

健康蔬果美食

Healthy Chinese Cuisine Using Fruits and Vegetables

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Photography by: Rosa To

Foreword

Being overweight and obese has become a major health problem in California, including in our Chinese community. In California, more than a third of Chinese adults are overweight or obese.¹ Among Chinese Americans, approximately 2% of normal weight adults have diabetes, whereas this number rises to more than 11% for adults who are obese.²

Among Asian Americans, 58% of California children³ and 77% of adults¹ are not eating enough fruit and vegetables. Eating at least 2 to 6½ cups of fruits and vegetables (depending on your age, gender and activity level), and getting 30 to 60 minutes of physical activity every day, may help to lower our risk of becoming overweight and our risk of cancer, heart disease, Type 2 diabetes and obesity.⁴

This bilingual booklet suggests ways to increase fruit and vegetable consumption and provides helpful tips on staying active. These easy methods to improve intake of fruits and vegetables are enhanced by celebrity chef Martin Yan and nutritionist Catherine Wong from Chinatown Public Health Center. They share their secrets for healthy eating and cooking using authentic Chinese recipes.

I am pleased to recommend this well written and illustrated booklet that will help keep you healthy.



Sincerely,

A handwritten signature in black ink that reads "Edward A. Chow". The signature is fluid and cursive.

Edward A. Chow, MD
San Francisco Health Commissioner

Executive Director, Chinese Community Health Care Association

(1) California Department of Public Health, Nutrition Education and Obesity Prevention Branch, Behavioral Risk Factor Surveillance System, 2013.

(2) Staimez, L.R., Weber, M.B., Venkat Narayan, K.M & Oza-Frank, R. (2013). A systematic review of overweight, obesity, and type 2 diabetes among Asian American subgroups. *Current Diabetes Reviews*, 9, 312-331.

(3) UCLA Center for Health Policy Research. AskCHIS 2011-2012. Eat five or more servings of fruits & vegetables compared by Asian ethnicity groups (7 level). Available at <http://ask.chis.ucla.edu>. Exported on October 12, 2015.

(4) U.S. Department of Agriculture, Dietary Guidelines for Americans 2010, <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>, retrieved 9/30/14

序言

在加州，包括我們華人社區，身體過重與肥胖症已成為主要的健康問題。在加州，超過三份一的華裔成年人屬超重或肥胖。¹在美籍華人中，大約有2%正常體重的成年人患有糖尿病，而在超重的成年人中，患有糖尿病的數字高達11%以上。²

在美國亞裔人口中，58% 的加州兒童³和77%成年人¹蔬果進食量不足夠。如果每天最少進食 2 杯至 6 杯半的水果蔬菜，加上 30 至 60 分鐘的體力活動，便能減少身體過重、患癌、心臟病、第二型糖尿病和肥胖症的危機。³

這本雙語手冊協助讀者多吃蔬果，並保持活躍的生活。由名廚甄文達和營養師黃嘉慧向讀者分享他們的健康飲食與烹飪心得、提供中式食譜，來增加蔬果進食量。⁴

本人十分樂意推薦這本圖文並茂的手冊，祝你健康長壽。



Edw H Chow

三藩市健康委員會
華美醫師協會行政總監
周兆年醫生

(1) California Department of Public Health, Nutrition Education and Obesity Prevention Branch, Behavioral Risk Factor Surveillance System, 2013.

(2) Staimez, L.R., Weber, M.B., Venkat Narayan, K.M & Oza-Frank, R. (2013). A systematic review of overweight, obesity, and type 2 diabetes among Asian American subgroups. *Current Diabetes Reviews*, 9, 312-331.

(3) UCLA Center for Health Policy Research. AskCHIS 2011-2012. Eat five or more servings of fruits & vegetables compared by Asian ethnicity groups (7 level). Available at <http://ask.chis.ucla.edu>. Exported on October 12, 2015.

(4) U.S. Department of Agriculture, Dietary Guidelines for Americans 2010, <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>, retrieved 9/30/14

Foreword

Obesity is a leading public health problem in the United States, with more than 30% of adults and approximately 17% of children categorized as obese.⁵ Based on a recent statewide survey, over 35% of Chinese adults are overweight or obese and over 75% are not eating enough fruits and vegetables.⁶ With respect to dietary behaviors, fruit and vegetable consumption promotes nutrient adequacy, disease prevention, overall good health, and may also protect against weight gain.⁷

To help prevent obesity and diet-related health problems, follow the current Dietary Guidelines for Americans:⁸

- *make half your plate fruits and vegetables,*
- *make at least half your grains whole grains, and*
- *switch to fat-free or low-fat milk and milk products.*

When planning meals, serve smaller portions, drink fewer sugary beverages, like soda, juice drinks and energy drinks, and use low sodium ingredients. If you don't drink milk you can try calcium fortified almond, soy or rice milk or lactose-free milk. In general, lactose-free milk provides more nutrition than the other options.

This cookbook will help you prepare healthy and traditional home-cooked Chinese meals for you and your family.

Look to the meal planning guide to see if your family is eating enough fruits and vegetables to promote good health. Refer to the physical activity suggestions to see how you and your family can include the daily physical activity that is so important in maintaining whole body wellness.

We wish you and your family many years of good health.

Sincerely,

John Talarico, D.O.

John Talarico, Chief, Nutrition Education and Obesity Prevention Branch
Division of Chronic Disease and Injury Control
Center for Chronic Disease Prevention and Health Promotion
California Department of Public Health

(5) Levi, J., Segal, M., Rayburn, J., & Martin, A. (2015). The state of obesity: Better policies for a healthier America. Retrieved October 12, 2015 from <http://stateofobesity.org/files/stateofobesity2015.pdf>.

(6) California Department of Public Health, Nutrition Education and Obesity Prevention Branch, Behavioral Risk Factor Surveillance System, 2013

(7) California Department of Public Health, Nutrition Education and Obesity Prevention Branch (2014). Obesity in California: The weight of the state 2000-2012. Retrieved October 12, 2015 from <https://www.cdph.ca.gov/programs/cpns/Documents/ObesityinCaliforniaReport.pdf>.

(8) U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

序言

在美國，肥胖是一個公共健康的主要問題，超過百份之三十的成人和百份之十七的兒童是肥胖。⁵根據最近的加州調查顯示，超過百份之三十五的華裔成年人是超重或肥胖，和超過百份之七十五的成年人水果蔬菜進食量不足夠。⁶進食蔬菜水果有助吸取足夠營養、預防疾病、促進整體健康和防止體重增加。⁷

要預防肥胖和與飲食有關的健康問題，可參考最新的美國飲食指引：⁸

- 餐碟的一半是水果和蔬菜
- 穀類有一半應是全穀類
- 選用脫脂或低脂奶和奶製品

在預備膳食時，提供較小份量的食物，減少飲用糖份飲品，如汽水，果汁飲品和能量飲品，和選用低鈉的材料。如果你不飲牛奶，可選擇飲加鈣杏仁奶、豆漿、米漿或無乳糖的牛奶。相比之下，無乳糖牛奶通常提供比較多的營養。這本食譜可幫助你為你和你家人預備健康和傳統的自家中國菜。

大家可參考食譜入面的膳食計劃指引，看看你家人是否進食足夠的水果和蔬菜，以促進身體健康。參考體力活動建議，看看你和你家人怎樣使日常的體力活動成為維持整體身體健康的一部份。

祝你和你的家人身體健康。



John Talarico
加州公共衛生部
慢性疾病及損傷控制科
慢性疾病及傷害預防科
總裁，營養教育和肥胖預防部

(5) Levi, J., Segal, M., Rayburn, J. & Martin, A. (2015). The state of obesity: Better policies for a healthier America. Retrieved October 12, 2015 from <http://stateofobesity.org/files/stateofobesity2015.pdf>.

(6) California Department of Public Health, Nutrition Education and Obesity Prevention Branch, Behavioral Risk Factor Surveillance System, 2013

(7) California Department of Public Health, Nutrition Education and Obesity Prevention Branch (2014). Obesity in California: The weight of the state 2000-2012.

Retrieved October 12, 2015 from <https://www.cdph.ca.gov/programs/cpns/Documents/ObesityinCaliforniaReport.pdf>.

(8) U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

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Nutrition Education and Obesity Prevention Chinese Project

The Nutrition Education and Obesity Prevention Chinese Project (formerly Network for a Healthy California - Chinese Project) would like to present to you a colorful and flavorful way of healthy eating incorporated into Chinese cooking.

Healthy eating and active lifestyles are the primary ways to prevent major causes of chronic disease and death in the United States. Research shows that eating at least 2½ cups of vegetables and fruits per day is associated with a reduced risk of heart disease and stroke. Some vegetables and fruits may aid in protecting against certain types of cancer.⁹ Strong evidence indicates that having regular moderate-intensity physical activity for at least 150 minutes per week lowers the risk of developing heart disease, stroke, high blood pressure, type 2 diabetes and certain types of cancer.¹⁰

This booklet informs you of the Dietary Guidelines for Americans by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, health benefits of fruits and vegetables, the amount that you need to eat, and the healthier ways of cooking with fruits and vegetables. We have chosen the galloping horse for our project logo because it symbolizes health, strength and vitality for the Chinese.

Enjoy eating a variety of colors and flavors of fruits and vegetables, be active and change your family's lifestyle to lower the risk of many chronic diseases.

We wish you and your family an energetic and healthy life!

Sincerely,



Catherine Wong M.P.H., R.D.

