

Tips For Reading The Nutrition Facts Label

Sometimes, it can be confusing to read the nutrition facts label. These helpful steps will teach you how to read the labels:

First, begin with the serving size. You can find the total number of servings in a container and the size of a single serving on the label. The serving size is based on how much food or drink most people normally consume. The nutrition facts are based on one serving.

Next, find out how many calories are in each container, and then compare this to the total number of servings eaten. For example, both the calorie and nutritional content are doubled when you eat two portions.

Third, find out how much of certain nutrients are in the products. You might want to cut back on these nutrients.

- Saturated fats;
- Trans fats, or ("partially hydrogenated oil" in the ingredient list);
- Cholesterol;
- Sodium;
- Added sugars.

Fourth, consume an adequate amount of the beneficial nutrients, such as calcium, dietary fiber, iron, potassium, and vitamin D. In order to lower cholesterol levels, feel fullness easier, and maintain a healthy weight, it is recommended to consume 25–35 grams of fiber each day.

Lastly, make sure to read the percentage daily value (DV). The percentage DV is the proportion of each nutrient in one serving compared to the daily recommended amount. Typically, 5% or less is considered low, whereas 20% or more is considered high.

阅读营养成分标签的技巧

有时，阅读营养成分标签会令人困惑。以下这些步骤将教您如何阅读标签：

首先，从食用分量开始。您可以在标签上找到包装上的总份数和单份的大小。食用分量 (Serving Size) 是根据大多数人通常的食用量或饮料量来确定的。营养成分则以一份为基础。

接下来，找出每个包装上的卡路里含量，然后将其与总食用份数进行比较。例如，吃两份时，热量和营养成分都会翻倍。

第三，了解产品中某些营养成分的含量。您可能需要减少这些营养素的摄入量。

- 饱和脂肪 (Saturated Fat) ；
- 反式脂肪 (Trans Fats) ，或 (配料表中的 "部分氢化油- Partially Hydrogenated Oil") ；
- 胆固醇 (Cholesterol) ；
- 盐 (Sodium) ；
- 添加糖 (Added Sugars) 。

第四，摄入足够的有益营养素，如钙、膳食纤维、铁、钾和维生素 D。为了降低胆固醇水平、更容易产生饱腹感和维持健康体重，建议每天摄入 25-35 克纤维。

最后，确保阅读每日摄入量百分比 (DV) 。DV 百分比是一份食物中每种营养素占每日推荐量的比例。通常情况下，5% 或以下被认为是低值，而 20% 或以上则被认为是高值。

References/参考资料:

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Vegetable Spotlight: Green Tomatoes
蔬菜聚光灯: 绿番茄



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FRESH SALSA (Serves 4)

清新莎莎酱 (4 人份)



INGREDIENTS

- 3 个红西红柿, 切碎
- 1 个绿番茄, 切碎
- 1/3 个洋葱, 切碎
- 1/8 杯新鲜香菜, 切碎
- 2/3 青柠, 榨汁

配料

- 3 Red tomatoes, chopped
- 1 Green tomatoes, chopped
- 1/3 Onion, chopped
- 1/8 cup Cilantro fresh, chopped
- 2/3 Lime, juiced

DIRECTIONS

1. Mix all ingredients in a medium bowl and serve.
2. Recommend to serve with tortilla chips.

步骤

1. 将所有配料放入一个中等大小的碗中, 搅拌均匀后即可食用。
2. 建议搭配墨西哥玉米片一起食用。



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