

## TIPS FOR EATING OUT

Maintaining a balanced diet is essential throughout life. While dining out, it is important to choose foods that are rich in nutrients but low in salt, saturated fat, and added sugars. Below are some helpful tips:

- Get a feel for the menu. Find out if the restaurant's menu is online before you go there or order takeout. Choose those that are less heavy in sodium, saturated fat, and calories. When you are at the restaurant, go for options that are not very saucy or heavy in saturated fat; try baking, broiling, grilling, poaching, steaming, boiling, or roasting. Ask about the preparation method or if there are any other options for menu items if you are unsure.
- Eat some vegetables first. You can get a lot of beneficial nutrients found in vegetables and feel full faster if you eat salads or other vegetables first with your meals.
- Incorporate fruits and vegetables into your meals. Select a variety of vegetable-based stir-fries, vegetarian wraps, and kabobs. Enjoy fruits as sweet treats or side dishes.
- Sauce matters. To cut back on saturated fat, opt for vegetable-based sauces like marinara instead of heavy cream or butter. You have the option to request that they put sauce on the side or ask for the dish to be made with less or no sauce at all.
- Split your meals. When you order food, the portions can sometimes be quite large. When you are dining alone, it could be wise to cut the meal in half so you have enough for lunch and dinner the next day. If you are eating with loved ones, it is a good idea to share the meal.
- Mindfulness. Enjoy every bite by paying attention to the flavors, textures, and tastes. Pay attention to your hunger and fullness cues.

## 外出就餐小窍门

保持均衡饮食对人的一生都至关重要。外出就餐时，选择富含营养但低盐、低饱和脂肪和低添加糖的食物非常重要。以下是一些有用的建议：

- 了解菜单。在去餐馆就餐或叫外卖之前，先在网上了解餐馆的菜单。选择盐、饱和脂肪和卡路里含量较低的食物。在餐厅就餐时，尽量选择酱汁不多或饱和脂肪含量不高的食物；尝试用烘焙、焖、烤、水煮、蒸、煮或烘烤的食物。如果您不确定，请问问餐馆其烹饪方法或是否有其他菜单项目可供选择。
- 先吃蔬菜。如果在进餐时先吃沙拉或其他蔬菜，便可从蔬菜中获取大量有益的营养物质，并更快地产生饱腹感。
- 在日常膳食中加入水果和蔬菜。选择各种炒蔬菜、素食卷和串烧。将水果作为甜点或配菜享用。
- 酱汁很重要。为了减少饱和脂肪的摄入，请选择用蔬菜做的酱汁，如意大利面酱，而不是浓奶油或黄油。您可以要求他们把酱汁放开，或者要求煮菜时少放或不放酱汁。
- 分餐。点餐时，食物的份量有时会很大。当您独自用餐时，最好将饭菜分成两半，这样您就可以有足够的饭菜留给第二天的午餐和晚餐。如果您与亲人一起用餐，也可与他们一起分享食物。
- 关注食物。注意食物的味道、质地和口感，享受每一口食物。聆听自己身体的饥饿感和饱腹感。

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# Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Green Leaf Amaranth  
蔬菜聚光灯: 绿叶苋菜



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This resource is supported by the National Institutes of Health, National Institutes of Minority Health and Health Disparities grants U54MD000538 and R01MD018204.

## SAUTÉED GREEN LEAF AMARANTH (Serves 4) 清炒绿叶苋菜 (4 人份)



### INGREDIENTS

- 1 pound Green Leaf Amaranth
- 4 cloves Garlic
- 2 tablespoons Canola Oil
- 1/4 teaspoon Salt
- 1/4 teaspoon ground Black Pepper

### 配料

- 1 磅绿叶苋菜
- 4 瓣大蒜
- 2 汤匙菜籽油
- 1/4 茶匙盐
- 1/4 茶匙黑胡椒碎

### DIRECTIONS

1. Wash the green leaf amaranth. Shake off any excess water.
2. Heat oil and garlic in a large skillet over medium-high heat.
3. Add greens. Use caution, as oil might splatter when damp greens are placed in hot pan. If greens can't all fit in the pan at once, cook in two batches.
4. Stir greens until wilted. If garlic starts to brown or burn, reduce heat to medium-low.
5. Season with salt and pepper. Serve right away.

### 步骤

1. 洗净绿叶苋菜。甩干多余水分。
2. 在大平底锅中加入油和大蒜，中高火烧热。
3. 加入绿叶苋菜。将湿的蔬菜放入热锅中时，油可能会飞溅，因此要小心。如果绿叶苋菜不能一次全部放入锅中，可分两次烹饪。
4. 搅拌绿叶苋菜直至变蔫。如果大蒜开始变黄或烧焦，将火调至中小火。
5. 用盐和胡椒调味。立即食用。



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