

Risk Assessment Studies

Report No. 17

**NUTRIENT VALUES OF
CHINESE DIM SUM**

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Abstract

The Food and Environmental Hygiene Department (FEHD) has conducted a study to determine the nutrient contents of the common Chinese dim sum in Hong Kong and proposes recommendations to maintain a balanced diet while consuming Chinese dim sum.

A total of 75 Chinese dim sum items were selected for nutrient analysis and ten samples were purchased from the local market for each food item. 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 the total fat, saturated fat and sodium contents of some Chinese dim sum were quite high, whilst the calcium and dietary fibre contents were generally low.

A balanced diet can be achieved by choosing food carefully during a dim sum meal in Chinese restaurants. Members of the public are recommended to choose Chinese dim sum that are low in total fat and rich in complex carbohydrate as the staple foods; consume about half plate of boiled vegetable per person (preferably without sauce); consume steamed salty dim sum in moderate amount; choose less pan-fried and deep-fried dim sum and avoid consuming the soup of rice-in-soup and noodles-in-soup. Chinese restaurant patrons are also advised to have one to two servings of low-fat/skimmed dairy products for the rest of the day to ensure adequate intake of calcium.

Food trade is advised to modify the recipes of Chinese dim sum to lower the total fat, saturated fat and sodium levels in foods and provide more food items high in dietary fibre and calcium in the menu.

Risk Assessment Study -

Nutrient Values of Chinese Dim Sum

OBJECTIVES

This study aims (i) to determine the nutrient values of the common Chinese dim sum in Hong Kong and (ii) to propose recommendations to maintain a balanced diet while consuming Chinese dim sum.

BACKGROUND

Introduction

2. Food is essential for human life because 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. On the other hand, many chronic diseases such as coronary heart disease, diabetes and certain types of cancer are related to an imbalanced diet. These nutrition-related diseases are important public health problems in many parts of the world including Hong Kong.

3. Knowing the nutrient content of food is important for making healthy choices. To establish a database of nutrient composition of local food items, the Food Research Laboratory (FRL) of the Food and Environmental Hygiene Department (FEHD) has started conducting nutrient analysis of indigenous foods since 2002. The nutrient analysis of local indigenous breakfast foods was completed and released in January 2004.

4. Chinese dim sum is one of the common food choices for breakfast and lunch in Hong Kong. However, no systematic nutrient analysis of Chinese dim sum has been conducted locally. To determine the nutrient content of Chinese dim sum and facilitate the public making healthier food choices, FEHD initiated a study on the nutrient composition of Chinese dim sum.

Chinese Dim Sum

5. The term “dim sum” first appeared in Tang Dynasty, and it generally refers to all common Chinese-style snacks. In this report, the term Chinese dim sum referred to the foods and snacks provided in Chinese restaurants (中式酒樓).

6. Chinese dim sum is one of the favourite food choices of Hong Kong people for breakfast and lunch. 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 13% of the respondents reported having Chinese dim sum as their breakfast at least twice per week. For those respondents who were eating-out, 18% reported having lunch in Chinese restaurants at least twice a week. According to our figure as at December 2004, there were about 1473 licensed food premises producing and/or selling Chinese dim sum in Hong Kong.

7. There is a wide range of Chinese dim sum, mainly of Southern Chinese style, available in the Chinese restaurants in Hong Kong, such as steamed buns, steamed salty dim sum, steamed rice-roll, pan-fried and deep-fried dim sum, rice and noodles, boiled vegetable and desserts. The ingredients used for making Chinese dim sum included different types of cereal products, meat and poultry, seafood, vegetable and condiments. Chinese dim sum is mainly prepared by steaming, and some of them are prepared by pan-frying and deep-frying. The use of lard and monosodium glutamate (MSG) is believed to be quite common in the preparation of Chinese dim sum.

Nutrition and chronic diseases

8. Diet and nutrition are important factors in the promotion and maintenance of good health throughout the entire life course, and their role as determinants of chronic diseases is well established.² It is increasingly recognised that both under-nutrition and over-nutrition (as well as a host of other factors) play a role in the development of chronic diseases. The recent recommendations of World Health Organization (WHO) and Food and Agriculture Organization of the United Nations (FAO) on the population nutrient intakes are shown in Annex I.

9. Same as other industrialized economies, the burden of chronic diseases is rapidly increasing in Hong Kong. Of the recent data on ten leading causes of deaths in Hong Kong, cancer, coronary heart diseases, cerebrovascular disease and type 2 diabetes, which are diet-related, attributed nearly 60% of deaths in 2002.³ Those patients who have heart diseases, strokes, diabetes, renal and liver problems also require dietary therapy both for disease management and 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 dietary management of these diet-related chronic diseases (Annex II).

SCOPE OF STUDY

10. This study mainly covered the common Chinese dim sum and foods sold in Chinese restaurants. With reference to menus collected from Chinese restaurants, a total of 72 common Chinese dim sum and three sauces for boiled vegetables were identified for chemical nutrient analysis in this study (Annex III).

11. Chemical analyses were conducted to determine the content of energy and nine nutrients, namely carbohydrate, protein, total fat,

saturated fat, cholesterol, dietary fibre, sugar, sodium and calcium.

METHOD

Sampling Plan

12. The food samples were purchased and analyzed from April 2003 to September 2004. 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.

13. Boiled vegetable samples and the corresponding sauces were purchased and analyzed separately. The amount of sauce taken in actual practice per serving of a boiled vegetable sample was then determined for calculating the nutrient contents of the boiled vegetable with sauce. For the noodle-in-soup samples, the soup and the corresponding solid contents were purchased separately. The solid contents were dipped into the soup for about ten minutes and then taken out for the determination of the nutrients in the noodle sample as “consumption without the soup”. On the other hand, analyzing the soup and the solid contents in one lot provided the nutrient data for the noodle sample as “consumption with all the soup”.

Laboratory Analysis

14. 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 are shown in Annex IV.

Data Analysis

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

RESULTS AND DISCUSSION

16. In this study, 75 food items were selected for nutrient analysis and ten samples were purchased for each food items. A total of 750 food samples were taken for chemical nutrient analysis. The mean values of energy, carbohydrate, total fat, protein, saturated fat, cholesterol, sugar, dietary fibre, calcium and sodium per 100 g of the samples are presented in Annex V.

17. The mean nutrient values of the samples were also presented in per unit/serving basis in Annex VI. The nutrient values of three boiled vegetables (boiled headed lettuce, boiled Chinese flowering cabbage and boiled water spinach) and three sauces (sweetened soy sauce, oyster sauce and fermented soybean sauce) were used to calculate the nutrient content of five common combinations of boiled vegetables and sauces. Together with three boiled vegetables without sauce and other Chinese dim sum (totalled 69 items), there were a total of 77 Chinese dim sum items in Annex VI.

Nutrient contents in Chinese dim sum

18. The nutrient contents of Chinese dim sum varied, but generally most of them were low in calcium and dietary fibre.⁴ The steamed salty dim sum was generally high in total fat, saturated fat and sodium. The pan-fried and deep-fried dim sum was also found to be high in total fat.

The steamed bun, steamed rice-roll, and rice and noodles were low in total fat, but the rice and noodles were high in sodium. The desserts were generally low in sodium but some of them were high in saturated fat. As expected, boiled vegetables were good sources of dietary fibre compared with other Chinese dim sum.

19. Among energy and the nine nutrients per unit/serving of Chinese dim sum presented in Annex VI, the levels of total fat, saturated fat and sodium of some Chinese dim sum items were quite high.

Total fat

20. Of the top five high-total fat Chinese dim sum, the energy, total fat, and percentage energy from total fat were presented in Table 1. The percentage energy from total fat of the Chinese dim sum could be as high as 78%.

Table 1 Nutrient content of the top five high-total fat Chinese dim sum

Chinese dim sum	Energy (kcal)	Total Fat (g)	% Energy from total fat
Steamed beancurd sheet roll (鮮竹卷), 1 piece	140	12	78%
Pan-fried beancurd sheet roll (煎腐皮卷), 1 piece	130	11	76%
Marinated jelly fish (麻香拌海蜇), 1 plate	230	18	74%
Steamed minced beef ball (山竹牛肉), 1 piece	90	6.9	69%
Steamed fish head with black bean sauce (豉汁蒸魚雲), 1 plate	180	13	68%

21. The energy, total fat, and percentage energy from total fat of four examples of low-total fat Chinese dim sum were presented in Table 2. Generally speaking, the steamed bun, steamed rice roll, and dessert were low in total fat, whilst the pan-fried and deep-fried Chinese dim sum was

high in total fat. Steaming is one of the low-fat cooking methods, but some of the dim sum items prepared by steaming could be high in total fat. Among 41 Chinese dim sum prepared by steaming, the percentage energy from total fat of 11 Chinese dim sum was more than 50%. It may be due to the high-total fat raw ingredients, for example the beancurd sheet, fatty meat, sesame oil, and fish head. Foods high in total fat are energy-dense and excessive intake of them may increase the risk of obesity.

