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## Bite for Good: High-fibre Delicacies by Social Enterprises

Living in a modern society, people often have a busy lifestyle, in which eating out and consuming fast food are the norm. It is easy for people to overlook the importance of sufficient dietary fibre intake. In fact, a high-fibre diet not only helps maintain gut health, but is also beneficial to weight management, cardiovascular health, and blood glucose stability. In this issue, Fung Kwan-kit, Matthew, a Registered Dietitian, shares with us the keys to pursuing a high-fibre diet.

## High-fibre Diet in Healthy Eating

The Department of Health (DH) recommends that adults consume 25 grams or more of dietary fibre every day. In addition to fruit and vegetables (e.g. kale, broccoli, figs and kiwifruits), whole grains (e.g. brown rice), beans (e.g. black beans), and nuts and seeds (e.g. almonds and chia seeds) are also important sources of dietary fibre. Dietary fibre can be divided into two types: insoluble and soluble. Matthew explains that insoluble fibre can increase stool bulks and promote bowel movement, thereby relieving constipation and reducing the risk of colorectal cancer. Besides, it can boost satiety and thus reduce the chance of overeating, aiding in weight management. As for soluble fibre, it can bind with cholesterol to excrete it from the body, helping lower the cholesterol level. At the same time, it can slow down the digestion process and stabilise the blood glucose level, imposing a positive impact both on cardiovascular health and diabetes prevention.

### High-fibre Choice – Fruit and Yoghurt Oatmeal Bowl

Soak oatmeal in water or milk until softened, then add yoghurt, banana, blueberries and chia seeds. Drizzle with a little honey, and you will get a healthy breakfast that is fibre-rich and nutritious.



## Dietary Fibre and Weight Management

Matthew points out that if people aim to manage their weight by adopting a high-fibre diet, it is important to increase dietary fibre intake in a gradual manner. People should avoid consuming a large amount of fibre in a short period of time to prevent gastrointestinal discomfort. In addition, adequate water intake is essential to help fibre work effectively in the intestines. Matthew also reminds that some ultra-processed foods labelled as “fibre-rich” (e.g. certain carbonated drinks) may contain added sugars, which are detrimental to health if consumed excessively. Moreover, these products often lack other nutrients that natural high-fibre foods contain (e.g. vitamins, minerals and phytochemicals). It is therefore advisable to consume dietary fibre mainly from unprocessed foods.



While whole grains are relatively rich in dietary fibre, their texture tends to be rougher. It is recommended to soak them in water before cooking to help soften the texture and enhance the taste.

## Tips for Increasing Dietary Fibre Intake

- Breakfast: Add high-fibre ingredients such as bananas, chia seeds to oatmeal.
- Lunch/Dinner: Ensure a daily intake of at least three servings of vegetables, and replace refined grains (e.g. white rice and white bread) with whole grains (e.g. brown rice and red rice) as staple foods.
- Afternoon tea: Opt for fresh fruit as snacks.
- Soups: Choose soups containing dried beans or vegetables, and consume them along with the ingredients.
- Eating out: Choose EatSmart Restaurants (ESRs) and order fibre-rich dishes labelled as “More Fruit and Vegetables” dishes.



## Healing the Body, Mind and Soul with Heartwarming and Nutritious Delicacies

Operated by the New Life Psychiatric Rehabilitation Association, the three-star ESR so330 is a social enterprise restaurant dedicated to promoting physical, mental and spiritual well-being. It aims to provide employment and training opportunities for people in recovery, while advocating healthy living and encouraging the general public (including the disadvantaged) to put healthy eating into practice. Leung Yuen-ting, Monique, the Store Manager, has noticed a significant increase in health awareness among Hong Kong people in recent years. By using healthy ingredients and offering a comfortable and soothing dining environment, she hopes that customers can feel calm and joyful while enjoying the delicious dishes.

## Heartwarming Dishes as a Dual Feast for the Eyes and the Taste Buds

Monique opines that colourful ingredients not only make the dishes a feast for the eyes, but also help attract the general public to try a high-fibre diet. The restaurant's signature dish, "330 Hawaii Poke Bowl", for example, features mixed grains, which is rich in dietary fibre and minerals (e.g. magnesium and potassium), as the base, as well as colourful, fibre-rich and protein-rich ingredients (including cherry tomatoes, dragon fruit, avocado, green soybeans, organic quinoa and homemade organic soybean curds) as the toppings, ensuring balanced nutrition while boosting satiety.

To improve the rough texture of whole grains, the restaurant soaks the mixed grains in water before cooking and adds purple yam to enhance the viscosity, making the texture much smoother. Finally, unlike the usual practice of serving poke bowls cold, the restaurant specially grills the ingredients such as cherry tomatoes and soybean curds to provide customers with a heartwarming, healthy and fibre-rich option during the winter.



330 Hawaii Poke Bowl

Featuring mixed grains, which is rich in dietary fibre, as the base and various types of fibre-rich fruits and vegetables, this dish is highly nutritious and satiating.



## Crafting a New Image for High-fibre Diets with Unique Cooking Techniques

Monique truly believes that healthy ingredients can promote the balance in the body, mind and spirit. Therefore, the restaurant strives to use home-grown organic produce as well as hormone-free ingredients, and replace Monosodium Glutamate (MSG) with natural seasonings. It has also collaborated with other healthy eating advocates to design the "Organic Veggie Set", which is a "More Fruit and Vegetables" dish. Featuring fibre-rich cauliflowers and a sauce made with tomatoes and cherry tomatoes, the dish is seasoned with natural spices such as turmeric powder, coriander powder and cumin powder, resulting in a complex and slightly spicy curry aroma. Served with appetisers and a vegetarian soup, it breaks the stereotype of bland high-fibre diets, infusing healthy foods with rich flavours.

