

改良食品配方以降低食物的鹽含量

Product Reformulation to Reduce Salt Content in Food

食物安全研討會 2019

Food Safety Seminar for Trade 2019

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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。
- ▶ 進食過多鈉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、中風和腎衰竭等疾病。
- ▶ Sodium is essential for body functions.
- ▶ Excessive sodium intake may increase the risk of developing high blood pressure.
- ▶ Untreated high blood pressure can lead to heart attack, stroke, kidney failure, etc.

世界衛生組織

World Health Organization (WHO)

▶ <成人和兒童鈉攝入量指南>

- 一般成年人每日的鈉攝取量應少於2000毫克 (5克鹽，即略少於一平茶匙食鹽)

▶ <二零一三至二零二零年全球防控非傳染病行動計劃>

- 建議到二零二五年鹽的攝取量目標應相對減少30%

▶ <預防和控制非傳染性疾病的“最合算措施” 以及其它推薦干預措施>

- 調整食品配方降低含鹽量並確定食品含鹽量目標，減少鹽攝入量 (最合算措施 Best-Buy)

▶ <Guideline: Sodium intake for adults and children>

- 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)

▶ <Global action plan for prevention and control of noncommunicable Diseases 2013-2020>

- A target of a 30% relative reduction in mean population intake of salt/sodium intake by 2025

▶ <Best buys and other recommended interventions for the prevention and control of noncommunicable diseases>

- Reduce salt intake through the reformulation of food products to contain less salt and the setting of target levels for the amount of salt in foods (Best-Buy)

世界衛生組織對改良食物配方及制訂鹽含量目標的建議 (1)

Recommendations from the WHO on product reformulation and setting salt reduction target (1)

- 訂立「**鹽含量上限**」
 - 食物中鹽含量的分布範圍第50個和第75個百分位數之間的數值
- 訂立「**鹽含量平均值**」
 - 根據食物中的平均鹽含量，設定較其低的平均鹽含量水平
- 訂立「**減鹽百分率**」
 - 設定某減鹽百分率(例如百分之十)
- “**Maximum level**” approach
 - A ceiling level is set between the 50th and 75th percentiles of the salt content distribution.
- “**Average level**” approach
 - Set a lower average salt level by making reference to the mean salt content.
- “**Percentage reduction**” approach
 - Set certain salt reduction percentage (e.g. 10%)

世界衛生組織對改良食物配方及制訂鹽含量目標的建議 (2)

Recommendations from the WHO on product reformulation and setting salt reduction target (2)

- 應為每一食物類別訂立指標，設定含量的**上限**和**平均值**，以便推動改良食品配方
- Both an **average** and **maximum** target per food category should be set to encourage product reformulation.

本港的情況

Local situation

▶ <二零一四至二零一五年度人口健康調查報告書>

- 15-84歲本地人士平均每日攝取**8.8克鹽**（約**3,520毫克鈉**）
- 攝取量超出世衛建議每日鹽攝取量的人口比例有**86.3%**。

▶ <邁向2025香港非傳染病防控策略及行動計劃>

- 目標四：減少鹽攝入量
- 在**二零二五年或之前**：人均每天鹽 / 鈉攝入量相對**減少30%**
- 鼓勵供應商自發**改良食品配方**，以減低在烹調和製備食物過程中食物的鹽含量

