

亞洲風味湯粉麵的鈉含量及能量值

Sodium and Energy Contents in Asian-style Noodles-in-soup Dishes

背景

Background



鈉對健康的影響

Health effects of sodium

- 鈉是維持人體機能正常運作的必需元素，但攝取過多可能會增加患上高血壓的風險。
- 高血壓若不及早診治，可引致心臟病和中風等慢性疾病。
- Sodium is essential for body functions, but excessive intake of sodium may increase the risk of developing high blood pressure.
- Untreated high blood pressure can lead to chronic diseases such as heart attack and stroke.



世衛鈉攝取量建議

WHO's sodium intake recommendation

➤ 鈉

- 一般成年人每日的鈉攝取量應少於2,000毫克 (5克鹽，即略少於一平茶匙食鹽)



➤ Sodium

- The daily intake of sodium of an average adult should be less than 2,000 mg (5 g of salt, slightly less than 1 level teaspoon of salt)



本港的情況

Local situation

- 衛生署發布之二零一四至二零一五年度人口健康調查報告書發現 15-84歲本地人士平均每日攝取8.8克鹽（約3,520毫克鈉），每日鹽攝取量超出世衛建議的人口比例有86.3%。
- 世衛指出，煮食時添加鹽是亞洲國家其中一個攝取鈉的主要來源。
- The Report of Population Health Survey 2014/2015 published by the Department of Health revealed that persons aged 15-84 had a daily salt intake of 8.8g per day (~3,520 mg sodium). The vast majority (86.3%) of them had dietary salt intake above the WHO recommended daily limit.
- According to WHO, salt added during cooking is one of the important sources of sodium intake in Asian countries.



本地的減鹽行動

Local actions on salt reduction

- 政府十分重視有關減低香港市民的鹽和糖攝取量的工作，並與「降低食物中鹽和糖委員會」緊密工作，提出切合本港情況的減鹽減糖措施。
- 委員會認為改良食品配方須循序漸進地逐步減少食物中的鈉（鹽）含量。
- The Government attaches importance to the work of reducing salt and sugar intake by the local population, and works closely with the Committee on Reduction of Salt and Sugar in Food to formulate salt and sugar reduction measures suitable for Hong Kong.
- The Committee considered product reformulation should gradually reduce the amount of sodium (salt) in food.



是次研究

The Study



亞洲風味湯粉麵

Asian-style Noodles-in-soup Dishes

- 除碟頭粉麵飯外，湯粉麵亦是本港市民每日飲食其中一個主食類別。
- 種類繁多，已知的營養含量主要涵蓋港式湯粉麵，亞洲風味湯粉麵的營養含量資料有限。
- Besides Meal-on-one-plate dishes, noodles-in-soup dishes is also one of the categories of staple food in local daily diet.
- Numerous varieties, with known nutrient content mainly covers Hong Kong style noodles-in-soup dishes, but limited information for Asian-style noodles-in-soup dishes.



目的 Objectives

- 測試及比較一些亞洲風味湯粉麵的鈉（鹽）含量及能量值
- 幫助公眾在外出用膳時作出知情和適合個人情況的選擇
- 推動食物業界透過改良食品配方減低市面上湯粉麵的鈉含量
- To measure and compare among food outlets the sodium and energy contents in Asian-style noodles-in-soup dishes
- To inform and assist the public to make informed choices when eating out
- To encourage the trade to provide noodles-in-soup dishes with less sodium through recipe reformulation



研究範疇 Scope of Study (1)

- 10種非預先包裝湯粉麵
- 10 types of non-prepackaged noodles-in-soup dishes



研究範疇 Scope of Study (2)

- 10款預先包裝杯麵及碗麵
- 10 prepackaged cup and bowl noodle samples



方法

Method



採樣 Sampling

➤ 抽取及化驗樣本時間

- 2017年中至2017年底

➤ 地點

- 非預先包裝湯粉麵
 - ▣ 中式及亞洲菜式食肆、快餐店
- 預先包裝杯麵及碗麵
 - ▣ 超市及便利店

➤ Sampling and testing period

- Mid-2017 to late 2017

➤ Location

- Non-prepackaged noodles-in-soup products
 - ▣ Chinese and Asian cuisine restaurants, fast-food chains
- Prepackaged cup and bowl noodle products
 - ▣ Supermarkets and convenient stores



湯粉麵種類	Types of Noodles-in-soup dish	樣本數目 No. of samples collected
雲吞幼麵	Wheat noodles (thin) in soup with wonton	10
擔擔麵	Dan Dan noodles with spicy and minced pork	10
炸排骨湯麵	Noodles in soup with fried pork chop	10
麻辣米線（腩肉、墨魚丸）	Spicy rice noodles with pork belly and cuttlefish ball	10
紅燒牛肉麵	Stewed beef noodles	10
叉燒拉麵（豬骨湯底）	BBQ pork ramen in pork bone soup	10
辣海鮮湯麵	Noodles with assorted seafood in spicy soup	10
冬蔭功金邊粉	Noodles in Tom Yum Soup	10
越式生牛肉河	Pho with thin sliced beef	10
海鮮喇沙	Seafood laksa	10
整體 Overall		100

