Philadelphia Healthy Chinese Take-out Initiative

SRCP Webinar
Amanda Wagner, MCP MGA
Philadelphia Department of Public Health
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Healthy Chinese Take-out Initiative

- **Partners:** Temple’s Center for Asian Health, Asian Community Health Coalition, Greater Philadelphia Chinese Restaurant Association

- **Why?**

- **Goal:** Decrease sodium content in Chinese take-out restaurant dishes by **10-15%**

- **Restaurant criteria:**
  - Located in high poverty zip codes
  - Located in neighborhoods with larger African American or Hispanic population
  - Take-out restaurants only
  - Chinese owners or chefs
Healthy Chinese Take-out Initiative - Key Components

1. Formative assessment of owner/chef knowledge, attitudes, and behaviors related to salt use and consumption
2. Professionally-led low sodium cooking trainings
3. Distribution of low sodium cooking materials including low sodium recipes, toolkits, and measuring spoons
4. On-site compliance checks and booster trainings
5. Customer taste tests
6. Sodium analysis of meals at baseline and up to 24 months post training
Healthy Chinese Take-out Initiative-Baseline Survey

221 owners completed baseline survey

- 87% of owners know that too much salt is harmful
- Only 38% of owners know that restaurant foods are one of the main sources of salt in our diet
- Almost 60% of owners thought that restaurants should reduce the sodium content of meals
- More than 40% of owners reported that customers ask for low salt options
Healthy Chinese Take-out Initiative Training

- 206 owners attended a low salt cooking training conducted by a professional chef
- Topics:
  - Salt in foods and impact on health
  - How to decrease salt in food preparation and cooking
  - Ingredient taste test
  - Hands-on cooking demonstration for 2 new recipes
  - Owners practice preparing and cooking new recipe
Healthy Chinese Take-out Initiative

Less Salt = Healthier Eating

Dishes with less salt are now available at Chinese Take-out restaurants. Taste them today!

Philadelphia Healthy Chinese Take-out Restaurant Initiative

Americans eat too much salt every day. High salt intake raises blood pressure, which can lead to heart attack and stroke.

The Philadelphia Healthy Chinese Take-out Initiative is improving the health of the community by working with restaurant owners to make tasty dishes with less salt. Support the Philadelphia Healthy Chinese Take-out Initiative and try a low salt option today.

For more information call 215-685-7031 or visit www.temple.edu/chh
Healthy Chinese Take-out Initiative - Low sodium strategies

Preparation and Cooking Changes

Mandatory

1. Adopt new recipes for chicken lo mein & shrimp and broccoli provided at the training.
2. Add less sauce to dishes - for example, ½ cup instead of 1 cup, 2 tbsp instead of ¼ cup, etc. Use the standardized measuring tool provided to measure ingredients when preparing sauces and cooking dishes.
3. Do not give customers soy sauce packets unless they specifically ask for them.
4. Add other flavors (e.g. chiles, ginger, scallions, garlic) instead of salt and/or sauce when preparing and cooking dishes.

Strongly Recommended

5. Use low sodium/salt soy sauce, rice wine, oyster sauce, hoisin sauce, chicken broth, canned vegetables and other ingredients in food preparation and cooking.
6. Do not use table salt when preparing and cooking dishes.
7. Use fresh produce instead of canned vegetables.
8. Use lower sodium/salt noodles instead of regular Chinese noodles.
Healthy Chinese Take-out Initiative-Recipe Revisions

Revised Recipes

Analyzing recipes is one way to determine how much sodium is in your dishes.

