

Childhood Obesity

Obesity is an emerging health concern for Chinese American children. On average, Chinese American children tend to have a diet high in salt, sugar, saturated fat, and refined grains.

This type of diet can lead to childhood obesity, which is associated with poor memory, social problems, anxiety, and lower quality of life. Asians, compared to other ethnic groups, are at higher risk of diabetes and high blood pressure at smaller body sizes.

A nutritious meal for a child should include:

- 1/2 plate of vegetables and fruits
- 1/4 plate of minimally processed grains
- 1/4 plate of protein (fish, tofu, eggs)

韭菜 Garlic Chives

富含维生素C，有助于预防感冒
Rich in vitamin C, which helps prevent the common cold and fever

含有对骨骼健康和血液凝固很重要的维生素K

Contains vitamin K which is important for bone health and blood clotting

PER 100 GRAMS:

每 100 克

30 calories	3.3g protein	30 卡路里	3.3g 蛋白质
0.7g fat	2.5g fiber	0.7g 脂肪	2.5g 纤维
4.4g carb, 1.9g total sugars	4.4 g 碳水化合物, 1.9g 总糖		



儿童肥胖

肥胖是美籍华裔儿童新出现的健康问题。平均而言，华裔美国儿童的饮食往往含有高盐、高糖、饱和脂肪和精制谷物。

这种饮食会导致儿童肥胖，这与记忆力差、社会问题、焦虑和生活质量下降有关。与其他种族相比，亚洲人在体型较小的情况下患糖尿病和高血压的风险较高。

儿童营养餐应包括：

- 1/2 盘蔬菜和水果
- 1/4 盘微加工全谷类
- 1/4 盘蛋白质（鱼、豆腐、鸡蛋）



季节：5月-10月

Season: May- October

可以帮助预防某些健康状况，例如心脏病和高血糖

Can help prevent certain health conditions such as heart disease and high blood sugar

含有胆碱，这是一种重要的营养物质，有助于情绪、记忆、肌肉控制和其他大脑功能

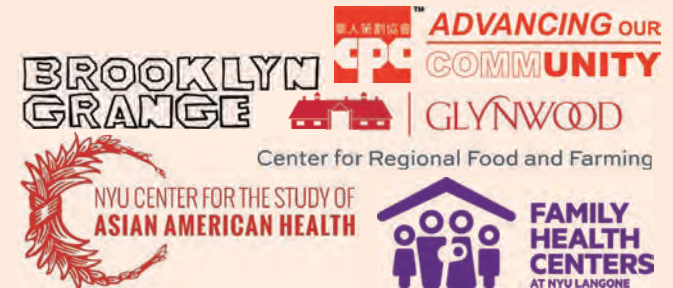
Contains choline which is an important nutrient that helps with mood, memory, muscle control, and other brain functions

吃得好，保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯： 韭菜

Vegetable Spotlight: Garlic Chives



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韭菜鸡肉玉米汤 (5人份)

Chicken & Corn Soup w/ Chives

(serves 5)

食材

- 2汤匙植物油
- 1小束韭菜，切碎
- 1小块生姜，切碎
- 1瓣大蒜，切碎
- 3杯低钠鸡汤
- 2罐玉米粒
- 2杯熟鸡丝
- 1汤匙玉米淀粉
- ¼杯低钠酱油
- 2汤匙白葡萄酒醋
- 2茶匙芝麻油
- 盐和胡椒

INGREDIENTS

- 2 tbsp vegetable oil
- 1 small bunch chives, sliced
- 1 tbsp ginger, minced
- 1 tbsp garlic, minced
- 3 cups low-sodium chicken broth
- 2 cans of corn kernels
- 2 cups cooked shredded chicken
- 1 tbsp cornstarch
- ¼ cup low sodium soy sauce
- 2 tbsp white wine vinegar
- 2 tsp sesame oil
- Salt and pepper

做法步骤

1. 在一个大锅里把油加热。加入韭菜、生姜、大蒜，炒约3分钟。
2. 加入鸡汤、玉米粒和鸡肉。煮滚。
3. 将酱油和玉米淀粉搅拌均匀。煨至浓稠，约5分钟。加入醋、芝麻油和少许盐和胡椒粉。趁热享用！

INSTRUCTIONS

1. Heat oil in a large pot. Add chives, ginger, garlic and saute for ~3 min.
2. Add chicken broth, corn kernels, and chicken. Bring to a boil.
3. Whisk together soy sauce and cornstarch; stir into soup mixture. Simmer until thickened, ~5 min. Add vinegar, sesame oil, and a pinch of salt & pepper. Serve hot and enjoy!



健康小贴士



购买蔬菜罐头时，请在标签上寻找“低钠”或“不加盐”。对于水果罐头，选择用100%果汁或水代替糖浆的罐头。

HEALTH TIP

Look for "low sodium" or "no salt added" on the label when buying canned vegetables. For canned fruit, choose ones canned in 100% juice or water instead of syrup.