

Risk Assessment Studies

Report No. 22

**NUTRIENT VALUES OF
INDIGENOUS CONGEE, RICE AND NOODLE DISHES**

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Abstract

The Food and Environmental Hygiene Department (FEHD) has conducted a study to determine the nutrient contents of the common indigenous congee, rice and noodle dishes in Hong Kong.

The report presents the nutrient content information of 110 local food items, including congee, rice, noodle dishes and sauces. Laboratory analyses for energy and nine nutrients of local public health interest were conducted by the Food Research Laboratory of FEHD.

The results showed that most of them contained carbohydrate as the main source of energy. It was found that the calcium content of these foods were generally low, whilst their sodium content was on the high side.

A balanced diet can be achieved by choosing food carefully while having indigenous congee, rice and noodle dishes. Members of the public are recommended to consume suitable amount of food according to their needs; choose the foods with adequate amount of vegetables; use low-fat cooking methods; minimize intake of sauces; and choose steamed rice instead of fried rice for meal set with rice for patrons who want to cut down energy and fat intake. Patrons frequently consuming these foods are also advised to have one to two servings of low-fat/skimmed dairy products and adequate fruits for the rest of the day to ensure adequate intake of calcium and other important nutrients.

Food trade is advised to modify the recipes of indigenous congee, rice and noodle dishes to increase dietary fibre and reduce sodium and fat contents of fried noodles; serve sauces separately for meal sets with rice; and provide more food items with high dietary fibre and calcium contents such as fruits and calcium fortified soy milk in the menu.

Risk Assessment Study -

Nutrient Values of Indigenous Congee, Rice and Noodle Dishes

OBJECTIVES

This study aims to determine the nutrient values of the common indigenous congee, rice and noodle dishes in Hong Kong.

BACKGROUND

2. Enjoyment of food is one of life's pleasures. Sharing a meal is an important part of family life, particularly during festivals. In addition to the enjoyment it provides, food is essential for life as it is the source of energy and nutrients. Energy supports the activities of human body, whereas nutrients are vital for growth of human body, tissue repair and maintenance of good health. Therefore, it is important for the public to know how to get the best from food while enjoying them.

3. Information on nutrient composition of foods is important for the public to make healthy food choices. To establish a database of nutrient composition of local food items for public access, the Food Research Laboratory (FRL) of the Department has been conducting nutrient analysis of indigenous foods since 2002. Previous studies on the nutrient values of local indigenous breakfast foods and Chinese dim sum were completed and released in January 2004 and April 2005, respectively.

4. Congee, rice and noodles are the main staple foods of the local population, and the meal sets with these foods are common food choices among the working population. However, no systematic nutrient analysis of the indigenous congee, rice and noodle dishes has been

conducted locally. To determine the nutrient content of indigenous congee, rice and noodle dishes and facilitate the public making healthier food choices, FEHD initiated a study on the nutrient composition of these foods.

Indigenous congee, rice and noodle dishes

5. Indigenous congee, rice and noodle dishes generally refer to all dishes with congee, rice and cereal-based noodles as the staple foods. In this report, the indigenous congee, rice and noodle dishes referred to the local-style composite dishes with congee, rice and noodles available in local food premises such as tea restaurants (茶餐廳), fast food shops, Chinese restaurants (中式酒樓), Chinese noodle stalls (中式粉麵店) and Chinese congee stalls (中式粥店).

6. Eating out for lunch is very common in the local working population, and congee, rice and noodles are common food choices. The Public Opinion Programme of the University of Hong Kong conducted a survey entitled “The Changing Eating Habits of White-collar Workers” in 2003, and they interviewed 511 white collar workers aged 18-49 by telephone.¹ In this survey, about 65% of the respondents reported usually eating out for lunch. For those who were eating out for lunch, 72% of them reported having their lunch in local tea restaurants (茶餐廳) and fast food stores, which commonly sold indigenous congee, rice and noodle dishes.

7. The nutrient values of the indigenous congee, rice and noodle dishes vary greatly, depending on the types and amount of food ingredients, as well as the cooking methods used in food preparation.

Nutrition and noncommunicable diseases

8. In the World Health Report 2002,² it indicated that mortality, morbidity and disability attributed to major noncommunicable diseases (NCDs) accounted for about 60% of deaths and 47% of the global burden of disease at that time, and the figures were expected to rise to 73% and 60%, respectively.

9. Nutrition is one of the major lifestyle risk factors related to development of NCDs. Unhealthy diets, together with physical inactivity, are among the leading causes of NCDs, including cardiovascular disease, type 2 diabetes and certain types of cancer, and contribute substantially to the global burden of disease, death and disability.² As part of the recommendation for prevention of chronic diseases, the World Health Organization (WHO) and Food and Agriculture Organization of the United Nations (FAO) proposed a set of population nutrient intakes^{3,4} to enhance health (Annex I).

10. Hong Kong, as one of the fast-growing economies, also experiences an increasing burden of NCDs. Diet-related diseases such as cancer, coronary heart diseases, cerebrovascular disease and type 2 diabetes attributed about 60% of deaths in 2003.⁵ For patients with heart diseases, strokes, diabetes, renal and liver diseases, dietary management is also one of the key elements of disease management and for prevention of complications. Among all nutrients, avoiding excessive dietary intakes of energy, saturated fat, cholesterol, sugars and sodium, as well as increasing the intake of dietary fibre and calcium, are most relevant to the prevention and management of these diet-related diseases.

SCOPE OF STUDY

11. This study mainly covered common indigenous congee, rice and noodle dishes sold in Chinese restaurants. With reference to menus collected from local food premises, ninety-five food items were sampled for chemical nutrient analysis, including indigenous congee, rice, noodle dishes, and sauces for “siu-mei” rice dishes. Together with 15 related items analyzed in previous studies, this study presents the nutrient analyses results of 110 food items (Annex II). Chemical analyses were conducted to determine the content of energy and nine nutrients, namely total carbohydrate, protein, total fat, saturated fat, cholesterol, dietary fibre, sugars, sodium and calcium.

METHOD

Sampling Plan

12. The food samples were purchased and analyzed from March 2004 to July 2005. For each food item, 10 food samples were randomly purchased from food outlets in 10 different districts that were randomly selected from the 18 districts in Hong Kong. All samples were purchased in the ready-to-serve form for determining the nutrient contents.

Laboratory Analysis

13. The laboratory testing work was conducted by the Food Research Laboratory of FEHD. For each food sample, the edible portion was obtained and homogenized. Appropriate test portions were taken for determining the nutrient profile by chemical analyses. All tests were conducted using single-laboratory validated methods based on international standards. A brief description of the test methods was shown in Annex III.

Data Analysis

14. The nutrient data of food items was presented in both per 100g and per unit basis. For each nutrient, the mean value was reported and corrected to 2 significant figures. If the level of a nutrient was too low for reliable reporting, the term “trace” was indicated (refer to Annex III for details). The term “not determined” (ND) referred to cases where by nature of the food item, testing for the nutrient parameter was not appropriate and/or the nutrient was considered not generally present at a significant level.

RESULTS AND DISCUSSION

15. In this study, nutrient contents of 107 indigenous congee, rice

and noodle dishes and 3 sauces for siu-mei were examined. The mean values of energy, total carbohydrate, total fat, protein, saturated fat, cholesterol, sugar, dietary fibre, calcium and sodium of the samples in per 100 g and per unit basis are presented in Annex IV and V, respectively.

16. The nutrient contents of the indigenous congee, rice and noodle dishes varied depending on the food ingredients and cooking methods, but generally most of them were low in calcium and high in sodium. The mean calcium content of all sampled congee, rice and noodle dishes was 91 mg/unit, which was less than 10% of the FAO/WHO recommended daily intake of calcium, i.e.1000 mg/day. The mean sodium content was about 2200 mg, which exceeded the FAO/WHO recommended daily intake for sodium. The nutrient contents of different types of indigenous congee, rice and noodle dishes were shown in Table 1.

Congee dishes

17. In general, the energy content of congee dishes was low compared with other rice and noodle dishes. The mean energy value of the five congee dishes was 260 kcal/unit. The mean energy of congee dishes from total carbohydrate, protein and fat were 41%, 21% and 38%, respectively. The mean sodium and dietary fibre contents of congee were 1100 mg/unit and 1.4 g/unit, respectively (Table 1).

18. The dietary fibre content of congee dishes was low, probably due to its low vegetable content. The mean cholesterol content of congee dishes was 110 mg/unit, but the cholesterol contents of congee with preserved egg and pork (皮蛋瘦肉粥) (200 mg/unit) and congee with pig gible (及弟粥) (260 mg/unit) were high among the congee dishes. The high cholesterol content of these congee dishes was probably due to the presence of high-cholesterol ingredients such as preserved egg and offals.