▶ <Report of Population Health Survey 2014/2015 >

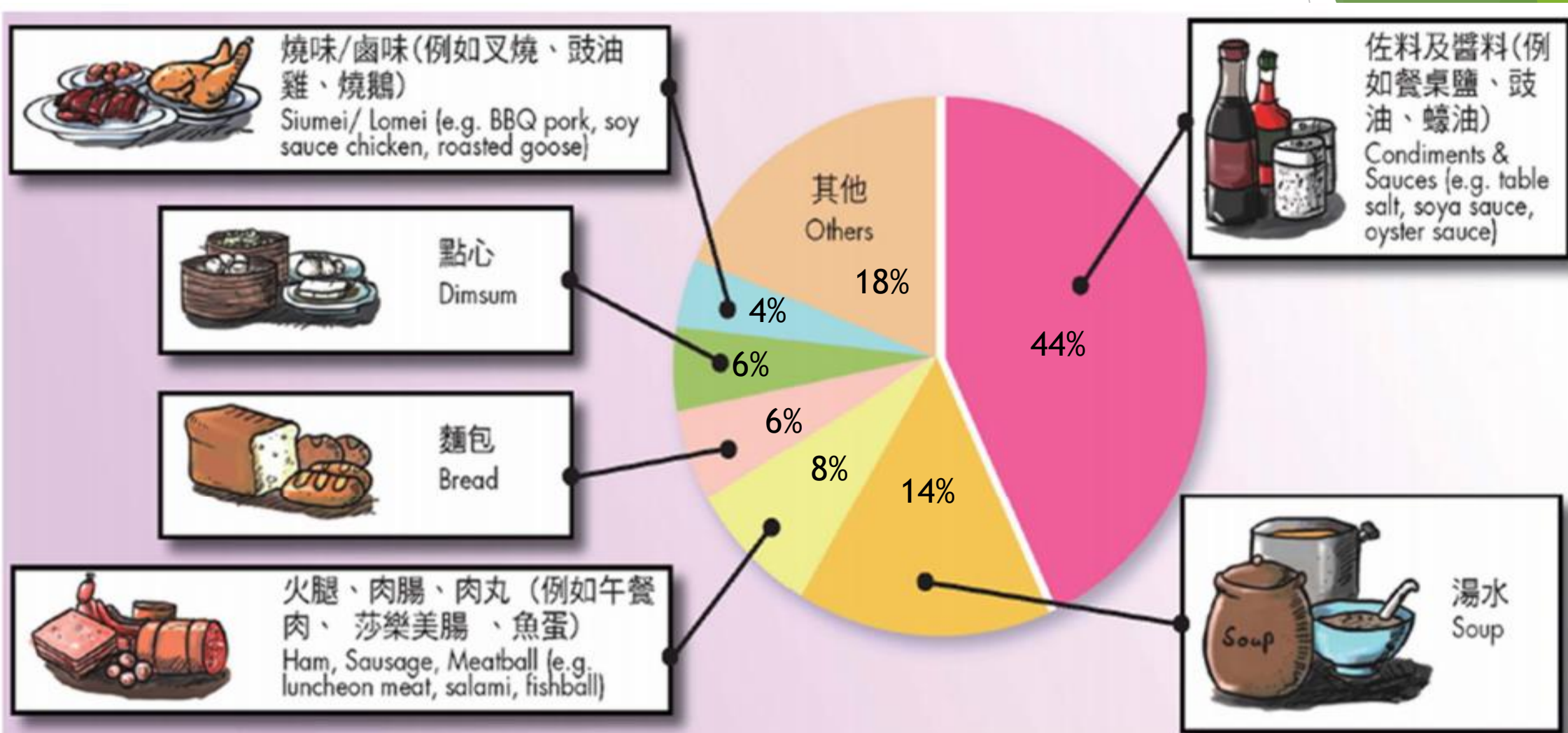
- Persons aged 15-84 had a daily salt intake of **8.8g per day (~3,520 mg sodium)**
- The vast majority (**86.3%**) of them had dietary salt intake above the WHO recommended daily limit.

▶ <Towards 2025: Strategy and Action Plan to Prevent and Control Noncommunicable Diseases in Hong Kong>

- Target 4: Reduce salt intake
- A **30% relative reduction** in mean population daily intake of salt/sodium **by 2025**
- Encourage supplier-initiated **food reformulation** to reduce the salt content of food during cooking and in the manufacturing process

港人攝入鈉的膳食來源分布

Contribution to dietary sodium intake of local population



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.

