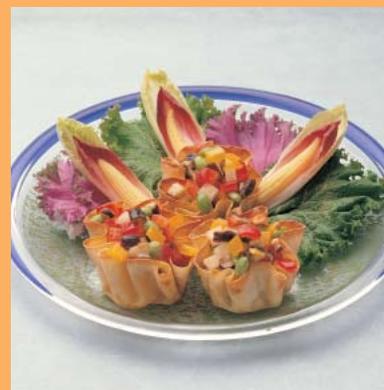
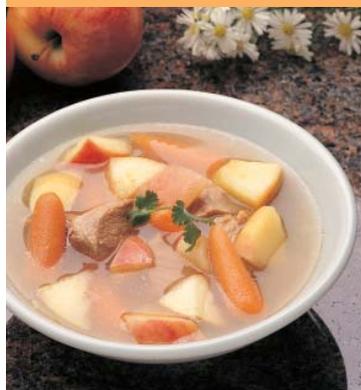


# 每日多蔬果，健康屬於我！

*Eat Fruits & Vegetables Everyday,*

*Stay Healthy All The Way!*



Photography by: Rosa To

*Highlighting the Dietary  
Guidelines for Americans 2005*  
特別推介 2005 年美國飲食指引

## 健康蔬果美食

**Healthy Chinese Cuisine**

**Using Fruits and Vegetables**

# Foreword

*Being overweight and obese has become a major health problem in California, including our Chinese community. According to the California Behavioral Risk Factor Survey<sup>1</sup>, over forty percent of Asian American males, and thirty percent of females in California are overweight!\*. This has led to an increase in such diet-related disorders as diabetes, obesity, and high blood pressure.*

*Eighty percent of Asian American children and fifty-six percent of Asian American adults are not eating enough fruits and vegetables<sup>2,3</sup>. Eating at least 2 to 6½ cups of fruits and vegetables (depending on your age, gender and activity level), and getting 30 to 60 minutes of physical activity everyday, may help to lower our risk of becoming overweight and our risk of cancer, heart disease, Type 2 diabetes and obesity<sup>4</sup>.*

*This is the first booklet available in Chinese to help increase fruit and vegetable consumption and provide helpful tips on staying active. This easy method to improve intake of fruits and vegetables is enhanced by celebrity chef Martin Yan and nutritionist Catherine Wong from Chinatown Public Health Center, who share their secrets for healthy eating and cooking using authentic Chinese recipes.*

*I am pleased to recommend this well written and illustrated booklet that will help keep you healthy.*



*Sincerely,*

A handwritten signature in black ink that reads "Edward A. Chow".

Edward A. Chow, MD  
San Francisco Health Commissioner  
Executive Director, Chinese Community Health Care Association

- (1) California Department of Health Services, Cancer Surveillance Section, California Behavioral Risk Factor Survey, 2004
- (2) California Department of Health Services, Cancer Prevention and Nutrition Section, California Children's Eating & Exercise Practices, 2003
- (3) California Department of Health Services, Cancer Prevention and Nutrition Section, the California Dietary Survey, 2003
- (4) U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines), accessed 8/22/05

\* Asian American adult and child survey samples also include a small number of Pacific Islanders, American Indians, and people of mixed racial/ethnic background

# Foreword

*Through the **5 a Day-for Better Health! Campaign**, we have worked to promote fruit and vegetable intake and increased physical activity for over 15 years. That is because eating nutritious foods, like fruits and vegetables, and being physically active, lowers the risk of cancer, Type 2 diabetes, stroke and unhealthy body weight. In addition, when you eat fruits and vegetables, like those found in the traditional Chinese diet, and stay active, you not only improve your physical health, but your mental and emotional health as well.*

*Use this cookbook to help you prepare healthy and traditional home-cooked Chinese meals for you and your family. Look to the meal planning guide to see if your family is eating enough fruits and vegetables to promote good health. Refer to the physical activity suggestions to see how you and your family can include the daily physical activity that is so important in maintaining whole body wellness.*

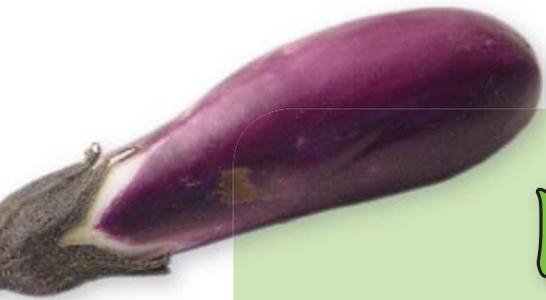
*The traditional Chinese diet is a wonderful example of how fresh ingredients, like fruits and vegetables, can be combined for a flavorful and healthful meal. Use this cookbook to help you preserve those benefits and to reduce the risk of chronic disease. Look for more dietary information in the future specifically designed for the Asian American Pacific Islander community. Your health is worth preserving!*