Table 2 Nutrient content of some examples of low-total fat Chinese dim sum

Chinese dim sum	Energy (kcal)	Total Fat (g)	% Energy from total fat
Sweet potato dessert/sweet soup (蕃薯糖水), 1 bowl	200	0.50	2.2%
Steamed rice-roll with shrimp (鮮蝦腸粉), 1 piece	75	1.6	20%
Steamed chicken bun (雞包仔), 1 piece	120	3.1	24%
Steamed vegetarian dumpling (蒸素粉果), 1 piece	46	1.5	29%

Saturated fat

22. The energy, saturated fat, and percentage energy from saturated fat of top five Chinese dim sum with high-saturated fat were presented in Table 3. The main sources of saturated fat are animal fats, such as butter, lard, and fat in meat products. The coconut oil and palm oil are the two main origins of saturated fat in plant sources. Excessive intake of saturated fat in the long run will increase the risk of having chronic diseases such as cardiovascular diseases, cerebrovascular diseases and certain types of cancer.⁴

Table 3 Nutrient content of the top five high-saturated fat Chinese dim sum

Chinese dim sum	Energy (kcal)	Sat. fat (g)	% Energy from sat. fat
Coconut milk yellow bean pudding (椰汁馬豆糕), 1 piece	110	3.2	27%
Baked barbecued pork puff (叉燒酥), 1 piece	190	4.4	21%
Mango sago dessert with pomelo (楊枝甘露), 1 bowl	200	4.7	21%
Egg tart (small) (小蛋撻), 1 piece	84	1.8	19%
Steamed pork ribs with black bean sauce (豉汁蒸排骨), 1 plate	250	5.0	18%

23. It was noted that the Chinese dim sum with coconut milk, such as coconut milk yellow bean pudding and mango sago dessert with pomelo, were high in saturated fat. The pastry items such as egg tart and baked barbecued pork puff, which were mainly made by animal fats (lard and/or butter), were also high in saturated fat.

24. Food items using animal fat, palm and coconut products tended to have more saturated fat. On the other hand, foods mainly made from vegetarian ingredients and cooking oil from plant sources were low in saturated fat. Some of the low-saturated fat Chinese dim sum and their saturated fat content per serving are shown in Table 4.

Table 4 Nutrient content of some examples of low-saturated fat Chinese dim sum

Chinese dim sum	Energy (kcal)	Sat. fat (g)	% Energy from sat. fat
Sweetened water chestnut cake (pan-fried) (煎馬蹄糕), 1 piece	110	0.18	1.5%
Soybean curd dessert (豆腐花), 1 bowl	160	0.45	2.6%
Rice-in-soup with winter melon and diced pork (冬瓜肉粒湯飯), 1 bowl	580	1.7	2.6%
Turnip cake (steamed) (蒸蘿蔔糕), 1 piece	170	1.3	7.0%

Sodium

25. The mean sodium values in per 100 g basis of the top five high-sodium Chinese dim sum were presented in Table 5. Consuming such high-sodium foods frequently increases the chance of having excessive intake of sodium. Chronic excessive intake of sodium may lead to increase in blood pressure, which is a major risk factor for coronary heart disease and cerebrovascular diseases.⁴

Table 5 Sodium content of the top five high-sodium Chinese dim sum

Chinese dim sum	Sodium (mg/100g)
Marinated jelly fish (麻香拌海蜇)	780
Steamed chicken with fish maw (棉花雞)	640
Steamed curry squid (咖哩蒸魷魚)	640
Braised ox tripe with zhu hou sauce (柱侯金錢肚)	600
Steamed squid with garlic (蒜茸蒸魷魚)	600

26. The high-sodium condiments, such as table salt, black bean sauce and mono-sodium glutamate, were considered as the main contributors of the high sodium content in these foods. On the other hand, the boiled vegetable (without or with sauces), steamed rice-roll, some of the steamed bun and dessert were low in sodium. Some examples of the low-sodium Chinese dim sum and their sodium content were shown in Table 6.

Table 6 Sodium content of some examples of low-sodium Chinese dim sum

Chinese dim sum	Sodium (mg/100g)
Mixed bean dessert/sweet soup (Ja-ja dessert) (渣咋)	7.6
Sweetened water chestnut cake (pan-fried) (煎馬蹄糕)	12
Boiled headed lettuce (without sauce) (白灼生菜(不連醬油))	23
Steamed lotus seed paste and egg yolk bun (蛋黃蓮蓉包)	65

Calcium

27. According to the data presented in Annex V, calcium content of most of the Chinese dim sum was low. However, a few Chinese dim sum, such as soybean curd dessert (豆腐花), boiled Chinese flowering cabbages (白灼菜心), and sesame dessert/sweet soup (芝麻糊) were good sources of calcium (Table 7). However, caution should be taken for some of the high-calcium Chinese dim sum such as steamed fish head with black bean sauce (豉汁蒸魚雲) and pan-fried beancurd sheet roll (煎腐皮卷), as they were high in total fat and saturated fat. There is convincing evidence indicating the reduction in risk of osteoporosis with sufficient intake of calcium together with vitamin D among older adults.^{4,5}

Table 7 Calcium content of the top five high-calcium Chinese dim sum

Chinese dim sum	Calcium (mg/100g)
Steamed fish head with black bean sauce (豉汁蒸魚雲)	100
Boiled Chinese flowering cabbage (白灼菜心)	91
Soybean curd dessert (豆腐花)	86
Sesame dessert/sweet soup (芝麻糊)	74
Pan-fried beancurd sheet roll (煎腐皮卷)	63

Dietary fibre

28. The content of dietary fibre in Chinese dim sum was generally low. Some Chinese dim sum with higher fibre content included boiled Chinese flowering cabbage (白灼菜心) and mixed bean dessert/sweet soup (喳咋) (Table 8). However, some high-dietary fibre dim sum items such as taro cake (pan-fried) (煎芋頭糕), pan-fried vegetable and meat bun (生煎菜肉包), and steamed minced beef ball (山竹牛肉) were also high in total fat and saturated fat. It is recommended to include high-fibre

Chinese dim sum in a dim sum meal, and consume sufficient amount of fruits and vegetables to get adequate amount of dietary fibre, which in turn reduces the risk of certain types of cancer⁴ and improves gastrointestinal health.

Table 8 Dietary fibre content of the top five high-dietary fibre Chinese dim sum

Chinese dim sum	Dietary fibre (g/100g)
Taro cake (pan-fried) (煎芋頭糕)	4.1
Pan-fried vegetable and meat bun (生煎菜肉包)	3.7
Steamed vegetarian dumpling (蒸素粉果)	3.4
Mixed bean dessert/sweet soup (Ja-ja dessert) (喳咋)	3.4
Steamed minced beef ball (山竹牛肉)	3.2

Effects of adding sauces in the boiled vegetables

29. The amount of sauce taken in actual practice per serving of a boiled vegetable sample was studied. The percentage increase in weight of boiled vegetable consumed with sauces was presented in Table 9. Based on the data in Table 9, about 6.7 g to 29 g of the sauces was consumed together with each serving of boiled vegetables.

Table 9 Percentage increase in weight of boiled vegetable consumed with sauce

	Sweetened soy sauce (甜豉油)	Fermented soybean curd sauce (腐乳醬)	Oyster sauce (蠔油)
Boiled headed lettuce (白灼生菜)	2.8%	2.4%	3.0%
Boiled Chinese flowering cabbage (白灼菜心)	3.9%	4.1%	5.0%
Boiled water spinach (白灼通菜)	3.5%	6.9%	9.8%

30. Using the data in Table 9, the nutrient content of the boiled vegetables consumed with or without sauces was calculated as shown in Annex VI. The nutrient content in boiled vegetable consumed with or without sauces was very similar except for sodium.

31. Some of the sauces and condiments, including soy sauce, oyster sauce and fermented soybean curd sauce, were high in sodium. Consumed with sauces, there was a 320% to 550% increase in the sodium content of boiled vegetables.

Effects of consuming soup on the sodium content of noodle-in-soup

32. The nutrient content of rice vermicelli-in-soup with sliced freshwater fish (魚片湯米粉) with or without consuming the soup is shown in Annex VI. It was found that the sodium content of such rice vermicelli-in-soup when consumed with soup (1500 mg per serving) was significantly higher than that consumed without the soup (1000 mg per serving).

33. It indicated that the soup of the rice vermicelli-in-soup was made from ingredients high in sodium, such as monosodium glutamate, table

salt, and/or salty meat. Consumption of the rice vermicelli-in-soup with all the 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.

