

# Low-salt-low-sugar Beyond your imagination (with photos)

Renowned Japanese chef Takashi Tamura and local star chefs Ming Leung, Jacky Chung and Lai Wai-hung today (August 16) gave cooking demonstrations of delicious less-salt-and-sugar dishes to show the public how to cook tasty dishes with reduced salt and sugar by creatively using natural ingredients.

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 (CRSS) and the Hong Kong Trade Development Council, the cooking demonstrations, themed "Low-salt-low-sugar Beyond Your Imagination", aim to encourage the public to develop a healthy and trendy culinary culture.

In order to help the public to adopt less-salt-and-sugar cooking at home, the FHB, the CFS and the CRSS have rolled out the "Salt / Sugar" Label Scheme for Prepackaged Food Products. The Scheme intends to help customers identify low-salt-low-sugar products more easily and encourage the trade to supply more varieties of these products, in a bid to cultivate healthy eating habits among members of the public.

At present, the labels of "low salt", "no salt", "low sugar" or "no sugar" are displayed on nearly 200 different types of prepackaged food products available on the market. Members of the public may visit the [Scheme's webpage](#) for the products' details. A TV Announcement in the Public Interest under the theme "Low Salt, Low Sugar; Your Health, Your Choice" will be premiered on local television channels on Sunday (August 18) to promote the Scheme.

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



