

## Joyful Fruit &amp; Veg Month 2026 - School Fruit and Vegetables Promotion Project

## Nutritional Guidelines for Catering Activities in Schools

To promote healthy eating, schools are recommended to use healthy cooking methods and to avoid ingredients that are high in fat, salt or sugar when organising activities, such as cooking demonstrations / competitions, food tasting events, and fruit and / or vegetables parties. Please also note that receipts that containing high-fat, high-salt or high-sugar food items will not be accepted for reimbursement in the “School Healthy Eating Promotion Fund”. Schools may refer to the principles of healthy cooking methods and ingredient selection in the tables below:

| Cooking methods | Principles                                                                                                                                                                                   | Examples of healthy cooking methods                                                              | Examples of unhealthy cooking methods |
|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------|
|                 | <ul style="list-style-type: none"> <li>✓ Use low-fat cooking methods</li> <li>✓ Use no more than 3 teaspoons of cooking oil in preparing a dish for 4 persons (1 teaspoon ≈ 5 ml)</li> </ul> | Boiling, steaming, grilling, baking, stewing, stir-frying or pan-frying with small amount of oil | Deep-frying, braising, shallow frying |

| Type of food               | Principles                                                                                                                                                               | Examples of healthy ingredients                                                                                                                                                                                     | Examples of ingredients high in fat, salt or sugar                                                                                                                                      |
|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fat / Oil / Salad dressing | <ul style="list-style-type: none"> <li>✓ Use healthy and non-hydrogenated vegetable oil</li> <li>✓ Use low- or reduced-fat salad dressing</li> </ul>                     | Corn oil, olive oil, canola oil, peanut oil, margarine without trans fat                                                                                                                                            | Butter, lard, coconut oil, palm oil, margarine containing trans fat, shortening                                                                                                         |
|                            | <b>To avoid high fat content in food, limit the use of healthy oils / salad dressings to the minimum as well.</b>                                                        |                                                                                                                                                                                                                     |                                                                                                                                                                                         |
| Grains                     | <ul style="list-style-type: none"> <li>✓ Use grains and cereals which are low in fat and without added sugar, high-dietary fibre whole grains are even better</li> </ul> | Plain biscuits (e.g. soda crackers), white bread, wholemeal bread, white rice, brown rice, quinoa, egg noodles, spaghetti, rice vermicelli, Chinese noodles, buckwheat noodle, breakfast cereal without added sugar | Biscuits with fillings, palmiers, wafers, cookies, digestive biscuits, “lady fingers”, cake, croissants, pastries, cocktail bun, pineapple bun, pre-fried instant noodles, e-fu noodles |

| Type of food                            | Principles                                                                                                                                                                                                                                                                | Examples of healthy ingredients                                                                                                                                                           | Examples of ingredients high in fat, salt or sugar                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Vegetables</b>                       | <ul style="list-style-type: none"> <li>✓ Use fresh or frozen vegetables and canned vegetables with reduced salt to replace preserved vegetables</li> <li>✓ Pure vegetable juice</li> <li>✓ Use dried vegetables without added fat / oil, salt and sugar</li> </ul>        | Fresh or frozen vegetables, canned vegetables with reduced salt or after blanching, pure vegetable juice, plain seaweeds                                                                  | Preserved vegetables (e.g. pickled cucumber, preserved mustard greens), fried or seasoned vegetables chips, vegetable juice with added salt                                                                                                                                                                                                                                                                                                                                                    |
| <b>Fruits</b>                           | <ul style="list-style-type: none"> <li>✓ Use fresh or frozen fruit (except coconut, durian and avocado because they have higher fat content)</li> <li>✓ Pure fruit juice</li> <li>✓ Use fruit products without added sugar</li> </ul>                                     | Fresh or frozen fruit, pure fruit juice*, canned fruit in juice, dried fruit and jam without added sugar                                                                                  | Canned fruit in syrup, dried fruit, juice and jam with added sugar, coconut, coconut milk / cream and shredded coconut                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Meat, fish, egg and alternatives</b> | <ul style="list-style-type: none"> <li>✓ Use fresh or frozen lean meat to replace preserved meat</li> <li>✓ Use fresh egg to replace preserved egg</li> <li>✓ Use non-fried plain dry bean products</li> <li>✓ Use non-fried nuts without added salt and sugar</li> </ul> | Fresh or frozen lean beef, pork, fish, seafood and skinless poultry, egg, canned tuna in water, dry bean, tofu, fresh bean curd sheet, unseasoned vegetarian meat, dry-roasted plain nuts | Pork belly, pork jowl, fatty beef, beef brisket, chicken wing, chicken paw, canned tuna in oil, luncheon meat, sausage, ham, bacon, ready-made meatballs, ready-made burger patty, imitation crab meat, chikuwa, Chinese preserved sausage, salted fish, salted egg, marinated egg, canned beans with added salt or sugar (e.g. sweetened bean paste), fried tofu, fried bean curd stick, fried seitan, seasoned vegetarian meat, fried cashew nut, roasted nuts with added oil, salt or sugar |

\* It is encouraged to consume a whole fruit instead of pure fruit juice because a whole fruit has higher nutritional values. For pure fruit juice, it is recommended to provide no more than 180 ml (approximately  $\frac{3}{4}$  cup) per serving.

