

## 5 TIPS TO BUILD A HEALTHY MEAL

At every age, it is essential to maintain a healthy diet. Here are five easy suggestions to get you started on planning nutritious meals:

Eat whole fruits. Serve fruit with your meals or snacks! Fruits such as bananas, apple, oranges are all easy pair with your morning breakfasts or snacks on-the-go.

Enjoy a variety of vegetables. For example, add a rainbow of bright vegetables to the meals. Prepare vegetables as your side dishes. Or simply put them to use in noodle, stew, or soup.

Eat a variety of proteins. Beef, shrimp, beans, chicken, or tofu are some options for adding flavors. Make a healthy dinner by combining your favorite vegetables with protein sources.

Half of your grains should be whole grains. Spice up your stir-fries by pairing up with purple rice or red rice.

Switch to low-fat milk (or lactose-free dairy, fortified soy, or fat-free alternatives). Enjoy low-fat milk or fortified soymilk in the morning. Or top with fruits or nuts to your low-fat yogurt as snacks.

Reduce your intake of added sugar, saturated fat, and salt. Compared with ordering takeout, home cooking is a great way to cut back on sodium, saturated fat, and added sweets. When doing grocery shopping and comparing items, make sure to check the nutrition labels and the ingredient lists for nutritional content.

## 打造健康膳食的 5 个秘诀

每个年龄段的人都建议保持健康的饮食习惯。以下是五条简单的建议，让您开始计划营养餐单：

吃完整的水果。在正餐或零食中搭配水果。香蕉、苹果、橘子等水果都很容易与您的早餐搭配或成为随身携带的零食。

享用各种蔬菜。例如，在正餐中加入不同颜色的蔬菜。或准备蔬菜作为配菜。或干脆把它们放在面条、炖菜或汤里。

吃各种蛋白质。牛肉、虾、豆类、鸡肉或豆腐都是增添风味的优选。将您喜爱的蔬菜与蛋白质结合起来，做一顿健康的晚餐。

全谷物应占主食的一半。每餐用紫米或红米搭配菜肴，能为您的炒菜增色不少。

改喝低脂牛奶（或无乳糖牛奶、经强化大豆或脱脂奶替代品）。早上饮用低脂牛奶或经强化豆浆。或在低脂酸奶中加入水果或坚果作为零食也是不错的选择。

减少摄入添加糖、饱和脂肪和盐的摄入量。相比起外卖，在家煮饭是减少摄入盐、饱和脂肪和添加糖的好方法。在购买食品和比较商品时，确保查看营养标签和配料表以了解其营养成分。

# Eat Well, Stay Healthy!

## 吃得好，保持健康！

Vegetable Spotlight: Cherry Tomatoes

蔬菜聚光灯：樱桃番茄



References/参考资料:

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## GRILLED CHICKEN VEGETABLE SKEWERS (Serves 4)

烤鸡肉蔬菜串 (4 人份)



### INGREDIENTS

- 2 teaspoons Olive Oil
- Salt and Black Pepper to taste
- 1 pound Chicken Breast boneless, skinless, cut into 2-inch cubes
- 8 Cherry Tomatoes
- 1 Onion medium, cut into 1-inch cubes
- 1 Green Bell Pepper medium, cut into 1-inch cubes
- 2 cups Purple Rice cooked

### 配料

- 2 茶匙橄榄油
- 盐和黑胡椒适量
- 1 磅去骨去皮鸡胸肉，切成 2 英寸的小块
- 8 个樱桃番茄
- 1 个中等大小的洋葱，切成 1 英寸的小块
- 1 个中等大小的青椒，切成 1 英寸的小块
- 2 杯煮熟的紫米

### DIRECTIONS

1. In a small bowl, whisk olive oil, salt, and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, onion, and bell pepper; repeat.
3. Grill on skillet over medium heat for 5 minutes on each side or until cooked through.
4. Serve skewer with purple rice.

### 步骤

1. 取一小碗，加入橄榄油、盐和黑胡椒碎，搅拌均匀后淋在鸡肉上，放入冰箱腌制一小时。
2. 将樱桃番茄、鸡肉、洋葱和青椒串成串，重复上述步骤。
3. 在平底锅上用中火每面烤 5 分钟，直至烤熟。
4. 可将烤串配紫米食用。



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