



Choices of noodles

When choosing the type of noodles, those that have not been deep-fried and are without added oil are preferred.

Flexible Portion Sizes are Preferred

With more and more people becoming conscious of healthy eating, Chloris believed that noodle soup restaurants can seize the opportunity by allowing customers to choose the portions of noodles and vegetables according to their needs. This will not only provide customers with more healthy options, but also allow restaurants to attract more health-conscious customers, thus achieving a win-win situation.

Noodle soup To prepare dishes with less sodium, restaurants can use natural herbs and spices and gradually reduce the amounts of seasonings such as salt, soy sauce and chicken powder used.

Is Noodle Soup Necessarily a Healthy Choice?

For many people who are conscious of healthy eating, noodle soup is a popular choice when eating out. They believe that dishes prepared in soup are in general lower in fat. In addition, as noodle soup comes with many choices of ingredients, it is believed to be a source of balanced nutrition. However, in reality, noodle soup may contain diet traps. In this article, registered dietitian Leung Hei-wan, Chloris analysed the different components of noodle soup to help us make healthy choices.

Leung Hei-wan, Chloris,
Accredited Practising Dietitian, DA (APD), HKDA ▶



Ingredients and Soup Bases are Equally Important

Chloris pointed out that whether a bowl of noodle soup is healthy or not depends on the type of noodles, the ingredients selected and the soup base used. She said, "Regarding the types of noodles, rice noodles and egg noodles have not been deep-fried and therefore contain lower calories than instant noodles. When it comes to ingredients, we should choose fresh ingredients with lower fat contents, such as fresh meat slices, fresh fish slices and shredded chicken. We should avoid choosing high-fat and high-sodium ingredients such as pork belly and fish balls."

The soup base has always been regarded as the essence of noodle soup. Chloris believed that we should pay extra attention in selecting the soup base. "Although soup bases made from ingredients such as large amounts of pork bones, peanut butter, coconut milk and soy sauce are flavourful, they are high in fat and sodium. Consuming only one bowl of noodles served with these soup bases may make you intake more sodium than the maximum recommended daily intake, as well as increase your fat intake." To prepare healthy and tasty soup bases, Chloris suggested that restaurants use fresh ingredients, and natural spices such as black pepper, ginger, spring onion and garlic instead of ready-made sauces for seasoning.



Kowloon | Shandong Dumpling Restaurant

Home-style Dumplings Freshly Made with Healthy and Innovative Ideas



山東餃子館

“Shandong cuisine is usually light in taste. Dumplings are our favourite.” Initially, the owner set up this restaurant with the purpose of introducing healthy dishes from her hometown to customers. As a bonus, the restaurant became a three-star EatSmart Restaurant (ESR). Wong Hung-yim, Ada, the owner of Shandong Dumpling Restaurant, said cheerfully, “I believe that healthy eating is the new trend. Dishes that provide balanced nutrition and make you feel like home are definitely the way forward.”

Vegetarian Dumplings Become Children's Favourite

Ada and her staff start preparing the dishes at 10am every day. With the fresh ingredients, different kinds of delicious dumplings can be prepared with only simple seasonings. Served with a portion of healthy Shanghai noodles, the dumplings have successfully attracted and retained many customers.

“Dumplings with Assorted Vegetables and Noodles” and “Dumplings with Tomato and Egg and Noodles” are two of the “More Fruit and Vegetables” dishes served in the restaurant. Dumplings with assorted vegetables are made with dried tofu, Chinese cabbage, Chinese mushrooms, wood ear fungus and mungbean vermicelli. On the other hand, the fillings of dumplings with tomato and egg are home-style stir-fried tomato with scrambled eggs. Ada said, “Initially, we introduced these two kinds of dumplings to cater to the needs of vegetarian customers. To our surprise, they became our customers’ top choices. Recently, we are overjoyed to see that more and more children customers ordered the ‘Dumplings with Assorted Vegetables and Noodles’.”

*Dumplings with Assorted
Vegetables and Noodles*

Made from five vegetarian ingredients, this dish with rich flavour and texture is not surprisingly loved by children.



Seasonal Ingredients to Attract Customers

Ada believes that one of the keys to encourage customers to put healthy eating into practice is to always give them a sense of novelty. From time to time, she will introduce new dishes made from seasonal vegetables, and the popular ones will become regular dishes on the menu. This was exactly how the “Dumplings with Tomato and Egg and Noodles” became a very popular dish among customers.

▼ Wong Hung-yim, Ada, owner of Shandong Dumpling Restaurant



*Dumplings with Tomato and
Egg and Noodles*

A popular healthy choice among office workers in the area.



Tsuen Wan | Shunde Cuisine

Fish Soup Prepared Daily Gains Reputation for its Freshness



Encouraging People to Put Healthy Eating into Practice

Mr Ng believes that eating habits are closely related to health. As a common saying goes, “illness finds its way in through the mouth”. Mr Ng has light meals and avoids strong-flavoured and deep-fried foods in his daily life. Driven by the goal of developing a taste that he himself is willing to savour every day, he is committed to creating and serving dishes that are both delicious and healthy, thereby contributing to encouraging the public to put healthy eating into practice.

