

Plan out your meal with a 9-inch plate to keep all food groups in different proportions.

1 Start off your meal with a clear broth soup to hydrate and fill your stomach in order to avoid excessive consumption.

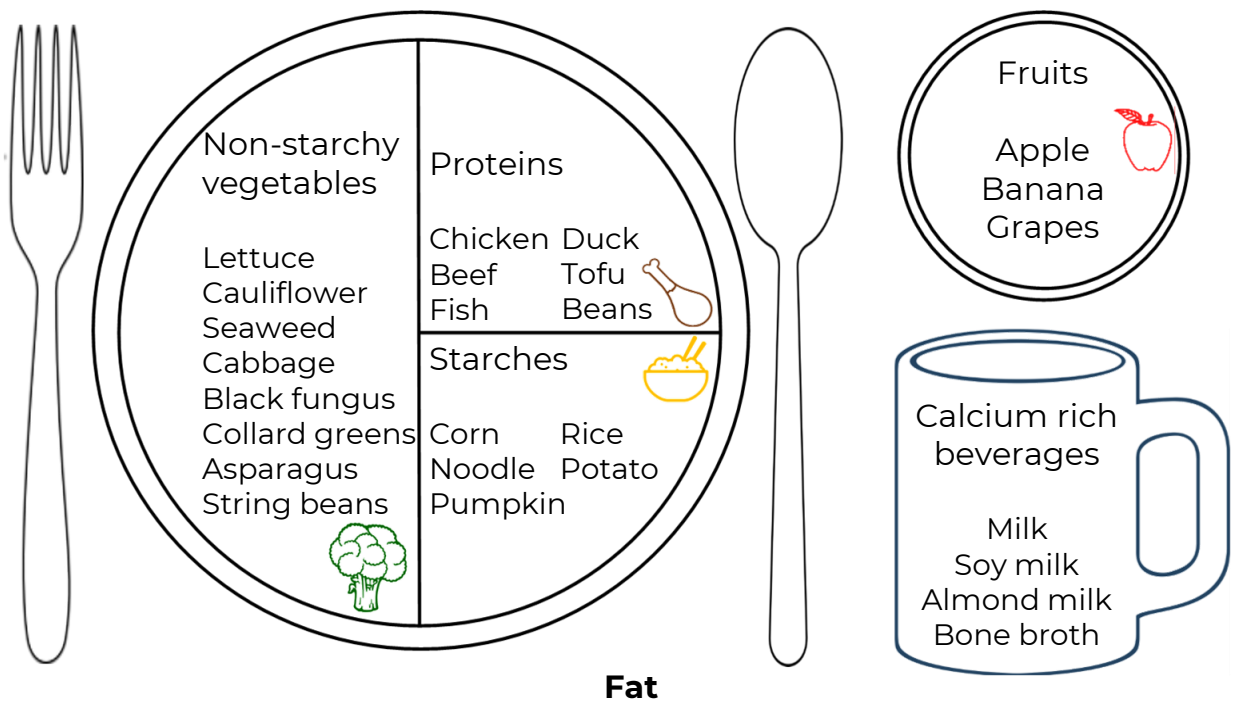
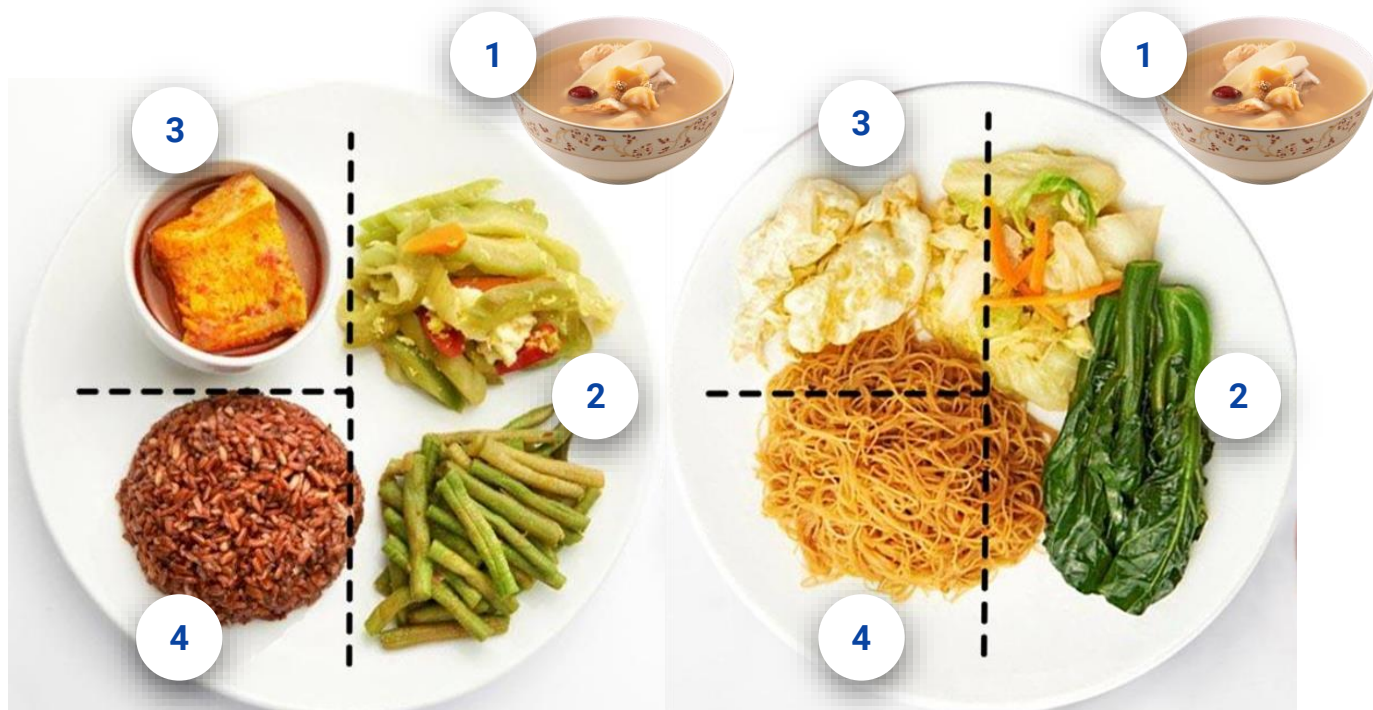
2 Fill ½ of your plate with different colored non-starchy vegetables, such as string beans, broccoli, mushroom, black fungus, carrots, and collard greens.

