全球银龄学院

Global Academy of Lifelong Learning

Nutrition After 60

60 岁后的营养

A self-study course in 8 lessons

自学课程，共 8 课

Everyday eating for strength, comfort, and enjoyment

日常饮食：强健身体、舒适生活、享受美味



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This course is general nutrition education only. It is not personal medical or dietary advice, and it does not replace a doctor or a registered dietitian.

本课程仅为一般营养知识教育，不是个人医疗或饮食建议，不能代替医生或注册营养师。

Welcome / 欢迎

Welcome to Nutrition After 60! This is a self-study course, so you can work through it at your own pace — one lesson a day, one a week, or all in your own rhythm. Each lesson takes about 60 minutes. Every lesson ends with a short self-graded quiz so you can check your own learning. You do not need to send your answers anywhere.

欢迎来到《60 岁后的营养》！这是一门自学课程，您可以按照自己的节奏学习——每天一课、每周一课，或者完全按自己的安排。每课大约需要 60 分钟。每课末尾都有一份简短的自测小测验，方便您自己检查学习效果，无需向任何人提交答案。

What you need: this course book, a pen, and a notebook for your own eating notes. A look inside your own kitchen cupboard and refrigerator will also come in

handy.

您需要准备的：本课程讲义、一支笔和一本笔记本，用来记录您自己的饮食笔记。顺便看一看您自家的橱柜和冰箱也会很有帮助。

An important note before you begin / 开始之前的重要提示

This course teaches general nutrition knowledge for healthy older adults. If you have diabetes, kidney disease, a heart condition, food allergies, or you take regular medication, please check with your doctor or a registered dietitian before changing your diet. This course does not prescribe calorie targets, supplement doses, or diets for any disease, and it does not replace professional advice.

本课程面向健康的老年人传授一般营养知识。如果您患有糖尿病、肾病、心脏病、食物过敏，或者长期服药，在改变饮食之前，请先咨询医生或注册营养师。本课程不规定热量目标、不推荐补剂剂量、不针对任何疾病开饮食处方，也不能代替专业建议。

Lesson 1 / 第 1 课

The Balanced Plate After 60: What Changes and What Stays the Same

60 岁后的均衡餐盘：什么变了，什么没变

> **Goal / 学习目标：** By the end of this lesson, you can build a balanced plate for lunch or dinner, and explain what changes in our eating needs after 60 — and what does not.
>
> 学完本课，您能为午餐或晚餐搭配出一份均衡餐盘，并说明 60 岁后饮食需求的哪些方面变了、哪些没变。

What changes after 60 / 60 岁后什么变了

After 60, most of us move a little less and need a little less energy from food. But our need for nutrients — protein, calcium, vitamins, fiber — stays the same or even grows. That is the central puzzle of eating after 60: **less food energy, but just as much nutrition**. So every bite should count a little more. A plate full of colorful vegetables, a palm-sized piece of protein, and a modest portion of whole grains gives you more nutrition per bite

than a large plate of white rice or white bread alone.

60 岁以后，大多数人活动量稍减，需要的能量也稍少。但我们对营养素的需求——蛋白质、钙、维生素、膳食纤维——却不变甚至更高。这就是 60 岁后饮食的核心问题：**能量需求少了，营养需求不少**。所以每一口都应该更有价值：一盘色彩丰富的蔬菜、一块手掌大小的蛋白质和一份适量的全谷物，比一大盘白米饭或白面包更有营养。

Other things change too. Taste and smell may soften, so food can seem blander. Teeth or dentures may make hard foods difficult. Appetite may shrink, especially if you eat alone. All of these are normal, and all of them have practical answers, which this course will work through one by one.

其他方面也会变化。味觉和嗅觉可能变迟钝，食物显得寡淡。牙齿或假牙可能让硬食物难以咀嚼。食欲可能变小，尤其是一个人吃饭时。这些都是正常现象，而且都有切实的应对办法，本课程会逐一讲到。

The balanced plate / 均衡餐盘

Picture your plate divided into parts. About **half** the plate: vegetables and fruit — leafy greens, carrots,

tomatoes, broccoli, apples, oranges, berries. About **one quarter**: protein — fish, chicken, eggs, tofu, beans, or lean pork. About **one quarter**: whole grains or starchy foods — brown rice, whole-wheat bread, oats, sweet potatoes, or corn. Add a small amount of healthy oil for cooking, and a glass of water or milk on the side. That is the whole pattern — no counting, no weighing, just the plate.

想象把盘子分成几部分：约**一半**是蔬菜和水果——青菜、胡萝卜、西红柿、西兰花、苹果、橙子、浆果；约**四分之一**是蛋白质——鱼、鸡肉、鸡蛋、豆腐、豆类或瘦猪肉；约**四分之一**是全谷物或淀粉类食物——糙米、全麦面包、燕麦、红薯或玉米。再加少量健康的烹调油，配一杯水或牛奶。这就是全部规律——不用计算，不用称重，只看盘子。

Chinese and American tables, side by side / 中美餐桌对照

The plate works in any kitchen. A Chinese-style balanced meal might be: stir-fried greens and tomatoes with eggs, steamed fish, a bowl of mixed-grain rice, and a bowl of tofu and seaweed soup. An American-style balanced meal might be: a salad with carrots and tomatoes, baked

chicken, a small baked sweet potato, and a glass of milk. The foods are different; the balance is the same.

