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## 安全又新鮮：貯存蔬菜的實用貼士 Safe and Fresh: Practical Tips for Storing Vegetables

食物安全中心風險傳達組  
科學主任陳蓉蓉女士報告

並非所有人都能每天購買新鮮蔬菜。消費者預先購買數天甚至數星期分量的蔬菜備用，情況十分普遍。由於蔬菜是日常膳食的重要部分，大眾都非常關注如何保持蔬菜新鮮，同時確保食物安全。本文將討論日常生活中常見的幾個貯存謬誤，並提供實用建議。

### 不當做法1：貯存前先清洗蔬菜並封存於密封膠袋內

**問題何在：**有些人會在購買蔬菜後立即清洗，並在蔬菜仍然濕潤時將其放入密封膠袋或容器中貯存。這種做法會困住水分，形成潮濕的環境，有利細菌和霉菌生長。葉菜類蔬菜在這種情況下特別容易變得黏滑並加快腐爛。

**建議做法：**蔬菜應在烹煮或食用前才清洗。如必須預先清洗，則務必徹底抹乾或瀝乾水分。將蔬菜放入有孔的膠袋，或在非密封膠袋內鋪上廚房紙巾以吸收多餘水分，然後存放於雪櫃的保鮮格內。至於根莖類蔬菜，在貯存前可用刷子或紙巾清除表面的泥土。

### 不當做法2：直接以報紙包裹新鮮蔬菜並存放在雪櫃內

**問題何在：**以報紙包裹蔬菜是老一輩常用的做法，主要是利用其良好的吸濕效能。然而，報紙的印刷油墨含有化學物質，包括溶劑、顏料及黏合劑。當蔬菜被報紙包裹時，這些化學物質可能會轉移到蔬菜表面，且肉眼難以察覺。長期攝入這些化學物質可能對人體健康構成潛在風險。

**建議做法：**先用白布或廚房紙巾包裹蔬菜，再放入有孔膠袋或非密封膠袋內。烹煮前應徹底沖洗。

### 不當做法3：沒有將蔬菜和水果分類就混合存放

**問題何在：**大部分樹果（如蘋果和梨）會產生乙烯。乙烯是一種無色無味的天然植物激素氣體，具有催熟作用。當這些水果與對乙烯敏感的蔬菜（如葉菜、西蘭花和青瓜）一同存放時，乙烯會加速蔬菜變黃、枯萎及腐爛。

**建議做法：**將對乙烯敏感的蔬菜與會產生乙烯的水果分開存放（見圖）。在實際操作上，可將水果放入籃中，存放在陰涼乾爽處，或先裝入袋中才放入雪櫃。

### 不當做法4：將馬鈴薯及其他無需低溫貯存的蔬菜放進雪櫃

**問題何在：**無需放進雪櫃的蔬菜一般較為耐放，皮厚或屬於根莖類，例如馬鈴薯、番薯、芋頭、冬瓜、蒜頭、洋蔥和乾蔥。放進雪櫃往往會導致這些蔬菜流失風味、質地變差或加快腐爛。此外，把馬鈴薯放進雪櫃會促使當中的澱粉自然轉化為還原糖，當以炒、炸或焗等高溫方式烹煮時，會增加產生潛在有害物質**丙烯酰胺**的風險。

Reported by Ms. Melva CHEN, Scientific Officer,  
Risk Communication Section, Centre for Food Safety

Not everyone buys vegetables daily. It is common for consumers to purchase vegetables in advance and store them for several days or even weeks. As vegetables are consumed regularly, many people are concerned about how to keep them fresh while ensuring food safety. This article will discuss several common storage mistakes in daily life and suggest practical tips.

### Practice of concern 1: Washing vegetables before storage and sealing them in airtight plastic bags

**Why this is a concern:** Some people wash vegetables immediately after purchase and store them wet in airtight plastic bags or sealed containers. This practice traps moisture, creating a humid environment that encourages the growth of bacteria and mould. Leafy greens, in particular, may become slimy and spoil more quickly.