測試項目 Test Items

- 測試由食物安全中心食物研究化驗所進行
- 非預先包裝湯粉麵
 - 檢測樣本中的鈉含量及能量值
 - 食物（主要餸菜和麵）和湯底的營養成分分開檢測
- 預先包裝杯麵及碗麵
 - 檢視了這些樣本的營養標籤
- Testing conducted by Food Research Laboratory of the Centre for Food Safety
- Non-prepackaged Noodles-in-soup products
 - Tested for sodium and energy contents
 - Nutrient components of food portion (main ingredients and noodles) and soup portion were tested separately
- Prepackaged cup and bowl noodle products
 - Referred to the nutrition label



結果分析 Data analysis (1)

每100克食物鈉含量（毫克） Sodium content per 100 g (mg)	鈉含量水平 Level of sodium content
$\leq 120^*$	「低鈉（或鹽）」 “Low sodium”
$> 600^\#$	「高鈉（或鹽）」 “High sodium”

*根據本地現行的營養標籤規例

The existing Nutrition Labelling Regulation in HK

#根據中心為方便市民有效地使用營養標籤而編印的“購物指南卡”

According to the “Shopping card” published by CFS which aims at facilitating consumers in making good use of nutrition labels



結果分析 Data analysis (2)

➤ 鈉攝入量分析

- 把攝入鈉的分量與世衛建議的攝取限量，即每日應攝取少於2,000毫克鈉作比較
- 再以每日三餐計算，把樣本的每份鈉含量與世衛建議每日攝取限量的三分之一作比較

➤ Analysis of sodium intake

- The amount of sodium intake is compared with the WHO's recommendation, i.e. less than 2,000 mg of sodium per day
- When considering taking 3 meals a day, the sodium content of a portion of noodles-in-soup dish is compared with one-third of the WHO's recommended daily limit



結果

Findings



非預先包裝湯粉麵樣本檢出的鈉含量

Sodium content in non-prepackaged Noodles-in-soup dish samples

湯粉麵種類 Types of Noodles-in-soup dish	每100克鈉含量平均值[範圍](毫克) Mean sodium content [range] (mg/100 g)		
	整份湯粉麵(計算後) Whole portion (after calculation)	食物部分 Food portion	湯底 Soup portion
冬蔭功金邊粉 Noodles in Tom Yum Soup	440 (260-610)	370 (200-520)	540 (260-710)
麻辣米線 Spicy rice noodles	420 (260-630)	380 (240-580)	490 (310-710)
叉燒拉麵 (豬骨湯底) BBQ pork ramen in pork bone soup	380 (270-480)	340 (260-460)	440 (240-520)
雲吞幼麵 Wheat noodles (thin) in soup with wonton	380 (260-510)	400 (260-510)	360 (260-500)
擔擔麵 Dan Dan noodles	350 (230-490)	310 (200-470)	410 (280-570)
越式生牛肉河 Pho with thin sliced beef	340 (260-480)	280 (160-460)	440 (340-590)
炸排骨湯麵 Noodles in soup with fried pork chop	340 (210-450)	320 (210-380)	370 (210-510)
紅燒牛肉麵 Stewed beef noodles	310 (250-400)	260 (200-330)	410 (310-510)
海鮮喇沙 Seafood laksa	290 (220-370)	250 (180-340)	370 (280-460)
辣海鮮湯麵 Noodles with assorted seafood in spicy soup	290 (210-380)	250 (180-340)	360 (260-530)
整體 Overall	350 [210-630]	320 [160-580]	420 [210-710]

非預先包裝湯粉麵樣本檢出的鈉含量

Sodium content in non-prepackaged Noodles-in-soup dish samples

湯粉麵種類 Types of Noodles-in-soup dish	每100克鈉含量平均值[範圍](毫克) Mean sodium content [range] (mg/100 g)		
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麻辣米線 Spicy rice noodles	420 (260-630)	380 (240-580)	490 (260-710)
叉燒拉麵 (豬骨湯底) BBQ pork ramen in pork bone soup	平均鈉含量最高的種類是冬蔭功金邊粉	340 (260-460)	湯底平均鈉含量最高的種類也是冬蔭功金邊粉
雲吞幼麵 Wheat noodles (thin) in soup with wonton		400 (260-510)	
擔擔麵 Dan Dan noodles	350 (230-490)	310 (160-470)	410 (280-570)
越式生牛肉河 Pho with thin sliced beef	340 (260-480)	食物部分平均鈉含量最高的種類則是雲吞幼麵	440 (340-590)
炸排骨湯麵 Noodles in soup with fried pork chop	平均鈉含量最低的種類是辣海鮮湯麵		370 (210-510)
紅燒牛肉麵 Stewed beef noodles		260 (200-330)	410 (310-510)
海鮮喇沙 Seafood laksa	290 (210-370)	250 (180-340)	370 (280-460)
辣海鮮湯麵 Noodles with assorted seafood in spicy soup	290 (210-380)	250 (180-340)	360 (260-530)
整體 Overall	350 [210-630]	320 [160-580]	420 [210-710]

