

TIPS FOR HEALTHY GROCERY SHOPPING

Always choose nutrient-dense options that are low in sodium, saturated fat, and added sugars when you do grocery shopping. Consider the following advice:

Before grocery shopping, take stock of what you currently have in the fridge, freezer, and pantry. Then make a menu plan for the week. Come up with new uses for the things you already own and the ones you want to buy. Aim for a diverse diet across all food categories. Consider the five food groups as you make your list: fruits, vegetables, grains, protein, dairy, and fortified soy products. When you have finished making a list of everything you need, sort it into categories like food groups or grocery sections. You can stay on task, get what you need, and get out of the store fast if you do this.

During grocery shopping, check out store discounts. If you want to save even more money, try using coupons, joining retailer loyalty programs, or purchasing produce that is in season. Store brands are often more affordable. Another tip is to read the nutrition label. By reading the nutrition label, you can compare the ingredients and nutrition content to make the best decision for your needs. Try to find ones that are lower in sodium, saturated fat, and added sugar.

健康购物小窍门

当你去超市购物时，建议选择低盐、低饱和脂肪和低添加糖的食物。请考虑以下建议：

去超市购物之前，盘点一下冰箱、冰柜和食品储藏柜里目前有什么。然后制定一周的菜单。并想一想如何更好地利用您已经拥有的东西以及列出您打算购买的东西。在不同食品类别中追求多样化的饮食。制定购物清单时考虑五个食物类别：水果、蔬菜、谷物、蛋白质、乳制品和经强化大豆制品。当您列出所需购买的物品后，请将其分类，例如食物组或杂货组。通过这样做，可以高效地获得您需要的东西，并快速离开商店。

在杂货店购物时，请查看商店折扣。如果您想节省更多钱，请尝试使用优惠券、加入零售商会员计划或购买当季产品。商店品牌通常更实惠。另一个建议是阅读营养标签。通过阅读营养标签，您可以比较成分和营养含量，从而做出最适合您需求的决定。尝试寻找盐、饱和脂肪和添加糖含量较低的食品。

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: Napa Cabbage

蔬菜聚光灯: 大白菜



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MU SHU VEGETABLES (Serves 4)

木须蔬菜 (4 人份)



INGREDIENTS

- 2 tablespoons Vegetable Oil
- 1 tablespoon Ginger fresh, peeled and minced (about 1-inch)
- 3 cloves Garlic, minced
- 1 tablespoon Toasted Sesame Oil
- 1 head Napa Cabbage (small head), very thinly sliced (about 5-6 cups)
- 1 Red Bell Pepper, very thinly sliced
- 3 Carrots medium, coarsely grated (about 2 cups)
- 2 tablespoons Low-Sodium Soy Sauce
- 1 tablespoon Cornstarch
- 3/4 cup Water cold
- 2 cups Millet cooked or 4 Whole Grain Tortillas warmed

配料

- 2 汤匙植物油
- 1 汤匙新鲜生姜，去皮并切碎（约1英寸）
- 3 瓣大蒜，切碎
- 1 汤匙烤芝麻油
- 1 个小的白菜，切成薄片（约5-6杯）
- 1 个红甜椒，切成薄片
- 3 根中等大小的胡萝卜，切丝（约2杯）
- 2 汤匙低盐酱油
- 1 汤匙玉米淀粉
- 3/4 杯冷水
- 2 杯煮熟的小米或4个已加热的全麦玉米饼

DIRECTIONS

1. In a large skillet, heat oil on medium-high heat. Add ginger and garlic and stir-fry for one minute.
2. Add the sesame oil, onion, and cabbage and stir-fry for two minutes.
3. Add the peppers and stir-fry for one minute. Add the carrots and stir-fry for one minute. Add the low-sodium soy sauce and stir-fry for another minute.
4. Stir the cornstarch into the water or stock. Add to pan and let simmer for two minutes or until liquid is thickened and partially evaporated.
5. Eat the vegetables rolled up in warmed flour tortillas or over millet.

步骤

1. 在一个大平底锅中，用中高火加热油。加入生姜和大蒜翻炒一分钟。
2. 加入芝麻油、洋葱和卷心菜翻炒两分钟。
3. 加入红甜椒翻炒一分钟。加入胡萝卜翻炒一分钟。加入低盐酱油再翻炒一分钟。
4. 将玉米淀粉加入水或高汤中搅拌。加入锅中焖煮两分钟，直至液体变稠并部分蒸发。
5. 将蔬菜卷在已加热的全麦玉米饼里或盖在小米上食用。



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