Nutrition Manager

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(9) U.S. Department of Agriculture, Dietary Guidelines for Americans 2010, <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>, retrieved 9/30/14

(10) U.S. Department of Health and Human Services, 2008 Physical Activity Guidelines for Americans, <http://www.health.gov/paguidelines/pdf/paguide.pdf>, retrieved 6/9/15



華人營養教育與肥胖預防計劃
Nutrition Education and Obesity Prevention Chinese Project



華人營養教育與肥胖預防計劃

華人營養教育與肥胖預防計劃（前健康加州網絡－華人計劃）為你介紹色彩繽紛、味道鮮美、有益健康的飲食方式，融入中式烹飪當中。

健康飲食和活躍的生活方式是預防在美國慢性疾病及死亡原因之首要渠道。研究顯示每日吃2杯半或以上的蔬果、可能有助於減低心臟病和中風的風險，有些蔬果亦有助預防某些癌症。⁹ 有力的證據顯示每週至少150分鐘中等強度的體力活動可減低心臟病、中風、高血壓、二型糖尿病和某些癌症的風險。¹⁰

這本手冊為你介紹美國衛生人文服務署和美國農業部推出的飲食指引、多吃蔬果的好處、每天應該吃多少、與及用蔬果入饌的健康烹調心得。我們選了駿馬作為本計劃的標誌，因它代表健康、體力和活力。

希望你享用蔬果的色彩鮮美、多做體力活動、改進你家庭的生活習慣、減低許多可預防的疾病之危機。

希望你和你的親人都享用色味鮮美的蔬果，活得健康，活得長壽！

黃嘉慧

三藩市公共衛生署
華埠公共衛生局
營養主任
黃嘉慧



華人營養教育與肥胖預防計劃
Chinese Education and Obesity Prevention Program

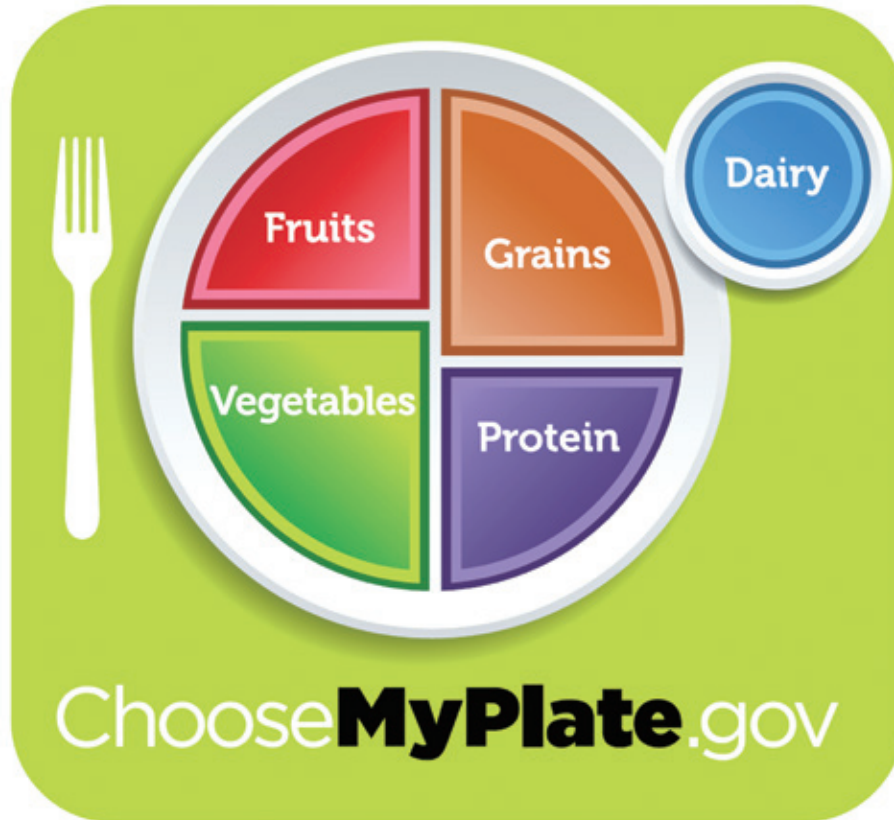


(9) U.S. Department of Agriculture, Dietary Guidelines for Americans 2010, <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>, retrieved 9/30/14

(10) U.S. Department of Health and Human Services, 2008 Physical Activity Guidelines for Americans, <http://www.health.gov/paguidelines/pdf/paguide.pdf>, retrieved 6/9/15

Choose MyPlate

Get your own Daily Food Plans! Go to www.ChooseMyPlate.gov and click 'Super Tracker.' 'Super Tracker' is available only in English. Enter your height, weight, age, sex and level of physical activity. The website also contains information, tips and links.

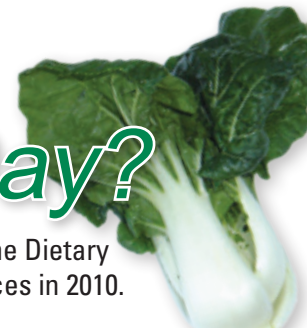


Source: www.ChooseMyPlate.gov, USDA, 2010

選擇我的餐盤

獲取你的個人飲食計劃！請到 www.chooseMyPlate.gov, 並在右邊點擊“超級追蹤器”(Super Tracker), “超級追蹤器”僅適用於英語。輸入你的身高、體重、年齡、性別和體力活動量。該網站還包含更多信息、提議和網站鏈接。





What Should I Eat Every Day?

This is the recommendation for food intake and physical activity according to Choose MyPlate and the Dietary Guidelines by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services in 2010.

GRAINS

Make half of your grains whole

Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta every day.

1 oz. is about:

- 1 slice of bread, or
- 1 cup of ready-to-eat cereal flakes, or
- ½ cup of cooked rice, cereal, or pasta

VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.

Eat more orange vegetables like carrots and sweet potatoes.

Eat more dry beans and peas like soy beans, kidney beans, and black beans.

FRUITS

Focus on fruits

Eat a variety of fruits.

Choose fresh, frozen, canned, or dried fruit.

Go easy on fruit juices.

Dairy

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products.

If you don't or can't consume milk, choose lactose-free products or other calcium fortified foods and beverages.

Protein

Go lean with protein

Choose low-fat or lean meats, poultry, and fish.

Bake it, broil it, or grill it.

Vary your protein sources – choose more beans, peas, nuts and seeds.

1 oz = a piece of meat, fish, or skinless chicken the size of a mahjong tile, or
1 egg, or
¼ cup tofu, or
¼ cup cooked dry beans

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to <http://www.choosemyplate.gov/myplate/index.aspx>

Eat 6 oz. every day

Eat 2½ cups every day

Eat 2 cups every day

Get 3 cups every day

Eat 5½ oz. every day

Find your balance between food and physical activity

- Stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain in adults.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know the limits on fats, sugar, cholesterol and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans-fats, cholesterol, and sodium low.
- Choose food and beverages low in added sugar. Added sugar contributes calories with few, if any, nutrients.



我每天應該吃什麼？



以下是美國農業部與美國衛生人文服務署 2010 推出的飲食指引和選擇我的餐盤提議的日常進食量。

穀類 一半應屬全穀類 每天至少吃 3 安士全穀類五穀片、麵包、餅乾、米飯、或麵條。 1 安士等於： • 1 片麵包 • 1 杯即食五穀片 • 半杯飯、麥片、或麵條。	蔬菜 吃多種蔬菜 多吃深綠色蔬菜如：綠葉花（西蘭花）、菠菜和其他深綠色綠葉青菜。 多吃橙色蔬菜如胡蘿蔔和甜薯。 多吃乾豆類如黃豆、腰豆、黑豆。	水果 注重吃水果 吃多種類水果。 選擇新鮮、冰凍、罐頭或乾果。 若喝果汁，應酌量。	乳品 進食鈣質食品 選擇低脂/脫脂牛奶、酸乳酪、和其他奶製品。 若不喝或不能吃奶製品，可選用無奶糖製品，或其他加鈣食品 and 飲品。	蛋白質 吃低脂肪蛋白質食物 選瘦肉、家禽、或魚。 用焗、烤、或燒的煮法。 吃不同種類的蛋白質 — 多選吃乾豆、豌豆、果仁和種子。 1 安士大約是： 麻將牌大小的肉片、去皮雞肉、或魚。 或 1 隻蛋、或 ¼ 杯豆腐、或 ¼ 杯熟乾豆。
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每天需要 2000 卡路里（熱量）的人士，宜採用下列的進食量。請往 <http://www.choosemyplate.gov/myplate/index.aspx> 找出適合你個人的進食量。

每天 6 安士	每天 2 杯半	每天 2 杯	每天 3 杯	每天 5 安士半
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飲食與體力活動應互相平衡

- 每天攝取自己需要範圍內的卡路里。
- 每星期儘量天天都做 30 分鐘以上的體力活動。
- 成年人若要避免增加體重，每天需要做 60 分鐘的體力活動。
- 若要減輕體重或維持已減輕的體重，每天需要做 60 至 90 分鐘的體力活動。
- 兒童和青少年應儘量天天做 60 分鐘的體力活動。

認識脂肪、糖、膽固醇和鹽（鈉質）的進食限度

- 每天飲食的脂肪宜來自魚、硬殼果和菜油。
- 限制食用固體脂肪如牛油、條狀人造牛油、豬油、人造豬油及含有這些脂肪的食物。
- 參閱食品標籤，減少進食飽和脂肪、反式脂肪、膽固醇、和鈉質。
- 選擇少加糖的食物和飲品。額外加添的糖只增卡路里，營養素甚微。



Benefits of Fruits, Vegetables & Physical Activity

Fruits and vegetables

- Provide vitamins, minerals, antioxidants, fiber, and phytochemicals (substances found in plants that are good for health) to help lower the risk of chronic diseases such as cancer, heart disease, high blood pressure, stroke, obesity and diabetes
- Slow the negative signs of aging such as weakening vision and memory loss
- Enhance immunity

Physical activity

- Lowers the risk of developing high blood pressure, heart disease, stroke, diabetes and cancer
- Builds and maintains healthy bones, muscles, and joints
- Helps to lower the risk of overweight problems in children and adults
- Reduces anxiety, depression and stress
- Helps to feel more energetic



蔬果和體力活動的好處

蔬果

- 提供維他命、礦物質、抗氧化素、纖維素和植物元素（一些對身體有益的植物物質），幫助減低許多疾病的患病率如：癌症、心臟病、中風、身體過重和糖尿病。
- 緩慢一些衰老的癥狀如視力變弱、記憶力減退。
- 增強身體免疫力。

體力活動

- 減輕高血壓、心臟病、中風、糖尿病和某些癌症的患病危機。
- 強健骨骼、肌肉、及關節。
- 幫助減低兒童和成人身體過重的可能性。
- 減輕精神緊張、抑鬱感、和壓力。
- 使精力充沛。



How Many Cups of Fruits & Vegetables Should an Adult Eat?

The amount of fruits and vegetables an adult needs every day depends on his/her gender, age, and activity level.

The following daily amounts are recommended for individuals who get less than 30 minutes per day of physical activity beyond regular daily activities. If you get more physical activity, you would need to eat an additional ½ cup to 1 cup of vegetables and up to ½ cup additional fruit . ¹¹

Gender	Age	*Sedentary	
		Fruit	Vegetable
Female	19-30 Years	2 cups	2 ½ cups
	31-50 years	1 ½ cups	2 ½ cups
	51+ years	1 ½ cups	2 cups
Male	19-30 years	2 cups	3 cups
	31-50 years	2 cups	3 cups
	51+ years	2 cups	2 ½ cups

*Sedentary: less than 30 minutes a day of moderate physical activity in addition to daily activities.

*Moderately Active: 30 to 60 minutes a day of moderate physical activity in addition to daily activities.

*Active: 60 or more minutes a day of moderate physical activity in addition to daily activities.

