

Salt: Is it a little or a lot?

Many Chinese dishes are delicious but high in salt, which affects our family's health. Chinese American children tend to have a diet high in sodium- sodium is the measuring unit for salt.

High sodium consumption can raise blood pressure, which is a major cause of hypertension, cardiovascular disease, and kidney disease.

When we read nutrition labels, we need to pay attention to sodium levels. The Recommended Daily Intake (RDI) for sodium is less than 2400 mg- about 1 teaspoon of salt.

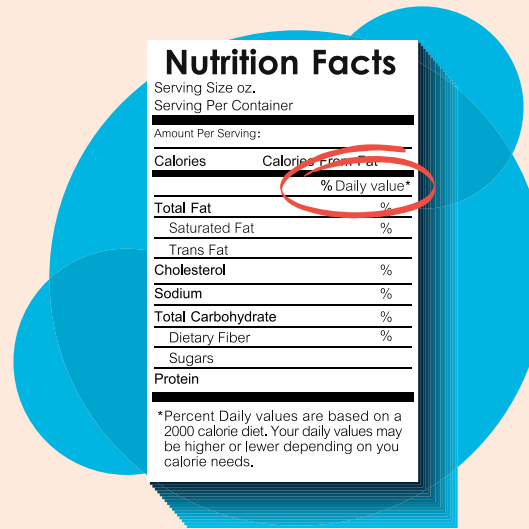
Sodium is not only in salt- many sauces contain high levels of sodium, including soy sauce, oyster sauce, bean paste, and hoisin sauce. We need to pay attention to how much sodium we eat in a day through different foods.

A quick tip to keep track of sodium intake is to use the **percent daily value (%DV)** on the nutrition facts label. %DV shows how much a nutrient in a serving contributes to a total daily diet.

- If the % DV is 5% or less = **a little bit** of sodium
- If the % DV is 15% or more = **a lot of** sodium

When buying packaged foods and snacks, opt for those with less than 5% DV.

Use this as a tool in helping you make better nutrition decisions!



盐：一点还是很多？

很多中国菜味道鲜美，但盐分高，影响家人的健康。美国华裔儿童的饮食往往钠含量高。钠是盐分的计量单位。

高钠摄入会升高血压，这是导致高血压、心血管疾病和肾脏疾病的主要原因。

当我们阅读营养标签时，我们需要注意注意钠水平。钠的每日摄入量少于 2400 毫克 - 约 1 茶匙盐。

钠不仅存在于盐中许多酱汁中的钠含量都很高，包括酱油、蚝油、豆瓣酱和海鲜酱。我们需要注意每天通过不同的食物摄入多少钠。

跟踪钠摄入量的一个快速提示是使用营养成分标签上的 "Percent Daily Value" (%DV)。

- 如果 % DV 为 5% 或更少 = 一点的钠
- 如果 % DV 为 15% 或更多 = 大量的钠

购买包装食品和零食时，请选择低于 5% 的DV产品。

使用它作为帮助您做出更好的营养决定工具！

吃得好, 保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯： 油菜心

Vegetable Spotlight: Choy Sum



Center for Regional Food and Farming



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菜心汤 (2-3人份)

Choy Sum Soup (serves 2-3)

食材

- 1束菜心，洗净并切成三分
- 半包嫩豆腐，切块
- 1个青椒，切片
- 半个白洋葱，切片
- 2汤匙韩国豆瓣酱
- 1汤匙红辣椒粉
- 1汤匙大蒜，切碎
- 10-15 条干鳀鱼
- 1块干海带（昆布）

INGREDIENTS

- 1 bunch choy sum
- 1/2 pack soft tofu
- 1 green pepper
- 1/2 white onion
- 2 tbsp Korean soybean paste
- 1 tbsp red pepper powder
- 1 tbsp minced garlic
- 10-15 dried anchovies
- 1 piece dried kelp



第1步

清洗和沥干所有蔬菜。把菜心切成三份，将青椒和白洋葱切成薄片。

STEP 1

Wash and dry all produce items. Chop the choy sum into thirds. Thinly slice the green pepper and white onion.

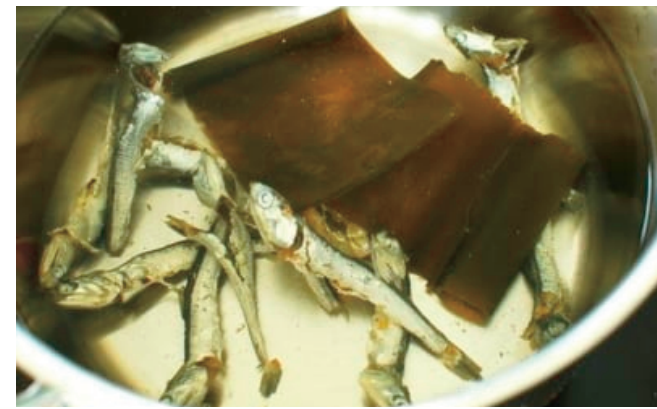


第3步

将豆瓣酱、红辣椒粉和菜心加入锅中。煮沸10分钟。用中火偶尔搅拌。

STEP 3

Remove kelp and anchovies from the pot. Add soybean paste, red pepper powder, and choy sum to the pot. Boil for 10 min. on medium high heat.



第2步

在锅中，用中火煮干鳀鱼约 2 分钟。加入7杯水 and 海带，煮沸。小火煮10-15分钟。从锅中取出海带和凤尾鱼。

STEP 2

In a pot, cook the anchovies over medium heat for ~2 min. Add 7 cups of water and the kelp and bring to a boil. Lower the heat and let simmer for 10-15 min.



第4步

加入豆腐、胡椒、洋葱和大蒜，搅拌均匀。再把汤煮5分钟。趁热享用！

STEP 4

Add the tofu, pepper, onion, and garlic and stir together. Boil the soup for 5 more minutes. Serve hot and enjoy!