

有營食肆

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蔬果之選

Dish with more Fruit and Vegetables

代表菜式的材料全屬蔬果類或按體積計，蔬果類是肉類的2倍或以上。

Means that either fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat present in the dish.



3少之選 3 Less Dish

代表菜式以較少脂肪或油分、鹽分及糖分烹調或製作，符合「3少之選」的要求。

Means that the dish has less fat or oil, salt and sugar, meeting the "3 less" requirement.





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營廚。大變身

Cook Smarter Everyday

為了緊貼行情，我們四月進行了兩次意見收集，徵詢各大、小師傅對《營廚》處女作的意見。大家一致認為本刊內容應以食物營養資訊為重點，所以今期《營廚》便來一次加強版，特別添加營養師對每個有「營」食譜的分析。各位在欣賞同業的精心傑作之餘，亦可增進對餸菜營養的了解。另外也新增名人專訪及「有『營』食肆」實錄，務求令《營廚》內容更精彩。今期我們亦走訪蔬菜統營處搜羅大師傅都未必見過的新食材，記得密切留意啦！這個年頭，照顧「無飯家庭」三餐的師傅，簡直是我們的「再生父母」。我們飲食健康與否完全掌握在你手。如果您有好食譜或好心得跟大家分享，歡迎聯絡「有『營』食肆」運動秘書處 2572 1476。

You may notice that this issue is quite different from the previous one. New features on recipe analysis, celebrities' pick and EatSmart Restaurants Snaps were added to tailor to your growing interest in nutrition and health food business. We also introduce some of the newest ingredients sourced by the Vegetable Marketing Organization which you may have never seen. Make sure you don't miss it! As eating out become more and more common, chefs have virtually become our "Second Mom". Whether we can eat healthily or not depends heavily on you. If you have some brilliant tips on healthy cooking or recipes that could be shared, contact us via 2572 1476.





有「營」茶餐廳 - 廣發餐廳

Hong Kong Style Tea Restaurant - KF Cafe & Restaurant

《營廚》推介：

葡汁四寶蔬 — 選用西蘭花、番茄、小唐菜及鮮冬菇配以低脂奶煮成的葡汁，脂肪含量比用上以較多飽和脂肪的椰汁製作的傳統葡汁為少。

CookSmart's recommendation: *Vegetables in Portuguese Sauce* -

broccoli, tomato, brassica green and fresh mushroom in a cream sauce made from low-fat milk instead of coconut milk which is high in saturated fat. The overall fat content is much reduced.

港式茶餐廳一向給人的印象是攝取脂肪的高危區，如雜扒飯、炒麵、西多士…數之不盡的多油高脂食品。但位於葵涌區的廣發餐廳，在奉行「3少」原則之餘，亦能烹調出美味的菜式，成為別具一格的有「營」茶餐廳。

廣發餐廳的東主馬健亮先生一向認為營運茶餐廳「做生意」之餘，亦應關注顧客的健康。難得餐廳的主廚亦非常認同他的理念，此上下一心的動力促使他們炮製出一些既美味又符合「蔬果之選」及「3少之選」的菜式，深受區內上班族一族歡迎。

茶餐廳一般都選用冷藏肉類，常以雞粉去除其「雪味」，可是雞粉屬鹽分較高的調味料，並不適用於「3少之選」的菜式，怎麼辦呢？馬先生強調，只要「啤水」及「飛水」的時間足夠，同樣可去除「雪味」。

Hong Kong Style Tea Restaurants give us an impression that most of their food are less healthy. Their best-sellers, such as stir-fried noodles, assorted tenderized steak and French Toasts are often high in fat and calorie. The KF Cafe & Restaurant in Kwai Chung, however, distinguishes itself from other eateries as an EatSmart Restaurant offering "3 Less" yet delicious recipes.

Mr. MA Kin-Leong, owner of KF Cafe & Restaurant works closely with his Head Chef, who shares his dining philosophy, to make numerous healthy dishes fulfilling the "More Fruit and Vegetables" and "3 Less" requirements. White collars working around are impressed and welcome such changes.

Mr. MA dismisses the misunderstanding that EatSmart dishes are more costly - the ingredients of EatSmart recipes are mostly vegetables which are generally less costly, and are affordable to most families.



廣發餐廳東主 - 馬健亮先生
Mr. MA Kin-leong, owner of KF
Cafe & Restaurant



《營廚》推介：

火龍牛柳粒 — 火龍果是膳食纖維及維他命C的食物來源。水果入饌，緊記只需要以微溫的水將水果浸暖，無須烹煮！這不單能避免水果因烹煮而變酸，且能避免高溫將維他命C破壞；只要當其他材料快熟透時，才加入微暖的水果拌勻即可。

CookSmart's recommendation:

Stewed Beef Cubes with Dragon Fruit - Dragon fruit is an excellent source of dietary fibre and vitamin C. It is not advisable to bring the fruit to boil when preparing a hot dish. Simply soak the fruit in lukewarm water. This can not only prevent the fruit from turning sour, but also prevent vitamin C destruction by heat. The warmed fruit should be added in when other ingredients are almost done.

有「營」廣東食府— 金都海鮮酒家

Cantonese Cuisine –
Golden City Seafood Restaurant



金都海鮮酒家廚部主管—李敬賢先生
Mr. Li King-yin, Head Chef
of Golden City Seafood
Restaurant

一般人都認為中式酒家所提供的菜式都是偏重香口，味濃且油膩。現今奉行「3少」原則所推出的「有『營』菜式」，不知食客是否接受呢？

金都海鮮酒家的廚部主管李敬賢先生認為，健康的菜式著重帶出食材的原味，添加太多調味料反而掩蓋食物的真味。李先生表示，只要食材配搭得宜，自然能煮出美味又健康的菜式；以「火龍牛柳粒」為例，清甜的火龍果能突出牛柳的鮮味。

李先生表示，自該店推出「有『營』菜式」以來，顧客的反應都非常好。為讓顧客有更多的選擇，他們每二至三星期便更換「有『營』菜式」。他發現越來越多顧客樂於享受「健康的一餐」呢！**營廚**

Traditional Cantonese cuisine is oily and strong in flavour. What about "3 Less" Cantonese dishes?

Mr. Li King-yin, the Head Chef of Golden City Seafood Restaurant, believes that fresh ingredients make good food. "To get the right mix of ingredients is the key to cooking a healthy dish," says Chef Li.

"The EatSmart dishes we offer have been well received by our customers. To keep them coming back, we change our menu every two or three weeks. We observe that more and more health-conscious customers return for our healthy meals."

有「營」美味廚房 - 爵悅庭住客會所

Club Chelsea -

"3 Less" Dish = Tasteless? NO way!

「3少」和「無味精」的原則，會否令菜式淡而無味呢？

爵悅庭住客會所的二廚李頌禮先生指出，自從加入「有『營』食肆」的行列後，促使他積極嘗試不同種類的食材，竟帶給他意想不到的收獲。

李先生笑說回想當日參與衛生署所主辦的「有『營』食肆」簡介會，聽到既要「少油、少鹽、少糖」，更不能使用味精、雞粉等作調味時，確實被衛生署的「有『營』原則」難倒。及後他積極鑽研以蔬果類為食材，從中發現南瓜、洋蔥、燈籠椒等均味道較濃，再配上香草來烹調，更能豐富菜式的味道。這清新美味的感覺得到食客的稱讚，反映其受落程度，為李先生增添不少信心，繼續為顧客製作更多「有『營』菜式」！**營廚**

Club Chelsea Cook Mr. LEE Chung-lai said, "I had been experimenting with a wide variety of ingredients since our restaurant has enrolled into the 'EatSmart@restaurant.hk' Campaign."

"At the Briefing Session organized by the Department of Health, I learnt about the requirements of '3 Less' -- less oil, salt and sugar and to refrain from using additives. I felt challenged by the requirement. After some trials, I recognized that pumpkins, onion and herbs are fantastic ingredients for western cuisine. My confidence is boosted as I received positive feedback from customers. They really appreciate the fresh taste of EatSmart Dishes we offer."



爵悅庭住客會所二廚 - 李頌禮先生
Mr. LEE Chung-lai, Cook of Club Chelsea

《營廚》推介：

香草白汁龍脷飯或意粉 — 白汁一般多用含較多飽和脂肪的牛油或全脂的忌廉製造，而此菜式的白汁則改用橄欖油和脫脂奶，配上甜椒，令此白汁不單較一般的健康，更多一點清甜的味道。

CookSmart's recommendation:

Sole Fillet in Cream Sauce with Rice or Pasta

— pumpkin, red bell peppers and carrots add colour to the dish. Olive oil and low-fat milk make the sauce creamy but contain fewer calories than typical cream sauce made from butter and cream.





假日御廚

The Holiday Chef

李明達





前警務處處長李明達曾經身繫維持全港治安的重大任務，工作緊張而忙碌。原來他煮得一手好菜，近年更在報章上撰文介紹食譜，分享下廚心得。這次《營廚》請來前「一哥」李明達分享營養飲食的見解和實踐。

Mr. Dick LEE, the former Commissioner of Police, once shouldered the responsibility of keeping Hong Kong one of the safest and most stable societies in the world. It is not hard to imagine him holding onto a gun, but what about a cooking pan? Don't be surprised! Let's see what he has to share about healthy eating and cooking.

