

## FRUIT & VEGGIE CHART




















### 水果和蔬菜的生活小贴士

Fruits and vegetables are an important part of everyone's healthy eating plan. However, for many people, eating enough can be a challenge. Some useful tips can be derived from the Fruit & Veggie Chart.

每个人的健康食谱中总离不开水果和蔬菜。然而，对很多人来说，怎么吃才是足够的呢？您可以从以下的果蔬生活小常识表中得到有用的建议。

	apples 苹果	Protects your heart 保护心脏	Prevents constipation 防止便秘	Blocks diarrhea 防止腹泻	Improves lung capacity 改进肺活量	Cushions joints 加固关节
	apricots 杏	Shields against Alzheimer's 防老年痴呆症	Controls blood pressure 控制血压	Saves your eyesight 保护视力	Combats cancer 抗癌	Slows aging process 延缓衰老
	artichokes 朝鲜蓟	Aids digestion 抗艾滋	Lowers cholesterol 降低胆固醇	Protects your heart 保护心脏	Stabilizes blood sugar 稳定血糖	Guards against liver disease 防止肝脏疾病
	avocados 牛油果	Battles diabetes 抗糖尿病	Lowers cholesterol 降低胆固醇	Helps stop strokes 防止心肌梗塞	Controls blood pressure 控制血压	Smooths skin 平滑肌肤
	bananas 香蕉	Protects your heart 保护心脏	Quiets a cough 抗感冒	Strengthens bones 强壮骨骼	Controls blood pressure 控制血压	Blocks diarrhoea 防止腹泻
	beans 豆类	Prevents constipation 防止便秘	Helps hemorrhoids 治疗痔疮	Lowers cholesterol 降低胆固醇	Combats cancer 抗癌	Stabilizes blood sugar 稳定血糖
	beets 甜菜	Controls blood pressure 控制血压	Combats cancer 抗癌	Strengthens bones 强壮骨骼	Protects your heart 保护心脏	Aids weight loss 防艾滋引起的体重减轻
	blueberries 蓝莓	Combats cancer 抗癌	Protects your heart 保护心脏	Stabilizes blood sugar 稳定血糖	Boosts memory 强化记忆力	Prevents constipation 防止便秘
	broccoli 椰菜	Strengthens bones 强壮骨骼	Saves eyesight 保护视力	Combats cancer 抗癌	Protects your heart 保护心脏	Controls blood pressure 控制血压
	cabbage 卷心菜	Combats cancer 抗癌	Prevents constipation 防止便秘	Promotes weight loss 帮助减肥	Protects your heart 保护心脏	Helps hemorrhoids 改善痔疮
	cantaloupe 哈密瓜	Saves eyesight 保护视力	Controls blood pressure 控制血压	Lowers cholesterol 降低胆固醇	Combats cancer 抗癌	Supports immune system 维持免疫系统
	carrots 胡萝卜	Saves eyesight 保护视力	Protects your heart 保护心脏	Prevents constipation 防止便秘	Combats cancer 抗癌	Promotes weight loss 帮助减肥
	cauliflower 花菜	Protects against Prostate Cancer 抗癌	Combats Breast Cancer 抗乳腺癌	Strengthens bones 强壮骨骼	Banishes bruises 消除	Guards against heart disease 保护心脏
	cherries 樱桃	Protects your heart 保护心脏	Combats Cancer 抗癌	Eases insomnia 防止失眠	Slows aging process 延缓衰老	Shields against Alzheimer's 防老年痴呆症
	chestnuts 栗子	Promotes weight loss 帮助减肥	Protects your heart 保护心脏	Lowers cholesterol 降低胆固醇	Combats Cancer 抗癌	Controls blood pressure 控制血压
	chili peppers 辣椒	Aids digestion 抗艾滋	Soothes sore throat 减缓喉咙酸痛	Clears sinusitis 防止鼻窦炎	Combats Cancer 抗癌	Boosts immune system 改进免疫系统
	figs 无花果	Promotes weight loss 帮助减肥	Helps prevent stroke 防止心肌梗塞	Lowers cholesterol 降低胆固醇	Combats Cancer 抗癌	Controls blood pressure 控制血压
	fish 鱼	Protects your heart 保护心脏	Boosts memory 强化记忆	Protects your heart 保护心脏	Combats Cancer 抗癌	Supports immune system 维持免疫系统
	flax 亚麻	Aids digestion 抗艾滋	Battles diabetes 抗糖尿病	Protects your heart 保护心脏	Improves mental health 改善心智健康	Boosts immune system 改进免疫系统
	garlic 大蒜	Lowers cholesterol 降低胆固醇	Controls blood pressure 控制血压	Combats cancer 抗癌	Kills bacteria 杀灭细菌	Fights fungus 抗真菌
	grapefruit 柚子	Protects against heart attacks 防止心脏病	Promotes Weight loss 帮助减肥	Helps prevent stroke 防止心肌梗塞	Combats Prostate Cancer 抗癌	Lowers cholesterol 降低胆固醇
	grapes 葡萄	Saves eyesight 保护视力	Conquers kidney stones 克服肾结石	Combats cancer 抗癌	Enhances blood flow 加快血液循环	Protects your heart 保护心脏
	green tea 绿茶	Combats cancer 抗癌	Protects your heart 保护心脏	Helps prevent stroke 防止心肌梗塞	Promotes Weight loss 帮助减肥	Kills bacteria 杀灭细菌
	honey 蜂蜜	Heals wounds 促进伤口愈合	Aids digestion 抗艾滋	Guards against ulcers 预防溃疡	Increases energy 增强能量	Fights allergies 抗过敏
	lemons 柠檬	Combats cancer 抗癌	Protects your heart 保护心脏	Controls blood pressure 控制血压	Smooths skin 平滑肌肤	Stops scurvy 防止坏血病
	limes 青柠檬	Combats cancer 抗癌	Protects your heart 保护心脏	Controls blood pressure 控制血压	Smooths skin 平滑肌肤	Stops scurvy 防止坏血病



