

Nutrition Education Handouts for Adults

(Can be used with Just Say Yes to Fruits and Vegetables Stellar Farmers Markets or Cook Fresh at Farmers Markets Curricula)

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Easy Ways to... Add More Fruits and Vegetables to Your Meals

Brighten up your plate with colorful fruits and vegetables at every meal.

Breakfast



Mix fruit with yogurt, oatmeal or whole grain cereal.



Include vegetables in an omelet or egg sandwich.



Make a smoothie with leafy greens and frozen fruit.

Lunch and Dinner



Add vegetables to soups, stews or casseroles.



Mix vegetables with pasta, rice or couscous



Top tacos, pizzas and pita bread with vegetables.

Snacks



Enjoy fruit with peanut butter.



Add vegetables to half of a sandwich.



Serve fresh vegetables with a bean dip.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for **farmers markets**.

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://www.myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

為餐點增加更多水果與蔬菜的簡易方式

每一餐都用各式各樣的水果與蔬菜妝點您的餐盤。

早餐



用優格乳、燕麥粥或全穀類麥片拌著水果吃。



在蛋捲或雞蛋三明治裡放進蔬菜。



用綠葉蔬菜與冰凍水果打成冰沙。

午餐及晚餐



將蔬菜加入湯、燉菜或砂鍋菜中。



在麵條、米飯或北非小米裡放進蔬菜



在墨西哥捲餅、披薩及口袋薄餅上放上蔬菜。

點心



享用水果與花生醬的搭配。



在半塊三明治裡加上蔬菜。



用新鮮蔬菜沾豆醬。

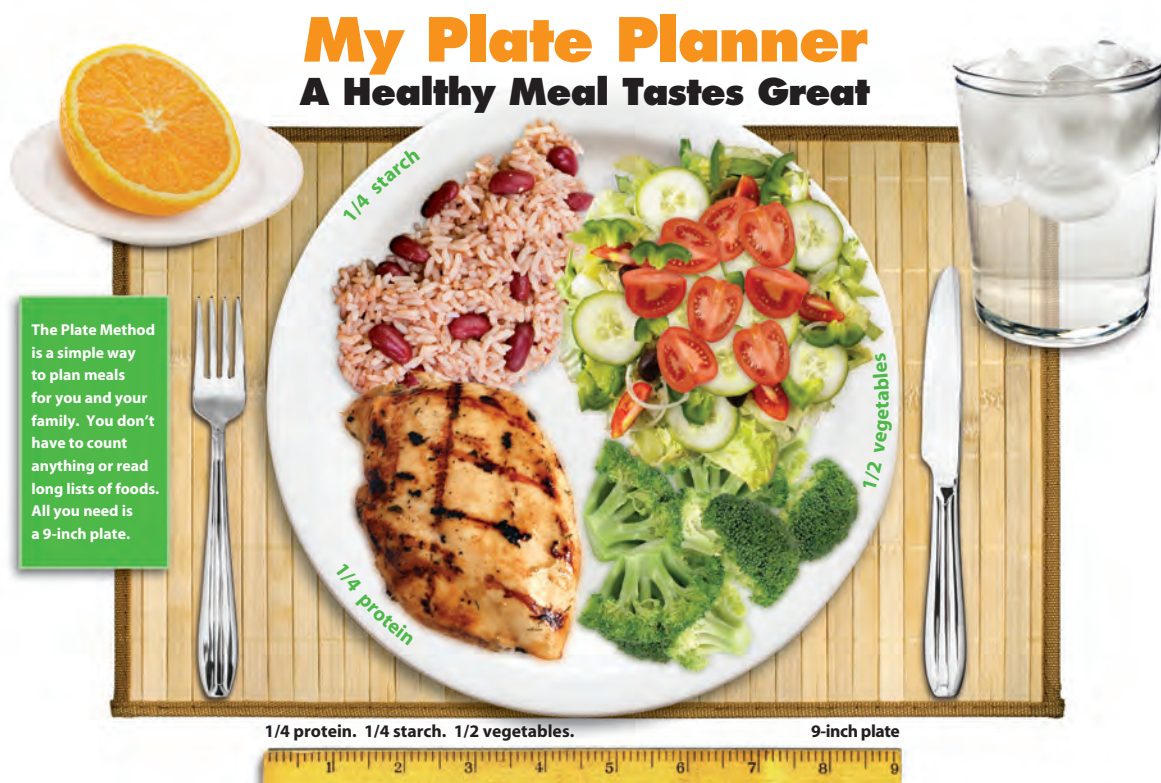
如需健康飲食的提示，例如「健康飲食」(Eat Healthy)、「紐約市保持活躍」(Be Active NYC)，請上 Facebook，網址為 facebook.com/eatinghealthynyc。

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Easy Ways to... Build a Healthy Meal



Fill half of your plate with **fruits and vegetables**. Choose colorful foods to brighten your meal.

Add **lean protein**. Choose proteins like beans, nuts, tofu, fish, and lean or low-fat meat and poultry.

Make a least half of your grains **whole grains**. Look for the words "100% whole grain" or "100% whole wheat" on the Nutrition Facts label.

Add a **healthy beverage**. Drink water or plain fat-free or low-fat milk.

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NYC
Health

Just Say Yes to Fruits and Vegetables

打造健康餐的 簡易方式

我的餐盤規劃工具

健康飲食更美味



將您的半個餐盤裝滿**水果與蔬菜**。選擇各式各樣的食物來妝點您的餐點。

加入**精益蛋白質**。選擇各種蛋白質，例如豆類、堅果、豆腐、魚類及瘦肉或低脂肉類與家禽。

至少為您的一半穀類食品挑選**全穀類**。請選擇營養成分表中標示有「100% 全穀類」或「100% 全麥」字樣的產品。

選擇**健康飲料**。喝水或無脂或低脂純牛奶。

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Easy Ways to... Choose Colors of Good Health

Eat a variety of fruits and vegetables to keep your body strong!

RED	YELLOW/ ORANGE	GREEN	BLUE/ PURPLE	WHITE/ BROWN
FRUITS Apples Cherries Cranberries Grapefruit* Grapes Raspberries Strawberries Watermelon VEGETABLES Beets Potatoes Radishes Rhubarb Peppers	FRUITS Apricots Cantaloupe Mangoes* Nectarines Oranges* Papayas* Peaches Pineapples* Lemons* VEGETABLES Butternut squash Carrots Pumpkin Rutabaga Summer squash Sweet corn Sweet potatoes	FRUITS Apples Avocados* Grapes Honeydew melon Kiwifruit* Limes* VEGETABLES Broccoli Brussels sprouts Okra Peppers Peas Spinach String beans Zucchini	FRUITS Blackberries Blueberries Black currants Dried plums Elderberries Grapes Plums Raisins VEGETABLES Black beans Cabbage Eggplant Peppers Potatoes	FRUITS Bananas* Pears Dates* Nectarines Peaches VEGETABLES Cauliflower Garlic Mushrooms Onions Parsnips Potatoes Turnips

*Usually not available at farmers markets in New York State.

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Just Say Yes to Fruits and Vegetables

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教你輕鬆……

選擇有益健康的顏色

食用多種水果和蔬菜可保持身體強壯健康！

紅色	黃色/橘色	綠色	藍色/紫色	白色/棕色
水果 蘋果 櫻桃 小紅莓 葡萄柚* 葡萄 覆盆莓 草莓 西瓜 蔬菜 甜菜 馬鈴薯 蘿蔔 大黃 甜椒	水果 杏桃 哈密瓜 芒果* 油桃 橘子* 木瓜* 桃子 鳳梨* 檸檬* 蔬菜 奶油瓜 胡蘿蔔 南瓜 蕪菁甘藍 夏南瓜 甜玉米 蕃薯	水果 蘋果 酪梨* 葡萄 白蘭瓜 奇異果* 萊姆* 蔬菜 綠花椰菜 孢子甘藍 秋葵 黑眼豌豆 菠菜 四季豆 櫛瓜	水果 黑莓 藍莓 黑醋栗 梅乾 接骨木莓 葡萄李 葡萄乾 蔬菜 黑豆 結球甘藍 茄子 甜椒 馬鈴薯	水果 香蕉* 梨子 棗子* 油桃 桃子 蔬菜 花椰菜 大蒜 蘑菇 洋蔥 歐洲蘿蔔 馬鈴薯 蕪菁

