

Seizhah Engq Aeu Bouj Yingzyangj

夏天更需要营养



Ok hanh lai sied bae haujlai yingzyangj doxgaiq.

Mbwn ndataeng seiz, aenndang vihliux sanqfat gij ndat ndaw ndang okdaeuj, ngoenz ok hanh 3 daengz 10 swngh baenzlai. Gij hanh lae okdaeuj haenx, cawz bak faenh cih 99 dwg raemx le, lij miz bak faenh cih 0.3 dwg naz、gyaz、gai、meij daengj veizlieng yenzsu caeuq vuzgihyenz. Gij huq neix doiq ndang vunz gig youqgaenj. Linghvaih, ndaw hanh lij hamz miz yujsonh、

niousu、anh、anhghisonh daengj doxgaiq; ok hanh daiq lai rox hawj veizswnghsu C、veizswnghsu B₁、veizswnghsu B₂ ndaw ndang sied bae lai.

Mbwn aeng seiz, daihliengh ok hanh youh hawj raemx ndaw ndang sied bae lai, yingzyangj raemxsiuvaq iemqok; gwn raemxgoenj lai youh heuz saw veisonh, yinxhwnj vunz amqbak mbouj ndei, doengzseiz goengnaengz conghsaej hix deng cigciep gemjnyieg, rengz siuvaq supsou doxgaiq doekdaemq. Bouxlaux、boux bingh lai ndang nyieg caeuq boux guh hongnaek couh yungzheih okyienh yingzyangj mbouj ndei, caemhcai q miz foegfouz、noh hoet、rengz dingj bingh doekdaemq, yungzheih baenz gak cungj bingh.

Aeu guh ndei fuengz hwngq gyangq raeuj.

Conhgyah daezok, vih an'onj doh gvaq seizhah, mboujlwnh dwg gijmaz vunz, cungj aeu haeujsim gaijndei gunghcoz caeuq swnghhoz vanzging, guh ndei hong fuengz hwngq gyangq raeuj; caemhcai q haeujsim gwn di gijgwn yingzyangj、ndang vunz aeu miz haenx, habdangq lai gwn gij doihtuz hamz laianhsonh lai he, lai gwn lwgmak hamz veizswnghsu lai haenx, daeuj baujcwng aenndang sup haeuj baiz ok sihyau.



Gwn Byalae Ndaej Gyangq Danjgucunz

吃黄鳝可降低胆固醇

Vahsug ciengz gangj: “Bya seng huj、noh seng myaiz.” Ndigah, bya caeuq noh gij doxgaiq yungzheih “hwnj huj” neix, seizhah wnggai noix gwn. Mboujgvaq, byalae cix lingh gangj lo. Noh byalae unq sien, yingzyangj lai, baenz bouj, haeuj siusawq le gwn byalae cingq habseiz.

Huzbwz Swngj Cunghyihyen Neifwnhmigoh Siuh Vancwz cujyin gaisau naeuz, byalae singq raeuj feih diemz, ndaej bouj ndaw ik heiq、bouj daep bouj dungx、siu fungcaep、nyangq nyinz giengz ndok. Yienhdaih yenzgiu byaujmingz, byalae hamz danbwzciz haemq lai, hamz diet beij byaleix caeuq byahenj sang baenz boix, caemhcai q hamz miz lai cungj gvangvuzciz caeuq veizswnghsu dem. Cawz yingzyangj lai le, de lij ndaej gyangqdaemq danjgucunz nungzdu, fuengzceih doenghmeg giet ndongj yinxhwnj sai sim lwed baenzbingh, doiq dungxraeng yinxhwnj baenz oksiq hix miz haemq ndei ceihiw cozyung.

Gij Fuengsik Ceiq Ndei Bouj Gai Bouxlaux

老人最佳的补钙方式

Gai, vunzraeuz mboujlwnh duenh bi'ndwen lawz cungj aeu miz, hoeng mbouj doengz aen bi'ndwen duenh bouj gai fuengsik mbouj doxdoengz, bouj lainoix hix mbouj ityiengh.