*Sincerely,*

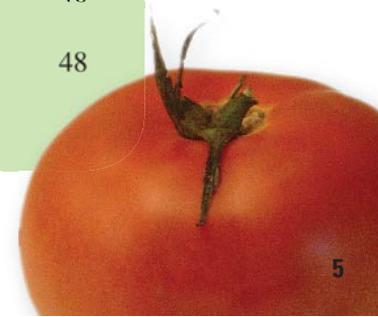
A handwritten signature in black ink that reads "Susan B. Foerster". The signature is written in a cursive, flowing style.

Susan B. Foerster, MPH, RD,  
Chief Cancer Prevention and Nutrition Section  
Director, *California Nutrition Network for Healthy, Active Families*  
California Department of Health Services



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# San Francisco Chinese 5 A Day Project

*The San Francisco Chinese 5 A Day Project would like to present to you a colorful and flavorful way of healthy eating incorporated into Chinese cooking.*

*Healthy eating and active lifestyles are the primary ways to prevent major causes of chronic disease and death in the United States. Research shows that eating 2 to 6½ cups of fruits and vegetables (depending on your age, gender, and activity level), and getting at least 30 to 60 minutes of physical activity everyday may reduce the risk of many diseases such as certain cancers, heart disease, stroke, obesity and diabetes<sup>5</sup>.*

*This booklet informs you of the latest Dietary Guidelines for Americans, health benefits of fruits and vegetables, the amount that you need to eat, and the healthier ways of cooking with fruits and vegetables. We have chosen the galloping horse for our project logo because it symbolizes health, strength and vitality for the Chinese.*

*Enjoy eating a variety of colors and flavors of fruits and vegetables, be active and change your family's lifestyle to lower the risk of many chronic diseases.*

*We wish you and your family an energetic and healthy life!*

*Sincerely,*



*Catherine Wong R.D., M.P.H.  
Nutrition Manager  
Chinatown Public Health Center  
San Francisco Department of Public Health*

(5) U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines), accessed 8/22/05



三藩市華人每日五蔬果計劃  
San Francisco Chinese 5 A Day Project



**EAT FRUITS & VEGETABLES  
AND BE ACTIVE**



# What Should I Eat Everyday?



This is the recommendation for food intake and physical activity according to the new food pyramid and the dietary guidelines by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services in 2005.

<b>GRAINS</b> Make half of your grains whole	<b>VEGETABLES</b> Vary your veggies	<b>FRUITS</b> Focus on fruits	<b>MILK</b> Get your calcium-rich foods	<b>MEAT &amp; BEANS</b> Go lean with protein
<p>Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta everyday.</p> <p>1 oz. is about:</p> <ul style="list-style-type: none"> <li>• 1 slice of bread, or</li> <li>• 1 cup of breakfast cereal, or</li> <li>• ½ cup of cooked rice, cereal, or pasta</li> </ul>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.</p> <p>Eat more orange vegetables like carrots and sweet potatoes.</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils.</p>	<p>Eat a variety of fruit.</p> <p>Choose fresh, frozen, canned, or dried fruit.</p> <p>Go easy on fruit juices.</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products.</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.</p>	<p>Choose low-fat or lean meats, poultry, and fish.</p> <p>Bake it, broil it, or grill it.</p> <p>Vary your protein routine – choose more beans, peas, nuts and seeds.</p> <p>1 oz = a piece of meat, fish, or skinless chicken the size of a mahjong tile, or 1 egg, or ¼ cup tofu, or ¼ cooked dry beans</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov).

Eat 6 oz. every day	Eat 2½ cups every day	Eat 2 cups every day	Get 3 cups every day	Eat 5½ oz. every day
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## Find your balance between food and physical activity

- Stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain in adults.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

## Know the limits on fats, sugar, cholesterol and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans-fats, cholesterol, and sodium low.
- Choose food and beverages low in added sugar. Added sugar contributes calories with few, if any, nutrients.



# *Benefits of Fruits, Vegetables & Physical Activity*

## ***Benefits of fruits and vegetables***

- Provides us with vitamins, minerals, fiber, and phytochemicals to help lower the risk of chronic diseases such as cancer, heart disease, hypertension, stroke, obesity and diabetes
- Slows the negative signs of aging such as weakening vision and memory loss
- Enhances our immunity

## ***Benefits of physical activity***

- Lowers the risk of developing high blood pressure, heart disease, stroke, diabetes and cancer
- Builds and maintains healthy bones, muscles, and joints
- Helps to lower the risk of overweight problems in children and adults
- Reduces anxiety, depression and stress
- Helps us to feel more energetic



## How Many Cups of Fruits & Vegetables Should An Adult Eat?

The amount of fruits and vegetables an adult needs everyday depends on his/her gender, age, and activity level.

