

Nutrition Education Handouts for Adults

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

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

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

Breakfast



Mix fruit with yogurt, oatmeal or whole grain cereal.



Include vegetables in an omelet or egg sandwich.



Make a smoothie with leafy greens and frozen fruit.

Lunch and Dinner



Add vegetables to soups, stews or casseroles.



Mix vegetables with pasta, rice or couscous



Top tacos, pizzas and pita bread with vegetables.

Snacks



Enjoy fruit with peanut butter.



Add vegetables to half of a sandwich.



Serve fresh vegetables with a bean dip.

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

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

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



Just Say Yes to Fruits and Vegetables

使用简单的方式即可…… 在饮食中添加更多水果和蔬菜

每餐都加入五颜六色的水果和蔬菜，让您的餐盘变得光彩夺目。

早餐



把水果混合在酸奶、燕麦片或全谷物麦片中。



在煎蛋卷或鸡蛋三明治中加入蔬菜。



用绿叶蔬菜和冰冻水果制作冰沙。

午餐和晚餐



在汤、炖菜或砂锅菜中加入蔬菜。



把蔬菜混合在意大利面、米饭或蒸粗麦粉中。



将蔬菜放在玉米饼、披萨和口袋面包上。

零食



用水果搭配花生酱。



将蔬菜加入半个三明治中。



用新鲜蔬菜沾豆酱。

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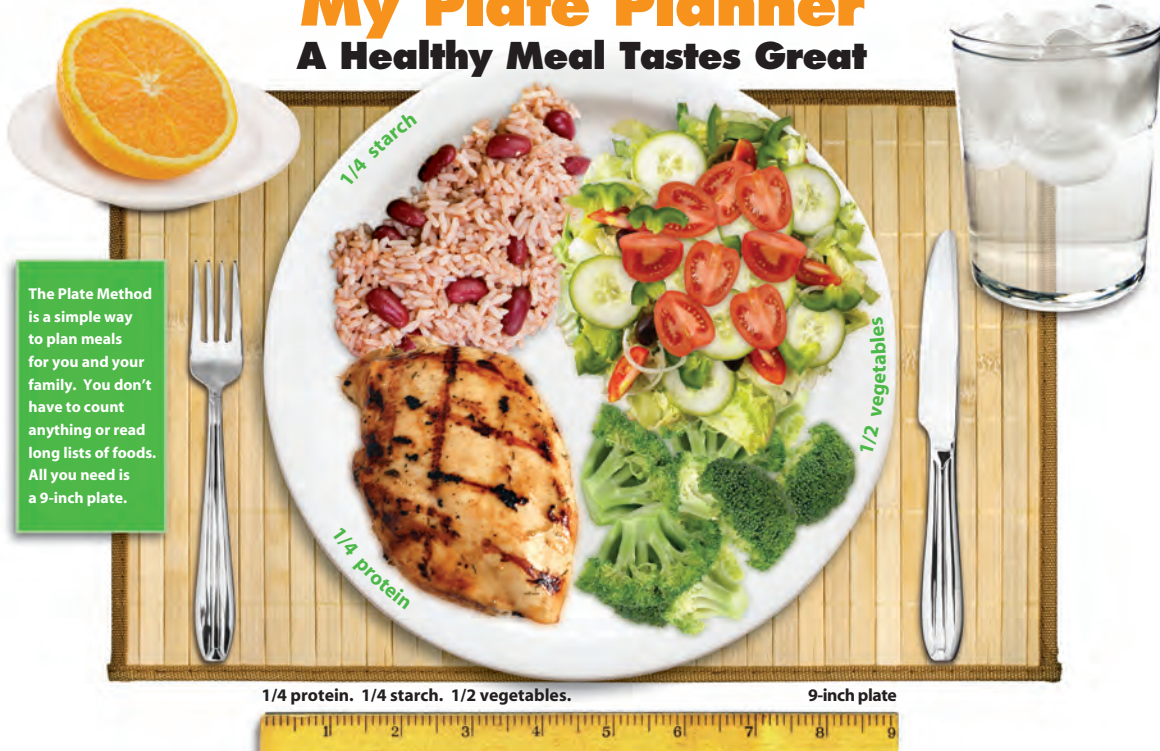
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Easy Ways to... Build a Healthy Meal

My Plate Planner A Healthy Meal Tastes Great



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

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

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

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

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NYC
Health

Just Say *Yes* to Fruits and Vegetables

使用简单的方式即可…… 打造健康饮食

My Plate (我的餐盘) 规划工具

健康饮食更美味



用**水果和蔬菜**装满您的半个餐盘。选择丰富多彩的食物，让饮食变得光彩夺目。

加入**精益蛋白质**。选择富含蛋白质的食物，例如豆类、坚果、豆腐、鱼类、瘦肉或低脂肉类和家禽肉。

让**全谷物**至少占您所食谷物的一半。选择“营养成分表”标签上标有“100% 全谷物”或“100% 全麦”字样的产品。

选用**健康饮料**。喝水、无脂或低脂纯牛奶。

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Easy Ways to... Choose Colors of Good Health

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

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

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

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Just Say Yes to Fruits and Vegetables

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教您轻松……

选择有益健康的颜色

食用不同类型的水果和蔬菜可保持身体强健！

红色	黄色/橙色	绿色	蓝色/紫色	白色/棕色
水果 苹果 樱桃 蔓越莓 葡萄柚* 葡萄 树莓 草莓 西瓜 蔬菜 甜菜 土豆 萝卜 大黄 辣椒	水果 杏子 哈密瓜 芒果* 油桃 柑橘* 番木瓜* 桃子 菠萝* 柠檬* 蔬菜 冬南瓜 胡萝卜 南瓜 芜菁甘蓝 西葫芦 甜玉米 红薯	水果 苹果 牛油果* 葡萄 蜜瓜 奇异果* 酸橙* 蔬菜 西兰花 球芽甘蓝 秋葵 辣椒豌豆 菠菜 豆角 绿皮西葫芦	水果 黑莓 蓝莓 黑加仑 梅干 接骨木果 葡萄李子 葡萄干 蔬菜 黑豆 卷心菜 茄子 辣椒 土豆	水果 香蕉* 梨 大枣* 油桃 桃子 蔬菜 花椰菜 大蒜 蘑菇 洋葱 欧洲萝卜 土豆 芜菁

