



Healthy Eating Tips 饮食健康小贴士

life  beats

Why is a Healthy Diet so Important?

健康饮食为什么这么重要

A) Prevent Disease Risks

预防疾病

Did you know that many chronic diseases are **preventable**?

你知道吗？很多慢性病是可以预防的。

This includes conditions such as:

例如

- » Heart Disease 心脏病
- » Strokes 中风
- » Diabetes 糖尿病
- » Cancer 癌症

Good nutrition can reduce the risk of developing many preventable diseases!

Nutrition is a cornerstone of health.

良好的营养可以降低许多可预防的疾病的风险！营养是健康的基石。

B) Feel Great! 令人感觉很棒

People with chronic diseases often suffer from a reduced quality of life. Eating healthy leads to being fit and feeling better.

慢性疾病往往是从生活质量下降开始的。健康饮食往往能让身心的健康舒适。

C) It Tastes Good! 味道很好

What is surprising to some, though, is just how enjoyable healthy eating can be.

令人惊讶的是，健康的饮食对我们来说是一种享受。



The following slides will point out the various types of food you should include in your diet as well as the ones that you should limit.

下面的幻灯片会指出哪一些食物在平时的饮食中必须要有，而哪一些是要受到限制。

Do you mean limit or eliminate?

你的意思是限制或者去除吗？

It is acceptable to have a burger but remember, MODERATION is very important when eating from the “limit” list!

你可以吃一个汉堡，但是切记，对于限制清单中的实物“适量”很重要的



Bread, cereal flakes, pasta, rice, preferably whole grain, and potatoes are rich in vitamins, minerals and fiber.

面包, 麦片, 面条, 大米, 最好是全谷物和土豆含有丰富的维生素, 矿物质和纤维。

Eat these foods with low fat ingredients where possible.

尽量吃这些低脂肪的食物

Eat at least 30 g of fiber per day, preferably in the form of whole grains.

每天至少吃30克纤维, 最好是全从谷物中来。



Fruit and Vegetables – “5 a Day”

蔬果类的食品(每天5份)



Eat 5 portions of fresh vegetables and fruit a day – slightly cooked or occasionally as juice or smoothie – at every main meal and as a snack in between meals.

每天吃5份新鲜蔬菜和水果 - 略熟或偶尔以果汁或沙拉的形式作为每一个主餐和在两餐之间的零食。

These simple tips guarantee a rich supply of vitamins, minerals and fiber.

这些简单的小贴士保证了丰富的维生素，矿物质和纤维的供应

Tip: Give preference to regional products.

提示：优先选用地方性的产品。



Dairy Products Daily, Fish Once or Twice a Week, Occasional Meat 每天有乳制品，每周食用一两次鱼，偶尔吃点肉

These foods contain valuable nutrients such as calcium from milk, iodine, selenium and n-3 fatty acids in sea fish. Meat is an important supplier of minerals and vitamins (B₁, B₆, and B₁₂).

这些食物中含有珍贵的营养物质，如牛奶，碘，硒和海鱼的n-3脂肪酸钙。肉是提供矿物质和维生素(B1, B6, 和B12)的重要渠道

Eat meat, sausage products and eggs in moderation; no more than 300 to 600 g meat and sausage per week.

适量吃肉类，香肠和鸡蛋，每周不超过300至600g的肉和香肠。

Give preference to low-fat products, in particular when choosing meat and dairy products.

在选用肉类和乳制品是尽量选用低脂肪的



Cut Down on Fat and High-Fat Foods

减少脂肪和高脂肪食物

Fat supplies vital fatty acids; fatty foods also contain fat-soluble vitamins.
脂肪提供重要的脂肪酸，脂肪类食物中还含有脂溶性维生素

Fat is very high in energy and can lead to weight gain if eaten in large quantities. Too many saturated fatty acids increase the risk of cardio-vascular diseases.

脂肪是高能量的食品，并可能导致体重增加。如果食用大量，太多的饱和脂肪酸会增加患心血管疾病的风险。

Give preference to vegetable oils and fats.
优先选择植物油和植物脂肪。

Remember that invisible fats are usually to be found in meat products, dairy products, biscuits and sweets as well as fast food and convenience foods.
切记，无形的脂肪通常是存在于肉制品，乳制品，饼干和糖果以及快餐食品和方便食品中

Don't eat more than approximately 60-80 grams of fat per day.
每天食用的脂肪不要吃超过 60-80克



Sugar and Salt in Moderation

糖和盐适度

Eat sugar and food or drinks produced with different types of sugar (e.g. glucose syrup) only occasionally.

偶尔饮食含不同类型的糖(如葡萄糖浆)的食物和饮料。

Season with natural herbs and do not use much salt.

