

# 星級 有營食肆 Newsletter

EatSmart Restaurant Star +



## Healthy Takeaways: The Perfect Blend of Healthy Eating and Taste

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Under the “new normal” following the COVID-19 epidemic, ordering takeaway meals has become a common practice for Hong Kong people, many of whom would like to have healthy takeaway choices. Read on to find out tips from accredited practising dietitian Violet Man on how to attract customers with healthy takeaways.

### Balanced Nutrition

Different types of food contain different nutrients. When preparing takeaway meals, restaurants should include grains, vegetables and meat (or its substitutes, such as beans). Grains are a vital source of calories and carbohydrates, whereas vegetables provide dietary fibre, carotene and folic acid. Meat and beans are both rich in protein. The nutrients in these foods help maintain a good immune system. To help customers eat healthily, the takeaway meals should be well-balanced in nutrition.

### Choosing Ingredients Wisely

According to Violet, a healthy takeaway meal should not only be well-balanced in nutrition but also consist mainly of natural and low-fat ingredients. Green vegetables such as Chinese flowering cabbage, white

cabbage and broccoli turn yellow easily and are not ideal ingredients for a takeaway meal. Instead, restaurants should consider using gourds, mushrooms or other vegetables that do not easily turn yellow. Some examples are eggplant, hairy gourd, zucchini, baby Chinese cabbage, cabbage, celery, wood ear fungus and oyster mushroom. For meat, restaurants should choose lean cuts, such as pork loin, beef chuck and beef sirloin. Other choices are skinless poultry, fish or seafood. Low-fat cooking methods such as stir-frying with less oil, steaming, baking and stewing should be used. In general, crispy fried foods will become soggy and look unappealing after being stored in a takeaway box for a while, and hence are not good for takeaway. Some healthy and budget-friendly takeaway meal choices suggested by Violet include steamed eggplant with minced meat, stewed fish cakes with baby Chinese cabbage and mushrooms, and spaghetti with beef and assorted mushrooms.

### Healthy Soups

Being a popular choice of Hong Kong people, soups are included as part of a set meal in many restaurants. As pointed out by Violet, healthy soups are preferred over sugary drinks as they can facilitate customers to eat more vegetables and drink more fluids. She suggested that restaurants make healthy soups with vegetables and other low-fat and low-salt ingredients. For Chinese-style soups, Violet's recommendations are lean pork soup with Chinese white cabbage and dried vegetables, dried octopus and pork shank soup with hairy gourds, and a vegetable soup featuring carrot, green radish, chestnuts, fresh Chinese yam, peanuts and black-eyed peas. For Western-style soups, she recommended mixed vegetable soup, tomato soup with cashews, and low-fat creamy pumpkin soup.

With a little extra effort, restaurants can surely attract more customers with delicious and healthy takeaways.

# Prevent Coronavirus Disease 2019 (COVID-19):

## Tips for Restaurants

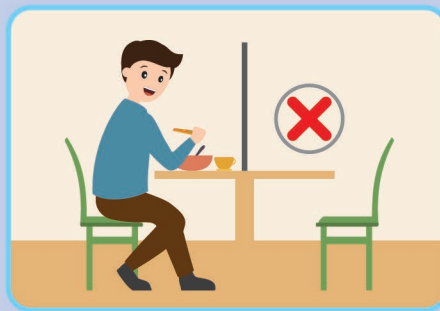


To minimise the risk of transmission of COVID-19 in restaurants, restaurants should take note of the Government's latest directions and recommendations for the catering business. In general, restaurants can adopt the following measures to maintain good environmental and food hygiene and enhance customers' confidence in visiting.

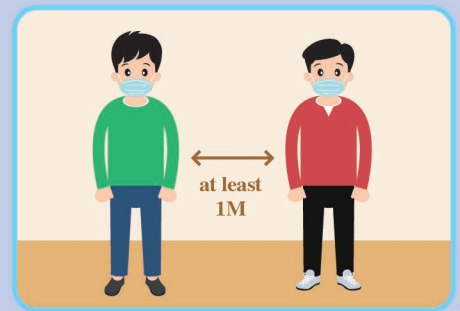
### Social Distancing



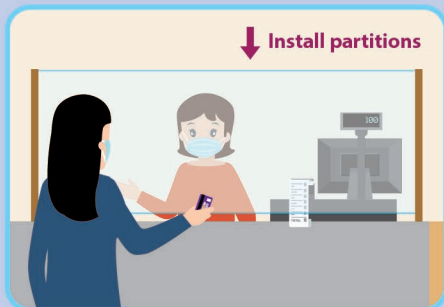
✓ Make **takeaway** an option for customers



