

Healthy Living Under One Roof: *Healthy Eating and Physical Activity*



識飲食勤運動
共創健康家庭



今天的聚會, 我們將學到些什麼?

- 在我們的社區裏, 有哪些值得關注的嚴重健康問題?
- 通常什麼人會患上這些健康問題?
- 如何才能更好地預防或控制這些健康問題?

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What Will We Learn from Our Gathering Today?

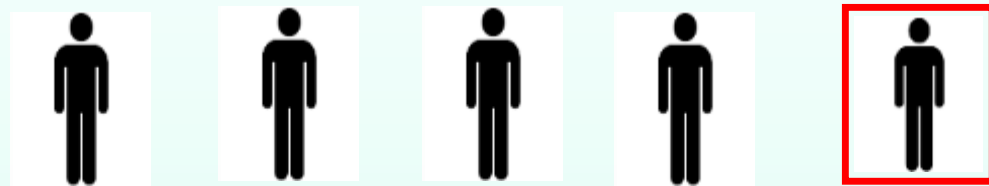
- What are some common serious health problems in our community?
- Who can get these health problems?
- How can we prevent or better control these health problems?

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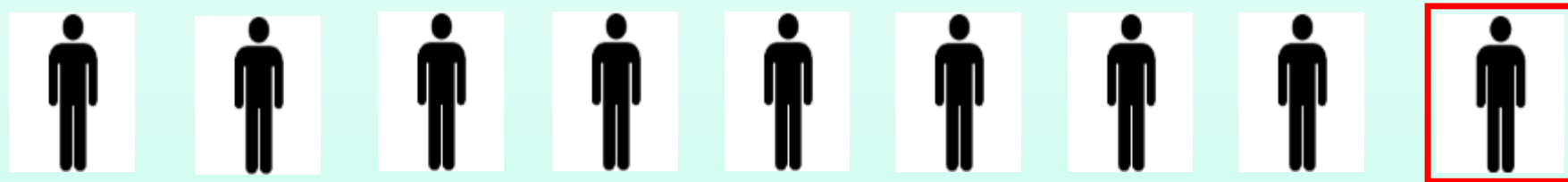
- What are some common serious health problems in our community?
- Who can get these health problems?
- And then, how can we prevent or better control these health problems?

三個在華裔中常見的 嚴重健康問題

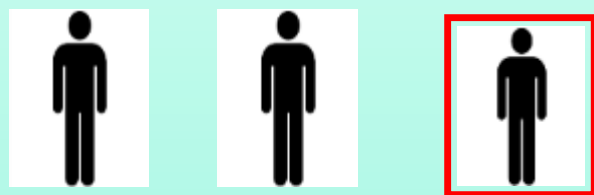
1. 高血壓: 5人中有1人



2. 糖尿病: 9人中有1人



3. 高膽固醇: 3人中有1人



三個在華裔中常見的嚴重健康問題：

- 這些問題就是高血壓，糖尿病，和高膽固醇
- 根據最新的健康研究數據顯示：
 - 每5位華裔中，有1位患有高血壓
 - 每9位華裔中，有1位患有糖尿病
 - 每3位華裔中，有1位患有高膽固醇
- 年紀愈大，患有這些疾病的可能性則越高，所以我們應採取行動來掌控我們的健康



Three Common and Serious Health Conditions Affecting Chinese Americans

1. High Blood Pressure – 1 in 5
2. Diabetes – 1 in 9
3. High Cholesterol – 1 in 3

Three Common and Serious Health Conditions Affecting Chinese Americans

- These conditions are high blood pressure, diabetes, and high cholesterol
- Based on the most recent health research data:
 - 1 in every 5 Chinese Americans has high blood pressure;
 - 1 in every 11 has diabetes; and
 - 1 in every 3 has high cholesterol
- As we get older, the chances of getting one or more of these diseases is greater if we don't do something to take control of our health

這些健康問題有多嚴重？

如果我們不注意控制，這些健康問題可能會導致：

- 心臟病
- 中風
- 腎功能衰竭
- 甚至死亡



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How Serious Are These Health Conditions?

If we don't take control of these conditions, they could lead to:

- Heart disease
- Stroke
- Kidney failure
- Death

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- Heart disease
- Stroke
- Kidney failure, and even
- Death

誰會患上高血壓, 糖尿病, 或高膽固醇?

不論男性或女性



- 年紀增長
- 有家族患病史



- 不健康的飲食
- 不運動
- 癡肥

誰會患上高血壓, 糖尿病, 或高膽固醇?

- 男性和女性都有可能患上這三種健康問題
- 有多種風險因素, 如以下所列出的, 可導致這些健康問題
- 有些因素我們不能改變, 例如年紀增長或有家族患病史等
- 但其他因素, 我們是可以控制的, 例如不健康的飲食, 不運動, 和癡肥

誰會患上高血壓, 糖尿病, 或高膽固醇?

不論男性或女性



- 年紀增長
- 有家族患病史



- 不健康的飲食
- 不運動
- 癡肥

Who Can Get High Blood Pressure, Diabetes, or High Cholesterol?

Both men and women, especially those who:

- Are getting older
- Having family members with these problems
- Eating unhealthy foods
- Are physically inactive
- Are obese

Who Can Get High Blood Pressure, Diabetes, or High Cholesterol?

- Both men and women can develop these three problems
- Many other risk factors, like those shown here, can contribute to developing them
- Some of these risk factors we cannot change, such as getting older or having family members with these problems
- But we can control other risk factors, such as eating unhealthy foods, being physically inactive, and being obese

我們如何預防高血壓、糖尿病或高膽固醇？

健康飲食

勤做運動

保持健康的體重

A pair of hands is shown from the palms up, holding a large, semi-transparent yellow oval. The oval contains the text '預防勝於治療' in red and '健康在我手中' in blue. The background is a light blue gradient.

預防勝於治療

健康在我手中

我們能做些什麼來預防高血壓, 糖尿病或高膽固醇?

我們可以:

- 吃健康的食物
- 勤做運動
- 保持健康的體重
- 別忘記, “預防勝於治療”
- 健康掌握在自己的手中: 我們可以做這些事項來保持自己的健康和照顧自己的家庭



How Can We Prevent High Blood Pressure, Diabetes, or High Cholesterol?

- Eat healthy
 - Be physically active
 - Maintain a healthy weight
- Prevention is Better than Treatment
Our Health is in Our Hands!

So, What Can We Do to Prevent High Blood Pressure, Diabetes, or High Cholesterol?

We can:

- Eat healthy foods;
- Be physically active; and
- Maintain a healthy weight
- Don't forget, "*Prevention is Better than Treatment*"
- Our health is in our hands: these are things we can do to take care of ourselves, and our family

如果已經患有這些健康問題, 則如何?

可以採取以下的行動來控制這些健康問題...

1. 健康飲食
2. 勤做運動
3. 維持健康的體重



做好這三件事,
有可能減少
處方藥物的份量,
甚至可以不用吃藥

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- 勤做運動
- 維持健康的體重

做好這三件事,不但有可能減少處方藥物的份量,甚至可以不用吃藥

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2. 勤做運動
3. 維持健康的體重



做好這三件事,
有可能減少
處方藥物的份量,
甚至可以不用吃藥

What If We Already Have One or More of These Health Problems?

We can better control these health problems by...

- Eating healthy foods
- Being physically active, and
- Maintaining a healthy weight

Doing these three things may also help the doctor to reduce, or even eliminate, the medications we take for these health problems

What If We Already Have One Or More of These Health Problems?

If we do, we can better control these health problems by...

- Eating healthy foods
- Being physically active, and
- Maintaining a healthy weight

Doing these three things may also help the doctor to reduce, or even eliminate, the medications we take for these health problems

健康飲食

衛生人員建議使用 "**我的餐碟**" (MyPlate)
作為健康飲食指南



- 均衡飲食, 選擇5大類的食物
- **每天所吃的食物有一半應該是蔬菜和水果**
- 四份一是蛋白質
- 另外四份一是穀物類
- 亦要包括一些奶類產品
- 少吃鹽, 糖, 和脂肪

健康飲食

- 衛生人員建議使用“我的餐碟”(MyPlate)作為健康飲食指南
- “我的餐碟”建議：
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 - 亦要包括一些奶類產品
 - 少吃鹽, 糖和脂肪



Healthy Eating

- Health Officials recommend using "MyPlate" as a guide for healthy eating
- Eat a balanced diet, with 5 food groups
 - Eat vegetables and fruits as half of our daily food intake
 - Eat protein for about one quarter of our food intake
 - Eat grains for one quarter
 - Include some dairy products
 - Eat less salt, sugar and fat

Let's Start By Talking About Healthy Eating

- U.S. Health Officials recommend that we use "MyPlate" as a guide for daily healthy eating
- "MyPlate" recommendations are to:
 - Eat a balanced diet, with 5 food groups
 - Make sure that half of our total daily food intake is vegetables and fruits
 - Eat protein for about one quarter of our food intake
 - Eat grains for one quarter
 - Include some dairy products
 - Eat less salt, sugar and fat

什麼是5大類食物？



1. 蔬菜



2. 水果



3. 穀物



4. 蛋白質



5. 乳製品



什麼是5大類食物？

- 請記住，健康在我們手中!
- 讓我們用左手5隻手指來提醒我們每天應吃的5大類食物
- 從大拇指數起，第一類，也是最重要的食物類別，是蔬菜；如此類推，第2類是水果；第3類是穀物；第4類是蛋白質；第5類是乳製品
- 食物類別第1類是蔬菜. 大家可以舉例有什麼菜式是含有蔬菜的嗎? ... [社區保健員邀請組員為每類食物舉例；用圖片作提示]



What are the 5 Food Groups?

1. Vegetables
2. Fruits
3. Grains
4. Protein
5. Dairy

What are the 5 Food Groups?

- Remember, our health is in our hands.
- So let's use our left hand's 5 fingers to show us how to eat food in each of the 5 food groups every day
- Counting down from the thumb, number 1, the first important food group is vegetables; number 2 is fruits; number 3 is grains; number 4 is protein; and number 5 is dairy
- Food group number 1 is vegetables. What are some examples of dishes that contain vegetables? ...[LHW invites participants to provide examples for each food group, providing them hints from the front page]

我們如何量度每天需吃食物的份量？

可用手作為工具來量度適當的份量



=



8 安士 =



我們如何量度每天需吃食物的份量？

- 要記住，任何一類的食物，吃過多或過少，都不是健康的
- “我的餐碟”提供每天應吃 5 大類食物的大約份量比例建議
- 我們可用拳頭，杯，掌心，和整個手掌，作為工具來量度每類食物所吃的份量
- 一個拳頭大約等於 1 杯或 8 安士，差不多一個小飯碗的大小
- 我們可用拳頭量度穀物，相等於一小碗飯，一小碟麵或粉，或等於 1 杯煮熟的蔬菜。量度水果就等於一條香蕉或一個小橙。而乳製品就等於 1 杯乳酪
- 我們可以用掌心量度含蛋白質食物的份量，例如一塊雞胸肉，雞脾，或一塊魚肉
- 或者，我們可以用整個手掌來量度未經煮熟的食物，例如：沙律。整個手掌的大小大概是等於一個 6 英寸的碟子
- 重點是每天都要吃 5 大類食物的適當份量



How Do We Measure the Appropriate Amount of Foods We Should Eat Daily?

