

Seizcou Ciengx Nandang Haeujsim Diuzcez Gwnndoet

秋季养生注意饮食调节

“Seizcou vunz heih maj biz”, saedcaih dwg yienghneix. Seizciet cawzhah raezrang hawj ndang vunz baiz ok caeuq siuhauq naengzliengh beij seizcou lai, caiq gyahwnj ok hanh haemq lai, gvangvuzciz daengj yingzyangj doxgaiq hix gaenriengz sied bae lai; ok hanh lai le raemxsiuvaq ndang vunz iemqok noix, mbouj ngah gwn doxgaiq, sup haeuj yingzyangj couh noix lo. Cunghab gij yenzynh neix, seizhah siengj biz cix nanz lo. Riengzdwk seizcou daeuj daengz, mbwn liengzsangj haujlai, vunz lai gwn

ndaej doxgaiq, siuvaq caeuq supsou naengzlig cugciemh hoizdauq ndei, gij gwnndoet fuengsik seizhah gaenq mbouj muenxcuk amqbak caeuq aenndang vunzraeuz lo, mbangj huqbiz huqnywnx youh dauq dawz hwnj gwnz daizbyaek daeuj, mbouj biz cix gvaiq lo.

Ndigah, seizcou aeu guh daengz gwnndoet doxdaengh caemhcaiq caezcienz, gwn noh gwn cai hableix dapboiq, lai gwn byaekheu caeuq lwgmak. Vih ndangnaek baujciz cingqciengz, wng noix gwn huqdiemz, manhget, youznywnx caeuq youzcaq,

lai gwn di lwghaemz, lwgbien, makdumh, makgai, makmizhouz-dauz daengj byaek mak, mizleih nyinh saej doeng haex. Naengh gaenq gwn saek donq haeuxbyaek ndat lai caeuq youzlauz lai seiz, ndaej doengzseiz senj gwn cungj daengz song cungj byaekheu, lwgmak daeuj guh doxdaengh, lumj gwn byaekmbungj, byaekbohcai, daeuh-fouh, makyungz, lauxbaeg nding daengj. Boux vunzbiz gaej gwn haeux lw byaek lw, engq mbouj ndaej dam gwn nohbiz.



Gijgwn Seizcou Ciengx Nandang

秋季养生食谱

Seizcou heiqliengz cugciemh siu bae, heiqaem gaenlaeng riengz daeuj, seizneix ndang vunz hix aeu riengzei seiq seiz bienvraq gvild, yamqhaeuj daengz seiz baujhoh heiqaem, youq gwnndoet fuengmienh wng aeu fuengz hawq ciengx yaem, nyinh yaem nyinh bwt guhcawj lo.

Gwnndoet wng diemz nyinh. Hab senj gwn gij huq diemzcaep dumznyinh haenx, lumj beggab, raetngaenz, maenzcienz, makleiz, makit, lwgcid, haeuxcid, oij, gienghduh, lwgraz, ngaeux, byaek-bohcai, bwtmou, nohfw, makgyamj daengj, gij huq neix ndaej nyinh bwt seng raemx, ciengx yaem siu hawq. Siuj gwn coeng, hing, lwgmanh daengj doxgaiq manhget. Gwnndoet hab nyinhbouj. Seizcou gwn bouj dwg vih seizdoeng gwn bouj dwk ndei giekdaj, ndaej habdangq gwn di sahsinh, megdoeng, beggab, conh-bei daengj ywdoj, neix doiq vanjgaj seizcou hawqsauj miz haemq ndei yaugoj.

Seizcou wng siuj gwn manh dem gwn soemj. Seizcou wng siuj gwn coeng, hing, lwgmanh, gyaeujsuenq, byaekgep, mienx-ndaej heiqbwt deng sieng; lai gwn di lwgmak caeuq byaekheu loq soemj ndeu, lumj makbingzgoj, maksigloux, makit, makgai, mak-bug, makcengz, maksanhcah daengj, fuengz dienheiq hawqsauj haih ndang vunz.



Seizcou, vunzraeuz ciengz gamj-daengz miz mbouj doengz cingzdoh bak, ndaeng, naengnoh hawqsauj, ndigah, wng lai gwn di gijgwn raemx lai caemhcaiq ndaej seng raemx nyinh yaem he, noix gwn gijgwn manhget, gijgwn ciencaq. Gijgwn hab seizcou gwn haenx miz:

Beghab: Ndaej bouj bwt, nyinh bwt, cing sim an saenz, siucawz naetnaiq caeuq nyinh sauq dingz ae.

Maenzcienz: Mbouj ndat mbouj sauq, mboujlwnh saimbwk lauxcoz,

Gijgwn Lawz Hab Seizcou Gwn

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miz bingh fouz bingh, ndang ndei ndang nyieg cungj hab gwn.