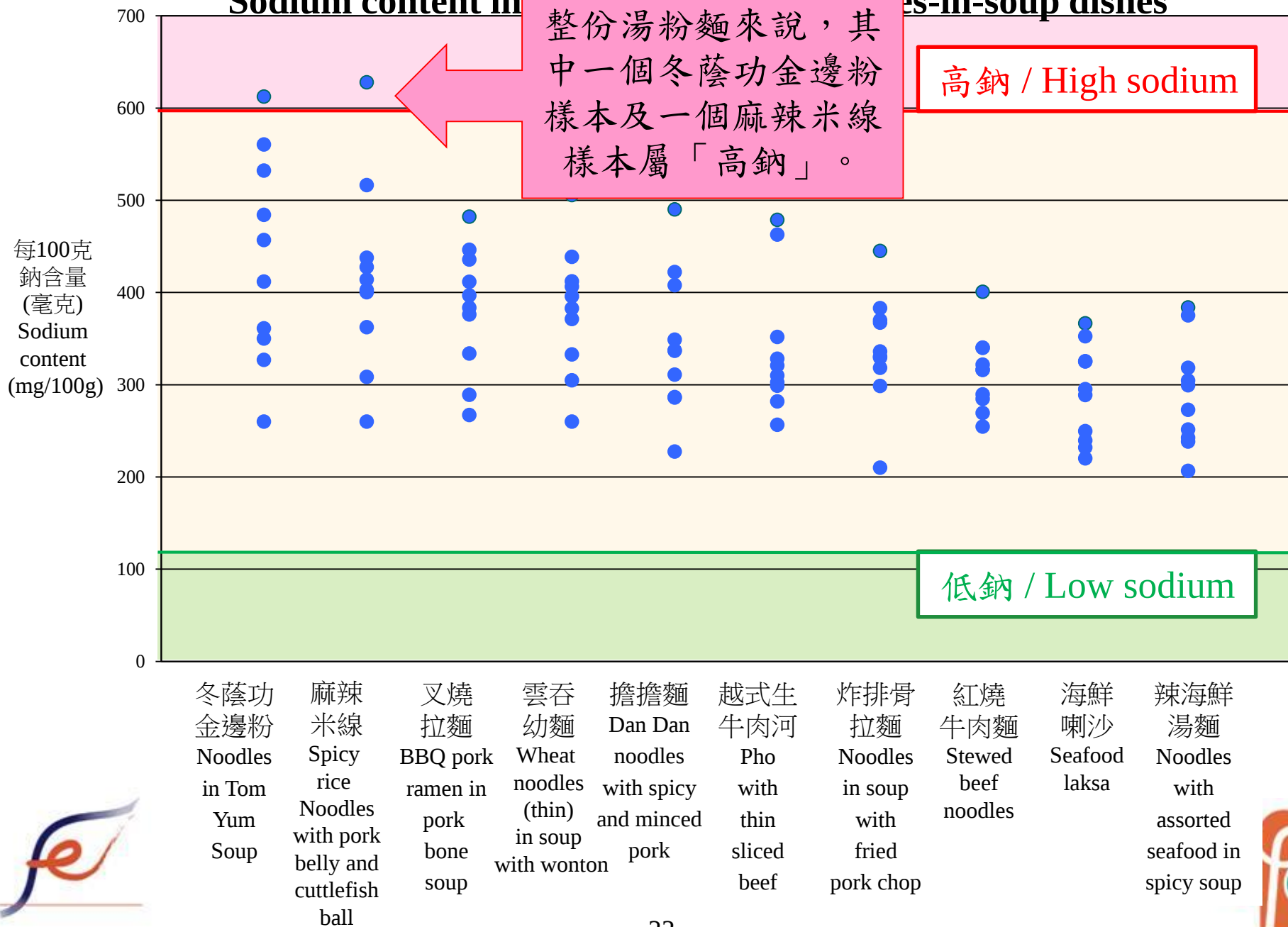
非預先包裝湯粉麵樣本檢出的鈉含量

Sodium content in non-prepackaged Noodles-in-soup dish samples

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叉燒拉麵 (豬骨湯底) BBQ pork ramen in pork bone soup	380 (260-520)	340 (260-460)	440 (260-590)
雲吞幼麵 Wheat noodles (thin) in soup with wonton	部分湯粉麵的鈉含量差異頗大，當中麻辣米線最高的樣本是最低的2.4倍。	400 (260-510)	部分湯底的鈉含量差異亦頗大，當中冬蔭功金邊粉最高的樣本是最低的2.7倍。
擔擔麵 Dan Dan noodles		310 (200-470)	
越式生牛肉河 Pho with thin sliced beef		280 (160-460)	
炸排骨湯麵 Noodles in soup with fried pork chop		320 (210-380)	
紅燒牛肉麵 Stewed beef noodles	310 (250-400)	260 (200-330)	410 (310-510)
海鮮喇沙 Seafood laksa	290 (220-370)	250 (180-340)	370 (280-460)
辣海鮮湯麵 Noodles with assorted seafood in spicy soup	290 (210-380)	250 (180-340)	360 (260-530)
整體 Overall	350 [210-630]	320 [160-580]	420 [210-710]

整份湯粉麵的鈉含量

Sodium content in Noodles-in-soup dishes



點解咁鹹？

Why so salty?

湯底來說，其中三個冬蔭功金邊粉樣本及兩個麻辣米線樣本屬「高鈉」。湯底的鈉含量對整碗湯粉麵的鈉含量有重要的影響。

鈉可來自煮湯底時添加的鹽及含鹽／鈉的調味料



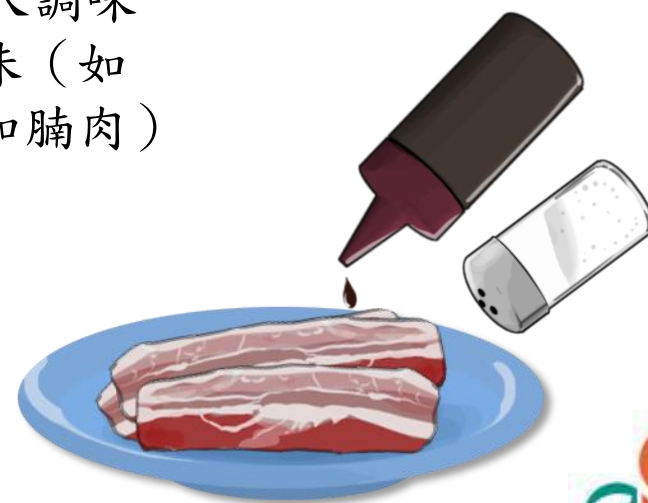
點解咁鹹? Why so salty?

除麵條吸入較高鈉的湯而影響食物部分的鈉含量外，以下的因素都會增加食物部分的鈉含量。

i) 餸菜本身的鈉含量
(如麻辣米線的墨魚丸)



ii) 加入調味料醃味 (如雲吞和腩肉)



亞洲風味湯粉麵鈉含量佔世衛 建議每日攝取限量比重

