

Healthy Appetites

營養美食

青少年及家長飲食烹調手冊

Healthy Eating Guide For Youth And Parents

Eat Well, Live Well!

吃得有營 活得更型

8 Steps to Healthy Eating

8個健康飲食技巧



Catherine Wong, M.P.H., R.D.
Rachel & Michelle Lo,
Colin & Devin Yan

Foreword by Martin Yan, M.S.

黃嘉慧營養師 羅潔如 羅潔恩 Colin Yan Devin Yan 著



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Photography By Rosa To

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陶慧賢 拍攝

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Thank you Rachel and Michelle, my darling daughters for your perseverance in the creation of this amazing healthy eating guide.

Thank you Susan, Colin and Devin for partnering with us in the development of these creative recipes and the 8 skills of healthy eating.

Thank you Ben Lui, MD, MPH and Albert Yu, MD, MPH, MBA for your encouragement and unwavering support for the completion of this one of a kind bilingual healthy eating guide for youth and parents!

感謝 Rachel 和 Michelle，我親愛的女兒們持之以恆完成了這本健康飲食指南。

感謝 Susan，Colin 和 Devin 與我們合作撰寫這些創意食譜和八項健康飲食技巧。

感謝呂以斌醫生和余英強醫生對我們的鼓勵和堅定的支持，完成這本獨一無二的青少年及家長雙語健康飲食指南！

Foreword

by Martin Yan, M.S.

Healthy Appetites: Eat Well, Live Well. What a perfect title for a cookbook! Now why didn't I think of it before? Since the first day of my culinary career, I have been advocating the exact same thing: basic, healthy, and fresh ingredients to eat healthy and live well. Chinese and Asian cooking have provided me with the perfect vehicles for such a message.

So you can imagine my enthusiasm when my good friend, Catherine Wong, first approached me with this cookbook idea. Better yet, this book soon became our family project, with my two sons, Colin and Devin, as willing contributors.

Hosting a television program is a demanding job, and it often involves many public appearances and, regrettably, many dinners away from home. One of the most common questions I am asked in an interview is: "What's your favorite meal?" My response is always: "Something simple and healthy, something I would enjoy cooking at home and sharing with my family".

In a way, finding food that will satisfy my viewers can be easier than finding food that will satisfy my two growing sons. As parents of today's generation may agree our busy lifestyles often make it a challenge to assure that our children are not consuming empty calories and developing unhealthy eating habits.

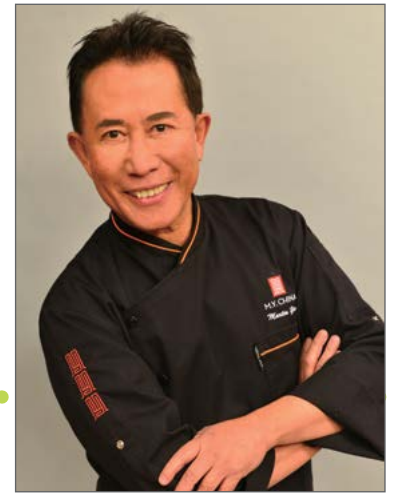
In my own family, this became a more relevant issue when Colin and Devin were away at college and had to fend for their daily meals. Catherine's cookbook couldn't have come at a better time. As my sons dove deeper into the project, they applied the healthy eating principles to their own daily routines. So much so that during their school breaks, they were roaming around our kitchen and preparing their own healthy creations.

Maybe it's too early to think 'Yan Can Cook, the Next Generation' but I can honestly affirm the saying: "Families that cook together, stay together". Thank you Catherine, Rachel and Michelle for such a worthwhile project, and thank you Susan, my wife, for embracing this project and lending your support and faith throughout.

And to Colin and Devin, you have made your parents very proud. Thank you.

序言

甄文達



“吃得有營，活得更型”——如此完美的烹飪書標題！為什麼我之前就沒有想到把它用在烹飪書裡呢？由我從事烹飪行業的第一天起，我就一直堅持相同的主張：使用基本、簡單、健康、新鮮的食材，讓我們「吃得有營，活得更型」。中華和亞洲料理為我提供了完善的載體，有助於推廣這個理念。

所以你可以想像到，當我聽到我的好朋友黃嘉慧第一次跟我提出了製作這本《青少年飲食烹調手冊》的想法時，我會有多麼興奮。不可多得的是，我的兩個兒子，Colin和Devin的積極參與，使這本烹飪手冊很快就成為了我們整個家庭的活動。

主持電視節目是一份需要我全身心投入的工作。常常要外出公開露面，這也同時意味著我很少時間回家吃晚飯。我最經常被訪問到的一個問題是：“您最喜歡的一頓飯是什麼？”我總是回答：“一頓簡單、健康、我可以在家裡煮給家人吃的就是我最喜愛的一頓。”

有時候，找到讓觀眾喜歡的食物比找到讓我兩個正在發育的兒子滿意的食物容易。當今青少年的父母也可能深有同感，忙碌的生活令我們難以保證孩子不會吃高熱量而又沒營養的食物，從而養成不健康的飲食習慣。

而這個問題也開始受到我們一家的重視，因為Colin和Devin在外讀大學，他們需要自己照顧日常飲食，黃嘉慧的《青少年飲食烹調手冊》正來得合時。隨著兒子們更加投入到烹調手冊的製作，他們開始把健康飲食的原則運用到自己的日常生活當中。不僅如此，在放假期間，他們還會跑到我們的廚房裡製作他們的健康創意料理。

提出“甄能煮，新一代”或許為時尚早，但我可以確認一點：“一起煮飯的家庭常聚在一起”。感謝黃嘉慧、羅潔如和羅潔恩提出如此有意義的計劃，同時我的妻子Susan，感謝您對整項計劃付予的信心和支持！

最後，我的孩子們，Colin和Devin，爸媽都為你們感到驕傲自豪。謝謝你們！

Preface

by Catherine Wong, M.P.H., R.D.

As a dietitian and a mother, my goal is to instill healthy eating and active living habits in my two girls, Rachel and Michelle. Throughout their childhood, I inspired them to not only eat a well balanced diet, but to also explore and enjoy food. They enjoyed making bread at the age of 4, loved to go to supermarkets and name all the fruits and vegetables. As I taught them how to cook, read food labels, and make healthy choices. Habits like eating four to five cups of fruits and vegetables per day became no challenge to them. I noticed their healthy lifestyle choices have made an impact on their friends and peers.

When Rachel was in high school, she felt her friends could eat healthier, and she felt the need to write a simple, healthy eating guide with easy-to-make, yummy and healthy recipes. She started to do a needs assessment with her friends on Facebook to gather ideas on what they wanted and needed to know regarding healthy eating. Michelle, who is four years younger than Rachel also loved food. They decided to team up with Martin Yan's twin sons, Colin and Devin, to start making this Healthy Appetites eating guide. We applied for the Chinese Community Health Care Association Grant for the seed money to make this project a reality. This book took ten years to finally come to fruition because of their limited time to work on it during their high school and college years. Colin, Devin, Michelle and Rachel are now college graduates. Now they can make healthy substitutions in their cooking and make healthy choices when eating out. They have adopted healthy eating habits and an active lifestyle.

We wish you a happy, fulfilling and healthy life!

前言

黃嘉慧



身為營養師和母親，我有責任向我兩位女兒潔如和潔恩灌輸及建立健康飲食、和活躍生活方式的習慣。在她們整個童年期間，我便鼓勵她們不但要均衡飲食，更要探索和享受食物。她們四歲便喜歡焗麵包，喜歡到超市，而且叫出全部蔬果的名字。我教導她們怎樣烹煮，閱讀食品標籤和選擇健康食物。因自幼養成健康飲食的習慣，所以對於她們來說，每天食五杯蔬果毫無難度。我注意到她們在健康生活方式的選擇，對身邊的朋友和同學帶來正面的影響。

當大女兒潔如讀高中的時候，她就發現她的朋友其實可以吃得更健康，也感覺到有需要寫一本又易做、美味又健康的簡單健康飲食指南。她便開始透過Facebook進行一些評估，以了解青少年想和需要些甚麼有關健康飲食的資料。小女兒潔恩比大女兒小四歲，同樣是非常喜歡飲食。她們決定連同甄文達的雙胞胎兒子Colin和Devin一同合力製作這本營養美食青少年飲食手冊。我們透過華美醫師協會贊助的經費去實行這個計劃。因為她們在中學及大學時的課餘時間有限，這本手冊足足用了10年的時間完成。Colin、Devin、潔恩和潔如現已大學畢業，他們懂得烹調時用健康的食材，並在外用餐時選擇健康的菜式。現在，他們都採納健康的飲食習慣和活躍的生活方式。

祝您生活愉快、充實又健康！

Preface

by Rachel, Michelle, Colin, Devin



This book is dedicated to helping teenagers, young adults, and parents learn how and why to cook healthily.

Even as toddlers, we grew up surrounded by healthy food. We spent Saturday mornings at farmers' markets, did homework in the kitchen while dinner was cooking, snacked on vegetables after sports practice, and watched our parents study food labels when grocery shopping. We were exposed to the vibrancy of flavors, colors, and textures that could be found in the produce aisle rather than the packaged food aisle. We became well acquainted with each fruit and vegetable at an age while other children might be learning how to talk.

With an almost instinctive love for fresh food, we learned to appreciate how produce could be marinated, grilled, sautéed, and more, to bring out the best flavor in each ingredient. Our parents reminded us daily how everything we eat should benefit our physical growth and health; the importance of healthy eating and living became intuitive.

In middle school and high school, we realized most people did not grow up with a nutritionist as a mother or a chef as a father. Our desire to cook vegetables during every meal or to instinctively reach for a banana after a tennis match might not be the same as other people's. Most of our friends thought "healthy food" didn't taste good and was either brown or green. Though the latter is somewhat true, there is so much more to nutrition than that.

For us, nutrition became a staple part of our lifestyles and we wanted to inspire the same in others. So, we created this manual in partnership with the San Francisco Department of Public Health to help anyone learn more about healthy food choices!

Allow us to share with you the importance of all these delicious foods we eat; to show you how to think differently about "healthy eating" and to modify your daily routine to incorporate healthier habits.

In 8 quick steps, you and your family will be living a nutritious and delicious life!

前言

羅潔如、羅潔恩、Colin Yan、Devin Yan

這本書專為青少年、年輕人及家長而寫，幫他們學習怎樣煮得健康。

從蹣跚學步開始，我們在健康食物包圍中長大。我們會逛逛週六的農夫市場，在煮晚飯的時候待在廚房做功課，在運動結束後會吃蔬菜當零食，還會在逛超市的時候看著我們的父母研究食品的营养標籤。在我們牙牙學語的時候，已經很習慣到繽紛多彩的新鮮蔬果區而不是包裝食品區，去熟悉每一種蔬菜和水果。

帶著這種對新鮮食品幾乎是本能的熱愛，我們學會欣賞用醃製，烤，炒等方式來帶出食物中最完美的味道。我們的父母時常提醒我們應該吃有利於我們的身體發育和健康的食物；注重健康飲食和生活的重要性。

讀初高中的時候，我們就注意到不是每個同學都有一個做營養師的母親或有一個做廚師的父親陪

伴成長。因此他們可能不理解我們每天吃蔬菜和運動後自然而然吃個水果的做法。大部份的朋友都認為“健康食品”不好吃，不是棕色便是綠色。雖然後者確屬事實，但營養遠遠不止是棕色、綠色那麼簡單。

對於我們來說，營養是我們生活方式的一部份。我們便與三藩市公共衛生署合作製作這本手冊，使您更了解健康食品的選擇！

我們會嘗試為您解釋這些美味食物的重要性；同時向您提供如何以不同觀點來看“健康飲食”，將健康的飲食習慣納入日常生活中。

這本手冊中的八個簡易步驟能使您和您的家人過著營養和健康的生活！



Who we are 我們是誰



Catherine Wong, MPH, RD

黃嘉慧 營養師

Catherine specializes in wellness programs for the Chinese. She is keen on creating healthy and delicious recipes. She works for the San Francisco Department of Public Health, Chinatown Public Health Center as Nutrition Manager for over 39 years. Catherine earned her Bachelor's degree in Nutrition & Dietetics from the University of California at Berkeley and her Master's degree in Public Health Nutrition from the University of California at Los Angeles. She was invited by the United Nations FAO to train doctors and health providers in China. Catherine has received numerous awards from the American Heart Association and American Cancer Society, including the prestigious "Young Dietitian of the Year" award from the the Academy of Nutrition and Dietetics.

黃嘉慧擅長推動華人健康教育。她喜愛創造健康營養美食食譜。在三藩市公共衛生署，華埠公共衛生局任職營養主任超過39年。在柏克萊的加州大學取得營養學士及在洛杉磯的加州大學取得公共營養碩士學位。曾應聯合國邀請到中國培訓醫生與營養師，並曾獲美國營養協會頒贈的「傑出青年營養師」獎，以及美國心臟協會和美國癌症協會頒發的多項獎狀。



Rachel and Michelle

羅潔如、羅潔恩

Rachel and Michelle are sisters who love cooking delicious yet healthy food with their mother, Catherine Wong.

Rachel completed her Bachelor of Arts at Emory University and is now a solutions engineer at a technology company in San Francisco. She has future visions to change the healthcare industry through technology. In her spare time, she cooks with her mom, explores exercise classes around the Bay Area.

Michelle completed her Bachelor of Arts in Sociology and Masters of Arts in Global Affairs at Rice University. After spending summers and internships working for various international initiatives, she is now working as a strategist for a technology consulting firm in San Francisco. In her spare time, she cooks for her friends, dances, and explores new cities around the world through food.

潔如、潔恩兩姊妹和母親黃嘉慧一樣熱愛烹飪美味健康食物。

潔如在Emory大學完成了她文學士，現在是在三藩市一家科技公司的方案工程師，她希望將來透過科技來改進醫療行業。在空閒時間，她會與她的媽媽煮飯，和嘗試各種健身運動班。

潔恩在Rice大學完成了社會學文學士和環球事務碩士。她在暑假和實習時參與了各種國際事務活動後，現在於三藩市的一家技術諮詢公司任策略顧問。在空閒時間，她會為她的好友煮飯，練習現代舞蹈，並去不同的城市尋找美食。



Colin & Devin Yan

Colin graduated from the University of California, Davis with a degree in Exercise Biology. He is currently studying to become a Doctor of Chiropractic. In his free time, he enjoys playing sports with his friends, spending time with his family, and playing video games.

Devin graduated with a degree in Economics from the University of California, Irvine and is now an accountant at a CPA firm in Emeryville.

He loves to play sports, especially team sports with his friends. An avid basketball fan, Devin enjoys watching his favorite team, the Golden State Warriors, on television. He also likes to spend quality time alone with his dog, Kyle.

Colin畢業於加州大學戴維斯分校，獲得運動生物學士學位。他目前正在學習成為脊椎神經科醫生。在空閒的時間，他喜歡和朋友一起運動，和家人一起相聚，以及玩電子遊戲。

Devin畢業於加州大學爾灣分校，獲得經濟學學士學位，目前是在Emeryville會計師公司工作。他平常喜歡和他的朋友一起運動，特別是團體運動。Devin是一個籃球迷，最喜歡在電視看金州勇士的籃球比賽。除此之外，他亦喜歡花時間與他的狗Kyle一起。





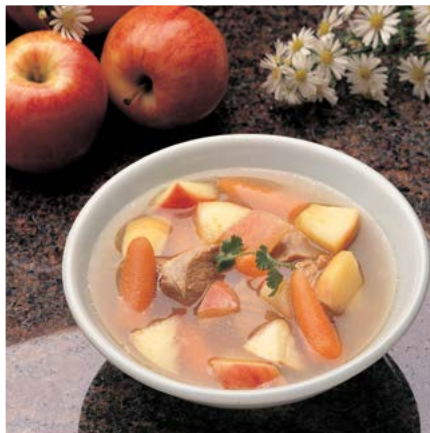
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Chicken Caesar Salad

790 calories, 49g total fat, 1980mg sodium

Not all salads are healthy and low in calories. Too much dressing and toppings like croutons, bacon bits, and cheese add a lot of fat and sodium to this supposedly healthy dish.

Plain Bagel with Cream Cheese

390 calories, 13g total fat, 695mg sodium

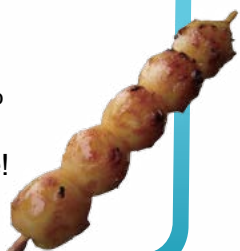
Order a whole-wheat bagel with jam instead of cream cheese.



Fish Balls (100g, about 4 fish balls)

70 calories, 850mg sodium

Yikes! That's over 35% of your daily recommended sodium intake!



Shocking Facts

Think twice before you reach for that store-bought blueberry muffin! Many foods appear to be healthy but are actually high in calories and sodium and are loaded with hidden fats and sugars. Watch out for these when eating out, and choose the lower calorie or "heart healthy" menu options if they are posted. Swap high fat condiments like mayonnaise-based dressing for vinaigrettes, or choose fruit jams instead of cream cheese or butter.

Vegetable, Pork, and Leek Dumplings - Frozen (7 pieces)

300 calories, 3g saturated fat, 600mg sodium

Frozen foods tend to have too much sodium. Try making fresh dumplings at home!

Chicken Nuggets Uncovered

Ever wonder what chicken nuggets are really made out of? It turns out that the bones from chickens are scraped clean of their meat in a process called "Advanced Meat Recovery." What you're left with is a thick pink paste that becomes the main ingredient in nuggets. The paste is then soaked

in ammonia (an industrial cleaning chemical used to kill off bacteria) and finally flavored and dyed before being shipped to fast food outlets.¹ If that isn't bad enough, each serving (5 pieces) has 230 calories, 15g of total fat, and 520mg of sodium – that's already 22% of your daily recommended sodium intake. Yikes!

Blueberry Muffin

600 calories, 32g total fat, 40g sugar

Store-bought muffins are often made with lots of butter and sugar.



藍莓鬆餅

600卡路里
32克總脂肪
40克糖

從超級市場買來的鬆餅都是用大量的牛油和糖做的。

揭露炸雞塊的背後事實

您是否想過炸雞塊是用什麼做的嗎？雞的骨頭是通過高壓過濾器去除的，這個過程叫做“先進取肉法”。去骨之後剩下的濃厚肉醬就是作為炸雞塊的主要材料。肉醬先被浸泡在氨水（一種用於殺菌的工業清潔化



學物品)中，然後進行加工調味和染色，最後送去快餐連鎖店。¹如果你還能接受這樣的製作過程的話，那麼想想每份炸雞塊（5塊）的含量：230卡路里，15克總脂肪，250毫克鈉質（已是您日常建議鈉質進食量的22%）！

驚人事實

當您去商店買藍莓鬆餅時，一定要想清楚！很多所謂“健康”的食品都是高卡路里，高鈉質及很多你看不見的脂肪和糖份。當您外出就餐時應小心地挑選低熱量或者“心臟健康”的餐單。用醋和油代替以高脂肪的白色蛋黃醬為主的調味品，或者選擇用果醬代替奶油芝士或牛油。

冷凍韭菜豬肉餃子（7件）

300卡路里
3克飽和脂肪
600毫克鈉質

冷凍食品通常含有過多的鈉質。嘗試在家裏自製新鮮的餃子！



凱撒雞肉沙律

790卡路里，49克總脂肪，1980毫克鈉質

沙律不一定是健康和低卡路里的。過多的醬汁和配料，如小麵包塊、煙肉碎、芝士，會給所謂健康的沙律帶來大量脂肪和鈉質。



魚蛋

(100克，約4粒)

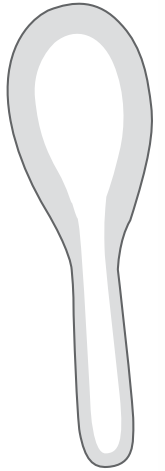
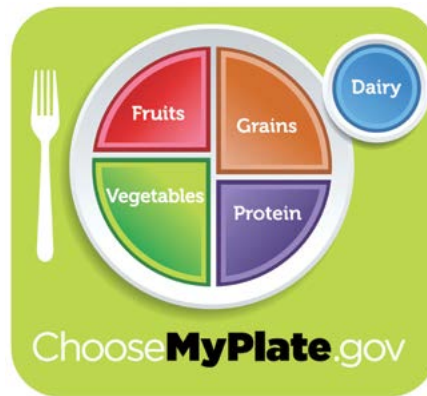
70卡路里
850毫克鈉質

已超過您日常建議鈉質進食量的35%!

原味麵包圈 加上奶油芝士

390卡路里
13克總脂肪
695毫克鈉質

選擇全麥麵包圈加果醬代替奶油芝士。

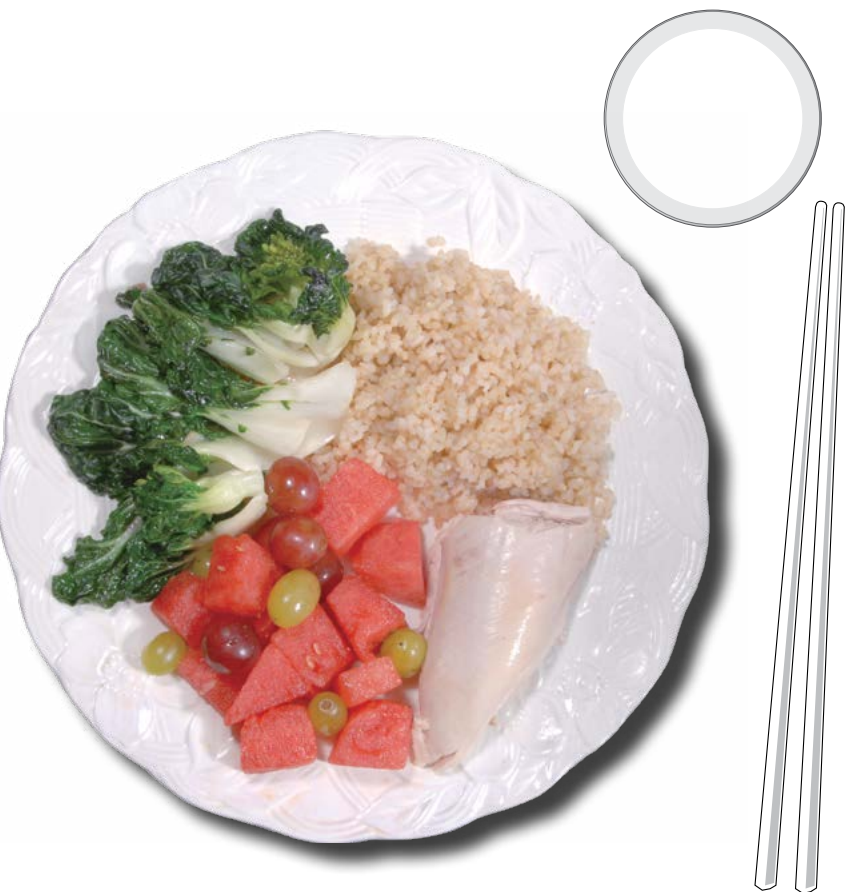


Building a Healthy Plate

In 2011, the U.S. Department of Agriculture (USDA) and Department of Health & Human Services (HHS) released the 2010 Dietary Guidelines for Americans, which provide nutritional guidelines to promote health and reduce the prevalence of chronic diseases and obesity through improved nutrition and increased physical activity. It also replaced the two-decades-old food pyramid with the new “MyPlate” icon. The plate method is an easy way to control portion sizes and fill your plate with the proper balance of foods. All you need to do is imagine the plate as you look at what you are eating for each meal.

For your personalized meal plan, visit www.choosemyplate.gov.

Using the 2010 Dietary Guidelines as a basis, HHS and USDA developed the 2015-2020 Dietary Guidelines for Americans after reviewing the latest scientific evidence to provide science-based nutrition guidance. To read the entire set of guidelines, visit <http://health.gov/dietaryguidelines/2015/guidelines/>. The guidelines indicate that foods are not consumed in isolation, but rather in various combinations over time - an “eating pattern”. Therefore, focus should be placed on replacement and shifts in food intake and eating patterns rather than individual nutrients.



建立一個健康的餐碟

在2011年，美國農業部 (USDA) 和美國衛生人文服務署 (HHS) 發佈了2010年美國人飲食指引。飲食指引提供營養指南，通過改善膳食及增加體力活動，以促進健康和減少慢性疾病和肥胖症的患病率。同時，美國農業部將已沿用了二十年的“食物金字塔”換成新的“我的餐碟”圖標。這個餐碟提供一種簡易控制食物份量的方法，並在您的餐碟上填滿營養均衡的食物。您所需要做的只是看這個“餐碟”時，想像一下您一餐所吃的食物。

想看看您個人的飲食計劃，請上網：www.ChooseMyPlate.gov。

用2010年飲食指引作為基礎，USDA和HHS檢視了各項最新研究，以此製定出2015-2020年美國人飲食指引，提供了一組以科學證據為基礎的營養指南。想閱讀整套指引，請上網到<http://health.gov/dietaryguidelines/2015/guidelines/>。飲食指引指出，各食物不是單一地被進食，而是多種不同的食物組合，長期形成各人不同的“飲食模式”。因此，我們應將重點放在如何用較健康的食物代替不健康的食物和改變整體飲食模式，而不是僅僅針對單一營養素。



Core Messages for Americans from 2015-2020 Dietary Guidelines: ²

1. Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. See P. 21 on key points of a healthy eating pattern.
2. Focus on variety, nutrient density, and amount. To meet nutrient needs without exceeding calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts. See P. 22-23 for food group recommended amounts.
3. Limit added sugars, saturated fats and sodium intake. Adopt an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
4. Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy options. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
5. Support healthy eating patterns for all. Concerted efforts from home to school to work to communities are needed to help create and sustain healthy eating patterns that align with the Dietary Guidelines.



來自2015-2020年 美國人飲食指引的主要信息: ²

1. 在不同年齡層都要遵從一個健康的飲食模式。所有食物和飲品選擇都很重要，到第21頁參考健康飲食模式的重點。
2. 留意食物的多樣化、營養密度和份量。要滿足各營養素需求而又不超出熱量上限，應在各食物種類中選擇營養密度較高的，進食建議的份量，並要吃得多樣化。參閱第22-23頁的各食物種類建議份量。
3. 限制添加糖、飽和脂肪和鈉質的攝入量。遵從一個低添加糖、低飽和脂肪和低鈉質的飲食模式，減少這些成份高的食物和飲品的進食份量。
4. 切換成較健康的食物和飲品選擇。在所有食物種類中選擇營養豐富的食物和飲品，代替較不健康的選擇。在過程中要考慮到文化和個人喜好，讓這些轉變較容易實踐和維持。
5. 所有人都有責任支持健康飲食模式。由家庭到學校，工作及社區需要同心協力一起創造和維持一個支持健康飲食模式的環境。

Healthy eating patterns are associated with reduced risks of cardiovascular disease, type 2 diabetes, certain types of cancers, and becoming overweight or obese. ²

A healthy eating pattern includes: ²



- A variety of vegetables from all of the subgroups — dark green, red and orange, legumes (beans and peas), starchy vegetables and others
- Fresh fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of proteins, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:



- Saturated fats (less than 10% of calories per day from saturated fats)
- Trans fats (as low as possible)
- Added sugars (less than 10% of calories per day from added sugars)
- Sodium (less than 2,300mg per day)
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

* A major change of the 2015-2020 Guidelines is that there will no longer be a limit on dietary cholesterol. However, individuals should eat as little dietary cholesterol as possible while consuming a healthy eating pattern. In general, foods that are higher in dietary cholesterol, such as fatty meats and high-fat dairy products, are also higher in saturated fats. *

健康飲食模式有助於減低心臟病、二型糖尿病、某些癌症、超重或肥胖的風險。²

一個健康的飲食模式包括：²



- 多種不同的蔬菜——深綠色、紅色和橙色，豆類、澱粉類及其他蔬菜
- 新鮮水果
- 穀類，其中最少一半是全穀類
- 脫脂或低脂乳製品，包括牛奶、酸乳酪、芝士和/或加鈣豆類飲品
- 多種不同的蛋白質食物，包括海鮮、瘦肉、家畜、蛋、豆類、堅果、籽和豆類製品
- 食用油

一個健康的飲食模式限制：



- 飽和脂肪(每天來自飽和脂肪的熱量應少於10%)
- 反式脂肪 (越少越好)
- 添加糖 (每天來自添加糖的熱量應少於10%)
- 鈉質 (每天少於2,300毫克)
- 如果喝酒的話，適可而止 —— 女性每天最多1杯，男性每天最多2杯 —— 而且只有法定喝酒年齡的成年人才可喝酒

2015-2020年美國人飲食指引的一個重大改變是不再對膳食膽固醇作出限制。但是，在進食一個健康飲食模式的同時應盡少進食膳食膽固醇，因為，大多高膽固醇的食物，如肥肉和高脂肪乳製品，都是高飽和脂肪的。

How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.

Core Messages from the Choose MyPlate guidelines:

- Fill ½ of your plate with fruit and vegetables
- Fill ¼ of your plate with lean proteins
- Fill ¼ of your plate with grains
- Switch to low-fat or fat-free dairy items

2 cups
Fruit Group
杯
水果類


2½ cups
Vegetable Group
杯
蔬菜類

3 cups or equivalent
Milk Group
杯或同等份量
乳製品

½ cup of fruit juice
= size of a 4 oz juice box
半杯果汁
= 4安士盒裝果汁



½ cup of carrots or other vegetables
= size of a small computer mouse
半杯紅蘿蔔或其他蔬菜
= 1個小型電腦滑鼠大小



1 cup of milk
= an 8 oz carton of milk
1杯牛奶
= 1盒8安士裝牛奶




1 small apple = 1 cup
= size of a baseball
1個小蘋果 = 1杯
= 1個棒球大小



10 medium fries counts as ½ cup
= size of a deck of cards
10條中薯條等同半杯
= 1副撲克牌大小



1 cup of yogurt
= size of a baseball
1杯酸乳酪
= 1個棒球大小



½ cup of sliced fruit
= size of a small computer mouse
半杯切片水果
= 1個小型電腦滑鼠大小



1 cup of raw vegetables
= size of a baseball
1杯生的蔬菜
= 1個棒球大小



1½ oz. of low-fat natural cheese*
= size of two 9-volt batteries
1.5安士低脂天然芝士*
= 2個9伏特電池大小

*Counts as one cup
*等同1杯乳製品



您會吃多少？

用日常事物來推斷食物份量。

來自我的餐碟的主要信息：

- 水果和蔬菜應佔您餐碟的一半
- 低脂蛋白質應佔您餐碟的四份之一
- 穀物應佔您餐碟的四份之一
- 選擇低脂或脫脂乳製品

5½ ounces or equivalent
Protein Group
5½ 安士或同等份量
蛋白質類

6 cups or equivalent
Grains Group
6 杯或同等份量
穀類

2-3 oz. of meat, poultry or fish
= size of a deck of cards
2-3 安士肉、家禽或魚
= 1 副撲克牌大小




½ cup of cooked pasta
= 1 oz = size of a small computer mouse
半杯熟意粉
= 1 安士
= 1 個小型
電腦滑鼠大小




1 tablespoon of peanut butter counts as 1 oz
= size of one 9-volt battery
1 湯匙花生醬等同1安士
= 1 個9伏特電池大小



1 cup of dry cereal
= 1 oz
= size of a baseball
1 杯乾的五穀片
= 1 安士
= 1 個棒球大小



½ cup of beans counts as 2 oz
= size of a small computer mouse
半杯豆類等同2安士蛋白質
= 1 個小型電腦滑鼠大小



1 slice of bread counts as 1 oz
= size of a CD*
1 片麵包等同1安士
= 1 張光碟*大小

*About the thickness of 10 CDs (½ inch)
*約10張光碟的厚度(半吋)



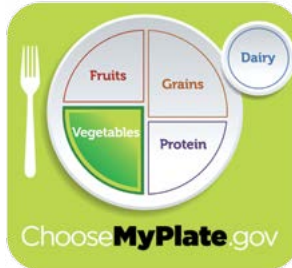
Vegetables



Beans and peas are also part of the Vegetable Group. They are excellent sources of plant protein, and also provide other nutrients such as iron and zinc.²



Watch out for vegetable dishes that are prepared with lots of butter or oil and beware of salads drenched in high-fat dressing – these kinds of dishes are NOT healthy. Steaming, blanching, baking, or lightly sautéing vegetables using nonstick cooking spray are much healthier alternatives.