Limitations of the study

34. The nutritional risks associated with the consumption of Chinese dim sum 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 due to these sources could not be quantified, and the evaluation was based on the nutrient composition of Chinese dim sum only.

35. The Chinese dim sum was selected for this study with reference to the menus of Chinese restaurants in Hong Kong. They covered most of the common Chinese dim sum sold in the food premises, but some special Chinese dim sum was not included in this study. The frozen and pre-packaged dim sum was also not covered in this study.

36. In addition, there is variability in the composition of foods. The composition of processed foods varies due to variations in the composition of ingredients and changes in formulation. Chinese dim sum, as one of the 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

37. This study provided data on the nutrient content of common Chinese dim sum. The results of this study suggested that the total fat, saturated fat and sodium contents of some Chinese dim sum were quite high, whilst the calcium and dietary fibre contents were generally low.

Advice to consumers

38. 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 for breakfast and lunch 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, including Chinese dim sum, while choosing or ordering foods. For instance, individuals who are advised to reduce sodium intake should choose Chinese dim sum with less sodium and reduce the intake of high sodium Chinese dim sum.

General advices on ordering a Chinese dim sum meal

39. Although some Chinese dim sum was found to be high in total fat, saturated fat and sodium, and low in calcium and dietary fibre, a reasonably balanced diet can still be achieved if careful food choice in Chinese restaurants is made. To maintain a balanced diet, patrons having dim sum meals in Chinese restaurants are advised to -

- (a.) Choose Chinese dim sum that are low in fat and rich in complex carbohydrate, such as steamed bun, steamed rice-roll, as the staple foods;
- (b.) Consume about half plate of boiled vegetable per person (preferably without adding any sauce) to get enough dietary fibre;
- (c.) Consume steamed salty dim sum in moderate amount as some of them were high in fat and sodium;
- (d.) Choose less pan-fried and deep-fried dim sum to avoid excessive intake of fat and energy; and
- (e.) Avoid consuming the soup of rice-in-soup and noodles-in-soup.

40. Based on the nutrient data of Chinese dim sum and the above-mentioned advices, three Chinese dim sum menus are presented as to illustrate healthier combinations of Chinese dim sum for different occasions:

1. Chinese dim sum menu for 2 people (e.g. a couple):

Steamed lotus seed paste and egg yolk bun (蛋黃蓮蓉包), 3 piece
Steamed rice-roll with beef (牛肉腸粉), 3 rolls
Steamed vegetarian dumpling (蒸素粉果), 3 pieces
Steamed pork dumpling, Shanghai style (小籠包), 3 pieces
Boiled Chinese flowering cabbage (白灼菜心), 1 plate

Highlights of the menu

- Choosing steamed bun and rice roll as staples
- Sharing 1 plate of boiled vegetables by 2 people
- Consuming moderate amount of steamed salty dim sum

2. Chinese dim sum menu for 4 people (e.g. a couple with 2 children in their teens)

Steamed glutinous rice roll (糯米卷), 2 pieces
Steamed barbecued pork bun (叉燒包), 3 pieces
Steamed rice-roll with shrimps (鮮蝦腸粉), 3 rolls
Boiled water spinach (白灼通菜), 1 plate
Boiled Chinese flowering cabbage (白灼菜心), 1 plate
Steamed stuffed dumpling with shrimp/ Siu mai (燒賣), 4 pieces
Sesame dessert/sweet soup (芝麻糊), 2 bowls

Highlights of the menu

- Choosing steamed bun and rice roll as staples
- Sharing 2 plates of boiled vegetables by 4 people
- Consuming moderate amount of steamed salty dim sum

3. **Chinese dim sum menu for 6 people (e.g. 6 adult friends or colleagues):**

Steamed chicken bun (雞包仔), 3 pieces

Steamed egg custard bun/Sweet milky bun (奶皇包), 3 pieces

Steamed rice-roll with barbecued pork (叉燒腸粉), 3 rolls

Rice vermicelli-in-soup with sliced freshwater fish (without soup) (魚片湯米粉)
(不連湯), 1 bowl

Boiled Chinese flowering cabbage (白灼菜心), 1 plate

Boiled headed lettuce (白灼生菜), 1 plate

Boiled water spinach (白灼通菜), 1 plate

Steamed fresh prawn dumpling / Ha-gau (蝦餃), 4 pieces

Steamed stuffed dumpling with shrimp/ Siu mai (燒賣), 4 pieces

Deep-fried meat dumpling (鹹水角), 3 pieces

Mixed bean dessert/sweet soup (Ja-ja dessert) (喳咋), 2 bowl

Soybean curd dessert (豆腐花), 1 bowls

Highlights of the menu

- Choosing steamed bun and rice roll as staples
- Sharing 3 plates of boiled vegetables by 6 people
- Consuming moderate amount of steamed salty dim sum
- Choosing less deep-fried/ pan-fried dim sum
- Not consuming the soup in the rice vermicelli-in-soup.

41. The nutrient values of these four Chinese dim sum sets are presented in Annexes VII. The values of most nutrients were close to or within the WHO recommendation on the population nutrient intakes⁴ (Annex VIII) except the calcium content. As the calcium content of most Chinese dim sum is generally low, people having meals in Chinese restaurants are advised to follow the dietary recommendations of the food guided pyramid and have 1 to 2 servings of low-fat/skimmed dairy products for the rest of the day to ensure adequate intake of calcium. Calcium-fortified soybean milk and orange juice, soybean curd, and green leafy vegetable are also the good sources of calcium.

Advice for trade

42. It is recommended that the owners of food premises should try to modify the recipes of Chinese dim sum to lower the total fat, saturated fat and sodium levels in foods. It can be achieved by reducing the amount of cooking oil used, trimming visible fat of meat, serving the sauces separately if possible, and reducing the use of high sodium condiments.

43. 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 of the good choices.

Uploading the information onto the Department's website

Apart from this written report, the mean nutrient values per 100 g of the Chinese dim sum studied will also be uploaded onto the Nutrition Information Inquiry System (NIIS) of the Department's website for public access.

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Recommendations of WHO and FAO on Nutrient Intake

In 2003, WHO 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 WHO

Dietary factor	Goal (% of total energy unless otherwise stated)
Total fat	15-30%
Saturated fatty acids	< 10%
Polyunsaturated fatty acids (PUFAs)	6-10%
Trans fatty acids	<1%
Monounsaturated fatty acid	By difference
Total carbohydrate	55-57%
Protein	10-15%
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

(Source: 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 population.¹ 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 WHO. 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 adults.² 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

Group	Goal (mg)
0-6 months, human milk	300
0-6 months, cow milk	400
7-12 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.

Nutrition and Health

Energy, carbohydrate, total fat and protein

The causal relationship of obesity and high intake of energy-dense micronutrient-poor foods are well established.¹ Energy content of food, together with information on the content of energy-producing nutrients (carbohydrate, protein and total fat) is the essential information for construction of a balanced diet.

Saturated fat and cholesterol

2. Evidence has indicated that saturated fat and cholesterol play an important role in the above-mentioned chronic diseases.² For example, increasing saturated fat and/or cholesterol intake may lead to an increase in blood cholesterol, which is one of the key risk factors of cardiovascular diseases.^{1,2}

Sugars

3. Sugars, i.e., mono- and di-saccharides, are commonly found in food as sweetening or thickening agent. Controlling intake of sugars in diet plays an important role in managing body weight and diabetes.¹ In addition, limiting sugar intake may help preventing dental caries.¹ The importance of managing sugar intake is revealed in various food-based dietary guidelines, such as the ones from the US³ and Australia⁴, which suggest sugars should be consumed in moderate amount.

Sodium

4. Sodium is another important nutrient related to chronic diseases. Data showed that sodium intake was positively associated with blood pressure.^{1,5} For instance, limiting the sodium intake has long been identified as one of the dietary control methods for hypertension. Other than hypertension, sodium also appears to play a significant role in people with renal diseases.⁵

Dietary Fibre

5. The protective role of dietary fibre has been demonstrated by numerous studies.⁶ Diet rich in fibre improves gastrointestinal health by increasing faecal bulk and reducing transit time, which in turn may lower incidence of certain types of cancer.^{1,7,8} In addition, its possible cholesterol lowering effect may benefit patients with cardiovascular diseases.^{7,9}

Calcium

6. Calcium is important for bone health. Resorption and formation of bone is a continued lifetime process and calcium contributes significantly in the maintenance of bone tissue. In Hong Kong, the age-adjusted fracture rates have been significantly increased in recent decades.^{10,11} Adequate intake of calcium was shown to reduce the risk of osteoporosis in older people.¹

Reference for Annex II

- 1 FAO/ WHO. Joint WHO/FAO expert consultation on diet, nutrition and the prevention of chronic diseases. Geneva: WHO, 2003.
- 2 Kris-Etherton P, Daniels SR, Eckel RH, Engler M, Howard BV, Krauss RM, et al. Summary of the scientific conference on dietary fatty acids and cardiovascular health: conference summary from the nutrition committee of the American Heart Association. *Circulation* 2001;103(7):1034-9.
- 3 Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). Nutrition and your health: dietary guidelines for Americans. 5th Edition. Washington: HHS and USDA; 2000.
- 4 National Health and Medical Research Council. Dietary guidelines for Australian adults. Canberra: National Health and Medical Research Council, 2003.
- 5 Scientific Advisory Committee on Nutrition. Salth and health. Norwich: The Stationery Office, 2003.
- 6 Pereira MA, Ludwig DS. Dietary fiber and body-weight regulation. Observations and mechanisms. *Pediatr Clin North Am.* 2001 Aug;48(4):969-80.
- 7 Susan E. Marconutrients: carbohydrates, proteins, and lipids. In: Mahan LK, Escott-Stump S, editors. Krause's food, nutrition, and diet therapy, 10th edition. Philadelphia: W.B. Saunders Company, 2000.