Table 1 Mean nutrient contents of the different types of indigenous congee, rice and noodle dishes (per unit)

	Energy (kcal)	% Energy from				Cholesterol (mg)	Dietary fibre (g)	Sugars (g)	Calcium (mg)	Sodium (mg)
		Carbo- hydrate	Protein	Total fat	Saturated fat					
Congee dishes (N=5)	260	41%	21%	38%	7.7%	110	1.4	0.94	45	1100
Noodles-in-soup dishes (N=45)	470	51%	26%	23%	6.7%	64	3.0	3.4	95	2400
Rice-in-soup dishes (N=2)	540	65%	20%	15%	4.8%	43	0	1.3	81	1700
Meal set with rice dishes (N=20)	970	55%	16%	29%	8.5%	79	2.6	6.2	74	1600
Fried noodle dishes (N=24)	1100	45%	14%	41%	7.1%	120	12	6.8	100	2500
Fried rice dishes (N=11)	1300	54%	14%	32%	6.1%	350	16	7.0	100	2200

Noodles-in-soup dishes

19. The mean energy content of the forty-five noodles-in-soup dishes analysed was 470 kcal/unit, and only 23% of energy came from fat. In general, the cholesterol and saturated fat contents of noodles-in-soup dishes were low. The mean cholesterol level of noodles-in soup dishes was 64 mg/unit and approximately 7% of the energy came from saturated fat. However, some ingredients of noodles-in-soups dishes such as those with instant noodles, beef brisket, cattle offal were high in saturated fat. Noodles-in-soups dishes with egg and offal were also high in cholesterol. The mean sodium and dietary fibre content of noodles-in-soup dishes were 2400 mg/unit and 3 g/unit.

20. Since the soups of the noodles-in-soup dishes are probably made from ingredients high in sodium such as MSG, table salt, and salty meat, consumption of the noodles-in-soup dishes with soup will increase the risk of having excessive intake of sodium, which may lead to the elevation of blood pressure and other adverse effects on the cardiovascular system.

Comparing nutrient contents of noodles-in-soup dishes with different types of noodles

21. The mean nutrient contents of noodles-in-soup dishes with different types of noodles were shown in Table 2. As expected, the energy content, percentage energy from total fat and saturated fat, and the cholesterol content of noodles-in-soup dishes with instant noodles were the highest among the five types of noodles sampled for analysis. It might due to the deep-frying procedures with high-saturated fat cooking oil in the manufacturing process of instant noodles.

22. Comparing the nutrient content of three types of Chinese-style noodles-in-soup dishes (in per unit basis), i.e. wheat noodles (thick and thin), rice vermicelli and rice noodles, the energy contents and percentage energy from total carbohydrate of the noodles-in-soup dishes with rice vermicelli and rice noodles were higher than those with wheat noodles (thick and thin). The total carbohydrate contents of the noodles-in-soup dishes with rice vermicelli and rice noodles (in per 100 g basis) were also higher than those with wheat noodles (thick and thin).

Table 2 Mean nutrient contents of the different types of noodle dishes (per unit)

	Energy (kcal)	% Energy from				Cholesterol (mg)	Dietary fibre (g)	Sugar (g)	Calcium (mg)	Sodium (mg)
		Carbo- hydrate	Protein	Total fat	Saturated fat					
Noodles-in-soup with instant noodles (n=3)	680	37%	16%	47%	15%	100	1.5	4.4	56	2000
Noodles-in-soup with wheat noodles (thick and thin) (n=21)	420	44%	33%	23%	6.7%	75	2.9	3.7	100	2800
Noodles-in-soup with rice vermicelli (n=11)	480	59%	23%	18%	5.1%	50	2.6	2.9	97	2000
Noodles-in-soup with rice noodles (n=9)	520	63%	18%	19%	5.4%	37	4.3	2.9	95	2000
Noodles-in-soup with udon (n=1)	410	56%	30%	14%	3.1%	85	Trace	3.1	85	2100

23. The sodium contents of noodles-in-soup dishes with wheat noodles (thick and thin) were higher than other types of noodles. It might be due to the difference in sodium content in noodles and/or the difference of noodles in absorbing sodium or high-sodium condiments.

Rice-in-soup dishes

24. The mean energy content of the two rice-in-soup dishes items was 540 kcal/unit, and the energy of rice-in-soup dishes from total carbohydrate, protein and fat were 65%, 20% and 15%, respectively. The sodium content of rice-in-soup dishes were 1700 mg/unit, and only trace amount of dietary fibre was detected in these samples. Although they lacked dietary fibre and high in sodium, total fat content of rice-in-soup dishes was low.

Meal sets with rice dishes

25. The mean energy content of meal sets with rice dishes was 970 kcal/unit. On average, the energy of them from the total carbohydrate, protein and total fat were 55%, 16% and 29%, respectively. Again, the energy contents of the meal sets with rice dishes indicated that the average portion size was large for one person, when reference was made to an adult requiring 2000 kcal energy per day.

26. The dietary fibre content of these foods varied, but the mean dietary fibre content of these foods was 2.6 g/unit, which was on the low side. The mean sodium content of the meal sets with rice dishes was 1600 mg/unit, which is over 80% of the FAO/WHO's recommended daily intake.

Steamed rice versus fried rice dishes

27. The nutrient content of the steamed rice with stir-fried tomato and sliced beef (蕃茄牛肉, 配白飯) and the fried rice with stir-fried tomato and sliced beef (蕃茄牛肉, 配炒飯) was shown in Table 3.

28. The result illustrated that the fried rice with stir-fried tomato and sliced beef was higher in energy, total fat, saturated fat, cholesterol and sodium when compared with that with steamed rice, which might be due to the use of cooking oil, egg yolk and high-sodium condiments.

Table 3 Nutrient contents of the stir-fried tomato and sliced beef with steamed rice and fried rice dishes

	Energy (kcal)	Energy from		Chol (mg)	Sodium (mg)
		Total fat	Saturated fat		
Steamed rice with stir-fried tomato and sliced beef	940	13%	3.3%	160	1600
Fried rice with stir-fried tomato and sliced beef	1200	29%	7.1%	240	2300

The effects of sauces on the nutrient content of steamed rice with “sui-mei” (燒味)

29. The siu-mei sauce (燒味汁), plum sauce (酸梅醬) and ginger puree (薑蓉) were commonly consumed with siu-mei products. In this study, the nutrient content of these sauces were analysed. The nutrient contents of the sauces for the steamed rice with siu-mei were shown in Table 4.

Table 4 Nutrient contents of the sauces for steamed rice with “siu-mei”

	Energy (kcal)	Total fat (g)	Sodium (mg)
“Siu-mei” sauce, 1 tablespoon	9.5	0.045	290
Plum sauce, 1 tablespoon	46	0.14	320
Ginger puree, 1 tablespoon	86	9	360

30. The addition of these sauces mainly affected the sodium content of the steamed rice with siu-mei dishes. Each tablespoon of siu-mei sauce contained 290 mg sodium. The sodium content of each tablespoon of plum sauce and ginger puree were 320 mg and 360 mg, respectively. For instance, the addition of 3 tablespoon of siu-mei sauce

and 1 tablespoon of plum sauces to the steamed rice with roasted goose (燒鵝飯) would give extra 1200 mg of sodium.

31. Moreover, each tablespoon of ginger puree contained 9 g total fat and 86 kcal energy. The addition of one tablespoon of ginger puree to the steamed rice with steamed plain chicken or steamed soy sauce chicken (白切雞/豉油雞飯) would give extra 9 g of fat. With the addition of 1 tablespoon of ginger puree, the energy of the steamed rice with steamed plain chicken from fat would be increased from 29% to 34%, and that of the steamed rice with steamed soy sauce chicken would be increased from 28% to 35%.

Fried noodle dishes

32. Compared with noodles-in-soup dishes, fried noodle dishes generally provided more energy and fat. The mean energy content of fried noodle dishes was 1100 kcal/unit. On average, the percentage energy of fried noodles from total carbohydrate, protein and total fat were 45%, 14% and 41%, respectively. The mean cholesterol, sodium and dietary fibre contents of fried noodle items were 120 mg/unit, 2500 mg/unit and 12 g/unit, respectively.

33. The energy content of fried noodle dishes indicated that the portion size of some fried noodle dishes might be too large for one person. With reference to an adult requiring 2000 kcal per day, on average per unit of fried noodle item provided more than half of the energy requirement. The percentage energy of total fat content of fried noodle dishes was the highest among the types of foods analysed in this study. In general, a substantial amount of cooking oil would be added to the fried noodle dishes during cooking. Furthermore, some types of noodles such as E-Fu noodles (伊麵), instant noodles and deep-fried noodles, were deep-fried in the manufacturing process, thus resulting in high total fat content.

34. Except one, the sodium content of all fried noodle dishes exceeded 2000 mg, which was the daily intake of sodium recommended by FAO/WHO. It reflected that the use of high-sodium condiments such as salt and monosodiumglutamate (MSG) was quite common and large amount of such condiments might be used in the fried noodle dishes cooking process.

35. Though most of the fried noodle dishes were low in cholesterol, the cholesterol content of some fried noodle dishes such as fried noodles with preserved black bean, assorted pepper and squid (豉椒魷魚炒麵) and fried noodles with preserved vegetable and squid (味菜魷魚炒麵) exceeded FAO/WHO's population intake goal for cholesterol (300 mg/day) (Annex I). It might be due to the use of high-cholesterol ingredients such as squid and animal fat during cooking.

Fried rice dishes

36. On average, fried rice dishes provided 1300 kcal/unit, and the energy of fried rice dishes from total carbohydrate, protein and fat were 54%, 14% and 32% respectively. With reference to an adult requiring 2000 kcal energy per day, it seemed that the portion size of fried rice items might be too large for one person.

37. The mean cholesterol and sodium content of fried rice dishes were 350 mg/unit and 2200 mg/unit, which exceeded the FAO/WHO recommendations on the daily intake of these two nutrients (cholesterol: less than 300 mg per day; sodium: less than 2000 mg per day). Among the eleven fried rice dishes analysed, the cholesterol content of seven dishes (64%) and the sodium content of nine dishes (82%) exceeded the FAO/WHO recommendations. It might be due to the high-cholesterol ingredients such as egg yolk and high-sodium condiments such as salt and MSG.