2-3 cups of vegetables are recommended daily. Make half of your plate fruits and vegetables.

What's considered a vegetable?

Any plant or part of a plant that is used as food is called a vegetable. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Benefits:

- Good source of fiber, which can reduce the risk of heart disease, type 2 diabetes, obesity, gallstones, kidney stones, and certain types of cancer
- Contains many nutrients like potassium, fiber, and vitamins A, C, and E
- Maintains a healthy blood pressure

Serving Size:

A 1-cup equivalent counts as...

- 2 cups raw leafy greens (e.g. bok choy, Chinese broccoli "gailan", Chinese spinach "dao-mieu", choy sum)
- 1 cup cooked vegetables = size of one baseball
- 1 medium boiled or baked potato = 1 cup = size of your fist
- 1 large ear of corn
- 12 baby carrots



蔬菜類

建議每天進食**2至3杯**蔬菜。
水果和蔬菜應佔餐碟的一半。

什麼食物屬於蔬菜類？

任何植物或植物的一部份用來作為食物，都被歸納為蔬菜類。蔬菜可以是生或熟的，新鮮、冷凍、罐裝或乾/脫水的；也可以是整個、切好或糊狀的。

益處：

- 良好的纖維來源，可降低患臟病、第二型糖尿病、肥胖症、膽石、腎結石和某些癌症的風險
- 含有多種營養素，如：鉀、纖維、維他命 A、C 和 E
- 保持血壓正常

份量：

1杯相當於…

- 2杯生的綠葉蔬菜(如：白菜、芥蘭、豆苗、菜心)
- 1杯煮熟的蔬菜(如一個棒球的大小)
- 1個中型水煮或烤熟的馬鈴薯(如拳頭的大小)
- 1條玉米
- 12塊小胡蘿蔔



豆類和碗豆也是蔬菜類的一部份。它們是植物蛋白質的良好來源，並提供其他營養素，例如鐵質和鋅。²



留意一些不健康的蔬菜菜式，例如在制作過程中加入大量牛油或油的菜式，和大量高脂肪沙律醬的沙律。應選擇較健康的蔬菜菜式，如蒸、灼、焗或用噴霧式食油小炒。

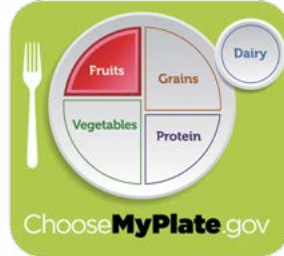
Fruits



A cup of 100% fruit juice actually contains more calories and fructose than a cup of the actual fruit. That's because more fruit went into making that cup of juice than if you were to just eat the cup of fruit by itself. Overconsumption of fructose may increase risk of heart disease.³ Limit drinking fruit juice to 1 cup (8 oz) per day, and make sure that the only ingredient listed is "100% fruit juice." Better yet, try eating a whole fruit instead, which has less sugar, fewer calories and a lot more fiber, giving you that full and satiated feeling.



Fruit chews, dried mango snacks, or any other fruit flavored candy are NOT considered fruit. These are highly processed sugary snacks that have fruit flavoring ingredients (e.g., "fruit concentrate"), but they don't contain any actual fruit. Bottom line: eat fruits that are picked directly from a tree or plant and that haven't been processed.



About **2 cups** of fruit are recommended daily. Make half of your plate fruits and vegetables.

What's considered a fruit?

Any fruit from a tree or a plant or 100% fruit juice. Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.

Benefits:

- Good source of fiber, which can reduce the risk of heart disease, type 2 diabetes, obesity, gallstones, kidney stones, and certain types of cancer
- Contains many nutrients such as magnesium, potassium, fiber, vitamin C, and folic acid
- Fruits have many similar health benefits as vegetables

Serving Size:

A 1-cup equivalent counts as...

- 1 large banana
- 1 small apple
- 1 medium pear
- 8 large strawberries
- 1 cup lychee
- 32 seedless grapes
- ½ cup dried fruit



水果類

建議每天進食約**2杯**水果。
水果和蔬菜應佔餐碟的一半。

什麼食物屬於水果類？

任何從樹或植物上生長的水果或100%果汁的都歸納為水果類。大多數的水果都是低脂肪、低鈉、低卡路里，並且沒有膽固醇。

益處：

- 良好的纖維來源，可降低患心臟病、第二型糖尿病、肥胖症、膽結石、腎結石以及某些癌症的風險
- 含有許多營養素，如：鎂、鉀、纖維、維他命 C和葉酸
- 水果有很多與蔬菜相似的健康益處

份量：

- 1杯相當於…
- 1隻大香蕉
 - 1個小蘋果
 - 1個中型梨
 - 8顆大草莓
 - 1杯荔枝
 - 32顆無核葡萄
 - 半杯乾果



1杯100%果汁比1杯份量的水果含更多熱量和果糖，這是因為榨取1杯果汁需要用數個水果。進食過量果糖或會增加患心臟病的風險。³ 限制每天只飲用1杯(8安士)果汁，並確保成份表上唯一的成份是「100%果汁」。最佳的選擇仍是吃一個水果，因為它含較少糖份和熱量，和較多纖維素，助你有飽足的感覺。

購買時注意

水果嚼糖、芒果乾小食或任何其他水果味糖果都不算是水果。這些經高度加工的甜零食含有水果調味成份(例如“濃縮果汁”)，但它們實際上不包含任何水果。最理想就是：食用直接從樹或植物上採摘的及沒被加工過的水果。

Grains



The #1 source of calories among Americans is grain-based desserts (cake, cookies, cobblers, pastries, pie, sweet rolls, and donuts).⁴ This doesn't mean you should cut grains out of your diet, but instead eat less of these items and choose grain products that are low in fat and sugar.



To look for whole grain products, choose foods with a whole grain ingredient that is first on the label's ingredient list, and note that color is not an indication of a whole grain (bread can be brown because of molasses or other added ingredients). Whole grains can either be eaten as a single food (e.g., wild rice or popcorn) or as an ingredient in foods (e.g., cereals, breads, and crackers). Examples of whole-grain ingredients include oatmeal, rolled oats, bulgur, millet, quinoa, brown or wild rice, and whole wheat.



About **6 ounces** of grains are recommended daily. At least half your grains should be whole grains.

What's considered a grain?

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Examples of grain products include bread, pasta, oatmeal, and breakfast cereals. "Whole grains" are grain products made from the entire grain seed, which consists of the bran, germ, and endosperm. Many whole grains, but not all, are also a source of dietary fiber.

Benefits of Whole Grains:

- Reduces risk of heart disease
- Contains B vitamins, which help release energy and maintain metabolism levels
- Contains magnesium and selenium, which help support the immune system
- May reduce constipation and help with weight management

Serving Size:

A 1-ounce equivalent counts as...

- 1 regular slice of whole wheat bread
- ½ English muffin
- ½ cup cooked rice or pasta (size of half of a baseball)
- 1 cup ready-to-eat cereal (size of your fist)



穀類

建議每天進食約 **6安士** 穀物，並且穀類總進食量裏至少有一半是全穀類。

什麼食物屬於穀類食物？

穀類食物是由小麥、米、燕麥、玉米麵、大麥或其他穀物製成的。穀類食品包括：麵包、粉麵類、燕麥片和早餐五穀片。“全穀”食品是由整顆種子製成，包括：麩皮、胚芽和胚乳。有許多全穀類食品（但不是全部），都是膳食纖維的來源。

全穀類的益處：

- 降低患心臟病的風險
- 含多種維他命B，有助於釋放能量和保持新陳代謝水平
- 含鎂及硒，有助於支持免疫系統
- 可減少便秘及幫助控制體重

份量：

1安士相當於…

- 1片全麥麵包
- 半個英式鬆餅
- 半杯煮熟的米飯或意大利麵 (半個棒球的大小)
- 1杯即食五穀片(拳頭的大小)



在美國排名第一的熱量來源是以穀類為主的甜品（蛋糕、曲奇餅、餡餅、西餅、批、甜味麵包、甜甜圈）。⁴ 這並不意味著您應該在飲食中去除穀類，而是應該少吃這些甜品，選擇低糖份和低脂肪的穀類食品。



在挑選全穀物時，應選擇成份列表上以全穀為首項成份的食品，並要注意：全穀類食品不能單靠顏色來分辨（麵包的褐色是可以由於加入了黑糖或其他添加成份所造成的）。全穀物可以被作為一種食物（野生稻米或爆米花）或材料（如五穀片、麵包及餅乾）。全穀物材料包括：麥皮、燕麥片、小麥片、小米、藜麥、糙米或野生稻米和全麥。

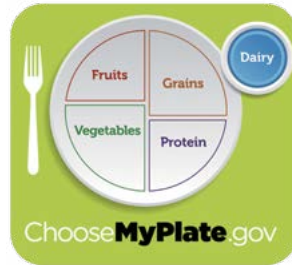
Dairy



Cream, sour cream, and cream cheese are NOT part of the dairy group because of their low calcium content. (These items are high in fat and belong to the Oils and Fats group instead.)



Frozen yogurt, or “froyo”, has become hugely popular over recent years, but it’s not as healthy as you might think. Although most frozen yogurt is low in fat, calories still add up: a medium cup of plain frozen yogurt has around 200-300 calories and a whopping 46 grams of sugar! And don’t think that those toppings are calorie-free either – granola, candy bar pieces, and mini-mochi balls are high in sugar and calories. Opt for a smaller cup size and fresh fruit pieces as toppings on your next visit. ⁶



About **3 cups** of high-calcium foods are recommended daily. Choose dairy items that are **low-fat (1%) or fat-free**.

What’s considered dairy?

All fluid milk products and many foods made from milk that retain their calcium content are part of the Dairy Group. Examples include: milk, calcium-fortified soymilk, cheese, yogurt, cottage cheese, and dairy desserts.

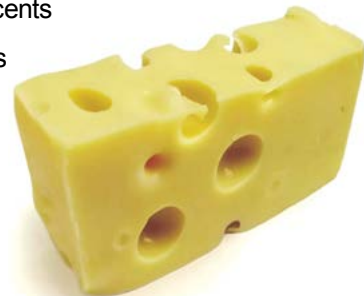
Benefits:

- Great source of calcium, potassium, vitamin D, and protein
- Improves bone health, especially in children and adolescents
- May reduce the risk of heart disease and type 2 diabetes

Serving Size:

A 1-cup equivalent counts as...

- 1 regular low-fat or nonfat container of yogurt (8 oz)
- 1 cup low-fat (1%) or fat-free milk or fortified soymilk
- 1.5 ounces hard cheese (cheddar, mozzarella, Swiss, Parmesan)



Health-wise, not all dairy items are considered equal.

YES: Low-fat (1%) or fat-free milk, nonfat yogurt, low-fat cottage cheese, low-fat cheeses

LESS: dairy items high in fat and sugar, such as whole milk, full-fat cheese, frozen yogurt, ice cream, etc

Got milk?: If drinking milk or eating ice cream gives you gas, bloating, or diarrhea, you’re not alone! Lactose intolerance – the inability to digest milk due to a missing enzyme in your body – is very common and affects more than 90% of adults of East Asian descent.⁵ The good thing is that there are still plenty of ways to fulfill your daily calcium intake: calcium-fortified soymilk (choose soymilk that contains at least 30% of your daily value of calcium per serving) or lactose-free milk and lactase pills can be found in most grocery stores.



乳製品

建議每天進食約3杯高鈣食物。
選擇低脂(1%)或脫脂的乳製品。

什麼食物是屬於乳製品？

所有保留鈣質的流質奶類產品和很多牛奶製成的食品，都屬於乳製品類。
包括：牛奶、加鈣豆漿、芝士、酸乳酪、Cottage 芝士和奶類甜點等。

益處：

- 富含鈣質、鉀質、維他命D和蛋白質
- 改善骨骼健康，尤其是對兒童和青少年
- 或可降低患心臟病和第二型糖尿病的風險

份量：

1杯相當於…

- 1 杯低脂或脫脂酸乳酪 (8安士裝)
- 1 杯低脂 (1%) 或脫脂牛奶或加鈣豆漿
- 1.5安士硬芝士(如：Cheddar、Mozzarella、Swiss、Parmesan)

就健康而言，不是所有的乳製品都是一樣的…

多選擇：低脂 (1%) 或脫脂牛奶、脫脂酸乳酪、低脂Cottage芝士、各種低脂芝士

少選擇：高脂肪、高糖的乳製品，如全脂牛奶、全脂芝士、冷凍酸乳酪、雪糕等

您有喝牛奶嗎？如果您喝牛奶或吃雪糕感到腹脹氣、腹脹或腹瀉，您並不是唯一的一個！乳糖不耐症是很常見的，由於缺少一種酵素而無法消化牛奶，超過90%東亞裔成年人有這個症狀。幸好您仍有很多方法來滿足您每天的鈣質進食量，如：加鈣豆漿（每份應至少含每日建議食用量百分比30%的鈣質），無乳糖牛奶或乳糖酶丸都可以在大多數超級市場中找到。



由於奶油、酸奶油和奶油芝士含鈣量低，實際上它們不屬於乳製品類。（這些食品其實都含有大量脂肪，屬於油和脂肪類的。）



近年來廣受歡迎的冷凍酸乳酪，或“Froyo”，並不如您想像的健康。雖然大多數冷凍酸乳酪脂肪含量低，但是，熱量還是很高。一個中杯原味冷凍酸乳酪有大約200至300卡路里和高達46克的糖！而且，不要認為那些配料不含熱量——燕麥片碎、糖果碎、麻糬粒都是高糖和高熱量的。如果您下次吃冷凍酸乳酪的時候，應選擇小杯和新鮮水果塊作為配料。⁶



Protein



Although grilling is healthier than deep frying, grilling still has some notable health hazards. Food can sometimes become burnt during grilling, which can produce cancer-causing chemicals called carcinogens. Be sure to turn food on the grill frequently and remove any burnt portions before eating.



Limit red meat (beef and pork) since it is high in saturated fat, which can clog your arteries and raise cholesterol. Choose to eat lean meat (contains less than 10g of total fat, 4.5g of saturated fat, and 95mg of cholesterol for each 3.5 ounce serving) whenever possible.⁷

Be careful to not go overboard when snacking on nuts – eat only a handful per day since they can be high in total fat content. A 1-ounce (18 nuts) portion of dry roasted cashews contains 13g of total fat.



5-6 ounces of protein are recommended daily. Make seafood or soy products the protein on your plate at least twice a week.

What's considered Protein?

Seafood, lean meat, poultry, eggs, beans and peas, soy products (tofu, tempeh, soybeans, soynuts), nuts, and seeds are considered part of the Protein Group.

Benefits:

- Nutrients include protein, B vitamins and vitamin E, iron, zinc, and magnesium
- Iron helps carry oxygen in the blood
- Seafood contains many nutrients, especially omega-3 fatty acids

Serving Size:

A 1-ounce equivalent counts as...

- 1 sandwich slice of turkey
- 1 egg
- ¼ cup tofu
- 1 tablespoon of peanut butter (size of thumb)

3 ounces of meat/poultry/seafood is about the size of a deck of cards



蛋白質

建議每天進食5至6安士蛋白質。每週至少食用兩次海鮮或豆製品類的蛋白質。

什麼食物屬於蛋白質？

海鮮、瘦肉類、家禽、雞蛋、豆類、豆製品（豆腐、黃豆、黃豆仁）、堅果和瓜子都是蛋白質類的。

益處：

- 營養素包括：蛋白質、多種維他命B和維他命E、鐵、鋅及鎂
- 鐵質有助於血液攜帶氧氣
- 海鮮含有多種營養素，尤其富含Omega-3脂肪酸

份量：

1安士相當於...

- 1片三文治火雞肉
- 1隻雞蛋
- ¼杯豆腐
- 1湯匙花生醬 (拇指大小)

3安士肉/家禽/海鮮相當於一副撲克牌大小



雖然燒烤比油炸稍健康，但燒烤還是存在著一些應注意的健康風險。食物可在燒烤過程中被燒焦，產生致癌的化學物質，叫做致癌物。因此，燒烤時必須經常在烤架上反轉食物，並除去所有燒焦的部份後才食用。



限制紅肉（牛肉、豬肉），因為它們含高飽和脂肪，可阻塞您的動脈及提高膽固醇---儘可能選擇吃瘦肉（每3.5安士份量包含總脂肪少於10克，飽和脂肪4.5克，膽固醇95毫克）。⁷

吃堅果作零食時不要吃太多 - 每天只可吃少量，因為它們含大量脂肪。1安士（18顆）份量的乾烘腰果就有13克脂肪總量。

Fats & Oils



Oils are NOT a food group, but they do provide important nutrients in our diet. Foods that are mainly oil include mayonnaise, some salad dressings, and soft margarine.



Fats & oils are NOT a food that you should actively try to incorporate into your diet since your oil and fat needs are generally met from a balanced eating plan.

Limit fats and oils to **5-7 teaspoons** per day for youths and adults. Choose healthier oils that are low in saturated fat and trans fat but high in unsaturated fat, such as olive and canola oils. Learn more about the different types of fats on page 44.

What are fats and oils:

Oils are naturally present in foods such as olives, nuts, avocados, and seafood. Many common oils come from plants, such as olives, canola, corn, soybeans, and peanuts.

Benefits:

- Contributes essential fatty acids and vitamin E to the diet

Serving Size:

- 1-teaspoon oil equivalent counts as...
- 2 Tbsp low-fat salad dressing
- 1 Tbsp mayonnaise

HELPFUL TIP:

Use nonstick cooking spray to help cut down on your oil and fat intake. A 1-second spray contains only 7 calories and less than 1 gram of fat compared to 1 tablespoon of oil that has 122 calories and 14 grams of fat. Lightly coat a pan with cooking spray for baking or to sauté vegetables or lean meat for a low-fat dish.



脂肪和油

青少年和成年人應限制每天只進食 **5至7茶匙** 脂肪和油。應選擇低飽和脂肪和低反式脂肪但高不飽和脂肪的油，如：橄欖和芥花籽油。想了解更多關於不同種類的脂肪，請到45頁。

何謂脂肪和油：

油天然存在於食物中，如：橄欖、堅果、牛油果（鱷梨）和海鮮。許多常見的油來自植物，如：橄欖、芥花籽、玉米、大豆和花生。

益處：

- 提供身體必需的脂肪酸和維他命 E

份量：

1茶匙油相當於…

- 2 湯匙低脂沙拉醬
- 1 湯匙蛋黃醬

實用提示：

使用噴霧式菜油，減少您的油和脂肪進食量。1秒鐘的噴霧油只含有7卡路里和不到1克的脂肪，相比1湯匙的油就有122卡路里，14克脂肪。想煮低脂肪菜餚，只要輕輕地在鍋裏噴上噴霧式菜油，利用烤或炒的方法來烹調蔬菜或瘦肉便可。



雖然油不屬於食物類，但也為我們的飲食提供重要的營養素。以油為主要成份的食品包括：蛋黃醬、一些沙律醬及軟的人造黃油。



您對油和脂肪需求，一般都可從均衡飲食當中得到，所以，您無需將油和脂肪納入您的日常飲食中。



A day in the life of: 生活中的一天：













































*"Moderately active" describes a lifestyle that includes physical activity equal to walking 1.5-3 miles/day at 3-4 miles per hour, in addition to the light physical activity associated with typical day to day life.

*“中等活躍”是指除了日常生活中的少量體力活動之外，還包含了每天以每小時3至4英里的速度步行1.5英里至3英里或同等的體力活動。

The daily calorie requirement for an individual depends on numerous factors, such as gender, height, amount of physical activity, and metabolism. The following diagram shows the daily calories and food groups needed for individuals of different ages (moderately active*²). Please note that the calorie need is only an average estimate and differs for each individual. Please visit <https://www.choosemyplate.gov/MyPlatePlan> for your personal daily caloric needs.

一個人的日常熱量需求和很多因素有關，例如性別、身高、體力活動量及新陳代謝。右頁的圖表為不同年齡的人(中等活躍*)的熱量和日常食物需求。² 注意列出的熱量所需只是平均估計，每個人的熱量所需有所不同。請到<https://www.choosemyplate.gov/MyPlatePlan>瀏覽您個人的熱量需要。

	Grains 穀類	Fruits 水果類	Vegetables 蔬菜類	Protein 蛋白質	Dairy 乳製品	Oils 油
Age 12 male = 2,200 daily calories needed 12歲男孩每天熱量需要 2200卡路里	 7oz 安士	 2 cups 杯	 3 cups 杯	 6oz 安士	 3 cups 杯	 29g 克
Age 15 male = 2,600 daily calories needed 15歲男孩每天熱量需要 2600卡路里	 9oz 安士	 2 cups 杯	 3.5 cups 杯	 6.5 oz 安士	 3 cups 杯	 34g 克
Age 18 male = 2,800 daily calories needed 18歲男孩每天熱量需要 2800卡路里	 10oz 安士	 2.5 cups 杯	 3.5 cups 杯	 7oz 安士	 3 cups 杯	 36g 克
Age 12-18 female = 2,000 daily calories needed 12-18歲女孩每天熱量需要 2000卡路里	 6oz 安士	 2 cups 杯	 2.5 cups 杯	 5.5 oz 安士	 3 cups 杯	 27g 克
Age 19-20 female = 2,200 daily calories needed 19-20歲女孩每天熱量需要 2200卡路里	 7oz 安士	 2 cups 杯	 3 cups 杯	 6oz 安士	 3 cups 杯	 29g 克
Age 21+ female = 1,800-2,200 daily calories needed 21歲以上女性每天熱量需要 1800-2200卡路里	 5-6oz 安士	 1.5-2 cups 杯	 2.5-3 cups 杯	 5-5.5 oz 安士	 3 cups 杯	 25-30 oz 克
Age 21+ male = 2,200-2,800 daily calories needed 21歲以上男性每天熱量需要 2200-2800卡路里	 6-8oz 安士	 2 cups 杯	 2.5-3 cups 杯	 5-6 oz 安士	 3 cups 杯	 30-35 oz 克

Skill 技巧

2

Shopping Smart

How to Read Food Labels?

You can make informed food choices by paying close attention to food labels. Understanding how to read food labels enables us to choose nutrient rich foods and avoid foods high in fat, sugar, and sodium.



精明購物

如何閱讀食品標籤？

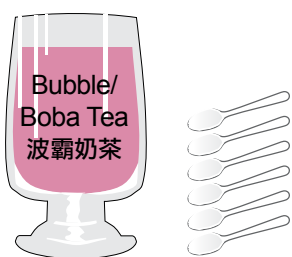
食品標籤可幫助您作出明智的食物選擇。您可以通過閱讀食品標籤來選擇營養素豐富的食物，避免高脂肪、高糖和高鈉質的食物。

Rethink your drink

重新考慮您的飲品

Over 30% of all calories from added sugars consumed daily are from sweetened beverages.⁹ Extra calories from all this sugar may lead to weight gain and a greater risk for long-term health problems, such as diabetes and heart disease.

每天來自於添加糖的卡路里當中，有超過30%是來自加糖飲品。⁹ 從糖份而來的額外熱量可能會導致體重增加和增加患某些慢性疾病的風險，如糖尿病和心臟病。



- Bubble/Boba Tea (12.7 oz)
– 207 calories, 6 tsp sugar*
- 波霸奶茶 (12.7安士)
– 207卡路里，6茶匙糖*



- Lemon Tea Drink (1 carton)
– 140 calories, 8.5 tsp sugar*
- 檸檬茶飲品 (1盒)
– 140卡路里，8.5茶匙糖*



- Vitamin-enhanced Water (one 20-oz bottle)
– 125 calories, 8 tsp sugar *
- 維他命水 (一個 20安士瓶)
– 125卡路里，8茶匙糖*



- Grass Jelly Drink (11 oz)
– 143 calories, 8.6 tsp sugar*
- 仙草飲品 (11安士)
– 143卡路里，8.6茶匙糖*



- Yogurt Flavored Soft Drink (1 carton)
– 210 calories, 11 tsp sugar*
- 酸乳酪味飲品 (1盒)
– 210卡路里，11茶匙糖*

Want an alternative go-to drink?

Check out page 142 for the Chilled Honeydew Quencher.

想要更健康的飲品？

查看第142頁的“醒神蜜瓜西米凍”

* "Sugar Shockers!" Alameda County Public Health Department, Nutrition Services. BANPAC, Champions for Change. April 2010



Soda is the #1 source of added sugar in the American diet.⁹

在美國人的飲食裏，汽水
是添加糖的首要來源。⁹



Drinking a 20 oz. soda every day for a year can result in gaining 25 extra pounds! ¹⁵

一年每天喝20安士汽水可導致身
體額外增加25磅！¹⁵

Reading Food Labels

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	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.

Ingredients: Bulgur Wheat, Sauce (Water, Half and Half [Milk, Cream], Parmesan Cheese [Pasteurized Skim Milk, Cultures, Salt, Enzymes], Cheddar Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Olive Oil, Butter, Sugar, Xanthan Gum, Spice), Lentils, Corn, Green Beans, Red Beans, Potatoes.
Contains: Wheat, Milk

Serving Size – Portion size that all the nutrient facts are based on.

Calories – Most food labels are based on a 2,000 calories diet per day. Check your calorie needs at www.choosemyplate.gov/getmyplan

Daily value (%DV) – Recommendations for key nutrients based on a 2,000 calories diet.
5% DV or less is considered low, 20% DV or more is considered high

Total fat – Try to limit total fat to less than 3 grams per serving. Healthy fats include mono- and polyunsaturated fats. Be especially careful of Saturated and **Trans** fats.

Sodium – Limit sodium intake to 2,300 mg per day, or about 1 tsp salt.
Too much sodium can lead to high blood pressure & heart problems.

Dietary Fiber – Healthy adults should aim for 25-38g per day. It is found in most fresh produce and whole grains.

Added sugars – Aim for less than 10% of your total daily calories from added sugars. If you eat 2,000 calories per day, your goal is to eat less than 200 calories (50 grams) of added sugar. American Heart Association recommends women consume no more than 100 calories (24 grams) of added sugar per day and men consume no more than 150 calories (36 grams) of added sugar per day.

Essential Vitamins and Minerals

Ingredients are listed in descending order by weight, the ingredient that weights the most is listed first, and the ingredient that weighs the least is listed last.

Adapted from : New and Improved Nutrition Facts Label, FDA, 2018
Provided by: Chinatown Public Health Center Nutrition Services,
San Francisco Department of Public Health

閱讀食品標籤

Nutrition Facts	
2 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	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.

Ingredients: Bulgur Wheat, Sauce (Water, Half and Half [Milk, Cream], Parmesan Cheese [Pasteurized Skim Milk, Cultures, Salt, Enzymes], Cheddar Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Olive Oil, Butter, Sugar, Xanthan Gum, Spice), Lentils, Corn, Green Beans, Red Beans, Potatoes.
Contains: Wheat, Milk

份量(Serving size): 食物標籤所提及的營養素基於這食物份量。

卡路里(Calories): 大多數食物標籤是以每天2,000卡路里的飲食標準。可在下列網址查考你所需的卡路里: www.choosemyplate.gov/getmyplan

每日建議食用量百份比 (Daily value): 建議進食量的主要營養素以2,000卡路里的飲食標準。
5%或以下為低, 20%或以上為高。

總脂肪量 (Total Fat): 嘗試限制每份食物的總脂肪不超過3克。健康的脂肪包括單元及多元不飽和脂肪。特別注意少食用飽和脂肪及反式脂肪。

鈉質(Sodium): 限制鈉質的進食量不超過每天2,300毫克, 或約1茶匙鹽。過多的鈉質可導致高血壓和心臟問題。

膳食纖維(Dietary Fiber): 健康成人每天應進食25-38克。可在大部份新鮮蔬果和全穀類獲得。

添加糖: 建議進食不超過每天總卡路里的10%。如果你每天進食2,000卡路里, 你的目標是吃少於200卡路里(50克)的添加糖。美國心臟協會更建議女性每天進食不超過100卡路里(24克)的添加糖, 男性每天進食不超過150卡路里(36克)的添加糖。

多進食這些人體必需的維生素及礦物質。

成份按重量排列, 首先列出佔重量最多的成份, 最後列出佔重量最少的成份。

資料改編自: New and Improved Nutrition Facts Label, FDA, 2018
提供者: 三藩市公共衛生署, 華埠公共衛生局營養部

Sugar Shockers

驚人的糖份



Too much sugar can lead to tooth decay, weight gain, and increase risk of some chronic diseases. It is one of the main reasons why 2/3 of Americans are overweight or obese.

過多的糖份會導致蛀牙、體重增加及增加患某些慢性疾病的風險。這是其中一個造成三分之二美國人超重或肥胖的主要原因。

High Fructose Corn Syrup: Friend or Foe?

You've probably heard about high fructose corn syrup (HFCS) in the news and how it may be worse for your health than table sugar (sucrose), but what's the real story? HFCS is a liquid sweetener that has been processed and is used as an ingredient in many processed foods found in grocery stores. Currently, there isn't enough evidence to conclude that HFCS is less healthy than other types of added sweeteners.¹¹ Bottom line: chemically and nutritionally, HFCS and regular table sugar are nearly the same – both have zero nutrients – and, like any other food, should be eaten in moderation.

高果糖玉米糖漿：是朋友還是敵人呢？

你應該在新聞裏聽過高果糖玉米糖漿(HFCS)，有些報道指它比白砂糖(蔗糖)可能對健康有更壞的影響。但事實是怎樣呢？HFCS 是處理過的液體甜味劑；它是很多常見加工食品的成份之一。現在沒有足夠的證據證明HFCS比其他添加甜味劑較不健康。¹¹重要的是：在化學和營養上，HFCS和普通白砂糖是差不多一樣的，它們都沒有營養素，跟其他食物一樣，必須要適可而止。

Don't be fooled! Sugar comes in many forms – make sure to check the ingredients listed on the food label. Examples include: barley malt, brown sugar, cane juice, corn syrup, dextrose, fructose, glucose, sucrose, juice, high fructose corn syrup, honey, maltodextrin, maltose, maple syrup, molasses, powdered sugar, raw sugar, jam/jelly.

不要上當呀！ 糖以多種形式出現 - 必須檢查食品標籤上的食材列表。以下例子都是糖份：大麥麥芽，黃糖，甘蔗汁，玉米糖漿，右旋糖，果糖，葡萄糖，蔗糖，果汁，高果糖玉米糖漿，蜂蜜，麥芽糊精，麥芽糖，楓樹糖漿，黑糖，糖粉，原糖，果醬/果凍。



The average American consumes **100** lbs of sugar each year!