The following daily amounts are recommended for individuals who get less than 30 minutes per day of physical activity beyond regular daily activities. If you get more physical activity, you would need to eat an additional ½ cup to 1 cup of vegetables and up to ½ cup additional fruit<sup>6</sup>.

Gender	Age	*Sedentary	
		Fruit	Vegetable
Female	19 - 30 years	2 cups	2½ cups
	31 - 50 years	1½ cups	2½ cups
	51+ years	1½ cups	2 cups
Male	19 - 30 years	2 cups	3 cups
	31 - 50 years	2 cups	3 cups
	51+ years	2 cups	2½ cups

\*Sedentary: less than 30 minutes a day of moderate physical activity in addition to daily activities.

\*Moderately Active: at least 30 minutes, up to 60 minutes a day of moderate physical activity in addition to daily activities.

\*Active: 60 or more minutes a day of moderate physical activity in addition to daily activities.

(\*) See page 24 for more details

(6) U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines), accessed 8/22/05



## How Many Cups of Fruits & Vegetables Should a Child or Youth Eat?

The amount of fruits and vegetables a child or a teenager needs everyday also depends on his/her gender, age, and activity level \*.

The Dietary Guidelines for Americans 2005 and the new Food Pyramid recommend the following daily amounts for children and youth who are sedentary (getting less than 30 minutes per day of physical activity beyond regular daily activities). Those who are more physically active may require more while staying within their calorie needs<sup>7</sup>.

Gender	Age	* Sedentary	
		Fruit	Vegetable
<b>Children</b> (Boys and Girls)	<b>2 - 3 years</b>	1 cup	1 cup
	<b>4 - 8 years</b>	1 to 1½ cups	1½ cups
<b>Girls</b>	<b>9 - 13 years</b>	1½ cups	1½ to 2 cups
	<b>14 - 18 years</b>	1½ cups	2½ cups
<b>Boys</b>	<b>9 - 13 years</b>	1½ cups	2½ cups
	<b>14 - 18 years</b>	2 cups	3 cups

\*Sedentary: less than 30 minutes a day of moderate physical activity in addition to daily activities.

\*Moderately Active: at least 30 minutes, up to 60 minutes a day of moderate physical activity in addition to daily activities.

\*Active: 60 or more minutes a day of moderate physical activity in addition to daily activities.

(\*) See page 24 for more details

(7) U.S. Department of Agriculture, MyPyramid Food Intake Pattern Calorie Levels, 2005, [http://www.mypyramid.gov/professionals/pdf\\_food\\_intake.html](http://www.mypyramid.gov/professionals/pdf_food_intake.html), accessed 8/22/05

# What Counts as a Cup?

## Fruits:



1 small apple



1 large banana



1 large orange



1 large peach



8 large strawberries



1 cup 100% fruit juice



1/2 cup dried fruit

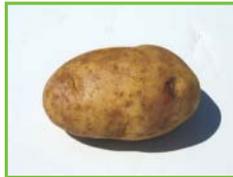


1 medium pear

## Vegetables:



1 cup cooked greens



1 medium potato



1 large sweet potato



2 large celery stalks



1 large whole tomato  
(uncooked)



2 cups raw  
leafy greens



1 cup chopped  
vegetable



1 cup cooked  
carrot

# The Color Way ... to Good Health

Choose your fruits and vegetables from these 5 different groups to get the different phytochemicals and nutrients: purple/blue, green, white, yellow/orange and red.

	Color	Phytochemicals	Examples	Benefits
	Purple/Blue	Anthocyanins, Phenolics	Eggplant, purple yam, blueberries, purple figs, purple plums, purple grapes, raisins	<ul style="list-style-type: none"> <li>• May reduce risk of some cancers and heart disease</li> <li>• Maintain urinary tract health</li> <li>• May slow some effects of aging</li> </ul>
	Green	Lutein, Indoles	Bok-choy, Chinese broccoli, broccoli, asparagus, lettuce, spinach, watercress, kiwi fruit, honeydew	<ul style="list-style-type: none"> <li>• May reduce risk of some cancers and heart disease</li> <li>• Maintain vision health</li> <li>• Maintain strong bones and teeth</li> </ul>
	White	Allicin, Mineral Selenium	Garlic, scallion, onion, jicama, cauliflower, mushroom, white nectarine, banana	<ul style="list-style-type: none"> <li>• May reduce risk of some cancers and heart disease</li> <li>• May lower blood cholesterol</li> </ul>
	Yellow/Orange	Bioflavonoids, Carotenoids	Pumpkin, carrots, yellow corn, orange, cantaloupe, mango, papaya, persimmon, pineapple, tangerine, apricot	<ul style="list-style-type: none"> <li>• May reduce risk of some cancers and heart disease</li> <li>• Maintain immunity</li> <li>• Maintain vision health</li> </ul>
	Red	Lycopene, Anthocyanins	Tomato, red pepper, red onion, beet, watermelon, cherries, red grapes, strawberries	<ul style="list-style-type: none"> <li>• May reduce risk of some cancers and heart disease</li> <li>• Maintain urinary tract health</li> <li>• May slow some effects of aging</li> </ul>

