

# 建議教案 - 學習重點 (八) Key Learning Points (VIII)

建議時數 Suggested duration : 40-50 分鐘 min

- ▶ 攝取過量鹽和糖對公共健康造成的負擔(高中討論)  
Public health burden due to excessive intakes of salt and sugar (discussion by senior secondary students)
- ▶ 討論和認識如何在日常生活中減鹽和減糖(初中討論)  
Discuss and understand how to reduce salt and sugar in daily life (discussion by junior secondary students)

▼ 資源及參考資料 : ▼ Resources and reference materials:



## 背景

## Background

鈉和糖與健康有密切的關係。從食物中攝取過量的鈉會增加患高血壓的機會，以及患上致命性中風及冠心病的風險；而攝取過量的糖則是體重和蛀牙的決定性因素。

有見及此，政府計劃訂定及推行策略性計劃，減低從食物中攝取的鹽和糖，以推廣健康飲食。政府的目標是逐步將香港市民的鹽和糖攝取量減至世界衛生組織（世衛）建議的水平。在鹽方面，世衛建議其成員在2025年前將人口平均鹽攝取量降低30%（就香港而言，即由10克減至7克），最終的目標是達到每日最高攝取量限為5克。在糖方面，世衛建議每日攝取2000千卡能量的人，游離糖的每日攝取量應少於50克（即10粒方糖）。根據世衛和聯合國糧食及農業組織的定義，游離糖指所有由製造商、廚師或消費者在食物添加的糖，以及蜜糖、糖漿及果汁中天然含有的糖。

政府成立降低食物中鹽和糖委員會，就制定政策方向及工作計劃，以減低香港市民的鹽和糖攝入量及食物中的鹽和糖含量，向食物及衛生局局長提供建議。降低食物中鹽和糖委員會現時的取向，是以非立法或非強制形式推進工作。該委員會建議應以按部就班、先易後難的方式，由業界自願參與，逐步降低食物中鹽糖含量，讓市民逐漸適應口味的轉變，接受一個相對健康的飲食方式，同時亦可讓相關業界有時間作出相應配合，減低措施對實際運作的影響。因此，減少食物中鹽糖分量的措施在推行上必須循序漸進，加強教育，並提供誘因，持之以恆，方能有效地鼓勵和協助市民持續地減少從食物中攝取的鹽和糖含量。

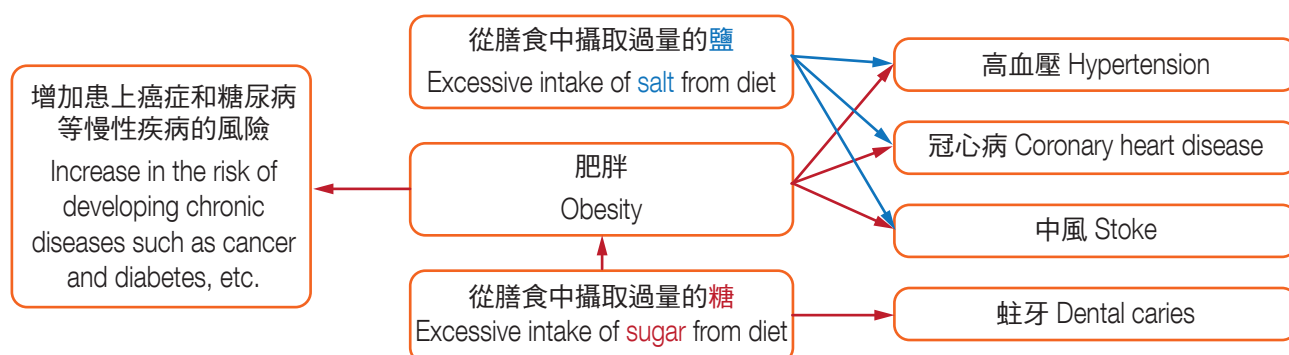
Dietary sodium and sugar intakes are closely related to health. Excessive sodium intake will increase the risk of developing hypertension, fatal stroke and coronary heart disease while dietary sugar intake is a determinant of body weight and dental caries.