Use our hand as a tool to measure the right amounts of each kind of food

How Do We Measure the Appropriate Amount of Food We Should Eat Daily?

- It is important to remember that eating too much or too little of any food group is NOT a healthy diet
- The “My Plate” recommendations guide us to the approximate amount of each food group to eat daily
- We can use a fist, a cup, a palm, and our whole hand as a tool to measure how much to eat for each food group
- A fist is about the size of 1 cup or equals 8 ounces, or about the size of a small rice bowl
- We can use the fist to measure grains as it equals to 1 small bowl of cooked rice, a small plate of noodle, or 1 cup of cooked vegetable; for fruits is about the size of a banana or a small orange; for dairy is about a cup of yogurt
- We can use the size of the palm of our hand as a guide for protein food, like a piece of chicken breast, a chicken drum stick, or a piece of fish
- Or, we can use our whole hand as a guide for some raw food, like salad. A whole hand is about the size of a medium 6-inch plate
- The key is to eat all 5 food groups in the appropriate amount every day

第一類: 蔬菜

每天至少吃 3份拳頭 般大小的蔬菜



如下面所示的各種蔬菜例子



第一類食物: 蔬菜

- 蔬菜含有維生素, 礦物質和纖維
- 我們每天應該至少吃3份拳頭般大小的蔬菜, 如下面所示的各種蔬菜例子



Group #1: Vegetables

Eat At Least 3 Fistfuls of Vegetables Per Day

Like the example of the vegetables shown below

Group #1: Vegetables

- Vegetables have vitamins, minerals and fiber
- We should eat at least 3 fistfuls of vegetables per day like the example of the vegetables shown below

第二類: 水果

每天應該吃 2份拳頭 般大小的水果



如下面所示的各種水果例子



第二類食物: 水果

- 水果含有維生素, 礦物質和纖維
- 我們每天應該吃2份拳頭般大小的水果,如下面所示的各種水果例子



Group #2: Fruits

Eat 2 Fistfuls of Fruits Per Day

Like the example of the fruits shown below

Group #2: Fruits

- Fruits have vitamins, minerals and fiber
- We should eat 2 fistfuls of fruits per day like the example of the fruits shown below

第三類：穀物

每天應該吃 3份拳頭 般大小的穀物食品



如下面所示的各種穀物食品例子



第三類食物: 穀物

- 穀物含有維生素, 礦物質和為我們提供能量
- 我們每天應該吃多少穀物呢?

[社區保健員讓組員回答, 然後指向圖片]

- 對啦, 我們每天應該吃3份拳頭般大小的穀物食品, 如下面所示的各種穀物食品例子



Group #3: Grains

Eat 3 Fistfuls of Grains per Day

Like the example of foods made from grains shown below

Group #3: Grains

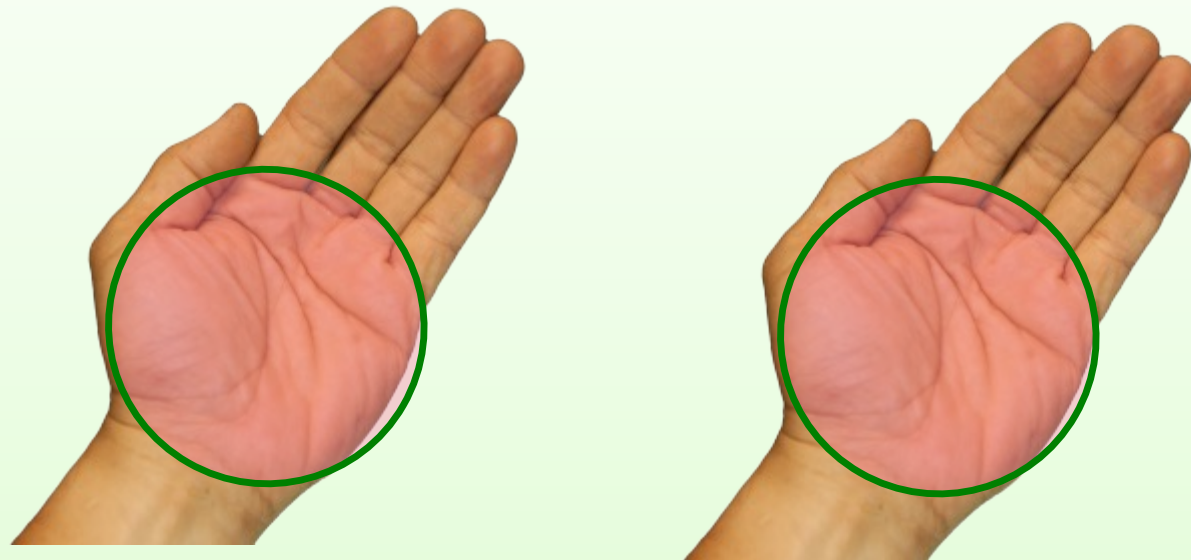
- Grains have vitamins, minerals and provide energy
- How much grains should we eat each day?

[LHW engages participants to provide an answer, then point to the page]

- Right, we should eat 3 fistfuls of foods made from grains like the example shown below

第四類: 蛋白質

每天應該至少吃 2份手掌 般大小
或5.5安士的蛋白質食物



如下面所示的各種含有豐富蛋白質食物例子



第四類食物: 蛋白質

- 蛋白質幫助建立肌肉
- 我們每天應該吃相等於2個手掌般大小, 或5.5安士的含蛋白質食物, 如下面所示的各種含有豐富蛋白質食物例子



Group #4: Protein

Eat 2 Palm-Sized Portions or 5.5 oz of Protein Per Day

Like the example of protein-rich foods shown below

Group #4: Protein

- Protein helps to build muscle
- Everyday, we should eat an amount equivalent to 2 palm-sized portions, or 5.5 oz of protein-rich food as the sample shown below

第五類: 乳製品

每天應該至少喝 **3杯** 低脂牛奶,
或吃 **3份拳頭** 般大小含鈣質的食物



如下面所示的各種含有豐富鈣質食物例子



第五類食物: 乳製品

- 乳製品主要的功用是為我們提供鈣質以建立骨骼
- 我們每天應該喝三杯低脂牛奶, 或吃3份拳頭般大小的乳製品, 如下面所示的各種含有豐富鈣質食物例子
- 如果你不喜歡吃乳製品, 你可以喝豆漿或吃含豐富鈣質的蔬菜, 例如, 西蘭花, 菠菜等



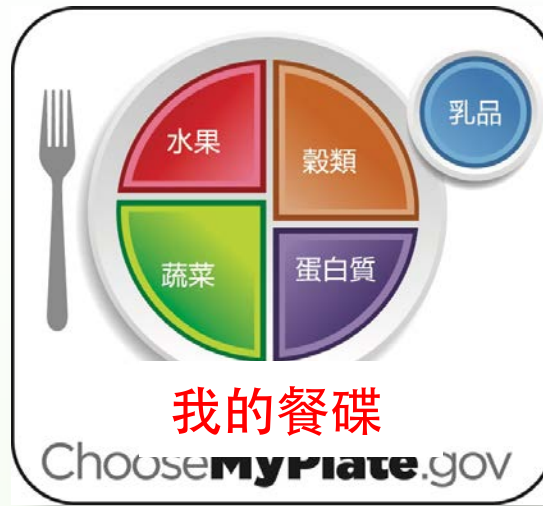
Group #5, Dairy

Drink 3 Cups of Low-Fat Milk, or Eat 3 Fistfuls of Calcium-Rich Foods per Day

Like the examples of calcium-rich foods shown below

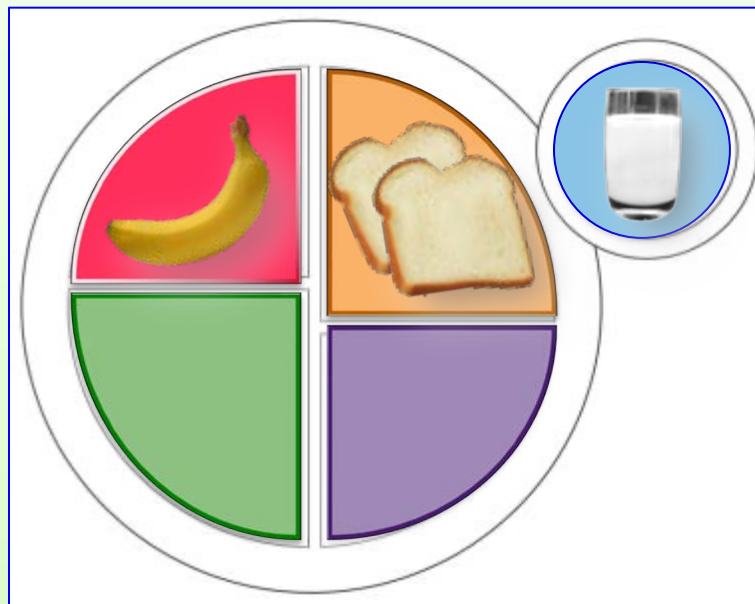
Group #5, Dairy

- Dairy products provide calcium to build our bones
- We should drink 3 cups of low-fat milk, or eat 3 fistfuls of dairy products like the examples of calcium-rich foods shown below
- If you do not like dairy products, you can drink soy milk or eat calcium-rich vegetables, such as broccoli, spinach



"我的餐碟" 建議我們每天應吃的一些食物和份量例子：

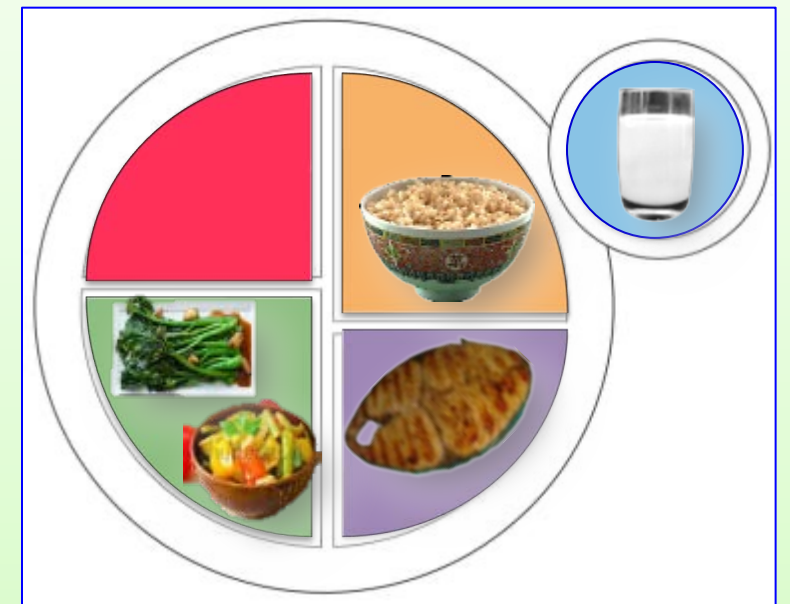
早餐



午餐



晚餐



記住：每日進食的食物應該有一半是蔬菜和水果

“我的餐碟” (MyPlate) 建議我們每天三餐應吃的一些食物例子:

