

Tips on Easily Changing Your Image from “Three Highs” to Healthy

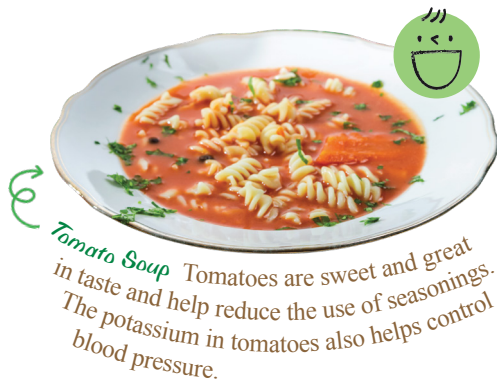
With characteristics unique to Hong Kong, Chinese style tea restaurants are popular among Hong Kong people. Many people, however, perceive the dishes offered by Chinese style tea restaurants as “three highs” (i.e., high in fat, salt and sugar) in general. In view of the public’s increasing awareness on healthy eating, registered dietitian Anson Wong shared with Chinese style tea restaurants the following tips on taking the first step to change people’s perceptions towards their dishes.



▲ Anson Wong, Accredited Practising Dietitian, DA (APD), HKNA

Start Healthy Eating by Serving Less Rice and Making Changes to Help Stabilise Blood Glucose Levels 🍚

To most Chinese style tea restaurants, the easiest change to make would be to adjust their food portions. “To many, the portion of rice in rice dishes is too large. Chinese style tea restaurants can refer to the portion in the Department of Health (DH)’s ‘Healthy Lunch 321’ to avoid providing too much energy, while reducing food wastage at the same time,” said Anson. He also suggested that Chinese style tea restaurants add red rice, brown rice or vegetables to white rice to boost customers’ dietary fiber intake and help stabilise their blood glucose levels.



Tomato Soup Tomatoes are sweet and great in taste and help reduce the use of seasonings. The potassium in tomatoes also helps control blood pressure.

Change Cooking Methods to Gradually Reduce Oil, Salt and Sugar 🍲

To reduce the amount of oil, salt and sugar in dishes, Anson advised Chinese style tea restaurants to substitute ready-made sauces by natural seasonings such as ginger, spring onion and garlic, and serve the sauces on the side. Regarding cooking methods, Chinese style tea restaurants can switch to stir-frying in less oil with non-stick pans and consider cooking in soup, which is relatively quick and requires less oil. Besides, restaurants can replace the ordinary soup base for noodles with a tomato soup base to reduce the salt content. Anson said, “Subtle changes made by Chinese style tea restaurants would easily be accepted by customers. With gradual lowering of customers’ need on oil, salt and sugar, the goal of practising healthy eating can be achieved.”

Be Flexible and Provide Customer-focused Options 🍽️

Anson recommended Chinese style tea restaurants to make full use of their advantage of being flexible and respond proactively to customers’ special requests on the dishes. He added, “Besides acceding to common requests such as less rice and less sugar, Chinese style tea restaurants can offer healthy options such as less oil, less salt, no monosodium glutamate (MSG), changing from white rice to spaghetti or brown rice and from French fries to baked potatoes.” Offering an add-on dish of vegetables at a discounted price is another win-win recommendation which can increase customers’ vegetable intake as well as their spending in the restaurants.



Deep-fried foods Besides deep-fried foods, Chinese style tea restaurants can offer dishes prepared by steaming or cooking in soup.

Across the territories | Soup Plus Healthy Combinations of Rice in Soup and Vegetables



Pork Slices, Angled Luffa and Fish Belly with Rice in Soup

The combination of luffa (loofah), fish belly (fish maw) and sliced pork brings out the freshness of ingredients. It is the first choice to stimulate one's appetite in a scorching summer day.



Rice in Soup Freshly Made Daily as a Tasty and Healthy Option

Ken believed that the flavours from fresh ingredients is irreplaceable and is the essence of rice in soup. To allow customers to enjoy fresh rice in soup, Soup Plus is meticulous in all the steps, from preparing the soup bases to choosing the ingredients. Like other Chinese style tea restaurants, it prepares the dishes upon ordering. The soup bases of Soup Plus are freshly made every day. Ingredients such as seafood and tofu do not require any seasonings, which helps reduce customers' oil, salt and sugar intake. To bring more healthy options to customers, Soup Plus also offers quinoa rice and brown rice which are high in dietary fibre and with a better texture. The rice is steamed in traditional pots for a richer taste.

Ingredients at Your Choice to Promote a Balanced Diet

Apart from set menus, Soup Plus offers "DIY Rice in Soup" which allows customers to choose two ingredients and one kind of vegetables with the rice in soup. To satisfy health-conscious customers, more than 20 fresh and non-processed ingredients are provided for them to choose from. To encourage customers to cultivate the good habit of eating vegetables, those who opt for "DIY Rice in Soup" are required to choose at least one kind of vegetables.

Ken hopes that rice in soup will become a future eating trend so that customers can easily put healthy eating and balanced diet into practice even when they patronise Chinese style tea restaurants.

▼ Ken Chan, Soup Plus General Manager



Seaweed, Baby Tientsin Cabbage and Tofu with Rice in Soup

Seaweed, baby Tientsin cabbage and tofu are hot picks among vegetarians and non-vegetarians.