*通常無法於紐約州的農夫市集取得。

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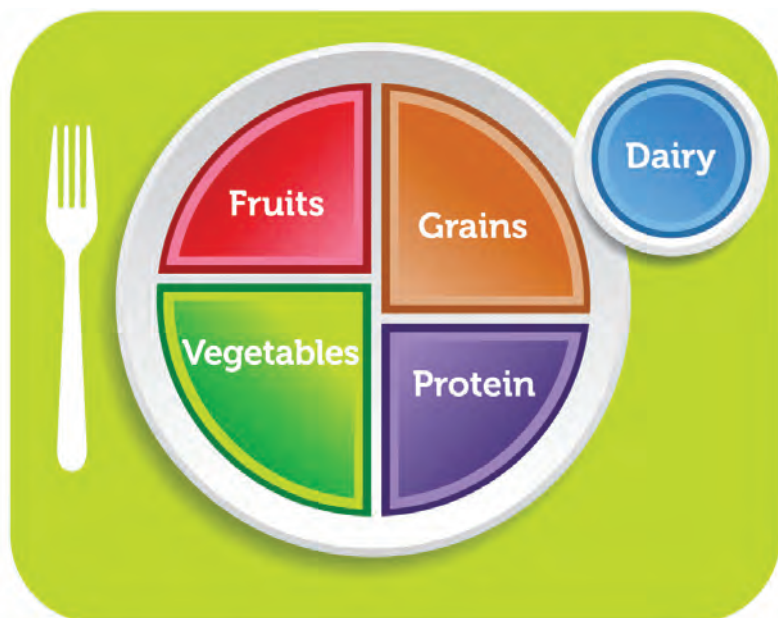
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Easy Ways to... Choose Healthy Portions



1. Start with a 9-inch plate.
2. Use your hand to measure your portions.
3. Fill half of your plate with fruits and vegetables.
4. Fill a quarter of your plate with lean protein.
5. Fill a quarter of your plate with whole grains.



For **fruits, vegetables and grains**, a portion is the size of your fist. This equals:

- 1 cup of chopped vegetables
- 1 medium apple
- 1 cup of brown rice or pasta

Try to eat **five portions** a day.



For **lean protein**, a portion is the size of your palm. This equals:

- 3 ounces of fish
- 3 ounces chicken

Try to eat **three portions** a day.

For more information, visit chooseMyPlate.gov.

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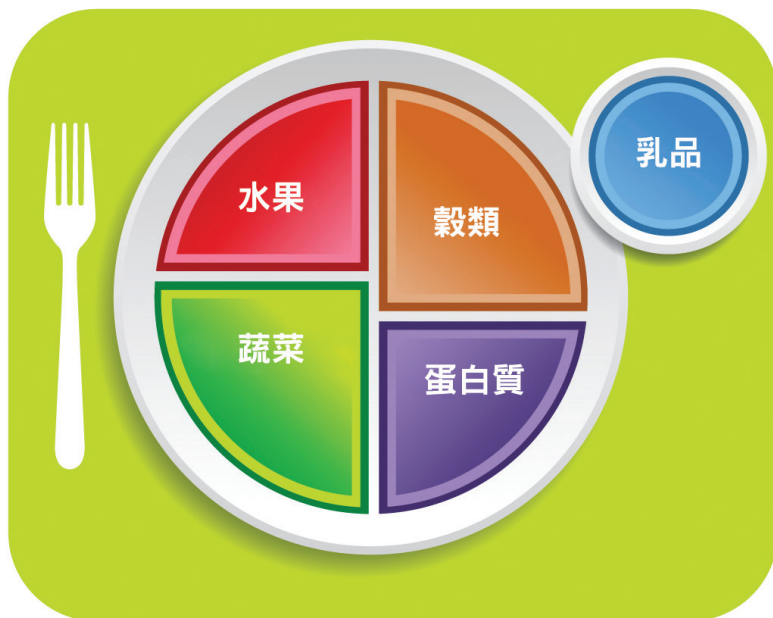
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Just Say Yes to Fruits and Vegetables

選擇健康份量的 簡易方式



1. 首先選擇 9 英吋的餐盤。
2. 用手來測量您的份量。
3. 將您的半個餐盤裝滿水果與蔬菜。
4. 將您的四分之一個餐盤裝滿精益蛋白質食物。
5. 將您的四分之一個餐盤裝滿全穀類。



對於**水果、蔬菜與穀類**而言，一份的量大約如您的拳頭大小。這等於：

- 1 杯切碎的蔬菜
- 1 個中等大小的蘋果
- 1 杯糙米或麵條

每天嘗試攝取**五份**。



對於**精益蛋白質**而言，一份的量大約如您的手掌大小。這等於：

- 3 盎司的魚肉
- 3 盎司的雞肉

每天嘗試攝取**三份**。

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Easy Ways to ... Cook with Beans

	Store	Prepare	Cook
 Dried	Place dry beans in a container with a tight lid and store in a cool, dry place for up to one year.	Sort beans to remove any shriveled beans. Quick Soak: Cover dry beans with hot water; boil for two to three minutes. Remove from heat and cover for one to two hours. or Overnight Soak: Cover dry beans with cold water; soak overnight or for at least eight hours. Rinse and replace water; cook until tender.	When cooking beans, add acidic foods (like tomatoes, lemon juice or vinegar) at the end. Acidic foods will toughen bean skins. Cook one big pot of beans and use for multiple meals.
 Cooked	Refrigerate cooked beans for four to five days or freeze for up to six months.	Thaw frozen beans overnight in the fridge for cold recipes. Add cooked beans directly to hot or cold recipes. When using beans in hot recipes, make sure they are thoroughly reheated.	Flavor with salt-free spices and fresh herbs. Add to sautéed veggies or cooked greens and garlic. Add to soups, stews, casseroles, salads and pasta dishes. Blend for dips.
 Canned	Store leftover beans in a glass or plastic container (<u>not</u> in the can). Do not use dented or rusted cans.	Drain and rinse beans with water to reduce sodium.	Use canned beans the same way as cooked beans.

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教你輕鬆…… 烹煮豆類

	存儲	製備	烹調
 乾豆	將乾豆放置於帶有密封蓋的容器中，存放於蔭涼、乾燥處，最長可存放一年。	挑檢出乾扁的豆子。 快速浸泡：用熱水沒過乾豆；煮沸 2 到 3 分鐘。熄火後，蓋上蓋子放置 1 到 2 小時。 或 浸泡過夜：用冷水沒過乾豆；浸泡過夜或至少浸泡 8 小時。沖洗並換水；烹煮直至變軟。	烹煮豆類時，最後再添加酸性食物（例如蕃茄、檸檬汁或醋）。酸性食物會使豆皮變韌。 烹調一大鍋豆類，可多次食用。
 煮過的豆	冷藏烹煮過的豆子保存 4 到 5 天，或冷凍保存最長 6 個月。	將冷凍豆類放在冰箱中過夜解凍作為冷食。 在冷食或熱菜中直接加入煮過的豆。 將豆子用於熱菜時，確保豆類已經徹底重新加熱。	用無鹽調味料和新鮮香草調味。 加入清炒蔬菜或煮過的綠葉蔬菜和蒜苗。 加入清湯、燉湯、燉菜、沙拉和意大利麵。 混合做醬料。
 罐裝豆	將吃剩的豆類存放於玻璃或塑料容器中（<u>不可</u>存在罐中）。 請不要使用凹陷或生鏽的罐子。	瀝乾並用水沖洗豆類，以減少鈉。	罐頭豆的食用方法與煮過的豆相同。

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教你輕鬆…… 減少鹽用量

在店鋪

- 選擇每份少於 5% 的每日鈉（鹽）攝取量的食品。

Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%

- 盡可能購買天然食物。
- 多選購蔬菜與水果。
- 如果購買包裝食品，請選取擁有下列標籤的產品：
 - ✓ 「低鈉」
 - ✓ 「無鈉」
 - ✓ 「不加鹽」
- 不要選擇經加工或醃製的肉類，應選擇：
 - ✓ 精瘦肉和家禽肉
 - ✓ 魚類
 - ✓ 豆類和豆科植物
- 不要選擇快煮混合米和麵條，應選擇：
 - ✓ 糙米
 - ✓ 全麥麵條及義大利麵
 - ✓ 全玉米粉
- 不要選擇鹹味零食，應選擇：
 - ✓ 新鮮蔬菜沾豆醬
 - ✓ 全麥餅乾
 - ✓ 原味、微鹹的爆米花

在家

- 自製湯品和肉湯。
- 用水沖洗罐裝豆類和蔬菜，以減少鈉攝入量。



- 用您最喜歡的調味料，調配無鹽混合調味料。
- 將醋、檸檬或橙皮屑和/或汁加入食物。



- 用新鮮和干香草、香料及低鈉醬油進行調味。
- 烹煮豆類、米、意大利麵和蔬菜時，避免在水中加鹽。



- 緩慢減少烹飪時加入食物中的鹽量，直到食用極少量或完全不用。

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網址為 [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)。