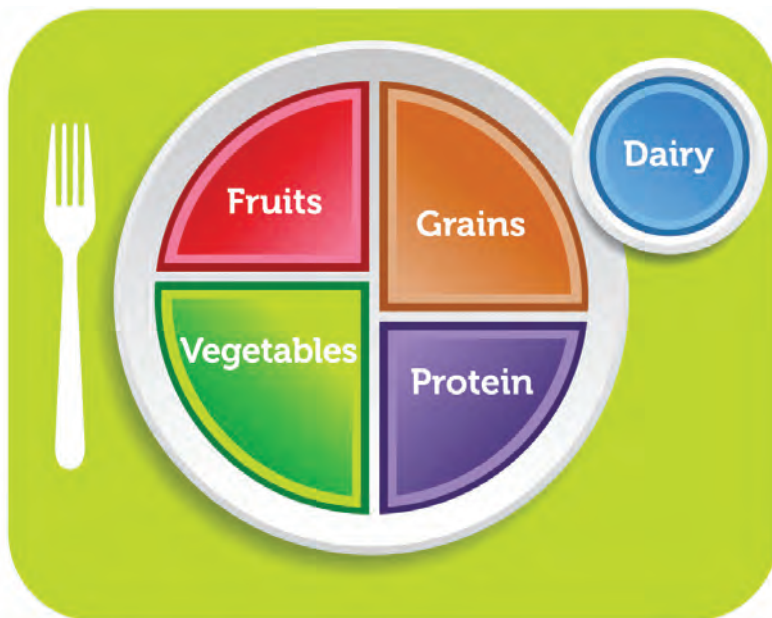
*表示通常不在纽约州农贸市场售卖。

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Easy Ways to... Choose Healthy Portions



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



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

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

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



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

- 3 ounces of fish
- 3 ounces chicken

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

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Just Say *Yes* to Fruits and Vegetables

使用简单的方式即可…… 选择健康的份量



1. 首先选择一个 9 英寸的餐盘。
2. 用手测量您将食用的份量。
3. 用水果和蔬菜装满您的半个餐盘。
4. 用精益蛋白质食物装满您餐盘的四分之一。
5. 用全谷物装满您餐盘的四分之一。



对于**水果、蔬菜和谷物**，一份的量相当于您拳头的大小。这等于：

- 1 杯切碎的蔬菜
 - 1 个中等大小的苹果
 - 1 杯糙米饭或意大利面
- 每天尽量摄入**五份**此类食物。



对于**精益蛋白质食物**，一份相当于您手掌的大小。这等于：

- 3 盎司鱼类
 - 3 盎司鸡肉
- 每天尽量摄入**三份**此类食物。

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Easy Ways to ... Cook with Beans

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

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Just Say Yes to Fruits and Vegetables

教您轻松…… 烹煮豆类

	存储	制备	烹饪
 <p>干豆</p>	<p>将干豆放置于带有密封盖的容器中，储存于凉爽、干燥处，最长可储存一年。</p>	<p>挑选并扔掉瘪豆。</p> <p>快速浸泡：用热水没过干豆；煮沸两到三分钟。熄火后，盖上盖子放置一到两小时。</p> <p>或</p> <p>浸泡过夜：用冷水没过干豆；浸泡过夜或至少浸泡八小时。冲洗并换水；烹饪直至变软。</p>	<p>烹饪豆类时，最后添加酸性食物（例如蕃茄、柠檬汁或醋）。酸性食物会使豆皮变韧。</p> <p>烹饪一大锅豆类，可多次食用。</p>
<p>煮熟的豆类</p> 	<p>煮好的豆类可冷藏保存四到五天，或冷冻保存最长六个月。</p>	<p>在冰箱中将冷冻豆类过夜解冻做冷菜。</p> <p>在冷菜或热菜中直接加入煮熟的豆类。</p> <p>使用豆类烹饪热菜时，确保豆类已完全重新加热。</p>	<p>用无盐调味料和新鲜香草调味。</p> <p>加入炒过的蔬菜或烹饪后的绿叶蔬菜和大蒜。</p> <p>加入汤、炖汤、砂锅菜、沙拉和意大利面。</p> <p>混合做酱料。</p>
 <p>罐装豆类</p>	<p>将吃剩的豆类存放于玻璃或塑料容器中（<u>不可</u>存放在罐中）。</p> <p>请不要使用凹陷或生锈的罐子。</p>	<p>用清水冲洗并沥干豆类，以减少钠摄入量。</p>	<p>罐装豆类与煮熟的豆类烹饪方式相同。</p>

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Easy Ways to... Cut the Salt

At the Store	At Home												
<ul style="list-style-type: none"> Choose foods with less than 5 percent Daily Value of sodium (salt) per serving. <table border="1" style="margin-left: 40px;"> <tr> <td>Saturated Fat 2.5g</td> <td>13%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td>0%</td> </tr> <tr> <td>Sodium 120mg</td> <td>5%</td> </tr> <tr> <td>Total Carbohydrate 7g</td> <td>2%</td> </tr> <tr> <td>Dietary Fiber 2g</td> <td>8%</td> </tr> </table> <ul style="list-style-type: none"> Buy whole foods as often as possible. Fill your cart with fruits and vegetables. If buying packaged foods, choose those labeled: <ul style="list-style-type: none"> ✓ “Low-sodium” ✓ “Sodium free” ✓ “No salt added” Instead of processed or cured meats, choose: <ul style="list-style-type: none"> ✓ Lean cuts of meat and poultry ✓ Fish ✓ Beans and legumes Instead of quick-cooking rice mixes and noodles, choose: <ul style="list-style-type: none"> ✓ Brown rice ✓ Whole wheat noodles and pasta ✓ Whole cornmeal Instead of salty snack foods, choose: <ul style="list-style-type: none"> ✓ Fresh vegetables with a bean dip ✓ Whole grain crackers ✓ Plain, lightly salted popcorn 	Saturated Fat 2.5g	13%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 120mg	5%	Total Carbohydrate 7g	2%	Dietary Fiber 2g	8%	<ul style="list-style-type: none"> Make homemade soups and broths. Rinse canned beans and vegetables with water to reduce the amount of sodium.  <ul style="list-style-type: none"> Create salt-free spice blends using your favorite spices. Add vinegar, lemon or orange zest and/or juice to foods.  <ul style="list-style-type: none"> Flavor foods with fresh and dried herbs, spices and low sodium soy sauce. Avoid adding salt to the water when cooking beans, rice, pasta and vegetables.  <ul style="list-style-type: none"> Slowly cut back on the amount of salt you add to food, until you are using little to no salt.
Saturated Fat 2.5g	13%												
Trans Fat 0g													
Cholesterol 0mg	0%												
Sodium 120mg	5%												
Total Carbohydrate 7g	2%												
Dietary Fiber 2g	8%												

