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構成食物安全風險常見的致敏物 Common Allergens with Food Safety Risk

食物安全中心風險評估
及傳達科首席醫生龔健恒醫生
及風險評估組科學主任吳凱琳女士報告

Reported by Dr. KH Kung, Principal Medical and Health Officer,
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常見的食物致敏物及食物過敏的流行率

食物過敏是重大的食物安全問題。食品法典委員會把致敏食物定義為可誘發有過敏反應的人士出現免疫球蛋白E類介導或其他特異性免疫介導反應的食物(包括配料、食物添加劑和加工處理助劑)。

整體而言，文獻已記錄超過170種食物會引起食物過敏。食品法典委員會指出，全球大多數食物過敏是由八種食物/八個食物類別及其衍生產品中的多種蛋白質引起的，包括含有麩質的穀類(即小麥、黑麥、大麥、燕麥、裂穀小麥或其混合變種)、甲殼類動物、蛋類、魚類、奶類、花生、大豆和本木堅果(圖1)。

聯合國糧食及農業組織指出，全球約有2.2億人有食物過敏。一篇於2025年7月發表的綜述文章引述數

Common food allergens and prevalence of food allergy

Food allergy is a significant food safety concern. Allergenic food is defined by the Codex Alimentarius Commission (Codex) as a food (including ingredients, food additives and processing aids) that can elicit immunoglobulin class E (IgE)-mediated or other specific immune-mediated reactions in susceptible individuals.

Overall, more than 170 foods have been documented as causing food allergies. According to Codex, the majority of food allergies on a global basis are caused by a variety of proteins in eight foods/ food groups and their derived products. These include cereals containing gluten (i.e. wheat, rye, barley, oats, spelt or their hybridised strains), crustaceans, eggs, fish, milk, peanuts, soybeans and tree nuts (Figure 1).

常見的八大類食物致敏物 The 8 most common food allergens



來源：國際食品法典委員會 Source: Codex Alimentarius Commission

圖1：常見的八大類致敏物
Figure 1: The 8 most common food allergens

據稱，工業國家約有8%的兒童及10%的成年人受食物過敏影響，而多個流行病學研究顯示，世界各地的食物過敏流行率正在上升，且存在顯著的地區差異。歐洲的自述食物過敏比率由不足1%至超過10%不等。花生和蛋類過敏在北美和北歐較為常見，亞洲則以貝類和魚類過敏為主。中國內地一項大型研究顯示，5.8%的受訪者報告對食物有不良反應，4.3%報告有食物過敏。最常見的八種致敏食物依次為蝦、芒果、貝類、蛋類、魚類、牛肉、奶類和羊肉(流行率介乎1.22%和0.25%之間)。在本港，針對2至7歲中國籍兒童的

The Food and Agriculture Organization of the United Nations stated that approximately 220 million people worldwide have food allergies. A review article published in July 2025 quoted that food allergies affected around 8% of children and 10% of adults in industrialised countries, whereas epidemiological studies showed an increasing prevalence worldwide with significant regional differences. In Europe, self-reported prevalence varies from less than 1% to over 10%. In North America and Northern Europe, peanut and egg allergies are more common, while shellfish and fish allergies dominate in Asia. In the Chinese Mainland, a large-scale study revealed 5.8% of respondents

橫斷面調查指出，在2006至2007年、2013至2014年及2020至2021年，自覺食物過敏比率分別為6.1%、9.5%及8.5%。當中2020至2021年的研究結果發現，最常見的食物致敏物是貝類(1.99%)，其次是蛋類(1.86%)、花生(1.52%)、奶類(0.77%)、水果(0.75%)、魚類和木本堅果(均為0.68%)，以及小麥(0.32%)。

