

TIPS FOR EATING MORE FIBER

Fiber is a substance in plants that our bodies are hard to digest. Fruits, vegetables, beans, legumes, whole grains, nuts, and seeds are all good sources of dietary fiber. Fiber can be classified as either soluble fiber or insoluble fiber. Both types provide various health benefits, including improved digestive health. Moreover, consuming fiber may reduce the likelihood of developing heart diseases. The average adult needs 25 grams of fiber on a daily basis. Below are some tips for eating more fiber.

- Instead of drinking juices, which contain very little to no fiber, try consuming entire fruits and vegetables.
- Many fiber-rich nutrients can be found in the skins of fruits and vegetables. When preparing to eat fruits and vegetables, remember to wash by hold the produce under running water and rub it gently.
- Carefully read the nutrition label to find foods that have at least 10 percent of the daily value of fiber.
- It is important to read the ingredient list and select items that have whole grains listed first.

多吃纤维的窍门

纤维是植物中的一种物质，我们的身体很难让其消化。水果、蔬菜、豆类、全谷物、坚果和籽类都是膳食纤维的良好来源。纤维可分为可溶性纤维和不溶性纤维。这两种类型都具有多种健康益处，包括提升肠道健康。此外，摄入纤维可以降低患心脏病的几率。成人平均每天需25克纤维。以下是一些摄入更多纤维的窍门。

- 尝试食用完整的水果和蔬菜，而不是喝含有很少纤维或不含纤维的果汁。
- 水果和蔬菜的皮中富含纤维。但在准备吃用水果和蔬菜时，记得将蔬果放在流水下清洗并轻轻揉搓。
- 仔细阅读营养标签，找到纤维含量至少达到每日摄入量10%的食物。
- 阅读配料表并选择以全谷物为主的食品。

References/参考资料:

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Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Swiss Chard, Rainbow
蔬菜聚光灯: 彩虹瑞士甜菜



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VEGETABLES STEW (Serves 4)

炖蔬菜 (4 人份)



INGREDIENTS

- 2 3/8 tablespoons Olive Oil
- 3/4 Red Onion medium, chopped
- 1 5/8 cups Butternut Squash, peeled and cubed
- 9 5/8 ounces Tomatoes, diced
- 3/4 cup Water
- 2 3/8 Purple Potatoes medium, chopped or 2 3/8 Red Potatoes medium, chopped
- 3 1/4 cloves Garlic, finely chopped
- Salt to taste
- Black Pepper to taste
- 3/4 cup Swiss Chard center, rib removed, chopped
- 3/4 cup Mushrooms, medium chopped
- 3/4 cup Baby Spinach

配料

- 2 3/8 汤匙橄榄油
- 3/4 个中等大小的红洋葱, 切碎
- 1 5/8 杯南瓜, 去皮切块
- 9 5/8 盎司西红柿, 切块
- 3/4 杯水
- 2 3/8 紫薯, 中等大小, 切块; 或 2 3/8 红薯, 中等大小, 切块
- 3 1/4 瓣大蒜, 切碎
- 盐适量
- 黑胡椒适量
- 3/4 杯彩虹瑞士甜菜, 去中间部分, 切段
- 3/4 杯蘑菇, 中等大小, 切丁
- 3/4 杯娃娃菠菜

DIRECTIONS

1. Heat 3 tablespoons olive oil in large wok or saucepan. Add red onion and pre-cubed butternut squash and sauté about 4 minutes. Add diced tomatoes, water or vegetable broth, purple potatoes, and garlic. Continue cooking, stirring occasionally, for about 10 minutes. Season with salt and pepper.
2. Add Swiss chard, mushrooms, and spinach. Cook for about 4 minutes, stirring occasionally. Serve.

步骤

1. 在大炒锅或平底锅中倒入 3 汤匙橄榄油加热, 加入红洋葱和切好的南瓜翻炒约 4 分钟。加入西红柿块、水或蔬菜汤、紫薯和大蒜。继续烹煮, 偶尔搅拌, 约 10 分钟。用盐和胡椒调味。
2. 加入彩虹瑞士甜菜、蘑菇和菠菜。煮约 4 分钟, 偶尔搅拌。上桌。



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