(*) See page 24 for more details

(11) U.S. Department of Agriculture, Dietary Guidelines for Americans 2010, <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>, retrieved 9/30/14



成年人每天應吃多少蔬果？

成年人每日應吃多少蔬果視乎個人年齡、性別和體力活動量而定*。

以下的日常進食量適宜於少活動的成年人，即每日只做 30 分鐘或以下的額外體力活動。若你每日的額外體力活動有 30 分鐘以上，便需要加多半杯至一杯蔬菜和半杯水果。¹¹

性別	年齡	*少量體力活動	
		水果	蔬菜
女性	19-30歲	2 杯	2 杯半
	31-50 歲	1 杯半	2 杯半
	51+ 歲	1 杯半	2 杯
男性	19-30 歲	2 杯	3 杯
	31-50 歲	2 杯	3 杯
	51+ 歲	2 杯	2 杯半

*少量體力活動：日常作息之外每日做 30 分鐘以下緩和的體力活動

*中量體力活動：日常作息之外每日做 30 分鐘至 60 分鐘緩和的體力活動

*大量體力活動：日常作息之外每日做 60 分鐘以上緩和的體力活動

(*) 請參閱第 25 頁

(11) U.S. Department of Agriculture, Dietary Guidelines for Americans 2010, <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>, retrieved 9/30/14



How Many Cups of Fruits & Vegetables Should a Child or Youth Eat?

The amount of fruits and vegetables a child or a teenager needs every day also depends on his/her gender, age, and activity level. *

The Dietary Guidelines for Americans 2010 and Choose MyPlate recommend the following daily amounts for children and youth who are sedentary (getting less than 30 minutes per day of physical activity beyond regular daily activities). Those who are more physically active may require more while staying within their calorie needs.¹²

Gender	Age	* Sedentary	
		Fruit	Vegetable
Children (Boys and Girls)	2-3 years	1 cup	1 cup
Girls	4-8 years old	1 - 1 ½ cups	1 ½ cups
	9-13 years old	1 ½ cups	2 cups
	14-18 years old	1 ½ cups	2 ½ cups
Boys	4-8 years old	1 ½ cups	1 ½ cups
	9-13 years old	1 ½ cups	2 ½ cups
	14-18 years old	2 cups	3 cups

*Sedentary: less than 30 minutes a day of moderate physical activity in addition to daily activities.

*Moderately Active: 30 to 60 minutes a day of moderate physical activity in addition to daily activities.

*Active: 60 or more minutes a day of moderate physical activity in addition to daily activities.

(*) See page 24 for more details

(12) U.S. Department of Agriculture, Dietary Guidelines for Americans 2010, <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>, retrieved 9/30/14



兒童或少年每天應吃多少蔬果？

兒童和少年每日應進食的蔬果量視乎個人年齡、性別和體力活動量而定。*

2010 年的飲食指引及選擇我的餐盤對少活動的兒童與少年推薦以下的日常進食量（少活動指每日只做 30 分鐘或以下的額外體力活動）。每天較多體力活動的兒童與青少年，可以在自己的熱量範圍內增加多些蔬果。¹²

性別	年齡	*少量體力活動	
		水果	蔬菜
兒童（男和女）	2-3 歲	1 杯	1 杯
女孩	4-8歲	1 - 1 杯半	1 杯半
	9-13歲	1 杯半	2 杯
	14-18歲	1 杯半	2 杯半
男孩	4-8歲	1 杯半	1 杯半
	9-13歲	1 杯半	2 杯半
	14-18歲	2 杯	3 杯

*少量體力活動：日常作息之外每日做 30 分鐘或以下緩和的體力活動

*中量體力活動：日常作息之外每日做 30 分鐘至 60 分鐘緩和的體力活動

*大量體力活動：日常作息之外每日做 60 分鐘以上緩和的體力活動

(*) 請參閱第 25 頁

What Counts as a Cup?

Fruits:



1 small apple



1 large banana



1 large orange



1 large peach



8 large strawberries



1 cup 100% fruit juice



½ cup dried fruit



1 medium pear

Vegetables:



1 cup cooked greens



1 medium potato



1 large sweet potato



2 large celery stalks



1 large whole tomato
(uncooked)



2 cups raw
leafy greens



1 cup chopped
vegetable



1 cup cooked
carrot

Source: <http://www.choosemyplate.gov/food-groups/fruits-counts.pdf>, <http://www.choosemyplate.gov/food-groups/vegetables-counts.pdf>

何謂一杯？

水果



一個小蘋果



一條大香蕉



一個大橙



一個大桃子



八顆大草莓



一杯純果汁



半杯乾果



一個中型梨子

蔬菜



一杯煮熟青菜



一個中型馬鈴薯



一個大甜薯



兩條大西芹



一個大蕃茄（未煮）



兩杯未煮的綠葉青菜



一杯切片瓜菜



一杯胡蘿蔔

資料來源：<http://www.choosemyplate.gov/food-groups/fruits-counts.pdf>、<http://www.choosemyplate.gov/food-groups/vegetables-counts.pdf>

How to Eat More Fruits & Vegetables Every Day

The meal pattern below demonstrates one way to eat 2 cups of fruit and 3 cups of vegetables. Use pages 14 and 16 to adjust this meal pattern to your recommended level of fruit and vegetable intake.

Morning



½ purple yam or ½ sweet potato

= ½ cup

Mid-day



1 cup cooked greens



1 apple

= 2 cups

Snack



1 large banana

= 1 cup

Evening



1 cup carrot soup
(½ cup of carrots)



½ cup cooked
string beans



½ cup cooked
Chinese broccoli

= 1½ cups

Total: 3 cups vegetable + 2 cups fruit = 5 cups

如何每日多吃蔬果

以下的進食舉例示範如何每日吃到 2 杯水果和 3 杯蔬菜。請參閱 15 和 17 頁，調整蔬果進食量，以符合你個人需要。

早上



半個紫薯或甜薯

= 半杯

中午



1 杯煮熟青菜



1 個蘋果

= 2 杯

小吃



1 條大香蕉

= 1 杯

晚上



1 碗胡蘿蔔湯
(半杯胡蘿蔔)



半杯豆角



半杯芥蘭

= 1 杯半

共 3 杯菜 + 2 杯水果 = 5 杯



Tips for Eating More Fruits & Vegetables

- Add fresh fruit or no more than 4-6 ounces 100% fruit juice to breakfast
- Snack on fruits and vegetables
- Serve more vegetables and less rice at lunch and dinner
- Add more vegetables to the main dish and rice
- To enhance the flavor of vegetables, try using the Supreme Stock recipe below
- Use two or more different colored vegetables at meal times
- Serve fruit as a dessert
- Make a delicious smoothie with fresh or frozen fruit and low-fat or nonfat milk
- Add extra vegetable to sandwiches, such as cucumbers, tomatoes, peppers and sprouts



Banana Berry Smoothie

Ingredients:

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- ½ cup 1% lowfat or nonfat milk or soft tofu
- ½ cup 100% orange juice

Preparation:

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3. Pour into 2 glasses and serve.

Makes 2 servings. One serving equals 1⅓ cups.

Preparation time: 5 minutes.

Source: Nutrition Education and Obesity Prevention Children's Power Play! Campaign. Kids...Get Cookin'! California Department of Public Health, 2009.

Make Supreme Stock to enhance flavor in cooking

"Supreme stock" is used frequently in Chinese cooking; this kind of stock is often made in advance, and used for soup base. "Supreme stock" is usually made with meat or chicken and boiled for at least 3 hours until the flavor is intensified.

You can make your own: (recipe makes 15 cups of stock)

- In a large stock pot, combine 2 pounds lean pork, 1 whole chicken, and enough water to cover at least 4 inches above the ingredients. Cook over high heat. When the water boils, reduce to medium-low heat and simmer for 3 hours. Add 1 teaspoon salt, remove from heat and let stand to cool.
- With a slotted spoon, remove the pork and chicken from the stock. Divide the stock into several smaller, shallow containers and refrigerate for at least 6 hours, or until fat becomes solid on surface of stock. Remove the fat from the stock.
- Use the stock as soup base, sauces and gravies, or to add flavor to vegetable dishes.
- Freeze the stock in ice cube trays or small containers and store in the freezer for future use. Frozen stock can be kept in freezer up to 2 months.
- Try the different recipes using the Supreme Stock on pages 32, 44, 46 and 48.

To prevent food borne illness, the stock should be separated into smaller shallow containers and be refrigerated immediately.



多吃蔬果心得



- 早餐加水果或不超過 4-6 盎司純果汁
- 用蔬果做小吃
- 午餐和晚餐儘量多吃蔬菜，可減少飯量
- 菜餚和飯裡多加蔬菜
- 用家製上湯煮製蔬菜加添味道，請試以下的上湯食譜
- 每餐選兩種或以上不同顏色的蔬菜
- 用水果作甜品
- 可用新鮮或冷凍水果，加入低脂或脫脂牛奶，放入攪拌機，攪拌成「奶昔」或果凍作飲品
- 做三文治加蔬菜如：青瓜、蕃茄、甜椒、豆芽



香蕉莓果果昔

用料：

- 半隻香蕉，剝皮、切片
- 1 杯未加糖的冰凍莓果（草莓、藍莓和/或黑莓）
- 半杯 1% 低脂或脫脂奶或嫩豆腐
- 半杯 100% 橙汁

做法：

1. 把所有材料放入攪拌器。蓋緊蓋子。
2. 拌勻。如果混合物太稠，可加半杯冷水再拌。
3. 倒入 2 個杯中即可。

可做 2 份。一份相當於 1½ 杯。

準備時間：5 分鐘

資料來源：Nutrition Education and Obesity Prevention – Children's Power Play! Campaign.Kids...Get Cookin'! (營養教育與肥胖預防 - 發揮孩子的力量！活動。孩子們 ... 來下廚吧！) 2009 年加州公共衛生部。

自製上湯為菜餚添味道

上湯或高湯常用於中式烹飪：上湯預先做好，用作「湯底」或調味的汁料。上湯一般用肉或雞熬 3 小時以上，濃化肉味。

你可自己熬製上湯（這食譜可做 15 杯上湯）：

- 在大鍋裡放下 2 磅瘦豬肉、1 隻雞，下水蓋過材料面上 4 吋。高溫煮沸，水沸後轉中慢火熬 3 小時。下 1 茶匙鹽，關火待涼。
- 用罩籬把肉料取出，將上湯分盛在不同的盒子或容器裡，置冰箱 6 小時後，或待油脂凝結浮在湯面上，將凝結的油脂撇除。
- 上湯可用來煮湯、做芡汁、肉汁、或給蔬菜調味。
- 把上湯盛在冰盤或小容器裡，放冰庫裡冰藏以後用。藏在冰庫的上湯可貯存達 2 個月。
- 請試用本書裡各款採用上湯的食譜，第 33, 45, 47 和 49 頁。

以防食物中毒，煮好的上湯應分開盛在盒子或容器裡，立刻置冰箱裡儲存。



Tips for Physical Activity

How much moderate to vigorous physical activity do we need every day?

