

The Food Pyramid

食物三角

The Food Guide Pyramid is a general guide that lets you choose a healthy diet that is right for you. The Pyramid calls for eating a variety of foods to get the nutrients you need and eating the right amount of calories to maintain a healthy weight. Most calories should come from foods in the three lower sections of the Pyramid.

食物三角是幫助你制定適合你的健康食譜的指南，它指導你吃各種各樣的食物以攝取各種營養，並且食用適量的卡路裏以維持健康的體重。你應從食物三角較低的三層食物中獲取大部分的卡路裏。

Each of these groups provides some, but not all, of the nutrients you need. Foods in one group can not replace those in another. No one food group is more important than another. For good health, you need them all.

以下每一類食物都提供一些，但不是全部，你所需要的營養，它們不能互相代替，也沒有某類食物比其他食物更重要。要使身體健康，每一類食物你都需要。



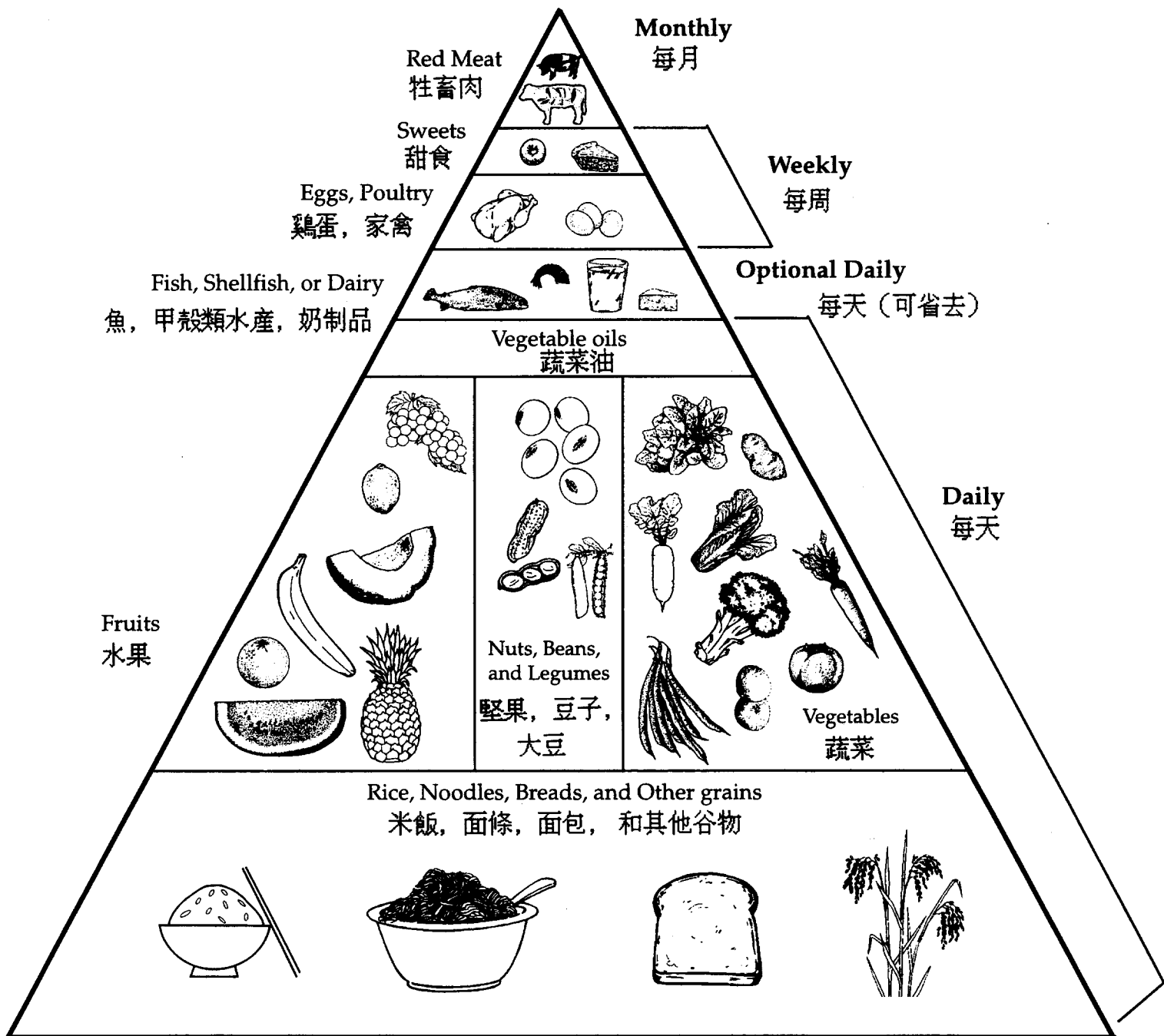
Chinese Language Version

Asian Food Pyramid

亞洲食物三角

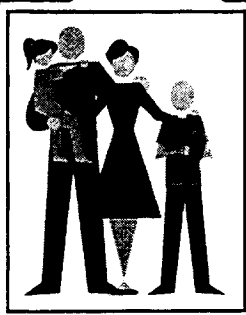
The Food Pyramid is a general guide that lets you choose a healthy diet that's right for you. Each of these food groups provide some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another. For good health, you need them all.