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- 8 World Cancer Research Fund / American Institute for Cancer Research (AICR). Food, nutrition and the prevention of cancer: a global perspective. Washington: AICR, 1997.
 - 9 Food and Agriculture Organization of the United Nations (FAO) / World Health Organization (WHO). Joint WHO/FAO expert consultation on diet, nutrition and the prevention of chronic diseases. Geneva: WHO, 2003.
 - 10 Lau EM, Cooper C. The epidemiology of osteoporosis. The oriental perspective in a world context. Clin Orthop. 1996;(323):65-74.
 - 11 Ho SC, Lau EM, Woo J, Sham A, Chan KM, Lee S, et al. The prevalence of osteoporosis in the Hong Kong Chinese female population. Maturitas. 1999;32(3):171-8.

Chinese dim sum analyzed in this study

Steamed bun (包點)

1. Steamed egg custard bun/Sweet milky bun	奶皇包
2. Steamed barbecued pork bun	叉燒包
3. Steamed lotus seed paste and egg yolk bun	蛋黃蓮蓉包
4. Steamed chicken bun	雞包仔
5. Steamed glutinous rice roll	糯米卷
6. "Mai-lai" cake	馬拉糕
7. Steamed vegetable and meat bun	菜肉包
8. Steamed bun with assorted stuffing/big bun	大包

Steamed salty dim sum (咸蒸點)

9. Steamed dumpling, Chiu Chow-style	潮州粉果
10. Steamed pork ribs with black bean sauce	豉汁蒸排骨
11. Steamed chicken feet with black bean sauce	豉汁蒸鳳爪
12. Steamed fish head with black bean sauce	豉汁蒸魚雲
13. Steamed pork dumpling, Shanghai-style	小籠包
14. Soup dumpling	灌湯餃
15. Steamed pork dumpling with crab meat, Shanghai-style	蟹粉小籠包
16. Steamed vegetarian dumpling	蒸素粉果
17. Steamed beef omasum with ginger and spring onion	薑蔥牛柏葉
18. Braised ox tripe with zhuhou sauce	柱侯金錢肚
19. Steamed squid with garlic	蒜茸蒸魷魚
20. Steamed rice flour roll with shredded chicken	雞絲粉卷
21. Steamed beancurd sheet roll	鮮竹卷
22. Steamed beancurd sheet roll with duck feet	鴨腳扎
23. Steamed beancurd sheet roll with chicken	雞扎
24. Steamed fresh prawn dumpling / Ha-gau	蝦餃
25. Steamed stuffed dumpling with shrimp/ Siu mai	燒賣
26. Steamed minced beef ball	山竹牛肉
27. Steamed chicken with fish maw	棉花雞
28. Steamed curry squid	咖哩蒸魷魚
29. Turnip cake (steamed)	蒸蘿蔔糕
30. Mini-sized sticky rice wrapped in lotus leaf	珍珠雞
31. Sticky rice wrapped in lotus leaf	糯米雞

Steamed rice-roll (蒸腸粉)

- | | |
|--|--------|
| 32. Steamed rice-roll with barbecued pork | 叉燒腸粉 |
| 33. Steamed rice-roll with beef | 牛肉腸粉 |
| 34. Steamed rice-roll with shrimps | 鮮蝦腸粉 |
| 35. Steamed rice-roll with scallops | 蒸帶子腸粉 |
| 36. Steamed rice-roll with vegetarian stuffing | 蒸羅漢齋腸粉 |

Pan-fried and deep-fried dim sum (煎/炸點心)

- | | |
|---|-------|
| 37. Deep-fried taro dumpling | 芋角 |
| 38. Spring roll | 春卷 |
| 39. Deep-fried meat dumpling | 鹹水角 |
| 40. Deep-fried plain bun | 炸饅頭 |
| 41. Deep fried wonton | 炸雲吞 |
| 42. Pan-fried rice-roll | 煎腸粉 |
| 43. Pan-fried beancurd sheet roll | 煎腐皮卷 |
| 44. Turnip cake (pan-fried) | 煎蘿蔔糕 |
| 45. Sweetened water chestnut cake (pan-fried) | 煎馬蹄糕 |
| 46. Taro cake (pan-fried) | 煎芋頭糕 |
| 47. Pan-fried vegetable and meat bun | 生煎菜肉包 |

Boiled vegetables and sauces (灼菜及醬油)

- | | |
|--------------------------------------|------|
| 48. Boiled headed lettuce | 白灼生菜 |
| 49. Boiled Chinese flowering cabbage | 白灼菜心 |
| 50. Boiled water spinach | 白灼通菜 |
| 51. Oyster sauce | 蠔油 |
| 52. Fermented soybean curd sauce | 腐乳醬 |
| 53. Soy sauce (sweetened) | 甜豉油 |

Rice and noodles (飯麵類)

- | | |
|--|------------|
| 54. Steamed rice with chicken and winter mushroom | 冬菇蒸雞飯 |
| 55. Steamed rice with pork rib, chicken leg and black bean sauce | 豉汁鳳爪排骨飯 |
| 56. Rice vermicelli-in-soup with sliced freshwater fish (without soup) | 魚片湯米粉(不連湯) |
| 57. Rice vermicelli-in-soup with sliced freshwater fish (with soup) | 魚片湯米粉(連湯) |
| 58. Rice-in-soup with winter melon and diced pork | 冬瓜肉粒湯飯 |

Dessert (甜品)

- | | |
|-------------------------------------|------|
| 59. Red bean dessert/sweet soup | 紅豆沙 |
| 60. Mung bean dessert/sweet soup | 綠豆沙 |
| 61. Sweet potato dessert/sweet soup | 蕃薯糖水 |

62. Mixed bean dessert/sweet soup (Ja-ja dessert)	喳咋
63. Soybean curd dessert	豆腐花
64. Mango pudding	芒果布甸
65. Egg tart (small)	小蛋撻
66. Sesame dessert/sweet soup	芝麻糊
67. Mango sago dessert with pomelo	楊枝甘露
68. Coconut milk yellow bean pudding	椰汁馬豆糕
69. Steamed sago dumpling with red bean paste	豆沙水晶包
70. Steamed sago dumpling with lotus seed paste	蓮蓉水晶包

Others (其他)

71. Salted meat rice dumpling	鹹肉粽
72. "Gan-shui" rice dumpling	鹼水粽
73. Marinated jelly fish	麻香拌海蜇
74. Baked barbecued pork puff	叉燒酥
75. Puff pastries filled with shredded turnip	蘿蔔絲酥餅

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 928.08, 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).
- Carbohydrate** (available) is calculated by subtracting the sum of moisture, ash, total fat, protein and dietary fibre 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	0.01 – 0.05 g	0.01 – 0.05 g
Total fat	0.08 – 0.2 g	0.08 – 0.2 g
Saturated fat	0.0005 – 0.002 g	0.0005 – 0.002 g
Dietary fibre	0.4 – 1 g	0.4 – 1 g
Cholesterol	0.02 – 0.07 mg	0.02 – 0.07 mg
Sodium	2 – 5 mg	0.2 – 0.5 mg
Calcium	0.4 – 1 mg	0.03 – 0.1 mg

Nutrient contents of Chinese dim sum (per 100 g)

