

## Joyful Fruit Month 2021 - School Fruit 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 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 and healthy ingredients 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 or shallowing frying

Type of food	Principles	Examples of healthy ingredients	Examples of ingredients high in fat, salt or sugar
Oil/Fat/Salad dressing	<ul style="list-style-type: none"> <li>✓ Use healthy vegetable oil</li> <li>✓ Use low- or reduced-fat salad dressing</li> </ul>	Margarine without trans fat, corn oil, olive oil, canola oil, peanut oil	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</li> </ul>	Plain biscuits (Marie biscuit, crackers), white bread, whole wheat bread, white rice, red rice, barley, sago, egg noodles, spaghetti, rice vermicelli, Chinese noodles, 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	<i>Examples of ingredients high in fat, salt or sugar</i>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>✓ Use fresh or frozen vegetables, canned vegetables with reduced salt or after blanching to replace pickles</li> </ul>	Fresh or frozen vegetables, canned vegetables with reduced salt or after blanching, plain seaweeds	Preserved and pickled vegetables (Pickles, preserved mustard greens), vegetable juice with added salt
<b>Fruits</b>	<ul style="list-style-type: none"> <li>✓ Use fresh fruit or pure fruit juice (except coconut because it is high in fat)</li> <li>✓ Use fruit products without added sugar</li> </ul>	Fresh fruit, canned fruit in juice, frozen fruit, pure fruit 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/frozen lean meat to replace preserved meat</li> <li>✓ Use non-fried plain bean products</li> <li>✓ Use non-fried nuts without added salt and sugar</li> </ul>	Fresh or frozen lean beef, pork, fish, seafood, skinless poultry, canned tuna in water, dried beans, tofu, soybean sheet, unseasoned plant-based meat alternatives, dry-roasted plain nuts	Pork belly, pork jowl, fatty beef, beef brisket, chicken wings, chicken paw, canned tuna in oil, luncheon meat, sausage, ham, bacon, ready-made meatballs, imitation crab meat, Chinese preserved sausage, salted fish, salted eggs, canned beans with added salt or sugar (e.g. sweetened bean paste), tofu puff, fried beancurd sheet, fried wheat gluten, seasoned plant-based meat alternatives, fried cashew nut, roasted nuts with added salt

Choices of Ingredients	Principles	Examples of healthy ingredients	<i>Examples of ingredients high in fat, salt or sugar</i>
<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 low-sugar or sugar-free calcium-fortified soy milk</li> </ul>	Skimmed or low-fat milk, milk powder and yoghurt, reduced-fat cheese, low-sugar or sugar-free soya milk	Full-cream 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 salt or fat</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 bean curd, fermented black soybean, chicken powder, MSG, ready-to-use sauces, ketchup
<p><b>To avoid food containing high level of sodium and sugar, the following seasonings should be used at minimal amount:</b></p> <ul style="list-style-type: none"> <li>- <b>Oyster sauce, soy sauce, salt and other seasonings containing sodium</b></li> <li>- <b>Sugar, including white sugar, syrup, honey, rock sugar, cane sugar</b></li> </ul>			
<b>Others</b>	<ul style="list-style-type: none"> <li>✓ Use ingredients low in fat, salt or sugar</li> </ul>	Gelatin powder, sugar-free cocoa powder, agar, plain konjac powder	Fruity jelly powder, candy, chocolate (including pure/dark chocolate), chocolate sauce, hazelnut spread, ice-cream, soft drinks

\* It is encouraged to consume a whole fruit instead of 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 ¾ cup) per serving.

## How do I know if a food item contains added oil, salt or sugar?

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

### Examples:

#### *Nuts with added oil:*

Ingredients: Almonds (Tree Nuts) <b>Oil</b>
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#### *Seaweed with added salt*

