

星級
有營食肆

EatSmart Restaurant Star +

實用手冊

Guidebook



衛生署
Department of Health

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修訂 Revised
3/2024

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**Revised by the Department of Health
March 2024**

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背景

不健康的飲食習慣與肥胖問題有著莫大關連，亦會增加患上心臟病、腦血管病、糖尿病和某些癌症等慢性疾病的風險。根據衛生署2020-22年度人口健康調查，在15歲或以上人士當中，近98%表示每天進食水果及蔬菜量不足（即平均少於五份）。同時，在15-84歲人士中，近五成五屬超重或肥胖，而高血壓的總患病率則接近三成。較少油、鹽及糖的飲食有助改善以上健康問題。

港人經常外出用膳，因此在推廣健康飲食方面，食肆誠然是最重要的協作夥伴。衛生署2020-22年度人口健康調查顯示，接近八成15歲或以上人士每星期至少外出進食一次（包括早餐、午餐及晚餐）。而按年齡組別分析，五成半年齡介乎25至34歲人士每星期外出進食午餐的次數達五次或以上。

衛生署在2008年4月推出「有營食肆」

運動，讓市民外出用膳也可以輕易品嚐「有營菜式」，即「蔬果之選」（多蔬果）及「3少之選」（少油、少鹽和少糖）的菜式。衛生署亦成立了「有營食肆」運動委員會（委員會），成員來自政府、餐飲業界、學界及相關專業團體。委員會為運動制訂目標和路線圖，提供致目標的對策和方法，以及爭取持份者支持本運動，並為此促進跨界別合作。

為鼓勵食肆提供更多元化的健康菜式，協助市民實踐健康飲食，衛生署於2019年優化「有營食肆」運動，推出「星級有營食肆」運動，採用星級制度，將「有營食肆」分為一星、兩星或三星。

我們鼓勵食肆「營」接健康潮流，煮出清新味道，創作招牌「有營菜式」，讓市民有更多更健康的選擇。參加「星級有營食肆」運動，可吸引更多關注健康的顧客前來光顧。

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關於本手冊

本手冊在2007年首次編寫，其後於2015年修訂，旨在列出參與「有營食肆」運動的細則及「有營菜式」（即「蔬果之選」和「3少之選」）的營養要求。「有營菜式」的營養要求是在參照外地經驗、考慮本地情況及諮詢多個政府部門、餐飲業界、學界和專業團體後訂出，其可行性已被確定。

為配合2019年推出的「星級有營食肆」運動，衛生署於同年重新修訂本手冊，介紹星級制度及運動的條款和細則，並於2024更新內容。



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「星級有營食肆」運動簡介

目標

- 教育公眾，賦予市民權利，讓他們有更多便利途徑在食肆享用健康菜式；及
- 鼓勵食肆經營者，提昇能力，協助他們提供更多元化的健康菜式。

何謂「星級有營食肆」？

「星級有營食肆」運動以不同顏色的星星來代表食肆特色，詳情如下：

- 綠星代表食肆每天提供最少五款「蔬果之選」的菜式；
- 紅星代表食肆每天提供最少五款「有營菜式」，其中必須包括最少一款「3少之選」的菜式，以及食肆已提名至少兩名員工出席簡介會，經評估後取得「合格」的資格；及
- 黃星代表食肆每天為「蔬果之選」或「3少之選」的菜式提供「有營優惠」。



代表菜式的材料全屬蔬果類或按體積計，蔬果類是肉類及其代替品的兩倍或以上。



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。



代表食肆每天為「蔬果之選」或「3少之選」的菜式提供優惠。

參與食肆的得益

- 樹立以顧客為本及承擔社會責任的形象，顯示你是照顧顧客健康需要的飲食業經營者；
- 員工可參與衛生署舉辦的簡介會，改善烹調技巧及菜式質素；
- 幫助員工增廣營養知識，對飲食有較健康的概念，飲食習慣亦變得較健康；及
- 可獲衛生署提供免費的宣傳品、資源和專業支援服務。

一星「有營食肆」		每天提供最少五款「蔬果之選」的菜式
兩星「有營食肆」	  或  	每天提供最少五款「蔬果之選」和「3少之選」的菜式 每天提供最少五款「蔬果之選」的菜式和「有營優惠」
三星「有營食肆」	  	每天提供最少五款「蔬果之選」和「3少之選」的菜式，並同時提供「有營優惠」

有關「蔬果之選」及「3少之選」菜式的營養要求，請參照本手冊第六章《營養準則》。有關「有營優惠」的建議，請參照本手冊第七章《「有營優惠」參考》。

如何成為「星級有營食肆」？

參與食肆必須按香港法例要求持有一份與其業務有關的商業登記證及／或其他許可證或牌照，並遵行本手冊所訂的「星級有營食肆」運動條款及細則，以及按照有關的營養準則提供「有營菜式」。

新參與食肆每天提供最少五款「蔬果之選」的菜式，即可由一星「有營食肆」起步。

食肆如每天提供最少五款「蔬果之選」和「3少之選」的菜式，且提名至少兩名員工出席簡介會，經評估後取得「合格」的資格，便可成為兩星「有營食肆」。因此，所有優化前已參加運動的「有營食肆」會自動成為兩星「有營食肆」。食肆如每天提供最少五款「蔬果之選」的菜式及「有營優惠」，亦可獲得兩星的資格。

食肆如能每天提供最少五款「蔬果之選」和「3少之選」的菜式，並同時提供「有營優惠」，便能成為最高等級的三星「有營食肆」。

所有「星級有營食肆」必須在食肆當眼處展示「星級有營食肆」櫥窗標貼，使用「有營菜式」餐牌套或在主餐牌或餐桌資訊卡貼上「星級有營食肆」標誌。

參加步驟

參與本運動費用全免，而參加詳情請見下表：

新參加食肆

步驟1	秘書處安排到訪食肆 <ul style="list-style-type: none"> 檢視有關的商業登記證，及／或其他許可證或牌照 食肆填妥報名表 向負責人和員工工作現場簡介及商討符合星級資格的情況
步驟2	成為一星或兩星「有營食肆」 ★ 或 ★ ★ <ul style="list-style-type: none"> 即時獲提供宣傳品如櫥窗標貼及餐牌套 善用宣傳品¹，以助顧客選擇「有營菜式」，例如在當眼處展示「星級有營食肆」櫥窗標貼、使用「有營菜式」餐牌套，或在主餐牌或餐桌資訊卡貼上「蔬果之選」及／或「有營優惠」標誌。
步驟3	成為三星「有營食肆」 <ul style="list-style-type: none"> 提名至少兩名員工出席簡介會，經評估後取得「合格」的資格 每天提供最少五款「蔬果之選」和「3少之選」的菜式 每天為「蔬果之選」或「3少之選」的菜式提供優惠



資格有效期及續期安排

參與食肆必須每兩年續期一次，秘書處會於有效期完結前向各參與食肆寄出續期通知書。

衛生署會將參與食肆名單上載衛生署「星級有營食肆」運動專題網站。

持續支援和品質控制

為向經營者持續提供支援，衛生署將以定期及抽樣方式訪查參與食肆。訪查的目的是確定參與食肆能遵行「星級有營食肆」運動的條款及細則。對於參與食肆在獲取「星級有營食肆」資格後按本手冊營養要求自行研發的「有營菜式」，秘書處亦會要求參與食肆提供食譜，以作持續的品質監察。如有任何不善之處，秘書處將即時告知並要求該食肆在兩星期內以書面確認已採取補救或改善的措施。

優化前已參加運動的「有營食肆」

步驟1	<ul style="list-style-type: none">每天提供最少五款「蔬果之選」和「3少之選」的菜式自動成為兩星「有營食肆」 ★ ★
步驟2	秘書處安排到訪食肆 <ul style="list-style-type: none">檢視有關的商業登記證，及/或其他許可證或牌照向負責人和員工作現場簡介及商討提供「有營優惠」
步驟3	成為三星「有營食肆」 <ul style="list-style-type: none">每天為「蔬果之選」或「3少之選」的菜式提供優惠善用宣傳品¹，以助顧客選擇「有營菜式」，例如在當眼處展示「星級有營食肆」櫥窗標貼、使用「有營菜式」餐牌套，或在主餐牌或餐桌資訊卡貼上「蔬果之選」、「3少之選」及「有營優惠」標誌。