这个餐盘适用于任何厨房。中式均衡餐可以是：番茄炒蛋、清炒青菜、清蒸鱼、一碗杂粮饭和一碗豆腐紫菜汤。美式均衡餐可以是：胡萝卜西红柿沙拉、烤鸡、一小个烤红薯和一杯牛奶。食物不同，均衡的道理相同。

Step by step / 一步一步来

1. **Look at tonight's plate.** Before you eat, check: is about half of it vegetables or fruit? / **看看今晚的盘子。**吃饭前检查一下：盘子里大约一半是蔬菜或水果吗?
2. **Add one color.** If your meal is all white or brown, add one colorful food — a tomato, a carrot, some greens. / **加一种颜色。**如果一餐全是白色或棕色食物，加一种色彩鲜艳的食物——一个西红柿、一根胡萝卜、一把青菜。
3. **Keep the protein.** Every main meal should have some protein — even a small amount. / **保证蛋白质。**每一顿正餐都应有一些蛋白质——即使量不大。
4. **Drink water with the meal.** A glass of water helps digestion and keeps you hydrated. / **配一杯水。**一杯水有助于消化，也能保持水分。

> **Try this / 试一试：** Plan tomorrow's dinner using the balanced

plate. Write down one vegetable or fruit, one protein, and one whole grain you will serve. Then check your cupboard: do you already have them at home?

用均衡餐盘规划明天的晚餐。写下您要做的一种蔬菜或水果、一种蛋白质和一种全谷物。再检查一下橱柜：这些食材家里已经有了吗？

Check yourself / 自我检查 — Lesson 1 Quiz

1.After 60, does the need for energy from food usually go up or down? / 60 岁以后，身体对食物能量的需求通常是上升还是下降？

2.About how much of a balanced plate should be vegetables and fruit? / 均衡餐盘中蔬菜和水果大约占多少？

3.Give one example of a protein food and one example of a whole grain. / 请举出一种蛋白质食物和一种全谷物食物。

4.True or false: a plate of white rice alone is a balanced meal. / 判断正误：只有一盘白米饭就是一顿均衡餐。

5.If your meal looks all white or brown, what is one easy fix? / 如果一餐看起来全是白色或棕色，有什么简单的改善办法？

Answers / 答案： 1. Down — we usually need a little less energy, but just as much nutrition. / 下降——能量需求稍减，但营养需求不少。 2. About half. / 约一半。 3. Protein: fish, chicken, eggs, tofu, beans, lean pork. Whole grain: brown rice, oats, whole-wheat bread, corn. / 蛋白质：鱼、鸡肉、鸡蛋、豆腐、豆类、瘦猪肉。全谷物：糙米、燕麦、全麦面包、玉米。 4. False. / 错误。 5. Add one colorful food, such as a tomato, carrot, or greens. / 加一种色彩鲜艳的食物，如西红柿、胡萝卜或青菜。

Lesson 2 / 第 2 课

Protein for Strength: Keeping Muscle as We Age

蛋白质与力量：年老后保持肌肉

Goal / 学习目标： By the end of this lesson, you can name protein foods in three price ranges, spread protein across your day, and choose soft protein foods when chewing is difficult.

学完本课，您能说出三个价位的蛋白质食物、把蛋白质分散到全天各餐，并在咀嚼困难时选择柔软的蛋白质食物。

Why protein matters more after 60 / 为什么 60 岁后蛋白质更重要

Muscle is what keeps us strong enough to climb stairs, carry groceries, and get up from a chair. As we age, we naturally lose muscle year by year — unless we give the body protein to rebuild it and use our muscles every day. Older adults generally need more protein than younger adults, and it works best when it is spread across meals rather than eaten mostly at dinner.

肌肉让我们有力气爬楼梯、提杂货、从椅子上站起来。随着年龄增长，肌肉会逐年自然流失——除非我们给身体提供蛋白质来重建肌肉，并且每天使用肌肉。一般来说，老年人比年轻人需要更多的蛋白质，而且把蛋白质分散到各餐比集中在晚餐效果更好。

Protein at every meal / 每一餐都有蛋白质

Aim for some protein at breakfast, lunch, and dinner. Breakfast is the meal most people skip protein at — a bowl of porridge alone has very little. Add an egg, a cup of milk or soy milk, or a spoonful of peanut butter, and breakfast starts working for your muscles. Lunch might

be tofu, beans, or fish; dinner might be chicken, eggs, or lean pork.

争取早餐、午餐、晚餐都有蛋白质。早餐是最容易缺少蛋白质的一餐——单喝一碗粥蛋白质很少。加一个鸡蛋、一杯牛奶或豆浆，或者一勺花生酱，早餐就开始为肌肉工作了。午餐可以是豆腐、豆类或鱼；晚餐可以是鸡肉、鸡蛋或瘦猪肉。

Three price ranges / 三个价位

- **Budget-friendly:** eggs, dried or canned beans, lentils, tofu, peanut butter. / **经济实惠：**鸡蛋、干豆或罐装豆、扁豆、豆腐、花生酱。
- **Mid-range:** chicken, canned tuna or sardines, yogurt, milk, cheese. / **中等价位：**鸡肉、罐装金枪鱼或沙丁鱼、酸奶、牛奶、奶酪。
- **Higher-priced:** fresh fish, beef, shrimp. Enjoy these when you like them; they are not required for good nutrition. / **较高价位：**新鲜鱼、牛肉、虾。喜欢就吃，但不是必需的。

When chewing is hard / 咀嚼困难时

Soft protein foods make this easy: steamed egg custard, soft tofu, well-cooked beans mashed with a fork, yogurt, milk, fish steamed until it flakes, and minced chicken in soup. If dentures hurt or chewing is painful, talk to your

dentist — and in the meantime, choose the soft list rather than skipping protein.

