

Cooking demonstrations by star chefs at Food Expo's Less Salt Less Sugar Theme Day (with photo)

Healthy diets with reduced salt and sugar represent a trendy culinary culture. Members of the public visiting the Food Expo on August 16 (Friday) can also learn low-salt-low-sugar cooking skills by watching the demonstrations of renowned Japanese and local chefs.

Under the theme of "Low-salt-low-sugar Beyond Your Imagination", the Less Salt Less Sugar Theme Day Star Chef Cooking Demonstration is jointly organised by the Food and Health Bureau (FHB), the Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department, the Committee on Reduction of Salt and Sugar in Food and the Hong Kong Trade Development Council. A selected day of the Food Expo is dedicated to less-salt-less-sugar cooking demonstrations with a view to encouraging the public to cultivate healthy eating habits.

As the co-organiser of the event, the Ministry of Agriculture, Forestry and Fisheries of Japan has arranged for renowned Japanese Chef Takashi Tamura to fly to Hong Kong to perform a healthy Japanese cooking demonstration in person. Moreover, local star chefs Ming Leung, Jacky Chung and Lai Wai-hung will showcase their cooking skills at the Food Expo's Gourmet Zone Star Kitchen to promote healthy and tasteful culinary diets.

Details of the cooking demonstrations are as follows:

Session 1:

Time: 11.15am to 12.15pm

Chef: Takashi Tamura

Session 2:

Time: 2.30pm to 3.15pm

Chef: Ming Leung

Session 3:

Time: 4pm to 4.45pm

Chef: Jacky Chung

Session 4:

Time: 5.30pm to 6.15pm

Chef: Lai Wai-hung

Natural tastes of food can be brought out in the course of cooking through smartly used and well-matched ingredients, combined with warm thoughts, ideas and a passion for food by the chef. Excessive salt and sugar to stimulate the taste buds will subdue the original flavor of the food.

Salt and sugar intake shares a close relationship with health. An excessive intake of salt in food may increase the risk of hypertension, stroke and heart disease, while an excessive intake of sugar may lead to obesity and dental caries. As such, the Government is committed to promoting measures to reduce the intake of salt and sugar in food.

The Government launched the Less-salt-and-sugar Restaurants Scheme early this year to encourage restaurants to offer tailor-made less-salt-and-sugar dishes to customers. Up till now, more than 300 restaurants have participated in the Scheme. In addition, more than 600 restaurants have offered less-salt-and-sugar options to customers. The list of participating restaurants can be found at the [FHB's webpage](#).

Members of the public are welcome to visit CFS' designated [Facebook page](#) or [Instagram page](#) of Hong Kong's Action on Salt and Sugar Reduction for more information on less-salt-and-sugar diets.

For information on the Food Expo and admission details, please visit the [HKTDC's webpage](#).

