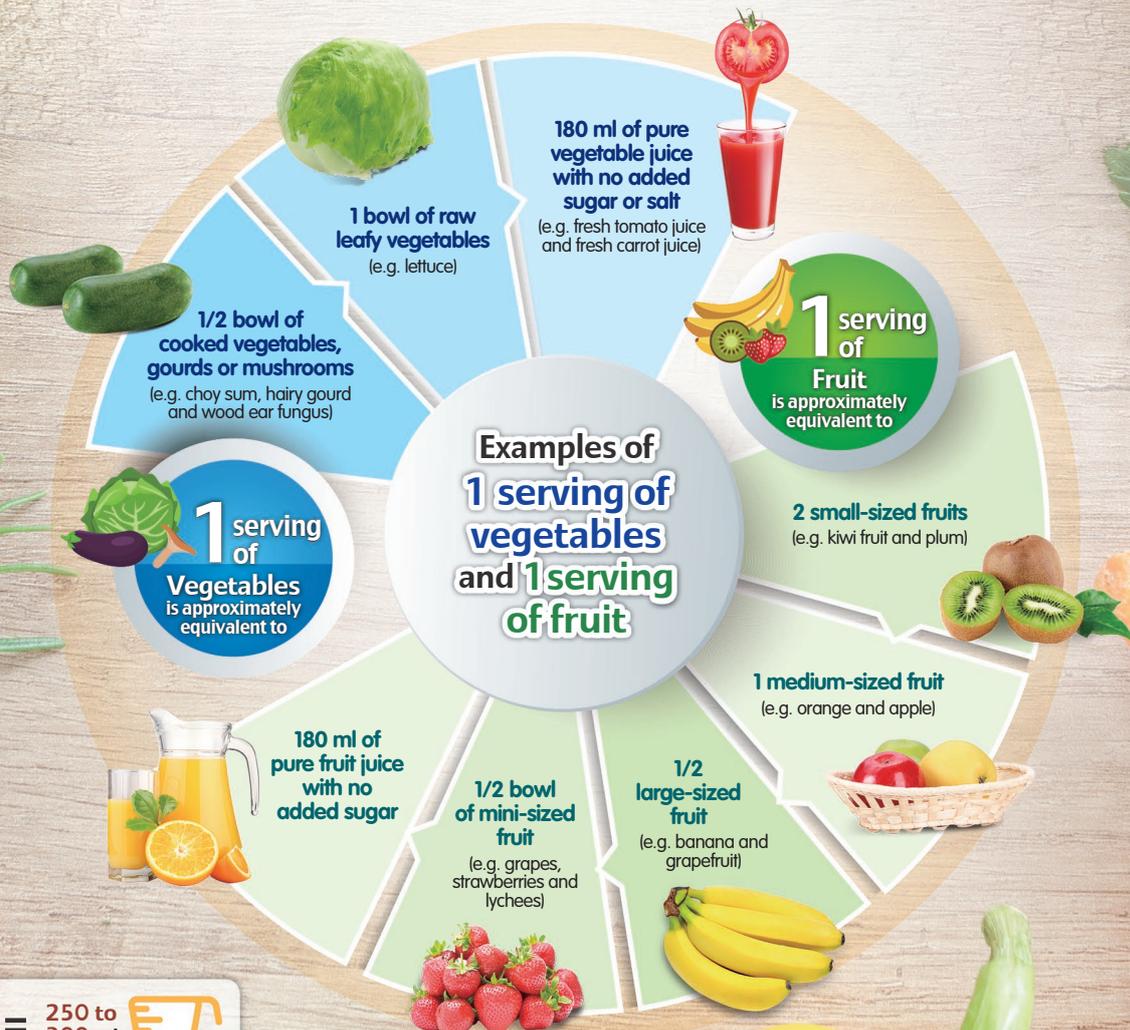




## Fruit and Vegetables

Fruit and vegetables are a rich source of dietary fibre and vitamins as well as an essential part of a balanced diet. According to the Healthy Eating Food Pyramid, adults are recommended to consume at least 3 servings of vegetables and 2 servings of fruit every day. Yet, it was discovered in the *Report of Population Health Survey 2014/2015* that 94.4% of persons aged between 15 and 84 have an inadequate intake of fruit and vegetables, consuming less than the recommended at least 5 servings per day. As fruit and vegetables help prevent a number of chronic diseases and health problems such as constipation, hypertension, diabetes, stroke, heart disease, certain types of cancers and obesity, it is particularly vital to have an adequate intake of fruit and vegetables.



