

## THE BASICS OF DAIRY

What are some examples of dairy?

Milk, yogurt, cheese, lactose-free milk, and fortified soy milk are all part of the dairy group. However, products prepared with low-calcium, high-fat milk are not part of the dairy group, for example, cream cheese, sour cream, cream, and butter.

How much dairy do I need daily?

It depends on a lot of factors, for example age, sex, height, weight, level of physical activity, or whether you are pregnant or nursing. However, approximately 90% of individuals do not consume enough dairy. Most people would benefit from consuming more fat-free or low-fat dairy. This can be made from milk, yogurt, or cheese. It can also be derived from lactose-free milk, fortified soy milk, or yogurt.

## 乳制品的基本知识

哪些食物属于乳制品？

牛奶、酸奶、奶酪、无乳糖牛奶和经强化豆奶都属于乳制品。但是，用低钙高脂牛奶制作的产品不属于乳制品，例如奶油奶酪、酸奶油、奶油和黄油。

我每天需要多少奶制品？

这取决于很多因素，例如年龄、性别、身高、体重、运动量、是否怀孕或哺乳。然而，大约90%的人没有摄入足够的乳制品。大多数人都会受益于摄入更多的脱脂或低脂乳制品。这可以从牛奶、酸奶或奶酪中摄入。也可以从无乳糖牛奶、经强化豆奶或酸奶中摄入。

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.

# Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Radish-Purple Daikon  
蔬菜聚光灯: 紫萝卜



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## ROASTED RADISH-PURPLE DAIKON (Serves 4) 烤紫萝卜 (4 人份)



### INGREDIENTS

- 1 1/3 pound Radish-purple daikon, cut in small cubes
- 1/3 cup Olive Oil
- 2/3 teaspoon Salt

### 配料

- 1 1/3 磅紫萝卜，切成小块
- 1/3 杯橄榄油
- 2/3 茶匙盐

### DIRECTIONS

1. Preheat oven or toaster oven to 400°F.
2. Peel the radish-purple daikon and cut into 1- to 2-inch chunks.
3. Place radish-purple daikon in a large bowl with oil and stir until coated with oil.
4. Sprinkle salt over radish-purple daikon.
5. Transfer radish-purple daikon to a baking dish in a single layer to ensure they roast instead of steam.
6. Bake about 40 minutes, stirring every 10 minutes to distribute oil. The radish-purple daikon is done when tender and golden.

### 步骤

1. 烤箱或烤面包机预热至 400°F。
2. 紫萝卜去皮，切成 1 到 2 英寸的块状。
3. 将紫萝卜放入盛有油的大碗中，搅拌至沾满油。
4. 在紫萝卜上撒盐。
5. 将紫萝卜放入烤盘，确保蔬菜烤熟而不是蒸熟。
6. 烤约 40 分钟，每隔 10 分钟搅拌一次，使油均匀分布。当蔬菜变软并呈金黄色时便可用。



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