

HEALTHY LIFESTYLE 健康生活

	Year 年份	Format 版式
IMMUNIZATIONS 防疫注射		
1. Protect Yourself and Your Family! Get Vaccine Shots! 保護自己及家人！接種疫苗注射！	7/2008	Booklet 小冊子
2. Protect Yourself and Your Family! Get Vaccine Shots! (English & Korean)	7/2008	Booklet 소책자
NUTRITION/HEALTHY EATING 營養 / 健康飲食		
1. Cholesterol & Your Diet 膽固醇與你的飲食	6/2008	Fact sheet 單張
2. Cholesterol & Your Diet (English & Simplified Chinese) 胆固醇与你的饮食 (英文及简体字)	6/2008	Fact sheet 單張
3. Eat Foods with Fiber. It's good for your body! 吃含纖維食物有益身體健康	10/2009	Booklet 小冊子
4. Eat Well for Your Heart–Tips for Dining Out 「少吃糖鹽油，健心樂悠悠」：到餐館就餐健康飲食的建議	2006	Fact sheet 單張
5. Eat Well for Your Heart–Tips for Dining Out (English & Simplified Chinese) 「少吃糖盐油，健心乐悠悠」：到餐馆就餐健康饮食的建议 (英文及简体字)	2006	Fact sheet 单张
6. Facts About Trans Fat – What You Need To Know 關於反型脂肪- 你需要知道的事實	1/2007	Pamphlet 摺頁
7. Facts About Trans Fat – What You Need To Know (English & Simplified Chinese) 關於反型脂肪- 你需要知道的事实 (英文及简体字)	1/2007	Pamphlet 折頁
8. Facts About Trans Fat – What Restaurant Owners Need To Know 關於反型脂肪 – 餐館同業需要了解的事實	1/2007	Pamphlet 摺頁
9. Facts About Trans Fat – What Restaurant Owners Need To Know (English & Simplified Chinese) 關於反型脂肪- 餐館同業需要了解的事实 (英文及简体字)	1/2007	Pamphlet 折頁
10. Five Keys to Safer Food 食品安全五大要點	5/2006	Booklet 小冊子
11. Foods Rich in Iron 含鐵質豐富的食物	2007	Pamphlet 摺頁
12. Go Green For Your Health – Health Benefits From Natural Foods 為你的身體注入綠色元素 – 天然食物對健康的好處	7/2009	Fact sheet 單張
13. Health Recipe 健康食譜		Fact sheet 單張
◆ Almond Chicken Salad 杏仁雞沙拉 / 沙律	3/2010	
◆ Asian-Style Steamed Salmon 亞式蒸鮭魚 (三文魚)	3/2010	

◆ Asparagus with Lemon Sauce 檸檬醬配蘆筍	3/2010	
◆ Chicken & Fruit Salad 雞肉配水果沙拉	1/2010	
◆ Chicken Ratatouille 意式雞肉燉蔬菜	3/2010	
◆ Fruity Oatmeal 水果燕麥片	3/2010	
◆ Japanese-Style Beef and Noodle Soup 日式牛肉湯麵	3/2010	
◆ Salmon, Kale and Egg White Fried Rice (4 servings) 三文魚、玉蘭、蛋白炒飯 (4 份)	7/2005	
◆ Steamed Salmon 清蒸三文魚 (鮭魚)	3/2010	
◆ Turkey Vegetable Omelets (4 servings) 火雞雜菜煎蛋捲 (4 份)	7/2005	
◆ Heart Healthy Salad (4 Servings) 健心沙律 (4 份)	7/2005	
14. Healthy Eating – Plate Method 健康飲食 – 劃碟法	7/2007	Fact sheet 單張
15. Healthy Eating – Plate Method (English & Simplified Chinese) 健康飲食 – 劃碟法 (英文及簡體字)	7/2007	Fact sheet 單張
16. Heart Healthy Snacks: Smart Tips & Choices 健心小吃: 明智的選擇和要訣	11/2007	Pamphlet 摺頁
17. Heart Healthy Snacks 健心小點	7/2007	Fact sheet 單張
18. How Much Calcium Do You Need? 你需要多少鈣?	8/2005	Pamphlet 摺頁
19. How to Read a Food Nutrition Label 如何閱讀食品標籤	5/2007	Fact sheet 單張
20. Less Salt Better Health (Traditional Chinese only) 少鹽就是健康 (繁體字)	11/2007	Pamphlet 摺頁
21. Less Salt Better Health (English only)	11/2007	Pamphlet
22. Low Sodium Cooking for a Healthier Heart 低鈉煮食有益心臟健康	8/2007	Fact sheet 單張
23. MyPyramid.gov – Steps To A Healthier You 我的飲食金字塔- 步向一個更健康的你!	8/2007	Booklet 小冊子
24. MyPyramid.gov – Steps To A Healthier You 飲食金字塔	5/2005	Fact sheet 單張
25. Potassium: What You Need to Know 鉀: 你需要知多些	2/2008	Pamphlet 摺頁
26. Tips for a Low Salt Diet 低鹽飲食的要訣	6/2008	Fact sheet 單張
27. Tips for a Low Salt Diet (English & Simplified Chinese) 低鹽飲食的要訣 (英文及簡體字)	6/2008	Fact sheet 單張

28. 10 Healthy Baking Tips for Bakeries 餅店烘烤健康食品十項建議	2004	Fact sheet 單張
29. 10 Healthy Cooking Tips for Restaurants 餐館健康烹飪十項建議	2004	Fact sheet 單張
30. Where You Can Find Calcium (English & Simplified Chinese) 什麼食物含有鈣質 (英文及簡體字)	6/2008	Pamphlet 摺頁
31. Where You Can Find Calcium 什麼食物含有鈣質	6/2008	Pamphlet 摺頁
PHYSICAL ACTIVITY 體力運動		
1. Be Active – Easy Step 堅持運動 – 簡易起步	5/2005	Fact sheet 單張
2. Walking as Exercise 步行運動	7/2005	Booklet 小冊子
3. Guide To Staying Active In Queens 皇后區健身活動指南	12/2009	Booklet 小冊子
TOBACCO CONTROL 戒煙		
1. It Is Not Too Late to Quit 記住，現在戒煙還不遲	5/2005	Fact sheet 單張
2. Medicaid Can Help You Quit Smoking 醫療補助卡(Medicaid)可幫助吸煙者戒煙	7/2007	Pamphlet 摺頁
WORKSITE WELLNESS 工作與健康		
1. Worksite Wellness – Staying Healthy at Work (English)	7/2008	Pamphlet
2. Worksite Wellness – Staying Healthy at Work (Traditional Chinese only) 工作與健康 (繁體字)	7/2008	Pamphlet 摺頁
OTHERS 其他		
1. Drink Liquids for Life: Prevent Dehydration 生命之源 – 預防脫水	8/2008	Pamphlet 摺頁
2. Grow Green at Home 綠化你的家，室內植物	7/2009	Fact sheet 單張
3. Live Green. Live Healthy 綠化生活，健康生活	7/2009	Fact sheet 單張