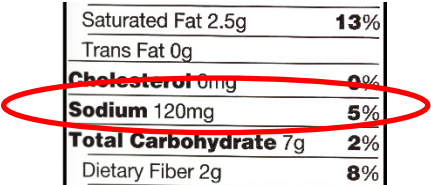
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Easy Ways to... Cut the Salt

At the Store	At Home
- Choose foods with less than 5 percent Daily Value of sodium (salt) per serving.  - Buy whole foods as often as possible. - Fill your cart with fruits and vegetables. - If buying packaged foods, choose those labeled: ✓ “Low-sodium” ✓ “Sodium free” ✓ “No salt added” - Instead of processed or cured meats, choose: ✓ Lean cuts of meat and poultry ✓ Fish ✓ Beans and legumes - Instead of quick-cooking rice mixes and noodles, choose: ✓ Brown rice ✓ Whole wheat noodles and pasta ✓ Whole cornmeal - Instead of salty snack foods, choose: ✓ Fresh vegetables with a bean dip ✓ Whole grain crackers ✓ Plain, lightly salted popcorn	- Make homemade soups and broths. - Rinse canned beans and vegetables with water to reduce the amount of sodium.  - Create salt-free spice blends using your favorite spices. - Add vinegar, lemon or orange zest and/or juice to foods.  - Flavor foods with fresh and dried herbs, spices and low sodium soy sauce. - Avoid adding salt to the water when cooking beans, rice, pasta and vegetables.  - Slowly cut back on the amount of salt you add to food, until you are using little to no salt.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at

[facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

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Just Say Yes to Fruits and Vegetables

Easy Ways to... Eat a Variety of Proteins

Eat a variety of proteins as part of a healthy diet. Eat plant proteins more often.

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
 Make a three bean salad.	 Spread nut butter on apple or banana slices.	 Choose fish twice a week.
 Add beans to sautéed greens and eat with brown rice.	 Add nuts to vegetables and salads.	 Eat lean meat and poultry in the right portions – about the size of your palm.
 Make a bean dip to enjoy with vegetables.	 Snack on a handful of unsalted nuts or seeds.	 Bring a hard boiled egg with you for an easy snack.

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教你輕鬆……

攝取各種類型的蛋白質！

健康飲食包括攝取各種類型的蛋白質。食用更多植物蛋白。

豆類和扁豆	堅果和種子	瘦肉動物蛋白
		
製作三豆沙拉。	在蘋果或香蕉切片上塗上果仁醬。	每週選購兩種魚類。
		
將豆類加入炒過的綠葉蔬菜中，搭配糙米食用。	將堅果加入蔬菜和沙拉。	食用適當量的瘦肉和家禽肉——約手掌大小。
		
製作豆醬與蔬菜共食。	用少量不加鹽的堅果或種子當做零食。	帶一個煮透的雞蛋當做零食。

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NYC
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Easy Ways to... Eat Enough Fiber

Fiber may lower your risk of heart disease. Most adults need **28 grams** of fiber each day. Look at how easy it is!

Instead of...		Eat...
 Half a bagel = 1 gram of fiber	→	 1/2 cup oatmeal = 4 grams of fiber
 A glass of juice = 1 gram of fiber	→	 One medium orange = 3 grams of fiber
 A handful of chips = 1 gram of fiber	→	 A handful of nuts = 4 grams of fiber
 A cup of white rice = 1/2 gram of fiber	→	 1/2 cup of brown rice and 1/2 cup of beans = 11 grams of fiber
 A pudding cup = 1/2 gram of fiber	→	 1 1/2 cup blueberries = 6 grams of fiber
Total Fiber: 4 grams		Total Fiber: 28 grams

Tips for Eating More Fiber:

- Eat whole fruits and vegetables instead of juices, which have little to no fiber.
- Fruit and vegetable skins contain a lot of fiber. Wash and eat the peel.
- Check the Nutrition Facts label and choose foods with at least 10% of Daily Value for fiber.
- Read the ingredients list and choose foods with whole grains listed first.

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This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP).

教你輕鬆…… 食用充足的纖維

纖維可降低患上心臟病的風險。大多數的成人每天需要 **28 克** 的纖維。看看有多簡單！

與其食用……



半個貝果 =
1 克纖維



1 杯果汁 =
1 克纖維



1 把薯片 =
1 克纖維



1 杯精白米 =
1/2 克纖維



1 個布丁杯 =
1/2 克纖維

纖維總量：4 克

不如食用……



1/2 杯燕麥 =
4 克纖維



1 個中等橘子 =
3 克纖維



1 把堅果 =
4 克纖維



1/2 杯糙米和
1/2 杯豆類 =
11 克纖維



1 1/2 杯藍莓 =
6 克纖維

纖維總量：28 克

食用更多纖維的秘訣：

- 食用整個水果和蔬菜，不要食用幾乎不含或完全不含纖維的果汁。
- 水果和蔬菜的外皮都包含許多纖維。清洗並食用剝下的皮。
- 查看營養成分標籤並選擇可提供每日纖維攝入量至少 **10%** 的食物。
- 閱讀成分表，首選全穀類食物。

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Easy Ways to ... Eat the Whole Plant

Reduce waste! Cook with all parts of fruits and vegetables.

Part of Plant	Fruit or Vegetable	Ways to Cook
Roots 	Celery root	Roast, mash or stew
Stems 	Asparagus, beets, broccoli, cauliflower, chard, collards, fennel, kale	Braise or sauté; use woody part of asparagus in soup stocks; use peeled broccoli and cauliflower stems in soups or stir-fries
Greens or Tops 	Beets, carrots, cauliflower, celery, fennel, kohlrabi, leeks, onions, radishes, turnips	Sauté, blend in green smoothies, flavor and garnish salads and soups
Flowers 	Arugula, chives, cilantro/coriander, dill, fennel, garlic scapes, lavender, mustard, zucchini	Sauté or add to a salad, use garlic scapes to make pesto
Seeds 	Pumpkin and other winter squashes	Roast and add spices and herbs for flavor
Peels 	Citrus (lime, lemon, orange), potato	Bake potato peels for snacks; use citrus for zest
Rinds 	Watermelon and other melons (cantaloupe, casaba, honeydew)	Shave outer peel and use in place of cucumber in salads
Cobs 	Corn	Simmer to make a stock

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教你輕鬆…… 食用全植物

減少浪費！烹調水果和蔬菜的所有部分。

植物的部分	水果或蔬菜	烹煮方式
根 	芹菜根	烘烤、搗碎或燉煮
葉柄 	蘆筍、甜菜、綠花椰菜、白花椰菜、瑞士甜菜、芥蘭菜葉、茴香、羽衣甘藍	燜煮或嫩煎；使用蘆筍的老梗熬煮湯底；使用去皮的綠花椰菜和白花椰菜煮湯或拌炒
綠葉或葉子 	甜菜、胡蘿蔔、白花椰菜、芹菜、茴香、大頭菜、韭菜、洋蔥、櫻桃蘿蔔、蕪菁	嫩煎、混入綠色奶昔、調味和裝飾沙拉和湯品
花 	芝麻菜、韭黃、茺筮、蒔蘿、茴香、蒜台、薰衣草、芥末醬、櫛瓜	嫩煎或加入沙拉，使用蒜苔製作松子青醬
種籽 	南瓜及其他冬南瓜	烘烤並添加香料和香草，以進行調味
果菜皮 	柑橘（萊姆、檸檬、橘子）、馬鈴薯	烘烤馬鈴薯皮來製作零食；使用柑橘增添風味
瓜果外皮 	西瓜及其他瓜類（哈密瓜、厚皮甜瓜、白蘭瓜）	削去外皮，取代沙拉中的小黃瓜
玉米芯 	玉米	煨煮以製作湯底

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Easy Ways to Enjoy Fresh Greens



1. Buy

- ❖ Choose greens with crisp, bright leaves with no yellow or brown spots.

2. Store

- ❖ Before storing:
 - **Lettuce and salad greens:** Wrap leaves in a dry paper towel.
 - **Bunched greens with stems (kale, collard greens):** Chop off ends of stems and wrap ends in a damp paper towel.
 - **Herbs:** Wrap entire bunch in a slightly damp paper towel.
- ❖ Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.



3. Wash

- ❖ Place greens in a bowl and cover with water.
- ❖ Shake greens under the water to loosen any dirt. Allow dirt to settle.
- ❖ Gently lift out greens and discard water. Repeat as needed.