- 任何一種食物，如進食過少或過多都是不健康的。關鍵是進食適當的食物種類及適當的份量，這樣就足以維持我們身體需要的營養
- 例如早餐，我們可以吃一條香蕉，兩片麵包，及喝一杯低脂牛奶
- 至於午餐，我們可以吃一碟中型的沙律，一小碟面條，一隻去皮雞腿，和一杯酸奶 (乳酪)
- 晚餐，我們可以吃兩份拳頭般大小的蔬菜，一個小蘋果，一小碗糙米，和一塊掌心般大小的肉或魚，以及喝一杯低脂牛奶
- 順帶一提，你不必在一餐中進食以上所有列出的食物，有些食物可以在兩餐之間作為零食，例如，酸奶，蘋果或胡蘿蔔等
- 最重要的是你每日進食的食物中應該有一半是蔬菜和水果



Example of What We Should Eat in a Day as Recommended by "MyPlate"

Breakfast
Lunch
Dinner
Half of our daily food consumption should be fruits and vegetables

Example of What We Should Eat in a Day as Recommended by "MyPlate"

- Eating too little or too much of any kind of food can be unhealthy. The key is to eat the right amount of the right kinds of food, just enough to nurture our body
- For example, for breakfast, we could eat one banana and two pieces of toast, and drink a cup of low-fat milk
- For lunch, we could eat a medium plate of salad, a small plate of noodles, a skinless chicken drumstick, and a cup of yogurt
- For dinner, we could eat two fistfuls of vegetables, a small apple, a small rice bowl of brown rice, and a palm-size piece of meat or fish, and drink a cup of low-fat milk
- By the way, you don't have to eat all of these items in any one meal--you can have some of these foods as snacks, for example, some yogurt, an apple, or a carrot, between meals
- Nevertheless, the most important thing is half of our daily food consumption should be fruits and vegetables

要記得，
健康食物也應該是...

低脂肪，低鹽，低糖

減少脂肪



帶皮雞腿



去皮雞腿

減少鹽

醬油



魚露



少用



減少糖



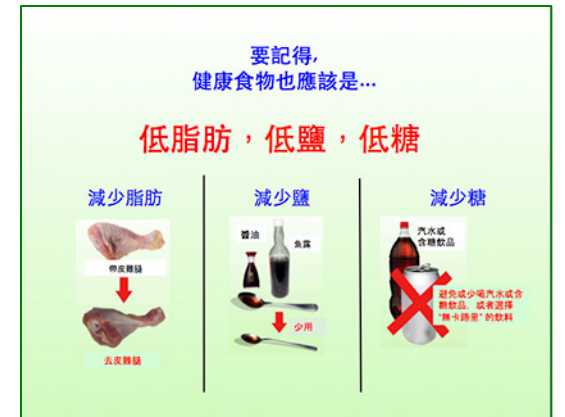
汽水或
含糖飲品



避免或少喝汽水或含糖飲品，或者選擇“無卡路里”的飲料

要記得，健康食物也應該是...

- 低脂肪，低鹽，及低糖
- 減少脂肪：去掉雞皮
- 減少鹽：少吃魚露及醬油，或吃低鹽醬油
- 減少糖：避免或少喝汽水或含糖飲品，或者選擇“無卡路里”的飲料



Don't Forget! Healthy Foods Should Also Be...

Low in Fat, Salt, and Sugar
TO REDUCE FAT: Chicken leg with skin-> Remove skin
TO REDUCE SALT: Fish sauce and soy sauce-> Use less.
TO REDUCE SUGAR: Soda or sugary drinks-> Avoid or drink fewer, or switch to "No calorie" drinks

Don't Forget! Healthy Foods Should Also Be...

- Low in fat, salt, and sugar
- To reduce fat: Remove the skin from chicken
- To reduce salt: Use less fish sauce and soy sauce, or use low sodium soy sauce
- To reduce sugar: Avoid or drink fewer sodas and other sugary drinks, or switch to "no calorie" drinks.

是否吃得健康, 就能夠保持身體健康?



這還不夠! 我們還需要勤做運動

是否吃得健康, 就能夠保持身體健康?

- 這還不夠!
- 除了吃得健康, 我們還需要勤做運動



Is Eating Healthy Alone Enough to Take Care of Our Health?

Not enough!
We Also Need to be Physically Active!

Is Eating Healthy Alone Enough to Take Care of Our Health?

- Not enough!
- We also need to be physically active

那些體能活動可以使我們保持身體健康？

任何體能活動能夠使我們達到3個條件：

1. 心跳率提高



2. 身體出汗

3. 呼吸比
平常快



那些體能活動可以使我們保持身體健康？

任何體能活動能夠使我們身體達到3個條件：

1. 提高心跳率，及
2. 使身體出汗，及
3. 使呼吸比平常加快，就能夠使我們保持身體健康

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任何體能活動能夠使我們達到3個條件：

1. 心跳率提高
2. 身體出汗
3. 呼吸比平常快



What Kind of Physical Activity Can Keep Us Healthy?

Any kind of physical activity that:

1. Increases our heart rate, AND
2. Makes us sweat, AND
3. Causes us to breathe faster than usual

What Kind of Physical Activity Can Keep Us Healthy?

Any physical activity that produces these 3 effects:

1. Increases our heart rate, and
2. Makes us sweat, and
3. Causes us to breathe faster than usual can keep us healthy

體能活動有什麼好處？

體能活動可以幫助我們預防高血壓, 糖尿病, 高膽固醇

同時還可以幫助我們:

- 增進我們的呼吸及血液循環
- 保持肌肉和關節正常運作
- 使我們更精力充沛
- 改善睡眠
- 減低壓力
- 維持健康的體重



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- 維持健康的體重



What are the Benefits of Physical Activity?

Physical activity can help us prevent high blood pressure, diabetes, and high cholesterol

It can also help us to:

- Improve our blood circulation and our breathing
- Keep our muscles and joints functioning properly
- Increase energy
- Improve sleep
- Reduce stress
- Maintain a healthy body weight

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體能活動的一些例子

- 快步走或慢跑
- 爬樓梯
- 游泳
- 踏自行車
- 帶氧運動



請注意：如果您有一段時間沒有參與體能活動，
在開始運動前，請先向您的醫生諮詢

體能活動的一些例子

- 有各種各樣的體能活動，是我們平常每日可以做的。我們不必一定要更換衣服，或去健身房鍛煉身體。
- 以下是一些體能活動的例子，如：
- 快步走或慢跑
- 爬樓梯
- 游泳
- 踏自行車 (踩單車)
- 帶氧健身操
- **請注意：**如果您有一段時間沒有參與體能活動，在開始運動前，請先向您的醫生諮詢



Some Examples of Physical Activity

- Brisk walking, jogging
- Climbing stairs
- Swimming
- Bicycling
- Aerobic exercise

ATTENTION: If you have not been physically active in a while, be sure to consult your doctor before starting to exercise.

Some Examples of Physical Activity

- There are plenty of physical activities that we normally do every day, we do not have to change clothes or go to a gym to be physically active
- These are some examples of physical activity:
- Brisk walking, jogging
- Climbing stairs
- Swimming
- Bicycling
- Aerobic exercise
- **ATTENTION:** If you have not been physically active in a while, be sure to consult your doctor before starting to exercise.

我們每天需要做多少體能活動？



用我們左手的手指做出
“OK”的標誌，以提醒我們
每天應運動至少30分鐘

我們每天需要做多少體能活動？

- 我們可以用左手的手指來提醒我們做運動
- 做出“OK”的標誌，以提醒我們每天應運動**至少“3-0”**
即30分鐘
- 我們可以將30分鐘的運動時間，分成幾次做，例如，每天做3次，每次10分鐘等



How Much Physical Activity Do We Need To Do Each Day?

We can use our left hand's fingers to make the "OK" sign to remind us to do physical activity at least 3-0 (30) minutes each day

How Much Physical Activity Do We Need To Do Each Day?

- One way to remember is to use our left hand's fingers
- Make the "OK" sign to remind us to exercise at least "3-0" or 30 minutes a day
- We can break up the 30 minutes of physical activity into smaller time segments, such as three 10-minute segments daily

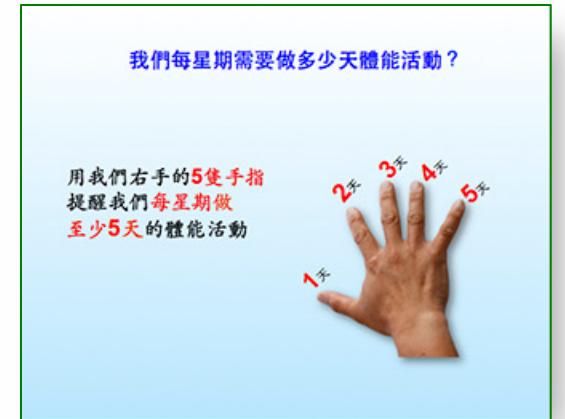
我們每星期需要做多少天體能活動？

用我們右手的**5隻手指**
提醒我們**每星期做**
至少5天的體能活動



我們每星期需要做多少天體能活動？

- 我們可以用右手的5隻手指，來提醒我們每星期至少做5天的體能活動。
- 當然，每星期做多過5天，對我們的健康更有好處
- 如果我們沒有時間一星期運動五天的話，那在我們有時間運動的日子，就應該做超過30分鐘的運動來補償