38. The nutrient profile of fried rice with egg white and dried scallop (瑤柱蛋白炒飯) was a bit different from other fried rice dishes. Its total fat, saturated fat and cholesterol contents were lower than other fried rice dishes. However, its sodium content was still high (2100 mg/unit).

Limitations of the study

39. The nutritional risks associated with the consumption of indigenous congee, rice and noodle dishes were evaluated in this study. Owing to the lack of comprehensive food consumption data in Hong Kong, the nutrient intake of the whole population and population subgroups from these sources could not be quantified, and the evaluation was based on the nutrient composition of these food items only.

40. In addition, there was variability in the composition of foods. The composition of processed foods varied due to variations in the composition of ingredients and changes in formulation. Indigenous congee, rice and noodle dishes, being composite dishes, showed even greater variation in composition. Apart from the variations in the composition of ingredients and change in formulation, the recipe formulation and actual cooking method are the major sources of variation.⁶

CONCLUSION AND RECOMMENDATIONS

41. This study provided data on the nutrient content of common indigenous congee, rice and noodle dishes in Hong Kong. As mentioned before, congee, rice and noodle dishes are the main staples among Hong Kong people. Due to the busy lifestyle, many people in Hong Kong have to eat out at lunch and dinner. Congee, rice and noodle dishes, sold typically in local tea restaurants, Chinese restaurants, Chinese noodle stalls, Chinese congee stalls and fast food shops, are popular, economical, convenient and tasty choices to cater the basic nutrition needs of the majority of the work force, as well as other population subgroups which are unable to enjoy homemade food at times.

42. In terms of the nutrient content, these foods are the main contributors of energy and macro-nutrients (e.g. carbohydrates, protein and fat), in the diet of most Hong Kong people. The vast majority of the items we analysed had “carbohydrate” as the main source of energy, which rendered them consistent with one of the basic principles of healthy diet. However, most items contained high level of sodium and low level of calcium. As these minerals are known to play an important role in the control of blood pressure and maintenance of bone health, proper dietary measures need to be taken to offset these negative effects, especially for the frequent patrons.

43. Similar to other composite dishes, the nutrient content of indigenous congee, rice and noodle dishes varied with the ingredients chosen, as well as the cooking methods. Though some of the foods contained low level of calcium, and high levels of sodium and fat, a balanced diet could still be achieved by choosing foods carefully and complementing the diet with other foods. Since the energy content of individual servings of foods varied greatly, patrons who consume meals alone might consider the energy content of foods and their own energy

requirement while choosing foods, so as to avoid excessive intake of energy or food wastage. Overall, the keys to maintain a healthy diet are balancing the diet by choosing a wide variety of foods and spreading food consumption over the day.

Advice to consumers

44. From the nutritional point of view, there is no good or bad food. As the nutrient contents of various types of food vary, choosing different types of food in suitable amount is a simple way to get a wide range of essential nutrients, and thus avoid nutritional problems. People with particular nutrition concern should pay attention to the nutrient content of foods, while choosing or ordering foods. For instance, individuals who are advised to reduce sodium intake should choose foods with less sodium.

General advices on ordering indigenous congee, rice and noodle dishes

45. Although some of the indigenous congee, rice and noodle dishes were found to be high in total fat, saturated fat, cholesterol and sodium, and low in calcium and dietary fibre, a reasonably balanced diet can still be achieved if careful food choices are made. To maintain a balanced diet, patrons having indigenous congee, rice and noodle dishes are advised to -

- (a.) Consume suitable amount of food according to your need and may consider sharing foods with friends and colleagues to avoid wastage;
- (b.) Choose the foods with adequate amount of vegetables and cooked by low-fat cooking methods such as steaming, boiling and broiling;
- (c.) Choose steamed rice instead of fried rice for the meal set with rice for patrons who want to cut down energy and fat intakes; and
- (d.) Have 1 to 2 servings of low-fat skimmed dairy products, calcium-fortified soybean milk/orange juice, and plenty of calcium-rich foods for the rest of the day to ensure adequate intake of calcium.

Advice for trade

46. As mentioned earlier, the energy content of many food items such as fried rice, fried noodles and meal sets with rice dishes analysed were excessive with reference to an adult requiring 2000 kcal per day, which implied that the portion sizes of these foods provided by the food premises were too large for one person in most cases. Members of trade were advised to provide foods with different portion sizes, maintaining same proportion of staple foods and other ingredients, to suit individual needs and minimize food wastage.

47. It is recommended that the owners of food premises should try to modify the recipes of congee, rice and noodle dishes to increase the dietary fibre level and lower the sodium level in foods. It can be achieved by providing more vegetables in the dishes, serving the sauces separately if possible, and reducing the use of high sodium condiments. Moreover, it is advisable to reduce the total fat content of fried noodle dishes by decreasing the amount of cooking oil used and trimming visible fat of meat.

48. For the meal set with rice, it is recommended to serve the rice and the sauces separately from other food ingredients to allow customers to decide the amount of sauces to be consumed with rice.

49. Members of trade may also consider providing more food items high in dietary fibre and calcium in the food premises. For example, sliced fruits and calcium-fortified soy milk would be two good choices.

Uploading the information onto the Department's website

50. Apart from this written report, the mean nutrient values (energy, *available* carbohydrate, protein, total fat, saturated fat, cholesterol, sugars, dietary fibre, calcium and sodium) of per 100 g of the indigenous congee, rice and noodle dishes studied will also be uploaded onto the Nutrition Information Inquiry System (NIIS) of the Department's website for public access.

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Annex I

Recommendations of WHO and FAO on Nutrient Intakes

In 2003, WHO and FAO updated the technical report entitled “Diet, nutrition and the prevention of chronic diseases”¹. In this report, a series of population nutrient intake goals for preventing diet-related chronic disease was established, and they are presented in Table 1.

Table 1 Ranges of population nutrient intake goals established by FAO/WHO

Total fat	15-30% of total daily energy intake
Saturated fatty acids	< 10% of total daily energy intake
Polyunsaturated fatty acids (PUFAs)	6-10% of total daily energy intake
Trans fatty acids	<1% of total daily energy intake
Monounsaturated fatty acid	By difference [#]
Total carbohydrate	55-75% of total daily energy intake
Protein	10-15% of total daily energy intake
Cholesterol	< 300 mg/day
Sodium chloride (sodium)	< 5 g/day (< 2 g/day)
Fruit and vegetable	≥ 400 g/day
Total dietary fibre	>25 g/day

[#] This is calculated as: total fat – (saturated fatty acids + polyunsaturated fatty acids + trans fatty acids)

(Source: FAO/WHO, 2003¹)

The population nutrient intake goals were set up for consideration by national and regional bodies establishing dietary recommendations for the prevention of diet-related chronic diseases. It represents the population average intake that is judged to be consistent with the maintenance of a low prevalence of diet-related diseases in a population¹. If existing population averages fall outside this range, or trends in intake suggest that the population average will move outside the range, health concerns are likely to arise.

However, no population nutrient intake goal for calcium was established by FAO/WHO in this report. In another report of a joint FAO/WHO expert consultation entitled “Human vitamin and mineral requirements”², the data of balanced studies and factors affecting the

calcium requirement of human were reviewed. Based on the available data, the experts of FAO/WHO agreed to set the recommended calcium allowance of 1000 mg/day for adults². The recommended calcium allowances of individuals in developed countries at different stages of life cycle were shown in Table 2.

Table 2 Recommended calcium allowance (daily) of individuals in developed countries established by FAO/WHO

	Goal (mg)
0-6 months, human breast milk	300
0-6 months, cow milk	400
7-11 months	400
1-3 years	500
4-6 years	600
7-9 years	700
Adolescents, 10-18 years	1300 ¹
Female adults, 19 years to menopause	1000
Female adults, postmenopausal	1300
Male adults, 19-65 years	1000
Male adults, >65 years	1300
Pregnancy (last trimester)	1200
Lactation	1000

¹ Particularly during growth spurt

(Source: FAO, 2001²)

Reference for Annex I

1. FAO/WHO. Joint WHO/FAO Expert consultation on diet, nutrition and the prevention of chronic diseases. Geneva: WHO, 2003.
2. FAO/WHO. Human vitamin and mineral requirements. Report of a joint FAO/WHO expert consultation. Rome: FAO, 2001.