**Recommended practice:** Vegetables should be washed only right before cooking or consumption. If washing is necessary in advance, they must be thoroughly dried. Place them in perforated bags or non-airtight bags lined with a paper towel to absorb excess moisture, then store in the refrigerator's crisper drawer. To remove dirt and soil from root vegetables before storing them, use a brush or paper towel.

### Practice of concern 2: Wrapping fresh vegetables directly with a newspaper before storing them in the refrigerator

**Why this is a concern:** Wrapping fresh vegetables in a newspaper is an old practice based on its effective moisture-absorption. However, printing inks contain hazardous chemical compounds, including solvents, pigments and binders. They may transfer to the surface of the vegetables if they are wrapped with newspapers and may not be easily detected by the naked eye. Prolonged exposure to these chemicals may pose potential risks to human health.

**Recommended practice:** Wrap vegetables with a white cloth or paper towel before putting them in perforated bags or non-airtight bags. Rinse thoroughly before cooking.

### Practice of concern 3: Placing vegetables and fruits together without sorting

**Why this is a concern:** Most tree fruits, such as apples and pears, produce ethylene gas, a colourless, odourless and natural plant hormone gas, which accelerates ripening. When stored together with ethylene-sensitive vegetables like leafy greens, broccoli and cucumbers, this gas speeds up yellowing, wilting and spoilage.

**Recommended practice:** Store ethylene-sensitive vegetables separately from ethylene-producing fruits (see figure). In practice, put fruits in a basket and place them in a cool and dry place, or bag the fruits before storing in the refrigerator.

### Practice of concern 4: Refrigerating potatoes and other vegetables that do not need chilling

**Why this is a concern:** Vegetables that do not require refrigeration are generally hardy, thick-skinned, or root vegetables like potatoes, sweet potatoes, taro roots, winter squashes, garlics, onions and shallots. Refrigeration often causes them to lose flavour, develop off-textures or spoil faster. Furthermore, refrigerating potatoes causes starch to naturally

**建議做法：**將上述蔬菜存放在室內陰涼、乾爽及通風的地方，避免陽光直射。

### 不當做法5：未經焯水處理便將自製冷凍蔬菜（如青豆和粟米粒）放入冰格

**問題何在：**有些人會在家中自製冷凍蔬菜（如青豆、粟米、西蘭花和椰菜花等）。若未經焯水便直接冷凍，蔬菜內的酵素活動便不會停止。結果，即使在冷凍狀態下，蔬菜的色澤、質地和風味仍會隨時間變差。焯水能減少蔬菜表面的微生物數目，並使酵素失去活性，從而提升冷凍蔬菜在貯存期間的安全與品質。

**建議做法：**適合冷凍的蔬菜（如青豆、粟米、西蘭花和椰菜花等）應先放入沸水中略煮（兩至三分鐘），然後立即放入冰水中降溫，方可冷凍。無論是市售還是自製的冷凍蔬菜，食用前都應徹底烹煮，以減低感染李斯特菌及其他食源性細菌的風險。

### 不當做法6：熟食存放不當

**問題何在：**將已煮熟的蔬菜長時間存放於室溫而不放進雪櫃，不僅會增加微生物風險，更會促使蔬菜中天然存在的硝酸鹽轉化為有毒的亞硝酸鹽，嬰兒攝入後可能引致**正鐵血紅蛋白血症**（俗稱「藍嬰綜合症」）。然而，在雪櫃的低溫（0°C至4°C）環境下，熟食中**硝酸鹽轉化為亞硝酸鹽**的速度會減慢。

**建議做法：**蔬菜煮熟後應盡快冷卻並放入雪櫃，食用前必須徹底加熱。

妥善貯存蔬菜並不複雜，關鍵在於提高食安意識。長遠而言，按需要購買適量的蔬菜，能減少長期貯存的需要並避免浪費食物，令日常飲食更安全、更環保。

convert into reducing sugars, causing an increase in the formation of potentially harmful [acrylamide when they are cooked at high temperature](#) such as frying and baking.

**Recommended practice:** Store the above-mentioned vegetables at room temperature in a cool, dry and well-ventilated place, away from direct sunlight.

