



最新一期食物安全电子信息 (2/6/2022)

(1) 降低食物中糖和脂肪含量

确保食物安全，有赖于政府、业界及消费者三方共同努力。考虑到食物安全、品质和消费者的接受程度，按新配方制造食物是广为推荐和采用的方法。利用这个方法减少食物中的糖和脂肪含量，从而降低市民的整体糖和脂肪摄入量。就选择更健康的食物而言，实际上是按新配方制造现有食物，把食物中某些成分去除(例如反式脂肪)或减少(例如糖及饱和脂肪)，同时维持食物的味道、质感和保质期等特质。

制造和售卖食物的业界可参阅《降低食物中糖和脂肪含量的业界指引》以协助他们生产和推广既健康又可供安全食用的较低糖和脂肪含量的食物。

详情请参阅以下网页：

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

(2) 食物安全焦点 (2022年5月第190期)

最新一期的食物安全焦点已经出版。今期热门焦点包括：

- 植物制牛奶替代品知多点
- 冷藏保存食物 - 如何安全地处理冷藏食物
- 朱古力中的沙门氏菌
- 「食电视」食物安全节目频道启播

欢迎到以下网页浏览上述月刊：

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

(3) 食物安全节目频道「食电视」

新一集「食电视」《12毒疯未》已经于食物安全中心YouTube频道首播，并在中心的Facebook和Instagram专页同步上映

详情请参阅以下网页：

YouTube:

<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) 如何清洗水果

要有效清洗水果，市民宜用流动的清水彻底冲洗，这亦是世界卫生组织建议的措施。此外，在去皮前冲洗水果，可避免刀具把污垢及细菌带到果肉上。表皮坚硬而粗糙不平滑的水果，例如哈密瓜，可用清洁的刷子刷洗。

详情请参阅以下网页：

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

(5) 食物安全中心公布粽子时令食品调查（第一期及第二期）结果

中心公布最近完成一项有关粽子的时令食品调查（第一期及第二期）。第一期六十七个及第二期三十三粽子样本全部通过检测。

有关之新闻公报请浏览以下网页：

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

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

食物安全中心

2.6.2022

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Dear E-news recipients,

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

(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