

「有營食肆」通訊 ESR NEWSLETTER



Red Meat and Processed Meat

The International Agency for Research on Cancer (IARC), the cancer agency of the World Health Organization (WHO), has recently released an evaluation result about the carcinogenicity of the consumption of red meat and processed meat. Processed meat was classified as “carcinogenic to humans” (Group 1) and red meat was classified as “probably carcinogenic to humans” (Group 2A). The latest IARC review **does not ask people to stop eating processed meats** but indicates that **reducing consumption of these products can reduce the risk of colorectal cancer**. "EatSmart Restaurants" should follow the "EatSmart Restaurant - Guidebook for Managers and Chefs" to prepare the "EatSmart Dishes". Processed meat should not be used to prepare "3 Less" dishes which contain less fat/oils, salt and sugar.



What are Red meat and Processed meat?

Referring to the definition by IARC, red meat refers to all mammalian muscle meat, such as beef, pork, lamb and horse; processed meat refers to meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavour or improve preservation. Examples of processed meat include ham, luncheon meat, bacon, sausages, corned beef, and beef jerky.

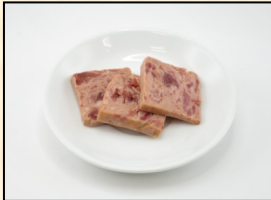
Cancer Risk of Processed meat is Different from that of Tobacco Smoking

The IARC classifications describe the strength of the scientific evidence about an agent being a cause of cancer, rather than assessing the level of risk. Processed meat and tobacco smoking have been classified in the same category as causes of cancer (Group 1, carcinogenic to humans), but this does NOT mean that they are equally dangerous. About 34 000 cancer deaths per year worldwide are attributable to diets high in processed meat. These numbers contrast with about 1 million cancer deaths per year globally due to tobacco smoking.

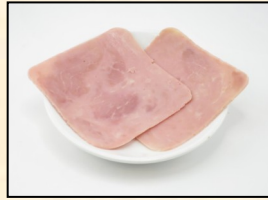


The More Intake, the Higher the Risk

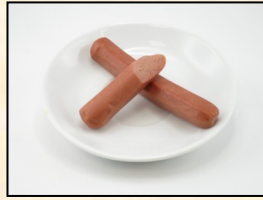
The risk of developing colorectal cancer for an individual because of their consumption of processed meat remains small, but this risk increases with the amount of meat consumed. The experts concluded that each 50 gram portion of processed meat eaten daily increases the risk of colorectal cancer by 18%. Examples of 50 grams of processed meat are shown below:



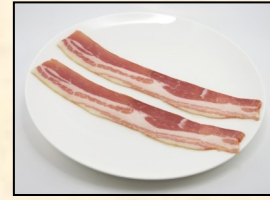
1/3 small can of luncheon meat



2 pieces of ham



1.5 pieces of sausage



2 pieces of bacon

Practising Healthy Eating

- A healthy balanced diet is a dietary pattern having grains as the largest portion of food, a lot of vegetables and fruit, and a moderate consumption of milk, meat and their alternatives.
- In our daily diet, we should choose food items that are low in fat/oil, salt and sugar and high in dietary fibre. Therefore, it is recommended to have at least five servings of fruit and vegetables a day and to reduce the intake of processed meat as it is considered as high in fat/oil and salt.
- The healthy eating principles also emphasise on having a variety of food, i.e. choosing different kinds of food. Apart from red meat, meat and alternatives also include poultry, fish and seafood, eggs, dry bean and soy products.
- To know more about information about red meat and processed meat, please visit <http://www.chp.gov.hk/en/content/42034.html>.



