聚於葉菜和水果等農作物中。動物亦可能透過受污染的食水或飼料攝入高氯酸鹽，繼而轉移至牛奶等產品。人類主要透過進食受污染的食物（如蔬菜、水果、穀物、奶類和茶）及飲用受污染的水源而攝入高氯酸鹽。

高氯酸鹽對健康的影響

高氯酸鹽被攝入後會迅速被血液吸收，並分佈於血清、尿液和母乳等體液中。人體能於數小時內經尿液有效排出逾90%已攝入的高氯酸鹽。然而，攝入過量高氯酸鹽可能對健康產生嚴重影響，尤其是對孕婦、嬰幼兒及碘攝取不足人士等高危群組。

主要的關注在於高氯酸鹽可暫時減少甲狀腺細胞吸收碘質。甲狀腺負責調節人體生長及新陳代謝，而碘是製造甲狀腺激素的必需元素。正常情況下，碘經特定途徑進入甲狀腺細胞。但由於高氯酸鹽的化學結構與碘極為相似，高濃度的高氯酸鹽會阻礙這些途徑。這種干擾可能導致血液中甲狀腺激素水平下降，引發甲狀腺功能減退。

What is Perchlorate?

Perchlorate is a chemical that exists both naturally and from human activities. It forms naturally in the atmosphere and in certain minerals, but also comes from industrial products like rocket fuels, fireworks and agricultural fertilizers. When these materials are not stored or disposed of properly, perchlorate can enter the environment.

Perchlorate dissolves readily in water and does not adhere to soil, allowing it to travel quickly through groundwater, rivers and lakes over long distances. Its chemical stability prevents it from evaporating, so it tends to stay in water systems for long periods.

How Perchlorate Enters Our Food

Plants absorb perchlorate through their roots when grown in affected soil or irrigation water, causing it to build up in crops like leafy vegetables and fruits. Animals may also ingest it through tainted water or feed, potentially transferring it to products like milk. For people, primary exposure occurs through food (such as vegetables, fruits, grains, milk and tea) and drinking water that have been exposed to contaminated sources.

The Health Effect of Perchlorate

When perchlorate is ingested, it is rapidly absorbed into the bloodstream and distributes throughout bodily fluids, including blood serum, urine and breast milk. The human body efficiently eliminates over 90% of ingested perchlorate within hours through urinary excretion. However, excessive level of perchlorate may pose significant health risks, especially for vulnerable populations such as pregnant women, young infants and individuals with iodine-deficient diets.

One major concern is that perchlorate can temporarily reduce iodine absorption in thyroid cells – the gland that regulates the growth and metabolism in our bodies. Iodine is essential for producing thyroid hormones. Normally, iodine enters thyroid cells through dedicated pathways. However, because perchlorate closely resembles iodine chemically, it can block these pathways when present in high levels. This interference may lead to reduced levels of thyroid hormones in the blood, resulting in a condition known as hypothyroidism.

