

## Eat Rice Dumplings the Healthy Way

Tuen Ng Festival (Dragon Boat Festival) is just around the corner. Apart from watching dragon boat races, we also eat rice dumplings, a traditional festive food. However, most commercially available rice dumplings are high in energy and fat, excessive consumption of which may lead to obesity; that's too bad for health, isn't it? To enjoy the festive fun to the full without affecting health, you may want to look at the suggestions below:



- A salted meat rice dumpling can provide about 455 kcal (see the table below), almost the energy content of a main meal. If it is to replace a main meal, have no more than one such dumpling each time.
- A salted meat rice dumpling is usually made with pork belly and preserved pork, and is thus high in fat. A salted meat rice dumpling contains 17 grams of fat (about 3 to 4 teaspoons of oil), which is 30% of an adult's total daily fat intake. It is therefore suggested that the animal fat and preserved meat be trimmed from the dumpling before eating to cut down on fat intake.
- Some salted meat rice dumplings contains Chinese ham, yolk from salted eggs and preserved meat, all of which are high-sodium processed foods, excessive consumption of which may increase the risk of hypertension. Eat sparingly.
- Rice dumplings are made with glutinous rice, which is much more sticky than white rice. Three quarters of a bowl of glutinous rice contains an energy value that is equivalent to that of one bowl of white rice, so watch your portion.
- Although "Gan-shui" rice dumplings have a lower fat content than salted meat rice dumplings, their content of glutinous rice is quite high by comparison. Whether it is "Gan-shui" or salted meat rice dumplings, their energy value is almost the same. If a "Gan-shui" rice dumpling is to be eaten as part of a main meal, limit the amount to one again. Also, serve the "Gan-shui" rice dumpling with some lean meat to supplement a rice dumpling meal for fear of lack of protein.
- Whether it is a salted meat or a "Gan-shui" rice dumpling, such food has a low dietary fibre content. Thus a rice dumpling meal is preferably supplemented by a dish of blanched vegetables for increased dietary fibre intake and satiety.
- If you have rice dumpling for a meal, cut down on your intake of other grains and cereals such as rice or noodles for fear of over-eating and thus excess energy intake.
- Many people like to season their rice dumplings with soya sauce and granulated sugar, inevitably boosting sodium and sugar intake. Using seasoning only sparingly.

|                          | Salted meat rice dumpling (253 g) | "Gan-shui" rice dumpling (244 g) |
|--------------------------|-----------------------------------|----------------------------------|
| <b>Energy (kcal)</b>     | 455                               | 390                              |
| <b>Fat (g)</b>           | 17.0                              | 3.4                              |
| <b>Protein (g)</b>       | 14.4                              | 6.3                              |
| <b>Dietary fibre (g)</b> | 4.3                               | traces                           |

Source: Centre for Food Safety

To know more about ...

- ✧ healthy eating, please visit 'Health Zone' website at <http://www.cheu.gov.hk>
- ✧ 'Health@work.hk Project', please visit <http://www.healthatwork.gov.hk>