

ABOUT OILS

Oils are types of fats that are liquid at room temperature. Many foods include oils, including nuts, olives, avocados, and even some fish. Most oils are rich in healthy monounsaturated and polyunsaturated fats and low in saturated fats. However, coconut oil, palm kernel oil, and other tropical plant oils are not considered oils due to their elevated saturated fat content. You might think of them as solid fats. Foods like butter, lard, and shortening are examples of solid fats. You can get solid fats from a variety of animal sources.

Although oils do not form a food category, they do supply essential elements, including vitamin E and unsaturated fats. You can lower your risk of heart diseases and enhance your levels of "good" (HDL) cholesterol by choosing unsaturated fat instead of saturated fat. The recommended healthy cooking oils include, but are not limited to, canola oil, corn oil, olive oil, peanut oil, safflower oil, soybean oil, sunflower oil, or vegetable oil. The food examples of unsaturated fat include avocados, nuts and seeds, or olive oil.

关于油

油是脂肪的一种，在室温下呈液态。许多食物都含有油，包括坚果、橄榄、牛油果，甚至一些鱼类也含有油。大多数油富含健康的单元不饱和脂肪

(Monounsaturated Fats) 和多元不饱和脂肪 (Polyunsaturated Fats) 和含有低饱和脂肪 (Saturated Fats)。不过，椰子油、棕榈仁油和其他热带植物油因饱和脂肪含量较高而不被归类为油类。您可以将它们视为固体脂肪。黄油、猪油和起酥油等食物就是固体脂肪的例子。您可以从各种动物来源中获取固体脂肪。

虽然油类不属于某种食物类别，但它们提供了必需的元素，包括维生素 E 和不饱和脂肪。通过选择不饱和脂肪而不是饱和脂肪，您可以降低患心脏病的风险并提高“好”胆固醇 (HDL) 的水平。推荐的健康食用油包括菜籽油 (Canola Oil)、玉米油 (Corn Oil)、橄榄油 (Olive Oil)、花生油 (Peanut Oil)、红花油 (Safflower Oil)、大豆油 (Soybean Oil)、葵花籽油 (Sunflower Oil) 或植物油 (Vegetable Oil)。不饱和脂肪的食物包括牛油果、坚果和籽类或橄榄油。

References/参考资料:

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Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Garlic Chives

蔬菜聚光灯: 韭菜



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GARLIC CHIVES WITH SCRAMBLED EGGS (Serves 4)

韭菜炒鸡蛋 (4 人份)



INGREDIENTS

- 8 teaspoons Olive Oil
- 8 Eggs
- 3 cup Garlic chives, chopped
- Salt to taste
- Pepper to taste

配料

- 8 茶匙橄榄油
- 8 个鸡蛋
- 3 杯韭菜，切碎
- 盐适量
- 胡椒粉适量

DIRECTIONS

1. Sauté garlic chives in a medium skillet with a teaspoon of olive oil. Place in a medium-size bowl.
2. Add 1 teaspoon olive oil to skillet, add eggs and stir over medium heat.
3. When eggs are partially cooked, add sautéed garlic chives. Cook until eggs are just set. Add a pinch of salt and pepper.

步骤

1. 在中号平底锅中加入一茶匙橄榄油，炒香韭菜。放入一个中等大小的碗中。
2. 在平底锅中加入一茶匙橄榄油，加入鸡蛋，用中火翻炒。
3. 鸡蛋半熟时，加入炒好的韭菜。煮至鸡蛋完全凝固。加入少许盐和胡椒。



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