Ingredients: Seaweed, Sugar, Flavour Enhancer, Mirin, <b>Salt</b> , Fish & Shrimp (Contains Crustaceans)
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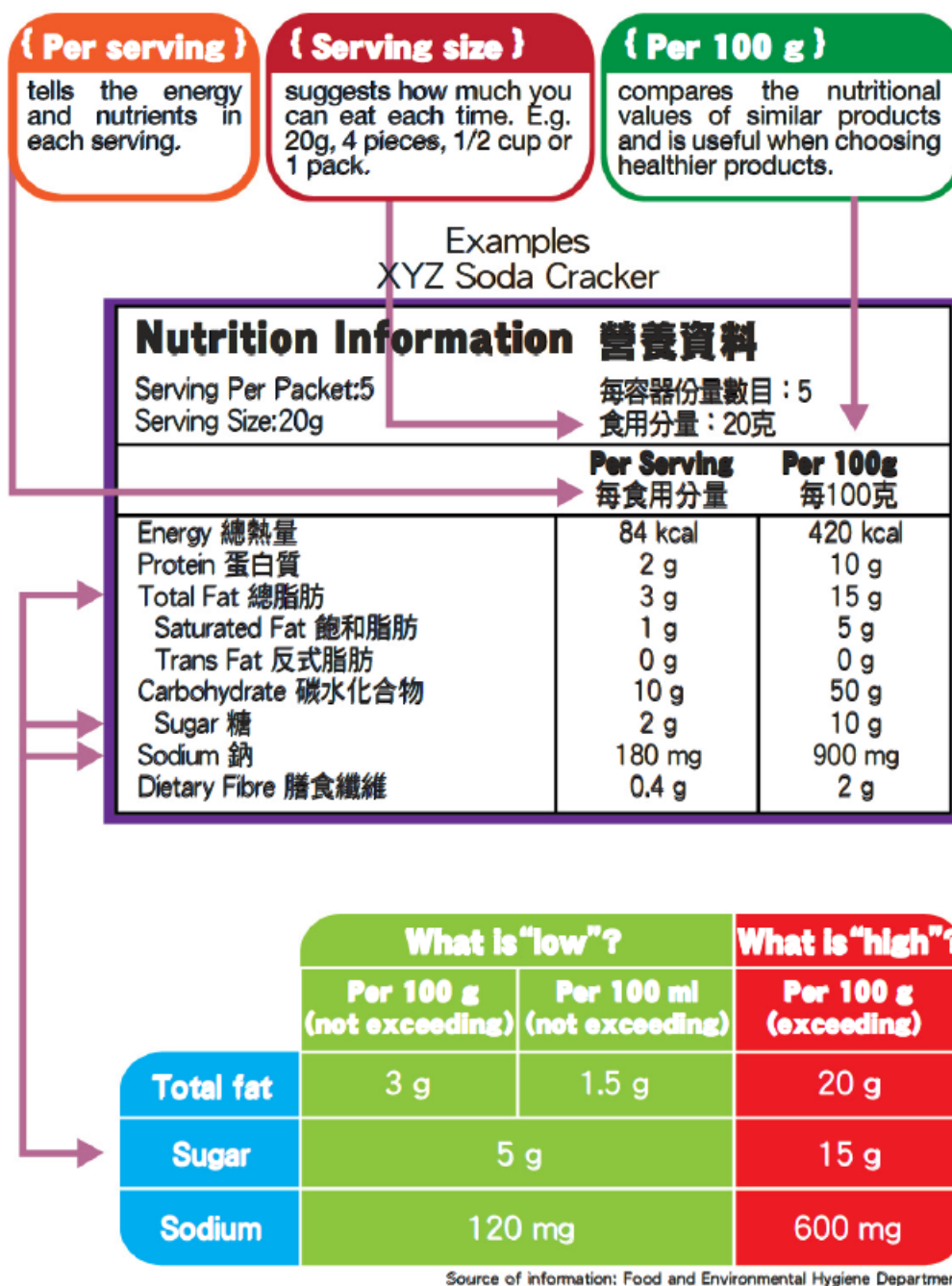
#### *Fruit juice with added sugar*

Ingredients: Water, Concentrated Orange Juice, <b>Sugar</b> , Pulp, Acidity Regulator (330), Preservative (202), Vitamin C, Natural Colour (160a), Vitamin E
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Sugar can be added to food in forms of brown sugar, dextrose/glucose, fructose, fruit juice concentrates, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, sucrose and syrup etc.

## Making healthier food choices by reading nutrition labels

To choose healthier prepackaged food, read the nutritional label to see whether the “total fat”, “sugar” and “sodium” contents meet the criteria of “low-fat”, “low-sugar” and “low-sodium”. Avoid choosing food that is high in “total fat”, “sodium” or “sugar” (per 100g).



To learn more about nutritional label, please visit the website of Centre for Food Safety:  
<https://www.cfs.gov.hk/nutritionlabel/>