### Practice of concern 5: Storing homemade frozen vegetables such as peas and corn kernels in freezers without blanching

**Why this is a concern:** Some people prepare their own frozen vegetables (such as peas, corn, broccoli, cauliflower etc.) at home. Freezing vegetables without blanching does not stop enzyme activities. As a result, colour, texture and flavour deteriorate over time, even when frozen. Blanching reduces microbial load on the surface and inactivates enzymes, which improve the safety and quality of the vegetables during frozen storage.

**Recommended practice:** Vegetables suitable for freezing (such as peas, corn, broccoli, cauliflower etc.) should be blanched briefly (2 to 3 minutes) in boiling water, then rapidly cooled in ice water before freezing. Whether frozen vegetables are store-bought or homemade, they should be cooked before consumption to reduce the risk of [Listeria monocytogenes](#) and other foodborne bacteria.

### Practice of concern 6: Not storing cooked vegetables properly

**Why this is a concern:** Storing cooked vegetables at room temperature for a prolonged period without refrigeration not only increases microbiological risk, but also poses a risk of conversion of natural nitrate into toxic nitrite, which may lead to [methaemoglobinemia](#) ("blue baby syndrome") in infants. Yet, at refrigerated temperature (0°C to 4°C), the conversion rate of [nitrate to nitrite](#) in cooked vegetables decreases.

**Recommended practice:** Refrigerate cooked vegetables as soon as they are cooked and cooled down, and reheat thoroughly before eating.

Proper vegetable storage is not complicated, but it requires awareness. Ultimately, buying vegetables on an "as needed" basis minimises the need for long-term storage and helps reduce food waste, making daily consumption safer and more sustainable.



一些產生乙烯的水果  
Some Ethylene-producing Fruits



一些對乙烯敏感的蔬菜  
Some Ethylene-sensitive Vegetables

圖：產生乙烯的水果（例如蘋果、啤梨、桃、桃駁李、木瓜和哈密瓜）最好與對乙烯敏感的蔬菜（例如菠菜、生菜、芹菜、西蘭花、青瓜、蘆筍和紅蘿蔔）分開存放，以防止蔬菜過早變質。

Photo: It is better to store ethylene-producing fruits (apples, pears, peaches, nectarines, papayas, and cantaloupes) separately from ethylene-sensitive vegetables (spinach, lettuce, celery, broccoli, cucumbers, asparagus and carrots) to prevent premature deterioration of vegetables.

## 我們的飲食選擇有多重要？ Does What We Eat Really Matter?

食物安全中心風險評估組  
科學主任馮慧中女士報告

Reported by Ms. Jacqueline FUNG, Scientific Officer,  
Risk Assessment Section, Centre of Food Safety

你有沒有想過，我們的飲食選擇其實很重要？從食物安全的角度來看，這與風險評估有關。食物消費量調查收集食物消費量數據（即市民進食食物的種類和分量），是進行食物安全評估不可或缺的一環。食物安全中心（食安中心）藉著分析食物消費量數據和食物中化學物質的含量，量化本港人口從膳食攝入特定化學物質的分量，從而評估對市民可能構成的食物安全風險。

### 如何收集食物消費量數據？

收集食物消費量數據的方法多樣，從透過食物平衡表了解食物供應概況，到收集個人的食物消費量資料，以評估污染物或營養素攝入量。為了收集香港全面的食物消費量數據，食安中心採用了兩種個人膳食評估方法：「24小時膳食回顧」和「食物頻率問卷」。

#### 「24小時膳食回顧」

「24小時膳食回顧」是內地、美國、英國和澳洲廣泛採用的膳食資料收集方法。在約30至45分鐘的結構式訪問中，受過培訓的訪問員會協助受訪者回憶及記錄在昨天進食的所有食物和飲品。收集的膳食資料不限於食物名稱及進食分量，訪問員還會引導受訪者提供詳細資料，包括食物種類（例如全脂

Have you ever thought about whether what we eat really matters? From the food safety perspective, it is about risk assessment. Food consumption data, i.e. types and amounts of food that people eat, collected through food consumption surveys (FCS), is essential in food safety assessments. By analysing food consumption data with the levels of chemical substances in food, the Centre for Food Safety (CFS) quantifies the population's dietary exposure to specific chemicals to assess the potential food safety risk to the population.