3 Fill ¼ of your plate with 3-4 oz. of lean protein per meal, such as chicken, black beans, beef, fish, or turkey.

4 Fill a quarter of your plate with starch such as rice, noodles, pasta, bread, taro, potatoes or pumpkins.

5 Eat slowly to avoid overeating. Wait 20 minutes before considering having second portions.

6 Use fruits as desserts or snacks.

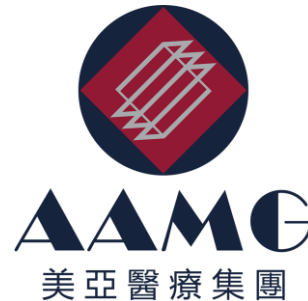


The importance of a balanced diet

Nutrition is the foundation of good health. You may wonder how to eat right without dieting. Here is a quick guide for you to stick to healthy eating in any joyous season.



Nutritious Asian Plate Planner



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用九寸餐盤將各種食物組別分成不同比例。

1

先喝湯。清湯有助身體補充水分並且令您有一定的飽足感，從而避免過量進食。

2

將半個餐盤裝滿不同顏色的蔬菜，例如：四季豆、西蘭花、蘑菇、黑木耳、胡蘿蔔或綠葉甘藍。

3

低脂蛋白質類食物應佔餐盤四分之一，例如：雞肉、黑豆、牛肉、魚肉或火雞肉。每餐建議份量為 3 至 4 盎司。

4

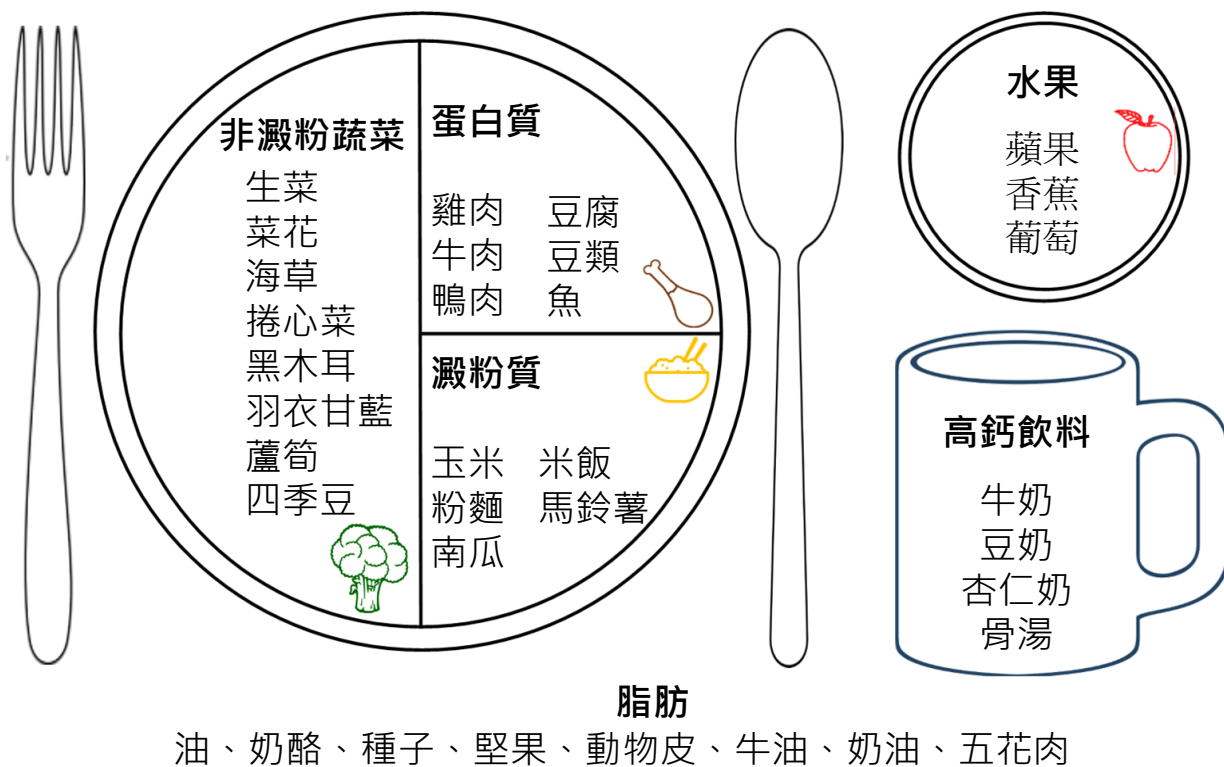
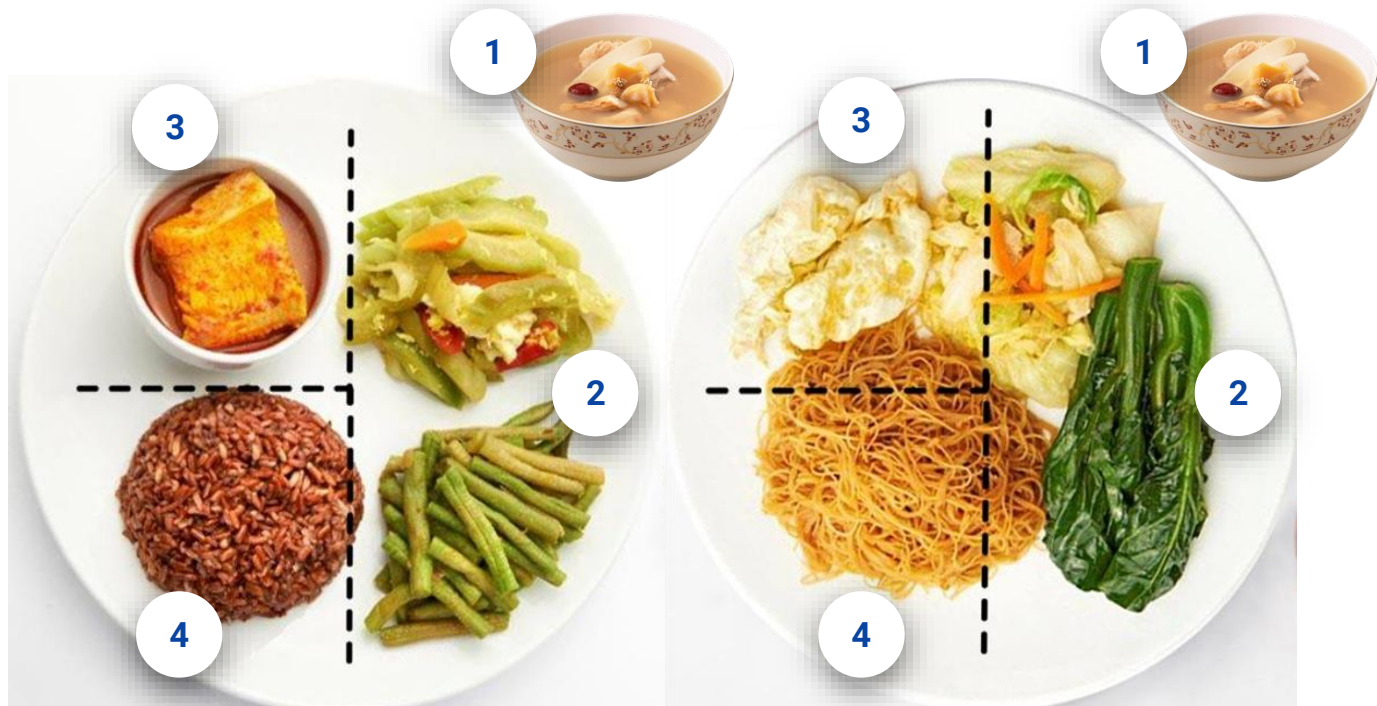
澱粉類食物應佔餐盤剩下的四分之一，例如：粥、粉、麵、飯、麵包、芋頭、馬鈴薯或南瓜。

5

請慢慢地享用吃的過程。等20分鐘後，再考慮是否需要添加第二份。

6

最後，用水果作為甜點或小吃。

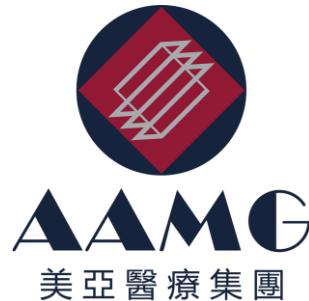


均衡飲食的重要性

都市人的生活久坐少動，經常攝取過多熱量，營養又不均衡，導致肥胖及慢性病，包括心臟病、糖尿病、高血脂症、慢性腎病及高血壓。均衡飲食的目的是預防及減低患上以上疾病的風險。



健康養生 中式飲食指南



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