

假日飲食須知

Healthy Eating During The Holidays

假期在即，正是與家人歡渡佳節，互送禮物和品嚐美食的時候。當宴會與慶祝過後，很多人往往會體重增加幾磅。然而，如果我們稍加注意和略作安排，不但不會增肥，而且更可享受假期所帶來的快樂。

多選擇以下的食物

- 魚
- 海鮮
- 去皮的雞或火雞
- 瘦的肉類
- 豆腐
- 齋菜、素食
- 湯
- 新鮮蔬菜
- 新鮮水果
- 乾果

避免或少吃

- 煎炸食品
- 臘味
- 燒肉、豬手
- 燒鴨
- 果仁、瓜子
- 甜品、糖果
- 酒、汽水

學會：

- 在飲宴之日，吃一頓低脂肪的早餐及午餐
- 食量要有節制，減少或避免再次加添
- 吃飽即止，不可強食。

記住，享受佳節不一定要暴飲暴食。

The holiday season is a time of sharing love, gifts, and food among family and friends. For many of us, parties and celebrations often mean gaining a few pounds afterwards. But with a little bit of planning, you can still enjoy these special occasions without putting on the extra weight. Here's how:

MORE

- fish
- seafood
- skinless chicken or turkey
- lean meats
- bean curd
- (vegetarian dishes
- (soups
- (fresh vegetables
- (fresh fruits
- (dried fruits

LESS

- (fried foods
- (roast pork, pig's knuckle
- (roast duck
- (preserved meats
- (nuts & seeds
- (dessert & candies
- (alcohol & soft drinks

LEARN TO:

- (eat a lowfat breakfast and lunch before a holiday dinner
- (control portions
- (limit or avoid "seconds"
- (stop eating when comfortably full

Just remember, you can still have a good time without overindulging!

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