# How to Eat More Fruits & Vegetables Everyday

The meal pattern below demonstrates how to eat 2 cups of fruit and 3 cups of vegetables, which is appropriate for a sedentary male age 19-50. If you are an older male or female of any age, use page 12 to adjust this meal pattern to your recommended level of fruit and vegetable intake.

## Morning



½ a purple yam or ½ a sweet potato

= ½ cup

## Mid-day



1 cup cooked greens



1 apple

= 2 cups

## Snack



1 large banana

= 1 cup

## Evening



1 cup carrot soup  
(½ cup of carrots)



½ cup cooked  
string beans



½ cup cooked  
Chinese broccoli

= 1½ cups

**Total: 3 cups vegetable + 2 cups fruit = 5 cups**



# Tips for Eating More Fruits & Vegetables

- Add fresh fruit or no more than 1 cup 100% fruit juice to breakfast
- Snack on fruits and vegetables
- Serve more vegetables and less rice at lunch and dinner
- Add more vegetables to the main dish and rice
- To enhance the flavor of vegetables, try using the Supreme Stock recipe below
- Use two or more different colored vegetables at meal times
- Serve fruit as a dessert
- Make a delicious smoothie with fresh or frozen fruit and low-fat or nonfat milk
- Add extra vegetable to sandwiches, such as cucumbers, tomatoes, peppers, and sprouts...



## Make your own Smoothie

### Ingredients:

- 1 very ripe banana, peeled
- ¾ cup 100% orange juice
- ½ cup low-fat vanilla yogurt
- ½ cup strawberries, fresh or frozen

### Preparation:

1. Break banana into small pieces and put into the blender with orange juice, yogurt, and strawberries.
2. Secure lid and blend until smooth.
3. Divide the smoothie in six 4-ounce cups and serve.

Source: California 5 a Day Power Play! Campaign. School Idea and Resource Kit for 4th and 5th Grade Classroom Teachers, Child Nutrition/Food Service Staff, Nutrition and Cancer Prevention Program, California Department of Health Services, 1994 (out of Print)

## Make Supreme Stock to enhance flavor in cooking

“Supreme stock” is used frequently in Chinese cooking; this kind of stock is often made in advance, and used for soup base. “Supreme stock” is usually made with meat and poultry and boiled for at least 3 hours until the flavor is intensified.

You can make your own: (recipe makes 15 cups of stock)

- In a large stock pot, combine 2 pounds lean pork, 1 whole chicken, and enough water to cover at least 4 inches above the ingredients. Cook over high heat. When the water boils, reduce to medium-low heat and simmer for 3 hours. Add 1 teaspoon salt, remove from heat and let stand to cool.
- With a slotted spoon, remove the pork and chicken from the stock. Divide the stock into several smaller, shallow containers and refrigerate for at least 6 hours, or until fat becomes solid on surface of stock. Remove the fat from the stock.
- Use the stock as soup base, sauces and gravies, or to add flavor to vegetable dishes.
- Freeze the stock in ice cube trays or small containers and store in the freezer for future use. Frozen stock can be kept in freezer up to 2 months.
- Try the different recipes using the Supreme Stock on pages 34, 36, 38 and 42.

