

Gangjigangj Seizdoeng Mehmbwk Gwn Bouj

说说冬季女性进补



Mehmbwk seizdoeng gwn bouj aeu gangj gohyoz. Baez baenz binghfugoh, couh aeu gibseiz bae yihyen duenq yw. Aenvih seizneix conhyez yied faen yied saeq, cijmiz conhyez yihswih, conhyez gisuz, conhyez sezbei, cij ndaej vih

mehmbwk siucawz bingh in, gwn. **Raeuj bouj.** Dwg vix gijgwn raeujndat haenx, lumj nohcwz、nohyiengz、byalae、huqdiemz、makcauj nding、nohmaknganx、maklaehcae caeuq coeng hing daengj. Gij mehmbwk seizdoeng lau nit ciengz gwn gij doxgaiq neix ndaej bangcoh swng huj, hawj mwngz mbouj lau nit, caemh ndaej demgiengz rengzndang. **Cing bouj.** Dwg vix gijgwn caepliengz haenx, lumj makleiz、ngaeux ndip、byaekginzcai、beghab、duhheu、lwgbheng、duzfw、lwgsae daengj, gwn de ndaej siu huj. **Ndat bouj.** Dwg vix gijgwn manh ndat haenx, lumj lwgmanh、gveiqbeiz、byaekhom、vaceu daengj, gij huq neix ndaej raeuj yiengz sanq caep, youq ndaw geiqciet seizdoeng nitgyaengj, ciengz gwn de daeuj dingj nit caeuq cawz caep.



Seizdoeng Gwn Hojgoh Haeujsim Saehhangh

冬季吃火锅注意事项

Hojgoh mboujdanh ndei gwn, caemh-caiq miz haujlai vwnzva gwnndoet neihanz youq ndawde dem. Gwn hojgoh yienznaeuz feihdauh ndei, hoeng mwh gwn seiz aeu haeujsim veiswngh, caemhcai gangj gohyoz. It senj liuh aeu singsien, mienxndaej fatseng gijgwn dengdoeg; ngeih aeu gaem ndei leizfeiz, danghnaeuz gijgwn youq ndaw hojgoh goenj nanz lai, yingzyangj cwngzfwn couh deng buqvaih, feih mbouj singsien; danghnaeuz raemx caengz goenj couh gwn, youh yungzheih yinxhwnj conghsaej baenzbingh. Linghvaih, gwn hojgoh seiz gaej gwn raemxdang daiq ndat, mboujnex nemmuek congghbak caeuq saihoz yungzheih deng logsieng.

Ciengz Gwn Lwgmaenz Ndaej Bangcoh Yawhfuengz Binghnyouhdangz

常吃红薯有助于预防糖尿病

Lwgmaenz mboujdanh feih-dauh diemz ndei, caemhcai hamz miz dansuij vahozvuz、nyinzsei gijgwn、huzlobuzsu、gyaz、meij、diet、sih daengj cib lai cungj veizlieng yenzsu dem. Ciuq caekdingh, moix 500 gwz lwgmaenz daih'iek hamz miz 11.5 gwz danbwzciz、14.5 gwz dangz、1 gwz lauz、100 hauzgwz linz、90 hauzgwz gai、2 gwz diet、0.5 hauzgwz huzlobuzsu, linghvaih, lij hamz miz veizswnghsu B₁、veizswnghsu B₂、veizswnghsu C caeuq nizgoj-sonh、yayouzsonh daengj dem. Ndawde veizswnghsu B₁、veizswnghsu B₂ hamzliengh faenbied beij haeuxnaz sang 6 boix caeuq 3 boix. Daegbied dwg de hamz miz

laianhsonh, haujlai vunz cungj siengj mbouj daengz de hamz miz gij doxgaiq neix. **Lwgmaenz mboujdanh yingz-yangj lai, lij hamz miz haemq sang yihliuz baujgen goengnaengz, caemhcai ndaej yawhfuengz binghnyouhdangz dem. Yizbwnj yenzgiu yinzyenz yenzgiu fatyienh, duznou bizbwd baenz binghnyouhdangz gvaq haenx, gwn maenzhau 4 daengz 6 aen singhgiz le, yizdaujsu ndaw lwed faenbied doekdaemq 26% caeuq 60%. Yenzgiu yinzyenz lij fatyienh, lwgmaenz miz itdingh dingj binghnyouhdangz cozyung. Audili Veizyejnaz Dayoz miz hangh linzcangz yenzgiu ndeu fatyienh,**



boux baenz 2 hingz binghnyouhdangz gwn lwgmaenz le, gij yizdaujsu minjanganjsing de ndaej daengz mizyauq gaijndei, mizleih hanhhaed hezdangz.

Gijgwn Ndei Ywbingh Seizdoeng

冬季食疗妙方

Fap 1: Conhbei(川贝) ndaej siu ndat、seng raemx、nyinh bwt、dingz ae. Makleizsezliz miz raemx lai. Ndigah conhbei caeuq makleizsezliz aeuq gwn, ndaej ciengx bwt ciengx yaem、siu ndat vaq myaiz. Danghnaeuz seizdoeng okyienh hawqsauj, congghoz mbouj cwxcaih seiz, aeu conhbei caeuq makleizsezliz aeuq gwn yaugoj gig ndei. **Fap 2:** Aeu ngaeux caeuq haeuxcid、dangzrwi itheij cawj haeux gwn, ndaej nyinh bwt dingz ae、an saenz nyinh sauj.

Vunz baez geq le, aenvih hei-q-yiengz ciemhciemh nyiegdoiq, mboujdanh rox gamjdaengz ndang in hwet naet、gen'ga naiq, heuj lij gojnwngz lonlat loenqdoek dem, neix couh dwg heiqliengz mbouj gaeuq lo, wnggai daj bouj mak hainduj caeux di yawhfuengz, gwn maklaeq ndip couh dwg gij banhfap ndei ndawde aen ndeu. Ngoenznaengz haethaemh bouxcungnienz caeuq bouxlaux danghnaeuz ndaej gwn 5 daengz 10 aen maklaeq ndip, couh ndaej dabdaengz yawhfuengz caeuq ceihyw mak haw、ndang in hwet naet aen muzdiz neix lo. Danhseih boux dungx mbouj ndei gwn maklaeq ndip mbouj ndaej mauhgvag 5 aen.

Maklaeq: Seizdoeng Bouj Mak Nyangq Nyinz

冬季补肾强筋的板栗食疗方

Maklaeq feih diemz singq raeuj, ndaej cauj gwn roxnaeuz dumq gwn, gwn de ndaej huz dungx cangq mamx. Aeu maklaeq caeuq haeuxsuen ngauz cuk, bouxlaux caeuq lwgnyez cungj hab gwn. **Guh yw gwn fap:** Maklaeq caeuq gaeqnohndaem aeuq gwn. **Yenzliuh:** Aeu 10 aen maklaeq, duz gaeqmeh nohndaem ndeu. **Guhfap:** Maklaeq bok naeng aeu ngeih de bwh yungh, gaj gaeqnohndaem ciemz bwn cawz dungxsaej swiq seuq langh hawq. Dwk nohgaeqndaem caeuq maklaeq roengz guenqmeng bae, gya raemx mued gvaq nohgaeq caeuq maklaeq, caiq dwk gep hing ndeu roengz le goeb fa feiznumq aeuq 2 diemj cung, dwk di gyu ndeu, cei q ndei gaej dwk veicingh gwn. **Ywyauq:** Nohgaeqndaem ndaej nyinh yaem ik hei q, caemh ndaej bouj bwt mak. Maklaeq ndaej bouj mak nyangq nyinz.

