

TIPS FOR GROCERY SHOPPING AND MEAL PLANNING

A balanced diet is important at any age. It is critical to choose foods that are rich in nutrients when grocery shopping and making a meal plan. Below are some helpful tips.

Check what you have. Plan your meals so that you can make use of the ingredients you currently have. Make sure to check the expiration date on the labels by searching your freezer, drawers, and refrigerator.

Think about your life schedule. Spend some extra time on weekends preparing meals and sides. This will be useful especially on the busiest weekdays. Then create a menu plan. Make advantage of a weekly meal plan to help you stick to your eating habits. Also, do not forget to plan for snacks and drinks.

Generate a list of all the foods you will need. Make a list of everything you need to prepare the meals you have planned and then cross out the things you already have. You can cut down on shopping trips if you stock up for the week. Every day, make sure you include fruits, vegetables, grains, protein foods, dairy, and fortified soy products in your diet plan. Read the nutrition label to stay informed about added sugars, saturated fat, and sodium when you are shopping.

Delicious leftovers. Make extra food so you can have it for lunch, dinner, and another day, or freeze some for later. You can save both time and money by including leftovers in this way.

购物和膳食计划小窍门

均衡饮食对任何年龄段的人都很重要。在买菜和制定膳食计划时，选择营养丰富的食物至关重要。以下是一些有用的小窍门。

检查你有什么。计划您的膳食，以便充分利用您现有的食材。同时确保检查冷藏柜、抽屉和冰箱中食物的保质期。

思考一下您的生活安排。周末多花一些时间准备正餐和配菜。这将在最繁忙的工作日尤其有用。然后制定一个菜单计划。利用每周的膳食计划来帮助您坚持自己的饮食习惯。此外，不要忘记计划零食和饮料。

列出您需要的所有食物清单。列出准备计划中的膳食所需的所有物品清单，然后划掉已有的物品。如果能为一周做好储备，就能减少购物次数。每天的饮食计划中建议要包括水果、蔬菜、谷物、蛋白质食品、奶制品和经强化豆制品。购物时，请阅读营养标签，了解添加糖、饱和脂肪和盐的含量。

剩菜也可很美味。多做一些食物，这样您就可以在午餐、晚餐和其他时间食用，或者冷冻一些食物以备将来之用。这样做既省时又省钱。

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: Yu Choy/ Choy Sum
蔬菜聚光灯: 油菜/菜心



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SPICY SHRIMP AND YU CHOY / CHOY SUM NOODLE BOWL (Serves 4) 香辣虾烩白菜/菜心粉丝 (4 人份)



INGREDIENTS

- 3 tablespoons Vegetable Oil
- 2 teaspoons Crushed Red Pepper Flakes
- 4 cloves Garlic, chopped
- 2 tablespoons Ginger Root about 2 inches, peeled and grated
- 1/2 pound Brown Mushrooms, sliced
- 1 cup Yu Choy / Choy Sum
- 1 quart Chicken Broth low-sodium
- 1 pound Shrimp medium, peeled and deveined
- 8 ounces Vermicelli
- 4 Green Onions, cut into 3 inch pieces and shredded lengthwise into thin strips

配料

- 3 汤匙植物油
- 2 茶匙碎红辣椒片
- 4 瓣大蒜，切碎
- 2 汤匙约 2 英寸长的生姜根，去皮并磨碎
- 1/2 磅褐色蘑菇，切片
- 1 杯油菜/菜心
- 1 夸脱低盐鸡汤
- 1 磅虾，中等大小，去壳
- 8 盎司粉丝
- 4 条葱，切成 3 英寸长的段，然后纵向切成细丝

DIRECTIONS

1. In stockpot, heat oil, crushed red pepper flakes, garlic, ginger, mushrooms, and bok choy.
2. Add chicken broth. Cover and bring soup to a boil.
3. Add shrimp and vermicelli: cook 3 minutes. Serve sprinkled with green onions.

步骤

1. 在汤锅中加热油、碎红辣椒片、蒜、姜、褐色蘑菇和油菜/菜心。
2. 加入鸡汤。加盖并将汤煮沸。
3. 加入虾和粉丝：煮 3 分钟。撒上葱花即可食用。



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