

THE BASICS OF FRUITS

What kind of foods fall under the category of fruits?

Any fruits or 100% fruit juice falls within the fruit group. There are many options on the market, including fresh, frozen, canned, dried, or dehydrated fruits. There are also several ways to enjoy fruits: raw, cooked, pureed, or chopped. Fruit, not juice, should make up at least half of the daily fruit intake recommendation.

What are the benefits of consuming fruits?

Eating fruits provides numerous health benefits. People who consume fruits and vegetables as part of a balanced diet may be less likely to develop cancer, diabetes and heart diseases. Fruits also include nutrients that your body requires to function properly.

How many fruits 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.

水果的基础知识

哪些食物属于水果类别？

任何水果或 100% 果汁都属于水果类。市场上有很多选择，包括新鲜、冷冻、罐装、干果或脱水水果。享用水果的方式也有多种：生吃、煮熟、打成泥或切碎。水果（而不是果汁）应至少占每日水果摄入量建议的一半。

吃水果有什么好处？

吃水果对健康有很多好处。如果把水果和蔬菜作为均衡饮食一部分的话，那患癌症、糖尿病和心脏病的几率较低。水果还含有身体正常运作所需的营养素。

我每天需要多少水果？

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。

References/参考资料:

1. U.S. Department of Agriculture. Fruits. <https://www.myplate.gov/eat-healthy/fruits>. 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: Onions

蔬菜聚光灯: 洋葱



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This resource is supported by the National Institutes of Health, National Institutes of Minority Health and Health Disparities grants U54MD000538 and R01MD018204.

VEGETABLES OMELET (Serves 4)

蔬菜煎蛋卷 (4 人份)



INGREDIENTS

- 2 teaspoon Olive Oil
- Nonstick Cooking Spray
- 3 cup Egg Substitute or 8 Eggs
- 4 Tomato Large, chopped
- 2 cup Onions, chopped

配料

- 2 茶匙橄榄油
- 不粘烹饪喷雾油
- 3 杯鸡蛋代用物或 8 个鸡蛋
- 4 个大西红柿，切碎
- 2 杯洋葱，切碎

DIRECTIONS

1. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute or blended eggs.
2. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
3. Once the top layer of egg is almost cooked, scatter the tomatoes and onions over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.

步骤

1. 在中号平底锅上喷上不粘烹饪喷雾，用中高火加热。倒入鸡蛋代用物或打发好的鸡蛋。
2. 当鸡蛋开始凝固时，均匀地铺在平底锅上，然后将火调至小火。
3. 鸡蛋表层快熟时，将西红柿和洋葱撒在煎蛋卷的一半上；将未装馅料的一半煎蛋卷折叠在馅料上。将煎蛋卷放入盘中，即可食用。



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