	mangoes 芒果	Combats cancer 抗癌	Boosts memory 强化记忆	Regulates thyroid 调节甲状腺	Aids digestion 抗艾滋	Shields against Alzheimer's 防老年痴呆症
	mushrooms 蘑菇	Controls blood pressure 控制血压	Lowers cholesterol 降低胆固醇	Kills bacteria 杀灭细菌	Combats cancer 抗癌	Strengthens bones 强壮骨骼
	oats 燕麦	Lowers cholesterol 降低胆固醇	Combats cancer 抗癌	Battles diabetes 抗糖尿病	Prevents constipation 防止便秘	Smooths skin 平滑肌肤
	olive oil 橄榄	Protects your heart 保护心脏	Promotes Weight loss 帮助减肥	Combats cancer 抗癌	Battles diabetes 抗糖尿病	Smooths skin 平滑肌肤
	onions 洋葱	Reduce risk of heart attack 降低心脏病发病率	Combats cancer 抗癌	Kills bacteria 杀灭细菌	Lowers cholesterol 降低胆固醇	Fights fungus 抗真菌
	oranges 橘子	Supports immune systems 改进免疫系统	Combats cancer 抗癌	Protects your heart 保护心脏	Straightens respiration 帮助呼吸	
	peaches 桃子	Prevents constipation 防止便秘	Combats cancer 抗癌	Helps prevent stroke 防止心肌梗塞	Aids digestion 抗艾滋	Helps hemorrhoids 改善痔疮
	peanuts 花生	Protects against heart disease 保护心脏	Promotes Weight loss 帮助减肥	Combats Prostate Cancer 抗癌	Lowers cholesterol 降低胆固醇	Aggravates diverticulitis 加重憩室炎
	pineapple 菠萝	Strengthens bones 强壮骨骼	Relieves colds 缓解感冒	Aids digestion 抗艾滋	Dissolves warts 解除疣	Blocks diarrhea 防止腹泻
	prunes 葡萄干	Slows aging process 延缓衰老	Prevents constipation 防止便秘	Boosts memory 强化记忆	Lowers cholesterol 降低胆固醇	Protects against heart disease 保护心脏
	rice 米	Protects your heart 保护心脏	Battles diabetes 抗糖尿病	Conquers kidney stones 克服肾结石	Combats cancer 抗癌	Helps stops strokes 防止心肌梗塞
	strawberries 草莓	Combats cancer 抗癌	Protects your heart 保护心脏	Boosts memory 强化记忆	Calms stress 减缓压力	
	sweet potatoes 红薯	Saves your eyesight 保护视力	Lifts mood 改善情绪	Combats cancer 抗癌	Strengthens bones 强壮骨骼	
	tomatoes 西红柿	Protects prostate 保护前列腺	Combats cancer 抗癌	Lowers cholesterol 降低胆固醇	Protects your heart 保护心脏	
	walnuts 胡桃	Lowers cholesterol 降低胆固醇	Combats cancer 抗癌	boosts memory 强化记忆	Lifts mood 改善情绪	Protects against heart disease 保护心脏
	water 水	Promotes Weight loss 帮助减肥	Combats cancer 抗癌	Conquers kidney stones 克服肾结石	Smooths skin 平滑肌肤	
	watermelon 西瓜	Protects prostate 保护前列腺	Promotes weight loss 帮助减肥	Lowers cholesterol 降低胆固醇	Helps prevent stroke 防止心肌梗塞	Controls blood pressure 控制血压
	wheat bran 麦麸	Combats Colon Cancer 抗癌	Prevents constipation 防止便秘	Lowers cholesterol 降低胆固醇	Helps prevent stroke 防止心肌梗塞	Improves digestion 促进消化
	yogurt 酸奶	Guards against ulcers 防溃疡	Strengthens bones 强壮骨骼	Lowers cholesterol 降低胆固醇	Supports immune systems 维持免疫系统	Aids digestion 抗艾滋