**To prevent food borne illness, the stock should be separated into smaller shallow containers and be refrigerated immediately.**



## Tips for Physical Activity

### How much moderate to vigorous physical activity do we need everyday?

- Adults – 30 minutes or more to lower the risk of chronic diseases  
60 minutes to prevent weight gain in adulthood  
90 minutes to sustain weight loss
- Children and youth – 60 minutes or more

**Moderate activities include:** *dancing, biking, tai-chi, gymnastics, stretching, light gardening, luk-tung kuen, walking (3.5 mph), yoga*

**Vigorous activities include:** *aerobic dance, basket ball, brisk walking (4.5 mph), jogging, jumping rope, heavy yard work (chopping wood), swimming*

### Enjoy physical activity everyday with family and friends

- For beginners, start with 10 to 15 minutes of physical activity a day, and gradually work up to 30 minutes a day
- Schedule a regular time each week for the family to enjoy physical activity together
- Include physical activity in family vacations
- Strengthen muscles and improve flexibility by lifting weight, stretching arms and legs, doing push-ups, sit-ups, leg-lifts, and arm-curls
- Do household chores that include physical activity, such as walking the dog, emptying the garbage, mopping or vacuuming the floors, washing the car, and mowing the lawn
- Limit the time on TV, video games, and computer to no more than 2 hours a day
- Bike or walk to work, walk with a co-worker during breaks or after lunch, use the stairs
- Start a walking group with neighbors, friends and/or relatives



# Rainbow Cups

**Makes 8 servings (1 serving = 1 cup)**

## Ingredients:

- 1 orange bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 2 cups dried shiitake mushroom, soaked, stems trimmed and diced
- 1 cup diced jicama
- 1 cup fresh soybeans
- ½ teaspoon sesame seed oil
- 1 teaspoon sugar
- ¼ teaspoon salt
- 1 tablespoon cornstarch
- ½ cup water or stock
- 8 spring roll wrappers (cut into round shape)
- nonstick vegetable oil spray

## Instruction:

1. Preheat oven to 325° F
2. Lightly coat large muffin cups with nonfat cooking spray.
3. Place a spring wrap in each muffin cup, and press firmly against the sides; bake in preheated oven until wrappers turn crispy and golden brown, about 1 minute.
4. Heat a large nonstick pan over high heat. Add vegetables and sesame seed oil and sauté until tender-crisp, about 3 to 5 minutes; season with sugar and salt.
5. In a large bowl mix cornstarch and water. Stir to eliminate lumps. Add to vegetables. Remove from heat.
6. Using a small spoon, scoop vegetables into spring roll cups and serve immediately.
7. Store unfilled spring roll cups in an airtight container and use within 3 days.



## Nutrition tips:

The combination of jicama, bell peppers, mushrooms, and fresh soybeans add interesting texture, flavor, color, phytochemicals, and fiber to this recipe.

Green bell pepper and button mushrooms can replace red and orange bell pepper and shiitake mushrooms for lower cost.

Fresh soybeans are kept in the freezer section of the supermarket. If fresh soybeans are not available, use other dried beans such as chickpeas or navy beans.

## Nutrition information per serving:

**Calories:** 161

**Cholesterol:** 3 mg

**Carbohydrates:** 26 g

**Total fat:** 2 g

**Sodium:** 241 mg

**Protein:** 8 g

**Saturated Fat:** 0 g

**Fiber:** 4 g

# Apple Carrot Soup

**Makes 8 servings (1 serving = 1 cup)**

## Ingredients:

- 1 pound lean pork, cut into chunks
- 4 apples with skin, cored and quartered
- 4 large carrots, peeled, cut into chunks
- 1 piece dried orange peel (optional)
- 4 slices ginger
- ½ teaspoon salt
- 20 cups water

## Instruction:

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days<sup>8</sup>.

## Nutrition tips:

Adding fruit to soup enhances the flavor and nutritional value. Studies have shown that people with low intakes of fruits and vegetables experience twice the risk of cancer compared to those with high intakes.

### Nutrition information per serving:

**Calories:** 133

**Cholesterol:** 35 mg

**Carbohydrates:** 13 g

**Total fat:** 3 g

**Sodium:** 20 mg

**Protein:** 13 g

**Saturated Fat:** 1 g

**Fiber:** 3 g

(8) Partnership for Food Safety Education, Chill: Refrigerate Properly and Promptly, <http://www.fightbac.org/chill.cfm>, accessed 8/23/05



# Chicken Lotus Root Patties

**Makes 3 servings (1 serving = 2 patties)**

## **Ingredients:**

- 6 ounces skinless, boneless chicken breast, minced
- 3 cups lotus root, chopped or ground
- 1 teaspoon vegetable or olive oil (or nonstick cooking spray)

## **Marinade:**

- 1 egg white, lightly beaten
- 2 teaspoons sugar
- ¼ teaspoon salt
- 1 tablespoon cornstarch
- ½ teaspoon sesame seed oil

## **Instruction:**

1. In a large bowl, combine marinade ingredients, whisk or stir. Add minced chicken, stir to coat.
2. Add ground lotus root and mix well.
3. Form chicken-lotus root mixture into 6 patties, each about 2 inches in diameter.
4. Heat a nonstick pan over medium heat, add 1 teaspoon oil, swirling to coat pan; or spray pan with non stick cooking spray.
5. Pan-fry patties on both sides until cooked and browned, about 5 minutes on each side, and serve.