- Adults – 30 minutes or more to lower the risk of chronic diseases
60 minutes to prevent weight gain in adulthood
90 minutes to sustain weight loss
- Children and youth – 60 minutes or more

Source: <http://www.choosemyplate.gov/physical-activity/amount.html>

Moderate activities include: *dancing, biking, tai-chi, gymnastics, stretching, light gardening, luk-tung kuen, walking (3.5 mph), yoga*

Vigorous activities include: *aerobic dance, basketball, brisk walking (4.5 mph), jogging, jumping rope, heavy yard work, swimming*

Enjoy physical activity every day with family and friends

- For beginners, start with 10 to 15 minutes of physical activity a day, and gradually work up to 30 minutes a day or more
- Schedule a regular time each week for the family to enjoy physical activity together
- Include physical activity in family vacations
- Strengthen muscles and improve flexibility by lifting weights, stretching arms and legs, doing push-ups, sit-ups, leg-lifts, and arm-curls
- Do household chores that include physical activity, such as walking the dog, emptying the garbage, mopping or vacuuming the floors, washing the car, and mowing the lawn
- Limit the time on TV, video games, and computer to no more than 2 hours a day
- Bike or walk to work, walk with a co-worker during breaks or after lunch, use the stairs
- Start a walking group with neighbors, friends and/or relatives



體力活動心得

我們每天需要多少緩和至劇烈的體力活動？

- 成年人 — 30 分鐘或以上減少患慢性疾病
60 分鐘以防成人增加體重
90 分鐘以保持已減輕的體重
- 兒童和青少年 — 60 分鐘或以上

資料來源：<http://www.choosemyplate.gov/physical-activity/amount.html>

緩和體力活動包括：跳舞、騎腳踏車、打太極、柔軟體操、伸展運動、園藝、六通拳、步行(每小時3.5英里)、瑜伽

劇烈體力活動包括：健身舞、打籃球、快速步行(每小時4.5英里)、緩步跑、跳繩、勞動的園藝工作、游泳

與親友每天同做體力活動

- 剛開始時，每日做 10 至 15 分鐘，漸漸加至每日 30 分鐘或以上
- 每星期抽出時間與親人一同做體力活動
- 一家人渡假時多做體力活動
- 做些強健肌肉及增進身體柔韌性的體力活動，例如：舉重、伸張手臂及腿、掌上壓、仰臥起坐、提腿、手臂彎舉
- 做些需用體力的家務，例如：放狗、倒垃圾、清洗地板、吸塵、洗車及剪草
- 每天看電視、玩電子遊戲、用電腦的時間儘量不超過 2 小時
- 走路或騎腳踏車上班，小休時或午餐後與同事散步，多走樓梯
- 與鄰居、朋友、及/或親戚組織散步團



Mango-Cucumber Wrap



Makes 4 servings (1 serving = 1 wrap)

Ingredients:

- 1 carrot
- 1 mango
- 1 cucumber
- 4 pieces rice paper
- Mint leaves

Preparation:

1. Wash carrot, mango, and cucumber.
Peel off cucumber skin, cut it in half and take out the seeds.
Peel mango and carrot skin.
2. Cut cucumber, carrot and mango into thin strips, and set them aside in a bowl.
3. Prepare a large bowl of hot water.
4. Do one roll at a time. Place 1 piece of rice paper into hot water and take it out immediately when it turns soft.
5. Place softened rice paper on a flat plate. Put prepared fruits and vegetables in the middle, top with a sprig of mint and wrap into a roll and serve.

Nutrition tips:

You can try different combinations of fruit and vegetables! The various fruits and vegetables not only give colors to this dish, the colors of fruits and vegetables also indicate different combinations of vitamins, minerals and phytonutrients. Therefore, it is recommended that we eat a rainbow of color in order to obtain the benefits of different nutrients.

Nutrition information per serving:

Calories: 89

Trans Fat: 0 g

Carbohydrates: 21 g

Total Fat: 0 g

Cholesterol: 0 mg

Dietary Fiber: 2 g

Saturated Fat: 0 g

Sodium: 17 mg

Protein: 2 g

芒果青瓜卷

做 4 份（每份 = 1 條）

用料：

胡蘿蔔	1 條
芒果	1 個
黃瓜（青瓜）	1 條
米紙	4 張
薄荷葉	少許

做法：

1. 將胡蘿蔔，芒果，和黃瓜洗乾淨，去皮。
黃瓜切開一半，去瓜囊。
2. 將黃瓜，蘿蔔，和芒果切成幼條狀，放在一個碗裏。
3. 準備一大碗熱水。
4. 將米紙逐一放進熱水裏，變軟後立刻取出。
5. 把軟米紙放在碟子上。在米紙中間放上預先準備好的蔬果材料，再放上薄荷葉，包成春卷狀便可食用。



營養貼士：

可根據個人愛好，放入不同的蔬菜和水果材料。各種蔬果不單為這道菜式增添色彩，蔬果的顏色更代表了各種不同維他命、礦物質和植物營養成份的組合。因此，我們應多吃不同顏色的蔬果來吸取不同營養素的健康益處。

每份營養含量：

熱量：89

反式脂肪：0 克

碳水化合物：21 克

脂肪總量：0 克

膽固醇：0 毫克

纖維素：2 克

飽和脂肪：0 克

鈉質：17 毫克

蛋白質：2 克

Baby Tomato Bites

Makes 6 servings (1 serving = 2 slices)

Ingredients:

- 12 ¾ inch slices of French bread
- ¼ cup low-fat mozzarella cheese, shredded
- 5 tomatoes, diced
- ½ teaspoon black pepper
- 8 basil leaves, chopped

Preparation:

1. Preheat oven to 300°F.
2. Place thin layer of mozzarella cheese on each slice of bread.
3. Toast French bread slices in oven until cheese melts, about 5-8 minutes.
4. Mix diced tomatoes with black pepper.
5. Place diced tomatoes on top of cheese and garnish with chopped basil leaves. Serve immediately.



Nutrition tips:

Tomatoes are one of the best sources of the antioxidant, lycopene, which may lower the risk of certain cancers and heart disease.

Nutrition information per serving:

Calories: 190

Trans Fat: 0 g

Carbohydrates: 33 g

Total Fat: 3 g

Cholesterol: 6 mg

Dietary Fiber: 3 g

Saturated Fat: 1 g

Sodium: 363 mg

Protein: 9 g

蕃茄小麵包

做 6 份（每份 = 2 片）

用料：

法國麵包，切片	¾吋厚，12片
低脂Mozzarella（義大利白乾酪）芝士絲	¼ 杯
蕃茄（切粒）	5 個
黑胡椒	半茶匙
羅勒葉（九層塔），切碎	8 片

做法：

1. 先將烤爐（焗爐）預熱至華氏300度。
2. 在每片麵包上，放上一層薄薄的芝士絲。
3. 將麵包放入烤爐裡烤熟，直至芝士溶掉，需要大概5至8分鐘，取出。
4. 將蕃茄粒和黑胡椒混合在一起。
5. 再將蕃茄粒放在芝士上，撒上羅勒葉作裝飾後即可食用。

營養貼士：

蕃茄是其中一個最好的蕃茄紅素來源。蕃茄紅素是一種抗氧化素，它可能有助於減低患某些癌症和心血管疾病的機會。

每份營養含量：

熱量：190

反式脂肪：0 克

碳水化合物：33 克

脂肪總量：3 克

膽固醇：6 毫克

纖維素：3 克

飽和脂肪：1 克

鈉質：363 毫克

蛋白質：9 克



Brown Rice Sushi

Makes 9 servings (1serving = 4pieces)

Ingredients:

- 3 cups brown rice, raw
- 3 cups water
- 4 tablespoons rice vinegar
- 1 teaspoon sugar
- 4-6 cucumbers
- 1 avocado
- ½ small pickled daikon (oriental radish)
- 10-15 medium-sized shrimp, shelled and de-veined
- 3 sheets Nori (dried seaweed)
- Sesame seeds for garnish (optional)

Preparation:

1. Using a measuring cup supplied by your rice cooker manufacturer, measure 3 cups of brown rice. Lightly rinse in water. Drain out water after wash. Cook according to rice cooker manufacturer's instructions for regular brown rice.
2. After rice is cooked, pour into a large pan or tray, add rice vinegar and sugar to cooked brown rice. Mix well.
3. Wash pickled daikon and cucumbers and cut each one into 6 long strips.
4. Cut avocado into half, remove skin and pit, and cut each half into 6 slices.
5. Boil shrimp in hot water until cooked, when shrimp turns pink. Set aside.
6. Place Nori sheet horizontally in front. Spread rice evenly on sheet; place 2 cucumber strips, 2 pickled daikon strips, 2 pieces avocado and 2 shrimp in the middle of rice.
7. Roll up tightly using sushi rolling mat. Cut sushi approximately ¾ inches in width and serve.

Nutrition tips:

Brown rice is a good alternative to white rice as it includes fiber which helps to prevent constipation. The bran content is rich in B-complex vitamins and minerals.

Nutrition information per serving:

Calories: 291
Trans Fat: 0 g
Carbohydrates: 57 g

Total Fat: 4 g
Cholesterol: 12 mg
Dietary Fiber: 4 g

Saturated Fat: 1 g
Sodium: 69 mg
Protein: 8 g



營養貼士：

糙米比白米是更健康的選擇。糙米含有纖維素，可幫助預防便秘。糙米的穀皮富含維他命B雜和礦物質。

每份營養含量：

熱量：291

反式脂肪：0 克

碳水化合物：57 克

脂肪總量：4 克

膽固醇：12 毫克

纖維素：4 克

飽和脂肪：1 克

鈉質：69 毫克

蛋白質：8 克

糙米壽司

做 9 份 (每份 = 4 個)

用料：

糙米 (生)	3 杯
水	3 杯
米醋	4 湯匙
糖	1 茶匙
青瓜 (黃瓜)	4 至 6 條
牛油果	1 個
日本醃製蘿蔔	半條
蝦 (去殼, 去腸)	10 至 15 隻
紫菜	3 張
芝麻 (可免)	少許

做法：

1. 用電飯鍋量杯，取3杯糙米。用冷水輕微沖洗。洗完將水倒乾。依照電飯鍋原廠煮米的方法設定烹調時間。
2. 將煮熟的米飯放在一個大鍋或大盤裏，加入米醋和糖攪拌均勻。
3. 將日本醃製蘿蔔和黃瓜洗淨，然後各切成6條長條。
4. 牛油果切半，去皮，去核，每半切成6片。
5. 用熱水將蝦煮熟(由透明轉到粉紅色)後，放在一旁待用。
6. 將紫菜橫放在面前。將飯均勻鋪開在紫菜上，在飯的中央放兩條黃瓜，兩條日本醃製蘿蔔，兩片牛油果和兩隻蝦。
7. 用壽司卷蓆將紫菜捲起，然後將壽司卷切成每件約 $\frac{1}{4}$ 吋厚度的壽司，即可享用。



Nutrition tips:

The combination of jicama, bell peppers, mushrooms, and fresh soybeans add interesting texture, flavor, color, phytochemicals, and fiber to this recipe.