Shrimp and Broccoli SAUCE

Yield: 1GL/96 orders
Use 2 Tablespoons per order

1/2 cup Oil
3 Tbsp Ginger (minced)
3 Tbsp Garlic (minced)
1/2 cup Scallion (minced)
1/4 cup Chili, Thai bird (minced)
1 1/2 cup Soy sauce, light
1/4 cup Soy sauce, dark
2 cups Rice wine, Shao Xing
2 cups Rice vinegar, light
2 cups Sugar
1 qt Chicken Stock, unsalted
3 Tbsp Sesame Oil, dark
1 1/2 cups Corn Starch Slurry

Here are some sample sauce recipes where the ingredients have been altered to decrease the amount of sodium. The amount of sodium for the dish has been cut in half without drastically changing the recipe.

<table>
<thead>
<tr>
<th>BEFORE</th>
<th>AFTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil</td>
<td>1 cup</td>
</tr>
<tr>
<td>Ginger</td>
<td>5 Tbsp</td>
</tr>
<tr>
<td>Garlic</td>
<td>5 Tbsp</td>
</tr>
<tr>
<td>Scallion</td>
<td>1 cup</td>
</tr>
<tr>
<td>Chili, Thai</td>
<td>1 cup</td>
</tr>
<tr>
<td>Soy sauce, light</td>
<td>3 cups</td>
</tr>
<tr>
<td>Soy sauce, dark</td>
<td>1 1/2 cup</td>
</tr>
<tr>
<td>Rice wine</td>
<td>4 cups</td>
</tr>
<tr>
<td>Rice vinegar, light</td>
<td>4 cups</td>
</tr>
<tr>
<td>Sugar</td>
<td>3 cups</td>
</tr>
<tr>
<td>Chicken Stock</td>
<td>1.8 qt</td>
</tr>
<tr>
<td>Sesame Oil</td>
<td>6 Tbsp</td>
</tr>
<tr>
<td>Corn Starch Slurry</td>
<td>2 1/2 cups</td>
</tr>
</tbody>
</table>

2475 mg per order
1320 mg per order

Recipes
Healthy Chinese Take-out Initiative
Recipe Revisions

Chicken Lo Mein
SAUCE

Yield: 1GL/32 orders
Use 1/2 cup per order

- 3 cups Oyster sauce
- 4½ cups Soy sauce, light
- 1½ cups Soy sauce, dark
- 3 cups Rice wine, Shao Xing
- 3 cups Sugar
- ½ cup Sesame oil, dark

BEFORE

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oyster sauce</td>
<td>3 cups</td>
</tr>
<tr>
<td>Soy sauce, light</td>
<td>6½ cups</td>
</tr>
<tr>
<td>Soy sauce, dark</td>
<td>2½ cups</td>
</tr>
<tr>
<td>Rice wine, Shao Xing</td>
<td>5 cups</td>
</tr>
<tr>
<td>Sugar</td>
<td>4 cups</td>
</tr>
<tr>
<td>Sesame oil, dark</td>
<td>½ cup</td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2565 mg</td>
</tr>
<tr>
<td>per order</td>
<td></td>
</tr>
</tbody>
</table>

AFTER

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oyster sauce</td>
<td>3 cups</td>
</tr>
<tr>
<td>Soy sauce, light</td>
<td>4½ cups</td>
</tr>
<tr>
<td>Soy sauce, dark</td>
<td>1½ cup</td>
</tr>
<tr>
<td>Rice wine, Shao Xing</td>
<td>3 cups</td>
</tr>
<tr>
<td>Sugar</td>
<td>3 cups</td>
</tr>
<tr>
<td>Sesame oil, dark</td>
<td>½ cup</td>
</tr>
<tr>
<td></td>
<td></td>
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<tr>
<td></td>
<td>1611 mg</td>
</tr>
<tr>
<td>per order</td>
<td></td>
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</tbody>
</table>
Healthy Chinese Take-out Initiative-Shopping Guide

Low Sodium Product Shopping Guide

This list compares the sodium content of commonly used ingredients in Chinese take-out restaurants. Products marked by a √ or ✔️ are lower sodium options. When you shop at your local distributor, look for products that are lower in sodium. Thank you for shopping healthy!

