



最新一期食物安全電子信息 (2/6/2022)

(1) 降低食物中糖和脂肪含量

確保食物安全，有賴於政府、業界及消費者三方共同努力。考慮到食物安全、品質和消費者的接受程度，按新配方製造食物是廣為推薦和採用的方法。利用這個方法減少食物中的糖和脂肪含量，從而降低市民的整體糖和脂肪攝入量。就選擇更健康的食物而言，實際上是按新配方製造現有食物，把食物中某些成分去除(例如反式脂肪)或減少(例如糖及飽和脂肪)，同時維持食物的味道、質感和保質期等特質。

製造和售賣食物的業界可參閱《降低食物中糖和脂肪含量的業界指引》以協助他們生產和推廣既健康又可供安全食用的較低糖和脂肪含量的食物。

詳情請參閱以下網頁：

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

(2) 食物安全焦點 (2022年5月第190期)

最新一期的食物安全焦點已經出版。今期熱門焦點包括：

- 植物製牛奶替代品知多點
- 冷藏保存食物 - 如何安全地處理冷藏食物
- 朱古力中的沙門氏菌
- 「食電視」食物安全節目頻道啟播

歡迎到以下網頁閱覽上述月刊：

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

(3) 食物安全節目頻道「食電視」

新一集「食電視」《12毒瘋未》已經於食物安全中心YouTube頻道首播，並在中心的Facebook和Instagram專頁同步上映

詳情請參閱以下網頁：

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，市民宜用流動的清水徹底沖洗，這亦是世界衛生組織建議的措施。此外，在去皮前沖洗水果，可避免刀具把污垢及細菌帶到果肉上。表皮堅硬而粗糙不平滑的水果，例如哈密瓜，可用清潔的刷子刷洗。

詳情請參閱以下網頁：

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

(5) 食物安全中心公布粽子時令食品調查（第一期及第二期）結果

中心公布最近完成一項有關有關粽子的時令食品調查（第一期及第二期）。第一期六十七個及第二期三十三個粽子樣本全部通過檢測。

有關之新聞公報請瀏覽以下網頁：

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

https://www.cfs.gov.hk/tc_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_Sugar

[s_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