



衛生署

Department of Health

「3 少之選」食譜提交表 “3 Less” Recipe Submission Form

食肆名稱 (中文) Restaurant Name (English) :	
聯絡人姓名及職位 Name and title of contact person :	
電話 Telephone :	
傳真 Fax :	

(由食肆填寫 To be completed by restaurant)

本人/吾等承諾，在評審過程中提供的一切資料及文件，均屬真確無誤及詳盡。

I/ we undertake that all information and documents to be provided in the assessment process will be true, accurate and complete.

請用“✓”檢視以下各項是否已於「3 少之選」食譜中清楚註明：

- ☐ 材料的類別，如免治瘦牛肉、低脂奶、較低脂芝士、無糖果醬等。
- ☐ 植物油的成分，如大豆油、菜籽油、粟米油等。
- ☐ 以茶匙或克為單位列明油、鹽及糖的分量。
- ☐ 「3 少之選」的菜式必須連同已填寫的「『3 少之選』菜式評估表」一併提交。
- ☐ 下列所提交的「3 少之選」食譜，將於「星級有營食肆」報名表格內所列明的分店供應。

Please use “✓” to check whether all the items are clearly stated in the “3 Less” Recipes :

- ☐ Type of ingredients. e.g. minced lean beef, low-fat milk, reduced-fat cheese, jam without added sugar etc.
- ☐ Oil. e.g. soybean oil, canola oil, corn oil etc.
- ☐ List the quantity of oil, salt and sugar in teaspoon or gram.
- ☐ A completed checklist for “3 Less” dishes should be submitted along with the “3 Less” recipe.
- ☐ The following submitted “3 Less” recipes will be supplied in the restaurant outlets listed in the application form of EatSmart Restaurant Star+.

開始提供「3 少之選」的日期為

Provision of “3 Less” dishes will be started from _____

姓名及職銜

日期

Name & Title

Date

請將填妥之表格寄回「星級有營食肆」秘書處（地址：香港九龍達之路 78 號生產力大樓 3 樓香港生產力促進局）或傳真至 2788 5608。

如有查詢，請與秘書處聯絡，電話：2788 5454

Please sent the completed form to the “EatSmart Restaurant Star+” Secretariat (Address: Hong Kong Productivity Council, 3/F, HKPC Building, 78 Tat Chee Avenue, Kowloon, Hong Kong) or fax to 2788 5454.
For more information, please contact the secretariat at 2788 5454



主題網站
Thematic website

For internal use:

Received on _____ By Fax / mail Handled by _____

樣本

「3 少之選」食譜 “3 Less” Recipes

For official use only:
☐ More fruit & vegetables ☐ 3 Less
☐ Satisfactory
☐ Suggestions for improvement (refer to feedback form)

菜式名稱 Name of Dish	香蒜肉碎豆角 (4 人分量)			
有「營」標誌應用 EatSmart Logo(s) Used	請在適當的空格內加上“✓”號，可選多項。Please “✓” the appropriate box(es). <input checked="" type="checkbox"/> 蔬果之選 <input checked="" type="checkbox"/> 3 少之選 (請連同「3 少之選」菜式評估表提交) More Fruit and Vegetables 3 Less (Submitted with “3 Less Checklist”)			
食材 Ingredients	材料名稱 Name of Ingredients	分量 Quantity	材料名稱 Name of Ingredients	分量 Quantity
	青豆角 瘦免治豬肉 紅椒 蒜蓉	300 克 25 克 1 隻 適量		
調味料 Seasonings (油、鹽和糖分量必須註明清楚) (Please indicate the quantity of oil, salt and sugar used)	砂糖 菜籽油 生抽	1/2 茶匙 3 茶匙 1 茶匙	清湯 生粉水	3 湯匙 少許
烹調方法 Cooking Methods	1. 青豆角去頭尾、洗淨、切段、飛水備用。 2. 燒熱油，爆香蒜蓉、紅椒，下免治豬肉炒散。 3. 放入青豆角、生抽、砂糖及清湯，炒至熟透，埋生粉芡即可。			

本人同意本食譜作以下修改：(此欄只適用於秘書處建議要修定的內容)
I agreed the following amendment of the recipe: (This column is for any amendment of recipe suggested by ESR Secretariat)

簽名 Signature： 姓名 Name： 職位 Post： 日期 Date：

「3 少之選」食譜

"3 Less" Recipe

For official use only:

☐ More fruit & vegetables ☐ 3 Less

☐ Satisfactory

☐ Suggestions for improvement (refer to feedback form)

於參加簡介會前須向秘書處提交最少一款「3 少之選」食譜。(如有須要，請自行另外複印此頁。)

