



### Highlights :

- Free Publicity in Popular Website
- Latest News of the EatSmart Website
- EatSmart Customer Community Programme
- Tips on "Less Oil, please!"
- Joyful Fruit Day
- Courtesy Visit
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## Free Publicity in Popular Website



[www.openrice.com](http://www.openrice.com)



**Want** to stand out among thousands of restaurants in Hong Kong? EatSmart Restaurants can now submit an article on their signature dishes with less than 1,000 words to the EatSmart Secretariat via email ([health\\_cheuweb@dh.gov.hk](mailto:health_cheuweb@dh.gov.hk)) on or before 31 March together with 2-3 photos of the dishes and restaurant settings as well as restaurant information and telephone number. Subject to the availability of quota, the promotional articles will be published under the "Home > Featured Restaurants" section of the Open Rice website from mid-April to May. The submission will be treated on a first-come-first-served basis. Act now!

Free Publicity



**To** enjoy fine cuisine, people at work often search for a restaurant online. To tie in with this trend, we are working with the Open Rice website to make EatSmart Restaurants easily recognisable by marking EatSmart Restaurants with EatSmart Restaurant logos under "Restaurant Search" during the period between mid-April and August. This can surely attract patrons pursuing a healthy lifestyle and further reinforce the image of an EatSmart Restaurant — a restaurant which takes care of the health of its patrons.

### EatSmart Restaurant Secretariat

Central Health Education Unit,  
Department of Health, 7/F,  
Southern Centre, 130 Hennessy  
Road, Wan Chai, Hong Kong

Tel. No. : 2572 1476

Email :  
[health\\_cheuweb@dh.gov.hk](mailto:health_cheuweb@dh.gov.hk)





**"2009 EatSmart Restaurant Cooking Competition"** has been successfully concluded. The eight adjudicators have spared no efforts to visit the participating restaurants and taste shortlisted dishes. The feature videos of the tasting sessions are now premiering. Please browse the EatSmart Website (<http://restaurant.eatsmart.gov.hk>) for the feature videos and details of the shortlisted dishes.

- [Home > Publicity Activities > Feature Videos](#)

**Don't miss it !**



Feature Videos of Tasting Sessions Premiered



## To dine with a dietitian?

No problem! In a recent article under "Smart Talks > Dietitians", a dietitian of Hong Kong Dietitians Association guides the readers on how to eat healthily in a Chinese style tea restaurant. Don't forget to ask for "less oil, please!" when ordering dishes!

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

- [Home > Smart Talks > Dietitians](#)



## Dietitians Smart Talks

**Dining out in Cha Chaan Teng** (alias Chinese style tea restaurants) are one of the common eating places in Hong Kong. If you do not make food choices wisely, you may fall into the trap of high fat, salt, sugar and low fibre easily.



Doris Lau, a registered dietitian, reminds us to follow the 'Food Pyramid' guides as we pick our food. The 'Food Pyramid' recommends that one's diet should start with plenty of fruit and grain products, which is followed by vegetables, meat and dairy products in descending order. People should, at the same time, minimize their daily consumption on oil,



**Apart** from being colourful and delicious, a fine dish should also be nutritious. Creative and specially designed dishes will be regularly uploaded to the EatSmart Website to give you some clues on creating your own EatSmart Dishes. Chefs are cordially invited to share with us your EatSmart Recipes to depict the secret of blending good nutrition and great taste. Simply submit the recipes together with the dish photos to the EatSmart Secretariat.

(For enquiry, please call 2572 1476.)

- [Home > EatSmart Recipes](#)

### Sweet Potato Purée Soup



Prepare the simple and stylish EatSmart Dishes and you can festive food ever. Enjoy!

Charlene said Chinese style soup is prepared by directly boiling while Western style soup, e.g. pumpkin soup, potato puree as puree soup, is prepared by stirring the ingredients in soup. Her thought of preparing soup by using sweet potato? She also as potato puree soup is sweeter than pumpkin soup and gives a light consumption. It is easy to cook too! Yellow-coloured and sweet potatoes in the recipe enrich the taste of the soup.