**Sodium contribution of Asian-style
Noodles-in-soup Dishes to WHO's
recommended limit of daily intake**



10種亞洲風味湯粉麵平均整份鈉含量佔世衛建議每日攝取限量

Sodium contribution of 10 types of Asian-style Noodles-in-soup dishes to WHO's recommended limit of daily intake

湯粉麵種類 Types of Noodles-in-soup dish	平均整份湯粉麵鈉含量(毫克) [範圍] Average sodium content per portion (mg) [range]	整份湯粉麵鈉含量佔每日攝取限量的比重平均值 (%) [範圍] Mean sodium contribution per portion to WHO's recommended limit of daily intake (%) [range]
麻辣米線 Spicy rice noodles	4100 [2500-6000]	210 (130-300)
冬蔭功金邊粉 Noodles in Tom Yum Soup	3700 [1600-5400]	190 (79-270)
越式生牛肉河 Pho with thin sliced beef	3100 [2000-5200]	160 (100-260)
辣海鮮湯麵 Noodles with assorted seafood in spicy soup	2700 [1700-3800]	140 (85-190)
叉燒拉麵 (豬骨湯底) BBQ pork ramen in pork bone soup	2600 [2000-3900]	130 (100-190)
炸排骨湯麵 Noodles in soup with fried pork chop	2600 [1600-3900]	130 (78-190)
紅燒牛肉麵 Stewed beef noodles	2300 [1800-3200]	120 (90-160)
海鮮喇沙 Seafood laksa	2100 [1700-2900]	110 (83-150)
擔擔麵 Dan Dan noodles	2100 [1500-2700]	100 (75-140)
雲吞幼麵 Wheat noodles (thin) in soup with wonton	1800 [1200-2700]	91 (59-140)
整體 Overall	2700 [1200-6000]	140 (59-300)

