

HEALTH BENEFITS OF PROTEINS

What are the health benefits of proteins?

Meat, seafood, beans, lentils, eggs, nuts, seeds, and soy products are all good sources of protein, and they include many nutrients, such as protein, vitamins B and E, iron, zinc, and magnesium.

Proteins are the building blocks of our body and can provide calories. Vitamin B helps build tissue and red blood cell synthesis. Iron helps to prevent anemia. Magnesium is essential for healthy muscle and bone development. Zinc supports the immune system.

What are the health benefits of seafood?

Seafood contains a variety of nutrients, including omega-3 fatty acids, EPA, and DHA. Furthermore, some seafood, such as salmon, contains vitamin D, which many people do not get enough of. Thus, it is recommended to consume approximately 8 ounces of seafood every week. Fish such as salmon, anchovies, sardines, Pacific oysters, and trout are good sources of EPA and DHA without a lot of methylmercury, a toxic organic compound we should try to limit.

In summary, different protein foods have varied nutritional components. Eating a variety of protein-rich foods is an excellent way to keep your body functioning properly.

蛋白质对健康的益处

蛋白质对健康有哪些益处？

肉类、海鲜、豆类、扁豆、鸡蛋、坚果、籽类和豆制品都是蛋白质的良好来源，它们含有多种营养物质，如蛋白质、维生素 B 和 E、铁、锌和镁。

蛋白质是我们身体的组成部分，可以提供热量。维生素 B 有助于构建身体组织和红细胞合成。铁有助于预防贫血。镁对肌肉和骨骼的健康发育至关重要。锌有助于免疫系统。

海鲜对健康有哪些益处？

海鲜含有多种营养物质，包括欧米伽-3 脂肪酸（Omega-3 Fatty Acids）、EPA 和 DHA。此外，一些海鲜（如三文鱼）还含有维生素 D，但许多人却摄入不足。因此，建议每周食用大约 8 盎司海鲜。三文鱼、凤尾鱼、沙丁鱼、太平洋牡蛎和鲱鱼等鱼类是 EPA 和 DHA 的良好来源，同时它们不含大量甲基汞。（甲基汞是一种有毒的有机化合物，我们应尽量减少摄入。）

总结来说，不同的蛋白质食物有不同的营养成分。食用不同的蛋白质的食物是保持身体良好运作的方法。

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

SESAME CHICKEN WITH PEPPER MEDLEY (Serves 4)

芝麻鸡配青椒杂烩 (4 人份)



INGREDIENTS

- 1 tablespoon Sesame Seeds
- Nonstick Cooking Spray
- 1 pound Chicken Breasts boneless and skinless, cut into strips
- 1 Red Bell Pepper medium, chopped
- 1 Green Bell Pepper medium, chopped
- 1 Shishito Pepper, chopped
- 3 tablespoons Soy Sauce
- 2 tablespoons Water
- 1/4 teaspoon Ground Ginger
- 2 stalks Green Onions, sliced
- 2 cups Red Rice cooked

配料

- 1 汤匙芝麻籽
- 不粘烹饪喷雾油
- 1 磅去骨去皮鸡胸肉，切成条状
- 1 个中等大小的红甜椒，切块
- 1 个中等大小的青椒，切块
- 1 个日本甜辣椒，切块
- 3 汤匙酱油
- 2 汤匙水
- 1/4 茶匙生姜蓉
- 2 根葱，切片
- 2 杯煮熟的红米

DIRECTIONS

1. Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from skillet and set aside.
2. Spray same skillet with nonstick cooking spray. Add chicken; cook and stir for about 10 minutes or until chicken is fully cooked.
3. Add peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender.
4. In a small bowl, combine soy sauce, water, and ginger; add to skillet. Cook for 5 minutes over medium-high heat.
5. Sprinkle with sesame seeds and green onions. Serve with red rice.

步骤

1. 将芝麻放入大号不粘锅中，用中高火煮2分钟，直至微微变黄。从平底锅中取出，放在一边。
2. 在同一平底锅上喷上不粘烹饪喷雾油。加入鸡肉，边煮边搅拌约10分钟，直至鸡肉完全煮熟。
3. 加入所有椒，再翻炒3-4分钟，直至蔬菜变脆变嫩。
4. 取一小碗，加入酱油、水和姜蓉，再加入平底锅。用中高火煮5分钟。
5. 撒上芝麻和葱花。可搭配红米饭食用。



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