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Just Say Yes to Fruits and Vegetables

教您轻松……

减少盐摄入量

在店铺

- 选择每份低于 5% 每日钠（盐）摄入量的食物。

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

- 尽可能经常购买全食。
- 多选购蔬菜与水果。
- 如果要购买包装食品，选择有以下标签的食品：
 - ✓ “低钠”
 - ✓ “无钠”
 - ✓ “不加盐”
- 不要选择经加工或腌制的肉类，应选择：
 - ✓ 精瘦肉和家禽肉
 - ✓ 鱼
 - ✓ 豆类和豆科植物
- 不要选择快煮混合米和面条，应选择：
 - ✓ 糙米
 - ✓ 全麦面条和意大利面
 - ✓ 全玉米粉
- 不要选择咸味零食，应选择：
 - ✓ 新鲜蔬菜沾豆蘸汁
 - ✓ 全麦饼干
 - ✓ 原味、微咸的爆米花

在家

- 自制汤品和肉汤。
- 用清水冲洗罐装豆类和蔬菜，以减少钠摄入量。



- 用您最喜欢的调味料，调配无盐混合调味料。
- 在食物中加入醋、柠檬或橙皮和/或汁。



- 用新鲜和干香草、调味料及低钠酱油进行调味。
- 烹煮豆类、米、意大利面和蔬菜时，避免在水中加盐。



- 缓慢减少加至食物中的食盐量，直至食用极少量或完全不食用。

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Easy Ways to... Eat a Variety of Proteins

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

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
 <p data-bbox="102 772 521 808">Make a three bean salad.</p>	 <p data-bbox="561 772 1000 850">Spread nut butter on apple or banana slices.</p>	 <p data-bbox="1044 772 1474 808">Choose fish twice a week.</p>
 <p data-bbox="131 1123 493 1243">Add beans to sautéed greens and eat with brown rice.</p>	 <p data-bbox="591 1117 971 1192">Add nuts to vegetables and salads.</p>	 <p data-bbox="1036 1102 1482 1264">Eat lean meat and poultry in the right portions – about the size of your palm.</p>
 <p data-bbox="102 1549 521 1627">Make a bean dip to enjoy with vegetables.</p>	 <p data-bbox="570 1537 987 1612">Snack on a handful of unsalted nuts or seeds.</p>	 <p data-bbox="1065 1537 1453 1654">Bring a hard boiled egg with you for an easy snack.</p>

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教您轻松……

摄入各种类型的蛋白质！

健康饮食包括摄取各种类型的蛋白质。食用更多植物性蛋白质。

豆类 and 扁豆	坚果和种子	瘦肉动物蛋白质
 <p>制作三豆沙拉。</p>	 <p>在苹果或是香蕉切片上涂上果仁酱。</p>	 <p>每周选购两次鱼类。</p>
 <p>将豆类加入炒过的绿叶蔬菜中，搭配糙米食用。</p>	 <p>将坚果加入蔬菜和色拉。</p>	 <p>食用适量的瘦肉和家禽肉—约手掌大小。</p>
 <p>制作豆醃汁与蔬菜共食。</p>	 <p>用少量不加盐的坚果或种子当做零食。</p>	 <p>带一个煮熟的鸡蛋作为点心。</p>

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Easy Ways to... Eat Enough Fiber

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

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

Tips for Eating More Fiber:

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

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教您轻松…… 摄入足量纤维

纤维可降低患上心脏病的风险。大多数的成人每天需要 **28 克** 的纤维。看看有多简单！

与其食用……



半个百吉饼 =
1 克纤维



1 杯果汁 =
1 克纤维



1 把薯片 =
1 克纤维



1 杯精白米 =
1/2 克纤维



1 个布丁杯 =
1/2 克纤维

纤维总量：**4 克**

不如食用……



1/2 杯燕麦片 =
4 克纤维



1 个中号橙子 =
3 克纤维



1 把坚果 =
4 克纤维



1/2 杯糙米和
1/2 杯豆类 =
11 克纤维



1 1/2 杯蓝莓 =
6 克纤维

纤维总量：**28 克**

摄入更多纤维的技巧：

- 食用整个水果和蔬菜，不要食用几乎不含或完全不含纤维的果汁。
- 水果和蔬菜表皮中含有大量纤维。清洗并食用剥下的皮。
- 查看营养成分标签并选择能提供不低于每日纤维摄入量 10% 的食物。
- 阅读成分表，首选全谷类食物。

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Just Say Yes
to Fruits and
Vegetables

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Easy Ways to ... Eat the Whole Plant

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

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

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Just Say Yes to Fruits and Vegetables

教您轻松……

食用植物的所有部分

减少浪费！烹饪水果和蔬菜的所有部分。

植物的部分	水果或蔬菜	烹饪方式
根	 芹菜根	烘烤、搅打成泥或炖汤
茎	 芦笋、甜菜、西兰花、花椰菜、 苳苳菜、羽衣甘蓝、茴香、无头甘蓝	炖或煎炒；可用芦笋的茎煲汤；可用去皮的西兰花和花椰菜茎煲汤或炒菜
绿叶蔬菜 或尖部	 甜菜、胡萝卜、花椰菜、芹菜、茴香、 大头菜、韭菜、洋葱、萝卜、芜菁	煎炒、混合绿色冰沙、点缀沙拉和汤品
花瓣	 芝麻菜、香葱、芫荽叶/香菜、莳萝、 茴香、蒜心、薰衣草、芥菜、西葫芦	煎炒或加入沙拉；可用蒜心制作蒜酱
籽	 南瓜和其他冬南瓜	烘烤、加入香料和香草用于调味
果皮	 柑橘类（酸橙、柠檬、橙子）、土豆	烤马铃薯皮可作为零食；使用橘皮调味
瓜皮	 西瓜和其他甜瓜（哈密瓜、香瓜、 蜜瓜）	刮去外皮后，可用其代替黄瓜制作沙拉
玉米芯	 玉米	炖汤

