



Iron is an essential mineral required by our bodies mainly for producing red blood cells. If iron deficiency arises, iron deficiency anaemia will be more likely to occur. It will also cause pale face, proneness to fatigue and may weaken our immune systems. To prevent iron deficiency anaemia, we may refer to the "Healthy Eating Food Pyramid" nutrition principle and eat iron-rich food in moderation.

Dietary iron comes from two sources, namely animals and plants. Iron from animals is easier for human absorption. Foods rich in iron include:

- **Animal source:** Meats (e.g. beef, pork and chicken), seafood (e.g. shrimps, oysters and clams), eggs, etc.
- **Plant source:** Dried beans and soy bean products (e.g. kidney beans, soybeans and tofu sheets), seeds and nuts (e.g. pumpkin seeds, sesame seeds and almonds), breakfast cereals added with iron, etc.

## IRON

### MEATS



### SEAFOOD



### DRIED BEANS AND SOY BEAN PRODUCTS



## HELP IRON ABSORPTION

Adding vegetables and fruit rich in vitamin C, e.g. oranges, kiwi fruits, strawberries, papayas, pomelos, tomatoes and bell peppers, to the foods above can help iron absorption. The followings are some examples:

- Whole wheat sandwich with chicken + fresh orange juice
- Salad with tomatoes and chickpeas
- Stir-fried beef with broccoli and tri-coloured bell peppers
- Rice vermicelli with tomato and pork + blanched Chinese kales (without oil)



## VITAMIN C

Green vegetables (e.g. spinach, Chinese amaranths and Chinese wolfberries) and whole grain food (e.g. brown rice and whole wheat bread) contain more iron than other vegetables and refined grains (e.g. white rice and white bread). Vegetarians can eat these foods to enhance iron intake.





# CookSmart

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Summer heat decreases our appetites easily. Light meals, which have become popular in recent years, would appear to be a good choice. Even though the portion of a light meal is not big at all, or even seems small, one's health may still be impaired by an excessive intake of fat, sugar or salt if eating inappropriately. In this issue of "CookSmart" magazine, we have Mr. Mark MA to share with us his "eat smart" choices on light meals. Our dietitians will then explain the nutritional values of various light meals which can keep you healthy and "eat smart".

Want to read different issues of "CookSmart" magazines and learn cooking EatSmart Dishes? Now, download the "CookSmart: EatSmart Recipes" mobile application to view over 200 recipes of EatSmart Dishes for an easier grasp of healthy diets!



## 2017 Restaurant Visits

The staff of the "EatSmart@restaurant.hk" Secretariat ("the Secretariat") will continue to visit the "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 "EatSmart@restaurant.hk" Campaign, the Secretariat staff will:

Ensure the availability of "Customer Opinion Forms" in the restaurants for feedback collection from customers.

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 Dishes" logos are attached next to the "EatSmart Dishes" on the food menu of the restaurants; and



If there is any change to the name of the restaurant/ name of the contact person/ information of the restaurant, please contact the Secretariat by writing or email as soon as possible.





Invitation



# Participation in Cooking Demonstration in the "HKTDC Food Expo 2017"

In August this year, the Department of Health's "EatSmart@restaurant.hk" Campaign ("the Campaign") is going to promote the "EatSmart Restaurants" in "Food Expo 2017", as well as to boost these restaurants' reputations through the occasion. We shall 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 Secretariat sent an invitation letter to each branch of the "EatSmart Restaurants" by mail in May this year. For those who are interested, please take this chance to enroll.



Invitation to



Coupon Promotional Activity



The Campaign is going to launch the "EatSmart Restaurants" E-coupon Promotional Activity again in September this year. The coupons will be uploaded to the "EatSmart Restaurants" mobile application and the Campaign's thematic website. Members of the public can present the coupons downloaded from the "EatSmart Restaurants" mobile application or thematic website to enjoy promotional offers when ordering "EatSmart Dishes" at participating "EatSmart Restaurants". We expect that this activity will attract more people to dine at "EatSmart Restaurants" for enjoying healthy and delicious "EatSmart Dishes".

The Secretariat had already posted an invitation letter to each "EatSmart Restaurants" branch in July this year. While this activity is completely free of charge, we hope that all ESRs will continue to support us!





## Briefing Sessions for ESRs

According to the "Guidebook for Managers and Chefs" of the Campaign, participating restaurants must ensure that 2 to 4 of their existing staff members, who are responsible for menu design, to attend our briefings to learn 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, you are welcome to arrange your new or existing staff to participate in the briefings.

### Briefing Sessions

**Date:** 31 August 2017  
(Thursday)

**Time:** 3:00 pm to 5:00 pm

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

**Date:** 23 November 2017  
(Thursday)

**Time:** 3:00 pm to 5:00 pm

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

For more details about the briefing sessions, please visit our thematic website of the EatSmart@restaurant.hk at

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

**For enrolment enquiries, please contact the Secretariat:**

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### Free Collection of

## ESRs Publicity Materials

The Secretariat has always been preparing different publicity materials, e.g. double-sided food menus, menu stickers (including the "More Fruit and Vegetables" and "3 Less" Dishes logos), and "Customer Opinion Forms", for all ESRs so as to facilitate their promotion of the "EatSmart Dishes" to customers. The aforesaid publicity materials are also available in computer image files for the convenience of ESRs. ESRs can collect the pertinent marketing collaterals and computer image files from the Secretariat free of charge. For details, please contact the Secretariat.

