

## Wise Choice of Vegetables

Dear Parents,

How are you? It's me, EatSmart Doggie again. The theme for healthy diet this year is "Eating More Vegetables". We all know that vegetables are rich in a variety of healthful nutrients such as vitamins, minerals and dietary fibres. In light of this, the Department of Health encourages us to eat more vegetables by recommending adults to eat at least 3 servings of vegetables per day while young children aged 2 to 6 to eat at least 1.5 servings. How much is contained in 1 serving of vegetable? Actually, it is equivalent to half bowl of cooked vegetables or a bowl of uncooked salad.

Nevertheless, not all vegetables are healthful because some of them have been added with a large amount of salt, oil, sugar or even additives when being processed. Eating a lot of such is harmful to the health of children, so parents should make wise choices while choosing vegetables:

### Choose

- ✓ Fresh and seasonal vegetables
- ✓ Frozen vegetables without additives, salt and sugar (e.g. corn kernels and assorted beans)
- ✓ Dried vegetables without oil, salt and sugar

### Avoid

- ✗ Canned vegetables containing high content of salt, oil or sugar
- ✗ Preserved vegetables (e.g. Dry fermented mustard green, fermented cabbage and garlic and pickled cucumber)
- ✗ Vegetables added with oil, salt and sugar (e.g. seaweed sheets added with salt, and dried tomatoes added with sugar)

In addition to picking out healthful vegetables, parents should also try their best to cook with healthy and low-fat methods, such as steaming, blanching, boiling, stewing and sautéing, but avoid deep frying. While cooking, parents should pay attention to the amount of seasoning used, and particularly use "less salt" by making reference to the following healthful cooking methods:

- Use more natural and fresh spices (e.g. spring onions, garlics, gingers and corianders);
- Make your own sauce with fresh vegetables and fruit, such as fresh tomato sauce, spinach sauce or pumpkin sauce;
- Avoid using high-sodium seasoning and ready-made sauces such as fermented bean curd, teriyaki sauce and ketchup; and
- Reduce the amount of salt used during seasoning or cooking.

Balanced diet and regular physical activities lay foundations for health. It is vital to eat sufficient vegetables every day. From now on, parents should lead their children by example to eat more vegetables as well as to provide them with sufficient and different vegetables so as to foster their fondness and habit of eating vegetables.

Best regards,  
EatSmart Doggie



Circle

the

Objects



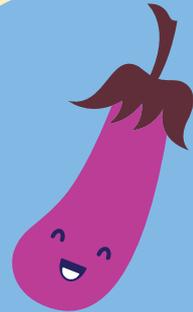
Kids, please circle the healthy vegetables.



Dry fermented  
mustard green



Broccoli



Eggplant



Corn



Tomato



Fermented cabbage  
and garlic



Carrot



Pickled  
cucumber



Onion

