

# Seminar on Smart Dining Out

By Miss CHAN Man Sze

In this “Eating” day and age, variety of fusion restaurants pop out in Hong Kong in recently years. Behind those dazzling choices, how to choose more healthy dishes becomes a challenging topic to all of us. In the seminar on Smart Dining Out, Miss Ko Tsz Yan, the Registered Dietitian, shared her professional knowledge on helping us how to tackle the difficulties in dining out and the knowledge about food.

There were 2 parts for the seminar. Miss Ko First introduced food concept and the food nutritious problem. A new healthy diet concept – “My plate” substitutes the old “Food Pyramid” from 2011 in USA Department Of Agriculture. This new concept illustrates the daily intake amount of 5 food categories better. It helps people to achieve balanced diet and nutrition easier. Then, Miss Ko moved on to discuss why a healthy diet was hardly achieved in modern world. The reasons were two: unbalanced diet and depreciation of nutrients in food.



For the second part, Miss Ko summarized two lists for food to be chosen and to be avoided for common restaurants around us. She shared the technique in choosing right food from Cha Chaan Tang to Western restaurants. Furthermore, Miss Ko also encouraged us to make our own meal. She explained the main reason for self-making meal was to control the dietary intake of salt, sugar and oil that they are closely related to obesity diabetes and heart diseases. She also shared her own recipes to make those common dishes in healthier version.

Afterwards, some fallacies about food and nutrition was explained by Miss Ko. She explained cooking method is a determinant in preserving the nutrients in food. What is more, some parts of food actually contain most of the nutrient, but are removed commonly. Intake food containing cholesterol does not imply rise of cholesterol in our body. We shall pay attention on the dietary intake of salt, sugar and oil instead.

The seminar ended with an interactive Q&A session. On behalf of the YMC, we would like to thank Miss Ko to deliver such highly informative seminar to our members.



Photo: Souvenir presentation by Ir Ambrose CHEN, the Chairman of the YMC to Miss KO Tsz Yan