

SATURATED FAT

Typically, saturated fats are solid when left at room temperature. Some examples of these are butter, milk fat, and the fat found within or surrounding meat. Some foods, like coconut oil, palm oil, or whole milk, do not solidify at room temperature but are high in saturated fat.

Excess saturated fat intake causes cholesterol to build up in the blood vessels, increasing the risk of elevated "bad" LDL cholesterol levels. Higher LDL cholesterol levels have been linked to an increased risk of heart diseases and stroke.

Therefore, it is important to eat less saturated fat. Try to avoid the following foods because they tend to be heavy in saturated fat:

- Baked goods: pastries, cookies, cakes, etc.;
- Fast and ready-to-eat foods: hot dogs, bacon, sausage, pizza, burgers, etc.;
- Fried foods: fried chicken with skin, using saturated fat or hydrogenated oil to fry potatoes;
- Animal fats, whole milk, or desserts made from whole milk.

饱和脂肪

通常情况下，饱和脂肪在室温下是呈固体状，例如黄油、牛奶脂肪以及肉类内部或周围的脂肪。有些食物，如椰子油、棕榈油或全脂牛奶，虽在室温下不会凝固，但饱和脂肪含量却很高。

过量摄入饱和脂肪会导致胆固醇在血管中堆积，增加“坏”胆固醇（低密度脂蛋白，LDL）升高的风险。低密度脂蛋白胆固醇升高与心脏病和中风的风险增加有关。

因此，要减少摄入饱和脂肪。以下食物往往含有大量饱和脂肪，因此要尽量避免：

- 烘焙食品：糕点、饼干、蛋糕等；
- 快餐和即食食品：热狗、培根、香肠、比萨饼、汉堡等；
- 油炸食品：带皮炸鸡，使用饱和脂肪或氢化油煎炸土豆；
- 动物脂肪、全脂牛奶或用全脂牛奶制作的甜点。

References/参考资料:

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2. Academy of Nutrition and Dietetics. The beginners guide to cruciferous vegetables. <https://www.eatright.org/food/food-groups/vegetables/the-beginners-guide-to-cruciferous-vegetables>. Last updated July 23, 2020. Accessed February 18, 2024.
3. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

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Vegetable Spotlight: Gailan

蔬菜聚光灯: 芥兰



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BEEF AND GAILAN (Serves 4)

牛肉炒芥兰 (4 人份)



INGREDIENTS

- 6 cups Gailan, chopped
- 1 Bell Pepper, chopped
- 1 pound Lean Ground Beef
- 3/4 teaspoon Ground Ginger
- 5 cloves Garlic, minced
- 1/4 cup Low-Sodium Soy Sauce
- 1/2 cup Green Onions diced (optional)

配料

- 6 杯芥兰，切段
- 1 个甜椒，切块
- 1 磅瘦牛肉末
- 3/4 茶匙生姜，切成蓉
- 5 瓣大蒜，切碎
- 1/4 杯低盐酱油
- 1/2 杯葱花（可选）

DIRECTIONS

1. Sauté gailan and bell pepper until tender in a large frying pan.
2. Remove vegetables from pan, cook ground beef, ginger, and garlic in a little bit of oil.
3. Add low-sodium soy sauce to beef and simmer for 3-5 minutes.
4. Add vegetables back to beef and sprinkle with green onions.

步骤

1. 在一个大煎锅中翻炒芥兰和甜椒，直至变软。
2. 捞出蔬菜，用少许油烹煮牛肉末、姜蓉和蒜。
3. 在牛肉中加入低盐酱油，煮 3-5 分钟。
4. 将蔬菜放回牛肉中，撒上葱花。



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