煮食要專心！

我的媽媽是山東人，自小在家裡看她做飯，包餃子、做拉麵，耳濡目染，培養出烹飪的興趣來。加入了警界工作後，假日時我會走進廚房做菜，將繁重工作暫時放下。

烹調的要訣是專注、用心，切菜時既要小心，烹調時間又要控制得宜；菜煮好了，與家人朋友分享美味，是一大樂事。

簡單就是美

選擇食物的原則是簡單，易做。只要食材的質素好，簡單的材料亦可以成為佳餚。我選的菜式以多菜、少肉為原則；喜歡以炆及蒸的方法烹煮，避免食物太油膩。

我今次介紹的兩款食譜，均是經濟實惠又清新可口的菜式，老少咸宜。

第一道是**洋蔥焗豬扒**。雖然主要材料只是豬扒和洋蔥，且做法簡單，但非常美味。配以蔬菜及白飯便是一頓健康且均衡的正餐了。

另一道**加冕雞沙律**來頭不少，是1953年英女皇伊利莎白二世加冕午餐中的一道菜式。主要的材料包括雞胸肉、馬鈴薯和青提子，再配上由低脂蛋黃醬、咖哩粉、鮮芒果醬和檸檬汁製成的沙律醬，口味清新！



前「一哥」至愛菜色

生菜魚滑煲和粉絲雜菜煲，這兩款家常菜，蔬菜分量十足，既「惹味」又不油膩，完全合乎有「營」飲食的原則。

男子漢 大大食？

要應付警務工作，必須具備良好體能，例如巡警每天就起碼要外勤工作七、八小時。不過，並非每餐都要大魚大肉，才有力氣，不少警界同僚亦奉行健康的飲食，吃得清淡！輪班工作的朋友們也要注意，維持每日三餐，不要因為工作時間不穩定而打亂日常的飲食習慣。

「外出用膳最頭痛」

香港人經常在外用膳，不免吃下高油高鹽和加添味精的食物。我支持「有『營』食肆」的概念，甚至親自光顧過部分的「有『營』食肆」。這些食肆所提供的菜色都很有質素，如三色米飯中菜蔬和魚的分量亦很足夠，希望更多食肆會加入「有『營』行列」，造福「出街食飯一族」。**營廚**



Cooking helps you concentrate!

I love to cook even as a child. My mother was born in Shandong and she made very delicious Beijing dumplings, hand-made noodles and food. I learned the know-how as I watched her cooking for us. After joining the Police Force, I spent my leisure time in the kitchen as cooking helped me relax and put work behind my mind. It is especially satisfying when my friends and family appreciate the dishes I prepare for them.

Being Simple is Beautiful

Apart from cooking, I develop my own recipes, too. I play magic with ordinary and simple ingredients. My rule of thumb for developing recipe is using plenty of vegetables and just the right amount of meat. When it comes to methods, I prefer streaming and stewing, as it is less oily.

Here are two recipes I recommend to CookSmart readers - the Braised Pork Chop in Onion Sauce and the Coronation Chicken Salad. They are simple, healthy and affordable to many.

The Pork chop dish, made of pork chop and onion, is easy to make and delicious. When served with vegetables and rice, it makes a wonderful lunch.

The Coronation Chicken Salad is a famous recipe which was created for Queen Elizabeth II's Coronation lunch in 1953. It is a cold dish using chicken breast fillet, new potatoes and green seedless grapes. The sauce is a mixture of mild curry powder, low-fat mayonnaise, fresh mango puree and fresh lemon juice, which gives a fresh and rich flavour.

Our Ex-Commissioner's Choices

My favourite dishes are nothing extravagant but a common choice of many households: Lettuce and Fish Pot and Assorted Vegetables Vermicelli Pot. I tried them in one of the EatSmart Restaurants and I must say they were brilliant.

Do police officers have big appetites?

A police officer usually performs outdoor duties for 7 or 8 hours a day. However, physical demand does not necessarily require big meals. More and more colleagues in the police force are observing the principle of healthy eating. For those who work on shifts, it's essential to have three regular meals a day and not to let work schedules disrupt your eating habits.


Eating out is his headache

I am often being invited to eat out during business and family gatherings. If this is your case, I'd recommend the EatSmart Restaurants. In fact I have visited some of them and found that the food they offered were of high quality and there was a decent selection of vegetables, meat and seafood on their menu. These dishes are vetted by dietitians from the Department of Health and are guaranteed to benefit me and you. I am glad to see more and more restaurateurs caring for us. I salute them all!



紅肉定白肉？

Red Meat or White Meat



究竟紅肉是否適用於「有『營』菜式」呢？

Can I use red meat in EatSmart Dishes?

很多人都知道紅肉(牛、豬、羊等)的脂肪含量較白肉為高，因此不少人錯誤以為紅肉不太健康而避用。其實紅肉的脂肪含量雖較高，但紅肉是鐵質和鋅質的其中一個主要食物來源，所以瘦的紅肉同樣適用於「3少之選」的菜式！各種肉類的營養價值比較見表一。

A lot of people avoid eating red meat due to its higher fat content (relative to white meat). However, red meat is part of a balanced diet as it is one of the major food sources of iron and zinc. Lean red meat is just as good and can be used for preparing "3 Less" dishes. The nutritive value of different kinds of meat are compared in table 1.



表一 各種肉類的營養價值比較 (以每100克，約2.5兩熟肉計算)

Table 1: Nutritional Comparison of Different Kinds of Meat (per 100 g, or about 2.5 taels of cooked meat)

		脂肪 (克) Fat (gm)	鐵質 (毫克) Iron (mg)	鋅質 (毫克) Zinc (mg)
紅肉 Red Meat	牛肉 - 瘦 Lean Beef	9.7	1.9	5.3
	豬肉 - 瘦 Lean Pork	9.4	1.1	3.3
白肉 White Meat	雞肉 - 去皮 Skinless Chicken	6.7	1.2	2.0
	龍利魚柳 Sole Fillet	1.5	0.3	0.6

資料來源：美國農業部轄下的營養素資料實驗室
Source: The USDA Nutrient Data Laboratory

表二 鐵質和鋅質的主要功用和成年人 (18-49歲) 的每日建議攝取量

Table 2: Function of Iron and Zinc, and their Dietary Reference Intakes for Adults (aged 18-49)

	主要功用 Major Function	每日建議攝取量 (毫克) Dietary Reference Intakes (mg)	
		女 Women	男 Men
鐵質 Iron	用作製造紅血球 Production of red blood cells	20	15
鋅質 Zinc	參與碳水化合物、蛋白質和脂肪的生理化學反應 Metabolism of carbohydrates, protein and fat	11.5	15

資料來源：中國居民膳食營養素參考攝入量
Source: The Chinese Dietary Reference Intakes



鐵質和鋅質

Iron and Zinc

禿頭症

Hair Loss

精子形成

Sperm Production ↓

貧血

Anemia

抵抗力

Immune Function ↓

身體缺乏鐵質會削弱抵抗力，嚴重者甚至會患上缺鐵性貧血。攝取不足夠的鋅質可引致禿頭症和精子形成減少。男女因生理上的差別，對鐵質和鋅質的需要亦有不同。男士身型因較健碩，所以對鋅質的需要較高；而女士因生理週期的鐵質流失，故對鐵質的需要較高。表二列出鐵質和鋅質的主要功用和成年人的每日建議攝取量。

Iron is essential to our immune function and red blood cell production. Zinc is needed for hair growth and sperm production. Men and women, due to biological difference, have different nutrition needs for iron and zinc. Generally, men need more zinc than women due to their higher physical needs while women need extra iron to replenish the iron lost in menstrual period. Table 2 shows the function of iron and zinc and their Dietary Reference Intakes (recommended daily intakes) for adults.

紅肉 - 每星期少於500克

Red Meat - 500 gram a week

紅肉是健康均衡飲食的一部份
Red meat is part of a balanced diet

或許你曾聽過紅肉與某些癌症有關。世界癌症研究基金會指出過量食用紅肉是導致大腸癌的其中一個原因。因為紅肉含有血質鐵，會破壞大腸內膜引致大腸癌。其他加工肉類如煙肉、火腿、香腸等，也會因煙燻、鹽醃或加入防腐劑而產生致癌物質。

但世界癌症研究基金會亦同時指出由於紅肉提供重要的營養元素，所以適量食用亦是健康均衡飲食的一部份。

什麼是適量？

- 每星期食用少於500克烹煮後的紅肉(烹調前約700-750克或18兩)；
- 每餐食用肉類約85克或2兩(烹煮後的重量，約是3個乒乓球的體積)計算；及
- 每星期食用紅肉不多於5-6次便做到該會的建議。

The World Cancer Research Fund shows that there is strong evidence that red and processed meats are causes of bowel cancer, and that there is no amount of processed meat that can be confidently shown not to increase the risk. It is suggested that the haem iron in red meat damages gut wall membrane, and preservatives which are widely used in processed meats such as bacon, ham, sausages, smoked and preserved meats are found to be cancer-inducing.

Aim to limit intake of red meat to less than 500 g cooked weight a week (700-750 g or about 18 taels of fresh meats) because it is a source of essential nutrient contents. Try to avoid processed meats such as bacon, ham, salami, corned beef and some sausages.

If the meat portion for a single meal is 85 g or 2 taels (cooked meat, which is the equivalent size of 3 table tennis balls), the organisation's recommended intake would be 5 or 6 servings per week.

選用紅肉貼士

Tips for eating red meat

1. 多選新鮮的肉類，減少選用罐頭或醃製的肉類；
Choose fresh meat instead of canned or preserved ones.
2. 選用脂肪比例較低的肉類；除腩外，一般而言，原來接近骨骼位置的肉，脂肪比例是較高，圖一比較不同部位的牛肉和豬肉的脂肪含量；
Choose lean meat. Briskets and the cuts closer to bones tend to contain more fat. Diagram 1 compares the fat content of different parts of beef and pork.
3. 多選蔬果配搭紅肉的菜式，不單能減少紅肉的份量，蔬果含的維他命C，更有助身體吸收紅肉的鐵質；及
Select dishes comprised of vegetables and red meat. It not only helps reduce the intake of red meat, but also promotes our body to absorb the iron in red meat because of the vitamin C in vegetables.
4. 配合蒸、炆或用易潔鑊少油快炒、少油煎等的低脂烹調方法。
Use low-fat cooking methods such as steaming, stewing, stir- and pan-frying with small amount of oil in a nonstick pan.

