

份量是什么?

一份蔬菜的标准份量约为 75 克或:

- 1/2 杯煮熟的绿色或橙色蔬菜 (如盖兰、胡萝卜或白菜)
- 1杯生的绿叶蔬菜
- 1/2 中等的淀粉类蔬菜 (土豆、芋头)
- 1个中等大小的番茄

一份标准的水果约为 150 克或:

- 1 个中等大小的苹果、香蕉、橙子或梨
- 1杯切丁或水果罐头
- 2个小杏子、猕猴桃或李子

What is a serving size?

A standard serving of vegetables is about 75 grams or:

- 1/2 cup cooked green or orange vegetables (such as gai lan, carrots, or bok choy)
- 1 cup green leafy vegetables
- 1/2 medium starchy vegetable (potato, taro)
- 1 medium size tomato

A standard serving of fruit is about 150 grams or:

- 1 medium apple, banana, orange, or pear
- 1 cup diced or canned fruit
- 2 small apricots, kiwi fruits, or plums

吃得好, 保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯:

芥兰菜

Vegetable Spotlight: Gai lan

芥兰菜 Gai lan

季节: 5月和8月

Season: May and August

高纤维含量可促进肠道健康
High fiber content to promote good gut health



丰富的维生素 K 来源, 促进骨骼健康

Rich source of vitamin K which promotes healthy bones

含有抗氧化剂, 有助于保持年轻肌肤

Contains antioxidants that can help maintain youthful skin

提供大量维生素C, 可降低患心血管疾病的风险

Provides tons of vitamin C which can lower risk of cardiovascular disease

PER 100 GRAMS:

每 100 克

22 calories	1.1g protein	22 卡路里	1.1g 蛋白质
0.7g fat	2.5g fiber	0.7g 脂肪	2.5g 纤维
3.8g carb,	0.8g total sugars	3.8 g 碳水化合物,	0.8g 总糖



This resource is supported by the National Institutes of Health, National Institute of Minority Health and Health Disparities grant 2U54MD000538-15 and by funding from the BMS Foundation.

青菜米粉湯 (5-6人份)

Vegetable Noodle Soup

(serves 5-6)

食材

- 4杯蔬低盐菜汤
- 4杯水
- 2英寸姜，切片
- 蒜瓣1个，压碎
- ¼杯低盐生抽
- 7个干香菇
- 1束芥兰菜
- 4捆米粉，浸泡
- 1根胡萝卜，切丝
- 1包嫩豆腐，切块
- 1汤匙芝麻油
- 葱2根，切成薄片
- 白胡椒

INGREDIENTS

- 4 cups low sodium vegetable stock
- 4 cups water
- 2 inch piece ginger, minced
- 1 garlic clove, crushed
- ¼ cup low sodium soy sauce
- 7 fresh or dried shiitake mushrooms
- 1 bunch gai lan
- 4 bundles rice noodles, soaked
- 1 carrot, julienned
- 1 pack soft tofu, cubed
- 1 tbsp sesame oil
- 2 green onions, thinly sliced
- White pepper

做法步骤

1. 在一个大锅里，加入4杯菜汤，4杯水，姜、酱油，煮沸。
2. 加入蘑菇，胡萝卜芥兰菜，煮2分钟。
3. 再在锅中加入豆腐和麻油，煮沸。用少许白胡椒调味。
4. 在汤上撒上一些葱，即可享受！

INSTRUCTIONS

1. Add stock, water, ginger garlic, and soy sauce to a large pot and bring to a boil.
2. Add carrot, mushrooms, gai lan, and noodles to the pot. Simmer for ~2 minutes.
3. Add tofu and sesame oil to the pot and bring to a boil. Season with a dash of soy sauce and white pepper. Remove from heat.
4. Serve soup with green onions on top. Enjoy!



健康小贴士



建议成年人每天摄入5份蔬菜和2份水果。看看背面，知道份量是多少！

HEALTH TIP

It is recommended that adults get 5 servings of vegetables and 2 servings of fruit each day. Look at the back to see what a serving size is!