4. Prepare

- ❖ Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- ❖ Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- ❖ Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- ❖ Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.



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教你輕鬆…… 享用新鮮綠葉蔬菜



1. 購買

- ❖ 選擇鮮嫩、葉子鮮亮，沒有黃色或褐色斑點的綠葉蔬菜。

2. 存儲

- ❖ 存放之前：
 - 萵苣和沙拉綠葉蔬菜：用乾紙巾包裹葉子。
 - 含莖的成束綠葉蔬菜（羽衣甘藍、綠葉甘藍）：切掉莖的末端，用濕紙巾包裹住末端。
 - 香草：整束包裹在略濕的紙巾中。
- ❖ 所有綠葉蔬菜不要清洗，放在密封塑料袋中，保存於冰箱中。



3. 清洗

- ❖ 將綠葉蔬菜放入碗中，用水浸泡。
- ❖ 抖動水底下的綠葉蔬菜以去除任何污物。讓污物沉澱。
- ❖ 慢慢地將綠葉蔬菜拿出來，然後把水倒掉。如果需要，可重複清洗。

4. 製備

- ❖ 在油中煎炒洋蔥和大蒜。加入綠葉蔬菜，烹煮直至變軟。
- ❖ 將菠菜或羽衣甘藍同冷凍水果混合製作奶昔，或與豆類混合製作美味醬料。
- ❖ 將切碎的綠葉蔬菜加入湯、燉湯和意大利麵醬中。烹煮直至變軟。
- ❖ 在切碎的生綠葉蔬菜中加入水果、其他蔬菜、堅果或豆類，製作健康沙拉。



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Easy Ways to... Flavor Food Without Salt

Spices

- Try adding a little pinch at a time.
- Sauté for 30 seconds in oil to release aroma.

	Cinnamon: Use in oatmeal to add sweetness.		Cumin: Add to beans or meat.
	Paprika: Use in a spice rub for chicken, meat or tofu.		Turmeric: Add to rice, chicken or vegetables for color.

Herbs

- Add dried and hard fresh herbs (like rosemary) at the beginning of cooking and soft fresh herbs (like parsley) towards the end of cooking.
- One teaspoon of dried herbs is equal to one tablespoon of fresh herbs.

	Basil: Add to tomato sauce and pasta.		Cilantro: Mix into rice, beans or salsa.
	Parsley: Sprinkle on grains, salads or stir-fries as a final touch.		Thyme: Add to roasted vegetables.

Fruits and Vegetables

- Caramelize aromatic and savory vegetables, herbs and/or spices before adding other ingredients by cooking on medium-high heat until they become brown and sweet.
- Add vinegar at the beginning and citrus juice at the end of cooking for the best flavor and balance.
- When adding spicy peppers, remove ribs and seeds for just a little spice.

	Aromatic ingredients: Onions, garlic, carrots, peppers, celery, ginger.		Savory: Tomatoes, cooked potatoes, celery, mushrooms.
	Citrus and vinegars: Juice and zest balance and brighten.		Peppers: Jalapenos, dried chilis, poblanos.

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Just Say Yes to Fruits and Vegetables

教你輕鬆……

無需加鹽，為食物調味

調味料

- 每次加入少量。
- 在油中煎炒 30 秒發出香氣。

	肉桂： 在燕麥粥中用於增加甜度。		孜然： 添加至豆類或肉類中。
	紅辣椒粉： 適用於雞肉、豬肉或豆腐的調料粉。		薑黃： 適用於米飯、雞肉或蔬菜上色。

香草

- 在烹調開始時加入乾燥和新鮮的硬香草（如迷迭香），在烹調快結束時加入新鮮的軟香草（如歐芹）。
- 一茶匙乾香草相當於一大匙新鮮香草。

	羅勒： 加入 番茄醬和義大利麵中。		芫荽葉： 拌入米飯、豆類或洋蔥番茄辣醬食用。
	歐芹： 最後灑在穀類、沙拉或清炒菜上進行點綴。		百里香： 加入烘烤的蔬菜中。

水果與蔬菜

- 調至中高火，煸炒芳香可口的蔬菜，加入香草和/或調味料，直到食材變成褐色並散發香味，再加入其它食材。
- 烹調之初加入醋，結束時加入柑橘汁，達到最佳風味和均衡。
- 加入辣椒時，去掉辣椒芯和辣椒籽，增添一點香辣氣味即可。

	芳香食材： 洋蔥、大蒜、胡蘿蔔、辣椒、芹菜、薑。		芳香可口的食材： 番茄、煮過的土豆、芹菜、蘑菇。
	柑橘和醋： 橘汁和柑橘皮可均衡口味和提色。		辣椒： 墨西哥辣青椒、乾辣椒、波布拉諾辣椒。

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Easy Ways to... Freeze Fruits and Vegetables

 Freeze	 Blanch (quick boil)	 Cook
Put these in the freezer right away	Blanch these before freezing	Cook these before freezing
Berries Cherries* Corn (cut off the cob) Grapes Peaches* Plums* Peeled melon Winter squash *remove pits	Artichokes Asparagus Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Eggplant Green beans Leafy greens Okra Onions Parsnips Peppers Summer squash Zucchini	Apples Beets Beans and legumes Potatoes Sweet potatoes Tomatoes Pumpkin Radishes Winter squash
Freezing Tips	Blanching Steps	Ways to Cook
- Wash all fruits and vegetables before freezing. - Store food in a container with a tight-fitting lid. - Write the date on the container before freezing. Food will keep for about six months.	- Boil enough water to cover all produce in the pot. - Clean produce. Chop into even-sized pieces. - Place produce in boiling water and boil until just tender (one to five minutes). - Rinse under cold water until cool. - Strain in colander, place in sealed container and freeze.	- Bake or roast - Sauté - Boil - Steam - Poach

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教你輕鬆……

冷凍水果與蔬菜

冷凍 	汆燙 (快煮) 	烹調 
立即將蔬果放入冷凍庫	冷凍前先汆燙這些蔬果	冷凍前先烹煮這些蔬果
莓果 櫻桃* 玉米（去掉玉米棒） 葡萄 桃子* 李子* 去皮的甜瓜 冬南瓜 *去除果核	朝鮮薊 蘆筍 綠花椰菜 孢子甘藍 結球甘藍 胡蘿蔔 白花椰菜 芹菜 茄子 四季豆 綠葉蔬菜 秋葵 洋蔥 歐洲蘿蔔 甜椒 夏南瓜 櫛瓜	蘋果 甜菜 豆類和豆科植物 馬鈴薯 蕃薯 蕃茄 南瓜 蘿蔔 冬南瓜
冷凍秘訣	汆燙秘訣	烹煮方式
- 在冷凍前先將這些蔬果洗乾淨。 - 將食物存放在有密封蓋的容器中。 - 先在容器上註明日期，然後再冷凍。食物可保存大約 6 個月。	- 煮沸的水量足以蓋過鍋中的所有食材。 - 清洗食材。切成大小相同的片段。 - 將食材放入沸水中並煮沸，直到軟嫩為止（1 至 5 分鐘）。 - 用冷水沖洗，直到冷卻為止。 - 在濾鍋中過濾，放置在密封容器中然後冷凍。	- 烘焙或烘烤 - 嫩煎 - 煮沸 - 蒸煮 - 水煮

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Easy Ways to... Keep Food Safe

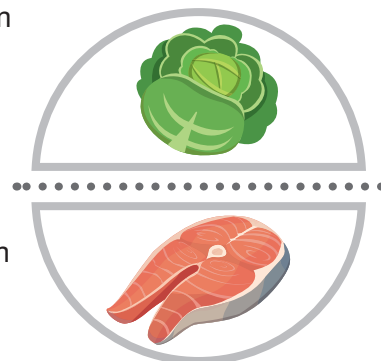
CLEAN your hands and surfaces often.

- Wash your hands with soap and warm water for 20 seconds.
- Wash utensils and cutting boards regularly.
- Rinse produce under running water.



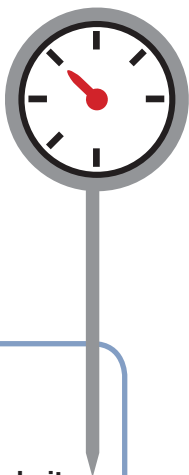
SEPARATE raw meats, poultry and seafood.

- Store them away from ready-to-eat foods in your refrigerator.
- Use separate cutting and preparation surfaces.
- Keep them away from other foods in your shopping cart.



COOK foods to a safe temperature.

- Heat foods to kill germs that can make you sick.
- Use a food thermometer to check internal food temperatures when cooking.