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Easy Ways to Enjoy Fresh Greens



1. Buy

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

2. Store

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



3. Wash

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

4. Prepare

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



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教您轻松……

享用新鲜绿叶蔬菜



1. 购买

- ❖ 选择叶子鲜嫩、颜色鲜亮且没有黄色或褐色斑点的绿叶蔬菜。

2. 存储

- ❖ 在存储之前：
 - 莴苣和色拉绿叶蔬菜：用干纸巾包裹叶子。
 - 含茎的成束绿叶蔬菜（绿叶甘蓝、羽衣甘蓝）：切掉茎的末端，用湿纸巾包裹住末端。
 - 香草：整束包裹在略湿的纸巾中。
- ❖ 所有绿叶蔬菜不要清洗，放在密封塑料袋中，保存于冰箱中。



3. 清洗

- ❖ 将绿叶蔬菜放入碗中，用水浸泡。
- ❖ 在水中抖动绿叶蔬菜以去除污垢。让污垢沉淀。
- ❖ 慢慢地将绿叶蔬菜捞起，然后把水倒掉。如果需要，可重复此动作。

4. 制备

- ❖ 在油中煎炒洋葱和大蒜。加入绿叶蔬菜，烹饪直至变软。
- ❖ 将菠菜或无头甘蓝同冷冻水果混合制作奶昔，或与豆类混合制作美味酱料。
- ❖ 将切碎的绿叶蔬菜加入汤、炖汤和意大利面酱中。烹饪直至变软。
- ❖ 在切碎的生绿叶蔬菜中加入水果、其他蔬菜、坚果或豆类，制作健康色拉。



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NYC
Health

Just Say Yes
to Fruits and
Vegetables

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Easy Ways to... Flavor Food Without Salt

Spices

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

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





Herbs

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

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

Fruits and Vegetables

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

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

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Just Say Yes to Fruits and Vegetables

教您轻松…… 为食物调味，无需加盐

调味料

- 每次加入少量。
- 在油中煎炒 30 秒以释放香气。

 肉桂: 在燕麦粥中用于增加甜度。	 孜然: 添加至豆类或肉类中。
 红辣椒粉: 适用于鸡肉、猪肉或豆腐的调料粉。	 姜黄: 适用于米饭、鸡肉或蔬菜上色。

香草

- 在烹饪开始时加入干燥和新鲜的硬香草（如迷迭香），在烹饪快结束时加入新鲜的软香草（如欧芹）。
- 一茶匙干香草相当于一大汤匙新鲜香草。

 罗勒: 加入西红柿酱和意大利面中。	 芫荽叶: 拌入米饭、豆类或洋葱西红柿辣酱食用。
 欧芹: 撒在谷物、沙拉或炒菜上作为最后的点缀。	 百里香: 加在烤蔬菜中。

水果与蔬菜

- 调至中高火，煸炒芳香食材和芳香开胃的蔬菜、香草和/或调味料，直到变成褐色并散发香味，然后再加入其他食材。
- 烹饪之初加入醋，结束时加入柑橘汁，达到最佳风味和均衡。
- 加入辛辣胡椒时，去掉辣椒心和辣椒仔，只需要一点作为调料。

 芳香食材: 洋葱、大蒜、胡萝卜、辣椒、芹菜、姜。	 芳香开胃的蔬菜: 西红柿、煮过的土豆、芹菜、蘑菇。
 柑橘和醋: 果汁和柑橘皮可均衡和提色	 辣椒: 墨西哥辣青椒、干辣椒、波布拉诺辣椒。

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Easy Ways to... Freeze Fruits and Vegetables

Freeze 	Blanch (quick boil) 	Cook 
Put these in the freezer right away	Blanch these before freezing	Cook these before freezing
<p>Berries Cherries* Corn (cut off the cob) Grapes Peaches* Plums* Peeled melon Winter squash</p> <p>*remove pits</p>	<p>Artichokes Eggplant Asparagus Green beans Broccoli Leafy greens Brussels sprouts Okra Cabbage Onions Carrots Parsnips Cauliflower Peppers Celery Summer squash Zucchini</p>	<p>Apples Beets Beans and legumes Potatoes Sweet potatoes Tomatoes Pumpkin Radishes Winter squash</p>
Freezing Tips	Blanching Steps	Ways to Cook
<ul style="list-style-type: none"> Wash all fruits and vegetables before freezing. Store food in a container with a tight-fitting lid. Write the date on the container before freezing. Food will keep for about six months. 	<ul style="list-style-type: none"> Boil enough water to cover all produce in the pot. Clean produce. Chop into even-sized pieces. Place produce in boiling water and boil until just tender (one to five minutes). Rinse under cold water until cool. Strain in colander, place in sealed container and freeze. 	<ul style="list-style-type: none"> Bake or roast Sauté Boil Steam Poach

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Just Say Yes to Fruits and Vegetables

教您轻松……

冷冻水果与蔬菜

 <h3>冷冻</h3>	 <h3>焯水</h3> <p>(快速煮沸)</p>	 <h3>烹饪</h3>
<p>将以下食材立即放入冰箱</p>	<h3>冷冻前焯水</h3>	<h3>冷冻前烹饪好</h3>
<p>浆果 樱桃* 玉米 (去掉玉米棒) 葡萄 桃子* 李子* 去皮甜瓜 冬南瓜</p> <p>*去核</p>	<p>洋蓍 芦笋 西兰花 球芽甘蓝 卷心菜 胡萝卜 花椰菜 芹菜</p> <p>茄子 四季豆 绿叶蔬菜 秋葵 洋葱 欧洲萝卜 辣椒 西葫芦 绿皮西葫芦</p>	<p>苹果 甜菜 豆类和豆科植物 土豆 红薯 蕃茄 南瓜 萝卜 冬南瓜</p>
<h3>冷冻妙招</h3>	<h3>焯水步骤</h3>	<h3>烹饪方式</h3>
<ul style="list-style-type: none"> 冷冻前清洗所有水果和蔬菜。 将食物存放在带有可扣紧盖子容器中。 冷冻前在容器上写上日期。食物能够存放大约六个月。 	<ul style="list-style-type: none"> 煮沸足够的水，使水能够淹没锅中的所有食材。 清洗食材。将其切成大小一致的小块。 将食材放入沸水中煮至变软即可（一至五分钟）。 使用冷水冲洗，直到食物冷却为止。 用漏勺滤干水分，将食材置于密封容器中，然后将其冷冻。 	<ul style="list-style-type: none"> 烘或烤 煎炒 煮 蒸 烫

