



Frequently Asked Questions

regarding Red Meat and Processed Meat

Last time, we talked about the release of an evaluation result about the carcinogenicity of the consumption of red meat and processed meat by the World Health Organization. In this issue, we will continue to discuss frequently asked questions about red meat and processed meat.

1

What do Group 1 and Group 2A mean?

Processed meat is classified as Group 1, carcinogenic to humans, which means there is sufficient evidence that eating processed meat causes colorectal cancer. Red meat is classified as Group 2A, probably carcinogenic to humans, which means there is limited evidence showing the consumption of red meat causes cancer in humans.

2

What types of cancers are linked or associated with eating processed meat?

It was concluded that eating processed meat causes colorectal cancer. An association with stomach cancer was also seen, but the evidence is not conclusive.

3

What types of cancers are linked or associated with eating red meat?

The strongest, but still limited, evidence for an association with eating red meat is for colorectal cancer. There is also evidence of links with pancreatic cancer and prostate cancer.

6

How does the method of cooking meat affect the risk of cancer?

Cooking at high temperatures or with the food in direct contact with a flame or a hot surface, as in pan-frying, deep-frying, baking, grilling, or barbecuing at which cooking temperature is above 100 degree Celsius, produces more of certain types of carcinogenic chemicals. Boiling and steaming are safe cooking methods as cooking temperature does not exceed 100 degree Celsius. If cooking at high temperatures is preferred, there are simple ways to reduce production of carcinogenic chemicals, e.g. trimming visible fats before cooking, stir frying swiftly, removing the charred parts of food, and blanching before stir frying.

5

What makes red meat and processed meat increase the risk of cancer?

Meat consists of multiple components, including the chemicals formed during food processing or cooking. Some of these chemicals are known or suspected carcinogens, but despite this knowledge it is not yet fully understood how cancer risk is increased by red meat or processed meat.

4

Should I stop eating meat?

World Health Organization does not ask people to stop eating processed meat but indicates that reducing consumption of such can reduce the risk of colorectal cancer. The risk of developing colorectal cancer for an individual because of his/her consumption of processed meat remains small, but this risk increases with the amount of meat consumed. Meat is rich in protein and iron. Protein promotes body growth, repairs cells and provides for metabolism; while iron, the major substance in red blood cells, prevents anaemia. We recommend choosing food items low in fat/oil, salt and sugar and high in dietary fibre in daily diets. Since processed meat is rich in fat and salt, we should eat less. According to the healthy eating principles, we ought to choose a variety of food for consumption. Apart from red meat, meat and alternatives also include poultry, fish, seafood, etc.



Invitation of **EatSmart** Restaurant to participate in Cooking Demonstration in the “Vegetarian Food Asia Expo 2016”



The “EatSmart@restaurant.hk” Campaign (“the Campaign”) of the Department of Health (“DH”) is going to promote the brand image of “EatSmart Restaurants” (“ESR”) in “Vegetarian Food Asia Expo 2016”, as well as to boost their reputations through this occasion. We will arrange a selected ESR to perform cooking demonstration at the event, as well as to introduce the ESR and its EatSmart dish to the public for promoting healthy eating culture. The details are as below:



Theme	To promote “less oil, less salt and less sugar” healthy vegetarian dishes to the public
Mode	<ul style="list-style-type: none"> • Restaurant representative(s) (maximum two chefs) will demonstrate an “EatSmart” vegetarian dish and a dietitian from the Department of Health will brief the audience on cooking steps on stage during the demonstration. • 10 audiences will be arranged to taste the “EatSmart” dish after the demonstration.
Quota:	One “EatSmart Restaurant”
Date and time:	12 March 2016 Time: To be confirmed * The cooking demonstration lasts about 15 to 20 minutes
Venue	“Vegetarian Food Asia Expo 2016” Hall 3F&3G, Hong Kong Convention & Exhibition Centre
Pre-requisites for entry	<ul style="list-style-type: none"> • Participant restaurants should be ESR in 2016 • Dish should be vegetarian fulfilling the “3 Less” nutritional criteria of EatSmart dish • Participating restaurants should prepare their own food ingredients and marinades • ESR Secretariat will provide basic seasonings, such as oil, salt and sugar, in addition to simple cooking equipment including electric cooker, oven, wok, pan, basic utensils, chopping board and knives
Application requirement	Free of charge
Selection criteria of the participating restaurants	If more than one ESR are enrolled in this activity, ESR Secretariat (the Secretariat) will set up a panel for internal selection.



The Secretariat will send invitation letters to all ESRs for participation and announce the event details in early January 2016. Please refer to the letter for more details.

Renewal of ESR Membership 2016



Notices of confirmation of membership for 2016 were sent out to all ESRs by the end of December 2015. Please check the particulars on the notices. Should there be any amendment, please contact the Secretariat by writing or email as soon as possible.

“EatSmart@restaurant.hk” Campaign Secretariat:

Address: 7/F Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong
Fax : 2591 6127 Email : esr_cheu@dh.gov.hk

If you have not received the notice yet, please contact the Secretariat as soon as possible.

