份量是什么?

- 一份蔬菜的标准份量约为 75 克或:
 - 1/2 杯煮熟的绿色或橙色蔬菜(如 盖兰、胡萝卜或白菜)
 - 1杯牛的绿叶蔬菜
 - 1/2 中等的淀粉类蔬菜(土豆、芋 头)
 - 1个中等大小的番茄
- 一份标准的水果约为 150 克 或:
 - 1 个中等大小的苹果、香蕉、橙子 或梨
 - 1杯切丁或水果罐头
 - 2个小杏子、猕猴桃或李子

芥兰菜 Gai lan

季节:5月和8月

Season: May and August

高纤维含量可促进肠道健康 High fiber content promote good gut health

PER 100 GRAMS:

22 calories 1.1g protein

2.5g fiber 0.7g fat 3.8g carb, 0.8g total sugars 每100克

22 卡路里 1.1g 蛋白质 0.7g 脂肪 2.5g 纤维

3.8 g 碳水化合物, 0.8g 总糖

What is a serving size?

A standard serving of vegetables is about 75 grams or:

- 1/2 cup cooked green or orange vegetables (such as gai lan, carrots, or bok choy)
- 1 cup green leafy vegetables
- 1/2 medium starchy vegetable (potato, taro)
- 1 medium size tomato

A standard serving of fruit is about 150 grams or:

- 1 medium apple, banana, orange, or pear
- 1 cup diced or canned fruit
- 2 small apricots, kiwi fruits, or plums

丰富的维生素K来源,促进骨 骼健康

Rich source of vitamin K which promotes healthy bones

含有抗氧化剂,有助于保持年 轻肌肤

Contains antioxidants that can help maintain youthful skin

提供大量维生素C,可降低患心血管 疾病的风险

Provides tons of vitamin C which can lower risk of cardiovascular disease

吃得好,保持健康! **Eat Well, Stay Healthy!**



蔬菜聚光灯:

芥兰菜

Vegetable Spotlight: Gai lan





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青菜米粉湯 (5-6人份)

Vegetable Noodle Soup

食材

(serves 5-6)

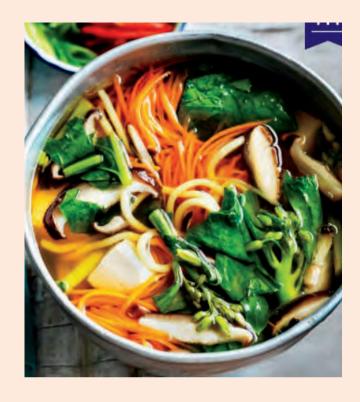
- 4杯蔬低盐菜汤
- 4杯水
- 2英寸姜,切片
- 蒜瓣1个,压碎
- ¼杯低盐生抽
- 7 个干香菇
- 1束芥兰菜
- 4捆米粉,浸泡
- 1 根胡萝卜,切丝
- 1 包嫩豆腐,切塊
- 1汤匙芝麻油
- 葱2根,切成薄片
- 白胡椒

INGREDIENTS

- 4 cups low sodium vegetable stock
- 4 cups water
- 2 inch piece ginger, minced
- 1 garlic clove, crushed
- ¼ cup low sodium soy sauce
- 7 fresh or dried shiitake mushrooms
- 1 bunch gai lan
- 4 bundles rice noodles, soaked
- 1 carrot, julienned
- 1 pack soft tofu, cubed
- 1 tbsp sesame oil
- 2 green onions, thinly sliced
- White pepper

做法步骤

- 1.在一个大锅里,加入4杯菜汤,4杯水,姜、酱油,煮沸。
- 2.加入蘑菇,胡萝卜芥兰菜,煮2分钟。
- 3.再在锅中加入豆腐和麻油,煮沸。 用少许白胡椒调味。
- 4.在汤上撒上一些葱,即可 享受!



INSTRUCTIONS

- 1. Add stock, water, ginger garlic, and soy sauce to a large pot and bring to a boil.
- 2. Add carrot, mushrooms, gai lan, and noodles to the pot. Simmer for ~2 minutes.
- 3. Add tofu and sesame oil to the pot and bring to a boil. Season with a dash of soy sauce and white pepper. Remove from heat.
- 4. Serve soup with green onions on top. Enjoy!

健康小贴士



建议成年人每天摄入 5份蔬菜和 2份水果。 看看背面,知道份量是多少!

HEALTH TIP

It is recommended that adults get 5 servings of vegetables and 2 servings of fruit each day. Look at the back to see what a serving size is!