



"EatSmart Restaurants" Newsletter

November 2018 No.3



Eggs and Cholesterol



The debate over the health effects of eggs has raged on for a long time. While some are of the view that eggs are the culprit that raises blood cholesterol and causes damage to the heart, others claim that eating more eggs contributes towards better heart health. Which of these claims is true? Should we eat eggs more or less frequently? What are the nutritional values of eggs?



Nutritional Values of Eggs

Eggs are a rich source of nutrients, which include protein, B-complex vitamins and iron. These nutrients perform different functions. Protein, for example, helps with body growth and repairs cells. B-complex vitamins help metabolise carbohydrates, protein and fat, thus enabling the body to obtain energy from food. Meanwhile, iron helps produce red blood cells and prevents anaemia.

Relationship between Eggs and Blood Cholesterol

There are claims that eggs should not be consumed too often, since the yolks contain cholesterol, which results in an increase in blood cholesterol and adverse effects on the heart. In fact, most of the cholesterol in the body is produced by the liver, with only a small amount coming from the diet. For healthy individuals, their cholesterol levels are controlled by the self-regulatory mechanism in the body. Thus, those who are in good health do not need to avoid eating eggs.

Some people believe that eating eggs more frequently can lower blood cholesterol for better heart health. However, neither the World Health Organization nor health agencies in the UK or US mention that eggs have positive effects on heart health.



How Many Eggs Should We Eat?

Despite having a higher cholesterol content, eggs are a healthy food that is low in saturated fat. According to the Healthy Eating Food Pyramid, adults are recommended to have 5 to 8 tael of "meat, fish, eggs and alternatives" on a daily basis. An egg is approximately equivalent to a tael of meat. To obtain a variety of nutrients and improve our health, we should choose different food items from the "meat, fish, eggs and alternatives" group. Some common examples of this food group are eggs, beef, pork, dry beans and soy products. When creating healthy recipes, restaurants can include eggs more frequently.



CookSmart magazine

With fruit as its theme, this issue of *CookSmart* magazine features an interview with artiste Ms Carat CHEUNG, who shares with us the fun of eating fruit. In addition, you can learn from dietitians about tips on choosing fruits in order to maintain a balanced intake of nutrients as well as a healthy, nutritious way of eating.

To read different issues of *CookSmart* magazine and find out how to prepare "EatSmart Dishes", just download the "CookSmart: EatSmart Recipes" mobile application. With this mobile application, you can browse more than 200 recipes of "EatSmart Dishes" and make healthy eating an easy task!



**RENEWAL
OF**



"EatSmart Restaurant" (ESR) Membership 2019

Notices of ESR membership for 2019 will be sent out by the end of December 2018. All ESRs are advised to check the particulars on the notices. Should there be any amendment, please contact the "EatSmart@restaurant.hk" Secretariat in writing or by email as soon as possible.

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

If you have not received any notice by the end of December, please contact the Secretariat as soon as possible.

HKTDC Food Expo 2018

This year, the Department of Health continued to participate in the "HKTDC Food Expo 2018", with the aim of promoting ESRs and encouraging the public to follow a healthy eating principle that emphasises "less oil, less salt and less sugar". Out of several "EatSmart Dishes", "Shrimp and Vegetable Rolls" from Shunde Cuisine (Sha Tsui Road) and "Melon Rings Stuffed with Shrimps in Pumpkin Sauce" from ClubONE were selected for cooking demonstrations on 16th and 17th August respectively. During the cooking demonstrations, dietitians gave tips on healthy eating to the audience, who observed the cooking procedures and techniques with rapt attention. The tasting sessions were met with overwhelming responses, with the "EatSmart Dishes" receiving much praise.

Melon Rings Stuffed with Shrimps in Pumpkin Sauce



Shrimp and Vegetable Rolls





"EatSmart Restaurants"

Coupon Promotional Activity

In September this year, the "EatSmart@restaurant.hk" Campaign launched the "EatSmart Restaurants" Coupon Promotional Activity for members of the public to download coupons from the "EatSmart Restaurant" mobile application and the Campaign's thematic website. To enjoy promotional offers, members of the public can present the coupons when ordering "EatSmart Dishes" at the participating ESRs. We would like to thank all ESRs for their zealous support and participation, which contributed to the success of the promotional activity.



Gentle Reminder to ESRs

All ESRs must comply with the conditions for use and display of the "EatSmart Decals" and publicity materials:



Display the "More Fruit and Vegetables" and "3 Less" logos next to the "EatSmart Dishes" on the food menu



Offer at least 5 "EatSmart Dishes" during designated business hours every day



Display the "EatSmart Decals" at prominent locations



Ensure the availability of "Customer Opinion Forms" 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 contact the "EatSmart@restaurant.hk" Secretariat in writing or by email as soon as possible.