

## HEALTH BENEFITS OF GRAINS

Grains have many nutrients, including dietary fiber, B vitamins, iron, magnesium, and selenium. The fiber found in whole grains can lower cholesterol levels, promote bowel movement regularity, and reduce the likelihood of developing heart diseases. The B vitamins are critical for proper nerve function and metabolism. These B-vitamins are added to many refined grains. Iron helps transport oxygen throughout the body. Magnesium and selenium can be found in whole grains. Magnesium is essential for healthy bones and the release of energy from muscles. Selenium prevents cell oxidation and helps to maintain a strong immune system.

All food and beverage choices matter. Let us begin to appreciate whole grains as part of a nutritious diet, which may promote the general nutritional health. Furthermore, eating folate-rich grain products before and during pregnancy can help prevent neural tube defects, which are birth defects affecting the brain, spine, or spinal cord of the baby.

### 谷物对健康的益处

五谷杂粮含有多种营养成分，包括膳食纤维、B族维生素、铁、镁和硒。全谷物中的纤维可降低胆固醇水平，促进排便，降低患心脏病的几率。B族维生素对神经功能的正常发挥和新陈代谢至关重要。许多精制谷物中都添加回了这些B族维生素。铁有助于把氧气输送到全身。全谷物中含有镁和硒。镁对骨骼健康和从肌肉释放能量至关重要。硒能防止细胞氧化，有助于维持强大的免疫系统。

因此，食物和饮料的选择都很重要。让我们开始把全谷物视为日常饮食的一部分，这有助于促进全面的营养健康。此外，在孕前和孕期食用富含叶酸的谷物产品有助于预防胎儿神经管缺陷（Neural Tube Defects），神经管缺陷会影响婴儿大脑、脊柱或脊髓的发育。

References/参考资料:

1. U.S. Department of Agriculture. Grains. <https://www.myplate.gov/eat-healthy/grains>. 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: Spring Onions  
蔬菜聚光灯: 葱



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## "FIVE HAPPINESS" FRIED NOODLES (Serves 4) "五福"炒面 (4 人份)



### INGREDIENTS

- 8 cups Water
- 3/4 pound uncooked Egg Noodles
- 3/4 tablespoon Vegetable Oil or Olive Oil
- 2 3/8 cups Bean Sprouts
- 3/4 cup Bamboo Shoots, julienned
- 3/8 cup Carrots, shredded
- 3/8 cup Dried Shiitake Mushrooms soaked for 30 minutes or until soft, stems removed, and julienned
- 1 5/8 Spring Onions, julienned
- 3/8 teaspoon Salt
- 3/4 teaspoon Sugar
- 3/4 tablespoon Low-Sodium Soy Sauce

### 配料

- 8 杯水
- 3/4 磅未煮熟的鸡蛋面
- 3/4 汤匙植物油或橄榄油
- 2 3/8 杯豆芽
- 3/4 杯竹笋，切丝
- 3/8 杯胡萝卜，切丝
- 3/8 杯干香菇，浸泡 30 分钟直至变软，去蒂，切丝
- 1 5/8 个葱，切丝
- 3/8 茶匙盐
- 3/4 茶匙糖
- 3/4 汤匙低盐酱油

### DIRECTIONS

1. In a large pot over high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or "al-dente," approximately 5 - 7 minutes, drain and set aside.
2. Heat a nonstick wok or pan over high heat. Add 1/2 tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
3. Add remaining 1/2 tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and low-sodium soy sauce. Stir to combine and serve.

### 步骤

1. 在大锅中用大火煮沸 10 杯水。在沸水中将面条煮至软或至有嚼劲的口感（约 5 - 7 分钟），捞出沥干备用。
2. 用大火加热不粘锅或平底锅。加入 1/2 汤匙油，翻炒均匀后，加入面条，煎至面条金黄，约 7 - 10 分钟。将面条从炒锅中取出。
3. 在炒锅中加入剩余的 1/2 汤匙油，加入蔬菜，翻炒至刚熟，约 5 - 7 分钟。
4. 将面条放回炒锅，加入盐、糖和低盐酱油。搅拌均匀后即可食用。



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