



2017 Report on Results of Rice Dumplings

Civic and Municipal Affairs Bureau
Food Safety Centre

2017



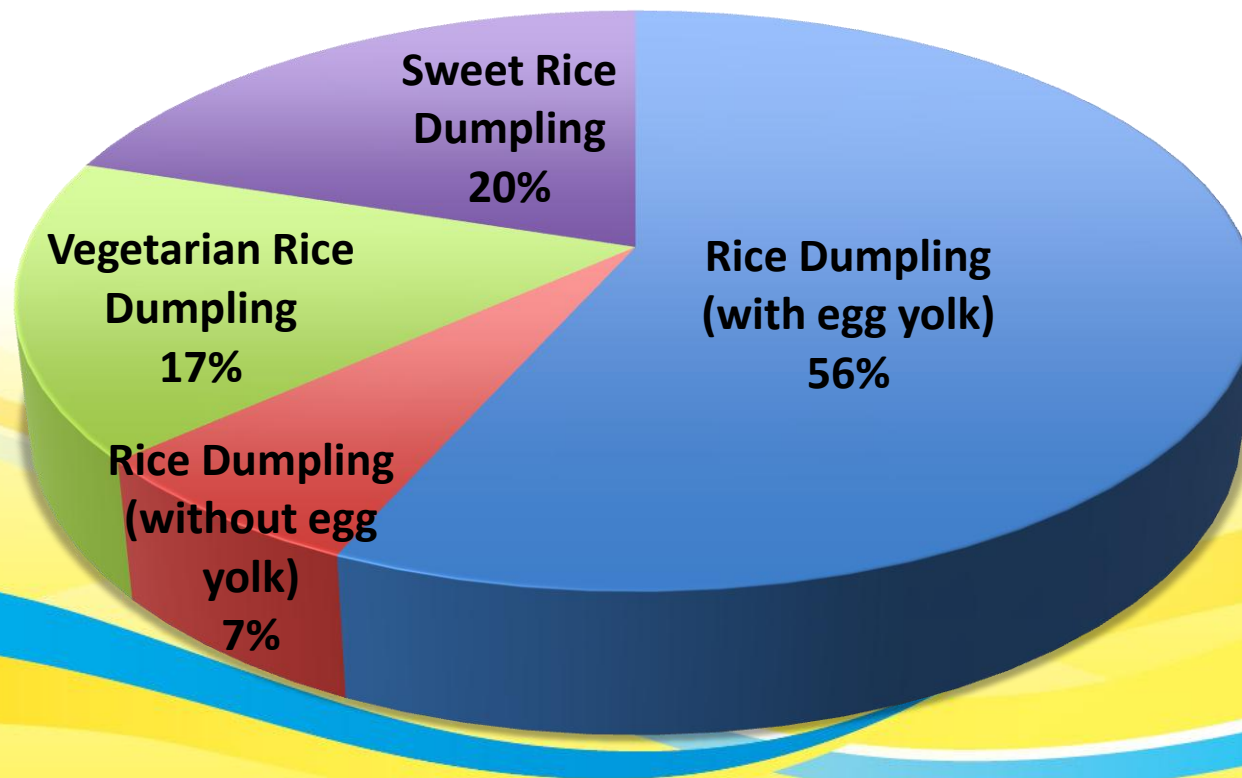
Background

- With Tuen Ng festival just around the corner, the Civic and Municipal Affairs Bureau (IACM), the Health Bureau (SSM), and the Consumer Council (CC) cooperated to collect a total of 30 samples of rice dumplings from local eateries, restaurants, take-away shops and supermarkets for microbiological and chemical tests.
- All tested samples were satisfactory. The overall satisfactory rate was 100%.



Types of samples

Collected a total of 30 samples, which included rice dumplings with egg yolk, rice dumplings without egg yolk, vegetarian rice dumplings and sweet rice dumplings.



Types of test

- **Microbiological analysis :**
 - Pathogen
(Staphylococcus aureus, Salmonella, Bacillus cereus)
- **Chemical analysis :**
 - Boric Acid
 - Sudan Red (samples containing egg yolk)



Test Results

- All tested samples were satisfactory. The overall satisfactory rate was 100%.
- Rice dumplings are high in calories, fat and sugar. Avoid excessive eating of rice dumplings.
- The public should maintain a balance diet.



Advice for trade

- Purchase rice dumplings and ingredients from reputable suppliers. Do not buy food from unknown sources.
- The food additives should be only used when necessary and in a reasonable and prudent manner.
- Wrap foods and ingredients properly, and store at appropriate temperatures.
- Keep all the purchase and sale records for source-tracing when necessary.
- Do not purchase or sell any food products if there is any doubt about its hygiene and safety.



Advice for trade (Boric acid)

- Borax and boric acid have been used in food in the past. Since borax and boric acid can be effective against yeast and moulds, they were used to preserve food, and also used to increase the elasticity and crispiness of foods. Therefore, some sweet rice dumplings (i.e. alkaline water dumpling) were found to contain boric acid in the past.
- Excessive intake of borax and boric acid has resulted in vomiting, diarrhea, abdominal pain. Ingestion of large amount may affect the stomach, bowels, liver, kidney, brain, and reproductive organs, or even lead to death.



Advice for trade (Boric acid)

- Nowadays, borax and boric acid used in food are not permitted in many countries. According to Lei n.º 6/2014 (List of Prohibited Substances for Use in Food), as amended by Lei n.º 3/2016, borax and boric acid are not permitted to be used in food. Once the prohibited substance is detected in food, IACM will bring prosecutions under the food safety law.
- Therefore, the food trade should observe legislation requirements. When preparing rice dumpling, food additives should be only used when necessary and in a reasonable and prudent manner.



Advice for consumers

- Purchase rice dumplings from reputable and hygiene stores.
- Pay attention to the hygiene conditions of the shops and the storage condition of the rice dumplings.
- Read carefully the label on the package of the pre-packaged rice dumplings before purchasing; pay attention to the information about the expiry date, the manufacturer, etc
- After purchase, the rice dumplings should be consumed as soon as possible. Or, it should be stored in the refrigerator below 5 °C . cooked food should be stored above raw food.
- Reheat rice dumplings until the internal temperature reaches 75 °C or above; do not reheat rice dumplings more than once;
- Before eating, check the food carefully. If abnormal smell or moulds are found, discard the food immediately.





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