Green bell pepper and button mushrooms can replace red and orange bell pepper and shiitake mushrooms for lower cost.

Fresh soybeans (may also be called "edamame") are kept in the freezer section of the supermarket. If fresh soybeans are not available, use other dried beans such as chickpeas or navy beans, cooked.

Nutrition information per serving:

Calories: 161

Cholesterol: 3 mg

Carbohydrates: 26 g

Total fat: 2 g

Sodium: 241 mg

Protein: 8 g

Saturated Fat: 0 g

Fiber: 4 g

Rainbow Cups

Makes 8 servings (1 serving = 1 filled spring roll cup)

Ingredients:

- 1 orange bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 2 cups dried shiitake mushroom, soaked for 30 minutes or until soft, stems trimmed and diced
- 1 cup diced jicama
- 1 cup fresh soybeans
- ½ teaspoon sesame seed oil
- 1 teaspoon sugar
- ¼ teaspoon salt
- 1 tablespoon cornstarch
- ½ cup water or stock
- 8 spring roll wrappers (cut into round shape)
- nonstick vegetable oil spray

Preparation:

1. Preheat oven to 325° F
2. Lightly coat large muffin cups with nonfat cooking spray.
3. Place a spring roll wrapper in each muffin cup, and press firmly against the sides; bake in preheated oven until wrappers turn crispy and golden brown, about 1 minute.
4. Heat a large nonstick pan over high heat. Add vegetables and sesame seed oil and sauté until tender-crisp, about 3 to 5 minutes; season with sugar and salt.
5. In a large bowl mix cornstarch and water. Stir to eliminate lumps. Add to vegetables. Remove from heat.
6. Using a small spoon, scoop vegetables into spring roll cups and serve immediately.
7. Store unfilled baked spring roll cups in an airtight container and use within 3 days.

彩虹錦繡盒

做 8 份（每份 = 1 杯）

用料：

橙色燈籠椒，去核切丁	1 隻
紅色燈籠椒，去核切丁	1 隻
冬菇，浸軟（約30分鐘）、去蒂、切丁	2 杯
沙葛，切丁	1 杯
毛豆	1 杯
麻油	半茶匙
糖	1 茶匙
鹽	¼ 茶匙
粟米粉	1 湯匙
水或上湯	半杯
春捲皮（修剪成圓形）	8 張
噴霧式菜油	

做法：

1. 烤爐先調至華氏 325 度。
2. 將大型鬆餅模噴上一層薄噴霧式菜油。
3. 每個鬆餅模裡放一張春捲皮，壓至緊貼鬆餅杯；放烤爐中烤至春捲皮金黃香脆成盒形，約 1 分鐘。
4. 燒熱大易潔鑊，下麻油和各蔬菜炒至僅熟，約 3 至 5 分鐘；下糖和鹽調味。
5. 碗裡放粟米粉與水調勻，開薄芡加進蔬菜裡，略拌勻，取出作餡用。
6. 用小匙將餡分盛在盒中供吃。
7. 用剩下的脆春卷皮盒貯存在密封的罐裡，可存放 3 天。



營養貼士：

沙葛、燈籠椒、冬菇、和毛豆混合令這食譜增添口感、味道、顏色、植物元素、及纖維素。用青燈籠椒與磨茹價錢比較便宜，可代替橙紅燈籠椒與冬茹。毛豆存放於超級市場的冰庫裡。若沒有毛豆，可用其他煮熟的乾豆如雞豆或腰豆。

每份營養含量：

熱量：161

膽固醇：3 毫克

碳水化合物：26 克

脂肪總量：2 克

鈉質：241 毫克

蛋白質：8 克

飽和脂肪：0 克

纖維素：4 克

Sweet & Savory Burger

Makes 6 servings (1 serving = 1 burger)

Ingredients:

- 2 ½ cups sweet potato, cubed & peeled
- 2 ½ cups onion, chopped
- 3 garlic cloves, chopped
- 1 cup oats
- 1 teaspoon ground cumin
- ¾ teaspoon salt
- 1 tablespoon vegetable oil, divided
- 6 lettuce leaves
- 6 1.9 ounce whole grain buns
- 2 tomatoes, sliced

Nonstick cooking spray

*Requires food processor

Preparation:

1. Place sweet potatoes in a large saucepan; cover with water and bring to a boil. Reduce heat and simmer for 15 minutes or until tender. Drain.
2. Heat a large nonstick skillet over medium heat. Coat with cooking spray. Add chopped onions and garlic and sauté 5 minutes or until tender.
3. Place sweet potato, chopped onion mixture, oats, cumin, and salt in a food processor and process until smooth. Divide mixture into 6 equal portions, shaping each into ½-inch thick patties.
4. Heat 1 ½ teaspoons oil in pan over medium heat. Add 3 patties to pan and cook 4 minutes or until brown. Carefully turn patties over; cook 3 minutes or until brown. Remove cooked patties from pan, put on a plate and repeat procedure with remaining oil and patties.
5. Place onto buns with lettuce, tomatoes and other condiments of your choice and serve.

Nutrition tips:

Sweet Potato is a good source of potassium, which is associated with controlling high blood pressure.

Nutrition information per serving:

Calories: 319

Trans Fat: 0 g

Carbohydrates: 60 g

Total Fat: 6 g

Cholesterol: 0 mg

Dietary Fiber: 10 g

Saturated Fat: 2 g

Sodium: 567 mg

Protein: 13 g



營養貼士：

蕃薯是很好的鉀質來源，鉀質有助於控制高血壓。

每份營養含量：

熱量：319

反式脂肪：0 克

碳水化合物：60 克

脂肪總量：6 克

膽固醇：0 毫克

纖維素：10 克

飽和脂肪：2 克

鈉質：567 毫克

蛋白質：13 克

香甜可口漢堡包

做 6 份（每份 = 1個）

用料：

蕃薯(地瓜)，去皮，切方粒	2 杯半
洋蔥，切碎	2 杯半
蒜頭，切碎	3 顆
燕麥片	1 杯
茴香粉	1 茶匙
鹽	$\frac{3}{4}$ 茶匙
菜油(分2份)	1 湯匙
生菜葉(萵苣)	6 片
全穀漢堡麵包(1.9安士)	6 個
蕃茄，切片	2 個
噴霧式菜油	

* 需要攪拌機

做法：

1. 將蕃薯放進鍋中，加水至蓋過蕃薯，開火加熱。煮沸後調至中火繼續加熱約15分鐘或至蕃薯變軟，然後瀝乾。
2. 用中火將易潔鍋加熱，噴上噴霧式菜油。加入已切碎的洋蔥和蒜頭，炒約5分鐘或至變軟。
3. 將蕃薯，炒軟的洋蔥和蒜頭，燕麥片，茴香粉，和鹽一起放進攪拌機中攪至平滑均勻。將所有混合材料分成6等份，再將每份製成半吋厚的蕃薯漢堡餅。
4. 用中火將1茶匙半的油加熱。先將3份蕃薯漢堡餅放入鍋中，煎大約4分鐘直至金黃色。小心將蕃薯漢堡餅反轉，再煎大約3分鐘，直至兩面金黃色。將煎好的蕃薯漢堡餅放在碟上，再煎剩餘的漢堡餅。
5. 最後可依照個人喜好將生菜葉，蕃茄和其他調味料放在漢堡麵包上，即可享用。



Baked French Fries

Makes 4 servings (1 serving = 1 cup)

Ingredients:

- 5 potatoes cut into $\frac{3}{4}$ inch wide strips
- 1 tablespoon garlic powder
- Vegetable oil spray

Preparation:

1. Preheat oven to 400° F.
2. Place potato strips in a large bowl and sprinkle with garlic powder.
3. Coat a baking pan with vegetable oil spray.
4. Put one layer of potato strips on baking pan, place in oven and bake for 40 to 50 minutes, turning about every 8 minutes, until potato strips become crisp and golden.

Nutrition tips:

Because the potatoes are baked, these “French Fries” contain less than one gram of fat per cup versus regular fries, which contain 15 grams of fat per cup; that is a saving of 3 teaspoons of added oil.

Purple yams can be used for additional health benefits.

Nutrition information per serving:

Calories: 212

Cholesterol: 0 mg

Carbohydrates: 48 g

Total fat: trace

Sodium: 17 mg

Protein: 5 g

Saturated Fat: 0 g

Fiber: 7 g

烤薯條

做 4 份（每份 = 1 杯）

用料：

馬鈴薯（薯仔）	5 個
切成 $\frac{3}{4}$ 吋闊條狀	
蒜粉	1 湯匙
噴霧式菜油	

做法：

1. 烤爐先調至華氏 400 度。
2. 將薯條與蒜粉放大碗中，拌勻。
3. 用噴霧式菜油噴勻烤盆。
4. 將薯條平攤擺在烤盆上，放烤爐中焗 40 至 45 分鐘，或至薯條熟脆即可供吃，烤焗期間每 8 分鐘把薯條翻轉一次。

營養貼士：

每杯烤薯條的脂肪含量少過 1 克。每杯炸薯條有 15 克脂肪（約 3 茶匙油），用烤（焗）的方法可省去 3 茶匙油。可用紫薯以增加對健康的好處。

每份營養含量：

熱量：212

膽固醇：0 毫克

碳水化合物：48 克

脂肪總量：微量

鈉質：17 毫克

蛋白質：5 克

飽和脂肪：0 克

纖維素：7 克

Apple Carrot Soup

Makes 8 servings (1 serving = 1 cup)

Ingredients:

- 1 pound lean pork, cut into chunks
- 4 apples with skin, cored and quartered
- 4 large carrots, peeled, cut into chunks
- 1 piece dried orange peel (optional)
- 4 slices ginger
- ½ teaspoon salt
- 20 cups water

Preparation:

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.

Nutrition tips:

Adding fruit to soup enhances the flavor and nutritional value.

