**库珀中国健康餐**

**Cooper China Healthy Diet**

«year»年«month»月«day»日«meal\_zh»

«meal\_en» for «month\_en» «day\_en», «year»

亲爱的“«lesson\_zh»”学员：

您好！欢迎大家来到库珀有氧中心参加“«lesson\_zh»”培训课程。以下是«year»年«month»月«day»日«meal\_zh»菜单，如您对以下菜品有任何疑问，请及时与您的班主任反馈，谢谢。祝您用餐愉快！

Dear members of «lesson\_en»:

Welcome to Cooper Aerobics to participate in our «lesson\_en». The following is the «meal\_en» on «month\_en» «day\_en», «year». If you have any questions about the food, please give feedback to your head teacher timely. Thank you. Enjoy your meal!

**蛋白质类25%**

**Protein 25%**

1. «protein\_1\_zh»

«protein\_1\_en»

1. «protein\_2\_zh»

«protein\_2\_en»

1. «protein\_3\_zh»

«protein\_3\_en»

**谷物和含淀粉的蔬菜25%**

**Grains and Starchy Vegetables 25%**

1. 含淀粉蔬菜 - «starchy vegetable\_1\_zh»、«starchy vegetable\_2\_zh»

Starchy Vegetable - «starchy vegetable\_1\_en», and «starchy vegetable\_2\_en»

1. 谷豆坚果 - «grain\_1\_zh»、«grain\_2\_zh»、«grain\_3\_zh»、«grain\_4\_zh»、«grain\_5\_zh»、«grain\_6\_zh»、«grain\_7\_zh»

Whole Grains, Beans, Nuts - «grain\_1\_en», «grain\_2\_en», «grain\_3\_en», «grain\_4\_en», «grain\_5\_en», «grain\_6\_en», «grain\_7\_en», and «grain\_8\_en»

**不含淀粉的蔬菜40%**

**Non-starchy Vegetables 40%**

1. «non-starchy vegetable\_1\_zh»

«non-starchy vegetable\_1\_en»

1. «non-starchy vegetable\_2\_zh»

«non-starchy vegetable\_2\_en»

1. 五彩杂蔬 -«mixed vegetable\_1\_zh»、«mixed vegetable\_2\_zh»、«mixed vegetable\_3\_zh»、«mixed vegetable\_4\_zh»、«mixed vegetable\_5\_zh»

Mixed Vegetables - «mixed vegetable\_1\_en», «mixed vegetable\_2\_en», «mixed vegetable\_3\_en», «mixed vegetable\_4\_en», and «mixed vegetable\_5\_en»

**水果10%**

**Fruit 10%**

«fruit\_1\_zh»，«fruit\_2\_zh»，«fruit\_3\_zh»

«fruit\_1\_en», «fruit\_2\_en»，«fruit\_3\_en»

**汤饮**

**Soups & Drinks**

«soup\_zh»

«soup\_en»

茶水Tea

**食材营养 Food & Nutrition**

**清蒸粉丝扇贝：**扇贝营养丰富，肉质松软，易消化，味道鲜美。扇贝为高蛋白质、低脂肪食物，能够为人体提供优质蛋白质来源，保持肌肉和皮肤的正常功效。另外，扇贝中还含有丰富的矿物质和维生素，例如锌可以增强体质状态、增进食欲、促进人体对钙的吸收。

**Steamed Scallops：**Scallops nutrition is rich, fleshy, soft, easy to digest, delicious scallops for high protein and low fat food, can provide high quality protein source for human body, maintain the normal efficacy in addition, muscles and skin of scallops also contains rich minerals and vitamins, such as zinc can enhance physique state stomachic promote human body to absorb calcium.

**谷豆坚果：**共包含有7种谷物、豆类以及坚果。糙米、黑米、燕麦、大米等谷物在为人体提供足量碳水的同时还含有丰富的锌、硒、镁等微量元素，更有助于维持机体营养均衡，保持身体健康。这7种谷豆坚果还含有丰富的膳食纤维，有助于维持血糖稳定、保护血管、促进胃肠道蠕动。

**Whole Grains, Beans, and Nuts:** It contains seven grains, beans, and nuts. Brown rice, black rice, oats, rice, and other grains provide sufficient amount of carbon and water for human body at the same time, they also contain rich trace elements such as zinc, selenium, and magnesium, which are more conducive to maintain balanced nutrition and keep healthy. These 7 kinds of beans and nuts are also rich in dietary fiber, which helps maintain blood sugar stability, protect blood vessels, and promote gastrointestinal motility.

**五彩杂蔬：**多种不同类型蔬菜混合炒制而成，含有丰富的膳食纤维及多种人体必需的维生素及矿物质，十分有利于身体健康。

**Mixed Vegetables:** This dish is made of a variety of vegetables. It is rich in dietary fiber and a variety of essential vitamins and minerals, which is conducive to health.

附：主要食材营养成分表（每100g）

Nutrition Facts (100g)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 菜品  Food Name | 能量  Energy  Kcal | 蛋白质  Protein（g） | 脂肪  Fat（g） | 碳水  CHO（g） | 膳食纤维Fiber（g） | 钙  Calcium  （mg） | 总维生素A  Vitamin A  (μgRE) |
| 蛋白类  Protein | 扇贝  Scallop | 60 | 11.1 | 0.6 | 2.6 | - | 142 | - |
| 多宝鱼  Turbot | 112 | 20.8 | 3.2 | 0 | - | 55 | - |
| 谷类  Grains | 糙米  Brown Rice | 347 | 7.4 | 0.8 | 77.9 | 0.7 | 38 | - |
| 黑米  Black Rice | 341 | 9.4 | 2.5 | 72.2 | 3.9 | 12 | - |
| 淀粉类蔬菜Starchy Vegetable | 芋头  Sweet potato | 81 | 2.2 | 0.2 | 18.1 | 1 | 36 | 27 |
| 花生  Peanut | 313 | 12.0 | 25.4 | 13.0 | 7.7 | 39 | 2 |
| 蔬菜  Vegetables | 茼蒿  Crowndaisy | 24 | 1.9 | 0.3 | 3.9 | 1.2 | 73 | 252 |
| 莴笋  Lettuce stem | 15 | 1 | 0.1 | 2.8 | 0.6 | 23 | 25 |
| 水果  Fruits | 哈密瓜  Hami Melon | 34 | 0.5 | 0.1 | 7.9 | 0.2 | 4 | 153 |
| 火龙果  Pitaya | 55 | 1.1 | 0.2 | 13.3 | 1.6 | 7 | - |

（数据来源《中国食物成分表》（第2版））

(Date Source <China Food Composition> 2nd Edition)

**饮食体重管理小贴士**

Tips for Healthy Eating and Weigh Management:

* «tips\_1\_zh»

«tips\_1\_en»

* «tips\_2\_zh»

«tips\_2\_en»