

10 Cungj Gijgwn Ndae Bang Baiz Lauz Okdaeuj

十种食物有助排脂

Haeuxyangz: Hamz gai、sih、lonjlinzcij、veizswnghsu E daengj gig lai, ndaej gyangqdaemq hezcingh danjgucunz.

Haijdai: Hamz niuzvangzsonh gig lai, ndaej gyangqdaemq danjgucunz ndaw lwed caeuq danjgucunz ndaw raemxmbei; gij nyinzsei hwez-causonh ndaej gamhanh supsou danjgucunz, caemh ndaej baiz danjgucunz okdaeuj.

Gyaeusuenq: Hamz miz gij liuzvavuz gyoebyonj haenx, ndaej gemjsiuj danjgucunz ndaw lwed, laengzdangj lwed saek, ndaej bang demgya gauhmizdu cijdanbwz hamz-liengh.

Lwgmaenz: Ndae cunghab gij soemj ndaw ndang aenvih gwn noh caeuq gwn gyaeq daiq lai haenx, baujciz ndang vunz soemjndaengq doxdaengh. Ndaw lwgmaenz hamz miz

nyinzsei doxgaiq haemq lai, ndaej supsou gij suijswn ndaw dungxsaej caeuq nyinh conghsaej doeng haex, caemh ndaej dawz gij lauz、dangz、huqdoeg baiz ok rog ndang daeuj, hwnj daengz baiz lauz cozyung.

Makbingzgoj: Ndaw makbingzgoj hamz gyaz lai, ndaej baiz gij huq doyawz okdaeuj, hawj hezyaz baujciz cingqciengz. Aenvih de hamz miz gojgyauh、cenhveizsu caeuq veizswnghsu C, baiz lauz yaugoj gig ndei. Ngoenznaengz gwn song aen makbingzgoj, genhciz gwn ndwen ndeu, doiq sailwed simdaeuz daih miz ndeicawq.

Lauxbaeg nding: Hamz miz gojgyauhsonh gai gig lai, caeuq gij soemj raemxmbei hwnj vayoz fanjying le daj ndaw haex baiz okdaeuj, ndaej coi danjgucunz ndaw lwed doekdaemq.

Ngveih makgingq: Boux danjgucunz cingqciengz roxnaeuz danjgucunz loq sang haenx, lai gwn ngveih makgingq couh ndaej dab-daengz gyangqdaemq danjgucunz ndaw lwed muzdiz, caemhcai q baujciz aen simdaeuz gengangh.

Cijvaiz: Hamz miz gai doxgaiq haemq lai, ndaej hanhhaed danjgucunz ndaw ndang habbaenz meiz, hix ndaej gemjsiuj ndang vunz supsou danjgucunz.

Makgam: Hamz miz veizswnghsu C gig lai, lai gwn ndaej daezsang aen daep gaij doeg naengzlig, gyavaiq cienjvaq danjgucunz, gyangqdaemq hezcij.

Caz: Hamz miz gahfeihyinh caeuq cazdohfwnh, ndaej leih nyouh gyangq lauz, ciengz gwn caz ndaej laengzdangj danjgucunz ndaw ndang swng sang.



Seizcin Gwn Ohswnj Byaekgep Ndae Dingj Gominj

春吃莴笋韭菜抗过敏

Ohswnj dwg cungj byaek hab seizcin gwn ndawde cungj ndeu. De hamz miz veizswnghsu、gai、meij、nyinzsei gijgwn daengj cwngzfwn. Yizbnwj yenzgiu ndaej rox, ndaw ohswnj mbangi doxgaiq ndaej dingj seizcin aenvih gominj yinxfat baenz ndaeng haenz. De ndaej dawz daeuj guh byaekliengzban roxnaeuz cau gwn, lij ndaej gyagoeng baenz byaekiep ciengq、byaekcimq daengj dem.

Byaekgep ndaej daezsang rengz dingj bingh vunzraeuz. Ngamq haeuj seizcin gwn ceiq ndei. De hamz miz nyinzsei gijgwn, ndaej coi conghsaej noddough, mizyauq dwk yawhfuengz haexgaz caeuq saejlaux baenz aiz, vunz haen de guh “byaek swiq saej”. Boux bingzseiz din fwngz gyoet mboujfuengz lai gwn di byaekgep ndeu. Gwn byaekgep fuengfap gig lai, ndaej cau gyaeggaeq roxnaeuz cau nohcing gwn. Danhseih boux baenz bak linx hwnj baez, boux congghoz in dot caeuq boux daep huj hoenghvuengh ceiq ndei noix gwn di.

Seizcin Hab Gwn Gijmaz

春季宜吃食物

Seizcin dwg seiz aen daep huj hoengh, wng siuj gwn gijgwn soemj, mboujnex rox hawj huj daep engq hoengh le sieng daengz aendungx. Ndae lai gwn di gijgwn lajneix:

1、Maenzcienz: Maenzcienz ndaej cangq dungx bouj dungx, bouj ndang haw.

2、Rangzcin: Cawz hamz danbwzciz lai le, lij hamz miz gvanguzciz gig lai, lumj gai、linz、diet caeuq lai cungj veizswnghsu daengi.