Beech Mushrooms, Fresh Tofu Sheets and Tomatoes with Yam Noodles in Soup

Soup Plus is one of the few Chinese style tea restaurants that offers healthy noodle options, among which, yam noodles provide customers with an alternative to flat rice noodles and instant noodles.



Kowloon | Lai Chi Kok | The Hoop

Fun-filled Chinese Style Tea Restaurant in an Industrial Area Wins Customers' Hearts by Innovative Dishes



Smoke Salmon Green Salad with Cellentani



The fresh vegetables in Smoke Salmon Green Salad with Cellentani were purchased in person by the person-in-charge of the restaurant.

Scrambled Egg with Rice (Shrimp + Vegetables)



Recommended by the chefs at the Hoop, Scrambled Egg with rice (Shrimp + Vegetables) is rich in protein. Complemented with vegetables, it is a perfect dish for fitness enthusiasts.



Healthy, Tasty and Popular Original Scrambled Egg with Rice

The original dishes of the Hoop always amazed its customers. The Scrambled Egg with Rice (Shrimp + Vegetables), a "3 Less" and signature dish, is popular among customers. The special sauce of the dish is served on the side so that customers can add the amount of sauce according to their preferences. This illustrated how the Hoop encourages customers to develop healthy eating habits by paying attention to details.

Extra vegetables



As an "EatSmart Promotion", customers at the Hoop can order extra vegetables at an affordable price of \$5. It is a piece of good news for those who loves vegetables.

▼ Dominic, The Hoop Manager



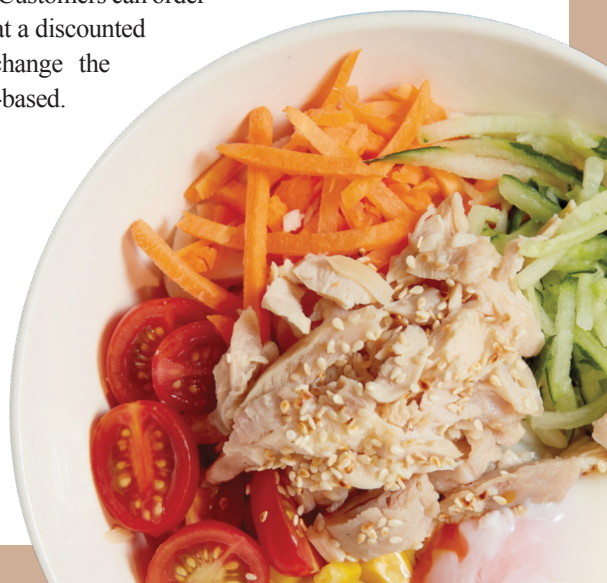
"Jurassic"



"Jurassic" is indeed udon with shredded chicken. Without the sauce, this colourful dish contains less salt and less fat. It is a popular dish among office workers in the area.

Breaking with Convention by Being a Chinese Style Tea Restaurant Emphasising on Vegetables

According to Dominic, dishes offered by Chinese style tea restaurant are relatively monotonous. He decided to design new dishes and tailor-make a unique menu for the Hoop. "We operate as if we're playing a game and keep on being innovative." Dominic added. Currently, "Jurassic" and "Godzilla" are found on the menu. They do not refer to science-fiction films, but rather are the names of special meal sets at the Hoop, which reflect the team's effort and creativity. Fresh vegetables are included in each dish at the Hoop. Customers can order extra vegetables at a discounted price or even change the dish to vegetable-based.



Promoting the ESR Star+ Campaign at the Food Expo and Hong Kong Brands and Products Expo



▲ Café Lohas, an ESR, demonstrated cooking its aromatic and award-winning dish “Cauliflower Burger with Cheese and Portobello Mushroom”.

To introduce the ESR Star+ Campaign and its Facebook page and Instagram account to the public, the campaign participated in the HKTDC Food Expo (Food Expo) and Hong Kong Brands and Products Expo in August and December 2021 respectively. Café Lohas, the champion of the “3 Less” dish group in the “2021 EatSmart Recipe Competition”, demonstrated cooking its award-winning dish “Cauliflower Burger with Cheese and Portobello Mushroom” at the Food Expo.



“Team Three Stars” was Launched on the Social Media Platforms of the ESR Star+ Campaign!

The unique and impressive “Team Three Stars” was launched on the social media platforms of the ESR Star+ Campaign! “Team Three Stars” will promote the ESRs and enhance the content of the Facebook page and Instagram account of the ESR Star+ Campaign, in order to attract more young consumers who love dining out to follow the page and account. “Team Three Stars” will report the latest updates of the ESR Star+ Campaign. Please stay tuned!



“EatSmart Restaurant Star+” Facebook Page



“EatSmart Restaurant Star+” Instagram

EatSmart Promotion Programme Has a Different Theme Every Month

To provide a platform on the social media for ESRs to promote their “EatSmart Dishes”, and attract and encourage the public to patronise the ESRs.



JUN Father's Day

JUL Summer Highlights

AUG Mid-Autumn Festival

SEP “More Fruit and Vegetables” dishes

OCT New Restaurants

If you would like to join the EatSmart Promotion Programme or have any enquiries, please contact the Secretariat of the ESR Star+ Campaign on 3151 7637 or 3151 7645.



Webpage of the EatSmart Promotion Programme