

阅读食品标签

Reading a Food Label

寻找含有这些成份的食品...

Look for foods containing ...

- 维生素 C
Vitamin C
 - 铁
Iron
 - 钙
Calcium
1. 份量大小
Serving Size
 2. 卡路里的量
Amount of Calories
 3. 限制这些营养素
Limit these Nutrients
 4. 摄取足够这些营养素
Get Enough of these Nutrients
 5. 附注包含每日价值 (DVs)
Footnote with Daily Values (DVs)

维生素 C

Vitamin C

橘子、西红柿、青椒、花椰菜、猕猴桃、草莓

Oranges, Tomatoes, Green Peppers, Cauliflower, Kiwi, Strawberries

铁

Iron

瘦红肉、鱼、鸡、添加铁质的谷类制品、水果干、豆类

Lean Red Meat, Fish, Chicken, Iron-Fortified Cereal, Dried Fruits, Beans

钙

Calcium

牛奶、酸奶、奶酪、绿叶蔬菜、豆腐、罐头带骨三文鱼（鲑鱼）
Milk, Yogurt, Cheese, Green Leafy Vegetables, Tofu, Canned Salmon with Bones

健康的饮食加上这些营养素的摄取，将有助于限制您身体对铅的吸收。
Eating a healthy diet along with these nutrients will help limit the absorption of lead in your body

欲知详情，请浏览网站：www.gchd.us
For more information visit: www.gchd.us

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