

Probiotics for Your Health

Constipation is common, affecting approximately 8.2% of the Chinese population. Imbalance of the gut microbiota is thought to contribute to the onset of constipation.

Probiotics, which are living microorganisms that boost gut health, have been shown to relieve some symptoms and improve blood pressure and cholesterol! Here are some probiotics you can add to your meals:

- Kimchi
- Stinky tofu
- Yogurt
- Miso
- Natto
- Suan cai



豆苗 Duo Miao

维生素 C、A 和 K 的极佳来源
Excellent source of vitamins C, A, and K
含有许多有助于保持低血糖水平的营养素，从而降低患糖尿病的风险
Contains many nutrients that can help keep blood sugar levels low, which can lower the risk of diabetes

植物蛋白的良好来源
Good source of plant-based protein



益生菌为您的健康

便秘很常见，影响了大约 8.2% 的中国人口。肠道菌群失衡被认为是便秘的原因。

益生菌是促进肠道健康的活微生物，已被证明可以缓解一些症状并改善血压和胆固醇！以下是一些可以添加到膳食中的益生菌：

- 泡菜
- 臭豆腐
- 酸奶
- 味噌
- 纳豆
- 酸菜



季节：全年无休 - 在温室中生长
Season: All year round - grown in greenhouse

叶酸、抗氧化剂和胡萝卜素的重要来源，有助于预防癌症

Great source of folate, antioxidants, and carotene which can aid in cancer prevention

每 100 克	PER 100 GRAMS:
31 卡路里	31 calories
0.5g 脂肪	0.5g fat
4.8g 蛋白质	4.8g protein
3.1g 纤维	3.1g fiber
4.3g 碳水化合物	4.3g carb

吃得好，保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯： 豆苗

Vegetable Spotlight: Duo Miao



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豆苗汤 (2-3人份)

Duo Miao Soup

(serves 2-3)

食材

- ½ 包豆苗，冲洗并且去除根部，
- 4个蒜瓣，砸碎
- 1小块生姜，切片
- 半包金针菇
- 1个中等大小的皮蛋
- 1汤匙食用油
- 1汤匙枸杞

INGREDIENTS

- ½ bag pea shoots, rinsed and destemmed
- 4 garlic cloves, smashed
- 1 1-inch piece ginger, sliced
- ½ package enoki mushroom, washed
- 1 century egg, medium size
- 1 tbsp cooking oil
- 1 tbsp goji berries
- Salt and pepper, to taste



在锅中用中火或者大火加热1汤匙食用油。加入捣碎的大蒜。炒1分钟至香。

Heat 1 tbsp of cooking oil on medium-high heat in a wok. Add the smashed garlic and sliced ginger. Stir-fry for 1 minute until fragrant.



加入金针菇并且倒入2杯水。将皮蛋切半，加入汤中。用勺子把皮蛋打碎。搅拌至汤沸腾。

Add the mushrooms and 2 cups of water. Halve the century egg and add it to the soup. Use a spoon to smash the egg into small pieces. Stir until the soup boils.



将豌豆苗加入锅中。搅拌2分钟直至豆苗变嫩。

Add pea shoots to the wok. Stir for 2 minutes until softened.



加入枸杞,盐和胡椒粉。与米饭一起享用!

Add goji berries and salt and pepper. Serve with rice and enjoy!