### How to Collect Food Consumption Information?

Food consumption information can be collected in different ways, ranging from using food balance sheets to obtain an overview of food availability to collecting food consumption information of individuals to assess contaminant exposure or nutrient intake. To collect comprehensive food consumption data in Hong Kong, the CFS adopted two individual dietary assessment methods - 24-Hour Dietary Recall (24HDR) and Food Frequency Questionnaire (FFQ).

#### 24-Hour Dietary Recall

24HDR is a widely used method for collecting dietary data in the Chinese Mainland, the USA, the UK and Australia. During a 24HDR, which is a structured interview lasting about 30-45 minutes, a trained interviewer assists a respondent to recall information on all food and beverages consumed on the previous day. Dietary information to be collected extends beyond the food names and the amounts consumed. Probing questions covering

或低脂奶、品牌名稱)、烹調方法(例如油炸、氣炸)、添加物(例如蘸醬、在餐桌上額外加入的糖)、以及容易被遺忘的食物(例如兩餐之間進食的小食)。考慮到每日進食量的差異並為取得更具代表性的食物消費量估算,「24小時膳食回顧」通常會在兩個或以上的非連續日子進行。

### 「食物頻率問卷」

儘管「24小時膳食回顧」有其長處,但未必能充分記錄不常進食的食物(如月餅)或特定需要關注的食物(如因可能含金屬污染物而備受關注的劍魚)。為了全面掌握膳食攝入情況,研究人員通常會在採用「24小時膳食回顧」的同時,結合使用「食物頻率問卷」。在「食物頻率問卷」中,受訪者會就一份預先列出的食物清單,提供進食的頻率及分量。同時使用這兩種方法進行調查,可以互補資料,增加估算平日膳食模式的可靠性。

### 香港的食物消費量調查

食安中心於2005至2007年進行了「[全港首個食物消費量調查](#)」,對象為20至84歲的人士,是當時香港規模最大、最全面的調查。由於市民飲食習慣的轉變及不同人口組別的膳食模式差異,食安中心於2018至2020年進行了「[第二次全港性食物消費量調查](#)」,對象為18歲或以上人士。並在2021至2022年開展「[較年輕組別的食物消費量調查](#)」,重點研究6至17歲人士的膳食情況。

這些調查的報告已上載至食安中心網頁,撮要結果亦已上載至[政府開放數據平台](#)供學術界及公眾使用。調查結果已廣泛應用於食安中心的風險評估工作,包括「[總膳食研究](#)」。風險評估結果為食安中心提供了科學依據,以制定[風險傳達](#)訊息,並設計及推行合適的風險管理措施,從而保障本港市民的健康。

隨着飲食習慣轉變及新食品不斷出現,食安中心正在規劃下一次食物消費量調查,更新數據及確保其可靠,以支援日常的風險評估工作。

### 食物消費量數據於食物安全風險評估工作的應用

食安中心將食物消費量調查的結果應用於風險評估工作。以食物中的[金屬污染物](#)為例,這些物質天然存在環境中,無處不在。我們進食的植物、動物及水生生物都可能吸收了這些污染物,因此食物中難免含有這些物質。長期過量攝入金屬污染物可能影響健康。既然這些污染物幾乎無法避免,我們如何判斷其水平是否會對健康造成不良影響?風險評估人員會根據檢測所得的污染物含量和食物消費量調查提供的各類食物進食分量,計算市民從食物攝入金屬污染物的攝入量,然後將其與健康參考值作出比較,以衡量對健康的實際影響(詳情可參閱早前的[專題文章](#))。

### 訪問流程 Workflow of the interviews



獲邀請參與的住戶是隨機抽樣選出,並會收到邀請信。  
Randomly selected households are invited to the survey.



