

Total number of document(s): 7

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1. 中大：嗜肉飲食習慣 加劇空氣污染 [Ta Kung Pao] 2021-12-29 A06 港聞
2. 中大：少食肉可減兩成空污 [Sing Tao Daily] 2021-12-29 A10 港聞
3. 研究：植物性飲食減空污「救命」 [Oriental Daily News] 2021-12-29 A06 要聞
4. 中大研究：食肉多增氮排放 致每年 9 萬人死於空氣污染 [Sky Post] 2021-12-29 P08 港聞
5. 一齊出力 研究指多吃肉致空氣污染惡化 中大建議市民多菜少肉 [am730] 2021-12-29 A09 本地新聞
6. Study finds eating less meat may improve air quality, reduce premature deaths [South China Morning Post] 2021-12-29 EDT6 EDT Zoe Low zoe.low@scmp.com
7. Meaty fears for air [The Standard] 2021-12-29 P08 Local Maisy Mok

1 .Ta Kung Pao | Circulation / Reach: 80,000 | 2021-12-29

Newspaper | A06 | 港聞

Word Count: 755 words

Keyword Matched: 中大,教授,大學,香港中文大學,中大理學院

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## 中大：嗜肉飲食習慣 加劇空氣污染

【大公報訊】記者郭如佳報道：多吃素、少吃肉被認為是保持健康和苗條的飲食方式，然而香港中文大學還發現，這種飲食方式還能減少空氣污染、避免過早死亡。中大指出，若大家改變目前嗜食肉類的飲食習慣，改為以植物性飲食為主，國家可減少兩成農業氮氣的排放量及每立方米六微克微細懸浮粒子，並可避免每年 75000 人因空氣污染而

過早死亡。有關研究結果最近已在國際著名的食品、農業和環境科學領域期刊《自然-食品》(Nature Food)發表。

這項跨學科研究是中大、埃克塞特大學與北京大學，透過中大—埃克塞特大學環境持續與應變聯合研究中心(聯合研究中心，ENSURE)聯合進行，並且是全球首次發現，廣泛採用多菜少肉的飲食模式，可成為減輕中國嚴重空氣污染問題的對策之一。

研究團隊指出，中國自1980年代起，經濟和人口快速增長，加上人們從以植物為主逐漸轉為肉類密集型的飲食模式，使中國成為世界第一大肉類消費國家。研究團隊整合並分析1980年至2010年的各類數據，結果顯示肉類產量已由15兆噸增加至80兆噸。

### 排洩物肥料產生懸浮粒子

中大理學院地球系統科學課程副教授兼研究項目負責人戴沛權教授表示，空氣污染是中國長期以來的主要環境健康問題。動物排洩物和用於種植動物飼料的肥料，會釋放大量氨氣，從而導致微細懸浮粒子在空氣中形成。研究發現過去中國人飲食模式的改變，尤其因肉類消費量大增，使農業氨排放量增加了63%、微細懸浮粒子每年每立方米平均增加10微克，而這個從飲食改變帶來的增加量約為同期來自所有污染源的微細懸浮粒子的20%，並導致每年約90000人過早死於空氣污染相關疾病。

戴教授表示，若中國以《2016年中國膳食指南》(CDG 2016)推薦的更健康的多菜少肉飲食方式，取代目前肉類密集型的飲食習慣，可減少氨排放、微細懸浮粒子濃度，以及空氣污染相關的死亡率。

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戴沛權教授(中)、林漢明教授(右)及李成業教授向記者講述團隊的研究成果。

## 中大：嗜肉飲食習慣 加劇空氣污染

【大公報訊】記者郭如佳報導：多吃素、少吃肉被認為是保持健康和苗條的飲食方式，然而香港中文大學最近發現，這種飲食方式還能減少空氣污染、避免過早死亡。中大指出，若大家改變目前嗜食肉類的飲食習慣，改為以植物性飲食為主，國家可減少兩成農業氨氣的排放量及每立方米六微克微細懸浮粒子，並可避免每年75000人因空氣污染而過早死亡。有關研究結果最近已在國際著名的食品、農業和環境科學領域期刊《自然-食品》(Nature Food)發表。