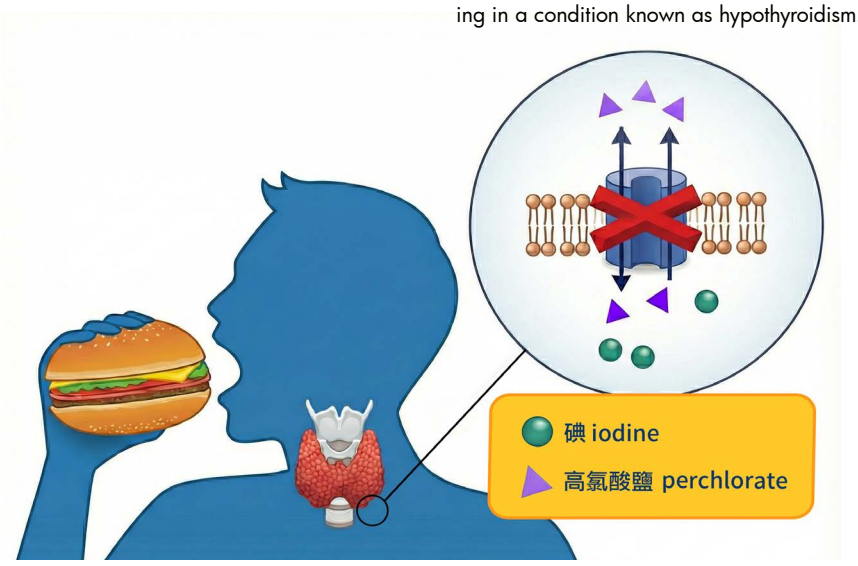

圖2: 高氯酸鹽干擾典質吸收的簡化示意圖
Figure 2: Simplified representation of perchlorate interference of iodine absorption

當從膳食中攝取超過一般水平，高氯酸鹽對高危群組的潛在影響尤為重要。甲狀腺激素分泌不足對發育中嬰兒和幼童的影響尤其嚴重，因為這些激素對腦部正常發育及身體成長至關重要。對成人而言，甲狀腺激素水平過低會擾亂新陳代謝，損害心臟、消化系統、肌肉和生殖器官等多種身體功能。

我們是否面臨風險？

聯合國糧食及農業組織／世界衞生組織食品添加劑聯合專家委員會和歐洲食品安全局等國際食物安全機構已評估高氯酸鹽的安全性，並根據其對人體碘攝取的抑制作用，制定了相關健康參考值。

在香港，食物安全中心（食安中心）曾就茶和茶類飲料中的高氯酸鹽進行風險評估研究，結論認為透過這些產品攝入高氯酸鹽的健康風險微不足道。鑑於早年海外對高氯酸鹽的關注，食安中

The potential health effects of perchlorate become especially important for vulnerable subgroups when exposure exceeds typical dietary levels. Insufficient thyroid hormone production can be particularly serious for developing babies, infants and young children because these hormones are vital for normal brain development and healthy physical growth. In adults, low thyroid hormone levels can disrupt metabolism and impair various bodily functions, including those of the heart, digestive system, muscles and reproductive organs.

Are We at Risk?

International food safety organisations such as the Joint Food and Agriculture Organization / World Health Organization Expert Committee on Food Additives (JECFA) and the European Food Safety Authority (EFSA) have evaluated the safety of perchlorate and established health-based guidance values (HBGV) for perchlorate based on the inhibition of iodine uptake in human.

In Hong Kong, the Centre for Food Safety (CFS) previously conducted a risk assessment study on perchlorate in tea leaves and tea beverages, and concluded negligible health risks from perchlorate exposure through these commodities. Given

心將其納入香港第二次總膳食研究的檢測範圍。研究結果顯示，香港成年人及較年輕群組每日從膳食攝入高氯酸鹽的分量遠低於國際機構訂定的健康參考值，不會對健康構成影響。

為減低攝入高氯酸鹽的風險，市民應保持均衡及多元化飲食。這不僅有助維持整體健康，亦能減低因偏食而攝入過量污染物（如高氯酸鹽）的機會。

the attention perchlorate received abroad in earlier years, the CFS has selected perchlorate as one of the testing parameters in the Second Hong Kong Total Diet Study (2nd HKTDS). Study results indicate that the dietary exposures to perchlorate for Hong Kong adult and younger population remain well below the HBGVs set by international organisations and do not pose a health risk.

To reduce any risks from perchlorate exposure, people are encouraged to eat a balanced and varied diet. This not only helps keep your overall health in good shape but also lowers the chances of being exposed to contaminants like perchlorate from eating just a limited range of foods.