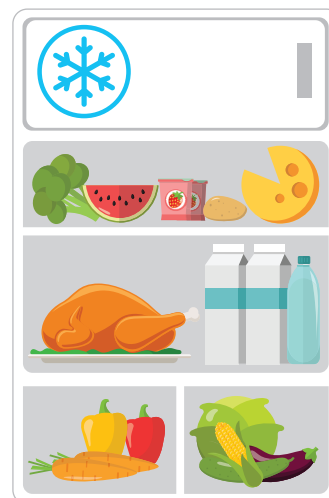


Safe Cooking Temperatures:

- Poultry: **165 degrees Fahrenheit**
- Ground meats: **160 degrees Fahrenheit**
- Whole cuts of beef, pork, veal or lamb: **145 degrees Fahrenheit**

CHILL foods.

- Keep your refrigerator at or below 40 degrees Fahrenheit.
- Refrigerate food within two hours of cooking or removing it from the refrigerator.
- Always thaw food in the refrigerator.



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維持食物安全的 簡易方式

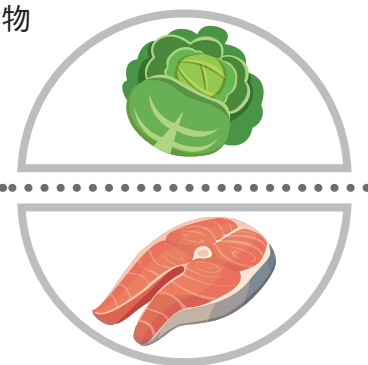
經常清洗雙手與表面。

- 用香皂及溫水清洗雙手 20 秒。
- 定期清洗餐具與砧板。
- 用流水沖洗蔬果。



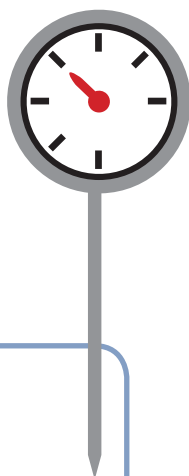
分開存放生肉、家禽與海鮮。

- 將其與冰箱裡的即食食物分開存放。
- 將切割與準備食材的表面分開。
- 將其與您購物車中的其他食物分隔開。



用安全的溫度烹煮食物。

- 加熱食物以消滅可能致病的細菌。
- 烹煮時，使用食物溫度計檢查食物內部溫度。

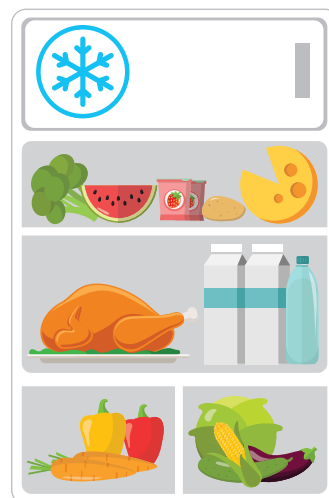


安全烹調溫度：

- 家禽：華氏 165 度
- 絞肉：華氏 160 度
- 全切牛肉、豬肉、小牛肉或羊肉：華氏 145 度

冷凍食物。

- 將您的冰箱溫度保持在華氏 40 度或之下。
- 在烹調食物或將食物從冰箱中取出後兩小時內放回冰箱冷藏。
- 一律在冰箱中解凍食物。



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Easy Ways to... Make a Shopping List



1. Record your meals and snacks below. Try to include all five food groups in each meal, and at least two of the five food groups in every snack.

Day/M meal	Menu	Fruits	Veggies	Grains	Protein	Low-Fat Dairy
Monday, dinner	Zucchini Pasta Salmon Plums	Plums	Zucchini Onions Garlic Tomatoes	Whole wheat pasta	Salmon	1% milk

2. Look in your cabinets and refrigerator for ingredients. Make a shopping list of what you need to buy.

Example:

1. Plums	1. _____	5. _____
2. Zucchini	2. _____	6. _____
3. Garlic	3. _____	7. _____
4. Tomatoes	4. _____	8. _____
5. Salmon		
6. 1% Milk		

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Just Say Yes to Fruits and Vegetables

教你輕鬆…… 制定購物清單



1. 在下方記錄您的正餐和零食。盡量在每一餐中包含全部五種食物組合，每種零食中至少包含五種食物組合中的兩種。

日期/ 進餐時間	菜單	水果	蔬菜	穀類	蛋白質	低脂 乳製品
星期一， 晚餐	櫛瓜 義大利麵 鮭魚 李子	李子	櫛瓜 洋蔥 大蒜 蕃茄	全麥 義大利麵	鮭魚	1% 含脂量 牛奶

2. 看一看您的櫥櫃和冰箱裡的食材。制定需要購買物品的購物清單。

範例：

1. 李子	1. _____	5. _____
2. 櫛瓜	2. _____	6. _____
3. 大蒜	3. _____	7. _____
4. 蕃茄	4. _____	8. _____
5. 鮭魚		
6. 1% 含脂量牛奶		

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Easy Ways to... Read an Ingredients List

Choose items with a list that...

✓ Is short

As a general rule, the fewer ingredients a product has, the healthier it is.

✓ Is easy to understand

Choose foods with ingredients that have uncomplicated names.

✓ Includes whole grains

In breakfast cereals, crackers, pastas and breads, the word “whole” should appear as the first or second ingredient.

✓ Includes no or low sugar

Choose foods that do not have a lot of sugar (see Bread #2 below, where common names for sugar are shown in **bold**).

Avoid items with a list that...

✗ Is long

As a general rule, long ingredients lists mean more sugars and additives.

✗ Is hard to understand

Avoid ingredients you do not recognize or cannot pronounce.

✗ Includes trans fat or partially hydrogenated oils

Trans fat increases your risk of heart disease by increasing “bad” cholesterol (LDL) and decreasing “good” cholesterol (HDL).

✗ Includes many sugars

Common names for sugars include cane sugar, honey, sucrose, glucose, fructose, dextrose, high fructose corn syrup, fruit juice concentrate, molasses and invert sugar.

Bread #1: Healthier Choice

INGREDIENTS: 100% WHOLE WHEAT FLOUR, WATER, SOYBEAN OIL, **MOLASSES**, YEAST, WHEAT GLUTEN, CALCIUM PROPIONATE (TO PREVENT SPOILAGE), NON FAT MILK, SALT

Bread #2: Less Healthy Choice

INGREDIENTS: ENRICHED WHEAT FLOUR, **CORN SYRUP, SUGAR**, PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL, **SUCROSE, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE**, GLYCERIN, **POLYDEXTROSE**, MODIFIED CORN STARCH, SALT, SODIUM STEAROLY LACTYLATE, PYRIDOXINE HYDROCHLORIDE, RED #40, YELLOW #5

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Just Say Yes to Fruits and Vegetables

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教你輕鬆…… 閱讀成分表

選擇包含下列清單的食品……

- ✓ **簡短**
一般原則是產品的成分越少，就越健康。
- ✓ **清楚明瞭**
選擇擁有簡單名稱之成分的食品。
- ✓ **納入全穀類**
在早餐玉米片、餅乾、義大利麵和麵包中，「全」這個名詞應該會顯示為第一個或第二個成分。
- ✓ **不含糖或低糖**
選擇不含很多糖的食品（請參閱以下的 2 號麵包，其中糖的常見名稱會以**粗體**顯示）。

避免選擇包含下列清單的食品……

- ✗ **冗長**
一般原則是成分表越冗長，代表包含的糖和添加物越多。
- ✗ **不易理解**
避免選擇您無法辨別或唸出的成分。
- ✗ **包含反式脂肪或部分氫化油**
反式脂肪會增加您罹患心臟病的風險，因為那會增加「壞」膽固醇 (LDL) 並減少「好」膽固醇 (HDL)。
- ✗ **包含許多糖**
糖的常見名稱包含甘蔗糖 (Cane Sugar)、蜂蜜 (Honey)、蔗糖 (Sucrose)、葡萄糖 (Glucose)、右旋糖 (Dextrose)、高果糖玉米糖漿 (High Fructose Corn Syrup)、濃縮果汁、糖蜜 (Molasses) 和轉化糖 (Invert Sugar)。

1 號麵包：更健康的選擇

成分：100% WHOLE WHEAT FLOUR（100% 全麥麵粉）、WATER（水）、SOYBEAN OIL（大豆油）、**MOLASSES**（糖蜜）、YEAST（酵母）、WHEAT GLUTEN（麥麩）、CALCIUM PROPIONATE（丙酸鈣（防止腐壞））、NON FAT MILK（脫脂牛奶）、SALT（鹽）

2 號麵包：比較不健康的選擇

成分：ENRICHED WHEAT FLOUR（添加養分麥粉）、**CORN SYRUP**（玉米糖漿）、**SUGAR**（糖）、PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL（部分氫化大豆油和棕櫚油）、**SUCROSE**（蔗糖）、**DEXTROSE**（右旋糖）、**HIGH FRUCTOSE CORN SYRUP**（高果糖玉米糖漿）、**FRUCTOSE**（果糖）、GLYCERIN（甘油）、**POLYDEXTROSE**（聚葡萄糖）、MODIFIED CORN STARCH（修飾玉米澱粉）、SALT（鹽）、SODIUM STEAROLY LACTYLATE（乳酸硬脂酸鈉）、PYRIDOXINE HYDROCHLORIDE（鹽酸吡哆醇）、RED #40（食用色素 40 號）、YELLOW #5（食用色素 5 號）

如需健康飲食的提示，請在 Facebook 上關注「Eat Healthy, Be Active NYC」，

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Easy Ways to... Save Money by Buying in Season

Look for fruits and vegetables grown in New York State.