¹ 參照本手冊第八章《「星級有營食肆」櫥窗標貼/宣傳品使用及展示細則》及第九章《「星級有營食肆」標誌使用細則》





終止資格

在以下情況，衛生署可考慮終止參加食肆的資格：

- 未能提供按香港法例要求持有一份與其業務有關的商業登記證，及/或其他許可證或牌照；或
- 未能根據相關星級資格的要求每天供應最少五款「蔬果之選」及/或「3少之選」的菜式，及/或每天提供「有營優惠」；或
- 未能善用本運動所提供的宣傳品，協助顧客選擇更健康的菜式；或
- 不遵守本手冊的指引用以促進本運動順利和完善地推行；或
- 行為表現危害或損害本運動、衛生署、委員會或相關活動的信譽或利益；或
- 蓄意提供關於推行本運動的失實、不完整或誤導資訊。

遇有上述違規情況，衛生署會先諮詢委員會意見。如委員會最終決定終止該食肆的參與資格，衛生署將以掛號信發出終止通知書予該食肆經營者。如當事人不同意衛生署決定，必須於通知書發出日期起計兩星期內以書面向衛生署提出反對理由及詳細資料，否則反對意見將不獲考慮。於一般情況下，衛生署不會在食肆被終止資格六個月內再受理其申請。其後的申請，將視作全新申請辦理。





退出運動

參與食肆如欲退出「星級有營食肆」運動，必須以書面通知秘書處。

終止資格或退出運動的後果

參與食肆如被終止資格或退出本運動，必須即時無條件地：

- 不再於任何情況下自稱「星級有營食肆」；
- 停止使用「星級有營食肆」的櫥窗標貼、標誌及相關宣傳品和其他利益作任何用途；及
- 將所有「星級有營食肆」櫥窗標貼、標誌及相關宣傳品於十個工作天內經秘書處交還衛生署。

衛生署會把該食肆名稱從所有「星級有營食肆」運動的宣傳平台移除。

決定

在所有有關「星級有營食肆」運動事宜上，委員會擁有最終決定的權力。

顧客意見

顧客的意見是菜式營養質量的重要指標。所有參與食肆均應盡力及主動與顧客溝通，了解他們的意向，致力推動健康飲食。秘書處如接獲顧客的意見，將盡快轉交該食肆以便採取相應行動。所有參與食肆均應與秘書處保持緊密合作，在接獲通知兩星期內作出改善。



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簡介會

食肆如欲透過提供「3少之選」的菜式取得紅星資格，必須同時提名至少兩名日常負責設計菜單的職員(例如餐廳經理及廚師)出席兩小時的簡介會。衛生署將講解「3少之選」和「蔬果之選」的營養準則，同時提供如何在實際經營過程中供應這類健康菜式的建議。職員上畢簡介會及通過評估測試後，才能成為「合格」人員。

員工上畢簡介會及取得「合格」資格後，參與食肆必須將簡介會的知識學以致用，按照本手冊所訂的營養要求製作最少五款「有營菜式」包括「3少之選」，這些菜式可以是全新研製或改良自現有菜式。衛生署確定食譜符合相關的營養要求後，食肆才可取得紅星資格。

參與食肆可於簡介會最少五個工作天前向秘書處提交「3少之選」食譜作預先評審。食譜獲確認符合相關的營養要求，以及最少兩名員工出席簡介會並取得「合格」資格後，食肆便可立即取得紅星資格。

如參與食肆未能於簡介會前提交食譜作預先評審，便應在簡介會後十個工作天內提交。秘書處接獲「3少之選」食譜後，一般會在十個工作天內作出回覆。

持續支援

秘書處會定期舉辦簡介會，歡迎參與食肆在下列情況下安排員工出席簡介會，確保員工們擁有相關營養知識：

1. 有意提供「3少之選」的菜式；
2. 希望更多員工接受相關訓練；及
3. 希望讓負責員工重溫相關知識。

有關簡介會的詳情，請瀏覽「星級有營食肆」運動的專題網站。



本章節為標誌為「蔬果之選」及「3少之選」的菜式提供營養準則作參考。

「蔬果之選」



代表菜式的材料全屬蔬果類或按體積計，蔬果類是肉類及其代替品的兩倍或以上。若蔬菜未經烹煮，則要求按體積計，蔬菜類是肉類及其代替品的四倍或以上。

下列食物不應視作蔬果：

- 醃製的蔬果，如梅菜、酸瓜等；
- 油炸(包括走油)的蔬果和其他材料；
- 碳水化合物(澱粉質)含量較高而膳食纖維含量較低的蔬菜，如馬鈴薯、番薯等；
- 膳食纖維含量因製造過程而減低的黃豆製品，如豆腐、腐皮等；
- 裝飾或伴碟用途的蔬果；及
- 脂肪含量較高的蔬果，如榴槤、牛油果、椰子及其製品。

請注意，「蔬果之選」菜式不可含有油炸（包括走油）的食材（例如炸蒜頭或炸麪包粒）。

適合貼上「蔬果之選」的菜式範例：

中式：

- 冬瓜盅
- 粉絲雜菜煲
- 蝦仁炒翠肉瓜
- 雙菇扒時蔬
- 套餐：一份(約半碗蒸肉餅)+一碗焯生菜+一碗白飯

其他：

- 雜菜湯
- 田園沙律
- 青木瓜大蝦沙律
- 芝士焗西蘭花
- 套餐：鮮茄肉醬意粉一份(含蔬菜和免治牛肉各半碗)+田園沙律一碗



「3少之選」



代表食肆已參考以下建議，選用較健康的食材及烹調方法，以減少菜式的脂肪或油分、鹽分及糖分的含量。

食材選擇/ 烹調方法	建議	較健康的食物/ 烹調方法例子	較不健康的食物/ 烹調方法例子
油脂類/ 沙律醬/ 麵包塗醬	<ul style="list-style-type: none"> 採用健康的植物油 採用較低脂的沙律醬 採用較低脂及無添加糖分的麵包塗醬 	粟米油、橄欖油、芥花籽油、花生油、葵花籽油、大豆油、較低脂的花生醬、無添加糖分果醬	牛油、豬油、椰子油、棕櫚油、含反式脂肪的植物牛油、起酥油、普通的沙律醬、煉奶、含添加糖分果醬、花生醬、巧克力醬、咖央、鵝肝醬
穀物類	<ul style="list-style-type: none"> 採用低脂肪及無添加糖分的穀物類 	白麪包、麥包、白飯、紅米飯、蛋麪、意粉、米粉、生麪	牛角包、酥皮食品、雞尾包、菠蘿包、蓮蓉包、炒飯、炒麪、炒河粉、油炸即食麪、伊麪、油麪
蔬菜	<ul style="list-style-type: none"> 採用新鮮、冷藏、或較低鹽的罐頭蔬菜代替醃製蔬菜 	新鮮或冷藏蔬菜、含較低鹽分的罐頭蔬菜、已「出水」的罐頭蔬菜	雪菜、酸菜、菜甫、梅菜、榨菜、鹹酸菜
水果	<ul style="list-style-type: none"> 採用新鮮的水果或純天然的果汁 採用無添加糖分或鹽分的水果製品 	新鮮水果、果汁浸的罐頭水果、無添加糖分的乾果、冷藏水果、100%純果汁	糖水浸罐頭水果、添加了糖分的乾果和果汁、椰子及其製品
肉類、家禽、海鮮、雞蛋、豆類及果仁	<ul style="list-style-type: none"> 採用新鮮或冷藏的低脂肉類來代替醃製的肉類 選用非油炸的原味豆類製品 採用非油炸及無添加鹽糖的果仁 	新鮮或冷藏瘦牛肉、豬肉、各款魚類、海鮮（如帶子、蝦仁、蟹肉）、去皮禽肉、水浸罐頭吞拿魚、豆腐、鮮腐竹、原味素肉、乾焗原味果仁	豬腩肉、豬頸肉、肥牛肉、牛腩、部分內臟、雞翼、雞腳、油浸罐頭吞拿魚、午餐肉、腸仔、火腿、煙肉、現成肉丸、蟹柳、臘腸、鹹魚、鹹蛋、豆卜、炸枝竹、油炸麪筋、已調味的素肉、炸腰果、鹽焗果仁
奶品類	<ul style="list-style-type: none"> 採用脫脂、低脂或較低脂的原味奶品類 	脫脂或低脂奶、奶粉、乳酪、較低脂芝士	全脂奶製品、忌廉、花奶、煉奶、奶精
甜品	<ul style="list-style-type: none"> 無添加糖分的甜品（糖或代糖可另外供應） 	「走糖」甜品如豆腐花、紅豆沙	雪糕、加糖的甜品，例如椰汁糕、芝士蛋糕
調味料	<ul style="list-style-type: none"> 用天然食材替代高脂肪、鹽分或糖分的調味料或醬汁 	蒜、薑、蔥、洋葱、檸檬或青檸汁、醋、芫茜、五香粉、芥末、八角	蝦醬、腐乳、豆豉、雞粉、味精、現成的醬汁（如黑椒汁、咖喱醬、沙爹醬等）、蠔油



