

HEALTH BENEFITS OF DAIRY

Dairy contains essential nutrients such as calcium, potassium, vitamin D, and protein, which promote bone health and provide other health benefits. The recommended sources of dairy include low-fat or fat-free dairy milk or yogurt.

Calcium is essential for healthy teeth and bones. Vitamin D regulates the body's calcium and phosphorus levels, which helps to maintain healthy bone density. Therefore, people of all ages require nutrients such as calcium and vitamin D, especially for adolescents and teenagers. Furthermore, adequate dairy consumption can help prevent osteoporosis in the elderly population.

Potassium-rich diets, such as those containing dairy products like low-fat or fat-free milk or yogurt, and fortified soy milk, can help maintain healthy blood pressure. Many people consume insufficient amounts of potassium. Therefore, it is recommended to consume dairy products on a daily basis in order to get enough nutrients.

奶制品对健康的益处

奶制品含有钙、钾、维生素 D 和蛋白质等人体必需的营养物质，这些营养物质可促进骨骼健康并带来其他健康益处。建议推荐摄入低脂或脱脂奶或酸奶。

钙对牙齿和骨骼的健康至关重要。维生素 D 可调节人体的钙磷水平，有助于保持健康的骨密度。因此，各个年龄段的人都需要钙和维生素 D 等营养物质，尤其是青少年。此外，摄入充足的乳制品有助于预防老年人骨质疏松症。

富含钾的饮食，如食用含有低脂或脱脂牛奶或酸奶等乳制品以及经强化豆奶的食物，有助于维持健康的血压。许多人摄入的钾不足。因此，建议每天食用奶制品，以获得足够的营养。

Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Radish-Shunkyo
蔬菜聚光灯: 水萝卜



References/参考资料:

1. U.S. Department of Agriculture. Protein foods. <https://www.myplate.gov/eat-healthy/dairy>. Accessed January 26, 2024.
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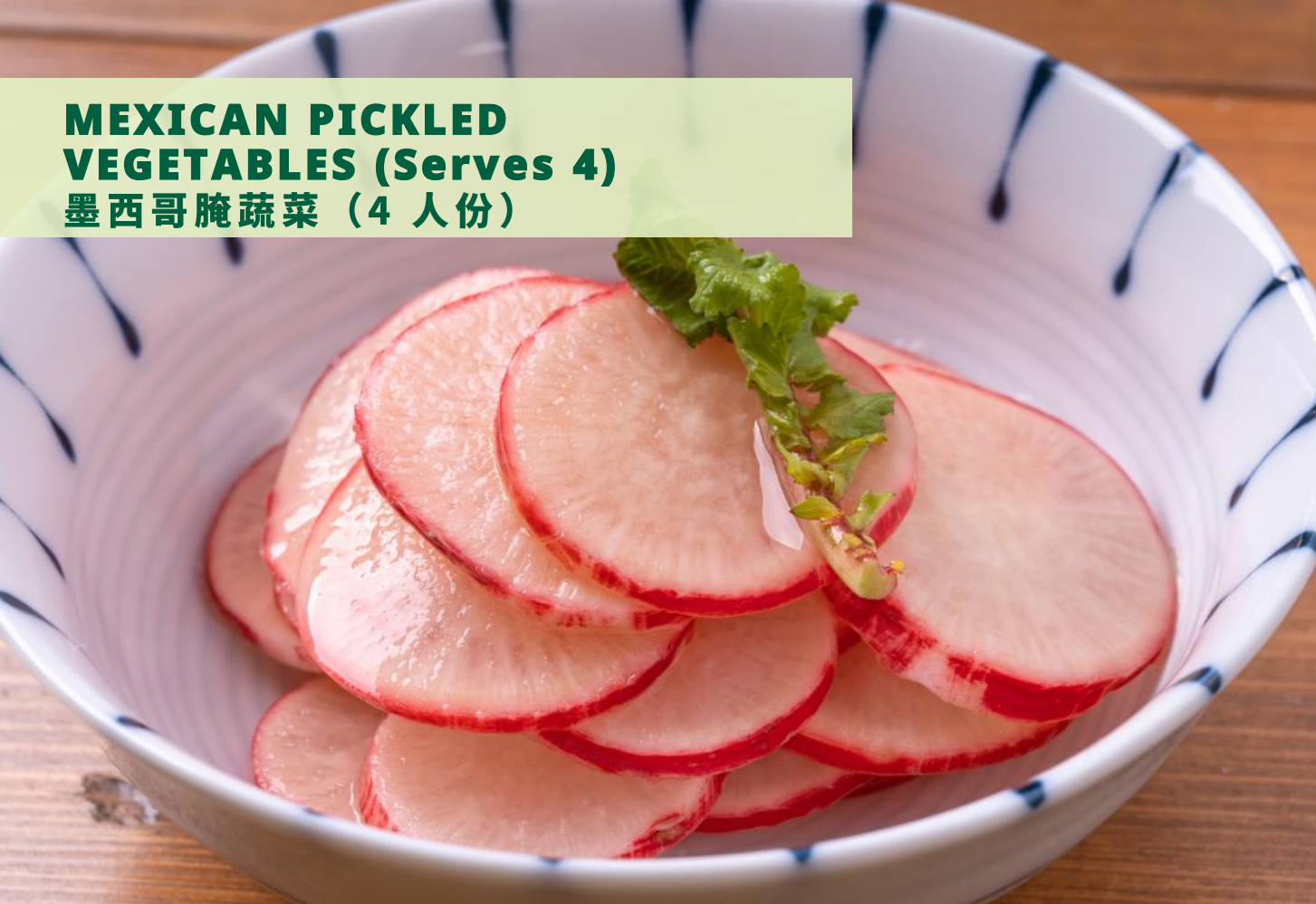
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MEXICAN PICKLED VEGETABLES (Serves 4)

