

## Tips For Reading An Ingredients List

Are you aware that the ingredient lists on food labels give a lot of useful information? Here are some tips for reading ingredient lists. First, when shopping, choose items from a short list. A product with fewer components is frequently thought to be healthier. The second tip is to select items with simple names. Third, it is recommended to include whole grains in your diet; consider choosing breakfast cereal, crackers, noodle, or bread with "whole" as the first or second ingredient. Finally, opt for sugar-free or low-sugar items and avoid those with a high sugar content.

On the contrary, avoid food labels with extensive lists. Long ingredient lists typically contain more sugars and additives. Keep an eye out for difficult-to-pronounce components and avoid them. Second, be mindful of products that contain trans fats or partially hydrogenated oils. Trans fat raises the risk of heart diseases by raising "bad" cholesterol (LDL) while lowering "good" cholesterol (HDL). Finally, avoid foods high in added sugar. Sugars are commonly referred to as cane sugar, honey, sucrose, glucose, fructose, dextrose, high-fructose corn syrup, fruit juice concentrate, molasses, and inverted sugar.

## 阅读配料表的技巧

您知道食品标签上的配料表提供很多有用的信息吗？下面是一些阅读配料表的窍门。首先，购物时应选择配料表较短的产品。成分较少的产品通常被认为更健康。第二个技巧是选择名称简单的产品。第三，建议在饮食中加入全谷物 (Whole Grains)；考虑购买把“全谷” (Whole Grains) 列为第一或第二成分的早餐谷物、饼干、面条或面包。最后，选择无糖或低糖食品，避免高糖食品。

相反，要避免选择含有大量配料的食物。冗长的配料表通常含有更多的糖和添加剂。留意难以看懂的配料，并避免食用。其次，要注意含有反式脂肪 (Trans Fats) 或部分氢化油 (Partially Hydrogenated Oils) 的食物。反式脂肪会增加“坏”胆固醇 (低密度脂蛋白, LDL)，同时降低“好”胆固醇 (高密度脂蛋白, HDL)，从而增加患心脏病的风险。最后，避免食用含高添加糖的食物。通常指蔗糖 (Cane Sugar)、蜂蜜 (Honey)、蔗糖 (Sucrose)、葡萄糖 (Glucose)、果糖 (Fructose)、右旋糖 (Dextrose)、高果糖浆 (High-Fructose Corn Syrup)、浓缩果汁 (Fruit Juice Concentrate)、糖浆 (Molasses) 和反式糖 (Inverted Sugar)。

### References/参考资料:

1. New York City Department of Health and Mental Hygiene. Nutrition education handouts for adults. <https://www.nyc.gov/assets/doh/downloads/pdf/cdp/nutrition-education-handouts-adult-workshops.pdf>. 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: Cilantro

蔬菜聚光灯: 香菜



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## SALSA FRESCA (Serves 4)

### 辣味莎莎酱 (4 人份)



## INGREDIENTS

- 1 bunch Fresh Cilantro, chopped with stems included
- 1 Red Onion small, chopped
- 1 Green Bell Pepper, chopped
- Hot Sauce or 1 Hot Pepper to taste (optional)
- 6 Plum Tomatoes
- 2 tablespoons Red Wine Vinegar
- 1 Lime, juiced
- 1/2 teaspoon Ground Cumin
- 1 teaspoon Olive Oil
- Salt to taste

## 配料

- 1 束新鲜香菜，连茎切碎
- 1 个小红葱，切碎
- 1 个青椒，切碎
- 辣椒酱或 1 个辣椒 (可选)
- 6 个李子西红柿
- 2 汤匙红酒醋
- 1 个青柠，榨汁
- 1/2 茶匙孜然粉
- 1 茶匙橄榄油
- 盐适量

## DIRECTIONS

1. Roughly chop the cilantro. Cut the onion and peppers into large pieces. Coarsely chop with a knife or a blender.
2. Quarter the tomatoes. Add, along with remaining ingredients and pulse until the mixture is chopped into small pieces.
3. Serve immediately with tortilla chips, or cover and chill for up to three days.

## 步骤

1. 切碎香菜。将洋葱和辣椒切成大块，可用刀或搅拌器切成粗粒。
2. 将李子西红柿切成四等分。加入其余配料，搅拌并切成小块。
3. 立即与墨西哥玉米片一起食用，或盖上盖子放入冰箱，冷藏时间不超过三天。



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