

## TIPS FOR REDUCING SALT INTAKE

When shopping:

- Select items with less than 5% daily value of sodium (salt) per serving.
- Prioritize purchasing natural whole foods, for example, fruits and vegetables.
- Choose packaged items labeled "low-sodium," "sodium-free," or "no salt added."
- Consume lean cuts of meat, poultry, seafood, and lentils rather than processed or cured meats.
- Choose purple rice, red rice, and whole wheat noodle over quick-cooking rice and instant noodles.
- Instead of salty snacks, try lightly salted options or snacks made of whole grains.

When cooking at home:

- Make soups or broths at home.
- To cut down on salt, rinse canned vegetables and beans with water.
- Make spice blends without salt by using your preferred ingredients, such as garlic or onion powder.
- Add taste to food with low-sodium soy sauce, fresh or dried herbs, and spices.
- Garnish dishes with vinegar, orange or lemon juice, or zest.
- When cooking beans, rice, noodle, and vegetables, do not add extra salt to the water.

## 减少食盐摄入的小窍门

购物时:

- 选择每份钠（盐）每日摄入量低于5%的食品。
- 优先购买天然食品，如水果和蔬菜。
- 选择标有“低盐”（Low-Sodium）、“无盐”（Sodium-Free）或“不加盐”（No Salt Added）的包装食品。
- 选择瘦肉、家禽、海鲜和扁豆，而不是加工肉类或腌制肉类。
- 选择紫米、红米和全麦面条，而不是快熟米和方便面。
- 不要吃过咸的零食，可以尝试淡盐的零食或用全谷物制成的零食。

在家做饭时:

- 在家自己制作汤或清汤。
- 为了减少盐分，在食用前先用清水冲洗罐装的蔬菜和豆类。
- 用自己喜欢的香料，如大蒜或洋葱粉，制作不含盐的混合香料。
- 用低盐酱油、新鲜或干香草及香料增加食物的味道。
- 用醋、橙汁或柠檬汁或果皮装饰菜肴。
- 烹饪豆类、米饭、面条和蔬菜时，不要额外加盐。

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: Eggplants

蔬菜聚光灯: 茄子



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## EASIEST EGGPLANT (Serves 4)

### 简易的茄子 (4 人份)



## INGREDIENTS

- 1 1/3 Eggplants (about 1/2 pound)
- 4 tablespoons Oil
- 2 2/3 tablespoons Soy Sauce low-sodium

## 配料

- 1 1/3 个茄子 (约 1/2 磅)
- 4 汤匙油
- 2 2/3 汤匙低盐酱油

## DIRECTIONS

1. Cut the eggplant into 1-inch cubes.
2. Place on a microwave-safe plate.
3. Sprinkle with oil and soy sauce.
4. Microwave on high for 4 minutes, turning once.

## 步骤

1. 将茄子切成 1 英寸方块。
2. 放在微波炉专用盘中。
3. 撒上油和酱油。
4. 微波炉高火 4 分钟，翻面一次。



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