10種亞洲風味湯粉麵平均整份鈉含量佔世衛建議每日攝取限量

Sodium contribution of 10 types of Asian-style Noodles-in-soup dishes to WHO's recommended limit of daily intake

湯粉麵種類 Types of Noodles-in-soup dish	平均整份湯粉麵鈉含量(毫克) [範圍] Average sodium content per portion (mg) [range]	整份湯粉麵鈉含量佔每日攝取限量的比重平均值 (%) [範圍] Mean sodium contribution per portion to WHO's recommended limit of daily intake (%) [range]
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冬蔭功金邊粉 Noodles in Tom Yum Soup	2700 [1600-5400]	140 (79-270)
越式生牛肉河 Pho with thin sliced beef	3100 [1500-5200]	160 (80-300)
辣海鮮湯麵 Noodles with assorted seafood in spicy soup	2700 [1700-4200]	140 (80-220)
叉燒拉麵 (豬骨湯底) BBQ pork ramen in pork bone soup	2400 [1200-4200]	120 (60-210)
炸排骨湯麵 Noodles in soup with fried pork chop	2600 [1200-4200]	130 (60-210)
紅燒牛肉麵 Stewed beef noodles	2300 [1800-3000]	120 (80-160)
海鮮喇沙 Seafood laksa	2100 [1700-2500]	110 (83-140)
擔擔麵 Dan Dan noodles	2100 [1500-2700]	110 (75-140)
雲吞幼麵 Wheat noodles (thin) in soup with wonton	1800 [1200-2700]	91 (59-140)
整體 Overall	2700 [1200-6000]	140 (59-300)

若進食整份湯粉麵，超過3/4樣本的鈉含量超過世衛建議每日攝取限量。本研究**全部**樣本的整份鈉含量皆超出每日攝取限量的1/3。

亞洲風味湯粉麵的能量值

Energy level in Noodles-in-soup dishes



非預先包裝湯粉麵樣本檢出的能量值

Energy level in non-prepackaged Noodles-in-soup dish samples

湯粉麵種類 Types of Noodles-in-soup dish	每100克能量值平均值[範圍](千卡) Mean energy level [range] (kcal/100 g)		
	整份湯粉麵 (計算後) Whole portion (after calculation)	食物部分 Food portion	湯底 Soup portion
擔擔麵 Dan Dan noodles	160 (100-200)	160 (110-200)	150 (80-230)
叉燒拉麵 (豬骨湯底) BBQ pork ramen in pork bone soup	110 (76-160)	140 (110-180)	57 (12-130)
海鮮喇沙 Seafood laksa	100 (78-130)	120 (100-140)	84 (38-110)
炸排骨湯麵 Noodles in soup with fried pork chop	98 (86-110)	150 (130-180)	8.2 (2.1-23)
紅燒牛肉麵 Stewed beef noodles	93 (80-110)	130 (100-160)	22 (12-40)
麻辣米線 Spicy rice noodles	87 (71-110)	120 (93-160)	19 (8.0-29)
冬蔭功金邊粉 Noodles in Tom Yum Soup	81 (55-100)	98 (78-120)	55 (18-97)
辣海鮮湯麵 Noodles with assorted seafood in spicy soup	71 (58-81)	92 (81-110)	36 (21-57)
雲吞幼麵 Wheat noodles (thin) in soup with wonton	69 (60-82)	110 (93-130)	7.5 (4.8-13)
越式生牛肉河 Pho with thin sliced beef	64 (50-79)	99 (82-120)	14 (7.8-21)
整體 Overall	93 (50-200)	120 (78-200)	45 (2.1-230)

非預先包裝湯粉麵樣本檢出的能量值

Energy level in non-prepackaged Noodles-in-soup dish samples

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叉燒拉麵 (豬骨湯底) BBQ pork ramen in pork bone soup	110 (71-160)	140 (110-180)	57 (12-130)
海鮮喇沙 Seafood laksa	平均能量值最高的 種類是擔擔麵	120 (100-140)	84 (38-110)
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預先包裝杯麵及碗麵的 鈉含量和能量值