1、Bouxlaux bouj gai aeu caeuq lienhndang doxgiethab hwnjdaeuj. Danghnaeuz mwngz nyinhnaeuz swngeij gaenq bouj gai gaeuq lo, neix mwngz couh loek lo. Gai youq ndaw ndang vunz aeu supsou、yinhsoengq bae daengz daengx ndang gak giz, habdangq hozdung aenndang ndaej coi gai caenhliengh fazveih cozyung, daegbied dwg youq rog ranz hozdung lij ndaej lai habbaenz veizswnghsu D dem. Dangh-

naeuz gai youq ndaw conghsaej mbouj ndaej supsou vaiq, gig gojnwngz couh deng riengz haex baiz ok rog ndang daeuj ndwi.

2、Bouxlaux bouj gai lainoix aeu hableix. Bouxlaux aenvih swngeij baizok naengzlig gemjnyieg, dungxsaej supsou naengzlig hix siengdoi q doekdaemq, ndigah genyi bouxlaux sup haeuj gai wng lai di, itbuen ngoenz gwn gai 1200 daengz 1500 gwz ceiq ndei.

3、Bouxlaux bouj gai wng aeu gwnndoet daeuj bouj guhcawj. Genyi bouxlaux gwn cijvaiz singjsien, aenvih ndaw cijvaiz singjsien hamz gai ceiq lai, gyanghaemh cai q bouj gwn



boi he dem, yienghneix gawq ndaej an saenz, youh ndaej mizyauq dwk bae bouj gai.

Seizhah Habdangq Gwn Huqsoemj

夏季宜适当食用酸味食物

Seizhah mbwn ndat, vunz ok hanh lai, raemx ndaw ndang hix sied bae lai, wng habdangq gwn di huqsoemj he, lumj makyungz、makcengz、makdumh、makseq、makit、maksanhcah、makgai daengj, gij soemj de ndaej yup hanh dingz siq giep caep, ndaej yawhfuegz aenvih ok hanh daiq lai sied heiq sieng yaem, youh ndaej seng raemx gaj hozhawq, cangq dungx siu cwk. Youq ndaw byaek dwk di meiq he, gawq ndaej gaj nengz siudog, youh ndaej fuengz dungxsaej baenzbingh.

Seizhah, vunzraeuz ceiq maij yungh funghyouzcingh lo, de dwg gij huq daez saenz singj uk、siu hwngq、giep fung dingz in、gyoep nyungz siu haenz haenx. Hoeng cigndaej vixok dwg, gij cujyau cwngzfwf funghyouzcingh ndawde cungj ndeu dwg canghnauj, cungj huq neix miz di doeg he.

Ciuq yozlij yenzgiu faensik nyinhnaeuz, gij canghnauj ndaw funghyouzcingh haeuj daengz ndang vunz bae le, buzdaudzangz linzsonh dozginghmeiz gig vaiq couh caeuq canghnauj giethab baenz doxgaiq fouz doeg, doeklaeng riengz nyouh baiz okdaeuj. Ndigah mbouj rox fatseng fanjying mbouj ndei.

Hoeng, aenvih gwnz sengleix miz

Mehdaiqndang Seizhah Geih Yungh Funghyouzcingh

夏季孕产妇忌用风油精

bienqvaq, gij buzdaudzangz linzsonh dozginghmeiz ndaw ndang mehdaiqndang hamzliengh doekdaemq. Daiqndang sam ndwen dauqndaw danghnaeuz yungh funghyouzcingh daiq lai, canghnauj couh rox doenggvaq daibuenz haeuj daengz lwgndawdungx bae, youqgaenj seiz rox hawj lwgndawdungx daigaemz, yinxhwnj lonlwg.

Buzdaudzangz linzsonh dozginghmeiz ndaw ndang lwgnding hix hoix, mehsenglwg danghnaeuz yungh funghyouzcingh daiq lai, canghnauj couh rox doenggvaq naengnoh caeuq nemmuek camhaeuj ndaw lwed lwgnding bae, yinxhwnj lwgnding baenz vuengzbiu. Ndigah, mehdaiqndang seizhah wng geih yungh funghyouzcingh.