食材選擇/ 烹調方法	建議	較健康的食物/ 烹調方法例子	較不健康的食物/ 烹調方法例子
食材預備/烹煮方法/供應模式	<ul style="list-style-type: none"> 以「飛水」代替「泡油」的方式處理肉類 炒麵前，可先將麵放在滾水或清湯中焯一焯以減少用油量 烹調前把罐頭蔬菜「出水」，以減少鹽的含量 採用低脂烹調方法 低脂沙律醬或其他醬汁分開供應 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 預備三文治或多士等食物時，只塗上薄薄一層或分開供應麵包塗醬 提供無添加糖分的甜品，另外供應糖或代糖 火鍋店必須供應最少一款「3少之選」的「湯底」 	焯、蒸、烤、焗、炆、少油快炒、少油煎	炸(包括將肉類「泡油」的過程)、紅燒、淋上沙律醬、醬汁的菜式

適合貼上「3少之選」的菜式範例：

中式：

- 冬菇炆雞(去皮)
- 肉碎粉絲蒸水蛋
- 翠塘豆腐
- 清蒸海上鮮
- 蘿蔔炆牛腩

其他：

- 串燒牛柳粒
- 白汁雞皇長通粉(低脂白汁)
- 雞絲湯檬
- 泰式明爐魚
- 金菇牛柳卷

食肆在給菜式貼上「3少之選」標誌前，必須使用「3少之選」菜式評估表(附件二)作最後檢閱。

7

「有營優惠」參考

為促使顧客多點選「有營菜式」，並為食肆帶來更多商機，我們鼓勵食肆為「有營菜式」提供「有營優惠」。

兩星「有營食肆」★ ★ 和三星「有營食肆」須為「有營菜式」提供全年優惠。

優惠模式的例子如下：

- 以優惠價追加「有營菜式」
- 凡惠顧「有營菜式」，即可以優惠價享用另一款「有營菜式」
- 優惠孖寶(建議只限「有營菜式」)
- 凡四位或以上客人惠顧，即可以優惠價享用「有營菜式」
- 凡惠顧滿\$XXX或指定套餐，即可以優惠價享用「有營菜式」
- 學生優惠(出示有效學生証，即可以優惠價加配「有營菜式」一份)
- 凡惠顧單點主菜，即可以優惠價享用「有營菜式」一份
- 「有營菜式」可享X折優惠
- 以優惠價單點「有營菜式」



「星級有營食肆」櫥窗標貼/ 宣傳品使用及展示細則

「星級有營食肆」櫥窗標貼/宣傳品只供參與「星級有營食肆」運動的食肆使用，參與食肆必須同意及遵守「星級有營食肆」櫥窗標貼/宣傳品的使用及展示細則。

擁有權

- 「星級有營食肆」櫥窗標貼/宣傳品的擁有權，概為衛生署所有。
- 參與食肆不得未經衛生署同意下將有關櫥窗標貼/宣傳品複印、複製、編輯、外借或給予任何第三者。
- 該櫥窗標貼/宣傳品只能作為健康教育及推廣用途。

使用模式

- 「星級有營食肆」櫥窗標貼/宣傳品必須以原格式展示及使用，參與食肆不可擅自複印或更改其形狀、大小或顏色。

展示位置

- 櫥窗標貼只可展示於「星級有營食肆」的店舖前或其他當眼位置。

數量

- 每間「星級有營食肆」只會獲發一個註有編號的櫥窗標貼。

申請程序

- 如欲索取「星級有營食肆」宣傳品，請填妥《「星級有營食肆」索取宣傳品表格》，經秘書處向衛生署提交申請。
- 署方接獲申請表後，將在十個工作天內審批申請。

更換櫥窗標貼

- 如有需要（例如櫥窗標貼破損），參與食肆可經秘書處向衛生署申請索取新的櫥窗標貼以作更換。
- 食肆於換上新的櫥窗標貼後，請立即將舊的櫥窗標貼銷毀。

交回「星級有營食肆」櫥窗標貼/宣傳品

- 退出「星級有營食肆」運動的食肆，必須立刻停止使用/展示相關櫥窗標貼及宣傳品，並於十個工作天內經秘書處交還衛生署。
- 衛生署可隨時按《「星級有營食肆」運動-參與食肆指引》訂明的細則要求參與食肆立即交還「星級有營食肆」櫥窗標貼/宣傳品。



「星級有營食肆」標誌只供參與該運動的食肆使用，參與食肆必須同意及遵守「星級有營食肆」標誌的使用細則。

擁有權

- 「星級有營食肆」標誌的擁有權，概為衛生署所有，包括



「蔬果之選」



「3少之選」



「有營優惠」

- 參與食肆不得未經衛生署同意下將有關標誌複印、複製、編輯、外借或給予任何第三者。

使用

- 「星級有營食肆」標誌只可作健康教育及健康推廣用途。
- 「星級有營食肆」標誌必須原裝展示及使用，參與食肆不得更改標誌的內容。

- 參與食肆必須展示「星級有營食肆」標誌，以提供產品資訊及銷售點推廣資訊，以便顧客選擇健康菜式。

- 當參與食肆在其製造或售賣的食品使用及展示「星級有營食肆」標誌，並不表示此等產品已獲衛生署核准、認可或批准。

申請在宣傳品中使用「星級有營食肆」標誌

- 參與食肆如欲申請在餐牌以外的其他宣傳品使用該標誌，必須填妥《「星級有營食肆」索取宣傳品表格》，連同有關的全彩色美術設計圖經秘書處提交衛生署審批。
- 衛生署接獲齊全的申請文件後，將在十個工作天內審批申請。
- 衛生署將按個別情況准許參與食肆使用或展示「星級有營食肆」標誌。

終止

- 食肆如退出「星級有營食肆」運動，必須立刻停止使用「星級有營食肆」標誌，並於十個工作天內經秘書處交還衛生署。



衛生署保留權利，可隨時按情況修訂關於「星級有營食肆」標誌的使用細則，參與食肆必須遵守。

以下的宣傳品將由衛生署提供：

宣傳品

用途

櫥窗標貼			
1	一星「有營食肆」 	顯示食肆每天提供最少五款「蔬果之選」的菜式	
2	兩星「有營食肆」 	顯示食肆每天提供最少五款「蔬果之選」和「3少之選」的菜式	
3	兩星「有營食肆」 	顯示食肆每天提供最少五款「蔬果之選」的菜式和「有營優惠」	
4	三星「有營食肆」 	顯示食肆每天提供最少五款「蔬果之選」和「3少之選」的菜式，並同時提供「有營優惠」	
「星級有營食肆」標誌			
5	「蔬果之選」	用於餐牌上，代表菜式的材料全屬蔬果類或按體積計，蔬果類是肉類及其代替品的兩倍以上	
6	「3少之選」	用於餐牌上，顯示該菜式以較少脂肪或油分、鹽分及糖分烹調或製作	
7	「有營優惠」	用於餐牌上，顯示食肆為「有營菜式」提供優惠。	
其他			
8	餐牌套 (A4及A5)	介紹「蔬果之選」、「3少之選」及「有營優惠」標誌的意思，並同時推介「有營菜式」	
9	海報	張貼於食肆內，以便介紹「星級有營食肆」運動	