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Easy Ways to... Keep Food Safe

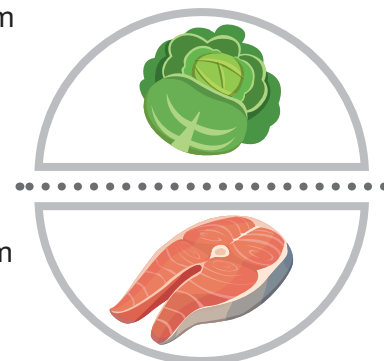
CLEAN your hands and surfaces often.

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



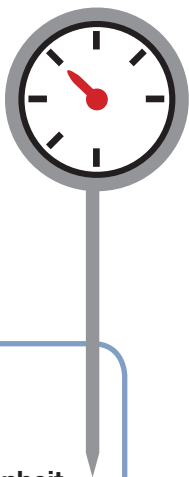
SEPARATE raw meats, poultry and seafood.

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



COOK foods to a safe temperature.

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

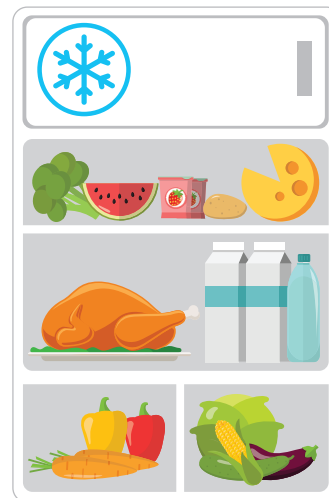


Safe Cooking Temperatures:

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

CHILL foods.

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



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使用简单的方式即可…… 保证食品安全

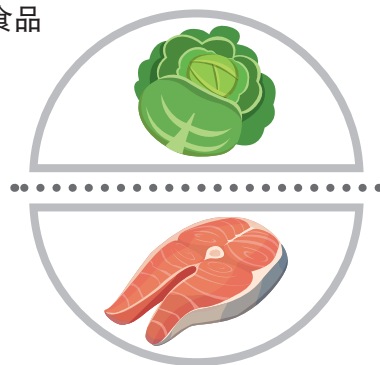
经常清洗双手和厨房台面。

- 用肥皂和温水清洗双手 20 秒。
- 定期清洗餐具和切菜板。
- 用自来水冲洗果蔬。



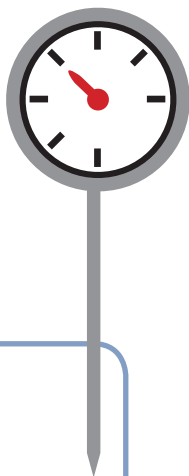
分开存放生肉、家禽肉和海鲜。

- 将其与冰箱中的即食食品分开存放。
- 使用单独的切菜备菜台面。
- 将其与购物车中的其他食物分开。



将食物加热至安全的温度。

- 加热食物以杀死可能致病的病菌。
- 烹饪时使用食物温度计来检查食物内部温度。

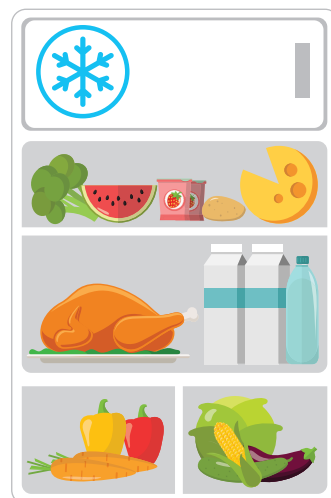


安全的烹饪温度：

- 家禽肉：华氏 165 度
- 绞肉：华氏 160 度
- 整切牛肉、猪肉、小牛肉或羊肉：华氏 145 度

冷藏食物。

- 将冰箱温度保持在华氏 40 度或以下。
- 在烹饪食物后或将食物从冰箱中取出后两小时内放回冰箱冷藏。
- 始终在冰箱中解冻食物。



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Easy Ways to... Make a Shopping List



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

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

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

Example:

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

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教您轻松…… 制定购物清单



1. 在下方记录您的正餐和点心。尽量在每一餐中包含全部五种食物组合，每种点心中至少包含五种食物组合中的两种。

日期/ 进餐时间	菜单	水果	蔬菜	谷类	蛋白质	低脂 乳制品
星期一， 晚餐	绿皮西葫芦 意大利面 鲑鱼 李子	李子	绿皮西葫芦 洋葱 大蒜 蕃茄	全麦 意大利面	鲑鱼	低脂牛奶

2. 看一看您的橱柜和冰箱有什么食材。制定需要购买的物品的购物清单。

示例：

1. 李子	1. _____	5. _____
2. 绿皮西葫芦	2. _____	6. _____
3. 大蒜	3. _____	7. _____
4. 蕃茄	4. _____	8. _____
5. 鲑鱼		
6. 低脂牛奶		

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Easy Ways to... Read an Ingredients List

Choose items with a list that...

✓ Is short

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

✓ Is easy to understand

Choose foods with ingredients that have uncomplicated names.

✓ Includes whole grains

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

✓ Includes no or low sugar

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

Avoid items with a list that...

✗ Is long

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

✗ Is hard to understand

Avoid ingredients you do not recognize or cannot pronounce.