### Cooking Wine

<table>
<thead>
<tr>
<th>English Name</th>
<th>Chinese Name</th>
<th>Size</th>
<th>Sodium Amount (mg)/Serving Size</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Golden Label Cooking Wine</td>
<td>金标经典料酒</td>
<td>0.8 gal</td>
<td>39.9mg/1 Tbsp.</td>
<td>✔️</td>
<td></td>
</tr>
<tr>
<td>High Grade Shaoxing Cooking Wine</td>
<td>高兴特级绍用料酒</td>
<td>1 gal</td>
<td>39.9mg/1 Tbsp.</td>
<td>✔️</td>
<td></td>
</tr>
<tr>
<td>Jolins Cooking Wine</td>
<td>桂林特产料酒</td>
<td>1 gal</td>
<td>90mg/1 Tbsp.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Dark Soy Sauce

<table>
<thead>
<tr>
<th>English Name</th>
<th>Chinese Name</th>
<th>Size</th>
<th>Sodium Amount (mg)/Serving Size</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Koon Chun Double Black</td>
<td>冠珍酱双头抽</td>
<td>0.468g</td>
<td>1010mg/1 Tbsp.</td>
<td>✔️</td>
<td>Use Sparingly</td>
</tr>
<tr>
<td>Pearl River Bridge Mushroom Flavored Superior</td>
<td>朱江牌草菇老抽</td>
<td>0.475g</td>
<td>1300mg/1 Tbsp.</td>
<td></td>
<td>Use Sparingly</td>
</tr>
</tbody>
</table>

### Soy Sauce

<table>
<thead>
<tr>
<th>English Name</th>
<th>Chinese Name</th>
<th>Size</th>
<th>Sodium Amount (mg)/Serving Size</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Kikkoman Less Sodium Soy Sauce</td>
<td>万字低盐酱油</td>
<td>5 gal</td>
<td>575mg/1 Tbsp.</td>
<td>✔️</td>
<td></td>
</tr>
<tr>
<td>Kikkoman Soy Sauce</td>
<td>万字酱油</td>
<td>1 gal</td>
<td>920mg/1 Tbsp.</td>
<td>✔️</td>
<td></td>
</tr>
<tr>
<td>Lee Kum Kee Supreme Soy Sauce</td>
<td>李锦记金尊酱油</td>
<td>5 gal</td>
<td>920mg/1 Tbsp.</td>
<td>✔️</td>
<td></td>
</tr>
<tr>
<td>Amoy Golden Label Soy Sauce</td>
<td>海大标酱油</td>
<td>63 fl oz</td>
<td>1380mg/1 Tbsp.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Koon Chun Thin Soy Sauce</td>
<td>冠珍酱园生抽</td>
<td>60 fl oz</td>
<td>1400mg/1 Tbsp.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Oyster Sauce

<table>
<thead>
<tr>
<th>English Name</th>
<th>Chinese Name</th>
<th>Size</th>
<th>Sodium Amount (mg)/Serving Size</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Amoy Oyster Sauce</td>
<td>海太纯味蚝油</td>
<td>0.468g</td>
<td>1010mg/1 Tbsp.</td>
<td>Use Sparingly</td>
<td></td>
</tr>
<tr>
<td>Lee Kum Kee Panda Brand Oyster Flavored Sauce</td>
<td>李锦记熊猫牌蚝油</td>
<td>0.475g</td>
<td>1300mg/1 Tbsp.</td>
<td></td>
<td>Use Sparingly</td>
</tr>
</tbody>
</table>

Disclaimer: This product list is not exhaustive of all products. Product formulations may change. The Philadelphia Department of Public Health does not endorse one product over another. Reference to any specific commercial or brand name products does not constitute its endorsement or recommendation.
**Healthy Chinese Take-out Initiative**