柔软的蛋白质食物让这件事变得容易：蒸蛋羹、嫩豆腐、煮烂后用叉子压碎的豆子、酸奶、牛奶、蒸到起层的鱼、汤里的鸡肉末。如果假牙不适或咀嚼疼痛，请去看牙医——同时先选择柔软的食物，而不是不吃蛋白质。

Step by step / 一步一步来

1. **Check your breakfast.** Does it include a protein food? If not, add one tomorrow. / **检查早餐。**早餐里有蛋白质食物吗？如果没有，明天加一种。
2. **Pick one budget protein this week.** Try a bean or tofu dish you have not made in a while. / **本周选一种经济蛋白质。**试做一道好久没做的豆类或豆腐菜。
3. **Spread it out.** Move some protein from dinner to lunch or breakfast if one meal has almost none. / **分散开来。**如果某一餐几乎没有蛋白质，把晚餐的一部分蛋白质移到午餐或早餐。

> **Try this / 试一试：** Write down what you ate yesterday. Circle every protein food. Did protein appear at all three meals? If not, write one small change for tomorrow.
>
> 写下您昨天吃的东西，圈出每一种蛋白质食物。三餐都有蛋白质吗？如

果没有，为明天写下一个小改变。

Check yourself / 自我检查 — Lesson 2 Quiz

1.Why does protein matter for older adults? / 为什么蛋白质对老年人很重要?

2.Is it better to eat most protein at dinner, or spread it across meals? / 蛋白质集中在晚餐吃更好，还是分散到各餐更好?

3.Name two budget-friendly protein foods. / 请说出两种经济实惠的蛋白质食物。

4.Name two soft protein foods for someone who has trouble chewing. / 请说出两种适合咀嚼困难者的柔软蛋白质食物。

5.True or false: breakfast porridge alone gives you enough protein. / 判断正误：早餐只喝一碗粥就能获得足够的蛋白质。

Answers / 答案： 1. Protein rebuilds muscle, which keeps us strong for stairs, carrying, and standing up. / 蛋白质帮助重建肌肉，让我们有力气爬楼梯、提东西、站起来。 2. Spread across meals. / 分散到各餐。 3. Eggs, beans, lentils, tofu, peanut butter. / 鸡蛋、豆类、扁豆、豆腐、

> 花生酱。 4. Steamed egg custard, soft tofu, yogurt, steamed fish, mashed beans. / 蒸蛋羹、嫩豆腐、酸奶、蒸鱼、压碎的豆子。 5. False — add an egg, milk, soy milk, or peanut butter. / 错误——应加一个鸡蛋、牛奶、豆浆或花生酱。

Lesson 3 / 第 3 课

Bones and Beyond: Calcium, Vitamin D, and Key Nutrients

骨骼与更多：钙、维生素 D 和关键营养素

> **Goal / 学习目标：** By the end of this lesson, you can name calcium-rich foods from three food groups, explain how sunshine and food supply vitamin D, and know when to ask a doctor about supplements instead of deciding alone.
>
> 学完本课，您能说出三个食物类别中富含钙的食物，说明阳光和食物如何提供维生素 D，并知道何时应向医生咨询补剂问题而不是自行决定 。

Bones need building material / 骨骼需要建筑材料

Bones stay alive all our lives: old bone is removed and new bone is built every day. After 60, bone is lost a little

faster than it is built, which is why bones can become thinner and break more easily. Calcium is the main building material, and vitamin D helps the body use calcium. Eating calcium-rich foods every day is the simplest way to give your bones what they need.

骨骼一生都在新陈代谢：旧骨不断被清除，新骨不断生成。60 岁以后，骨流失的速度稍快于生成速度，骨骼可能变薄、更容易骨折。钙是主要的建筑材料，维生素 D 帮助身体利用钙。每天吃富含钙的食物，是给骨骼提供所需营养最简单的方法。

Calcium from three food groups / 三类食物中的钙

- **Dairy:** milk, yogurt, cheese. A cup of milk with breakfast is an easy daily habit. / **奶类：**牛奶、酸奶、奶酪。早餐喝一杯牛奶是简单的日常习惯。
- **Beans and soy:** tofu made with calcium, soy milk with added calcium, edamame. Check the label — only tofu and soy milk with added calcium count as good sources. / **豆类和豆制品：**含钙的豆腐、添加钙的豆浆、毛豆。注意看标签——只有添加了钙的豆腐和豆浆才是好的钙来源。
- **Greens and small fish:** bok choy, kale, broccoli, and sardines eaten with their soft bones. / **绿叶菜和小鱼：**小白菜、羽衣甘蓝、西兰花，

以及连软骨一起吃的沙丁鱼。

Vitamin D: sun and food / 维生素 D：阳光和食物

The body makes vitamin D when skin is exposed to sunlight, and food adds more: fatty fish such as salmon and sardines, egg yolks, and milk or cereals with added vitamin D. Many older adults get little sun, especially in winter or when they stay indoors, so food sources matter more. If you are wondering about a vitamin D or calcium supplement, ask your doctor first — supplements are not candy, and the right amount depends on your health, your medicines, and your blood tests.

皮肤接触阳光时，身体会生成维生素 D；食物也能补充：三文鱼、沙丁鱼等油性鱼、蛋黄，以及添加维生素 D 的牛奶或谷物。许多老年人晒太阳很少，尤其在冬天或常待室内时，食物来源就更重要。如果您考虑服用维生素 D 或钙补剂，请先问医生——补剂不是糖果，合适的量取决于您的健康状况、药物和血液检查结果。

Other helpers / 其他帮手

Vitamin B12, found in animal foods such as eggs, milk,

fish, and meat, is absorbed less easily as we age; a varied diet with animal foods usually covers it, and your doctor can check if needed. Potassium, found in bananas, potatoes, beans, and greens, supports healthy blood pressure as part of a balanced diet. Iron from meat, beans, and leafy greens supports energy. The pattern is always the same: varied foods first, supplements only with professional advice.

