

TIPS FOR PROMOTING HEALTHY DIETARY HABITS AT HOME

Having a well-balanced diet is essential throughout life. Let's consider these suggestions to promote healthy dietary habits at home:

Create meal plans ahead. Plan your meals for the week ahead of time to save time. On nights when you are really busy, make sure to include uncomplicated items or leftovers. Every meal and snack throughout the week should include at least one item from the following food groups: fruits, vegetables, grains, protein, dairy, and fortified soy products.

Anyone can help out. Involve children in making dinner at home. Have dinner "family style" so the kids can help themselves and be creative. Kids learn best when they get hands-on experience. While older children can assist with the ingredients, younger ones can help with the mixing, washing of produce, or setting the table. We can all help to clean up.

Mealtime connection. When you get the chance, eat a meal together. In order to engage with each other, turn off the television, and put away any electronic devices.

Come up with incentives that do not include food. Children enjoy other types of rewards as well. For example, older children may earn points toward a special trip, while younger ones can earn points for more activity time.

如何在家中养成健康饮食习惯

均衡的饮食对于一生至关重要。我们可以参考以下建议，以在家中促进健康的饮食习惯：

提前制定膳食计划。提前一周计划膳食以节省时间。在您非常忙碌的时候，请确保准备一些简单的物品或用剩菜做饭。一周的每顿正餐和零食都应至少包含以下食物组中的一种：水果、蔬菜、谷物、蛋白质、乳制品和经强化豆制品。

任何家里人都可以帮忙。让孩子们参与在家做饭。吃“家庭式”晚餐，这样孩子们就可以增进独立并发挥创造力。当孩子们获得实践经验时，他们学得更好。年龄较大的孩子可以协助准备食材，而年龄较小的孩子则可以帮助搅拌、清洗或摆设餐桌。全家人在饭后都可以帮忙清理。

用餐时的交流。有机会的话，一起吃顿饭。为了促进交流，请关闭电视并收起所有电子设备。

给予不含食物的奖励措施。孩子们也可获得其他类型的奖励。例如年龄较大的孩子可以通过赚取积分赚取一次特别的旅行，而年龄较小的孩子可以通过赚取积分获得更多的活动时间。

References/参考资料:

1. U.S. Department of Agriculture. Print Materials. <https://www.myplate.gov/resources/print-materials>. 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: Thyme

蔬菜聚光灯: 百里香



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VEGETABLES TOFU SCRAMBLE (Serves 4) 清炒蔬菜豆腐 (4 人份)



INGREDIENTS

- 3/4 tablespoon Canola Oil
- 4 cloves Garlic minced and divided into two halves
- 12 ounces Firm Tofu, drained
- 3/8 teaspoon Sea Salt
- 3/4 teaspoon Soy Sauce low-sodium
- 3/4 Zucchini, chopped
- 3 1/4 ounces Mushrooms, sliced
- 1 5/8 cups Spinach
- 3/4 tablespoon Thyme or more to taste

配料

- 3/4 汤匙菜籽油
- 4 瓣大蒜切碎，分成两半
- 12 盎司豆腐，沥干水分
- 3/8 茶匙海盐
- 3/4 茶匙低盐酱油
- 3/4 个西葫芦，切块
- 3 1/4 盎司蘑菇，切片
- 1 5/8 杯菠菜
- 3/4 汤匙百里香，或根据个人口味添加

DIRECTIONS

1. In a large skillet, heat oil over medium-high heat. Add 1/2 the garlic and sauté until fragrant, about 30 seconds.
2. Crumble tofu and add to skillet. Add sea salt. Press down mixture with a spatula and allow to cook for 5 minutes or until bottom of tofu layer is browned. Flip or stir and cook another 3 minutes.
3. Meanwhile, in a medium skillet, combine remaining garlic, zucchini, and mushroom. Cook over medium heat for 5 minutes.
4. Add zucchini mixture to tofu and stir to combine, reducing heat to medium.
5. Stir in spinach and thyme, cook for 1-2 minutes or until spinach wilts.

步骤

1. 在一个大平底锅中，用中高火加热油。加入 1/2 个大蒜，翻炒至出香味，约 30 秒。
2. 将豆腐碾碎，加入平底锅中。加入海盐。用锅铲压住豆腐，煎 5 分钟直至豆腐底部变色。翻面或搅拌，再煎 3 分钟。
3. 同时，在中号平底锅中加入剩余的大蒜、西葫芦和蘑菇。中火煮 5 分钟。
4. 将西葫芦混合物加入豆腐中，搅拌均匀后转中火。
5. 加入菠菜和百里香，煮 1-2 分钟直至菠菜变软。



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