

To eat healthily, we must not only observe a balanced diet, but also make good choices on cooking oil and food ingredients. Excessive intake of fat causes high blood cholesterol, whilst high blood cholesterol plays a major role in developing coronary heart disease.

Daily diets, such as meat, fish and eggs, all contain fat. Considered each gram of cooking oil already contains 9 kcal, dietitians recommend adults to get less than two teaspoons (10 g) of cooking oil per meal. Nevertheless, it is inevitable to use oil when cooking. It is, therefore, very important to choose cooking oil properly. Vegetable oil like olive oil and canola oil are healthier and recommendable choices, yet coconut oil and palm oil are not because saturated fat is abundant in them. Animal fats, such as butter, lard and chicken oil, contain a large amount of saturated fat. In this regard, it is unhealthy to cook with such oil for dishes like carbonara, lard rice and chicken oil rice (as found in Hainan chicken rice).

Regarding food ingredients, we ought to choose meats as well as grains and cereals low in fat. For example, we can substitute higher-fat meats like beef ribs, rib eye, pork belly and pork neck with skinless chicken, beef tenderloin, sirloin and tendon. Minced meat foods, such as fish dumplings, shrimp dumplings and pork balls, should be avoided because they are usually added with fatty meats to enhance mouthfeel. The adding of fatty meat results in a corresponding increase of fat content in food. For grains and cereals, the fat content of foods like pineapple buns, egg tarts, fried rice, fried noodles, deep-fried instant noodles and E-Fu noodles, are higher than that in white bread, whole wheat bread, rice vermicelli and spaghetti. We should eat less accordingly.

When preparing meals, excessive fat intake can be avoided by adopting low fat cooking. Low fat cooking refers to a culinary method in which less cooking oil is used. Besides steaming and poaching, we can also consider boiling with broth, braising, simmering, baking, roasting, etc. This way of cooking is certainly healthier than "quick deep-frying", pan and stir frying with lots of oil, as well as deep frying. In addition, low fat cooking encourages the use of non-stick cookware that is easy to clean. This design can directly reduce the need of adding extra cooking oil for lubrication in the course of cooking.



Briefing Sessions for ESRs

According to the "Guidebook for Managers and Chefs" of the Campaign, participating restaurants must ensure that 2 to 4 of their existing staff members, who are responsible for menu design, to attend our briefings to learn about the requirements 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, you are welcome to arrange your new or existing staff to participate in the briefings.



For enrolment enquiries, please contact the Secretariat:

Tel. No.: 2572 1476

Fax. No.: 2591 6127

Email Address: esr_cheu@dh.gov.hk

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

Briefing Sessions

Date: 1 February 2018
(Thursday)

Time: 3:00 pm to 5:00 pm

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

Date: 24 May 2018
(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>



Renewal of **有營食肆** ESR Membership 2018

Notices of confirmation of membership for 2018 will be sent out to all ESRs by the end of December 2017. Please check the particulars on the notices. Should there be any amendment, please contact the Secretariat by writing or email as soon as possible.

"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_cheu@dh.gov.hk

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



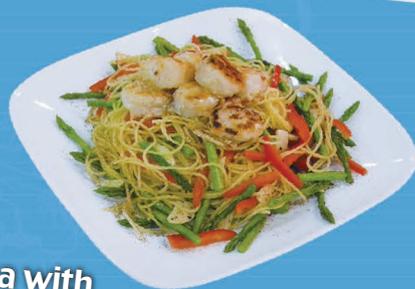
HKTDC Food Expo 2017

The Department of Health's "EatSmart@restaurant.hk" Campaign is going to promote ESRs and "less oil, less salt and less sugar" healthy eating to the public again in the "HKTDC Food Expo 2017". On the 17th and 18th August events, we respectively selected two EatSmart dishes, namely "Angel Hair Pasta with Stir-fry Scallops and Asparagus in Shrimp Seed Toppings" from Lung Fung Café and "Slow-cooked Grouper with Snow Swallow" from the Rouge for two cooking demonstrations, and then briefed the audience of these two healthy and delicious dishes. The audience attentively observed the cooking steps and skills. Dietitians, at the same time, were arranged to provide the audience with healthy diet tips. In the subsequent session, the participants highly acclaimed the EatSmart dishes they tasted and the scene was very lively. "EatSmart@restaurant.hk" Campaign will continue to promote ESRs in various food exhibitions. We hope that all ESRs will continue to support us!

Slow-cooked Grouper with Snow Swallow



Angel Hair Pasta with Stir-fry Scallops and Asparagus in Shrimp Seed Toppings



◀ Rouge

Lung Fung Café ▶



有營食肆

ESRs Coupon Promotional Activity

In September this year, the "EatSmart@restaurant.hk" Campaign ("the Campaign") launched the ESRs Coupon Promotional Activity where members of the public could download coupons from the ESRs mobile app and the Campaign's thematic website to enjoy promotional offers as they ordered "EatSmart Dishes" at participating ESRs. We would like to thank all "EatSmart Restaurants" for their zealous support and participation which had made the promotion a complete success. In the near future, the Campaign will continue to engage in the ESRs Coupon Promotional Activity. We hope that all ESRs will continue to take part in the activity enthusiastically.



Gentle Reminder

Participating restaurants must comply with the following conditions for the 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.