墨西哥腌蔬菜 (4 人份)



INGREDIENTS

- 1/2 pound Red Potatoes, cubed
- 1.5 Carrots medium, peeled and sliced
- 1 Jalapeño Peppers, stemmed and cut into thick slices
- 1 cloves Garlic, thinly sliced
- 1 Bay Leaves
- 1/2 Radish-shunkyo, cut into strips
- 1/2 Bell Pepper, cut into strips
- 1/4 Onion Medium, cut into strips
- 1/2 cup Apple Cider Vinegar
- 1/4 teaspoon Salt
- 1/4 teaspoon Sugar

配料

- 1/2 磅红土豆，切块
- 1.5 根中等大小的胡萝卜，去皮切片
- 1 个墨西哥辣椒，去蒂并切成厚片
- 1 瓣大蒜，切薄片
- 1 片月桂叶
- 1/2 个水萝卜，切成条状
- 1/2 个甜椒，切成条状
- 1/4 个中等大小的洋葱，切成条状
- 1/2 杯苹果醋
- 1/4 茶匙盐
- 1/4 茶匙糖

DIRECTIONS

1. Place potatoes in a saucepan with 1/4-inch of water (or place in a steamer basket). Bring water to a boil; cover and steam for 5 minutes.
2. Add carrots and radish-shunkyo; cover and steam for 5 minutes more or until potatoes are tender. Remove from heat and run under cold water to quickly cool vegetables.
3. Place in a large bowl/jar with all remaining ingredients. Cover and refrigerate for at least 1 hour or overnight, stirring occasionally. Serve chilled.

步骤

1. 将土豆放入锅中，加 1/4 英寸的水（或放入蒸笼）。水烧开后，加盖蒸 5 分钟。
2. 加入胡萝卜和水萝卜，加盖再蒸 5 分钟，直至土豆变软。离火，将蔬菜放在冷水中快速冷却。
3. 将其余所有配料放入一个大碗/瓶中。盖上盖子，放入冰箱冷藏至少 1 小时或过夜，偶尔搅拌一下。冷藏后食用。



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