维生素 B12 存在于鸡蛋、牛奶、鱼、肉等动物性食物中，年老后吸收会变差；饮食多样、包含动物性食物通常就够了，必要时医生可以检查。香蕉、土豆、豆类和青菜中的钾有助于维持健康的血压。肉类、豆类和绿叶菜中的铁有助于精力。规律始终如一：首先是多样化的食物，补剂只在专业建议下使用。

Step by step / 一步一步来

1. **Count your calcium foods today.** Did you eat something from the calcium list? / **数一数今天的钙食物。**您今天吃了钙食物清单里的东西吗?

2. **Add one daily habit.** A cup of milk, a piece of tofu, or a serving of greens — pick one and repeat it daily. / **养成一个日常习惯。**一杯牛奶、一块豆腐或一份青菜——选一种，每天坚持。

3. **Step into the sun briefly.** A short walk outdoors in daylight supports vitamin D and mood. / **短时间晒晒太阳。**白天在户外短暂散步，有助于维生素 D 和心情。

Try this / 试一试： Plan one day of calcium foods: one dairy or fortified soy food, one green vegetable, and one more calcium food of your choice. Write the plan in your notebook.

规划一天的钙食物：一份奶类或强化豆浆、一份绿叶蔬菜，再任选一种钙食物。把计划写在笔记本上。

Check yourself / 自我检查 — Lesson 3 Quiz

1.Name one calcium food from each of these groups: dairy, soy, greens. / 请分别从奶类、豆制品、绿叶菜中说出一种钙食物。

2.What does vitamin D help the body do? / 维生素 D 帮助身体做什么?

3.Name two food sources of vitamin D. / 请说出两种维生素 D 的食物来源。

4.True or false: you should decide your calcium supplement

dose by yourself. / 判断正误：钙补剂的剂量可以自己决定。

5.Why do bones become thinner after 60? / 为什么 60 岁后骨骼会变薄?

Answers / 答案： 1. Dairy: milk, yogurt, cheese. Soy: calcium-set tofu, fortified soy milk. Greens: bok choy, kale, broccoli. / 奶类：牛奶、酸奶、奶酪。豆制品：含钙豆腐、强化豆浆。绿叶菜：小白菜、羽衣甘蓝、西兰花。 2. It helps the body use calcium. / 帮助身体利用钙。 3. Fatty fish, egg yolks, fortified milk or cereals. / 油性鱼、蛋黄、强化牛奶或谷物。 4. False — ask your doctor first. / 错误——应先问医生。 5. Bone is lost a little faster than it is built. / 骨流失的速度稍快于生成速度。

Lesson 4 / 第 4 课

Fiber, Digestion, and Staying Comfortable

膳食纤维、消化与舒适生活

Goal / 学习目标： By the end of this lesson, you can name fiber-rich foods from four groups, explain how to increase fiber gently, and describe two daily habits that support comfortable digestion.

> 学完本课，您能说出四类富含膳食纤维的食物，说明如何温和地增加纤维摄入，并讲出两种有助于消化舒适的日常习惯。

What fiber does / 膳食纤维的作用

Fiber is the part of plant foods that our bodies do not digest. It keeps food moving through the digestive system, helps us feel full, and supports steady digestion. Many older adults eat too little fiber, especially when meals become smaller or softer. Constipation — hard, infrequent bowel movements — is common after 60, and fiber, water, and movement are the everyday tools that help most people stay comfortable.

膳食纤维是植物性食物中人体不能消化的部分。它帮助食物在消化系统中移动、增加饱腹感，并维持平稳的消化。许多老年人纤维吃得太少，尤其当饭量变小、食物变软时。便秘——大便干硬、次数减少——在 60 岁后很常见，而纤维、水分和活动是帮助大多数人保持舒适的日常工具。

Fiber from four groups / 四类纤维食物

- **Whole grains:** oats, brown rice, whole-wheat bread, corn. / **全谷物：**燕麦、糙米、全麦面包、玉米。

- **Beans and lentils:** red beans, soybeans, mung beans, lentils. / **豆类：**红豆、黄豆、绿豆、扁豆。
- **Vegetables:** leafy greens, carrots, broccoli, sweet potatoes. / **蔬菜：**绿叶菜、胡萝卜、西兰花、红薯。
- **Fruit:** apples and pears with skin, berries, prunes, oranges. / **水果：**带皮的苹果和梨、浆果、西梅、橙子。

Increase gently / 温和地增加

Add fiber one step at a time, not all at once. Switch white rice to mixed-grain rice, add beans to soup twice a week, eat an apple with its skin instead of juice. A sudden jump can cause gas and bloating, so go slowly and drink water with fiber foods — fiber works best when it absorbs water. Chew well, eat at regular times, and take a short walk after meals; all three help digestion.

一次增加一点纤维，不要一下子加很多。把白米饭换成杂粮饭，每周两次在汤里加豆子，吃带皮的苹果而不是喝果汁。突然大量增加可能引起胀气，所以要慢慢来，并且吃纤维食物时喝水——纤维吸水后效果最好。细嚼慢咽、定时吃饭、饭后短暂散步，这三点都有助于消化。

> **When to ask a doctor:** if constipation lasts more than a couple

of weeks, if there is blood, severe pain, or sudden weight loss, or if a new medicine seems to cause it, see a doctor rather than solving it alone. This course gives everyday information, not medical treatment.

何时看医生：如果便秘持续两周以上，或者出现便血、剧烈疼痛、体重突然下降，或者怀疑是新药引起的，请去看医生，而不是独自解决。本课程提供日常知识，不是医疗治疗。

Step by step / 一步一步来

1. **Swap one grain.** Replace one white-grain food with a whole-grain version this week. / **换一种主食。**本周把一种精白主食换成全谷物版本。

2. **Add beans twice a week.** Soup, salad, or a side dish — any form counts. / **每周两次豆类。**汤、沙拉或配菜，任何形式都算。
3. **Keep the skin.** Eat apples and pears unpeeled when you can. / **保留果皮。**苹果和梨能带皮吃就带皮吃。

Try this / 试一试： Look at one day of your meals. How many fiber foods can you count? Add one more fiber food to tomorrow, and note how you feel after a few days.

