



Festive Menu (Chinese New Year)



- ◇ There is a wide variety of festive foods for Chinese New Year, of which the traditional ones like Chinese New Year pudding, sweets and deep-fried snacks are usually high in fat and sugar. Young children eating too much of them may absorb excessive amount of energy, hence a higher risk of obesity. Therefore, we should not get over excited in the festival but continue to maintain young children's health by following balanced diet and adhering to the "3 Low 1 High" (i.e. low salt, low fat, low sugar and high dietary fibre) healthy eating principles.
- ◇ It is healthy and delectable to celebrate Chinese New Year with the special snack "**Osmanthus Jelly with Wolfberries**" because its energy and sugar content is lower than other traditional snacks like Chinese New Year pudding and water chestnut pudding.
- ◇ Wanna spend a happy time while eating healthily during the festive Chinese New Year? Let us make reference to the following EatSmart healthy tips:

	Puddings	Sweets	Deep-Fried Foods
	<ul style="list-style-type: none"> • Implying "making advancement step by step", puddings like Chinese New Year pudding, radish pudding, taro pudding, and water chestnut pudding are auspicious foods in Chinese New Year. Each piece of pudding is small, so people may eat too much unconsciously • The energy of a piece of pudding is roughly equal to a half bowl of rice. Eating too much of pudding will easily lead to excessive intake of energy, hence an increased risk of obesity • Festive puddings should only be consumed in a small quantity, but not in replacement of proper meals 	<ul style="list-style-type: none"> • A traditional Chinese candy box usually contains festive sweets high in energy and sugar, such as candied lotus seeds, candied winter melons, chocolates, and candies • Since sweets are small in size, many people tend to over consume unconsciously, thereby resulting in excessive intake of energy and fat, as well as higher risk of teeth decay among young children 	<ul style="list-style-type: none"> • Yau gok, sesame cookie, jian dui are crispy and delectable. Young children may not easily resist the temptation to eat one after another. Consider that deep-fried food contains quite a high content of energy and fat, young children should not be allowed to eat too much • Excessive intake of fat will raise the level of bad cholesterol in the blood and increase the risk of cardiovascular diseases, hence bad for young children's health
	<ul style="list-style-type: none"> • Opt for osmanthus jelly as it's lower in energy and fat, and reduce the amount of sugar used • Recommend to make traditional puddings on your own with lean meat, dried shrimps and shiitake mushrooms to substitute the unhealthy preserved Chinese sausages and preserved pork as found in radish pudding and taro pudding • When cooking puddings, steam instead of pan-fry, and reheat with non-stick pan to reduce the amount of oil used 	<ul style="list-style-type: none"> • Substitute sweets with healthier foods like plain nuts, dried fruit with no added oil, salt and sugar, as well as seeds • Recommend to buy individually packed foods, so as to help control food consumption 	<ul style="list-style-type: none"> • As fresh fruit is rich in dietary fibre, vitamins, minerals and water, substituting deep-fried food with them on a daily basis can promote young children's health

Osmanthus Jelly with Wolfberries



- ◇ Substituting higher energy and sugar content traditional Chinese New Year pudding and water chestnut pudding with "Osmanthus Jelly with Wolfberries" is not only auspicious, but also delicious and healthier
- ◇ Young children can be invited to prepare the jelly together with parents for increasing interest in a variety of foods and developing healthy eating habits from early ages



Example of Festive Menu (Chinese New Year)



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oat bun + Low-fat milk	Pumpkin peanuts congee	Wolfberry oatmeal in low-fat milk	Soba noodle soup with fresh tomato and egg	Low-fat cheese sandwich
Morning Snack	Red grapes	Orange	Apple	Tangerine	Strawberries
Lunch	Minced pork and eggplant + Choy sum in broth	Steamed egg with whitebait + Stir-fried garlic with Chinese long beans	Stir-fried zucchini with chicken filets + blanched seasonal vegetables	Stewed tofu with assorted mushrooms and fresh tofu skin + Stir-fried celery	Braised fish filets with multi-coloured peppers + Stir-fried pak choi
Afternoon Tea	Spinach and dace congee	Steamed bun + Low-sugar soymilk with added calcium	Boiled corns	Steamed twisted roll + Low-fat milk	Osmanthus Jelly with Wolfberries

Osmanthus Jelly with Wolfberries (Approx. 6 servings)

Ingredients:

Gelatin	~2 tablespoons	<u>Seasoning:</u>	
Osmanthus	1 tablespoon	Sugar	20g
Wolfberries	1 tablespoon		
Water	200 ml (boiling water) + 200 ml (boiling water for soaking osmanthus) + 3 tablespoons (cold water)		

Nutritional Features:

- ✧ The jelly's energy content is lower than other sweet puddings, i.e. Chinese New Year pudding and water chestnut pudding. It is because the main ingredient of the jelly is water while that of Chinese New Year pudding is sticky rice powder and that of water chestnut pudding is water chestnut powder
- ✧ Osmanthus jelly selling at the market usually contains more sugar. It is recommended to reduce the amount of sugar used by adding less than 5 g of sugar for every 100 ml of water

Cooking Method:

1. Wash the osmanthus. Soak it with boiling water until soften.
2. Soak the osmanthus with 200 ml boiling water. Set aside.
3. Blend the sugar with gelatin in a bowl. Add 3 tablespoons of cold water to the bowl for blending. Add 200 ml boiling water. Stir slowly until the mixture is completely dissolved and becomes syrup-like.
4. Add the osmanthus and wolfberries.
5. Pour the well-blended osmanthus jelly syrup to a container. Once cool down, refrigerate it until it turns into jelly (around 2 hours).