



Eat This吃这些 ✓  
Not That不吃这些 ✗  
Improve Your Health  
改善你的健康

lifebeats

lyondellbasell

# Change Your Choices; Change Your Life

## 改变你的选择，改变你的生活

This presentation is intended to help you make better nutrition decisions in order to improve your health. Key points to remember are: 该PPT的目的是通过控制营养饮食来改善我们的健康，关键点如下：

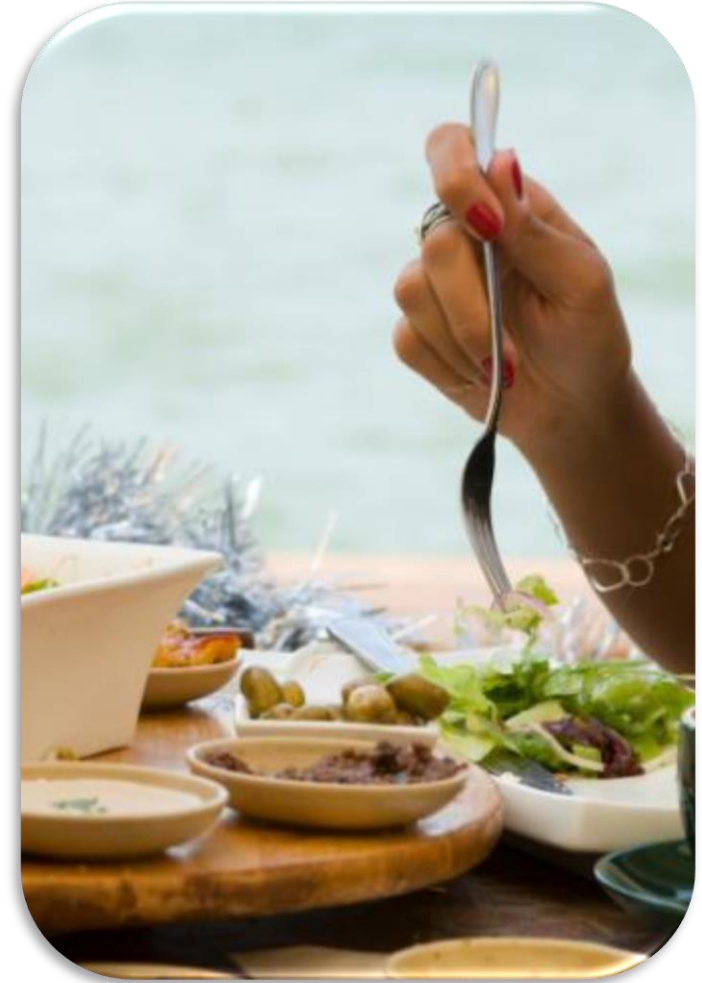
- Better diet choices will improve your health; 100 less calories per day becomes a 10 pound weight loss in a year!
- 节食改善健康；每天100少吸收100大卡。一年能减少10磅体重。
- The keys to good nutrition are *balance, variety and moderation.*
- 好的营养饮食的关键点：均衡，多样和自我节制
- To stay healthy, your body needs the right balance of carbohydrates, fats and protein – the three main components of nutrition.
- 要保持健康，你的身体需要碳水化合物，脂肪和蛋白质的平衡 – 这是营养的三个主要组成部分。
- Eat well, exercise, get enough sleep. 吃得好，运动，和充足的睡眠。



# Practice Mindful Eating – It Makes a Difference!

## 实践用心去饮食 - 的确与众不同!

- **Listen to Your Body's Cues** – Are you actually hungry? 倾听你的身体的提示 - 你是真正饿了吗?
- **Prepare Less Food at Mealtime** 少准备点食物
- **Start with a Small Serving** – Use smaller dishes/glasses 先小份量 - 使用较小的盘/杯子
- **Slow Down** – Take at least 20 minutes to finish a meal 慢下来 - 以至少20分钟才能吃完一顿饭为标准。
- **Never Eat Out of a Bag** 重来不吃整包装的
- **Eat at Regular Times** 固定吃饭时间
- **Think Before You Eat** 在吃之前想想
- **Share Large Portions** 大部分拿出来分享



# Can You Improve Your Metabolism? 可以提高你的新陈代谢?

**Metabolism** is how fast your body burns calories and depends on several things. Although you can't control your age, gender, or genetics, there are other ways to improve your metabolism. [Click here](#) to learn more.