Nutrition information per serving:

Calories: 133

Cholesterol: 35 mg

Carbohydrates: 13 g

Total fat: 3 g

Sodium: 20 mg

Protein: 13 g

Saturated Fat: 1 g

Fiber: 3 g



蘋果胡蘿蔔湯

做 8 份（每份 = 1 杯）

用料：

瘦肉，切塊	1 磅
蘋果連皮，去核、切塊	4 個
大胡蘿蔔，切塊	4 個
陳皮（可免）	1 片
薑	4 片
鹽	半茶匙
水	20 杯

做法：

1. 將所有用料置大鍋中，大火煮沸。
2. 轉中火煮熬 3 至 4 小時，約剩下 8 杯湯水。
3. 撇掉湯裡的油。
4. 剩餘的湯蓋好，貯存在冰箱裡，可存 3 天。

營養貼士：

用水果做湯增加湯的味道和營養。

每份營養含量：

熱量：133

膽固醇：35 毫克

碳水化合物：13 克

脂肪總量：3 克

鈉質：20 毫克

蛋白質：13 克

飽和脂肪：1 克

纖維素：3 克

Lotus Root Mushroom Vegetarian Soup



Nutrition tips:

Mushroom, dried orange peel and dates all add flavor to this meatless soup. It's a good hearty meal with peanuts, chestnut and black eyed peas.

Nutrition information per serving:

Calories: 139

Cholesterol: 0 mg

Carbohydrates: 23 g

Total fat: 4 g

Sodium: 131 mg

Protein: 4 g

Saturated Fat: 1 g

Fiber: 3 g

Makes 20 servings (1 serving = 1 cup)

Ingredients:

- 20 pieces mushrooms, soaked
- 2 cups black eyed peas
- 2 stalks lotus root, peeled and chopped
- 20 cups water
- 1 piece dried orange peel
- 1 cup raw peanuts
- 1 pound frozen peeled chestnuts
- 15 pieces red dates
- 6 pieces sweet dates
- 1 teaspoon salt

Preparation:

1. Pre-soak the mushroom and black eyed peas overnight in refrigerator.
2. Wash lotus root, peel off the skin and chop into small pieces.
3. In a large pot over high heat, combine all ingredients, bring to a boil.
4. Reduce heat to medium and simmer for 3 hours.
5. Add salt to taste.



營養貼士：

冬菇、陳皮和紅棗為這個素湯增添風味，再加上花生、栗子和眉豆就成為豐盛的一餐。

每份營養含量：

熱量：139

膽固醇：0 毫克

碳水化合物：23 克

脂肪總量：4 克

鈉質：131 毫克

蛋白質：4 克

飽和脂肪：1 克

纖維素：3 克

冬菇蓮藕素菜湯

做20份 (每份 = 1杯)

用料：

冬菇，浸軟	20 粒
眉豆	2 杯
蓮藕，去皮，切細	2 條
水	20 杯
陳皮	1 片
生花生	1 杯
急凍去殼栗子	1 磅
紅棗	15 粒
蜜棗	6 粒
鹽	1 茶匙

做法：

1. 冬菇和眉豆在雪櫃裡浸過夜至軟身。
2. 將蓮藕洗乾淨，去皮，切細。
3. 將所有用料置大鍋中，大火煮沸。
4. 轉中火煮3小時。
5. 加鹽便成。

Chicken Lotus Root Patties

Makes 3 servings (1 serving = 2 patties)

Ingredients:

- 1 egg white
- 2 teaspoons sugar
- ¼ teaspoon salt
- 1 tablespoon cornstarch
- ½ teaspoon sesame oil
- 6 ounces skinless, boneless chicken breast, minced
- 3 cups lotus root, chopped or ground
- 1 teaspoon vegetable or olive oil (or nonstick cooking spray)

Preparation:

1. In a large bowl, combine egg white, sugar, salt, cornstarch and sesame oil, whisk or stir. Add minced chicken, stir to coat.
2. Add ground lotus root and mix well.
3. Form chicken-lotus root mixture into 6 patties, each about 2 inches in diameter.
4. Heat a nonstick pan over medium heat, add 1 teaspoon oil, swirling to coat pan; or spray pan with non stick cooking spray.
5. Pan-fry patties on both sides until cooked and browned, about 5 minutes on each side, and serve.

Nutrition tips:

Lotus root is a crunchy and nutritious vegetable that can be used to stretch a meat recipe and add fiber and vitamins at the same time!

Nutrition information per serving:

Calories: 243

Cholesterol: 33 mg

Carbohydrates: 36 g

Total fat: 3 g

Sodium: 322 mg

Protein: 20 g

Saturated Fat: 0 g

Fiber: 9 g



雞肉蓮藕餅

做 3 份（每份 = 2 個藕餅）

用料：

蛋白	1 個
糖	2 茶匙
鹽	¼ 茶匙
粟粉	1 湯匙
麻油	半茶匙
去皮雞胸肉，剁茸	6 安士
蓮藕，磨茸	3 杯
菜油或橄欖油（或噴霧式食油）	1 茶匙

做法：

1. 將蛋白、糖、鹽、粟粉和麻油置一大湯碗裡，略拌。加入雞茸，拌勻。
2. 加入蓮藕茸拌勻。
3. 將蓮藕雞茸揉成 6 個 2 吋直徑的肉餅。
4. 中火將易潔鑊燒熱，下 1 茶匙油，旋勻鑊面；或用噴霧式食油噴勻鑊面。
5. 肉餅下鑊裡，煎至兩面熟透呈金黃色，大約每面五分鐘，即可供吃。

營養貼士：

蓮藕是脆口又有營養的蔬菜，與肉類混合能令菜式增添纖維素和維他命。

每份營養含量：

熱量：243

膽固醇：33 毫克

碳水化合物：36 克

脂肪總量：3 克

鈉質：322 毫克

蛋白質：20 克

飽和脂肪：0 克

纖維素：9 克

Frozen Tofu in Supreme Stock



Makes 4 servings (1 serving = 4 slices each of tofu & ham and 1/2 cup cooked broccoli)

Ingredients:

- 4 pieces 2 inches x 2 inches firm tofu
(frozen overnight or 8 hours ahead of time)
- 16 slices of ham, extra lean, 2 inches x 2 inches
(approximately 5 oz total weight)
- 6 dried shiitake mushrooms, soaked for 30 minutes or until soft, stems removed
- 1 cup homemade supreme stock (see pg. 22), or low sodium chicken broth
- 2 cups broccoli florets
- 4 cups water (to steam the broccoli)

Sauce

- 2 teaspoons cornstarch
- 1½ teaspoons soy sauce
- 1 teaspoon sugar
- ½ teaspoon sesame seed oil
- a pinch of white pepper

Preparation:

1. Defrost frozen tofu under running tap water, squeeze out excess water. Cut each tofu square into 4 pieces, ½ inch thick for a total of 16 slices.
2. In a large bowl, arrange tofu and ham in an overlapping pattern around the side of the bowl. Place mushrooms in the center, and pour in the stock.
3. In a large pot or a wok, bring 4 cups of water to a boil. Put a steamer rack above the water, place the bowl with tofu, ham and mushrooms on the rack. Cover the pot and steam over high heat for 20 minutes, then remove from heat.
4. Drain the stock from the bowl into a medium sized saucepan. Cook the stock over medium heat, add the sauce ingredients and stir constantly to make light gravy.
5. Cover the bowl of steamed tofu with a large plate, invert bowl onto plate, and remove the bowl.
6. In a medium sized pot over high heat, bring 4 cups of water to a boil. Place steamer rack into pot. Add broccoli, cover and steam over medium heat for 4-5 minutes.
7. Garnish the tofu and ham arrangement with broccoli, pour gravy on top and serve.

Nutrition tips:

Freezing the tofu produces a spongy and meaty texture.

Stock can enhance the flavor of vegetables and low fat dishes (refer to page 22 for direction on making stock).

For tofu, different brands may have different levels of calcium. Read the nutrition label to choose products with more calcium.

Nutrition information per serving:

Calories: 183

Cholesterol: 18 mg

Carbohydrates: 13 g

Total fat: 8 g

Sodium: 567 mg

Protein: 18 g

Saturated Fat: 2 g

Fiber: 2 g

上湯冰豆腐

做 4 份（每份 = 豆腐、火腿各 4 片，熟西蘭花半杯）

用料：

硬豆腐，2 吋 X 2 吋 （硬豆腐先冰凍過夜或冰凍 8 小時）	4 塊
特瘦火腿，2 吋 X 2 吋（總重量 5 安士）	16 片
冬菇，浸軟（約 30 分鐘）、去蒂	6 隻
家製上湯（見 23 頁）或低鹽雞湯	1 杯
西蘭花（綠菜花）	2 杯
水（蒸西蘭花用）	4 杯

芡汁

粟米粉	2 茶匙
醬油	1 茶匙半
糖	1 茶匙
芝麻油	半茶匙
白胡椒粉	少許

做法：

1. 冰凍豆腐用水沖洗解凍，擠乾水份。每塊切成 4 片，每片半吋厚，共 16 片。
2. 在一大碗內將豆腐、火腿沿碗邊間隔排放。中間放置冬菇，灌注上湯進碗內。
3. 大鍋裡將 4 杯水燒沸，置一蒸架在內，把盛豆腐、火腿和冬菇的碗放架上，蓋上鍋蓋大火蒸 20 分鐘後關火取出。
4. 將上湯汁泌出，放鍋中，加芡汁料，中火拌勻勾薄芡。
5. 用一大碟蓋著盛豆腐的碗，將碗反扣取去，材料置碟中待用。
6. 用鍋燒沸 4 杯水，置蒸架在內，放入西蘭花中火蒸 4 至 5 分鐘。
7. 把西蘭花圍豆腐火腿圈伴碟，澆上薄芡即可供吃。



營養貼士：

冰凍過的豆腐似肉類而且有彈性、有口感。

上湯能給蔬菜和低脂肪的菜肴增添味道（自製上湯請參見第 23 頁）。

不同牌子的豆腐鈣質含量有別，注意看食品標籤，選擇比較高鈣質含量的產品。

每份營養含量：

熱量：183

膽固醇：18 毫克

碳水化合物：13 克

脂肪總量：8 克

鈉質：567 毫克

蛋白質：18 克

飽和脂肪：2 克

纖維素：2 克

Pea Shoots in Supreme Stock

Makes 4 servings (1 serving = ½ cup)

Ingredients:

- 1 teaspoon vegetable or olive oil
- ½ teaspoon minced ginger
- 1 pound pea shoots
- 2 teaspoons cooking wine
- a pinch of sugar
- ¼ teaspoon salt
- ½ cup supreme stock or low sodium chicken broth
- 1 teaspoon cornstarch
- 1 red chili pepper, chopped for garnish (optional)

Preparation:

1. Heat a nonstick wok or pan over high heat. Add oil, swirling to coat sides.
2. Add ginger. Stir until fragrant. Add pea shoots, wine, and sugar. Stir-fry until cooked but still bright green and crisp, about 3 to 5 minutes. Remove to a serving plate.
3. In a medium saucepan over medium heat, add cornstarch, salt and stock, and stir constantly. Cook for about 1 minute or until hot to make a thin sauce.
4. Pour sauce over pea shoots, garnish with red pepper and serve.