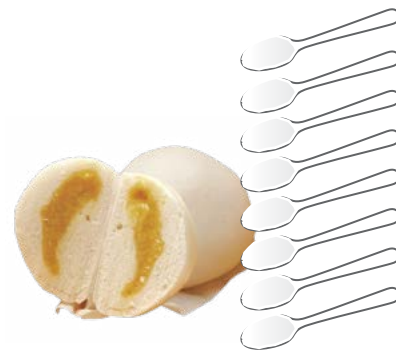
美國人每年人均食用 **100** 磅糖！

Check out how much sugar is in these foods: ¹²

來看看這些食品裏有多少糖：¹²



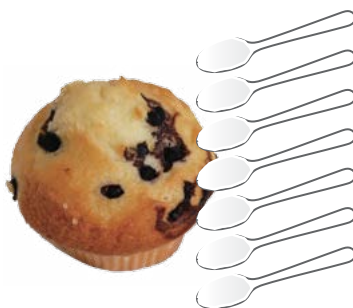
- Yogurt (flavored, 99% fat-free) – 190 calories, 7 tsp sugar
- 酸乳酪 (非原味, 99% 脫脂) - 190 卡路里, 7 茶匙糖



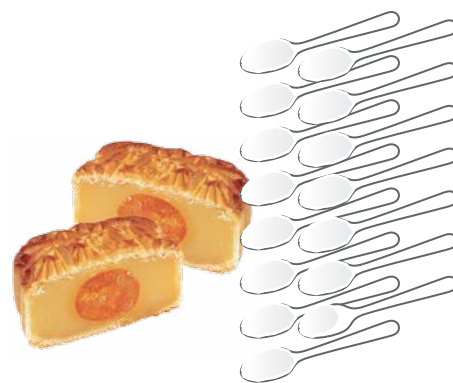
- Custard bun (“lai-wong bao”, 2 pieces) – 440 calories, 8 tsp sugar
- 奶黃包 (2個) - 440 卡路里, 8 茶匙糖



- Classic Cinnabon (1 roll) – 850 calories, 13 tsp sugar
- 肉桂麵包卷 (1卷) - 850 卡路里, 13 茶匙糖



- Wild Blueberry Muffin – 330 calories, 7 tsp sugar
- 野生藍莓鬆餅 - 330 卡路里, 7 茶匙糖



- Chinese Mooncake (1 lotus seed paste cake with 1 salted egg yolk) – 788 calories, 14.5 tsp sugar
- 月餅 (單黃蓮蓉) - 788 卡路里, 14.5 茶匙

Try It Yourself!

Calculate how much sugar is in a container:¹³

Calculation:

Grams of Sugar ÷ 4 = Teaspoons of Sugar

69 Grams ÷ 4 ≈ 17 Teaspoons

*Note: if the container has more than one serving, multiply the number of teaspoons by the number of servings to get the total teaspoons of sugar in the container.

自己試試吧!

計算容器內有多少糖：¹³

計算：

糖量 (克) ÷ 4 = 茶匙量

如右圖：69 克 ÷ 4 ≈ 17 茶匙

*注意：如果食品包裝上有多過一個食用份量，將份量的數目乘以茶匙的數目來得知食品糖份總茶匙數目。

Nutrition Facts

Serving Size 20 fl. oz (591ml)
Servings Per Container 1

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 0g 0%

Cholesterol 0mg 0%

Sodium 55mg 0%

Total Carbohydrate 69g

Sugars 69g

Protein 0g

* Percent Daily Values are based on a 2,000 calorie diet.
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

Attacking the fat

Choose healthier oils that are low in trans-fat and saturated fat but high in unsaturated fat such as olive oil, canola oil, corn oil and most plant, or nut based oil. Fats and oils in small amounts are good for our body as they contain essential fatty acids and vitamin E.



Just because something is fat-free does NOT mean that it is calorie free – it only means that there is less than 0.5 grams of fat per serving for that particular food. ALL foods contain calories, and only water, tea, and a few other beverages contain zero calories.

Trans Fat

- Found in processed foods (baked goods, fried foods, margarine, and shortening)
- Made through a hydrogenation process by manufacturer since it is cheaper to produce and has the ability to prolong shelf life (“partially hydrogenated oil” or “hydrogenated oil”= trans-fat)
- Trans-fat can raise “bad” LDL cholesterol and lower “good” HDL cholesterol, which can contribute to heart disease, the leading cause of death in the United States
- In June 2015, the FDA announced that food manufacturers must eliminate all artificial trans fat from their products by June 2018 in an effort to reduce coronary heart disease
- We still need to watch out for “partially hydrogenated oil” or “hydrogenated oil” in the ingredient list. Manufacturers are allowed to label food as having “0g trans-fat” if they contain less than 0.5 g trans-fat per serving

Saturated Fats

- Usually solid at room temperature
- Found in animal products (e.g. meat, seafood, and egg yolks), high-fat dairy foods (e.g. ice cream, sour cream, and cheese), coconut, palm and other tropical oils
- Eating too much saturated fat raises your levels of “bad” LDL cholesterol and can slowly clog your arteries

What is cholesterol?

Cholesterol is a waxy, fat-like substance that the body naturally produces to function normally. Too much cholesterol can clog your arteries and restrict blood flow to the rest of your body. There is no recommended amount of cholesterol to intake daily because our bodies produce enough of it each day.

Unsaturated Fats

- Liquid at room temperature
- Raise “good” HDL cholesterol levels and protect against heart disease
- 2 types of unsaturated fats:
 - i) Monounsaturated fats: found in avocados, nuts, canola, olive oils
 - ii) Polyunsaturated fats: found in soybean, corn, sesame, sunflower oils

脂肪好與壞

選擇低反式脂肪、低飽和脂肪，高不飽和脂肪的健康食油，如橄欖油，芥花籽油，玉米油和大多數植物或堅果油。少量的油和脂肪對身體有益，因為它含有人體必需的脂肪酸和維生素E。



注意

脫脂食物並不是沒有熱量，“脫脂”只是意味着每食用份量含少於0.5克脂肪。所有的食物都含有熱量，只有水、茶及一些飲品含有零卡路里。

反式脂肪

- 通常在加工食品中 (如烘焙食品、油炸食品、人造黃油和起酥油)
- 食品製造商通過「氫化」程序製造出來，因為它的製造成本較低，而且可延長食物保質期（「部份氫化油」或「氫化油」=反式脂肪）
- 反式脂肪會提高“壞”的低密度脂蛋白膽固醇(LDL)和降低“好”的高密度脂蛋白膽固醇(HDL)。這可能導致心臟疾病，心臟病是美國的頭號殺手
- 在2015年6月，FDA宣佈食品供應商要在2018年6月前去掉所有食物中的人工反式脂肪，以降低冠狀動脈心臟疾病
- 我們仍需要小心注意食物成份表中的「部份氫化油」或「氫化油」。只要食品的每份食用份量含少於0.5克的反式脂肪，食品製造商就可在食品寫上「0克反式脂肪」

飽和脂肪

- 在室溫下通常是固體
- 來自於動物產品（如：肉、海鮮、蛋黃），高脂肪乳製品（如：冰淇淋、酸奶油、芝士），椰子，棕櫚和其他熱帶油
- 吃太多飽和脂肪提高“壞”的(低密度脂蛋白)膽固醇的水平，會堵塞血管

什麼是膽固醇？

膽固醇是一種蠟狀，油脂狀物質，人體懂得自己製造，以用於人體的正常運行。過多的膽固醇可能會阻塞你的血管，令血液不能暢順流到身體各部份。膽固醇沒有每日所需進食量，因為我們的身體能製造足夠的膽固醇。

不飽和脂肪

- 在室溫下是液體
- 提高“好”膽固醇(高密度脂蛋白)的水平，預防心臟病
- 兩種類型的不飽和脂肪包括：
 - 1) 單元不飽和脂肪，可在以下食物中找到：牛油果、堅果、芥花籽油、橄欖油
 - 2) 多元不飽和脂肪，可在以下食物中找到：大豆油、玉米油、芝麻油、葵花籽油

Skill 技巧



Making a Healthy Snack



製作健康小吃

It's okay to have small snacks when you are hungry, but don't overdo it! Keep in mind the "3 R's" the next time you reach for a snack:

當您餓的時候，吃些小吃是可以的，但不要吃太多！
下一次您想伸手拿小吃時，請記住“3 R”：



R

Reduce 減少

the size and frequency of your snacks. People often snack when they are bored and not when they are actually hungry.

減少小吃的份量和次數。人們往往是出於無聊才想吃零食，但實際上他們並不飢餓。

Replace 取代

unhealthy snack items for healthier options. Instead of potato chips and a candy bar, try whole wheat crackers with half a piece of fruit.

以健康小吃取代不健康的零食。選擇全麥餅乾及半個水果，代替薯片和糖果。

Refuse 拒絕

to snack until your next meal, especially if you are snacking out of habit or boredom.

直到下一頓正餐前，拒絕吃零食，特別是如果您出於無聊或習慣性地吃零食。

In the Fridge 在冰箱裏



Handy Healthy Refrigerator Items

- Low-fat cheese or string cheese
- Low-fat or fat-free yogurt: make sure to check the food label to see that it's also low in sugar (less than 5 g per serving)
- Baby carrots and cherry tomatoes
- Frozen vegetables, e.g. "Steam'ables," so you can pop it in the microwave for a quick snack or meal!
- Easy to eat fruits: grapes, cherries, small apples

健康又方便的冰箱食品

- 低脂芝士或芝士條
- 低脂或脫脂酸乳酪：檢查食品標籤，確保它也含低糖量（每食用份量少於5克糖）
- 小胡蘿蔔和櫻桃蕃茄
- 冷凍蔬菜，例如：“Steam'ables”（微波爐加熱即食蔬菜），這樣您就可以用微波爐快速加熱作小吃或主菜！
- 易吃的水果：葡萄、櫻桃、小蘋果



Snacking accounts for more than 25% of all calories consumed in a day!¹⁴ That means eating more than 500 calories worth of snacks if you were on a 2,000-calorie diet. What's more, beverages account for 50% of the calories consumed through snacking,¹⁴ and this can lead to gradual weight gain since most people don't associate beverages with calorie intake. Bottom line: when you snack, choose foods wisely (low in fat, sugar, and sodium) and don't drink your calories!



零食佔我們每天進食總熱量的25%以上！¹⁴ 也就是，一個2000卡路里的餐單裏，超過500卡路里是從零食裏來的。而且，飲品佔了零食總熱量的50%。¹⁴ 因很多人都不聯想到飲品和熱量攝入的關係，所以這樣的喝法可能會導致體重逐漸增加。謹記以下重點：當你吃零食時，做明智的選擇（選擇低脂肪、低糖、低鈉的食物）和避免從飲品中攝取熱量。

Healthy Snacks Hidden in the Pantry

- Whole wheat crackers
- Dried seaweed (individually packaged) - choose the ones with less than 140mg sodium per serving
- Bananas
- Canned fruits packed in water or unsweetened applesauce in single-serving containers
- Dried fruits and nuts – these also come in bars! But be careful that the bars you choose are low in sugar and fat
- Low-fat microwave popcorn
- Cereals high in fiber but low in sugar (less than 5 g per serving)

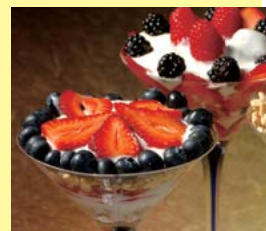
可儲存在廚櫃的健康食品

- 全麥餅乾
- 乾紫菜 (獨立包裝) – 選擇每份含少於 140毫克鈉質的包裝
- 香蕉
- 罐頭水果 (水果是儲存在水中) 或獨立包裝的無添加糖蘋果醬
- 乾果及堅果仁 - 這些亦有條狀包裝! 但一定要選擇低糖低脂肪的
- 低脂微波爐爆米花
- 含高纖維、低糖份的五穀片 (每份少於5克糖)



Recipe Ideas 食譜主意

- Make a low calorie mango-filled wrap - see “Mango-Cucumber Wraps” on P. 94-95
- 製作低熱量的芒果卷 - 參閱第94-95頁, “芒果青瓜卷”
- Whip up a quick and easy low-fat berry parfait – see “Mixed Berry Parfait” on P. 134-135
- 製作又快又簡單的低脂莓果酸酪凍 - 參閱第 134-135 頁, “繽紛雜莓酸酪凍”
- For a tropical smoothie, see “Tropical Blizzard” on P. 144-145
- 試一試熱帶水果冰沙 - 參閱第144-145頁, “熱帶水果特飲”
- Cut the fat and make your own baked French fries! See “Baked French Fries” on P. 88-89
- 減少脂肪攝取, 自己烤薯條! 參閱第88-89頁, “蒜香烤薯條”
- Add a tasty twist to conventional Chex mix – see “Crazy Chex” on P. 90-91
- 在傳統 Chex Mix裏添加不同的風味 - 參閱第 90-91 頁, “瘋狂 Chex”
- Getting more fruit into your diet is easy with low-fat and moist apple muffins! See “Apple Muffins” on P. 80-81
- 在您飲食中添加更多的水果並不困難, 試一試低脂鬆軟的蘋果鬆餅! 參閱第80-81頁 “蘋果鬆餅”
- Soften rolled oats in water overnight, add dried fruit, and 1% milk the next morning for a quick and yummy breakfast
- 加水軟化燕麥片過夜, 第二天早上加入乾果、1%牛奶作快速又美味的早餐



4

Eating Out Right

Eating out is often the main source of calories for people who don't have time to cook and is also a major cause of obesity in America. However, this doesn't mean you can't go out and enjoy a meal with friends – making smart choices is key to avoid gaining unwanted pounds and improving overall health.

做一個精明的食客

外出用餐通常是沒有時間做飯的人的主要熱量來源，也是美國人過重的主要原因。但是，這並不意味著您不能夠外出和朋友一起吃飯 - 作出明智選擇是避免增加不必要的體重及改善整體健康的關鍵。

1

Think before eating.

Is it worth the calories?

吃前請三思...這些熱量
值得嗎?

3

80%Rule: when eating out, leave at least 20% of the food on the plate to take home since Americans are accustomed to finishing everything they are given to eat. You can also ask your server to take half of your meal to-go before it's served to you.

80%規則: 外出就餐時，在碟子上剩下至少20%的食物，然後帶回家，不需跟隨美國人的習慣把所有飯菜都在餐館吃完。就餐前，您也可以請您的服務員預先替您“打包”一部份的餐點。

2

Avoid **oversized** portions.

避免**過大**的份量。

4

Check posted calorie and fat amounts on menus and choose the lower calorie and fat options.

檢查菜單上寫的熱量和脂肪含量，並選擇低熱量和低脂肪的菜式。

5

Sharing is caring! Split an entrée with a friend or order one dessert with multiple forks.

分享是關懷的表現! 和朋友一起分享一個主菜或甜點。

6

Choose dishes that include vegetables, fruits, and/or whole grains, and order grilled or baked items over fried ones.

選擇包含蔬菜、水果和/或全穀類的菜式，選擇焗或烤的菜式而不是油炸的。

7

Skip extra condiments such as mayonnaise, cheese, dressing, and bacon bits.

避免多餘的調味品，如蛋黃醬、芝士、沙律醬和煙肉粒。

Dining Wisely

聰明用餐

Compared to cooking at home, restaurants and fast foods usually add more oil and sodium to their food. Cooking at home can help you control what's in your food and also saves you money!

相比起您在家裡做飯，餐館和快餐店在烹飪時通常會添加更多的油和鈉質。在家裡煮食能夠控制食物成份，也能幫助節省金錢！

Instead of... 不要... ..



Sweet and sour chicken with white rice

甜酸雞配白飯



Beef and shrimp chow fun

牛肉和蝦炒粉



Fried shrimp dumpling

炸蝦餃



Red bean steamed bun

蒸豆沙飽



Sushi rolls topped with mayonnaise-based sauce (e.g., Spider roll); shrimp tempura roll

淋上蛋黃醬的壽司卷(例如:蜘蛛卷);天婦羅蝦

Ask for... 而是要... ..



Beef and broccoli with brown rice

西蘭花牛肉配糙米飯



Wonton soup noodles (wonton mein) with extra bok choy

餛飩湯麵，配多些白菜



Steamed shrimp dumplings

蒸蝦餃



Whole wheat steamed bun ("mantao")

全麥饅頭



Sushi rolls with mainly vegetables and fresh fish (eg. salmon or tuna) without extra sauce

以蔬菜和鮮魚為主的壽司卷(如三文魚或吞拿魚)並沒有額外醬料

Portion Distortion 扭曲份量

You may have noticed how portion sizes at restaurants and fast food outlets have gotten increasingly bigger over time. What we consider “normal” sized-portions today would be super- or mega-sized twenty years ago. We have become accustomed to portions that far exceed the USDA’s recommended serving sizes, and our health, and waistlines are paying the price. Take a look at some of these side-by-side comparisons:^{15,16}

您可能意識到餐館和快餐店的食物份量已經比以前增加了許多。我們現在所說的“正常”份量就是20年前的“加大”或者“特大”的份量。我們已經適應了這種遠超過美國農業部建議的食用份量，而我們的健康已經越變越差，腰圍亦越變越大。以下是食物份量大小對比的例子：^{15,16}

20 Years Ago
二十年前



Popcorn

270 calories
5 cups

爆米花

270卡路里
5 杯

Today
現在



Popcorn

705 calories
11 cups

爆米花

705卡路里
11 杯



Plain Bagel

140 calories
3-inch diameter

原味麵包圈

140卡路里
直徑 3 英寸



Plain Bagel

364 calories
6-inch diameter

原味麵包圈

364卡路里
直徑 6 英寸



Cheesecake

260 calories
3 ounces

芝士蛋糕

260卡路里
3 安士



Cheesecake

637 calories
7 ounces

芝士蛋糕

637卡路里
7 安士



Chicken Stir Fry

253 calories
2 cups

雞肉小炒

253卡路里
2 杯



Chicken Stir Fry

570 calories,
4.5 cups

雞肉小炒

570卡路里
4.5 杯

Break up with Sodium



What's the difference between salt and sodium? Sodium is a mineral needed to maintain blood pressure and the muscle and nervous systems' normal function. The most common form of edible sodium is a compound called sodium chloride, also known as salt.



76% of children/teens, ages 2-17, and 95% adults consume more than the recommended amount of sodium per day! ¹⁸

Reducing sodium intake in your diet is an important public health goal because over-consumption of sodium has been associated with negative health outcomes, such as hypertension, and both heart and kidney failure. You should consume no more than 2,300mg of sodium (or 1 teaspoon of salt) per day. Rather than focusing on reduction, emphasis should also be placed on replacement and changing food intake and eating patterns. Most of the sodium we eat comes from processed foods or restaurant meals. Some of the most excessive, or unhealthy examples are listed at the bottom of the page.¹⁷

What's the difference between Table, Sea and Kosher Salt ?

Table salt is mined from salt deposits and then processed to give it a fine texture, so it's easier to mix and use in recipes. It usually has additives to prevent clumping or caking.

Sea salt is harvested from sea water. It is usually not processed and therefore retains trace levels of minerals like magnesium, potassium, calcium and other nutrients.

Kosher salt is usually obtained by compressing salt crystals under high pressure in order to create larger crystals. It contains no additional additives or minerals.

All of the salt listed above contain similar amounts of sodium. A teaspoon of table salt has about 2,300 mg of sodium, while a teaspoon of sea salt or kosher salt may have slightly less because fewer crystals fit into the spoon. Nonetheless, all are high in sodium content.

What You Can Do:

- Choose foods that have been minimally or not processed at all (fresh fruits and vegetables are excellent choices!)
- Avoid processed food like “instant” foods, chips, canned foods.
- Read the nutrition label when shopping for food - try to buy items with less than 140 mg of sodium per serving (these foods are considered “low-sodium”)
- Don't add salt to your food as a habit – try flavoring your food with fresh herbs, spices, lemon juice, or a little bit of reduced-sodium soy sauce
- When eating out, ask for your dish to be prepared with low or no salt added

Orange Crispy Beef with Rice
= 3,140mg sodium
香橙牛肉飯=3140毫克鈉



House Lo Mein
= 3,460mg sodium
撈麵=3460毫克鈉



House Fried Rice
= 2,680mg sodium
炒飯=2680毫克鈉



鈉質驚人

減少飲食中的鈉質被列為重要的公共健康目標，進食過多的鈉質對健康有很多負面的影響，例如高血壓、心和腎功能衰竭等疾病。每天應攝取不超過2300毫克鈉質（或1茶匙鹽）。我們不應只集中於如何減少鈉質，重點應放在如何改變飲食模式和如何用低鈉食物代替高鈉食物。大部份我們進食的鈉質來自加工食物和餐廳食物，本頁底部列出其中一些例子。¹⁷

幼鹽、海鹽和猶太鹽(Kosher salt) 有何區別？

幼鹽從鹽礦開採，然後加工成幼細的質地，方便煮食時亦容易和其他食材混合用。它通常有一些防止結塊的添加劑。

海鹽由海水提煉而成，通常不會像幼鹽那樣經加工精製，所以保留了微量的礦物質、如鎂質、鉀質、鈣質和其它營養素。

猶太鹽通常是通過高壓壓縮鹽結晶，以製成較大的鹽結晶。它不含任何添加劑或礦物質。

以上列出的鹽都有相約的鈉含量。1茶匙鹽含大約2300毫克鈉質，但1茶匙海鹽或猶太鹽可能含略少一點的鈉質，因為它們的顆粒較大，茶匙容量就會少些，但是它們都含有大量鈉質。

你能做什麼：

- 選擇較少加工或完全不加工的食物（新鮮水果和蔬菜是很好的選擇！）
- 避免加工食物，如「即食」食品、薯片、罐頭食品等
- 購物時閱讀食品上的營養標籤，嘗試買每食用份量少於140毫克鈉質的食品（這些食物被歸納為「低鈉」）
- 不要慣性地在食物裏加鹽。可以嘗試加入新鮮香草、香料、檸檬汁，或少許低鈉醬油
- 外出用餐時，可要求您的食物少鹽或不加鹽

Kung Pao Chicken with Rice
= 2,610mg sodium
宮保雞丁飯=2610毫克鈉

Moo Shu Pork with Rice
= 2,590mg sodium
木須豬肉飯=2590毫克鈉

Instant Ramen Noodles (1 package)
= 1,120mg sodium
即食麵(1包)=1120毫克鈉



鹽跟鈉質有何區別？鈉質是維持人體血壓、肌肉和神經正常運作所需的礦物質。最常見的食用鈉質是一種叫氯化鈉的化合物，也稱為食用鹽。



76% 2-17歲的兒童/青少年和95%的成年人的鈉質進食量都超過建議上限！¹⁸

5

Managing Your Weight

Your weight is set by many factors: height, genes, behavior, and environment. When you eat or drink, energy (in the form of calories) is coming IN. At the same time, your body is always working, so energy is going OUT. In order to better understand the balance of calories, we have to recognize the relationship between the two.

控制體重

您的體重與很多因素有關，例如您的身高、遺傳基因、習慣及環境。當您吃/喝時，熱量就會（以卡路里的形式）進入您的身體。同時，因為您的身體不斷在工作，所以能量會被消耗。認識兩者的關係可幫助大家更好地理解熱量均衡。

Importance of Weight Management

控制體重的重要性

Being overweight or obese increases the risk of developing many health problems, including heart disease, high blood pressure, and diabetes. It could also lead to a shorter life expectancy by as much as five years for the average American. Therefore, it's essential to adopt healthy eating behaviors and regular physical activity into your daily lifestyle NOW.¹⁹

過重或肥胖會引起很多健康的問題：心臟病、高血壓和糖尿病。對一般在美國生活的人來說，過重或肥胖或會導致壽命縮短5年。因此，大家應立即在日常生活中採取健康的飲食習慣和保持一定的體力活動量。¹⁹

To imagine energy balance, think of a scale:

- If energy IN = OUT over time, then weight stays the same
- More IN than OUT over time = weight gain
- More OUT than IN over time = weight loss

Calories add up! The trick to control energy IN is to:

- Reduce intake of foods high in solid fats, added sugars, and sodium (i.e., chips, cookies, and candy should be consumed sparingly)
- Swap soda and other sugary drinks for water or fat-free or low-fat milk
- Use a smaller plate or bowl to reduce portion size, and don't eat in front of the T.V. to avoid mindless eating

熱量的平衡，就像一個天秤：

- 如果長期熱量攝取 = 熱量消耗，體重維持不變
- 長期熱量攝取 > 熱量消耗 = 體重增加
- 長時間熱量消耗 > 熱量攝取 = 體重下降

熱量會逐少加起來！控制熱量攝取的訣竅是：

- 減少食用高固體脂肪、添加糖和鈉質的食物（應少吃薯片、曲奇和糖果）
- 以水或脫脂/低脂牛奶代替汽水和其他含糖飲品
- 使用較小的盤子或碗，以減少食用份量，不要一邊看電視一邊進食，避免無意識地進食

Your Body Mass Index (BMI)

Q: What is BMI?

A: Your body mass index (BMI) is a number that comes from your weight-to-height ratio and is a reasonable indicator of body-fat levels for most people. BMI ranges have been created to help indicate if someone is either over or under their appropriate weight range and helps to identify the associated health risk. However, it isn't totally accurate (athletes, for example, have higher muscle densities, leading to higher weights and, thus, higher BMIs - however, they are not considered overweight) and should be viewed as just one factor in managing your weight.

BMI Range	Weight Status
Below 18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
Above 30	Obese

Calculate your BMI:

BMI Equation

$$= \text{Weight (in pounds)} / [\text{Height (in inches)}]^2 \times 703$$

Example = weight = 150 lbs., Height = 5' 3" (63 inches)

$$\text{Calculation: } [150 / (63)^2] \times 703 = 26.57 \text{ (overweight category)}$$

Shocking Stats:

- 68% of Americans are overweight or obese. About 17% of (or 1 in 6) children between the ages of 2 and 19 are obese.²⁰
- Asian American obesity levels are rising at a faster rate compared to other ethnic groups. Between 1997 and 2009, self-reported obesity among Californian Asian/Pacific Islander adults rose steeply from a low 3.9% to a higher 10.7% - an increase of 174.4%. During the same time period, obesity levels increased from 22.7% to 31.6% for the Hispanic population (39.2% increase) and 15.3% to 20.9% (36.6% increase) for the white population in California.²¹
- Approximately 27.3% of Asian children in California are overweight or already obese.²²
- Native Hawaiian/Pacific Islanders are nearly four times more likely to be obese than Asian Americans.²³
- Filipino adults are 70% more likely to be obese compared to the rest of the Asian American population.²⁴

Q: What is Diabetes?

A: Diabetes refers to having long-term elevated blood glucose levels. More than 29 million people in the United States have diabetes, of which 208,000 are younger than 20 years old. Another 86 million adults have prediabetes. Without weight loss and moderate physical activity, 15-30% of people with prediabetes will develop type 2 diabetes within five years.²⁵ Living with diabetes can lead to more serious health conditions, such as blindness, heart disease, stroke, amputations, and nerve damage.



您的身高體重指數 (BMI)

問：什麼是身高體重指數？

答：身高體重指數 (BMI) 是指體重和身高的比率，對大多數人來說可作為身體脂肪水平的一個合理指標。BMI幫助鑒定某人是否超過或低於其適當範圍，並幫助指出相關的健康風險。然而，BMI並不一定能精確地反映健康的，而應被看作是控制體重的其中一個因素。(運動員可能肌肉密度較高，有高的身高體重指數並不代表他們超重。)

身高體重指數	體重狀況
低於18.5	過輕
18.5-24.9	正常
25-29.9	過重
超於 30	肥胖

計算您的身高體重指數

BMI 公式 = 體重 (磅) / [身高 (英寸)]² x 703

例子： 體重 = 150磅, 身高= 5' 3" (63吋)

計算: [150 / (63)²] x 703 = 26.57 (過重類)

驚人的數據:

- 68%的美國人屬過重或肥胖。約17%的2歲到19歲的孩子 (六份之一) 有肥胖症。²⁰
- 在美國，與其他的族裔相比，亞裔的肥胖症比例有最明顯的增長。在1997至2009年期間，雖然在加州的亞裔或太平洋島嶼成人自報的肥胖症率很低，但是他們的比例正在飛快地增長，從3.9%上升到10.7% (174.4%的增長)。在同一期間，拉丁美洲裔的肥胖症比例也從22.7%上升到31.6%(39.2%的增長)，而白人的肥胖症比例也從15.3%上升到20.9%(36.6%的增長)。²¹
- 在加州約27.3%的亞裔兒童有過重或者肥胖症現象。²²
- 夏威夷及太平洋島嶼居民的肥胖症機率差不多是亞裔的4倍。²³
- 菲律賓成人患有肥胖症的機率比其他的亞裔成人高出70%。²⁴

問：什麼是糖尿病？

答：糖尿病是指血液中長期有超標的血糖含量。在美國，約2千9百萬人患有糖尿病，其中有20.8萬的患者是20歲以下。另外，有8千6百萬人患有糖尿病前期的狀況。如果沒有減磅和適度的體力活動，15-30%的糖尿病前期患者會在5年內會進展到第二型糖尿病。²⁵ 患上糖尿病會引致更多嚴重的健康問題，例如失明、心臟病、中風、截肢和神經損壞。

Myth #1: Skipping meals is a good way to lose weight.



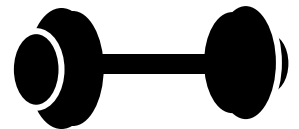
Fact: Studies show that people who skip breakfast and eat fewer times during the day tend to be heavier than people who eat a healthy breakfast and eat 4-5 times a day.²⁶

Myth #2: Eating after 8 PM causes weight gain.

Fact: It doesn't matter what time of day you eat – it's what and how much you eat and how much physical activity you do that counts. No matter when you eat, your body will store extra calories as fat.

Myth #3: Lifting weights is not good to do if you want to lose weight, because it will make you “bulk up”.

Fact: Practicing strength-training activities, like push-ups and crunches, on a regular basis can actually help you maintain or even lose weight. These activities can help you build muscle, which burns more calories than body fat.

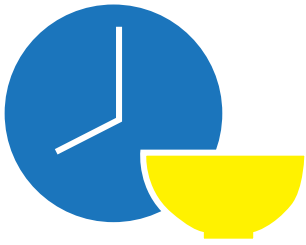


Myth #4: Low Carb/High Protein diets are healthy ways to lose weight.

Fact: Getting most of your daily calories from high-protein foods is not a balanced eating plan. You may be eating too much fat or cholesterol that often comes with the high-protein foods, which may raise heart disease risk. This diet may also have too few fruits, vegetables, and whole grains, which may lead to constipation and a reduced intake of vitamins and minerals.

誤解1： 減少正餐次數有助於減輕體重。

真相： 研究顯示不吃早餐或者一天進食較少次數的人通常比進食健康早餐和一天吃4至5餐的人體重更重。²⁶

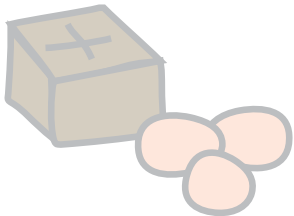


誤解2： 晚上8點後進食會導致體重增加。

真相： 甚麼時候進食其實並不重要，更重要的是你吃了甚麼，吃了多少和有多少的體力活動量。無論你甚麼時候進食，你的身體都會把額外的卡路里轉化成脂肪儲存起來。

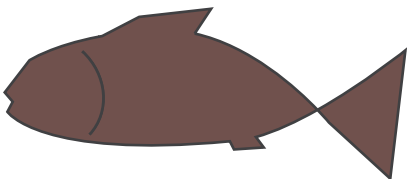
誤解3： 舉重不是一個好的減磅方式，因它只會令你看起來更壯。

真相： 常做肌力訓練如掌上壓和卷腹實可以幫你維持或減輕體重。這些肌力訓練可以幫助你強健肌肉，而肌肉比脂肪消耗更多的卡路里。



誤解4： 低碳水化合物/高蛋白質飲食是健康的減肥方式。

真相： 依賴高蛋白質食物所提供的熱量不是均衡的飲食。低碳水化合物/高蛋白質飲食通常含有過多的脂肪或膽固醇，可增加心臟病的風險。同時，這樣的飲食通常沒有足夠的蔬菜、水果和全穀類食品，可引致便秘並減少攝取維他命和礦物質。



Fad Diets: Hype or Help?

Q: What are fad diets and do they really help with weight loss?

A: Fad diets promise quick weight loss through what is usually an unhealthy and unbalanced diet, such as encouraging the elimination of whole food groups. Bottom line: Weight loss will occur as long as calories are reduced and physical activity is increased. Don't forget that energy OUT must be greater than energy IN in order for you to lose weight.