上述5至7項宣傳品備有電腦圖檔，如有需要，請向秘書處查詢。

「有營菜式」的供應

1. 「有營菜式」(即「蔬果之選」及「3少之選」菜式)是否需要在特定營業時段供應？

答：一星「有營食肆」必須每天提供最少五款「蔬果之選」的菜式，但五款菜式不一定要在同一時段供應。

至於兩星「有營食肆」★或三星「有營食肆」，必須每天提供最少五款「有營菜式」，其中必須包括至少一款「蔬果之選」菜式及至少一款「3少之選」菜式，否則便會視為不符合要求。另外，五款「有營菜式」不一定要在同一時段供應，只須在同一營業日供應即可，例如可在早市供應三款，晚市供應兩款。

「蔬果之選」

2. 「蔬果之選」的要求是以烹調後的蔬菜計算，未經烹調的蔬菜，如沙律，是否計算在內呢？

答：未經烹調的蔬菜亦計算在內，但所要求的分量是肉類及其代替品的四倍或以上。以串燒牛肉套餐為例，熟牛肉約半碗，若套餐希望成為「蔬果之選」，需包括兩碗沙律(1碗=250-300毫升)。

3. 將南瓜「走油」，然後和苦瓜同炒，這個菜式符合「蔬果之選」嗎？

答：不符合，「蔬果之選」不包括含經「走油」的蔬果或其他食材的菜式。

4. 清炒五色蔬菜粒並置於經油炸的「鵲巢」內，這個菜式符合「蔬果之選」嗎？

答：不符合，因為「鵲巢」經油炸，不符合「蔬果之選」的要求。

「3少之選」

5. 怎樣才算「少」？

答：我們鼓勵參與食肆採用較健康的烹調方法和食材以減少菜式中的油、鹽、糖含量。然而，「少」並不同於「低」或「無」。因此，一般而言，通過「3少之選」菜式評估表(附件二)的菜式是較健康的選擇。

6. 菜式是否要完全通過「3少之選」菜式評估表才能貼上「3少之選」的標誌呢？

答：是。為了確保「3少之選」的菜式都是較健康的選擇，參與食肆需根據「3少之選」的定義，改良現有的或創作新的菜式，並使用「3少之選」菜式評估表(附件二)作最後檢閱。

7. 「3少之選」菜式是否適合因健康理由而被建議選用特別餐，如低鈉餐的顧客？

答：並不適合。少油、少鹽、少糖並不等於低油、低鹽、低糖，「3少之選」菜式是藉選用較健康的材料及烹調方法以減少油、鹽、糖含量。建議顧客向醫生或營養師查詢。

8. 製作「3少之選」的湯飯或湯麵時，湯的材料是否需要符合「3少之選」的要求？

答：是，這能確保「3少之選」的菜式含較少的油、鹽和糖。

9. 非油炸現成的「素雞」能否用作製作「3少之選」的菜式？

答： 非油炸現成的「素雞」大多已被調味，且鈉質含量或較高，所以並不適合製作「3少之選」的菜式。

10. 乾焗原味果仁和牛油果脂肪含量較高，能否用作製作「3少之選」的菜式？

答： 乾焗原味果仁和牛油果脂肪含量較高，但主要是有益心血管健康的不飽和脂肪，所以可用以製作「3少之選」的菜式，但只宜適量使用。

11. 蒸的菜式於最後淋上的豉油熟油是否需要分開供應？

答： 「3少之選」要求「低脂沙律醬或其他醬汁分開供應」，所以必須分開供應「最後淋上的豉油熟油」，讓顧客按個人口味自行加入。

12. 烹調用的油和鹽怎樣才算少？

答： 可參考以不多於三茶匙的植物油、半茶匙鹽烹煮一碟四人份量的菜式。半茶匙鹽的鈉含量相若於一湯匙豉油(1茶匙 = 5毫升、1湯匙 = 15毫升)。

13. 「蒸白飯」、「白粥」等簡單的食物，能否作為「3少之選」？

答： 這些簡單的食物雖然符合「3少之選」的要求，但顧客期望「色、香、味、營」俱全的菜式，鼓勵參與食肆能花點心思製作「3少之選」的菜式。

14. 熱檸檬水和純果汁可否視作「3少之選」？

答： 不可以。「有營菜式」並不包括飲品。

「有營優惠」

15. 參與食肆能否轉換「有營優惠」？

答： 兩星「有營食肆」★ ★和三星「有營食肆」須為「有營菜式」提供全年優惠，但優惠的模式可以改變。

16. 食肆於平日、週末和週日提供不同形式的「有營優惠」，符合全年優惠的要求嗎？

答： 符合，因為顧客每天可享有「有營優惠」。

其他

17. 火鍋店可以成為「星級有營食肆」嗎？

答： 「星級有營食肆」的火鍋店所提供的五款「有營菜式」必須包括一款「3少之選」的湯底。除了可以以個別火鍋食材作「蔬果之選」和「3少之選」外，還可以考慮提供包括火鍋食材和湯底的「蔬果之選」和「3少之選」套餐。

18. 參與食肆能否因時令而轉換菜式，應如何處理？

答： 為配合不同時令和不同顧客的口味，衛生署鼓勵參與食肆多轉換「有營菜式」。參與食肆可根據「3少之選」和「蔬果之選」的營養要求研創更多美味的菜式。若有需要，衛生署十分樂意提供持續支援，例如在新菜式食譜的營養方面給予建議。

12

免責聲明

1. 特區政府及其人員及僱員並無就特區政府為有關「星級有營食肆」運動(該運動)所提供的意見、建議、訓練或訓練材料的可商售性或作某用途的適用性或就其他方面，作出任何明示或默示的陳述、保證或說明。特區政府及其人員及僱員現明確聲明，特區政府及其人員及僱員不會就有關該運動所提供的意見、建議、訓練或訓練材料或其他方面(包括但不限於處理或拒絕任何參加該運動的申請時，或終止任何參加者的參加資格或在不為任何參加者的參加資格續期時，特區政府或其人員或僱員的任何作為或不作為)所引致或涉及的損失或損害而向任何人(包括但不限於任何個人或團體(不論法團或非法團))負有任何法律責任。
2. 在不影響第1段的一般性的原則下，特區政府及其人員及僱員不會就該運動任何參加者或其任何僱員或顧客或任何其他人士就該運動(包括但不限於運用或聲稱運用有關該運動取得的知識、技術或技巧或類似事宜)所引致或有關而蒙受或遭他人提出的損害、損失、法律責任、訴訟、法律程序、申索、要求、費用或開支，而負有任何法律責任。
3. 該運動之參加者應就參加該運動而引致或涉及的事宜，自行尋求獨立專業意見。

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聯絡我們

如對「星級有營食肆」運動有任何查詢或建議，歡迎聯絡衛生署：

地址：香港灣仔軒尼詩道139號中國海外大廈
8樓A-D室

電話：3151 7637 / 3151 7645

傳真：2781 2599

電郵：esr_cheu@dh.gov.hk

欲知詳情，請瀏覽衛生署「星級有營食肆」運動網站

<https://restaurant.eatsmart.gov.hk>



附件一：「星級有營食肆」運動委員會成員名單

- 食物環境衛生署
- 香港心臟專科學院
- 香港社會服務聯會匯豐社會企業商務中心
- 香港肥胖醫學會
- 香港餐務管理協會
- 香港餐飲聯業協會
- 香港營養師協會
- 香港營養學會
- 現代管理（飲食）專業協會
- 莫鳳儀太平紳士
- 稻苗飲食專業學會
- 衛生署
- 職業訓練局中華廚藝學院

(排名以中文筆劃序)





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

星級
有營食肆

EatSmart Restaurant Star +

1

Background

Unhealthy eating habit is closely linked to the development of obesity and increases the risk of chronic diseases including heart diseases, cerebrovascular diseases, diabetes and some cancers. According to the Population Health Survey 2020-22 conducted by the Department of Health (DH), nearly 98% of persons aged 15 or above reported inadequate intake (i.e. an average of less than five servings) of fruit and vegetables per day. Meanwhile, among the population aged 15-84, nearly 55% were overweight or obese and nearly 30% had hypertension. Having a diet with less fat or oil, salt and sugar may help improve these health conditions.