根據食品法典委員會的資料，最常見引發過敏反應的木本堅果包括杏仁、巴西果仁、腰果、榛子、夏威夷果仁、美洲胡桃、開心果和合桃。雖然有些人可能視椰子為木本堅果，並擔心可能引發過敏，但需注意的是，椰子歸類為核果(一種有三層果皮的果實，其中種子被堅硬果皮包裹)，有別於橡實和榛子等木本堅果，後者沒有核果所具有的多肉或纖維狀外層。本港的免疫學家亦指出，由於椰子不屬木本堅果或花生類，因此未必會引發相同的過敏反應。澳洲新西蘭食品標準管理局先前進行的風險評估亦顯示公眾對椰子過敏的情況罕見，而對木本堅果過敏者同時對椰子過敏的風險極低。

與標籤相關的食物安全標準

預防過敏反應的關鍵在於避免食用致敏食物，因此，準確地標示產品並向顧客提供清晰的資訊至為重要。食品法典委員會確認的致敏食物正是全球過敏標籤制度的依據。

在香港，根據《食物及藥物(成分組合及標籤)規例》(第132W章)，預先包裝食物的配料表須清楚指明是否含有某些致敏物，當中包括前述八種食物/食物類別。經檢視食品法典委員會的指引，以及主要已發展經濟體和中國內地的做法後，本港無須把椰子強制標示為致敏物。

給業界和公眾的建議

為盡量減低有過敏史人士的食物過敏風險，業界應盡應有的責任，標示食品中含有或可能含有的致敏物，並避免食品在無意間與其他製品所含的致敏物交叉污染。在餐廳中，顧客點餐時，侍應可詢問對方是否有任何食物過敏，並向廚師確認所點菜式是否含有相關的致敏物。

市民應留意自己的食物過敏醫療史和家族史，以及過敏的具體症狀(例如皮膚出疹和黏膜腫脹)。消費者(尤其是有食物過敏記錄者)在購買或食用預先包裝食品前，應細閱配料表，確保不含有關致敏物。如進食食品後出現不良症狀，應立即求醫，以便進一步處理。

reported adverse reactions to food and 4.3% reported food allergies. The eight most common causative foods in descending order were shrimp, mangos, shellfish, eggs, fish, beef, milk and mutton (prevalence between 1.22% and 0.25%). In Hong Kong, cross-sectional surveys targeting Chinese children aged 2-7 years reported perceived food allergy prevalence at 6.1%, 9.5% and 8.5% in 2006-2007, 2013-2014, and 2020-2021, respectively. In the 2020-2021 study, the most common food allergen identified was shellfish (1.99%), followed by egg (1.86%), peanuts (1.52%), milk (0.77%), fruits (0.75%), fish and tree nuts (0.68% for each) and wheat (0.32%).

Amongst tree nuts, the most common ones associated with allergy, according to Codex, are almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pistachios and walnuts. While some people may consider coconut a tree nut and worry about a potential allergy, it is noted that coconut is classified as a drupe (a fruit with a hard, stony covering enclosing the seed with three layers), which is different from tree nuts like acorns and hazelnuts that do not have fleshy or fibrous outer layers that drupes possess. Local immunologists also highlight that coconut is not from the tree nut or peanut families, thus may not trigger an allergy. Previous risk assessment of Food Standards Australia New Zealand also concluded that allergy to coconut is rare and the risk of coconut allergies in individuals allergic to tree nuts is very low.

Related Food Safety Standards for Labelling

The prevention of allergic reactions relies on avoiding allergenic foods, making it crucial to accurately label products and provide clear information to customers, and the allergenic foods recommended by Codex form the basis of the global allergy labelling system.

In Hong Kong, under the Food and Drugs (Composition and Labelling) Regulations (Cap. 132W), prepackaged foods must clearly specify the presence of certain allergens within their ingredient lists and these include the aforesaid eight foods/food groups. Upon reviewing the guidance from Codex and practice in major developed economies and the Chinese Mainland, mandatory declaration of coconut as an allergen is not required.

Recommendations to trade and the public

To minimise the risk of food allergy to susceptible individuals, the trade should practise due diligence in labelling the presence or potential presence of allergens in products, and preventing unintentional cross-contamination of products with allergens present in other manufactured products. In the restaurant setting, when taking orders, waiting staff can ask patrons if they have any food allergies and confirm with the cooks whether the dishes contain the concerned allergens.

