



Body Beautiful



Healthy Bites

Eating healthy in Hong Kong can be a tricky business—especially when you have little mouths to feed. **Kate Springer** asks four Hong Kong parents in the food industry about balancing their families' diets.

MEET THE MASTERS:



Nealy Fischer:

The founder and director of Mayya + Movement (mayyamovement.com), Nealy runs wellness events, writes a blog and develops healthy recipes. She's a mom of four: Ben, 13; Eitan, 11; Ayla, 7; and Liam, 2.



Todd Darling:

Owner of Homegrown Foods (www.homegrownfoods.com.hk), Posto Pubblico, Linguini Fini and Stone Nullah Tavern, Todd weighs in on eating healthy in Hong Kong. His son Axel is just over 2 months old.



Priscilla Soligo:

Priscilla's the chef and founder of Raiz The Bar (raizthebar.com), a Hong Kong-based chocolate company with a focus on high-quality, nutrition-rich ingredients. She has two kids: 5-year-old Luca and 21-month-old daughter Mya.



Julie Tuan:

Co-owner and co-founder of Lola's Ice Pops, Julie is all about pumping healthy, guilt-free ingredients into traditionally sweet treats. She has two kids: Evelyn, 5, and Ethan, 1.

The List: What are some of your tips for eating better?

Nealy Fischer: It is hard to get into the groove of cooking. But once you start, it is so rewarding. Even things as basic as chopping salads and making dressings means you have something to fall back on in your fridge.

Priscilla Soligo: I set some time aside each week to pre-make things. I'll make anything from raw protein cookies and raw kale chips, to baked breakfast bars and raw dips for veggie crudité, which I take to work at our chocolate factory. Being prepared and organized makes life a whole lot easier. Keep it fresh. Keep it delicious. Keep it whole foods without the herbicides, pesticides, fungicides and chemicals—get organic where you can.

Todd Darling: Prepare food in bulk at home. I cook farro, quinoa, or other whole grains in a rice cooker for

the week and then make salads that are enough to eat for two to three days for lunch. Most of what goes into the salads is organic, and I save money by buying from reputable suppliers in large quantities.

Julie Tuan: We try to eat at home as opposed to going out, and make all our food from fresh ingredients. We hardly use jarred, canned or dried items—and also no processed foods. When we go out to eat as a family I always try to bring some food or snacks from home as well, such as cut-up fruit, cheese or yogurt, so that the kids aren't just filling up on French fries.

The List: What's your family's go-to healthy snack?

PS: We are big green juicers in my family, and we also consume yummy plant-based smoothies using the likes of spinach, kale and dark green lettuce. This is the only way you can pack your greens in without





sitting at the table for hours trying to chew (let's face it—no kid wants to do that!). There are some fantastic organic delivery companies too, if you'd prefer not to make the trek.

NF: I am not a huge fan of snacking but when you or the kids need something quick, here are my suggestions: raw almonds, raw veggie chips or raw crackers, dark chocolate, celery and almond butter, or hummus and veggies.

JT: Both my kids love all kinds of fruit. I can also get them to eat veggie sticks dipped in almond butter.

The List: Where do you shop?

NF: I use **i-Herb** (www.iherb.com) for great prices, a huge selection of food and supplement staples, and reliable delivery; **Just Green** for my local in-a-pinch snacks, supplements and ingredient staples; **Green Vitamin** (www.greenvitamin.hk) for fresh kale and my Happy Cow ice cream; **Oliver's** for weekly basics and organic produce; and **Gonzalo** (www.gonzalo.hk) for grass-fed beef and chicken delivered to your doorstep.

PS: The **Lions Nature Education Centre VMO** farmers market is open every Saturday and Sunday in Sai Kung. It is government-regulated, and 100 percent of everything sold has been locally grown in Hong Kong—plus it is incredibly affordable!

TD: Well, I'm extremely discerning about what I buy, eat and feed to my family. Unless it's an occasion and I'm out to eat or doing my usual dim sum routine on Sundays, I only buy from **Homegrown Foods** (www.homegrownfoods.com.hk). It's all sourced by me so I know the farmers making my food.

JT: Everywhere, actually, including our local Wellcome

and ParknShop, wet markets, and also the more high-end grocery stores like Citysuper.

The List: What are your favorite family restaurants?

NF: My dining room—with so many people in tow plus a 2-year-old, dining out as a family is very little fun these days. I prefer to have friends over, cook up a feast and let everyone run around. But when we do opt for eating out, we'd go for **Life Café**: my kids love the sweet potato fries. We also love weekend brunches at **Zuma**: there are always other kids running around and it's a relaxed way to spend Sunday.

PS: I would have to say hands-down **Grassroots Pantry**. Chef Peggy Chan and her team take so much care in delivering the most delicious foods. Love their burdock fries, South East Asian platter and "chicken" paneer tandoori. My kiddos and hubby and I absolutely love the **Happy Cow** ice cream served there for dessert. We also really love Life Café—there's a reason the restaurant's been around for a while. Also love the flatbread wraps with za'atar and "sun juice" at **Mana! Fast Slow Food**.

TD: **Luk Yu Tea House** on Stanley Street has tradition and heritage. I'm transported to a different time. There's something more substantial and genuine about eating there that's missing in most restaurant experiences.

JT: **BEP**—I love that the spring rolls are packed with fresh veggies. My kids like the fried rice at **Crystal Jade**, and we also like **Sea Salt Fish & Chips**, our neighborhood restaurant, where you can get really nice, fresh grilled fish served with red rice or salad.

Just Green: Various locations including 52 Graham St., Central, 2801-5611.

Oliver's: Shop 201-205, Prince's Building, 10 Chater Rd., Central, 2810-7710.

Life Café: Various locations including 10 Shelley St., Central, 2810-9777.

Grassroots Pantry: 12 Fuk Sau Lane, Sai Ying Pun, 2873-3353.

Mana! Fast Slow Food: 92 Wellington St., Central, 2851-1611.

Luk Yu Tea House: 24-26 Stanley St., Central, 2523-5464.

BÊP: Two locations including 9-11 Staunton St., Central, 2522-7533.

Crystal Jade: Various locations including 3/F, Tai Yau Plaza, 181 Johnston Rd., Wan Chai, 2573-8844.

Sea Salt Fish & Chips: 23 Mosque St., Mid-Levels, 2790-7211.



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