A rich aroma fills the kitchen of Shunde Cuisine every early morning, as the owner Ng Siu-tong and his staff start preparing the fresh fish soup needed for the day. Shunde Cuisine is a three-star ESR established in 2009. Mr Ng recalled, “At that time, rice noodles became a trend in the catering industry. However, the soup bases used were in general strong in taste and greasy, which were not healthy choices. I seized the opportunity and started the business by serving rice noodles in fish soup.”



Rice Noodles with Papaya, Pumpkin and Grass Carp Tail



Rich in vitamin A, the two kinds of fruits and vegetables are good for your eyesight.

Rice Noodles with Assorted Mushrooms, Cloud Ear Fungus and Prawns



As this fresh fish soup has been thoughtfully filtered to remove fish bones, many customers who dislike fish bones start to go for rice noodles in fish soup.



Since rice noodles are made from rice and water only and are relatively simple, Mr Ng has dedicated his efforts to preparing soup bases and ingredients. The signature fish soup of Shunde Cuisine is made with fresh fish, a small amount of salt and rock sugar only and is simmered for five hours. Mr Ng said, “Preparing the food itself is not difficult. It is your persistence which is demanding.” It is admirable that Mr Ng shows great perseverance until now and strives to present the authentic taste of food to his customers.

▼ Ng Siu-tong, owner of Shunde Cuisine



Taking both Health and Taste into Account

On the restaurant's menu, it is not difficult to spot dishes with vegetables as the main ingredients. Among them, “Rice Noodles with Papaya, Pumpkin and Grass Carp Tail” and “Rice Noodles with Assorted Mushrooms, Cloud Ear Fungus and Prawns” are both “More Fruit and Vegetables” and “3 Less” dishes. These two dishes have always been popular among customers. Mr Ng said, “The dishes are not only prepared with a lot of fresh ingredients, but also have vegetables as their main ingredients. They are both healthy and tasty and as expected, are popular among customers.”

EatSmart Recipe Competition 2023

The Department of Health (DH) organised the “EatSmart Recipe Competition 2023” this year with the aim of encouraging ESRs to provide more “EatSmart Dishes” that are appealing, aromatic, tasty and nutritious, as well as raising the public’s awareness on healthy eating. After online voting by the public, “Pan-fried Asparagus and Bamboo Fungus Rolls with King Oyster Mushroom” by Club St Martin and “Amber Walnuts and Hokkaido Fresh Milk with Scallops” by Megan’s Kitchen became the winning dishes in the “More Fruit and Vegetables” and “3 Less” groups respectively.

Artiste Lam Suk-man, Mandy visited the award-winning restaurants and prepared the winning dishes with the chefs. To learn about the healthy eating tips from Mandy, please scan the QR code below to visit the Facebook page of the “EatSmart Restaurant Star+” Campaign and watch the related videos.



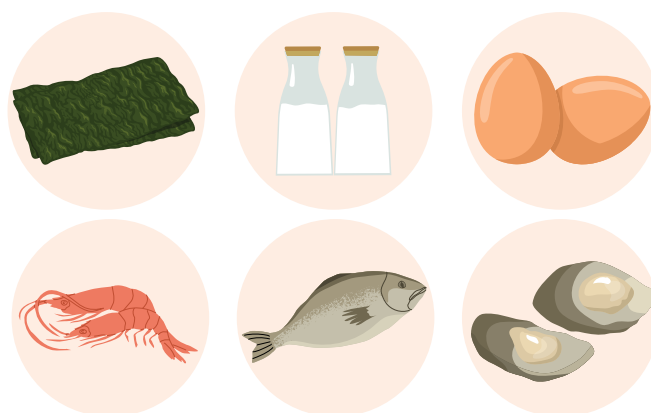
Tips: Adequate Iodine Intake

Iodine is an essential micronutrient required for normal thyroid functioning, growth and development. Persistent inadequate iodine intake may result in iodine deficiency and associated disorders such as hypothyroidism. The DH’s Population Health Survey 2020–22 revealed that except for younger persons (15–34 years old), the iodine intake for different genders and age groups was found to be insufficient in general.

To obtain adequate iodine, members of the public should consume iodine-rich foods, such as seaweed, kelp, seafood, marine fish, eggs, milk and dairy products, as part of a healthy balanced diet. On the other hand, iodised salt should be used instead of ordinary table salt, keeping total salt intake below 5 grams (slightly less than 1 level teaspoon of salt) per day to lower the risk of raised blood pressure. Pregnant and lactating women should take iodine-containing supplements containing at least 150 micrograms of iodine per day.

For more information, please refer to the Thematic Report on Iodine Status and the Joint Recommendation on Iodine Intake for Members of the Public:

www.chp.gov.hk/en/features/37474.html



Festive EatSmart Dishes Promotion

The “EatSmart Restaurant Star+” Campaign will promote “EatSmart Dishes” of the ESRs via social media platforms at the following festivals for free. Don’t miss the chance!

If you would like to participate in the promotion, please contact the Secretariat of the “EatSmart Restaurant Star+” Campaign on 3151 7637 or 3151 7645.

EatSmart Dishes Promotion (Mid-Autumn Festival)



FEB	Lunar New Year and Valentine's Day
MAY	Mother's Day
JUN	Father's Day



“EatSmart Restaurant Star+”
Facebook Page



“EatSmart Restaurant Star+”
Instagram

