

## TIPS FOR HEALTHY SNACKING

Good nutrition is essential throughout life. Therefore, make sure to select nutrient-dense snacks that are low in salt, saturated fat, and added sugars. Follow these tips to get started:

Plan ahead. To make it easier to grab and go, portion up snack foods into reusable containers as soon as you return from the store. Or keep sliced fruits and vegetables in an easily accessible refrigerator area.

Create your own. You can make your own trail mix by combining unsalted nuts with additional components such as seeds, dried fruits, plain popcorn, or even chocolate chips. Another idea is to make a combo. For example, try combining yogurt with berries, apple with nut butter, or avocado with turkey on whole-grain crackers.

Try fruits and vegetables. For a fast and easy sweet snack, wash and try some fresh fruits, such as berries, apples, pears, or grapes. Another idea is to try raw vegetables with dips. Have you ever thought about trying a low-fat yogurt, guacamole, or hummus with carrots, cucumbers, or bell peppers? Their flavors are excellent.

### 健康零食的建议

良好的营养对人的一生都至关重要。因此，请确保选择富含营养、低盐、低饱和脂肪和添加糖分的零食。以下是选择健康零食的小窍门：

提前计划。为方便随拿随走，从商店回来后，应立即将零食分装到可重复使用的容器中。也可将切片的水果和蔬菜放在冰箱容易拿取的地方。

自制零食。您可以将无盐坚果与籽类、干果、原味爆米花甚至巧克力脆片等其他配料混合在一起，制作自己的什锦坚果零食。另一种方法是制作组合。例如，尝试把酸奶与莓果搭配、苹果伴坚果酱或牛油果和火鸡肉配全麦饼干食用。

尝试水果和蔬菜。如果想吃快捷而甜口的零食，可以清洗并尝试一些新鲜水果，如莓果、苹果、梨或葡萄。另一个方法是尝试生蔬菜蘸酱。您想过用胡萝卜、黄瓜或甜椒蘸低脂酸奶、牛油果酱或鹰嘴豆泥吗？它们的味道都很棒。

# Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Pak Choi

蔬菜聚光灯: 小白菜



#### References/参考资料:

1. U.S. Department of Agriculture. Print Materials. <https://www.myplate.gov/resources/print-materials>. Accessed January 26, 2024.

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

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## TOFU PAK CHOI STIR FRY WITH GARLIC (Serves 4) 蒜蓉炒豆腐小白菜 (4 人份)



### INGREDIENTS

- 1 1/3 teaspoon Vegetable Oil
- 2 2/3 cloves Garlic, minced
- 1 1/3 cup Onion medium, diced
- 2 2/3 cups Vegetables (pak choy, carrots, bell peppers), chopped
- 2 2/3 tablespoons Low-Sodium Soy Sauce
- 2 2/3 tablespoons Water
- 1 1/3 cup Tofu firm, cut into cubes
- Black Pepper to taste
- 2 cups Purple Rice cooked

### 配料

- 1 1/3 茶匙植物油
- 2 2/3 瓣大蒜，切碎
- 1 1/3 杯中等大小的洋葱，切丁
- 2 2/3 杯蔬菜（小白菜、胡萝卜、甜椒），切块
- 2 2/3 汤匙低盐酱油
- 2 2/3 汤匙水
- 1 1/3 杯豆腐，切块
- 黑胡椒适量
- 2 杯煮熟的紫米

### DIRECTIONS

1. Heat oil in hot pan for about 1 minute.
2. Add onions and garlic and cook, stirring frequently, until soft. This takes about 2 minutes.
3. Add other vegetables and tofu. Cook for about 3 minutes until pieces brown a little and give off steam.
4. Add soy sauce and water to pan. Cover and turn heat down to medium-low.
5. Continue cooking until all ingredients are tender. This will take 5-10 minutes.
6. Add black pepper. Serve with purple rice.

### 步骤

1. 将油放入热锅中加热约 1 分钟。
2. 加入洋葱和大蒜，边煮边搅拌，直至变软。大约需要 2 分钟。
3. 加入其他蔬菜和豆腐。煮约 3 分钟，直至豆腐略微变黄并冒出蒸汽。
4. 在锅中加入酱油和水。盖上锅盖，将火调至中小火。
5. 继续烹煮，直至所有配料变软。这需要 5-10 分钟。
6. 加入黑胡椒。与紫米一起食用。



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