Type of Fad Diet & their Typical Examples:

Low carb, high protein, high fat	example = Atkins, South Beach, Dukan diet
High carb, moderate protein, low fat	example = Pritikin, Dr. Ornish's diet
No carb, high protein, moderate fat	example = Paleo diet, gluten-free diet

What is a Healthy Rate of Weight Loss?

According to the National Institute of Health, losing ½ to 1 pound per week is a healthy rate of weight loss. Since it takes an energy deficit of 3,500 calories to lose one pound of fat, individuals should have a deficit of 250-500 calories per day to achieve a weekly weight loss of ½-1 pound (or 3-4 pounds per month).²⁷

Eating Disorders, Q&A:

Q: What are eating disorders and who gets them?

A: "Eating disorder" is a general term used to describe a psychological illness that involves a variety of abnormal or harmful eating patterns. In the United States, 20 million women and 10 million men suffer from a clinically significant eating disorder at some time in their life.²⁸ It's important to know that anyone can develop these conditions, regardless of age, gender, ethnicity, or race.

Q: What are the different types of eating disorders?

A: There are many different types of eating disorders, some common examples include:

- Anorexia nervosa (severe calorie restriction)
- Bulimia nervosa (cycles of binge eating followed by purging)
- Binge eating disorder (compulsive overeating)

Q: What are the warning signs of an eating disorder?

A:

- Refusing to eat
- Over exercising all the time
- Dramatic weight loss
- Depression
- Changes in mood

If someone you know is struggling with an eating disorder, it's important to find a time to talk with them and express your concern without criticism. Show them that you care and that you'll be there when they are ready to seek help.



Eating disorders can result in long term health conditions, such as brittle bones, muscle weakness and loss, chronic sore throat, and kidney problems.

減肥餐飲：是炒作還是幫助

問：流行的減肥餐單對減肥真的有效嗎？

答：很多流行的減肥餐單都是不健康和不平衡的飲食，並聲稱可快速減磅。這些餐單常常會要求完全避免整個食物類。其實你只要記得：減少熱量的吸收和增加體力活動量就會減磅。不要忘記熱量的消耗要大於熱量的吸收才能達到減肥的效果。

各種流行減肥餐單與典型例子：

低碳水化合物，高蛋白質，高脂肪的例子=阿特金斯(Atkins)，南灣(South Beach)，杜坎(Dukan)飲食

高碳水化合物，中量蛋白質，低脂肪的例子=Pritikin，歐尼斯博士(Dr. Ornish)的飲食

沒有碳水化合物，高蛋白質，中量脂肪飲食為例=Paleo餐單、無麩質(gluten-free)飲食

什麼是健康的減肥速度？：

根據美國國家健康學院指引，正常的減肥速度是每週減半磅至1磅。由於1磅的脂肪能釋放出3500卡路里的熱量，每人每天要有250至500卡路里熱量的赤字，才能夠達到每週減半磅到1磅的目標（或者每月減3至4磅）。²⁷



飲食失調症可導致長期的健康問題，例如軟骨病、肌肉無力和損耗、慢性咽喉炎和腎臟問題。

飲食失調症

問：什麼是飲食失調症和誰會患上飲食失調症？

答：飲食失調症是一個總稱，泛指各種不正常或有害的飲食方式的心理病。在美國，有二千萬女性和一千萬男性在一生中都會患上臨床顯著的飲食失調症。²⁸ 飲食失調症不分年齡、性別、種族或地域，任何人都有機會患上。

問：飲食失調症有多少不同的種類？

答：飲食失調症有很多不同的種類，常見例子有：

- 神經性厭食症（嚴重的熱量限制）
- 神經性暴食症（週期性暴食後嘔吐）
- 暴飲暴食症（沒有管制的飲食）

問：什麼是飲食失調症的跡象？

答：

- 拒絕飲食
- 體重急劇下降
- 心情善變
- 運動量過多
- 抑鬱

如果您認識的人當中患有飲食失調症，您應該找時間聆聽他們的傾訴及給與他們關懷，而不是批評他們。應表示關心，若他們需要幫助時會作出支持。

Staying Active

Did you know that the average American spends 8 hours sitting down everyday? Excessive physical inactivity – or “sitting disease,” a term researchers have recently coined – is becoming a major problem for Americans. Long term consequences of physical inactivity include slower metabolism (and thus weight gain), increased risk of type 2 diabetes, heart disease, depression, poor posture and spine abnormalities.²⁹ To maintain a healthy weight and body, exercising regularly is just as important as eating right, so get off that couch, turn off the T.V, and get going!

保持活躍

您知道平均每個美國人每天都會花8個小時坐著嗎？長期不活躍-或者“久坐病態”-這是一群研究人員最近創造的詞彙，並已經成為美國人一個很嚴重的問題。長期不活躍造成的影響包括減慢新陳代謝（因而增加體重）、提高患第2型糖尿病、心臟病和憂鬱症的風險，影響坐姿和脊椎健康。²⁹ 要保持健康的體重和健康的身體，常做運動和健康飲食同樣重要。現在就離開座椅，關掉電視，多作走動！

Benefits of Physical Activity: 體力活動的好處包括：

- Burn calories and body fat
消耗卡路里和身體脂肪
- Strengthen bones and muscles
增強骨骼和肌肉
- Relieve stress
減低壓力
- Improve sleep quality
改善睡眠質素
- Increase energy levels
增加活力
- Reduce risk of chronic diseases
減低患慢性疾病的風險
- Maintain a healthy weight
維持健康體重

How long to exercise for? 我需要多少體力活動呢？

Children and youth need at least 60 minutes (1 hour) of physical activity every day. Most of the 60 minutes should be either moderate- or vigorous aerobic physical activity (such as running, biking, basketball, swimming). Research conducted in 2008 by the University of California, Los Angeles found that only 16% of Asians living in California reported being moderately active for 30 minutes, five days a week.³⁰

小孩和青少年每天需要至少60分鐘（1小時）的體力活動。在這60分鐘裏，大多時間應該用於中等至高等強度的帶氧運動（如跑步、騎自行車、籃球、游泳）。根據加州大學洛杉磯分校的研究顯示，只有16%的加州亞裔人每週5天做30分鐘中等強度體力活動。³⁰



Vary Your Physical Activity

選擇不同的體力活動

Lucky for you, many different types of physical activities exist, so you can choose your favorite ones to do next time you exercise and burn those calories! Better yet, try exercising with a group of friends so that you can motivate each other and keep it fun. There are many ways to incorporate physical activity into your day—whether you are at home, school, work, or doing chores, there is always something you can do to stay active!

您可以選擇您所喜愛的運動去達到消耗卡路里的效果。例如，您可以相約要好的朋友們一起運動，這樣有利於互相勉勵，令體力活動更加有趣。想將體力活動帶入生活中其實有很多方法，無論是在家、學校、工作地方，或者做家務的時候，都可以利用不同的方法去保持活躍！

TIP: Make sure to take regular breaks if you're sitting down for long periods of time. Follow the “20 to 2” rule: for every 20 minutes of sitting, stand up and stretch or walk around for at least 2 minutes. Breaking up sedentary time with frequent physical activity breaks – even as little as one minute – has been associated with reductions in both heart disease risk and waist circumference. ³¹

提示：經常把體力活動加插在久坐的工作中。嘗試“20比2”的準則：每20分鐘的靜坐時間，應起立伸展或四周走動至少2分鐘。用體力活動來分開久坐的時間，即使只有短短1分鐘的活動間隔亦能有助於降低患心臟病風險和減少腰圍的尺寸。³¹

Calcium in your bones

Peak bone mass lasts only a few years after the start of puberty; therefore bone strengthening exercises are very important to youth during the developmental years. Weight-bearing exercises help increase and maintain bone density and strength. These exercises include any activity you do on your feet that works your bones, and muscles against gravity (See examples on the next page). When you perform weight-bearing exercises regularly, your bones adapt to the increased impact of weight, building more cells and becoming stronger.

骨骼的鈣質

骨質增長高峰期只會在青春開始後持續幾年，因此骨質加強活動對青少年在成長期很重要。承重運動(weight bearing exercise)有助於骨質生長和強化，承重運動令你的骨骼和肌肉對抗地心吸力(參見下一版的例子)。定期做承重運動令骨骼適應承重的影響而製造更多細胞和變得更強壯。

Aerobic (moderate)
帶氧 (緩和)



Hiking, skateboarding, bicycle riding, brisk walking, swimming

爬山/行山、滑板、騎自行車、快步行、游泳

Aerobic (vigorous)
帶氧 (劇烈)



Jumping rope, running, sports (soccer, basketball, tennis, swimming)

跳繩、跑步、體育運動 (足球、籃球、網球、游泳)

Flexibility
柔韌



Yijin, yoga, stretching, gymnastics

易筋、瑜伽、伸展、體操

Muscle-strengthening
強健肌肉



Push-ups, sit-ups (curls, crunches), rock climbing, resistance exercises

掌上壓、仰臥起坐 (全身或半身)、攀岩、阻力運動

Weight bearing
承重



Weight training, walking, hiking, jogging, climbing stairs, dancing

重量訓練、步行、行山、慢跑、爬山、行樓梯、跳舞

Healthy tip: Don't be a couch potato!
健康小提示: You can always incorporate exercise as you watch a TV program or during commercial breaks.



Squats, jumping jacks, push-ups, or running in place rather than sitting can help burn calories.

不要整天坐在沙發上。可在看電視或廣告時段做運動。例如箭步蹲、開合跳、掌上壓或簡單的原地跑步運動可以幫助熱量的消耗。

Sports Nutrition 運動營養學

Organized sports are more prevalent now than ever with an estimated 35 million youths participating in some physical activity.³² Sports nutrition is a specialized branch of nutrition geared towards the specific needs of these highly active individuals.

A few days before a big game or sports activity, you should cut out processed, high-calorie foods from your diet. They can lead to discomfort during sports play. Eat a healthy, well-balanced diet as your body needs all of the food groups to perform optimally!

運動現在越來越受到青少年的喜愛，而現今大概有三千五百萬青少年參加體育活動。³² 運動營養學是營養學中的特殊分支，是專門滿足高體育活動量人士的需求而設的。

在大型體育活動的前幾天，盡量不要吃加工、高熱量食品。因這些食品可能會使你在運動過程中感到不適。進食一個均衡健康的餐單，因為你的身體需要所有食物種類來達到最佳表現。

2 hours before 運動前 2小時³³

Hydrate with water. Eat healthy carbohydrates, such as whole-grain cereals (with low-fat milk), fruits and vegetables. Avoid saturated fats as they take away oxygen from your muscles to digest them. If you only have 5-10 minutes before you exercise, eat a piece of fruit, such as an apple or a banana.

多喝水。食用健康碳水化合物，如全麥五穀片（配低脂奶），水果和蔬菜。避免攝入飽和脂肪。因為你的身體需要氧氣去消化這些脂肪，所以會減少肌肉的含氧量。若你在運動前只有五至十分鐘進食，可以吃一點水果如一個蘋果或一隻香蕉。

During 運動中³³

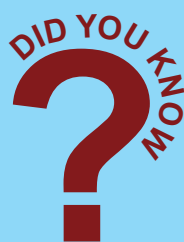
Keep your body hydrated with small, frequent sips of water no matter how long your exercise lasts. For longer, high intensity, vigorous workouts, every half hour, eat 50-100 calories of carbohydrates like raisins, an energy bar or a banana.

無論你運動多久，運動中要多次喝一小口水補充水份。在進行較長時間的激烈運動時，你需要每半小時補充50到100卡路里的碳水化合物，例如葡萄乾，一條能量棒或者一隻香蕉。

After 運動後

See page 69 for fluid needs. Carbohydrates are the main fuel for your muscles. 30 minutes after you exercise, your muscles can store carbohydrates and protein as a form of energy to help your body recover. Protein helps repair and strengthen your muscles. Therefore, taking protein within 1 hour after a workout is an efficient way to build muscle. But don't overload protein! All excess calories will turn into fat.

請查看第69頁參考水份需要。碳水化合物是肌肉的主要燃料。在結束運動30分鐘後，肌肉會儲存碳水化合物和蛋白質作能量來幫助身體恢復。蛋白質有助於肌肉的修補和生長。因此，在結束運動後的一小時補充蛋白質可以有效地促進肌肉生長。注意不能過量地攝入蛋白質，任何多餘的卡路里都會轉化成脂肪。



More than half of U.S. children and adolescents are not getting enough hydration, and nearly a quarter drink no plain water at all. ³⁴ Children don't have a highly developed thirst mechanism and are especially vulnerable to becoming dehydrated.



全美超過一半的小孩和青少年都沒有飲用足夠飲品補充身體水份，而差不多四分之一甚至完全沒有喝清水。³⁴ 小孩身體的口渴機制還沒有完全發育，所以較容易脫水。

Stay Hydrated 補充足夠水份

Water comprises about 60% of a person's body weight and is essential for almost every bodily function. Youths need 7-11 cups of water per day while adults need 9-13 cups.³⁵ During exercise, sweating helps to cool the body, but it also results in the loss of water and electrolytes. Drink plenty of fluids before, during, and after exercise to prevent dehydration. Dehydration can affect performance and leave you feeling overheated and tired.

水佔體重的百分之六十，差不多所有身體功能都需要水。青少年每天都需要喝7-11杯水而成年人則需9-13杯。³⁵ 當做運動時，流汗會幫身體降溫，但同時會讓水份和電解質流失。為防止脫水，做運動前，做運動時，和做完運動後都應多喝飲品。脫水可以影響運動表現並讓你感到過熱和疲倦。

What to Drink? 應喝什麼呢? ^{36, 37}

Before exercise 運動前	<ul style="list-style-type: none">• Water• 水
During exercise 運動時	<ul style="list-style-type: none">• Cool water when exercising for less than 1 hour• Sports drink diluted with water (1:1 ratio) when exercising for over 1 hour• 如果運動量少於一小時，喝冷水• 如果運動量多過一小時，可以喝用水稀釋的運動飲品（一比一分量）
Right after exercise 運動後	<ul style="list-style-type: none">• Water or low-fat chocolate milk or 100% fruit juice• 水/低脂巧克力奶/100%果汁

What drinks to avoid during exercise?

- Carbonated drinks: may cause upset stomach and affect performance
- Energy drinks: they are created by beverage companies to attract people looking for quick energy boosts or fuel before athletic competitions. Energy drinks usually contain large amounts of sugar, caffeine, and other added stimulants that can cause life-threatening effects on blood pressure, heart rate, and brain function for some people. There have been several cases where people have suffered from seizures, cardiac arrest, and even death after consuming energy drinks.³⁶

運動時應該避免哪些飲品?

- 有氣飲品：可引起腸胃不適，影響運動表現
- 能量飲品：能量飲品是飲品業界造出來，吸引那些想要額外體力渡過一天或在體育競賽前迅速提升體力的人。能量飲品通常含大量的糖份、咖啡因和其他添加刺激成份。這些添加劑可對某些人的血壓、心跳和大腦功能有危及生命的影響。以往有一些關於飲用能量飲品後而引起抽搐、心跳停止和甚至死亡的個案。³⁶

Sports Drinks 運動飲品

Sports drinks usually contain water, carbohydrates, and minerals. Water helps to cool down the body and replaces fluid lost from sweating. Carbohydrates (usually in the form of sugar) provide quick energy. The minerals in sports drinks are intended to replace the minerals lost in sweat. Not everyone doing sports needs sports drinks. Sports drinks are only needed if exercising for longer than 1 hour or if the exercise is intense. Sugar in sports drinks are empty calories and can lead to weight gain when overconsumed. Note that a good sports drink does not need to include added amino acids, oxygen or herbal ingredients.

運動飲品通常含有水、碳水化合物和礦物質。水可幫身體降溫和補充流汗時失去的水份。碳水化合物（運動飲品中的碳水化合物通常是糖）提供能量迅速補充體力。運動飲品裏的礦物質可補充流汗時留失的礦物質。不是每個做運動的人都需要喝運動飲品，做多過一小時或激烈運動才需要喝運動飲品。運動飲品中的糖只有熱量，沒有營養素，過量飲用可能導致體重增加。注意！好的運動飲品並不需要附加氨基酸、氧氣或草藥成份。

Skill 技巧

Exploring Beyond the Basics

超越基礎知識

Organic Food 有機食物



Hold the Meat! Eating Vegetarian 素食主義



Stress and Nutrition 壓力與營養學



Organic Food 有機食物

The term “organic” refers to the way certain agriculture products are grown and processed. Organic crops must be grown in safe soil without the use of synthetic pesticides or artificial, petroleum-based, or sewage-based fertilizers for three years prior to harvest. Organic livestock must have access to the outdoors and be fed organic feed. They may not be given antibiotics, growth hormones, or any animal by-products.

“有機”是指農產品的成長過程和製作方法。在收成前三年內，有機農作物一定要在安全的土壤中培植，土壤不能用過某些合成的農藥、人造的肥料及含石油或污水的肥料。而有機牲畜一定要飼養在戶外，而且餵養有機飼料。牠們不能被餵養抗生素、成長荷爾蒙或任何動物副產品。

Pros:

- Organic produce contains fewer pesticides (e.g. chemical fertilizers, herbicides or insecticides)
- Organic food is usually fresher when purchased, because it does not contain preservatives and therefore must be brought to market sooner ³⁸
- Organic animals eat a diet free from excrement and antibiotics

Cons:

- More expensive
- No significant health benefits. A 2009 study conducted by the London-based Food Standards Agency reviewed over 160 scientific papers published from the past 50 years and found that organic food has no significant nutritional benefits compared to ordinary food farmed using conventional methods ³⁹

益處：

- 有機產品含較少的農藥（如化肥，除草劑或殺蟲劑）。
- 有機食品通常較新鮮，因為它們不含防腐劑，因此要較快運到市場。³⁸
- 有機動物吃的飲食沒有糞便和抗生素。

弊處：

- 價錢較貴
- 沒有顯著的健康益處。倫敦食物標準局審查了過去50年160多篇科學論文，並在2009年發表了報告，指出有機食品比用傳統方法耕種的食物沒有顯著的健康益處。³⁹

Minimize Pesticides in Your Diet

- Wash your fruits and vegetables thoroughly under running water using a vegetable brush, or a store-bought pesticide wash
- Peel and trim fruits and vegetables to reduce pesticide exposure on the outer surfaces
- Eat a variety of produce to reduce your chances of being exposed to any one pesticide

減少你飲食中的農藥份量

- 在流動的自來水下，用蔬果刷把蔬果清洗乾淨，或用商店買來的農藥去除劑
- 除去果皮，有助去除表皮的農藥
- 進食多種不同的蔬果，以減低長期攝取同一類農藥的可能性

Although organic foods have less pesticide residue than their non-organic counterparts, neither exceeds the legal safety limit and will not cause immediate harm. The Environmental Working Group has analyzed data on different fruits and vegetables and determined the 2018 "Dirty Dozen™"—the twelve types of produce most contaminated with pesticides—and the "Clean Fifteen™"—the fifteen types of produce least contaminated with pesticides.⁴⁰ Because organic produce tend to be more expensive, you might want to use most of your organic food budget on the Dirty Dozen.

雖然有機食品比傳統食品較少農藥殘餘，但兩者都沒有超過法定的安全標準，不會導致即時的傷害。

「環保工作集團」(Environmental Working Group) 分析多種蔬果，列出2018年12種最受農藥污染(Dirty Dozen™)及15種最少受農藥污染(Clean Fifteen™)的蔬果。⁴⁰ 有機蔬果的價錢較貴，建議把大部份用來購買有機食物的預算花在購買「最受農藥污染的蔬果」上。

2018 Dirty Dozen™ 最受農藥污染的蔬果（含較多農藥殘餘）



Peach
桃



Pear
梨



Sweet pepper
燈籠椒



Celery
芹菜

Nectarine
油桃



Strawberry
草莓



cherry
櫻桃

Potato
馬鈴薯



Grape
葡萄



Spinach
菠菜



Tomato
蕃茄



Apple
蘋果



2018 Clean Fifteen™ 最少受農藥污染的蔬果（含較少農藥殘餘）

Eggplant
茄子



Sweet corn
玉米



Asparagus
蘆筍



Papaya
木瓜



Cantaloupe
哈密瓜



Kiwi
奇異果



Frozen sweet pea
急凍豌豆



Avocado
牛油果



Mango
芒果



Cauliflower
椰菜花



Pineapple
菠蘿



Broccoli
西蘭花



Onion
洋蔥



Cabbage
捲心菜



Honeydew melon
蜜瓜



Hold the Meat! Eating Vegetarian 素食主義



Veggie burgers are a great option when transitioning into a vegetarian diet. Like meat-based burgers, soy-based veggie burgers are high in protein. However, unlike their meaty counterparts, veggie burgers are lower in calories and fat and contain no saturated fat. They also come in a variety of flavors to suit individual tastes.



素漢堡餅對轉吃素食的人是一個很好選擇。豆製的素漢堡餅含高蛋白質，但含較少的熱量和脂肪，並不含任何的飽和脂肪。而且有各種的風味滿足您的需求。

The International Agency for Research on Cancer of World Health Organization (WHO) released a new report on Oct 26, 2015 addressing potential health risks surrounding meat consumption. Processed meat (e.g. sausage, Chinese sausage, ham, bacon, Chinese bacon, beef jerky) was classified as carcinogenic to humans (Group 1), similar to tobacco, alcohol, and asbestos. Each 50 gram portion (approximately 1.8 oz) of processed meat eaten daily increases the risk of colorectal cancer by 18%. Red meat (e.g. beef, lamb, pork, and horse meat) is classified as probably carcinogenic to humans (Group 2A). The American Institute of Cancer Research recommends avoiding processed meat and limiting red meat consumption to no more than 18 oz per week. Follow a vegetarian diet or plant-based diet. Use plant-source protein to replace processed meat and red meat in your diet to lower your risk of cancer.

世界衛生組織(WHO)轄下的國際癌症研究機構在2015年10月26日發表最新報告，把加工肉類(如香腸、臘腸、火腿、煙肉、臘肉、牛肉乾)列為最具致癌風險的「1類致癌物」，即對人體有明確致癌性，與吸煙、酒精、石棉等同級，每天50克(約1.8安士)份量的加工肉類就可增加18%患大腸癌(colorectal cancer)的風險。而紅肉(如牛肉、羊肉、豬肉、馬肉)則被列入次一級的2A類致癌物(對人類可能致癌)。美國癌症研究所建議盡量避免加工肉類，紅肉則每星期不超過18安士。遵循素食餐單或以植物為主的飲食習慣，用植物蛋白質來代替加工肉類和紅肉，以降低患癌的風險。

Vegetarianism excludes meat or slaughter-derived food products and focuses on plant based foods. Vegetarian diets include fruits, vegetables, dried beans and peas, grains, seeds and nuts. People choose to eat a vegetarian diet for several different reasons, such as increasing health benefits, protecting the environment, and reducing farm animal suffering. Common types of vegetarian diets include:

- The vegan diet, which excludes all meat and animal products (no meat, poultry, seafood, milk, or eggs)
- The ovo-vegetarian, or "ovotarian," diet, which includes plant foods and eggs
- The lacto-vegetarian, or "lactotarian," diet, which includes plant foods plus dairy products
- The lacto-ovo vegetarian, or "lacto-ovotarian," diet, which includes both dairy products and eggs
- The pesco-vegetarian, or "pescetarian," diet, includes fish and other seafood but no other animal meat or poultry

素食主義是在飲食中摒除肉類或屠宰場副產品，只用植物作食材。素食餐單包含水果、蔬菜、乾豆和碗豆、穀類、籽和堅果。大家選擇吃素有各種各樣的原因，其中包括有益身體健康、保護環境和減少動物受苦等。常見的素食主義者類型：

- 純素食主義 摒除所有肉類和動物副產品 (不含肉類、家禽、海鮮、牛奶及蛋)
- 蛋素食主義 包含植物食材和蛋
- 奶素食主義 包含植物食材和乳製品
- 奶蛋素食主義 包含植物食材、蛋和乳製品
- 海鮮素食主義 包含魚和其他海鮮，但不含肉類或家禽

What are the pros and cons of a vegetarian diet?

Pros:

- Leads to a healthier diet, lower in cholesterol and saturated fat, which may result in potential weight loss
- Consuming more plant-based foods reduces the risk of heart disease, stroke, diabetes, certain types of cancers, and may lead to living a longer life
- Avoids potential food borne illnesses from meat contaminated by harmful bacteria
- Helps reduce environmental damage by lowering carbon emissions – animal farming accounts for 35% of methane (CH₄) in the world

Cons:

- Strict avoidance of meat, dairy, and eggs can lead to deficiencies in important nutrients like iron, vitamin D, and vitamin B12
- Lack of calcium in the diet can result in low bone density, which may lead to rickets in teens and osteoporosis in adults

(If you practice vegetarianism, make sure to incorporate healthy low-fat protein, like tofu, beans/legumes, calcium fortified soy-milk, nuts, or quinoa into your diet.)

素食餐單有哪些利與弊？

益處：

- 素食餐單提供更健康、低膽固醇和低飽和脂肪的的飲食，並可能有助於減肥
- 多進食以植物為主要的食物有助於降低患心臟病、中風、糖尿病及某些癌症的風險，活得更長壽
- 避免由細菌感染的肉類引致食物中毒
- 通過減少溫室氣體的排放量，從而減少對環境的傷害——全世界有35%的甲烷排放量來自動物飼養

弊處：

- 完全不進食任何肉類、乳製品和蛋可能會引起營養素的不足，像鐵質、維他命D和維他命B12
- 飲食中缺少鈣質可能會導致低骨質密度，可引致青少年患軟骨病和成年人患骨質疏鬆

(如果你是素食主義者，確保每餐有健康的低脂蛋白質，如豆腐、豆類、加鈣豆漿、堅果或藜麥。)

People who follow vegetarian diets can get all the nutrients they need. However, they must be careful to eat a wide variety of foods to meet their nutritional needs. Nutrients vegetarians may need to focus on include protein, iron, calcium, zinc and vitamin B12. The recommended average daily intake amounts for a vegetarian can be found in the 2015 Dietary Guideline in Appendix 5.

素食餐單也可以提供所有日常所需的營養素，但是你要吃多樣化的食物來吸取各種營養素。素食主義者應特別留意蛋白質、鐵質、鈣質、鋅和維他命B12的攝取。素食主義者每日的建議進食量可以參考2015年美國人飲食指引的附錄第5頁。

Stress and Nutrition

What is Stress?

Stress can be defined as the brain's response to any demand. Stress is what you feel when faced with pressure from others or from yourself, and can be caused by many factors, such as school, work, family conflicts, living in a dangerous neighborhood, changes in weight or body size, or peer pressure. When a person is stressed, their immunity is lowered and their digestive, excretory, and reproductive systems stop working normally. Once the threat has passed, body systems act to restore normal functioning.⁴¹ Too much stress can also lead to other long-term health problems, including depression, high blood pressure, menstrual problems, and drug/alcohol abuse.

Stress and Endocrine System

Stress triggers the brain (and hypothalamus) to release adrenaline and CRH (Corticotropin-releasing hormone). They reduce your appetite for a flight-or fight response. Short term stress can have beneficial effects, which help you focus and perform tasks more efficiently. However, if stress persists, or if a person's stress response gets stuck in the "on" position, adrenaline level decreases, and the body releases cortisol, which increases appetite. Numerous studies have shown that people tend to eat more high fat high sugar food during stress. The combination of high cortisol and high insulin levels may be responsible for this change in food preferences. These high fat high sugar food may make you feel better for a while, but the weight gain and negative health impact will make you more distressed later on.

How Can I Manage Stress?

Relax. Take time to relax in a quiet area. Deep breathing may also be helpful in clearing your mind.

Eat a well-balanced diet. Stress may weaken your immune system and increase your body's need for certain nutrients. Don't skip meals! This will make you more likely to perform poorly or get sick. A balanced diet will help you stay focused, alert, energetic, and healthy during times of stress.⁴¹ With the right nutrition, you can reduce the impact that stress has on your body and effectively repair any damage that has been done prior to this. Eat a well-balanced diet that incorporates low-fat protein and dairy, whole grains and tons of fruits and vegetables. Plant chemicals in fruits and vegetables, called phytochemicals, can boost your immune system.

Exercise. Physical activity not only clears your head, but also increases endorphin levels – the natural "feel good" chemicals that leave you feeling happy. Be careful though-putting pressure on yourself to exercise everyday for long periods can also be stressful. As long as you are regularly active, you can work out 4 times per week and still get the needed endorphins to manage your stress.

Laugh. Have fun and lighten up! Laughing can make you feel good, and that stays with you long after the laughing stops. Research conducted by the University of Maryland School of Medicine found that laughter may also be important in maintaining healthy blood vessels by expanding them and increasing blood flow, thus reducing the risk of heart disease.⁴²

Sleep. Catch those z's! Getting at least 8-9 hours every night will recharge your body and keep your mind focused for the next day. Some research has also suggested that getting too little sleep is a risk factor for weight gain and obesity, especially in children and adolescents.⁴³



Stress can affect our appetite and cause both over- and under-eating. Therefore, it is important to pay more attention to your diet while stressed.



Avoid food/beverages that can trigger stress, such as alcohol and drinks that contain caffeine.

壓力與營養學

甚麼是壓力？

壓力可被定義為大腦對任何需求的反應，來源可以是他人或自己。引起壓力的因素很多，如學校功課、工作、家庭摩擦、住在一個危險的區域、體重或體型改變或同輩壓力。當一個人有壓力時，自身免疫力會降低，消化、排泄和生殖系統不能正常運作。一旦構成壓力的威脅消失了，身體的各系統恢復正常運作。⁴¹ 太多的壓力也可導致其他長期健康問題，包括抑鬱症、高血壓、月經問題、濫用藥物和酗酒。

壓力與內分泌

壓力會觸發大腦（下丘腦）釋放腎上腺素（adrenaline）和CRH（Corticotropin-releasing hormone），令你食慾降低，目的是令人進入“戰鬥或逃跑”（fight-or-flight response）的狀態。短暫的壓力可以令人集中注意力和更有效地工作，這是良性的壓力。但是，如果壓力長期持續，或身心無法恢復到放鬆狀態，腎上腺素會降低，身體釋放皮質醇（cortisol），皮質醇增加食慾。很多研究都顯示壓力使人偏向進食高糖高脂肪的食物，這可能是高皮質醇和高胰島素（insulin）聯同的影響。這些高糖高脂肪的食物或可讓你有一時的快感，但之後體重和健康變差會使你更苦惱。

如何管理壓力？

放鬆：花時間到安靜的地方放鬆自己，深呼吸亦有助理清思路。

均衡飲食：壓力可削弱你的免疫系統，並增加身體對某些營養素的需求。每餐都很重要，千萬不要跳過某一餐不進食！這會令你更容易生病或表現不佳。均衡的飲食可幫助你在有壓力時集中注意力、更有警覺性、更有精神和健康。⁴¹ 均衡營養可以減少壓力對身體的影響和修復在此之前的損害。吃一個低脂蛋白質食物、低/脫脂奶製品、全穀類食物和大量蔬菜水果的均衡飲食餐單，蔬菜水果中的植物化學物質可以提高你的免疫力。

運動：體力活動可幫助理清思路，並增加內啡肽水平。內啡肽是體內的一種天然化學物質，可令人有快樂的感覺。但是要小心，迫自己每天做長時間運動也可以是壓力的源頭。只要你過活躍的生活方式，每星期做運動4次，仍可得到所需的內啡肽來幫助管理壓力。

笑一笑：享受生活，多笑笑吧！笑可以使你感覺良好，那種感覺在笑聲停止後會延續下去。馬里蘭大學醫學院的研究發現，笑可能有助於保持血管健康，因為笑可擴張血管，增加血流量，從而降低患心臟病的風險。⁴²

睡眠：充足的睡覺很重要，每天晚上至少8-9小時的睡眠可為你的身體充電，並幫助你第二天頭腦集中。一些研究亦表示，睡覺不足是體重增加和肥胖症的風險因素，尤其是兒童和青少年。⁴³



壓力可影響食慾，引致進食過量或不足，所以此時要更注意自己的飲食。



避免刺激壓力的食品及飲品，例如酒精和含咖啡因的飲品。

Skill 技巧

8



Cooking Healthy Foods: Recipes to Try

烹調健康食品：
食譜煮法

BREAKFAST

Apple Muffins
Fluffy Strawberry Pancakes
Heart Smart Bread
Morning Popovers

SNACKS AND APPETIZERS

Baked French Fries
Crazy Chex
Fresh Prawn Rolls
Mango-Cucumber Wraps
Tomato Bites



ENTRÉES

CHICKEN

Classic Curry Chicken
Poached Chicken
Tender Chicken Quesadilla

SEAFOOD

Brown Rice Sushi
Lo Yan Seafood Rice
Miso Salmon
Seafood Pasta

VEGETARIAN

Sweet and Savory Veggie Burger

SOUPS AND SALADS

SOUP

Apple-Carrot Soup
(Homemade Dried Pork Jerky)
Creamy Mushroom Soup
Hot & Sour Soup

SALAD

Summertime Pasta Salad

SAUCES

Pesto Sauce
Satay Sauce
Sweet Curry Sauce
Tomato Sauce

DESSERTS

Choco-Chip Cookies
Mango Yogurt Icy Pops
Mixed Berry Parfait
Oatmeal Cranberry Crunchers
Silken Cheesecake Delight
Sweet Mango Pudding

DRINKS

Chilled Honeydew Quencher
Tropical Blizzard



早餐

蘋果鬆餅
鬆軟草莓班戟
健康愛心麵包
早晨鬆餅

小吃與前菜

蒜香烤薯條
瘋狂 CHEX
鮮蝦米紙卷
芒果青瓜卷
蕃茄小麵包

主菜

雞肉

經典中式咖喱雞
水煮雞
鮮嫩雞肉墨西哥餡餅

海鮮

糙米壽司
羅甄海鮮飯
味噌三文魚
海鮮意大利麵

素菜

香甜可口素漢堡包

湯和沙律

湯

蘋果胡蘿蔔湯
(附:自製豬肉鬆)
香滑蘑菇濃湯
酸辣湯

沙律

夏日意粉沙律

醬汁

香草醬
沙嗲醬
甜咖喱醬
香濃蕃茄醬

甜品

碎巧克力曲奇餅
芒果乳酪小冰棒
繽紛雜莓酸酪凍
紅莓乾燕麥脆餅
香滑豆腐芝士蛋糕
香甜芒果布甸

飲品

醒神蜜瓜西米凍
熱帶水果特飲



Youth Comments:

You can eat these for breakfast or for an afternoon snack!

