

TIPS FOR REDUCING THE CONSUMPTION OF SUGARY BEVERAGES

Sugary beverages, which include soda, sweetened iced tea, and juice, as well as energy and sports drinks, have been associated with an increased risk of weight gain, cavities, heart diseases, and type 2 diabetes. Think about choosing these beverage choices, such as water, low-fat or fat-free milk, beverages without any added sugar. Here are a few tips:

- Reduce gradually if you regularly consume sugary beverages. Slowly reduce the sweetness by combining half sweetened and half unsweetened as you adjust to eating less sugar.
- Consider adding fresh fruits, such as cucumber, or herbs, like mint, to your water. This way, it improves the flavors.
- Read the nutrition label to find out how much sugar is in your drink.
- Make water the simple choice by carrying a refillable water bottle or keeping a cup at your desk.

减少摄入含糖饮料的小窍门

含糖饮料，包括普通汽水、加糖冰茶和果汁，以及能量饮料和运动饮料，都与体重增加、蛀牙、心脏疾病和2型糖尿病的风险增加相关联。考虑选择这些饮料，例如水、低脂或脱脂牛奶、任何不添加糖的饮料。以下是一些小建议：

- 如果您经常饮用含糖饮料，请逐渐减少其饮用量。在逐渐减少糖分的过程中，可通过混合两种饮料：一半加糖，一半不加糖的方式慢慢减少糖的摄入量。
- 考虑在水中添加新鲜水果（例如黄瓜）或香草（例如薄荷）。这样可以提升口感。
- 阅读营养标签，了解饮料中的糖含量。
- 携带水瓶或在办公桌上放一个杯子，让水成为便捷的选择。

References/参考资料:

1. New York City Department of Health and Mental Hygiene. Nutrition education handouts for adults. <https://www.nyc.gov/assets/doh/downloads/pdf/cdp/nutrition-education-handouts-adult-workshops.pdf>. Accessed January 26, 2024.
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3. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

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AUTUMN SALAD (Serves 4)

秋日沙拉 (4 人份)



INGREDIENTS

- 2/3 Apple, Medium, sliced thinly (with skin)
- 1 1/3 tablespoons Lemon Juice
- 3 1/3 cups Mixed Lettuce Greens (Sunflower microgreens, spinach, kale, romaine, etc.)
- 1/3 cup dried Cranberries Dried
- 1/8 cup Walnuts, chopped
- 1/8 cup unsalted Sunflower Seeds
- 1/3 cup sesame dressing

配料

- 2/3 苹果，中等大小，切薄片（带皮）
- 1 1/3 汤匙柠檬汁
- 3 1/3 杯混合沙拉菜（向日葵幼苗、菠菜、羽衣甘蓝、罗马生菜等）
- 1/3 杯蔓越莓干
- 1/8 杯核桃，切碎
- 1/8 杯无盐葵花籽
- 1/3 杯芝麻沙拉酱

DIRECTIONS

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with 1/3 cup of raspberry vinaigrette dressing, to lightly cover the salad.

步骤

1. 在苹果片上撒上柠檬汁。
2. 将混合沙拉菜、蔓越莓干、苹果、核桃和葵花籽放入碗中混合。
3. 用 1/3 杯芝麻沙拉酱覆盖沙拉，拌匀。



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