調查包括兩次訪問,受訪者可選擇訪問時間及模式。  
There are two interviews and respondents can choose the time and mode of interviews.



中心會收集基本個人資料及膳食數據。  
The CFS will collect demographic and dietary intake data.

圖:食物消費量調查訪問的流程和收集的數據  
Figure: Workflow of the interviews of food consumption surveys and data collected

food type (e.g. full-cream vs low-fat milk, brand name), preparation methods (e.g. deep-fried, air-fried), additions (e.g. dipping sauces, sugars added at the table) and commonly forgotten food items (e.g. snacks consumed between meals) are used to elicit detailed information on food consumed. Considering day-to-day variations in food intake and to obtain a more representative food consumption estimate, 24HDR is often administered on two or more non-consecutive days.

### Food Frequency Questionnaire

Despite its strengths, 24HDR may not adequately capture infrequently consumed food items (e.g. mooncakes) or foods with specific interest (e.g. swordfish, due to concerns about potential presence of metallic contaminant). To obtain a comprehensive picture of dietary intake, food frequency questionnaire (FFQ) is often used in conjunction with 24HDR. In FFQ, respondents report the frequency and portion size of consumption of a predefined list of foods. Surveys using 24HDR together with FFQ provide complementary information that enhances the robustness of estimates of a usual diet.

### Food Consumption Surveys in Hong Kong

The CFS conducted the First Hong Kong Population-based Food Consumption Survey (1stHKFCS) in 2005 to 2007 covering individuals aged 20 to 84, which was Hong Kong's largest and most comprehensive FCS at the time. Due to changes in dietary habits and different dietary patterns among population subgroups, the CFS conducted the Second Hong Kong Population-based Food Consumption Survey (2ndHKFCS) in 2018-2020 on respondents aged 18 and above, followed by the Food Consumption Survey in the Younger Population (FCSYP) in 2021 to 2022 focusing on dietary intake of respondents aged 6 to 17.

Reports of these surveys are available on the CFS website, and summary results are available on [DATA.GOV.HK](#) for academic and public use. The findings of these surveys have been widely applied in food safety risk assessments conducted by the CFS, including the [Total Diet Study](#). Food safety risk assessment results provide a scientific basis for the CFS to craft [risk communication](#) messages and to

devise and implement suitable risk management measures, which in turn help to safeguard public health in Hong Kong.

With changes in people's eating habits and the availability of new foods, the CFS is planning the next food consumption survey to ensure that food consumption information remains reliable and up-to-date to support day-to-day risk assessment work.

### Use of Food Consumption Data for Food Safety Risk Assessment Work

The CFS applies FCS findings in its food safety risk assessment work. Take the presence of [metallic contaminants](#) in food as an example. These are natural substances ubiquitous in the environment, which can be taken up by plants, animals and aquatic life that we consume, and are unavoidably present in our food. Long term excessive exposure to these metallic contaminants may affect our health. Since the presence of these contaminants is almost unavoidable, how can we figure out if the levels cause adverse effects? Risk assessors compare the exposure of these metallic contaminants a person would get from foods, based on the levels detected and the consumption amount of various foods from FCS data, and then compare the exposure calculated with the health-based guidance values (HBGVs) of these contaminants to evaluate the actual impact on health, as detailed in a [previous article](#).

## 生蠔中的諾如病毒 Norovirus in Oysters for Raw Consumption

自2026年2月起，本港接連發生多宗與進食生蠔有關的**食物中毒個案**，涉及多個供應商。有見及此，食物安全中心已指示業界停止進口及出售涉事產品，同時繼續追查和檢測工作。食物環境衛生署在全港各區採取特別行動，加強巡查全港逾1,200間出售生蠔的食物業處所。巡查的重點包括保存溫度、存放情況、查核來源文件和衛生證明書，以及抽檢生蠔樣本作檢測等，並就食物的存放、處理和衛生情況提供即時建議。