菜式名稱 Name of Dish	(_____人分量) (To serve _____)			
有「營」標誌應用 EatSmart Logo(s) Used	請在適當的空格內加上“✓”號，可選多項。Please “✓” the appropriate box(es). <input type="checkbox"/> 蔬果之選 <input type="checkbox"/> 3 少之選 (請連同「3 少之選」菜式評估表提交) More Fruit and Vegetables 3 Less (Submitted with “3 Less Checklist”)			
食材 Ingredients	材料名稱 Name of Ingredients	分量 Quantity	材料名稱 Name of Ingredients	分量 Quantity
調味料 Seasonings (油、鹽和糖分量必須註明清楚) (Please indicate the quantity of oil, salt and sugar used)				
烹調方法 Cooking Methods				
<p>本人同意本食譜作以下修改：(此欄只適用於秘書處建議要修定的內容)</p> <p>I agreed the following amendment of the recipe: (This column is for any amendment of recipe suggested by ESR Secretariat)</p>				
<p>簽名 Signature：_____ 姓名 Name：_____ 職位 Post：_____ 日期 Date：_____</p>				



菜式名稱

為菜式加上「3少之選」標誌前，請以下列各提示評估該菜式，並在適當的空格內填上「✓」號。若所選的全屬「是/不適用」欄，代表該菜式已符合「3少之選」的要求。請你為該道菜式加上「3少之選」的標誌。

要求	詳見「3少之選」定義內的	不適用	是	否	備註
材料選擇					
1. 選用低脂或較低脂的材料及食物，如白飯、湯麵、非油炸的麵、瘦肉、去皮禽肉、非油炸的原味豆類製品、較低脂淡奶、較低脂芝士等。	穀物類、肉類、家禽、海鮮、雞蛋、豆類及果仁、奶品類				
2. 選用較健康的植物油、較低脂肪的沙律醬、較低脂肪及無添加糖分麵包塗醬。	油脂類/沙律醬/麵包塗醬				
3. 選用非醃製的材料。	蔬菜、肉類、家禽、海鮮、雞蛋、豆類及果仁				
4. 選用已「出水」或低鹽分的罐頭蔬菜，如較低鹽分罐頭番茄蓉。	蔬菜				
5. 選用天然材料或香料，如蒜頭、辣椒、八角、香茅、紫蘇葉等調味。	調味料				
6. 選用無添加糖分的水果及其製品，如果汁浸的罐頭雜果、無添加糖分的果汁、乾果或果醬。	水果				
材料預備與烹調					
7. 低脂烹調方法，如蒸、上湯浸、焯、炆、焗、少油快炒。	食材預備/烹煮方法/供應模式				
8. 預備三文治或多士等食物時，只塗上薄薄的一層或分開供應麵包塗醬。					
9. 穀物類與有芡汁的食物分開供應，焗飯、焗意粉、薄餅和焗薯除外。					
10. 分開供應醬汁、低脂沙律醬等佐料。					
11. 菜式/食物已用最少的糖分和鹽分的調味料(包括豉油)調味，並無使用現成的醬料、雞粉及味精。					
12. 提供無添加糖分的甜品，另行供應糖或代糖。					

恭喜你！若上列各項全選「是/不適用」，這道菜式已是較健康的選擇了，請為它貼上「3少之選」標誌，並多向你的客人推介吧！

不要忘記！若此菜式的材料同時全屬蔬果類或以體積計，蔬果類是肉類及其代替品的兩倍或以上(若蔬菜未經烹煮，則是肉類及其代替品的四倍或以上)，請多加「蔬果之選」的標誌啊！

評核人 簽名

姓名 / 職位

評核日期

Annex II: Checklist for “3 Less” dishes



Name of dish

Prior to labelling a dish with the “3 Less” dish Logo, please assess the dish with the following criteria and ✓ the appropriate option. If all the answers are “**Yes / Not applicable**”, the dish fulfils the requirement of “3 Less” dish. Please label the dish with the “3 Less” dish Logo.

