



Latest issue of E-News (2/6/2022):

(1) Reducing Sugars and Fats in Foods

Food safety requires proactive tripartite collaboration among the Government, food trade and consumers. Taking into consideration of food safety, quality and consumer acceptance, food reformulation is a widely recommended and adopted approach to reduce sugars and fats in foods and hence in their overall intakes of the population. In the context of healthier food choices, it means reformulating existing foods to remove (e.g. TFA) or reduce (e.g. sugars, SFA) certain food components while maintaining characteristics such as flavour, texture and shelf life.

Food traders manufacturing and selling foods may refer to the “Trade Guidelines for Reducing Sugars and Fats in Foods” to help them produce and promote wholesome and safe products which have lower sugars and fats content.

Please click into the webpage for details:

https://www.cfs.gov.hk/english/food_leg/files/Trade_Guidelines_for_Reducing_Sugars_and_Fats_in_Foods.pdf

(2) Food Safety Focus (190th Issue, May 2022)

The latest issue of Food Safety Focus is now available. The topics include: ·

- More about Plant-based Milk Alternatives
- Preserve Food by Freezing – How to Handle Frozen Food Safely
- *Salmonella* in Chocolate
- The Launch of the CFS ‘EAT TV’ Food Safety Channel

You are most welcome to read the publication at:

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

(3) EAT TV’ Food Safety Channel

The latest episode of EAT TV- ‘12毒瘋未’ 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:

<https://www.youtube.com/watch?v=3C-zz-KrEY0&list>

Facebook: <https://www.facebook.com/cfs.hk/videos/731712821355062>

Instagram: <https://www.instagram.com/p/Cdxsbk1pBEK/>

(4) Wash Fruits before Eating

To effectively clean the fruits, the public is advised to wash them thoroughly with clean running water, a measure also recommended by the World Health Organization. In addition, rinsing the fruit before peeling can avoid dirt and germ from transferring from the knife onto the fruit. Fruits with hard and rough surfaces (e.g. rockmelons) can be scrubbed with a clean brush.

Please click into the webpage for details:

https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_152_04.html

(5) CFS announces results of seasonal food surveillance on rice dumplings (first phase) and (second phase)

The CFS announced that the test results of 67 (1st phase) and 33 (2nd phase) rice dumpling samples collected under a recently completed seasonal food surveillance project on rice dumplings (first phase) were all satisfactory.

Please visit the webpage for related press release:

https://www.cfs.gov.hk/english/press/20220519_9490.html

https://www.cfs.gov.hk/english/press/20220526_9509.html

Centre for Food Safety
2.6.2022