

A Survey on the Ingredients of Domestic Prepackaged Food in Hangzhou

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Objective: To find out the containing of salt, high-sodium condiments, sugar, fats and oils in domestic prepackaged food in the market in Hangzhou.

Methods: We copy out the first three ingredients of food in a supermarket with prepared questionnaire and identify the containing of salt, high-sodium condiments, sugar, fats and oils among all ingredients of the food.

Results: 5 877 kinds of domestic prepackaged food with known ingredients were investigated. Among all ingredients of the food, 3 059(56.4%) contained salt or high-sodium condiments, 4 215(72.0%) contain sugar, 2 486(43.2%) contained fats and oils. Among the first three ingredients of the food, 1 243(22.9%) contained salt or high-sodium condiments, 3 069(52.4%) contained sugar, 1 540(26.8%) contained fats and oils. 1 131(21.4%) didn't contain any salt, high-sodium condiments, sugar, fats and oils among the first three ingredients. Accordingly, only 521(9.9%) didn't contain any salt, high-sodium condiments, sugar, fats and oils among all the ingredients.

Conclusion: The proportion of foods containing salt or high-sodium condiments, sugar, fats and oils in food market was high, but the prevalence of prepackaged food with nutrition labeling was low. The food in the market is not consistent with achieving the dietary goal of reducing intake of salt, sugar and fat, it's necessary to improve the food nutrition status through the aspect of producing, processing and labeling of prepackaged food.

【Key Words】 : **Prepackaged food Ingredients Chronic diseases Risk factors**

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