For "EatSmart Restaurant - Guidebook for Managers and Chefs", please visit http://restaurant.eatsmart.gov.hk/files/pdf/guidebook_for_managers_and_chefs_en.pdf



Free Propaganda Activity

“Food Expo 2015” - “Less Oil” Cooking Demonstrations

The Secretariat of the “EatSmart@restaurant.hk” Campaign of the Department of Health hosted the programme of “EatSmart Restaurant, We Like!” in the “Hong Kong Trade Development Council Food Expo 2015” held on 13 and 14 August this year. Meanwhile, the Secretariat also invited two EatSmart Restaurants (“ESRs”) to perform cooking demonstrations for their meticulously designed “EatSmart Dishes” on stage whereby members of the public could personally savour the delicious and healthful dishes. Through this, members of the public were expected to learn more about ESRs and encouraged to patronise ESRs and order EatSmart Dishes more often while eating out.

In the event, dietitians were also arranged to share their diet tips, as well as to promote healthy eating habits and culinary habits of using less oil and salt. It was hoped that the public would then able to eat healthily and “eat smart” at home



The dietitians shared their tips on cooking with less oil, salt and sugar.

The ESRs which performed cooking demonstrations in this event were “**Jimmy’s Coffee**” and “**New Star Seafood Restaurant**”. The EatSmart Dishes demonstrated by their representatives on stage were “**Sous Vide Chicken Salad**” and “**Steamed Rice with Black Garlic, Dried Sakura Shrimps and Dried Scallops in Bamboo Basket**”



The representative of “**Jimmy’s Coffee**” explained the steps and tips on “sous-vide cooking” in detail.



The representative of “**New Star Seafood Restaurant**” explained the cooking steps and tips in detail.



“**Sous Vide Chicken Salad**”, the demonstrated dish of “**Jimmy’s Coffee**”.



“**Steamed Rice with Black Garlic, Dried Sakura Shrimps and Dried Scallops in Bamboo Basket**”, the demonstrated dish of “**New Star Seafood Restaurant**”.



Becoming an ESR in 2016



Your ESR qualification in 2015 will expire on 31 December this year and must be renewed in order to be qualified as an ESR in the following year. Earlier on, our Secretariat already emailed notification to ESRs reminding each of them to submit a restaurant licence / Business Registration Certificate relating to its business valid through 1 January 2016 or later to our office if it desires to retain its ESR status. The document concerned should be faxed or emailed to the Secretariat of “EatSmart Restaurants”.

“EatSmart@restaurant.hk” Secretariat”

Address : 7/F, Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong
 Tel : 2572 1476 Fax : 2591 6127
 E-mail : esr_cheu@dh.gov.hk



The Secretariat shall process your renewal application as soon as it is received, and shall mail the ESR decals for the next year and renewal documents to your restaurant for retention by 31 December this year.

EatSmart Restaurants Briefing Sessions

According to the “Guidebook for Managers and Chefs” of the “EatSmart@restaurant.hk” Campaign, participating restaurants must ensure that 2 to 4 staff members, who are responsible for daily menu design, shall bear relevant nutritional knowledge of “More Fruit and Vegetables” and “3 Less”. Participating restaurants are welcome to arrange their staff to attend the briefing sessions in the following situations:

(1) their qualified staff who had attended the briefing sessions left the jobs; (2) the participating restaurants wants more of their staff to receive pertaining training; and (3) the staff who had previously attended the briefing need refreshment.

<January 2016 Briefing Session >

Date : 21 January 2016 (Thursday)
 Time: 3:00pm-5:00pm
 Venue: Conference Rm, 7/F, Southorn Centre,
 130 Hennessy Road, Wan Chai, Hong Kong

<May 2016 Briefing Session >

Date : 19 May 2016 (Thursday)
 Time: 3:00pm-5:00pm
 Venue: Conference Rm, 7/F, Southorn Centre,
 130 Hennessy Road, Wan Chai,
 Hong Kong

<March 2016 Briefing Session >

Date : 10 March 2016 (Thursday)
 Time: 3:00pm-5:00pm
 Venue: Vegetarian Food Asia 2016
 Hall 3F & 3G, Hong Kong Convention
 and Exhibition Center.

