How to Read Nutrition Labels?　　如何阅读营养成分标签?

Many sauces and packaged foods contain a lot of sodium and sugar that are not always obvious to us. Added sugars can be found in pastries, sweets, and sugar-sweetened beverages such as milk tea or soda.

Learning how to read nutrition facts label can help us spot the hidden sodium and sugar and make informed food choices at the grocery stores!

What will I find on the label?

- The definition of a serving for that specific product

- Key nutrients we want to reduce and their amount for each serving

- Key nutrients we want to increase and their amount for each serving

- Percentage of daily values for each listed nutrient based on a 2,000-kcal diet

How do I use the information from the nutrition label?

- Compare the label with similar products

- Pick one with less sodium, added sugar, and saturated fat (less than 10% daily value)

- Pick one with more dietary fiber, vitamin D, calcium, iron, and potassium

- A serving size is not always a recommendation of how much to eat or drink for each meal

- Calories can give you an idea of how many calories are in a defined serving

- % Daily Value (%DV) shows how much a nutrient in a serving contributes to a total daily diet

- Added sugars are found in many processed foods, including such as sauces, milk tea, concentrated fruit or vegetable juices, and pastries

- Naturally occurring sugars that are found in milk, fruits, and vegetables are not added sugars

The rules above apply to all foods with a nutrition facts label (produce items do not have nutrition labels).

许多酱汁和包装食品含有大量的盐和糖，这些对我们来说并不总是显而易见的。糕点、糖果和含糖饮料（如奶茶或苏打水）中都含有添加糖。

学会阅读营养成分标签，有助于我们发现隐藏的盐和糖，从而在购物时做出明智的选择！

我会在营养成分标签上会发现什么?

- 该产品食用分量的定义

- 我们希望减少的营养素的摄入及其每份的数量

- 我们希望增加的营养素的摄入及其每份的数量

- 基于2,000千卡的饮食，列出的每种营养素的每日营养摄入参考值

我该如何使用营养成分标签上的信息?

- 将标签与类似产品进行比较

- 挑选盐、添加糖和饱和脂肪较少的产品（小于10%的每日营养摄入参考值）。

- 挑选含有更多膳食纤维、维生素D、钙、铁和钾的产品。

- 每份的食用分量大小并不总是每餐建议的饮食量。

- 卡路里可以让您了解一份特定的食用分量里有多少卡路里

- 每日营养摄入参考值（%DV）显示一份食物中的营养素对每日总饮食的贡献程度。

- 添加糖存在于许多加工食品中，包括如酱料、奶茶、浓缩水果或蔬菜汁和糕点等。

- 牛奶、水果和蔬菜中天然存在的糖不是添加糖。

上述规则适用于所有含有营养成分标签的食品（农产品没有营养标签）。

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Our Communities, Our Foods.

吃得好，保持健康！
EAT WELL, STAY HEALTHY!

蔬菜聚光灯: 羽衣甘蓝
VEGETABLE SPOTLIGHT: KALE

ASIAN AMERICAN HEALTH　BROOKLYN GRANGE　華人策劃協會 ADVANCING OUR UNITY

MIXTECA　GLYNWOOD Center for Regional Food and Farming　FAMILY HEALTH CENTERS

Angel Family Farm　PS169 Sunset Park School　EARTH MATTER　HOT BREAD KITCHEN

羽衣甘蓝牛肉汤面 (3-4人份)
Beef Noodle Soup with Kale (SERVES 3-4)

材料:

- 1.5 磅牛腿肉，切开
- 半杯米酒
- 半杯减盐酱油
- 2.5 杯水
- 3汤匙冰糖
- 1个西红柿，切碎
- 1根胡萝卜，切碎
- 半束羽衣甘蓝，切碎
- 2根大葱，切碎
- 4个大蒜瓣，切碎
- 1块1英寸的生姜，切碎
- 1个八角
- 2汤匙油

INGREDIENTS:

- 1 ½ lb beef shank, cut
- ½ cup rice wine
- ½ cup low sodium soy sauce
- 2 ½ cup water
- 3 tbsp rock sugar
- 1 tomato, chopped
- 1 carrot, chopped
- ½ bunch kale, chopped
- 2 scallions, chopped
- 4 garlic cloves, chopped
- 1 1-inch piece ginger, minced
- 1 star anise
- 2 tbsp oil

步骤:

1. 在锅中加入葱、大蒜、姜和八角，煸炒约2分钟。加入牛肉，煮至变色。

2. 加入米酒、酱油、水、糖、胡萝卜和西红柿，煮沸。转为小火，盖上盖子煮1小时。

3. 加入羽衣甘蓝，再煮2分钟或直至羽衣甘蓝变软。可与煮好的面条一起食用或作汤单独饮用。

INSTRUCTIONS:

1. Add scallions, garlic, ginger, and star anise to a pot and saute for ~ 2 minutes. Add the beef and cook until browned.

2. Add the rice wine, soy sauce, water, sugar, carrot, and tomato and bring to a boil. Reduce to a simmer and cook with the lid on for 1 hour.

3. Add kale and cook for 2 more minutes or until the kale has wilted. Serve with cooked noodles or drink on its own.