

「部分氫化油」

列為食物中的違禁物質
於2023年12月1日生效

Partially Hydrogenated Oils

Listed as a Prohibited Substance in Food
Effective 1 December 2023



《2021年食物內有害物質(修訂)規例》(《修訂規例》)有關將「部分氫化油」列為食物中的違禁物質的條文於2023年12月1日生效。

食物安全中心會透過食物監測計劃，在入口、批發和零售三個層面抽取食物樣本作測試，以評估食物的風險，當中包括部分氫化油及反式脂肪，並就違規的食品採取執法行動。



The Harmful Substances in Food (Amendment) Regulation 2021 (the Amendment Regulation) regarding the listing of partially hydrogenated oils (PHOs) as a prohibited substance in food comes into effect on 1 December 2023.

Through the Food Surveillance Programme, the Centre for Food Safety will take food samples at import, wholesale and retail levels for testing to assess the risk of food, including PHOs and trans fatty acids, and will take legal actions for unsatisfactory food samples.

為甚麼要修訂規例？

部分氫化油是「工業生產的反式脂肪酸」的主要來源，攝入高含量的反式脂肪會增加罹患心血管疾病的風險。《修訂規例》從源頭消除工業生產的反式脂肪酸的來源，保障市民健康。

甚麼食材含有部分氫化油？

部分氫化油常用於生產各式不同質感的食品，例如：

- 人造牛油（俗稱「孖芝蓮」或「孖油」）
- 植物起酥油
- 印度人造牛油
- 多種烘焙食品（包括酥皮、批皮、餅乾、蛋糕）

食物業可以做甚麼？

食物製造商在採購時應選擇不含部分氫化油的配料及／或食品，並要求供應商提供相關文件（例如產品規格說明、化驗報告），以確定有關配料及／或食品不含部分氫化油。

現時，市場上已有不含部分氫化油的食用油脂（例如不含部分氫化油的人造牛油和植物起酥油）供作食物配料使用，可配合不同用途和切合消費者的利益。



Why amended the Harmful Substance in Food regulation?

PHOs are a significant source of industrially produced trans fatty acids, which increase the risk of cardiovascular disease. The Amendment Regulation aims to eliminate the source of man-made trans fatty acids at the source to protect the public's health.

What foodstuff contains PHOs?

PHOs have been extensively utilised in the production of a wide range of foods, including:

- Margarine
- Vegetable shortening
- Vegetable ghee (vanaspati)
- A variety of baked goods including puff pastry, pie crust, cookies, cakes

What could food traders do?

When procuring ingredients and/or food products, food manufacturers should choose those without PHOs, and require suppliers to submit relevant documents, such as product specifications, laboratory reports, to ensure that these ingredients and/or food products do not include PHOs.

Currently, edible oils and fats that do not contain PHOs, such as PHO-free margarine and vegetable shortening, are available on the market for use as food ingredients. These oils and fats can be used for a variety of purposes and meet the interests of consumers.



採購原材料時， Upon procurement,

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閱讀食物標籤，留意配料所含的氫化油是部分氫化油還是完全氫化油，不要選擇含部分氫化油的材料

Read food labels to see if ingredients contain PHOs or fully hydrogenated oils, and **do not choose ingredients that contain PHOs**



美味牌植物牛油 TasteGood Margarine

成分：大豆油，完全氫化大豆油，水，鹽，乳清，乳化劑（大豆卵磷脂），乳化劑（471），防腐劑（202），酸度調節劑（330）

Ingredients: Soybean oil, fully hydrogenated soybean oil, water, salt, whey, emulsifier (soy lecithin), emulsifier (471), preservative (202), acidity regulator (330)

完全氫化
Fully hydrogenated

✓ 可考慮使用
Consider using

部分氫化
Partially hydrogenated

✗ 不要使用
Stop using

氫化
Hydrogenated

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要求供應商提供相關文件，例如產品規格說明、化驗報告。

Ask suppliers to provide relevant documents, such as **product specifications and laboratory reports.**

食安中心已經出版了《取代食物中工業生產反式脂肪的指引》，協助業界減少食物中的反式脂肪及取代工業生產的反式脂肪。

The CFS has published the Guidance to Replace Industrially-produced Trans Fats in Food, assisting trade to provide healthier food with respect to reducing trans fats and replacing industrially-produced trans fats.



中文版



English

「取代食物中工業生產反式脂肪」小冊子也提供其他語言版本。

Pamphlet on Replace Industrially-produced Trans Fats in Food is also in other languages.



Basaha
Indonesia



हिन्दी
Hindi



नेपाली
Nepali



Tagalog



ภาษาไทย
Thai



اردو
Urdu