**Note**

1 bowl = 250 to 300 ml 



Due to their hectic work schedule, Hong Kong people frequently eat out. If restaurants could provide more fruit and vegetables, it would be easy for those in the workforce to meet the target of eating at least 5 servings of such foods every day. To get customers to eat more fruit and vegetables, restaurants may refer to the following methods:

1

Provide more cooked dishes with fruit and vegetables as the main ingredient, e.g. stir-fried mango and beef fillet, tomatoes and beef, and stir-fried zucchini with assorted mushrooms



2

Provide 1 serving of fruit and vegetables as a side dish for the main course for customers to choose from. For example, a salad or a bowl of blanched lettuce can be included in a set meal



3

Offer a discount rate to customers when they order fruit and vegetables, or an extra portion of these foods

4

Use fruit and vegetables as side dishes more frequently. For example, accompanying steak with salad (and low-fat salad dressing), and chicken fillet with tomatoes



5

Offer fruits as dessert, e.g. fruit platter

As there is no single fruit or vegetable that can provide all the nutrients required by our body, we encourage everyone to eat fruits and vegetables of various types and colours (e.g. red, yellow, green, orange, purple and white). However, the following fruits and vegetables are not recommended for frequent consumption:



**1** Preserved vegetables (e.g. preserved mustard, preserved mustard greens and pickles) and some processed dried vegetables (e.g. processed seaweed), since these foods contain higher levels of oil, sodium or sugar

**2** Fruits that contain a high amount of fat (e.g. coconut, durian and avocado)

**3** Fruits with a lot of added sugar, e.g. canned fruits and dried fruits with added sugar

Can we replace fruit with fruit juice?



It is not advisable to replace fruit with fruit juice. Fruits lose much of their nutrients such as vitamins, minerals and dietary fibre when they are juiced. Generally, it takes 2 to 3 fruits to make 1 glass of fresh fruit juice, which contains more calories and sugar but less dietary fibre and nutrients than a whole fruit.



To maintain a balanced intake of nutrients, we should consume at least 3 servings of vegetables and 2 servings of fruit every day and choose fruit and vegetables of various types and colours. However, preserved vegetables, high-fat fruits and fruits with a lot of added sugar should be consumed less frequently. Restaurants may offer more fruit and vegetables by adopting the above methods, so as to make it easier for customers to attain the goal of eating at least 5 servings of such foods every day.