<降低食物中鈉含量的業界指引>

<Trade Guidelines for Reducing Sodium in Foods>

▶ 工作坊

- 湯水
- <降低食物中鈉含量的業界指引>
- 如何透過改良配方減少湯水的鹽含量

▶ Workshop

- Soup
- <Trade Guidelines for Reducing Sodium in Foods>
- How to reduce the salt content in soup through product reformulation



本地有關食物鈉含量研究

Local Study on Sodium Content in Food

▶ 食物安全中心與消費者委員會聯合研究

- 本地麵包的鈉、總脂肪及反式脂肪含量 (2018)
- 亞洲風味湯粉麵的鈉含量及能量值 (2018)
- 本地港式小菜的營養含量 (2017)
- 本地碟頭粉麵飯的鈉含量 (2017)
- 湯水的鈉含量 (2016)

▶ 研究顯示

- 個別同種類的事物的鹽含量差異大，表示業界有空間去調低用鹽的分量
- 不少業界表示有意減少食品鹽含量

▶ Joint CFS and Consumer Council Study

- Sodium, Total Fat and Trans Fat Contents in Local Bread (2018)
- Sodium and Energy Contents of Asian-style Noodles-in-soup Dishes (2018)
- Nutrient Content of Hong Kong Style Savoury Dishes (2017)
- Sodium Content in Local "Meal-on-One-Plate" (2017)
- Sodium Content in Soups (2016)

▶ Study Result

- Salt content varied quite widely within same food types which reflects the possibility of the trade to reduce the salt content in these foods
- Certain trade members are willing to reduce salt contents in food

業界技術會議

Technical Meeting with Trade

▶ 業界技術會議

- 麵包及湯水生產商
- 商討改良產品配方及訂立自願減鈉目標

▶ Technical Meeting with Trade

- Bread and Soup Manufacturers
- Discussion on **product reformulation** and **setting voluntary sodium reduction targets**

齊齊減鹽 - 麵包篇

Salt Reduction Together - Bread





訂立自願減鈉目標 - 麵包 (1)

Setting voluntary sodium reduction targets - Bread (1)

- ▶ 範圍
 - 預先包裝白方包及麥方包
(附有營養標籤)
- ▶ 「鈉含量平均值」
 - 一年的目標
 - 目前的平均值減少10%
- ▶ 「鈉含量上限」
 - 一年的目標
 - 鈉含量分布範圍的第90個百分位數
- ▶ 參考基數
 - 食安中心與消委會聯合研究
- ▶ Scope
 - Prepackaged white bread and wholemeal bread (with nutrition label)
- ▶ “Average sodium target”
 - One-year target
 - Reduction of existing average by 10%
- ▶ “Maximum sodium target”
 - One-year target
 - set at 90th percentiles of the sodium content distribution
- ▶ Baseline
 - Joint CFS and CC study

訂立自願減鈉目標 - 麵包 (2)

Setting voluntary sodium reduction targets - Bread (2)

預先包裝 麵包種類 Prepackaged bread type	自願減鈉目標 - 每100克鈉含量 (毫克) Voluntary sodium reduction targets - mg sodium /100g	
	平均 (一年目標) Average (One-year target)	上限 (一年目標) Maximum (One-year target)
白方包 White bread 	380	490
麥方包 Wholemeal bread 	380	470

訂立自願減鈉目標 - 麵包 (3)

Setting voluntary sodium reduction targets - Bread (3)

- 設立減鈉計劃供業界參加以作表揚
- 進行市場調查以監察業界減鈉工作的進展
- 特設網站
 - 自願減鈉目標
 - 公布達致減鈉目標的產品資料以作表揚
- Scheme for sodium reduction established for the trade to join as recognition
- Market survey will be conducted to monitor the progress of sodium reduction from the trade
- Designated webpage
 - Finalised targets
 - Products reaching the targets will be announced as recognition

展望

Way Forward

➤ 麵包

- 制訂其他白方包及麥方包(預先包裝豁免營養標籤及非預先包裝)自願減鈉目標

➤ Bread

- Set voluntary sodium reduction targets for other white bread and wholemeal bread (prepackaged exempted from nutrition labelling and non-prepackaged)

謝謝！
Thank you