Sodium and energy contents in
prepackaged cup and bowl noodles



預先包裝杯麵及碗麵樣本的鈉含量和能量值

Sodium and energy contents in prepackaged cup and bowl noodle samples

杯麵及碗麵樣本 Cup and bowl noodle samples	每食用分量的鈉含量 (毫克) Sodium content per serve (mg)	每食用分量的能量值 (千卡) Energy level per serve (kcal)
公仔日式豬骨濃湯味碗麵 Doll – Tonkotsu Flavour Bowl Noodle	3150	539
味味一品原汁珍味牛肉麵 Wei Wei Premium – Beef Instant Noodles	2577	497
滿漢大餐紅燒牛肉麵 Imperial Big Meal – Hot Beef Flavor	2244	550
可口星洲叻沙味快熟麵 Koka – Laksa Singapura Flavor Instant Noodles	1940	410
壽桃生麵皇鮮蝦雲吞味 Sautao – Wonton Soup Flavour Instant Noodles	1921	270
養養冬蔭功麵（酸辣蝦味湯麵） Yum Yum – Tom Yum Shrimp Flavour Instant Noodles	1800	325
合味道咖哩海鮮味杯麵 Nissin Cup Noodles – Seafood Curry Flavour Instant Noodles	1620	329
農心辛拉麵（特辣香菇味） Nongshim – Shin Ramyun/Noodles (Spicy mushroom flavor)	1402	306
出前一丁麻油味即食麵（杯麵） Demae Iccho – Sesame Oil Flavour Instant Noodles	1361	318
不倒翁辛辣杯麵 Ottogi – Hot Cup Ramen	1200	255
整體 Overall	1900	380

預先包裝杯麵及碗麵樣本的鈉含量和能量值

Sodium and energy contents in prepackaged cup and bowl noodle samples

杯麵及碗麵樣本 Cup and bowl noodle samples	每食用分量的鈉含量 (毫克) Sodium content per serve (mg)	每食用分量的能量值 (千卡) Energy level per serve (kcal)
公仔日式豬骨濃湯味碗麵 Doll – Tonkotsu Flavour Bowl Noodle	3150	539
味味一品原汁珍味牛肉麵 Wei Wei Premium – Beef Instant Noodles	2577	497
滿漢大餐紅燒牛肉麵 Imperial Big Meal – Hot Beef Flavor	2244	550
可口星洲叻沙味快熟麵 Koka – Laksa Singapura Flavor Instant Noodles	1940	410
壽桃生麵皇鮮蝦雲吞味 Sautao – Wonton Soup Flavour Instant Noodles	1921	270
養養冬蔭功麵 (酸辣蝦味湯麵) Yum Yum – Tom Yum Shrimp Flavour Instant Noodles	1800	325
合味道咖哩海鮮味杯麵 Nissin Cup Noodles – Seafood Curry Flavour Instant Noodles		329
農心辛拉麵 (特辣香菇味) Nongshim – Shin Ramyun/Noodles (Spicy mushroom)		306
出前一丁麻油味即食麵 (杯麵) Demae Iccho – Sesame Oil Flavour Instant Noodles		318
不倒翁辛辣杯麵 Ottogi – Hot Cup Ramen		255
整體 Overall	1900	380

每食用分量平均鈉
含量幾乎達到世衛
建議每日鈉攝取限
量的2,000毫克

杯麵及碗麵樣本的鈉含量與非預先包裝湯粉麵比較

Comparison of sodium contents of cup and bowl noodle with non-prepackaged noodles-in-soup dish samples

湯粉麵種類 Types of Noodles-in-soup dish	平均每食用分量的鈉含量(毫克) Mean sodium content per serve (mg)	
	預先包裝樣本 Prepackaged samples	非預先包裝樣本 Non-prepackaged samples
叉燒拉麵(豬骨湯底)及相關杯麵及碗麵 BBQ pork ramen in pork bone soup vs related cup and bowl noodles	3150	2600
紅燒牛肉麵及相關杯麵及碗麵 Stewed beef noodles vs related cup and bowl noodles	2400	2300
海鮮喇沙及相關杯麵及碗麵 Seafood laksa vs related cup and bowl noodles	1940	2100
雲吞幼麵及相關杯麵及碗麵 Wheat noodles in soup with wonton vs related cup and bowl noodles	1921	1800
冬蔭功金邊粉及相關杯麵及碗麵 Noodles in Tom Yum Soup vs related cup and bowl noodles	1800	3700
辣海鮮湯麵及相關杯麵及碗麵 Noodles with assorted seafood in spicy soup vs related cup and bowl noodles	1300	2700



杯麵及碗麵樣本的鈉含量與非預先包裝湯粉麵比較

Comparison of sodium contents of cup and bowl noodle with non-prepackaged noodles-in-soup dish samples

湯粉麵種類 Types of Noodles-in-soup dish	平均每食用分量的鈉含量(毫克) Mean sodium content per serve (mg)	
	預先包裝樣本 Prepackaged samples	非預先包裝樣本 Non-prepackaged samples
叉燒拉麵 BBQ pork bowl noodles	3150	2600
紅燒牛腩 Stewed beef bowl noodles	2400	2300
海鮮喇麵 Seafood bowl noodles	1940	2100
雲吞幼麵 Wheat flour bowl noodles	1921	1800
叉燒杯麵 BBQ pork cup noodles	1800	3700
紅燒牛腩杯麵 Stewed beef cup noodles	1300	2700