季节性的食用一些天然的香草不要放太多的盐

A reduced intake of salt has a positive effect on blood pressure.

减少盐的摄入量能对血压产生积极影响

The recommended daily intake of salt is 5 g.

建议每日食盐的摄入量为5g。



Daily Liquid Intake 每日液体摄入量



Drink at least 1.5 liters in the form of beverages.
每天至少喝1.5升的饮料。

It is a good idea to distribute these over the day and to drink before you even feel thirsty.

最好是 平均分布在一整天, 你 感觉口渴时饮用。

Besides unsweetened herbal and fruit teas, diluted fruit and juice cordials, water (in the form of tap, mineral, spa and table water) is particularly suitable to cover the daily liquid intake.

除了无糖香草茶和水果茶, 稀水果和浓缩果汁。水(自来水, 矿泉水, 温泉水等), 特别适合作为日常的液体摄入。

A Few More Tips 一些小贴士

When cooking keep temperatures as low as possible and use little water and fat – this preserves both nutrients and natural flavor.

烹调时尽量把温度调低，用少量的水和脂肪 - 这能保留营养成分和天然的风味。

Use local fresh ingredients and products where possible.

尽可能使用当地新鲜的食材和产品。

Take a break for your meal and don't just eat on the go. Take your time. This will allow your brain to realize when you are full.

吃饭的时候休息一下，不要边走边吃，不用急慢慢来，这样能让大脑有时间感知你吃饱了。



Below is a simple tool you can use to make better food choices.

下面是一个简单的工具，你可以用它来做出更好的食物选择。

Checklist for Healthy Eating 健康饮食检查表	
Instead of ... 不要...	Try ... 试用...
Added sugar , be it granulated sugar, brown sugar, high-fructose corn syrup, corn sugar, or honey. 额外的糖 : 无论是砂糖, 红糖, 高果糖玉米糖浆, 玉米糖或蜂蜜。	Naturally sweet food such as fruit, peppers, or natural peanut butter. 自然甜味的食物, 如水果, 辣椒, 或天然花生酱。
Dairy fat from ice cream, whole milk, and cheese. 乳品脂肪 : 来自冰淇淋, 全脂牛奶和奶酪。	Low-fat versions, such as skim milk and reduced-fat cheeses. 低脂肪, 如脱脂牛奶和低脂奶酪。
Baked sweets . Cookies, snack cakes, doughnuts, pastries, etc. 烘焙甜食 : 饼干, 点心蛋糕, 甜甜圈, 糕点等	Making homemade cookies or bars using grains such as oatmeal, and less sugar and unhealthy fats. 用谷物, 自制少糖, 少脂饼干如燕麦片
White carbohydrates . Bread, pasta, potatoes, rice, cookies, cake, or pancakes. 白色的碳水化合物 : 面包, 面条, 土豆, 米饭, 饼干, 蛋糕, 或煎饼	Whole-grain pancake mix, whole-wheat pastas and breads, brown rice. 全麦煎饼, 全麦面食和面包, 糙米。
Processed meats like bacon, ham, pepperoni, hot dogs, and many lunch meats. 加工过的肉类 : 如咸肉, 火腿, 香肠, 热狗, 和许多午餐肉。	Protein from fish, skinless chicken, nuts, beans, soy, and whole grains. 鱼中的蛋白质, 去皮的鸡肉, 坚果, 豆类, 大豆和粗粮
Added salt . 额外的盐	Flavoring food with garlic, herbs, and spices. 食品调味用大蒜, 香草, 香料等

Don't forget to check the [LifeBeats Nutrition Page](#) for Links, Tools, and Apps.

不要忘记检查LifeBeats营养页面链接, 工具和应用程序。

Eat to Live!

吃饭是为了活着！

A proper diet can keep you healthy, improve your quality of life and fuel your body for the important activities in life!

合适的饮食可以让你保持健康，提高你的生活质量 也能日常的活动提供“燃料”！

Check Signals

pre-task analysis



WHAT COULD GO WRONG?

WHAT PRECAUTIONS SHOULD I TAKE?

CAN I DO THE JOB SAFELY?

Focus - Start to Finish

Presentation content provided by :

European Heart Journal (2012) 33, 1635-1701, European Guidelines on cardiovascular disease prevention in clinical practice (version 2012)

Deutsche Gesellschaft für Ernährung e. V., Vollwertig essen und trinken nach den 10 Regeln der DGE (11/2013)

Deutsche Gesellschaft für Ernährung e. V., Die ernährungsphysiologische Bedeutung von Wasser (6/2010)

HelpGuide.org: http://helpguide.org/life/healthy_eating_diet.htm

Photos: Thinkstock