



Travelling to China? 前往中国?

It is **against the law** to bring back any **meat** and **dairy** products into the UK from countries outside the EU.

Bans or **restrictions** also apply to **other food** products.



Illegal products will be **seized** and **destroyed** by Customs, you will face **delays**, and you risk facing **prosecution**.



What are the rules? 法例是怎样的?

- If you travel to countries outside the EU, it is **against the law** to bring back any **meat** and **dairy** products into the UK, even for your own personal use.
- **Bans** or **restrictions** also apply to other food products (see the Chart in this leaflet for more information).
- The rules apply to any products brought in your **personal luggage** or **sent by post** (including those **ordered online**).
- An **illegal** product is one that is either banned or has been brought back in an amount that exceeds any weight or quantity limits that apply.
- Separate rules apply for commercial imports.

- 如果你到欧盟以外的国家旅游，携带任何**肉类**和**奶类**产品进入英国**则属违法**，即使只供你本人食用。
- 其它食物制品亦被**禁止**或**限制入境**（请参考本册内的图表了解详情）。
- 这些法例适用于你以**个人行李**携带或**邮寄入境**的任何食品（包括**网上订购**的产品）。
- **违例**食品是指那些禁止入境或其重量或数量超过法定入境许可的食品。
- 商业进口货品有不同的法例管制。

Why do the rules exist? 为什么要有法例管制?

- Diseases like Foot and Mouth Disease and Bird Flu can be brought into the UK via food products (particularly those containing **meat** or **milk**).
- **Fruits** and **vegetables** may carry pests that can infect plants and vegetables in the UK.
- Such diseases and pests can have a devastating effect on our farming livestock and crops and the environment.
- 一些疾病例如口蹄症 (Foot and Mouth Disease) 和禽流感 (Bird Flu)，可以从食品（尤其是那些含有**肉类**或**奶类**的食品）传入英国。
- **水果**和**蔬菜**可能带有害虫，会感染英国境内的植物和蔬菜。
- 这些疾病可能对我们的农牧牲畜、农作物及环境造成严重损害。

**DON'T BREAK THE LAW
CHECK THE RULES
BEFORE YOU TRAVEL**
www.direct.gov.uk/foodimports

Remember... 请记住...

- Some products may also contain residues or contaminants that harm human / public health.
- Controlling the food that comes into the UK is therefore essential and, in the case of commercial imports, health-checks protect public health.
- All EU countries have the same import controls as the UK.

- To check the rules on what food products you **can** and **cannot** bring back into the UK **before** you travel.
- The rules apply to products brought in your **personal luggage** or **sent by post** (including those **ordered online**).
- All **meat** and **dairy** products are **banned**.
- Check **bans** or **restrictions** on **other food** products.
- Use the Chart in this leaflet to help you.
- The **majority** of these products are **available in the UK**, so there's no need to put yourself or the UK at risk.
- **Illegal** products will be **seized** and **destroyed** by Customs, you will face **delays**, and you risk facing **prosecution**.

For further information... 欲知详情...

If you have read this leaflet and are still not sure about what food products you can or cannot bring back into the UK, please visit:

如果在阅读这份传单后你仍然不能确定是否可以携带哪些食品进入英国，请登陆：

Website

www.direct.gov.uk/foodimports

or call:

**Defra
Helpline**

from 8am to 6pm Monday - Friday
星期一至五上午 8 时至下午 6 时

From the UK:
从英国打电话:

08459 33 55 77

From outside the UK:
从英国境外打电话:

+44 (0)20 7238 6951

**DON'T BREAK THE LAW
CHECK THE RULES
BEFORE YOU TRAVEL**

Working with Defra to help UK travellers



**不要以身试法
在出发旅游前，
请先查清楚有关法例**

www.direct.gov.uk/foodimports

Use this Chart to help you remember which food products you can and cannot bring into the UK from China

BANNED PRODUCTS
禁止入境的食品

All meat products are banned, whether they are fresh, dried, cured, cooked, frozen, powdered, canned or vacuum packed.

Banned products include:

- Beef jerky
- Chicken
- Duck
- Goose
- Pork
- Meat sausages
- Noodles with meat/chicken
- Soups with meat/chicken
- Shin chan
- Moon cakes containing meat or made from lard (pig fat)

All dairy products are banned, whether they are fresh, dried, cooked, frozen, powdered, canned or vacuum packed.

Banned products include:

- Milk powder
- Milk drinks
- Milk desserts

All potatoes are banned

All raw eggs are banned

Cooked or processed eggs are allowed as part of the 2kg restriction (see Egg products below). The ban does not apply to personal imports of raw eggs from Hong Kong.