Indigenous Congee, Rice and Noodle Dishes presented in this Study

Congee Dishes (粥)

- | | |
|--|-------|
| 1. Plain congee | 白粥 |
| 2. Congee with preserved egg and pork | 皮蛋瘦肉粥 |
| 3. Congee with dried fish, peanut and pork | 柴魚花生粥 |
| 4. Boat congee | 艇仔粥 |
| 5. Congee with pig giblets | 及第粥 |

Noodles-in-soup Dishes (湯粉麵)

- | | |
|---|------------|
| 1. Wheat noodles (thick) in soup with meat and vegetable dumpling | 水餃湯粗麵條 |
| 2. Wheat noodles (thick) in soup with wonton | 雲吞湯粗麵條 |
| 3. Wheat noodles (thin) in soup with wonton | 雲吞湯幼麵條 |
| 4. Rice vermicelli in soup with wonton | 雲吞湯米粉 |
| 5. Flat noodles (“Ho Fan”) in soup with wonton | 雲吞湯河粉 |
| 6. Flat noodles (“Ho Fan”) in soup with “Yu-pei-gau” (meat dumpling with fish wrap) | 魚皮餃湯河粉 |
| 7. Wheat noodles (thin) in soup with “Yu-pei-gau” (meat dumpling with fish wrap) | 魚皮餃湯幼麵條 |
| 8. Rice vermicelli in soup with “Yu-pei-gau” (meat dumpling with fish wrap) | 魚皮餃湯米粉 |
| 9. Wheat noodles (thick) in soup with “Yu-pei-gau” (meat dumpling with fish wrap) | 魚皮餃湯粗麵條 |
| 10. Wheat noodles (thick) in soup with stewed beef brisket | 牛腩湯粗麵條 |
| 11. Wheat noodles (thin) in soup with stewed beef brisket | 牛腩湯幼麵條 |
| 12. Rice vermicelli in soup with stewed beef brisket | 牛腩湯米粉 |
| 13. Flat noodles (“Ho Fan”) in soup with stewed beef brisket | 牛腩湯河粉 |
| 14. Flat noodles (“Ho Fan”) in soup with beef tendon | 牛筋湯河粉 |
| 15. Wheat noodles (thin) in soup with beef tendon | 牛筋湯幼麵條 |
| 16. Rice vermicelli in soup with beef tendon | 牛筋湯米粉 |
| 17. Wheat noodles (thick) in soup with beef tendon | 牛筋湯粗麵條 |
| 18. Wheat noodles (thick) in soup with cattle tripe | 牛肚(胃)湯粗麵條 |
| 19. Wheat noodles (thick) in soup with cattle offal | 牛雜(內臟)湯粗麵條 |
| 20. Flat noodles (“Ho Fan”) in soup with beef ball | 牛丸湯河粉 |
| 21. Wheat noodles (thin) in soup with beef ball | 牛丸湯幼麵條 |

22. Rice vermicelli in soup with beef ball	牛丸湯米粉
23. Wheat noodles (thick) in soup with beef ball	牛丸湯粗麵條
24. Rice vermicelli in soup with fish ball	魚蛋湯米粉
25. Flat noodles (“Ho Fan”) in soup with fish ball	魚蛋湯河粉
26. Wheat noodles (thick) in soup with fish ball	魚蛋湯粗麵條
27. Wheat noodles (thin) in soup with fish ball	魚蛋湯幼麵條
28. Flat noodles (“Ho Fan”) in soup with sliced “fish cake”	魚片湯河粉
29. Wheat noodles (thin) in soup with sliced “fish cake”	魚片湯幼麵條
30. Rice vermicelli in soup with sliced “fish cake”	魚片湯米粉
31. Wheat noodles (thick) in soup with sliced “fish cake”	魚片湯粗麵條
32. Rice vermicelli in soup with cuttlefish ball	墨魚丸湯米粉
33. Flat noodles (“Ho Fan”) in soup with cuttlefish ball	墨魚丸湯河粉
34. Wheat noodles (thick) in soup with cuttlefish ball	墨魚丸湯粗麵條
35. Wheat noodles (thin) in soup with cuttlefish ball	墨魚丸湯幼麵條
36. Flat noodles (“Ho Fan”) in soup with “pork and Chinese mushroom ball”	貢丸湯河粉
37. Wheat noodles (thin) in soup with “pork and Chinese mushroom ball”	貢丸湯幼麵條
38. Wheat noodles (thick) in soup with “pork and Chinese mushroom ball”	貢丸湯粗麵條
39. Rice vermicelli in soup with “pork and Chinese mushroom ball”	貢丸湯米粉
40. Rice vermicelli in soup with sliced freshwater fish	鮮魚片湯米粉
41. Rice vermicelli in soup with preserved mustard green and shredded pork	雪菜肉絲湯米粉
42. Instant noodles in soup with luncheon meat and egg	餐肉蛋即食麵
43. Instant noodles in soup with spicy minced pork	五香肉丁即食麵
44. Instant noodles in soup with satay beef	沙爹牛肉即食麵
45. Udon in soup with assorted seafood	什錦海鮮湯烏冬

Fried Noodle Dishes (炒粉麵)

1. Fried noodles with soya sauce	豉油皇炒麵
2. Fried vermicelli	炒米粉
3. Fried rice vermicelli in Singapore-style	星州炒米粉
4. Fried rice vermicelli in Xiamen-style	廈門炒米粉
5. Stewed rice vermicelli with preserved mustard green and shredded roasted duck	雪菜燒鴨絲炆米粉
6. Stewed rice vermicelli with preserved mustard green and shredded pork	雪菜豬肉絲炆米粉
7. Fried rice noodles with assorted meat, seafood and chilli sauce (Thai-style)	炒貴刁
8. Fried rice noodles with sliced beef	乾炒牛肉河粉
9. Fried rice noodles with sliced beef and assorted vegetable	時菜牛肉炒河粉

10. Fried noodles with vegetable and beef	時菜牛肉炒麵
11. Fried noodles with vegetable and sliced pork	時菜豬肉片炒麵
12. Fried noodles with vegetable and spare rib	時菜排骨炒麵
13. Fried noodles with preserved vegetable and sliced pork	味菜豬肉片炒麵
14. Fried noodles with preserved vegetable and spare rib	味菜排骨炒麵
15. Fried noodles with preserved vegetable and squid	味菜魷魚炒麵
16. Fried noodles with preserved black bean, assorted pepper and beef	豉椒牛肉炒麵
17. Fried noodles with preserved black bean, assorted pepper and sliced pork	豉椒豬肉片炒麵
18. Fried noodles with preserved black bean, assorted pepper and spare rib	豉椒排骨炒麵
19. Fried noodles with preserved black bean, assorted pepper and squid	豉椒魷魚炒麵
20. Fried noodles with bitter melon and beef	涼瓜牛肉炒麵
21. Fried noodles with bitter melon and sliced pork	涼瓜豬肉片炒麵
22. Fried instant noodles with pork chop	豬扒炒即食麵
23. Braised E-Fu noodles	干燒伊麵
24. Fried Udon with seafood	海鮮炒烏冬

Rice-in-soup Dishes (湯飯)

1. Rice in soup with winter melon and diced pork	冬瓜肉粒湯飯
2. Rice in soup with dried fish and minced pork	方魚肉碎湯飯

Fried Rice Dishes (炒飯)

1. Fried rice in Yangzhou-style	揚州炒飯
2. Fried rice in Fujian-style	福建炒飯
3. Fried rice with shredded chicken and shrimp	鴛鴦炒飯
4. Fried rice with pork & tomato sauce	西炒飯
5. Fried rice with diced chicken and salted fish	鹹魚雞粒炒飯
6. Fried rice with diced chicken and dried octopus	鱈魚雞粒炒飯
7. Fried rice with diced chicken and pineapple	菠蘿雞粒炒飯
8. Fried rice with egg white and dried scallop	瑤柱蛋白炒飯
9. Fried rice with shredded beef & lettuce	生炒牛肉飯
10. Fried rice with shredded chicken	生炒雞絲飯
11. Fried rice with stir-fried tomato and sliced beef	鮮茄牛肉配炒飯

Meal Set with Rice Dishes (“碟頭飯”)

- | | |
|--|------------|
| 1. Steamed rice with curry beef brisket | 咖哩牛腩飯 |
| 2. Steamed rice with stewed beef brisket and radish | 燜蘿蔔牛腩飯 |
| 3. Steamed rice with satay beef | 沙爹牛肉飯 |
| 4. Steamed rice with stir-fried vegetable and sliced beef | 時菜牛肉飯 |
| 5. Steamed rice with stir-fried vegetable and sliced pork | 時菜豬肉片飯 |
| 6. Steamed rice with diced pork and sweet corn | 粟米肉粒飯 |
| 7. Baked pork chop with rice | 焗豬扒飯 |
| 8. Steamed rice with beancurd sheet and roasted pork | 枝竹火腩(燒肉)飯 |
| 9. Steamed rice with stir-fried tomato and sliced beef | 鮮茄牛肉飯 |
| 10. Steamed rice with stir-fried egg and shrimp | 滑蛋蝦仁飯 |
| 11. Steamed rice with stewed eggplant and shredded salty fish | 魚香茄子飯 |
| 12. Steamed rice with chicken and winter mushroom | 冬菇蒸雞飯 |
| 13. Steamed rice with pork rib, chicken leg and black bean sauce | 豉汁鳳爪排骨飯 |
| 14. Steamed minced pork and dried squid with rice | 土魷(魷魚)蒸肉餅飯 |
| 15. Steamed grass carp with rice | 蒸鯪魚飯 |
| 16. Steamed rice with barbecued pork | 叉燒飯 |
| 17. Steamed rice with roasted pork | 燒肉飯 |
| 18. Steamed rice with steamed plain chicken | 白切雞飯 |
| 19. Steamed rice with steamed soy sauce chicken | 豉油雞飯 |
| 20. Steamed rice with roasted goose | 燒鵝飯 |

Sauces (醬汁)

- | | |
|------------------------|-----|
| 1. Sauce for “Sui Mei” | 燒味汁 |
| 2. Ginger puree | 薑蓉 |
| 3. Plum sauce | 酸梅醬 |

Testing Methods for Determining Nutrient Contents in Foods

Test methods

Single-laboratory validated test methods based on the following references -

Nutrient parameter	Reference
Cholesterol	AOAC 994.10
Dietary fibre	AOAC 985.29
Total nitrogen (for protein)	AOAC 992.15 and AOAC 992.23
Saturated fatty acids	AOAC 996.06
Total fat	AOAC 922.06
Moisture	International Standard ISO 1442:1997
Total ash	International Standard ISO 936:1998
Sugars	AOAC 977.20, AOAC 980.13 and AOAC 982.14
Nutritional elements	Acid digestion followed by ICP-OES* determination

Note: All AOAC Official Methods quoted are referred to AOAC Official Method, 17th edition, 2000 *AOAC INTERNATIONAL*.

