

THE BASICS OF GRAINS

What are the benefits of consuming grains, particularly whole grains?

There are many health benefits of eating grains, particularly whole grains. Grains are a great source of good nutrients that our bodies need to function properly. For example, whole grain provides fibers, vitamins, and minerals. The examples of whole grains include quinoa, millet, red rice, brown rice, etc.

How much grain do I need daily?

It depends on many factors, such as age, sex, height, weight, level of physical activity, or whether you are pregnant or nursing. In general, the majority of people eat enough total grain foods. However, very few people get enough whole grains in their diet. The Dietary Guidelines for Americans recommend that at least half of the grains we consume should be whole grains.

谷物的基础知识

食用谷物，特别是全谷物有什么好处？

吃谷物对健康有很多好处，尤其是全谷物。谷物为我们身体正常运作提供重要营养来源。例如，全谷物提供纤维、维生素和矿物质。全谷物的例子包括藜麦、小米、红米、糙米等。

我每天需要多少谷物？

这取决于许多因素，例如年龄、性别、身高、体重、运动量，或者您是否怀孕或哺乳。一般来说，大多数人吃足够的谷物食品。然而，很少有人在饮食中摄入足够的全谷物（Whole Grains）。《美国膳食指南》建议我们摄入的谷物中至少有一半应该是全谷物。

References/参考资料:

1. U.S. Department of Agriculture. Grains. <https://www.myplate.gov/eat-healthy/grains>. 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: Candy Onions

蔬菜聚光灯: 甜洋葱



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POTATO SAUTÉ WITH CANDY ONIONS AND BELL PEPPERS (Serves 4) 甜洋葱甜椒炒土豆 (4 人份)



INGREDIENTS

- 2 cups Water
- 2 Potatoes, cleaned and cut in half
- 1 tablespoon Vegetable Oil
- 1/2 cup Candy onion, chopped
- 1/2 cup Bell Pepper, chopped (red or green)
- 1/2 cup Corn without added salt (canned or frozen, thawed)
- 1/2 cup Tomato, chopped
- 1/4 teaspoon Salt
- 1/4 teaspoon Black Pepper

配料

- 2 杯水
- 2 个土豆，洗净后对半切开
- 1 汤匙植物油
- 1/2 杯甜洋葱，切块
- 1/2 杯甜椒，切块（红色或绿色）
- 1/2 杯不加盐的玉米（罐装或冷冻，需解冻）
- 1/2 杯西红柿，切块
- 1/4 茶匙盐
- 1/4 茶匙黑胡椒

DIRECTIONS

1. Bring water to a boil in a large pan. Add potatoes and cook until crisp-tender, about 15 minutes. Drain well and cut into bite-size pieces.
2. Heat oil in a large skillet. Sauté candy onion until golden brown and soft. Add potatoes and bell pepper to skillet and cook over medium-high heat, stirring frequently, until golden brown.
3. Stir in corn, tomato, salt, and ground black pepper.

步骤

1. 在大锅中将水烧开。加入土豆，煮至脆嫩，约 15 分钟。沥干水分，切成一口大小的块。
2. 在大平底锅中加热油。将甜洋葱炒至金黄色变软。在平底锅中加入土豆和甜椒，用中高火烹煮，并经常搅拌，直至呈金黄色。
3. 加入玉米、西红柿、盐和黑胡椒碎搅拌翻炒。



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