這些種類的湯粉麵預先包裝與非預先包裝樣本的平均每食用分量的鈉含量沒有太大差異。

這些種類的湯粉麵由於預先包裝樣本的食用分量較少，因此每食用分量的鈉含量較非預先包裝樣本的為少。

本研究湯粉麵的鈉含量不理想

Sodium content of Noodles-in-soup dishes in this study is not ideal

- 結果顯示市民能夠選擇到平均每餐符合世衛建議鈉攝取限量的亞洲風味湯粉麵的機會很低。
- 進食預先包裝杯麵及碗麵亦存在同樣問題。
- 業界有責任透過改良食譜去幫助消費者逐步減少外出用膳或進食預先包裝食品的鈉攝取量。
- The results showed that the possibility of selecting Asian-style noodles-in-soup dish that is within 1/3 of WHO's recommended limit of daily sodium intake is small.
- The same thing happens when consumers are having prepackaged cup and bowl noodles.
- Trade has the responsibility to reduce sodium content in Asian-style noodles-in-soup dishes through recipe reformulation, so that consumers can reduce their sodium intake gradually when eating out.



如何減少從湯粉麵攝取鈉？
Possible way to reduce sodium intake
from Noodles-in-soup dishes



喝少量湯（5-6湯匙，約 90克湯）

Consume less soup (5-6 tablespoons, ~90g of soup)

湯粉麵種類 Types of Noodles-in-soup dish	整份湯粉麵鈉含量佔每日攝取限量的比重平均值 (%) [範圍] Mean sodium contribution per portion to WHO's recommended limit of daily intake (%) [range] 食物部分加 90克湯 Food portion with 90g soup
麻辣米線 Spicy rice noodles	140(98-210)
冬蔭功金邊粉 Noodles in Tom Yum Soup	120(47-170)
越式生牛肉河 Pho with thin sliced beef	94(65-180)
辣海鮮湯麵 Noodles with assorted seafood in spicy soup	89(57-120)
叉燒拉麵（豬骨湯底） BBQ pork ramen in pork bone soup	88(64-120)
炸排骨湯麵 Noodles in soup with fried pork chop	91(61-120)
紅燒牛肉麵 Stewed beef noodles	85(65-110)
海鮮喇沙 Seafood laksa	78(61-100)
擔擔麵 Dan Dan noodles	77(56-92)
雲吞幼麵 Wheat noodles (thin) in soup with wonton	73(43-99)
整體 Overall	94(43-210)

喝少量湯（5-6湯匙，約 90克湯）

Consume less soup (5-6 tablespoons, ~90g of soup)

湯粉麵種類 Types of Noodles-in-soup dish	整份湯粉麵鈉含量佔每日攝取限量的比重平均值 (%) [範圍] Mean sodium contribution per portion to WHO's recommended limit of daily intake (%) [range] 食物部分加 90克湯 Food portion with 90g soup
麻辣米線 Spicy rice noodles	140(98-210)
冬蔭功金邊粉 Noodles in Tom Yum Soup	120(47-170)
越式生牛肉河 Pho with thin sliced beef	135(55-180)
辣海鮮湯麵 Noodles with assorted seafood in	95(57-120)
叉燒拉麵（豬骨湯底） BBQ pork ramen in pork bone so	120
炸排骨湯麵 Noodles in soup with fried pork chop	91(61-120)
紅燒牛肉麵 Stewed beef noodles	
海鮮喇沙 Seafood laksa	
擔擔麵 Dan Dan noodles	
雲吞幼麵 Wheat noodles (thin) in soup with wonton	72()
整體 Overall	94(43-210)

若進食湯粉麵的食物部分加90克湯，接近三成樣本的整份鈉含量皆超過每日攝取限量。而全部樣本的整份鈉含量仍然超出每日攝取限量的1/3。

平均進食一份湯粉麵的食物部分加90克湯，所攝取的鈉亦已接近每日的攝取限量，但比進食整份湯粉麵的鈉攝取量降低接近1/3

不喝湯

Do not consume soup

湯粉麵種類 Types of Noodles-in-soup dish	整份湯粉麵鈉含量佔每日攝取限量的比重平均值 (%) 【範圍】 Mean sodium contribution per portion to WHO's recommended limit of daily intake (%) [range] 食物部分 Food portion only
麻辣米線 Spicy rice noodles	120(84-180)
冬蔭功金邊粉 Noodles in Tom Yum Soup	97(36-140)
越式生牛肉河 Pho with thin sliced beef	74(48-150)
辣海鮮湯麵 Noodles with assorted seafood in spicy soup	73(44-110)
叉燒拉麵 (豬骨湯底) BBQ pork ramen in pork bone soup	68(43-100)
炸排骨湯麵 Noodles in soup with fried pork chop	74(52-110)
紅燒牛肉麵 Stewed beef noodles	66(43-94)
海鮮喇沙 Seafood laksa	61(48-81)
擔擔麵 Dan Dan noodles	59(43-74)
雲吞幼麵 Wheat noodles (thin) in soup with wonton	56(31-77)
整體 Overall	75(31-180)

