

Provision of “EatSmart Dishes”

1. Are “EatSmart Dishes” (i.e. “More Fruit and Vegetables” dishes and “3 Less” dishes) required to be provided in designated business hours?
- A. One-star ESRs are required to offer at least five “More Fruit and Vegetables” dishes on a daily basis. However, it is not necessary to make these five dishes available in the same session.

For Two-star ESRs (Green Star + Red Star) or Three-star ESRs, they are required to provide at least five “EatSmart Dishes” on a daily basis, including at least one “More Fruit and Vegetables” dish and at least one “3 Less” dish. Failure to do so will be deemed not in compliance with the requirement. On the other hand, it is not necessary to make the five “EatSmart Dishes” available in the same session; it is sufficient if the five “EatSmart Dishes” are provided on the same business day. For instance, a participating restaurant can provide three “EatSmart Dishes” in the morning session and two “EatSmart Dishes” in the evening session.

“More Fruit and Vegetables” dishes

2. The requirement of “More Fruit and Vegetables” dish refers to dishes with cooked vegetables. What is the requirement for uncooked vegetables e.g. salad?
- A. To qualify as a “More Fruit and Vegetables” dish, uncooked vegetables should occupy at least 4 times as much the amount of meat and its alternatives present in the dish. Taking a set menu of beef skewer with about 1/2 bowl of cooked beef as an example, 2 bowls of salad should be provided to meet the requirement of “More Fruit and Vegetables” dish. (1 bowl = 250 – 300 ml).
3. If pumpkin is quickly deep-fried and then stir fried with bitter cucumber in a dish, is it considered fulfilling the requirement of “More Fruit and Vegetables” dish?
- A. No, “More Fruit and Vegetables” dish does not include any dish containing vegetables or other ingredients which have been quickly deep-dried.

4. In the dish “Sautéed Five-Coloured Vegetable Dices”, the vegetable dices are contained in a deep-fried “bird’s nest”. Does this dish fulfil the requirement of “More Fruit and Vegetables” dish?
- A. No. As the “bird’s nest” is deep-fried, it does not fulfil the requirement of “More Fruit and Vegetables” dish.

“3 Less” dish

5. What is the meaning of “Less”?
- A. We encourage participating restaurants to use healthier cooking methods and ingredients that can reduce the amount of fat / oil, salt and sugar. However, “Less” is not equivalent to “Low” or “No”. Dishes prepared in accordance with the Checklist for “3 Less” dishes (Annex II) are generally the healthier options.
6. Must a dish fully pass the criteria set out in the Checklist for “3 Less” dishes before it can be labelled with the “3 Less” dish Logo?
- A. Yes. To ensure that “3 Less” dishes are all healthier choices, participating restaurants are required to modify or create new dishes according to the definition of “3 Less”, and to use the Checklist for “3 Less” dishes in Annex II for final checking.
7. Are “3 Less” dishes suitable for patrons who are advised to have special diets (e.g. low-sodium meal) for health reasons?
- A. No. Less fat / oil, less salt and less sugar are not equal to low fat / oil, low salt and low sugar. “3 Less” dishes have reduced content of fat / oil, salt and sugar but may not be as low as that in special diets. These patrons are advised to consult their doctors or dietitians.
8. When preparing “3 Less” rice in soup or noodles in soup, is it required to use ingredients according to the criteria set out in the “3 Less” to prepare the soup?
- A. Yes. This can ensure that the “3 Less” dishes contains less fat /oil, salt and sugar.

9. Can non-deep fried ready-to-use “vegetarian chickens” be used for preparing “3 Less” dishes?

A. Non-deep fried ready-to-use “vegetarian chickens” are usually seasoned and contain relatively higher content of sodium, so they are not suitable for preparing “3 Less” dishes.

10. Dry-roasted plain nuts and avocados are rich in fat. Can they be used for preparing “3 Less” dishes?

A. Although dry-roasted plain nuts and avocados are rich in fat, they mainly contain unsaturated fat which is beneficial to cardiovascular health. Therefore, they can be used for preparing “3 Less” dishes, yet in an appropriate amount only.

11. Is it required to serve steamed dishes with oil and soy sauce, which is supposed to be poured on the dish in the final cooking step, separately?

A. It is required to “serve low-fat salad dressing or sauce separately” in “3 Less” dishes. In this regard, “oil and soy sauce, which is supposed to be poured on the dish in the final cooking step” should also be separately served so that patrons can add the sauce to the dishes at their own discretion.

12. What does it mean by “using less cooking oil and salt”?

A. It means that, as a general reference, you should use no more than three teaspoons of vegetable oil and half teaspoon of salt to make a dish that serves four persons. The amount of sodium in half teaspoon of salt is comparable to one tablespoon of soy sauce (1 teaspoon = 5 ml, 1 tablespoon = 15 ml).

13. Can simple food such as “steamed rice” and “plain congee” be served as “3 Less” dishes?

A. Although these simple food meet the “3 Less” criteria, patrons expect to eat dishes which excel in “colour, smell, taste and nutrition”. We encourage participating restaurants to design appealing “3 Less” dishes.

14. Can hot lemon water and pure fruit juice be counted as “3 Less” dishes?

A. No. “EatSmart Dishes” do not include beverages.

“EatSmart Promotion”

15. Can participating restaurants change the types of “EatSmart Promotion” offered?

A. Two-star ESRs (Green Star + Yellow Star) and Three-star ESRs must provide promotional offer for “EatSmart Dishes” throughout the year but the types of promotional offer can be altered.

16. Do restaurants meet the requirement of providing promotional offer throughout the year if the types of “EatSmart Promotion” provided during weekends are different from those provided during weekdays?

A. Yes, this is because “EatSmart Promotion” is available for customers on a daily basis.

Others

17. Can a hotpot restaurant be an ESR?

A. A hotpot restaurant which has become an ESR must serve at least one kind of “3 Less” soup base among the five “EatSmart Dishes” provided. Apart from providing an individual hotpot ingredient as a “More Fruit and Vegetables” dish and “3 Less” dish, hotpot restaurants may also consider providing a “More Fruit and Vegetables” dish and “3 Less” dish set meal including both hotpot ingredients and soup base.

18. Can participating restaurants change dishes according to the season?

A. To cater for different preferences of patrons in different seasons, the DH encourages participating restaurants to change “EatSmart Dishes” frequently. Participating restaurants can create more delicious dishes with reference to the nutritional criteria of “3 Less” dishes and “More Fruit and Vegetables” dishes. If necessary, the DH will be willing to provide ongoing support, e.g. providing nutritional recommendations on new recipes.