



Nutritional requirements

Please take reference to the nutritional requirement below, and submit at least five Eat Smart Recipes before the Briefing Session

Background :

"EatSmart @restaurant.hk" campaign is a major health promotion programme of the Department of Health (DH) in collaboration with the Food and Environmental Hygiene Department and various professional and academic bodies, with support and assistance from the catering industry and the management associations concerned. Staff of the restaurants, through taking part in the programme, will master the basic knowledge of food nutrition and techniques of healthy cooking, which will then be applied to provide dishes with more fruit and vegetables and less oil, salt and sugar to customers, so as to let public have more healthy and delicious food choices when eating out. Full co-operation from restaurants is key to the achievement of this goal; while customers' awareness and pursuit of healthy eating is critical to the success of the programme.

Participating restaurants shall make reference to the DH's guidelines to provide some healthier dishes of two kinds-

 <p>“3 Less” dish – the dish has less fat or oil, salt and sugar, meeting the "3 Less" requirement.</p>	 <p>“More Fruit and Vegetables” dish – means either fruit and vegetables are the sole Ingredients of the dish, or they occupy at least twice as much the amount of meat in the dish.</p>
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Definition of “3 Less”

1. Choice of Ingredients

Choices of Ingredients	Suggestions	Examples of healthier ingredients	Examples of less healthy ingredients
Fats & Oils / Salad Dressing / Spread	<ul style="list-style-type: none"> ✓ Use healthy vegetable oil ✓ Use low- or reduced-fat salad dressing ✓ Use spread which is reduced-fat and without added sugar 	Corn oil, olive oil, canola oil, peanut oil, sunflower oil, soybean oil, reduced-fat peanut butter, jam without added sugar	Butter, lard, coconut oil, palm oil, margarine containing trans fat, shortening, salad dressing, condensed milk, jam with added sugar, peanut butter, chocolate spread, kaya, goose liver pate
Grains	<ul style="list-style-type: none"> ✓ Use grains which is low in fat and without added sugar 	White bread, whole wheat bread, white rice, red rice, egg noodles, spaghetti, rice vermicelli, Chinese noodles	Croissant, pastry, “cocktail bun”, “pineapple bun”, bun with lotus seed paste, stir-fried rice and noodles, fried flat noodles, fried instant noodles, E-Fu noodles, Yu-Mein noodles
Vegetables	<ul style="list-style-type: none"> ✓ Use fresh, frozen or reduced-salt canned vegetables to replace pickles 	Fresh or frozen vegetables, canned vegetables with reduced salt or after blanching	Preserved mustard greens, pickled vegetables, dried radish, preserved mustard, salted mustard root, pickled mustard
Fruit	<ul style="list-style-type: none"> ✓ Use fresh fruit or pure fruit juice (except coconut because it is high in saturated fat) ✓ Use fruit products without added sugar 	Fresh fruit, canned fruit in juice, dried and frozen fruit without added sugar, 100% fruit juice	Canned fruit in syrup, dried fruit and juice with added sugar, coconut and its products
Meat, Poultry, Seafood, Eggs, Bean Products and Nuts	<ul style="list-style-type: none"> ✓ Use fresh / frozen lean meat to replace preserved meat ✓ Use non-fried plain bean products ✓ Use non-fried nuts without added salt and sugar 	Fresh or frozen lean beef, pork, fishes, seafood such as scallop, shrimp, crab, skinless poultry, canned tuna in water, tofu, soybean sheet, plain vegetarian meat, dry-roasted and plain nuts	Pork brisket, connective tissue under skin of pig (“pig neck”), fatty beef, beef brisket, chicken wings, chicken paw, canned tuna in oil, luncheon meat, sausage, ham, bacon, ready-to-use meatballs, imitation crab meat, Chinese sausage, salted fish, salted eggs, tofu puff, fried soybean stick, fried gluten, seasoned vegetarian meat, fried cashew nut, roasted nuts with added salt

Choices of Ingredients	Suggestions	Examples of healthier ingredients	Examples of less healthy ingredients
Dairy products	✓ Use skimmed, low-fat or reduced-fat plain dairy products	Skimmed or low-fat milk, milk powder, yoghurt, reduced-fat cheese	Full cream milk, cream, evaporated milk, condensed milk, creamer
Beverages / Desserts	✓ Pure fruit juice ✓ Beverages or desserts without added sugar (sugar or sweetener can be served separately)	Water, pure fruit juice, tea, clear soup, soy milk without added sugar, any beverages or desserts without added sugar, e.g. lemon tea, soybean curd dessert and red bean sweet soup	Cordial, soft drinks, ice cream, beverages and desserts with added sugar, e.g. coconut pudding, cheese cake
Seasonings	✓ Use natural ingredients to replace seasonings or sauce which are high in salt or fat	Garlic, ginger, spring onion, onion, lemon or lime juice, vinegar, parsley, five spices powder, mustard powder, star anise	Shrimp paste, fermented soybean curd, salted black bean, chicken powder. MSG, ready-to-use sauces (e.g. black pepper sauce, curry, satay), oyster sauce

2. Preparation of ingredients

- Replace quick deep-frying with blanching to prepare meat
- Blanch noodles before stir-frying to reduce the usage of oil
- Blanch canned vegetables to reduce sodium content
- Use low-fat cooking methods
- Serve low-fat salad dressing or sauce separately
- Serve grains dishes with sauce separately, except baked rice, baked pasta, pizza and baked potatoes
- Thin spread or serve spread separately for sandwiches and toasts alike
- Provide beverages and desserts without added sugar, sugar and sweetener can be served separately
- Hotpot restaurants must serve at least one kind of “3 Less” “soup base”

3. Cooking Methods

Use low-fat Cooking Methods, such as boiling, steaming, grilling, baking, stewing, stir-frying or pan-frying with small amount of oil. For reference, use not more than 3 teaspoons vegetable oil to cook a dish for 4 (1teaspoon = 5mL). **avoid** Deep-frying (including the quick deep-frying process of meat prior to cooking), braising in heavy sauce, pour salad dressing or condiments over the dishes

Definition of “More Fruit and Vegetables” :

1. Definition

- i) either fruit and vegetables are the sole Ingredients of the dish, or
- ii) they occupy at least twice as much the amount of meat present in the dish.

If vegetables are not cooked in the dish, they should occupy at least 4 times as much the amount of meat and its alternatives present in the dish.

2. The following foods are excluded :

- Preserved fruit and vegetables, e.g. preserved mustard and pickled cucumber;
- Deep fried (including quick deep-fried) vegetables and other ingredients;
- Vegetables that are high in carbohydrate but low in dietary fibre are not classified as vegetable, e.g. potato, sweet potato
- Soybean products, e.g. tofu and soybean sheet, are not classified as vegetable because their dietary fibre content decreases significantly during food processing;
- Fruit and vegetables used as garnish; and
- Durian, avocado, coconut and their products are not counted because of their relatively high fat content.

For details, please visit the “EatSmart Website” of the Department of Health at <http://restaurant.eatsmart.gov.hk>
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