這項跨學科研究是中大、埃克塞特大學與北京大學，透過中大—埃克塞特大學環境持續與應變聯合研究中心(聯合研究中心，ENSURE)聯合進行，並且是全球首次發現，廣泛採用多菜少肉的飲食模式，可成為減輕中國嚴重空氣污染問題的對策之一。

研究團隊指出，中國自1980年代起，經濟和

人口快速增長，加上人們從以植物為主逐漸轉為肉類密集型的飲食模式，使中國成為世界第一大肉類消費國家。研究團隊整合並分析1980年至2010年的各類數據，結果顯示肉類產量已由15兆噸增加至80兆噸。

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戴教授表示，若中國以《2016年中國膳食指南》(CDG 2016)推薦的更健康的多菜少肉飲食方式，取代目前肉類密集型的飲食習慣，可減少氨排放、微細懸浮粒子濃度，以及空氣污染相關的死亡率。



▲戴沛權教授(中)、林漢明教授(右)及李成業教授向記者講述團隊的研究成果。

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2 .Sing Tao Daily | Circulation / Reach: 100,000 | 2021-12-29

Newspaper | A10 | 港聞

Word Count: 569 words

Keyword Matched: 中大,中大理學院

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## 中大：少食肉可減兩成空污

中大主導的一項突破性聯合研究發現，中國如改變目前嗜食肉類的飲食習慣，改為以植物性飲食為主，可減少兩成農業氨氣的排放量及每立方米六微克微細懸浮粒子，並可避免每年七萬五千人因空氣污染而過早死亡。

每年減 7.5 萬人死亡

研究團隊發現，中國人在一九八〇年至二〇一〇年間，人均肉類消耗量增加五倍，其間農業氨氣的排放量增加六成三、微細懸浮粒子每年每立方米平均增加十微克，佔同期所有污染源的微細懸浮粒子兩成。研究團隊估計，如果中國人能將飲食習慣改為多菜少肉，可減少農業氨氣排放量兩成，及每立方米減少六微克微細懸浮粒子，亦可避免每年有七萬五千人因空氣污染而過早死亡。

養殖禽畜以及種植畜禽飼料的過程，都會有氨氣產生。研究團隊表示，消費者進食大量肉類，不僅個人面對健康風險，亦令空氣污染惡化，而在較貧窮的農業地區，雖然較少吃肉，卻要共同承擔空氣污染的惡果，建議市民可以由自身出發，減少食物浪費、減少食肉以保護環境。

中大理學院地球系統科學課程副教授兼研究項目負責人戴沛權表示，較高的肉類消費不但會引致溫室氣體排放和氣候變化，研究證實會加劇微細懸浮粒子的形成，使空氣污染惡化。他說，研究進一步推算，如果中國以《二〇一六年中國膳食指南》推薦的更健康的多菜少肉飲食方式，取代目前肉類密集型的飲食習慣，可減少氨排放、微細懸浮粒子濃度，以及空氣污染相關的死亡率。

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3 .Oriental Daily News | Circulation / Reach: 300,000 | 2021-12-29

Newspaper | A06 | 要聞

Word Count: 509 words

Keyword Matched: 香港中文大學, 中大理學院

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## 研究：植物性飲食減空污「救命」

【本報訊】人類食肉多會增加空氣污染、不利健康。香港中文大學主導的一項研究發現，自 1980 年起 30 年間，中國人對肉類的消耗量增加了 5 倍，期間農業氨氣的排放量增加了 63%、微細懸浮粒子每年每立方米平均增加 10 微克，導致每年約 90,000 人過早死於空氣污染相關疾病。研究指出，若人們多以植物性飲食為主，既可改善健康，亦能減少空氣污染。

有關團隊分析了 1980 年至 2010 年、30 年間中國食品生產和消費模式的變化，發現中國經濟和人口快速增長的同時，人們亦從以植物為主逐漸轉為肉類密集型的飲食模式，肉類產量亦由 15 兆噸增加至 80 兆噸，升幅達 5 倍，成為世界第一大肉類消費國家。大增