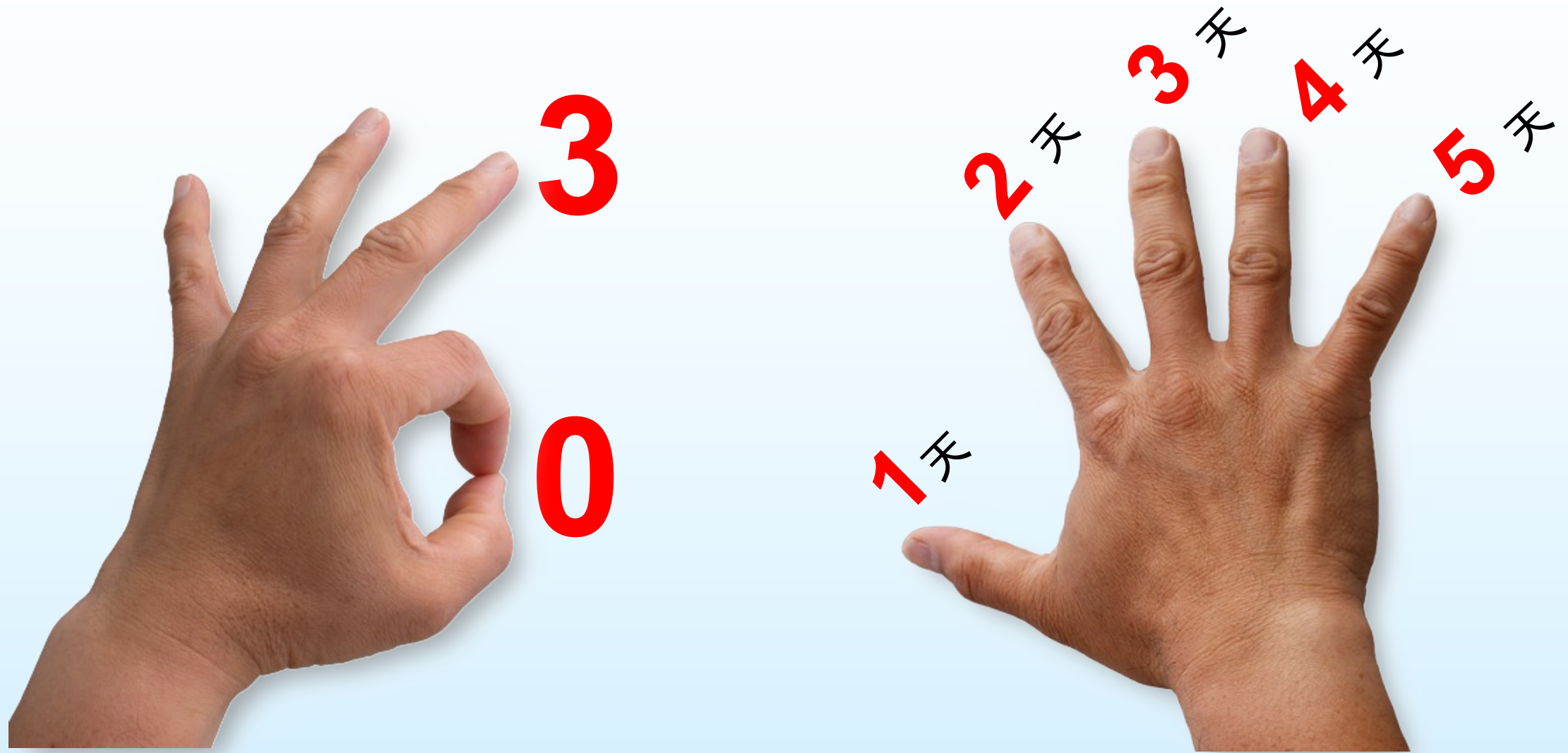
And How Many Days Each Week Do We Need To Do Physical Activity?

We can use our right hand's 5 fingers to remind us to do physical activity at least 5 days each week

How Many Days Each Week Do We Need To Do Physical Activity?

- One way to remember is to use our right hand's 5 fingers, to remind us to do physical activity at least 5 days each week
- Doing more than 5 days each week is even better
- But if we don't have time to do physical activity 5 days a week, then do more than 30 minutes on the days when we do have the time to do it

將雙手放在一起...



每天30分鐘, 每星期做5天
每星期運動至少150分鐘

將雙手放在一起...

- 每天運動 30分鐘，一星期做 5天，就等於一星期運動 150分鐘
- 美國衛生人員建議我們每星期應該**至少運動150分鐘**
- 請記住，我們每天都應該盡量抽時間做運動！



If We Put Our 2 Hands Together...

- 3-0 (30) minutes each day
- 1 day, 2 days, 3 days, 4 days, 5 days
- 30 minutes each day, 5 days each week
- Exercise at least 150 minutes each week

If We Put Our 2 Hands Together...

- Exercise 30 minutes each day for 5 days each week, which equals 150 minutes each week
- We should get AT LEAST 150 minutes of physical activity each week, as recommended by U.S. health officials
- Remember, do your best to make time to do this amount of physical activity EVERY DAY!

想保持身體健康？
讓我們告訴你如何開始行動

建立一份“健康家庭行動計劃”！

我們現在就可以進行以下的 5 項行動



想保持身體健康？讓我們告訴你如何開始行動

- 首先建立一份“健康家庭行動計劃”！
- 然後按計劃所列的五項行動，現在就開始“共創健康家庭”



Want to Be Healthy? Here's How We Start

- Let's Create a "Healthy Family Action Plan"
- with 5 Action Items which we can do now

Want To Be Healthy? Here's How We Start

- Let's start by creating a "Healthy Family Action Plan"
- with 5 Action Items which we can do now to start LIVING HEALTHY TOGETHER as a family

第一項行動

1

與家人傾談



第一項行動：與家人傾談

- 討論一下我們各家庭目前的健康狀況. 例如, 問問對方每天有吃多少蔬菜? 每星期有做多少運動?
- 要坦誠傾談, 並聆聽對方的想法
- 共同設立目標, 改善家庭的健康
- 抽出時間來定期討論進度和目標
- 大家一起商量, 是改善家庭健康的第一步



Action #1. Talk With Our Family

Action #1. Talk With Our Family

- Discuss our family's current health situation. For example, ask each other about how many vegetables we are eating every day? How much physical activity are we doing each week?
- Be honest and listen to each other's views
- Set goals together to improve our family's health
- Set aside time to review our progress and goals regularly
- Talking together is the first step to improve the health of our family

第二項行動

2

吃健康的食物



第二項行動：吃健康的食物

- 將我們平日的飲食與“我的餐碟” (MyPlate) 的建議比較一下
- 嘗試遵從“我的餐碟”的建議：多吃蔬菜及水果；吃適量的穀物，蛋白質和乳製品；少吃鹽，脂肪和糖
- 我們可以做的其中一件事，就是與家人一起設立一週的餐單，這將有助於實行我們的健康飲食計劃
- 選擇其中一個項目來開始作改變，例如，多吃一些蔬菜
- [社區保健員派發“我的每週挑戰”表] 使用“我的每週挑戰”表來記錄我們的進度。或者可以在日曆上，記下我們達到目標的日子
- 提醒自己，我們吃健康的食物，是為家人樹立一個好榜樣



Action #2. Eat Healthy Foods

Action #2. Eat Healthy Foods

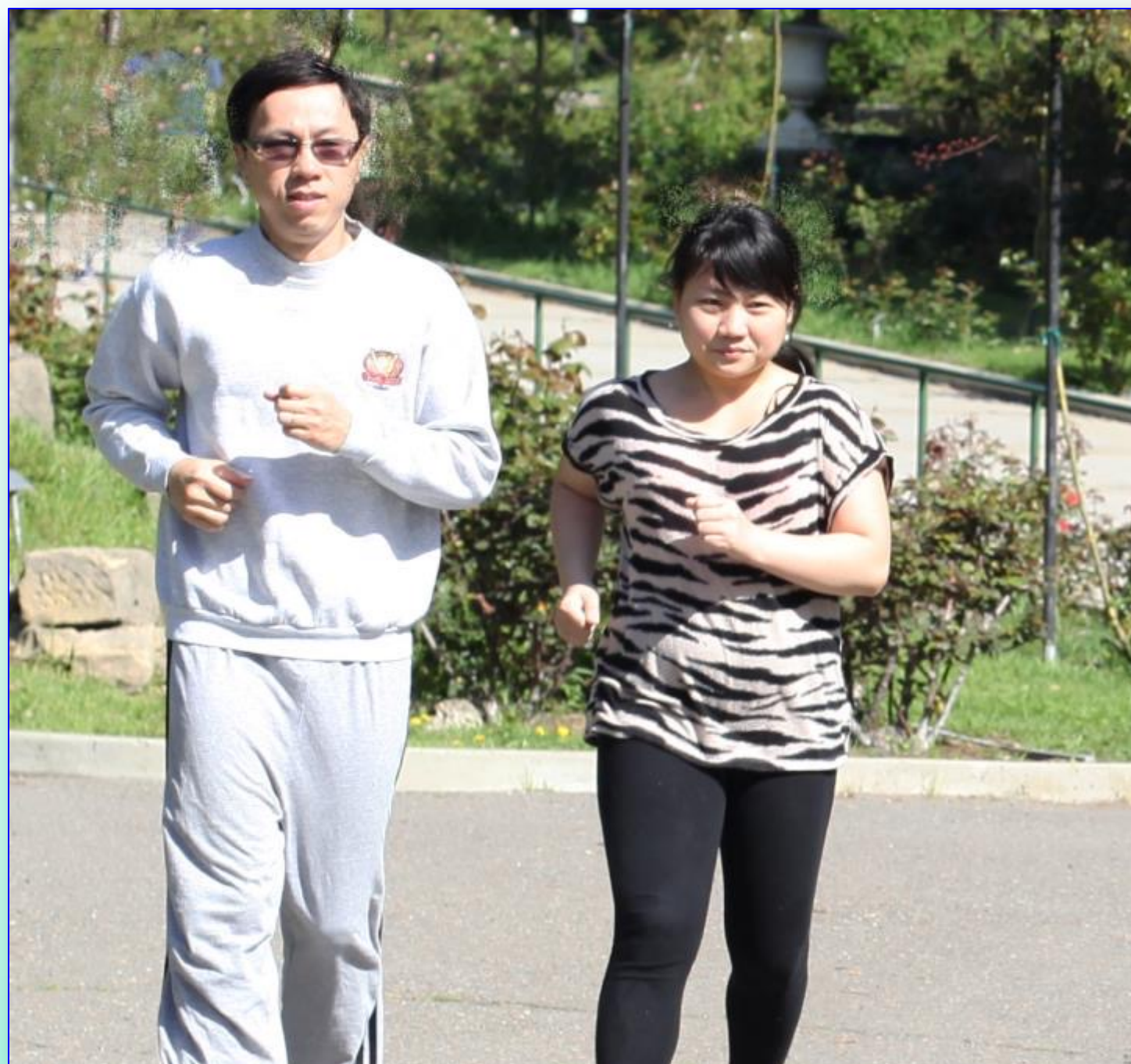
- Compare what we currently eat to the “MyPlate” recommendations
- Try meeting the recommendations by: eating more vegetables; eating the right amount of grains, protein, and dairy; and eating less salt, fat and sugar
- One thing we can do is to make a weekly menu together with our family members that will help to reinforce our healthy eating plan
- Pick ONE item to start making a change needed, for example, to eat more vegetables
- [LHW hands out “My Weekly Challenges”] Keep track of our progress by recording on the “My Weekly Challenges” handout or mark on our calendar the days when we meet our goal
- Remind ourselves that, by eating healthy foods, we are setting a good example for the family

第三項行動

3



定期做運動



第三項行動：定期做運動

- 首先，將你目前的運動量與專家建議我們每週至少做150分鐘的運動量比較一下
- 想想哪些運動你們喜歡做和適合你：哪些是可以與家人一起做的，哪些是你個人單獨做的
- 多點走路：如行樓梯，不坐電梯，把車停泊遠些，或在附近快步走等
- 逐步增加運動量，每天多做5分鐘的運動，直至達到目標為止
- 與家人和朋友一起做運動
- 時常提醒自己運動的好處。例如：如果我們擁有健康的身體，就可以好好照顧家庭