Nutrition tips:

Pea shoots are sweet, tender, and high in fiber. Using stock enhances the flavor of pea shoots. If pea shoots are not available, substitute with spinach or any tender green vegetable.

Nutrition information per serving:

Calories: 58

Cholesterol: 0 mg

Carbohydrates: 8 g

Total fat: 3 g

Sodium: 180 mg

Protein: 5 g

Saturated Fat: 0 g

Fiber: 2 g

上湯豆苗

做 4 份（每份 = 半杯）

用料：

菜油或橄欖油	1 茶匙
薑茸	半茶匙
豆苗	1 磅
酒	2 茶匙
糖	少許
鹽	¼ 茶匙
上湯（高湯）或低鹽雞湯	半杯
粟米粉	1 茶匙
紅辣椒，切碎伴碟用（可免）	1 隻

做法：

1. 高溫熱易潔鑊。下油，旋勻鑊面。
2. 下薑茸，炒香，下豆苗、酒和糖，一起炒至豆苗熟而青脆，約 3 至 5 分鐘。將豆苗放碟上。
3. 把粟米粉、鹽和上湯調勻，在鍋內用中火攪拌和勾薄芡，約 1 分鐘。
4. 把芡汁澆在豆苗上，洒上紅辣椒裝飾即可供吃。

營養貼士：

豆苗鮮嫩，含有大量纖維素。用上湯增添豆苗的鮮甜味。
若沒有豆苗，可用菠菜或其他青菜嫩葉代替。

每份營養含量：

熱量：58

膽固醇：0 毫克

碳水化合物：8 克

脂肪總量：3 克

鈉質：180 毫克

蛋白質：5 克

飽和脂肪：0 克

纖維素：2 克

Chinese Broccoli with Wine and Sugar



Makes 4 servings (1 serving = $\frac{3}{4}$ cup)

Ingredients:

- 1 pound Chinese broccoli
- 1 teaspoon vegetable or olive oil
- $\frac{1}{2}$ teaspoon minced ginger
- 1 teaspoon sugar
- 1 tablespoon cooking wine
- $\frac{1}{2}$ cup supreme stock or low sodium chicken broth
- $\frac{1}{2}$ teaspoon salt

Preparation:

1. Separate Chinese broccoli stems from leaves/flowers, and cut stems into 2-inch sections.
2. Over medium to high heat, heat a large nonstick pan, add oil and swirl to coat sides of the pan.
3. Add stems into the pan first, sauté for a few seconds, and then add Chinese broccoli leaves/flowers.
4. Add ginger, sugar, and wine. Continue to stir-fry.
5. Add stock, cover pan and let Chinese broccoli cook until tender but crisp and bright green, about 1 minute.
6. Add salt, mix well and serve.

Nutrition tips:

Stir-frying leafy green vegetables quickly helps to keep some of the vitamins and color. Steaming is also a great way to maintain nutrient content and flavor of vegetables.

Ginger, wine and sugar combined, make a great seasoning to help bring out the flavor of these leafy greens.

Nutrition information per serving:

Calories: 77

Cholesterol: 0 mg

Carbohydrates: 13 g

Total fat: 2 g

Sodium: 371 mg

Protein: 4 g

Saturated Fat: 0 g

Fiber: 2 g

糖酒芥蘭

做 4 份 (每份 = $\frac{3}{4}$ 杯)

用料:

芥蘭	1 磅
菜油或橄欖油	1 茶匙
薑茸	半茶匙
糖	1 茶匙
酒	1 湯匙
上湯或低鹽雞湯	半杯
鹽	半茶匙

做法:

1. 將芥蘭葉與莖分開，將莖切成 2 吋小段。
2. 用中至高溫燒熱易潔鑊，下油，旋勻鑊面。
3. 先放芥蘭莖進鑊，略炒，再下芥蘭葉炒。
4. 加薑茸、糖、和酒，同炒。
5. 放上湯，加蓋，焗 (烺) 1 分鐘至芥蘭熟而青脆。
6. 加鹽炒拌均勻，即可供吃。

營養貼士:

炒青菜能保留其中一些維他命和顏色。蒸的方法也可以保留營養素和味道。
薑、酒和糖混合做調味能突出芥蘭獨有的味道。

每份營養含量:

熱量: 77

膽固醇: 0 毫克

碳水化合物: 13 克

脂肪總量: 2 克

鈉質: 371 毫克

蛋白質: 4 克

飽和脂肪: 0 克

纖維素: 2 克

Vegetable and Chicken Dumplings with Chinese Broccoli



Nutrition tips:

Unlike the traditional recipe, which is mostly meat filling, the combination of vegetables and chicken not only adds vitamins and fiber but also reduces the fat in this recipe.

Add bok choy or Napa cabbage to the wonton filling to provide texture, vitamins and fiber.

Nutrition information per serving:

Calories: 212

Cholesterol: 19 mg

Carbohydrates: 36 g

Total fat: 2 g

Sodium: 446 mg

Protein: 11 g

Saturated Fat: 0 g

Fiber: 6 g

Makes 10 servings (1 serving = 6 dumplings)

Ingredients:

60 thin wonton wrappers

2 pounds Chinese broccoli or 1½ pounds tender greens

Filling

½ pound skinless, boneless chicken breast, finely chopped

1 cup finely chopped bok choy leaves

½ cup finely chopped jicama or bok choy stalks

4 dried shiitake mushrooms, soaked for 30 minutes or until soft, stems removed, and chopped

½ cup black fungus, soaked for 30 minutes or until soft, chopped (optional)

1 teaspoon sesame seed oil

½ teaspoon salt

3 teaspoons cornstarch

1 egg white

Preparation:

1. In a large bowl, combine filling ingredients, and mix well.
2. To make each dumpling, place 1 teaspoon filling in a wonton skin, fold in half, pinch edges to seal the dumpling. Repeat with remaining filling and wonton skins.
3. In a large pot bring 10 cups of water to boil, add dumplings and cook until dumplings float to the water surface, about 7 to 8 minutes. Remove dumplings from water, set aside.
4. Cook the Chinese broccoli in the boiling water until tender but crisp, about 10 minutes, remove from water.
5. For one serving, place 6 dumplings and ½ cup of the cooked broccoli in a small bowl and serve.

Suggestions:

- Dumplings can be served in supreme stock or chicken broth and with leafy green vegetables, garnish with carrots and string beans.
- Uncooked dumplings can be frozen for later use. Cook frozen dumplings in boiling water, thawing before cooking is not necessary.

鮮蔬雞肉水餃配芥蘭

做 10 份 (每份 = 6 隻水餃)

用料:

薄雲吞皮	60 張
芥蘭 (或油菜心 1½ 磅)	2 磅

餡料

去皮去骨雞胸肉，剁茸	半磅
小白菜葉，切碎	1 杯
沙葛或白菜梗，切碎	半杯
冬菇，泡軟 (約 30 分鐘)、去蒂、切丁	4 隻
黑木耳或雲耳，泡軟 (約 30 分鐘)、切碎 (可免)	半杯
芝麻油	1 茶匙
鹽	半茶匙
粟米粉	3 湯匙
蛋白	1 個

做法:

1. 將所有餡料放大碗中拌勻。
2. 每張雲吞皮放 1 小匙餡料後，摺疊捏緊，成餃子。用剩餘的餡料及雲吞皮，重複步驟。
3. 大鍋裡燒沸 10 杯水，下餃子，煮至餃子浮出水面，約 7 至 8 分鐘，取出待用。
4. 把芥蘭放沸水中灼至熟而脆，約 10 分鐘，取出。
5. 將 6 隻餃子配半杯芥蘭放小碗裡供吃。

提議:

- 餃子可配上湯或雞湯、青菜，飾以胡蘿蔔和四季豆供吃。
- 包好的餃子可冰凍留後用，煮時不須解凍，可直接放沸水中煮熟。

營養貼士:

傳統的餃子餡主要是肉，這食譜加蔬菜進雞肉餡裡，不但增添維他命與纖維素，亦減少了脂肪量。

餃子餡可加大白菜或小白菜，都能增多口感、維他命、與纖維素。

每份營養含量:

熱量: 212

膽固醇: 19 毫克

碳水化合物: 36 克

脂肪總量: 2 克

鈉質: 446 毫克

蛋白質: 11 克

飽和脂肪: 0 克

纖維素: 6 克

"Five Happiness" Fried Noodles



Makes 5 servings (1 serving = 1½ cup)

Ingredients:

- 10 cups of water
- 1 pound egg noodles
- 1 tablespoon vegetable or olive oil, divided
- 3 cups bean sprout
- 1 cup bamboo shoots, julienned (sliced thinly in strips)
- ½ cup shredded carrots
- ½ cup dried shiitake mushrooms, soaked for 30 minutes or until soft, stems removed, and julienned
- 2 green onions, julienned
- ½ teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon soy sauce

Preparation:

1. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or "al-dente," approximately 5 - 7 minutes, drain and set aside.
2. Heat a nonstick wok or pan over high heat. Add ½ tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
3. Add remaining ½ tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and soy sauce. Stir to combine and serve.

Nutrition tips:

The different vegetables used in this recipe bring in different colors, antioxidants and health benefits. The large amount of vegetables in this recipe adds vitamins, fiber, color and texture to the noodles. The vegetables also add moisture, which means less oil is needed. The term "julienne" means thin strips.

