

# 搭配有益健康的餐盤

從選擇大小合適的餐盤或餐碗開始。一位成人的餐盤應該是9英吋寬，而一個小孩的餐盤應該是7英吋寬。

應添有 $\frac{1}{4}$ 的全穀物和澱粉

應添有 $\frac{1}{2}$ 的水果和蔬菜

應添有 $\frac{1}{4}$ 的瘦肉蛋白質



$\frac{1}{4}$ 蛋白質

0 |

1 |

$\frac{1}{4}$ 全穀物和澱粉

2 |

3 |

4 |

$\frac{1}{2}$ 蔬菜

5 |

6 |

7 |

9吋餐盤

8 |

9 |



## 多吃水果和蔬菜

### Eat More Fruits and Vegetables

水果和蔬菜是身體所需的膳食纖維、維生素和礦物質的重要來源。每天食用水果和蔬菜可降低罹患心臟病、肥胖症、糖尿病及一些癌症的風險。

Fruits and vegetables are a good source of fiber, vitamins and minerals. Eating fruits and vegetables every day can lower your risk of heart disease, obesity, diabetes and some cancers.



### 食物的挑選 What to Choose :

- 各式各樣的水果和蔬菜，包括茄子、豆芽、白菜、蘋果、橙子和香蕉。
- 新鮮、冷凍和罐裝食品類：注意挑選沒有添加人工糖漿的罐裝水果，和低鹽（低鈉）或無鹽的罐裝蔬菜。
- 新鮮水果代替果汁：水果含有更多的膳食纖維，且更容易產生飽腹感。
- A variety of colorful fruits and vegetables such as eggplant, bean sprout, bok choy, apple, oranges and banana.
- Fresh, frozen and canned: Look for canned fruit in its own juice instead of syrup. Choose canned vegetables with low sodium or no salt added.
- Whole fruit instead of juice: Whole fruit has more fiber and helps you feel full.

## 吃瘦肉蛋白質

### Eat Lean Proteins

蛋白質提供我們營養，且容易讓人感到飽足。瘦肉蛋白質（低脂肪）有利於我們的心臟和腰圍。這些食物含有較少的飽和脂肪，飽和脂肪可提高壞膽固醇（LDL）指數，並增加罹患心臟病的風險。

Protein provides nutrients and can help you feel full. Lean (low-fat) proteins are better for your heart and waistline. They have less saturated fat, which raises your LDL (“bad”) cholesterol and increases your risk of heart disease.



### 食物的挑選 What to Choose :

- 魚和貝殼類。
- 選擇去皮的雞和火雞胸肉，以及瘦豬肉。
- 選擇植物蛋白，例如豆類、堅果，以及豆類製品如豆腐。
- 各種蛋類。
- Fish or shellfish.
- Chicken and turkey breasts without the skin, lean cuts of pork.
- Plant-based proteins such as beans, nuts and soy products like tofu.
- Eggs.

## 多食用全穀物

### Go for Whole Grains

全穀物的膳食纖維能讓你長時間的飽腹感，並能降低罹患心臟疾病的風險。在全穀物食品的成分列表中，所列出的第一個成分應該出現“whole”這個英文單字。

The dietary fiber in whole grains can make you feel full longer and can lower your risk of heart disease. Whole grains should have the word “whole” as part of the first ingredient on the ingredients list.



### 食物的挑選 What to Choose :

- 糙米和全麥麵條。
- 100%全穀物麵包，且每片麵包含有至少2克纖維。
- 選擇無糖或含有新鮮水果的麥片。
- 選擇全麥麵粉代替白麵粉。
- Brown rice and whole wheat noodles.
- 100% whole grain bread, with at least 2 grams of fiber per slice.
- Oatmeal: Choose unsweetened and flavor with fresh fruit.
- Choose whole wheat flour instead of white flour.