Members of the public are reminded to remain aware of their medical and family history of food allergy and the specific symptoms of allergy (e.g., skin rashes and mucosal swelling). Consumers, especially those with food allergy history, should read ingredient lists diligently before purchasing or consuming prepackaged food products free of the allergens concerned. Anyone experiencing adverse symptoms after consuming a food product should seek medical advice promptly for further management.

快將過期食物的食安指南 The Food Safety Guide to Near-Expired Foods

食物安全中心風險傳達組
科學主任鄧紹平博士報告

Reported by Dr. Anna SP TANG, Scientific Officer,
Risk Communication Section, Centre for Food Safety

近年來，愈來愈多商店專門出售快將過期或已過了“此日期前最佳”日期的預先包裝食物。食用這些食物是否安全？本文會拆解“此日期前最佳”與“此日期或之前食用”兩者之間的關鍵差異，讓大家精明購物並確保食物安全。我們又會提供實用的食物安全貼士，幫助大家在家中檢查和處理這些預先包裝食物，同時還會提供重要的食物安全守則，提醒業界必須嚴格遵循。

檢查食用日期：分辨“此日期或之前食用”日期與“此日期前最佳”日期

在香港，根據《食物及藥物(成分組合及標籤)規例》(第132W章)，預先包裝食物必須加上“此日期或之前食用”

In recent years, shops specialising in selling prepackaged foods that are nearing expiry or have passed their “Best Before” dates have been seen in growing numbers. Are these foods safe to eat? To help you shop smartly and eat safely, this article breaks down the critical differences between “Best Before” and “Use By” dates. We will also provide practical food safety tips for checking and handling these products at home, alongside a reminder of the key food safety practices that trades must strictly follow.

Checking Expiry Date: Differentiate “Use by” Date vs. “Best before” Date

In Hong Kong, under the Food and Drugs (Composition and Labelling) Regulations (Cap. 132W), prepackaged food shall be marked with an appropriate indication of the shelf life of the food, labelled either as a “Use By” date or a “Best Before” date. These durability periods are only valid for unopened products kept under proper storage conditions and should be specified by the manufacturer.

“Use By” Date: indicates food safety. It applies to perishable foods (e.g. fresh milk and

日期或“此日期前最佳”日期的標籤，以適當說明其保質期。這些保質期僅適用於未開封並以適當方式貯存的食物，並應由製造商指明。

“此日期或之前食用”日期：食物安全的說明。該日期適用於容易腐壞的食物(例如鮮奶和乳產品)，即會在短時間內變質和不能安全食用的食物。食物在該日期後食用，會構成健康風險，因此不宜食用。

“此日期前最佳”日期：食物品質而非食物安全的說明。該日期見於可常溫保存的食物(例如罐頭食物和預先包裝的乾製食物)及冷藏食品。食物如在指定條件下妥善保存，過了該日期後仍可以食用，但品質可能已非最佳。

買得精明，食得安心的消費者指南

消費者應留意這兩類日期標本質上的分別。切勿選購或食用已過了“此日期或之前食用”日期的食物。至於過了“此日期前最佳”日期的食物，則宜小心檢查有沒有肉眼可見的變壞情況或問題，例如發霉、有異味、褪色、產品異常分離，及檢查有否蟲患或鼠患的跡象。即使標示的保質期仍未屆滿，也須確保食物的包裝完好無缺，並檢查是否有任何破損、破裂或滲漏。要做個精明消費者，購買食物(尤其是快將過期的食物)就應只購買所需份量，避免囤積過量，貯存過久。

購買預先包裝食物，應檢查有沒有適當的標籤，列明食物名稱和配料表，以及適當的貯存指示，特別留意食物開封後的貯存方式以及開封後可安全食用期限的指示。食物購買後應盡快帶回家，並按照建議的貯存方法以正確溫度保存。採用“先入先出”的原則整理食物，先食用快將過期的產品。配製食物時，消費者宜遵循“[食物安全五要點](#)”，以確保食物安全。