3、Nyod duhlanhdouq: Doiq boux hezyaz sang caeuq boux baenz binghnyouhdangz daeuj gangj, ceiq hab nap aeu raemx de gwn.

4、Byaekgep: Raeuj ndaw hengz heiq, raeuj mak raeuj yiengz. Doiq boux hwet naet gyaeujhoq unq、boux baenz yangzveij、boux baenz laeuh cing miz haemq ndei goengyauq.

5、Mbaw gocin: Ndae cing fung、gej doeg、cangq dungx leix heiq. Aeu nyod oiq de ma guh liengzban daeuhfouh、cauj gyaeggaeq gwn, feih rangfwd.

Gijwnq lumj duhbab、byaekbohcai、byaekreuz、byaekrang、makdaihcauj、dangzrwi、duh、gij huq aeu cij daeuj guh、gyaeqbit gyaeggaeq、lwgmak daengj hix hab seizcin gwn.

Gij Gwnndoet Diuzleix Lwgnyez Baenz Feiyenz

宝宝肺炎的饮食调理



Aenvih lwgnyez rengz dingj bingh ca, ndigah ciengzseiz baenzbingh, lumj baenz feiyenz、dwgliengz daengj. Danghnaeuz lwgnyez baenz feiyenz, cawjranz ndaej diuzleix di gijgwn ndeu hawj lwgnyez, bangbouj ceihiw binghdwgliengz lwgnyez.

1、Aeu 5 dip noh makmug, 60

gwz byaekhau sau, 15 gwz bwzgiz, 250 gwz nohmou cing, caez baek dang gwn, ngoenz fuk, baen 2 baez gwn. Ndae ik heiq ciengx yaem, nyinh bwt vaq myaiz.

2、Aeu 50 gwz beghab, 200 gwz haeuxlidlu, gya 5 vanj raemx baek baenz lw 3 vanj, baen 3 baez gwn, ngoenz fuk.

3、Ngveih makhwzdauz、dangz-nae gak 30 gwz, makleiz 150 gwz, caez ngenz mienz baek raemx gwn, moix baez gwn geng ndeu, ngoenz gwn 3 baez.

4、Ngveih makgingq 10 gwz, mbek naeng soem bae le dub mienz, makleizbit aen daengz song aen, di dangz-nae ndeu. Sien cab makleizbit baenz gaiq, caeuq ngveih makgingq

caez baek raemx, makleizbit cug seiz dwk dangz-nae roengz, dang caz gwn.

5、Aeu 10 gwz dangjsinh, 15 gwz makcauj cawz ngveih, 150 gwz haeuxcid, dwk habliengh raemx caez cawj cuk, gya begdangz heuz gwn.

6、Aeu 10 gwz ngveih makgingq, mbek naeng soem bae, dwk raemx ngenz mienz daihlawh aeu raemx, 30 gwz haeuxsan, gya raemx cawj cuk gwn.

Ciengeiz aeu geiq ndaej, fatndat geizgan gwnndoet aeu cit、yungzheih siuqaq, gwn saw roxnaeuz buenq gwd ceiq ndei, lumj haeuxcuk、faenjhaeux、faenjgaeux、raemxmak、dangduhheue daengj, caemhcai aeu lai gwn raemx, baujciz haexnyouh doengswnh.

Seizcin Lai Gwn Byaekheu Lai Gwn Cuk

春季应多吃蔬菜多喝粥

Seizcin dwg aen geiqciet heiqyiengz swng hwnj ndeu, hix dwg aen geiqciet yungzheih fatbingh he. Ndigah, seizcin ciengx ndang aeu daj gwnndoet guh hwnj. Seizcin gwnndoet wng sawcit, siuj gwn gijgwn manhget caeuq gijgwn hawqsauj.

1、Lai gwn lwgmak. Lwgmak mboujdanh yingzyangj gyaciz lai, lij ndaej hawj aendang vunzraeuz lai dingj ndaej bingh. Seizcin dwg aen geiqciet yungzheih baenz dwgliengz ndeu, wng lai gwn di lwgmak ndeu, de ndaej bang vunzraeuz ndang cangq, daezsang rengz dingj bingh.

Gij lwgmak hab seizcin gwn haenx miz: Gyoijhom、makdumh、makbingzgoj、makyinhdauz daengj.

Lai gwn cuk. Lai gwn di cukbaujgen ik heiq bouj lwed、cangq dungx youh yungzheih siuqaq supsou ndeu. Gwn de mboujdanh ndaej baujgen, caemhcai ndaej hawj vunz sim sangj baenzmaz. Cukbaujgen miz cuk byaekgep haeuxsuen、cuk haeuxsuen bwtdaep doihduz daengj.

Lai gwn byaekheu. Seizcin yungzheih baenz congghbak nengz、naeng haenz daengj bingh, wng lai gwn di byaekheu singhsien youh mbouj miz uqlah ndeu, gij byaek



fanjgeiqciet wngdang noix gwn di. Gwn byaekheu seiz, ceiq ndei cingh cau roxnaeuz guh byaekliengzban gwn.