Spring

Fruits

Apples

Vegetables

Asparagus
Beets
Broccoli
Cabbage
Cauliflower
Collard greens
Kale
Lettuce
Mushrooms
Mustard greens
Parsnips
Peas
Radishes
Rhubarb
Spinach
Sprouts

Summer

Fruits

Cherries
Melons
Strawberries
Peaches

Vegetables

Beets
Broccoli
Cabbage
Cauliflower
Celery
Corn
Cucumbers
Garlic
Green Beans
Lettuce
Mushrooms
Okra
Onions
Peppers
Potatoes
Summer squash
Tomatoes
Zucchini

Fall

Fruits

Apples
Grapes
Pears
Raspberries
Watermelon

Vegetables

Beets
Broccoli
Cabbage
Garlic
Green beans
Lettuce
Mushrooms
Onions
Peppers
Potatoes
Pumpkin
Radishes
Sweet potatoes
Turnip
Winter squash

Winter

Fruits

Apples

Vegetables

Beets
Cabbage
Carrots
Garlic
Mushrooms
Onions
Potatoes
Sweet potatoes
Winter squash

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教你輕鬆……

購買當季蔬果節省費用

尋找紐約州種植的水果和蔬菜。



春季

水果

蘋果

蔬菜

蘆筍
甜菜
綠花椰菜
結球甘藍
白花椰菜
綠葉甘藍
羽衣甘藍
萵苣
蘑菇
芥菜
歐洲蘿蔔
豌豆
蘿蔔
大黃
菠菜
豆芽



夏季

水果

櫻桃
甜瓜
草莓
桃子

蔬菜

甜菜
綠花椰菜
結球甘藍
白花椰菜
芹菜
玉米
黃瓜
大蒜
四季豆
萵苣
蘑菇
秋葵
洋蔥
甜椒
馬鈴薯
夏南瓜
蕃茄
櫛瓜



秋季

水果

蘋果
葡萄
梨子
覆盆莓
西瓜

蔬菜

甜菜
綠花椰菜
結球甘藍
大蒜
四季豆
萵苣
蘑菇
洋蔥
甜椒
馬鈴薯
南瓜
蘿蔔
蕃薯
蕪菁
冬南瓜



冬季

水果

蘋果

蔬菜

甜菜
結球甘藍
胡蘿蔔
大蒜
蘑菇
洋蔥
馬鈴薯
蕃薯
冬南瓜

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Easy Ways to... Save Money on Healthy Food



Home

Plan your meals and snacks for the week and **make a grocery list**.

Keep your kitchen cabinets organized and take inventory to avoid buying foods you already have.



Reduce waste. Cook with all parts of fruits and vegetables.



Use leftovers. Make a soup, stir-fry or casserole using leftover vegetables, grains, meats or beans.

Farmers Markets

Buy fruits and vegetables in season. The prices are lower and the produce tastes better when it is the right time of year.



Stock up on fruits and vegetables when they are in season and freeze or can them for later use.



Use your EBT/SNAP benefits. For every \$2 spent at a New York City farmers market using EBT/SNAP get \$2 in Health Bucks, up to \$10 per day, to buy fresh fruits and vegetables.

Supermarket

Buy fresh, frozen or canned fruits and vegetables.

Buy dried beans, peas and lentils instead of more expensive proteins.



Buy whole foods instead of convenience items. For example, buy whole apples instead of pre-cut apples.

Buy less-expensive store brands instead of name brands.

Buy items such as oatmeal, rice, beans and flour **in bulk or in family packs**.



Instead of buying sweetened beverages, **try tap water infused with citrus!**

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在健康食品上 省錢的一些簡單的方法



家中

計劃當週的正餐和零食，並且制定購物清單。

保持廚房櫥櫃井然有序，並進行清點，以避免購買已有的食品。



減少浪費。完全烹調水果和蔬菜的所有部分。



充分運用吃剩的食物。可以利用剩餘的蔬菜、穀類、肉類或豆類製成湯品、快炒或砂鍋菜。

農夫市集

購買當季的水果和蔬菜。在適當的產季，水果與蔬菜的價格通常較低，口感通常也較佳。



在應季的時候囤存水果和蔬菜，並冷凍或裝入罐頭，以備之後食用。



使用您的 **EBT/SNAP** 福利。您使用電子福利轉帳 (Electronic benefit transfer, EBT) 卡/補充營養援助計畫 (Supplemental Assistance Program, SNAP) 卡在紐約市農夫市集的每 2 美元消費，將可獲得 2 美元的「健康小錢」(Health Bucks) 兌換券，每天最多可獲得 10 美元，可用來購買新鮮的水果與蔬菜。

超市

購買新鮮、冷凍或罐裝的水果和蔬菜。

購買乾豆、豌豆和扁豆，代替較為昂貴的蛋白質。



購買原形食物來代替方便的商品。例如，購買完整的蘋果，代替切好的蘋果。

購買較為低廉的零售品牌，代替名牌。

購買食品諸如燕麥片、大米、豆類和麵粉時，購買散裝或家庭裝。



不要購買甜的飲料，嘗試用柑橘類搭配飲用水調配！

如需健康飲食的提示，例如健康飲食，紐約市保持活躍 (Eat Healthy, Be Active NYC)，

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NYC
Health

Just Say Yes to Fruits and Vegetables

Easy Ways to... Store Fruits and Vegetables

Properly stored fruits and vegetables stay fresh longer, taste better, maintain nutrients and save you money by reducing food waste.

Cool, dark and dry place: 1 to 3 months



Potatoes
Sweet potatoes
Winter squash

Garlic
Onions
Shallots



Counter: 3 to 10 days (refrigerate when ripe)



Apples
Grapes
Peaches
Plums

Cherries
Melons
Pears
Tomatoes



Refrigerator: 3 to 14 days

Asparagus*
Broccoli
Carrots
Chili peppers
Eggplant
Herbs*
Mushrooms
Peppers
Zucchini

Berries
Brussels sprouts
Cauliflower
Corn
Green onions
Leafy greens*
Okra
Radishes

Beets
Cabbage
Celery*
Cucumbers
Green beans
Leeks
Peas
Summer squash
**keep in plastic bag*