業界責任和食安措施

根據現行的規例，在香港售賣任何已過“此日期或之前食用”日期的食物，即屬違法。食物業界不應售賣或送出已過“此日期或之前食用”日期的食物，並應確保在“此日期前最佳”日期後售出的食物仍然適宜供人食用。製造商有責任訂定有關的食用日期，向消費者提供清晰的資訊及貯存建議。在訂定“此日期或之前食用”日期或“此日期前最佳”日期前，更應諮詢專業人員的意見。

業界應在有關處所遵循良好衛生規範，妥善控制溫度，把食物置於適當的貯存環境中，並保持包裝完好無缺。零售商應妥善管理存貨，定期檢查貯存的食物，並從貨架移除任何已過“此日期或之前食用”日期的食物和任何已變壞或變質的產品。我們建議業界把快將過期的特價貨品與一般貨品分開，並加上清晰的標籤，好讓消費者作出明確和知情的選擇。

dairy products) that may deteriorate and become unsafe after a short period. Foods should not be consumed after this date as they pose a health risk.

“Best Before” Date: indicates food quality rather than food safety. It appears on shelf-stable foods (e.g. canned foods, prepackaged dried foods) and frozen foods. Food may still be eaten past this date provided it has been properly stored under the intended conditions, but quality may not be at its best.

此日期或之前食用 Use By Date



安全性
Safety



高危、易腐食物
High-risk,
perishable foods



過期切勿食用
Do not eat
after this date

即食沙律、三文治
Ready-to-eat salads,
sandwiches



鮮奶及奶類製品
Fresh milk and
dairy products



凍食肉類
Cold cuts



此日期前最佳 Best Before Date



品質
Quality



可常溫保存的食物及冷藏食品
Shelf-stable foods
and frozen foods



過期或仍可食用
May still be eaten
after this date

罐頭、乾意粉
Canned foods,
dried pasta



冷藏食品
Frozen foods



餅乾
Biscuits





這兩個日期僅適用於在適當條件下貯存、包裝完好且未開封的產品。
Both dates apply only to unopened products in intact packaging stored under proper conditions.

圖2: “此日期或之前食用”日期與“此日期前最佳”日期
Figure 2: “Use by” Date vs. “Best before” Date

Consumer’s Guide to Smart Purchase and Safe Consumption

Consumers should be aware of the inherent difference in these two types of date marks. Never purchase or consume foods that have passed the “Use By” date. For food beyond the “Best Before” date, exercise caution to check if there is visible deterioration or irregularities such as the presence of mould, odd smell, discolouration, unusual product separation, and check for any signs of insect or rodent infestation. Even when foods are still within the marked durability periods, it is important to make sure the package is intact and to check for any possible damage, tear or leakage. It would be a smart practice to buy only when required and avoid overstock and prolonged storage, especially for near-expired items.

Prepackaged food should be checked to ensure that they are properly labelled with food names and ingredient lists, and with proper storage instructions, paying special attention to the directions on how to store the food once the package is opened and the duration for safe consumption once opened. Foods should be brought home promptly after purchase and kept under recommended storage conditions at the right temperatures. Using the “first-in-first-out” principle, foods should be organised so that near-expired products can be used first. Consumers are advised to adopt the [Five Keys to Food Safety](#) to prepare foods for safe consumption.

Responsibilities of Traders and Food Safety Practices

Under current regulations, it is an offence to sell any food after its “Use By” date in Hong Kong. The food trade is reminded not to sell food or give away food after its “Use By” date, and to ensure food sold after its “Best Before” date remains fit for human consumption. Manufacturers have the responsibility to set the date mark, providing clear information and storage instructions to consumers. They should consult technical experts before assigning a “Use By” date or “Best Before” date to a food.

Traders should follow Good Hygiene Practice in their premises, maintain proper temperature control, keeping the food under proper storage conditions with intact packaging. Retailers are reminded to put in place good inventory management and to regularly check stock and remove from shelves any food items past the “Use By” date and any products that are spoiled or deteriorated. Traders are advised to separate discounted near-expired goods from regular stock with clear labelling so that consumers can make a clear and informed choice.

