



"EatSmart Restaurants" Newsletter

July 2018 No.2

Facts about Fat

People tend to associate fat with health problems such as obesity, heart disease and diabetes. Yet, is body fat totally useless? In fact, fat helps us absorb fat-soluble vitamins (e.g. vitamins A, D and E) and provides us with the essential fatty acids, which our body cannot make for itself. It is also the essential building block for cholesterol and hormones and keeps us warm in cold weather. Everyone therefore needs an appropriate amount of fat. So how much fat is the right amount? The World Health Organization (WHO) recommends that an individual's daily fat intake should not exceed 30% of his total energy intake. For a normal adult who consumes a diet of 2,000 kcal per day, his upper limit of daily fat intake would be 60 grams (equivalent to 12 teaspoons of oil). This includes the fats that are already in edible oils and foods such as high-fat meats and whole milk products. As for the amount of oil used in cooking, the recommended upper limit is 6 teaspoons per person per day, or not more than 2 teaspoons per person per meal.

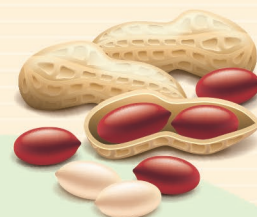


Fats can be divided into three types as follows:



Unsaturated fats

they help lower the level of low-density lipoprotein cholesterol (commonly known as "bad" cholesterol) in our bloodstream. Olive oil, canola oil, peanut oil and corn oil are cooking oils with unsaturated fats.



Saturated fats

they increase the level of "bad" cholesterol in our bloodstream. Cooking oils with saturated fats include lard, butter and coconut oil.



Trans fats

they increase the level of "bad" cholesterol and lower the level of high-density lipoprotein cholesterol (commonly known as "good" cholesterol). Examples of foods with a high trans fat content include cakes, egg rolls, pastry and French fries.



The WHO recommends that unsaturated fats should make up the majority of our fat intake. Therefore, we should choose edible oils that are rich in unsaturated fats (e.g. corn oil, peanut oil and canola oil). When looking for something to spread on the bread, we can choose trans fat-free margarine.

When cooking with healthy edible oils, we should choose low-fat cooking methods in order to reduce the oil intake. Examples include steaming, sautéing with a non-stick pan and quick stir-frying with little oil. All edible oils, be they healthy or not, provide the same amount of energy (i.e. 9 kcal of energy per gram) and lead to obesity when consumed excessively.



Q It is alleged that margarine contains trans fats. So, is it healthier for us if we switch to butter?

A No. According to data from the Centre for Food Safety (CFS), butter has a saturated fat content of 66%. As saturated fats increase the level of bad cholesterol in our bloodstream and lead to a higher risk of cardiovascular diseases, butter is not good for health.

Meanwhile, trans fats increase the level of bad cholesterol and lower the level of good cholesterol in our bloodstream. Newly formulated margarine products in recent years are low in trans fats and have a lower saturated fat content than butter.

You can choose margarine that is lower in trans fats by reading nutritional labels. Trans fat-free margarine, of course, is the most ideal choice.

Q Some people claim that coconut oil is beneficial for health. Should we eat more coconut oil?

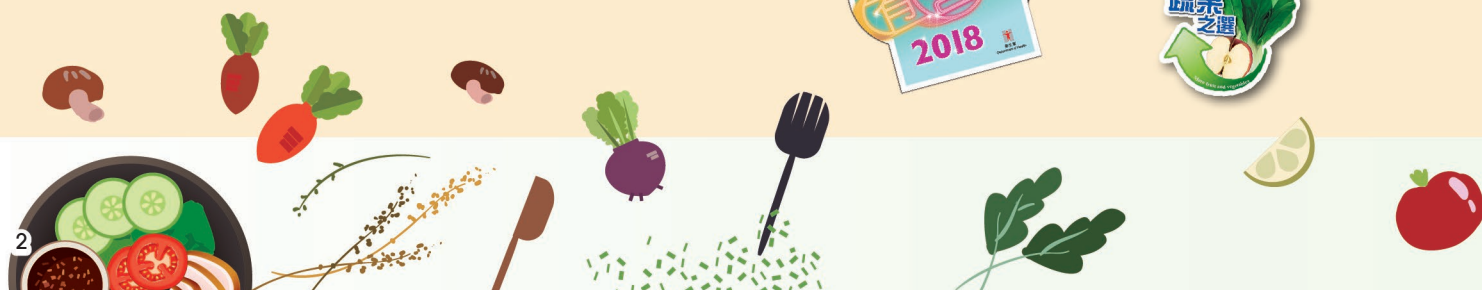
A Coconut oil is not a healthy food choice. According to data from the CFS, coconut oil has a saturated fatty acid content of 92%. Saturated fatty acids increase the level of bad cholesterol and are harmful for cardiac health. To date, there is insufficient clinical evidence to support that coconut oil is beneficial for health.



Free Collection of Publicity Materials



The "EatSmart@restaurant.hk" Secretariat of the Department of Health 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.



HKTDC "Food Expo 2018"

Cooking Demonstrations

To promote healthy eating and raise the profiles of ESRs, the "EatSmart@restaurant.hk" Campaign is going to hold a publicity event in the HKTDC "Food Expo" this August. ESRs are welcome to introduce their well-crafted "EatSmart Dishes" to the public by giving cooking demonstrations at the showground.

The Secretariat issued invitation letters to all ESRs in May. Successful applicants will be informed in due course. Don't miss out the opportunity!



Invitation to participate in the "EatSmart Restaurants" Coupon Promotional Activity



The Campaign is going to launch another round of "EatSmart Restaurants" Coupon Promotional Activity in September this year. The coupons will be uploaded to the "EatSmart Restaurants" mobile application and the Campaign's thematic website. To enjoy promotional offers, members of the public can present the coupons downloaded from the "EatSmart Restaurants" mobile application or thematic website when ordering "EatSmart Dishes" at the participating ESRs. We believe that this activity will attract more people to dine at ESRs, allowing them to enjoy healthy and delicious "EatSmart Dishes".

The Secretariat issued invitation letters to all ESRs in June. This activity is free of charge. We look forward to your continued support!



Briefing Sessions

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.

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

Nominated staff members of ESRs may attend one of the following briefing sessions:

Date: 23 August 2018 (Thursday)

Time: 3:00 to 5:00 pm

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

Date: 28 November 2018 (Wednesday)

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>.



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.

Gentle Reminder:

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

- ☒ 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;
- ☒ 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; and
- ☒ 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.