



"EatSmart Restaurants" Newsletter

July 2016 No.2



No More Limit on the Intake Amount of

Cholesterol?

The newly published "2015 Dietary Guidelines for Americans" has excluded the recommendation of limiting dietary cholesterol to 300mg per day. Many people may have misunderstood that they can now take foods that are high in cholesterol as much as they like. Let us look at the facts.

Why did the Dietary Guidelines for Americans exclude the limitation on the amount of dietary cholesterol intake?

The 2015 Dietary Guidelines for Americans has excluded the recommendation of limiting dietary cholesterol to 300mg per day owing to a lack of existing evidence. In fact, the Dietary Guidelines has made reference to the Institute of Medicine's recommendation that people should eat as little dietary cholesterol as possible.



Why should we limit eating high-cholesterol foods?

In fact, some high-cholesterol foods such as pork belly, fatty beef, bacon, goose liver and chicken liver are also high in saturated fats. Saturated fats and trans fats will raise the blood level of "bad cholesterol" (Low Density Lipoprotein Cholesterol), hence increasing the risk of cardiovascular disease. Therefore, it is healthier to choose food low in both saturated and trans fats.



Can I eat eggs every day?

A few high-cholesterol foods such as eggs, squid, shrimp and crab are lower in fat; they should be counted under the "Meat, Fish, Egg and Alternatives" intake and consumed in moderation.

The healthy eating principles emphasise on having a variety of food, i.e. choosing different kinds of food. Apart from eggs and seafood, "Meat, Fish, Egg and Alternatives" also include poultry, beef, pork, dry bean and soy products. Adults are recommended to have 5-8 taels of meat every day according to their energy requirement. For example, an adult aged 40 with healthy body weight and low physical activity requires about 6 taels of meat every day. 1 tael is nearly equivalent to meat in the size of a table tennis ball or an egg (including egg yolk).



According to the "Guidebook for Managers and Chefs" of the "EatSmart@restaurant.hk" Campaign, participating restaurants must ensure that 2 to 4 of their existing staff members, who are responsible for menu design, to attend our briefings for learning about the requirements of "More Fruit and Vegetables" and "3 Less" Dishes. These restaurants must also ensure that these staff have passed quizzes before being considered as "qualified" personnel. If your company/ restaurant is under the circumstances that (1) qualified staff who had previously attended the briefing session left the jobs; (2) more staff are expected to receive pertaining training; and (3) the staff who had previously attended the briefing are in need of refreshment, our briefings should be arranged for your new or existing staff's participation.



For more details about the briefing session, please visit our thematic website of the EatSmart@restaurant.hk (<http://restaurant.eatsmart.gov.hk>)

For any enquires about enrolment, please contact "EatSmart@restaurant.hk" Secretariat:

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Briefing Time in July 2016

Date : 28 July 2016 (Thursday)

Time : 3:00 pm to 5:00 pm

Venue : Conference Room, 7/F, Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong

Briefing Time in September 2016

Date : 22 September 2016 (Thursday)

Time : 3:00 pm to 5:00 pm

Venue : Conference Room, 7/F, Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong

Briefing Time in November 2016

Date : 24 November 2016 (Thursday)

Time : 3:00 pm to 5:00 pm

Venue : Conference Room, 7/F, Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong



"CookSmart" Magazine

In this issue of "CookSmart" magazine, we have Mr. William CHAK sharing with us his "Smart Food Choices to Stay Healthy", a dietitian analysing different seasoning and introducing various "EatSmart Dishes", as well as a section offering information on the "EatSmart Restaurants" in different districts. This issue will definitely bring a new flavour of healthy diet to our readers. In July this year, we are going to promote "CookSmart" magazines with a free newspaper, through which the public can redeem the magazines in convenience stores with stamp. If you want to read the latest issue of "CookSmart" magazine, please download the "CookSmart: EatSmart Recipes" Mobile App now!



Invitation of “EatSmart Restaurants” to participate in

Cooking Demonstration in the “Food Expo 2016”



This year, the “EatSmart@restaurant.hk” Campaign of the Department of Health is going to promote the “EatSmart Restaurants” in “Food Expo 2016”, as well as to boost their reputations through this occasion. We will arrange the selected “EatSmart Restaurants” to perform cooking demonstrations at the event, as well as to introduce the “EatSmart Restaurants” and its “EatSmart Dishes” to the public for promoting healthy eating culture. The details are as below:

Theme	<ul style="list-style-type: none"> • Less Oil Kitchen • To promote “less oil, less salt and less sugar” healthy dishes to the public
Mode	<ul style="list-style-type: none"> • Restaurant chef(s) (two maximum) will demonstrate making and explaining an “EatSmart Dish”. A dietitian from the Department of Health will provide supplementary information on stage at the same time. • 10 audiences will be arranged to taste the “EatSmart Dish” after the demonstration
Quota	Two “EatSmart Restaurants” (Each is responsible for one demonstration per day)
Date and time	Day One : 11 August 2016 (Thursday) 1pm - 2pm Day Two : 12 August 2016 (Friday) 1pm - 2pm * The cooking demonstration will last about 15 to 20 minutes
Venue	Hong Kong Convention & Exhibition Centre
Pre-requisites for entry	<ul style="list-style-type: none"> • Participating restaurants must be the “EatSmart Restaurants” in 2016 • Dish should be fulfilling the “3 Less” nutritional criteria of EatSmart Dishes • Participating restaurants are recommended to cook with less oil, e.g. steaming, blanching, baking, and quick frying with little oil • Participating restaurants are required to bring their own food ingredients and marinades “EatSmart@restaurant.hk” Secretariat (“the Secretariat”) will provide basic seasonings, such as oil, salt and sugar, in addition to simple cooking equipment including electric cooker, oven, wok, pan, basic utensils, chopping board and knives
Cost	Free
Selection criteria for the participating restaurants	The Secretariat will set up a panel for selection whereas the creativity, uniqueness, presentation, theme relevance and cooking method of the dish submitted by the “EatSmart Restaurants” will be considered.



The Secretariat sent an invitation letter to each branch of the “EatSmart Restaurants” by mail in June this year. For those who are interested, please take this chance to enroll.



"EatSmart Restaurants"

COUPON
Promotional
Activity



The "EatSmart@restaurant.hk" Campaign ("the Campaign") launched the "EatSmart Restaurants" Coupon Promotional Activity in June this year, whereby members of the public can download coupons from "EatSmart Restaurants" mobile app and the Campaign's thematic website to enjoy promotional offers when ordering "EatSmart Dishes" at participating "EatSmart Restaurants". We would like to thank all participating "EatSmart Restaurants" for their support and participation which contributed to the success of this promotional activity.



2016 Restaurant Visits



The staff of the Secretariat will continue to visit "EatSmart Restaurants" to touch base with them, as well as to collect opinions and assist them in resolving operational problems.

Gentle Reminder:

To ensure the smooth run of the Campaign, the Secretariat staff will:

- Observe whether the restaurants display "EatSmart Decals" at prominent locations;
- Check whether the restaurants offer at least five "EatSmart Dishes" in designated business hours every day;
- Observe whether the "More Fruit and Vegetables" and "Three Less" logos are attached next to the "EatSmart Dishes" on the food menu of the restaurants; and
- Ensure the availability of "Customer Opinion Forms" in the restaurants for feedback collection from customers.

