91

Everyone is interested in improving their diet.

每个人都对他们的饮食感兴趣。

Adding grains is one of the easiest ways.

增加谷物是最容易的方法之一。

Many people in the United States have a growing concern about nutrition, so grains are often served in restaurants.

在美国，关于营养，许多人越来越关注，所以谷物在餐厅里经常摆上餐桌。

And many grains are now available in grocery stores, too, though for some you still have to go to health food stores.

而且，现在许多谷物也可在食品杂货店买到，尽管你们中的某些人依然不得不去健康食品店。

You can stock up when you go, though, because uncooked grains keep a long time.

不过，当你去的时候你可以囤货，因为没有煮过的谷物保存时间长。

You'll find that grains are easy to prepare.

你将会发现谷物容易准备。

Many grains are as simple to cook as spaghetti.

许多谷物烹饪起来像意大利面条一样简单。

Barley, for instance, is just cooked in salted water.

例如，大麦，只在盐水中煮就好。

Remember, though, whole-grain barley, the most nutritious kind, never will get as tender as spaghetti no matter how long it's cooked.

但要记住，全谷物大麦，最有营养的种类，将永远不会像意大利面条一样变柔软，不论煮多久。

Grain-based salads are easy, too.

基于谷物的沙拉也容易。

Just use grains left over from a hot meal.

仅仅使用从一顿热餐剩下的谷物（就好）

You can even put together a grain salad hours before you need it, since grains don't wilt like lettuce does.

你甚至可以在你需要之前几个小时就搭配好一份谷物沙拉，因为谷物不会像生菜那样枯萎。

But to get back to health factors, all grains are nutritious and many have special benefits.

现在回到健康因素上来，全谷物是有营养的，并且许多(谷物)有特殊益处。

Barley has very little fat. Some experts believe that it may even reduce cholesterol levels.

大麦有很少的脂肪。某系专家相信它甚至能降低胆固醇水平。

Jasmine rice is also low in fat.

香米也脂肪（含量）低。

And it has a bonus in its wonderful aroma, a very special fragrance.

而且它有一个美妙香气的附加值，一种非常特殊的芬芳。