Annex V

	Food Item Description	Energy (kcal/100g)	Carbohydrate (g/100g)	Protein (g/100g)	Total fat (g/100g)	Saturated fat (g/100g)	Cholesterol (mg/100g)	Dietary fibre (g/100g)	Sugar (g/100g)	Calcium (mg/100g)	Sodium (mg/100g)
<u>Steamed bun</u>											
1	Steamed egg custard bun/Sweet milky bun	250	44	4.3	6.4	3.4	26	1.9	28	51	100
2	Steamed barbecued pork bun	260	41	7.3	7.3	1.8	17	1.6	14	18	290
3	Steamed lotus seed paste and egg yolk bun	300	52	5.2	8.1	1.8	48	2.8	21	33	65
4	Steamed chicken bun	220	35	7.5	5.9	1.6	25	2.1	11	27	300
5	Steamed glutinous rice roll	260	46	5.1	6.5	1.4	3.1	1.7	5.9	26	370
6	"Mai-lai" cake	280	44	6.8	8.1	2.3	56	2.6	17	48	220
7	Steamed vegetable and meat bun	230	35	5.9	7.9	2.2	11	2.5	8.0	22	280
8	Steamed bun with assorted stuffing/big bun	220	29	7.9	8.2	2.2	34	3.0	9.3	29	300
<u>Steamed salty dim sum</u>											
9	Steamed dumpling, Chiu Chow-style	140	20	3.1	5.7	1.1	6.3	1.6	2.0	30	360
10	Steamed pork ribs with black bean sauce	180	4.5	12	13	3.6	31	<i>Trace</i>	1.9	34	480
11	Steamed chicken feet with black bean sauce	130	2.6	11	9.1	1.4	43	1.4	2.3	46	430
12	Steamed fish head with black bean sauce	93	1.7	5.8	7.0	1.4	64	0.70	1.6	100	340
13	Steamed pork dumpling, Shanghai-style	230	16	9.0	14	3.6	27	1.0	1.6	13	390
14	Soup dumpling	54	3.9	5.2	2.0	0.5	14	1.8	0.83	16	410

Notes: “* *” in the table stands for “not determined”

	Food Item Description	Energy (kcal/100g)	Carbohydrate (g/100g)	Protein (g/100g)	Total fat (g/100g)	Saturated fat (g/100g)	Cholesterol (mg/100g)	Dietary fibre (g/100g)	Sugar (g/100g)	Calcium (mg/100g)	Sodium (mg/100g)
Steamed salty dim sum (continued)											
15	Steamed pork dumpling with crab meat, Shanghai-style	220	16	8.7	14	3.5	33	1.2	1.9	20	380
16	Steamed vegetarian dumpling	110	18	1.4	3.4	0.60	0.0	3.4	2.3	11	360
17	Steamed beef omasum with ginger and spring onion	92	1.5	12	4.2	0.69	100	2.0	2.0	36	540
18	Braised ox tripe with zhuhou sauce	130	4.6	14	6.5	1.5	120	2.8	3.9	22	600
19	Steamed squid with garlic	110	3.1	14	4.6	0.96	260	1.3	1.8	23	600
20	Steamed rice flour roll with shredded chicken	150	12	5.8	8.5	2.1	11	2.2	1.7	15	390
21	Steamed beancurd sheet roll	260	3.3	11	22	4.2	30	2.0	1.8	38	440
22	Steamed beancurd sheet roll with duck feet	180	8.3	8.1	12	2.3	29	1.5	1.7	31	340
23	Steamed beancurd sheet roll with chicken	170	3.4	12	12	2.4	37	1.5	2.2	20	450
24	Steamed fresh prawn dumpling / Ha-gau	160	17	6.7	6.7	1.8	69	<i>Trace</i>	1.5	27	400
25	Steamed stuffed dumpling with shrimp/ Siu mai	200	9.8	11	13	3.7	75	1.2	2.1	26	560
26	Steamed minced beef ball	180	5.9	8.5	14	2.9	23	3.2	1.9	11	520
27	Steamed chicken with fish maw	140	1.9	12	9.3	2.4	34	1.6	2.2	16	640
28	Steamed curry squid	97	3.5	11	4.3	0.93	210	1.0	2.0	29	640
29	Turnip cake (steamed)	85	11	2.3	3.6	0.66	3.1	2.1	2.1	21	430
30	Mini-sized sticky rice wrapped in lotus leaf	220	31	6.4	7.3	2.4	28	1.0	2.0	26	440
31	Sticky rice wrapped in lotus leaf	210	30	7.6	6.7	1.6	16	1.2	1.8	11	420

Notes: “* *” in the table stands for “not determined”

	Food Item Description	Energy (kcal/100g)	Carbohydrate (g/100g)	Protein (g/100g)	Total fat (g/100g)	Saturated fat (g/100g)	Cholesterol (mg/100g)	Dietary fibre (g/100g)	Sugar (g/100g)	Calcium (mg/100g)	Sodium (mg/100g)
Steamed rice-roll											
32	Steamed rice-roll with barbecued pork	140	17	5.1	5.7	1.6	5.0	1.3	2.0	7.8	410
33	Steamed rice-roll with beef	100	15	2.8	3.5	0.70	2.2	<i>Trace</i>	0.48	6.3	150
34	Steamed rice-roll with shrimps	100	16	3.9	2.2	0.39	21	<i>Trace</i>	0.37	17	150
35	Steamed rice-roll with scallops	99	15	4.3	2.3	0.36	2.9	<i>Trace</i>	0.29	9.2	160
36	Steamed rice-roll with vegetarian stuffing	91	14	2.1	2.8	0.45	<i>Trace</i>	2.6	0.77	9.0	190
<u>Pan-fried and deep-fried dim sum</u>											
37	Deep-fried taro dumpling	360	26	6.0	26	5.4	33	1.5	1.5	25	440
38	Spring roll	340	22	9.1	24	4.6	33	1.9	2.2	23	480
39	Deep fried meat dumpling	330	42	4.9	16	4.2	12	1.0	8.4	25	180
40	Deep-fried plain bun	420	48	4.9	23	3.9	2.1	1.8	5.4	27	67
41	Deep fried wonton	420	31	9.7	29	4.4	45	1.2	* *	30	440
42	Pan-fried rice-roll	140	23	2.0	4.4	0.58	2.8	1.4	2.0	22	190
43	Pan-fried beancurd sheet roll	310	4.1	14	26	4.5	70	1.8	1.7	63	520
44	Turnip cake (pan-fried)	120	15	3.2	5.7	1.0	8.8	2.7	3.2	25	540
45	Sweetened water chestnut cake (pan-fried)	140	31	0.16	1.7	0.23	0.0	1.0	19	3.1	12
46	Taro cake (pan-fried)	160	20	3.2	7.4	1.3	6.7	4.1	2.3	30	460
47	Pan-fried vegetable and meat bun	260	30	6.4	13	2.8	12	3.7	5.6	32	320

Notes: “* *” in the table stands for “not determined”

	Food Item Description	Energy (kcal/100g)	Carbohydrate (g/100g)	Protein (g/100g)	Total fat (g/100g)	Saturated fat (g/100g)	Cholesterol (mg/100g)	Dietary fibre (g/100g)	Sugar (g/100g)	Calcium (mg/100g)	Sodium (mg/100g)
<u>Boiled vegetables and sauces</u>											
48	Boiled headed lettuce	24	0.60	0.87	2.0	0.30	<i>Trace</i>	1.9	1.0	24	23
49	Boiled Chinese flowering cabbage	20	1.2	1.8	0.91	0.15	0.25	2.0	0.67	91	33
50	Boiled water spinach	20	0.0	1.8	1.4	0.54	0.090	2.7	0.19	45	43
51	Oyster sauce	81	17	3.0	0.11	* *	0.0	0.0	8.0	8.9	3500
52	Fermented soybean curd sauce	120	0.0	8.5	10	1.7	0.27	3.4	0.99	23	2100
53	Soy sauce (sweetened)	42	7.9	2.5	0.0	* *	0.0	* *	5.9	23	3800
<u>Rice and noodles</u>											
54	Steamed rice with chicken and winter mushroom	150	22	5.8	4.2	1.1	8.6	1.5	1.1	9.2	270
55	Steamed rice with pork rib, chicken leg and black bean sauce	170	26	5.0	5.1	1.4	9.2	<i>Trace</i>	1.0	11	240
56	Rice vermicelli-in-soup with sliced freshwater fish (without soup)	97	15	5.1	1.8	0.40	9.2	1.0	0.16	15	200
57	Rice vermicelli-in-soup with sliced freshwater fish (with soup)	62	9.3	3.8	1.1	0.27	10	<i>Trace</i>	0.14	11	230
58	Rice-in-soup with winter melon and diced pork	80	15	3.9	0.71	0.23	6.1	<i>Trace</i>	0.23	5.7	210
<u>Dessert</u>											
59	Red bean dessert/sweet soup	94	19	3.6	0.36	* *	0.010	2.9	10	18	<i>Trace</i>
60	Mung bean dessert/sweet soup	74	15	2.5	0.32	* *	<i>Trace</i>	1.6	9.2	12	<i>Trace</i>
61	Sweet potato dessert/sweet soup	65	16	0.39	0.16	* *	0.0	1.5	5.7	12	16
62	Mixed bean dessert/sweet soup (Ja-ja dessert)	96	17	3.6	1.7	0.84	0.16	3.4	7.9	23	7.6