享用臘味應節制
Consume Lap-mei in Moderation

天氣轉涼，不少市民喜歡在冬日享用以砂鍋烹煮的臘味飯（如臘腸、膶腸、臘鴨和臘肉），品嚐其獨特風味。食物安全中心最近進行的時令食品調查顯示，全部164個本地收集的臘味樣本均通過檢測。

傳統臘味多採用基本防腐技術製成。製作過程中會加入鹽以抽走水分，並以硝酸鹽醃製肉類，不但可抑制肉毒桿菌（一種產生毒素的病原體）生長，亦能帶出臘味的獨特風味和紅潤色澤。因此，臘味一般含較高鹽分，並含有硝酸鹽和其代謝物亞硝酸鹽，市民應避免過量進食。為保持均衡飲食，享用這款時令食品時，可配搭充足的蔬菜和水果，兼顧傳統滋味和營養需要。嬰兒較易出現亞硝酸鹽中毒，應避免食用臘味。

As the weather gets cooler, many people will enjoy the popular winter dish of lap-mei (Chinese preserved meat like Chinese pork/liver sausages, preserved duck/pork) cooked with rice in clay pots for their signature taste and aroma. The recent CFS seasonal food surveillance project found that the test results for all 164 lap-mei samples collected locally were satisfactory.

Traditionally, lap-mei is made using basic preservation techniques. Salt is added to draw out moisture, while nitrate is added to cure the meat not only to prevent the growth of the toxin-producing pathogen *Clostridium botulinum*, but also to impart the signature taste and reddish colour. Lap-mei is therefore typically high in salt and contains nitrate and its metabolite nitrite, the excessive consumption of which should be avoided. To keep this seasonal delicacy part of a balanced diet, pair them with plenty of vegetables and fruits so that the tradition is complemented by good nutrition. Infants are highly susceptible to nitrite toxicity and should avoid consuming lap-mei.

認識進食生蠔的風險
Consuming Raw Oysters: Know the Risk

生蠔是節日聚會上深受歡迎的食物。然而，由於生蠔是濾食性動物，可能從周遭環境積聚副溶血性弧菌、諾如病毒、甲型肝炎病毒和戊型肝炎病毒等病原體，加上未經烹煮便會食用，因此構成相當大的微生物風險。這些病原體可引致嚴重的腸胃疾病，而目前並無技術可保證生蠔完全不含病原體。食用生蠔時，應只向信譽良好並領有食物環境衞生署相關書面許可的店舖購買可供生食的蠔隻，並遵循食物安全中心就進食生蠔的建議。

高危人士（如孕婦、幼童、長者和免疫力較弱人士）應避免進食生蠔。進食前應將蠔隻徹底煮熟，確保中心溫度達攝氏90度並維持90秒，以消滅蠔隻內可能存在的病原體。

Raw oysters are popular food items for holiday gatherings. However, they pose significant microbiological risks, as they are consumed uncooked and can accumulate pathogens like *Vibrio parahaemolyticus*, norovirus, hepatitis A virus and hepatitis E virus from the environment as a filter feeder. These pathogens can lead to serious gastrointestinal illnesses and no current technology can guarantee pathogen-free raw oysters. When consuming raw oysters, purchase only those that are intended for raw consumption from reputable sources with relevant written permissions from the Food and Environmental Hygiene Department and follow the CFS's recommendations on oysters intended for raw consumption.

Susceptible populations, including pregnant women, young children, the elderly, and individuals with weakened immune systems, should avoid consuming raw oysters. It is advisable to cook oysters thoroughly by achieving an internal temperature of at least 90°C for 90 seconds to ensure the destruction of potential pathogens within.

風險傳達工作一覽（二零二五年十一月）
Summary of Risk Communication Work (November 2025)

事故/ 食物安全個案 Incidents/ Food Safety Cases: 471	公眾查詢 Public Enquiries: 116	業界查詢 Trade Enquiries: 172	食物投訴 Food Complaints: 540
給業界的快速警報 Rapid Alerts to Trade: 3	給消費者的食物警報 Food Alerts to Consumers: 0	教育研討會/ 演講/ 講座/ 輔導 Educational Seminars/ Lectures/ Talks/ Counselling: 28	上載到食物安全中心網頁的新訊息 New Messages Put on the CFS Website: 52