的肉食消耗量對空氣帶來不少負面影響，如微細懸浮粒子每年每立方米平均增加 10 微克，亦佔所有污染源的微細懸浮粒子的 20%，導致每年約 90,000 人過早死於空氣污染相關疾病。

### 農業氨氣致懸浮粒子激增

中大理學院地球系統科學課程副教授戴沛權表示，動物排泄物和用於種植動物飼料的肥料，會釋放大量氨氣，導致微細懸浮粒子在空氣中形成。研究團隊建議，人們應從多肉飲食習慣改為植物性飲食，這樣有望減少 20% 農業氨氣的排放量及每立方米 6 微克的微細懸浮粒子，並可避免每年 75,000 人因空氣污染而過早死亡，亦能成為減輕中國嚴重空氣污染問題的對策之一。

DEVELOPMENT  
ALS  
■中大研究指中國人如改以植物性飲食為主，可減少20%農業氮氣的排放量。

CUHK study finds adoption of less meat-intensive diet can reduce premature deaths related to air pollution in China  
中大研究顯示中國採取較少肉類飲食模式可減少空氣污染及相關聯的過早死亡



30年增5倍肉類消耗  
年均9萬人早死  
研究：植物性飲食減空污「救命」

【本報訊】人類食肉多會增加空氣污染，不利健康。香港中文大學主導的一項研究發現，自1980年起30年間，中國人對肉類的消耗量增加了5倍，期間農業氮氣的排放量增加了63%、微細懸浮粒子每年每立方米平均增加10微克，導致每年約90,000人過早死於空氣污染相關疾病。研究指出，若人們多以植物性飲食為主，既可改善健康，亦能減少空氣污染。

有關團隊分析了1980年至2010年、30年間中國食品生產和消費模式的變化，發現中國經濟和人口快速增長的同時，人們亦從以植物為主逐漸轉為肉類密集型的飲食模式，肉類產量亦由15兆噸增加至80兆噸，升幅達5倍，成為世界第一大肉類消費國家。大增的肉食消耗量對空氣帶來不少負面影響，如微細懸浮粒子每年每立方米平均增加10微克，亦佔所有污染源的微細懸浮粒子的20%，導致每年約90,000人過早死於空氣污染相關疾病。

### 農業氮氣致懸浮粒子激增

中大理學院地球系統科學課程副教授戴沛權表示，動物排泄物和用於種植動物飼料的肥料，會釋放大量氮氣，導致微細懸浮粒子在空氣中形成。研究團隊建議，人們應從多肉飲食習慣改為植物性飲食，這樣有望減少20%農業氮氣的排放量及每立方米6微克的微細懸浮粒子，並可避免每年75,000人因空氣污染而過早死亡，亦能成為減輕中國嚴重空氣污染問題的對策之一。

4 .Sky Post | Circulation / Reach: 450,088 | 2021-12-29

Newspaper | P08 | 港聞

Word Count: 518 words

Keyword Matched: 中大,教授,中大理學院

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## 中大研究：食肉多增氨排放 致每年 9 萬人死於空氣污染

多肉少菜飲食模式向來不利健康。中大主導的研究團隊分析中國在 1980 年至 2010 年間的食品生產及消費模式變化，發現期內肉類產量由 15 兆噸增至 80 兆噸，每人日均食肉量由早年 30 克增至逾 150 克，相關飲食模式轉變導致農業氨排放量增加 63%，微細懸浮粒子每年每立方米濃度亦增 10 微克，料導致每年有 9 萬人過早死於空氣污染相關疾病。

研究負責人、中大理學院地球系統科學課程副教授戴沛權指飲食模式轉變主要因國內變得富裕，港人嗜肉更甚於內地，日均食肉量達 200 克，惟根據 2016 年版的中國飲食指南，每日約 40 克至 75 克已足夠身體所需。他又稱，以往研究主要集中在肉類生產與溫室氣體排放的關係，惟同樣於生產過程產生的氨氣，亦為微細空氣懸浮粒子來源，即空氣污染成因之一。

