

Voluntary Sodium Reduction Target of Prepackaged White Bread and Wholemeal Bread

預先包裝白方包及麥方包的自願減鈉目標

業界諮詢論壇

Trade Consultation Forum

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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 >

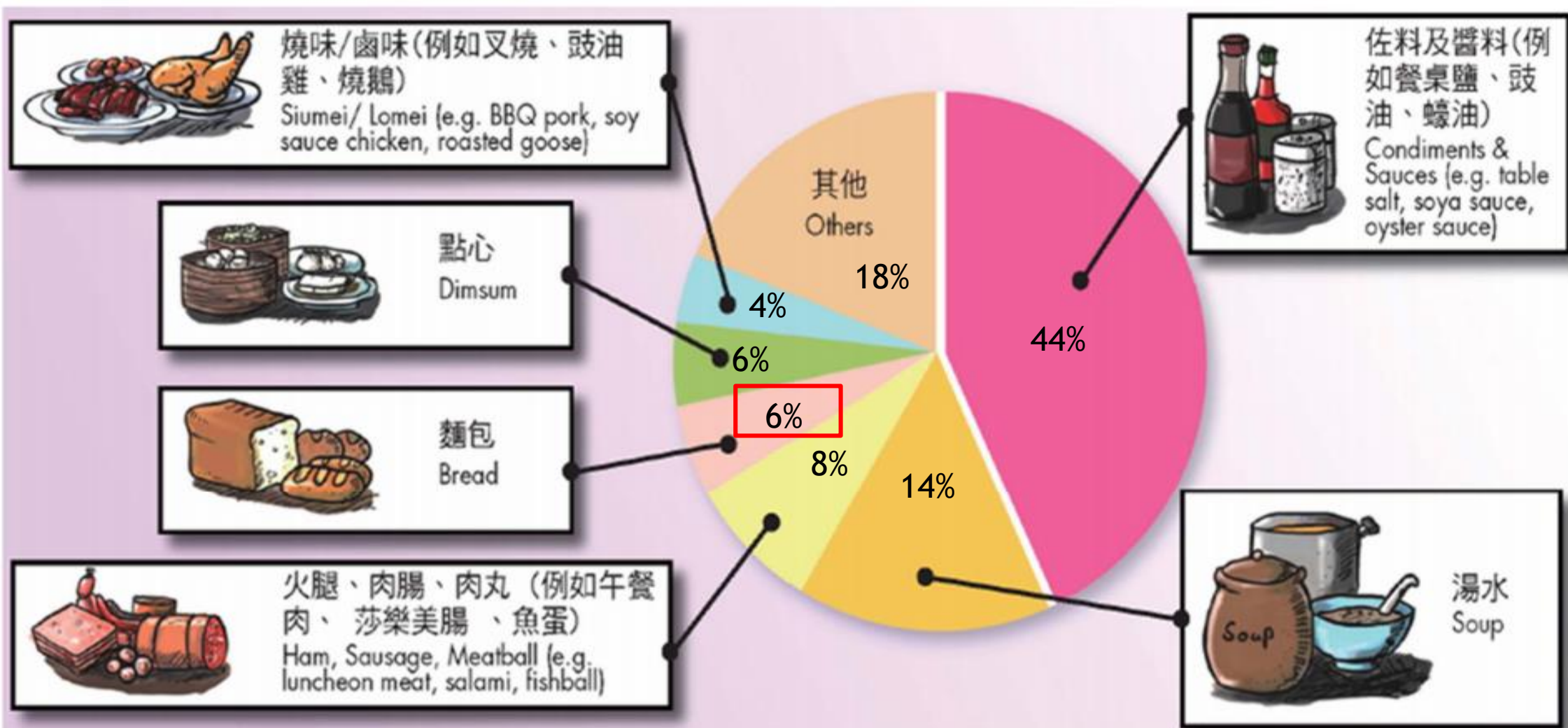
- Persons aged 15-84 had a daily salt intake of **8.8g per day (~3,520 mg sodium)**
- The vast majority (**86.3%**) of them had dietary salt intake above the WHO recommended daily limit.

▶ <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



本地有關麵包鈉含量研究

Local Study on Sodium Content in Bread

▶ 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)

▶ 研究顯示

- 個別同種類的麵包的鈉含量差異大，表示業界有空間去調低用鈉的分量
- 不少業界表示有意減少食品的鈉含量

▶ Joint CFS and Consumer Council Study

- Sodium, Total Fat and Trans Fat Contents in Local Bread (2018)

▶ Study Result

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

業界技術會議

Technical Meeting with Trade

▶ 業界技術會議

- 麵包生產商
- 商討改良產品配方及訂立自願減鈉目標

▶ Technical Meeting with Trade

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

訂立自願減鈉目標

Setting voluntary sodium reduction targets

- ▶ 「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
- ▶ “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 (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)

► Scope

- Prepackaged white bread and wholemeal bread
(with nutrition label)

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 (2)

Setting voluntary sodium reduction targets - Bread (2)

- 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 will be 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

- 公布預先包裝白方包及麥方包(附有營養標籤)的自願減鈉目標
- 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

➤ 湯水及湯麵

- 與業界進行技術會議商討為預先包裝產品制訂自願減鈉目標

➤ Bread

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

➤ Soups and Noodles in soup

- Technical meeting with trade to discuss setting voluntary sodium reduction targets for prepackaged products

謝謝！
Thank you