

## TIPS FOR SELECTING HEALTHY BEVERAGE

No matter what age stage you are at, staying hydrated is essential. Select nutrient-dense beverages that are low in sodium and added sugars. Let's make better choices about drinks by learning more about them.

Stay hydrated by drinking water. To keep yourself hydrated all day long, keep a water bottle in your hand. Most places have simple access to tap water. Refrain from drinking sugary drinks and choose for plain water. A lot of added sugars are typically found in sweetened beverages like regular soda, energy drinks, sports drinks, and others. We can always add natural flavors to water. For example, squeeze lemon, lime, or orange juice into seltzer water or plain water to make it more flavorful. Moreover, you may add some mint leaves or berries, either fresh or frozen, to make your own flavored water.

Regarding coffee, leave out the whipped topping and drizzle with chocolate or caramel. To make low-calorie coffee, use low-fat milk and add cinnamon or nutmeg.

Check the nutrition labels. Find out how many calories and added sugar are in each beverage.

Bonus: For children, it is recommended to drink water, dairy milk (low-fat or fat-free), or unsweetened seltzer instead of sugary drinks.

## 选择健康饮料的建议

无论您处于哪个年龄段，保持水分充足至关重要。要注意选择富含营养、低盐和无添加糖的饮料。让我们通过了解更多关于饮料的信息来做出更好的选择吧：

多喝水，让身体保持水分充足。为了整天保持身体水分，随身携带一个水瓶，大多数地方都能方便取得自来水。因此可避免饮用含糖饮料，选择纯净水。注意，通常含糖饮料，如普通汽水、能量饮料、运动饮料等，添加了大量糖分。但我们可以在水中添加天然风味。例如，在苏打水或纯净水中挤点柠檬、青柠或橙汁，使其更加美味。此外，您还可以添加一些薄荷叶或新鲜/冷冻的莓果，制作自己喜欢的果味水。

关于咖啡，避免额外添加奶油和巧克力或焦糖酱。为了制作低热量咖啡，使用低脂牛奶，可添加肉桂或豆蔻增味。

查看营养标签。了解每种饮料中有多少卡路里和添加了多少糖分。

额外小窍门：对于儿童，建议饮用水、低脂或脱脂牛奶，或者无糖苏打水，而不是含糖饮料。

# Eat Well, Stay Healthy!

## 吃得好，保持健康！

Vegetable Spotlight: Hot Pepper Mix

蔬菜聚光灯: 混合辣椒



### References/参考资料:

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# VEGETABLE NOODLE BOWL (Serves 4)

蔬菜凉面 (4 人份)



## INGREDIENTS

- 1/2 pound Soba
- 1.5 tablespoons Soy Sauce low-sodium
- 2 teaspoons Toasted Sesame Oil
- 1/2 teaspoon Hot peppers, finely chopped
- 1 clove Garlic, finely minced or grated
- 1/2 bunch Scallions, chopped (about 1 cup)
- 1 cup bean sprouts
- 1/2 Cucumber, cut in half lengthwise and thinly chopped (about 1 cup)
- 1 Carrots, coarsely grated (about 1 cup)
- Salt to taste
- Black Pepper to taste

## 配料

- 1/2 磅荞麦面
- 1.5 汤匙低盐酱油
- 2 茶匙烤芝麻油
- 1/2 茶匙辣椒, 切碎
- 1 瓣大蒜, 切碎
- 1/2 束葱花, 切碎 (约1杯)
- 1 杯豆芽
- 1/2 根黄瓜, 纵向对半切开, 切成薄片 (约1杯)
- 1 根胡萝卜, 切丝 (约1杯)
- 盐适量
- 黑胡椒适量

## DIRECTIONS

1. Prepare the noodles according to the package instructions. Rinse them under cold water and put them in a colander to drain.
2. Put the bean sprouts, carrots, and cucumber in a pan and boiling them about 3-5 minutes until tender.
3. In a large bowl, mix the soy sauce, sesame oil, hot pepper, scallions, garlic, cucumber, carrot, and bean sprouts.
4. Add the noodles toss everything together with a fork or tongs. Taste and add salt and pepper as needed. Let the noodles sit in the fridge for about an hour if you can. The flavors will mingle and become more intense.

## 步骤

1. 按照包装说明准备面条。用冷水冲洗, 然后放入滤网中沥干。
2. 将豆芽、胡萝卜和黄瓜放入锅中煮约3-5分钟, 直至变软。
3. 在一个大碗中, 将酱油、芝麻油、混合辣椒、葱、蒜、黄瓜、胡萝卜和豆芽混合在一起。
4. 加入面条, 用叉子或夹子将所有材料拌匀。尝尝味道, 根据需要添加盐和胡椒。有时间的话, 让面条在冰箱里放置一个小时左右。这样面条的味道会更加浓郁。



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