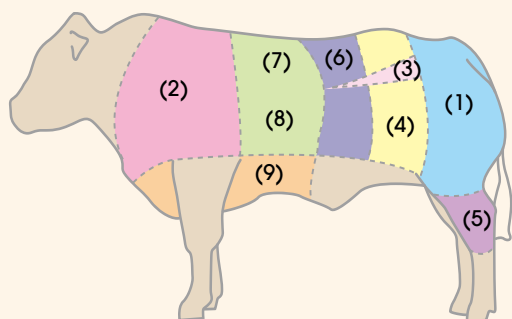
圖一

Diagram1:

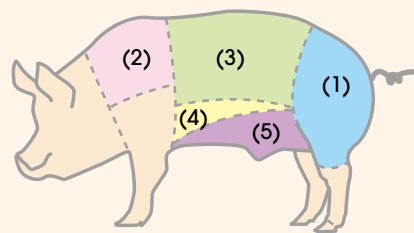
比較不同部位的牛肉和豬肉的脂肪含量 - 每100克(約2.5兩)生肉計，脂肪含量由少到多排列

Fat Content of Different Parts of Beef and Pork - Per 100g (about 2.5 taels) raw meat. Fat content is in ascending order

	脂肪(克) Fat(g)
1. 牛腿 Round	4.1
2. 牛肩 Chuck	4.2
3. 牛柳 Tenderloin	6.5
4. 西冷 Sirloin	8.5
5. 牛腩 Shank	9.9
6. T-骨 T-bone	14.3
7. 肉眼 Rib eye	22.0
8. 牛肋骨 Rib	26.1
9. 牛腩 Brisket	26.5



	脂肪(克) Fat(g)
1. 赤肉 Leg	5.4
2. 梅頭 Blade shoulder	12.4
3. 豬扒 Loin	12.6
4. 腩排 Spare rib	23.4
5. 腩 Brisket	53.0



資料來源：美國農業部轄下的營養素資料實驗室
Source: The USDA Nutrient Data Laboratory.





洋蔥燜豬扒

Braised Pork Chop in Onion Sauce

一個煲，一個爐！

One Pot • One Stove



其實要製作美味佳餚，不一定選用特別或昂貴的食材，就如這菜式使用上易於購買的豬扒和洋蔥。而汁料方面，取材大量洋蔥熬成，與現成黑椒汁相比，除含較少鹽分(鈉質)外，亦能保持同樣濃郁的味道，還帶出長時間燜煮的洋蔥甜味呢！

這道菜的做法簡單，又可預先煮好並冷藏。當翻熱後，便可輕易解決黃金時段內大量出餐的問題。

The major ingredients of this dish are neither expensive nor rare. Compared with ready-to-use black pepper sauce, this onion sauce has a much lower sodium content (salt). The nature sweetness of onion can be brought out by the braising process so that very little added sugar is needed.

Simple utensils - one pot and one stove is needed to prepare this dish. The pork chop can be cooked in advance to cater for peak hours.

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
236	17	25	8	9	1240

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



材料 Ingredients: (2 人份量 Serves 2)

厚身豬扒連骨 (約2厘米厚)	2 塊
洋蔥	2 個
清水	480 毫升 (2 量杯)
老抽	2 湯匙
生抽	1 茶匙
糖	1 湯匙

Pork chop, thick cut (about 2 cm)	2 pieces
Onion	2 pieces
Water	480 ml (2 cups)
Dark soya sauce	2 tablespoons
Light soya sauce	1 teaspoon
Sugar	1 tablespoon

步驟 Cooking Method :

1. 把豬扒邊的根膜用刀切開，再用刀背鬆豬扒。
2. 洋蔥每個切開四邊，連同豬扒放入煲中。
3. 加清水入煲至剛好蓋過豬扒和洋蔥，然後加入老抽、生抽及糖。
4. 蓋好煲蓋，大火滾5分鐘，然後轉小火燜1小時15分鐘，至豬扒變焗為止。
5. 把豬扒取出置於碟上。大火把煲中的汁煮至稠，淋在豬扒上即成。

1. Trim the pork chops with a knife. Then use the back of a cleaver to pound the pork chops, loosening up the muscles.
2. Cut the onions into quarters. Put the onions and pork chops in a saucepan.
3. Add water to cover the pork chops and onions. Then add dark soya sauce, light soya sauce and sugar.
4. Cover with a lid and bring to boil for 5 minutes, then reduce heat to low and simmer for 1 hour 15 minutes until the pork chops are tender.
5. Transfer the pork chops to a plate. Increase heat to thicken the sauce. Pour the sauce over the pork chops and serve.





加冕雞沙律

Coronation Chicken Salad

一款食物，二個產品！

One Product • Two Presentations



炎炎夏日把胃口都悶壞了！來一客冰涼且酸溜溜的沙律就最適合不過！可是一般的沙律醬，如蛋黃醬、千島醬等，其實主要是脂肪，屬食物金字塔頂部的油類，容易使人吸收過多的熱量。為了符合「3少之選」的要求，此「加冕雞沙律」的食譜特別改用了較低脂的蛋黃醬（脂肪含量較一般的蛋黃醬少25%或以上）和以鮮芒果蓉代替高糖分的印度甜酸醬，感覺令人陪感神怡。

你亦可試以「加冕雞沙律」作三文治餡料，五穀類食物有麵包和馬鈴薯，肉類有雞胸肉，水果有青提子和提子乾，既美味又營養豐富！

Our appetite has been spoiled by the hot summer! It is the best time to serve salad. However, ordinary salad dressings, such as mayonnaise and thousand island, are high in fat content. They belong to the food group of fat/oils which is at the tip of the food pyramid, and their intake should be limited. In order to achieve the "3 Less" requirement, this "Coronation Chicken Salad" recipe has used low-fat mayonnaise (25% less fat than ordinary mayonnaise) and home-made mango puree (less sugar compared to mango chutney).

You may also use the "Coronation Chicken Salad" as a sandwich filling. We have bread and potato as grains and cereals, chicken breast fillet as meat, green grapes and raisins as fruits. It's delicious and nutritious!

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
250	19	12	15	7	915

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



材料 Ingredients : (6人份量 Serves 6)

沙律 Salad :

新鮮雞胸肉	250 克 (約6 1/2 兩)
新馬鈴薯	6 個
初搾橄欖油	2 湯匙
蔥花 (切碎)	1 湯匙
磨碎黑胡椒	1 1/2 茶匙
鹽	1 茶匙
無核青提子	24 粒 (約3/4量杯)
合桃肉 (乾焗原味)	10 粒
提子乾 (無添加糖)	1 湯匙
杏仁片 (乾焗原味)	2 茶匙
洋芫茜 (切碎)	2 茶匙
Fresh Chicken Breast Fillet	250 gm (about 6 1/2 taels)
New Potatoes	6 pieces
Extra Virgin Olive Oil	2 tablespoons
Spring Onion (finely chopped)	1 tablespoon
Freshly Ground Black Pepper	1 1/2 teaspoons
Salt	1 teaspoon
Green Seedless Grapes	24 pieces (about 3/4 cup)
Walnuts (roasted, plain)	10 pieces
Raisins (without added sugar)	1 tablespoon
Almond Flakes (roasted, plain)	2 teaspoons
Parsley (finely chopped)	2 teaspoons

沙律醬 Salad Dressing:

低脂蛋黃醬	100 克 (約1/3 量杯)
咖喱粉	1 茶匙
鮮芒果蓉	2 湯匙
鮮檸檬汁	1/2 湯匙
糖	適量 (調校酸味用)
Low-fat Mayonnaise	100 gm (about 1/3 cup)
Mild Curry Powder	1 teaspoon
Fresh Mango Puree	2 tablespoons
Fresh Lemon Juice	1/2 tablespoon
Sugar	to taste

雞醃料 Marinate Chicken :

鹽	1 茶匙
白胡椒粉	1/2 茶匙
橄欖油	1/2 湯匙
Salt	1 teaspoon
Ground White Pepper	1/2 teaspoon
Olive oil	1/2 tablespoon

步驟 Cooking Method:

1. 雞胸肉用鹽、白胡椒粉和橄欖油醃好，放入冰箱冷藏30分鐘。
 2. 把低脂蛋黃醬、咖喱粉、鮮芒果蓉及檸檬汁混合拌勻，加入糖調校至自己喜歡的味道，待用。
 3. 將新薯放入煲中，加清水，用中火煮約15分鐘至熟。取出，待冷卻後，去皮，切大粒。
 4. 薯粒用初搾橄欖油、蔥花、黑胡椒及鹽拌勻，待用。
 5. 為避免薯粒變黑，用步驟2預備的沙律醬先把薯粒略拌一下。
 6. 燒熱平底鑊，放入已醃好的雞胸肉，用中火把兩面煎至微褐色及剛熟。
 7. 待煎好的雞胸肉冷卻5至6分鐘後，用刀切成約1厘米(約1/2吋) 丁方，但留下數片備用。
 8. 加入青提子、合桃肉、提子乾和雞肉粒，慢慢拌入薯仔沙律中。如需要，可再加入沙律醬至全部材料黏在一起。
 9. 將備用的幾片雞胸肉放在沙律上，再洒上杏仁片及洋芫茜碎，餘下的沙律醬用小碟伴上。
1. Marinate the chicken breast fillet with salt, ground white pepper and olive oil. Refrigerate for 30 minutes.
 2. Combine the low-fat mayonnaise, curry powder, fresh mango puree and lemon juice. Mix well. Add sugar to your taste. Set aside.
 3. In a large saucepan, cook the potatoes in water over medium heat for about 15 minutes until soft. Drain and allow to cool. Peel and dice them up.
 4. Combine the potato cubes with extra virgin olive oil, finely chopped spring onion, ground black pepper and salt. Mix well and set aside.
 5. To avoid the potato cubes from turning dark, add the salad dressing of step 2 to the potatoes and mix well.
 6. Heat a frying-pan and cook the chicken fillet over medium heat until both sides are lightly browned and tender.
 7. Allow the chicken fillet to cool for 5 - 6 minutes, then cut into 1 cm (about 1/2 inch) cubes but reserve several slices for garnishing.
 8. Add grapes, walnuts, raisins and chicken fillet cubes. Gently combine with the potato salad.
 9. Place the sliced chicken on top and sprinkle the salad with almond chips and the finely chopped parsley. Serve the remaining salad dressing aside.

