

Serving size

Serving sizes are used to quantify recommended amounts of food. The secret to serving size is in your hand.

A fist or a cupped hand = 1 cup

1 cup = 1.5-2 servings of fruit juice

1 oz. of cold cereal

2 oz. of cooked cereal, rice, or pasta

8 oz. of milk or yogurt

A thumb = 1 oz. of cheese

Consuming low-fat cheese can help you meet the recommended serving size from the milk, yogurt, and cheese groups. 1.5 oz. of low-fat cheese counts as 8 oz. of milk or yogurt

A handful = 1-2 oz. of snack foods

Snacking can add up quickly. Keep in mind that 1 handful equals 1-2 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equal 1 oz.

A palm = 3 oz. of meat

Choose meat sources like lean poultry, fish, shellfish, and beef. One palm size portion equals 3 oz. for an adult and 1.5-2 oz. for a child under 5.

A thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, to a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals one tablespoon.

A tennis ball = ½ cup of fruits and vegetables

Health diets include a variety of colorful fruits and vegetables every day.

A key part in healthy eating means choosing appropriate amounts of different foods. Remember that everybody has different dietary requirements—how much you eat is dependent on your age, weight, height, gender, and more.

食用分量

食用分量是用来量化建议的食物量。食用分量的秘诀就在您的手中。

一个拳头或一个手掌=1杯

1杯=1.5-2份果汁

1盎司的冷麦片

2盎司煮熟的麦片、米饭或面食

8盎司的牛奶或酸奶

一个拇指=1盎司奶酪

食用低脂奶酪可以帮助您达到牛奶、酸奶和各种奶酪的推荐食用量。1.5盎司的低脂奶酪可算作8盎司的牛奶或酸奶。

一把=1-2盎司的零食

零食很容易吃过量。请记住，1把等于1-2盎司的坚果和小糖果。对于薯片和椒盐卷饼，2把等于1盎司。

一个手掌=3盎司的肉

选择如瘦肉类的家禽、鱼、贝类和牛肉的肉类来源。一个手掌大小的份量对成人来说等于3盎司，对5岁以下儿童来说等于1.5-2盎司。

一个拇指尖=1茶匙

尽量减少高脂肪食物，如花生酱和蛋黄酱。一茶匙相当于你的拇指尖端到指节的长度。三茶匙等于一汤匙。

一个网球=半杯水果和蔬菜

健康饮食包括每天吃各种不同颜色的水果和蔬菜。

健康饮食的关键部分在于选择适量的不同食物。记住，每个人有不同的营养要求—吃多少取决于您的年龄、体重、身高、性别等。



HarvestShare

Our Communities, Our Foods.

吃得好，保持健康！
EAT WELL,
STAY HEALTHY!

蔬菜聚光灯：甜椒
VEGETABLE SPOTLIGHT:
SWEET PEPPERS



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OUR GREEN
REVERENCE

清炒豆腐和甜椒 (4人份)

Stir-fried Tofu and Peppers (SERVES 4)

材料:

- 1包硬豆腐，切块
- 2汤匙减盐酱油
- 1汤匙米醋
- 2汤匙花生油
- 1茶匙芝麻油
- 3个甜椒，切丁
- 1汤匙生姜，切碎
- 3个大蒜瓣，切碎
- 半茶匙的红辣椒片
- 3根大葱，切碎

步骤:

1. 将1汤匙酱油和1汤匙油混合在一起。与豆腐一起搅拌均匀，腌制约15分钟。在另一个碗中，将1大匙酱油、米醋和香油混合在一起。
2. 在平底锅上煮甜椒约2分钟，然后加入大蒜和姜。加入腌制的豆腐、红辣椒片和葱，煮约2分钟。将酱汁加入锅中，煮约3分钟。可与米饭一起享用!

INGREDIENTS:

- 1 pack firm tofu, cubed
- 2 tbsp low sodium soy sauce
- 1 tbsp rice vinegar
- 2 tbsp peanut oil
- 1 tsp sesame oil
- 3 sweet peppers, diced
- 1 tbsp ginger, minced
- 3 garlic cloves, minced
- ½ tsp red pepper flakes
- 3 scallions, chopped



INSTRUCTIONS:

1. Mix together 1 tbsp soy sauce and 1 tbsp oil. Toss with the tofu and marinate for ~15 minutes. In another bowl, mix together 1 tbsp soy sauce, rice vinegar, and sesame oil.
2. Cook sweet peppers on a pan for ~2 minutes, then add the garlic and ginger. Add the marinated tofu, red pepper flakes, and scallions and cook for ~2 minutes. Add the sauce to the pan and cook for ~3 minutes. Serve with rice and enjoy!

