

Sugar-Sweetened Beverages

Sugar-sweetened beverages are drinks with added sugars or other sweeteners such as corn syrup, fructose, glucose, high-fructose corn syrup, maltose, and honey. Added sugars are different from naturally occurring sugars found in fruits and vegetables.

Examples of sugar-sweetened beverages are soda, fruit drinks, sports drinks, or energy drinks. These beverages are the leading sources of added sugars and calories in the American diet. The calories in sugar sweetened beverages can contribute to weight gain and provide little to no nutritional value. These sugary drinks also do not make you feel full, which makes it easy to take in more calories than you actually need. According to the American Heart Association, men should consume no more than 9 teaspoons (36 grams) of added sugar per day while women should consume no more than 6 teaspoons (25 grams) per day. Consider that one 12-ounce can of soda contains 8 teaspoons of added sugar.

Beyond weight gain, routinely drinking sugar-sweetened beverages can increase the risk of type 2 diabetes, tooth decay, heart disease, and other chronic diseases. Furthermore, higher consumption of sugary beverages has been linked with an increased risk of premature death.

When it comes to your health, it is clear that sugary drinks should be avoided or at least limited. There is a range of healthier beverages that can be consumed in their place. If you enjoy the carbonation of soda, give sparkling water a try. If just water is too bland, add a splash of juice, sliced fruit, or fresh herbs to the water.

含糖饮料

含糖饮料是指添加糖或其他甜味剂的饮料，如玉米糖浆、果糖、葡萄糖、高果糖玉米糖浆、麦芽糖和蜂蜜。添加糖与水果和蔬菜中天然存在的糖不同。

含糖饮料像是汽水、果汁、运动饮料或能量饮料。这些饮料是美国人饮食中添加糖和热量的主要来源。含糖饮料中的卡路里会导致体重增加，且几乎不提供任何营养价值。这些含糖饮料也不会让你有饱足感，导致容易摄入超过实际需要的卡路里。根据美国心脏协会的规定，男性每天应摄取不超过9茶匙（36克）的添加糖，而女性每天应消耗不超过6茶匙（25克）。一罐12盎司的汽水含有8茶匙的添加糖。

除了体重增加，经常喝含糖饮料会增加第2型糖尿病、蛀牙、心脏病和其他慢性疾病的风险。此外，摄取较多的含糖饮料与过早死亡的风险有关。

考量到你的健康，避免或至少限制含糖饮料是显而易见的事。有一系列更健康的饮料可以代替含糖饮料。如果你喜欢苏打水的碳酸味，可以尝试一下气泡水。如果只是觉得喝水太平淡，可以在水中加入一点果汁、水果片或新鲜香草。



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芝麻生姜鸡肉韭菜炒饭 (6人份)

Sesame Ginger Chicken and Leek Stir Fry (SERVES 6)

材料:

- 1.5磅鸡腿或鸡胸肉
- 2个中等大小的胡萝卜，切成丝状
- 2杯香菇，切成薄片
- 2杯西兰花花瓣
- 2个中等大小的韭菜，切成半月形
- 2汤匙食用油
- 半杯鸡汤
- 2瓣大蒜，切碎
- 1茶匙磨碎的生姜
- 1/3杯减盐酱油
- 3汤匙米醋
- 1汤匙芝麻油
- 2汤匙蜂蜜或枫树糖浆

步骤:

1. 在一个小碗里，将大蒜、姜、酱油、醋、香油和蜂蜜调成酱汁。并放在一边。
2. 将1/4杯酱汁倒在鸡肉上，腌制后放进冰箱。
3. 在平底锅中用一汤匙食用油以中高火加热。将鸡肉两面煎熟，然后关火放在盘子上。
4. 调中高火上并加一汤匙食用油。加入胡萝卜和蘑菇，煮约4分钟，直到变软。加入韭菜、西兰花和黑胡椒。煮约4分钟，直到韭菜微微变色。
5. 将鸡肉重新放入锅中，倒入剩余的酱汁。加入1/4杯鸡汤，炖煮1-2分钟，至酱汁变稠。可与糙米享用！

如何准备韭菜

1. 切掉一点绿色的顶部和根部。
2. 将韭菜纵向切成两半
3. 取每一半，切成半月形
4. 彻底清洗韭菜。韭菜的层间藏有污垢或沙子，所以在清洗前一定要尽可能地将它们分开。
5. 甩掉水，让其干燥。

INGREDIENTS:

- 1.5 lbs chicken thighs or breasts
- 2 medium carrots, julienned
- 2 cups shiitake mushrooms, thinly sliced
- 2 cups broccoli florets
- 2 medium leeks, cut into half-moons
- 2 tbsp cooking oil
- 1/2 cup chicken broth
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 1/3 cup low sodium soy sauce
- 3 tbsp rice vinegar
- 1 tbsp sesame oil
- 2 tbsp honey or maple syrup



INSTRUCTIONS:

1. In a small bowl, stir together the garlic, ginger, soy sauce, vinegar, sesame oil, and honey. Set aside
2. Pour 1/4 cup of sauce onto the chicken and let marinate in the fridge.
3. Heat one tbsp cooking oil in a pan over medium-high heat. Brown chicken on both sides then remove from heat.
4. Add another tbsp of cooking oil over medium-high heat. Add carrots and mushrooms and cook for ~4 minutes until softened. Add leeks, broccoli, and black pepper. Cook ~4 minutes until leeks are lightly browned.
5. Add the chicken back to the pan and pour in the remaining sauce. Add 1/4 cup of chicken broth and simmer for 1-2 minutes to thicken the sauce. Serve with brown rice and enjoy!

How to prepare leeks

1. Cut off a little of the green top and the root.
2. Cut the leek in half lengthwise.
3. Take each half and slice into half-moons.
4. Wash the leeks thoroughly. Leeks are known to have dirt or sand hiding in between layers so be sure to separate them as much as possible before cleaning.
5. Shake off water and let dry.