看一看您一天的饮食，能数出几种纤维食物？明天再加一种纤维食物，

几天后留意自己的感觉。

Check yourself / 自我检查 — Lesson 4 Quiz

1.What is fiber, in one sentence? / 用一句话说说什么是膳食纤维。

2.Name one fiber food from each group: grains, beans, vegetables, fruit. / 请分别从谷物、豆类、蔬菜、水果中说出一种纤维食物。

3.Why should fiber be increased slowly rather than all at once? / 为什么增加纤维要慢慢来，而不是一下子加很多?

4.What should you drink with fiber foods, and why? / 吃纤维食物时应喝什么，为什么?

5.Name one warning sign that means you should see a doctor about constipation. / 请说出一个便秘时应看医生的警示信号。

Answers / 答案： 1. The part of plant foods our bodies do not digest, which keeps digestion moving. / 植物性食物中人体不能消化的部分，能促进消化道蠕动。 2. Grains:

oats, brown rice. Beans: red beans, lentils. Vegetables: greens, carrots. Fruit: apple with skin, prunes. / 谷物：燕麦、糙米。豆类：红豆、扁豆。蔬菜：青菜、胡萝卜。水果：带皮苹果、西梅。 3. A sudden jump can cause gas and bloating. / 突然大量增加可能引起胀气。 4. Water — fiber works best when it absorbs water. / 水——纤维吸水后效果最好。 5. Lasting more than a couple of weeks, blood, severe pain, sudden weight loss, or a new medicine causing it. / 持续两周以上、便血、剧烈疼痛、体重突然下降，或怀疑新药引起。

Lesson 5 / 第 5 课

Water First: Hydration and Healthy Drinks

水为先：补水与健康饮品

Goal / 学习目标： By the end of this lesson, you can explain why older adults need to drink on a schedule rather than waiting for thirst, choose healthy drinks, and spot the everyday signs of low fluid intake.

学完本课，您能说明老年人为什么应按时喝水而不是等到口渴，知道如何选择健康饮品，并识别水分摄入不足的日常信号。

Thirst gets quieter with age / 年老后口渴感变弱

After 60, the body's thirst signal becomes quieter — you can be low on fluid and barely feel thirsty. Some medicines also increase fluid loss. That is why waiting for thirst is not a reliable plan. A drinking schedule works better: a glass of water when you wake up, one with each meal, one in the afternoon, and one in the early evening.

60 岁以后，身体的口渴信号会变弱——即使缺水，也可能几乎不觉得渴。有些药物还会增加水分流失。所以等到口渴再喝不是可靠的办法。按时喝水更好：起床一杯，每餐一杯，下午一杯，傍晚一杯。

Water first, then the rest / 先喝水，再选其他

Water is the best everyday drink: no sugar, no calories, no cost concern. Unsweetened tea is also a good choice. Milk and fortified soy milk add calcium and protein. Soups, congee, and water-rich fruits such as watermelon and oranges also count toward fluid. Sugary drinks — soda, sweetened tea, fruit juice drinks — add sugar without nutrition, so keep them occasional. Alcohol is

dehydrating and interacts with many medicines; if you drink, keep it small and discuss it with your doctor.

水是最好的日常饮品：无糖、无热量、不用花钱。不加糖的茶也是好选择。牛奶和强化豆浆还能补充钙和蛋白质。汤、粥、西瓜、橙子等含水丰富的食物也算补水。含糖饮料——汽水、加糖茶、果汁饮料——只增加糖分而没有营养，应偶尔喝。酒精会使身体失水，并与许多药物相互作用；如果喝酒，应少量，并与医生讨论。

Everyday signs of low fluid / 缺水的日常信号

Watch for a dry mouth, darker-than-usual urine, unusual tiredness, dizziness when standing up, or constipation that worsens. These are everyday signs that you may need more fluid. Drink a glass of water and see if they ease. If dizziness is frequent, or you feel confused or very unwell, seek medical care promptly — do not wait it out.

留意以下信号：口干、尿色比平时深、异常疲倦、站起时头晕，或者便秘加重。这些都是可能需要多喝水的日常信号。喝一杯水，看看是否缓解。如果经常头晕，或者感到意识模糊、非常不适，请及时就医，不要硬扛。

Step by step / 一步一步来

1. **Set five drinking moments.** Waking, breakfast, lunch, afternoon, early evening. / **设定五个喝水时刻。**起床、早餐、午餐、下午、傍晚。
2. **Keep water visible.** A cup or bottle on the table is a reminder by itself. / **把水放在显眼处。**桌上放个杯子或水瓶，本身就是提醒。
3. **Replace one sugary drink.** Swap one soda or sweetened drink a day for water or unsweetened tea. / **替换一种含糖饮料。**每天把一杯汽水或加糖饮料换成水或不加糖的茶。

> **Try this / 试一试：** For one day, mark each glass of water you drink on a piece of paper. How many did you drink? Were there long gaps? Set your five drinking moments for tomorrow.
> 用一天时间，在纸上记录您喝的每一杯水。您喝了几杯？有没有长时间没喝？为明天设定五个喝水时刻。

Check yourself / 自我检查 — Lesson 5 Quiz

1.Why is waiting for thirst not a reliable plan after 60? / 为什么 60 岁后等到口渴再喝不是可靠的办法?