Organic Veggie Set

Featuring fibre-rich cauliflowers and seasonal vegetables, this dish is seasoned with natural spices. The addition of mixed grains gives the dish an even richer texture, making it more attractive.







Li Ho-fung, Benson  
Chef of TungPo Café

## Cooking with Heart to Create a Harmony of Health and Flavour

The three-star ESR TungPo Café is a social enterprise restaurant under the Tung Wah Group of Hospitals, offering Japanese-Western fusion cuisine. Regularly organising diversified youth programmes and overseas exchange programmes, the café is committed to facilitating the holistic development of young people and promoting a healthy eating culture. The chef Li Ho-fung, Benson, with extensive culinary experience and a knowledge in nutrition, has designed a series of creative dishes that are fibre-rich and healthy. These dishes not only retain the nutritional value of ingredients, but also offer unique flavours, making them a favourite among customers who care about weight management.

### Fibre-rich Mushrooms as the Perfect Pairing

“Stir-fried Mixed Mushrooms with Black Truffle Sauce” is one of the restaurant’s popular “EatSmart Dishes”. Benson carefully selects four types of seasonal mushrooms, namely coprinus comatus, shiitake mushrooms, brown shimeji mushrooms and white button mushrooms, each offering its own unique flavour and texture. Stir-fried with aromatic black truffle sauce, the dish bursts with an intense mushroom aroma. Mushrooms are low in fat and energy, yet rich in dietary fibre, vitamins and minerals, enhancing the nutritional value of the whole dish. The dietary fibre that they contain, in particular, help prolong satiety, aiding in weight management and gut health when enjoyed as part of a balanced diet.



Stir-fried Mixed Mushrooms with  
Black Truffle Sauce

The umami of seasonal mushrooms, paired with the uniquely aromatic black truffle sauce, brings forth an irresistible mushroom fragrance.



### Making Good Use of Natural Ingredients to Reduce the Need for Additional Seasonings

Another special dish at the restaurant, “Portobello Mushroom Risotto in Porcini Mushroom Sauce”, as both a “More Fruit and Vegetables” dish and a “3 Less” dish, is also highly popular among the customers. The dish pairs the roasted portobello mushroom with the creamy risotto and the thick porcini mushroom sauce, offering a layered taste experience in every bite. Unlike the traditional method of using chicken stock, Benson cooks the risotto with the vegetable broth made with sweet carrots, onions and celery, giving rise to a fresh and non-greasy flavour. The restaurant replaces ready-made seasonings with the homemade porcini mushroom sauce, the natural umami of which permeates every grain of rice, making the dish healthy and delicious. Since mushrooms tend to absorb a lot of oil during cooking, Benson specially adopts the roasting method to cook the portobello mushroom. This not only significantly reduces the amount of oil used when compared with frying, but also highlights the umami and aroma of the mushrooms, allowing customers to enjoy a dish that is both healthy and flavourful.



Portobello Mushroom Risotto in Porcini Mushroom Sauce

Cooking the risotto with the homemade vegetable broth and adding the porcini mushroom sauce make the risotto smooth in texture and, at the same time, fresh and non-greasy in taste.





## EatSmart Recipe Competition 2025

The “EatSmart Recipe Competition 2025” has successfully concluded. “Steamed Cod and Morel Ball with Radish and Crab Roe” from Regal Terrace of Regal Riverside Hotel in Sha Tin, Hong Kong, and “Steamed Winter Melon Stuffed with Spinach, Mushrooms and Carrot” from RÚ of Nina Hotel Tsuen Wan West stood out in the categories of “More Fruit and Vegetables” dishes and “3 Less” dishes, respectively, and became the two champion “EatSmart Dishes”! Actress Fan Yik-man, Amy, even visited the winning restaurants in person to learn from the star chefs about how to prepare these two healthy and delicious champion “EatSmart Dishes”. Please scan the QR codes below to watch the short videos on the “EatSmart Restaurant Star+” Campaign (ESR Star+ Campaign) Facebook page for the highlights of the event and the features of the winning dishes!



The winning dish of the category of “More Fruit and Vegetables” dishes



Short video on the winning dish of the category of “More Fruit and Vegetables” dishes



The winning dish of the category of “3 Less” dishes



Short video on the winning dish of the category of “3 Less” dishes

## Promotional Activities in the Book Fair and the Food Expo

The ESR Star+ Campaign participated in the 35<sup>th</sup> Hong Kong Book Fair and the Hong Kong Trade Development Council Food Expo 2025 in July and August 2025, respectively. Promotional booths were set up in the venues to introduce the Campaign’s social media pages to the public. Moreover, interactive games were organised and souvenirs were given out. The aim was to encourage people to choose ESRs when eating out and put healthy eating into practice.



Citizens visited the promotional booths to learn about the ESR Star+ Campaign.

## Festive EatSmart Dishes Promotion

As the festive season approaches, many people enjoy eating out with their families and friends and savouring delicacies. In the light of this, the ESR Star+ Campaign has especially launched the “Festive EatSmart Dishes Promotion” on its social media pages, providing free promotion of the festive “EatSmart Dishes” meticulously designed by the ESRs. It aims to raise the visibility of these ESRs and encourage more people to adopt a healthy eating style.

To participate in the promotion or for enquiries, please contact the Secretariat of the Campaign at 3151 7637 or 3151 7645.



“EatSmart Restaurant Star+”  
Facebook page



“EatSmart Restaurant Star+”  
Instagram

FEB Lunar New Year and Valentine’s Day

MAY

Mother’s Day

JUN

Father’s Day