Action #3: Do Physical Activity Regularly

Action #3: Do Physical Activity Regularly

- First, figure out our current level of physical activity and then compare it to the recommendation of at least 150 minutes of physical activity per week
- Identify what kinds of physical activity are suitable and enjoyable -- which we can do together, and which we can do by ourselves
- Walk more—use the stairs, park the car farther away from the entrance, or take a brisk walk around the block
- Gradually increase our activity level by doing an extra 5 minutes of physical activity every day until we meet our goal
- Do physical activities together with our family and friends
- Remind ourselves of the benefits of being physically active—for example, if we stay healthy, we can take better care of our family

第四項行動

4

定期測量體重



第四項行動：定期測量體重

- 首先，測量一下自己的體重
- 家中放一個磅，可以讓我們定期測量自己的體重
- 每週至少測量一次體重，並在“我的每週挑戰”表上記錄下來，鼓勵家人也如此做
- 將自己現時的體重與相對你身高標準的健康體重作個比較。我們下一課將會談到健康體重這題目
- 經常留意自己的體重，可以幫助我們達到和保持建議的健康體重



Action #4: Check Our Weight Regularly

Action #4: Check Our Weight Regularly

- First, let's find out what we weigh
- Keeping a scale at home is a good way to help us check our weight
- Check our weight at least once a week and record it on "My Weekly Challenges" handout; encourage family members do the same
- Compare our current weight to the recommended healthy weight for our height. We will talk about "healthy weight" at the next session.
- Keeping track of our weight can help us to reach and maintain our recommended healthy weight

第五項行動

5



定期看醫生



第五項行動：定期看醫生

- 預約看醫生
- 與醫生討論有關飲食，運動，體重等與健康有關的問題
- 向醫生了解是否可以轉介見營養師，健身教練，或其他健康專家等
- 提醒自己或家人定期做健康檢查
- 定期看醫生可以幫助在健康問題未出現前及早發現。這是保持個人及家庭健康的好方法



Action # 5: See Our Doctor Regularly

Action # 5: See Our Doctor Regularly

- Make an appointment to see our doctor
- Talk to our doctor about any health concerns related to diet, physical activity, or weight
- Discuss with our doctor a possible referral to a nutritionist, a trainer, or a health coach
- Remind ourselves and our family members to have health check-ups regularly
- Talking to our doctor regularly can help find problems before they start. This is a great way to keep us and our family healthy

現在, 讓我們齊心建立 “健康家庭行動計劃”

我們的健康家庭行動計劃

第一步：確認自己家庭對健康飲食和體力活動的想法。只選擇一項，並寫上日期。

日期 _____

第二步：選擇一項或多項行動計劃。每人選擇一項或多項行動計劃，以改善家人的健康，如下圖所示。

- 1. 與家人共談
- 2. 吃健康食品
- 3. 定期做運動
- 4. 定期測量體重
- 5. 定期看醫生

第三步：承諾實行以下事項。每人選擇相應的格子，寫下將要完成的事項，如何完成及完成的日期。

_____ 的行動事項(個人)

1. 與家人共談 _____ 在之前 //

2. 吃健康食品 _____ 在之前 //

3. 定期做運動 _____ 在之前 //

4. 定期測量體重 _____ 在之前 //

5. 定期看醫生 _____ 在之前 //

_____ 的行動事項(家人)

1. 與家人共談 _____ 在 // 之前

2. 吃健康食品 _____ 在 // 之前

3. 定期做運動 _____ 在 // 之前

4. 定期測量體重 _____ 在 // 之前

5. 定期看醫生 _____ 在 // 之前

“行動 5 事項”活動建議

家人現在的整體健康狀況如何，起碼有一項行動項目一起做，來改善或保持一個健康的家庭！

在“健康家庭行動計劃”的 5 大事項中，選擇一項是你和家人希望實行的，在大事項標題下的活動建議，決定完成哪些活動來建立一個更健康的家庭，或家庭自創一些類似的活動。

1. 與家人溝通

討論家人的整體健康狀況，互相問對方：我們有沒有患上高血壓、糖尿病或患上這些疾病的風險。
 列出行動來減低患病的風險，並討論你家庭的健康狀況。

2. 吃健康的食物

比較你現在的用餐情況，問對方：你是否達到多吃水果、蔬菜和全穀類，並不時留意自己是否有按著計劃使用菜單，你的家庭樹立了一個好榜樣。
 討論自己的健康飲食進度如何，有否減少鹽、脂肪和糖。

3. 體能活動

討論體能活動情況，問：我每週是否有做最少的體能活動？
 列出活動可以單獨自己做，哪些可以和家人一起做。
 嘗試用漸進式的方法，每天多做 5 分鐘的體能活動，直到你達到目標。
 在增加活動時間前，請先和你的醫生談談。

齊心建立“健康家庭行動計劃”

[社區保健員給每個家庭 2 份“健康家庭行動計劃”表, 1 份“建議行動項目表”和筆, 然後說:]

- 首先, 確認你家庭的健康飲食和運動情況, 然後在適當的情況旁寫上今天的日期。
- 現在我們一起實行所學到的知識。“健康在你手中”, 這裡有5樣“健康家庭行動”項目, 是你們每位現在就可以開始實行, 來改善你家庭的健康
- 現在請用5分鐘時間, 與家人討論在未來一週你們選擇做哪一項行動項目。“吸煙者”和“家人”每人請選擇最少一項。吸煙者寫在黃色的那一欄, 家人寫在藍色的那一欄。你也可以參考“建議行動項目表”上的建議。

[社區保健員給組員幾分鐘時間討論, 觀察每一對組員, 需要時可提供幫助。讚揚那些選擇了行動事項的組員。當所有組員都填完計劃表之後, 如有時間, 說:] “你們可以與大家分享你的選擇嗎? [如果沒有時間, 繼續以下:]

- 現在你們可以將你選擇的事項抄在另外一份計劃表上, 然後交給我。
- 你們回家後, 請繼續完成此計劃表。你可以選擇並寫下更多你想做的新行動項目。

[小組聚會 1 到此結束。社區保健員回答組員的問題, 並提醒組員第二次聚會的日期和地點。]

Now Let's Start to Work on Your "Healthy Family Action Plan"

[LHW gives each family 2 copies of "Healthy Family Action Plan" (HFAP), a copy of "Suggested Action Items" and a pen. Then say:]

- First, let's identify your family's healthy eating and physical activity situations, and mark on the form with today's date
- Now let's put what we learned into action, "Our Health is in Our Hands" – There are 5 Healthy Family Action Items that each of you can do now to start improving the health of your family
- Let's spend 5 minutes to discuss with your partner about which items you would like to try for this coming week. Smoker selects at least one and writes his action item in the yellow column; the family member also selects at least one and writes in the blue column. You may refer to the "Suggested Action Items" for more ideas on what to do

[LWH allows for a few minutes, checks on each dyad. Provide help if needed. Praise those who have selected an action item. After everybody finished. Optional: if there is enough time, LHW says: "Would you mind sharing your action items with the group together?", If not then continue]

- Now you can copy your action items on the second copy of HFAP and give it back to me
- When you go home, please continue to work on the plan. You can select and write down more new action items that you would like to do

[END OF LESSON FOR SMALL GROUP MEETING #1. LHW answers participants' questions and reminds participants the date and location for the second lesson]



Now Let's Start To Work On Your
"Healthy Family Action Plan"

第二次小組聚會

今天, 我們將會 :

1. 覆習我們所學到有關健康飲食和運動的重要知識
2. 了解健康體重範圍
3. 學習如何閱讀食品標籤
4. 彼此分享健康飲食及勤做運動的秘訣

第二次小組聚會

- 今天, 我們將會覆習我們所學到有關健康飲食和運動的重要知識
- 然後我們會了解什麼是健康體重範圍
- 學習如何閱讀食品標籤, 以及
- 彼此分享健康飲食及勤做運動的秘訣

[社區保健員和組員一起重溫第 2, 5, 7, 10, 11, 12, 13, 14, 17, 23 頁有關健康飲食和運動的要點. 詢問組員是否有任何問題, 然後按需要回答]

第二次小組聚會

今天, 我們將會:

1. 覆習我們所學到有關健康飲食和運動的重要知識
2. 了解健康體重範圍
3. 學習如何閱讀食品標籤
4. 彼此分享健康飲食及勤做運動的秘訣

Second Session

Today, we will:

- Review the important points we have learned about healthy eating and physical activity
- Learn about our healthy weight range
- Learn how to read food labels
- Share tips about how to eat healthy and be active

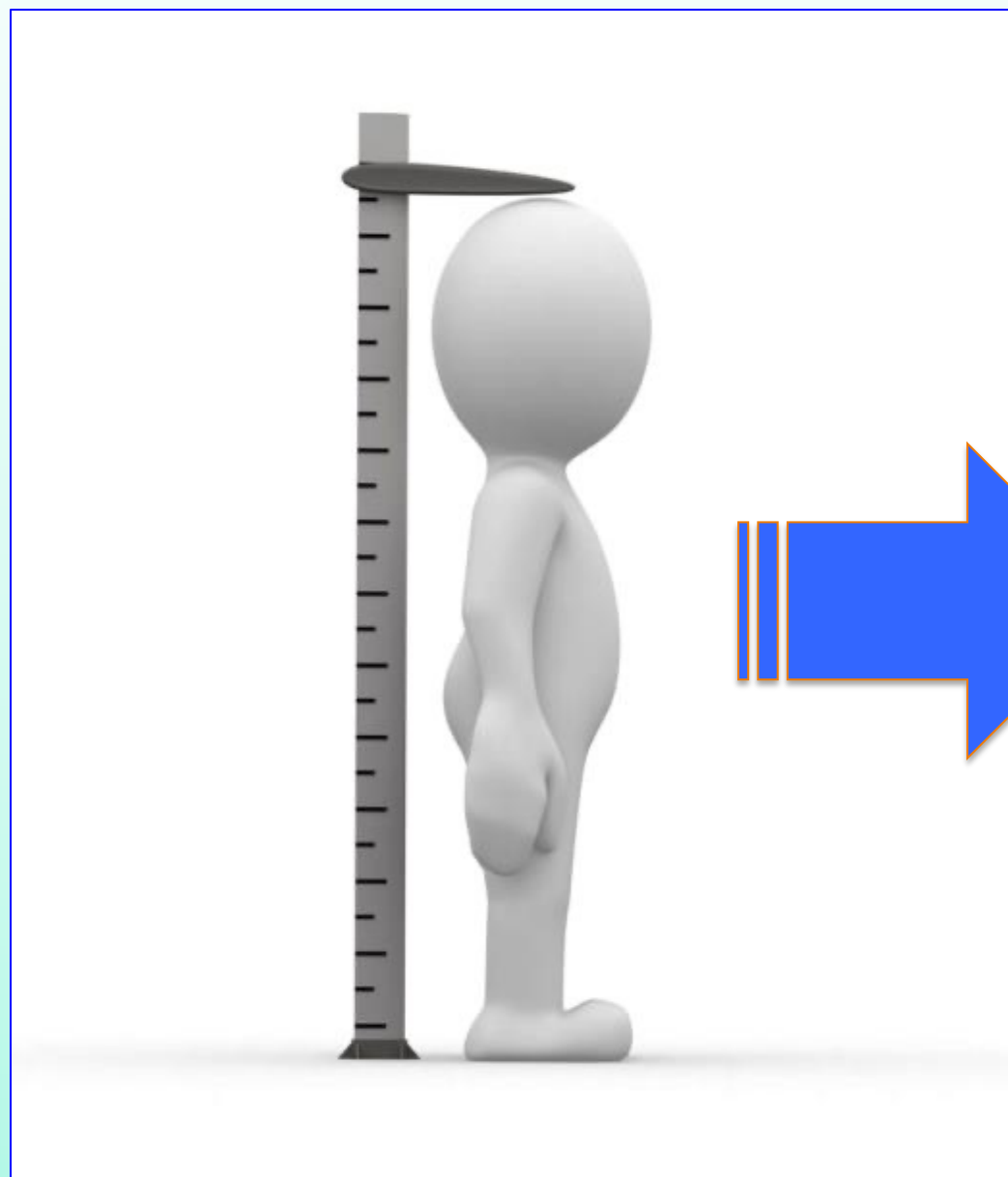
Second Session

- During today's second session, we will review the important points we have learned about healthy eating and physical activity
- Then we will learn about our healthy weight
- Learn how to read food labels, and
- Share tips about how to eat healthy and be active