瑪瑙牛筋片

Chilled Beef Sinew Jelly

晶瑩通透，爽

An al dente Crystal Touch • Bravo!



牛筋脂肪含量十分低。牛肩和牛柳等較瘦的部位含4-6%脂肪，但牛筋卻只含0.5% 脂肪。再者，牛筋口感軟滑，所以非常受歡迎。但因為牛筋的烹調時間較長，一般人較少在家烹煮，寧可外出享用！

「蘿蔔牛筋腩」是外出用膳時常見的牛筋菜式！但由於牛筋與脂肪比例較高的牛腩（27%）一同烹煮，令整味菜式的脂肪含量大大提高。反觀「瑪瑙牛筋片」中的牛筋只用上沙薑和紅椒等味道較濃的天然香料一同烹煮，故既野味又健康。

Beef tendon is extremely low in fat. The fat content of lean beef such as chuck and tenderloin, are about 4-6%, while beef tendon contains only 0.5% fat. However, many of us prefer ordering beef tendon in restaurants because it is very time consuming to prepare it at home.

"Beef Brisket and Tendon with Radish" is a common dish with beef tendon in restaurants. Since the beef tendon is served with beef brisket (27% fat), the fat content of the dish is greatly increased. On the other hand, the beef tendon of this "Chilled Beef Sinew Jelly" is cooked with various herbs and spices, giving it a strong flavour and healthy beat.

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
241	0	55	2	1	812

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



材料 Ingredients: (4人份量 Serves 4)

牛筋	600 克 (約15兩)
清水	6 量杯 (約 1 1/2 公升)
紅椒	1 隻
八角	4 粒
月桂葉	4 塊
乾沙薑	4 粒
西芹	2 條
芫茜	1 棵
麻油	1 茶匙

Beef Tendon	600 gm (about 15 taels)
Water	6 cups (about 1 1/2 Liter)
Chili	1 piece
Star Anise	4 pieces
Bay leaf	4 pieces
Dry Sand Ginger	4 pieces
Celery	2 stalks
Chinese Coriander	1 bunch
Sesame oil	1 teaspoon

調味料 Seasonings:

鹽	1 茶匙
糖	1 茶匙
Salt	1 teaspoon
Sugar	1 teaspoon

步驟 Cooking method:

1. 牛筋洗淨「飛水」，放清水用中火煮1 1/2小時。
2. 將牛筋、紅椒、八角、香葉、沙薑、西芹和芫茜放入煲中。加清水至剛好蓋過所有材料。
3. 燒滾後轉慢火煮約2小時至全部牛筋變脆滑，加鹽和糖調味。
4. 撈起牛筋，壓成方型，待涼。
5. 把牛筋切片，淋上少許麻油即可。

1. Wash and blanch the beef tendon. Cook it in water over medium heat for 1 1/2 hours.
2. Put beef tendon, chili, star anises, bay leaves, sand gingers, celery and Chinese coriander into a saucepan. Add water to cover all ingredients.
3. Bring to boil, reduce heat to low and cook for 2 hours till beef tendon becomes tender. Add salt and sugar to season.
4. Remove beef tendon from saucepan and mould it into a square shape. Allow to cool.
5. Slice the beef tendon. Pour sesame oil over and serve.



本食譜由海景嘉福酒店 - 海景軒提供

This recipe is provided by InterContinental Grand Stanford Hong Kong-Hoi King Heen.

● 意式香草鮮蝦青野米飯 ●



香港人對「南瓜紅米飯」和「燕麥米蒸飯」一定不會感到陌生。隨著大家日漸意識到全穀物五穀類食物（如糙米和紅米等）對健康的好處，它們已成了健康菜式的常用元素，應用亦不再局限於西餐上！

未經打磨脫殼全穀物五穀類比白飯、意大利粉等精製五穀類，含較多維他命（如維他命 B1, B3和葉酸等）、礦物質（如鐵質、鉀質和鎂質等）和膳食纖維。以這食譜中的野米為例，當中的膳食纖維便比白米多 3 倍。

Whole grain has become a common ingredient to a lot of healthy dishes. Their uses were limited to Western cuisine in the past. As Hong Kong people become more health conscious over the years, new dishes like 'Pumpkin Brown Rice' and 'Steamed Oat Groats' start appearing in fast food shops or even Chinese Restaurants.

When compared to refined grains (e.g. white rice and pasta), whole grains are richer in vitamins (e.g. Vitamin B1, B3, folate), minerals (e.g. iron, potassium, magnesium) and dietary fibre. Take this recipe as an example, its dietary fibre content is increased by 3 times when wild rice is used instead of white rice.

每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
534	86	25	11	10	745

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



材料 Ingredients : (1人份量 Serves 1)

野米	60 克 (約1 1/2兩)
白米	20 克 (約1/2 兩)
橄欖油	2 茶匙
蒜蓉	適量
清湯	4 湯匙
鮮蝦	30 克 (約3/4兩)
青豆粒	3/4 量杯
紫鮮 (切碎)	少許

Wild Rice	60 gm (about 1 1/2 taels)
White Rice	20 gm (about 1/2 tael)
Olive oil	2 teaspoons
Minced Garlic	some
Stock	4 tablespoons
Prawns	30 gm (about 3/4 tael)
Green Peas	3/4 cup
Basil (finely chopped)	for taste

調味料 Seasonings:

鹽	1/4 茶匙
Salt	1/4 teaspoon

步驟 Cooking method:

1. 將野米、白米淘洗隔起，然後加入1茶匙橄欖油、蒜蓉及清湯把野米、白米煮至七成熱後備用。
2. 鮮蝦去殼後洗淨並隔起。
3. 燒暖餘下的橄欖油，放入鮮蝦、蒜蓉、鹽及野米飯，煮至全熟。
4. 再加入青豆粒，加熱至全熟。
5. 灑上切碎的紫鮮即可。

1. Wash and strain wild and white rice. Add 1 teaspoon of olive oil, minced garlic and stock. Parboil to almost done, set aside.
2. Peel and wash the prawns. Drain and set aside.
3. Heat up the remaining olive oil. Add prawns, minced garlic, salt and the parboiled wild and white rice. Cook till done.
4. Add green peas until heated through.
5. Sprinkle with finely chopped basil and serve.

	膳食纖維 (克) Dietary Fibre (gm)	佔成年人每日所需(%) Percentage of the daily requirement for adults (%)
野米60克 和 白米20克 Wild Rice 60 g and White Rice 20 gm	4	16
白米80克 White Rice 80 gm	1	4

註：建議成年人每日攝取25克或以上的膳食纖維
資料來源：美國農業部轄下的營養素資料實驗室
Remarks: The recommended daily intake & dietary fibre for adult is 25 gm or more.
Source: The USDA Nutrient Data Laboratory.

本食譜由城軒飲食集團提供
This recipe is provided by Shing Hin Catering Group.





綠

Green Mile

田

園

平凡中見不平凡！

Being Simple is Beautiful!



每一份 Per serving:

熱量 (千卡) Energy (Kcal)	碳水化合物 (克) Carbohydrate (gm)	蛋白質 (克) Protein (gm)	脂肪 (克) Fat (gm)	糖 (克) Sugar (gm)	鈉質 (毫克) Sodium (mg)
70	16	1	0.3	14	83

熱量和各營養素的含量，是參考美國農業部轄下的營養素資料實驗室的資料計算，數值只作參考用。
The energy and nutrient content are estimated according to information from the USDA Nutrient Data Laboratory. Values are for reference use only.



很多人都喜歡用膳時點選飲品，除了檸檬水和純果汁外，還有沒有其他較健康的飲品呢？大家不防考慮弄一杯蔬菜汁！「綠田園」除了選用西芹汁和青瓜汁，還加入了酸甜的青蘋果汁和「有氣」的梳打水，口味較一般純蔬菜汁更易被接受。成本亦較純果汁便宜。

營養方面，純果汁因含有水果中的天然糖分 - 果糖，所以一杯純果汁的熱量與汽水相約。相反，「綠田園」以蔬菜汁和熱量較低的梳打水為材料，所以「致肥度」比果汁或汽水都為低。

When you make a healthy drink next time, try replacing some of the fruit by vegetables! The energy content of pure fruit juice is comparable to soft drink because of its natural sugar content (fructose).

Adding vegetable juice and soda water can not only lower the caloric content, but also lower the production cost!

飲品 (每杯240毫升計) Beverages (in a serving of 240 ml)	熱量 (千卡) Energy (Kcal)	糖 (克) Sugar (gm)
橙汁 Orange juice	112	20.8
蘋果汁 Apple juice	117	27.0
汽水 Soft drinks	95	23.1

資料來源：美國農業部轄下的營養素資料實驗室
Source: The USDA Nutrient Data Laboratory.