新陈代谢是身体有多快消耗热量，取决于多种因素。虽然你无法控制你的年龄，性别，或遗传，还有其他的方法来提高你的新陈代谢。请点击[这里](#)了解更多。

**Avoid Crash Diets** - Although these diets may help you drop pounds, it comes at the expense of good nutrition, muscle loss, and in turn, slows your metabolism. The final result is your body burns fewer calories and gains weight faster than before the diet.

避免过度节食- 尽管这些饮食可以帮助你减少重量，它是以牺牲良好的营养，肌肉损失为代价，反过来，减慢你的新陈代谢。最终的结果是你的身体燃烧更少的热量，减重量的效果比减肥前更快速。





# Choose Your Plate Wisely明智选择您的菜盘

There are **five food groups** that are the building blocks for healthy diet.

五种食物组成对健康有益

- [Grains](#) - Whole grains with 3+ grams of fiber per serving所有的谷物， 每种含3克以上的纤维。
- [Vegetables](#) - The more intense the color, the better (tomatoes, spinach, sweet potatoes, squash)  
• 蔬菜 - 颜色越多越好。（西红柿，菠菜，地瓜，南瓜）
- [Fruits](#) - The more intense the color, the better (berries, cherries, pomegranates)  
• 水果 - 颜色越多越好。（浆果，樱桃，石榴）
- [Meats/Proteins](#) – Foods rich in omega-3 fats (fish, wild game), lean meats, plant based proteins (tofu, beans, legumes)肉类/蛋白质 - 食物中含有丰富的omega-3脂肪酸（鱼，野味），瘦肉，植物蛋白为主（豆腐，豆类，豆类）
- [Fats](#) – Nuts, seeds, olive oil, less saturated fat脂肪 - 坚果，种子，橄榄油，更少的饱和脂肪

[Click here](#) for practical information to help build a healthier diet with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. 点击此处查看实用信息，帮助建立一个更健康的饮食资源和工具进行膳食营养评价，营养教育，和其他人性化的营养信息。



# Drink Choices – Spoilers or Helpers? 饮料选择 - 扰流板或助手?

Many of us watch what we eat but not what we drink when on a diet. That's a mistake. Choosing the right drinks can tweak your metabolism, curb your appetite, and help cut calories.

很多人关注我们吃了什么确没关注我们喝了什么？这是个误区，选择合适的饮料可以调整你的新陈代谢，抑制食欲，并有助于减少卡路里摄入。

Which drinks are **Spoilers** and which are **Helpers** on the path to weight loss? [Click here](#) to find out. 哪些饮料是增肥的，哪些是减肥的助手？请点击此处，了解。



# Making Healthy Food Choices to Prevent Pre-Diabetes

## 使选择健康的食物，以预防前期糖尿病



Healthy lifestyle choices can help prevent pre-diabetes. Eat healthy foods. Get more physical activity. Lose excess pounds.

选择健康的生活方式可以帮助预防糖尿病前期。吃健康食品。获取更多活动的体力。减掉多余磅。

**EAT THIS:** Whole grains, vegetable oils, low-fat dairy products, fish, seafood, chicken, plant based protein

[Click here](#) for diabetes-specific information on making healthy food choices.

