



"EatSmart Restaurants" Newsletter

November 2016 No.3



We all know that our diets should be low in salt because excessive intake of salt (sodium) will cause hypertension, hence the increased risks of stroke and cardiovascular diseases. Besides, high salt food will increase calcium loss in our bodies, so it may affect skeletal health in the long run. Then, how much salt should an adult have each day? According to the World Health Organization's recommendation, an adult should aim for having less than 5 g (approx. 1 teaspoon) of salt, or less than 2 g of sodium, every day.

World Health Organization's recommendation



How much salt
should an adult have each day



5g
(approx. 1 teaspoon)



2g of sodium every day

To attain low-salt diet, one should not only limit the use of salt, seasonings and sauces when cooking, but also reduce eating high-sodium food in everyday diet, including (1) pickles (e.g. preserved plum, mei cai, and potherb mustard), (2) processed or preserved meat (e.g. char siu, bacon, sausage, ham, spam, salted fish, cured meat, and salted egg), (3) canned food (e.g. fermented black bean dace, braised pork with mei cai, and mushroom cream soup), and (4) snacks (e.g. potato chip, crispy straw, meat floss, dried meat, wasabi green bean, and salted nuts).

01 Pickles

e.g. preserved plum, mei cai, and potherb mustard



03 Canned Food

e.g. fermented black bean dace, braised pork with mei cai, and mushroom cream soup



02 Processed or Preserved Meat

e.g. char siu, bacon, sausage, ham, spam, salted fish, cured meat, and salted egg



04 Snacks

e.g. potato chip, crispy straw, meat floss, dried meat, wasabi green bean, and salted nuts



Other ways to reduce salt intake include using natural spices (e.g. spring onion, ginger, garlic, tomato, and lemon) to substitute salt or other ready-made seasonings, reducing the frequency of dining out, and ordering bland dishes with less sauce when dining out. All these can help reduce salt intake.

In recent years, the market heavily promotes sea salt by emphasising it is more natural and healthier than culinary (table) salt. In fact, their greatest differences lie in tastes, textures and production processes. Culinary salt mainly comes from seawater or salt mines. It becomes "refined salt" after being processed and eliminating part of its minerals. Natural sea salt is extracted by sun drying water from the sea or salt flats with less human processing. As a result, it may contain more minerals, such as calcium, potassium, and magnesium. It is also for this reason that sea salt has a different taste and texture (coarser). Since the main component of these salts is sodium chloride with similar levels of sodium content, excessive intake of sea salt can also cause hypertension and other health issues. However, the "low-sodium salt" sold on the market contains less sodium than regular culinary salt. It is because part of its sodium chloride is replaced by potassium chloride. Attention should be drawn to the condition that low-sodium salt may be unsuitable for some patients (e.g. those in potassium restricted diet and with nephropathy).

INVITATION TO "EatSmart Restaurants" Coupon Promotional Activity

In December this year, we are going to launch the ESRs Coupon Promotional Activity again. The ESRs Coupon will be uploaded in the ESRs mobile app and the Campaign thematic website. Members of the public can present the coupons from ESR mobile app or download the coupons from the Campaign thematic website to enjoy promotional offers when ordering "EatSmart Dishes" at participating ESRs. We expect that this activity could facilitate more members of the public to dine at ESRs and enjoy the healthy and delicious "EatSmart Dishes".

The "EatSmart@restaurant.hk" Secretariat had sent an invitation letter to each ESR branch by mail in October this year. This activity is completely free of charge. We hope that all ESRs could continue to support us!

The "EatSmart@restaurant.hk" Campaign ("the Campaign") launches the "EatSmart Restaurants" (ESRs) Coupon Promotional Activity in June this year, through which members of the public can download coupons to enjoy special offers while taking "EatSmart Dishes" in the participating ESRs. We are glad to have the ESRs support and participation in the promotional activity. Majority of the ESRs agreed that the promotional activity can improve their customer turnover and would join the promotional activity next time.



Renewal of ESR Membership

Notice of confirmation of membership for 2017 will be sent out to all ESRs by the end of December 2016. Please check the particulars on the notice. Should there be any amendment, please contact the Secretariat by writing or email as soon as possible.

The "EatSmart@restaurant.hk" Secretariat:

Mailing Address : 7/F, Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong

Tel. No. : 2572 1476

Fax. No. : 2591 6127

Email Address : esr_chau@dh.gov.hk

If you have not received any notice by the end of December, please contact the Secretariat as soon as possible.

HKTDC Food Expo 2016



*Green Sea and Blue Sky,
Fish Soup with Scallops*



*Shrimp Spaghetti
with Olive Oil Sauce*



The Department of Health's "EatSmart @restaurant.hk" Campaign is going to promote ESRs and **"less oil, less salt and less sugar"** healthy dishes to the public again in the "HKTDC Food Expo 2016". On the 11th and 12th August events, we respectively selected two EatSmart dishes, namely "Green Sea and Blue Sky, Fish Soup with Scallops" from the Shunde Cuisine and "Shrimp Spaghetti with Olive Oil Sauce" from the Lung Fung Café for two cooking demonstrations, and briefed the audience of these two healthy and delicious EatSmart dishes. In the subsequent tasting session, the audience highly acclaimed the EatSmart dishes they tasted and the scene was very lively.



Briefing Sessions for ESRs

According to the "Guidebook for Managers and Chefs" of the **"EatSmart@restaurant.hk"** Campaign, participating restaurants must ensure that 2 to 4 of their existing staff members, who are responsible for menu designing, to attend our briefings for learning about the requirement of **"More Fruit and Vegetables"** and **"3 Less"** Dishes. These restaurants must also ensure that these staff have passed quizzes before being considered as "qualified" personnel. If your company/ restaurant is under the circumstances that (1) qualified staff who had previously attended the briefing session left the jobs; (2) more staff are expected to receive pertaining training; and (3) the staff who had previously attended the briefing are in need of refreshment, our briefings should be arranged for your new or existing staff's participation.



For more details about the briefing sessions, please visit our thematic website of the EatSmart@restaurant.hk at

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

Briefing Time in February 2017

Date : 23 February 2017 (Thursday)

Time : 3:00 pm to 5:00 pm

Venue : Conference Room, 7/F,
Southern Centre, 130 Hennessy Road,
Wan Chai, Hong Kong

Briefing Time in May 2017

Date : 25 May 2017 (Thursday)

Time : 3:00 pm to 5:00 pm

Venue : Conference Room, 7/F,
Southern Centre, 130 Hennessy Road,
Wan Chai, Hong Kong

**For any enquires about enrolment, please contact the
"EatSmart@restaurant.hk" Secretariat:**

Tel. No. : 2572 1476

Fax. No. : 2591 6127

Email Address : esr_cheu@dh.gov.hk

Mailing Address : 7/F, Southern Centre, 130 Hennessy Road, Wan Chai, Hong Kong

Gentle Reminder

Participating restaurants must comply with the following conditions for use and display of the "EatSmart Dish" logos:

- Display the **"EatSmart Decals"** at prominent locations;
- Offer at least five **"EatSmart Dishes"** in designated business hours every day;
- Attach the **"More Fruit and Vegetables"** and **"3 Less"** Logos next to the **"EatSmart Dishes"** on the food menus of ESRs; and
- Ensure the availability of **"Customer Opinion Forms"** in the restaurants for customers to express opinions



If there is any change to the name of the restaurant/ name of the contact person/ information of the restaurant, please contact the "EatSmart@restaurant.hk" Secretariat by writing or email as soon as possible.