[LHW will flip back the flipchart to pages #2, 5, 7, 10, 11, 12, 13, 14, 17, 23 to review points about healthy eating and physical activity. Ask participants if they have any questions and provide answers, as needed]

什麼是健康的體重？

健康的體重是指當我們的體重在健康的範圍之內，我們患上健康問題的風險將會較低



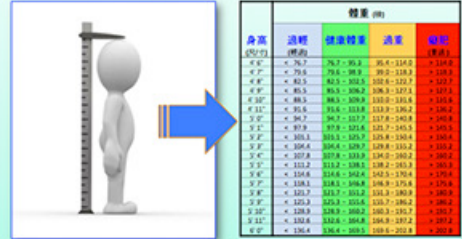
身高 (尺/寸)	體重 (磅)			
	過輕 (輕過)	健康體重	過重	癡肥 (重過)
4' 6"	< 76.7	76.7 - 95.3	95.4 - 114.0	> 114.0
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4' 8"	< 82.5	82.5 - 102.5	102.6 - 122.7	> 122.7
4' 9"	< 85.5	85.5 - 106.2	106.3 - 127.1	> 127.1
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5' 1"	< 97.9	97.9 - 121.6	121.7 - 145.5	> 145.5
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5' 3"	< 104.4	104.4 - 129.7	129.8 - 155.2	> 155.2
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5' 5"	< 111.2	111.2 - 138.1	138.2 - 165.3	> 165.3
5' 6"	< 114.6	114.6 - 142.4	142.5 - 170.4	> 170.4
5' 7"	< 118.1	118.1 - 146.8	146.9 - 175.6	> 175.6
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6' 0"	< 136.4	136.4 - 169.5	169.6 - 202.8	> 202.8

什麼是健康的體重？

- 健康的體重是指當我們的體重在健康的範圍之內，我們患上健康問題的風險將會較低
- 健康的體重會是根據個人身高而定的
- 健康的體重是有一個範圍的
- 要找出我們所屬的健康體重範圍，最容易的方法就是根據我們的身高，**查看健康體重範圍表**

什麼是健康的體重？

健康的體重是指當我們的體重在健康的範圍之內，我們患上健康問題的風險將會較低



身高 (cm)	健康體重 (kg)	體重 (kg)
160	50.0 - 67.5	50.0 - 67.5
161	50.5 - 68.0	50.5 - 68.0
162	51.0 - 68.5	51.0 - 68.5
163	51.5 - 69.0	51.5 - 69.0
164	52.0 - 69.5	52.0 - 69.5
165	52.5 - 70.0	52.5 - 70.0
166	53.0 - 70.5	53.0 - 70.5
167	53.5 - 71.0	53.5 - 71.0
168	54.0 - 71.5	54.0 - 71.5
169	54.5 - 72.0	54.5 - 72.0
170	55.0 - 72.5	55.0 - 72.5
171	55.5 - 73.0	55.5 - 73.0
172	56.0 - 73.5	56.0 - 73.5
173	56.5 - 74.0	56.5 - 74.0
174	57.0 - 74.5	57.0 - 74.5
175	57.5 - 75.0	57.5 - 75.0
176	58.0 - 75.5	58.0 - 75.5
177	58.5 - 76.0	58.5 - 76.0
178	59.0 - 76.5	59.0 - 76.5
179	59.5 - 77.0	59.5 - 77.0
180	60.0 - 77.5	60.0 - 77.5
181	60.5 - 78.0	60.5 - 78.0
182	61.0 - 78.5	61.0 - 78.5
183	61.5 - 79.0	61.5 - 79.0
184	62.0 - 79.5	62.0 - 79.5
185	62.5 - 80.0	62.5 - 80.0
186	63.0 - 80.5	63.0 - 80.5
187	63.5 - 81.0	63.5 - 81.0
188	64.0 - 81.5	64.0 - 81.5
189	64.5 - 82.0	64.5 - 82.0
190	65.0 - 82.5	65.0 - 82.5
191	65.5 - 83.0	65.5 - 83.0
192	66.0 - 83.5	66.0 - 83.5
193	66.5 - 84.0	66.5 - 84.0
194	67.0 - 84.5	67.0 - 84.5
195	67.5 - 85.0	67.5 - 85.0
196	68.0 - 85.5	68.0 - 85.5
197	68.5 - 86.0	68.5 - 86.0
198	69.0 - 86.5	69.0 - 86.5
199	69.5 - 87.0	69.5 - 87.0
200	70.0 - 87.5	70.0 - 87.5

What is a Healthy Weight?

A healthy weight is a weight at which we will have a lower risk to develop health problems

What is a Healthy Weight?

- A healthy weight is a weight at which we will have a lower risk to develop health problems
- Each person's healthy weight is determined by his or her height
- There is also a range for healthy weight
- The easiest way to find out our healthy weight range is to look up the weight range for the height from the Healthy Weight Range Table

我的健康體重範圍是什麼？

身高 (英尺/英寸)	體重 (磅)			
	過輕 (輕過)	健康體重	過重	癡肥 (重過)
4' 6"	< 76.7	76.7 - 95.3	95.4 - 114.0	> 114.0
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我的健康體重範圍是什麼？

- 這是亞裔標準健康體重範圍表
- [社區保健員指向每個顏色區] 圖表上綠色區域代表“健康體重”；黃色區域為“過重”，而紅色區域屬於“癡肥”；在黃色或紅色區域內的人士，患上高血壓，糖尿病和高膽固醇的風險較為高
- [社區保健員指出圖中圈出的身高] 例如，一個身高5尺5寸的人士，
- [社區保健員用手指指出相應圈出的綠色區域] 他的健康體重範圍應該是 111.2磅到 138.1磅之間
- [社區保健員派發健康體重範圍表] 我現在給大家一份有公斤和磅作單位的圖表。查看圖表，按你的身高，找出您自己的健康體重範圍

我的健康體重範圍是什麼？

身高 (英尺/英寸)	體重 (磅)			
	過輕 (磅)	健康體重 (磅)	過重 (磅)	癡肥 (磅)
4'6"	< 76.7	76.7 - 95.3	95.4 - 114.0	> 114.0
4'7"	< 79.6	79.6 - 98.9	99.0 - 118.3	> 118.3
4'8"	< 82.5	82.5 - 102.5	102.6 - 122.7	> 122.7
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What is My Healthy Weight Range?

What is My Healthy Weight Range?

- This is the Healthy Weight Range Table that is recommended for Asians
- [LHW points to the each color zone] A healthy weight is one in green zone on the chart; the yellow zone is “overweight” and the red zone is “obese”; people in the yellow and red zones have a higher risk for high blood pressure, diabetes, and high cholesterol
- [LHW points at the circled height] For example, a person who is 5 feet 5 inches tall...
- [LHW uses finger to cross the row to the circled green zone] ...his or her healthy weight range should be from 111.2 pounds to 138.1 pounds
- [LHW hands out the Healthy Weight Range Table] Let me give you a chart in both kilograms and pounds. Look at the table and, using your own height, find your healthy weight range

我的體重符合健康標準嗎？

身高 (英尺/英寸)	體重 (磅)			
	過輕 (輕過)	健康體重	過重	癡肥 (重過)
4' 6"	< 76.7	76.7 - 95.4	95.4 - 114.0	> 114.0
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我的體重符合健康標準嗎？

- 現在你知道自己的健康體重範圍，你可以問自己：“我的體重符合健康標準嗎？或“我的體重是否在綠色區域之內？”
- 如果我們的體重是在綠色區域，這是個好消息，要保持我們的體重在健康範圍內是非常重要的
- 如果我們的體重是在黃色或紅色區域，我們患上健康問題的風險則較高。我們應該與醫生討論一下我們的體重
- 盡量達到健康的體重是非常重要的
- 要達到或維持健康的體重，我們需要飲食健康和勤做運動
- 接下來，我要向您們介紹一個幫助我們飲食健康的工具，就是閱讀“營養成分”標籤



Am I at a Healthy Weight?

Am I at a Healthy Weight?

- Now you know your healthy weight range, and you should ask yourselves: “Am I at a healthy weight?” or “Is my weight in the green zone?”
- If our weight is in the green zone, this is good news, and it is important to maintain our weight in the healthy range
- If our weight is in the yellow or red zone, we have a higher risk of developing health problems. We should discuss our weight with our doctors
- It is very important for us to try to get our weight into the healthy range
- To achieve or to maintain our healthy weight, we need to eat healthy and be physically active
- Next, I am going to show you a tool to help us eat healthy by reading “Nutrition Facts” Labels

爲什麼我們需要閱讀“營養成分”標籤



爲什麼我們需要閱讀“營養成分”標籤

- 閱讀和理解“營養成分”標籤，可以幫助我們在選擇食物時，作出比較，選擇有益健康的食物，例如：少鹽，少糖和低脂肪的食物
- 選擇健康的食物，可以減少我們患上高血壓，糖尿病和高膽固醇的風險
- 從而，患上心臟疾病，中風和其他疾病的風險也相應地減少



Why Do We Need to Read “Nutrition Facts” Labels?

Why Do We Need to Read “Nutrition Facts” Labels?

