

THE BASICS OF PROTEIN

Which food examples belong to the protein group?

Protein foods can be classified into two categories: animal-based proteins and plant-based proteins. Animal proteins include seafood, meats, poultry, eggs, etc. Plant-based proteins include beans, peas, lentils, nuts, seeds, and soybeans. (Beans, peas, and lentils are also part of the vegetable group.)

How much protein should I eat daily?

It depends on various factors, such as age, sex, height, weight, level of physical activity, or whether you are pregnant or nursing.

What are some good protein options?

Consider choosing lean or low-fat meat and poultry options. Seafoods that are rich in omega-3 fatty acids and low in methylmercury, for example, salmon, anchovies, and trout. Lastly, consider eating more plant-based protein sources, such as tofu, which will also provide health benefits.

蛋白质的基本知识

哪些食物属于蛋白质类？

蛋白质食品可分为两类：动物性蛋白和植物性蛋白。动物性蛋白包括海鲜、肉类、家禽、蛋类等。植物性蛋白包括豆类、豌豆、扁豆、坚果、籽类和大豆。（豆类、豌豆和扁豆也属于蔬菜类）。

每天应摄入多少蛋白质？

这取决于多种因素，如年龄、性别、身高、体重、运动量或是否怀孕或哺乳。

有哪些好的蛋白质选择？

考虑选择瘦肉或低脂肉类和家禽。富含欧米伽-3 脂肪酸（Omega-3 Fatty Acids）且甲基汞含量低的海鲜，如三文鱼、凤尾鱼和鲱鱼。最后，考虑多吃植物性蛋白，如豆腐，这也对健康有益。

References/参考资料:

1. U.S. Department of Agriculture. Protein foods. <https://www.myplate.gov/eat-healthy/protein-foods>. Accessed January 26, 2024.

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

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Vegetable Spotlight: Perilla

蔬菜聚光灯: 紫苏



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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.

GARLIC CHICKEN WITH VEGETABLES (Serves 4)

蒜香鸡肉配蔬菜 (4 人份)



INGREDIENTS

- 2/3 pound Chicken Thighs skinless and boneless, cut into 1-inch pieces
- 2 cloves Garlic Large, minced
- 2/3 tablespoon Ginger, peeled and grated
- 1/3 teaspoon Salt
- 1/3 tablespoon Vegetable Oil
- 2/3 Onion diced
- 2/3 cup Low-sodium Chicken Broth
- 2/3 cup Water
- 2/3 Potato, diced
- 2 Carrots, diced
- 2 2/3 stalks Celery, diced
- 1/2 cup Perilla

配料

- 2/3 磅去皮去骨鸡腿，切成 1 英寸长的小块
- 2 瓣大蒜，切碎
- 2/3 汤匙生姜，去皮切碎
- 1/3 茶匙盐
- 1/3 汤匙植物油
- 2/3 个洋葱，切丁
- 2/3 杯低盐鸡汤
- 2/3 杯水
- 2/3 土豆，切丁
- 2 个胡萝卜，切丁
- 2 2/3 根西芹，切丁
- 1/2 杯紫苏

DIRECTIONS

1. In a small bowl, combine chicken, garlic, ginger, and salt. Stir to coat meat evenly. Let marinate for 15 minutes.
2. In a large skillet, heat the oil. Add onion and cook until soft, 5 minutes.
3. Add chicken with marinade. Cook until the meat turns white. Add broth and water.
4. Add potato, carrots, celery. Stir well; bring to a boil; then, cover, and reduce heat to low. Cook until potatoes are tender and chicken is cooked through, 15 to 20 minutes. Garnish with perilla.

步骤

1. 在一个小碗中，加入鸡腿肉、大蒜、姜和盐。搅拌均匀，使鸡腿肉均匀上色。腌制 15 分钟。
2. 在大平底锅中加热油。加入洋葱，煮至变软，约 5 分钟。
3. 加入鸡腿肉和腌汁。煮至肉变白。加入鸡汤和水。
4. 加入土豆、胡萝卜和西芹。搅拌均匀，煮沸，然后加盖，转小火。煮至土豆变软、鸡腿肉熟透，约 15-20 分钟。用紫苏装饰。



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