不喝湯

Do not consume soup

湯粉麵種類 Types of Noodles-in-soup dish	整份湯粉麵鈉含量佔每日攝取限量的比重平均值 (%) [範圍] Mean sodium contribution per portion to WHO's recommended limit of daily intake (%) [range] 食物部分 Food portion only
麻辣米線 Spicy rice noodles	120(84-180)
冬蔭功金邊粉 Noodles in Tom Yum Soup	97(36-140)
越式生牛肉河 Pho with thin sliced beef	74(48-150)
辣海鮮湯麵 Noodles with assorted seafood in	73(44-110)
叉燒拉麵 (豬骨湯底) BBQ pork ramen in pork bone so	72(32-100)
炸排骨湯麵 Noodles in soup with fried pork chop	74(52-110)
紅燒牛肉麵 Stewed beef noodles	
海鮮喇沙 Seafood laksa	
擔擔麵 Dan Dan noodles	
雲吞幼麵 Wheat noodles (thin) in soup with wonton	
整體 Overall	75(31-180)

若只進食湯粉麵的食物部分，接近兩成樣本的整份鈉含量皆超過每日攝取限量。而本研究只有一個樣本的整份鈉含量可達到每日攝取限量的1/3以內。

平均進食一份湯粉麵的食物部分所攝取的鈉亦已達每日攝取限量的四分之三，但比進食整份湯粉麵的鈉攝取量降低接近一半

建議 Advice

減少添加醬汁及佐料

Reduce the addition of Sauces and Condiments

- 業界應讓消費者選擇自由添加醬汁的分量。消費者點餐時可要求食肆減低食物的鹹度。
- 不少食肆會將醬汁和佐料放在枱面上供食客自由添加，這些醬汁和佐料也是攝入鈉的來源，消費者可減少添加或在試味後才添加適量的醬汁和佐料。
- The Trade should let the consumers choose the amount of sauce and condiments to be added. Consumers could ask for “less salt” or “less salty” option of the food when ordering.
- Sauce and condiments usually put on the table of these Asian-style restaurants are sources of dietary sodium intake, consumers could limit the amount added or taste before adding.



食用分量及營養資料

Portion size and Nutrition information

- 業界可提供較少分量的湯粉麵。消費者用膳時如分量較大可考慮與他人分享。
- 業界可在菜單、價目表及其他印刷品上展示所供應的湯粉麵的營養成分資料（尤其是能量／卡路里、鈉／鹽），讓消費者參考。
- The Trade could offer noodles dishes in smaller portion size, while consumers could share with others when the portion size is large.
- The Trade could display nutrition information (particularly energy/calorie, sodium/salt) of noodles-in-soup dishes on menus, price list and other printed materials for consumers to make reference to.



預先包裝產品

Prepackaged products

- 業界應把預先包裝杯麵及碗麵的調味粉獨立包裝；而消費者進食此類食品時，減少添加調味粉和醬汁的分量。
- The Trade should put seasoning powder in separate sachet in prepackaged cup and bowl noodles; while consumers could reduce the amount of seasoning powder and sauce added to these noodles products.



改良食譜

Recipe Reformulation

➤ 業界應參考中心的《降低食物中鈉含量的業界指引》，改良食譜（如在醃肉和烹調湯底時減少使用鹽和其他含鹽／鈉的調味料的分量或選用天然、新鮮的食材）以製作較低鈉／鹽含量的食物。

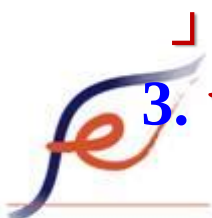
➤ The Trade should make reference to the CFS' "Trade Guidelines for Reducing Sodium in Foods" to reduce sodium content in food through recipe reformulation (e.g. reduce the use of salt or sodium-containing condiments during marinating and cooking soup; and use more natural or fresh ingredients).



為湯粉麵訂立減鈉目標水平

Setting sodium reduction target for Noodles-in-soup dishes

- 本研究的結果可作為制訂湯粉麵減鈉目標水平的參考數據
- 參考外地訂立減鹽目標的提議及國際專家給香港的建議
- 三個建議方法
 1. 訂立「鈉含量上限」
 2. 訂立「鈉含量平均限值」
 3. 訂立「減鈉百分率」
- The data obtained in this study can be used as a reference to set sodium reduction target for Noodles-in-soup dishes
- With reference to overseas practices on target setting approaches as well as the recommendations given to Hong Kong by international experts
- 3 recommended options
 1. “Maximum level” approach
 2. “Average/mean level” approach
 3. “Percentage reduction” approach



謝謝
Thank You