- Reading and understanding “Nutrition Facts” Labels helps us to compare and choose healthy foods, for example, those with less salt, sugar and fat
- Choosing healthy foods reduces our risks of high blood pressure, diabetes, and high cholesterol
- In turn, our risks for developing heart diseases, stroke, and other diseases are reduced

什麼是食物“營養成分”標籤？

留意份量 (Serving size)

留意脂肪 (Fat)

留意鹽 (Sodium)

留意糖 (Sugar)

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories From Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

什麼是食物“營養成分”標籤？

- 每個食品包裝上都有一欄“營養成分”標籤，標籤上包含該食品的營養價值成分
- “營養成分”標籤看起來似乎很複雜
- 我們最需要留意的是4個項目：份量，脂肪，鹽(鈉)，和糖
- 我們可以利用“營養成分”標籤，作為一種工具，幫助我們選擇低脂肪，低鹽和低糖的健康食物



What is a “Nutrition Facts” Label?

Pay attention to: Serving Size
Pay attention to: Fat
Pay attention to: Sodium (or Salt)
Pay attention to: Sugar

What is a “Nutrition Facts” Label?

- It is a panel found on every package of food that contains information about the nutritional values for that food item
- “Nutrition Facts” labels can look very complicated.
- What we need to pay attention to most are 4 things: Serving Size, Fat, Sodium (or Salt), and Sugar
- We can use “Nutrition Facts” Labels as a tool to help us select healthy foods that are low in fat, salt, and sugar

如何閱讀食物“營養成分”標籤？

General Mills
with **Whole Grain**
Cinnamon

Nutrition Facts
Serving Size 1 cup (240mL)
Servings Per Container about 4
Calories 110
Fat Calories 20

Amount / % Daily Value*

Total Fat	2.5g	
Saturated Fat	1.5g	
Trans Fat	0g	
Cholesterol	15mg	4%
Sodium	130mg	5%
Vitamin A	10%	
Vitamin C	4%	
Iron	0%	
Vitamin D	2%	

*Percent Daily Values (DV) are based on a diet of 2,000 calories.

INGREDIENTS: GRADE A LOWFAT MILK, VITAMIN A PALMITATE, VITAMIN B12, FOLIC ACID, VITAMIN B6, VITAMIN B1, VITAMIN B2, VITAMIN B3, VITAMIN B5, VITAMIN B7, VITAMIN B9, VITAMIN B12, VITAMIN C, VITAMIN D, VITAMIN E, VITAMIN K, VITAMIN P, VITAMIN Q, VITAMIN R, VITAMIN S, VITAMIN T, VITAMIN U, VITAMIN V, VITAMIN W, VITAMIN X, VITAMIN Y, VITAMIN Z, VITAMIN AA, VITAMIN AB, VITAMIN AC, VITAMIN AD, VITAMIN AE, VITAMIN AF, VITAMIN AG, VITAMIN AH, VITAMIN AI, VITAMIN AJ, VITAMIN AK, VITAMIN AL, VITAMIN AM, VITAMIN AN, VITAMIN AO, VITAMIN AP, VITAMIN AQ, VITAMIN AR, VITAMIN AS, VITAMIN AT, VITAMIN AU, VITAMIN AV, VITAMIN AW, VITAMIN AX, VITAMIN AY, VITAMIN AZ, VITAMIN BA, VITAMIN BB, VITAMIN BC, VITAMIN BD, VITAMIN BE, VITAMIN BF, VITAMIN BG, VITAMIN BH, VITAMIN BI, VITAMIN BJ, VITAMIN BK, VITAMIN BL, VITAMIN BM, VITAMIN BN, VITAMIN BO, VITAMIN BP, VITAMIN BQ, VITAMIN BR, VITAMIN BS, VITAMIN BT, VITAMIN BU, VITAMIN BV, VITAMIN BW, VITAMIN BX, VITAMIN BY, VITAMIN BZ, VITAMIN CA, VITAMIN CB, VITAMIN CC, VITAMIN CD, VITAMIN CE, VITAMIN CF, VITAMIN CG, VITAMIN CH, VITAMIN CI, VITAMIN CJ, VITAMIN CK, VITAMIN CL, VITAMIN CM, VITAMIN CN, VITAMIN CO, VITAMIN CP, VITAMIN CQ, VITAMIN CR, VITAMIN CS, VITAMIN CT, VITAMIN CU, VITAMIN CV, VITAMIN CW, VITAMIN CX, VITAMIN CY, VITAMIN CZ, VITAMIN DA, VITAMIN DB, VITAMIN DC, VITAMIN DD, VITAMIN DE, VITAMIN DF, VITAMIN DG, VITAMIN DH, VITAMIN DI, VITAMIN DJ, VITAMIN DK, VITAMIN DL, VITAMIN DM, VITAMIN DN, VITAMIN DO, VITAMIN DP, VITAMIN DQ, VITAMIN DR, VITAMIN DS, VITAMIN DT, VITAMIN DU, VITAMIN DV, VITAMIN DW, VITAMIN DX, VITAMIN DY, VITAMIN DZ, VITAMIN EA, VITAMIN EB, VITAMIN EC, VITAMIN ED, VITAMIN EE, VITAMIN EF, VITAMIN EG, VITAMIN EH, VITAMIN EI, VITAMIN EJ, VITAMIN EK, VITAMIN EL, VITAMIN EM, VITAMIN EN, VITAMIN EO, VITAMIN EP, VITAMIN EQ, VITAMIN ER, VITAMIN ES, VITAMIN ET, VITAMIN EU, VITAMIN EV, VITAMIN EW, VITAMIN EX, VITAMIN EY, VITAMIN EZ, VITAMIN FA, VITAMIN FB, VITAMIN FC, VITAMIN FD, VITAMIN FE, VITAMIN FF, VITAMIN FG, VITAMIN FH, VITAMIN FI, VITAMIN FJ, VITAMIN FK, VITAMIN FL, VITAMIN FM, VITAMIN FN, VITAMIN FO, VITAMIN FP, VITAMIN FQ, VITAMIN FR, VITAMIN FS, VITAMIN FT, VITAMIN FU, VITAMIN FV, VITAMIN FW, VITAMIN FX, VITAMIN FY, VITAMIN FZ, VITAMIN GA, VITAMIN GB, VITAMIN GC, VITAMIN GD, VITAMIN GE, VITAMIN GF, VITAMIN GG, VITAMIN GH, VITAMIN GI, VITAMIN GJ, VITAMIN GK, VITAMIN GL, VITAMIN GM, VITAMIN GN, VITAMIN GO, VITAMIN GP, VITAMIN GQ, VITAMIN GR, VITAMIN GS, VITAMIN GT, VITAMIN GU, VITAMIN GV, VITAMIN GW, VITAMIN GX, VITAMIN GY, VITAMIN GZ, VITAMIN HA, VITAMIN HB, VITAMIN HC, VITAMIN HD, VITAMIN HE, VITAMIN HF, VITAMIN HG, VITAMIN HH, VITAMIN HI, VITAMIN HJ, VITAMIN HK, VITAMIN HL, VITAMIN HM, VITAMIN HN, VITAMIN HO, VITAMIN HP, VITAMIN HQ, VITAMIN HR, VITAMIN HS, VITAMIN HT, VITAMIN HU, VITAMIN HV, VITAMIN HW, VITAMIN HX, VITAMIN HY, VITAMIN HZ, VITAMIN IA, VITAMIN IB, VITAMIN IC, VITAMIN ID, VITAMIN IE, VITAMIN IF, VITAMIN IG, VITAMIN IH, VITAMIN II, VITAMIN IJ, VITAMIN IK, VITAMIN IL, VITAMIN IM, VITAMIN IN, VITAMIN IO, VITAMIN IP, VITAMIN IQ, VITAMIN IR, VITAMIN IS, VITAMIN IT, VITAMIN IU, VITAMIN IV, VITAMIN IW, VITAMIN IX, VITAMIN IY, VITAMIN IZ, VITAMIN JA, VITAMIN JB, VITAMIN JC, VITAMIN JD, VITAMIN JE, VITAMIN JF, VITAMIN JG, VITAMIN JH, VITAMIN JI, VITAMIN JJ, VITAMIN JK, VITAMIN JL, VITAMIN JM, VITAMIN JN, VITAMIN JO, VITAMIN JP, VITAMIN JQ, VITAMIN JR, VITAMIN JS, VITAMIN JT, VITAMIN JU, VITAMIN JV, VITAMIN JW, VITAMIN JX, VITAMIN JY, VITAMIN JZ, VITAMIN KA, VITAMIN KB, VITAMIN KC, VITAMIN KD, VITAMIN KE, VITAMIN KF, VITAMIN KG, VITAMIN KH, VITAMIN KI, VITAMIN KJ, VITAMIN KK, VITAMIN KL, VITAMIN KM, VITAMIN KN, VITAMIN KO, VITAMIN KP, VITAMIN KQ, VITAMIN KR, VITAMIN KS, VITAMIN KT, VITAMIN KU, VITAMIN KV, VITAMIN KW, VITAMIN KX, VITAMIN KY, VITAMIN KZ, VITAMIN LA, VITAMIN LB, VITAMIN LC, VITAMIN LD, VITAMIN LE, VITAMIN LF, VITAMIN LG, VITAMIN LH, VITAMIN LI, VITAMIN LJ, VITAMIN LK, VITAMIN LL, VITAMIN LM, VITAMIN LN, VITAMIN LO, VITAMIN LP, VITAMIN LQ, VITAMIN LR, VITAMIN LS, VITAMIN LT, VITAMIN LU, VITAMIN LV, VITAMIN LW, VITAMIN LX, VITAMIN LY, VITAMIN LZ, VITAMIN MA, VITAMIN MB, VITAMIN MC, VITAMIN MD, VITAMIN ME, VITAMIN MF, VITAMIN MG, VITAMIN MH, VITAMIN MI, VITAMIN MJ, VITAMIN MK, VITAMIN ML, VITAMIN MM, VITAMIN MN, VITAMIN MO, VITAMIN MP, VITAMIN MQ, VITAMIN MR, VITAMIN MS, VITAMIN MT, VITAMIN MU, VITAMIN MV, VITAMIN MW, VITAMIN MX, VITAMIN MY, VITAMIN MZ, VITAMIN NA, VITAMIN NB, VITAMIN NC, VITAMIN ND, VITAMIN NE, VITAMIN NF, VITAMIN NG, VITAMIN NH, VITAMIN NI, VITAMIN NJ, VITAMIN NK, VITAMIN NL, VITAMIN NM, VITAMIN NN, VITAMIN NO, VITAMIN NP, VITAMIN NQ, VITAMIN NR, VITAMIN NS, VITAMIN NT, VITAMIN NU, VITAMIN NV, VITAMIN NW, VITAMIN NX, VITAMIN NY, VITAMIN NZ, VITAMIN OA, VITAMIN OB, VITAMIN OC, VITAMIN OD, VITAMIN OE, VITAMIN OF, VITAMIN OG, VITAMIN OH, VITAMIN OI, VITAMIN OJ, VITAMIN OK, VITAMIN OL, VITAMIN OM, VITAMIN ON, VITAMIN OO, VITAMIN OP, VITAMIN OQ, VITAMIN OR, VITAMIN OS, VITAMIN OT, VITAMIN OU, VITAMIN OV, VITAMIN OW, VITAMIN OX, VITAMIN OY, VITAMIN OZ, VITAMIN PA, VITAMIN PB, VITAMIN PC, VITAMIN PD, VITAMIN PE, VITAMIN PF, VITAMIN PG, VITAMIN PH, VITAMIN PI, VITAMIN PJ, VITAMIN PK, VITAMIN PL, VITAMIN PM, VITAMIN PN, VITAMIN PO, VITAMIN PP, VITAMIN PQ, VITAMIN PR, VITAMIN PS, VITAMIN PT, VITAMIN PU, VITAMIN PV, VITAMIN PW, VITAMIN PX, VITAMIN PY, VITAMIN PZ, VITAMIN QA, VITAMIN QB, VITAMIN QC, VITAMIN QD, VITAMIN QE, VITAMIN QF, VITAMIN QG, VITAMIN QH, VITAMIN QI, VITAMIN QJ, VITAMIN QK, VITAMIN QL, VITAMIN QM, VITAMIN QN, VITAMIN QO, VITAMIN QP, VITAMIN QQ, VITAMIN QR, VITAMIN QS, VITAMIN QT, VITAMIN QU, VITAMIN QV, VITAMIN QW, VITAMIN QX, VITAMIN QY, VITAMIN QZ, VITAMIN RA, VITAMIN RB, VITAMIN RC, VITAMIN RD, VITAMIN RE, VITAMIN RF, VITAMIN RG, VITAMIN RH, VITAMIN RI, VITAMIN RJ, VITAMIN RK, VITAMIN RL, VITAMIN RM, VITAMIN RN, VITAMIN RO, VITAMIN RP, VITAMIN RQ, VITAMIN RR, VITAMIN RS, VITAMIN RT, VITAMIN RU, VITAMIN RV, VITAMIN RW, VITAMIN RX, VITAMIN RY, VITAMIN RZ, VITAMIN SA, VITAMIN SB, 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VITAMIN YQ, VITAMIN YR, VITAMIN YS, VITAMIN YT, VITAMIN YU, VITAMIN YV, VITAMIN YW, VITAMIN YX, VITAMIN YY, VITAMIN YZ, VITAMIN ZA, VITAMIN ZB, VITAMIN ZC, VITAMIN ZD, VITAMIN ZE, VITAMIN ZF, VITAMIN ZG, VITAMIN ZH, VITAMIN ZI, VITAMIN ZJ, VITAMIN ZK, VITAMIN ZL, VITAMIN ZM, VITAMIN ZN, VITAMIN ZO, VITAMIN ZP, VITAMIN ZQ, VITAMIN ZR, VITAMIN ZS, VITAMIN ZT, VITAMIN ZU, VITAMIN ZV, VITAMIN ZW, VITAMIN ZX, VITAMIN ZY, VITAMIN ZZ