2.Name three good everyday drinks. / 请说出三种好的日常饮品 。

3.Which drinks should be kept occasional, and why? / 哪些饮品应偶尔喝，为什么？

4.Name two everyday signs of low fluid intake. / 请说出两种缺水的日常信号。

5.True or false: soup, congee, and watermelon count toward fluid intake. / 判断正误：汤、粥和西瓜也算补水。

Answers / 答案： 1. The thirst signal becomes quieter with age, and some medicines increase fluid loss. / 年老后口渴信号变弱，有些药物还会增加水分流失。 2. Water, unsweetened tea, milk or fortified soy milk. / 水、不加糖的茶、牛奶或强化豆浆。 3. Sugary drinks — they add sugar without nutrition. Alcohol — it dehydrates and interacts with medicines. / 含糖饮料——只增加糖分而没有营养。酒精——会使身体失水并与药物相互作用。 4. Dry mouth, dark urine, unusual tiredness, dizziness on standing, worsening constipation. / 口干、尿色变深、异常疲倦、站起时头晕、便秘加重。 5. True. / 正确。

Lesson 6 / 第 6 课

Salt, Sugar, and Fats: Reading Labels with Confidence

盐、糖与脂肪：自信地读懂食品标签

> **Goal / 学习目标：** By the end of this lesson, you can read a food label's serving size, sodium, added sugars, and fats, compare two similar products, and flavor food with herbs and spices instead of extra salt.
>
> 学完本课，您能读懂食品标签上的份量、钠、添加糖和脂肪，比较两种相似产品，并用香草和香料代替多余的盐来调味。

Where salt hides / 盐藏在哪里

Most salt in our diets does not come from the salt shaker. It hides in bread, sauces, soy sauce, pickled vegetables, processed meats, instant noodles, and restaurant food. Too much salt over time raises blood pressure, which strains the heart and kidneys. The fix is not a tasteless diet — it is cooking more at home, using less sauce, and letting herbs, garlic, ginger, vinegar, and citrus do the flavor work.

饮食中的大部分盐不是来自盐罐，而是藏在面包、酱料、酱油、腌菜、加工肉、方便面和餐馆菜里。长期盐过多会升高血压，加重心脏和肾脏负担。解决办法不是吃无味的饭，而是多在家做饭、少放酱料，让香草、大蒜、生姜、醋和柑橘来提味。

Reading a label in four steps / 四步读懂标签

1. **Serving size first.** All the numbers on the label are for one serving, not the whole package. If you eat two servings, double everything. / **先看份量。**标签上的所有数字都是一份的量，不是整包的量。吃两份，所有数字都要翻倍。
2. **Sodium （钠）.** Compare products: the lower-sodium one is usually the better choice. Watch soy sauce, soup bases, and cured meats. / **钠。**比较产品：钠含量较低的通常是更好的选择。留意酱油、汤料和腌制肉类。
3. **Added sugars （添加糖）.** Look for "added sugars" — sugar added during processing, not the natural sugar in fruit or milk. Drinks, sweetened yogurt, and pastries are the biggest sources. / **添加糖。**看“添加糖”——加工过程中加入的糖，而不是水果或牛奶中天然的糖。饮料、加糖酸奶和糕点是最大的来源。
4. **Fats （脂肪）.** Favor unsaturated fats from fish, nuts, seeds, and plant oils. Limit saturated fat from fatty meat, butter, and fried

foods, and avoid trans fat, often listed as "partially hydrogenated oil." / **脂肪**。优先选择鱼、坚果、种子和植物油中的不饱和脂肪。限制肥肉、黄油和油炸食物中的饱和脂肪，避免反式脂肪——成分表中常写为“部分氢化油”。

Flavor without salt / 不用盐也能提味

Try these before reaching for the salt: garlic and ginger in stir-fries, scallions and cilantro on top, a squeeze of lemon or a splash of vinegar, chili or black pepper for warmth, and five-spice or curry powder for depth. Rinse canned beans and vegetables to wash away some salt. Taste before adding sauce — often the food is already seasoned enough.

在拿盐之前先试试这些：炒菜放大蒜和生姜，上面撒葱花和香菜，挤一点柠檬汁或倒一点醋，用辣椒或黑胡椒增加暖意，用五香粉或咖喱粉增加层次。罐装豆类和蔬菜可以冲洗一下，去掉一些盐。加酱料之前先尝一尝——食物往往已经够味了。

> **Try this / 试一试：** Take two similar products from your kitchen — for example two soy sauces, two soups, or two breads. Compare their sodium per serving. Which is lower? Keep the lower-sodium one on your shopping list.

从厨房里拿出两种相似的产品——例如两种酱油、两种汤或两种面包。

比较每份的钠含量。哪一种更低？把低钠的那种记在购物清单上。

Check yourself / 自我检查 — Lesson 6 Quiz

1.Where does most dietary salt come from: the salt shaker, or processed and restaurant foods? / 饮食中的大部分盐来自盐罐，还是加工食品和餐馆菜?

2.Why must you check serving size before reading the other numbers? / 为什么读其他数字之前必须先看份量?

3.What is the difference between "added sugars" and the sugar in fruit? / “添加糖”和水果中的糖有什么区别?

4.Name two ways to add flavor without extra salt. / 请说出两种不用多加盐的调味方法。

5.Which kind of fat should you favor, and which should you limit? / 应优先选择哪种脂肪，应限制哪种脂肪?

Answers / 答案： 1. Processed and restaurant foods. / 加工食品和餐馆菜。 2. All numbers are per serving; eating two servings doubles them. / 所有数字都是一份的

量，吃两份就要翻倍。 3. Added sugars are added during processing; fruit sugar is natural and comes with fiber and nutrients. / 添加糖是加工过程中加入的；水果中的糖是天然的，并伴有纤维和营养素。 4. Garlic, ginger, scallions, cilantro, lemon, vinegar, chili, pepper, five-spice. / 大蒜、生姜、葱、香菜、柠檬、醋、辣椒、胡椒、五香粉。 5. Favor unsaturated fats (fish, nuts, seeds, plant oils); limit saturated fat and avoid trans fat. / 优先选择不饱和脂肪（鱼、坚果、种子、植物油）；限制饱和脂肪，避免反式脂肪。

Lesson 7 / 第 7 课

Cooking Simply and Safely: Small Meals, Big Flavor

简单安全地做饭：小份量，大味道

Goal / 学习目标： By the end of this lesson, you can cook one simple balanced meal for one or two people, store leftovers safely, and reheat them correctly.