Food premises are important partners in healthy eating promotion as eating out is common among Hong Kong people. According to the Population Health Survey 2020-22 conducted by the Department of Health (DH), nearly 80% of persons aged 15 or above reported eating out (including breakfast, lunch and dinner as a whole) at least once a week. Analysed by age group, 55% of persons aged 25 to 34 reported that they ate out for lunch 5 times or more a week.

The DH launched the “EatSmart@restaurant.hk” Campaign (ESR Campaign) in April 2008, whereby

the public could easily savour the “EatSmart Dishes” which include “More Fruit and Vegetables” dishes and “3 Less” dishes (less fat or oil, salt and sugar) when eating out. The DH also set up a Campaign Task Force (the Task Force) comprising members from the government, catering industry, academia and relevant professional groups. The Task Force sets up goals and roadmaps for the Campaign, provides strategies and ways to achieve the goals, and seeks support from stakeholders for the Campaign. Through these, collaborations among different sectors will be promoted.

To encourage restaurants to provide a wider choice of healthy dishes and assist members of the public in putting healthy eating into practice, the DH launched the “EatSmart Restaurant Star+” Campaign (ESR Star+ Campaign) as the enhanced version of the ESR Campaign in 2019. Under a star-rating scheme, EatSmart Restaurants (ESRs) are classified into one-star, two-star or three-star.

We encourage restaurants to embrace the trend of healthy eating and nutritional cooking by creating signature “EatSmart Dishes”, which give the public a wider range of healthier choices. By joining the ESR Star+ Campaign, you can attract more customers who are health-conscious.

2

About the Guidebook

This Guidebook, first issued in 2007 and subsequently revised in 2015, aims to set out the conditions for participating in the ESR Campaign as well as the nutritional criteria of “EatSmart Dishes” (i.e. “More Fruit and Vegetables” dishes and “3 Less” dishes). Such criteria of “EatSmart Dishes” were established after making references to overseas experience and local circumstances, as well as consulting various government departments, professional groups, academia and catering industry. The practicability of these criteria has been confirmed.

To tie in with the ESR Star+ Campaign launched in 2019, the DH revised the Guidebook in the same year to introduce the star-rating scheme and list out the terms and condition of the Campaign. The Guidebook was updated in 2024.



3

Introduction of “EatSmart Restaurant Star+” Campaign

Aims

- Educate, empower and enable the community to have easier access to healthier dishes when eating out; and
- Encourage, empower and enable food premises operators to provide a wider choice of healthier dishes.

What are EatSmart Restaurants?

Under the ESR Star+ Campaign, the features of a restaurant are indicated by stars of different colours. Details are as follows:

- Green Star means that the restaurant offers at least five “More Fruit and Vegetables” dishes on a daily basis;
- Red Star means that the restaurant offers at least five “EatSmart Dishes” which include at least one “3 Less” dish on a daily basis and that at least two staff members have passed the assessment after being nominated to attend a briefing session; and
- Yellow Star means that the restaurant has a daily promotional offer (“EatSmart Promotion”) for the “More Fruit and Vegetables” or “3 Less” dish.



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











means that the dish has less fat or oil, salt and sugar, meeting the “3 Less” requirement.



means that a daily promotional offer is available for the “More Fruit and Vegetables” or “3 Less” dish.

Benefits to Participating Restaurants

- Establish the image of a customer-centric and socially responsible business operator that responds positively to the health needs of the customers;
- Staff can improve cookery techniques and dish quality by participating in briefing sessions held by the DH;
- Staff can broaden their nutritional knowledge, become more health-conscious about eating and develop healthier eating habits; and
- Receive free publicity materials and resources as well as professional support from the DH.

One-star ESRs		Offer at least five “More Fruit and Vegetables” dishes on a daily basis
Two-star ESRs	  or  	Offer at least five “More Fruit and Vegetables” dishes and “3 Less” dishes on a daily basis Offer at least five “More Fruit and Vegetables” dishes as well as “EatSmart Promotion” on a daily basis
Three-star ESRs	  	Offer at least five “More Fruit and Vegetables” dishes and “3 Less” dishes as well as the “EatSmart Promotion” on a daily basis

Please refer to Chapter 6 – Nutritional Criteria for details of requirements for “More Fruit and Vegetables” and “3 Less” dishes.

Please refer to Chapter 7 – Examples of “EatSmart Promotion” for suggestions of daily promotional offer.

Enrolment process

Enrolment is free of charge. Please see the table below for details:

Newly Enrolled Restaurant

Step 1	<p>A pre-arranged visit by the Secretariat</p> <ul style="list-style-type: none"> • The restaurant provides the Business Registration Certificate and/or other permit(s) or licence(s) for checking • The restaurant fills in the enrolment form • The Secretariat briefs the person-in charge and staff about the Campaign and discusses ways to comply with the requirements
Step 2	<p>Becoming a One-star/Two-star ESR ★ or ★★</p> <ul style="list-style-type: none"> • The restaurant immediately receives publicity materials, e.g. decals and menu jackets • The restaurant makes optimal use of publicity materials¹ to facilitate customers' selection of "EatSmart Dishes" by, for example, displaying the "EatSmart Restaurant Star+" Decal at a prominent location, using the "EatSmart Dishes" menu jackets and putting the logos of "More Fruit and Vegetables" dish and/or "EatSmart Promotion" on the main menu or table information cards
Step 3	<p>Becoming a Three-star ESR</p> <ul style="list-style-type: none"> • The restaurant nominates at least two staff members to attend the briefing session and pass the assessment • The restaurant offers at least five "More Fruit and Vegetables" dishes and "3 Less" dishes on a daily basis • The restaurant makes a daily promotional offer available for the "More Fruit and Vegetables" or "3 Less" dish

How to become an EatSmart Restaurant?

A participating restaurant shall hold a Business Registration Certificate and/or other permit(s) or licence(s) relating to its business as required under the Laws of Hong Kong, comply with the terms and conditions of the ESR Star+ Campaign set out in this Guidebook and provide "EatSmart Dishes" in accordance with the relevant nutritional criteria.

A newly enrolled restaurant can start as a One-star ESR by offering at least five "More Fruit and Vegetables" dishes on a daily basis.

To become a Two-star ESR, a restaurant is required to offer at least five "More Fruit and Vegetables" dishes and "3 Less" dishes on a daily basis, and nominate two staff members to attend a briefing session and pass the assessment. All ESRs enrolled before the enhancement, therefore, will automatically become Two-star ESRs. If a restaurant offers at least five "More Fruit and Vegetables" dishes as well as "EatSmart Promotion" on a daily basis, it can also become a Two-star ESR.

A restaurant can become a Three-star ESR if it offers "More Fruit and Vegetables" dishes and "3 Less" dishes as well as the "EatSmart Promotion" on a daily basis.

All ESRs shall display the "EatSmart Restaurant Star+" Decal at a prominent location, use the "EatSmart Dishes" menu jackets or put the "EatSmart Restaurant Star+" Logos on the main menu or table information cards.



Validity and Renewal

Biennial renewal to participate in the Campaign is required. The Secretariat will post relevant renewal notice to all participating restaurants before the expiry of the validity period.

The list of participating restaurants will be uploaded onto the DH's thematic website of the ESR Star+ Campaign.

Ongoing Support and Quality Assurance

The DH will pay periodic and random visits to participating restaurants to provide ongoing support to operators. The purpose of the visits is to ensure that participating restaurants comply with the terms and conditions of the ESR Star+ Campaign. If participating restaurants create an "EatSmart Dish" according to the nutritional criteria set out in this Guidebook after acquiring the "EatSmart Restaurant Star+" status, they will be requested by the Secretariat to submit the recipe for ongoing quality control purpose. The Secretariat shall immediately notify the restaurants of anything faulty and request the restaurants to acknowledge in writing within two weeks that they have already taken remedial or improvement measures.

