

Health Journal Sept 2012

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Mid Autumn Festival and Moon Cakes

The mid autumn festival, as known as the moon cake festival is a popular celebration for family gathering and feasting. When it comes to this festive period, various type of moon cakes are found, such as the traditional lotus paste with duck yolk moon cake, the recent popular custard moon cake, then also the ice moon cake. Before you start munching them all, make sure you know what you are eating!

Table 1. below is comparison between nutrition label of different brands of custard moon cake:

奶黃月餅營養標籤比拼					
		A 美心	B 鴻星	C 奇華	D 聖安娜
Price	售價(元)	155 (8個裝)	220 (8個裝)	165 (8個裝)	245 (8個裝)
Weight (g)	每個重量(克)	66.0	60.0	36.0	42.0
Energy (Kcal)	能量(千卡)	420.0	334.0	436.0	409.0
Protein (g)	蛋白質(克)	8.7	8.6	8.1	7.5
Total Fat (g)	總脂肪(克)	23.3	13.4	25.3	19.1
Saturated Fat (g)	飽和脂肪(克)	12.7	4.6	12.8	7.8
Tran Fat (g)	反式脂肪(克)	0	0	0.6	0.4
Carbohydrate (g)	總碳水化合物(克)	44.0	44.8	44.2	52.4
Sugar (g)	糖(克)	19.3	8.8	24.5	26.1
Sodium (g)	鈉(毫克)	286.7	61.0	263.9	151.0

註1：上述營養標素以每100克計算，全為法例規定須標示的營養素
註2：據食物安全中心資料，每100克含逾20克總脂肪屬高脂食物；含逾15克糖屬高糖食物；含逾600毫克鈉屬高鈉食物

Smallest in Size
Highest in:
Energy
Total Fat
Saturated Fat
Tran Fat
High in:
Sugar
Sodium

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Table 2. below is comparison between nutrition label of different brands of white lotus and double duck yolk moon cake:

	美心	鴻星	奇華	聖安娜	東海堂	榮華	
Price	每個重量(克)	185.0	—	185.0	—	185.0	184.0
Weight (g)	能量(千卡)	432.0	433.0	406.5	436.0	432.0	428.6
Energy (Kcal)	蛋白質(克)	7.4	7.0	7.6	7.7	7.4	7.0
Protein (g)	總脂肪(克)	22.5	24.5	21.2	23.9	22.5	24.0
Total Fat (g)	飽和脂肪(克)	5.0	4.8	4.5	5.2	5.0	6.1
Saturated Fat (g)	反式脂肪(克)	0	0	0	0	0	0
Tran Fat (g)	總碳水化合物(克)	50.6	45.9	46.7	49.9	50.6	46.0
Carbohydrate (g)	糖(克)	31.4	29.4	29.2	27.5	31.4	36.0
Sugar (g)	鈉(毫克)	28.1	22.0	112.1	89.0	28.1	63.0
Sodium (g)							

資料來源：上述月餅營養標籤

The white lotus and double duck yolk moon cakes and showing similar figures, being very high in fat and sugar, half of them are also very high in sodium, quite likely to be from the salted duck yolk.

Table 3. below is comparison between nutrition label of different brands of ice moon cake:

	Each unit weight (g)	Serving size (g)	Energy (Kcal)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Tran Fat (g)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Sodium (g)							
A 美心特濃朱古力石板街冰皮(迷你)	每個重量：60克	食用份量：15克 (1/4個) 100克 (1 2/3個)	熱量：46卡路里	304卡路里	蛋白質：0.6克	4克	總脂肪：1.7克	11克	飽和脂肪：0.6克	3.9克	反式脂肪：0克	0克	碳水化合物：7.2克	48克	膳食纖維：0.8克	5.3克	糖：3.6克	24克
B 美心栗子粒粒冰皮(迷你)	每個重量：60克	食用份量：15克 (1/4個) 100克 (1 2/3個)	熱量：44卡路里	290卡路里	蛋白質：0.5克	3.3克	總脂肪：1.7克	11克	飽和脂肪：0.2克	1.3克	反式脂肪：0克	0克	碳水化合物：6.6克	44克	膳食纖維：0.4克	2.6克	糖：3.3克	22克
C 大班冰皮迷你流沙芝麻豆蓉月餅	每個重量：60克	食用份量：15克 (1/4個) 100克 (1 2/3個)	熱量：57.7卡路里	383卡路里	蛋白質：0.6克	4克	總脂肪：2.6克	18克	飽和脂肪：0.5克	3.4克	反式脂肪：0克	0克	碳水化合物：7.8克	52克	糖：4.2克	28克	鈉：9.8毫克	65毫克
D 大班冰皮迷你抹茶紅豆月餅	每個重量：60克	食用份量：15克 (1/4個) 100克 (1 2/3個)	熱量：52卡路里	349卡路里	蛋白質：0.5克	3.3克	總脂肪：1.7克	15克	飽和脂肪：0.6克	3.8克	反式脂肪：0克	0克	碳水化合物：7.7克	51克	糖：4.2克	28克	鈉：11毫克	70毫克

- * Ice moon cake filling
 A) Chocolate rocky road
 B) Chestnut paste
 C) Sesame & green bean
 D) Green tea & red bean

Saturated Fat

Whipping cream, evaporated milk and butter are the common ingredient to make the custard filling, and that is why custard moon cakes are often very high in saturated fat (animal fat).



Eating a diet that is **high in saturated fat** can raise the level of cholesterol in the blood. This is because the liver makes cholesterol from the fatty food we consume. High cholesterol increases the risk of coronary heart disease such as **heart attack, stroke and narrow arteries (atherosclerosis)**.

Saturated fat is also found in pies and biscuits, fatty cuts of meat, sausages and bacon, and cheese.



Most of us eat too much saturated fat – about 20% more than the recommended maximum amount.

The average man should eat no more than **30g of saturated fat a day**.

The average woman should eat no more than **20g of saturated fat a day**.

Sugar

Added sugars contribute **zero nutrients but many added calories** that easily be stored in the body as fat, increasing the chance of **overweight/obesity**, leading to possible risk of **cardiovascular disease & diabetes**. Extra caution for those already suffering from diabetes, as other complication may arise, such as hypertension and kidney disease.



Sugars are also added to a wide range of foods, such as sweets, cakes, biscuits, chocolate, and some fizzy drinks and juice drinks. These are the sugary foods that we should cut down on.

American Heart Association (AHA) recommends limiting the amount of added sugars consumption to no more than half of the daily discretionary calories allowance.

For women, no more than **100 calories per day, or about 6 teaspoons**.

For men, no more than **150 calories per day, or about 9 teaspoons**.



Suggestion for a healthier Mid Autumn!

On a whole..moon cakes are CALORIE BOMBS and luckily they are only around for one month per year.

- For those who have cardiovascular disease or diabetes, they should only eat **1/8 of a moon cake per day**
- Share with friends & family, eat slowly and for healthy individuals, limit to perhaps **1 per week**
- Ice moon cake is a better option in comparison to traditional moon cake and custard moon cake, as ice moon cake content less fat and sugar
- Try to look for sugar-free or lower sugar option that are available with modern fillings such as frozen berries or yoghurt
- Avoid fizzy drink or sugary drink at the same time, replace with chinese tea such as Pu-erh tea or Oolong tea



All of us at the ANA wish you all a **Happy Mid Autumn Festival! 中秋節快樂!**