* ICP-OES refers to inductively coupled plasma – optical emission spectrometry

Nutrient parameters by calculation

- Energy** is calculated as the sum of contents of total fat, protein and carbohydrate multiplying their corresponding conversion factors (i.e. carbohydrate: 4kcal/g, protein: 4kcal/g, fat: 9kcal/g).
- Total carbohydrate** is calculated by subtracting the sum of moisture, ash, total fat and protein from the total weight of the food sample.
- Protein** is calculated by multiplying the content of total nitrogen in the food sample with the conversion factor of 6.25.
- Saturated fat** is the sum of 13 saturated fatty acids including C_{4:0}, C_{6:0}, C_{8:0}, C_{10:0}, C_{12:0}, C_{14:0}, C_{15:0}, C_{16:0}, C_{17:0}, C_{18:0}, C_{20:0}, C_{22:0} and C_{24:0}.
- Sugar** is the sum of individual sugars including fructose, glucose, sucrose, maltose and lactose.

The definition of “trace”

Nutrient parameter	Range of “trace” per 100 g	Range of “trace” per 100 ml
Protein	0.1 – 0.3 g	0.1 – 0.3 g
Total fat	0.1 – 0.3 g	0.1 – 0.3 g
Saturated fat		
C4:0	0.0005 – 0.002 g	0.0005 – 0.002 g
C6:0	0.004 – 0.01 g	0.004 – 0.01 g
C8:0	0.005 – 0.02 g	0.005 – 0.02 g
C10:0	0.002 – 0.006 g	0.002 – 0.006 g
C12:0	0.001 – 0.003 g	0.001 – 0.003 g
C14:0	0.002 – 0.006 g	0.002 – 0.006 g
C15:0	0.002 – 0.006 g	0.002 – 0.006 g
C16:0	0.002 – 0.005 g	0.002 – 0.005 g
C17:0	0.002 – 0.005 g	0.002 – 0.005 g
C18:0	0.002 – 0.006 g	0.002 – 0.006 g
C20:0	0.001 – 0.004 g	0.001 – 0.004 g
C22:0	0.002 – 0.007 g	0.002 – 0.007 g
C24:0	0.002 – 0.008 g	0.002 – 0.008 g
Dietary fibre	0.4 – 1 g	0.4 – 1 g
Cholesterol	0.02 – 0.06 mg	0.02 – 0.06 mg
Sodium	2 – 5 mg	2 – 5 mg
Calcium	0.4 – 1 mg	0.4 – 1 mg

Nutrient Contents of Indigenous Congee, Rice and Noodle Dishes (per 100 g)

Food Item Description	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
<u>Congee Dishes (粥)</u>										
Plain congee (白粥)	32	5.8	0.71	0.69	0.099	ND	0	0	5.5	29
Congee with preserved egg and pork (皮蛋瘦肉粥)	56	4.8	3.4	2.5	0.61	42	0.1	Trace	9.8	280
Congee with dried fish, peanut and pork (柴魚花生粥)	64	5.5	3.2	3.3	0.55	8.2	0.2	1.5	18	240
Boat congee (艇仔粥)	66	6.8	2.9	3.1	0.5	15	0.33	Trace	7.6	280
Congee with pig giblets (及第粥)	63	5.8	4.5	2.5	0.6	52	0.37	Trace	7.6	310
<u>Noodles-in-soup Dishes (湯粉麵)</u>										
Wheat noodles (thick) in soup with meat and vegetable dumpling (水餃湯粗麵條)	66	8.1	4.8	1.6	0.47	13	0.57	Trace	15	440
Wheat noodles (thick) in soup with wonton (雲吞湯粗麵條)	67	7.5	5.3	1.8	0.43	15	0.7	Trace	16	460
Wheat noodles (thin) in soup with wonton (雲吞湯幼麵條)	71	7.5	5.2	2.2	0.55	17	0.73	Trace	17	460
Rice vermicelli in soup with wonton (雲吞湯米粉)	72	11	3.3	1.6	0.47	10	0.45	Trace	16	290
Flat noodles (“Ho Fan”) in soup with wonton (雲吞湯河粉)	79	13	2.8	1.8	0.46	6.6	0.43	Trace	14	260
Flat noodles (“Ho Fan”) in soup with “Yu-pei-gau” (meat dumpling with fish wrap) (魚皮餃湯河粉)	83	13	2.4	2.3	0.57	2.8	0.31	1.2	14	260
Wheat noodles (thin) in soup with “Yu-pei-gau” (meat dumpling with fish wrap) (魚皮餃湯幼麵條)	70	7.8	4.4	2.3	0.53	8.2	0.46	Trace	14	410
Rice vermicelli in soup with “Yu-pei-gau” (meat dumpling with fish wrap) (魚皮餃湯米粉)	85	12	3.3	2.6	0.66	6.1	0.41	1.1	15	320
Wheat noodles (thick) in soup with “Yu-pei-gau” (meat dumpling with fish wrap) (魚皮餃湯粗麵條)	86	8.7	5	3.5	0.85	10	0.47	1.3	21	460

Food Item Description	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Wheat noodles (thick) in soup with stewed beef brisket (牛腩湯粗麵條)	84	7.9	7.5	2.5	0.95	15	0.74	1.3	12	480
Wheat noodles (thin) in soup with stewed beef brisket (牛腩湯幼麵條)	86	7.6	7.9	2.7	1	18	0.71	1.4	11	490
Rice vermicelli in soup with stewed beef brisket (牛腩湯米粉)	87	10	7	2.1	0.77	11	0.73	1.2	13	270
Flat noodles (“Ho Fan”) in soup with stewed beef brisket (牛腩湯河粉)	93	12	5.6	2.6	0.95	9.5	0.73	1.9	12	270
Flat noodles (“Ho Fan”) in soup with beef tendon (牛筋湯河粉)	83	11	6.7	1.3	0.37	10	0.44	1.1	10	310
Wheat noodles (thin) in soup with beef tendon (牛筋湯幼麵條)	77	6.9	9	1.5	0.4	15	0.65	1.2	12	510
Rice vermicelli in soup with beef tendon (牛筋湯米粉)	80	9.1	7.8	1.3	0.42	12	0.71	Trace	11	360
Wheat noodles (thick) in soup with beef tendon (牛筋湯粗麵條)	77	6.8	8.8	1.6	0.46	14	0.68	1.2	13	500
Wheat noodles (thick) in soup with cattle tripe (牛肚(胃)湯粗麵條)	61	7	6	1	0.32	22	0.7	Trace	17	480
Wheat noodles (thick) in soup with cattle offal (牛雜(內臟)湯粗麵條)	73	6.8	6.4	2.2	1.1	20	0.62	0	15	500
Flat noodles (“Ho Fan”) in soup with beef ball (牛丸湯河粉)	65	11	2.9	0.99	0.31	2.9	0.37	Trace	10	270
Wheat noodles (thin) in soup with beef ball (牛丸湯幼麵條)	63	7.4	5.3	1.3	0.37	8.4	0.53	Trace	14	440
Rice vermicelli in soup with beef ball (牛丸湯米粉)	67	11	3.6	0.99	0.3	4.3	0.41	Trace	14	340
Wheat noodles (thick) in soup with beef ball (牛丸湯粗麵條)	63	7.3	5.2	1.4	0.39	6.7	0.53	Trace	15	460
Rice vermicelli in soup with fish ball (魚蛋湯米粉)	58	9.5	3.5	0.69	0.17	6.2	0.36	Trace	29	260
Flat noodles (“Ho Fan”) in soup with fish ball (魚蛋湯河粉)	63	11	2.8	0.67	0.16	2.3	0.4	Trace	28	280
Wheat noodles (thick) in soup with fish ball (魚蛋湯粗麵條)	55	7.3	4.8	0.78	0.19	7.8	0.46	Trace	28	410
Wheat noodles (thin) in soup with fish ball (魚蛋湯幼麵條)	55	7.2	4.8	0.81	0.19	8	0.56	Trace	31	410
Flat noodles (“Ho Fan”) in soup with sliced “fish cake” (魚片湯河粉)	62	11	2.5	0.72	0.16	1.6	0.24	Trace	17	330