| Choices of Ingredients       | Principles                                                                                                                                                                                                                                                                                                                  | Examples of healthy ingredients                                                                                                                         | Examples of ingredients high in fat, salt or sugar                                                                                                 |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Milk and alternatives</b> | <ul style="list-style-type: none"> <li>✓ Use skimmed, low-fat or reduced-fat plain dairy products</li> <li>✓ Use high-calcium unsweetened or low-sugar soy drink</li> </ul>                                                                                                                                                 | Skimmed or low-fat milk and milk powder, low-fat plain yoghurt, low-fat cheese, high-calcium unsweetened or low-sugar soy drink                         | Full-fat dairy products, cream, evaporated milk, condensed milk, creamer                                                                           |
| <b>Seasonings</b>            | <ul style="list-style-type: none"> <li>✓ Use natural ingredients to replace seasonings or sauces which are high in fat, salt or sugar</li> </ul>                                                                                                                                                                            | Garlic, ginger, spring onion, onion, lemon or lime juice, vinegar, parsley, five-spices powder, mustard powder, star anise, herbs, spices, tomato paste | Shrimp paste, fermented soybean curd, fermented black soybean, chicken powder, MSG, ready-made sauces, ketchup                                     |
|                              | <p><b>To avoid high sodium and sugar contents in food, the following seasonings should be used at minimal amount:</b></p> <ul style="list-style-type: none"> <li>- Oyster sauce, soy sauce, salt and other high-sodium seasonings</li> <li>- Sugars, including white sugar, syrup, honey, rock sugar, cane sugar</li> </ul> |                                                                                                                                                         |                                                                                                                                                    |
| <b>Others</b>                | <ul style="list-style-type: none"> <li>✓ Use ingredients with lower fat, salt and sugar contents</li> </ul>                                                                                                                                                                                                                 | Gelatin powder, unsweetened cocoa powder, agar, plain konjac powder                                                                                     | Fruity jelly powder, candy, chocolate (including pure / dark chocolate), chocolate sauce, hazelnut spread with added sugar, ice-cream, soft drinks |

**How do I know if a food or drink item contains added fat / oil, salt or sugar?**

Reading the ingredient list of a prepackaged food or drink is a useful way to determine if fat / oil, salt or sugar is added.

**Examples:*****Nuts with added oil:***

Ingredients:

Almonds (Tree Nuts), **Oil**

***Seaweed with added oil and salt:***

Ingredients:

Seaweed, **Canola Oil, Sesame Oil, Salt**

***Fruit juice with added sugar:***

Ingredients:

Water, **Sugar**, Orange Pulps, Concentrated Orange Juice, Acidity Regulator (330, 331), Flavourings, Vitamin C, Colour (160a).

Added sugar can be listed in the ingredient list under different names, including brown sugar, dextrose / glucose, fructose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, cane sugar / sucrose, syrup.

## Making healthier food and drink choices by reading nutrition labels

To choose healthier prepackaged food and drink, read the nutritional label to see whether the “total fat”, “sodium” and “sugar” contents meet the criteria of “low-fat”, “low-sodium” and “low-sugar” as shown below.

Avoid choosing food and drink that are high in “total fat”, “sodium” or “sugar” (per 100g / ml).

|                                                                                   |                                                                                                                    |                                                                                                                           |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <b>“Per serving”</b><br>tells the energy and nutrients in each serving.           | <b>“Serving size”</b><br>suggests how much you can eat each time. E.g. 20g, 4 pieces, $\frac{1}{2}$ cup or 1 pack. | <b>“Per 100 g”</b><br>compares the nutritional values of similar products and is useful when choosing healthier products. |
| Example<br>XYZ Soda Cracker                                                       |                                                                                                                    |                                                                                                                           |
| <b>Nutrition Information</b><br>Serving Per Packet: 5<br><b>Serving Size: 20g</b> |                                                                                                                    |                                                                                                                           |
| <b>營養資料</b><br>每容器份量數目：5<br>食用分量：20 克                                             |                                                                                                                    |                                                                                                                           |
|                                                                                   | <b>Per Serving</b><br>每食用分量                                                                                        | <b>Per 100g</b><br>每 100 克                                                                                                |
| Energy 總熱量                                                                        | 84 kcal                                                                                                            | 420 kcal                                                                                                                  |
| Protein 蛋白質                                                                       | 2 g                                                                                                                | 10 g                                                                                                                      |
| Total Fat 總脂肪                                                                     | 3 g                                                                                                                | 15 g                                                                                                                      |
| Saturated Fat 飽和脂肪                                                                | 1 g                                                                                                                | 5 g                                                                                                                       |
| Trans Fat 反式脂肪                                                                    | 0 g                                                                                                                | 0 g                                                                                                                       |
| Carbohydrate 碳水化合物                                                                | 10 g                                                                                                               | 50 g                                                                                                                      |
| Sugar 糖                                                                           | 2 g                                                                                                                | 10 g                                                                                                                      |
| Sodium 鈉                                                                          | 180 mg                                                                                                             | 900 mg                                                                                                                    |
| Dietary Fibre 膳食纖維                                                                | 0.4 g                                                                                                              | 2 g                                                                                                                       |

  

|                  | What is “low”?               |                               | What is “high”?          |                           |
|------------------|------------------------------|-------------------------------|--------------------------|---------------------------|
|                  | Per 100 g<br>(not exceeding) | Per 100 ml<br>(not exceeding) | Per 100 g<br>(exceeding) | Per 100 ml<br>(exceeding) |
| <b>Total fat</b> | <b>3 g</b>                   | <b>1.5 g</b>                  | <b>20 g</b>              |                           |
| <b>Sugar</b>     | <b>5 g</b>                   |                               | <b>15 g</b>              | <b>7.5 g</b>              |
| <b>Sodium</b>    | <b>120 mg</b>                |                               | <b>600 mg</b>            | <b>300 mg</b>             |

Source of information: Food and Environmental Hygiene Department

To learn more about nutritional label, please visit the webpage of Centre for Food Safety:

<https://www.cfs.gov.hk/nutritionlabel/>