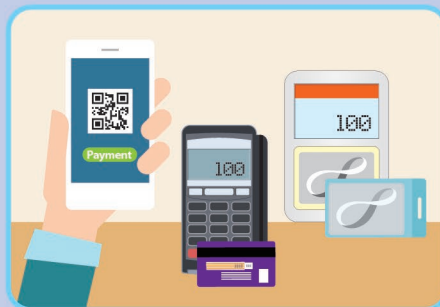
✓ Avoid **table sharing**



✓ Remind customers on **physical distancing**



✓ Introduce **partitions** on service counters



✓ Encourage the use of **contactless payments**



✓ **Staggering working and rest/meal hours** for staff

### Environmental Hygiene



✓ Use **1:99 diluted domestic bleaching agent** for disinfection



✓ Use **1:49 diluted domestic bleaching agent** for disinfection of contaminated places

## Personal Hygiene



✓ Check body temperature regularly



✓ Staff should seek medical advice promptly when feeling unwell



✓ Cover mouth and nose with a tissue paper when sneezing or coughing



✓ Wash hands frequently (e.g. after handling refuse or other dirty items)

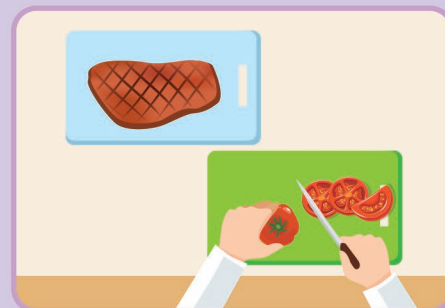
## Food Hygiene



✓ Choose safe raw ingredients



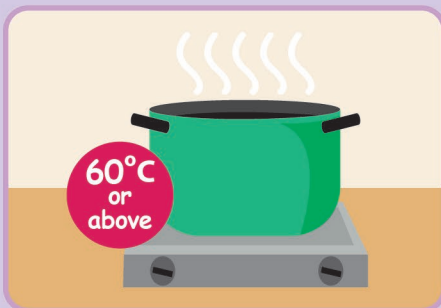
✓ Keep hands and utensils clean



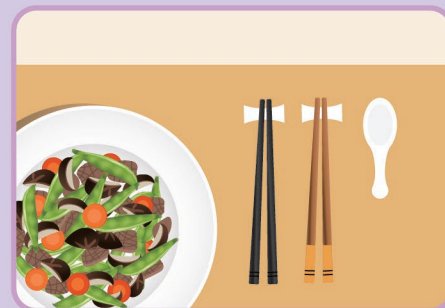
✓ Separate raw and cooked food



✓ Cook food thoroughly, then continue heating at a boiling temperature for at least one minute



✓ Keep cooked food piping hot at 60°C or above



✓ Provide serving chopsticks and spoons

(Source: Centre for Food Safety)

For the latest information on COVID-19, please visit [www.coronavirus.gov.hk](http://www.coronavirus.gov.hk).

Last year, the Department of Health organised the “**EatSmart Recipe Competition 2019**”, with the aim of encouraging EatSmart Restaurants (ESRs) to create more tasty and healthy “EatSmart Dishes” and raising the public’s awareness of healthy eating.



Winners were selected by public voting. In the category of “**More Fruit and Vegetables**” dishes, the winner was “Stir-fried Mixed Fungus with Lily Bulbs” from Choi Fook Eky’s Banquet. Meanwhile, “Stuffed Morel Mushrooms with Greens in Pumpkin Purée” from Holly Restaurant was selected as winner in the category of “**3 Less**” dishes. Featuring various fresh ingredients, both dishes are wonderfully colourful as well as healthy and delicious.

## *Upcoming Promotional Videos*

The Department of Health will produce a series of promotional videos, inviting ESRs and internet celebrities to introduce more ESRs and “EatSmart Dishes” to members of the public. The videos will be uploaded to social media.

Furthermore, the Department of Health will produce brand new television and radio Announcements in the Public Interest for the ESR Star+ Campaign. Please stay tuned!



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