材料 Ingredients: (1人份量 Serves 1)

鮮西芹汁	45 毫升
鮮青瓜汁	45 毫升
鮮青蘋果汁	45 毫升
梳打水	60 毫升

Fresh Celery Juice	45 ml
Fresh Cucumber Juice	45 ml
Fresh Granny Smith Apple Juice	45 ml
Soda Water	60 ml

裝飾材料:

西芹	1 條
----	-----

Garnish:

Celery	1 stick
--------	---------

步驟 Method:

1. 將鮮果汁混合攪拌。
2. 再加入梳打水。
3. 放上西芹條作裝飾。

1. Mix all fresh juice in a glass.
2. Add soda water.
3. Garnish with a celery stick. Serve.

本食譜由旅遊服務業培訓發展中心及中華廚藝學院提供
This recipe is provided by Hospitality Industry Training and Development Centre and Chinese Cuisine Training Institute.



飲食無疆界

Cuisines without borders

Jacky's 推介夏季健康菜式
choice of healthy summer dishes



清水大白菜
Stewed Chinese Cabbage in Chicken Broth

大白菜含豐富的膳食纖維，有所謂「利腸」的功效，湯底採用法國菜吊清湯手法以鮮雞熬成，清澈見底。

Chinese cabbage in French-style chicken stock.



芥末胡麻醬伴日本溫室番茄
Greenhouse Tomatoes in Wasabi Sesame Sauce

兩隻圓圓的去皮溫室番茄，在長型的盛器中一字排開，淋上啡色的麻醬，上面放著三塊小薄荷葉，賣相極美。番茄已開八份，吃起來全無難度。麻醬汁的味道又剛好蓋過番茄本身的微腥味，味道清甜，感覺清新。

飲食

在香港和新加坡開設私房菜館的余健志 (Jacky)，喜歡揉合中國及東南亞的烹調特色，他創作的菜式可說是新派飲食的佼佼者。

見Jacky一身醒目打扮，不認識他的人很難想象廚師正是他的職業。原來在進軍飲食業前，Jacky是從事廣告設計，所以對穿衣打扮甚有心得。更重要是這經驗令他明白再出色的產品也要有合適的包裝才會廣為人接受。正如一般人認為健康食物都是淡而無味，其實只要巧妙地運用顏色的配搭和食材天然的味道，肯嘗試，不怕失敗，便能創出一道好菜。好像他最受歡迎的芥末胡麻醬伴日本溫室番茄 - 以平庸的番茄作主要材料，但加入自製的芥末胡麻醬和薄荷葉，便令食客對健康的菜式有一新體會，食過番尋味！

Jacky認為烹調不需拘泥於傳統形式，所有菜式都可以加以創新、變化。他舉例說，川菜偏辣，傳統的口水雞煮法偏油重辣，他將這道菜精緻化，減油少辣，再加上粉皮或青瓜，便能在變化中尋找現代口味和健康的平衡。Jacky強調廚師可以在烹調時多蒸少炸、以「飛水」代替拉油，如此既可保存食物賣相，又不會肥膩。另外，多用菜蔬或花朵也可以做出不同的美態。

熱愛烹調的Jacky，經常搜羅不同素材創作菜式。他認為在香港的廚師很幸福，差不多各種食材都買得到，只要煮和吃的人對健康飲食觀念正確，便可吃得健康。同時，他期望業界發展能百花齊放，在保留傳統之餘，又不失具備潮流觸覺。他自己就是在不斷創新和實踐中，體會到飲食無疆界的煮食文化。

Running 'private kitchens' in both Hong Kong and Singapore, Jacky loves to create healthy dishes by mixing and matching Chinese and Asian cuisines.

Jacky thinks that chefs should be innovative. In order to meet today's health trend, he modified a traditional Sichuan dish, Sichuan Spicy Chicken, by adding less oil while introducing cucumber and sliced mung bean sheets which was well accepted by customers. Jacky emphasises that chefs can replace deep-frying by steaming, and blanch meat instead of frying it. By doing so, the look of the dish can be maintained yet the amount of oil used is greatly reduced.

People always think healthy food is nothing but unseasoned food. Jacky does not agree. Take his most popular Greenhouse Tomatoes in Wasabi Sesame Sauce as an example, homemade Japanese white sesame paste is used to bring out the natural sweetness in tomatoes so less added sugar is needed. This simple yet delicate appetiser has now become his restaurant's signature dish!





小記後記

不說不知，原來麻醬是用上炒香的日本白芝麻，磨成幼滑芝麻蓉，再加入黑糖、鹽、蛋黃、橄欖油、白醋以及日本青芥辣調味。比起現成的麻醬，不但多幾分香氣，還有一份廚師的心意。營廚





A note from the interviewer fan

Wasabi sesame sauce is made by frying Japanese white sesame and grinding it into a smooth paste. Dark brown sugar, salt, egg yolk, olive oil, white vinegar and Japanese horseradish are then added. This is more flavourful than those ready-to-use sauces for sure.



The Gold Crown

戴上皇冠的蘑菇

在古埃及時代，蘑菇被視為皇室食材。直到十七世紀，法國人因熱愛蘑菇的味道，不惜長途跋涉走到山洞裡尋找它的踪影，蘑菇的食用亦因而變得平民化。蘑菇屬於真菌類，適合於微弱光線的環境下生長。至今蘑菇的品種已經超過三萬八千多種，但不是所有品種都可以食用，有一些更是屬於高毒性，所以大家不應自行採摘野菇進食。

Mushroom is a kind of fungus which typically grows in dark environment. It was considered a Royal delicacy back in ancient Egyptian times. It was not until the 17th Century when the French harvested mushrooms in caves that turned them into a common ingredient among the civilians. There are over 38,000 species of mushrooms today. Some are inedible while some are so toxic that they should be left untouched.

此菇不同彼菇 A Special Species

金頂側耳又名珊瑚菇（學名：Pleurotus Citrinopileatus），為食用菇之一，常見生長於枯木或倒木上，近年亦可經人工溫室栽培。此菇一年四季都有貨源供應，市價約售



八十多元一斤（600克）。金頂側耳多為叢生或簇生，菌肉成白色，菌傘成扇形、圓形或喇叭形，成熟時傘頂會轉為金黃色，遠看如同一顆顆戴上皇冠的花朵。

Golden-cap mushroom (*Pleurotus Citrinopileatus*), also known as Coral mushroom, grows out of decaying trees or woody shrubs despite its beautiful appearance. They are mostly cultivated in greenhouses in recent years. Golden-cap mushroom is available all year round and is sold at about HKD80 per catty (600 gm) in local market. Its fruiting body is white in colour, with an umbrella shaped like a fan, a button or a trumpet. Upon maturity, the cap turns gold and the whole cap looks like a bouquet of flowers.

菇味難忘 An Unforgettable Delicacy

金頂側耳質感爽脆，香味濃郁，味道鮮美，一經品嚐令人難忘。它含有豐富的膳食纖維，能促進腸道和心臟健康。

Golden-cap mushroom is crispy and flavourful. It gives your taste buds an unforgettable experience. It is rich in fibre and is good for your bowel and heart health.



挑選貼士 Buying Tips

除了留意菇身要乾爽、肉要結實和菌頂不要有斑點外，還要到信譽良好的商戶購買。

A quality one is dry, firm and has a dot-less cap. Make sure you get them from a credible outlet.

簡易烹調推介 An Easy Recipe

金頂側耳的烹調方法簡單，食法亦多元化，「飛水」後，可作炒食、湯灼及沙律材料。

金頂上素：先將絲瓜塊、雲耳、鮮百合炒熟，再放入經「飛水」的金頂側耳勾芡即可。 

Golden-cap mushroom is easy to cook and blends in well with many ingredients. After blanching, it is good for stir-fried dishes, soup or salad.

Golden-cap mushrooms with assorted vegetables: Stir-fry slices of discloth gourds, cloud ear fungus and fresh lily until cooked. Add blanched Golden-cap mushrooms. Mix well and serve.

上述資料由蔬菜統營處提供
Sources: Vegetable Marketing Organization



圖 1

「有『營』食肆」全城響應！

EatSmart in Hong Kong

在餐飲業界的鼎力支持下，「有『營』食肆」運動已推廣至全港十八區。衛生署署長林秉恩醫生在二零零八年四月十日於「有『營』食肆」開展禮呼籲市民以實際行動支持健康飲食，包括親臨光顧「有『營』食肆」和向親友推介「有『營』菜式」，以鼓勵更多商號加入這項運動。

The "EatSmart@restaurant.hk" Campaign was launched in 10 April 2008 and you can now find an EatSmart Restaurant in every district in Hong Kong. Dr PY LAM, the Director of Health, urged members of the public to eat healthily while eating out by patronizing EatSmart Restaurants and recommending EatSmart Dishes to family and friends.



圖 2



圖 2



圖 3

圖 1： 嘉賓一起享用由多間「有『營』食肆」泡製的「有『營』菜式」。

Photo 1: A luncheon showcasing EatSmart Dishes prepared by EatSmart Restaurants.

圖 2： 由二零零八年五月三十日至七月三十一日期間「有『營』食肆」廣告見於各區六十五個不同的巴士站及四十五輛巴士車身。

Photo 2: Advertisements of EatSmart Campaign have been displayed at 65 bus stations and 45 bus bodies during 30.05.2008 to 31.07.2008.

圖 3： 在二零零八年四月八日至六月四日，在各區不同的港鐵車站及車廂內展示了合共一千六百二十五張「有『營』食肆」廣告。

Photo 3: Total 1,625 posters of EatSmart Campaign were shown at different MTR platforms and inside the train cabins from 08.04.2008 to 04.06.2008.



