

Health Nutrition Tips

Fruits (2 cups per day)

- Rich in vitamin, minerals and fiber
- Reduce the risk of cancer, diabetes, high cholesterol, heart disease and other chronic diseases
- Eat fresh fruit instead of juice with added sugar, canned fruits and dry fruits
- Go for color and variety – dark green, yellow, orange and red
 - Kiwis: increase bone mass
 - Mangoes: protect against cancer
 - Oranges: maintain great skin and vision
 - Strawberries: fight against cancer and aging

Protein (5 ½ ounces per day)

- Build and repair muscle tissues
- Regulate the activity of cells and organs
- Help with bone metabolism
- Stabilize blood sugar levels
- Prevent hair damage and make skin healthy
- Eat a variety of lean protein such as seafood, beans and nuts
 - Salmon: maintains healthy insulin sensitivity in body
 - Kidney beans: good for memory
 - Cashews: boosts immune system



Grains: ¼ of your plate

Vegetables (2 ½ cups per days)

- Good sources of vitamins, minerals and fiber
- Low in calories
- Rich in antioxidants
- Prevent hypertension and multi-morbidity
- Beneficial for healthy skin and hair
- Limit starchy vegetables such as potatoes, corn, peas, pumpkin, taro and sweet potatoes
- Go for color and variety – dark green, white, purple, orange and red
 - Cucumbers: reduce constipation
 - Onions: reduce high blood pressure
 - Eggplants: fight against cancer and aging
 - Carrots: improve vision
 - Tomatoes: reduce prostate cancer

Grains (6 ounces per day)

- Good sources of fiber and iron
- Improve bowel movement and digestive system
- Prevent constipation
- Reduce cholesterol
- Eat a variety of whole grains
 - Brown rice: helps in diabetes control
 - Oats: heart-healthy
 - Buckwheat: Prevents cancer, heart disease and anemia

Dairy (3 cups per day)

- Contain 9 essential nutrients
- Reduce risk of osteoporosis and improve bone health
- Eat a variety of low fat or fat-free dairy
 - Yogurt: alleviates constipation and diarrhea
 - Milk: healthy bones and teeth
 - Soy milk: maintains cholesterol levels

Tips for making healthy food choices and reducing calorie intake :

1. Try not to eat in front of the TV, computer, or your desk because it can increase food consumption.
2. Use a small bowl, plate or glass.
3. Eat slowly. You will eat too much when you eat too quickly.
4. Ensure half your plate is vegetables and fruits. Dark green, orange and red vegetables are recommended.
5. When dining out, ask the restaurant for sauces to have on the side.



Veggies: ½ of your plate

Protein: ¼ of your plate

Fruit: ¼ of your plate



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健康營養小貼士

水果 (每天2杯)

- 富含維生素、礦物質和纖維
- 降低患癌症、糖尿病、高膽固醇、心臟病和其他慢性疾病的風險
- 吃新鮮水果，而不是添加糖的果汁、水果罐頭和乾果
- 尋求顏色多樣性 - 深綠色、黃色、橙色和紅色
 - 獼猴桃：增加骨量
 - 芒果：預防癌症
 - 橙子：維持良好的視力和皮膚狀態
 - 草莓：對抗癌症和衰老

蛋白質 (每天5½盎司)

- 建立和修復肌肉組織
- 調節細胞和器官的活動
- 幫助骨骼代謝
- 穩定血糖水平
- 防止頭髮受損，和使皮膚健康
- 攝取各種精益蛋白質，如海鮮、豆類和堅果
 - 鮭魚：維持體內胰島素敏感性
 - 芸豆：有利於提高記憶力
 - 腰果：增強免疫系統



穀物: 占餐盤的1/4

蔬菜 (每天2½杯)

- 維生素、礦物質和纖維的良好來源
- 低卡路里
- 富含抗氧化劑
- 預防高血壓和多發病
- 有益於健康的皮膚和頭髮
- 限制澱粉類蔬菜，如土豆、玉米、豌豆、南瓜、芋頭和甘藷
- 尋求顏色和多樣性 - 深綠色、白色、紫色、橙色和紅色
 - 黃瓜：減少便秘
 - 洋蔥：降低高血壓
 - 茄子：對抗癌症和衰老
 - 胡蘿蔔：改善視力
 - 西紅柿：減少前列腺癌

穀物 (每天6盎司)

- 良好的纖維和鐵來源
- 改善腸蠕動和消化系統
- 預防便秘
- 降低膽固醇
- 吃各種全穀物
 - 糙米：有助於控制糖尿病
 - 燕麥：心臟健康
 - 蕎麥：預防癌症、心臟病和貧血

乳製品 (每天3杯)

- 含有9種必需營養素
- 降低骨質疏鬆症的風險，改善骨骼健康
- 多吃低脂或無脂乳製品
 - 酸奶：緩解便秘和腹瀉
 - 牛奶：健康的骨骼和牙齒
 - 豆漿：維持膽固醇水平

選擇健康食品 and 減少熱量攝入的建議:

1. 儘量不要在電視、電腦或書桌前吃東西，因為這樣會增加食物的攝取量
2. 使用較小的碗、盤子或玻璃杯。
3. 慢慢吃。你吃得太快會吃得更多
4. 確定盤子的一半是蔬菜和水果。推薦吃深綠色、橙色和紅色蔬菜。
5. 出去吃飯的時候，讓餐館另外端上醬汁



蔬菜: 佔餐盤的1/4

蛋白質: 佔餐盤的 1/4

水果: 1/4你的盤子



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