青少年意見：

可以當作早餐或下午小食！

Nutritionist Comments: As a rule, half of the fat in a dessert recipe can be replaced with unsweetened applesauce or a puree of another fruit. In this case, the applesauce enhances the flavor of the fresh apples.

營養師意見：甜點食譜中的一半脂肪量可以用無加糖的蘋果醬和其它水果蓉來代替。在這食譜中，蘋果醬帶出了新鮮蘋果的味道。

APPLE MUFFINS

蘋果鬆餅



- ▶ **Prep Time: 25 minutes**
- ▶ **Serving Size: 1 muffin**

- ▶ **Cook Time: 20-25 minutes**
- ▶ **Number of Servings: 24**

▶ Ingredients:

- 1 ¼ cups sugar
- ¼ cup canola oil
- 2 eggs
- 2 cups whole wheat flour
- 1 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. baking soda
- 4 cups peeled and diced apple
- ½ cup unsweetened applesauce
- Foil muffin cups or non-stick cooking spray

▶ Method:

1. Preheat oven to 350°F.
2. In a large bowl, mix sugar, canola oil and eggs together. Beat well.
3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add dry ingredients to egg mixture and mix well.
4. Finally, add diced apple and applesauce to batter. Stir to combine.
5. Coat a muffin pan with non-stick spray or line with muffin cups. Fill cups ¾ full and bake for about 20-25 minutes until brown and a toothpick inserted in center of muffin comes out clean. Serve warm.

- ▶ **準備時間: 25分鐘**
- ▶ **每份食用量: 1個**

- ▶ **烹調時間: 20至25分鐘**
- ▶ **總量: 24**

▶ 材料:

- 糖 1¼杯
- 芥花籽油 ¼杯
- 雞蛋 2隻
- 全麥麵粉 2杯
- 鹽 1茶匙
- 玉桂粉 1茶匙
- 蘇打粉 1茶匙
- 蘋果, 去皮, 切粒 4杯
- 無附加糖蘋果醬 半杯
- 錫紙蛋糕杯 (或噴霧式食用油)

▶ 做法:

1. 將烤爐 (焗爐) 預熱至華氏350度。
2. 在大碗裏將糖, 芥花籽油, 雞蛋混合一起, 發打至均勻。
3. 在另一個一碗裏, 將麵粉, 鹽, 玉桂粉和蘇打粉混合一起。然後倒入雞蛋糊裏, 攪拌均勻。
4. 最後, 將蘋果粒和蘋果醬加入, 攪拌均勻。
5. 在鬆餅烤盤上, 噴上噴霧式食用油或將錫紙蛋糕杯放進烤盤裏, 把鬆餅糊倒入蛋糕杯, 倒至約¾杯滿。烤大約20-25分鐘, 直至金黃色。將牙籤插入鬆餅中間, 拉出不沾代表全熟。可趁熱享用。

Nutrition Analysis:

Calories:	129
Total Fat:	3g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	16mg
Sodium:	156mg
Carbohydrates:	25g
Dietary Fiber:	1g
Sugar:	16g
Protein:	2g

營養成份分析:

每份熱量:	129卡路里
總脂肪:	3克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	16毫克
鈉質:	156毫克
碳水化合物:	25克
纖維素:	1克
糖份:	16克
蛋白質:	2克



Youth Comments:

Simple and fast. These pancakes make a great breakfast.

青少年意見：

簡單又快捷，這是一個很好的早餐！

Nutritionist Comments: USDA's "ChooseMyPlate" dietary guidelines recommend that at least half of our grains should be whole grain. This strawberry pancake gives you a hearty serving of whole wheat, which will leave you feeling fuller in the morning.

營養師意見：美國農業部的“選擇我的餐碟”飲食指引建議穀類中最少一半應是全穀類。這個草莓班戟提供了一份全穀類食物，並能令你在早晨感到更飽足。

FLUFFY STRAWBERRY PANCAKES

鬆軟草莓班戟



- ▶ **Prep Time:** 10 minutes
- ▶ **Serving Size:** 2 pancakes

- ▶ **Cook Time:** 5-10 minutes
- ▶ **Number of Servings:** 4

▶ **Ingredients:**

- 1 cup whole wheat flour
- 1 Tbsp. sugar
- 1 Tbsp. baking powder
- Dash of salt
- ½ cup 1% low-fat milk
- 2 large egg whites
- 2 Tbsps. butter
- Non-stick cooking spray

Topping:

- 1 cup unsweetened frozen strawberries, thawed, drained and sliced
- 2 Tbsps. fresh orange juice

▶ **Method:**

Pancakes:

1. In a large mixing bowl, combine whole wheat flour, sugar, baking powder and salt. Using a whisk, mix in milk and egg whites until smooth.
2. Place the butter in a bowl and microwave for 5 seconds. Stir melted butter into flour mixture.
3. Over medium heat, pour ¼ cup mixed pancake batter onto a non-stick skillet.
4. Flip when bubbles appear at the edge of the pancake and cook until golden brown on both sides.

Topping:

1. Spray a saucepan with nonstick spray and place over medium heat.
2. Cook strawberries and orange juice for 3 minutes or until berries are soft.
3. Spoon topping over pancakes and serve.

- ▶ **準備時間:** 10分鐘
- ▶ **每份食用量:** 2塊

▶ **材料:**

- 全麥麵粉 1杯
- 糖 1湯匙
- 蘇打粉 1湯匙
- 鹽 少許
- 1%低脂牛奶 半杯
- 蛋白 2隻
- 牛油 2湯匙
- 噴霧式菜油

配料

- 無附加糖冷凍草莓 (解凍, 瀝水, 切片) 1杯
- 新鮮橙汁 2湯匙

- ▶ **烹調時間:** 5至10分鐘
- ▶ **總量:** 4

▶ **做法:**

鬆餅

1. 在大碗裏, 將全麥麵粉, 糖, 蘇打粉和鹽混合一起。再加入牛奶和蛋白, 用打蛋器攪拌直至平滑均勻。
2. 將牛油放進另一個碗裏, 用微波爐加熱5秒, 將牛油溶液加入麵粉糊內, 攪拌均勻。
3. 用中火將易潔平底鍋加熱, 然後將¼杯的班戟糊倒入鍋中。
4. 當班戟邊出現小氣泡, 即可反轉班戟, 煎至兩邊金黃便可食用。

配料

1. 將噴霧式食用油噴在鍋上, 開中火。
2. 倒入草莓和橙汁, 煮3分鐘, 或直至草莓變軟。
3. 將配料放在班戟上即可。

Nutrition Analysis:

Calories:	159
Total Fat:	1g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	2mg
Sodium:	379mg
Carbohydrates:	33g
Dietary Fiber:	4g
Sugar:	7g
Protein:	7g

營養成份分析:

每份熱量:	159卡路里
總脂肪:	1克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	2毫克
鈉質:	379毫克
碳水化合物:	33克
纖維素:	4克
糖份:	7克
蛋白質:	7克



Youth Comments: Not hard to make. Add flour on your hands so that the dough doesn't stick.

青少年意見:製法簡單。可以抹一點乾麵粉在手心令麵粉團不會太粘。

Nutritionist Comments: Dough can also make chinese green onion pancake. Just fold in chopped green onion, some garlic salt and little olive oil, and press into a pancake . Panfry with little oil in pan on low heat till golden brown. One cup of green onions has 2,840 IU of vitamin A, which helps our vision.

營養師意見:麵團也可做蔥油餅。加入蔥粒，少許蒜鹽和橄欖油，弄成薄餅形狀。放少許油在鑊，細火煎至金香即成。一杯青蔥含有 2840 IU 的維生素A，有助良好視力。

HEART SMART BREAD

健康愛心麵包



- ▶ **Prep Time: 15 minutes**
(plus 2 hours for dough to rise the first and second time)
- ▶ **Serving Size: 1 slice**

- ▶ **Cook Time: 30 min**
- ▶ **Number of Servings: 2 loaves (32 slices)**

▶ Ingredients:

- 3 cups + 1 Tbsp. water
- 1 ½ Tbsps. baker's yeast
- 1 ½ tsps. salt
- 3 ½ cups whole wheat flour
- 3 cups all purpose flour
- 1 egg
- 4-8 Tbsps. ground flaxseed

▶ Method:

1. Heat 3 cups water in a bowl to just above room temperature. Add yeast and salt to water.
2. Add both flours and ground flaxseed, one cup at a time. Mix slowly, then knead to combine.
3. Transfer dough to a larger bowl; cover bowl with plastic wrap, and allow dough to rise until it doubles in size (about 1 hr).
4. Divide dough* in half. (Dough can be frozen for later use). For loaf: place into pan and allow to rise for about 1 hour or until double in size. For

- roll: divide dough into 12 portions. Roll in your favorite ingredients, e.g. green onion or homemade pork jerky and shape into a ball. Let it rise for about 30 min or till double in size.
5. Preheat oven to 350°F
 6. Mix egg in a small bowl. Then brush egg mixture on top of dough.
 7. For loaf: bake for 30 minutes; for small rolls: bake for 15-18 minutes or until lightly brown. Serve warm.

*Dough can also be made into 24 steamed bun (mantao) instead of baked bread. Steam for 10 minutes or till done.

- ▶ **準備時間: 15分鐘**
(加2小時讓麵糰發酵兩次)
- ▶ **每份食用量: 1片**

- ▶ **烹調時間: 30分鐘**
- ▶ **總量: 2條(32片)**

▶ 材料:

- 水 3杯
- 烘培發酵粉 1湯匙半
- 鹽 1茶匙半
- 全麥麵粉 3杯半
- 多用途麵粉 3杯
- 雞蛋 1隻
- 亞麻籽粉 4至8湯匙

▶ 做法:

1. 把3杯暖水倒進一個碗裏，然後加入烘培發酵粉和鹽至暖水中。
2. 將麵粉和亞麻籽粉以每次1杯的份量倒入碗裏，然後慢慢地攪拌，揉成麵糰。
3. 將麵糰移進一個大碗裏，蓋上保鮮紙，讓麵糰靜置發酵膨脹至1倍大，約1小時。
4. 將麵糰*分開兩半。(麵糰可冷凍留待稍後用)。麵包條：放進麵包烤盤中，讓其在室溫約1小時繼續發酵至1倍大。小麵包：將麵糰分成

- 12個。加入你喜愛的食材，如青蔥、自製豬肉鬆、並弄成球狀。讓其在室溫約半小時繼續發酵至1倍大。
5. 將烤爐預熱至華氏350度。
 6. 將雞蛋混和在碗中，然後將雞蛋水掃在麵糰上面。
 7. 麵包條：烤30分鐘；小麵包：烤15-18分鐘直至稍微金黃色。趁熱享用。

*除了焗包之外，可將麵糰製成24個饅頭。蒸10分鐘至熟透。

Nutrition Analysis:

Calories:	98
Total Fat:	1g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	6mg
Sodium:	116mg
Carbohydrates:	19g
Dietary Fiber:	2g
Sugar:	0g
Protein:	4g

營養成份分析:

每份熱量:	98卡路里
總脂肪:	1克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	6毫克
鈉質:	116毫克
碳水化合物:	19克
纖維素:	2克
糖份:	0克
蛋白質:	4克





Youth Comments: Don't put too much batter into the muffin cups. Otherwise, the batter might spill out while it is baking

青少年意見: 切記不要倒太多蛋糕糊進烤杯中，不然鬆餅會在烤焗的過程中溢出來。

Nutritionist Comments: When baking pastries, applying oil onto cake molds to prevent cake from sticking onto the molds is a very common step. Replacing oil with non-stick spray can leave out about 5g of fat (equals to 1 tsp. of fat).

營養師意見: 在烤焗各式麵包糕點時，用油塗糕盆以防蛋糕貼盆底是常做的步驟。用噴霧式菜油來代替油，大約可減少5克的脂肪（相等於一茶脂肪）。

MORNING POPOVERS

早晨鬆餅



- ▶ **Prep Time: 15 minutes**
- ▶ **Serving Size: 1 popover**

- ▶ **Cook Time: 35 minutes**
- ▶ **Number of Servings: 16**

▶ Ingredients:

- 2 cups 1% low-fat milk
- 4 eggs (or 2 egg yolks and 4 egg whites)
- 1 cup whole wheat flour
- 1 cup all purpose flour
- 4 Tbsps. ground flaxseed
- Non-stick cooking spray

▶ Method:

1. Heat milk until just warm.
2. Preheat oven to 450°F with 16 foil muffin cups or muffin pan on rack.
3. Combine the warm milk and eggs in a large bowl. Add all other ingredients and mix well.
4. Remove 16 foil muffin cups or muffin pan from oven and coat with non-stick spray. Fill cups or pan 3/4 full with batter.
5. Bake on middle rack of oven for 20 minutes. Then decrease oven temperature to 350°F and bake for another 15 minutes.
6. Immediately remove popovers from cups. Serve hot.

- ▶ **準備時間:** 15分鐘
- ▶ **每份食用量:** 1個

- ▶ **烹調時間:** 35分鐘
- ▶ **總量:** 16

▶ 材料:

- 1%低脂牛奶 2杯
- 雞蛋 4隻
(或2隻蛋黃和4隻蛋白)
- 全麥麵粉 1杯
- 多用途麵粉 1杯
- 亞麻籽,磨碎 4湯匙
- 噴霧式菜油 少許

▶ 做法:

1. 將牛奶加熱至微熱。
2. 將烤爐(焗爐)連同16個烤杯或蛋糕烤盤預熱至華氏450度。
3. 將蛋加入已加熱的牛奶,並將所有其他材料倒進碗中混合均勻。
4. 將16個烤杯或蛋糕烤盤從烤箱中取出,並噴上少許噴霧式菜油。將麵粉糊倒入烤杯或蛋糕烤盤,填至3/4滿。
5. 將烤杯放進烤箱中層,烤20分鐘,將烤爐溫度調低至華氏350度,然後再烤15分鐘。
6. 立即將鬆餅由烤杯取出。趁熱食用。

Nutrition Analysis:

Calories:	95
Total Fat:	3g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	48mg
Sodium:	32mg
Carbohydrates:	14g
Dietary Fiber:	2g
Sugar:	2g
Protein:	5g

營養成份分析:

每份熱量:	95卡路里
總脂肪:	3克
飽和脂肪:	1克
反式脂肪:	0克
膽固醇:	48毫克
鈉質:	32毫克
碳水化合物:	14克
纖維素:	2克
糖份:	2克
蛋白質:	5克



Youth Comments: Different ovens might require shorter or longer cooking times. Check the French fries while turning to prevent over cooking.

青少年意見：不同的烤爐可能需要不同的烤焗時間，翻薯條時要多留意以免烤焦了。

Nutritionist Comments: Baking is always a better alternative to frying. Because these potatoes are baked, these “French fries” contain less than 1 gram of fat per cup versus regular fries, which contain about 15 grams of fat per cup.

營養師意見：相比油炸，烤焗是一個較好的替代煮食方法。因為用焗的方法，這些薯條每杯只含有少過1克脂肪，炸薯條則每杯有15克脂肪。

BAKED FRENCH FRIES

蒜香烤薯條



▶ **Prep Time:** 10 minutes

▶ **Serving Size:** 1 cup

▶ **Ingredients:**

- 5 peeled and cut into ½ inch strips potatoes
- 2 Tbsps. garlic powder
- Non-stick cooking spray

▶ **準備時間:** 10分鐘

▶ **每份食用量:** 1杯

▶ **材料:**

- 馬鈴薯,去皮切至半吋條狀 5個
- 蒜香粉 2湯匙
- 噴霧式菜油

▶ **Cook Time:** 40-45 minutes

▶ **Number of Servings:** 4

▶ **Method:**

1. Preheat oven to 400°F.
2. Rub potato strips with garlic powder.
3. Coat baking pan with non-stick spray.
4. Arrange potato strips in a single layer on pan and bake for a total of 40-45 minutes, turning once every 8 minutes, until potato strips become crispy and golden. Remove from oven, let cool for 2 minutes, and serve.

▶ **烹調時間:** 40至45分鐘

▶ **總量:** 4

▶ **做法:**

1. 將烤爐(焗爐)預熱至華氏400度。
2. 將蒜香粉灑在馬鈴薯條上。
3. 將噴霧式菜油噴在烤盤上。
4. 將馬鈴薯條平放在烤盤上,放進烤爐中,烤40至45分鐘。每8分鐘翻一次,烤至薯條香脆和金黃。將薯條從烤爐取出,待涼約兩分鐘後,即可享用。

Nutrition Analysis:

Calories:	195
Total Fat:	0g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	0mg
Sodium:	12mg
Carbohydrates:	45g
Dietary Fiber:	3g
Sugar:	3g
Protein:	5g

營養成份分析:

每份熱量:	195卡路里
總脂肪:	0克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	0毫克
鈉質:	12毫克
碳水化合物:	45克
纖維素:	3克
糖份:	3克
蛋白質:	5克



Youth Comments:

It's great to make for special events because it's simple, easy, and doesn't take much time.

青少年意見：

做法簡單又不需花太多時間，是慶祝特別節日的好建議。

Nutritionist Comments: Always opt for low-sodium soy sauce when cooking or eating in restaurants. High consumption of sodium is associated with high blood pressure, which makes both your kidney and heart work harder.

營養師意見：在餐廳用餐或自己煮食時，記得選擇低鈉醬油。進食過多的鈉質會導致高血壓，並加重腎臟和心臟的負擔。

CRAZY CHEX

瘋狂CHEX



- ▶ **Prep Time: 25-30 minutes**
- ▶ **Serving Size: 1 cup**

▶ **Ingredients:**

- 4 oz. margarine
- ½ cup light Karo syrup
- 1 Tbsp. low sodium soy sauce
- ½ cup sugar
- Two boxes (24oz.) Crispix cereal
- 2 bottles (1.7 oz.) Furikake (rice seasoning)

- ▶ **準備時間: 25至30分鐘**
- ▶ **每份食用量: 1杯**

▶ **材料:**

- 人造黃油 4安士
- 低糖Karo糖漿 半杯
- 低鈉醬油 1湯匙
- 糖 半杯
- Crispix早餐五穀片 2盒(24安士)
- 紫菜芝麻粒(Furikake) 2瓶(1.7安士)

- ▶ **Cook Time: 1 hour**
- ▶ **Number of Servings: 24**

▶ **Method:**

1. Preheat oven to 250°F.
2. Place margarine, syrup, soy sauce and sugar in a pot and bring to a boil. Continue to stir over medium heat until sauce thickens, approximately 15 minutes.
3. Turn off heat. Pour mixture over Crispix, and mix cereal continuously. Sprinkle Furikake while mixing. Cereal will harden slightly.
4. Equally spread mixture among 4 baking pans. Bake for 1 hour and mix every 15 minutes to evenly coat cereal. Let cool and serve.

- ▶ **烹調時間: 1小時**
- ▶ **總量: 24**

▶ **做法:**

- 1• 將烤爐(焗爐)預熱至華氏250度。
- 2• 將人造黃油,糖漿、醬油和糖放進一個鍋裏,開火煮沸。然後將火候調至中火,同時攪拌直至醬汁變稠,約15分鐘。
- 3• 關火後,將醬汁倒在Crispix早餐五穀片上。同時一邊灑上紫菜芝麻粒,一邊不停地攪拌。早餐五穀片會稍微變硬。
- 4• 將五穀片平均鋪在四個烤盤上,放進烤爐,烤1個小時。每15分鐘攪拌一下。放涼後便可享用。

Nutrition Analysis:

Calories:	179
Total Fat:	4g
Saturated Fat:	1g
Trans Fat:	1g
Cholesterol:	0mg
Sodium:	309mg
Carbohydrates:	35g
Dietary Fiber:	1g
Sugar:	10g
Protein:	2g

營養成份分析:

每份熱量:	179卡路里
總脂肪:	4克
飽和脂肪:	1克
反式脂肪:	1克
膽固醇:	0毫克
鈉質:	309毫克
碳水化合物:	35克
纖維素:	1克
糖份:	10克
蛋白質:	2克



Youth Comments:

Great for a lunch to-go!

青少年意見：

適合做午餐便當！

Nutritionist Comments: Adding other source of protein foods like scramble egg, 5 grains instead of rice noodle, avocado, chard & kale can make a good breakfast roll.

營養師意見：添加其他蛋白質食物，如炒蛋，用五穀代替米粉，加牛油果，甜菜和羽衣甘藍便成一個美味的早餐卷。

PRAWN RICE PAPER WRAPS

鮮蝦米紙卷



▶ **Prep Time:** 15 minutes
▶ **Serving Size:** 1 wrap

▶ **Cook Time:** 20 minutes
▶ **Number of Servings:** 8

▶ **Ingredients:**

- 4 oz. dried rice noodles
- ½ cup shredded carrots (optional)
- 8 rice paper rounds, each about 8 inches in diameter
- 16 medium-sized cooked, shelled shrimp, cut in half lengthwise
- 4 lettuce leaves with ribs removed and each leaf cut in half lengthwise
- 1 cup bean sprouts
- 16 fresh mint leaves (optional)

Dipping Sauce:

- 2 Tbsps. fish sauce
- Juice from 1 lime
- 2 Tbsps. sugar
- ½ cup boiled water

▶ **準備時間:** 15分鐘

▶ **每份食用量:** 1條米卷

▶ **材料:**

- 乾米粉 4安士
- 胡蘿蔔絲(可免) 半杯
- 米紙(直徑8吋) 8片
- 蝦(煮熟,去殼,切半) 16隻
- 生菜(去梗,葉切半) 4片
- 芽菜 1杯
- 新鮮薄荷葉(可免) 16片

醬汁:

- 魚露 2湯匙
- 青檸, 榨汁 1個
- 糖 2湯匙
- 熱水 半杯

▶ **Method:**

1. Bring a large pot of water to a boil. Cook noodles, about 3 minutes. Drain, rinse with cold water, and drain again. Cut into roughly 3-inch lengths. Optional: Place in a bowl, add carrots and toss to combine.
2. Prepare a bowl of hot water. Put rice paper into water; and take out immediately. Place rice paper on a flat plate.
3. Place 4 shrimp halves in a line across the center of round paper, positioning them 2 inches above the bottom edge.
4. Top with a piece of lettuce, about ½ cup of noodle mixture, 8-10 bean sprouts and 2 mint leaves.
5. Fold bottom edge of wrap over filling and press down to make filling compact.
6. Fold in sides, continue rolling to enclose completely. Roll should be tight. Prepare remaining rolls.
7. To make dipping sauce, combine all ingredients together and mix well.
8. Before serving, cut each roll in half. Serve with sauce.

▶ **烹調時間:** 20分鐘

▶ **總量:** 8

▶ **做法:**

1. 在鍋中把水煮沸,加入米粉,煮3分鐘。將米粉瀝乾,過冷水,再瀝乾,然後將米粉切成約3吋長。如要加入胡蘿蔔,可將其與米粉一起混合。
2. 準備一碗熱水,將米紙放進熱水裏,立刻取出。把米紙放在碟子上。
3. 將4片熟蝦排列在米紙下方約2吋至上,以便包捲。
4. 再放上一片生菜葉,半杯米粉,8至10條芽菜,2片薄荷葉。
5. 將米紙向上摺,包裹材料。
6. 把米紙兩邊收入米卷,然後捲成春卷狀,盡量包緊。繼續完成餘下的米紙卷。
7. 將所有製作醬汁的材料混合均勻。
8. 上碟前,將米卷切一半,配合醬汁一起享用。

Nutrition Analysis:

Calories:	130
Total Fat:	0g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	18mg
Sodium:	460mg
Carbohydrates:	27g
Dietary Fiber:	1g
Sugar:	4g
Protein:	4g

營養成份分析:

每份熱量:	130卡路里
總脂肪:	0克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	18毫克
鈉質:	460毫克
碳水化合物:	27克
纖維素:	1克
糖份:	4克
蛋白質:	4克



Youth Comments:

You can try different combinations of fruits and vegetables!

青少年意見：

可根據個人喜好，放入不同的蔬菜和水果材料。

Nutritionist Comments: The various fruits and vegetables not only give color to this dish. The colors of fruits and vegetables also indicate different combinations of vitamins, minerals and phytonutrients.

營養師意見：各種蔬果不單為這道菜式增添色彩，蔬果的顏色更代表了各種不同維他命、礦物質和植物營養成份。

MANGO-CUCUMBER WRAPS

芒果青瓜卷



▶ **Prep Time:** 10-15 minutes

▶ **Serving Size:** 1 wrap

▶ **Ingredients:**

- 1 carrot
- 1 mango
- 1 cucumber
- 4 pieces rice paper
- A few mint leaves

▶ **準備時間:** 10至15分鐘

▶ **每份食用量:** 1條

▶ **材料:**

- 胡蘿蔔 1條
- 芒果 1個
- 黃瓜(青瓜) 1條
- 米紙 4張
- 薄荷葉 少許

▶ **Number of Servings:** 4

▶ **Method:**

1. Wash and peel carrot, mango and cucumber. Cut cucumber in half and take out the seeds.
2. Cut cucumber, carrot and mango into thin strips, and set them aside in a bowl.
3. Prepare a large bowl of hot water. Place one rice paper into hot water and take it out immediately.
4. Do one roll at a time. Place softened rice paper on a flat plate. Put prepared fruits and vegetables in the middle, top with mint leaves, wrap into a roll. Prepare remaining rolls and serve.

▶ **總量:** 4

▶ **做法:**

1. 將胡蘿蔔, 芒果, 和黃瓜洗乾淨, 去皮。黃瓜切開一半, 去瓜囊。
2. 將黃瓜, 胡蘿蔔, 和芒果切成幼條狀, 放在一個碗裏。
3. 準備一碗熱水。將一張米紙放進熱水裏, 立刻取出。
4. 一次做一條米紙卷, 把軟米紙放在碟子上。在米紙中間放上預先準備好的蔬菜水果材料, 再放上薄荷葉, 包成春卷狀便可食用。繼續完成餘下的青瓜卷便可食用。

Nutrition Analysis:

Calories:	89
Total Fat:	0g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	0mg
Sodium:	17mg
Carbohydrates:	21g
Dietary Fiber:	2g
Sugar:	9g
Protein:	2g

營養成份分析:

每份熱量:	89卡路里
總脂肪:	0克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	0毫克
鈉質:	17毫克
碳水化合物:	21克
纖維素:	2克
糖份:	9克
蛋白質:	2克



Youth Comments:

Sophisticated yet simple. It goes great with soup...for a dinner for one or as small bites, for a dinner party!

青少年意見：

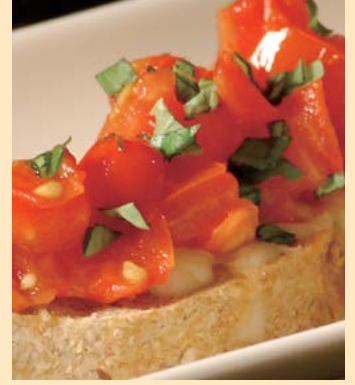
簡單又精緻，和湯一起是很好的配搭...可作一人晚餐、小吃、或晚餐聚會菜式。

Nutritionist Comments: Tomatoes are one of the best sources of the antioxidant, lycopene, which may lower the risk of certain cancers and heart disease.

營養師意見：蕃茄是其中一個最好的蕃茄紅素來源。蕃茄紅素是一種抗氧化物，有助於減低患某些癌症和心血管疾病的風險。

TOMATO BITES

蕃茄小麵包



▶ **Prep Time: 15-20 minutes**

▶ **Serving Size: 2 slices**

▶ **Ingredients:**

- Twelve ¾ inch thick slices French bread
- ¼ cup shredded low-fat mozzarella cheese
- 3 diced tomatoes
- ½ tsp. ground black pepper
- 8 chopped basil leaves

▶ **Cook Time: 5-8 minutes**

▶ **Number of Servings: 6**

▶ **Method:**

1. Preheat oven to 300°F.
2. Sprinkle a thin layer of mozzarella cheese on each slice of bread.
3. Bake French bread slices until cheese melts, about 5-8 minutes.
4. Combine diced tomatoes and black pepper.
5. Place diced tomatoes on top of cheese and garnish with chopped basil leaves. Serve immediately.

▶ **準備時間： 15至20分鐘**

▶ **每份食用量： 2片**

▶ **材料：**

- 法國麵包, 切片 ¾吋厚, 12片
- 低脂Mozzarella (義大利白乾酪)芝士絲 ¼杯
- 蕃茄(切粒) 3個
- 黑胡椒粉 半茶匙
- 蘿勒(九層塔)葉(切碎) 8片

▶ **烹調時間： 5至8分鐘**

▶ **總量： 6**

▶ **做法：**

1. 先將烤爐(焗爐)預熱至華氏300度。
2. 在每片麵包上, 灑一層薄薄的芝士絲。
3. 將麵包烤熟, 直至芝士溶化變軟, 需要大概5至8分鐘, 取出。
4. 將蕃茄粒和黑胡椒粉混合在一起。
5. 再將蕃茄粒放在麵包上, 撒上蘿勒葉作裝飾後即可食用。

Nutrition Analysis:

Calories:	183
Total Fat:	3g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	6mg
Sodium:	361mg
Carbohydrates:	31g
Dietary Fiber:	2g
Sugar:	3g
Protein:	9g

營養成份分析：

每份熱量：	183卡路里
總脂肪：	3克
飽和脂肪：	1克
反式脂肪：	0克
膽固醇：	6毫克
鈉質：	361毫克
碳水化合物：	31克
纖維素：	2克
糖份：	3克
蛋白質：	9克



Youth Comments:

It's a one-pot meal; eat it with some rice, and you have your protein, carbs, and fiber!