### Apple & Pumpkin Tartlets with Water Melon Jelly and Strawberry Sauce



There is about 40% of fat in ordinary pastry, but the pastry has a low fat content. The fat content of some of the pastry has as low as 1% fat content. The fat content of some of the pastry has as low as 1% fat content. The fat content of some of the pastry has as low as 1% fat content.

## EatSmart Recipes





## EatSmart Customer Community Programme

To become EatSmart Customers on a voluntary basis under the EatSmart Customer Community Programme (ECCP), the participants have to attend workshops and undergo comprehensive training on healthy eating skills and how to distinguish EatSmart Dishes (i.e. "Dishes More Fruit and Vegetables" and "3 Less Dishes"). These workshops provide the participants with an opportunity to understand their roles and missions before performing on-site observations and appraising EatSmart Dishes in EatSmart Restaurants, putting the concept of healthy eating into practice. Through the cooperation with non-governmental organisations, the Department of Health have recruited 250 EatSmart Customers from 18 districts in Hong Kong last year and they have visited over 400 EatSmart Restaurants across the territory.

Officiating at the Recognition Ceremony of ECCP on 26 February 2010, the Director of Health Dr PY LAM said many non-communicable diseases can be avoided through the practising of a healthy lifestyle, in which healthy eating is a key.



### Tips on "Less Oil, please!"



#### Choice of Oils ?

- Healthy choice such as canola oil, corn oil, olive oil, soybean oil, peanut oil.
- Less healthy choice such as palm oil, coconut oil, butter, lard, shortening.



#### What are "Vegetable Oils" ?

"Vegetable oils" refer to extracts from plants. Yet food with no clear labelling may contain coconut oil or palm oil, which may not meet the "3 Less" requirement.



#### What does it mean by "using less cooking oil" ?

It means that, as general reference you should use no more than 3 teaspoonfuls of vegetable oil to make a dish that serves 4 persons ( 1 teaspoon = 5 ml )

#### Tips on food preparation :

Each gram of cooking oil contains 9 kilocalories of energy. In order to limit the consumption of fats, we need to use low-fat cooking methods such as baking, steaming and stir-frying.





**In** support of “Joyful Fruit Day” on 28 April 2010, we sincerely call on restaurants to strengthen publicity and create a favourable environment for healthy eating by :

- increasing the number of “Dishes with More Fruit and Vegetables”;
- Providing fruit free of charge on 28 April 2010;
- Providing special offers for students, e.g. \$5 discount for ordering “Dishes with More Fruit and Vegetables”; or
- conducting other healthy eating promotional activities.

The EatSmart Secretariat will upload the details of the promotional activities to the EatSmart Website so that parents and students can easily enjoy your specially designed dishes.

*If you are interested in supporting “Joyful Fruit Day” or have any enquiry, please contact the EatSmart Restaurant Secretariat (telephone no.: 2572 1476).*



## Courtesy Visits

Officers of the Department of Health will continue to visit EatSmart Restaurants to comment on the provision of EatSmart Dishes and promotional materials, and to strengthen the liaison with frontline staff. We will continue to support restaurants that genuinely need our help so that citizens can easily choose “Dishes with More Fruit and Vegetables” and “3 Less Dishes” in restaurants.



**We** are organising “2010 Cooking Competition” in early November in collaboration with the Chinese Cuisine Training Institute with a view to promote experience sharing among members of the catering industry and publicise EatSmart Dishes.

The enrolment method and details of the Cooking Competition will be announced in due course.

## Briefing Session

Restaurants should ensure that the staff designing recipes have the relevant nutrition knowledge. The restaurants may consider arranging the staff to attend the briefing session.

You are cordially invited to attend the briefing session. Please contact the EatSmart Restaurant Secretariat for enrolment (Telephone no.: 2572 1476).

For the updated information on EatSmart Restaurant briefing session, please browse the EatSmart Website

(<http://restaurant.eatsmart.gov.hk>)

**Date:** 22 April 2010 (Thursday) &  
26 May 2010 (Wednesday)

**Venue:** Conference Room, Central Health Education Unit, Department of Health, 7/F, Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong

**Time:** 3:00 p.m. – 5:00 p.m.