Food Item Description	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Wheat noodles (thin) in soup with sliced “fish cake” (魚片湯幼麵條)	56	7.1	4.8	0.93	0.19	4.4	0.36	Trace	20	520
Rice vermicelli in soup with sliced “fish cake” (魚片湯米粉)	61	10	3.1	0.78	0.18	3	0.51	Trace	18	350
Wheat noodles (thick) in soup with sliced “fish cake” (魚片湯粗麵條)	55	7.2	4.6	0.88	0.18	6.9	0.58	Trace	20	500
Rice vermicelli in soup with cuttlefish ball (墨魚丸湯米粉)	64	10	3.1	1.1	0.37	12	0.12	Trace	9.5	300
Flat noodles (“Ho Fan”) in soup with cuttlefish ball (墨魚丸湯河粉)	67	11	2.3	1.3	0.4	8.9	0.34	Trace	9.1	290
Wheat noodles (thick) in soup with cuttlefish ball (墨魚丸湯粗麵條)	58	7	4.5	1.3	0.35	16	0.61	Trace	12	470
Wheat noodles (thin) in soup with cuttlefish ball (墨魚丸湯幼麵條)	59	7.2	4.6	1.3	0.35	16	0.66	Trace	12	480
Flat noodles (“Ho Fan”) in soup with “pork and Chinese mushroom ball” (貢丸湯河粉)	81	12	2.8	2.2	0.62	3.5	0.53	1.4	9.1	310
Wheat noodles (thin) in soup with “pork and Chinese mushroom ball” (貢丸湯幼麵條)	73	8.2	4.5	2.5	0.66	7.9	0.68	1.8	15	440
Wheat noodles (thick) in soup with “pork and Chinese mushroom ball” (貢丸湯粗麵條)	68	7.9	4.6	2	0.53	7.7	0.65	1.5	14	420
Rice vermicelli in soup with “pork and Chinese mushroom ball” (貢丸湯米粉)	72	11	3.3	1.6	0.44	5.3	0.48	1.1	12	330
Rice vermicelli in soup with sliced freshwater fish (鮮魚片湯米粉)	67	10	3.8	1.1	0.27	10	0.14	Trace	11	230
Rice vermicelli in soup with preserved mustard green and shredded pork (雪菜肉絲湯米粉)	84	14	3	1.7	0.34	0.48	0.46	1.3	12	360
Instant noodles in soup with luncheon meat and egg (餐肉蛋即食麵)	150	13	4.9	8.4	2.7	41	0.52	Trace	14	400

Food Item Description	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Instant noodles in soup with spicy minced pork (五香肉丁即食麵)	160	14	6.6	8.2	2.8	17	1.2	1	11	460
Instant noodles in soup with satay beef (沙爹牛肉即食麵)	130	13	5.8	5.5	1.8	7.4	1.1	Trace	11	440
Udon in soup with assorted seafood (什錦海鮮湯烏冬)	58	8.1	4.4	0.9	0.2	12	0.43	Trace	12	290
Fried Noodle Dishes (炒粉麵)										
Fried noodles with soya sauce (豉油皇炒麵)	170	25	5.8	5.2	0.77	1.3	0.94	1.6	17	510
Fried vermicelli (炒米粉)	160	27	3.7	4.7	0.64	3.7	0.61	1.3	17	390
Fried rice vermicelli in Singapore-style (星州炒米粉)	180	19	6.3	8.4	1.6	45	0.95	3.6	21	350
Fried rice vermicelli in Xiamen-style (廈門炒米粉)	170	22	5.7	6.4	1.3	43	4.1	2.1	21	340
Stewed rice vermicelli with preserved mustard green and shredded roasted duck (雪菜燒鴨絲炆米粉)	140	18	4.8	5.3	1	11	0.72	2.5	14	400
Stewed rice vermicelli with preserved mustard green and Shredded pork (雪菜豬肉絲炆米粉)	120	17	4.2	4	0.68	4.8	0.74	2.1	16	390
Fried rice noodles with assorted meat, seafood and chilli sauce (Thai-style) (炒貴刁)	160	23	4.2	6	1.2	30	0.86	1	14	350
Fried rice noodles with sliced beef (乾炒牛肉河粉)	150	22	4	5.1	0.78	6.9	0.72	2.2	10	350
Fried rice noodles with sliced beef and assorted vegetable (時菜牛肉炒河粉)	130	19	3.5	4.6	0.67	2.6	0.34	1.9	15	250
Fried noodles with vegetable and beef (時菜牛肉炒麵)	170	17	7.2	8.3	1.2	10	0.61	2.2	18	410
Fried noodles with vegetable and sliced pork (時菜豬肉片炒麵)	170	17	6.9	8	1.2	10	0.48	1.6	18	350
Fried noodles with vegetable and spare rib (時菜排骨炒麵)	200	17	8.1	11	2.1	20	0.62	1.1	29	370
Fried noodles with preserved vegetable and sliced pork (味菜豬肉片炒麵)	170	17	5.8	8.6	1.4	12	1.7	2.4	12	380

Food Item Description	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Fried noodles with preserved vegetable and spare rib (味菜排骨炒麵)	190	17	6.7	10	2	19	1.9	2.2	17	460
Fried noodles with preserved vegetable and squid (味菜魷魚炒麵)	150	16	5.5	7.4	1.2	44	1.5	2.3	14	380
Fried noodles with preserved black bean, assorted pepper and beef (豉椒牛肉炒麵)	180	18	6.6	8.7	1.4	12	0.83	1.2	14	420
Fried noodles with preserved black bean, assorted pepper and sliced pork (豉椒豬肉片炒麵)	170	17	6.7	8.7	1.4	12	1	1.3	13	420
Fried noodles with preserved black bean, assorted pepper and spare rib (豉椒排骨炒麵)	220	18	7.6	13	2.3	20	1.1	1.3	17	410
Fried noodles with preserved black bean, assorted pepper and squid (豉椒魷魚炒麵)	170	17	6.7	7.7	1.3	51	0.85	1.4	16	390
Fried noodles with bitter melon and beef (涼瓜牛肉炒麵)	180	17	6.4	9.7	1.5	11	0.8	2.3	12	450
Fried noodles with bitter melon and sliced pork (涼瓜豬肉片炒麵)	180	18	6.5	9.3	1.4	12	0.81	2.8	12	410
Fried instant noodles with pork chop (豬扒炒即食麵)	230	19	8.9	13	3.2	17	0.79	1.2	17	480
Braised E-Fu noodles (干燒伊麵)	200	20	5	11	1.6	10	0.94	1.7	13	420
Fried Udon with seafood (海鮮炒烏冬)	120	17	5.9	2.9	0.5	14	0.79	2.3	17	370
<u>Rice-in-soup Dishes (湯飯)</u>										
Rice in soup with winter melon and diced pork (冬瓜肉粒湯飯)	81	15	3.9	0.71	0.23	6.1	0.23	Trace	5.7	210
Rice in soup with dried fish and minced pork (方魚肉碎湯飯)	73	10	3.8	2	0.61	6.2	0.13	0	19	270
<u>Fried Rice Dishes (炒飯)</u>										
Fried rice in Yangzhou-style (揚州炒飯)	200	25	7	7.9	1.6	75	0.62	2.2	17	310
Fried rice in Fujian-style (福建炒飯)	150	21	6	4.7	0.9	41	0.49	1.8	12	320

Food Item Description	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Fried rice with shredded chicken and shrimp (鴛鴦炒飯)	140	19	4.7	4.5	0.83	36	1.9	2	13	280
Fried rice with pork & tomato sauce (西炒飯)	190	25	5.9	7.4	1.4	40	1.6	2.2	17	300
Fried rice with diced chicken and salted fish (鹹魚雞粒炒飯)	200	27	7	6.7	1.3	64	0.21	1.8	14	330
Fried rice with diced chicken and dried octopus (鱈魚雞粒炒飯)	200	24	8.3	7.6	1.6	86	0.27	2.9	16	290
Fried rice with diced chicken and pineapple (菠蘿雞粒炒飯)	200	25	6.2	7.8	1.4	55	1.3	2.1	13	290
Fried rice with egg white and dried scallop (瑤柱蛋白炒飯)	180	29	6.2	4.6	0.76	9.3	0.18	1.8	8.5	300
Fried rice with shredded beef & lettuce (生炒牛肉飯)	200	25	6.7	7.6	1.3	61	0.28	2.3	14	330
Fried rice with shredded chicken (生炒雞絲飯)	200	26	7.1	8.2	1.5	28	0.25	2.5	14	280
Fried rice with stir-fried tomato and sliced beef (鮮茄牛肉配炒飯)	150	22	5.2	4.9	1.2	31	2.4	2.1	11	300
Meal Set with Rice Dishes (“碟頭飯”)										
Steamed rice with curry beef brisket (咖哩牛腩飯)	160	18	7.7	6.3	2.8	16	1.6	Trace	17	290
Steamed rice with stewed beef brisket and radish (燜蘿蔔牛腩飯)	130	19	7.5	2.7	1	8.5	0.79	1.5	10	260
Steamed rice with satay beef (沙爹牛肉飯)	120	20	4.7	2.5	0.59	3.7	1.7	Trace	11	320
Steamed rice with stir-fried vegetable and sliced beef (時菜牛肉飯)	110	19	4.9	1.6	0.42	5	0.62	Trace	12	260
Steamed rice with stir-fried vegetable and sliced pork (時菜豬肉片飯)	120	20	4.6	2.3	0.65	5.4	0.47	Trace	11	200
Steamed rice with diced pork and sweet corn (粟米肉粒飯)	130	22	5.2	2.3	0.65	12	0.66	1	7.3	210
Baked pork chop with rice (焗豬扒飯)	190	21	7.4	8.8	2.1	22	1.4	1	18	320
Steamed rice with beancurd sheet and roasted pork (枝竹火腩(燒肉)飯)	180	19	7.5	8.1	2.4	13	0.37	2.6	13	260
Steamed rice with stir-fried tomato and sliced beef (鮮茄牛肉飯)	120	21	4.6	1.8	0.44	21	2.6	Trace	6.6	200
Steamed rice with stir-fried egg and shrimp (滑蛋蝦仁飯)	130	22	4.3	2.2	0.54	9.1	0.13	Trace	13	180