吃这些：全谷物，植物油，低脂乳制品，鱼类，海鲜，鸡肉，植物性蛋白质  
请点击[这里](#)了解做出健康的食物选择以及糖尿病的具体信息。



**NOT THAT:** Products with refined white flour, saturated fats, added sugar, high sodium, high calories, low fiber, and high cholesterol

不要：用精白面粉，饱和脂肪，添加糖，高钠，高热量，低纤维，高胆固醇的产品

[Click here](#) and [here](#) for more information on reading food labels. [点击这里](#)和[了解信息](#)，[阅读食品标签](#)。



# High Blood Pressure or Hypertension 高血压或高血脂

High blood pressure increases the risk of heart disease and stroke. Risk factors include obesity, drinking too much alcohol, smoking, and family history. 高血压增加心脏疾病和中风的风险。风险因素包括肥胖，饮酒过量，吸烟，家族史。

**EAT THIS:** Spices for flavor, black beans, red wine in moderation, rich omega-3 meats like baked salmon or tuna, olive oil, walnuts, and almonds

For more information on foods that can save your heart, [click here](#). 吃这个：香料香味，黑豆，红酒适量，丰富的ω-3肉类，如烤鲑鱼或鲔鱼，橄榄油，核桃，杏仁  
关于食物，可以节省你的心脏的更多信息，请点击此处。

**NOT THAT:** Food high in salt, low fiber, high cholesterol, excessive use of alcohol, limit saturated fats (animal fats and processed foods), chips, pastries

不要饮食：高盐，低纤维，高胆固醇血症，过量使用酒精，限制饱和脂肪（动物脂肪和加工食品），糕点





# Other Conditions That Your Diet May Affect 其他条件可能影响你的饮食

## Cancer and Diet

Choose foods and drinks to control your weight; limit red and process meats; eat more vegetables and fiber. If you drink alcohol, limit how much. [Click here](#) for more information on cancer and diet.

### 癌症与饮食

选择食物和饮料，以控制体重；限制红肉和加工肉类；多吃蔬菜和纤维。如果你喝酒，限量引用。请点击[这里](#)了解癌症和饮食的详细信息。

## Vision and Diet

There's no substitute for the quality of life good vision offers. Adding certain nutrients to your diet every day can help save your vision. Researchers have linked eye-friendly nutrients such as lutein/zeaxanthin, vitamin C, vitamin E, and zinc to reducing the risk of certain eye diseases, including macular degeneration and cataract formation. [Click here](#) for more information.

### 愿景与饮食

没有任何愿景能替代对未来美好的质量的生活的追求。每天在饮食中添加某些营养素提高您的视力。研究人员已发现，对视觉友好营养素如叶黄素/玉米黄质，维生素C，维生素E和锌，以减少某些眼病，包括黄斑变性和白内障的形成的危险。点击[这里](#)查看更多信息。

## Mental Health and Diet

- Interested in foods that tame stress? [Click here](#)
- Want foods that help you concentrate? [Click here](#)心理健康与饮食  
有兴趣的食物，驯服压力？[点击这里](#)  
要食物，帮助你集中精力？[点击这里](#)



# Eating Out & Snacking Choices 外出就餐和吃零食的选择

Make the healthy food choice when eating at fast food restaurants. For fast food nutrition calculator, [click here](#).

当在快餐店吃的时候，做出对健康的食物的选择。对于快餐食品营养如何计算，请点击此处。

## Revamp Your Snack Choices

**EAT THIS:** Vegetables, fruits, whole grains, nuts and seeds, low-fat dairy. Portion sizes for snacks will vary based on your individual meal plan.

To see more, [click here](#).

改造你对零食的选择  
吃这些：蔬菜，水果，全谷类，坚果和种子，低脂乳制品。  
部分大小零食会根据你个人的膳食计划而有所不同。  
要了解更多，请点击这里。

**NOT THAT:** Potato chips, candy bar, ice cream bar, fried tortilla chips with nacho cheese, cookies

不要吃：薯片，糖果，雪糕，炸玉米片与纳乔奶酪，饼干



Eat This; Not That!

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**Health Living**  
**It's in Your Hands!**  
**Start Today.**



Presentation Provided by Marilyn Cole, Premise Health