

Geij Cungj Gijgwn Doiq Simdaeuz Miz Ik

几大食品有益心脏

Siengj baujhoh ndei simdaeuz, cawz hableix lienhdang、onjdingh cingzsi、gaiq ien noix ndoet laeuj le, wng lai gwn gijgwn baujhoh simdaeuz haenx.

Bya: Ndaw lauz bya hamz miz cungj cwngzfwng daegbied he, ndaej baujhoh simdaeuz. Byaginhcangh、byalae、byamanyiz daengj cungj ndaej gwn. Dwzgoz sinhcangbing conghyah yenzgiu yienjsei, moix ngoenz bingz–yaenz gwn 30 daengz 50 gwz bya, ndaej noix hawj simdaeuz baenzbingh.

Gyaeqgaeq: Gyaeqhenj yienz–

naeuz hamz miz youzlauz haemq lai, danhseih cujyau dwg lonjlinzcij, ndaej hawj danjgucunz ndaw lwed caeuq lauznaed bienq iq, caemhcai, baujciz fouz youq baihgwnz, mbouj yungzheih caem roengz bangx sailwed bae. Moix ngoenz gwn aen daengz song aen gyaeqgaeq, doiq simdaeuz cibfaen miz ik.

Duhhenj: Ndaw duhhenj hamz miz yamazonh caeuq yamazyouz–hihsonh daengj bubaujhoz cihfangz–sonh gig lai, ndaej gyangqdaemq danjgucunz, youq itdingh cingzdoh

gwnzde ndaej baujhoh simdaeuz.

Daeuzseng: Yihiyoz yenzgiu nyinhnaeuz, caeuq lauzmou daengj doxbei, lauzhanq、lauzbit ca mbouj lai caeuq youzmaekgyamj doxlumj, ndaej baujhoh simdaeuz.

Mbawcaz: Ndaw cazloeg hamz miz vangzvangcunz gig lai, ndaej gajindei danjgucunz ndaw lwed caeuq linzcij bijli, gemjsiuj gvancang bangx doenghmeg giet ndongj giet ndaek. Ndawde gij gahfeihgenj ndaej hawj bangx sailwed soenglon, hawj de baujciz danzsingq, hawj sailwed bienq

gyangq, baujcwng lwed ndaw simdaeuz lae doengswnh. Linghvaih, de lij ndaej gyangqdaemq danjgucunz dem.

Daepvaiz: Ndaw daepvaiz hamz miz doengz doxgaiq gig lai. Doengz dwg cungj cujyau cwngzfwng gyauhyenzmeiz ndang vunz raeuz, gyauhyenzmeiz dwg gij doxgaiq coicaenh gyauhyenz danbwz caeuq danzsingq habbaenz haenx, gyauhyenz danbwz cix dwg hawj sibauh bangx sailwed lienzciep hwnjdaej maenhdwt, baujciz sailwed danzsingq. Ndigah, ciengz gwn daep–vaiz doiq simdaeuz cibfaen miz ik.

Gij Gwnndoet Siu Huj Mehmbwk

女人清火的饮食

Mehmbwk baez guhhong dwgrengz rox–naeuz gwndaenj mboujmiz gvilwd, couh yungzheih “hwnjhuj”. Cawz baujciz gohyoz gwndaenj miz gvilwd le, lij wnggai lai haeujsim gwn di gijgwn “siu huj” he.

Byaekheu、lwgbheng、makdoengj、cazloeg siu huj yaugoj haemq ndei. Lauxbaeg nding ndaej bouj veizswnghsu B hawj ndang vunz, caemh ndaej yw naengbak dek.