✗ Includes trans fat or partially hydrogenated oils

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

✗ Includes many sugars

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

Bread #1: Healthier Choice

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

Bread #2: Less Healthy Choice

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

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

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

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

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



Just Say Yes to Fruits and Vegetables

教您轻松…… 读懂成分表

选择成分表具有以下特点的食品……

- ✓ **简短**
一般来说，所含成分越少，产品越健康。
- ✓ **简单易懂**
选择成分名称简单的食物。
- ✓ **含全谷物**
在早餐燕麦片、饼干、意大利面和面包中，“全”一词应该是第一种或第二种成分。
- ✓ **无糖或低糖**
选择不含大量糖分的食物（参见下面的面包 2 号，其中糖的常用名称以**粗体**显示）。

避免成分表具有以下特点的食品……

- ✗ **冗长**
一般来说，冗长的成分表代表食物含有更多的糖和添加剂。
- ✗ **晦涩难懂**
若产品含有您无法识别或念出的成分，请不要购买。
- ✗ **包括反式脂肪或部分氢化油**
反式脂肪会增加“有害”胆固醇 (LDL) 并减少“有益”胆固醇 (HDL)，从而增加您患上心脏病的风险。
- ✗ **含有许多种糖份**
糖的常用名称包括甘蔗糖、蜂蜜、蔗糖、葡萄糖、果糖、右旋糖、高果糖玉米糖浆、果汁浓缩物、糖蜜和转化糖。

面包 1 号：更健康的选择

配料：100% WHOLE WHEAT FLOUR（100% 全麦粉）、WATER（水）、SOYBEAN OIL（豆油）、**MOLASSES**（糖蜜）、YEAST（酵母）、WHEAT GLUTEN（小麦蛋白）、CALCIUM PROPIONATE（丙酸钙（防腐））、NON FAT MILK（脱脂牛奶）、SALT（盐）

面包 2 号：不健康的选择

配料：ENRICHED WHEAT FLOUR（浓缩小麦粉）、**CORN SYRUP**（玉米糖浆）、**SUGAR**（糖）、PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL（部分氢化豆油和棕榈油）、**SUCROSE**（蔗糖）、**DEXTRROSE**（右旋糖）、**HIGH FRUCTOSE CORN SYRUP**（高果糖玉米糖浆）、**FRUCTOSE**（果糖）、GLYCERIN（甘油）、**POLYDEXTROSE**（聚右旋糖）、MODIFIED CORN STARCH（改性玉米淀粉）、SALT（盐）、SODIUM STEAROLY LACTYLATE（硬脂酰乳酸钠）、PYRIDOXINE HYDROCHLORIDE（盐酸吡哆醇）、RED #40（#40 红色素）、YELLOW #5（#5 黄色素）

如需获取健康饮食方面的妙招，请在 Facebook 上关注“Eat Healthy, Be Active NYC”主页，

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本资料由美国农业部 (United States Department of Agriculture, USDA) 的营养补充援助计划 (Supplemental Assistance Program, SNAP) 赞助。SNAP 之前在纽约称为“食品救济券计划” (Food Stamp Program, FSP)，为低收入者提供营养援助。该计划能够协助您购买营养食品，摄入更健康的饮食。如需了解详情，请致电 800-342-3009 或访问 myBenefits.ny.gov。USDA 是一个平等机会的提供者和雇主。根据联邦法律和农业部 (USDA) 政策，本机构禁止因种族、肤色、国籍、性别、年龄、宗教、政治信仰或残障情形而歧视他人。若要投诉歧视现象，您可以致函：USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 或致电 202-720-5964（语音及 TDD）。

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

Look for fruits and vegetables grown in New York State.



Spring

Fruits

Apples

Vegetables

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

Summer

Fruits

Cherries
Melons
Strawberries
Peaches

Vegetables

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

Fall

Fruits

Apples
Grapes
Pears
Raspberries
Watermelon

Vegetables

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

Winter

Fruits

Apples

Vegetables

Beets
Cabbage
Carrots
Garlic
Mushrooms
Onions
Potatoes
Sweet potatoes
Winter squash

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Just Say Yes to Fruits and Vegetables

教您轻松……

购买时令蔬果并省钱

寻找在纽约州内种植的水果和蔬菜。



春季

水果

苹果

蔬菜

芦笋
甜菜
西兰花
卷心菜
花椰菜
绿叶甘蓝
羽衣甘蓝
生菜
蘑菇
芥菜
欧洲萝卜
豌豆
萝卜
大黄
菠菜
球芽甘蓝

夏季

水果

樱桃
甜瓜
草莓
桃子

蔬菜

甜菜
西兰花
卷心菜
花椰菜
芹菜
玉米
黄瓜
大蒜
四季豆
生菜
蘑菇
秋葵
洋葱
辣椒
土豆
西葫芦
蕃茄
绿皮西葫芦

秋季

水果

苹果
葡萄
梨
树莓
西瓜

蔬菜

甜菜
西兰花
卷心菜
大蒜
四季豆
生菜
蘑菇
洋葱
辣椒
土豆
南瓜
萝卜
红薯
芜菁
冬南瓜

冬季

水果

苹果

蔬菜

甜菜
卷心菜
胡萝卜
大蒜
蘑菇
洋葱
土豆
红薯
冬南瓜

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Easy ways to... Save Money on Healthy Food



Home

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

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



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



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

Farmers Markets

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



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



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

Supermarket

Buy fresh, frozen or canned fruits and vegetables.

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



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

Buy less-expensive store brands instead of name brands.

