

Joyful Fruit & Veg Month 2027 - School Fruit and Vegetable 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 vegetable 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
	✓ Use low-fat cooking methods ✓ Use no more than 3 teaspoons of cooking oil in preparing a dish for 4 persons (1 teaspoon ≈ 5 ml)	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	✓ Use healthy and non-hydrogenated vegetable oil ✓ Use low- or reduced-fat salad dressing	Corn oil, olive oil, canola oil, peanut oil, margarine without trans fat	Butter, lard, coconut oil, palm oil, margarine containing trans fat, shortening
	To avoid high fat content in food, limit the use of healthy oils / salad dressings to the minimum as well.		
Grains	✓ Use grains and cereals which are low in fat and without added sugar, high-dietary fibre whole grains are even better	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
Vegetables	✓ Use fresh or frozen vegetables and canned vegetables with reduced salt to replace preserved vegetables ✓ Pure vegetable juice ✓ Use dried vegetables without added fat / oil, salt and sugar ✓ Some starchy root and stem vegetables	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, kimchi), fried or seasoned vegetables chips, vegetable juice with added salt, potato, sweet potato
Fruits	✓ Use fresh or frozen fruit (except coconut, durian and avocado because they have higher fat content) ✓ Pure fruit juice ✓ Use fruit products without added sugar	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
Meat, fish, egg and alternatives	✓ Use fresh or frozen lean meat to replace preserved meat ✓ Use fresh egg to replace preserved egg ✓ Use non-fried plain dry bean products ✓ Use non-fried nuts without added salt and sugar	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	Spare rib, Pork belly, pork jowl, fatty beef, beef brisket, skin-on poultry (e.g. chicken wing, chicken thigh, chicken paw, smoked duck breast), canned tuna in oil, soybean curd slab cooked with spices, ready-to-eat dim sum, marinated egg, luncheon meat, sausage, ham, bacon, ready-made meatballs, ready-made burger patty, imitation crab meat, chikuwa, Chinese preserved sausage, salted fish, salted egg, Chinese preserved meat, canned beans with added salt or sugar (e.g. sweetened bean paste), fried tofu,

Appendix IV

			fried bean curd stick, fried seitan, seasoned vegetarian meat, fried cashew nut, roasted nuts with added oil, salt or sugar
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* 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
Milk and alternatives	✓ Use skimmed, low-fat or reduced-fat plain dairy products ✓ Use high-calcium unsweetened or low-sugar soy drink	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 (including reduced-fat cream), creamer
Seasonings	✓ Use natural ingredients to replace seasonings or sauces which are high in fat, salt or sugar	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, teriyaki sauce, Swiss sauce, white sauce or carbonara sauce (made with full-fat milk or evaporated milk or cream), Portuguese style sauce or curry sauce or satay (made with full-fat milk or evaporated milk or coconut cream or coconut milk), Chinese marinade, red fermented soybean curd, fermented soybean curd, belachan, chu hou sauce, soy sauce, preserved plum, miso, chili bean sauce, sa cha sauce, sweet and sour sauce, zhajiang sauce
	To avoid high sodium and sugar contents in food, the following seasonings should be used at minimal amount: - Oyster sauce, soy sauce, salt and other high-sodium seasonings - Sugars, including white sugar, syrup, honey, rock sugar, cane sugar		
Others	✓ Use ingredients with lower fat, salt and sugar contents	Gelatin powder, unsweetened cocoa powder, agar, plain konjac powder	canned soup, Fruity jelly powder, candy, chocolate (including pure / dark chocolate), chocolate sauce, hazelnut spread

			with added sugar, ice-cream, soft drinks
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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).

“Per serving” tells the energy and nutrients in each serving.	“Serving size” suggests how much you can eat each time. E.g. 20g, 4 pieces, $\frac{1}{2}$ cup or 1 pack.	“Per 100 g” compares the nutritional values of similar products and is useful when choosing healthier products.
Example XYZ Soda Cracker		
Nutrition Information Serving Per Packet: 5 Serving Size: 20g		
營養資料 每容器份量數目：5 食用分量：20 克		
	Per Serving 每食用分量	Per 100g 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 (not exceeding)	Per 100 ml (not exceeding)	Per 100 g (exceeding)	Per 100 ml (exceeding)
Total fat	3 g	1.5 g	20 g	
Sugar	5 g		15 g	7.5 g
Sodium	120 mg		600 mg	300 mg

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/>