

Mooncake Equations

Mooncake is one of the most popular festival foods for the Mid-Autumn festival. However, mooncake is high in sugar, fat and energy. Thus you are recommended to take good control of your consumption based on the following equations.

Equation One	Energy content: 1 lotus seed paste with double yolk mooncake = 3.5 bowls of white rice
Advice from dietitian	<ul style="list-style-type: none"> • Each lotus seed paste with double yolk mooncake (about 190 grams) has as high as about 890 kcal of energy. • Daily energy need of an average adult is about 2,000 kcal. • The energy provided by a mooncake has exceeded what we need for each meal. • <i>Therefore, do not over-eat mooncake!</i> • Recommended consumption: No more than $\frac{1}{8}$ lotus seed paste with double yolk mooncake each time (occasional food).

Equation Two	Fat content: 1 lotus seed paste with double yolk mooncake = 11 teaspoons of oil
Advice from dietitian	<ul style="list-style-type: none"> • Most mooncakes are very high in fat, lotus seed paste with double yolk mooncake (about 190 grams) has about 55 grams of fat (about 29% of fat). • The fillings (e.g. lotus seed paste and red bean paste) and the flour pastry are often mixed with lots of oils. • Animal fat or shortening is used in flaky pastry for better taste and texture. Those fat sources are high in saturated and trans fat. • Snowy mooncakes in general have less fat than the traditional ones. However, each snowy mooncake still contains about 16% of fat. <i>Therefore, over-consumption of any types of mooncake is not desirable!</i>

Equation Three	Sugar content: 1 lotus seed paste with double yolk mooncake = 11 teaspoons of sugar
Advice from dietitian	<ul style="list-style-type: none"> • Each lotus seed paste with double yolk mooncake has as much as about 55 grams of sugar. • <i>Therefore, consumption of mooncakes should be watched very carefully!</i> • Reduced-sugar mooncakes contain less sugar than the original ones, but they may still be high in sugar. They should not be over-eaten as well. • To avoid excessive intake of sugar, you are advised to eat mooncakes with water or tea instead of sugary drinks such as soft drinks and juices.



The Importance of Food Hygiene

1. Food should be handled properly before consumption and principles of food hygiene should be followed when we shop for mooncakes in order to prevent bacterial infection and diseases.
2. During the manufacturing process of mooncakes, either the flour pastry or the fillings could be cross-contaminated by bacteria due to improper handling. After traditional Cantonese mooncakes are moulded, germs would be killed by high temperature during the baking process before packaging and shipping. However, snowy mooncakes and ice cream mooncakes do not have to be baked after they are moulded. Therefore, snowy mooncakes and ice cream mooncakes pose a relatively higher risk of microbiological hazard and we should be especially cautious with the purchase and storage of these types of mooncakes.

When shopping for moon cakes

1. Note the origin of products and buy only from reliable and reputable retailers.
2. Check whether the mooncakes and the packages are intact and clean.
3. Make sure the products have not expired.
4. Buy snowy mooncakes or ice cream mooncakes that are properly stored in refrigerators without any signs of melting.

After buying moon cakes

1. Always keep the lid closed and the package cleaned after opening.
2. Finish the products before the expiry date.
3. Store leftover in the refrigerator to prevent bacterial growth.
4. Snowy mooncakes or ice cream mooncakes should be stored in refrigerator or freezer immediately after purchase. Snowy mooncakes and ice cream mooncakes that are melted or have been kept under room temperature or warm environment for more than two hours should not be refrigerated again and are not safe for consumption.
5. Wash your hands thoroughly before consuming or handling food.
6. Do not overeat moon cake and continue to maintain a balanced diet even during the festive seasons.

(Source of information on food hygiene: Food and Environmental Hygiene Department)

Revised in 2020