Criteria	Please refer to the Definition of “3 Less” dishes for details	Not Applicable	Yes	No	Remarks
Choice of Ingredients					
1. Use low- or reduced-fat ingredients and foods, e.g. steamed white rice, noodles in soup, non-fried noodles, lean meat, skinless poultry, non-fried plain soybean products, reduced-fat evaporated milk, reduced-fat cheese, etc.	Grains, Meat, Poultry, Seafood, Eggs, Bean Products and Nuts, Dairy Products				
2. Use healthier vegetable oil, reduced-fat salad dressing and low-fat spread without added sugar	Fats & Oils/Salad Dressing/Spread				
3. Use non-preserved ingredients	Vegetables, Meat, Poultry, Seafood, Eggs, Beans Products and Nuts				
4. Use canned vegetables after blanching or reduced-salt canned vegetables, e.g. reduced-salt canned tomato puree	Vegetables				
5. Use natural ingredients or herbs and spices, e.g. garlic, chilli, star anise, lemongrass, basil, etc. for flavoring	Seasonings				
6. Use fruit and fruit products without added sugar, e.g. canned fruits in juice, fruit juice, dried fruits or jam without added sugar	Fruit				
Food Preparation/Cooking/Mode of Serving					
7. Low-fat cooking methods, e.g. steaming, boiling in broth, boiling, stewing, baking, stir-frying with small amount of oil	Preparation of Ingredients/ Cooking Methods/ Mode of Serving				
8. Thin spread or serve spread separately for sandwiches and toasts					
9. Serve grains and dishes with sauce separately, except baked rice, baked paste, pizza and baked potato					
10. Serve low-fat salad dressing or sauce separately					
11. Dish / Food has already used the least amount of sugar and seasonings with salt (including soy sauce) for flavour. Ready-to-use sauce, chicken powder and MSG are not used					
12. Provide desserts without added sugar, serve sugar or sweetener separately					

Congratulations! If all the answers above are either “Yes” or “Not Applicable”, the dish concerned will be considered a healthier option. Please label it with the “3 Less” dish Logo and recommend it to your patrons.

Don't forget that if fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice (or 4 times if uncooked vegetables) as much the amount of meat and its alternatives present in the dish, please also label it with the “More Fruit and Vegetables” dish Logo.

Assessor (Signature)

Name / Post

Date of Assessment

收集個人資料的用途聲明

收集資料的目的

1. 你向衛生署提供的個人資料會用作以下用途：

- a) 辦理「星級有營食肆」報名或續期手續；
- b) 製備統計數字，進行研究或教學；及
- c) 利便組織有關健康教育及社區聯絡的活動。

個人資料的提供，出於自願。如果你不提供充份的資料，我們可能無法證明你是否符合資格獲得某項服務／活動，亦可能無法達成你的要求或就你的投訴進行深入調查，因而不能為你提供服務／協助。

接受轉介人的類別

2. 提供的個人資料純屬自願。你提供的個人資料，主要由本署內部使用，但亦可能於有所需時因以上第 1 段所列目的向其他政府部門或有關人士披露。此外，資料只可於你同意作出該種披露或作出該種披露是《個人資料(私隱)條例》所允許的情況下，才向有關方面披露。

查閱個人資料

3. 根據《個人資料(私隱)條例》第 18 條及 22 條以及附表 1 第 6 原則所述，你有權查閱及修正個人資料，包括有權取得你於以上第 1 段所述的情況下所提供的個人資料。應查閱資料要求而提供資料時，可能要徵收費用。

查詢

4. 有關所提供個人資料(包括查閱及修正資料)的查詢，應送交：

健康促進處

(經辦人：高級行政主任(健康促進))

地址：香港灣仔軒尼詩道 130 號修頓中心 7 字樓

聯絡電話：2835 1820

Statement of Purposes for Collection of Personal Data

Purpose of Collection

1. The personal data you provide to the Department of Health will be used for the following purposes:
 - a. enrolment for or renewal of the “EatSmart Restaurant”;
 - b. compilation of statistics for research or teaching purposes; and
 - c. facilitation of organisation of activities related to health education and community liaison.

The provision of personal data is entirely voluntary. If you do not provide sufficient information, we may not be able to prove your eligibility for specific services/activities, to accede to your request or to conduct an in-depth investigation into a complaint case, and hence cannot provide services/assistance to you.

Classes of Transferees

2. The personal data provided by you are mainly for use within the Department of Health but they may also be disclosed to other Government bureaux/departments or relevant parties for the purposes mentioned in paragraph 1 above, if required. Apart from this, the data may only be disclosed to parties where you have given consent to such disclosure or where such disclosure is allowed under the Personal Data (Privacy) Ordinance.

Access to Personal Data

3. You have the right of access and correction with respect to personal data as provided for in sections 18 and 22 and Principle 6 of Schedule 1 of the Personal Data (Privacy) Ordinance. Your right of access includes the right to obtain a copy of your personal data. A fee may be imposed for complying with a data access request.

Enquiries

4. Enquiries concerning the personal data provided, including the making of access and corrections, should be addressed to:

Health Promotion Branch
(Attn : SEO(HP))
Address: 7/F, Southorn Centre, 130 Hennessy Road, Wanchai, Hong Kong
Telephone no.: 2835 1820