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教你輕鬆…… 存放水果與蔬菜

妥善存放水果和蔬菜可延長保鮮時間、提升風味、保持營養素，並透過減少食物浪費為你節省費用。

蔭涼、避光且乾燥的地點：1 至 3 個月



馬鈴薯
番薯
冬南瓜

大蒜
洋蔥
紅蔥頭



流理台：3 至 10 天（成熟時放入冰箱冷藏）



蘋果
葡萄
水蜜桃
李子

櫻桃
甜瓜
水梨
番茄

冰箱：3 至 14 天

蘆筍*
綠花椰菜
胡蘿蔔
辣椒
茄子
香草*
蘑菇
胡椒
櫛瓜

莓果
抱子甘藍
白花椰菜
玉米
小洋蔥
綠葉蔬菜*
秋葵
蘿蔔

甜菜
結球甘藍
芹菜*
小黃瓜
綠豆
韭菜
豌豆
夏南瓜

*放入塑膠袋中



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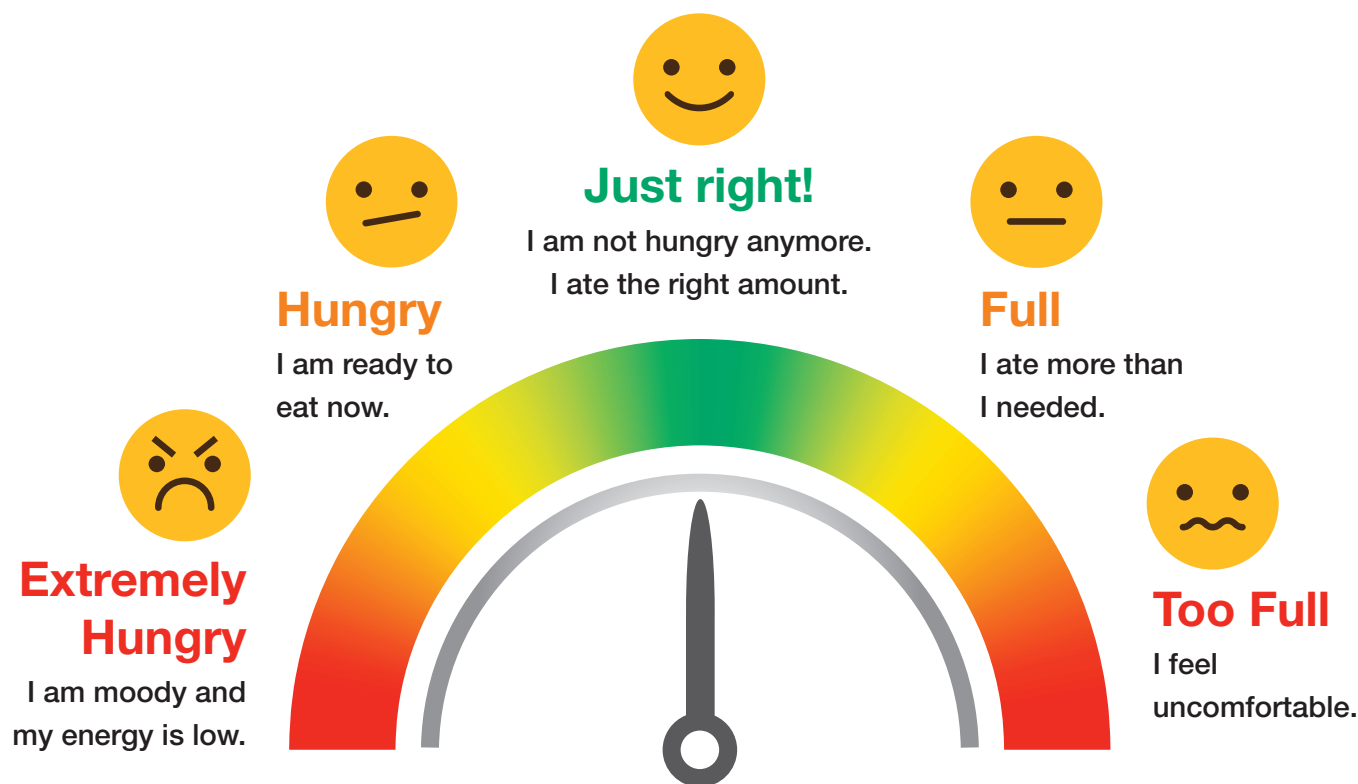
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Easy Ways to... Understand Signs of Hunger and Fullness



Do...

- ✓ Eat at a table.
- ✓ Start with small servings.
- ✓ Chew slowly. It takes 20 minutes to know that you are full.
- ✓ Pay attention to how you feel and try to stop eating before you feel full.
- ✓ Enjoy your meals!

Don't...

- ✗ Eat standing up.
- ✗ Overfill your plate.
- ✗ Eat too fast.
- ✗ Skip meals. This makes you more likely to overeat at the next meal.
- ✗ Eat in front of a screen.

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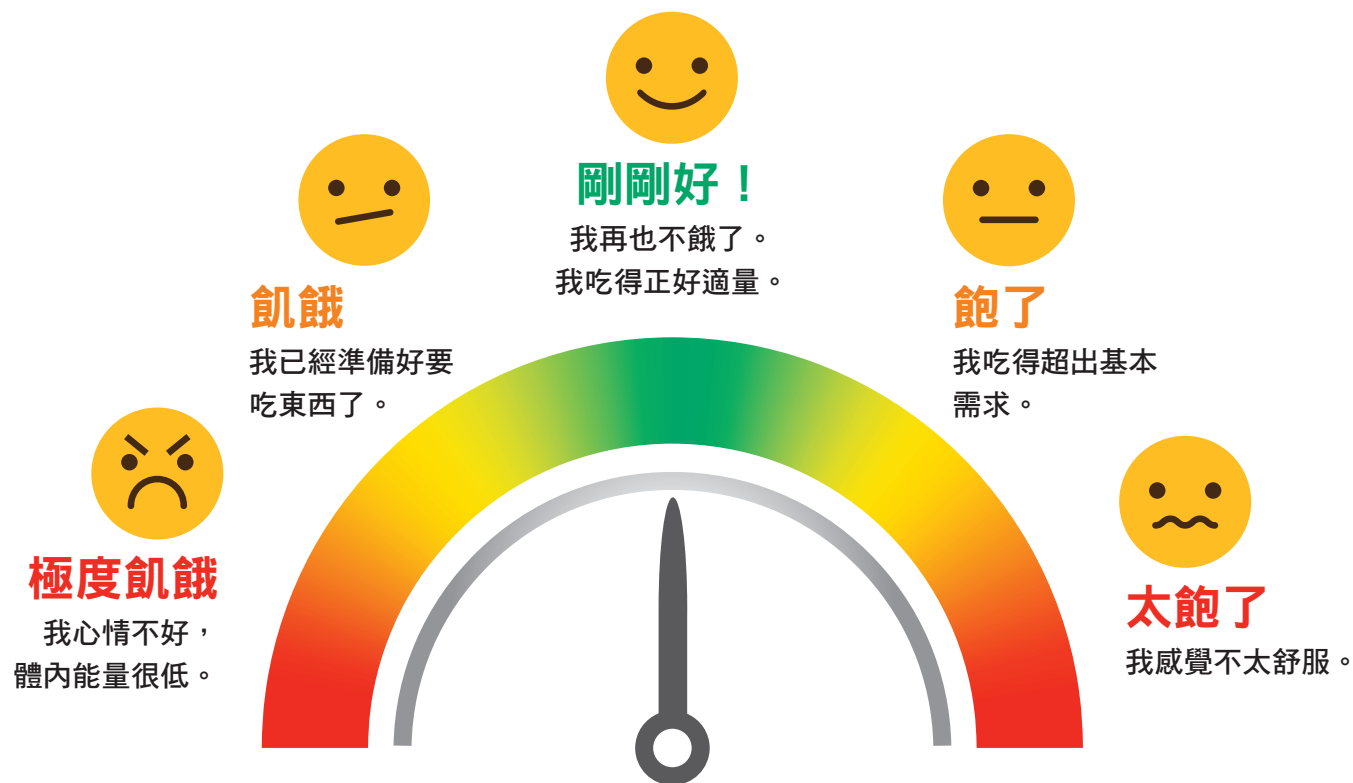
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Just Say Yes to Fruits and Vegetables

瞭解飢餓感與飽足感跡象的簡易方式



請……

- ✓ 在餐桌上吃飯。
- ✓ 從小份量開始。
- ✓ 細嚼慢嚥。需要經過 20 分鐘的時間才會感覺飽。
- ✓ 密切注意您的感覺，並且嘗試在感覺到飽之前停止吃飯。
- ✓ 享用您的餐點！

請勿……

- ✗ 站著吃飯。
- ✗ 在餐盤中裝太多食物。
- ✗ 吃得太快。
- ✗ 跳過某餐不吃。這很可能會讓您在下一頓飯吃得太多。
- ✗ 在螢幕前吃飯。

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Easy Ways to... Use the Nutrition Facts Label

1. Start with serving size.

Check the number of servings per container and the size of each serving. The Nutrition Facts are based on one serving.

2. Aim to meet your daily calorie goal.

Visit choosemyplate.gov/MyPlatePlan to calculate your personal calorie needs.

3. Limit:

- Saturated fat
- Trans fat
- Cholesterol
- Sodium
- Added sugars

4. Eat enough:

- Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

5. Pay attention to the % (Percent) Daily Value (DV):

- 5 percent or less is LOW
- 20 percent or more is HIGH

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount Per Serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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使用營養成分表標籤的簡單方式...