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



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

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Just Say Yes to Fruits and Vegetables

在健康的食品上 省钱的一些方法



家中

计划本周的正餐和点心，并且制定购物清单。

保持厨房橱柜井然有序，并进行清点，以避免购买已有的食物。



减少浪费。完全烹饪水果和蔬菜的所有部分。



充分运用吃剩的食物。可以利用剩余的蔬菜、谷类、肉类或豆类制成汤品、快炒或砂锅菜。

农贸市场

购买当季的水果和蔬菜。在适当的时节，水果与蔬菜的价格通常较低，口感通常也较佳。



在水果和蔬菜当季时囤货，并将其冷冻或罐装保存，以备之后食用。



享用您的 EBT/SNAP 福利。您在纽约市农贸市场每使用电子福利转账 (Electronic Benefits Transfer, EBT) 卡/营养补充援助计划 (Supplemental Nutrition Assistance Program, SNAP) 卡消费 2 美元，将可获得 2 美元的“健康小钱” (Health Bucks) 兑换券，每天最多获得 10 美元，可以用来购买新鲜的水果与蔬菜。

超市

购买新鲜、冷冻或罐装的水果和蔬菜。

购买干豆、豌豆和扁豆以代替较为昂贵的蛋白质。



购买全食来代替方便的商品。例如，购买完整的苹果以代替切好的苹果。

购买较为低廉的零售品牌以代替名牌。

购买食品时，诸如燕麦片、大米、豆类和面粉，选择散装或家庭装。



不要购买甜的饮料，尝试用柑橘搭配饮用水调配！

如需获取健康饮食提示，例如健康饮食，纽约市保持活力 (Eat Healthy, Be Active NYC)，请访问 Facebook，网址：facebook.com/eatinghealthynyc。

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Just Say Yes to Fruits and Vegetables

Easy Ways to... Store Fruits and Vegetables

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

Cool, dark and dry place: 1 to 3 months



Potatoes
Sweet potatoes
Winter squash

Garlic
Onions
Shallots



Counter: 3 to 10 days (refrigerate when ripe)



Apples
Grapes
Peaches
Plums

Cherries
Melons
Pears
Tomatoes



Refrigerator: 3 to 14 days

Asparagus*	Berries	Beets
Broccoli	Brussels sprouts	Cabbage
Carrots	Cauliflower	Celery*
Chili peppers	Corn	Cucumbers
Eggplant	Green onions	Green beans
Herbs*	Leafy greens*	Leeks
Mushrooms	Okra	Peas
Peppers	Radishes	Summer squash
Zucchini		<i>*keep in plastic bag</i>



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NYC
Health

Just Say Yes to Fruits and Vegetables

教您轻松……

存放水果与蔬菜

妥善存放水果和蔬菜，可以使它们保持新鲜的时间更长、口感更好、锁住营养，还能减少食物浪费，从而帮您节省开支。

阴凉干燥处：1 至 3 个月



土豆
红薯
冬南瓜

大蒜
洋葱
青葱



台面上：3 至 10 天（成熟后冷藏）



苹果
葡萄
桃子
李子

樱桃
甜瓜
梨
蕃茄



冰箱：3 至 14 天

芦笋*
西兰花
胡萝卜
辣椒
茄子
香草*
蘑菇
辣椒
绿皮西葫芦

浆果
球芽甘蓝
花椰菜
玉米
大葱
绿叶蔬菜*
秋葵
萝卜

甜菜
卷心菜
芹菜*
黄瓜
四季豆
韭菜
豌豆
西葫芦

*存放在塑料袋内



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NYC
Health

Just Say Yes to Fruits and Vegetables

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



Do...

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

Don't...

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

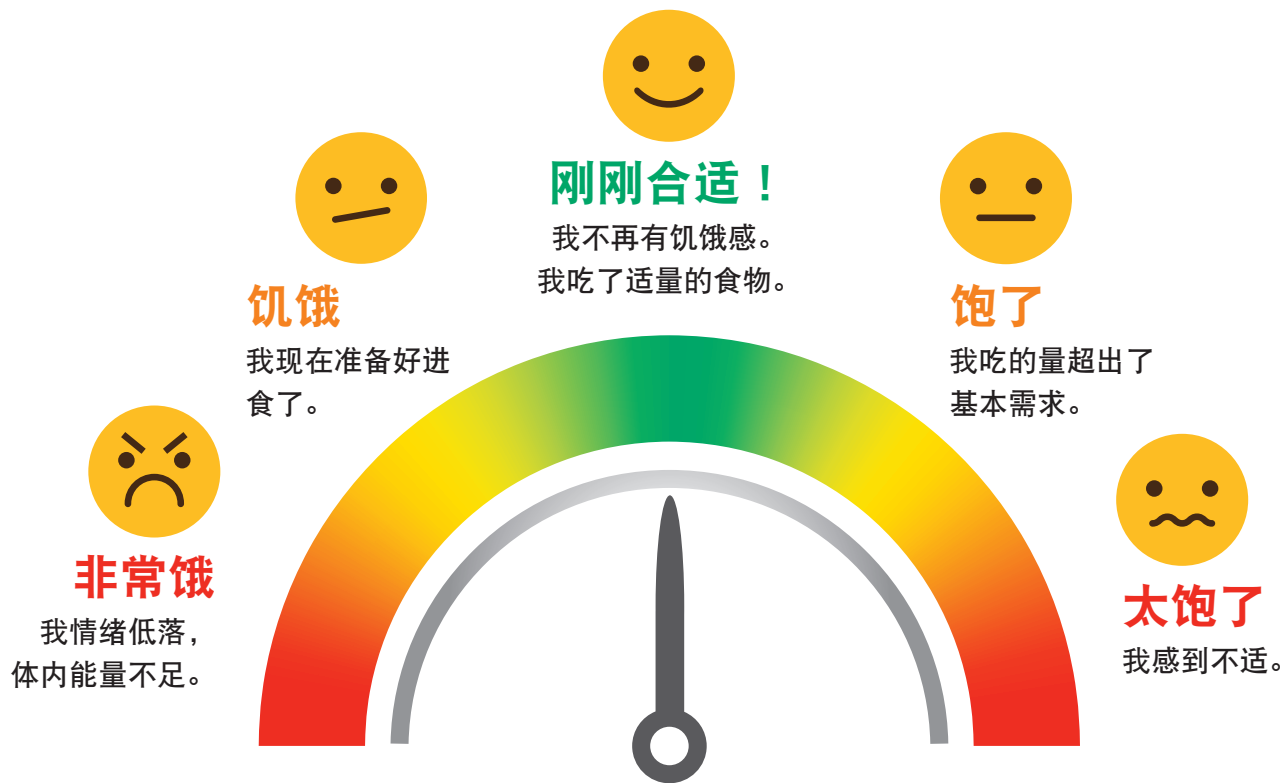
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This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can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

使用简单的方式即可…… 了解饥饿感和饱腹感



请务必……

- ✓ 在餐桌旁进食。
- ✓ 先从小份开始。
- ✓ 细嚼慢咽，因为您在进食 20 分钟后才会开始有饱腹感
- ✓ 注意您的感受，尽量在有饱腹感之前停止进食。
- ✓ 享用您的食物！

请不要……

- ✗ 站着进食。
- ✗ 在餐盘中装过多食物。
- ✗ 吃得太快。
- ✗ 跳过某餐不吃。这会增加你下一顿吃得过多的可能性。
- ✗ 在屏幕前进食。

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Easy Ways to... Use the Nutrition Facts Label

1. Start with serving size.

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

2. Aim to meet your daily calorie goal.

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

3. Limit:

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

4. Eat enough:

- Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

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

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

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

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

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使用营养成分表标签的简单方法...