### 植物肉非一定環保

團隊估算，只要每人日均食肉量減至 50 至 60 克，農業氨排放量可減少 2 成，微細懸浮粒子濃度可以少 6 微克，每年可避免 7.5 萬人早死於空氣污染。戴沛權強調，肉類都有重要營養，「不一定要全部人食素，但一定要減少現時過量嘅肉食消費」。

對於改食近年興起的植物肉可否減少氨排放，中大生命科學學院卓敏生命科學教授林漢明指，雖然植物肉主要成分只是大豆，但涉多重加工，未知會否產生更多排放，難言一定環保，且價格較高，未必人人可負擔。

# 中大研究：食肉多增氮排放 致每年9萬人死於空氣污染

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研究負責人、中大理學院地球系統科學課程副教授戴沛權（中）指飲食模式轉變主要因國內變得富裕，港人嗜肉更甚於內地，日均食肉量達200克，惟根據2016年版的中國飲食指南，每日約40克至75克



團隊估算，只要每人日均食肉量減至50至60克，農業氮排放量可減少2成。

已足夠身體所需。他又稱，以往研究主要集中在肉類生產與溫室氣體排放的關係，惟同樣於生產過程產生的氮氣，亦為微細空氣懸浮粒子來源，即空氣污染成因之一。

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對於改食近年興起的植物肉可否減少氮排放，中大生命科學學院卓敏生命科學教授林漢明（右）指，雖然植物肉主要成分只是大豆，但涉多重加工，未知會否產生更多排放，難言一定環保，且價格較高，未必人人可負擔。Ⓔ





5 .am730 | Circulation / Reach: 300,000 | 2021-12-29

Newspaper | A09 | 本地新聞

Word Count: 618 words

Keyword Matched: 中大,教授,中文大學

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## 一齊出力 研究指多吃肉致空氣污染惡化 中大建議市民多菜少肉

肉食太多已知對身體有不良影響，原來還會影響空氣質素。中文大學聯同埃克塞特大學及北京大學的一項研究顯示，都市人多肉少菜的飲食習慣，會加劇微細懸浮粒子形成，使空氣污染惡化。研究團隊建議，市民可改以多菜少肉的植物性飲食模式，幫助減緩空氣污染。

中國經濟和人口於 1980 年至 2010 年快速增長，研究透過將中國這 30 年間的肉類消費量、農業活動所釋放的氨氣，放進電腦模型進行實驗，推算人們肉類消費對空氣質素的影響。研究顯示，過去 30 年間中國人肉類消費量大增，使農業氨氣增加 63%，微細懸浮粒子每年每立平方米平均增加 10 微克，相關增加量約為同期所有污染源的微細懸浮粒子 20%，或導致每年約有 90,000 人因肺癌、支氣管炎等空氣污染相關疾病死亡。

參與研究的中大地球系統科學課程副教授戴沛權解釋，動物排泄物和用於種植動物飼料的肥料，會釋放大量氨氣，加劇微細懸浮粒子形成，使空氣污染惡化。他又指，研究發現富裕地區肉類消費較貧窮地區多，貧窮地區居民較少吃肉，而空氣污染卻對全人類都構成健康風險。

戴沛權又指出，現時中國人每日人均攝取 150 克肉類，比《2016 年中國膳食指南》推薦的 40 至 75 克多出約一倍，建議市民可採用多菜少肉的植物性飲食模式，每天約攝取 50 至 60 克肉類，可有助減少氨氣排放，改善空氣污染。中大生命科學學院卓敏生命科學教

授林漢明亦指，環境問題不一定只有政府和科學家才能解決，其實消費者選擇一個較健康的飲食模式，都能為環境問題出一分力。

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李成業

戴沛權

林漢明

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## Study finds eating less meat may improve air quality, reduce premature deaths

Reducing the overconsumption of meat may help lower the concentration of a major air pollutant and avoid 75,000 premature deaths in China, a team led by Hong Kong researchers has found.

Professor Amos Tai Pui-kuen of Chinese University, who helmed the study, said ammonia gas emissions from the agricultural sector had increased more than 60 per cent since the 1980s, when Chinese people started to eat larger amounts of meat.