**Compliance checks and customer taste tests**

<table>
<thead>
<tr>
<th>196 compliance checks</th>
<th>Customer taste tests in 9 restaurants</th>
</tr>
</thead>
<tbody>
<tr>
<td>All owners implemented at least one low sodium strategy</td>
<td>Majority of customers thought the salty taste was “just right”</td>
</tr>
<tr>
<td>Decreasing the amount of sauce, using fresh produce instead of canned, and using low sodium ingredients were more popular strategies</td>
<td>Majority of customers said they would purchase the dish in the future</td>
</tr>
</tbody>
</table>
Healthy Chinese Take-out Initiative
Sodium reduction

Sodium Content of 3 Popular Chinese Take-Out Dishes

- General Tso’s Chicken
- Chicken Lo Mein
- Shrimp & Broccoli

Baseline 6 Months 16 Months 24 Months

mg Na/g of food

-13%** -30%** -34%**
Healthy Chinese Take-out Initiative

Sodium reduction

For all three dishes, total sodium content at 24 months was below daily dietary sodium guidelines but still exceeded the guidelines for a single meal.

Customer demand and maintaining revenue were the key concerns with regards to engaging in further sodium reduction.
Healthy Chinese Take-out Initiative- Successes/Challenges

**Successes**
- Partnership with Chinese Restaurant Association
- Cooking trainings conducted by a professional chef
- Owner interest and commitment
- Evaluation measures

**Challenges**
- Nuances in Chinese cooking/ingredients
- Procuring lower sodium products and cost of those products
- Customer taste preferences
Healthy Chinese Take-out Initiative-Next Steps

- Continue follow up with participating restaurants to monitor behavior change
- Continue to provide trainings and technical assistance to owners to help them implement changes
- Continue to work with distributors to reduce cost of low sodium products and/or expand inventory
- Conduct outreach in the community to promote awareness of low salt options at restaurants and impact of sodium consumption on health
www.foodfitphilly.org

FOOD FIT PHILLY

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Facts
Tips
Salt and Your Health
What We're Doing

All About Sugary Drinks
Facts
Tips
Diabetes
Obesity

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Healthy Corner Stores
Farmers' Markets
Philly Food Bucks
Healthy Chinese Take Out
Healthy Supermarkets

Healthy Youth
Summer & After School Programs
HYPE

Be Active Every Day
Healthy Planning
Active Transportation

Menu Labeling

STAY CONNECTED
email address
Submit

CALCULATORS

THE HEALTHY CHINESE TAKE-OUT INITIATIVE
LESS SALT, HEALTHIER EATING

NEW: Healthy Chinese Take-Out Initiative Data Brief

The Philadelphia Healthy Chinese Take-Out Initiative, "Less Salt, Healthier Eating," is working to prevent high blood pressure in Philadelphia residents by reducing the amount of salt (sodium) in Chinese take-out restaurant dishes.

Learn more about salt.

Restaurant owners began by making low-sodium changes to their most popular dishes: chicken lo mein, shrimp with broccoli, and General Tso's chicken.

Current strategies include:
• decreasing the amount of sauce
• using lower-sodium ingredients
• using more fresh vegetables instead of canned
• not adding table salt
• using a standardized measuring spoon to add sauce
• limiting distribution of soy sauce packets to customers

The initiative is a joint effort of the Philadelphia Chinese Restaurant Association, the Center for Asian Health of Temple University, the Asian Community Health Coalition, and the Philadelphia Department of Public Health.

Frequently Asked Questions
• How much salt is in Chinese restaurant dishes?
• I own a Chinese take-out restaurant. What can I do to improve the health of my community?
• Won't cutting back on salt change the taste of my restaurant's food?
• Where can I find out more?

Join Us!
To become a part of the Philadelphia Healthy Chinese Take-Out Initiative, please contact the Center for Asian Health, Temple University, at 215-490-0705 or cah@temple.edu.

Join the more than 200 Philadelphia restaurants that have already signed up.
Contact Information

Amanda Wagner
Philadelphia Department of Public Health
amanda.wagner@phila.gov
215-685-5252

Thank you!