Notes: “* *” in the table stands for “not determined”

	Food Item Description	Energy (kcal/100g)	Carbohydrate (g/100g)	Protein (g/100g)	Total fat (g/100g)	Saturated fat (g/100g)	Cholesterol (mg/100g)	Dietary fibre (g/100g)	Sugar (g/100g)	Calcium (mg/100g)	Sodium (mg/100g)
63	Soybean curd dessert	53	8.0	2.2	1.3	0.15	0.010	<i>Trace</i>	6.7	86	<i>Trace</i>
64	Mango pudding	92	16	2.2	2.2	1.4	8.9	1.2	13	40	29
65	Egg tart (small)	320	35	5.2	18	6.8	99	1.0	19	32	68
66	Sesame dessert/sweet soup	97	13	1.6	4.2	0.50	4.7	1.7	9.4	74	<i>Trace</i>
67	Mango sago dessert with pomelo	77	14	0.40	2.1	1.8	0.52	<i>Trace</i>	11	13	11
68	Coconut milk yellow bean pudding	130	18	3.9	4.8	3.8	0.82	1.5	14	19	16
69	Steamed sago dumpling with red bean paste	210	41	1.8	4.7	0.74	3.6	2.4	18	15	<i>Trace</i>
70	Steamed sago dumpling with lotus seed paste	240	39	2.1	8.0	1.4	2.4	2.4	15	15	7.0
Others											
71	Salted meat rice dumpling	180	25	5.7	6.7	2.0	35	1.7	0.34	12	260
72	"Gan-shui" rice dumpling	160	33	2.6	1.4	0.35	0.0	<i>Trace</i>	2.4	3.7	23
73	Marinated jelly fish	78	0.60	4.5	6.4	0.94	11	1.6	1.2	3.1	780
74	Baked barbecued pork puff	440	31	8.9	31	10	62	1.3	5.7	15	250
75	Puff pastries filled with shredded turnip	280	24	3.2	19	3.7	7.2	1.6	4.5	20	320

Notes: “* *” in the table stands for “not determined”

Nutrient contents of Chinese dim sum (per serving/unit)

Annex VI

	Food Item Description	Energy (kcal/unit)	Carbohydrate (g/unit)	% Energy from carbohydrate	Protein (g/unit)	% Energy from protein	Total fat (g/unit)	% Energy from total fat	Saturated fat (g/unit)	% Energy from saturated fat	Cholesterol (mg/unit)	Dietary fibre (g/unit)	Sugar (g/unit)	Calcium (mg/unit)	Sodium (mg/unit)
<u>Steamed bun</u>															
1	Steamed egg custard bun/Sweet milky bun, 1 piece	120	21	70%	2.0	6.8%	3.0	23%	1.6	12%	12	0.89	13	24	47
2	Steamed barbecued pork bun, 1 piece	130	21	64%	3.7	11%	3.7	25%	0.90	6.2%	8.5	0.80	7.0	9.0	150
3	Steamed lotus seed paste and egg yolk bun, 1 piece	170	29	69%	2.9	6.9%	4.5	24%	0.99	5.4%	26	1.5	12	18	36
4	Steamed chicken bun, 1 piece	120	18	63%	3.9	13%	3.1	24%	0.83	6.5%	13	1.1	5.7	14	160
5	Steamed glutinous rice roll, 1 piece	260	45	70%	5.0	7.7%	6.3	22%	1.4	4.8%	3.0	1.7	5.7	25	360
6	"Mai-lai" cake, 1 piece	350	56	64%	8.6	10%	10	26%	2.9	7.5%	71	3.3	21	60	280
7	Steamed vegetable and meat bun, 1 piece	180	27	59%	4.7	10%	6.2	31%	1.7	8.5%	8.7	2.0	6.3	17	220
8	Steamed bun with assorted stuffing/big bun, 1 piece	520	68	52%	18	14%	19	33%	5.2	8.9%	80	7.0	22	68	700
<u>Steamed salty dim sum</u>															
9	Steamed dumpling, Chiu Chow-style, 1 piece	89	12	56%	1.9	8.5%	3.5	35%	0.68	6.9%	3.8	0.98	1.2	18	220
10	Steamed pork ribs with black bean sauce, 1 plate	250	6.3	10%	16	26%	17	63%	5.0	18%	43	Trace	2.7	48	660
11	Steamed chicken feet with black bean sauce, 1 plate	190	3.7	7.7%	15	31%	13	61%	2.0	9.4%	61	1.2	3.3	66	620
12	Steamed fish head with black bean sauce, 1 plate	180	3.3	7.5%	11	25%	13	68%	2.7	14%	120	0.77	3.0	200	640
13	Steamed pork dumpling, Shanghai-style, 1 piece	84	5.9	28%	3.3	16%	5.2	56%	1.3	14%	10	0.37	0.59	4.8	140
14	Soup dumpling, 1 piece	130	8.9	29%	12	38%	4.6	33%	1.2	8.6%	32	4.1	1.9	37	940

Notes: “* *” in the table stands for “not determined”

	Food Item Description	Energy (kcal/unit)	Carbohydrate (g/unit)	% Energy from carbohydrate	Protein (g/unit)	% Energy from protein	Total fat (g/unit)	% Energy from total fat	Saturated fat (g/unit)	% Energy from saturated fat	Cholesterol (mg/unit)	Dietary fibre (g/unit)	Sugar (g/unit)	Calcium (mg/unit)	Sodium (mg/unit)
Steamed salty dim sum (continued)															
15	Steamed pork dumpling with crab meat, Shanghai-style, 1 piece	81	5.7	28%	3.1	16%	5.0	56%	1.3	14%	12	0.43	0.68	7.2	140
16	Steamed vegetarian dumpling, 1 piece	46	7.6	66%	0.6	5.3%	1.5	29%	0.26	5.1%	0.0	1.5	0.99	4.7	150
17	Steamed beef omasum with ginger and spring onion, 1 plate	150	2.5	6.5%	20	52%	6.9	41%	1.1	6.8%	170	3.3	3.3	59	890
18	Braised ox tripe with zhuhou sauce, 1 plate	210	7.1	14%	22	42%	10	44%	2.3	10%	180	4.3	6.0	34	920
19	Steamed squid with garlic, 1 plate	150	4.3	11%	19	51%	6.4	38%	1.3	7.9%	360	1.8	2.5	32	830
20	Steamed rice flour roll with shredded chicken, 1 piece	100	8.0	32%	3.9	16%	5.8	52%	1.4	13%	7.5	1.5	1.2	10	270
21	Steamed beancurd sheet roll, 1 piece	140	1.9	5.2%	6.2	17%	12	78%	2.4	15%	17	1.1	1.0	21	250
22	Steamed beancurd sheet roll with duck feet, 1 piece	160	7.5	19%	7.4	19%	11	63%	2.1	12%	27	1.3	1.6	28	310
23	Steamed beancurd sheet roll with chicken, 1 piece	150	2.9	8.0%	10	28%	10	64%	2.1	13%	32	1.3	1.9	17	390
24	Steamed fresh prawn dumpling / Ha-gau, 1 piece	48	5.3	44%	2.1	17%	2.1	39%	0.56	10%	21	Trace	0.47	8.4	120
25	Steamed stuffed dumpling with shrimp/ Siu mai, 1 piece	58	2.8	20%	3.2	22%	3.8	58%	1.1	17%	22	0.35	0.61	7.5	160
26	Steamed minced beef ball, 1 piece	90	2.9	13%	4.2	19%	6.9	69%	1.4	14%	11	1.6	0.93	5.4	250
27	Steamed chicken with fish maw, 1 plate	210	2.9	5.5%	18	34%	14	60%	3.7	16%	52	2.4	3.3	24	970
28	Steamed curry squid, 1 plate	190	6.9	14%	22	46%	8.5	40%	1.8	8.7%	420	2.0	4.0	57	1300
29	Turnip cake (steamed) , 1 piece	170	22	51%	4.6	11%	7.2	38%	1.3	7.0%	6.2	4.2	4.2	42	860

Notes: “* *” in the table stands for “not determined”

