

DAIRY ALTERNATIVE

There are dairy alternatives for people who do not want to consume dairy, such as yogurt with added calcium, vitamin A, and vitamin D and fortified soy milk. Their nutrient composition is similar to that of dairy products like yogurt and milk. Products derived from plants that are marketed as "milks", such as oat, almond, rice, coconut, and hemp "milks", may include calcium. However, since they do not have the same amount of nutrients as dairy milk or fortified soy milk, they are not considered to be part of the dairy group. Also, look at the nutrition label to see how much sugar is in the product.

Additional calcium choices for those who do not eat or drink dairy products are listed below.

- Calcium-fortified beverages, such as juices, or plant-based milk alternatives, such as rice milk or almond milk.
- Tofu prepared from calcium sulfate.
- Canned fish, for example, sardines and salmon with bones.
- Some leafy greens, for example, spinach and bok choy.

奶制替代品

对于不想食用乳制品的人来说，有一些乳制替代品可供选择，如添加了钙、维生素 A 和维生素 D 的酸奶和经强化的豆奶。它们的营养成分与酸奶和牛奶等乳制品相似。以“奶”为卖点的植物提取产品，如燕麦、杏仁、大米、椰子和大麻籽“奶”，可能含有钙。不过，由于它们的营养成分含量与牛奶或强化豆奶不同，因此不被视为奶制品的一部分。此外，请查看营养标签，了解产品中的含糖量。

对于不吃或不喝乳制品的人来说，也可以从以下食物中摄取钙。

- 加钙饮料，如果汁，或植物奶替代品，如米浆或杏仁奶；
- 用硫酸钙制作的豆腐；
- 罐装鱼，例如带骨沙丁鱼和三文鱼；
- 一些绿叶蔬菜，如菠菜和大白菜。

Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Radish Microgreens
蔬菜聚光灯: 萝卜幼苗



References/参考资料:

1. U.S. Department of Agriculture. Protein foods. <https://www.myplate.gov/eat-healthy/dairy>. Accessed January 26, 2024.
2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

HarvestShare
Our Communities, Our Foods.

共享丰收
我们的社区 我们的食材

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

AVOCADO GARDEN SALAD (Serves 4) 牛油果田园沙拉 (4 人份)



INGREDIENTS

- 4 cups Salad Greens (Radish microgreens, spinach, kale, romaine, etc.), torn or cut
- 2 medium Tomatoes, chopped
- 3 1/3 Green Onions, chopped
- 2/3 Cucumber, peeled and chopped
- 1 1/3 tablespoons Lemon Juice
- 1/4 teaspoon Garlic Powder
- 1/3 teaspoon Black Pepper
- 1/3 teaspoon Salt
- 2/3 large Avocado, peeled

配料

- 4 杯沙拉绿叶菜（萝卜幼苗、菠菜、羽衣甘蓝、罗马生菜等），撕碎或切碎
- 2 个中等大小的西红柿，切碎
- 3 1/3 个葱，切碎
- 2/3 黄瓜，去皮切碎
- 1 1/3 汤匙柠檬汁
- 1/4 茶匙大蒜粉
- 1/3 茶匙黑胡椒
- 1/3 茶匙盐
- 2/3 个大牛油果，去皮

DIRECTIONS

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt; stir with fork or whisk. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

步骤

1. 将沙拉蔬菜、西红柿、洋葱和黄瓜放入一个大碗中混合。
2. 取一小碗，加入柠檬汁、大蒜粉、黑胡椒碎和盐，用叉子或打蛋器搅拌均匀。倒在沙拉混合物上，然后一起搅拌。
3. 将牛油果纵向对半切开。去掉果核，剥去牛油果皮。切成约 1/8 英寸厚的薄片。
4. 将牛油果片放在沙拉上，立即食用。



SCAN FOR
MORE RECIPES

扫描此处
获取更多食谱