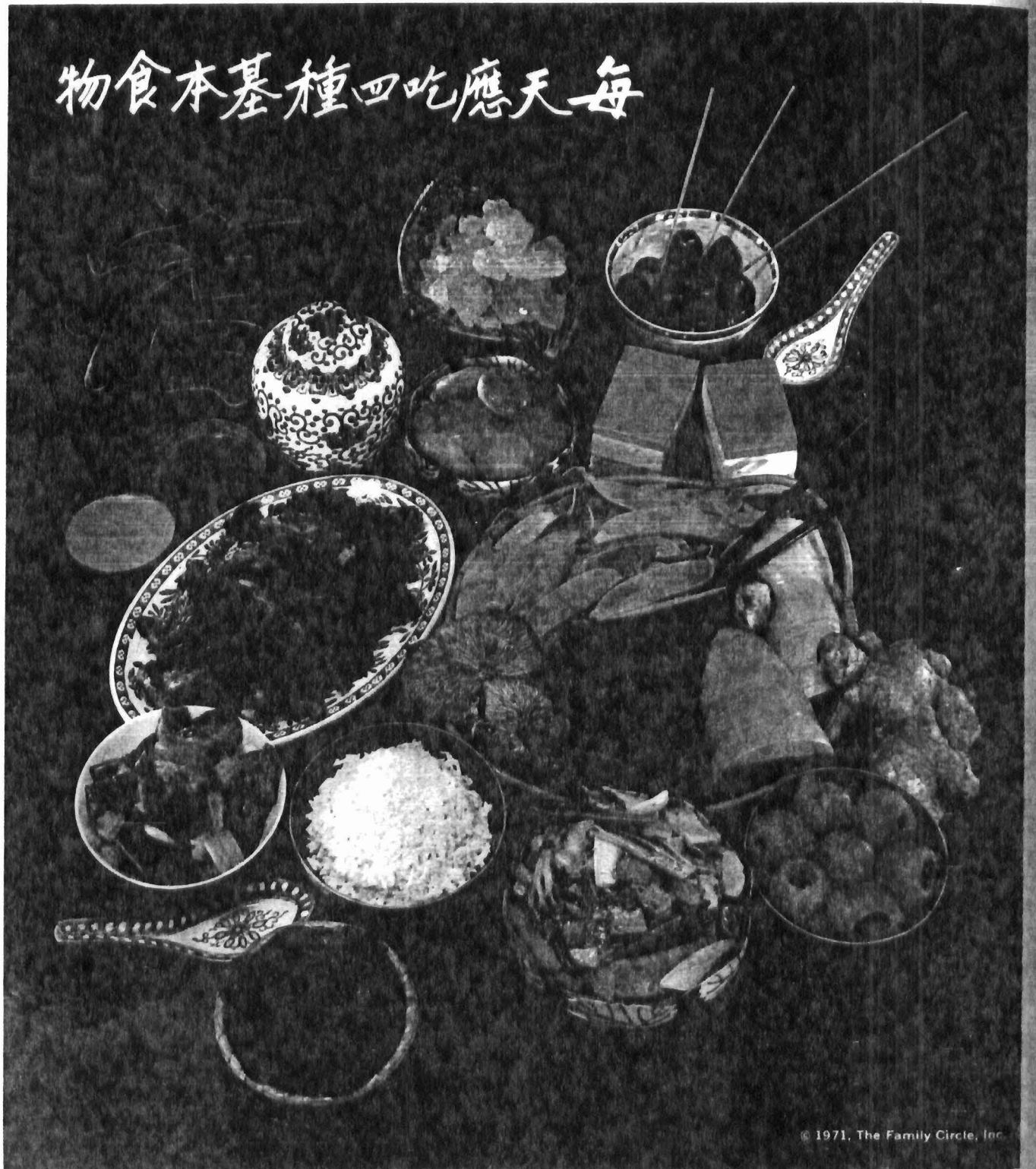


每天應吃四種基本食物



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"Eat the basic 4 foods every day" is a good rule to follow whether you are a Chinese-American mother or just an American mother whose family likes Chinese foods. The delicious traditional Chinese foods above include barbecued spareribs, Char Shue Ding, Laptochoy, and Chinese vegetables like water chestnuts, snow peas, and bamboo shoots. But something's missing. In order to give your family a balanced diet—the key to good nutrition—your meals should include a variety of foods from all of the Basic 4 food groups: • **vegetables and fruit** • **milk and milk products** • **meat/fish/poultry/eggs** • **bread and cereal**. Add a dish of ice cream for dessert and you have a Chinese meal that's as nutritious as it is delicious. Foods in the milk group include cheese and ice cream. Milk, a leading source of calcium, also provides high-quality protein, riboflavin, vitamin A, and many other nutrients.

Eat the basic 4 foods every day.



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