Nutrition information per serving:

Calories: 425

Cholesterol: 1 mg

Carbohydrates: 77 g

Total fat: 6 g

Sodium: 445 mg

Protein: 16 g

Saturated Fat: 1 g

Fiber: 6 g

五福炒麵

做 5 份（每份 = 1 杯半）

用料：

水	10 杯
鮮蛋麵	1 磅
菜油或橄欖油，分開用	1 湯匙
豆芽菜	3 杯
竹筍，切絲	1 杯
胡蘿蔔，切絲	半杯
冬菇，泡軟（約30分鐘）、去蒂、切絲	半杯
青蔥，切絲	2 條
鹽	半茶匙
糖	1 茶匙
醬油	1 湯匙

做法：

1. 大鍋燒沸10杯水，放麵進內燙，麵要保持爽口，約 5 至 7 分鐘，撈起瀝乾留後用。
2. 易潔鑊裡燒熱半湯匙油，將油旋勻鑊面，下麵煎炒至呈金黃色，約 7 至 10 分鐘，取出待用。
3. 將剩餘的半湯匙油和蔬菜下鑊炒熟，約 5 至 7 分鐘。
4. 加入麵拌勻，下鹽、糖、和醬油調味，盛起供吃。

營養貼士：

食譜採用不同的蔬菜，給予不同的顏色、抗氧化素，及健康益處。
食譜裡大量蔬菜給炒麵增添維他命、纖維素、顏色與質感。
蔬菜亦加添水份，因此可減少用油量。
蔬菜切絲或切細條都可以。

每份營養含量：

熱量：425

膽固醇：1 毫克

碳水化合物：77 克

脂肪總量：6 克

鈉質：445 毫克

蛋白質：16 克

飽和脂肪：1 克

纖維素：6 克

Chilled Honeydew Quencher



Makes 6 servings (1 serving = 1 cup)

Ingredients:

- 1 cup tapioca, soaked for 30 minutes
- 4 cups cold water
- 2 medium honeydew
- 1 tablespoon sugar

*Requires food processor or blender

Preparation:

1. Place tapioca and water in a pot. Bring water to a boil, and then lower heat to medium.
2. Cook till tapioca turns transparent.
3. Remove from heat and run under cold water.
4. Dice honeydew into cubes. Blend half of the honeydew cubes in food processor or blender. Add sugar; mix well.
5. Pour into 6 cups and mix the remaining honeydew cubes and 2 generous spoonfuls of tapioca into each cup. Serve chilled.

Nutrition tips:

This drink is a good alternative to soda. It has less sugar and gives you vitamin C and potassium, which soda does not have.

Nutrition information per serving:

Calories: 249

Trans Fat: 0 g

Carbohydrates: 62g

Total Fat: 1 g

Cholesterol: 0 mg

Dietary Fiber: 4 g

Saturated Fat: 0 g

Sodium: 75 mg

Protein: 2 g



醒神蜜瓜西米凍

做 6 份 (每份 = 1 杯)

用料:

西米，泡軟(約30分鐘)	1 杯
冷水	4 杯
蜜瓜 (中型)	2 個
糖	1 湯匙
* 需要攪拌機	

做法:

1. 將水和西米倒進鍋裏煮沸，然後降至中火。
2. 煮至西米變透明。
3. 關火，用冷水沖洗西米。
4. 將蜜瓜切粒，然後放一半蜜瓜粒進攪拌機裏攪拌。加糖攪拌均勻。
5. 將蜜瓜糊倒進6杯子裡，加餘下蜜瓜粒和每杯2湯匙西米，攪拌均勻。 冷凍即可飲用。

營養貼士：

這是一個很好的汽水代替品。它比汽水少糖份，而且還供給你汽水沒有的維他命 C 和鉀質。

每份營養含量：

每份熱量： 249

反式脂肪： 0 克

碳水化合物： 62 克

脂肪總量： 1 克

膽固醇： 0 毫克

纖維素： 4 克

飽和脂肪： 0 克

鈉質： 75 毫克

蛋白質： 2 克

Apple Chunk Cake

Makes 12 servings (1 serving = 1 piece 1½" x 2")

Ingredients:

- 1¼ cups sugar
- ¼ cup vegetable oil
- 2 eggs
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 4 cups diced apple chunks
- ¼ cup applesauce
- 2 cups sliced apple to place on cake top

Preparation:

1. Preheat oven to 350° F.
2. In a large bowl, mix sugar, oil and eggs together. Beat well.
3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.
4. Add apple chunks and applesauce to the batter. Stir to combine.
5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.
6. Place apple slices on top of apple cake and serve.

Nutrition tips:

As a rule, half of the amount of fat in a dessert recipe can be replaced with applesauce or a puree of another fruit, such as prune puree. The result is a very moist, low-fat cake enhanced by the flavor of fresh and nutritious apples.

The amount of sugar in this recipe has been reduced by one third, as compared to the original recipe. Use vegetable oil spray to prevent the cake from sticking to the pan.

Nutrition information per serving:

Calories: 239

Cholesterol: 35 mg

Carbohydrates: 44 g

Total fat: 5 g

Sodium: 308 mg

Protein: 3 g

Saturated Fat: 1 g

Fiber: 1 g

蘋果蛋糕

做 12 份 (每份 = 1 片, 每片 1 吋半 x 2 吋)

用料:

糖	1¼ 杯
菜油	¼ 杯
蛋	2 隻
麵粉	2 杯
鹽	1 茶匙
玉桂粉	1 茶匙
梳打粉	1 茶匙
蘋果, 切粒	4 杯
蘋果醬	¼ 杯
蘋果, 切塊 (裝飾糕面)	2 杯
噴霧式菜油	

做法:

1. 烤爐先調至華氏 350 度。
2. 大碗裡將糖、油、和蛋一起拌勻。
3. 另一大碗裡將麵粉、鹽、玉桂粉、和梳打粉混合, 加入蛋糊裡拌勻。
4. 再將蘋果粒和蘋果醬加入拌勻。
5. 用噴霧式菜油噴勻烤盆, 把蛋糊倒入, 放烤爐焗至金黃熟透, 約 1 小時。
6. 取出蛋糕, 把蘋果塊擺放在蛋糕面作裝飾, 即可供吃。

營養貼士:

做甜點時, 可用蘋果醬或其他果茸如西梅醬代替一半油量。以蘋果醬代替油量, 可令蛋糕更軟滑及低脂肪, 更有新鮮蘋果的味道及營養。
與原本的食譜比較, 這個食譜的糖減少了三分之一。
用噴霧式菜油噴在烤盆上以防蛋糕粘盆底。

每份營養含量:

熱量: 239

膽固醇: 35 毫克

碳水化合物: 44 克

脂肪總量: 5 克

鈉質: 308 毫克

蛋白質: 3 克

飽和脂肪: 1 克

纖維素: 1 克

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安老自助處耆英公民課程教師 Wanda Wong
安老自助處營養部及耆英中心前任主任阮劉凱寧
護兒兒童服務
加州公共衛生署 Nutrition Education and Obesity Prevention Branch (NEOPB) (營養教育與肥胖預防部) 前任計劃經理、
註冊營養師、碩士、公共衛生博士 Desiree Backman
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三藩市健康委員、華美醫師協會行政總監周兆年醫生
三藩市公共衛生署華埠公共衛生局前任局長、醫務主任、醫學博士李友恪
NEOPB (營養教育與肥胖預防部) 計劃經理、註冊營養師、經商管理碩士 Jackie Richardson

第二版協助評議人士：

營養教育和肥胖預防計劃部營養教育專家、公共衛生營養碩士、營養學碩士、註冊營養師 Margaret (Poppy) Strobe
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攝影：陶慧賢

翻譯：余林圓圓

排字：馬文浩、余林圓圓

食物設計：Stephanie Jan、陶慧賢

廚師：James Liou

食譜：甄文達、程慶滿

設計排版：三藩市市政府美術、印刷、郵遞服務部 (第一版)，黎敏琪 (第二版)

體力活動示範模特兒：張文恩、張說恩、William Hao、劉柱成、劉黃軾英、Shu Dong Li 師傅、羅潔恩

本人感謝余林圓圓與我撰稿，營養師劉小穎給予支持，甄文達慷慨允准選用「營養美食-低脂肪食譜」的食譜。

最後，本人要感謝各位讀者賜予機會向你們分享心得，享用蔬果，改善體康和增加活力。

黃嘉慧 註冊營養師，公共衛生營養碩士
華人營養教育與肥胖預防計劃
三藩市公共衛生署，華埠公共衛生局

健康蔬果美食

食譜擇自註冊營養師、公共衛生營養碩士黃嘉慧與食物學碩士甄文達聯合著作的「營養美食—低脂肪食譜」及註冊營養師、公共衛生營養碩士黃嘉慧、羅潔如、羅潔恩、Colin Yan 與 Devin Yan 聯合著作的「營養美食—青少年飲食烹調手冊」。

甄文達是聞名國際的中式與亞洲廚藝大師，主持超過3000集全球廣播的「甄能煮」電視烹飪節目。甄師傅亦著作了30本暢銷的食譜，榮獲無數國內和國際獎項和榮譽。甄師傅在世界各地的烹飪學校擔任過廚師導師，並經營餐館。甄師傅亦十分注重改善社區大眾的營養。

黃嘉慧現任三藩市衛生署，華埠公共衛生局營養主任，擅長向華人推動營養健康教育，曾應聯合國邀請到中國培訓各省的醫生與營養師，並曾任美國國家癌症學院顧問。黃嘉慧曾多次獲獎，包括美國營養協會頒贈之「傑出青年營養師」獎銜及美國心臟協會的銀獎。她創辦華人營養教育與肥胖預防計劃，並與超過30個社區機構和教會合作，為低收入華人服務，同時亦為擁有過十萬讀者的號角月報撰寫營養專欄。

這手冊是由營養部、華埠公共衛生局、三藩市公共衛生署製作及贊助。部份費用由美國農業部(USDA)補充營養援助計劃教育分支(SNAP-Ed)，即在加州被稱之為加州補充營養援助計劃(CalFresh)，透過營養教育與肥胖預防計劃部、加州公共衛生署贊助。這些機構均為機會平等的提供者和僱主。CalFresh為低收入家庭提供援助，並可以用於購買更有益於健康的營養食品。如需CalFresh資訊，請致電1-877-847-3663。如需重要的營養資訊，請瀏覽網站：www.CaChampionsForChange.net。

Healthy Chinese Cuisine Using Fruits and Vegetables

Recipes are used with permission from "Healthy & Delicious – Simple Ways to Low Fat Chinese Cooking" by Catherine Wong, MPH, RD, and Martin Yan, MS and "Healthy Appetites" by Catherine Wong, MPH, RD, Rachel Lo, Michelle Lo, Colin Yan and Devin Yan.

Martin Yan is an internationally acclaimed culinary expert in Chinese and Asian cuisines. He is the host of over 3000 Yan Can Cook shows broadcasted worldwide. Chef Yan is the author of 30 best-selling cookbooks and has received numerous national and international honors and awards. He has been a chef-instructor at culinary schools around the world and is also a restaurateur. He is committed to improving the nutritional well-being of the community.

Catherine Wong specializes in wellness programs for the Chinese, and currently works for the San Francisco Department of Public Health, Chinatown Public Health Center as the Nutrition Manager. She was invited by the United Nations FAO to train doctors and health providers in the Nutrition Manpower Development Program for the People's Republic of China, and has consulted with National Cancer Institute. Catherine has received numerous awards including the prestigious "Young Dietitian of the Year" award from the Academy of Nutrition and Dietetics (formerly American Dietetics Association), and the Silver Award from the American Heart Association. Catherine has created the Nutrition Education and Obesity Prevention Chinese Project and partnered with over 30 community agencies and churches to reach out to the low-income Chinese. She writes the nutrition column for the monthly Chinese Herald newspaper that reaches over 100,000 readers.

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