食物三角指導你制定適合你的健康食譜。以下每一類食物都提供一些，但不是全部你所需要的營養，它們不能互相代替，也沒有某類食物比其他食物更重要。要使身體健康，每一類食物你都需要。



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 United States Department of Agriculture Food and Consumer Service for Food Stamp Program families. For more information call (404) 651-2542



Better Health Begins With You!

健康從你開始!

1. Eat 6 to 11 small servings of low-fat bread, cereal, rice or pasta daily. For instance, choose oatmeal for breakfast, a sandwich for lunch, and plain rice for dinner.

每天吃6 - 8小份低脂肪的面包，麥粥，米飯或面條。例如，早餐選麥片粥，中餐吃三明治，晚飯吃白飯。

2. Eat 5 servings of fruits and vegetables every day. For example, you might drink orange juice for breakfast, eat a salad for lunch, and have some green beans, boiled potatoes and grapes for dinner.

每天吃5份蔬菜和水果。例如，你可以早餐喝桔汁，午餐吃色拉，晚餐吃新鮮的豆子和炖土豆。

3. Drink at least 8 glasses of pure, fresh water every day.

每天至少喝8杯純淨新鮮的水。

4. Eat lean, low-fat meats, such as chicken or fish.

吃低脂肪的瘦肉，如鷄和魚。

5. Choose low fat or fat free dairy products, such as skim milk and frozen yogurt.

選擇低脂或無脂的奶制品，如脫脂牛奶和凍酸奶。

6. Limit your intake of sweets and alcoholic beverages.

少吃甜食，少喝含酒精的飲料。

7. Take part in some form of physical activity every day. Take a walk, dance, or play.

每天參加一定形式的體力活動，散步，跳舞或遊戲。

8. Use vegetable oil or canola oil for cooking in place of lard or animal fat. Vegetable oils are better for you because they contain no cholesterol.

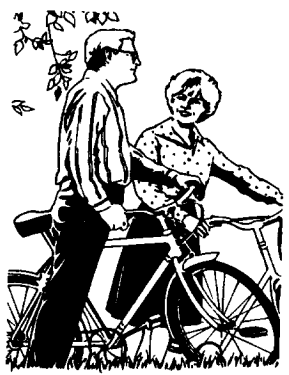
用植物油代替豬油或動物油做菜。蔬菜油不含膽固醇，更有益人體。

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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。

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Better Health for Mother and Baby

母親與嬰兒的健康

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

避免喝酒及喝含咖啡因的飲料，如咖啡及一些軟飲料。

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

每天吃一些含鈣的食物。這些食物包括鮮奶，奶酪，酸奶，帶骨的魚及一些深綠色的蔬菜。

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

每天吃2 - 3份的肉，魚，蛋或幹果以攝取蛋白質。

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

每天至少吃5份水果及蔬菜以攝取維他命和礦物質。例如早晨喝麥粥時吃一根香蕉，下午選蘋果作零食，午飯吃一些胡蘿卜和芹菜，晚飯吃些西蘭花和色拉。

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

每天吃6 - 10全谷類的食物。這類食物對人的精力及健康很重要。它們包括全麥面包和黑米等。

6. See your doctor early in your pregnancy.

懷孕后及早諮詢醫生。

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

確保懷孕期間你的體重有一定程度的增長。對大多數婦女而言，增長的幅度在二十五到三十磅之間。請諮詢你的醫生。

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Good Food for Kids

有利兒童的食物

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.

骨骼的生長發育需要鈣。含鈣的食物包括鮮奶，酸奶，帶骨的魚類，一些深色的蔬菜，如西蘭花。

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

鐵幫助人體產生能量。富含鐵的食品包括牲畜肉，家禽，魚，幹豆等。

3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.

胡蘿卜，菠菜及其他蔬菜水果富含維他命A和維他命C。維他命A對良好的視力和健康的皮膚很重要。維他命C有助於保持牙齦健康和抵抗疾病傳染。

4. Energy is important and comes from breads, rice, cereal, and pasta.

人體所需的能量很重要，它主要來自于面包，米飯，麥片粥和面條。

5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.

選擇有利健康的零食，如蔬菜，水果，奶制品，堅果。它們與汽水，薯片，糖果相比更有營養而且更有利于孩子的牙齒。

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

每天鍛煉身體對孩子們很重要，這樣他們的身體才會長得健康結實。

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