



"EatSmart Restaurants" Newsletter

March 2017 No.1



There is no definition on the sugar levels in drinks under prevailing laws. Nevertheless, according to the nutrition labelling guidelines of the Centre for Food Safety, a 100g drink containing no more than 0.5g of sugars can be considered "sugar-free" while that containing no more than 5g of sugars can be considered "low-sugar". We must beware of falling into "low-sugar trap" because drinks which claim to be "low-sugar" may also be high-energy, high-fat or high-sodium. In light of this, nutritional claims are for reference only. Take a bottle of 500ml low-sugar drink as an example, i.e. containing 5g of sugars per 100ml, one will have an intake of 25g sugars after drinking one bottle and 50g of sugars after drinking two (equivalent to the upper limit of the recommended intake of sugars). Therefore, we should not consume too much of a drink even if it is low-sugar. Product labels with claims such as "less sweet" and "no sugar added" are not necessarily accurate in reflecting the product's nutritional values. We must remember to check the nutrition label of a drink to find out its detailed nutritional values in order to make a healthier choice.

SUGAR-FREE



less than **0.5g** of sugars per 100g of drink

LOW-SUGAR



less than **5g** of sugars per 100g of drink

It is of paramount importance to identify the presence and levels of sugars in a drink. If you wish to know whether a drink is added with sugars, you can check the ingredient list (or nutrition facts) on the drink's packaging. The ingredients on the list are arranged in descending order according to weight predominance, i.e. the heaviest ingredient is listed first, and the lightest ingredient is listed last. Other than "sugar", if a drink contains such ingredients as glucose, concentrated sugarcane juice, concentrated juice, honey and syrup, it means that the drink has been added with sugars. Attention should be drawn to the fact that a drink (e.g. fruit juice) claimed to be free from added sugar does not mean that it is sugar-free, as they may naturally contain certain amount of sugars and energy. One must check the nutrition fact on the packaging to check the actual sugar levels of a drink.



With reference to WHO's recommendation, sugars intake should not exceed 10% of the total energy intake per day. Take a diet of 2000kcal per day as an example, sugars intake should be less than 50g (approximately 10 sugar cubes). Definitely, it is the best to opt for sugar-free drink, e.g. water, because our bodies need not extra energy from sugars intake.



INVITATION TO
有營食肆
"EatSmart Restaurants"
Coupon Promotional Activity



Do you want to provide customers with special offers to promote your restaurants and creatively designed "EatSmart Dishes"?

The "EatSmart@restaurant.hk" Campaign ("the Campaign") is going to launch the ESRs Coupon Promotional Activity in April this year. The coupons will be uploaded to the ESRs mobile app and the Campaign's thematic website. Members of the public can present the coupons downloaded from the ESRs mobile app or thematic website to enjoy promotional offers when ordering "EatSmart Dishes" at participating ESRs. We expect that this activity would facilitate more members of the public to dine at ESRs to enjoy healthy and delicious "EatSmart Dishes".

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

2017 RESTAURANT VISITS

The staff of the Secretariat will continue to visit "EatSmart Restaurants" to touch base with them, as well as to collect opinions and assist them in resolving operational problems.

Gentle Reminder:

To ensure the smooth run of the Campaign, the Secretariat staff will:

- Observe whether the restaurants display "EatSmart Decals" at prominent locations;**
- Check whether the restaurants offer at least five "EatSmart Dishes" in designated business hours every day;**
- Observe whether the "More Fruit and Vegetables" and "Three Less Dishes" logos are attached next to the "EatSmart Dishes" on the food menu of the restaurants; and**
- Ensure the availability of "Customer Opinion Forms" in the restaurants for feedback collection from customers.**

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.

“Vegetarian Food Asia Expo 2017” Cooking Demonstration

The Department of Health’s “EatSmart@restaurant.hk” Campaign (the Campaign) promoted ESRs and “less oil, less salt and less sugar” healthy vegetarian dishes to the public again in the “Vegetarian Food Asia Expo 2017”. We selected the EatSmart dish, namely “A Hundred Flowers Bloom,” from Kung Tak Lam Shanghai Vegetarian Cuisine among various submissions of “EatSmart Dishes” from different ESRs for the cooking demonstration in the “Vegetarian Food Asia Expo 2017”.



On 25 February 2017, we invited dietitian to brief the audience of the Campaign and arranged the chef from Kung Tak Lam to demonstrate his exquisitely prepared “EatSmart Dish”, “A Hundred Flowers Bloom”. The scene was very lively, where the entire audience who tasted the dish was filled with acclamation.



A Hundred Flowers Bloom

CookSmart Magazine



Many people are going to celebrate with friends and relatives by throwing parties. Unfortunately, most traditional party food is prepared with large amounts of salt and sugar in pan-fried or deep-fried styles. So how should we make healthy choices on party food? In this issue of “CookSmart” magazine, we have Miss LEUNG Ka Ki to share with us her “Smart Food Choices”, dietitians to introduce various healthy party foods cooked with less salt, oil and sugar, as well as the information of ESRs in

different regions to keep you happy and healthy.

If you want to read different issues of “CookSmart” magazines and preview over 200 recipes of EatSmart Dishes in mobile devices, please download the “CookSmart: EatSmart Recipes” mobile app now to enjoy the experience of healthy diet!



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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 briefing should be arranged for your new or existing staff's participation.

Briefing Time in May 2017

Date: 25 May 2017 (Thursday)
Time: 3:00 pm to 5:00 pm
Venue: Conference Room, 7/F, Southorn Centre,
130 Hennessy Road, Wan Chai, Hong Kong

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

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



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

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ESRs Publicity Material



The Secretariat has always been preparing different publicity materials, e.g. double-sided food menus, menu stickers (including the "More Fruit and Vegetables" and "Three Less Dishes" logos), and "Customer Opinion Forms", for all ESRs so as to facilitate them to promote "EatSmart Dishes" to customers. The aforesaid publicity materials are also available in computer image files for the convenience of ESRs. ESRs can collect the pertinent marketing collaterals and computer image files from the Secretariat free of charge. For details, please contact the Secretariat.