Food Item Description	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Steamed rice with stewed eggplant and shredded salty fish (魚香茄子飯)	150	19	3.5	5.9	1.4	3.6	1	Trace	7.7	250
Steamed rice with chicken and winter mushroom (冬菇蒸雞飯)	160	25	6.1	4.4	1.1	9	1.1	1.6	9.7	280
Steamed rice with pork rib, chicken leg and black bean sauce (豉汁鳳爪排骨飯)	180	28	5.3	5.4	1.5	9.8	1.1	Trace	12	260
Steamed minced pork and dried squid with rice (土魷(魷魚)蒸肉餅飯)	210	22	7.7	9.6	3.7	33	0.7	0	8.4	240
Steamed grass carp with rice (蒸鯪魚飯)	140	18	8.4	4.1	1.8	21	0.85	Trace	25	250
Steamed rice with barbecued pork (叉燒飯)	200	26	7.3	7.1	2.3	12	1.3	Trace	8.7	250
Steamed rice with roasted pork (燒肉飯)	200	23	7.8	8.6	2.5	13	0.33	Trace	8.3	260
Steamed rice with steamed plain chicken (白切雞飯)	180	25	6.4	5.5	1.5	13	0.4	Trace	11	270
Steamed rice with steamed soy sauce chicken (豉油雞飯)	180	25	6.4	5.7	0.88	13	0.66	Trace	16	250
Steamed rice with roasted goose (燒鵝飯)	190	26	6.7	6.8	1.8	12	1.7	Trace	11	170
Sauces (醬汁)										
Sauce for "Sui Mei" (燒味汁)	63	13	1.7	0.3	0.12	0.26	8.5	Trace	7.3	1900
Ginger puree (薑蓉)	480	6.4	1.7	50	7.2	1.6	1	1.2	24	2000
Plum sauce (酸梅醬)	230	56	Trace	0.7	0	0.06	55	Trace	19	1600

Nutrient Contents of Indigenous Congee, Rice and Noodle Dishes (per unit)

Food Item Description	Unit Weight (g)	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
<u>Congee Dishes (粥)</u>											
Plain congee (白粥)	450	140	26	3.2	3.1	0.44	ND	0	0	25	130
Congee with preserved egg and pork (皮蛋瘦肉粥)	470	260	22	16	12	2.9	200	0.47	Trace	46	1300
Congee with dried fish, peanut and pork (柴魚花生粥)	470	300	26	15	15	2.6	38	0.94	7	84	1100
Boat congee (艇仔粥)	450	300	31	13	14	2.3	68	1.5	Trace	34	1300
Congee with pig giblets (及第粥)	500	310	29	22	12	3	260	1.8	Trace	38	1500
<u>Noodles-in-soup Dishes (湯粉麵)</u>											
Wheat noodles (thick) in soup with meat and vegetable dumpling (水餃湯粗麵條)	580	380	47	28	9.3	2.7	75	3.3	Trace	87	2500
Wheat noodles (thick) in soup with wonton (雲吞湯粗麵條)	630	420	47	33	11	2.7	94	4.4	Trace	100	2900
Wheat noodles (thin) in soup with wonton (雲吞湯幼麵條)	630	450	47	33	14	3.5	110	4.6	Trace	110	2900
Rice vermicelli in soup with wonton (雲吞湯米粉)	720	520	79	24	11	3.4	72	3.2	Trace	110	2100
Flat noodles (“Ho Fan”) in soup with wonton (雲吞湯河粉)	720	570	94	20	13	3.3	48	3.1	Trace	100	1900
Flat noodles (“Ho Fan”) in soup with “Yu-pei-gau” (meat dumpling with fish wrap) (魚皮餃湯河粉)	670	550	87	16	15	3.8	19	2.1	8	94	1700
Wheat noodles (thin) in soup with “Yu-pei-gau” (meat dumpling with fish wrap) (魚皮餃湯幼麵條)	590	410	46	26	14	3.1	48	2.7	Trace	82	2400
Rice vermicelli in soup with “Yu-pei-gau” (meat dumpling with fish wrap) (魚皮餃湯米粉)	660	560	79	22	17	4.4	40	2.7	7.3	99	2100
Wheat noodles (thick) in soup with “Yu-pei-gau” (meat dumpling with fish wrap) (魚皮餃湯粗麵條)	590	500	51	29	20	5	59	2.7	7.6	120	2700

Food Item Description	Unit Weight (g)	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Wheat noodles (thick) in soup with stewed beef brisket (牛腩湯粗麵條)	620	520	49	46	15	5.9	93	4.6	8	74	3000
Wheat noodles (thin) in soup with stewed beef brisket (牛腩湯幼麵條)	640	550	48	50	17	6.4	110	4.5	8.9	70	3100
Rice vermicelli in soup with stewed beef brisket (牛腩湯米粉)	700	610	70	49	15	5.4	77	5.1	8.4	91	1900
Flat noodles (“Ho Fan”) in soup with stewed beef brisket (牛腩湯河粉)	720	670	86	40	19	6.8	68	5.2	14	86	1900
Flat noodles (“Ho Fan”) in soup with beef tendon (牛筋湯河粉)	680	560	75	45	8.8	2.5	68	3	7.5	68	2100
Wheat noodles (thin) in soup with beef tendon (牛筋湯幼麵條)	620	480	43	56	9.3	2.5	93	4	7.5	75	3200
Rice vermicelli in soup with beef tendon (牛筋湯米粉)	680	540	62	53	8.8	2.8	81	4.8	Trace	74	2400
Wheat noodles (thick) in soup with beef tendon (牛筋湯粗麵條)	590	460	40	52	9.5	2.7	83	4	7.1	77	3000
Wheat noodles (thick) in soup with cattle tripe (牛肚(胃)湯粗麵條)	590	360	41	35	5.9	1.9	130	4.1	Trace	100	2800
Wheat noodles (thick) in soup with cattle offal (牛雜(內臟)湯粗麵條)	630	460	43	40	14	6.9	130	3.9	0	94	3100
Flat noodles (“Ho Fan”) in soup with beef ball (牛丸湯河粉)	700	450	77	20	6.9	2.2	20	2.6	Trace	70	1900
Wheat noodles (thin) in soup with beef ball (牛丸湯幼麵條)	600	380	45	32	7.8	2.2	51	3.2	Trace	84	2600
Rice vermicelli in soup with beef ball (牛丸湯米粉)	670	450	74	24	6.6	2	29	2.8	Trace	94	2300
Wheat noodles (thick) in soup with beef ball (牛丸湯粗麵條)	620	390	45	32	8.7	2.4	42	3.3	Trace	93	2900
Rice vermicelli in soup with fish ball (魚蛋湯米粉)	700	400	66	24	4.8	1.2	43	2.5	Trace	200	1800
Flat noodles (“Ho Fan”) in soup with fish ball (魚蛋湯河粉)	720	450	79	20	4.8	1.1	17	2.9	Trace	200	2000
Wheat noodles (thick) in soup with fish ball (魚蛋湯粗麵條)	620	340	45	30	4.8	1.2	48	2.9	Trace	170	2500
Wheat noodles (thin) in soup with fish ball (魚蛋湯幼麵條)	640	350	46	30	5.1	1.2	51	3.6	Trace	200	2600
Flat noodles (“Ho Fan”) in soup with sliced “fish cake” (魚片湯河粉)	640	390	70	16	4.6	1	10	1.5	Trace	110	2100

Food Item Description	Unit Weight (g)	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Wheat noodles (thin) in soup with sliced “fish cake” (魚片湯幼麵條)	580	320	41	28	5.4	1.1	25	2.1	Trace	120	3000
Rice vermicelli in soup with sliced “fish cake” (魚片湯米粉)	650	390	65	20	5	1.2	19	3.3	Trace	120	2300
Wheat noodles (thick) in soup with sliced “fish cake” (魚片湯粗麵條)	570	310	41	26	5	1	39	3.3	Trace	110	2900
Rice vermicelli in soup with cuttlefish ball (墨魚丸湯米粉)	700	450	70	22	7.7	2.6	84	0.84	Trace	67	2100
Flat noodles (“Ho Fan”) in soup with cuttlefish ball (墨魚丸湯河粉)	690	460	75	16	8.9	2.7	61	2.3	Trace	62	2000
Wheat noodles (thick) in soup with cuttlefish ball (墨魚丸湯粗麵條)	640	370	45	29	8.4	2.3	100	3.9	Trace	77	3000
Wheat noodles (thin) in soup with cuttlefish ball (墨魚丸湯幼麵條)	620	370	45	29	8.1	2.2	100	4.1	Trace	75	3000
Flat noodles (“Ho Fan”) in soup with “pork and Chinese mushroom ball” (貢丸湯河粉)	680	550	82	19	15	4.2	24	3.6	9.6	62	2100
Wheat noodles (thin) in soup with “pork and Chinese mushroom ball” (貢丸湯幼麵條)	660	480	54	30	16	4.3	52	4.5	12	99	2900
Wheat noodles (thick) in soup with “pork and Chinese mushroom ball” (貢丸湯粗麵條)	660	450	52	30	13	3.5	51	4.3	9.9	93	2800
Rice vermicelli in soup with “pork and Chinese mushroom ball” (貢丸湯米粉)	730	520	80	24	12	3.2	38	3.5	8	87	2400
Rice vermicelli in soup with sliced freshwater fish (鮮魚片湯米粉)	670	450	67	25	7.3	1.8	67	0.93	Trace	73	1500
Rice vermicelli in soup with preserved mustard green and shredded pork (雪菜肉絲湯米粉)	420	350	58	12	7.1	1.4	2	1.9	5.4	50	1500
Instant noodles in soup with luncheon meat and egg (餐肉蛋即食麵)	450	680	59	22	38	12	190	2.4	Trace	64	1800

