

## TIPS FOR EATING MORE WHOLE GRAINS

Maintaining a healthy diet is important at any age. Whole grains, lean meats, dairy, and fortified soy products are all excellent options for your diet. While shopping for grains, look for those whole grains that are high in nutrients and low in added sugar, saturated fat, and salt. Here are some tips to get started:

- Try eating whole grains in your meals. For example, enjoy some whole-grain cereal in the morning. Aside from oatmeal, you might want to try other grains to come up with a new morning favorite, such as buckwheat or millet. During lunch or dinner time, layer some colorful vegetables and your favorite protein with a mixture of grains, such as purple rice, brown rice, or red rice.
- Try new grains. Quinoa, purple rice, red rice, or millet are all excellent options. Grains not only contain many essential nutrients, but they are also easy to fit into a variety of recipes. There are a lot of recipes and culinary instructions available online.
- When eating out, try whole-grain options, for example, substituting brown or purple rice for white rice or noodles.

## 如何多吃全谷物

保持健康的饮食对于任何年龄段都很重要。全谷物、瘦肉、乳制品和经强化豆制品都是您饮食的绝佳选择。购买谷物时，寻找那些营养丰富、添加糖、饱和脂肪和盐含量低的全谷物。以下是如何多吃全谷物的窍门：

- 尝试在膳食中加入全谷物。例如，早上享用一些全麦麦片。除了燕麦片之外，还尝试其他谷物来制作新的早餐搭配，例如荞麦或小米。在午餐或晚餐时，用一些色彩缤纷的蔬菜和您最喜欢的蛋白质与紫米、糙米或红米等全谷物搭配一起食用。
- 多尝试新谷物。藜麦、紫米、红米或小米都是不错的选择。谷物不仅含有许多必需营养素，而且很好的与各种食材搭配。网上有很多食谱和烹饪方法。
- 外出就餐时，尝试全麦食品，例如，用糙米或紫米代替白米或面条。

References/参考资料:

1. U.S. Department of Agriculture. Print Materials. <https://www.myplate.gov/resources/print-materials>. Accessed January 26, 2024.

2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

# Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Hakurei Turnips  
蔬菜聚光灯: 日本白萝卜



