



Latest issue of E-News (16/12/2021)

(1) Raw Oysters and Food Safety

Winter is the traditional season for savouring oysters. There are different ways to enjoy oysters, including deep fried, hot-pot. Due to their specific growing nature, oysters can be easily contaminated by pathogens (including bacteria and viruses) and chemical contaminants. Consumption of raw oysters contaminated with pathogens may cause food poisoning, affecting our health.

Please visit the webpage for more information:

https://www.cfs.gov.hk/english/whatsnew/whatsnew_fst/whatsnew_fst_Raw_oysters_and_food_safety.html

(2) Food Safety Tips for Hotpot

It is warm and cosy for a family to gather around a hotpot and have a nice little chat while cooking their favourite food in a chilly winter. The recipe for healthy and yummy hotpot includes careful choice of ingredients and good food and personal hygiene.

Also, hotpot is a popular choice when we dine out with friends. With a great variety of hotpot ingredients, consumers can choose whatever they like to eat. However, if hotpot ingredients are not handled properly or cooked thoroughly, we will ingest not only food but also viruses or bacteria that can cause food poisoning.

Please visit the webpage for more information:

https://www.cfs.gov.hk/english/whatsnew/whatsnew_sfst/whatsnew_sfst_Hotpot_Safely_at_Home.html

https://www.cfs.gov.hk/english/whatsnew/whatsnew_sfst/whatsnew_sfst_Hot_pot_Safely_at_Restaurants.html

(3) Level of Sodium in processed meat

Processed meat refers to meat or offal that has been salted, fermented or transformed by other methods to improve preservation or enhance flavour, for example, sausages, corned beef, and jerky. The International Agency for Research on Cancer (IARC) has classified processed meat as "carcinogenic to humans" (Group 1). In addition, processed meat generally has relatively high levels of sodium and excessive sodium intake will increase the risk of developing hypertension. The public should avoid excessive consumption of processed meat and maintain a balanced diet by consuming a variety of food, including plenty of fruits and vegetables.

Please visit the webpage for more information:

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_134_03.html

(4) Test results on microbiological quality of poon choi all satisfactory

CFS announced the test results of a recently completed seasonal food surveillance project on the microbiological quality of poon choi. Thirty samples were collected and all passed the tests.

Please visit the webpage for more information:

https://www.cfs.gov.hk/english/press/20211206_9052.html

(5) Food Safety Report for October 2021

To deliver the latest food safety information timely to the public, the CFS announces the monthly “Food Safety Report”, sharing the food surveillance results.

Please visit the webpage for more information:

https://www.cfs.gov.hk/english/press/20211130_9039.html