1. 從每份餐量開始。

查看每個容器的份數和每份餐量。營養成分表為一份的數量。

2. 目標是滿足您的每日卡路里目標。

請造訪 choosemyplate.gov/MyPlatePlan，計算您個人的卡路里需求。

3. 限額：

- 飽和脂肪
- 反式脂肪
- 膽固醇
- 鈉
- 添加糖

4. 足量攝取：

- 纖維
- 維他命 D
- 鈣
- 鐵
- 鉀

5. 注意「每日攝取值 (DV) 百分比 (%)」：

- 5% 以下為偏低
- 20% 以上為過高

營養成分表

每個容器含 8 份

每份餐量

2/3 杯 (55g)

每一份量數值

卡路里

230

	每日攝取值百分比*
總計脂肪 8g	10%
飽和脂肪 1g	5%
反式脂肪 0g	
膽固醇 0mg	0%
鈉 160mg	7%
總計碳水化合物 37g	13%
膳食纖維 4g	14%
總計糖量 12g	
含 10g 添加糖含量	20%
蛋白質 3g	6%
維他命 D 2mcg	10%
鈣 260mg	20%
鐵 8mg	45%
鉀 235mg	6%

*「每日攝取值 (DV) 百分比」為一份食物為每日飲食提供的營養素數量。一天 2,000 卡路里是一般的營養建議值。

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Every Sip Adds Up

Sugary drinks are linked to cavities, weight gain, type 2 diabetes and heart disease.

20-ounce soda



About **16** teaspoons of sugar



240 calories

It would take 4,500 steps
to burn off this drink.*

20-ounce sports drink



About **9** teaspoons of sugar



140 calories

It would take 2,500 steps
to burn off this drink.*

16-ounce energy drink



About **14** teaspoons of sugar

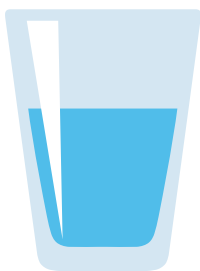


220 calories

It would take 4,000 steps
to burn off this drink.*

*Numbers may vary based on weight, height and the amount of energy expended.

Choose New York City tap water!



- ✓ **0** teaspoons of sugar
- ✓ **0** calories
- ✓ **Healthy**
- ✓ **Clean**
- ✓ **Free**
- ✓ **Refreshing**



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Just Say Yes to Fruits and
Vegetables

每一口都是負擔

含糖飲料與蛀牙、體重上升、第 2 型糖尿病及心臟病息息相關。

20 盎司的蘇打水



約 16 茶匙的糖



240 卡路里

需走 4,500 步才能消耗這瓶飲料。*

20 盎司的運動飲料



約 9 茶匙的糖



140 卡路里

需走 2,500 步才能消耗這瓶飲料。*

16 盎司的能量飲料



約 14 茶匙的糖

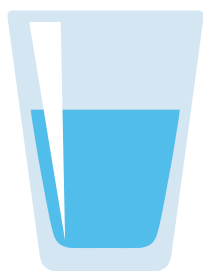


220 卡路里

需走 4,000 步才能消耗這瓶飲料。*

*數字可能因體重、身高與消耗的能量而異。

請選用紐約市自來水！



- ✓ 0 茶匙的糖
- ✓ 0 卡路里
- ✓ 健康
- ✓ 清潔
- ✓ 免費
- ✓ 新鮮



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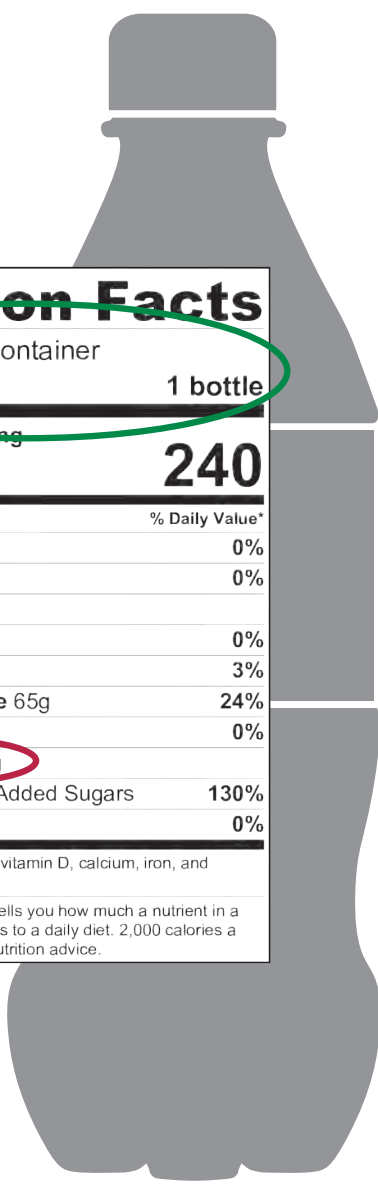
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How much sugar is in your drink?

Sugary drinks—such as soda, sweetened iced tea, juice, and energy and sports drinks—are linked to weight gain, cavities, heart disease and type 2 diabetes.



Nutrition Facts	
1 servings per container	
Serving size	1 bottle
Amount Per Serving	
Calories	240
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 65g	24%
Dietary Fiber 0g	0%
Total Sugars 65g	
Includes 65g Added Sugars	130%
Protein 0g	0%
Not a significant source of vitamin D, calcium, iron, and potassium	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Make better beverage choices:

- ✓ Drink and serve healthier beverages, like water or plain low-fat or fat-free milk.
- ✓ Add fresh fruit to your water.
- ✓ Check the amount of sugar in your drink by reading the Nutrition Facts label.

**65 grams of sugar =
16 teaspoons of sugar!**



**The average adult should have
no more than 12 teaspoons
of added sugars per day.**

**This bottle of soda has
too much sugar!**

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Just Say Yes to Fruits and Vegetables

您的飲料含有多少糖量？

含糖飲料—例如蘇打水、含糖冰茶、果汁、能量飲料、運動飲料—與體重上升、蛀牙、心臟病及第 2 型糖尿病息息相關。



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Sodium 75mg	3%
Total Carbohydrate 65g	24%
Dietary Fiber 0g	0%
Total Sugars 65g	
Includes 65g Added Sugars	130%
Protein 0g	0%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

選擇更好的飲料：

- ✓ 飲用更健康的飲料，例如水或低脂或無脂純牛奶。
- ✓ 在您的水中加入新鮮水果。
- ✓ 請閱讀營養成分表來瞭解飲料中的糖量。

65 公克的糖 = 16 茶匙的糖！



成人每天平均不應攝取超過 12 茶匙的添加糖。

這瓶蘇打水的糖份過高！

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Stock up with... Staple Foods



Store these basic foods in your pantry to make quick and easy meals and snacks.

Fruits and Veggies



Fresh, frozen, canned and dried fruits and vegetables are all great choices. Select fresh produce when in season.

Whole Grains



Oats, bulgur, 100 percent whole grain pasta and cornmeal are quick cooking whole grains. Make brown rice when you have more time. Use 100 percent whole grain breads, tortillas and crackers.

Protein Foods



Add lean proteins to your meals. Choose:

- ✓ eggs
- ✓ canned fish, such as tuna or salmon
- ✓ nut butters, such as peanut butter
- ✓ dried, low-sodium or no salt added canned beans
- ✓ nuts and seeds
- ✓ legumes, such as lentils

Low-Fat Dairy



Keep low-fat string cheese, low-fat plain yogurt and low fat milk in the refrigerator. With fresh fruit, all make great snacks.

Herbs and Spices



Store a variety of dried herbs and spices in a cool, dark place so they last longer.

Other Ingredients



Keep vegetable oils, vinegars, low-sodium soy sauce, low-sodium or no salt added broths, and low-sodium or no salt added canned tomatoes on hand to make meals in a hurry.

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囤貨…… 主食



在食品儲藏櫃中儲存這些主食，輕鬆快速地製作正餐和零食。

水果與蔬菜



新鮮、冷凍、罐裝和乾燥蔬果均是不錯的選擇。當季時選擇新鮮果蔬。

全穀食物



燕麥、碾碎的乾小麥、**100%** 全穀義大利麵及玉米粉均是速煮全穀類。您時間充裕時，可烹調糙米飯。食用 **100%** 全穀類麵包、玉米粉圓餅和薄餅乾。

蛋白質食物



在您的飲食中加入瘦蛋白。選擇：

- ✓ 蛋類
- ✓ 魚罐頭，如金槍魚或鮭魚
- ✓ 果仁醬，如花生醬
- ✓ 乾燥、低鈉或無鹽的罐裝豆類
- ✓ 堅果和種子
- ✓ 豆類，如扁豆

低脂乳製品



將低脂奶酪、低脂原味酸奶和低脂牛奶存放於冰箱中。搭配新鮮水果，均可製作美味零食。

香草和調味料



將各種乾燥的香草和香料存放在蔭涼、避光的地方，延長它們保存的期間。

其他作料



常備植物油、醋、低鈉醬油、低鈉或無鹽肉湯，及低鈉或無鹽罐裝番茄，快速製作美食。

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