In the light of the above, the Government plans to devise and implement a strategic plan to reduce intake of salt and sugar in food to promote a healthy diet. It is targeted to reduce gradually the intake of salt and sugar by Hong Kong people to the levels recommended by the World Health Organization (WHO). In terms of salt, WHO has recommended its members to meet a target of 30% relative reduction in mean population intake of salt (i.e. from 10 grams to 7 grams in the case of Hong Kong) by 2025, with an ultimate aim of achieving a target of maximum daily intake of 5 grams. In terms of sugars, WHO has recommended that the daily intake of free sugars should be less than 50 grams (i.e. 10 sugar cubes) for an individual with a daily energy intake of 2 000 kilocalories. According to WHO and the Food and Agriculture Organization of the United Nations, free sugars are defined as all sugars added to foods by manufacturers, cooks, or consumers, plus sugars naturally present in honey, syrups and fruit juices.

The Government has established the Committee on Reduction of Salt and Sugar in Food (CRSS). The CRSS is responsible for making recommendations to the Secretary for Food and Health on the formulation of policy directions and work plans to reduce the intake of salt and sugar by the public, as well as to reduce salt and sugar in food.

The CRSS is inclined to adopt a non-legislative or non-mandatory approach in pursuing salt/sugar reduction in food. Also, it suggests a step by step approach, starting from aspects which are more achievable first before tackling the more difficult ones. The CRSS considers that, through the industry's participation on a voluntary basis to progressively lower the content of salt and sugar in food, the public will gradually adapt to the changes in flavour and be receptive to a relatively healthier diet. This will also allow time for the trade to make adjustment accordingly, and reduce the impact of the measures on actual operation. As such, the salt and sugar reduction measures should be implemented in an incremental manner. Sustained efforts in enhancing education and incentivising the trade are necessary in order to effectively encourage and mobilise the public to reduce the intake of salt and sugar in food.

### 過量攝取鹽(鈉)和糖對健康的影響 Health Impact due to excessive intake of salt (sodium) and sugar



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## 攝取過量鹽和糖對公共健康造成的負擔(高中討論)

### Public health burden due to excessive intakes of salt and sugar (discussion by senior secondary students)

#### 問題

1. 什麼非傳染性疾病與攝取過量鹽和糖有關？
2. 這些非傳染性疾病在港情況如何？
3. 本港食物的鹽和糖含量如何？
4. 如何在公共衛生方面應對有關的問題？擬議應對方法有何好處和缺點？

#### 參考資料

##### 有關減鹽和減糖的指引：

- 世衛組織呼籲各國減少成人和兒童糖攝入量  
<http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/zh/>
- 指南：成人和兒童糖攝入量  
[http://www.who.int/nutrition/publications/guidelines/sugars\\_intake/zh/](http://www.who.int/nutrition/publications/guidelines/sugars_intake/zh/)
- 減少含糖飲料消費從而降低兒童期超重和肥胖的風險  
[http://www.who.int/elena/titles/commentary/ssbs\\_childhood\\_obesity/zh/](http://www.who.int/elena/titles/commentary/ssbs_childhood_obesity/zh/)
- 世衛組織發表有關鹽和鉀攝取量的新指南  
[http://www.who.int/mediacentre/news/notes/2013/salt\\_potassium\\_20130131/zh/](http://www.who.int/mediacentre/news/notes/2013/salt_potassium_20130131/zh/)
- 非傳染病及風險因素  
[http://www.chp.gov.hk/tc/health\\_topics/9/25.html](http://www.chp.gov.hk/tc/health_topics/9/25.html)

##### 有關本地食物中鹽和糖的含量：

- 食物安全中心關於鈉的風險評估研究報告  
[http://www.cfs.gov.hk/tc\\_chi/programme/programme\\_rdss/Sodium\\_Pub\\_and\\_Res\\_for\\_Consumers.html](http://www.cfs.gov.hk/tc_chi/programme/programme_rdss/Sodium_Pub_and_Res_for_Consumers.html)
- 食物安全中心關於糖的風險評估研究報告  
[http://www.cfs.gov.hk/tc\\_chi/programme/programme\\_rdss/Sugars\\_Pub\\_and\\_Res\\_for\\_Consumers.html](http://www.cfs.gov.hk/tc_chi/programme/programme_rdss/Sugars_Pub_and_Res_for_Consumers.html)
- 衛生署「健康飲食在校園運動」的出版刊物 - 香港小學午餐營養素測試  
<http://school.eatsmart.gov.hk/b5/template/index.asp?pid=4003&id=3031>