ESRs Enrolled before Enhancement

Step 1	<ul style="list-style-type: none"> The restaurant provides at least five "More Fruit and Vegetables" dishes and "3 Less" dishes on a daily basis The restaurant automatically becomes a Two-star ESR ★ ★
Step 2	<p>A pre-arranged visit by the Secretariat</p> <ul style="list-style-type: none"> The restaurant provides the Business Registration Certificate and/or other permit(s) or licence(s) for checking The Secretariat briefs the person-in-charge and staff about the Campaign and discusses how to provide "EatSmart Promotion"
Step 3	<p>Becoming a Three-star ESR</p> <ul style="list-style-type: none"> The restaurant makes a daily promotional offer available for a "More Fruit and Vegetables" dish or "3 Less" dish The restaurant makes optimal use of publicity materials¹ to facilitate customers' selection of "EatSmart Dishes" by, for example, displaying the "EatSmart Restaurant Star+" Decal at a prominent location, using the "EatSmart Dishes" menu jackets and putting the logos of "More Fruit and Vegetables" dish, "3 Less" dish and "EatSmart Promotion" on the main menu or table information cards

¹ Please refer to Chapter 8 - Conditions for Use and Display of "EatSmart Restaurant Star+" Decal / Publicity Materials and Chapter 9 - Conditions for Use of "EatSmart Restaurant Star+" Logos.





Termination

The DH may consider terminating the eligibility of a participating restaurant to take part in the Campaign if it-

- fails to possess a Business Registration Certificate and / or other permit(s) or license(s) relating to its business that is / are required under the Laws of Hong Kong; or
- fails to meet the requirement(s) of its “EatSmart Restaurant Star+” status, i.e. providing at least five “More Fruit & Vegetables” dishes and/or “3 Less” dishes on a daily basis and/or offering “EatSmart Promotion” on a daily basis; or
- fails to make optimal use of the publicity materials provided by the Campaign to facilitate customers’ selection of healthier dishes; or
- fails to comply with this Guidebook serving to facilitate effective and smooth implementation of the Campaign; or
- behaves in a manner which jeopardizes or damages the reputation or interests of the Campaign, the DH, the Task Force or associated activities; or
- provides inaccurate, incomplete or misleading information deliberately in the context of implementation of the Campaign.

Under any of the above conditions, the DH will seek advice from the Task Force. If the Task Force determines that the situation warrants terminating the participating restaurant’s eligibility to take part in the Campaign, a notice of termination will be sent by registered mail. Persons objecting to this decision may indicate disagreement, with reasons and detailed information, in writing to the DH within two weeks from the date the notice of termination is issued. Information submitted otherwise will not be considered. Applications to re-join the Campaign will not normally be considered in the six months following termination. Re-application thereafter will be treated as a new application.





Withdrawal

Any participating restaurant that wishes to withdraw from the ESR Star+ Campaign must notify the Secretariat in writing.

Consequences of Termination or Withdrawal

Upon termination or withdrawal from the Campaign, the participating restaurant concerned must immediately and unconditionally:

- cease to hold itself out in any way as an ESR;
- cease to use the “EatSmart Restaurant Star+” Decal, logos and publicity materials and other benefits of the Campaign in any matter; and
- return to the DH via the Secretariat all “EatSmart Restaurant Star+” Decals, logos and publicity materials within ten working days.

The DH will remove the name of the participating restaurant from all publicity channels of the ESR Star+ Campaign.

Decision

The decision of the Task Force shall be final in all matters pertaining to the ESR Star+ Campaign.

Customer Feedback

Feedback from customers is an important indicator of the nutritional quality of dishes served. All participating restaurants should endeavour to communicate proactively with their patrons regarding their intention and efforts in support of healthy eating. Where customer feedback is received by the Secretariat, it will be passed promptly to the participating restaurants for action. All participating restaurants should undertake to co-operate with and work closely with the Secretariat to make improvement within two weeks of notification.



Restaurants that would like to acquire the Red Star status by providing “3 Less” dishes must nominate at least two staff members (such as managers and chefs) who are responsible for daily menu design to attend a two-hour briefing session. The DH will explain the nutritional criteria of “3 Less” dishes and “More Fruit and Vegetables” dishes and recommend ways to prepare these kinds of healthy dishes in the actual business settings. Nominated staff who have attended the briefing and passed the assessment will be regarded as “qualified” personnel.

After the staff members have attended the briefing session and attained the “qualified” qualification, the participating restaurants must apply the knowledge learnt from the briefing session. They are required to prepare at least five “EatSmart Dishes” including “3 Less” dishes according to the nutritional criteria set out in this Guidebook. These dishes can either be completely new or modified from existing dishes. Once the DH is satisfied that such recipes have met the relevant nutritional criteria, these restaurants will be awarded the Red Star status.

The participating restaurants can submit the recipes of “3 Less” dishes to the Secretariat at least five working days before the briefing session for pre-approval. They can immediately acquire the Red Star status once the DH is satisfied that their recipes have met the relevant nutritional criteria and at least two of their staff acquired the “qualified” qualification after attending the briefing session.

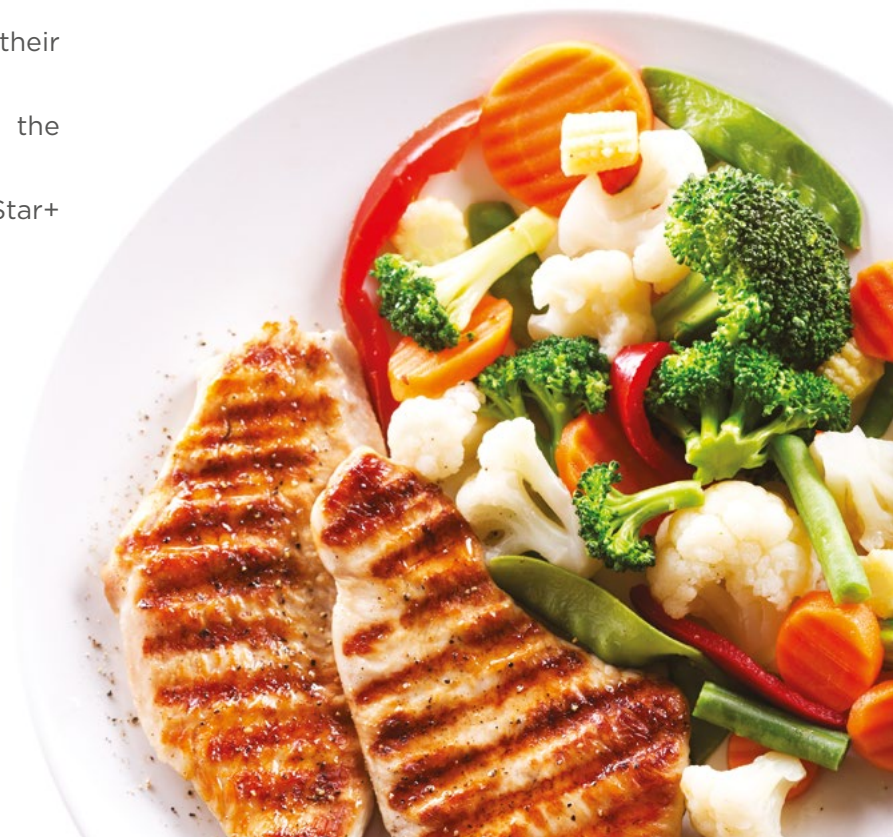
If the participating restaurants are unable to submit recipes before the briefing session for pre-approval, they should submit the recipes within ten days after the briefing session. Recipe feedback by the Secretariat may generally take up to ten working days from receipt of the recipes.

Ongoing Support

The Secretariat shall organise briefing sessions periodically. In order to ensure that the staff of participating restaurants bear relevant nutritional knowledge, participating restaurants are welcome to arrange for their staff to attend the briefing session in the following situations:

1. the participating restaurants are interested in providing “3 Less” dishes;
2. the participating restaurants want more of their staff to receive pertaining training; and
3. the staff who had previously attended the briefing want refreshment.

