



Dear E-news recipients,

News on the Centre for Food Safety (CFS) online:

### **(1) Processed Meat, Red Meat and Cancer**

The International Agency for Research on Cancer (IARC), the cancer research arm of the World Health Organization (WHO) has classified processed meat as "carcinogenic to humans" (Group 1). Each 50g portion of processed meat consumed daily can increase the risk of colorectal cancer by 18%. The risk increases with the amount of meat consumed, but no "safe" level can be devised.

There is evidence that certain components from food, e.g. vitamin C, calcium, chlorophylls, polyphenols, etc., can inhibit the formation of N-nitroso compounds or other cancer causing agents. As a major prevention strategy against many cancers, the WHO recommends eating more vegetables and fruits but less processed meat and red meat.

For more information, please browse the following website:

[https://www.cfs.gov.hk/english/multimedia/multimedia\\_pub/multimedia\\_pub\\_fsf\\_113\\_01.html](https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_113_01.html)

### **(2) Food Safety Advice for Manufacture and Sale of Frozen Confections**

According to the Frozen Confections Regulation (Cap. 132AC), frozen confection means any confection commonly sold for human consumption in a frozen or chilled state. Some examples are ice-cream (including hard ice-cream and soft ice-cream sale for serving in retail outlets, as well as pre-packaged ice-cream in original cups and wrappers), frozen yoghurt and sundae.

Contamination by microorganisms in the environment or other ingredients is possible at any point during processing, packaging, storage, delivery and retailing. Therefore, the manufacturer should apply appropriate preventive measure to ensure their products are not contaminated with microorganisms. Good temperature control is essential along the whole process (include receiving, processing, storage, transport, distribution and retailing) for maintaining the safety and quality of frozen confections.

For more information, please browse the following website:

[https://www.cfs.gov.hk/english/programme/programme\\_haccp/programme\\_haccp\\_frozenconfections.html](https://www.cfs.gov.hk/english/programme/programme_haccp/programme_haccp_frozenconfections.html)

### **(3) Washing Hands with Liquid Soap or Cleaning Hands with Hand Sanitisers**

Maintaining good hand hygiene is important during the COVID-19 pandemic. A food

handler's hands may be soiled with grease and bacteria when they come in direct contact with foods in the kitchen. Washing hands with liquid soap and water for at least 20 seconds is an effective measure for removing dirt and foodborne pathogens. In contrast, hand sanitisers work less effectively on visibly dirty or greasy hands. They cannot effectively remove certain pathogens such as norovirus and hepatitis A virus.

Please click into the webpage for details:

[https://www.cfs.gov.hk/english/multimedia/multimedia\\_pub/multimedia\\_pub\\_fsf\\_179\\_03.html](https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_179_03.html)

#### **(4) Requirements on nutrition labelling of infant formulae, follow-up formulae and prepackaged food for infants and young children**

Parents can make their choice by referring to the nutrition labels (Follow-up formula: “Energy + 25 nutrients”; prepackaged food for infants and young children: “Energy+ 4 nutrients + vitamins A and D (if added)”) available for complementary food products targeting infants and young children.

Furthermore, infant formula must fulfill a set of nutritional composition requirements, mainly “Energy+33 nutrients”, and provide a nutrition label showing the contents of “Energy+29 nutrients”.

Please click into the webpage for details:

[https://www.cfs.gov.hk/english/food\\_leg/food\\_leg\\_Formula\\_Products\\_for\\_Infants.html](https://www.cfs.gov.hk/english/food_leg/food_leg_Formula_Products_for_Infants.html)

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