

精明消費·均衡飲食

Healthy Eating on a Budget

飲食貼士 Useful Tips

<p>參考加拿大健康飲食指南</p> <p>Follow Canada's Food Guide</p>	<ul style="list-style-type: none">• 以水作為日常飲品• Make water your drink of choice• 選擇全穀類食物• Choose whole grain foods• 1/2 碗蔬菜，1/4 碗瘦肉及 1/4 碗全穀類食物• Fill 1/2 your bowl with vegetables, 1/4 with protein, and 1/4 with whole grains
<p>備餐小貼士</p> <p>Meal Prep Tips</p>	<ul style="list-style-type: none">• 妥善儲存食物，使它們保鮮度更持久• Storing foods properly makes them last longer<ul style="list-style-type: none">◦ 善用冰箱及冷凍室◦ Use designated fridge and freezer sections◦ 留意食物應該被儲於冰箱、冷凍室還是室溫環境◦ Store food at the appropriate temperature (fridge vs freezer vs room temperature)• 一次性預備大批常用食材，如洋蔥、大蒜等，並儲於容器避免每次使用前才洗切• Cut in bulk and store common ingredients like garlic, onion in a container so you don't have to cut it every time you cook• 留意調味品和醬汁內鹽、糖、油的含量• Be mindful of the portion of sodium, sugar and oil used in condiments, sauces, and dressings• 選擇以下烹調方法：蒸、水煮、烤焗以及高壓烹煮• Choose the following cooking methods: steaming, poaching, baking, and pressure cooking• 小額節省對未來有著大額幫助• Small savings go a long way

<p>買菜小貼士</p> <p>Grocery Shopping Tips</p>	<ul style="list-style-type: none"> • 檢查您的購物車，留意您要買的物品大部分是天然、經過加工還是包裝食品 • Check your grocery cart to see if most of your items are natural vs processed or packaged • 購買可以用於多種菜式的食材 • Buy ingredients that can be used for multiple dishes • 考慮冷凍或罐裝蔬果 • Consider frozen and canned fruits and vegetables • 選擇非商標的牌子 • Choose generic vs known brands • 購買本地及當季貨品 • Buy local and in season • 選擇較小及獨立經營的食品雜貨商 • Shop at smaller or independent grocers • 自行攜帶購物袋 • Bring your own grocery bags
<p>外出就餐小貼士</p> <p>Dining Out Tips</p>	<ul style="list-style-type: none"> • 減少外出就餐，盡量在家煮食 • Limit eating out by having home cooked meals more often • 留意關鍵字如：沾麵包糠、油炸、香脆、以牛油調味、醃製、光滑細膩 • Be mindful of food that are: breaded, fried, crispy, buttered, marinated or creamy • 選取均衡的食物種類 • Look for a balance of food groups • 留意食物的份量，如：牛排的重量 • Pay attention to portions e.g. weight of steaks • 挑選飲品、前菜、主菜及甜點 • Be selective: drinks, appetizers, entrees, and or desserts

安康 iCON Information

安康網站 iCON website: <http://www.iconproject.org/>

安康電郵 iCON email: icon.support@ubc.ca

訂閱安康電子通訊 (掃描二維碼)

Join our mailing list (scan the QR code): <http://bitly.ws/smYH>



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