##### 有關香港市民的健康數據：

- 衛生防護中心的健康統計數字：  
[http://www.chp.gov.hk/tc/dns\\_submenu/10.html](http://www.chp.gov.hk/tc/dns_submenu/10.html)
- 衛生防護中心的報告及刊物  
<http://www.chp.gov.hk/tc/guideline1/29.html>  
監測及流行病學處：行為風險因素調查的年度報告  
監測及流行病學處：健康飲食的調查

##### 專家建議及本地工作：

- 2014年11月11日新聞公報 - 食安中心致力減低香港膳食中的鈉和糖  
<http://www.info.gov.hk/gia/general/201411/11/P201411110849.htm>
- 2015年3月13日新聞公報 - 政府成立委員會推動降低食物中鹽和糖工作  
<http://www.info.gov.hk/gia/general/201503/13/P201503130743.htm>
- 2015年5月12日新聞公報 - 食安中心舉辦國際研討會推廣少鹽少糖健康飲食  
<http://www.info.gov.hk/gia/general/201505/12/P201505120688.htm>
- 2016年1月8日新聞公報 - 降低食物中鹽和糖委員會討論減鹽減糖措施  
<http://www.info.gov.hk/gia/general/201601/08/P201601080791.htm>
- 2016年6月8日 - 立法會二十一題：減少從食物中攝取的鹽和糖含量  
<http://www.info.gov.hk/gia/general/201606/08/P201606080642.htm>
- 2016年6月30日新聞公報 - 降低食物中鹽和糖委員會建議措施推廣低鹽低糖飲食  
<http://www.info.gov.hk/gia/general/201606/30/P201606300917.htm>
- 食物安全中心的降低食物中糖和脂肪含量的業界指引  
[http://www.cfs.gov.hk/english/food\\_leg/files/Trade\\_Guidelines\\_for\\_Reducing\\_Sugars\\_and\\_Fats\\_in\\_Foods.pdf](http://www.cfs.gov.hk/english/food_leg/files/Trade_Guidelines_for_Reducing_Sugars_and_Fats_in_Foods.pdf)
- 衛生署「健康飲食在校園運動」  
<http://school.eatsmart.gov.hk/b5/template/home.asp>

#### Questions

1. What non communicable diseases are associated to excessive intake of salt and sugar?
2. What is the situation of these non communicable diseases in Hong Kong?
3. What are the levels of salt and sugar in food in Hong Kong?
4. How to manage the problems from public health perspective and what are the pros and cons among the proposed ways?

#### Reference materials

##### Guidance related to reduction of salt and sugar:

- WHO calls on countries to reduce sugars intake among adults and children  
<http://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en/>
- Guideline : Sugars intake for adults and children  
[http://www.who.int/nutrition/publications/guidelines/sugars\\_intake/en/](http://www.who.int/nutrition/publications/guidelines/sugars_intake/en/)
- Reducing consumption of sugar-sweetened beverages to reduce the risk of childhood overweight and obesity  
[http://www.who.int/elena/titles/commentary/ssbs\\_childhood\\_obesity/en/](http://www.who.int/elena/titles/commentary/ssbs_childhood_obesity/en/)
- WHO issues new guidance on dietary salt and potassium  
[http://www.who.int/mediacentre/news/notes/2013/salt\\_potassium\\_20130131/en/](http://www.who.int/mediacentre/news/notes/2013/salt_potassium_20130131/en/)
- Non communicable diseases and risk factors  
[http://www.chp.gov.hk/en/health\\_topics/9/25.html](http://www.chp.gov.hk/en/health_topics/9/25.html)