Mwh “hwnjhuj” geizgan, gaej gwn gij huq manhget、ndoet laeuj、cit ien caeuq ngauzhwnz, baujciz conghbak seuqsak, ciengzseiz riengx bak, lai gwn raemx, caemhcai, youq canghyw cijdauj baihlaj gwn yw “siu huj”. Danghnaeuz “hwnjhuj” haemq youqgaenj, aen singhiz he lij caengz raen ndei, wng gibseiz bae yihsen genjcaz aeu yw. Conghyah daezsingj naeuz, gaej gag luenh cawx yw siu huj ma gwn, aenvih mbangjseiz gwn lai le bingh engq haeuj naek.

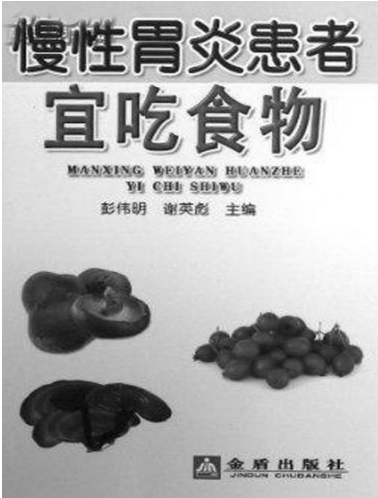
Linghvaih, danghnaeuz conghbak miz biuxnaeuh, baenz aen singhiz mbouj raen ndei, wng gibseiz bae yihsen aeu yw. Aenvih conghbak biuxnaeuh mbouj itdingh dwg “heiq huj daih” yinxhwnj, gojnwngz dwg bingh–biuxnaeuh conghbak deng binghdoeg ganjyenj lo, hix gojnwngz caeuq gizsu nem yizconz mizgven. Baez raen conghbak baenz biuxnaeuh seiz, wng genjcaz yingzyangj gijgwn swngeij dwg mbouj dwg doxdaengh, yietnaiq gaeuq rox mbouj, caemhcai, bouj gwn gak cungj veizswnghsu caeuq di gvanguvciz he.

Seizhah, lwgnding hozdung ciemh ngoenz ciemh lai, danhseih conghsaej supsou siuvaq goengnaengz lij caengz caezcienz, sikwngq naengzlig ca, daegbied yungzheih cauhbaenz goengnaengz dungxsaej fanzlueh, roxnaeuz baenzsiq、rueg gijgwn、dungxraeng daengj bingh. Haujlai lwgnding okyienh nanz bwnq haeux、mbouj siengj gwn cij、haexgaz daengj yienhsingq. Ndigah, anbaiz ndei gij gwnndoet seizhah lwgnding, daegbied dwg baujcwng yingzyangj de cibfaen youqgaenj.

Seizhah mbwn ndataeng, ok hanh lai, aeu siengj banhfap hawj lwgnding lai gwn doxgaiq, cijndaej baujcwng yingzyangj cukgaeuq. Naengh lwg–

Haj Cungj Gijgwn Yw Gipsingq Dungx In

急性胃炎食疗方5则



1、Cuk ngaeux ndip: Di ngaeux ndip he, 100 gwz haeuxsuen, di dangznding ndeu. Swiq ngaeux ndip seuq ronq baenz gaiq mbang, swiq haeux–suen seuq le, caeuq ngaeux、dangznding itheij dwk roengz

rek, dwk di raemx he, hai feizhaeng cawj goenj le gaij yungh feiznumq cawj daengz cuk ngaeux cug naemz, ngoenz gwn 2 baez, haethaemh gak gwn baez ndeu.

2、Raemx makdoengj dangzrwi: Aen makdoengj he, 50 gwz dangzrwi. Sien dwk makdoengj roengz raemx cimq cawz soemj, doeklaeng lienz naeng cab baenz sei, dip le, caeuq dangzrwi itheij dwk roengz rek, dwk di raemx ndeu, hai feizhaeng cawj goenj le gaij yungh feiznumq cawj 20 daengz 25 faen cung, vez makdoengj hwnj louz raemx de dang caz gwn.