	Food Item Description	Energy (kcal/unit)	Carbohydrate rate (g/unit)	% Energy from carbohydrate rate	Protein (g/unit)	% Energy from protein	Total fat (g/unit)	% Energy from total fat	Saturated fat (g/unit)	% Energy from saturated fat	Cholesterol (mg/unit)	Dietary fibre (g/unit)	Sugar (g/unit)	Calcium (mg/unit)	Sodium (mg/unit)
<u>Steamed salty dim sum (continued)</u>															
30	Mini-sized sticky rice wrapped in lotus leaf, 1 piece	210	30	58%	6.1	12%	7.0	31%	2.3	10%	27	0.96	1.9	25	420
31	Sticky rice wrapped in lotus leaf, 1 piece	710	100	57%	26	14%	23	29%	5.4	6.9%	54	4.1	6.1	37	1400
<u>Steamed rice-roll</u>															
32	Steamed rice-roll with barbecued pork, 1 plate	100	13	48%	3.8	15%	4.3	37%	1.2	10%	3.8	0.98	1.5	5.9	310
33	Steamed rice-roll with beef, 1 plate	83	12	59%	2.2	11%	2.8	30%	0.56	6.1%	1.8	Trace	0.38	5.0	120
34	Steamed rice-roll with shrimps, 1 plate	75	12	65%	2.9	15%	1.6	20%	0.29	3.5%	16	Trace	0.27	13	110
35	Steamed rice-roll with scallops, 1 plate	69	11	62%	3.0	17%	1.6	21%	0.25	3.3%	2.0	Trace	0.20	6.4	110
36	Steamed rice-roll with vegetarian stuffing, 1 plate	69	11	63%	1.6	9.2%	2.1	28%	0.34	4.4%	Trace	2.0	0.59	6.8	140
<u>Pan-fried and deep-fried dim sum</u>															
37	Deep-fried taro dumpling, 1 piece	170	12	28%	2.8	6.7%	12	65%	2.5	14%	16	0.71	0.71	12	210
38	Spring roll, 1 piece	150	9.7	26%	4.0	11%	11	63%	2.0	12%	15	0.84	0.97	10	210
39	Deep fried meat dumpling, 1 piece	160	21	51%	2.4	5.9%	7.8	43%	2.0	11%	5.9	0.49	4.1	12	88
40	Deep-fried plain bun, 1 piece	280	32	46%	3.2	4.7%	15	49%	2.6	8.4%	1.4	1.2	3.6	18	44
41	Deep fried wonton, 1 piece	97	7.1	29%	2.2	9.2%	6.7	62%	1.0	9.4%	10	0.28	* *	6.9	100

Notes: “* *” in the table stands for “not determined”

	Food Item Description	Energy (kcal/unit)	Carbohydrate (g/unit)	% Energy from carbohydrate	Protein (g/unit)	% Energy from protein	Total fat (g/unit)	% Energy from total fat	Saturated fat (g/unit)	% Energy from saturated fat	Cholesterol (mg/unit)	Dietary fibre (g/unit)	Sugar (g/unit)	Calcium (mg/unit)	Sodium (mg/unit)
<u>Pan-fried and deep-fried dim sum (continued)</u>															
42	Pan-fried rice-roll, 1 plate	440	73	66%	6.4	5.8%	14	29%	1.9	3.8%	9.0	4.5	6.4	71	610
43	Pan-fried beancurd sheet roll, 1 piece	130	1.7	5.4%	5.7	18%	11	76%	1.9	13%	29	0.74	0.70	26	210
44	Turnip cake (pan-fried) , 1 piece	100	12	49%	2.6	10%	4.6	41%	0.80	7.2%	7.0	2.2	2.6	20	430
45	Sweetened water chestnut cake (pan-fried) , 1 piece	110	24	89%	0.12	0.5%	1.3	11%	0.18	1.5%	0.0	0.78	15	2.4	9.4
46	Taro cake (pan-fried) , 1 piece	120	15	50%	2.5	8.1%	5.7	42%	1.0	7.4%	5.2	3.2	1.8	23	350
47	Pan-fried vegetable and meat bun, 1 piece	150	18	46%	3.7	10%	7.5	44%	1.6	10%	7.0	2.2	3.3	19	190
<u>Boiled vegetables and sauces</u>															
48	Boiled headed lettuce, 1 plate	67	1.7	10%	2.4	15%	5.6	75%	0.8	11%	Trace	5.3	2.8	67	65
49	Boiled headed lettuce with oyster sauce, 1 plate	74	3.1	17%	2.7	15%	5.6	69%	0.8	10%	Trace	5.3	3.5	68	360
50	Boiled headed lettuce with soy sauce, 1 plate	70	2.3	13%	2.6	15%	5.6	72%	0.8	11%	Trace	5.3	3.3	69	360
51	Boiled Chinese flowering cabbage, 1 plate	52	3.1	24%	4.6	36%	2.4	41%	0.39	6.7%	0.65	5.2	1.7	230	85
52	Boiled Chinese flowering cabbage with oyster sauce, 1 plate	60	4.8	32%	5.0	33%	2.4	35%	0.39	5.8%	0.65	5.2	2.5	240	440
53	Boiled Chinese flowering cabbage with soy sauce, 1 plate	56	3.9	28%	4.9	35%	2.4	38%	0.39	6.2%	0.65	5.2	2.3	240	470
54	Boiled water spinach, 1 plate	58	0.0	0.0%	5.3	36%	4.1	64%	1.6	25%	0.26	7.9	0.55	130	130
55	Boiled water spinach with fermented soybean curd sauce, 1 plate	83	0.0	0.0%	7.0	34%	6.1	66%	1.9	21%	0.32	8.6	0.75	140	550

Notes: “* *” in the table stands for “not determined”

	Food Item Description	Energy (kcal/unit)	Carbohydrate (g/unit)	% Energy from carbohydrate	Protein (g/unit)	% Energy from protein	Total fat (g/unit)	% Energy from total fat	Saturated fat (g/unit)	% Energy from saturated fat	Cholesterol (mg/unit)	Dietary fibre (g/unit)	Sugar (g/unit)	Calcium (mg/unit)	Sodium (mg/unit)
<u>Rice and noodles</u>															
56	Steamed rice with chicken and winter mushroom, 1 bowl	650	96	59%	25	15%	18	25%	4.5	6.3%	37	6.6	4.5	40	1100
57	Steamed rice with pork rib, chicken leg and black bean sauce, 1 bowl	810	120	61%	24	12%	25	27%	6.8	7.6%	45	Trace	5.0	55	1200
58	Rice vermicelli-in-soup with sliced freshwater fish (without soup), 1 bowl	490	76	62%	26	21%	9.2	17%	2.0	3.7%	47	1.0	0.81	76	1000
59	Rice vermicelli-in soup with sliced freshwater fish (with soup)1 bowl	420	62	60%	25	24%	7.3	16%	1.8	3.9%	67	Trace	0.93	73	1500
60	Rice-in-soup with winter melon and diced pork, 1 bowl	580	100	73%	28	20%	5.1	8.0%	1.7	2.6%	44	Trace	1.7	41	1500
<u>Dessert</u>															
61	Red bean dessert/sweet soup, 1 bowl	230	46	81%	8.6	15%	0.86	3.4%	**	**	0.020	2.9	24	43	Trace
62	Mung bean dessert/sweet soup, 1 bowl	260	54	83%	8.7	13%	1.1	3.9%	**	**	Trace	5.6	32	42	Trace
63	Sweet potato dessert/sweet soup, 1 bowl	200	49	95%	1.2	2.4%	0.50	2.2%	**	**	0.0	4.7	18	38	50
64	Mixed bean dessert/sweet soup (Ja-ja dessert) , 1 bowl	320	55	69%	12	15%	5.6	16%	2.8	7.9%	0.53	11	26	76	25
65	Soybean curd dessert, 1 bowl	160	24	61%	6.6	17%	3.9	22%	0.45	2.6%	0.03	Trace	20	260	Trace
66	Mango pudding, 1 serving	170	29	69%	4.0	10%	4.0	22%	2.6	14%	16	2.2	24	73	53
67	Egg tart (small) , 1 piece	84	9.1	43%	1.4	6.4%	4.7	50%	1.8	19%	26	0.26	4.9	8.3	18
68	Sesame dessert/sweet soup, 1 bowl	280	38	55%	4.6	6.6%	12	39%	1.5	4.6%	14	4.9	27	210	Trace
69	Mango sago dessert with pomelo, 1 bowl	200	37	73%	1.0	2.1%	5.4	25%	4.7	21%	1.4	Trace	28	34	28
70	Coconut milk yellow bean pudding, 1 piece	110	15	54%	3.3	12%	4.1	34%	3.2	27%	0.70	1.3	12	16	14

Notes: “* *” in the table stands for “not determined”