## **Nutrition tips:**

Lotus root is a crunchy and nutritious vegetable that can be used to stretch a meat recipe and add fiber and vitamins at the same time!

Lotus root is also a good source of thiamin and riboflavin, in addition to vitamin C and potassium <sup>(9)</sup>.

### **Nutrition information per serving:**

**Calories:** 243

**Cholesterol:** 33 mg

**Carbohydrates:** 36 g

**Total fat:** 3 g

**Sodium:** 322 mg

**Protein:** 20 g

**Saturated Fat:** 0 g

**Fiber:** 9 g

(9) USDA Nutrient Database for Standard Reference, <http://www.nal.usda.gov/fnic/foodcomp/search>, accessed 8/22/05

# Frozen Tofu in Supreme Stock



**Makes 4 servings** (1 serving = 4 slices each of tofu & ham and 1/2 cup cooked broccoli)

## Ingredients:

- 4 pieces 2 inches x 2 inches firm tofu (frozen overnight or 8 hours ahead of time)
- 16 slices of ham, extra lean, 2 inches x 2 inches (approximately 5 oz total weight)
- 6 dried shiitake mushrooms, soaked, stems removed
- 1 cup homemade supreme stock (see pg. 28), or low sodium chicken broth
- 2 cups broccoli florets
- 4 cups water (to boil the broccoli)

## Sauce

- 2 teaspoons cornstarch
- 1½ teaspoons soy sauce
- 1 teaspoon sugar
- ½ teaspoon sesame seed oil
- a pinch of white pepper

## Instruction:

1. Defrost frozen tofu under running tap water, squeeze out excess water. Cut each tofu square into 4 pieces, ½ inch thick for a total of 16 slices.
2. In a large bowl, arrange tofu and ham in an overlapping pattern around the side of the bowl. Place mushrooms in the center, and pour in the stock.
3. In a large pot or a wok, bring water to a boil. Put a steamer rack above the water, place the bowl with tofu, ham and mushrooms on the rack. Cover the pot and steam over high heat for 20 minutes, then remove from heat.
4. Drain the stock from the bowl into a medium sized saucepan. Cook the stock over medium heat, add the sauce ingredients and stir constantly to make light gravy.
5. Cover the bowl of steamed tofu with a large plate, invert bowl onto plate, and remove the bowl.
6. In a medium sized pot over high heat, bring 4 cups of water to a boil. Place steamer rack into pot. Add broccoli, cover and steam over medium heat for 4-5 minutes.
7. Garnish the tofu and ham arrangement with broccoli, pour gravy on top and serve.

## Nutrition tips:

Freezing the tofu produces a spongy and meaty texture.

Stock can enhance the flavor of vegetables and low fat dishes (refer to page 34 for direction on making stock).

For tofu, different brands may have different levels of calcium. Read the nutrition label to choose products with more calcium.

## Nutrition information per serving:

**Calories:** 183

**Cholesterol:** 18 mg

**Carbohydrates:** 13 g

**Total fat:** 8 g

**Sodium:** 567 mg

**Protein:** 18 g

**Saturated Fat:** 2 g

**Fiber:** 2 g

# Pea Shoots in Supreme Stock

**Makes 4 servings (1 serving = ½ cup)**

## Ingredients:

- 1 teaspoon vegetable or olive oil
- ½ teaspoon minced ginger
- 1 pound pea shoots
- 2 teaspoons cooking wine
- a pinch of sugar
- ¼ teaspoon salt
- ½ cup supreme stock or low sodium chicken broth
- 1 teaspoon cornstarch
- 1 red chili pepper, chopped for garnish (optional)

## Instruction:

1. Heat a nonstick wok or pan over high heat. Add oil, swirling to coat sides.
2. Add ginger. Stir until fragrant. Add pea shoots, wine, and sugar. Stir-fry until cooked but still bright green and crisp, about 3 to 5 minutes. Remove to a serving plate.
3. In a medium saucepan over medium heat, add cornstarch, salt and stock, and stir constantly. Cook for about 1 minute or until hot to make a thin sauce.
4. Pour sauce over pea shoots and garnish with red pepper.



## Nutrition tips:

Pea shoots are sweet, tender, and high in fiber. Using stock enhances the flavor of pea shoots. If pea shoots are not available, substitute with spinach or any tender green vegetable.

