

TIPS FOR CUTTING DOWN ADDED SUGAR

Eating too much sugar can increase the risk of weight gain, the development of type 2 diabetes, and heart diseases. Here are some ways to cut down on added sugar:

Consider your beverage choices. Water, not sugary drinks like soda, lemonade, or sports drinks, is an optimal choice for balancing your meal. For example, enjoy water with a lemon wedge or piece of fruits for a refreshing treat.

Natural is the best. Enjoy a fruit dessert, which is naturally sweet. Nothing beats a bowl of fresh fruits, some cinnamon-dusted baked apples, or even just pieces of fruits straight from the fridge.

Creativity is always fun. Spice up your coffee without sugar by adding a pinch of cinnamon, nutmeg, or cocoa powder. In this way, you can create your own unique flavors.

Read the nutrition label. The extra sugars are now easy to see on the nutrition label. This will help you compare the added sugars in similar goods. Remember that added sugars go by a lot of different names: fructose, dextrose, maple syrup, cane juice, and so on. Second, choose alternatives with less sugar. For example, eat plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruits in its own juice or water instead of processed items that include additional sugars.

Share the treats. Split the dessert among your loved ones. You can cut the amount of added sugar and calories in half by sharing a pastry or cake slice.

减少摄入添加糖的窍门

吃太多糖会使体重增加、提升患上 2 型糖尿病和心脏病的风险。以下是一些减少摄入添加糖的窍门：

考虑饮料的选择。水，而不是含糖饮料如苏打水、柠檬水或运动饮料，是平衡餐食的最佳选择。例如，可以在水中加入柠檬片或水果块，获得一份清新的美味享受。

天然的才是最好的。享受天然甜味的水果甜点。没有什么能比得上一碗新鲜水果，一些撒有肉桂粉的烤苹果，甚至只是从冰箱里拿出来的水果块更好了。

创意总是无限的。在咖啡中加入一小撮肉桂粉、豆蔻粉或可可粉，可以让咖啡口感更丰富，而无需额外添加糖。通过这种方式，您可以创造出属于您的独特口味。

阅读营养标签。额外的添加糖现在在营养标签上很容易看到。这将帮助您比较同类产品中的添加糖分。请记住，添加的糖有很多不同的名字：果糖（Fructose）、右旋糖（Dextrose）、枫糖浆（Maple Syrup）、蔗糖汁（Cane Juice）等等。其次，选择糖分较少的替代品。例如选择普通的低脂或脱脂酸奶，不加糖的苹果酱，或用本身的果汁或水制成的罐装水果，而不是含有额外糖分的加工食品。

分享点心。将甜点分给您所爱的人。您可以通过分享一块糕点或蛋糕来减少一半的添加糖和热量。

Eat Well, Stay Healthy!

吃得好，保持健康！

Vegetable Spotlight: Shiso, Green

蔬菜聚光灯: 绿紫苏



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SHRIMPS WITH SHISO (Serves 4) 紫苏虾 (4 人份)



INGREDIENTS

- 1 tablespoon Vegetable Oil
- 1 clove Garlic, minced
- 1 pound Shrimp, peeled and deveined
- 1/4 cup Bamboo Shoots
- 1/4 cup Shiso
- 1 teaspoon Ground Coriander
- 1 teaspoon Low-Sodium Soy Sauce
- 1 Green Onion, sliced

配料

- 1 汤匙植物油
- 1 瓣大蒜，切碎
- 1 磅虾，去壳
- 1/4 杯竹笋
- 1/4 杯绿紫苏
- 1 茶匙芫荽末
- 1 茶匙低盐酱油
- 1 个葱，切片

DIRECTIONS

1. Heat oil in a wok/pan; add garlic and stir fry for 1 minute.
2. Add shrimps; cook until done.
3. Add shiso, bamboo shoots, coriander and soy sauce to pan and stir fry a few more minutes.
4. Sprinkle with green onion and serve.

步骤

1. 炒锅/平底锅放油烧热，加入蒜末翻炒 1 分钟。
2. 加入虾，煮至熟透。
3. 在锅中加入绿紫苏、竹笋、香菜和低盐酱油，再翻炒几分钟。
4. 撒上葱花即可食用。



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