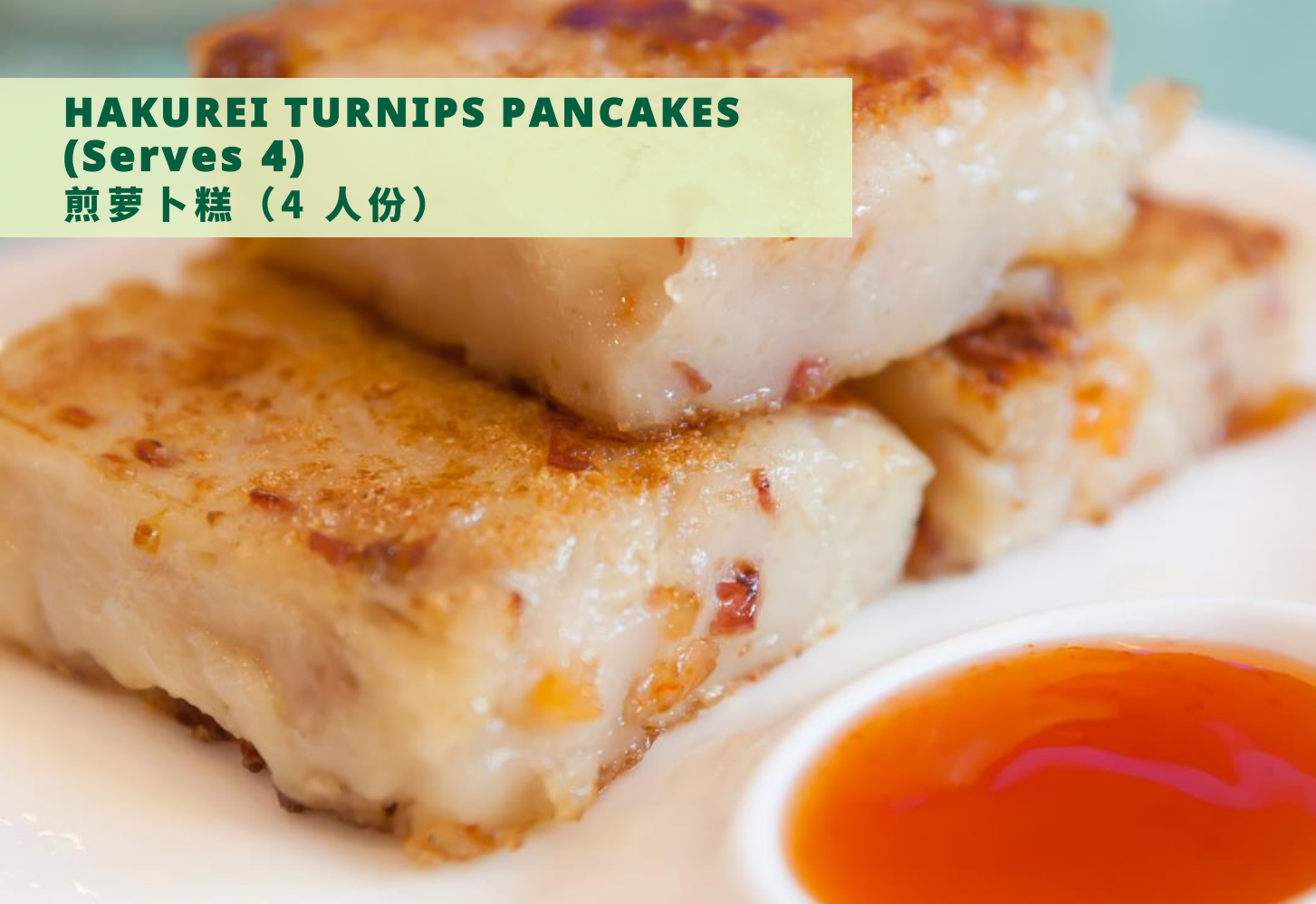
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## HAKUREI TURNIPS PANCAKES (Serves 4)

煎萝卜糕 (4 人份)



### INGREDIENTS

- 3/8 Onion
- 1 pound Hakurei turnips
- 2 Eggs beaten
- 1/8 cup All-purpose Flour
- 1/4 teaspoon Black Pepper
- 1/3 teaspoon Salt to taste
- Vegetable Oil for frying

### 配料

- 3/8 个洋葱
- 1 磅日本白萝卜
- 2 个鸡蛋打散
- 1/8 杯全麦面粉
- 1/4 茶匙黑胡椒
- 1/3 茶匙盐调味
- 煎炸用植物油

### DIRECTIONS

1. Grate the onion and Hakurei turnips on the large holes of the grater. Mix the onion, turnip, eggs, flour, salt, and pepper thoroughly in a large bowl.
2. In a large skillet or griddle, swirl two teaspoons oil over medium-high heat. Spoon two tablespoons of mixture for each pancake into the hot pan, leaving space in between.
3. With a spatula, lightly press the pancakes into a flat round shape. Cook until dark golden brown on each side. Repeat until all the batter is done.

### 步骤

1. 将洋葱和日本白萝卜用刨丝机刨成丝。将洋葱、日本白萝卜、鸡蛋、面粉、盐和胡椒粉在一个大碗中充分混合。
2. 在大平底锅或铁板上，加入两茶匙油，中高火烧热。每个煎饼用两汤匙混合物舀入热锅中，中间留出空隙。
3. 用锅铲轻轻将煎饼压成扁圆形。煎至两面呈深金黄色。重复上述步骤，直到所有面糊都煎好。



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