学完本课，您能为一两个人做一顿简单的均衡餐，安全地保存剩菜，并正确加热。

Cooking for one or two / 为一两个人做饭

Cooking for a small household is a skill, not a

compromise. Small pots, half recipes, and single-serving cooking all work. A one-pot meal — for example, chicken, carrots, potatoes, and greens simmered together — gives you protein, vegetables, and starch in one pot and one wash-up. A fried rice with egg, mixed vegetables, and leftover chicken turns yesterday's food into today's balanced lunch. Cooking more and freezing half is also smart: one cooking session, two or three meals.

为小家庭做饭是一门手艺，不是将就。小锅、半份菜谱、单人份烹饪都行。一锅炖——例如鸡肉、胡萝卜、土豆和青菜一起炖——一锅就有了蛋白质、蔬菜和主食，洗的碗也少。鸡蛋什锦炒饭配上剩鸡肉，能把昨天的食物变成今天均衡的午餐。多做一点、冻起一半也很明智：做一次饭，吃两三顿。

Food safety basics / 食品安全基础

- **Wash hands and surfaces.** Wash hands with soap before cooking and after handling raw meat or eggs. / **洗手和台面。**做饭前、处理生肉或鸡蛋后，用肥皂洗手。
- **Keep raw and cooked apart.** Use separate boards or wash thoroughly between raw meat and ready-to-eat foods. / **生熟分开。**生肉和即食食物用不同的砧板，或中间彻底洗净。

- **Refrigerate promptly.** Put leftovers in the refrigerator within two hours of cooking. / **及时冷藏。**剩菜在做好两小时内放进冰箱。
- **Leftovers keep 3–4 days.** In the refrigerator, eat leftovers within 3–4 days; after that, throw them out. In the freezer, most cooked foods keep for 2–3 months. / **剩菜保存 3–4 天。**冰箱里的剩菜应在 3–4 天内吃完；超过就扔掉。冷冻保存时，大多数熟食可保存 2–3 个月。
- **Reheat until steaming hot.** Heat leftovers until they are steaming all the way through, and stir soups and stews so the heat spreads evenly. / **加热到冒热气。**剩菜要加热到通体冒热气，汤和炖菜要搅拌，让热量均匀分布。
- **Thaw in the refrigerator.** Move frozen food to the refrigerator the day before, not onto the kitchen counter. / **冰箱内解冻。**提前一天把冷冻食物移到冷藏室，不要放在厨房台面上解冻。

When in doubt, throw it out / 有疑问就扔掉

Food that smells off, looks slimy, or has been left out overnight is not worth the risk — especially after 60, when foodborne illness hits harder. A small amount of wasted food is better than a week of illness. Label containers with the date you cooked them, so you never have to guess.

气味不对、发黏，或者在外放了一夜的食物，都不值得冒险

——尤其 60 岁以后，食源性疾病的打击更严重。浪费一点食物，好过生病一周。容器上贴上烹饪日期，就不用猜了。

Step by step / 一步一步来

1. **Cook one one-pot meal this week.** Protein, vegetables, and a grain in one pot. / **本周做一次一锅炖。**蛋白质、蔬菜和主食一锅出。
2. **Freeze half.** Pack one portion for the freezer and label it with today's date. / **冻起一半。**装一份放冷冻室，贴上今天的日期。
3. **Check your refrigerator.** Throw out anything older than 4 days or without a date you remember. / **检查冰箱。**扔掉超过 4 天或记不清日期的东西。

> **Try this / 试一试：** Write a one-pot recipe of your own: one protein, two vegetables, one grain, and one flavor (garlic, ginger, or five-spice). Cook it this week and note how it turned out.
> 写一道属于自己的一锅炖菜谱：一种蛋白质、两种蔬菜、一种主食和一种调味（大蒜、生姜或五香粉）。本周做一次，记下效果如何。

Check yourself / 自我检查 — Lesson 7 Quiz

> 1.How soon after cooking should leftovers go into the refrigerator? / 剩菜做好后多久内应放进冰箱？

2.How many days do refrigerator leftovers keep? / 冰箱里的剩菜能保存几天?

3.Where should frozen food be thawed? / 冷冻食物应在什么地方解冻?

4.How do you know leftovers are reheated enough? / 怎么判断剩菜加热到位了?

5.True or false: food left out overnight is still safe if it smells fine. / 判断正误：在外放了一夜的食物，只要闻着没问题就还安全。

Answers / 答案： 1. Within two hours. / 两小时内。 2. 3–4 days. / 3–4 天。 3. In the refrigerator, moved there the day before. / 冷藏室，提前一天移过去。 4. Heated until steaming all the way through, with soups stirred. / 加热到通体冒热气，汤要搅拌。 5. False — when in doubt, throw it out. / 错误——有疑问就扔掉。

Lesson 8 / 第 8 课

My Eating Plan: Putting It Together Week by Week

我的饮食计划：每周逐步落实

> **Goal / 学习目标：** By the end of this lesson, you can write a one-week eating plan that uses everything in this course, and keep it going with a simple weekly routine.
>
> 学完本课，您能写出一份运用本课程全部内容的一周饮食计划，并用简单的每周常规坚持下去。

Everything together / 融会贯通

Look back at the seven lessons. The whole course fits in one sentence: **eat a colorful balanced plate, with protein at every meal, calcium foods daily, fiber and water through the day, less salt and sugar, and food cooked and stored safely.** No single meal has to be perfect. What matters is the pattern across the week.