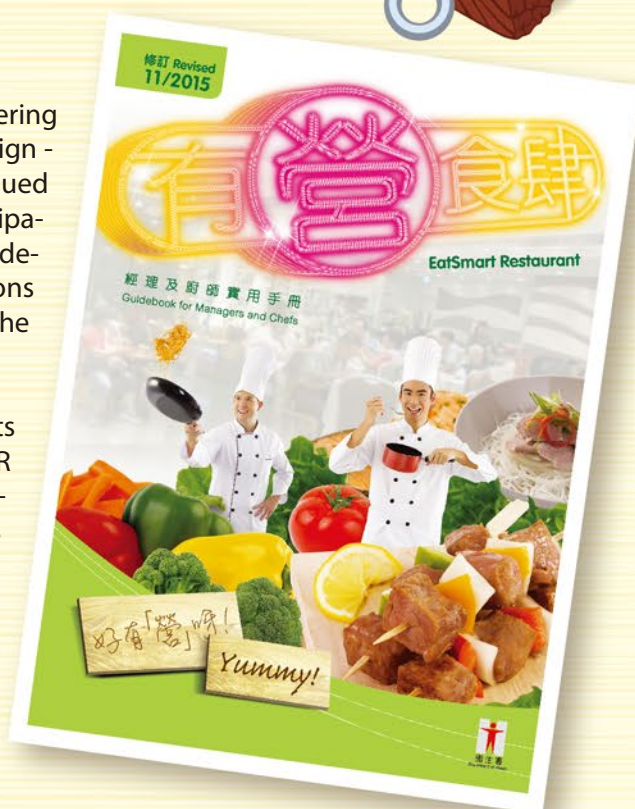




DH has launched the Campaign since April 2008 and now it is steering into its eighth anniversary. The "EatSmart@restaurant.hk" Campaign - Guidebook for Managers and Chefs (The Guidebook) was first issued in 2007 setting out the term and conditions for Campaign participation and nutritional criteria of "EatSmart" Dishes. To keep the Guidebook up-to-date and relevant to the trade, DH collected opinions from various parties in the trade and then completed revising the Guidebook in November 2015.

The revised Guidebook will be sent to your company or restaurants by mail at the end of January 2016 serving as a reference to ESR and your staff. In addition, revision was also made on the nutritional criteria of the EatSmart Dishes. Please refer to the tables below for more amendment details.

The Guidebook will also be uploaded to the Campaign thematic website (<http://restaurant.eatsmart.gov.hk>). Please contact the Secretariat for any enquiry.



"More Fruit and Vegetables"
Major Revision on the Nutritional Criteria



"3 Less"
Major Revisions on the Nutritional Criteria

Major Revisions	Explanation
1. If vegetables are not cooked in the dish, they should occupy at least 4 times as much the amount of meat and its alternatives present in the dish	The volume of vegetables will be reduced after cooking, so "More Fruit and Vegetables" sets stricter requirement on raw vegetables.
2. Deep fried (including quick deep-fried) vegetables and other ingredients	Fried ingredients contain high fat content
3. Vegetables that are high in carbohydrate but low in dietary fibre are not classified as vegetable, e.g. potato, sweet potato	Potato and sweet potato are rich in carbohydrate but low in dietary fiber, so they are not classified as vegetables from the perspective of dietetics.

Major Revisions	Explanation
1. More examples on ingredients are added for reference	---
2. Serve grains dishes with sauce separately, except baked rice, baked pasta, pizza and baked potatoes	Those baked rice, baked pasta, pizza and baked potatoes cannot be served separately with sauce.
3. Hotpot restaurants must serve at least one kind of "3 Less" "soup base"	Hotpot restaurants must supply at least one "3 Less" "soup base", so that diners can eat healthier.





Free Newspaper

promotes "CookSmart" magazine

"CookSmart" magazine is the publication of "EatSmart@restaurant.hk" Campaign, using fresh approach to offer healthy eating tips to the public. We invite suitable ESR for interviews according to the specific theme of each issue, and promote these restaurants to the public in the publication. So far, more than a hundred ESRs have been invited for feature articles. To expand our readership, we advertised the "CookSmart" magazine in a free newspaper, where the public can gain better understanding on the magazine and ESR. From the 21st issue of "CookSmart" magazine in 2014 onwards, the public can redeem the magazine in convenience stores with the stamps on free newspapers. If you want to read the contents of the latest issue of "CookSmart", please log on http://restaurant.eatsmart.gov.hk/eng/content.asp?content_id=151 or download it through "CookSmart: EatSmart Recipes" Mobile App.



"CookSmart" magazine

mobile app has been



launched

In order to facilitate the public to access "CookSmart" magazine and acquire more information on ESR, the iOS version was launched in June 2015 and updated at the end of December. The updated "CookSmart: EatSmart Recipes" mobile app allows the public to gain access to over 200 EatSmart recipes, thereby allowing them to cook healthier and eat more healthily. In addition, Android version of the "CookSmart: EatSmart Recipes" mobile app was released in late 2015. You are cordially invited to support us and encourage customers to download "CookSmart: EatSmart Recipes" mobile app to experience "healthful" reading.