	Food Item Description	Energy (kcal/unit)	Carbohydrate (g/unit)	% Energy from carbohydrate	Protein (g/unit)	% Energy from protein	Total fat (g/unit)	% Energy from total fat	Saturated fat (g/unit)	% Energy from saturated fat	Cholesterol (mg/unit)	Dietary fibre (g/unit)	Sugar (g/unit)	Calcium (mg/unit)	Sodium (mg/unit)
Dessert (continued)															
71	Steamed sago dumpling with red bean paste, 1 piece	83	16	77%	0.70	3.4%	1.8	20%	0.29	3.1%	1.4	0.94	7.0	5.9	Trace
72	Steamed sago dumpling with lotus seed paste, 1 piece	87	14	66%	0.78	3.6%	3.0	31%	0.52	5.4%	0.89	0.89	5.6	5.6	2.6
Others															
73	Salted meat rice dumpling, 1 piece	470	64	55%	14	12%	17	33%	5.1	10%	89	4.3	0.86	30	660
74	"Gan-shui" rice dumpling, 1 piece	380	81	85%	6.3	6.7%	3.4	8.1%	0.85	2.0%	0.0	Trace	5.9	9.0	56
75	Marinated jelly fish, 1 plate	230	1.7	3.1%	13	23%	18	74%	2.7	11%	32	4.6	3.5	8.9	2200
76	Baked barbecued pork puff, 1 piece	190	14	28%	3.9	8.1%	14	64%	4.4	21%	27	0.57	2.5	6.6	110
77	Puff pastries filled with shredded turnip, 1 piece	200	17	35%	2.3	4.5%	13	61%	2.6	12%	5.1	1.1	3.2	14	230

Notes: “* *” in the table stands for “not determined”

Nutrient contents of three Chinese dim sum menus (total)

Annex VII

	Energy (kcal)	CHO, Available (g)	% Energy from CHO (%)	Protein (g)	% Energy from protein (%)	Total fat (g)	% Energy from total fat (%)	Sat. fat (g)	% Energy from sat. fat (%)	Chol. (mg)	Dietary Fibre (g)	Sugar (g)	Ca (mg)	Na (mg)
<u>Chinese dim sum menu for 2 people</u> Steamed lotus seed paste and egg yolk bun, 3 piece Steamed rice-roll with beef, 3 rolls Steamed vegetarian dumpling, 3 pieces Steamed pork dumpling, Shanghai-style, 3 pieces Boiled Chinese flowering cabbage, 1 plate	1200	170	56	32	11	44	33	9.8	7.4	120	15	42	330	1400
<u>Chinese dim sum menu for 4 people</u> Steamed glutinous rice roll, 2 pieces Steamed barbecued pork bun, 3 pieces Steamed rice-roll with shrimp, 3 rolls Boiled water spinach, 1 plate Boiled headed lettuce, 1 plate Steamed stuffed dumpling with shrimp / Siu Mai, 4 piece Sesame dessert/sweet soup, 2 bowls	2000	280	55	61	12	74	33	15	6.8	190	30	92	940	2300
<u>Chinese dim sum menu for 6 people</u> Steamed chicken bun, 3 pieces Steamed egg custard bun / sweet milky bun, 3 piece Steamed rice-roll with barbecued pork, 3 rolls Rice vermicelli-in-soup with sliced freshwater fish (without soup), 1 bowl Boiled Chinese flowering cabbage, 1 plate Boiled water spinach, 1 plate Boiled headed lettuce, 1 plate Steamed fresh prawn dumpling / Ha-gau, 4 pieces Steamed stuffed dumpling with shrimp/ Siu mai, 4 pieces Deep-fried meat dumpling, 3 pieces Mixed bean dessert/sweet soup (Ja-ja dessert), 2 bowl Soybean curd dessert, 1 bowls	3400	460	55	130	15	110	30	34	9.1	330	54	160	1200	4300

Nutrient contents of three Chinese dim sum menus (per person)

	Energy (kcal)	CHO, Available (g)	% Energy from CHO (%)	Protein (g)	% Energy from protein (%)	Total fat (g)	% Energy from total fat (%)	Sat. fat (g)	% Energy from sat. fat (%)	Chol. (mg)	Dietary Fibre (g)	Sugar (g)	Ca (mg)	Na (mg)
<u>Chinese dim sum menu for 2 people</u>														
Steamed lotus seed paste and egg yolk bun, 3 piece Steamed rice-roll with beef, 3 rolls Steamed vegetarian dumpling, 3 pieces Steamed pork dumpling, Shanghai-style, 3 pieces Boiled Chinese flowering cabbage, 1 plate	590	83	56	16	11	22	33	4.9	7.4	58	7.6	21	170	720
<u>Chinese dim sum menu for 4 people</u>														
Steamed glutinous rice roll, 2 pieces Steamed barbecued pork bun, 3 pieces Steamed rice-roll with shrimp, 3 rolls Boiled water spinach, 1 plate Boiled headed lettuce, 1 plate Steamed stuffed dumpling with shrimp / Siu Mai, 4 piece Sesame dessert/sweet soup, 2 bowls	500	70	55	15	12	19	33	3.9	6.8	48	7.5	23	230	590
<u>Chinese dim sum menu for 6 people</u>														
Steamed chicken bun, 3 pieces Steamed egg custard bun / sweet milky bun, 3 piece Steamed rice-roll with barbecued pork, 3 rolls Rice vermicelli-in-soup with sliced freshwater fish (without soup), 1 bowl Boiled Chinese flowering cabbage, 1 plate Boiled water spinach, 1 plate Boiled headed lettuce, 1 plate Steamed fresh prawn dumpling / Ha-gau, 4 pieces Steamed stuffed dumpling with shrimp/ Siu mai, 4 pieces Deep-fried meat dumpling, 3 pieces Mixed bean dessert/sweet soup (Ja-ja dessert), 2 bowl Soybean curd dessert, 1 bowls	570	77	55	21	15	19	30	5.7	9.1	54	8.9	26	190	710

Nutrient contents of three Chinese dim sum menus in Hong Kong (per person, evaluated according to the criteria in Annex VIII)

	Carbohydrate	Protein	Total fat	Saturated fat	Cholesterol	Dietary Fibre	Calcium	Sodium
<u>Chinese dim sum menu for 2 people</u> Steamed lotus seed paste and egg yolk bun, 3 piece Steamed rice-roll with beef, 3 rolls Steamed vegetarian dumpling, 3 pieces Steamed pork dumpling, Shanghai-style, 3 pieces Boiled Chinese flowering cabbage, 1 plate	○	○	○	▼▼	▼	▼	▼▼	▲
<u>Chinese dim sum menu for 4 people</u> Steamed glutinous rice roll, 2 pieces Steamed barbecued pork bun, 3 pieces Steamed rice-roll with shrimp, 3 rolls Boiled water spinach, 1 plate Boiled headed lettuce, 1 plate Steamed stuffed dumpling with shrimp / Siu Mai, 4 piece Sesame dessert/sweet soup, 2 bowls	○	○	○	▼▼	▼▼	○	▼▼	▼
<u>Chinese dim sum menu for 6 people</u> Steamed chicken bun, 3 pieces Steamed egg custard bun / sweet milky bun, 3 piece Steamed rice-roll with barbecued pork, 3 rolls Rice vermicelli-in-soup with sliced freshwater fish (without soup), 1 bowl Boiled Chinese flowering cabbage, 1 plate Boiled water spinach, 1 plate Boiled headed lettuce, 1 plate Steamed fresh prawn dumpling / Ha-gau, 4 pieces Steamed stuffed dumpling with shrimp/ Siu mai, 4 pieces Deep-fried meat dumpling, 3 pieces Mixed bean dessert/sweet soup (Ja-ja dessert), 2 bowl Soybean curd dessert, 1 bowls	○	○	○	○	▼▼	○	▼▼	○

Note: ▲▲ High ▲ On the high side ○ Appropriate

▼ On the low side ▼▼ Low

Criteria for evaluation of nutrient values of Chinese dim sum sets

I Range of nutrient intakes for evaluating Chinese dim sum meals

	Population nutrient intake goal per day*	Ranges of nutrient intake for evaluation	
Carbohydrate	55% - 57% of the energy	Same	
Protein	10% - 15% of the energy intake	Same	
Fat, total	15% - 30% of the energy intake	27% - 33% of the energy intake	
Saturated fat	<10% of the energy intake	9.0-11% of the energy intake	
Cholesterol	<300mg	90mg - 110mg	90% to 110% of the 1/3 of WHO recommendation (upper side)
Dietary fibre	25g	7.5g - 9.2g	
Calcium**	1000mg	300mg - 367mg	
Sodium	<2g	600mg – 733mg	

* Except calcium, the population nutrient intake goals of all nutrients were based on the recommendations of the WHO in the report entitled “Diet, nutrition and the prevention of chronic diseases”.

** No population nutrient intake goal for calcium was established, the theoretical calcium allowances for adult (19 to 65 years for males and 19 years to menopause for female) proposed in the report of a joint consultation FAO/WHO expert consultation on the human vitamin and mineral requirements was applied.

II The five-level system used for describing the relative amount of nutrients

▲▲	High	>20% more of the upper limit of the “Appropriate” range
▲	On the high side	<20% more of the upper limit of the “Appropriate” range
○	Appropriate	Between the reference range
▼	On the low side	<20% less of the lower limit of the “Appropriate” range
▼▼	Low	>20% less of the lower limit of the “Appropriate” range