### Nutrition information per serving:

**Calories:** 58

**Cholesterol:** 0 mg

**Carbohydrates:** 8 g

**Total fat:** 3 g

**Sodium:** 180 mg

**Protein:** 5 g

**Saturated Fat:** 0 g

**Fiber:** 2 g

# Chinese Broccoli with Wine and Sugar



**Makes 4 servings (1 serving = ¾ cup)**

## Ingredients:

- 1 pound Chinese broccoli
- 1 teaspoon vegetable or olive oil
- ½ teaspoon minced ginger
- 1 teaspoon sugar
- 1 tablespoon cooking wine
- ½ cup supreme stock or low sodium chicken broth
- ½ teaspoon salt

## Instruction:

1. Separate Chinese broccoli stems from leaves, and cut stems into 2-inch sections.
2. Over medium to high heat, heat a large nonstick pan, add oil and swirl to coat sides of the pan.
3. Add stems into the pan first, sauté for a few seconds, and then add Chinese broccoli leaves.
4. Add ginger, sugar, and wine. Continue to stir-fry.
5. Add stock, cover pan and let Chinese broccoli cook until tender but crisp and bright green, about 1 minute.
6. Add salt, mix well and serve.

## Nutrition tips:

Stir-frying leafy green vegetables quickly helps to keep some of vitamins and color. Steaming is also a great way to maintain nutrient content and flavor of vegetables.

Ginger, wine and sugar combined, make a great seasoning to help bring out the flavor of these leafy greens.

## Nutrition information per serving:

**Calories:** 77

**Cholesterol:** 0 mg

**Carbohydrates:** 13 g

**Total fat:** 2 g

**Sodium:** 371 mg

**Protein:** 4 g

**Saturated Fat:** 0 g

**Fiber:** 2 g

# Baked French Fries

Makes 4 servings (1 serving = 1 cup)

## Ingredients:

- 5 potatoes cut into  $\frac{3}{4}$  inch wide strips
- 1 tablespoon garlic powder
- Vegetable oil spray

## Instruction:

1. Preheat oven to 400° F.
2. Place potato strips in a large bowl and sprinkle with garlic powder.
3. Coat a baking pan with vegetable oil spray.
4. Put one layer of potato strips on baking pan, place in oven and bake for 40 to 50 minutes, turning about every 8 minutes, until potato strips become crisp and golden.



## Nutrition tips:

Because the potatoes are baked, these “French Fries” contain less than one gram of fat per cup versus regular fries, which contain 15 grams of fat per cup; that is a saving of 3 teaspoons of added oil.

Purple yams can be used for additional health benefits (see page 20).

## Nutrition information per serving:

**Calories:** 212

**Cholesterol:** 0 mg

**Carbohydrates:** 48 g

**Total fat:** trace

**Sodium:** 17 mg

**Protein:** 5 g

**Saturated Fat:** 0 g

**Fiber:** 7 g

# Vegetable and Chicken Dumplings

Makes 10 servings (1 serving = 6 dumplings)

## Ingredients:

60 thin wonton wrappers  
2 pounds Chinese broccoli or 1½ pounds tender greens

## Filling

½ pound skinless, boneless chicken breast, finely chopped  
1 cup finely chopped bok choy leaves  
½ cup finely chopped jicama or bok choy stalks  
4 dried shiitake mushrooms, soaked, stems removed, and chopped  
½ cup black fungus, soaked and chopped (optional)  
1 teaspoon sesame seed oil  
½ teaspoon salt  
3 teaspoons cornstarch  
1 egg white

## Instruction:

1. In a large bowl, combine filling ingredients, and mix well.
2. To make each dumpling, place 1 teaspoon filling in a wonton skin, fold in half, pinch edges to seal the dumpling. Repeat with remaining filling and wonton skins.
3. In a large pot bring 10 cups of water to boil, add dumplings and cook until dumplings float to the water surface, about 7 to 8 minutes. Remove dumplings from water, set aside.
4. Cook the Chinese broccoli in the boiling water until tender but crisp, about 10 minutes, remove from water.
5. For one serving, place 6 dumplings and ½ cup of the cooked broccoli in a small bowl and serve.

## Suggestions:

- Dumplings can be served in supreme stock or chicken broth and leafy green vegetable, garnish with carrots and string beans.
- Uncooked dumplings can be frozen for later use. Cook frozen dumplings in boiling water, thawing before cooking is not necessary.

## Nutrition tips:

Unlike the traditional recipe, which is mostly meat filling, the combination of vegetables and chicken not only adds vitamins and fiber but also reduces the fat in this recipe.

Add bok choy or Napa cabbage to the wonton filling to provide texture, vitamins and fiber.

