



Better Nutrition for Mature Adults

成年人的營養

1. Drink 6 - 8 glasses of water every day.

每天喝6 - 10杯水。

2. Eat calcium rich foods, such as milk, cheese, yogurt, fish with bones, and some dark green vegetables, like broccoli. Calcium is important for strong bones.

吃些鈣質豐富的食物，如鮮奶，酸奶，帶骨的魚，及一些深綠色的蔬菜，如西蘭花。鈣對骨骼強壯很重要。

3. Get plenty of Vitamin A and Vitamin C by eating fresh fruits and vegetables, such as carrots and oranges. Vitamin A is good for your eyes and skin. Vitamin C keeps gums healthy and prevents against infection.

吃新鮮蔬菜和水果，如胡蘿卜和柑桔，以攝取維他命C和維他命A。維他命A有助於視力和皮膚。維他命C有助於保持牙齦健康和抵抗疾病傳染。

4. Eat foods high in iron, which helps the body use energy. Iron is abundant in red meat, poultry, fish, and dried beans.

吃些富含鐵的食物，這會有助於身體對能量的使用。鐵富含于牲畜肉，家禽，魚及幹豆等食物之中。

5. Include meats, seafood, and poultry in your diet to protect against Zinc deficiency. Zinc helps wounds heal faster.

在食譜中包含肉，海鮮，家禽以預防缺鋅。鋅能幫助傷口盡快愈合。

6. Practice regular physical activity. Outdoor activity is best, because your body can make Vitamin D with the help of the sun.

有規律地進行一些體力活動。戶外活動最好，因為在太陽的照射下，身體能產生維他命D。

Chinese Language Version

These materials were developed by the Nutrition Education for New Americans Project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the USDA Food and Consumer Service. For more information, call (404) 651-2542.