安全烹煮豬肝 預防戊型肝炎 Safe Cooking of Pig Liver to Prevent Hepatitis E

進食未經煮熟的豬肝可傳播由病毒引致的戊型肝炎，感染症狀包括發燒、噁心、腹痛和黃疸。患者一般會自行痊癒，但對慢性肝病患者而言，會構成嚴重甚至可能致命的風險。

要確保食物安全，正確的烹調方式至關重要。關火後把生豬肝片放入滾粥或滾湯中的做法，不足以殺死病毒。食物處理人員和消費者必須保持熱源開啟，以煮沸或炒的方式徹底烹煮生豬肝片至少三至五分鐘（視乎厚度而定）。豬肝應切成厚度少於一厘米的薄片，這樣更容易徹底煮熟。雖然重點在於安全配製豬肉，但有研究顯示，戊型肝炎亦可透過受污染的貝類傳播，因此貝類同樣必須徹底煮熟。

歸根結底，要預防食源性疾病傳播，必須嚴格遵守良好的個人和食物衛生守則。為此，食安中心已分別為業界和消費者編製了有關“奉行良好食物衛生守則 慎防甲型和戊型肝炎”的指引。

Consuming undercooked pig liver can transmit Hepatitis E, a viral infection causing fever, nausea, abdominal pain, and jaundice. While usually self-limiting, the disease poses severe, potentially fatal risks to individuals with pre-existing chronic liver disease.

To ensure food safety, proper cooking is essential. The practice of dropping raw pig liver slices into boiling congee or soup after turning off the heat is insufficient to kill the virus. Food handlers and consumers must keep the heat source turned on and cook sliced raw liver thoroughly, boiling or stir-frying for at least three to five minutes, depending on the thickness. To make thorough cooking easier to achieve, the liver should be cut into slices thinner than one centimeter. While the primary focus is on safe pork preparation, research suggests Hepatitis E can also be transmitted through contaminated shellfish, which must similarly be cooked thoroughly.

Ultimately, preventing foodborne illness requires strict adherence to good personal and food hygiene. To support this, the CFS has prepared guides on "Practise Food Hygiene to Prevent Hepatitis A and Hepatitis E" for the [trade](#) and [consumers](#).

牛肉樣本檢出二氧化硫 Sulphur Dioxide Found in Beef Samples

食物安全中心於六月公布，在一間持牌食物製造廠抽取的牛肉樣本檢出二氧化硫，違反《食物內防腐劑規例》(第132BD章)防腐劑含量的規定。中心已指令涉事的製造廠停售及棄置有關產品。

根據第132BD章的規定，亞硫酸鹽(包括二氧化硫)可用於乾果、醃菜和葡萄酒等食物，但不得用於新鮮、冰鮮或冷藏肉類。

有些商販會在生肉中添加二氧化硫，以減慢肉類氧化過程並保持新鮮色澤。二氧化硫可溶於水中，清洗和烹煮可除去食物中大部分二氧化硫。不過，二氧化硫屬致敏物，或會受影響人士出現氣喘、頭痛或噁心等不良反應。消費者應光顧信譽良好的零售商。

In June, the Centre for Food Safety (CFS) [announced](#) that beef samples collected from a licensed food factory were found to contain [sulphur dioxide](#), contravening the provisions on the Preservatives in Food Regulation (Cap. 132BD). The CFS had instructed the vendor to stop sales and dispose of the products concerned.

Under the provisions of Cap. 132BD, sulphites (including sulphur dioxide) can be used in dried fruits, pickled vegetables and grape wines. However, it is not allowed to be used in fresh, chilled or frozen meat.

Some vendors added sulphur dioxide to raw meat to delay oxidation and to retain a desirable fresh meat colour. Sulphur dioxide is water-soluble and largely removed during washing and cooking. However, it is also an allergen and may cause adverse reactions, including asthmatic attacks, headaches, and nausea, in susceptible individuals. Consumers should purchase from reputable retailers.



風險傳達工作一覽 (二零二六年六月)

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