Food Item Description	Unit Weight (g)	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Instant noodles in soup with spicy minced pork (五香肉丁即食麵)	450	710	62	29	37	12	76	5.4	4.5	49	2100
Instant noodles in soup with satay beef (沙爹牛肉即食麵)	500	640	64	29	27	8.9	37	5.4	Trace	54	2200
Udon in soup with assorted seafood (什錦海鮮湯烏冬)	710	410	58	31	6.4	1.4	85	3.1	Trace	85	2100
Fried Noodle Dishes (炒粉麵)											
Fried noodles with soya sauce (豉油皇炒麵)	400	680	100	23	21	3.1	5.2	3.8	6.4	68	2100
Fried vermicelli (炒米粉)	410	660	110	15	19	2.6	15	2.5	5.4	70	1600
Fried rice vermicelli in Singapore-style (星州炒米粉)	610	1100	120	39	51	9.8	280	5.8	22	130	2100
Fried rice vermicelli in Xiamen-style (廈門炒米粉)	670	1100	150	38	43	8.7	290	28	14	140	2300
Stewed rice vermicelli with preserved mustard green and shredded roasted duck (雪菜燒鴨絲炆米粉)	720	1000	130	34	38	7.2	79	5.2	18	100	2900
Stewed rice vermicelli with preserved mustard green and Shredded pork (雪菜豬肉絲炆米粉)	720	860	120	30	29	4.9	35	5.3	15	120	2800
Fried rice noodles with assorted meat, seafood and chilli sauce (Thai-style) (炒貴刁)	770	1200	180	32	46	9.3	230	6.6	7.7	110	2700
Fried rice noodles with sliced beef (乾炒牛肉河粉)	650	970	140	26	33	5	45	4.7	14	65	2300
Fried rice noodles with sliced beef and assorted vegetable (時菜牛肉炒河粉)	780	1000	150	27	36	5.2	20	2.7	15	120	2000
Fried noodles with vegetable and beef (時菜牛肉炒麵)	580	990	99	42	48	7	58	3.5	13	100	2400
Fried noodles with vegetable and sliced pork (時菜豬肉片炒麵)	610	1000	100	42	49	7.4	61	2.9	9.8	110	2100
Fried noodles with vegetable and spare rib (時菜排骨炒麵)	650	1200	100	50	68	13	120	3.8	6.8	180	2300
Fried noodles with preserved vegetable and sliced pork (味菜豬肉片炒麵)	710	1200	120	41	61	10	85	12	17	85	2700

Food Item Description	Unit Weight (g)	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Fried noodles with preserved vegetable and spare rib (味菜排骨炒麵)	760	1400	120	49	72	14	140	14	16	120	3300
Fried noodles with preserved vegetable and squid (味菜魷魚炒麵)	750	1100	120	41	56	9	330	11	17	110	2900
Fried noodles with preserved black bean, assorted pepper and beef (豉椒牛肉炒麵)	630	1100	110	41	55	8.8	75	5.2	7.5	88	2600
Fried noodles with preserved black bean, assorted pepper and sliced pork (豉椒豬肉片炒麵)	630	1100	110	42	55	8.8	76	6.3	8.2	82	2700
Fried noodles with preserved black bean, assorted pepper and spare rib (豉椒排骨炒麵)	740	1500	130	53	91	16	140	7.7	9.1	120	2900
Fried noodles with preserved black bean, assorted pepper and squid (豉椒魷魚炒麵)	650	1100	110	43	50	8.4	330	5.5	9.1	100	2500
Fried noodles with bitter melon and beef (涼瓜牛肉炒麵)	680	1200	120	44	66	10	75	5.4	16	82	3100
Fried noodles with bitter melon and sliced pork (涼瓜豬肉片炒麵)	650	1200	120	42	60	9.1	78	5.3	18	78	2700
Fried instant noodles with pork chop (豬扒炒即食麵)	550	1200	99	47	68	17	89	4.1	6.3	89	2500
Braised E-Fu noodles (干燒伊麵)	650	1300	130	33	72	10	65	6.1	11	85	2700
Fried Udon with seafood (海鮮炒烏冬)	740	890	130	44	22	3.7	100	5.9	17	130	2700
<u>Rice-in-soup Dishes (湯飯)</u>											
Rice in soup with winter melon and diced pork (冬瓜肉粒湯飯)	720	590	110	28	5.1	1.7	44	1.7	Trace	41	1500
Rice in soup with dried fish and minced pork (方魚肉碎湯飯)	660	480	66	25	13	4	41	0.85	0	120	1800
<u>Fried Rice Dishes (炒飯)</u>											
Fried rice in Yangzhou-style (揚州炒飯)	620	1200	150	43	49	9.8	460	3.8	14	100	1900
Fried rice in Fujian-style (福建炒飯)	960	1400	200	57	45	8.6	390	4.7	17	110	3100

Food Item Description	Unit Weight (g)	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Fried rice with shredded chicken and shrimp (鴛鴦炒飯)	1100	1500	210	51	49	9	390	21	22	140	3000
Fried rice with pork & tomato sauce (西炒飯)	680	1300	170	40	50	9.5	270	11	15	120	2000
Fried rice with diced chicken and salted fish (鹹魚雞粒炒飯)	690	1400	190	48	46	8.9	440	1.4	12	96	2300
Fried rice with diced chicken and dried octopus (鱈魚雞粒炒飯)	740	1500	180	61	56	12	630	2	21	120	2100
Fried rice with diced chicken and pineapple (菠蘿雞粒炒飯)	730	1500	180	45	57	10	400	9.5	15	95	2100
Fried rice with egg white and dried scallop (瑤柱蛋白炒飯)	690	1200	200	43	32	5.3	64	1.2	12	59	2100
Fried rice with shredded beef & lettuce (生炒牛肉飯)	610	1200	150	41	46	7.9	370	1.7	14	85	2000
Fried rice with shredded chicken (生炒雞絲飯)	600	1200	160	43	49	9	170	1.5	15	84	1700
Fried rice with stir-fried tomato and sliced beef (鮮茄牛肉配炒飯)	780	1200	170	41	38	9.4	240	19	16	86	2300
Meal Set with Rice Dishes (“碟頭飯”)											
Steamed rice with curry beef brisket (咖哩牛腩飯)	800	1300	140	62	50	22	130	13	Trace	140	2300
Steamed rice with stewed beef brisket and radish (燜蘿蔔牛腩飯)	750	980	140	56	20	7.5	64	5.9	11	75	2000
Steamed rice with satay beef (沙爹牛肉飯)	700	840	140	33	17	4.1	26	12	Trace	77	2200
Steamed rice with stir-fried vegetable and sliced beef (時菜牛肉飯)	700	770	130	34	11	3	35	4.4	Trace	84	1800
Steamed rice with stir-fried vegetable and sliced pork (時菜豬肉片飯)	660	800	130	30	15	4.3	36	3.1	Trace	73	1300
Steamed rice with diced pork and sweet corn (粟米肉粒飯)	760	990	170	40	18	4.9	91	5	7.6	56	1600
Baked pork chop with rice (焗豬扒飯)	710	1300	140	50	60	14	150	9.5	6.8	120	2200
Steamed rice with beancurd sheet and roasted pork (枝竹火腩(燒肉)飯)	770	1400	140	57	62	18	99	2.8	20	99	2000
Steamed rice with stir-fried tomato and sliced beef (鮮茄牛肉飯)	780	940	160	36	14	3.4	160	20	Trace	51	1600
Steamed rice with stir-fried egg and shrimp (滑蛋蝦仁飯)	580	750	130	25	13	3.1	52	0.75	Trace	75	1000

Food Item Description	Unit Weight (g)	Energy (kcal)	Total CHO (g)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sugars (g)	Dietary fiber (g)	Calcium (mg)	Sodium (mg)
Steamed rice with stewed eggplant and shredded salty fish (魚香茄子飯)	720	1100	140	25	43	10	26	7.2	Trace	56	1800
Steamed rice with chicken and winter mushroom (冬菇蒸雞飯)	430	660	100	25	18	4.5	37	4.5	6.6	40	1100
Steamed rice with pork rib, chicken leg and black bean sauce (豉汁鳳爪排骨飯)	490	820	130	24	25	6.8	45	5	Trace	55	1200
Steamed minced pork and dried squid with rice (土魷(魷魚)蒸肉餅飯)	570	1200	120	44	54	21	190	4	0	48	1400
Steamed grass carp with rice (蒸鯪魚飯)	710	930	120	56	27	12	140	5.6	Trace	170	1700
Steamed rice with barbecued pork (叉燒飯)	520	1000	130	38	37	9.9	62	6.7	Trace	45	1300
Steamed rice with roasted pork (燒肉飯)	470	930	110	36	40	12	60	1.5	Trace	39	1200
Steamed rice with steamed plain chicken (白切雞飯)	550	940	130	33	29	7.8	68	2.1	Trace	57	1400
Steamed rice with steamed soy sauce chicken (豉油雞飯)	460	770	110	27	24	3.8	56	2.8	Trace	69	1100
Steamed rice with roasted goose (燒鵝飯)	530	970	130	34	35	9.2	61	8.7	Trace	56	870
Sauces (醬汁)											
Sauce for "Sui Mei" (燒味汁)	15	9.5	2	0.26	0.045	0.018	0.039	1.3	Trace	1.1	290
Ginger puree (薑蓉)	18	86	1.2	0.31	9	1.3	0.29	0.18	0.22	4.3	360
Plum sauce (酸梅醬)	20	46	11	Trace	0.14	0	0.012	11	Trace	3.8	320