青少年意見：

這簡直是一道全餐，只要配上飯，便吃到蛋白質、碳水化合物和纖維素！

Nutritionist Comments:

Coconut milk is high in fat. You can save 60g of fat by using the lower fat healthier version.

營養師意見：椰奶含高脂肪。你可以選更低脂的健康版本，可節省60克脂肪。

CLASSIC CURRY CHICKEN

經典中式咖喱雞



- ▶ **Prep Time: 10-15 minutes**
- ▶ **Serving Size: ½ cup**
- ▶ **Cook Time: 30-35 minutes**
- ▶ **Number of Servings: 8**

▶ Ingredients:

- 1 lb. boneless, skinless chicken breast
- ¼ tsp. salt
- ½ tsp. white pepper
- 1 tsp. finely chopped ginger
- 1 Tbsp. cornstarch
- 4 diced small red potatoes
- 3 diced small carrots
- 2 Tbsps. olive oil
- 2 Tbsps. minced garlic
- 2 diced medium onions
- 2 Tbsps. curry powder
- 2 diced medium tomatoes
- 1 Tbsp. soy sauce
- 2 tsps. sugar

▶ **準備時間： 10至15分鐘**

▶ **每份食用量： 半杯**

▶ 材料：

- 雞胸肉,去皮,去骨 1磅
- 鹽 ¼茶匙
- 白胡椒粉 半茶匙
- 薑,切絲 1茶匙
- 生粉 1湯匙
- 紅色馬鈴薯,切粒 4個
- 小型胡蘿蔔,切粒 3條
- 橄欖油 2湯匙
- 蒜蓉 2湯匙
- 中型洋蔥,切粒 2個
- 咖喱粉 2湯匙
- 中型蕃茄,切粒 2個
- 醬油 1湯匙
- 糖 2茶匙

▶ Method:

1. Preheat oven to 400°F. Place a 2-quart casserole dish with a cover in the oven to heat.
2. Cut chicken into 1-inch cubes. In a bowl, combine salt, white pepper, ginger, and cornstarch. Toss chicken with cornstarch mixture and set aside.
3. Bring 2 cups water to boil in a saucepan over high heat. Add potatoes and carrots; cover and cook until almost done. Drain and set aside.
4. Heat a nonstick skillet or wok over medium heat until hot. Add olive oil and chicken; stir and cook until lightly browned, about 1 minute. Stir in garlic, onions, curry powder and tomatoes and cook for 1 minute. Add potatoes, carrots, soy sauce, and sugar and continue to stir until well mixed.
5. Turn off heat and transfer mixture to preheated casserole dish. Cover casserole dish and bake for 15-20 minutes. Serve hot.

▶ **烹調時間： 30至35分鐘**

▶ **總量： 8**

▶ 做法：

1. 先將烤爐(焗爐)預熱至華氏400度,然後把一個2夸脫容量的瓷烤盤連蓋放進烤爐裏預先加熱。
2. 將雞胸肉切成約1吋大小。把鹽、白胡椒粉、薑和生粉放在碗中拌勻製成調味品。把雞肉塊沾上適量調味品然後放在一旁待用。
3. 在鍋子裏將大約兩杯水煮沸,然後加入馬鈴薯和胡蘿蔔,蓋上蓋子煮至九成熟。然後將水份瀝乾,放在一旁待用。
4. 易潔平底鍋用中火燒熱,加入橄欖油,將雞胸肉放在鍋裡炒大約1分鐘直至稍微金黃色。再拌入蒜蓉、洋蔥粒、咖喱粉和蕃茄粒,炒大約1分鐘。然後加入馬鈴薯、胡蘿蔔、醬油和糖,繼續炒,攪拌直至所有材料混合均勻。
5. 關火,然後把鍋子裏的所有材料倒入已經預熱好的瓷烤盤中。蓋上蓋子然後在烤爐裏烤大約15至20分鐘,取出後即可趁熱享用。

Nutrition Analysis:

Calories:	201
Total Fat:	5g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	36mg
Sodium:	290mg
Carbohydrates:	24g
Dietary Fiber:	4g
Sugar:	8g
Protein:	15g

營養成份分析：

每份熱量：	201卡路里
總脂肪：	5克
飽和脂肪：	1克
反式脂肪：	0克
膽固醇：	36毫克
鈉質：	290毫克
碳水化合物：	24克
纖維素：	4克
糖份：	8克
蛋白質：	15克



Youth Comments:

Great in salads, sandwiches, and quesadillas!

青少年意見：

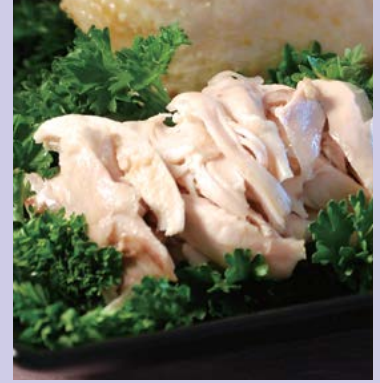
適用於沙拉，三明治和墨西哥薄餅！

Nutritionist Comments: In chicken, most of the fat is stored in the skin. By removing the skin from a 4 ounce chicken breast, you can cut out almost 7 grams of total fat!

營養師意見：雞的大部份脂肪都是儲存在雞皮中，把一塊4安士的雞胸肉去除雞皮後可省掉差不多7克脂肪。

POACHED CHICKEN

水煮雞



- ▶ **Prep Time:** 0-5 minutes
- ▶ **Serving Size:** 3 oz.

- ▶ **Cook Time:** 45 minutes
- ▶ **Number of Servings:** 16

▶ **Ingredients:**

Chicken

- 1 whole chicken (about 3 lbs.)
- 2 tsp. salt

Sauce: (optional)

- 1 Tbsp. canola oil
- ¼ tsp. salt
- 1 Tbsp. finely chopped green onion
- 1 Tbsp. finely chopped ginger

▶ **Method:**

1. Place chicken and salt in a large pot and cover with water. Bring to a boil, turn heat off and leave chicken in water for 25 minutes.
2. Flip chicken over and turn heat back on. Wait for water to boil.
3. Turn heat off and leave chicken in water for 10 minutes before serving.
4. If desired, heat canola oil and salt in a small saucepan over medium heat for 1 minute. Pour over green onion and ginger mixture. Let cool for 5 minutes before serving with chicken.

- ▶ **預準備時間:** 0至5分鐘
- ▶ **每份食用量:** 3安士

- ▶ **烹調時間:** 45分鐘
- ▶ **總量:** 16

▶ **材料:**

- 雞(約3磅) 1隻
- 鹽 2茶匙
- 醬汁(可免):**
- 芥花籽油 1湯匙
- 鹽 ¼茶匙
- 青蔥(切碎) 1湯匙
- 薑蓉 1湯匙

▶ **做法:**

1. 將雞和鹽放入鍋中，加水並蓋過雞，開火。煮沸後關火，把雞浸泡在鹽水中，約25分鐘。
2. 把雞翻轉，再次開火，待水再次煮沸。
3. 待水再次煮沸後，關火，把雞浸泡在水中約10分鐘，便可食用。
4. 如有需要，可在小鍋中將芥花籽油和鹽加熱，約1分鐘，然後倒在青蔥及薑蓉上。待涼5分鐘後與煮好的水煮雞一起食用。

Nutrition Analysis:

Calories:	109
Total Fat:	4g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	60mg
Sodium:	356mg
Carbohydrates:	0g
Dietary Fiber:	0g
Sugar:	0g
Protein:	18g

營養成份分析:

每份熱量:	109卡路里
總脂肪:	4克
飽和脂肪:	1克
反式脂肪:	0克
膽固醇:	60毫克
鈉質:	356毫克
碳水化合物:	0克
纖維素:	0克
糖份:	0克
蛋白質:	18克



Youth Comments:

Be careful not to overload your ingredients—it'll be difficult to fold in half.

青少年意見：

注意不要放過多的材料在薄餅上，不然會很難把薄餅摺好。

Nutritionist Comments: Cheese contains a lot of saturated fat which may clog arteries and increase the risk of chronic disease. Using low-fat cheese to replace whole-fat cheese can leave out 5g of fat (equals to 1 tsp. of fat).

營養師意見：芝士含有很多飽和脂肪，可堵塞血管和增加患有慢性疾病的風險。用低脂芝士來代替全脂芝士可省去5克脂肪（相等於1茶匙脂肪）。

TENDER CHICKEN QUESADILLA

鮮嫩雞肉墨西哥餡餅



- ▶ **Prep Time:** 15-20 minutes
- ▶ **Serving Size:** ½ quesadilla
- ▶ **Cook Time:** 20-30 minutes
- ▶ **Number of Servings:** 12

▶ **Ingredients:**

- 2 tsps. olive oil, divided
- 2 oz. boneless skinless chicken breast
- ½ tsp. salt
- ½ tsp. ground black pepper
- 2 thinly sliced onions
- Six 6-inch whole wheat tortillas
- 1 cup shredded low-fat mozzarella cheese
- 2 sliced tomatoes
- 1 cup baby spinach leaves
- Non-stick cooking spray

▶ **Method:**

1. Preheat oven to 350°F.
2. Heat 1 teaspoon olive oil in a skillet over medium heat.
3. Pan-fry chicken breast until cooked, about 5 minutes on each side. Season with salt and pepper. Thinly slice chicken and set aside.
4. Add 1 teaspoon olive oil into skillet. Add onions and sauté until almost translucent. Set aside.
5. Spray the nonstick cooking spray on pan, then add tortilla to pan-fry. Cook one side of a tortilla until it begins to turn brown and then transfer the tortilla to a baking sheet.
6. While browning second tortilla, sprinkle one side of the first tortilla with cheese, onions, tomatoes, baby spinach, and chicken, as desired. Fold in half.
7. Repeat steps 5-6 until all six tortillas are cooked and filled.
8. Bake quesadillas in oven for 5 minutes. Serve warm.

▶ **準備時間:** 15至20分鐘

▶ **每份食用量:** 半個

▶ **材料:**

- 橄欖油, 分2次用 2茶匙
- 雞胸肉, 去皮, 去骨 2安士
- 鹽 半茶匙
- 黑胡椒粉 半茶匙
- 洋蔥, 切片 2個
- 6吋全麥墨西哥薄餅 6片
- 低脂Mozzarella芝士碎 1杯
- 蕃茄, 切片 2個
- 小菠菜 1杯
- 噴霧式菜油

▶ **烹調時間:** 20至30分鐘

▶ **總量:** 12

▶ **做法:**

1. 預熱烤爐至華氏350度。
2. 在平底鍋用中火加熱1茶匙橄欖油。
3. 將雞胸肉煎熟, 每邊煎大約5分鐘。用鹽和黑胡椒粉調味。將雞胸肉薄切, 放在一旁待用。
4. 在鍋中放1茶匙橄欖油, 加入洋蔥, 煮至半透明, 放在一旁待用。
5. 用噴霧式菜油來煮墨西哥薄餅。在鍋裏把墨西哥薄餅的一邊煎至金黃色, 然後把薄餅放在烤盤上。
6. 在鍋中加熱第二片墨西哥薄餅的同時, 在第一片墨西哥薄餅上加上適量芝士碎、洋蔥、蕃茄、菠菜和雞肉, 然後摺成一半。
7. 重覆步驟5和6的做法烹製剩下的墨西哥薄餅, 直至把所有墨西哥薄餅填滿, 煎熟。
8. 把烤盤放進烤箱中烤5分鐘, 趁熱享用。

Nutrition Analysis:

Calories:	115
Total Fat:	4g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	9mg
Sodium:	304mg
Carbohydrate:	18g
Dietary Fiber:	5g
Sugar:	5g
Protein:	7g

營養成份分析:

每份熱量:	115卡路里
總脂肪:	4克
飽和脂肪:	1克
反式脂肪:	0克
膽固醇:	9毫克
鈉質:	304毫克
碳水化合物:	18克
纖維素:	5克
糖份:	5克
蛋白質:	7克



Youth Comments:

Be sure to roll it tightly; otherwise the ingredients will fall out as you enjoy your sushi.

青少年意見：

記得要捲實壽司，以防配料在進食時散落。

Nutritionist Comments: Brown rice is a good alternative to white rice as it includes fiber which helps to prevent constipation. The bran content is rich in B-complex vitamins and minerals.

營養師意見：糙米比白米是更健康的選擇。糙米含有纖維，可幫助預防便秘。糙米的穀皮富含維他命B雜和礦物質。

BROWN RICE SUSHI

糙米壽司



► **Prep Time: 35 minutes**
► **Serving Size: 4 pieces**

► **Cook Time: 15 minutes**
► **Number of Servings: 9**

► Ingredients:

- 3 cups raw brown rice
- 4 Tbsps. rice vinegar
- 1 tsp. sugar
- ½ small pickled daikon (oriental radish)
- 2 cucumbers
- 1 avocado
- 10-15 shelled and deveined medium-sized shrimp
- 6 sheets nori (dried seaweed)
- Sesame seeds for garnish (optional)

► Method:

1. Cook brown rice according to rice cooker manufacturer's instructions.
2. Meanwhile, in a small saucepan, cook vinegar and sugar over medium heat until sugar is dissolved. After rice is cooked, pour into a large pan or tray, add rice vinegar sugar to cooked rice. Mix well.
3. Wash pickled daikon and cucumbers and cut each one into 6 long strips.
4. Cut avocado in half, remove skin and pit, and cut each half into 6 slices.
5. Boil shrimp in hot water until shrimp turns pink. Set aside.
6. Spread rice evenly on nori sheet; place a few cucumber strips, a few pickled daikon strips, 2 pieces avocado and 2 shrimp in the middle of rice.
7. Roll up tightly using a sushi rolling mat. Cut sushi approximately ¾ inches in width.
8. Sprinkle the sesame seeds on top and serve.

► **準備時間:** 35分鐘
► **每份食用量:** 4個

► 材料:

- 糙米(生) 3杯
- 米醋 4湯匙
- 糖 1茶匙
- 日本醃製蘿蔔 半條
- 青瓜(黃瓜) 2條
- 牛油果 1個
- 蝦(去殼,去腸) 10至15隻
- 紫菜 6張
- 芝麻(可免) 少許

► **烹調時間:** 15分鐘
► **總量:** 9

► 做法:

1. 依照電飯鍋原廠煮米的方法煮熟糙米。
2. 同時,將醋和糖倒入鍋子裏以中火煮熱直至糖份完全溶解。將煮熟的米飯放在一個大鍋或大盤裏,加入混好的米醋糖,攪拌均勻。
3. 洗淨日本醃製蘿蔔和黃瓜,各切成6條長條。
4. 牛油果切半,去皮,去核,每半切成6片。
5. 用熱水將蝦煮熟(由透明轉到粉紅色)後,放在一旁待用。
6. 將飯均勻鋪開在紫菜上,在飯的中央放數條黃瓜,數條日本醃製蘿蔔,兩片牛油果和兩隻蝦。
7. 用壽司席將紫菜捲起,然後將壽司卷切成每件約¾吋大小的壽司。
8. 灑上芝麻,即可享用。

Nutrition Analysis:

Calories:	291
Total Fat:	4g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	12mg
Sodium:	69mg
Carbohydrates:	57g
Dietary Fiber:	4g
Sugar:	6g
Protein:	8g

營養成份分析:

每份熱量:	291卡路里
總脂肪:	4克
飽和脂肪:	1克
反式脂肪:	0克
膽固醇:	12毫克
鈉質:	69毫克
碳水化合物:	57克
纖維素:	4克
糖份:	6克
蛋白質:	8克



Youth Comments:

Use your creativity with left-over rice to make a yummy multi-color fried rice!

青少年意見：

發揮你的創意，用剩飯做出美味的炒飯！

Nutritionist Comments: Traditionally, to keep this kind of dish from being too watery, scallops are blanched in hot oil before sautéing. Instead, this recipe calls for blanching the scallops in boiling water to retain their moisture and cut down on oil.

營養師意見：為了避免帶子在烹煮時出水，傳統的做法是先將帶子走油才炒。這食譜先將帶子飛水再炒，可保持其鮮嫩乾身而又不需多用油。

LO YAN SEAFOOD RICE

羅甄海鮮飯



- ▶ **Prep Time: 15-20 minutes**
- ▶ **Serving Size: 1 cup**
- ▶ **Cook Time: 5 minutes**
- ▶ **Number of Servings: 6**

▶ Ingredients:

- 6 shelled and deveined raw shrimp
- ½ cup small scallops
- 1 whole egg, plus 2 egg whites
- Salt and white pepper, to taste
- Non-stick cooking spray
- 1 tablespoon canola oil
- 2 tablespoons chopped garlic
- 1 teaspoon minced ginger
- ½ cup diced onion
- ½ cup corn kernels
- 3 cups cooked brown rice, cooled
- ½ cup diced celery
- ½ cup peas (optional)
- ½ cup diced carrot
- ¼ cup chopped green onion

▶ Method:

1. In a pot, boil shrimp and scallops until almost cooked through, about 1-2 minutes. Do not overcook. Cut into bite-sized pieces and set aside.
2. In a bowl, beat whole egg and egg whites. Add salt and white pepper to egg mixture.
3. Spray non-stick spray on a pan, and heat over medium heat. Add egg mixture and scramble until cooked. Set aside.
4. Heat oil in the same pan; sauté garlic, ginger, and onion until fragrant, about 1 minute. Add corn, rice, celery, peas, and carrot. Stir-fry for 1-2 minutes.
5. Add shrimp, scallop and scrambled eggs to the rice mixture. Stir to mix all the ingredients for another minute.
6. Add salt to taste.
7. Top with green onion before serving. Serve warm.

▶ **準備時間:** 15-20分鐘

▶ **每份食用量:** 1杯

▶ 材料:

- 蝦(去殼去腸) 6隻
- 小帶子 半杯
- 雞蛋 1隻
- 蛋白 2隻
- 鹽和白胡椒粉 少許
- 噴霧式菜油
- 芥花籽油 1湯匙
- 蒜頭,切碎 2湯匙
- 薑蓉 1茶匙
- 洋蔥,切粒 半杯
- 粟米粒 半杯
- 糙米,煮熟 3杯
- 芹菜,切粒 半杯
- 豌豆(可免) 半杯
- 胡蘿蔔,切粒 半杯
- 蔥花 ¼杯

▶ **烹調時間:** 5分鐘

▶ **總量:** 6

▶ 做法:

1. 用一鍋熱水將蝦和帶子煮至差不多全熟,約1-2分鐘,不要煮過熟。切粒,放在一旁待用。
2. 在一碗中將雞蛋和蛋白攪拌均勻,加少許鹽和白胡椒粉。
3. 在平底鍋上噴少許菜油,用中火將蛋漿炒熟,放在一旁待用。
4. 在同一平底鍋上將芥花籽油煮熱,將蒜頭、薑和洋蔥炒香,約1分鐘。再加入粟米粒、糙米飯、芹菜粒、豌豆和胡蘿蔔粒。炒約1-2分鐘。
5. 將已煮熟的蝦粒,帶子和蛋加入炒飯中,將所有材料炒1分鐘。
6. 加入鹽調味。
7. 上碟前加上蔥花來伴碟,趁熱享用。

Nutrition Analysis:

Calories:	237
Total Fat:	7g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	79mg
Sodium:	302mg
Carbohydrates:	29g
Dietary Fiber:	3g
Sugar:	2g
Protein:	14g

營養成份分析:

每份熱量:	237卡路里
總脂肪:	7克
飽和脂肪:	1克
反式脂肪:	0克
膽固醇:	79毫克
鈉質:	302毫克
碳水化合物:	29克
纖維素:	3克
糖份:	2克
蛋白質:	14克



Youth Comments:

To ensure that the fish is fully cooked, poke a fork into the thickest portion of the fish. When fish is done, it becomes opaque and flakes.

青少年意見：

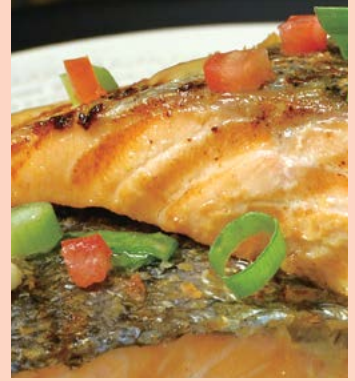
要確認魚熟不熟，可用叉子插進魚塊最厚處。如果魚肉熟透，會很容易分開成一片片和完全不透明。

● **Nutritionist Comments:** Salmon is a good source of omega-3 fatty acids, which may help prevent cardiovascular disease. USDA recommends eating 8 ounces of seafood every week.

● **營養師意見：**三文魚是很好的奧米加3脂肪酸來源。奧米加3脂肪酸有助預防心血管疾病，美國農業部建議每星期應進食8安士的海鮮。

MISO SALMON

味噌三文魚



- ▶ **Prep Time:** 5 minutes
- ▶ **Serving Size:** 3 oz.

▶ Ingredients

- 2 Tbsps. white miso
- ¼ cup sake
- 2 tsps. sugar
- 1 Tbsp. water
- 1 lb. salmon fillets

- ▶ **準備時間:** 5分鐘
- ▶ **每份食用量:** 3安士

▶ 材料:

- 白味噌 2湯匙
- 日本青酒 ¼杯
- 糖 2茶匙
- 水 1湯匙
- 三文魚片 1磅

- ▶ **Cook Time:** 5-7 minutes
- ▶ **Number of Servings:** 4

▶ Method:

1. Combine white miso, sake, sugar and water in a bowl.
2. Spread miso sauce onto salmon. Grill until browned and fully cooked. Cooking time depends on the thickness of the fillet, approximately 5 to 7 minutes on each side. Serve hot.

*Recipe also can be used for other fish (e.g. fillet of sea bass)

- ▶ **烹調時間:** 5至7分鐘
- ▶ **總量:** 4

▶ 做法:

1. 將白味噌、青酒、糖和水放在碗裏拌勻。
2. 將味噌醬抹在魚片身上，每邊燒至金黃色及直至全熟，燒的時間取決於魚片的厚度，每邊大概5至7分鐘。趁熱享用。

* 食譜也適用於其他魚類(如鱸魚魚片)

Nutrition Analysis:

Calories:	281
Total Fat:	16g
Saturated Fat:	4g
Trans Fat:	0g
Cholesterol:	62mg
Sodium:	388mg
Carbohydrates:	5g
Dietary Fiber:	0g
Sugar:	3g
Protein:	24g

營養成份分析:

每份熱量:	281卡路里
總脂肪:	16克
飽和脂肪:	4克
反式脂肪:	0克
膽固醇:	62毫克
鈉質:	388毫克
碳水化合物:	5克
纖維素:	0克
糖份:	3克
蛋白質:	24克



Youth Comments:

Make sure you don't overcook the pasta. Otherwise, the dish is going to turn out mushy.

青少年意見：切記不要把意粉煮太久，不然意粉就會變成糊狀。

Nutritionist Comments: Olive oil is a healthy choice of cooking oil as it is low in saturated fatty acid and high in monounsaturated fatty acid. Monounsaturated fatty acid may help to prevent heart disease. On the other hand, palm oil, butter and coconut oil are high in saturated fat so their usage should be limited.

營養師意見：因為橄欖油含低飽和脂肪酸，含高單元不飽和脂肪酸，所以它是較為健康的煮食油。單元不飽和脂肪酸有助於預防心血管疾病。而棕櫚油、牛油和椰子油則應較少用，因為它們含有高飽和脂肪酸。

SEAFOOD PASTA

海鮮意大利麵



- ▶ **Prep Time: 5-10 minutes**
- ▶ **Serving Size: 1 cup**
- ▶ **Cook Time: 20 minutes**
- ▶ **Number of Servings: 6**

▶ Ingredients:

- 1 lb. dried linguine noodles
- 2 lbs. scallops
- 2 Tbsps. olive oil
- 1 big bulb diced/minced garlic (reserve 2 Tbsps. for sauce)
- 2 chopped onions
- 1 cup sliced celery
- 2 cups sliced mushrooms
- 2 diced tomatoes
- 2 Tbsps. Dijon mustard
- 1 tsp. salt
- 1 tsp. ground black pepper
- 2 Tbsps. lemon juice

▶ Method:

1. Bring a pot of water to a boil and add linguine noodles.
2. Follow package instructions for al dente cook time. Drain pasta. Set aside.
3. Bring another pot of water to a boil. When water is boiling, cook scallops for 2-3 minutes, rinse in cold water; drain well.
4. Heat 1 tablespoon olive oil in a non-stick skillet over medium heat; add garlic and scallops and stir fry for 2 minutes. Remove and set aside.
5. Heat 1 teaspoon olive oil in the same skillet. Add onions, celery, and mushrooms; cook for 3 minutes. Add tomatoes and cooked scallops to pan; mix well and cook for 3 minutes.
6. In a bowl, combine remaining olive oil, mustard, salt, black pepper, lemon juice, and reserved 2 table spoons garlic; stir well.
7. Combine sauce, noodles and scallop mixture over low heat. Mix well and serve immediately.

- ▶ **準備時間: 5至10分鐘**
- ▶ **每份食用量: 1杯**
- ▶ **烹製時間: 20分鐘**
- ▶ **總量: 6**

▶ 材料:

- 乾意大利扁麵條 1磅
- 帶子 2磅
- 橄欖油 2湯匙
- 蒜頭,切碎 一整個 (其中2湯匙用於醬汁)
- 洋蔥,切碎 2個
- 芹菜,切片 1杯
- 蘑菇,切片 2杯
- 蕃茄,切粒 2個
- Dijon芥末醬 2湯匙
- 鹽 1茶匙
- 黑胡椒粉 1茶匙
- 檸檬汁 2湯匙

▶ 做法:

1. 在一個鍋裏把水煮沸, 再加入意大利扁麵條。
2. 根據包裝指示將麵條僅煮至有嚼勁。瀝乾麵條, 待用。
3. 在另一個鍋裏把水煮沸, 再煮熟帶子, 約2至3分鐘, 然後用冷水沖洗, 瀝乾。
4. 用中火加熱平底鍋, 將瀝乾的帶子用1湯匙橄欖油和蒜頭爆香, 約2分鐘。放在一旁待用。
5. 在同一個平底鍋中, 用1茶匙橄欖油炒洋蔥、芹菜和蘑菇, 約3分鐘。加入蕃茄粒和熟帶子, 炒均勻, 約3分鐘。
6. 在碗裏, 將剩下的橄欖油、芥末醬、鹽、黑胡椒粉、檸檬汁和2湯匙蒜頭混合一起製成醬汁, 攪拌均勻。
7. 將火候調至小火, 把醬汁、麵條和帶子等材料混合一起, 即可享用。

Nutrition Analysis:

Calories:	238
Total Fat:	4g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	18 mg
Sodium:	516mg
Carbohydrates:	37g
Dietary Fiber:	6g
Sugar:	6g
Protein:	15g

營養成份分析:

每份熱量:	238卡路里
總脂肪:	4克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	18毫克
鈉質:	516毫克
碳水化合物:	37克
纖維素:	6克
糖份:	6克
蛋白質:	15克



Youth Comments:

Very flavorful, A unique veggie burger!

青少年意見：

味道非常好，是一個獨特的素菜漢堡包。

Nutritionist Comments: Substitute hamburger patties with these veggie burger to be environmentally conscious. This burger also saves about 20 grams of fat (equals to 4 tsps. of fat).

營養師意見：用這些素漢堡包替代牛肉漢堡會更環保。而且，這個素漢堡可以節省大約20克脂肪(相等於4茶匙脂肪)。

SWEET & SAVORY VEGGIE BURGER

香甜可口素漢堡包



- ▶ **Prep Time: 30 minutes**
- ▶ **Serving Size: 1 burger**

- ▶ **Cook Time: 15 minutes**
- ▶ **Number of Servings: 6**

▶ **Ingredients:**

- 2½ cups peeled and cubed sweet potato
- 2½ cups chopped onion
- 3 chopped garlic cloves
- 1 cup quick oats
- 1½ tsps. ground cumin
- ¾ tsp. salt
- 1 Tbsp. canola oil, divided
- 6 lettuce leaves
- 6 whole grain hamburger buns
- 2 sliced tomatoes
- Non-stick cooking spray

*Requires food processor

▶ **Method:**

1. Place sweet potatoes in a large saucepan; cover with water and bring to a boil. Reduce heat and simmer for 15 minutes or until tender. Drain.
2. Heat a large non-stick skillet over medium heat. Coat with non-stick spray. Add chopped onions and garlic and sauté until tender for 5 minutes.
3. Place sweet potato, chopped onion and garlic mixture, oats, cumin and salt in a food processor. Process until smooth. Divide mixture into 6 equal portions, shaping each into ½-inch thick patties.
4. Heat 1½ tsps oil in pan over medium heat. Add 3 patties to pan and cook until browned for 4 minutes. Carefully turn patties over; cook until brown for 3 minutes. Remove from pan and put on a plate. Repeat procedure with remaining oil and patties.
5. Place patties onto buns with lettuce, tomatoes and other condiments of your choice and serve.

- ▶ **準備時間: 30分鐘**
- ▶ **每份食用量: 1個**

- ▶ **烹調時間: 15分鐘**
- ▶ **總量: 6**

▶ **材料:**

- 蕃薯(地瓜), 去皮, 切粒 2杯半
- 洋蔥, 切碎 2杯半
- 蒜頭, 切碎 3顆
- 快熟燕麥片 1杯
- 茴香粉 1茶匙半
- 鹽 ¼茶匙
- 芥花籽油, 分2次用 1湯匙
- 生菜葉(萵苣) 6片
- 全穀漢堡麵包 6個
- 蕃茄, 切片 2個
- 噴霧式菜油

▶ **做法:**

1. 將蕃薯放進鍋中, 加水蓋過, 開火加熱。煮沸後調至中火繼續加熱, 直至蕃薯變軟, 約15分鐘, 然後瀝乾。
2. 用中火將易潔鍋加熱, 噴上噴霧式菜油。加入切碎的洋蔥和蒜頭炒約5分鐘至變軟。
3. 將蕃薯、炒軟的洋蔥和蒜頭、燕麥片、茴香粉和鹽放進食物處理(攪切)機中攪至平滑均勻。將所有混合材料分成6等份, 每份製成半吋厚的蕃薯漢堡餅。
4. 用中火將1茶匙半油加熱。先將3份蕃薯漢堡餅放入鍋中, 煎約4分鐘直至金黃色。小心將蕃薯漢堡餅反轉, 再煎大約3分鐘, 直至兩面金黃色。將煎好的蕃薯漢堡餅放在碟上, 再重複步驟, 將餘下的油煎好其餘的漢堡餅。
5. 最後可依照個人喜好將漢堡餅, 生菜葉, 蕃茄和其他調味料放在漢堡麵包上, 即可享用。

* 需要食物處理(攪切)機

Nutrition Analysis:

Calories:	319
Total Fat:	6g
Saturated Fat:	2g
Trans Fat:	0g
Cholesterol:	0mg
Sodium:	567mg
Carbohydrates:	60g
Dietary Fiber:	10g
Sugar:	7g
Protein:	13g

營養成份分析:

每份熱量:	319卡路里
總脂肪:	6克
飽和脂肪:	2克
反式脂肪:	0克
膽固醇:	0毫克
鈉質:	567毫克
碳水化合物:	60克
纖維素:	10克
糖份:	7克
蛋白質:	13克



Youth Comments: This is super easy to make! Just put all the ingredients into the pot, wait, and here comes a very delicious pot of soup.