"China's population has increased sharply in the past 30 years, and the amount of meat consumed by each person has also grown, from around 30 grams per day to more than 150 grams a day," Tai said. "Hongkongers eat even more, about 200 grams per person each day."

People in large cities, including Hong Kong, were also disproportionately contributing to the problem, making up the bulk of China's meat eaters, he added.

Tai led the joint study between Chinese University and Britain's University of Exeter, which was published earlier this month in the journal *Nature Food*. The study examined how cutting meat consumption could improve air quality, a step forward from previous research that mainly targeted fossil fuel burning to tackle air pollution in China.

The growing appetite for meat has seen production in China soar 433 per cent between 1980 and 2010 – from 15 to 80 megatons – which increases the amount of animal waste and fertiliser needed to grow the corn and beans used as livestock feed, both of which emit ammonia.

According to Tai, ammonia released into the air reacts with other pollutants to form the fine particulate PM2.5, which is small enough to travel into the lungs and even the bloodstream.

Long-term health effects include respiratory diseases such as lung cancer, as well as increased risk of heart problems.

Ammonia released from farming animals has, since the 1980s, contributed to 20 per cent of the increase in air pollutants across China, leading to about 90,000 premature deaths, the researchers found through computer modelling.

But reducing consumption to a reasonable level could in turn decrease PM2.5 by 20 per cent, leading to 75,000 fewer premature deaths, Tai said.

He cited the mainland dietary guidelines from 2016 that recommended the average person eat about 40 to 75 grams of meat each day, saying that amount was about the same size as the palm of one's hand. "What we can do is to move to a diet of mainly vegetables with a much smaller proportion of meat," he said.

Professor Lam Hon-ming, a co-author of the paper, suggested governments should step up education to promote a healthier diet. "Most importantly, we hope residents make the choice not just for their health, but also for the health of the environment.

# Study finds eating less meat may improve air quality, reduce premature deaths

**Zoe Low**

zoe.low@scmp.com

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## **Meaty fears for air**

Researchers from the Chinese University of Hong Kong are calling on people to cut their meat consumption by half, not only for their health but also to save the planet.

A study led by the Chinese University revealed that shifting to a less meat-intensive diet can mitigate air pollution in China by reducing agricultural ammonia emissions by about 20 percent.

The study analyzed the changing patterns of food production and consumption in China from 1980 to 2010.

Researchers found that rapid economic and population growth in China began in the 1980s, accompanied by a nationwide shift from a plant-based to a meat-intensive diet - culminating in China becoming the top meat-consuming nation in the world.

The average person in the mainland consumes 150 grams of meat per day while the average for Hong Kong is up to 200g per day, according to Amos Tai Pui-kuen, associate professor at the earth system science program who led the study.

Tai recommends people reduce their meat intake to between 40 and 75g per day -which is around the size of a person's palm - to tackle the pollution problem in China.

"The people of Hong Kong should reduce their meat intake by at least half," he said. Tai said people don't need to become vegetarians. However, he noted that "people must reduce excessive meat consumption."

The coauthor of the research paper published in Nature Food, professor Lam Hon-ming, said that people can turn to beans for protein instead.

The study also revealed that when people in China shift to a less meat-intensive diet, it can decrease particulate matter - a kind of air pollutant - by up to six micrograms per cubic meter and avoid 75,000 premature deaths related to air pollution annually, respiratory diseases ranking among the main drivers. It can also decrease agricultural ammonia emissions, which contribute to the formation of particulate matter, by some 20 percent.

Tai said that a more meat-intensive diet in China over the past 30 years has increased ammonia emissions from the agricultural sector by 63 percent.

Those in the poorer agricultural regions of China who consume less meat but produce most of it bear more of the health impacts of deteriorating air quality.

"[Higher meat consumption] has led to around 90,000 more air pollution-related premature deaths every year," Tai said.

The study is jointly conducted by CUHK, the University of Exeter and Peking University under the CUHK - University of Exeter Joint Centre for Environmental Sustainability and Resilience.



### Maisy Mok

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