Invitation to

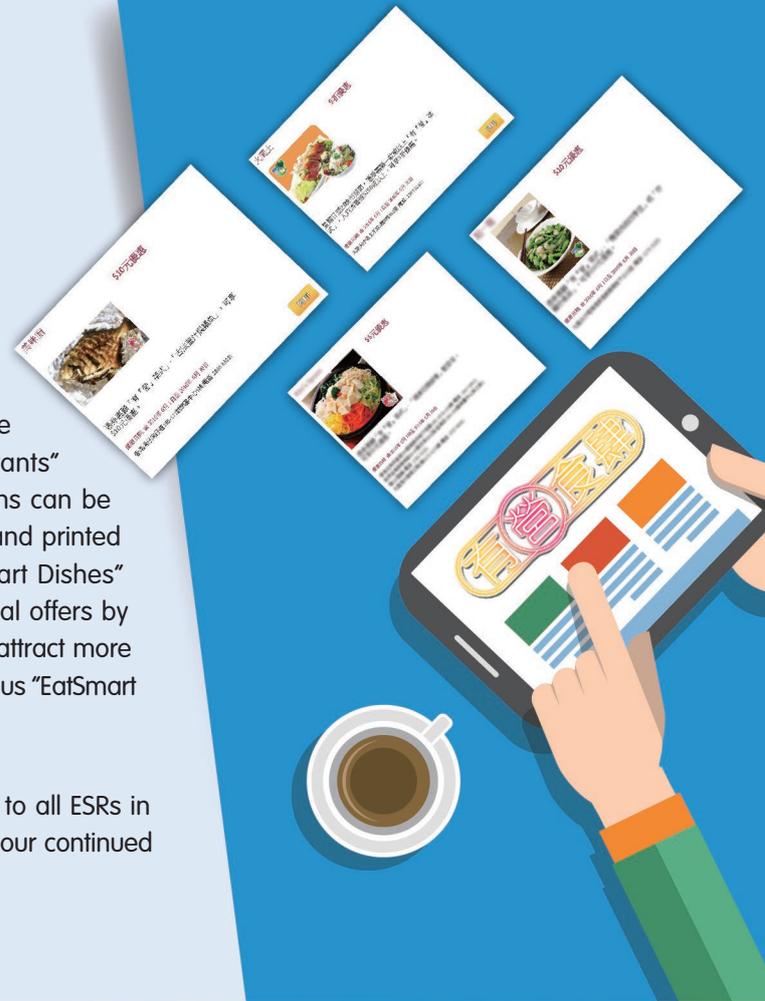


## "EatSmart Restaurants" (ESRs) Coupon Promotional Activity

To promote "EatSmart Dishes" with special offers, the "EatSmart@restaurant.hk" Campaign ("Campaign") of the Department of Health is going to launch the "EatSmart Restaurants" Coupon Promotional Activity again in April this year. The coupons can be downloaded from the "EatSmart Restaurant" mobile application and printed from the Campaign's thematic website. When ordering "EatSmart Dishes" at the participating ESRs, members of the public can enjoy special offers by producing printed or electronic coupons.

We hope this activity will attract more customers to dine at ESRs, allowing them to enjoy healthy and delicious "EatSmart Dishes".

The "EatSmart@restaurant.hk" Secretariat issued invitation letters to all ESRs in March this year. This activity is free of charge. We look forward to your continued support!



## 2018 Restaurant Visits

The staff of the "EatSmart@restaurant.hk" Secretariat will continue to visit ESRs to maintain liaison with them, as well as to collect opinions and assist them in resolving operational problems.



observe whether the restaurants display "EatSmart Decals" at prominent locations

check whether the restaurants offer **at least 5 "EatSmart Dishes"** during designated business hours every day



### Gentle Reminder

To ensure that the Campaign goes smoothly, the Secretariat staff will:



observe whether the "More Fruit and Vegetables" and "3 Less" logos are displayed next to the "EatSmart Dishes" on the food menu of the restaurants

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



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



Free  
Collection  
of



## Publicity Materials for ESRs



The "EatSmart@restaurant.hk" Secretariat assists ESRs in the promotion of "EatSmart Dishes" to customers by producing publicity materials such as double-sided menu cards and menu stickers (including the "More Fruit and Vegetables" and "3 Less" logos), as well as "Customer Opinion Forms". For the convenience of ESRs, the publicity materials are also available in computer image formats. For details, ESRs can enquire with the Secretariat and collect the publicity materials and their image files free of charge.

FREE  
COLLECTION



## Briefing Session for ESRs

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 responsible for menu designing have attended our briefing session and learnt about the requirements of "More Fruit and Vegetables" and "3 Less" Dishes. These staff members are required to pass a quiz to become qualified personnel. Restaurants are welcome to arrange for their new or existing staff members to attend the briefing session in the following circumstances:



1

the qualified personnel who had previously attended the briefing session left the jobs;

2

the restaurants would like more staff to receive the relevant training; or

3

the restaurants would like the staff-in-charge who had previously attended the briefing session to refresh the relevant knowledge.



### Details of the briefing session are as follows

**Date:** 24 May 2018 (Thursday)

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

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

For other details, please visit the thematic website of the "EatSmart@restaurant.hk" Campaign at

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



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

#### Contact Methods:

**Tel. No.:** 2572 1476

**Fax. No.:** 2591 6127

**Email Address:** esr\_cheu@dh.gov.hk

**Postal Address:** 7/F, Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong