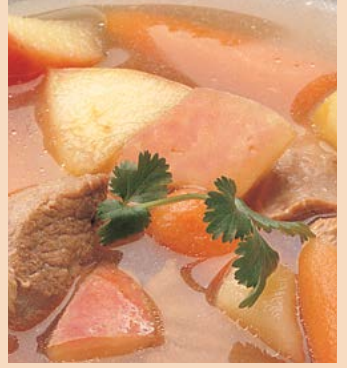
青少年意見：做法非常簡單！只要把所有材料放進鍋中，等一等就有美味的湯了！

Nutritionist Comments: A flavorful and low fat soup with apples and carrot. Using the soup meat to make pork jerky won't waste the soup meat. The homemade shredded pork jerky can be a good protein snack and can go with porridge, sandwich or salad.

營養師意見：以蘋果和胡蘿蔔煮出的低脂又美味的蘋果胡蘿蔔湯。用煲完湯的肉來弄自製豬肉鬆就不會浪費湯的肉，製成的豬肉鬆是一好的蛋白質小吃，又可用來配粥、三文治或沙律！

APPLE-CARROT SOUP

蘋果胡蘿蔔湯



- ▶ **Prep Time:** 15 minutes
- ▶ **Serving Size:** 1 cup

- ▶ **Cook Time:** 3-4 hours
- ▶ **Number of Servings:** 8

▶ **Ingredients:**

- 1 lb. lean pork, cut into chunks
- 4 peeled, cored and quartered apples
- 4 carrots, cut into chunks
- 4 slices ginger
- 20 cups water
- 1 piece dried orange peel (optional)
- Salt to taste

▶ **Method:**

1. In a large pot, combine all ingredients over high heat. Bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3-4 hours.
3. Skim fat from surface and serve.

Homemade Dried Pork Jerky

After the soup is made, the lean pork can be shredded and pan-fried to make pork jerky. Preheat oven to 250°F. Mix the shredded pork with a tablespoon of cooking wine, soy sauce, garlic powder, a teaspoon of sugar and half a teaspoon of salt. Sauté in pan until liquid has evaporated. Then spread the shredded meat on a baking sheet, turn over every 15 minutes for an hour or till dry.

- ▶ **準備時間:** 15分鐘
- ▶ **每份食用數量:** 1杯

- ▶ **烹調時間:** 3至4小時
- ▶ **總數量:** 8

▶ **材料:**

- 瘦肉,切塊 1磅
- 蘋果,去皮,去核,切成4塊 4個
- 胡蘿蔔,切塊 4條
- 薑 4片
- 水 20杯
- 陳皮(可免) 1片
- 鹽 少許調味

▶ **做法:**

1. 將所有材料放進一個大鍋裏,用大火煮沸。
2. 煮沸後,調至中火煮3至4小時,煮至剩下約8杯水。
3. 將湯面的油隔走,趁熱喝。

自製豬肉鬆

湯煮好後,可將湯中的瘦豬肉撈出,瀝乾、撕開,加入紹酒、糖、醬油、蒜粉各一湯匙和半茶匙鹽來慢火炒直至水份完全蒸發。然後將烤爐預熱至華氏250度,把肉絲平鋪在烤盤,放進烤爐烤約一小時至全乾,期間每15分鐘翻攪一次。

Nutrition Analysis:

Calories:	175
Total Fat:	5g
Saturated Fat:	2g
Trans Fat:	0g
Cholesterol:	48mg
Sodium:	199mg
Carbohydrates:	16g
Dietary Fiber:	3g
Sugar:	11g
Protein:	16g

營養成份分析:

每份熱量:	175卡路里
總脂肪:	5克
飽和脂肪:	2克
反式脂肪:	0克
膽固醇:	48毫克
鈉質:	199毫克
碳水化合物:	16克
纖維素:	3克
糖份:	11克
蛋白質:	16克





Youth Comments: It goes great with French bread!

青少年意見:可以配法國麵包一起吃!

Nutritionist Comments: Cream is often used to make a creamy soup. Yet, cream is high in fat and can add a lot of calories to your diet. Replacing cream with fat-free evaporated milk can leave out 48g of fat (equals to 9 tps. of fat).

營養師意見:奶油常常被用來製作奶油濃湯，但奶油含很多脂肪和高熱量。用脫脂淡奶來代替奶油可以省掉48克的脂肪(相等於9茶匙脂肪)。

CREAMY MUSHROOM SOUP

香滑蘑菇濃湯



- ▶ **Prep Time:** 20 minutes ▶ **Cook Time:** 30 minutes
▶ **Serving Size:** 1 cup ▶ **Number of Servings:** 6

▶ Ingredients:

- 1 Tbsp. canola oil
- 1 tsp. minced ginger
- 1 diced yellow onion
- 2 cups button mushrooms, quartered
- 2 cups low-sodium chicken broth
- 2 cups water
- 1 Tbsp. oyster sauce
- 1 tsp. black pepper
- 1 peeled and diced potato
- 1 cup fat-free evaporated milk
- 2 Tbsps. cornstarch dissolved in 2 Tbsps. water

▶ Method:

1. Place a large pot over medium-high heat. Add oil, swirling to coat the bottom.
2. Add ginger and onion and cook, stirring until onion is translucent, about 1 minute.
3. Add mushrooms, reserving ¼ cup for garnish and cook, stirring until tender, about 3-4 minutes.
4. Add broth, water, oyster sauce, and black pepper and bring to a boil. Reduce heat and simmer, uncovered, for 5 minutes.
5. Add diced potatoes; cook until tender.
6. Working in batches, puree soup in a blender until smooth.
7. Return soup to pot and bring to a simmer over medium heat.
8. Stir in evaporated milk and cook until soup is thoroughly heated, but not boiling.
9. Add cornstarch solution and cook, stirring until soup bubbles and thickens slightly, about 1 minute.
10. Ladle soup into bowls. Garnish with reserved mushroom slices and serve.

- ▶ **準備時間:** 20分鐘 ▶ **烹調時間:** 30分鐘
▶ **每份食用量:** 1杯 ▶ **總量:** 6

▶ 材料:

- 芥花籽油 1湯匙
- 薑蓉 1茶匙
- 黃色洋蔥,切粒 1個
- 白蘑菇,每顆切4份 2杯
- 低鈉雞湯 2杯
- 水 2杯
- 蠔油 1湯匙
- 黑胡椒粉 1茶匙
- 馬鈴薯,切粒 1個
- 脫脂淡奶 1杯
- 生粉 2湯匙
(溶於兩湯匙水中)

▶ 做法:

1. 將油均勻地鋪在鍋裏,以中至大火煮熱。
2. 加入薑蓉和洋蔥,炒約1分鐘至洋蔥變透明。
3. 加入蘑菇,(留¼杯蘑菇作裝飾用),炒約3至4分鐘,直至蘑菇變軟。
4. 倒入雞湯、水、蠔油和黑胡椒粉。煮沸後轉細火慢煮5分鐘,不要蓋上鍋蓋。
5. 加入馬鈴薯,煮至變軟。
6. 將濃湯分量地倒入攪拌機裏攪拌至平滑。
7. 將濃湯倒回鍋裏,用中火慢煮。
8. 倒入淡奶,將湯煮熱但不沸騰。
9. 加入用生粉和水混合成的芡汁,然後不停地攪拌直至湯起泡和變稠,約1分鐘。
10. 將湯盛進碗裏,加入蘑菇裝飾便可食用。

Nutrition Analysis:

Calories:	120
Total Fat:	5g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	0mg
Sodium:	157mg
Carbohydrates:	15g
Dietary Fiber:	1g
Sugar:	6g
Protein:	6g

營養成份分析:

每份熱量:	120卡路里
總脂肪:	5克
飽和脂肪:	1克
反式脂肪:	0克
膽固醇:	0毫克
鈉質:	157毫克
碳水化合物:	15克
纖維素:	1克
糖份:	6克
蛋白質:	6克



Youth Comments: The cloud ears and bamboo shoots give the soup a very nice crunchiness.

青少年意見:雲耳和竹筍令這個湯很有口感!

Nutritionist Comments: Different brands and consistency of tofu vary on the levels of calcium content. Read the nutrition label when purchasing tofu.

營養師意見:不同牌子和軟硬度的豆腐，鈣質含量都不同。買豆腐時記得閱讀食品上的營養標籤。

HOT & SOUR SOUP

酸辣湯



- ▶ **Prep Time: 20-25 minutes**
- ▶ **Serving Size: 1 cup**
- ▶ **Cook Time: 10-15 minutes**
- ▶ **Number of Servings: 6**

▶ Ingredients:

- ¼ lb. shredded extra lean pork
- 4½ tsps. low-sodium soy sauce
- 3 tsps. cornstarch
- 4 dried shiitake mushrooms
- 4 cloud ears
- 6 cups water
- ½ cup shredded bamboo shoots
- 1 cup thinly sliced firm tofu
- ⅓ cup white vinegar
- ½ tsp. salt
- ½ tsp. white pepper
- 4 Tbsps. cornstarch dissolved in 5 Tbsps. water

- ▶ **準備時間: 20至25分鐘**
- ▶ **每份食用量: 1杯**

▶ 材料:

- 特瘦肉,切絲 ¼磅
- 低鈉醬油 4½茶匙
- 生粉 3茶匙
- 乾香菇 4隻
- 雲耳 4片
- 清水 6杯
- 竹筍,切絲 半杯
- 硬豆腐,切片 1杯
- 白醋 ½杯
- 鹽 半茶匙
- 白胡椒粉 半茶匙
- 生粉 4湯匙
(溶於5湯匙的水中作芡)

▶ Method:

1. Marinate pork with 3 teaspoons low sodium soy sauce and 3 teaspoons cornstarch.
2. In separate bowls, soak mushrooms and cloud ears in warm water until softened, about 20 minutes; drain. Discard mushroom stems; cut cloud ears and mushroom caps into thin strips.
3. In a medium soup pot, bring water to a boil. Add pork, mushrooms, cloud ears, and bamboo shoots; cook for 3-4 minutes.
4. Add tofu, vinegar, 1½ tsps. low sodium soy sauce, salt, and white pepper; cook for 1-2 minutes.
5. Add cornstarch solution and cook, stirring until soup boils and thickens, 1-2 minutes. Serve hot.

- ▶ **烹調時間: 10至15分鐘**
- ▶ **總量: 6**

▶ 做法:

1. 用3茶匙低鈉醬油和3茶匙生粉醃製特瘦肉絲。
2. 在另一個碗裏,將香菇和雲耳浸水泡軟,約20分鐘,然後瀝乾。將香菇蒂切除,然後把香菇和雲耳切幼條。
3. 待清水在湯煲中煮沸後,將瘦肉絲,香菇條,雲耳條和筍絲放入煲中,煮3至4分鐘。
4. 加入豆腐、白醋、½茶匙低鈉醬油、鹽和白胡椒粉,烹煮1至2分鐘。
5. 最再加入芡汁烹煮和攪拌,約1-2分鐘至濃稠狀即可。趁熱享用。

Nutrition Analysis:

Calories:	191
Total Fat:	7g
Saturated Fat:	2g
Trans Fat:	0g
Cholesterol:	48mg
Sodium:	377mg
Carbohydrate:	11g
Dietary Fiber:	3g
Sugar:	1g
Protein:	20g

營養成份分析:

每份熱量:	191卡路里
總脂肪:	7克
飽和脂肪:	2克
反式脂肪:	0克
膽固醇:	48毫克
鈉質:	377毫克
碳水化合物:	11克
纖維素:	3克
糖份:	1克
蛋白質:	20克



Youth Comments:

A salad with a bit of refreshing kick makes it great for summer days!

青少年意見：

清新爽口的沙律很適合消暑！

Nutritionist Comments: Consuming too much of anything can cause weight gain, but carbohydrates themselves are not fattening. Carbohydrates are broken down into glucose, which is the primary source of energy for your body and the only source of energy for your brain. Many on low-carb diets suffer from low energy and bad moods. So eat your pasta, but watch out for high fat cream sauces and fatty meats.

營養師意見：任何東西吃太多都會導致肥胖，但碳水化合物本身是不會導致肥胖的。當我們進食碳水化合物後，它會被分解成葡萄糖。葡萄糖是身體能量的主要來源，更是腦部的唯一能量來源。很多吃低碳水化合物餐單的人都會感到沒有精力和心情不好。因此，請你放心吃意粉，但要份量適中，小心高脂肪的奶油醬汁和肥膩的肉類。

SUMMERTIME PASTA SALAD

夏日意粉沙律



- ▶ **Prep Time: 15 minutes**
- ▶ **Serving Size: 1 cup**

▶ **Ingredients:**

- 16 oz. dry pasta
- ½ cup finely diced celery
- ½ cup finely diced onion
- ½ cup vinegar
- ½ cup diced carrots
- 2 cups shredded romaine lettuce
- ½ cup shredded low-sodium mozzarella cheese
- Salt and pepper to taste
- ¼ cup chopped basil

Dressing:

- ½ cup low-fat plain yogurt
- 2 Tbsps. shredded parmesan cheese
- 1 Tbsp. fat-free Italian dressing

- ▶ **預備時間: 15分鐘**

- ▶ **每份食用量: 1杯**

▶ **材料:**

- 乾意大利粉 16安士
- 芹菜, 切碎 半杯
- 洋蔥, 切碎 半杯
- 醋 半杯
- 胡蘿蔔, 切粒 半杯
- 生菜, 切碎 2杯
- 低鈉Mozzarella芝士絲 半杯
- 鹽和胡椒 各少許
- 羅勒(九層塔)葉, 切碎 ¼杯

醬料:

- 低脂原味酸乳酪 半杯
- Parmesan芝士碎 2湯匙
- 脫脂意大利風味沙律醬 1湯匙

- ▶ **Cook Time: 20 minutes**
- ▶ **Number of Servings: 4**

▶ **Method:**

1. Bring a pot of water to a boil and add pasta.
2. Follow package instructions for al dente cook time. Drain pasta.
3. Soak diced celery and onion in vinegar.
4. Place everything (except the basil) into a large bowl; mix well.
5. Season with salt and pepper to taste. Sprinkle basil on top.
6. For the dressing, combine yogurt, parmesan cheese, and Italian dressing in a small bowl.
7. Pour dressing over pasta salad mixture. Mix well and serve.

- ▶ **烹調時間: 20分鐘**

- ▶ **總量: 4**

▶ **做法:**

1. 把意大利粉放進沸水中。
2. 按照包裝指示, 把意粉煮至軟身但仍保持口感, 然後把水倒掉。
3. 將切碎的芹菜和洋蔥浸泡在醋中。
4. 除了羅勒葉, 把所有材料混合在一個大碗裏, 攪拌均勻。
5. 加入小許鹽和胡椒調味。然後撒上羅勒葉。
6. 在小碗中混合酸乳酪, parmesan芝士和意大利風味沙拉醬製成醬料。
7. 把混合好的醬料加入大碗中, 與意粉和其他材料攪拌均勻, 即可食用。

Nutrition Analysis:

Calories:	309
Total Fat:	5g
Saturated Fat:	3g
Trans Fat:	0g
Cholesterol:	12mg
Sodium:	423mg
Carbohydrates:	50g
Dietary Fiber:	4g
Sugar:	6g
Protein:	15g

營養成份分析:

每份熱量:	309卡路里
總脂肪:	5克
飽和脂肪:	3克
反式脂肪:	0克
膽固醇:	12毫克
鈉質:	423毫克
碳水化合物:	50克
纖維素:	4克
糖份:	6克
蛋白質:	15克

PESTO SAUCE



Youth Comments:

These homemade pasta sauces are easy to make and flavorful.

青少年意見：

這些自製意大利麵醬做法簡單又美味。

Nutritionist Comments: Canned pasta sauce often has a lot of sodium which might lead to high blood pressure. Homemade pasta sauce is better for your heart health.

營養師意見：罐裝意大利麵醬通常含有大量鈉質，可導致高血壓。自製意大利麵醬有助心臟健康。

PESTO SAUCE

香草醬



- ▶ **Prep Time:** 20-30 minutes
- ▶ **Serving Size:** 1 Tbsp.
- ▶ **Cook Time:** 30 minutes
- ▶ **Number of Servings:** yield 16

▶ **Ingredients:**

- 1 cup basil leaves
- 2 garlic cloves
- ¼ cup olive oil
- ¼ cup low-sodium Parmesan cheese
- ½ tsp. salt

▶ **Method:**

Combine all ingredients in a blender and blend well. Serve immediately.

- ▶ **準備時間:** 20至30分鐘
- ▶ **每份食用量:** 1湯匙

▶ **材料:**

- 香草 1杯
- 蒜頭 2顆
- 橄欖油 ¼杯
- 低鈉Parmesan芝士 ¼杯
- 鹽 ½茶匙

- ▶ **烹製時間:** 30分鐘
- ▶ **總量:** 16

▶ **做法:**

把所有材料放入攪拌器中攪勻，即時享用。

Nutrition Analysis:

Calories:	37
Total Fat:	4g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	1mg
Sodium:	19mg
Carbohydrates:	0g
Dietary Fiber:	0g
Sugar:	0g
Protein:	1g

營養成份分析:

每份熱量:	37卡路里
總脂肪:	4克
飽和脂肪:	1克
反式脂肪:	0克
膽固醇:	1毫克
鈉質:	19毫克
碳水化合物:	0克
纖維素:	0克
糖份:	0克
蛋白質:	1克



Youth Comments:

Tastes great with grilled chicken and beef.

青少年意見：

烤雞和烤牛肉的最佳配搭。

Nutritionist Comments: 100% natural peanut butter does not contain added sugar while regular peanut butter has. Therefore, it is a healthier choice than regular peanut butter.

營養師意見：一般花生醬含有附加糖而100%天然花生醬沒有，所以比一般花生醬較為健康。

SATAY SAUCE

沙嗲醬



- ▶ **Prep Time: 5 minutes**
- ▶ **Serving Size: 2 Tbsps.**

▶ **Ingredients:**

- ¼ cup low-fat coconut milk
- ¾ cup non-fat evaporated milk
- 3 Tbsps. 100% natural peanut butter
- 1 tsp. Worcestershire sauce
- Few drops Tabasco sauce

- ▶ **準備時間: 5分鐘**
- ▶ **每份食用數量: 2湯匙**

▶ **材料:**

- 低脂椰奶 ¼杯
- 脫脂淡奶 ¾杯
- 天然花生醬 3湯匙
- 噫汁 1茶匙
- 墨西哥辣椒汁 數滴

- ▶ **Cook Time: 10 minutes**
- ▶ **Number of Servings: yield 10**

▶ **Method:**

1. In a saucepan over medium heat, combine coconut milk, evaporated milk, peanut butter, Worcestershire sauce, and Tabasco sauce; stir frequently.
2. Remove from heat and serve warm.

- ▶ **烹調時間: 10分鐘**
- ▶ **總量: 10**

▶ **做法:**

1. 將椰奶、淡奶、花生醬、噫汁和辣椒汁放進鍋中，用中火加熱，需經常攪拌。
2. 關火，即可食用。

Nutrition Analysis:

Calories:	57
Total Fat:	3g
Saturated Fat:	2g
Trans Fat:	0g
Cholesterol:	1mg
Sodium:	59mg
Carbohydrates:	5g
Dietary Fiber:	0g
Sugar:	3g
Protein:	3g

營養成份分析:

每份熱量:	57卡路里
總脂肪:	3克
飽和脂肪:	2克
反式脂肪:	0克
膽固醇:	1毫克
鈉質:	59毫克
碳水化合物:	5克
纖維素:	0克
糖份:	3克
蛋白質:	3克



Youth Comments:

Dice apples and carrots to make them easier to blend.

青少年意見：

把蘋果和胡蘿蔔切粒，更易攪拌！

Nutritionist Comments: Carrot is an excellent source of vitamin A. One medium carrot provides over half of the vitamin A you need in a day.

營養師意見：胡蘿蔔是很好的維他命A來源，一條中型的胡蘿蔔就能提供超過一天中所需維他命A的一半。

SWEET CURRY SAUCE

甜咖喱醬



▶ **Prep Time:** 10 minutes

▶ **Serving Size:** ½ cup

▶ **Ingredients:**

- 2 tsps. olive oil
- 1 ½ cups diced onion
- 1 tsp. minced ginger
- 1 minced garlic clove
- ¼ apple
- 1 carrot
- 1 cup 1% low-fat milk
- 3 ½ cups water
- 1 tsp. curry powder
- 1 cup tomato paste
- 1 tsp. miso
- 2 tsps. ketchup
- 1 Tbsp. fish sauce
- 1 tsp. low-sodium soy sauce

▶ **準備時間:** 10分鐘

▶ **每份食用數量:** ½ 杯

▶ **材料:**

- 橄欖油 2茶匙
- 洋蔥, 切粒 1杯半
- 薑蓉 1茶匙
- 蒜頭, 切粒 1顆
- 蘋果 ¼個
- 胡蘿蔔 1條
- 1%低脂牛奶 1杯
- 清水 3杯半
- 咖喱粉 1茶匙
- 蕃茄膏 1杯
- 味噌 1茶匙
- 茄汁 2茶匙
- 魚露 1湯匙
- 低鈉醬油 1茶匙

▶ **Cook Time:** 45 minutes

▶ **Number of Servings:** yield 13

▶ **Method:**

1. Heat olive oil in a skillet over medium heat. Add onion, ginger, and garlic; cook until softened.
2. Blend apple, carrot, and milk in blender.
3. Add water and blended mixture to onion mixture. Cook over medium heat until smooth; skim off bubbles.
4. After mixture boils, add curry powder, tomato paste, miso, ketchup, fish sauce, and soy sauce. Simmer for an additional 30 minutes. Serve warm.

▶ **烹製時間:** 45分鐘

▶ **總量:** 13

▶ **做法:**

1. 用平底鑊以中火把橄欖油燒熱。加入洋蔥、薑和蒜頭。在鍋中炒至軟身。
2. 用攪拌機把蘋果、胡蘿蔔和牛奶攪拌均勻。
3. 將蘋果糊和水倒進鍋中, 與洋蔥混合物, 用中火加熱至平滑, 撇去氣泡。
4. 待醬汁煮沸, 加入咖喱粉、蕃茄膏、味噌、茄汁、魚露和醬油再燜煮30分鐘, 即可享用。

Nutrition Analysis:

Calories:	38
Total Fat:	0g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	1mg
Sodium:	175mg
Carbohydrates:	8g
Dietary Fiber:	1g
Sugar:	5g
Protein:	2g

營養成份分析:

每份熱量:	38卡路里
總脂肪:	0克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	1毫克
鈉質:	175毫克
碳水化合物:	8克
纖維素:	1克
糖份:	5克
蛋白質:	2克



Youth Comments:

It's great for stews and dips!

青少年意見：

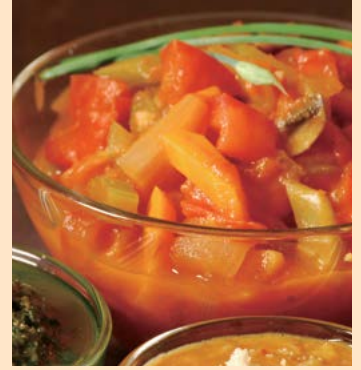
可用作烹調或點食物的沾料。

Nutritionist Comments: 5 vegetables are used to create this yummy pasta sauce and is full of anti-oxidants!

營養師意見：用5種蔬菜煮出美味的意大利麵醬，並含豐富抗氧化素！

TOMATO SAUCE

香濃蕃茄醬



- ▶ **Prep Time:** 5-10 minutes
- ▶ **Serving Size:** ½ cup

▶ **Ingredients:**

- 1 onion
- 2 carrots
- 2 celery stalks
- 2 cups mushrooms
- 6 tomatoes
- 2 Tbsps. olive oil
- 1 cup low-sodium vegetable or chicken broth
- 2 garlic cloves, minced
- 2 tsps. sugar
- 2 Tbsps. tomato paste (no salt added)
- 1 tsp. salt

- ▶ **準備時間:** 5至10分鐘
- ▶ **每份食用數量:** 半杯

▶ **材料:**

- 洋蔥 1個
- 胡蘿蔔 2條
- 芹菜(西芹) 2條
- 蘑菇 2杯
- 蕃茄 6個
- 橄欖油 2湯匙
- 低鈉蔬菜或雞湯 1杯
- 蒜頭,切碎 2顆
- 糖 2茶匙
- 無附加鹽蕃茄膏 2湯匙
- 鹽 1茶匙

- ▶ **Cook Time:** 15-20 minutes
- ▶ **Number of Servings:** yield 8

▶ **Method:**

1. Dice onion, carrots, celery, mushrooms, and tomatoes.
2. Heat olive oil in a skillet over medium heat; add diced vegetables and mix well.
3. Add vegetable or chicken broth; stir well.
4. Cover skillet and cook for 5-10 minutes, stirring occasionally until vegetables are soft and cooked through.
5. Add garlic and increase heat to medium-high.
6. Add sugar and tomato paste; combine well.
7. Season with salt. Serve warm or chilled.

- ▶ **烹調時間:** 15至20分鐘
- ▶ **總數量:** 8

▶ **做法:**

1. 把洋蔥、胡蘿蔔、芹菜、蘑菇和蕃茄切粒。
2. 用中火加熱平底鍋，倒入橄欖油，然後將切好的蔬菜粒加入鍋中炒勻。
3. 再加入蔬菜或雞湯，攪拌均勻。
4. 蓋上蓋子煮5至10分鐘，偶爾攪拌，直至蔬菜變軟和熟透。
5. 然後再將蒜蓉加入鍋中，把火調至中大火。
6. 加入糖和蕃茄膏，將所有材料攪拌均勻。
7. 最後用鹽調味，可暖吃或冷吃。

Nutrition Analysis:

Calories:	92
Total Fat:	4g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	0mg
Sodium:	329mg
Carbohydrates:	13g
Dietary Fiber:	3g
Sugar:	8g
Protein:	3g

營養成份分析:

每份熱量:	92卡路里
總脂肪:	4克
飽和脂肪:	1克
反式脂肪:	0克
膽固醇:	0毫克
鈉質:	329毫克
碳水化合物:	13克
纖維素:	3克
糖份:	8克
蛋白質:	3克



Youth Comments:

A heart healthy cookie recipe!

青少年意見：

對心臟健康有益的曲奇餅。

Nutritionist Comments: As a rule, half of the fat in a dessert recipe can be replaced with unsweetened applesauce or a puree of another fruit to reduce the amount of oil used.

營養師意見：一般來說，甜品食譜中的一半脂肪量可以用無加糖的蘋果醬和其它水果蓉來代替，以減少用油量。

CHOCO-CHIP COOKIES

碎巧克力曲奇餅



- ▶ **Prep Time: 15-20 minutes**
- ▶ **Serving Size: 1 cookie**
- ▶ **Cook Time: 8-12 minutes**
- ▶ **Number of Servings: 36**

▶ Ingredients:

- ½ cup unsweetened applesauce
- ½ cup butter, softened
- ½ cup white sugar
- ½ cup lightly packed brown sugar
- 1 tsp. vanilla extract
- 2 eggs (or 1 egg yolk and 2 egg whites)
- 1 cup whole wheat flour
- 1 ¼ cups white wheat flour
- ¾ tsp. baking soda
- ½ tsp. salt
- 1 cup semi-sweet chocolate chips
- ¼ cup chopped walnuts
- Non-stick cooking spray

▶ **準備時間: 15至20分鐘**

▶ **每份食用量: 1個**

▶ 材料:

- 無附加糖蘋果醬 半杯
- 牛油, 變軟 半杯
- 白糖 半杯
- 黃糖 半杯
- 香草香精 1茶匙
- 雞蛋 2隻
(或1個蛋黃和2個蛋白)
- 全麥麵粉 1杯
- 小麥白麵粉 ¼杯
- 蘇打粉 ¾茶匙
- 鹽 半茶匙
- 中甜巧克力碎 1杯
- 核桃碎 ¼杯
- 噴霧式食用油

▶ Method:

1. Preheat oven to 375°F. Lightly spray 3 baking sheets with non-stick cooking spray.
2. In a large mixing bowl, cream together applesauce, butter, and both kinds of sugars until smooth.
3. Stir in vanilla extract and eggs; mix well.
4. In a separate bowl, combine flours, baking soda, and salt; mix well.
5. Blend dry ingredients into wet ingredients.
6. Fold in chocolate chips and walnuts.
7. Spoon mixture (about a tablespoon for each cookie) onto baking sheets.
8. Bake until golden brown, about 8-12 minutes. Serve warm.

▶ **烹調時間: 8至12分鐘**

▶ **總量: 36**

▶ 做法:

1. 將烤箱(焗爐)預熱至華氏375度。把3個烤盤噴上噴霧式食用油。
2. 在一個大碗裡, 將蘋果醬, 牛油和兩種糖混合一起至均勻。
3. 然後加入香草香精和雞蛋, 再攪拌均勻。
4. 在另一碗裡, 將乾的材料, 包括麵粉, 蘇打粉和鹽, 混合一起, 攪拌均勻。
5. 將乾的材料倒進濕的材料, 攪拌均勻。
6. 再拌入巧克力碎和核桃碎。
7. 將曲奇餅麵團平均地放在烤盤上(每份約1湯匙)。
8. 放進烤爐烤大約8至12分鐘, 直至變金黃色便可享用。

Nutrition Analysis:

Calories:	101
Total Fat:	5g
Saturated Fat:	3g
Trans Fat:	0g
Cholesterol:	12mg
Sodium:	64mg
Carbohydrates:	14g
Dietary Fiber:	1g
Sugar:	8g
Protein:	2g

營養成份分析:

每份熱量:	101卡路里
總脂肪:	5克
飽和脂肪:	3克
反式脂肪:	0克
膽固醇:	12毫克
鈉質:	64毫克
碳水化合物:	14克
纖維素:	1克
糖份:	8克
蛋白質:	2克



Youth Comments:

Substitute with any fruit you like!

青少年意見：

可用任何喜歡的水果代替！

Nutritionist Comments: These icy pops are low-fat alternatives to ice cream and other desserts. You can be more creative with the flavor by using different combinations of fruit.

營養師意見：這些小冰棒比雪糕及其他甜品含較少脂肪，是非常好的選擇。你可以發揮創意，嘗試不同的水果組合！

Mango Yogurt Icy Pops

芒果乳酪小冰棒



- ▶ **Prep Time:** 10 minutes
- ▶ **Number of Servings:** 4
- ▶ **Serving Size:** 1 cup

▶ **Ingredients:**

- One 32-oz. container low-fat vanilla yogurt
- 1 peeled, seeded and diced mango
- 4 small paper cups
- 4 popsicle sticks

NOTE: Try other fresh fruits such as strawberries, raspberries, and blueberries.

▶ **Method:**

1. Mix two spoonfuls of mango into yogurt. Pour the yogurt mixture into small paper cups, almost to the top.
2. Stretch a small piece of plastic wrap across top of each cup.
3. Using a popsicle stick, poke a hole in center of plastic wrap. Stand stick upright in center of cup.
4. Place cups in freezer until yogurt is frozen solid, about 3-4 hours, or overnight.
5. Remove plastic wrap, peel away the paper cup, and serve.

- ▶ **準備時間:** 10分鐘

- ▶ **每份食用量:** 1杯

▶ **材料:**

- 低脂香草味酸乳酪 1罐(32安士)
- 芒果, 去皮, 去核, 切粒 1個
- 小紙杯 4個
- 小木棒 4條

提示: 可嘗試不同種類的水果, 例如草莓, 山莓和藍莓。

- ▶ **總量:** 4

▶ **做法:**

1. 將兩湯匙芒果肉加入酸乳酪, 再將酸乳酪混合物倒進小紙杯內, 倒至近杯邊。
2. 用保鮮紙蓋住小紙杯。
3. 將小木棒穿過保鮮紙, 插在乳酪正中央, 每條小木棒應豎直。
4. 將酸乳酪放進冰箱, 冰凍直至變硬, 約3至4小時或過夜。
5. 把保鮮紙和紙杯撕開後便可享用。

Nutrition Analysis:

Calories:	80
Total Fat:	1g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	4mg
Sodium:	54mg
Carbohydrates:	14g
Dietary Fiber:	0g
Sugar:	14g
Protein:	4g

營養成份分析:

每份熱量:	80卡路里
總脂肪:	1克
飽和脂肪:	1克
反式脂肪:	0克
膽固醇:	4毫克
鈉質:	54毫克
碳水化合物:	14克
纖維素:	0克
糖份:	14克
蛋白質:	4克



Youth Comments:

It's a good, healthy alternative for ice cream!