NET WT 14 OZ (396g)

INGREDIENTS: WHOLE GRAIN OATS, MODIFIED CORN STARCH, SUGAR, OAT BRAN, SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, CORN STARCH, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₁₂ (RIBOFLAVIN), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B₂, VITAMIN D.

DIST. BY **General Mills Cereals, LLC**
GENERAL OFFICES, MPLS., MN 55440 USA
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May be mfg. under U.S. Pat. Nos.: 5,433,490; 5,523,109; 7,021,525
Exchange: 1½ Starch
Exchange calculations based on the Exchange Lists for Meal Planning. ©2003 The American Dietetic Association, The American Diabetes Association.

Total Fat	Less than 60g	80g
Sat. Fat	Less than 20g	35g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

如何閱讀食物“營養成分”標籤？

- 首先，我們要留意食品的份量. 這讓我們知道怎樣算是“1份”，以及每個包裝內含有多少份
- 然後看看“總脂肪”，“鹽”和“糖”
- 這讓我們知道，若我們吃 1份該食物，會吃進多少脂肪，鹽，和糖
- 在比較及選擇食品和牌子時，選擇較少脂肪，較少鹽，或較少糖的**產品**



How to Read a “Nutrition Facts” Label?

How to Read a “Nutrition Facts” Label?

- Start with paying attention to the Serving Size first. It tells you how much is considered “1 serving” and how many servings are contained in that package.
- Then look at “Total Fat,” “Sodium,” and “Sugar”
- This is how we know how much fat, salt and sugar we would eat in 1 serving of that food
- When comparing food items or brands, choose the one with less fat, less sodium, or less sugar

讓我們來練習如何閱讀食品“營養成分”標籤

以下哪一種較為健康？

A 種？

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 16g	25%	Total Carb. 1g	0%
Sat. Fat 6g	30%	Fiber 0g	0%
Trans Fat 0g		Sugars 0g	
Cholest. 40mg	13%	Protein 7g	
Sodium 790mg	33%		

B 種？

Serving Size 2 oz (56g)
Servings Per Container 6

Amount Per Serving		
Calories 120	Calories from Fat 80	
		%Daily Value*
Total Fat 9g		14%
Saturated Fat 3g		15%
Trans Fat 0g		

比較
脂肪成份

	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 0.5 g	4%
Trans Fat 0 g	
Cholesterol 20 mg	7%
Sodium 330 mg	14%
Total Carbohydrate 3 g	1%

set above water in covered pot.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 21g	43%	Sodium 650mg	27%
Sat. Fat 7g	35%	Total Carb. 5g	2%
Trans Fat 0g		Protein 9g	
Cholest. 50mg	17%		

比較
鹽的含量

Sodium 50.22 mg	2%
Potassium 40.77 mg	1%
Total Carbohydrate 24.03 g	8%
Dietary Fiber 1 g	4%
Sugars 15.12 g	
Sugar Alcohols	

Carbohydrate 25g	8%	10%
Dietary Fiber 14g	57%	57%
Soluble Fiber 0g		
Insoluble Fiber 14g		
Sugars 0g		
Other Carbohydrate 11g		
Protein 2g		

比較
糖的含量

讓我們來練習如何閱讀食品“營養成分”標籤

- 下面是我們平日經常進食的 3種常見食物中“營養成分”標籤的例子. 讓我們比較一下 A種和 B種, 來學習如何選擇含有較少鹽,較少脂肪, 和較少糖的健康食物
- A種與 B種都是在同一食品類別. 標籤顯示出每一份量各自含有的鹽, 脂肪和糖的成份.
- [社區保健員指向第一排A與B種食品的標籤] 首先, 讓我們比較一下脂肪含量. 看第一排的標籤, A種還是B種含較少脂肪, 即對我們來說比較健康呢? 為什麼?
- 對啦, 正確的答案是B種, 因為它含有較少的脂肪. B 種食物每份量含9克脂肪而A種則含有16克脂肪

[社區保健員繼續比較其他食品的營養成份, 第二排比較鹽的成份, 第三排比較糖的成份]



Let's Practice Reading Some "Nutrition Facts" Labels

Which one is better for us?

Brand A

or

Brand B

Compare Fat

Compare Sodium (Salt)

Compare Sugar

Let's Practice Reading Some "Nutrition Facts" Labels

- Here are examples of "Nutrition Facts" labels from the packages for 3 common foods you might eat. Let's look at them to compare brand A with brand B to learn how to choose the healthier food items, those with less salt (sodium), less fat, and less sugar
- Brand A and brand B are in the same food category. The labels report the salt, fat and sugar content for the same serving size of each
- [LHW points to the top row of food labels from 2 brands of food] So, first, let's compare the FAT content. Which of the two brands, A or B in this top row has less fat and so is better for us? And why?
- Yes, the correct answer is brand B because it contains less fat, 9 g versus 16 g per serving

[LHW repeats the same comparison for the next two food items for SODIUM in the middle row, and SUGAR on the bottom row]

總結我們所學到知識

要保持身體健康及預防高血壓, 糖尿病和高膽固醇, 我們須要:



選擇健康的食物

- 緊記“我的餐碟”(MyPlate)的建議, 每天選吃5類的食物
- 每天食的食物應該有一半是蔬菜和水果
- 其餘的一半是穀物, 蛋白質, 及乳製品
- 盡量少用油, 鹽, 和糖



勤做運動

- 每天運動至少30分鐘, 每星期做至少5天
- 每星期至少運動150分鐘

總結我們所學到知識

- 為了保持健康和預防疾病，我們需要養成“識飲食勤運動”的習慣，用我們的手和手指來提醒自己：
- 根據“我的餐碟”(MyPlate) 的建議，每天選吃5大類的食物
- [社區保健員強調]每天進食的食物應該有一半是蔬菜和水果
- 其餘的一半應是穀物，蛋白質，及乳製品
- 盡量少用油，鹽，和糖
- 我們每天運動至少30分鐘，一星期5天。
- [社區保健員強調] 即是每星期至少運動150分鐘

[社區保健員總結第二次聚會，並解答組員的問題；然後多謝他們的參與，並提醒他們有關跟進電話]

Summary of What We've Learned

- To prevent disease and stay healthy, we need to make “Healthy Eating and Being Active” an everyday habit. Use our fingers and hands to remind ourselves to:
 - Eat the 5 food groups daily based on the “**MyPlate**” recommendations
 - [LHW emphasizes] Half of our daily food consumption should be vegetables and fruits
 - The remainder should be grains, protein, and dairy
 - Try to use very little oil, salt, and sugar
 - We should do physical activity at least 30 minutes a day for at least 5 days a week
 - [LHW emphasizes] It means we do physical activity for at least 150 minutes each week
- [LHW concludes the second session by asking participants if they have any questions which LHW can answer; then, thanks participants and reminds them about the follow-up telephone call]

總結我們所學到知識
要保持身體健康及預防高血壓，糖尿病和高膽固醇，我們須要：



選擇健康的食物

- 緊記“我的餐碟”(MyPlate)的建議，每天選吃5類的食物
- 每天食的食物應該有一半是蔬菜和水果
- 其餘的一半是穀物，蛋白質，及乳製品
- 盡量少用油，鹽，和糖



勤做運動

- 每天運動至少30分鐘，每星期做至少5天
- 每星期至少運動150分鐘

Summary of What We've Learned

In Order to be Healthy and Prevent High Blood Pressure, Diabetes and High Cholesterol, We Need to:

Eat Healthy Foods

- Keep the “MyPlate” recommendations in mind and try to eat the 5 food groups daily
- Half of our daily food consumption should be vegetables and fruits
- The remainder should be grains, protein, and dairy
- Try to use very little oil, salt, and sugar

Do Physical Activity

- Exercise at least 30 minutes a day, and do 5 days a week
- Do physical activity for at least 150 minutes each week



This Chinese-English flipchart entitled "識飲食勤運動, 共創健康家庭" (Healthy Living Under One Roof: *Healthy Eating and Physical Activity*) has been developed and published by "健康家庭計劃" (The Healthy Family Project) of *Sức Khỏe Là Vàng!* the Vietnamese Community Health Promotion Project at the University of California, San Francisco with funding support from the National Institutes of Health/National Institute on Drug Abuse (Grant R01-DA036749)



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