## 7 don'ts after a meal 饭后7不

**Don't smoke** - Experiments by experts have proved that smoking a cigarette after a meal is comparable to smoking 10 cigarettes so your chances of cancer are higher.

饭后不吸烟 - 科学家实验证明, 饭后一只烟相当于平时吸十只烟 (更高的得癌率)。

**Don't eat fruits immediately** - Consuming fruits immediately will cause your stomach to be bloated with air. Take fruits one to two hours after, or an hour before your meal.

饭后不马上吃水果 - 饭后马上吃水果会引起胃部胀气。因此, 应在饭后1至2小时或饭前1小时吃水果。

**Don't drink tea** - Tea leaves contain a high acidic content causing the protein that we consume to be hardened, and thus difficult to digest.

饭后不立即喝茶 - 因为茶叶的叶酸含量很高。它会使吃入的蛋白质变硬从而难以消化。

**Don't loosen your belt** - Loosening the belt after a meal will cause the intestine to be easily twisted and blocked.

不要松开腰带 - 饭后松开腰带会使肠子缠绕和阻塞。

**Don't bathé** - Bathing causes the increase of blood flow to the hands and legs. As such, the amount of blood around the stomach will decrease, weakening the digestive system.

饭后不马上洗澡 - 洗澡会使血液流向手, 脚和身体, 减少了流向胃部的血液会使胃部的消化能力下降。

**Don't walk about** - It is alleged that if you walk a hundred steps after a meal, you will live until 99. In actual fact, walking causes the digestive system to be unable to absorb the nutrition from the food we eat.

饭后不马上走动 - 人们常说饭后百步走, 活到九十九。但实际上并非如此。走动使我们的消化系统无法吸收我们吃入的营养成分。

**Don't sleep immediately** - The food will not be able to digest properly, and may lead to gastric and infection of the intestines.

饭后不马上睡觉 - 如果马上就睡觉的话, 我们吃入的食物就不能很好地被消化, 严重的会导致胃腹部不适和感染。