只減少進食油、鹽和糖一個月，就可以踢走一公斤脂肪啦！
 You can avoid accumulating 1kg fat by trading your regular meal with EatSmart Dishes.

「有『營』食肆」，您參加咗未？ Come and Join the EatSmart Force!

您的機會來了！要成為「有『營』食肆」，只要報名參加衛生署舉辦的「有『營』食肆」簡介會，通過評估後，每天於食肆選定營業時段內，供應合共不少於五款「有『營』菜式」便可。直至二零零八年六月二十五日，已有五百零三名來自一百二十九間全港著名食肆的負責人、廚師以及餐廳經理加入有「營」行列。今年莫再遲疑，請立即報名！欲知報名方法，可致電2572 1476查詢。至於舊會員，最早可以

在十月初遞交續期申請表及最少五款「有『營』菜式」食譜到「有『營』食肆」秘書處辦理來年續期申請手續。

How? Simple and easy! All you have to do is nominate staff to attend a 3-hr briefing session, pass an assessment and make 5 EatSmart Dishes available to your customer everyday. Up to 25 June 2008, 503 staff from 129 food premises have successfully completed the briefing session. Call the EatSmart Secretariat at 2572 1476 to enrol today! The EatSmart status will expire at the end of each calendar year. Make sure you renew your membership early. We are open for renewal in October 2008.

衛生署護士長向出席者簡介「有『營』食肆」計劃。
 Our Nursing officer introducing the "EatSmart@restaurant.hk" Campaign.



誰說「有『營』菜式」一定單調乏味？
 Delicacies offered by EatSmart Restaurant.

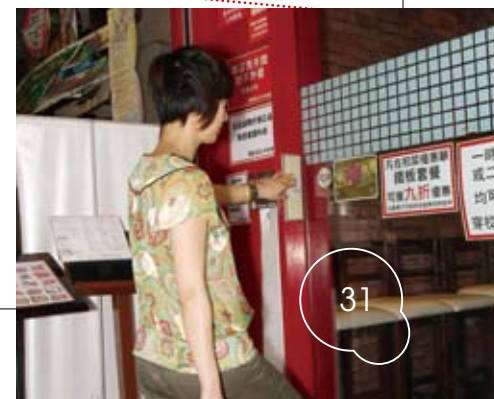
Watch out for the EatSmart Decal, and you'll find restaurants offering fresh taste of "More Fruit and Vegetables" and "3 less" EatSmart Dishes. Looking for your nearby EatSmart Restaurant? You can find them in the last page of CookSmart or by visiting our thematic website at <http://www.eatsmart.gov.hk>.

要吃，就要吃得有「營」！ Be Smart Eat Smart

香港人以懂得美食見稱，現在還要吃得健康！只要認著「有『營』食肆」標誌，選吃餐牌上貼有「蔬果之選」及「3少之選」標誌的菜式，您就可以享用清新味美的「有『營』菜式」。「有『營』食肆」名單，除了可以在本刊物的尾頁找到外，亦上載於衛生署健康飲食專題網站 <http://www.eatsmart.gov.hk>內。

Hong Kong people know good food and now they pursue healthy food as well. Watch

食客光顧「有『營』食肆」。
 Customer patronizing the EatSmart Restaurant.





中西區 Central & Western District

中	大會堂美心皇宮	City Hall Maxim's Palace	2101 1329
其	上家鮮果汁快線	Saanga Catering Limited	2523 2525
西	區智園景軒 (只供會員)	Hong Chi Garden View Lounge (Members only)	—
中	明星海鮮酒家	Star Seafood Restaurant	2648 0222
快	美心MX (大會堂分店) (大新行分店) (香港站分店) (創業中心分店) (嘉滙商業中心分店)	Maxim's MX (City Hall Shop) (Sun House Shop) (Hong Kong Station Shop) (Chong Yip Centre Shop) (Skyline Commercial Centre Shop)	2101 1329 2101 1329 2101 1329 2101 1329 2101 1329
茶	港式餐廳	Hong Kong Style Restaurant	2542 2288
茶	翠華餐廳	Tsui Wah Restaurant	2525 6338



南區 Southern District

亞	生活知味	The Taste of Living	2538 9338
中	英語餐飲學會 (只供會員)	The English-Speaking Dining Society (Members only)	2550 6683
西	英語餐飲學會 (只供會員)	The English-Speaking Dining Society (Members only)	2750 6919
中	美心大酒樓	Maxim's Chinese Restaurants	2101 1329
快	美心MX	Maxim's MX	2101 1329
快	海皇粥店	Ocean Empire Food Shop	2735 7683
中	瑪麗醫院職員餐廳	Queen Mary Hospital Staff Canteen	2818 0070
茶	翠華餐廳	Tsui Wah Restaurant	2552 6998
中	嘉豪酒樓	Ka Ho Restaurant	2551 1228
中	香港仔警察學院食堂 潮興明記食品屋 (只供會員)	Aberdeen Police Station Canteen Chiu Hing Ming Kee Food House (Members only)	—
快	嘉年華美食到會 有限公司 香港大學馬會學生 宿舍飯堂 (只供學生)	Joseph's Catering Service Ltd Residence at Jockey Club Student Village II of HKU Canteen (For Student only)	2555 8022
快	嘉年華美食到會 有限公司 香港大學研究生 堂飯堂 (只供研究生)	Joseph's Catering Service Ltd The Graduate House of HKU Canteen (For Graduate only)	2555 8022
快	嘉年華美食到會 有限公司 香港大學學生宿舍 何添堂飯堂 (只供學生)	Joseph's Catering Service Ltd Ho Tim Hall of HKU Student Village Canteen (For Student only)	2555 8022
中	嘉年華海鮮酒家	Carnival Seafood Restaurant	2648 0222

- 中 中菜 Chinese
- 西 西餐 Western
- 快 快餐店 Fast Food Restaurant
- 亞 亞洲菜 Asian
- 茶 茶餐廳 Chinese Style Tea Restaurant
- 其 其他 Others



灣仔區

Wanchai District

中	二宜樓客家菜	Eryi Tower	2511 1228
其	加州紅世紀分店	California Red Ltd	2827 9229
茶	合發嫩奶餐廳	Hop Fat Restaurant	2892 2633
中	迎龍大酒樓	Cheers Restaurant	3167 7288
亞	客家好棧	Hak Ka Hut	2881 8578
快	美心MX (軒尼詩道分店) (寶漢大廈分店)	Maxim's MX (Hennessy Road Shop) (Po Hon Building Shop)	2101 1329 2101 1329
快	海皇粥店 (銅鑼灣分店) (灣仔分店)	Ocean Empire Food Shop (Causeway Bay Shop) (Wan Chai Shop)	2890 8717 2591 9003
中	新星海鮮酒家	New Star Seafood Restaurant	2838 2186
茶	翠華餐廳 (景隆街分店) (謝斐道分店)	Tsui Wah Restaurant (Cannon Street Shop) (Jaffe Road Shop)	2573 4338 2834 2438
中	翠園 (希慎道分店) (銅鑼灣廣場分店)	Jade Garden Chinese Restaurants (Hysan Avenue Shop) (Causeway Bay Plaza Shop)	2101 1329 2101 1329
中	稻香	Tao Heung	2838 3097 / 2528 4433
中	稻香超級漁港	Tao Heung Super 88	2831 9155
亞	潮樓	Chao Inn	2892 0988
亞	鍾菜	Chung's Cuisine	2506 9128
西	灣景	Bayview Cafe Dessert Restaurant Bar	3427 3726



東區

Eastern District

中	阿詩瑪雲南風味軒	Ashima Yunnan Restaurant	2560 9666
中	明星海鮮酒家 (北角分店) (筲箕灣分店)	Star Seafood Restaurant (North Point Shop) (Shau Kei Wan Shop)	2648 0222 2648 0222
中	迎龍大酒樓	Cheers Restaurant	3520 1268
中	美心大酒樓 (藍灣廣場分店) (太古城中心分店)	Maxim's Chinese Restaurants (Island Resort Mall Shop) (Cityplaza Shop)	2101 1329 2101 1329
快	美心MX (友邦廣場分店) (杏花新城分店) (南天大廈分店) (英皇大樓分店) (康怡商場分店) (新翠商場分店) (藍灣廣場分店)	Maxim's MX (AIA Tower Shop) (Paradise Mall Shop) (Nam Tin Building Shop) (King's House Shop) (Kornhill Plaza Shop) (Jade Shopping Arcade Shop) (Island Resort Mall Shop)	2101 1329 2101 1329 2101 1329 2101 1329 2101 1329 2101 1329 2101 1329
快	海皇粥店	Ocean Empire Food Shop	2887 5879
中	柴灣東區醫院職員餐廳	Pamela Youde Nethersole Eastern Hospital Staff Canteen	2595 6505
中	彩福海鮮酒家	Choi Fook Seafood Restaurant	2566 8289
中	彩臨門酒家	Superior Choice Restaurant	2811 9668
中	筲箕灣嘉豪酒家	Shau Kei Wan Ka Ho Restaurant	2884 1022
中	稻香超級漁港	Tao Heung Super 88	3520 1288





深水埗區

Sham Shui Po District

中	明星海鮮酒家	Star Seafood Restaurant	2648 0222
快	美心MX (樂吉工業大廈分店)	Maxim's MX (Wing Kut Industrial Building Shop)	2101 1329
快	海皇粥店	Ocean Empire Food Shop	2307 6184
亞	深水埗警署 - 越南小館 (只供會員)	Sham Shui Po Police Station - Vietnam Restaurant (Members only)	—
中	新星海鮮酒家	New Star Seafood Restaurant	2991 4903
中	嘉豪酒家	Ka Ho Restaurant	2708 1888

