

搭配有益健康的餐盘

从选择大小合适的餐盘或餐碗开始。一位成人的餐盘应该大约9英寸宽，而一个小孩的餐盘应该大约7英寸宽。



应添有1/4的全谷物和淀粉



应添有1/2的水果和蔬菜



应添有1/4的瘦肉蛋白质



多吃水果和蔬菜

Eat More Fruits and Vegetables

水果和蔬菜是身体所需的膳食纤维、维生素和矿物质的重要来源。每天食用水果和蔬菜可降低罹患心脏病、肥胖症、糖尿病及一些癌症的风险。

Fruits and vegetables are a good source of fiber, vitamins and minerals. Eating fruits and vegetables every day can lower your risk of heart disease, obesity, diabetes and some cancers.



食物的挑选What to Choose :

- 各式各样的水果和蔬菜, 包括茄子、豆芽、白菜、苹果、橙子和香蕉。
- 新鲜、冷冻和罐装食品类: 注意挑选没有添加人工糖浆的罐装水果, 和低盐(低钠)或无盐的罐装蔬菜。
- 新鲜水果代替果汁: 水果含有更多的膳食纤维, 且更容易产生饱腹感。
- A variety of colorful fruits and vegetables such as eggplant, bean sprout, bok choy, apple, oranges and banana.
- Fresh, frozen and canned: Look for canned fruit in its own juice instead of syrup. Choose canned vegetables with low sodium or no salt added.
- Whole fruit instead of juice: Whole fruit has more fiber and helps you feel full.

吃瘦肉蛋白质

Eat Lean Proteins

蛋白质提供我们营养, 且容易让人感到饱足。瘦肉蛋白质(低脂肪)有利于我们的心脏和腰围。这些食物含有较少的饱和脂肪, 饱和脂肪可提高坏胆固醇(LDL)指数, 并增加罹患心脏病的风险。

Protein provides nutrients and can help you feel full. Lean (low-fat) proteins are better for your heart and waistline. They have less saturated fat, which raises your LDL ("bad") cholesterol and increases your risk of heart disease.



食物的挑选What to Choose :

- 鱼和贝壳类。
- 选择去皮的鸡和火鸡胸肉, 以及瘦猪肉。
- 选择植物蛋白, 例如豆类、坚果, 以及豆制品如豆腐。
- 各种蛋类。
- Fish or shellfish.
- Chicken and turkey breasts without the skin, lean cuts of pork.
- Plant-based proteins such as beans, nuts and soy products like tofu.
- Eggs.

多食用全谷物

Go for Whole Grains

全谷物的膳食纤维能让你有长时间的饱腹感, 并能降低罹患心脏疾病的风险。在全谷物食品的成分列表中, 所列出的第一个成分应该出现“whole”这个英文单字。

The dietary fiber in whole grains can make you feel full longer and can lower your risk of heart disease. Whole grains should have the word “whole” as part of the first ingredient on the ingredients list.



食物的挑选What to Choose :

- 糙米和全麦面条。
- 100%全谷物面包, 且每片面包含有至少2克纤维。
- 选择无糖或含有新鲜水果的麦片。
- 选择全麦面粉来代替白面粉。
- Brown rice and whole wheat noodles.
- 100% whole grain bread, with at least 2 grams of fiber per slice.
- Oatmeal: Choose unsweetened and flavor with fresh fruit.
- Choose whole wheat flour instead of white flour.