回顾前七课，整个课程可以归纳为一句话：**吃色彩丰富的均衡餐，每餐有蛋白质，每天有钙食物，全天有纤维和水，少盐少糖，做饭和储存都注意安全。**没有一餐必须完美，重要

的是整周的规律。

A sample week framework / 一周饮食框架示例

This is an example framework, not a prescription — swap any dish for foods you like and can afford:

这只是一个框架示例，不是处方——任何一道菜都可以换成您喜欢且负担得起的食物：

- **Breakfast every day:** a grain (oats, congee, or whole-wheat bread) + a protein (egg, milk, soy milk, or yogurt) + a fruit. / **每天早餐：**一种主食（燕麦、粥或全麦面包）＋一种蛋白质（鸡蛋、牛奶、豆浆或酸奶）＋一种水果。
- **Lunch:** a balanced plate — half vegetables, a protein, a grain. Leftovers from dinner work well. / **午餐：**均衡餐盘——一半蔬菜、一种蛋白质、一种主食。晚餐的剩菜就很好。
- **Dinner:** a cooked meal with vegetables, protein, and a grain; fish or tofu twice a week, beans twice a week. / **晚餐：**有蔬菜、蛋白质和主食的热菜；每周两次鱼或豆腐，两次豆类。
- **Drinks:** water at five moments through the day, tea unsweetened. / **饮品：**全天五个时刻喝水，茶不加糖。
- **Snacks (if hungry):** fruit, yogurt, a handful of nuts, or a small piece of cheese — not sweets or salty snacks every day. / **加餐（如饿了）：**

水果、酸奶、一小把坚果或一小块奶酪——不要每天吃甜食或咸零食。

Keep it going / 坚持下去

1. **Shop once with a list.** Write the week's vegetables, proteins, and grains before going out — it saves money and prevents impulse snacks. / **列清单购物。**出门前写好本周的蔬菜、蛋白质和主食——省钱，也避免冲动买零食。
2. **Prep one thing ahead.** Wash and cut vegetables, cook a pot of grains, or marinate tofu the day before. / **提前准备一样。**提前一天洗切蔬菜、煮一锅主食或腌好豆腐。
3. **Review on Sunday.** One minute: which days did I eat a balanced plate? What will I change next week? / **周日回顾一分钟。**哪几天吃了均衡餐？下周改什么？

> **Try this / 试一试：** Fill in your own one-week plan below. Start with just three dinners and three breakfasts if a full week feels like too much — a small plan you follow beats a perfect plan you do not.
>
> 填写下面属于您自己的一周计划。如果整周太多，先只填三顿晚餐和三顿早餐——能执行的小计划，胜过不执行的完美计划。

Check yourself / 自我检查 — Lesson 8 Quiz

1.Say the whole course in one sentence. / 用一句话概括整个课程。

2.What should breakfast include every day? / 每天早餐应包括什么?

3.How often should fish or tofu, and beans, appear in dinners each week? / 晚餐中每周应有几次鱼或豆腐、几次豆类?

4.Name two healthy snacks from this lesson. / 请说出本课中的两种健康加餐。

5.What is the one-minute Sunday review? / 周日一分钟回顾是什么?

Answers / 答案： 1. A colorful balanced plate, protein at every meal, calcium foods daily, fiber and water through the day, less salt and sugar, safe cooking and storage. / 色彩丰富的均衡餐，每餐有蛋白质，每天有钙食物，全天有纤维和水，少盐少糖，安全烹饪和储存。 2. A grain + a protein + a fruit. / 一种主食＋一种蛋白质＋一种水果。 3. Fish or tofu twice a week, beans twice a week. / 每周两

> 次鱼或豆腐，两次豆类。 4. Fruit, yogurt, a handful of nuts, a small piece of cheese. / 水果、酸奶、一小把坚果、一小块奶酪。 5. Ask: which days did I eat a balanced plate, and what will I change next week? / 问自己：哪几天吃了均衡餐，下周改什么？

My Eating Plan / 我的饮食计划

Write your own plan here. Keep it somewhere you can see it — on the refrigerator is a good place.

在这里写下您自己的计划。放在看得见的地方——冰箱上就是个好地方。

My breakfast protein (one each day):

_____

我的早餐蛋白质（每天一种）： _____

_____

My daily calcium food: _____

我的每日钙食物： _____

My five drinking moments:

_____

我的五个喝水时刻： _____

Three dinners I will cook this week:

_____

本周要做的三顿晚餐： _____

One label I will compare on my next shop:

_____

下次购物要比较的一种标签： _____

___

Progress Checklist / 进度检查表

☐ Lesson 1: The Balanced Plate After 60 / 第 1 课：60 岁后的均衡餐盘

☐ Lesson 2: Protein for Strength / 第 2 课：蛋白质与力量

☐ Lesson 3: Bones and Beyond / 第 3 课：骨骼与更多

☐ Lesson 4: Fiber, Digestion, and Staying Comfortable / 第 4 课：膳食纤维、消化与舒适生活

☐ Lesson 5: Water First / 第 5 课：水为先

☐ Lesson 6: Salt, Sugar, and Fats / 第 6 课：盐、糖与脂肪

☐ Lesson 7: Cooking Simply and Safely / 第 7 课：简单安全地做饭

☐ Lesson 8: My Eating Plan / 第 8 课：我的饮食计划

Congratulations on completing Nutrition After 60!

Remember: this course is general education, not personal medical advice. If you have diabetes, kidney disease, a heart condition, food allergies, or take regular medication, keep checking with your doctor or a registered dietitian about your diet.

恭喜您完成《60 岁后的营养》！请记住：本课程是一般知识教育，不是个人医疗建议。如果您患有糖尿病、肾病、心脏病、食物过敏或长期服药，请继续就饮食问题咨询医生或注册营养师。