黃大仙區

Wong Tai Sin District

中	阿詩瑪過橋米線	Ashima Cross Bridge Rice Noodles	2326 3366
快	美心MX (竹園中心分店) (黃大仙中心分店) (新蒲崗分店)	Maxim's MX (Chuk Yuen Shopping Centre Shop) (Wong Tai Sin Shopping Centre Shop) (San Po Kon Shop)	2101 1329 2101 1329 2101 1329
快	海皇粥店 (鑽石山分店) (樂富吉之島分店)	Ocean Empire Food Shop (Diamond Hill Shop) (Lok Fu JUSCO Shop)	— 2339 3365
茶	翠華餐廳	Tsui Wah Restaurant	2324 6486
中	嘉年華海鮮酒家	Carnival Seafood Restaurant	2648 0222

油尖旺區

Yau Tsim Mong District

亞	上樓	Shanghai Inn	2780 8138
中	伊利沙伯醫院職員飯堂	Queen Elizabeth Hospital Staff Canteen	2384 2656
中	明星海鮮酒家	Star Seafood Restaurant	2648 0222
亞	青葉日本料理	AOBA Japanese Restaurant	2300 1985
中	阿詩瑪雲南風味軒	Ashima Yunnan Restaurant	3188 2555
其	波羅密素食	Paramita Vegetarian Restaurant	2317 6908/ 2317 6909
中	迎囍大酒樓 (雅蘭中心分店) (彌敦酒店分店)	Cheers Restaurant (Grand Tower Shop) (Nathan Hotel Shop)	2308 1668 2770 3323
快	美心MX (太興廣場分店) (友誠商業大廈分店) (金巴利道分店) (旺角東站分店) (新文華中心分店)	Maxim's MX (Tern Plaza Shop) (Yau Shing Commercial Centre Shop) (Kimberley Road Shop) (Mong Kok East Station Shop) (New Mandarin Plaza Shop)	2101 1329 2101 1329 2101 1329 2101 1329 2101 1329
中	美心皇宮	Maxim's Palace	2101 1329
中	映月樓	Serenade Chinese Restaurant	2101 1329
亞	客家好棧	Hak Ka Hut	3528 0868
快	海皇粥店 (油麻地分店) (旺角道分店)	Ocean Empire Food Shop (Yau Ma Tei Shop) (Mong Kok Road Shop)	2385 6732 2396 0126
中	彩福皇宴 (始創中心分店) (莊士倫敦廣場分店)	Choi Fook Royal Banquet (Pioneer Centre Shop) (Chuangs London Plaza Shop)	2142 8898 2811 1983
中	福苑海鮮酒家	Fuk Yuen Seafood Restaurant	3422 8222
中	新星海鮮酒家 (尖沙咀分店) (旺角分店)	New Star Seafood Restaurant (Tsim Sha Tsui Shop) (Mong Kok Shop)	2366 1428 2780 2226
中	翠園	Jade Garden Chinese Restaurants	2101 1329
茶	翠華餐廳 (白加士街分店) (北海街分店) (加拿芬道分店)	Tsui Wah Restaurant (Parkes Street Shop) (Pak Hoi Street Shop) (Carnarvon Road Shop)	2384 8388 2780 8328 2366 8250
中	稻香 (加拿芬廣場分店) (新九龍廣場分店)	Tao Heung (Carnarvon Plaza Shop) (New Kowloon Plaza Shop)	2367 1328 3529 1282
中	稻香超級漁港 (新港中心分店) (雅蘭中心分店) (彌敦酒店分店)	Tao Heung Super 88 (Silvercord Shop) (Grand Tower Shop) (Nathan Hotel Shop)	2375 9128 2390 0882 2771 3922
亞	潮樓 (北京道分店) (彌敦道分店)	Chao Inn (Peking Road Shop) (Nathan Road Shop)	2369 8819 2780 8193
亞	潮館	Chao Inn	2628 3728
亞	鉄板超純和風日本料理	Teppan Chiu Japanese Restaurant	2787 5135
亞	超壽司	Super Sushi	2787 5253
西		Marco's	2375 2352



觀塘區

Kwun Tong District

中	明星海鮮酒家 (牛頭角分店) (觀塘分店)	Star Seafood Restaurant (Ngau Tau Kok Shop) (Kwun Tong Shop)	2648 0222 2648 0222
亞	青葉日本料理	AOBA Japanese Restaurant	2345 1671/ 2345 1672
西	英語餐飲學會 (只供會員)	The English-Speaking Dining Society (Members only)	—
中	美心皇宮	Maxim's Palace	2101 1329
中	美心大酒樓	Maxim's Chinese Restaurants	2101 1329
快	美心MX (啟田商場分店) (彩雲邨商場分店) (翠屏邨商場分店) (麗港城分店) (觀塘港鐵站分店)	Maxim's MX (Kai Tin Shopping Centre Shop) (Choi Wan Commercial Complex Shop) (Tsui Ping Shopping Circuit Shop) (Laguna City Shop) (Kwun Tong MTR Station Shop)	2101 1329 2101 1329 2101 1329 2101 1329 2101 1329
快	海皇粥店 (淘大分店) (觀塘 物華分店) (觀塘 輔仁分店)	Ocean Empire Food Shop (Amoy Shop) (Kwun Tong MW Shop) (Kwun Tong FY Shop)	2759 6537 2304 7468 2172 4558
中	雍雅海鮮酒家	Elegant Seafood Restaurant	2648 0222
中	維港海鮮酒家	Victoria Harbour Seafood Restaurant	2827 2626
中	嘉華大酒樓	Ka Wah Restaurant	2795 3838
中	嘉豪酒家	Ka Ho Restaurant	2755 2982
中	稻香超級漁港	Tao Heung Super 88	2243 3855
亞	潮館	Chao Inn	3542 5788
亞	鍾菜	Chung's Cuisine	2995 3038
中	聯合醫院職員餐廳	United Christian Hospital Staff Canteen	3513 4065



九龍城區

Kowloon City District

西	五洲餐廳	Five Continents Restaurant	2132 3521
中	明星海鮮酒家	Star Seafood Restaurant	2648 0222
中	美心大酒樓	Maxim's Chinese Restaurants	2101 1329
快	美心MX (土瓜灣分店) (黃埔花園分店) (愛民邨分店)	Maxim's MX (Tokwawan Shop) (Whampoa Garden Shop) (Oi Man Estate Shop)	2101 1329 2101 1329 2101 1329
快	海皇粥店 (紅磡分店) (黃埔分店)	Ocean Empire Food Shop (Hung Hom Shop) (Whampoa Shop)	2330 2389 2330 2389
中	彩福皇宴	Choi Fook Royal Banquet	2766 0886
素	普光齋	Light Vegetarian Restaurant	2384 2833
中	新星海鮮酒家	New Star Seafood Restaurant	2362 7645
中	豪苑海鮮酒家	Regal Seafood Restaurant	2132 3521
快	嘉年華美食到會 有限公司 香港城市大學 學生宿舍飯堂 (只供學生)	Joseph's Catering Service Ltd Student Residence of CityU of HK Canteen	2555 8022
中	醫管局大樓職員餐廳	Hospital Authority Building Staff Canteen	2194 6801
中	龔慶藝廚酒家	Happiness Cuisine	2712 8168
西		Marco Bistro	2264 2699



離島區

Islands District

亞	空港居酒屋	Airport Izakaya	2286 6689
中	美心閣	Maxim's Chinese Restaurant	2101 1329
中	紅軒	Rouge	2286 6689
亞	潮樓	Chao Inn	3197 9098
中	龍門客棧	Dragon Inn	2286 6689
西	藝廊咖啡室	Cafe Aficionada	2286 6689



北區

North District

中	金都海鮮酒家	Golden City Seafood Restaurant	2671 0222
亞	客家好棧	Hak Ka Hut	2639 5088
快	海皇粥店	Ocean Empire Food Shop	2682 3798
中	港灣海鮮飯店	Harbour Seafood Restaurant	2682 5889



葵青區

Kwai Tsing District

亞	生活知味	The Taste of Living	2435 6966
中	明星海鮮酒家	Star Seafood Restaurant	2648 0222
快	美心MX (石蔭商場分店) (石籬商場分店) (長發商場分店) (賢麗苑商場分店) (新葵興商場分店)	Maxim's MX (Shek Yam Shopping Centre Shop) (Shek Lei Shopping Centre Shop) (Cheung Fat Shopping Centre Shop) (Yin Lai Court Shopping Centre Shop) (Sun Kwai Hing Shopping Mall Shop)	2101 1329 2101 1329 2101 1329 2101 1329 2101 1329
中	美心皇宮	Maxim's Palace	2101 1329
亞	客家好棧	Hak Ka Hut	2487 2999
中	粵翠軒	Jade Palace	2101 1329
中	新星海鮮酒家	New Star Seafood Restaurant	2149 0819
中	瑪嘉烈醫院職員飯堂	Princess Margaret Hospital Staff Canteen	2741 1185
中	漢福海鮮酒家	Hon Fook Seafood Restaurant	2827 8338
中	稻香	Tao Heung	2433 1103
茶	廣發餐廳	KF Cafe & Restaurant	2612 1842
亞	潮館	Chao Inn	3521 0018
亞	潮樓	Chao Inn	2189 7638



西貢區

Sai Kung District

亞	上樓	Shanghai Inn	2623 2811
快	美心MX (君薈坊分店) (東港城分店) (將軍澳中心分店) (新都城中心商場分店)	Maxim's MX (The Edge Shop) (East Point City Shop) (Park Central Shop) (Metro City Plaza Shop)	2101 1329 2101 1329 2101 1329 2101 1329
中	美心大酒樓	Maxim's Chinese Restaurants	2101 1329
亞	客家好棧	Hak Ka Hut	3194 6648
快	海皇粥店	Ocean Empire Food Shop	3194 4893
中	港灣海鮮飯店	Harbour Seafood Restaurant	—
中	嘉年華海鮮酒家	Carnival Seafood Restaurant	2648 0222
中	稻香超級漁港	Tao Heung Super 88	2701 3800
亞	潮館	Chao Inn	2191 0788



