



Latest issue of E-News (20/01/2022)

(1) Coffee and acrylamide

Coffee roasting can cause the formation of acrylamide, a process contaminant that is probably carcinogenic to humans as classified by the IARC. However, CFS data indicate that the contribution of coffee to acrylamide intake to the diet of local adults is insignificant.

Please click into the webpage for details

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_153_01.html

(2) Fish and Methylmercury

Mercury is a heavy metal that occurs naturally and being introduced into the environment from industrial waste. Mercury exists in different forms. Microorganisms in the water convert mercury into the more toxic methylmercury which is readily taken up by living organisms in the water and accumulates up the food chain. Thus, predatory fish usually contain higher levels of methylmercury.

Fish contain many essential nutrients, such as omega-3 fatty acids and high quality proteins. Moderate consumption of a variety of fish is recommended for a balanced diet. Maintain a balanced and varied diet can avoid excessive exposure to metallic contaminants from a limited range of food items

Please click into the webpage for details:

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_154_01.html

(3) Pesticide Residues in Vegetables

Pesticides are substances or mixtures of substances intended for preventing, destroying, repelling or mitigating pests. They are commonly used in agriculture. When farmers use a pesticide according to label instructions and Good Agricultural Practice (GAP), the residues in crop at harvest do not normally exceed the maximum residue limits (MRLs) established in the place of use and are very unlikely to pose a health risk. Since MRLs are set at levels well below the amount that could pose a health concern, a residue level above the limit may indicate non-compliance of GAP but does not necessarily imply immediate risk to consumers' health.

Please click into the webpage for details:

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_117_01.html

(4) 'EAT TV' Food Safety Channel

The latest episode of EAT TV- 'Asha in Paris' has premiered on the CFS' YouTube channel, and is co-streamed on the CFS' Facebook and Instagram pages.

Please click into the webpage for details:

YouTube:

<https://www.youtube.com/watch?v=zPHbg1TkN9A&list=PLXRY8vr7yU1tPdDYozqzuKMd9uU3KIhtR&index=2>

Facebook: https://fb.watch/aAS_qcdZK2/

Instagram: <https://www.instagram.com/p/CYTegpUrRZu/>

(5) CFS announces test results on Lunar New Year food (first phase)

CFS announced the test results of a recently completed seasonal food surveillance project on Lunar New Year (LNY) food (first phase). The test results of around 520 samples collected were satisfactory, except for a prepackaged dried mushroom sample in breach of the food labelling regulation and a turnip pudding sample detected with a non-permitted preservative, which were announced earlier.

Please click into the webpage for details:

https://www.cfs.gov.hk/english/press/20220104_9135.html

Centre for Food Safety
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