

VARY YOUR PROTEIN SOURCES

Consuming protein-rich foods is an excellent way to keep your health in good shape. While many individuals obtain enough protein from meat, eggs, and chicken, they fall short when it comes to seafood, nuts, seeds, and soy products. Eating seafood, nuts, seeds, and soy products enhance your intake of essential nutrients such as vitamin D, dietary fiber, and unsaturated fats. Reducing your intake of processed meat and poultry also helps lower your intake of sodium and saturated fats.

Here are some tips for choosing your protein choices. Increase your nutrient intake by eating a wide variety of protein-rich foods. Choose lean or low-fat cuts of meat and poultry, such as 93% lean ground beef, pork loin, and skinless chicken breasts. Select various seafood kinds, for example, salmon, which is richer in omega-3 fatty acids and lower in methylmercury. However, keep in mind that the below protein foods have a lot of saturated fat. Among them are:

- Processed meat, such as hot dogs, sausages, bacon, luncheon meats, etc.;
- Regular ground meat (75%–85% lean) or fatty cuts of meat, such as beef, pork, etc.;
- Some poultry, for example, duck.

Reduce your consumption of these foods to help maintain your saturated fat intake below 10% of your daily calorie intake.

For vegetarians or vegans, there are many vegetarian protein choices, such as beans, peas, lentils, nuts, seeds, and soy products.

从多种渠道摄入蛋白质

食用富含蛋白质的食物是保持良好健康状态的绝佳方式。许多人从肉类、鸡蛋和鸡肉中摄入了足够的蛋白质，但在海鲜、坚果、籽类和豆制品方面却有所欠缺。食用海鲜、坚果、籽类和豆制品可以增加维生素D、膳食纤维和不饱和脂肪等必需营养素的摄入量。减少加工肉类和家禽的摄入也有助于降低盐和饱和脂肪的摄入量。

以下是一些选择蛋白质的小窍门。多吃各种富含蛋白质的食物，增加营养摄入。选择瘦肉或低脂的肉类和家禽，如93%瘦的碎牛肉、猪里脊肉和去皮鸡胸肉。选择各种海鲜，例如，三文鱼，其富含欧米伽-3脂肪酸（Omega-3 Fatty Acids），而甲基汞含量较低。但要注意，以下的蛋白质食物含有大量饱和脂肪。其中包括

- 加工肉类，如热狗、香肠、培根、午餐肉等；
- 普通碎肉（75%–85%瘦肉）或肥肉，如牛肉、猪肉等；
- 一些家禽，如鸭肉。

减少这些食物的摄入量，有助于将饱和脂肪摄入量保持在每日卡路里摄入量的10%以下。

对于素食主义者来说，有很多素食蛋白可供选择，如豆类、豌豆、扁豆、坚果、籽类和豆制品。

References/参考资料:

1. U.S. Department of Agriculture. Protein foods. <https://www.myplate.gov/eat-healthy/protein-foods>. Accessed January 26, 2024.

2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

Eat Well, Stay Healthy!

吃得好，保持健康!

Vegetable Spotlight: Mini Daikon Radish/ Mini Mak Radish/ Radish-Tokinashi Variety

蔬菜聚光灯: 迷你萝卜



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SOUPED-UP SOUP (Serves 4)

迷你萝卜蔬菜炖汤 (4 人份)



INGREDIENTS

- 21.5 ounces Low-Sodium Chicken Broth
- 1 Onion, chopped
- 2 stalk Celery, chopped
- 2 Mini daikon radish/Mini Mak radish cut in small cubes
- 2 Carrot, diced
- Black Pepper to taste or Ground Chili Powder to taste

配料

- 21.5 盎司低盐鸡汤
- 1 个洋葱，切块
- 2 根芹菜，切块
- 2 个迷你萝卜，切成小块
- 2 根胡萝卜，切丁
- 黑胡椒适量或辣椒粉适量

DIRECTIONS

1. Pour one can of low-sodium chicken broth into your skillet with one can of water.
2. Add chopped vegetables.
3. Cook soup on medium until vegetables are tender. Season to taste.

步骤

1. 在平底锅中倒入一罐低盐鸡汤和一罐水。
2. 加入切好的蔬菜。
3. 中火煮汤，直至蔬菜变软。根据口味调味。



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