Please visit the thematic website of the ESR Star+ Campaign for details of briefing sessions.



This chapter outlines the nutritional criteria for “More Fruit and Vegetables” dishes and “3 Less” dishes.

“More Fruit and Vegetables” dish



Means that either fruit or vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat and its alternatives present in the dish. If vegetables in the dish are not cooked, they should occupy at least 4 times as much the amount of meat and its alternatives present in the dish.

The following foods should not be counted as fruit and vegetables:

- Preserved fruit and vegetables, e.g. preserved mustard and pickled cucumber;
- Deep-fried (including quick deep-fried) vegetables and other ingredients;
- Vegetables that are high in carbohydrate but low in dietary fibre are not classified as vegetable, e.g. potato, sweet potato
- Soybean products, e.g. tofu and soybean sheet, are not classified as vegetable because their dietary fibre content decreases significantly during food processing;
- Fruit and vegetables used as garnish; and
- Durian, avocado, coconut and their products are not counted because of their relatively high fat content.

Please note that “More Fruit and Vegetables” dishes must not contain deep-fried (including quick deep-fried) ingredients (e.g. deep-fried garlic or deep-fried croutons).

Example of dishes qualified for the “More Fruit and Vegetables” dish Logo:

Chinese cuisine:

- Wax gourd urn
- Mixed vegetable with mung bean vermicelli
- Stir-fried zucchini with shrimp
- Seasonal vegetable with duo-mushroom
- Set Meal: 1 serving of steamed pork patty (about ½ bowl) + 1 bowl of blanched lettuce + 1 bowl of steamed rice

Others:

- Minestrone soup
- Green salad
- Prawn salad with green papaya
- Baked broccoli with cheese
- Set Meal: 1 serving of spaghetti bolognaise (containing ½ bowl of vegetables and ½ bowl of minced beef) + Green salad (1 bowl)





"3 Less" dish

Means that the restaurant has taken the following suggestions and used healthier ingredients and cooking methods to decrease the content of fat / oil, salt and sugar in the dish.

Choices of Ingredients / Cooking Methods	Suggestions	Examples of healthier ingredients / cooking methods	Examples of less healthy ingredients / cooking methods
Fats & Oils / Salad Dressing / Spread	<ul style="list-style-type: none"> Use healthy vegetable oil Use low- or reduced-fat salad dressing Use spread which is reduced-fat and without added sugar 	Corn oil, olive oil, canola oil, peanut oil, sunflower oil, soybean oil, reduced-fat peanut butter, jam without added sugar	Butter, lard, coconut oil, palm oil, margarine containing trans fat, shortening, salad dressing, condensed milk, jam with added sugar, peanut butter, chocolate spread, kaya, goose liver pate
Grains	<ul style="list-style-type: none"> Use grains which is low in fat and without added sugar 	White bread, whole wheat bread, white rice, red rice, egg noodles, spaghetti, rice vermicelli, Chinese noodles	Croissant, pastry, "cocktail bun", "pineapple bun", bun with lotus seed paste, stir-fried rice and noodles, fried flat noodles, fried instant noodles, E-Fu noodles, Yu-Mein noodles
Vegetables	<ul style="list-style-type: none"> Use fresh, frozen or reduced-salt canned vegetables to replace preserved vegetables 	Fresh or frozen vegetables, canned vegetables with reduced salt or after blanching	Preserved mustard greens, pickled vegetables, dried radish, preserved mustard, salted mustard root, pickled mustard
Fruit	<ul style="list-style-type: none"> Use fresh fruit or pure fruit juice Use fruit products without added sugar or salt 	Fresh fruit, canned fruit in juice, dried and frozen fruit without added sugar, 100% fruit juice	Canned fruit in syrup, dried fruit and juice with added sugar, durian, coconut and its products
Meat, Poultry, Seafood, Eggs, Beans Products and Nuts	<ul style="list-style-type: none"> Use fresh / frozen lean meat to replace preserved meat Use non-fried plain bean products Use non-fried nuts without added salt or sugar 	Fresh or frozen lean beef, pork, fishes, seafood such as scallop, shrimp, crab, skinless poultry, canned tuna in water, tofu, soybean sheet, plain vegetarian meat, dry-roasted and plain nuts	Pork belly, pork cheek, fatty beef, beef brisket, some offal, chicken wings, chicken paw, canned tuna in oil, luncheon meat, sausage, ham, bacon, ready-to-use meatballs, imitation crab meat, Chinese preserved sausage, salted fish, salted eggs, tofu puff, fried soybean stick, fried gluten, seasoned vegetarian meat, fried cashew nut, roasted nuts with added salt
Dairy Products	<ul style="list-style-type: none"> Use skimmed, low-fat or reduced-fat plain dairy products 	Skimmed or low-fat milk, milk powder, yoghurt, reduced-fat cheese	Full cream milk, cream, evaporated milk, condensed milk, creamer
Desserts	<ul style="list-style-type: none"> Desserts without added sugar (sugar or sweetener can be served separately) 	Any desserts without added sugar, e.g. soybean curd dessert, red bean sweet soup	Ice cream, desserts with added sugar, e.g. coconut pudding, cheese cake
Seasonings	<ul style="list-style-type: none"> Use natural ingredients to replace seasonings or sauce which are high in fat, salt and sugar 	Garlic, ginger, spring onion, onion, lemon or lime juice, vinegar, parsley, five spices powder, mustard powder, star anise	Shrimp paste, fermented soybean curd, salted black bean, chicken powder. Monosodium glutamate (MSG), ready-to-use sauces (e.g. black pepper sauce, curry, satay), oyster sauce



Choices of Ingredients / Cooking Methods	Suggestions	Examples of healthier ingredients / cooking methods	Examples of less healthy ingredients / cooking methods
Preparation of Ingredients/ Cooking Methods / Mode of Serving	<ul style="list-style-type: none"> • Replace quick deep-frying with blanching to prepare meat • Blanch noodles before stir-frying to reduce the usage of oil • Blanch canned vegetables to reduce sodium content • Use low-fat cooking methods • Serve low-fat salad dressing or sauce separately • Serve grains dishes with sauce separately, except baked rice, baked pasta, pizza and baked potatoes • Thin spread or serve spread separately for sandwiches and toasts • Provide desserts without added sugar, sugar and artificial sweetener can be served separately • Hotpot restaurants must serve at least one kind of “3 Less” soup base 	Boiling, steaming, grilling, baking, stewing, stir-frying or pan-frying with small amount of oil	Deep-frying (including the frying process of meat prior to cooking), braising in heavy sauce, pour salad dressing or condiments over the dishes

Example of dishes qualified for the “3 Less” dish Logo:

Chinese cuisine:

- Stewed chicken (skinless) with Chinese mushroom
- Steamed egg with minced pork and mung bean vermicelli
- Steamed soybean curd with mixed vegetables
- Steamed fish
- Stewed radish with lean beef shank

Others:

- Beef (filet) cube skewer
- Chicken pasta Carbonara (in low-fat white sauce)
- Vermicelli with chicken in soup
- Steamed fish in Thai style
- Beef roll with enoki mushroom

Restaurants must use the Checklist for “3 Less” dishes (Annex II) for final checking before labelling a dish with the “3 Less” dish Logo.

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Examples of “EatSmart Promotion”

To prompt customers to choose “EatSmart Dishes” more frequently and bring about more business opportunities, restaurants are encouraged to offer “EatSmart Promotion” for “EatSmart Dishes”.

Two-star ESRs (Green Star + Yellow Star) and Three-star ESRs must provide a promotional offer for “EatSmart Dishes” throughout the year.

Examples of promotional offers are as follows:

- Promotional price for ordering “EatSmart Dishes” as an add-on
- Promotional price for the second “EatSmart Dish” ordered
- Promotional combo meal (only “EatSmart Dishes” are recommended to be included)
- Promotional price for “EatSmart Dishes” for a party of 4 or more customers
- Promotional price for “EatSmart Dishes” for bills over \$XXX / any designated set meal ordered
- Student promotion (Promotional price for one “EatSmart Dish” if a valid student card is presented)
- Promotional price for one “EatSmart Dish” if a main dish is ordered à la carte
- XX% discount on “EatSmart Dishes”
- Promotional price for ordering one “EatSmart Dish” à la carte



The “EatSmart Restaurant Star+” Decal/publicity materials is/are only for use by restaurants participating in the ESR Star+ Campaign. Participating restaurants must agree and comply with the conditions for use and display of the “EatSmart Restaurant Star+” Decal/publicity materials.