请用这个图表来帮助你记着当你从中国返回英国时，哪些食物是否可以携带入境。

All meat and dairy products, potatoes and raw eggs are banned
所有肉类和奶类食品、马铃薯及生蛋一概禁止入境

所有肉类食品一概禁止入境，不论是新鲜、干制、腌烤、煮熟、冷藏、粉状、罐装或真空包装。

禁止入境的食品包括：

- 牛肉干
- 鸡肉
- 鸭肉
- 鹅肉
- 猪肉
- 肉肠
- 有肉 / 鸡肉的面
- 有肉 / 鸡肉的汤
- 胫骨
- 含肉类或用猪油制成的月饼

所有奶类制品一概禁止入境，不论是新鲜、干制、煮熟、冷藏、粉状、罐装或真空包装。

禁止入境的食品包括：

- 奶粉
- 奶类饮品
- 奶类甜品

所有马铃薯一概禁止入境

所有生蛋一概禁止入境

已煮熟或加工的蛋类食品可以作为 2 公斤限额的一部份入境（请看以下蛋类制成品）。个人从香港进口的生蛋并不受禁止入境。



RESTRICTED PRODUCTS
受限制的食品

Other animal products, certain fruits and vegetables have special restrictions

其它动物制成品、某些水果和蔬菜是有特别限制

Restricted products include:

- Frogs' legs
The skin/internal organs must be removed. If still attached then you cannot bring them to the UK.
- Snail meat
Shelled, cooked and prepared/preserved meat of edible land snails, including canned snail meat, and snail shells re-filled with snail meat. Live snails, dead snails still in their shells and water snails are not permitted.
- Bivalves (Live)
e.g. Clams, Cockles, Mussels, Oysters, Scallops, Sea cucumbers, Sea squirts, Sea urchins, Whelks and Winkles
- Egg products
e.g. Mayonnaise and Omelette
- Honey

- Fish - Fresh (must be gutted)
- Fishery products / processed fish (dried, cooked, cured or smoked)
e.g. Crayfish, Prawns, Shrimps, Oyster sauce and Shrimp paste
- Bivalves (Dead)
e.g. Clams, Cockles, Mussels, Oysters, Scallops, Sea cucumbers, Sea squirts, Sea urchins, Whelks and Winkles

- All Citrus Fruits
e.g. Mandarins, Oranges, Lemons and Limes
- Certain Fruits
e.g. Mangoes
- Certain Vegetables
e.g. Aubergines

每人可以携带入境的这些产品总重量是

2 公斤

每人可以携带入境的这些产品总重量是

20 公斤

(或一条鱼的重量, 以较高的重量为准)

每人可以携带入境的某些新鲜水果和蔬菜总重量是

2 公斤

受限制入境的食品包括：

- 田鸡腿
外皮 / 内脏必须除去，否则不准带入英国。
- 田螺肉
已去壳、煮熟及已制成 / 腌制可供食用的田螺肉，包括罐头田螺肉及用螺壳酿制的田螺肉。活田螺，仍有壳的死田螺及水螺则一概禁止入境。
- 双壳贝类（活类）
例如：蚌、蚬、贻贝、蚝、扇贝、海参、海鞘、海胆、油螺和玉黍螺
- 蛋类制成品
例如：蛋黄酱和煎蛋卷
- 蜜糖

- 鱼类 – 新鲜的（必须去掉内脏）
- 鱼类产品 / 加工鱼类制品（干制、煮熟、腌制或熏制的）
例如：淡水螯虾、大虾、小虾、蚝油和虾酱
- 双壳贝类（非活类）
例如：蚌、蚬、贻贝、蚝、扇贝、海参、海鞘、海胆、油螺和玉黍螺

- 所有柑橘类水果
例如：橘子、橙、柠檬和青柠
- 某些水果
例如：芒果
- 某些蔬菜
例如：茄子



SPECIAL EXEMPTIONS
特别豁免

Apply to the following products
适用于以下产品

2kg total weight per person of these products are allowed

- Powdered infant milk
- Infant food
- Special foods required for medical reasons

Provided that:

- The product does not require refrigeration before consumption
- The product is in commercially branded packaging
- The packaging is unbroken unless in current use

每人可携带入境的这些产品的总重量是 2 公斤

- 婴儿奶粉
- 幼儿食品
- 有医疗需要的特别食品

条件是：

- 这些产品在食用前是无须冷藏
- 这些产品是以有商业品牌包装
- 除非已在食用中，否则必须是密封包装。

2kg per person are allowed

- Pet feed required for medical reasons

每人可携带 2 公斤入境

- 有医疗需要的宠物食粮