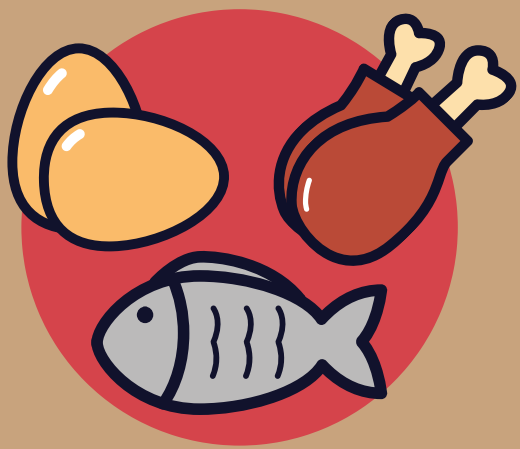


NUTRIENTS TO KNOW



PROTEINS

Help your body grow and renew skin, muscles, and other body tissues, among other important functions.

- Found in meat, chicken, fish, beans, eggs
- Recommended 45-55 g, based on age, sex, and calorie intake



FATS

Fats may have a bad reputation, but are necessary for energy storage!

- Limit saturated & trans fats This includes butter and palm oils, higher-fat meats, dairy products, and snacks. Instead, stick with unsaturated fats found in natural foods such as avocado, nuts, and fish.
- USDA recommends fats make up 30% of total daily calories.



CARBOHYDRATES

Carbs provide the energy you need for daily life.

- Not all carbs are made equal! Starch, sugar, and fiber are all carbs, but fiber helps reduce risk of obesity & Type 2 diabetes. Try whole grains over refined grains!
- USDA recommends carbs make up 45%-65% of total daily calories.



VITAMINS

Vitamins are essential for healthy body functions. Most people can get all the necessary vitamins through eating nutrient-dense foods; however, you can also supplement your diet with vitamins.

Vitamin A: assists with eye health + growth and development. Carrots are a natural source.

Vitamin B: important for energy production and immune function; naturally found in whole grains.

Vitamin C: acts as an antioxidant + strengthens our immune system; found in oranges & other citrus fruits.

Vitamin D: strengthens our bones. Eggs and fish are natural sources.



MINERALS

Minerals play an important role in keeping your body healthy. Like vitamins, most people can get all of the essential minerals through eating a balanced diet.

Calcium: strengthens our bones. Dairy products are natural sources.

Magnesium: helps build our bones and teeth. Some natural sources are nuts and seeds, legumes, and leafy greens.

Iron: transports oxygen throughout the body. Found in red meats, beans, and dark leafy greens.

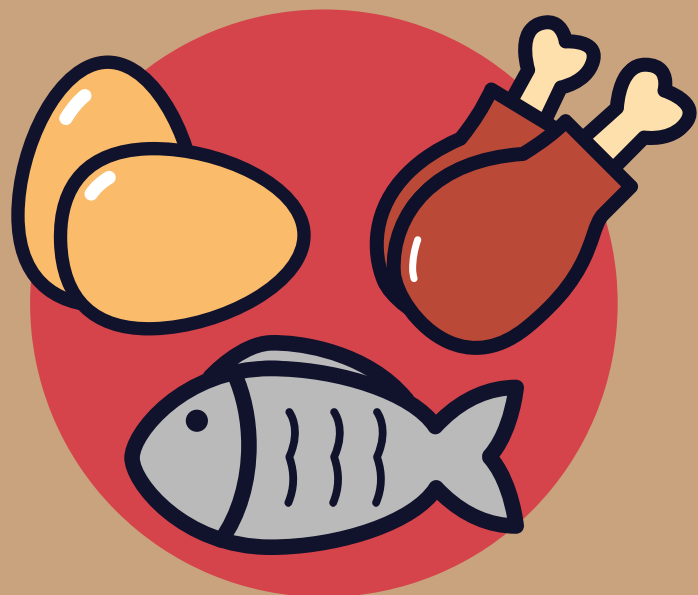


@nuchinatownhealth



<https://chinatown38.wixsite.com/northwestern>

重要的营养物质



蛋白质

帮助您的身体生长和更新皮肤、肌肉和其他身体组织。

- 建议日常饮食包括45-55克，可以根据年龄，性别，和卡路里摄入量调整
- 蛋白质例如：肉🥩，鸡肉，鱼肉，豆类，鸡蛋



脂肪

脂肪是至关的能量储存物！

- 减少**饱和脂肪**和**反式脂肪**的摄入，包括黄油🧈，棕榈油，高脂肉类🥩，奶制品🥛，零食
- **多吃非饱和类脂肪**
- 这类脂肪可以在自然食品中找到例如：牛油果🥑，坚果🌰，鱼类🐟



碳水

提供您日常所需的能量

- 不是所有的碳水都是一样的！
- 淀粉，糖，和纤维全都是碳水
- 但是只有纤维减少肥胖症和二型糖尿病的风险
- **多吃全谷类食物**🌾！



维生素

营养丰富的食物可以提供所需的维生素。您也可以通过吃维他命补充维生素。

维生素A: 促进生长，保持眼睛健康。

天然来源: 胡萝卜🥕

维生素B: 对于能量产生和免疫功能很重要

天然来源: 全谷类🌾

维生素C: 充当抗氧化剂和增强免疫系统。

天然来源: 橙子和其他的柑橘类水果🍊

维生素D: 增强骨骼。

天然来源: 鸡蛋🥚和鱼🐟



矿物质

保持健康均衡的饮食习惯可以补充所需的矿物质

钙: 加强骨头的韧性，减少骨折发生率。

奶制品🥛是钙的主要来源

镁: 促进骨头和牙齿的生长。可通过**坚果**

🌰，**种子**，**豆制品**，和**绿叶蔬菜**中获得

铁: 负责把氧气运输到全身。可在**红肉类**

🥩，**豆类**🌱，以及**深色绿叶蔬菜**中获得