**諾如病毒**是生蠔中需特別關注的主要病原體，其傳染力極強，只需極少量病毒即可致病，且耐受低溫，在冬季較為常見。諾如病毒能於受污染的水域中存活，並積聚於蠔等濾食性動物體內。**高危人士**應避免進食**高風險食物**（包括生蠔），並選擇**較安全的替代品**。業界應確保蠔隻已徹底煮熟，保持**良好的手部衛生習慣**，並防止交叉污染。食物處理人員若出現嘔吐或腹瀉等症狀，應停止處理食物，直至症狀消失後至少48小時。**業界**和**公眾**可於食物安全中心網頁，參閱針對蠔的相關指引。

Since February 2026, there has been a series of [food poisoning cases](#) linked to the consumption of raw oysters supplied by several suppliers. In response, the CFS instructed the trade to stop the import and sale of implicated products while tracing and testing continues. The Food and Environmental Hygiene Department has carried out special operations in various districts and stepped up inspections to over 1 200 food premises selling oysters across Hong Kong. Related inspections focused on the storage temperature and hygienic conditions, verifying source documents and health certificates, collecting samples for testing, as well as providing immediate advice on food storage, handling and environmental hygiene.

**Norovirus** — infectious at very low levels, resistant to freezing and more commonly identified in winter — is a key pathogen of concern in raw oysters. The virus can persist in contaminated water and accumulate in filter-feeders like oysters. **Susceptible populations** should avoid consuming **high risk foods** including raw oysters and select **safer alternatives**. The Trade should ensure thorough cooking, **keep hands clean** and prevent cross-contamination. Food handlers with symptoms like vomiting or diarrhoea should refrain from handling food until symptom-free for at least 48 hours. Further guidance on oysters for [the trade](#) and [the public](#) is available on the CFS webpage.

## 紫心番薯的顏色可以安全食用嗎？ Is the Colour in Purple Sweet Potatoes Safe to Eat?

有些人擔心紫心番薯的顏色是經加工染色而成，不宜食用。事實上，紫心番薯含有天然花青素。花青素是一種色彩鮮艷的色素，會因應酸鹼值而令植物呈現不同的顏色：在酸性環境下呈紅色、中性時呈紫色、鹼性時則呈藍色。許多植物類食物都含有花青素，例如漿果、車厘子、桃、葡萄、石榴、李子、黑加侖子、蘋果（皮），以及深色蔬菜如茄子（皮）、紅椰菜、紅洋蔥、黑米和黑豆。至於紅色西蘭花、紅皮馬鈴薯等色彩豐富的作物品種，是透過品種選育以獲得迷人的色澤，從而增加對消費者的吸引力，並非人工染色。

在清洗或烹煮過程中，部分這類水溶性色素滲出屬於正常現象，可能會令水或雙手染上顏色。然而，這是紫心番薯的天然現象，大家在享用時無需過分擔心。



圖：紫心番薯  
Illustration: Purple sweet potatoes

Some people suspect that purple sweet potatoes have colour added and unsafe to eat. Purple sweet potatoes naturally contain anthocyanin, a vibrant pigment that can give plants different colours depending on pH. Anthocyanin looks red when acidic, purple when neutral and blue when alkaline. Anthocyanin is also found in many foods of plant origin like berries, cherries, peaches, grapes, pomegranates, plums, black currents, apples (skin) and dark vegetables like eggplants (skin), red cabbages, red onions, black rice and black beans. Colourful crop varieties like red broccoli, red potatoes etc. are selectively bred for their attractive hues, increasing their appeal to consumers without dyeing them.

During boiling or washing, it is normal for some of these water-soluble pigments to leach out, which may stain the water or one's hands. However, this is a natural phenomenon of purple sweet potatoes and there is no need for any undue concern while enjoying purple sweet potatoes.



## 風險傳達工作一覽（二零二六年一月）

### Summary of Risk Communication Work (January 2026)

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給消費者的食物警報 Food Alerts to Consumers: 1	懷疑食物中毒個案通報 Suspected Food Poisoning Alerts: 2	教育研討會/ 演講/ 講座/ 輔導 Educational Seminars/ Lectures/ Talks/ Counselling: 50	上載到食物安全中心網頁的新訊息 New Messages Put on the CFS Website: 63	