屯門區

Tuen Mun District

中	二宜樓客家菜	Eryi Tower	2613 1386
中	屯門醫院職員餐廳	Tuen Mun Hospital Staff Canteen	2463 1351
中	明星海鮮酒家	Star Seafood Restaurant	2648 0222
快	美心MX (屯門市廣場分店) (良景邨分店) (卓爾廣場分店) (華都花園商場分店)	Maxim's MX (Tuen Mun Plaza Shop) (Leung King Estate Shop) (Chelsea Heights Shop) (Waldorf Garden Shopping Arcade Shop)	2101 1329 2101 1329 2101 1329 2101 1329
中	美心皇宮	Maxim's Palace	2101 1329
亞	客家好棧	Hak Ka Hut	2618 7008
快	海皇粥店 (屯門分店) (屯門吉之島分店)	Ocean Empire Food Shop (Tuen Mun Shop) (Tuen Mun JUSCO Shop)	2450 5938 2441 2126
中	新星海鮮酒家	New Star Seafood Restaurant	2613 1919
茶	翠華餐廳	Tsui Wah Restaurant	2463 7511
中	稻香超級漁港	Tao Heung Super 88	2449 2822



大埔區

Tai Po District

中	那打素醫院職員飯堂	Nethersole Hospital Staff Canteen	2644 2752
中	明星海鮮酒家	Star Seafood Restaurant	2648 0222
中	迎禧大酒樓	Cheers Restaurant	2144 0889
快	美心MX	Maxim's MX	2101 1329
中	香港科學園美食廣場	Hong Kong Science Park Canteen	2607 4080
中	彩福海鮮酒家	Choi Fook Seafood Restaurant	2766 3788
中	嘉年華海鮮酒家	Carnival Seafood Restaurant	2648 0222
中	稻香	Tao Heung	2666 9923
中	龍慶酒樓	Happiness Cuisine	2827 8803

荃灣區

Tsuen Wan District

茶	合發(翠華)餐廳	Tsui Wah Restaurant	2490 0723
中	明星海鮮酒家	Star Seafood Restaurant	2648 0222
中	迎禧大酒樓	Cheers Restaurant	2405 3928
快	美心MX (東亞商場分店) (荃錦中心分店) (愉景新城商場分店) (綠楊坊分店) (樂悠居分店)	Maxim's MX (East Asia Commercial Centre Shop) (Tsuen Kam Centre Shop) (Discovery Park Commercial Centre Shop) (Luk Yeung Galleria Shop) (Indihome Shop)	2101 1329 2101 1329 2101 1329 2101 1329 2101 1329
中	美心皇宮	Maxim's Palace	2101 1329
亞	客家好棧	Hak Ka Hut	2487 2999
快	海皇粥店	Ocean Empire Food Shop	2740 4232
中	彩年華海鮮酒家	Colourful Seafood Restaurant	2648 0222
中	新星海鮮酒家	New Star Seafood Restaurant	2402 8866
中	翠園	Jade Garden Chinese Restaurants	2101 1329
茶	翠華餐廳	Tsui Wah Restaurant	2419 7738
中	稻香	Tao Heung	2940 6233
中	稻香超級漁港	Tao Heung Super 88	2499 0032
茶	爵悅庭住客會所 (只供會員)	Club Chelsea (Members only)	—

元朗區

Yuen Long District

亞	生活知味	The Taste of Living	2442 1113
快	美心MX (天盛商場分店) (天耀商場分店) (元朗廣場分店)	Maxim's MX (Tin Shing Shopping Centre Shop) (Tin Yiu Shopping Centre Shop) (Yuen Long Plaza Shop)	2101 1329 2101 1329 2101 1329
中	美心大酒樓	Maxim's Chinese Restaurants	2101 1329
中	美心金閣	Maxim's Golden Court Chinese Restaurants	2101 1329
快	海皇粥店	Ocean Empire Food Shop	2477 8050
中	新星海鮮酒家	New Star Seafood Restaurant	2478 2011
中	稻香	Tao Heung	2475 9251
亞	潮樓	Chao Inn	2478 0628
中	禧慶大酒樓	Happiness Restaurant	2827 6668

沙田區

Sha Tin District

茶	王廚咖啡	Wong's Kitchen & Cafe	2601 3218
中	君臨海鮮酒家	Shatin King's Fortune Seafood Restaurant	2667 6388
中	明星海鮮酒家	Star Seafood Restaurant	2648 0222
中	明星海鮮舫	Star Seafood Floating Restaurant	2648 0222
中	金都海鮮酒家	Golden City Seafood Restaurant	2633 8899
快	美心MX (禾輦商場分店) (利安邨商場分店) (新城市廣場分店) (新港城中心分店)	Maxim's MX (Wo Che Commercial Complex Shop) (Lee On Shopping Centre Shop) (New Town Plaza Shop) (Sunshine City Plaza Shop)	2101 1329 2101 1329 2101 1329 2101 1329
中	美心皇宮 (馬鞍山廣場分店) (新城市廣場分店)	Maxim's Palace (Ma On Shan Plaza Shop) (New Town Plaza Shop)	2101 1329 2101 1329
快	海皇粥店 (沙田好運分店) (頌安分店) (JP沙田分店)	Ocean Empire Food Shop (Shatin Lucky Plaza Shop) (Chung On Shop) (Shatin Hilton Shop)	2692 4150 2633 5715 2607 1693
中	紫荊大酒樓	Bauhinia Restaurant	2693 2228
中	富豪軒	Regal Court	2649 7878
中	豪苑海鮮酒家	Regal Seafood Restaurant	2132 1011
中	嘉豪酒家	Ka Ho Restaurant	2602 3228
中	稻香超級漁港	Tao Heung Super 88	2681 3828
亞		Aji Bou Izakaya	2132 1256
西		Avanti Ristorante	2649 7878
西		L'eau Restaurant	2132 1040



快來有「營」食肆 嘗嘗清新健康菜式!



「有『營』食肆」運動



「有『營』食肆」運動
 以多間參與食肆為主題，為市民提供一個「有營」食肆的資訊平台，讓市民在選擇食肆時，能參考食肆的「有營」食肆標籤，從而選擇健康、營養、美味、及具創意的菜式。

歡迎食肆「有『營』食肆」!
 凡符合以下條件的食肆，均可申請參加「有『營』食肆」運動。申請者須向「有『營』食肆」運動辦事處索取申請表格，填妥後，連同食肆的「有營」食肆標籤，寄回辦事處。辦事處會派員到食肆進行實地檢查，如符合「有營」食肆的標準，辦事處會向食肆頒發「有營」食肆標籤，並將其列入「有營」食肆名單。

「有營」食肆標籤
 凡符合「有營」食肆標準的食肆，均可申請參加「有營」食肆運動。申請者須向「有營」食肆」運動辦事處索取申請表格，填妥後，連同食肆的「有營」食肆標籤，寄回辦事處。辦事處會派員到食肆進行實地檢查，如符合「有營」食肆的標準，辦事處會向食肆頒發「有營」食肆標籤，並將其列入「有營」食肆名單。

「有『營』食肆」運動 Eatsmart@restaurant.hk Campaign



「有『營』食肆」運動，旨在為市民提供一個「有營」食肆的資訊平台，讓市民在選擇食肆時，能參考食肆的「有營」食肆標籤，從而選擇健康、營養、美味、及具創意的菜式。

「有營」食肆標籤，是「有營」食肆運動辦事處，為符合「有營」食肆標準的食肆，所頒發的標籤。凡符合「有營」食肆標準的食肆，均可申請參加「有營」食肆運動。申請者須向「有營」食肆」運動辦事處索取申請表格，填妥後，連同食肆的「有營」食肆標籤，寄回辦事處。辦事處會派員到食肆進行實地檢查，如符合「有營」食肆的標準，辦事處會向食肆頒發「有營」食肆標籤，並將其列入「有營」食肆名單。



港的健康未來打拼



自2007年一月一日，根據新修訂的《環境(公眾衛生)條例》第371章規定，全港食肆室內禁煙全面禁煙。起碼九成市民均支持食肆禁煙。在業界的鼎力支持和積極參與下，食客受二手煙影響的情況明顯減少，員工的健康也更能得到較大保障。

一直以來，業界為客人提供既色香味俱全又符合食物安全要求的菜式，不遺餘力。為進一步改善香港市民的健康，衛生署與三大餐飲商會合作推出「有營」食肆」運動。透過成立跨界別專責委員會及工作小組，為健康飲食文化共商計策。由2008年開始，「有營」食肆」運動，樹立以客人健康為本及承擔社會責任的格局。對香港人而言絕對是仕善。

衛生署及餐飲商會將繼續加強對健康飲食文化的推廣，並期望我們的香港未來能打出更努力。



食物關心、營養

Food Care, Nutrition

「有營」食肆」運動，旨在為市民提供一個「有營」食肆的資訊平台，讓市民在選擇食肆時，能參考食肆的「有營」食肆標籤，從而選擇健康、營養、美味、及具創意的菜式。

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有『營』食肆 商場處處

Eatsmart Restaurant Code

加減油鹽走油，綠油另上，準酌茶少甜，唔該!

「有營」食肆」運動，旨在為市民提供一個「有營」食肆的資訊平台，讓市民在選擇食肆時，能參考食肆的「有營」食肆標籤，從而選擇健康、營養、美味、及具創意的菜式。

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