3、Dang mba’ngaeux gaeujgij: 25 gwz gaeujgij, 50 gwz mba’ngaeux. Sien dwk di

raemx he heuz mba’ngaeux cawj goenj, cai, dwk gaeujgij roengz cawj yaep ndeu couh baenz gwn, ngoenz gwn 2 baez, moix baez 100 daengz 150 gwz.

4、Cuk naeng makgam: Naeng makgam ndip 25 gwz, haeuxsuen 50 gwz. Sien swiq naeng makgam seuq ronq baenz gaiq, caeuq haeuxsuen caez ngauz cuk cug gwn, ngoenz baez, gyanghaet gwn guh ngazromh.

5、Raemx makdauz dangzrwi: 20 gwz dangzrwi, aen makdauz ndeu. Dat naeng makdauz cawz ngveih nap aeu raemx, dwk di dangzrwi ndeu caeuq di raemxraeuj he heuz couh baenz gwn, ngoenz gwn baez daengz song baez, moix baez 100 hauzswng.

Seizhah Gwn Dang Duhheu Ndae Yawhfuengz Bingh Naengnoh

喝绿豆汤能防夏季皮肤病

Cunghyih yw binghnaeng–noh, cujyau dwg yungh siu ndat、vaq caep、gaij doeg、liengz lwed daengj soujduenh, hix ndaej senj gwn ywdoj roxnaeuz raemxdang daeuj yw. Doengzseiz, bingzseiz wng noix gwn huqndat, lumj

nohyengz、nohrieng caeuq gij huq ndaw haij caengz gwn gvaq haenx, fuengz gwn le naengnoh hwnjnwng.

Bingzseiz gwnndoet aeu haeujsim: Ngoenznaengz gwn dang duhheu, gawq ndaej fuengz

hawq youh ndaej giep caep; gaej ninz giz cumx; gaenx dak denz; raen aenndang caeuq naengnoh hwnjnwng seiz, aeu gibseiz bae yihsen genjcaz aeu yw, ciengeiz gaej gag bae gwnzhaw luenh cawx yw ma cat.

Gijgwn Miz Yingzyangj Ceiq Hab

Lwgnding Seizhah Gwn Haenx

夏季最适合婴儿的营养食谱

nding ndang haemq yox roxnaeuz dungxsaej mbouj ndei, ceiq ndei gaej youq seizhah mbwn ndat seiz duenh cij. Aenvih lwgnding mwh mbwn ndat seiz siuhvameiz iemq ok haemq noix, yungzheih yinxhwnj baenz dungxraeng roxnaeuz ganjyenj baenz saej humz.

Gij lwgnding ndaej 4 ndwen doxhwnj haenx, gijgwn de aeu daj noix daengz lai, daj saw daengz gwd, hawj

de lienh nyaij gwn doxgaiq, hawj aenndang de yingzyangj caezcienz bae. Aenvih lwgnding seizhah gwn haemq noix, wng hawj de gwn lai cungj lai yiengh, lumj daepmou makyungz gya yingzyangj mijfwnj、nohgaeq byaekheu gya yingzyangj mijfwnj、nohbya byaekheu gya yingzyangj mijfwnj、DHA byaekheu yingzyangj mijfwnj daengj, daj gak

fuengmienh bouj yingzyangj hawj de.

Linghvaih, aenvih mijfwnj yungzheih siuvaq supsou, daegbied hab amqbak lwgnding gwn. Gijgwn wng lumj bya、nyauh、doxgaiq duh guh caeuq byaekheu hix haemq hab lwgnding gwn. Aenvih seizhah ok hanh lai, raemx ndaw ndang sied bae lai, mwh de hozhawq seiz sibauh gaeng duetraemx lo. Duetraemx youqgaenj seiz, couh rox yinxbaenz fatndat. Lwgnding ngoenznaengz cijnaengz youq gwn cij caeuq gwn gijgwn wng ndawde ndaej daengz 800 hauzswng haemx, danhseih seizhah moix ngoenz wng hawj de gwn 1100 daengz 1500 hauzswng haemx cij ndaej.