##### Levels of salt and sugar in food in Hong Kong:

- CFS Risk Assessment Study Reports on Sodium  
[http://www.cfs.gov.hk/english/programme/programme\\_rdss/Sodium\\_Pub\\_and\\_Res\\_for\\_Consumers.html](http://www.cfs.gov.hk/english/programme/programme_rdss/Sodium_Pub_and_Res_for_Consumers.html)
- CFS Risk Assessment Study Reports on Sugar  
[http://www.cfs.gov.hk/english/programme/programme\\_rdss/Sugars\\_Pub\\_and\\_Res\\_for\\_Consumers.html](http://www.cfs.gov.hk/english/programme/programme_rdss/Sugars_Pub_and_Res_for_Consumers.html)
- 'EatSmart@school.hk' Campaign of the Department of Health – Nutrient Testing of Lunchboxes in Local Primary Schools  
<http://school.eatsmart.gov.hk/en/template/index.asp?pid=4003&id=3031>

##### Health statistics of people in Hong Kong:

- CHP Health Statistics  
[http://www.chp.gov.hk/en/dns\\_submenu/10.html](http://www.chp.gov.hk/en/dns_submenu/10.html)
- CHP Publications  
<http://www.chp.gov.hk/en/guideline1/29.html>  
Surveillance & Epidemiology Branch: Behavioural Risk Factor Survey (BRFS)  
Surveillance & Epidemiology Branch: Studies on Healthy Eating

##### Expert opinion and local work:

- CFS strives to reduce dietary sodium and sugars in Hong Kong. Press Release on November 11, 2014.  
<http://www.info.gov.hk/gia/general/201411/11/P201411111095.htm>
- Government sets up committee to promote reduction of salt and sugar in food. Press Release on March 13, 2015.  
<http://www.info.gov.hk/gia/general/201503/13/P201503130749.htm>
- Centre for Food Safety holds international symposium to promote healthy diet with less salt and sugar. Press Release on May 12, 2015.  
<http://www.info.gov.hk/gia/general/201505/12/P201505120699.htm>
- Committee on Reduction of Salt and Sugar in Food discusses measures to reduce salt and sugar. Press Release on January 8, 2016.  
<http://www.info.gov.hk/gia/general/201601/08/P201601080865.htm>
- LCQ21: Reduce intake of salt and sugar in food. June 8, 2016.  
<http://www.info.gov.hk/gia/general/201606/08/P201606080643.htm>
- Committee on Reduction of Salt and Sugar in Food proposes measures to promote low-salt-and-sugar diets. Press Release on June 30, 2016.  
<http://www.info.gov.hk/gia/general/201606/30/P201606300946.htm>
- CFS Trade Guidelines for Reducing Sugars and Fats in Foods  
[http://www.cfs.gov.hk/english/food\\_leg/files/Trade\\_Guidelines\\_for\\_Reducing\\_Sugars\\_and\\_Fats\\_in\\_Foods.pdf](http://www.cfs.gov.hk/english/food_leg/files/Trade_Guidelines_for_Reducing_Sugars_and_Fats_in_Foods.pdf)
- 'EatSmart@school.hk' Campaign of the Department of Health  
<http://school.eatsmart.gov.hk/en/template/home.asp>

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建議時數 Suggested duration : 40-50 分鐘 min

## 教學導引

1. 根據資料，試列出與攝入太多鈉和糖有直接或間接關係的非傳染性疾病，以及這些疾病的成因。
2. 試概述與攝入太多鈉和糖有關的非傳染性疾病和攝入鈉和糖的本地情況。
3. 討論現行相關公共政策的好處和缺點。

## 延伸討論

(I) 討論在減鹽和減糖中以下三方的責任：

1. 立法者/政府
2. 食物生產商及入口商
3. 消費者

(II) 討論引入糖稅對以下三方的影響：

1. 立法者/政府
2. 食物生產商及入口商
3. 消費者

## 參考資料：

世衛組織敦促全球採取行動遏制含糖飲料的消費和對健康的不良影響

<http://www.who.int/mediacentre/news/releases/2016/curtail-sugary-drinks/zh/>

## Guidance on training

1. Please list out the non communicable diseases with direct or indirect relationship with excessive intake of salt and sugar and the causes of these diseases, according to the information provided.
2. Please summarise local situations on the non communicable diseases related to excessive intake of salt and sugar as well as the intake of salt and sugar respectively.
3. Discuss the pros and cons of the current public policy.