## Nutrition information per serving:

Calories: 228

Cholesterol: 19 mg

Carbohydrates: 42 g

Total fat: 2 g

Sodium: 457 mg

Protein: 15 g

Saturated Fat: 0 g

Fiber: 3 g

# "Five Happiness" Fried Noodles



**Makes 5 servings (1 serving = 1½ cup)**

## Ingredients:

- 10 cups of water
- 1 pound egg noodles
- 1 tablespoon vegetable or olive oil, divided
- 3 cups bean sprout
- 1 cup bamboo shoots, julienned (sliced thinly in strips)
- ½ cup shredded carrots
- ½ cup dried shiitake mushrooms, soaked, stems removed, and julienned
- 2 green onions, julienned
- ½ teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon soy sauce

## Instruction:

1. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or "al-dente," approximately 5 - 7 minutes, drain and set aside.
2. Heat a nonstick wok or pan over high heat. Add ½ tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
3. Add remaining ½ tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and soy sauce. Stir to combine and serve.

## Nutrition tips:

The different vegetables used in this recipe bring in different colors, antioxidants and health benefits. The large amount of vegetables in this recipe adds vitamins, fiber, color and texture to the noodle. The vegetables also add moisture, which means less oil is needed. The term "julienne" means thin strips.

## Nutrition information per serving:

**Calories:** 425

**Cholesterol:** 1 mg

**Carbohydrates:** 77 g

**Total fat:** 6 g

**Sodium:** 445 mg

**Protein:** 16 g

**Saturated Fat:** 1 g

**Fiber:** 6 g



# Apple Chunk Cake

**Makes 12 servings (1 serving = 1 piece 1½" x 2")**

## Ingredients:

- 1¼ cups sugar
- ¼ cup vegetable oil
- 2 eggs
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 4 cups diced apple chunks
- ¼ cup applesauce
- 2 cups sliced apple to place on cake top

## Instruction:

1. Preheat oven to 350° F.
2. In a large bowl, mix sugar, oil and eggs together. Beat well.
3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.
4. Add apple chunks and applesauce to the batter. Stir to combine.
5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.
6. Place apple slices on top of apple cake and serve.

## Nutrition tips:

As a rule, half of the amount of fat in a dessert recipe can be replaced with applesauce or a puree of another fruit, such as prune puree. The result is a very moist, low-fat cake enhanced by the flavor of fresh and nutritious apples.

The amount of sugar in this recipe has been reduced by one third, as compared to the original recipe. Use vegetable oil spray to prevent the cake from sticking to the pan.

## Nutrition information per serving:

**Calories:** 239

**Cholesterol:** 35 mg

**Carbohydrates:** 44 g

**Total fat:** 5 g

**Sodium:** 308 mg

**Protein:** 3 g

**Saturated Fat:** 1 g

**Fiber:** 1 g

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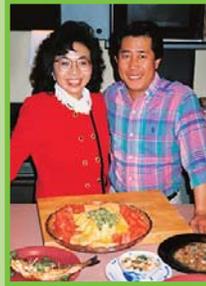
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食譜擇自註冊營養師、公共衛生營養碩士黃嘉慧與食物學碩士甄文達聯合著作的「營養美食-低脂肪食譜」。

甄文達是聞名國際的中式與亞洲廚藝大師，1978 始主持全球廣播的「甄能煮」電視烹飪節目。甄師傅亦著作了 25 本暢銷的食譜，榮獲無數國內和國際的獎項和榮銜。甄師傅十分注重改善社區大眾的營養。

黃嘉慧現任三藩市衛生署華埠公共衛生局營養主任。她擅長向華人推動營養健康教育，曾應聯合國邀請到中國培訓各省的醫生與營養師，並曾任美國國家癌症學院顧問。黃嘉慧多次獲各獎項包括美國營養協會頒贈之「傑出青年營養師」獎銜，和美國心臟協會的銀獎。

本書經費由三藩市公共衛生署華埠公共衛生局及美國農業部、糧食券計劃、加州健康活躍家庭營養網絡提供。糧食券計劃給予申請與求職人士同等機會。糧食券計劃為低收入人士提供支援，助您購買營養食物，改進飲食方式。查詢詳情請致電(415) 558-4186 聯絡三藩市糧食券計劃。加州糧食券計劃查詢電話(800) 952-5253。



Recipes are used with permission from "Healthy & Delicious – Simple Ways to Low Fat Chinese Cooking" by Catherine Wong, RD, MPH, and Martin Yan, MS.

Martin Yan is an internationally acclaimed culinary expert in Chinese and Asian cuisines. He has been the host of Yan Can Cook, the worldwide syndicated cooking program since 1978. Chef Yan is the author of 25 best-selling cookbooks and has received numerous national and international honors and awards.

He is committed to improving the nutritional wellbeing of the community.

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