

# EatSmart Restaurant Newsletter

2012 Issue 4



**Cooking Demonstration:** To promote delicious “3 less” (less oil, less salt and less sugar) dishes to the public, we staged an “EatSmart Restaurants For All” cooking demonstration again in Food Expo 2012 organised by TDC. At the end of the demonstration, the audiences were even invited to sample the EatSmart dishes meticulously prepared by our EatSmart chefs.



On 16 August, well-known actor cum chef Mr. Joey LEUNG was invited to be our guest chef to demonstrate two dishes, namely “Pumpkin Salad” and “DIY Hamburger Steak”. The two dishes were cooked with a minimum amount of oil; the hamburger steak contains a portion of saltine crackers to enhance the texture of the meat.



On 17 August, Mr LIU Siu-wai and Mr CHAN hin-hoi, respectively senior chief chef and chief chef of New Star Catering Group, demonstrated the dish “Seafood in Winter Melon”. The chefs cut up the winter melon, a seasonal vegetable, into sections, stuffed each with seafood stir-fried in just a little oil, and then garnished with bright-coloured papaya juice. The outcome was an EatSmart dish with elegance and style that won the acclaim of audience.

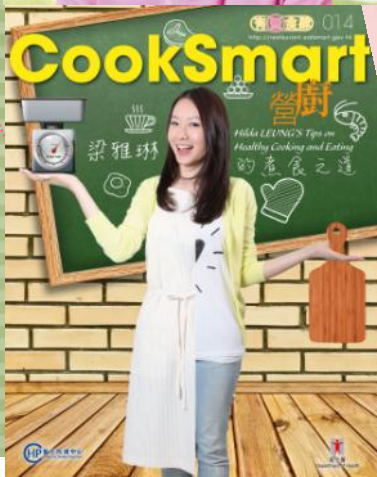


**Eight** issues of singer Alfred HUI's food diary have been uploaded to our thematic website to promote various EatSmart restaurants and EatSmart dishes. To view, please visit

<http://restaurant.eatsmart.gov.hk>



The latest issue of CookSmart quarterly is out. In the issue, dieticians analyse the nutritional value of common light meals and tell you how to eat light and healthy!



In the same issue, TV artiste MAK Chuen-ching shares his personal stories of love and gourmet guru Hilda LEUNG recounts how she has become a cook.



Do you have central obesity? Is your waistline below 80 or 90 cm? The Department of Health has been publicising the concern for central obesity and the related health risks since May this year.

Central obesity is defined as having a waistline of over 90 cm (around 36 inches) for men and 80 cm (around 32 inches) for women.





To enhance the nutritional knowledge of menu-design staff, operators and persons in charge of restaurants can arrange for them to attend our briefing session. Please contact the EatSmart@restaurant.hk Campaign Secretariat at 2572 1476 for enrolment.

For updates on briefing sessions, please visit the website of “EatSmart Restaurant” at

<http://restaurant.eatsmart.gov.hk>

### Schedule of coming briefing :

#### September

Date: 12 September 2012 (Wednesday)

Time: 3 –5 p.m.

Place: Conference Room, 7/F Southorn Centre, No. 130  
Hennessy Road, Wan Chai, Hong Kong

#### October

Date: 15 October 2012 (Monday)

Time: 3 –5 p.m.

Place: Conference Room, 7/F Southorn Centre, No. 130  
Hennessy Road, Wan Chai, Hong Kong

#### November

Date: 13 November 2012 (Tuesday)

Time: 3 –5 p.m.

Place: Conference Room, 7/F Southorn Centre, No. 130  
Hennessy Road, Wan Chai, Hong Kong

For enquiries, please contact the  
EatSmart@restaurant.hk Campaign Secretariat

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