



# 為嬰兒配方奶粉提供適當的沖調指示

業界諮詢論壇  
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# 目的

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- 建議業界為嬰兒配方奶粉提供適當的沖調指示
  - 包括初生嬰兒配方奶粉、較大嬰兒配方奶粉和其他有關配方奶粉

# 嬰兒配方奶粉的安全問題

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- 按照目前的生產技術無法製造出無菌的嬰兒配方奶粉
  - 奶粉有機會受阪崎克羅諾桿菌和沙門氏菌等有害細菌污染
- 不當的沖調方法會增加其風險

# 嬰兒配方奶粉標籤上所示的沖調指示

- 本港市面上嬰兒配方奶粉的沖調指示各有不同

- ① Wash your hands, clean and sterilize feeding utensils (bottle, cap, and nipple) completely.
- ② Fill the sterilized bottle with required volume of hot water (70°C).
- ③ Using the spoon provided, measure the exact amount of powdered milk by leveling off and add the milk powder into the milk bottle.
- ④ Swirl the bottle gently until the powder dissolves completely. Take care to avoid scalds.
- ⑤ Cool down the prepared milk in cold water.
- ⑥ Make sure that the milk temperature is about body temperature (37°C) before feeding.

**食用方法 INSTRUCTIONS FOR USE**

- 1 將水煮沸5分鐘，待水冷卻至37°C。把所需份量的水注入消毒的奶瓶內。  
In a sterilized bottle, pour the required quantity of clean water warmed to 37°C (or water previously boiled for 5 minutes or bottled spring water).
- 2 依「建議餵哺表」指示，用罐內附贈的專用小匙，以平匙(用小匙取一層匙奶粉，再用清潔的刀刮去多餘的奶粉)加入所需份量的奶粉。  
Add the required number of level measuring scoops of Physiolac.
- 3 蓋緊奶瓶，把奶瓶向左右方向轉動大概10次，再搖勻直至所有奶粉溶解。  
Close the bottle and roll it between your hands about 10 times, then shake it up and down until the powder is fully mixed.
- 4 待一會直至搖動時所產生的小氣泡消失。  
Let it rest a few seconds to remove air bubbles formed during agitation.
- 5 把奶水滴少量至手腕內側測試溫度，如溫度適中，方可餵哺嬰兒飲用。  
Check the temperature on your wrist. Use immediately.
- 6 寶寶飲用完畢後，應該馬上徹底清洗奶瓶及奶咀。  
Clean and boil bottle, teat, ring and cap and after feeding your baby.

1 Always wash hands before preparing formula. Wash bottles, teats, caps and knife. Sterilise by boiling these for 5 minutes.

2 Boil fresh drinking water and allow to cool for 30-40 minutes until temperature reaches approximately 50-60°C.

3 Consult feeding table. Pour exact amount of warm, previously boiled water into the sterilised bottle.

4 Fill the measuring scoop with formula powder and level off using the back of the sterilised knife.

5 Always add one level scoop of powder for each 60ml of water in the feeding bottle. Place cap on bottle. Shake until powder dissolves. (If required, cool the prepared formula by holding the bottle under cold, running water).

6 Before feeding your baby, make sure the prepared formula is at the right temperature by testing on your wrist. Discard any unfinished feed. Refrigerate prepared formula and use within 24 hours.

# 世界衛生組織《安全製備、貯存和 操作嬰兒配方奶粉指導原則》 (I)

- 所有用以沖調嬰兒配方奶粉的工具應徹底清潔和消毒
- 沖調嬰兒配方奶粉前應用肥皂和水清洗雙手，然後用清潔或即棄毛巾擦乾



# 世界衛生組織《安全製備、貯存和操作嬰兒配方奶粉指導原則》(II)

- 應使用不低於攝氏70度的熱水來沖調嬰兒配方奶粉，以殺死奶粉中的阪崎克羅諾桿菌等微生物
  - 即用作沖調奶粉的水煮沸後冷卻時間不要超過30分鐘



應使用不低於攝氏70度的熱水來沖調嬰兒配方奶粉

# 世界衛生組織《安全製備、貯存和操作嬰兒配方奶粉指導原則》(III)

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- 把沖調好的奶冷卻至餵哺溫度後，便立即給嬰兒飲用
- 配製後2小時內仍未飲用的奶便應棄掉

# 世界衛生組織《安全製備、貯存和操作嬰兒配方奶粉指導原則》(IV)

- 沖調好的奶若非即時飲用，便應立即冷卻並存放在攝氏4度或以下的雪櫃內，存放時間不宜超過24小時
- 餵哺前才重新加熱，加熱時間不應超過15分鐘
- 加熱後2小時內仍未飲用的奶便應棄掉
  - 最好是每次餵哺前才沖調奶粉，避免奶粉調好後還要存放一段時間

## 給業界的建議

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- 確保所有出售的食品(包括嬰兒配方奶粉)均符合本港法例要求，包括提供適當使用指示標籤
  - 參考世界衛生組織《安全製備、貯存和操作嬰兒配方奶粉指導原則》，提供適當的沖調指示 ([http://www.who.int/foodsafety/publications/micro/pif\\_guidelines\\_ch.pdf](http://www.who.int/foodsafety/publications/micro/pif_guidelines_ch.pdf))



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