1. 从食用份量开始。

查看每个容器的份数以及每份含量。营养成分表为一份含量。

2. 目标是达到每日卡路里摄入目标。

请访问 choosemyplate.gov/MyPlatePlan，计算您个人的卡路里需求。

3. 限额：

- 饱和脂肪
- 反式脂肪
- 胆固醇
- 钠
- 添加糖

4. 足量摄取：

- 纤维
- 维生素 D
- 钙
- 铁
- 钾

5. 请注意“每日摄入量 (DV) 百分比 (%)”：

- 5% 以下为偏低
- 20% 以上为偏高

营养成分表

每个容器含 8 份

食用份量

2/3 杯 (55g)

每份数值

卡路里

230

	每日摄入量百分比*
总脂肪 8g	10%
饱和脂肪 1g	5%
反式脂肪 0g	
胆固醇 0mg	0%
钠 160mg	7%
总碳水化合物 37g	13%
膳食纤维 4g	14%
总糖分 12g	
含 10g 添加糖	20%
蛋白质 3g	6%
维生素 D 2mcg	10%
钙 260mg	20%
铁 8mg	45%
钾 235mg	6%

* “每日摄入量 (DV) 百分比” 表示一份食物为每日饮食所提供的营养物质数量。一般营养建议是每天摄入 2,000 卡路里。

如需获取健康饮食提示，例如“Eat Healthy”（健康饮食）、“Be Active NYC”（在纽约市保持活力），请访问 Facebook，网址为 [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)。

如需有关 Stellar Farmers Markets 的更多信息，请访问 nyc.gov 并搜索“farmers markets”（农贸市场）。

如需获取健康食谱，请访问 jsyfruitveggies.org。

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Every Sip Adds Up

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

20-ounce soda



About **16** teaspoons of sugar



240 calories

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

20-ounce sports drink



About **9** teaspoons of sugar



140 calories

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

16-ounce energy drink



About **14** teaspoons of sugar

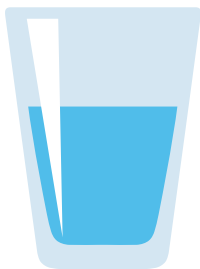


220 calories

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

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

Choose New York City tap water!



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



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每喝一小口都会增加身体负担

含糖饮料与蛀牙、体重增加、2型糖尿病和心脏病息息相关。

20 盎司苏打水



约 16 茶匙糖



240 卡路里

需要行走 4,500 步才能消耗这瓶饮料。*

20 盎司运动饮料



约 9 茶匙糖



140 卡路里

需要行走 2,500 步才能消耗这瓶饮料。*

16 盎司能量饮料



约 14 茶匙糖

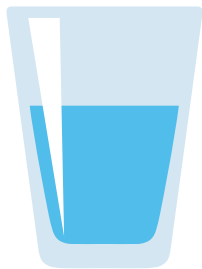


220 卡路里

需要行走 4,000 步才能消耗这瓶饮料。*

*具体数值可能因体重、身高和能量消耗量而异。

选择纽约市自来水！



- ✓ 0 茶匙糖
- ✓ 0 卡路里
- ✓ 健康
- ✓ 清洁
- ✓ 免费
- ✓ 新鲜



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How much sugar is in your drink?

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



Make better beverage choices:

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

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



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

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

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Just Say Yes to Fruits and Vegetables

您的饮料里有多少糖？

含糖饮料（例如苏打水、加糖冰茶、果汁以及能量和运动饮料）与体重增加、蛀牙、心脏病和 2 型糖尿病密切相关。



选择更健康的饮料：

- ✓ 喝更健康的饮料，例如水、低脂或无脂纯牛奶。
- ✓ 在水中加入新鲜水果。
- ✓ 查看“营养成分表”标签，确认饮料中的含糖量。

65 克糖 = 16 茶匙糖！



普通成年人每天摄入的含糖量不应超过 12 茶匙。

这瓶苏打水的糖分过高！

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Stock up with... Staple Foods



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

Fruits and Veggies



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

Whole Grains



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

Protein Foods



Add lean proteins to your meals. Choose:

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

Low-Fat Dairy



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

Herbs and Spices



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

Other Ingredients



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

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Just Say Yes to Fruits and Vegetables

囤货..... 主食



在食品储藏柜中储存这些主食，轻松快速地制作正餐和点心。

水果与蔬菜



新鲜、冷冻、罐装和晾干的水果和蔬菜均是不错的选择。选择当季新鲜果蔬。

全谷食物



燕麦、碾碎的干小麦、100% 全谷意大利面及玉米粉均是速煮全谷物。您时间充裕时，可烹饪糙米饭。食用 100% 全谷类面包、玉米粉圆饼和薄饼干。

蛋白质食物



在您的饮食中加入瘦蛋白。选择：

- ✓ 蛋类
- ✓ 鱼罐头，如金枪鱼或鲑鱼
- ✓ 果仁酱，如花生酱
- ✓ 干燥低钠或无盐的罐装豆类
- ✓ 坚果和种子
- ✓ 豆类，如扁豆

低脂乳制品



将低脂奶酪条、低脂原味酸奶和低脂牛奶存放于冰箱中。搭配新鲜水果，均可制作美味点心。

香草和调味料



将各种干燥的香草和调味料存放在凉爽、避光的地方，延长它们保存的期限。

其他佐料



常备植物油、醋、低钠酱油、低钠或无盐肉汤，及低钠或无盐罐装西红柿，快速制作美食。

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NYC
Health

Just Say Yes to Fruits and Vegetables

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