Ownership

- The “EatSmart Restaurant Star+” Decal/publicity materials is/are the properties of the DH.
- Participating restaurants shall not copy, reproduce, edit, lend or give the Decal/publicity materials to any third parties without the consent of the DH.
- The Decal/publicity materials should be used for health education and promotion purposes only.

Usage Format

- The “EatSmart Restaurant Star+” Decal/publicity materials shall be displayed and used in the original form and shall not be copied or modified in shape, size or colours.

Display Location

- The Decal can only be displayed at the shop front or other prominent locations of the participating restaurants.

Decal Quantity

- Each participating restaurant will only be given one Decal marked with a number.

Procedures to Apply for Publicity Materials

- To request for “EatSmart Restaurant Star+” publicity materials, participating restaurants shall complete the “EatSmart Restaurant Star+” Campaign – Publicity Materials Order Form and submit it to the Secretariat.
- Upon receipt of the order form, the Secretariat shall review the application within ten working days.

Replacement of Decal

- If necessary (e.g. if the Decal is damaged), participating restaurants can request for a new Decal through the Secretariat.
- Participating restaurants are required to dispose of their old Decal immediately upon replacing it with the new one.

Return of “EatSmart Restaurant Star+” Decal / Publicity Materials

- Upon withdrawal from the ESR Star+ Campaign, restaurants shall immediately discontinue the use/display of the Decal/publicity materials and return it/them to the Secretariat as soon as practicable.
- The DH may at any time request the immediate return of the “EatSmart Restaurant Star+” Decal / publicity materials from participating restaurants on the conditions specified in “EatSmart Restaurant Star+” Campaign – Guidance Notes for Participating Restaurants.



The DH reserves the right to impose other terms and conditions for use and display of the “EatSmart Restaurant Star+” Decal/publicity materials at any time as appropriate by which participating restaurants must abide.

The “EatSmart Restaurant Star+” Logos are only for use by restaurants participating in the ESR Star+ Campaign. Participating restaurants must agree and comply with the conditions for use and display of the “EatSmart Restaurant Star+” Logos.

Ownership

- The “EatSmart Restaurant Star+” Logos are properties of the DH. They include:



“More Fruit and Vegetables” dish



“3 Less” dish



EatSmart Promotion

Usage

- The “EatSmart Restaurant Star+” Logos should be used for health education and health promotion purposes only.
- The “EatSmart Restaurant Star+” Logos shall be displayed and used in whole and the content of logos cannot be altered.
- The “EatSmart Restaurant Star+” Logos shall be displayed to provide product information and point-of-purchase promotional information to facilitate customers’ selection of healthy dishes.

- The use and display of the “EatSmart Restaurant Star+” Logos on food products manufactured or sold by participating restaurants do not mean that such products are certified, endorsed or approved by the DH.

Request for Approval on Use of “EatSmart Restaurant Star+” Logos in Publicity Materials

- To request for the approval on the use of “EatSmart Restaurant Star+” Logos in other publicity materials other than food menus, participating restaurants should complete the “EatSmart Restaurant Star+” Campaign – Publicity Materials Order Form and submit it together with the artwork in full colour to the Secretariat for approval by the DH.
- Upon receipt of all the required documents for application, the DH shall review the application within ten working days.
- The DH shall approve the use or display of the “EatSmart Restaurant Star+” Logos by the participating restaurants on a case-by-case basis.

Cessation

- Upon withdrawal from the Campaign, participating restaurants shall immediately discontinue the use of “EatSmart Restaurant Star+” Logos and return them to the Secretariat within ten working days.



The DH reserves the right to impose other conditions for use of the “EatSmart Restaurant Star+” Logos at any time as appropriate by which participating restaurants must abide.

The following publicity materials will be provided by the DH:

Publicity Materials		Purpose	
Decals			
1	One-star ESR 	Indicates that the restaurant provides at least five “More Fruit and Vegetables” dishes on a daily basis.	
2	Two-star ESR 	Indicates that the restaurant provides at least five “More Fruit and Vegetables” dishes and “3 Less” dishes on a daily basis.	
3	Two-star ESR 	Indicates that the restaurant provides at least five “More Fruit and Vegetables” dishes as well as “EatSmart Promotion” on a daily basis.	
4	Three-star ESR 	Indicates that the restaurant provides at least five “More Fruit and Vegetables” dishes and “3 Less” dishes as well as “EatSmart Promotion” on a daily basis.	
Logos			
5	“More Fruit and Vegetables” dish	Use on the menu. This logo means that either fruit or vegetables are the sole ingredient of the dish or they occupy at least twice the amount of meat and its alternatives present in dish.	
6	“3 Less” dish	Use on the menu. This logo means that the dish has less fat or oil, salt and sugar, meeting the “3 less” requirement.	
7	“EatSmart Promotion”	Use on the menu. This logo means that a daily promotion is available for the “EatSmart Dish”.	
Other			
8	Menu jackets (A4 and A5)	For illustrating the “More Fruit and Vegetables” dishes, “3 Less” dishes and “EatSmart Promotion” Logos, and for highlighting the “EatSmart Dishes” at the same time.	
9	Poster	For putting up inside the restaurant to introduce the Campaign to patrons.	

Soft copy of publicity material items 5 to 7 are available and can be provided upon request. Please contact the Secretariat when necessary.

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 half 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-fried.

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 diet) 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 the restaurant 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. The restaurant 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.

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Disclaimer

1. The Government and its officers and employees make no representations, warranties or statements (express or implied) of any kind, whether with respect to the merchantability or fitness for a particular purpose of any advice, recommendations, training or training materials provided by the Government in relation to the "EatSmart Restaurant Star+" Campaign (the Campaign) or otherwise. The Government and its officers and employees expressly disclaim any liability whatsoever to any person (including without limitation any individual or any body of persons, whether incorporated or unincorporated) for any loss or damage whatsoever arising out of or in relation to any such advice, recommendations, training or training materials or otherwise of the Campaign including without limitation any act or omission of the Government or its officers or employees in processing or rejecting any application for participation in the Campaign or terminating or failing to renew the participation eligibility of any participant.
2. Without affecting the generality of paragraph 1 above, the Government and its officers and employees shall not be liable for any damage, loss, liability, action, proceedings, claim, demand, costs or expenses suffered by or brought against any participant in the Campaign or any of its employees or customers or any other person arising out of or in relation to the Campaign including without limitation any application or purported application of knowledge, techniques or skills or the like acquired in relation to the Campaign.
3. The participants in the Campaign are advised to seek independent professional advice on matters arising out of or in relation to their participation in the Campaign.

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Contact Us

For any enquiries or suggestions on the Campaign, please contact the DH:

Address : Unit A-D, 8/F, China Overseas Building,
139 Hennessy Road, Wan Chai, Hong Kong

Tel : 3151 7637 / 3151 7645

Fax : 2781 2599

Email : esr_cheu@dh.gov.hk

For details, please visit the DH's thematic website of the ESR Star+ Campaign at <https://restaurant.eatsmart.gov.hk>.



Annex I: Members of the Task Force on ESR Star+ Campaign

- Food and Environmental Hygiene Department
- Hong Kong College of Cardiology
- The Hong Kong Council of Social Service (HKCSS) HSBC Social Enterprise Business Centre
- Hong Kong Association for the Study of Obesity
- Association for Hong Kong Catering Services Management Limited
- Hong Kong Federation of Restaurants and Related Trades
- Hong Kong Dietitians Association
- Hong Kong Nutrition Association
- Association of Restaurant Managers Limited
- Ms Mok Fung Yee Emily, JP
- Institute of Dining Professionals
- Department of Health
- Chinese Culinary Institute, Vocational Training Council

(Listed in Chinese stroke order)



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

星級
有火營食肆

EatSmart Restaurant Star +