## Relevant activities

**(I) Discuss the responsibility of three parties below on the reduction of salt and sugar:**

1. Legislators / the Government
2. Food manufactures and importers
3. Consumers

**(II) Discuss the impact to the three parties below on the introduction of sugar tax:**

1. Legislators / the Government
2. Food manufactures and importers
3. Consumers

## Reference information:

WHO urges global action to curtail consumption and health impacts of sugary drinks

<http://www.who.int/mediacentre/news/releases/2016/curtail-sugary-drinks/en/>

## 討論和認識如何在日常生活中減鹽和減糖(初中討論)

Discuss and understand how to reduce salt and sugar in daily life (discussion by junior secondary students)

## 參考資料

- 食物安全中心 - 減糖小貼士  
[http://www.cfs.gov.hk/tc\\_chi/programme/programme\\_rdss/Sugars\\_Intake\\_Tips\\_for\\_Consumers.html](http://www.cfs.gov.hk/tc_chi/programme/programme_rdss/Sugars_Intake_Tips_for_Consumers.html)
- 食物安全中心 - 減鈉小貼士  
[http://www.cfs.gov.hk/tc\\_chi/programme/programme\\_rdss/Sodium\\_Intake\\_Tips\\_for\\_Consumers.html](http://www.cfs.gov.hk/tc_chi/programme/programme_rdss/Sodium_Intake_Tips_for_Consumers.html)
- 全城減鹽減糖 Facebook 專頁  
<https://www.facebook.com/HongKongsActiononSaltandSugarsReduction>
- 衛生署「健康飲食在校園運動」- 有營食譜  
<http://school.eatsmart.gov.hk/b5/template/index.asp?pid=2011&id=3052>
- 衛生署「健康飲食在校園運動」- 午膳食品分類表  
<http://school.eatsmart.gov.hk/b5/template/index.asp?pid=2013&id=3063>

## Reference materials

- CFS –Tips to Lower Sugar Intake  
[http://www.cfs.gov.hk/english/programme/programme\\_rdss/Sugars\\_Intake\\_Tips\\_for\\_Consumers.html](http://www.cfs.gov.hk/english/programme/programme_rdss/Sugars_Intake_Tips_for_Consumers.html)
- CFS –Tips to Lower Sodium Intake  
[http://www.cfs.gov.hk/english/programme/programme\\_rdss/Sodium\\_Intake\\_Tips\\_for\\_Consumers.html](http://www.cfs.gov.hk/english/programme/programme_rdss/Sodium_Intake_Tips_for_Consumers.html)
- Hong Kong's Action on Salt and Sugar Reduction Facebook page  
<https://www.facebook.com/HongKongsActiononSaltandSugarsReduction>
- Department of Health “EatSmart@school.hk” Campaign – EatSmart Recipes  
<http://school.eatsmart.gov.hk/en/template/index.asp?pid=2011&id=3052>
- Department of Health “EatSmart@school.hk” Campaign – Classification of Food Items for School Lunch  
<http://school.eatsmart.gov.hk/en/template/index.asp?pid=2013&id=3063>

## 教學導引

從購買食物、配製食物和外出用膳方面，討論如何減低鹽和糖的攝取量。

## 延伸討論

閱讀甜味劑在減少糖攝取量方面的角色(上篇)和甜味劑在減少糖攝取量方面的角色(下篇)，並討論低能量甜味劑是否適合的糖替代品。

## Guidance on training

Discuss on how to reduce dietary intake of salt and sugar when buying food, preparing food and dining out.

## Relevant activities

Read the articles, [Role of Sweeteners in Reduction of Sugar Intake \(Part I\)](#) and [Role of Sweeteners in Reduction of Sugar Intake \(Part II\)](#), and discuss if low-calorie sweeteners are suitable candidates for sugar replacement.