青少年意見：

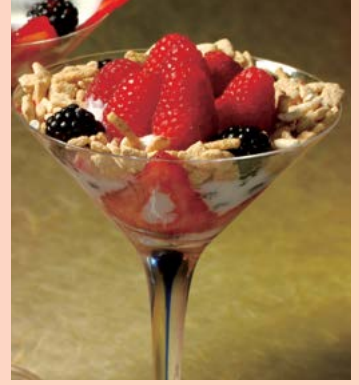
這是很好的雪糕替代品，亦更健康。

Nutritionist Comments: Low-fat yogurt contains more calcium and less fat than ice cream. Youth and adults need 3 cups of calcium-rich food per day.

營養師意見：低脂酸乳酪比雪糕含較多鈣質和較少脂肪。青少年和成人每天需要3杯高鈣食物。

MIXED BERRY PARFAIT

繽紛雜莓酸酪凍



▶ **Prep Time:** 5 minutes ▶ **Number of Servings:** 4
▶ **Serving Size:** 1 cup

▶ **Ingredients:**

- 4 cups low-fat vanilla yogurt
- 1 cup cheerios
- 1 cup blueberries, strawberries, or other berries

▶ **Method:**

1. Spoon equal portions of yogurt into 4 serving cups.
2. Top yogurt with cheerios, blueberries, strawberries, or other berries and serve.

▶ **準備時間:** 5分鐘

▶ **每份食用量:** 1杯

▶ **材料:**

- 低脂香草味酸酪 4杯
- Cheerios 五穀片 1杯
- 藍莓、草莓或其他種類的莓 1杯

▶ **總數量:** 4

▶ **做法:**

1. 將酸酪平均分成四杯。
2. 將Cheerios五穀片和藍莓、草莓或其他種類的莓撒在酸酪上即可享用。

Nutrition Analysis:

Calories:	256
Total Fat:	4g
Saturated Fat:	2g
Trans Fat:	0g
Cholesterol:	12mg
Sodium:	205mg
Carbohydrates:	45g
Dietary Fiber:	2g
Sugar:	38g
Protein:	13g

營養成份分析:

每份熱量:	256卡路里
總脂肪:	4克
飽和脂肪:	2克
反式脂肪:	0克
膽固醇:	12毫克
鈉質:	205毫克
碳水化合物:	45克
纖維素:	2克
糖份:	38克
蛋白質:	13克



Youth Comments:

Yummy and healthy oatmeal cookies!

青少年意見：

美味健康的燕麥餅！

Nutritionist Comments:

This healthy cookie recipe uses 3 cups of oatmeal, half portion of whole wheat flour and replaces part of the fat with apple sauce.

營養師意見：

這健康的燕麥餅用3杯燕麥片，其中一半是全麥麵粉，並以蘋果醬代替部份脂肪。

OATMEAL CRANBERRY CRUNCHERS

紅莓乾燕麥脆餅



- ▶ **Prep Time:** 20 minutes ▶ **Cook Time:** 10-12 minutes
▶ **Serving Size:** 1 cookie ▶ **Number of Servings:** 60

▶ Ingredients:

- Non-stick cooking spray
- 2/3 cup softened butter
- 3/4 cups sugar
- 2 eggs or 3 egg whites
- 1 tsp. vanilla extract
- 1/3 cup unsweetened applesauce
- 3/4 cup white flour
- 3/4 cup whole wheat flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1 cup chopped almonds
- 3 cups rolled oats
- 1 cup cranberries
- 1 tsp. salt

- ▶ **準備時間:** 20分鐘
▶ **每份食用數量:** 1個

▶ 材料:

- 噴霧式食用油
- 牛油, 變軟 2/3杯
- 糖 3/4杯
- 雞蛋 2隻(或3個蛋白)
- 香草香精 1茶匙
- 無加糖蘋果醬 1/3杯
- 白麵粉 3/4杯
- 全麥麵粉 3/4杯
- 蘇打粉 1茶匙
- 玉桂粉 1茶匙
- 杏仁, 切碎 1杯
- 燕麥片 3杯
- 紅莓乾 1杯
- 鹽 1茶匙

▶ Method:

1. Preheat oven to 350°F. Lightly spray 3 baking sheets with non-stick cooking spray.
2. In a large mixing bowl, cream together the butter, sugar, eggs and vanilla. Add applesauce; mix well.
3. In a separate bowl, combine flours, baking soda, cinnamon, nuts, oats, cranberries, and salt. Mix well.
4. Combine dry ingredients with wet ingredients. Refrigerate for 30 minutes.
5. Shape dough into a 6-inch long cylinder; wrap rolled dough in parchment paper. Freeze until firm prior to cutting and cut into 1/2 -inch round cookies.
6. Bake for 12-15 minutes or until brown.

- ▶ **烹製時間:** 10-12分鐘
▶ **總數量:** 60

▶ 做法:

1. 預熱烤箱(焗爐)至華氏350度,然後在3個烤盤上噴少量噴霧式食用油。
2. 將牛油,糖,雞蛋和香草香精在大碗中攪拌均勻。加入蘋果醬,攪拌均勻。
3. 在另外一個碗中,加入麵粉、蘇打粉、玉桂粉、杏仁碎、燕麥片、紅莓乾和鹽,攪拌均勻。
4. 將乾的材料和濕的材料攪拌在一起,直至均勻。攪拌好的脆餅糊需放進冰箱裡30分鐘。
5. 將麵團形成6吋圓柱體,用蠟紙包著。將麵團放入雪櫃雪至硬身,再切成半吋厚的圓形脆餅塊。
6. 烤10至12分鐘,或至金黃色。即可享用。

Nutrition Analysis:

Calories:	98
Total Fat:	4g
Saturated Fat:	1g
Trans Fat:	0g
Cholesterol:	6mg
Sodium:	86mg
Carbohydrates:	15g
Dietary Fiber:	1g
Sugar:	5g
Protein:	2g

營養成份分析:

每份熱量:	98卡路里
總脂肪:	4克
飽和脂肪:	1克
反式脂肪:	0克
膽固醇:	6毫克
鈉質:	86毫克
碳水化合物:	15克
纖維素:	1克
糖份:	5克
蛋白質:	2克



Youth Comments:

A refreshing substitute for cheesecake!

青少年意見：

芝士蛋糕的代替品！

Nutritionist Comments: This healthy cookie recipe uses 3 cups of oatmeal, half portion of whole wheat flour and replaces part of the fat with apple sauce.

營養師意見：這健康的燕麥餅用3杯燕麥片，其中一半是全麥麵粉，並以蘋果醬代替部份脂肪。

SILKEN CHEESECAKE DELIGHT

香滑豆腐芝士蛋糕



- ▶ **Prep Time: 20-25 minutes**
- ▶ **Serving Size: 1 slice**
- ▶ **Cook Time: 30 minutes**
- ▶ **Number of Servings: 14**

▶ Ingredients:

- 2 cups finely crushed graham crackers
- 4 Tbsps. butter
- 2 Tbsps. honey
- 9" pie pan, greased with non-stick cooking spray
- 8 oz. softened low-fat cream cheese
- 8 oz. silken tofu
- 1 large egg
- ¼ cup white sugar
- 1 tsp. vanilla extract
- Fresh fruits for garnish (optional)

▶ Method:

1. Preheat oven to 350°F.
2. To make crust, combine graham cracker crumbs, butter, and honey in a food processor. Press into a 9-inch pie pan.
3. With a mixer at medium speed, blend together cream cheese, tofu, egg, sugar, and vanilla extract. Scrape down sides of bowl and mix until filling is smooth.
4. Spoon filling into pie pan and bake at 350°F for about 30-35 minutes. Gently push pan from side to side to make sure there is no excess liquid in the center.
5. Chill completely before serving, about 5-6 hours, or overnight.
6. Top with fruit if desired.

NOTE: Be careful not to over-mix the cheesecake filling or else you will find holes in your cheesecake!

- ▶ **預準備時間: 20至25分鐘**
- ▶ **每份食用量: 1件**
- ▶ **烹調時間: 30分鐘**
- ▶ **總量: 14**

▶ 材料:

- Graham餅乾碎 2杯
- 牛油 4湯匙
- 蜜糖 2湯匙
- 蛋糕盤(直徑9吋), 噴上噴霧式菜油
- 低脂奶油芝士, 室溫 8安士
- 滑豆腐 8安士
- 雞蛋 1隻
- 糖 ¼杯
- 香草香精 1茶匙
- 新鮮水果伴碟(可免)

▶ 做法:

1. 將烤箱(焗爐)預熱至華氏350度。
2. 將餅乾碎, 牛油溶液, 和蜜糖放進攪拌機裏攪碎, 然後將攪拌好的餅乾碎放進9吋蛋糕烤盤, 壓扁做成蛋糕底。
3. 將奶油芝士, 豆腐, 蛋和香草香精放進攪拌機裏, 用中速攪拌直至平滑。攪拌期間, 刮一刮貼在攪拌機兩邊的蛋糕糊, 以確保攪拌均勻。
4. 將蛋糕糊倒進蛋糕盤, 用華氏350度烤大約30至35分鐘。輕輕地推一推烤盤, 以確保蛋糕中心沒有任何多餘的液體。
5. 取出後需放進冰箱裏冷凍, 約5至6小時或過夜。
6. 可隨個人喜好在蛋糕上加水果。

注意: 不要過度攪拌芝士蛋糕糊, 要不然您的蛋糕裏會有小洞!

Nutrition Analysis:

Calories:	157
Total Fat:	9g
Saturated Fat:	4g
Trans Fat:	0g
Cholesterol:	33mg
Sodium:	140mg
Carbohydrates:	17g
Dietary Fiber:	0g
Sugar:	11g
Protein:	4g

營養成份分析:

每份熱量:	157卡路里
總脂肪:	9克
飽和脂肪:	4克
反式脂肪:	0克
膽固醇:	33毫克
鈉質:	140毫克
碳水化合物:	17克
纖維素:	0克
糖份:	11克
蛋白質:	4克



Youth Comments: A light summer low-fat treat filled with vitamin C.

青少年意見：含豐富維他命C的低脂消暑甜品。

Nutritionist Comments: Traditional desserts are often high in fat and calories. This fat-free mango pudding provides a healthier choice for people who love dessert.

營養師意見：傳統的甜品多是高脂肪高熱量的，這個零脂肪的布甸為甜品愛好者提供一個較健康的選擇。

SWEET MANGO PUDDING

香甜芒果布甸



- ▶ **Prep Time:** 30 minutes
- ▶ **Serving Size:** 1 cup

▶ **Ingredients:**

- 2 peeled, seeded and diced mangos
- 1 ¼ cups cold water
- 2 Tbsps. gelatin
- ½ cup sugar
- ½ cup non-fat milk
- ½ cup non-fat evaporated milk

- ▶ **準備時間:** 30分鐘
- ▶ **每份食用數量:** 1杯

▶ **材料:**

- 芒果去皮, 去核, 切粒 2個
- 凍水 1¼杯
- 魚膠粉 2湯匙
- 糖 半杯
- 脫脂奶 半杯
- 脫脂淡奶 半杯

- ▶ **Cook Time:** 3-4 hours
- ▶ **Number of Servings:** 5

▶ **Method:**

1. Place diced mango in a blender with 1 cup cold water and puree until smooth.
2. Sprinkle gelatin over remaining ¼ cup water in a bowl; let soften for several minutes.
3. Combine sugar and non-fat milk in a saucepan. Stir over medium-low heat until sugar dissolves.
4. Remove from heat; add softened gelatin and stir until dissolved.
5. Add non-fat evaporated milk and mango puree; whisk until blended. Pour into individual bowls. Cover and refrigerate until firm, about 3-4 hours, or overnight. Serve chilled.

- ▶ **烹調時間:** 3-4 小時
- ▶ **總數量:** 5

▶ **做法:**

1. 將芒果粒放入攪拌機, 再加凍水一杯, 攪拌至糊狀。
2. 把魚膠粉和剩餘的¼杯水, 倒入一個碗中, 使其溶化。
3. 把糖和脫脂奶放在煲中, 一邊以中小火加熱, 一邊攪拌至糖溶化。
4. 把脫脂奶溶液移離火爐, 加入魚膠粉溶液攪拌至混合。
5. 再加入脫脂淡奶和芒果糊, 攪打至均勻倒進杯中, 蓋好放進冰箱, 待凝固, 需時三至四小時, 或過一晚。從冰箱取出後便可進食。

Nutrition Analysis:

Calories:	165
Total Fat:	0g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	2mg
Sodium:	48mg
Carbohydrates:	37g
Dietary Fiber:	1g
Sugar:	36g
Protein:	6g

營養成份分析:

每份熱量:	165卡路里
總脂肪:	0克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	2毫克
鈉質:	48毫克
碳水化合物:	37克
纖維素:	1克
糖份:	36克
蛋白質:	6克



Youth Comments:

Sweet and refreshing.

青少年意見:

清甜又醒神!

Nutritionist Comments: It is a good alternative to soda. It has less sugar and gives you vitamin C and potassium, which soda does not have.

營養師意見:這是一個很好的汽水代替品。它比汽水少糖，而且還供給你汽水沒有的維他命C和鉀質。

CHILLED HONEYDEW QUENCHER

醒神蜜瓜西米凍



- ▶ **Prep Time:** 10 minutes
- ▶ **Number of Servings:** 6
- ▶ **Serving Size:** 1 cup

▶ **Ingredients:**

- 1 cup tapioca pearls, soaked for 30 minutes
- 4 cups cold water
- 2 flesh removed and diced medium honeydew
- 1 Tbsp. sugar

▶ **Method:**

1. Place tapioca and water in a pot. Bring water to a boil, and then reduce heat to medium.
2. Cook until tapioca turns transparent.
3. Remove from heat and run under cold water; drain.
4. Blend half of the diced honeydew. Add sugar; mix well.
5. Pour blended honeydew equally among 6 cups. Add remaining diced honeydew and 2 generous spoonfuls of tapioca to each cup. Serve chilled.

- ▶ **準備時間:** 10分鐘
- ▶ **每份食用數量:** 1杯

- ▶ **總量:** 6

▶ **材料:**

- 西米, 泡30分鐘 1杯
- 冷水 4杯
- 蜜瓜(中型), 取肉切粒 2個
- 糖 1湯匙

▶ **做法:**

1. 將水和西米倒進鍋裏煮沸, 然後降至中火。
2. 將西米煮至變透明。
3. 關火, 用冷水沖洗西米。
4. 用攪拌機將一半蜜瓜粒攪拌成糊狀。加糖, 攪拌均勻。
5. 將蜜瓜糊平均倒進6個杯子裡, 在每杯中加餘下蜜瓜粒和2湯匙西米, 攪拌均勻。冷凍後即可飲用。

Nutrition Analysis:

Calories:	249
Total Fat:	1g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	0mg
Sodium:	75mg
Carbohydrates:	62g
Dietary Fiber:	4g
Sugar:	37g
Protein:	2g

營養成份分析:

每份熱量:	249卡路里
總脂肪:	1克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	0毫克
鈉質:	75毫克
碳水化合物:	62克
纖維素:	4克
糖份:	37克
蛋白質:	2克



Youth Comments:

Refreshing after a hot day in the sun or a soccer game.

青少年意見：

在炎熱的天氣下或踢足球後飲用，感覺很好！

Nutritionist Comments: Frozen foods are frozen at the peak of their freshness and nutrition. Although most people prefer fresh fruits and vegetables, frozen produce packs the same amount of vitamins and minerals and comes with added convenience.

營養師意見：冷凍食物是在其新鮮度和營養成份的高峰期被急凍的，雖然大多數人都較喜歡新鮮蔬果，但是冷凍的農產品含有同等份量的維他命和礦物質，而且更方便。

TROPICAL BLIZZARD

熱帶水果特飲



▶ **Prep Time: 10 minutes**

▶ **Serving Size: 1 cup**

▶ **Ingredients:**

- 1 peeled, seeded and diced mango
- 1 large peeled and sliced banana
- 1 cup diced fresh or frozen pineapple
- ¾ cup low-fat vanilla yogurt
- 1 cup ice cubes

▶ **Cook Time: 5 minutes**

▶ **Number of Servings: 4**

▶ **Method:**

Combine all ingredients in a blender. Blend until smooth and serve.

▶ **預備時間: 10分鐘**

▶ **每份食用量: 1杯**

▶ **材料:**

- 芒果, 去皮, 去核, 切粒 1個
- 香蕉, 去皮, 切片 1條
- 菠蘿
(可新鮮或冷凍), 切粒 1杯
- 低脂香草味酸乳酪 ¾杯
- 冰粒 1杯

▶ **烹調時間: 5分鐘**

▶ **總量: 4**

▶ **做法:**

將所有的材料放入攪拌機, 攪拌至幼滑均勻後, 即可享用。

Nutrition Analysis:

Calories:	116
Total Fat:	1g
Saturated Fat:	0g
Trans Fat:	0g
Cholesterol:	2mg
Sodium:	32mg
Carbohydrates:	26g
Dietary Fiber:	2g
Sugar:	21g
Protein:	3g

營養成份分析:

每份熱量:	116卡路里
總脂肪:	1克
飽和脂肪:	0克
反式脂肪:	0克
膽固醇:	2毫克
鈉質:	32毫克
碳水化合物:	26克
纖維素:	2克
糖份:	21克
蛋白質:	3克

Glossary of Common Food Terms

Low Calorie:

Less than 40 calories per serving or less than 120 calories per 100g

Calorie free:

Less than 5 calories per serving

Low Cholesterol:

Less than 20mg of cholesterol and less than 2g saturated fat per serving

Cholesterol Free/No Cholesterol:

Less than 2mg cholesterol and less than 2g saturated fat per serving

Low Fat:

Less than 3g total fat per serving and not more than 30% calories from fat

Low Saturated Fat:

1g or less saturated fat and 15% or less of calories from saturated fat

Reduced:

25% less of the specified nutrient or calories than the usual product

Light:

1/3 fewer calories or 1/2 the fat of the usual food

Fat-free/Sugar Free:

Less than 0.5g of fat or sugar per serving

Low Sodium:

Less than 140 mg sodium per serving

Good Source/Contains/Provides:

Provides 10-19% of the Daily Value of a particular nutrient per serving

High/Rich in/Excellent source of:

Provides 20% or more of the Daily Value of a specified nutrient per serving

High Fiber:

At least 5g fiber per serving

Lean (meat, poultry, seafood):

Less than 10g total fat, 4.5g or less saturated fat and less than 95mg cholesterol per 3.5 ounce serving

Healthy (individual food item): Low fat, low saturated fat, less than 480 mg sodium, less than 95mg cholesterol and at least 10% of the Daily Value of vitamins A and C, iron, protein, calcium and fiber

Whole Grain:

The entire kernel of the grain, keeping all of the nutrients such as fiber, iron, and B vitamins.

Refined Grain:

The bran and germ are removed from the grain to prolong shelf life, but important nutrients like fiber and B vitamins are also removed

Enriched Grains:

The bran and germ are removed but B vitamins and iron are added back in. (However, much of the natural fiber is lost during processing.)

常見食品術語

低熱量：

每份少於40卡路里或
每100克少於120卡路里

無熱量：

每份少於5卡路里

低膽固醇：

每份少於20毫克膽固醇
和少於2克飽和脂肪

無膽固醇：

每份少於2毫克膽固醇和
少於2克飽和脂肪

低脂：

每份少於3克總脂肪和來自
脂肪的熱量不多於30%

低飽和脂肪：

每份少於1克飽和脂肪和來自飽
和脂肪的熱量不多於15%

減少/減量 (Reduced)：

指定的營養素或熱量比
一般產品少於25%

少量 (Light)：

比通常的食物少 $\frac{1}{3}$ 的熱量或少 $\frac{1}{2}$ 的脂肪

脫脂/無糖：

每份少於0.5克脂肪或糖

低鈉：

每份少於140毫克的鈉質

良好來源：

根據每日建議食用量百份比，每份提
供10-19%的特定維他命或營養素

富含/豐富：

根據每日建議食用量百份比，每份提
供至少20%的特定維他命或營養素

高纖維：

每份含5克以上的纖維素

瘦 (肉、家禽、海鮮)：

每3.5安士份量中，含少於10
克脂肪、4.5克或以下的飽和
脂肪和少於95毫克膽固醇

健康 (個別食品)：

低脂肪，低飽和脂肪，少於480毫克
鈉，少於95毫克膽固醇，及維他命A
和C、鐵質、蛋白質、鈣質和纖維素含
量至少10%每日建議食用量百分比

全穀類：

整粒穀的種子，保持所有的營養
素，如纖維素、鐵和多種維他命B

精製類穀物：

穀的麩皮和胚芽被除去，以延長
保質期，但重要的營養素如纖維
素和多種維他命B也被除去

豐富穀物：穀的麩皮和胚芽都被
除去，但維他命B雜和鐵被加回
穀物 (不過，大部份的天然纖維
素在加工過程中已流失。)

Common Abbreviations and Conversions

Abbreviations:

Gram = g

Milligram = mg

Ounce = oz

Tablespoon = Tbsp

Teaspoon = tsp

Quart = qt

Conversions:

1 gram = 1000 milligram

1 cup = 8 fluid ounces = $\frac{1}{2}$ pint

1 tablespoon = 3 teaspoons = $\frac{1}{2}$ fluid ounce

1 pint = 2 cups = 16 fluid ounces

1 quart = 4 cups = 2 pints

4 quarts = 1 gallon

16 ounces = 1 pound

常見縮寫 和單位轉換

縮寫:

克 = “g”

毫克 = “mg”

安士 = “oz”

湯匙 = “Tbsp”

茶匙 = “tsp”

夸脱 = “qt”

單位轉換:

1克 = 1000毫克

1杯 = 8液體安士 = $\frac{1}{2}$ 品脱

1湯匙 = 3茶匙 = $\frac{1}{2}$ 液體安士

1品脱 = 2杯 = 16液體安士

1夸脱 = 4杯 = 2品脱

4夸脱 = 1加侖

16安士 = 1磅

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ONLINE RESOURCES

網絡資源

U.S. Government

- U.S. Department of Agriculture (USDA): www.usda.gov
- National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov
- National Institute of Diabetes and Digestive and Kidney Diseases: www.niddk.nih.gov
- USDA National Agricultural Library Food and Nutrition Information Center: www.nal.usda.gov/fnic
- National Institute of Allergy and Infectious Diseases: www.niaid.nih.gov
- Supplemental Nutrition Assistance Program (formerly the Food Stamp Program): www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap
- U.S. Department of Health and Human Services (USDHHS) Federal Food Safety Information: www.foodsafety.gov
- USDA's MyPlate: www.ChooseMyPlate.gov
- Let's Move (Former First Lady Michelle Obama's national campaign on childhood obesity): <https://letsmove.obamawhitehouse.archives.gov>
- USDHHS Office of Disease Prevention and Health Promotion HealthFinder (Health Resource Database): www.healthfinder.gov

Weight and Health Management

- Academy of Nutrition and Dietetics: www.eatright.org
- American Heart Association: www.heart.org
- American Diabetes Association: www.diabetes.org
- The Obesity Society: www.obesity.org
- KidsHealth: www.kidshealth.org
- Mayo Clinic: www.mayoclinic.org
- Bay Area Nutrition & Physical Activity Collaborative (BANPAC): www.banpac.org
- Center for Science in the Public Interest: www.cspinet.org
- The Vegetarian Resource Group: www.vrg.org
- Shape Up U.S.: www.shapeupUS.org

美國政府

- 美國農業部 (USDA) : www.usda.gov
- 美國心臟、肺和血液研究所 : www.nhlbi.nih.gov
- 糖尿病、消化道和腎臟疾病研究所 : www.niddk.nih.gov
- 食品和營養信息中心 : www.nal.usda.gov/fnic
- 國家過敏和傳染病研究所 : www.niaid.nih.gov
- 補充營養援助計劃 (前身為食品券計劃) : www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap
- 國家食品安全數據庫 : www.foodsafety.gov
- 美國農業部的MyPlate : www.ChooseMyPlate.gov
- Let's Move (前第一夫人米歇爾·奧巴馬的兒童肥胖症全國性運動) : <https://letsmove.obamawhitehouse.archives.gov>
- Healthfinder.gov : www.healthfinder.gov

體重和健康管理

- 美國營養協會 : www.eatright.org
- 美國心臟協會 : www.heart.org
- 美國糖尿病協會 : www.diabetes.org
- 美國肥胖症協會 : www.obesity.org
- KidsHealth : www.kidshealth.org
- Mayo Clinic : www.mayoclinic.org
- 灣區營養及體力活動協作 (BANPAC) : www.banpac.org
- Center for Science in the Public Interest : www.cspinet.org
- The Vegetarian Resource Group : www.vrg.org
- Shape Up U.S.: www.shapeupUS.org

Local Resources

- CalFresh Program (Food Stamps)

www.sfhsa.org/154.htm
www.calfresh.ca.gov
<https://www.mybenefitscalwin.org>
(415) 558-4700
1235 Mission Street, San Francisco, CA 94103 (at 8th St.)
food@sfgov.org

- SF-Marín Food Bank
www.sfmfoodbank.org

San Francisco
(415) 282-1900
900 Pennsylvania Avenue, San Francisco, CA 94107
info@sfmfoodbank.org

Marín
(415) 883-1302
75 Digital Drive, Novato, CA 94949-

- SFDPH Nutrition Services Women, Infants, and Children (WIC) Supplemental Nutrition Program

www.sfdph.org/dph/comupg/oprograms/NutritionSvcs/WIC/
(415) 575-5750
30 Van Ness Avenue, Suite 220, San Francisco, CA 94102

- Diabetes Services at California Pacific Medical Center
www.cpmc.org/services/diabetes

Center for Diabetes Services
California Campus
(415) 600-0506
3801 Sacramento Street, 7th Floor, San Francisco, CA 94118

St. Luke's Diabetes Center
St. Luke's Campus
(415) 641-6826
3555 Cesar Chavez Street (at Valencia)
Room 230, San Francisco, CA 94110

- Chinese Community Health Resource Center:

www.cchrchealth.org
(415) 677-2473
835 Pacific Avenue, San Francisco, CA 94133
info@cchrchealth.org

- Kaiser Permanente Thrive San Francisco Nutrition Clinic:
<https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanfrancisco/departments/nutrition-clinic/>

415-833-3450
2241 Geary Boulevard, 1st Floor, San Francisco, CA 94115

- UCSF Benioff Children's Hospital Teen Health Clinic and Eating Disorders Program

www.ucsfbenioffchildrens.org/clinics/teen_health
www.ucsfbenioffchildrens.org/clinics/eating_disorders_program
(415) 353-2002
400 Parnassus Avenue, Second Floor, San Francisco, CA 94143

本地資源

- 糧食券計劃：

www.sfhsa.org/154.htm
www.calfresh.ca.gov
<https://www.mybenefitscalwin.org>
(415) 558-4700
1235 Mission Street, San Francisco, CA 94103 (at 8th St.)
food@sfgov.org

- SF-Marín Food Bank：
www.sfmfoodbank.org

San Francisco
(415) 282-1900
900 Pennsylvania Avenue, San Francisco, CA 94107
info@sfmfoodbank.org

Marín
(415) 883-1302
75 Digital Drive, Novato, CA 94949

- 婦孺營養補助計劃 (WIC)：

www.sfdph.org/dph/comupg/oprograms/NutritionSvcs/WIC/
(415) 575-5750
30 Van Ness Avenue, Suite 220, San Francisco, CA 94102

- 加州太平洋醫療中心的糖尿病服務：

www.cpmc.org/services/diabetes

Center for Diabetes Services
California Campus
(415) 600-0506
3801 Sacramento Street, 7th Floor, San Francisco, CA 94118

St. Luke's Diabetes Center
St. Luke's Campus
(415) 641-6826
3555 Cesar Chavez Street (at Valencia)
Room 230, San Francisco, CA 94110

- 華人社區健康資源中心：

www.cchrchealth.org
(415) 677-2473
835 Pacific Avenue, San Francisco, CA 94133
info@cchrchealth.org

- Kaiser Permanente 醫療中心 · 營養診所

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanfrancisco/departments/nutrition-clinic/>
(415) 833-3862 - 2241 Geary Blvd., San Francisco, CA
(健康教育及營養門診大樓)

- 加州大學舊金山分校青少年診所及飲食失調症計劃：

www.ucsfbenioffchildrens.org/clinics/teen_health
www.ucsfbenioffchildrens.org/clinics/eating_disorders_program
400 Parnassus Ave., Room A269 (二樓), San Francisco, CA

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Nutritious and delicious recipes for Asian families to cook together!

Written by siblings from two families inspired by their parents to cook delicious food together, this book sets easy guidelines to create healthy lifestyles.

Daughters of well-known nutritionist Catherine Wong, Rachel & Michelle Lo have always been interested in food. Their love for creating new dishes, combining different ingredients, and finding new restaurants has always been part of the larger picture of a healthy and vibrant lifestyle.

Colin & Devin Yan are the sons of celebrity chef Martin Yan. With an inside view to the life of a chef, Colin and Devin have grown up with great interests in the power of food, as it applied to their lives as tennis players.

Growing up in the Bay Area of California, the team loves to cook together, shop at farmer's markets, and travel internationally. After seeking an Asian cookbook with recipes appropriate for teenagers and finding none, the siblings have partnered together to co-author this manual alongside the nutrition services of Chinatown Public Health Center and the San Francisco Department of Public Health.

給華裔家庭一同煮食的營養美味食譜！

由兩對受到父母啟發而愛上烹製美味食物的兄弟和姊妹撰寫，這本書用簡易明白的指引來建立健康的生活方式。

著名營養師黃嘉慧的兩個女兒——羅潔如、羅潔恩一直對食物很感興趣。她們對創造新的菜式，新的食物材料和新的餐館的熱情構成一幅健康和充滿活力的生活藍圖。

Colin Yan & Devin Yan是名廚甄文達的孿生子。隨著父親從小體驗廚師的生活，當Colin Yan & Devin Yan長大後，對食物蘊含的巨大能量有濃厚興趣，並將這種興趣運用到他們身為網球運動員的生活中。

同在加州的灣區長大，他們四個年輕人喜歡一起煮飯、一起到農夫市場購物，一起出國旅行。當他們尋求不到適合青少年的食譜後，便決定攜手，與三藩市公共衛生署、華埠公共衛生局營養部合作出版這本營養美食手冊。

"I am pleased to recommend this attractive and well written healthy eating guide/ cookbook. It offers 8 steps to healthy eating. The recipes are healthy and yet simple to make. Eat well, live well!"

• Ben Lui, MD, MPH, Chief of Community Primary Care, Medical Director/Center Director, Chinatown Public Health Center, San Francisco Department of Public Health, Assistant Clinical Professor, UCSF DGIM-SFGH

“我很高興推薦這本十分吸引且寫得很好的健康飲食指南/食譜。它的獨特之處在於提供8個關於買，煮，吃得有智慧的健康技巧。並且，書內的食譜既健康又容易製作。祝大家吃得有營，活得更型！”

• 呂以斌醫生，三藩市公共衛生署社區保健總監，醫務主任/三藩市華埠衛生局局長/三藩市加州大學臨床助理教授

"This is a practical guide to healthy eating and active living, and a must have for every family."

• Peter Lee, former President, California Culinary Academy / Le Cordon Bleu.

“這本健康飲食和活躍生活的實用指南，每個家庭都必須擁有。”

• 加州烹飪學院/藍帶學院前校長 Peter Lee。