Ngaeux: Ngaeuxndip ndaej siu ndat seng raemx gajj hozhawq, ngaexcug ndaej cangq mamx sek dungx ik lwed.

Byalae: Haeuj cou gwn byalae, mboujdanh bouj ndang, lij ndaej diuzcez hezdangz ndang vunz dem, daet donh cauq, dwk raemx aeuq gwn, ronq baenz sei cauq gwn roxnaeuz cawj cuk gwn caemh ndaej.

Maklaeq: Ndaej cangq mamx ciengx dungx, bouj mak giengz ndok.

Duhdoem: Seizcou geizlaeng

duhdoem henjcug, aeu duhndip ngenz mwnh heuz raemx gwn roxnaeuz baek raemx gwn, mbouj hab cauq gwn.

Makcauj nding: Seizcou gwn makcauj, ndaej nyinh yaem nyinh sauq, ik bwt bouj heiq, danghnaeuz caeuq raetngaenz, beggab, maenz-cienz doengzcaez aeuq gwn, yaugoj engq ndei.

Linghvaih, seizcou hab gwn makleiz, lwgcid, lauxbaeg nding, raetbingzguh, haijdai, makyungz, nohdouq, gwn bouj cix gwn vangzgiz, yinzsinh, sahsinh, ceh gaeujgij, hozsoujvuh daengj.

Seizcou Lwgnyez Ae Mbouj Dingz Yawz Banh?

秋季宝宝咳嗽不止怎么办？

Bwnq di gaumakleiz seizcou hawj de. Gaumakleiz seizcou dwg aeu makleizhau guh cujyau yenzliuh daeuj boiq gij yw dingz ae, seng raemx nyinh bwt daeuj guhbaenz, lumj ganhcauj, makbizbaz, rag gaeugat, lauxbaeg, ngaeux, raemx hing, conhbei, dangzrwi daengj cunghyoz ngauz baenz ywgau. Doiq bwt hawq, haexgyaeng daengj bingh miz haemq ndei ceihiw cozyung. Mwh lwgnyez ae

mbouj dingz seiz, cawjranz ndaej aeu sieg ywgau ndeu heuz raemxgoenj bwnq hawj lwgnyez gwn.

Gwn gijgwn nyinh bwt. Makleiz, raetngaenz, makcauj diemz, beggab, makbizbaz cungj miz nyinh bwt cozyung, aeu gij huq neix baek dang hawj de gwn nyinh bwt yaugoj cei q ndei.

Siuj gwn haijsenh. Youq aen geiqciet neix, cei q ndei gaej hawj

lwgnyez gwn bya, nyauh, baeu daengj haijsenh, aenvih heiq haeusing cei q yungzheih gig huhgizdau, bya nyauh ndaej yinxhwnj danbwzciz gominj, ndaej hawj lwgnyez ae engq youq-gaenj.

Linghvaih, seizcou aeu hawj lwgnyez gwn raemx gaeuq, raemx dwg gij gw nyinhraeuz ndaw ndang vunz, cijaeu gwn raemx gaeuq, cij ndaej baujciz aenbwt caeuq huhgizdau cingqciengz dumznyinh, mienx deng baenzae. Linghvaih, gaej luenh hawj lwgnyez gwn yw dingz ae, aeu gwn seiz itdingh aeu youq canghyw cijdauj lajde bae gwn.

It, Gaej Gwn Daiq Hamz: Noix Gwn Gyu.

Vunzchung ndang ndei moix ngoenz gwn gyu mbouj hab mauhgvaq 6 gwz, ndawde baugvat ciengqyouz, byaekhamz, veicingh daengj liuh-diuzfeih.

Ngeih, Gaej Gwn Huqdiemz Daiq Lai: Noix Gwn Dangz.

Gijgwn hamz dangz lai haenx cujyau miz haeux, mienh, gaudiemj daengj. Haeuxgwn aeu saeqco dap-boiq, lumj haeuxyangz, haeuxfiengj, duh, meg, lwgmaenz daengj. Cei q ndei mbouj gwn roxnaeuz noix gwn bingjyouz, youzdiuz, gau caq, gau-gyaeq naijyouz, gyaujgwzliuz, sietgau yungh cij guh baenz haenx.

Sam, Gijgwn Gaej Daiq Nywnx: Noix Gwn Gijgwn Youzlauz Lai Haenx.

Haj Feih Gijgwn Giuj Dapboiq Yawhfuengz Hezyaz Sang

五味食物巧搭配预防高血压

Ngoenznaengz aeu noix gwn noh doihduz(daegbied dwg nohbiz), youz-lauz doihduz, gaudiemj naijyouz, youzgo' gvang, gyaeqhenj, dungxsaej bwt daep doihduz, bya, naeng nohgaeq, naeng nohbit. Ngoenznaengz gwn cijvaiz cijsoemj mbouj ndaej mauhgvaq 250 gwz. Ngoenz gwn noh gamhanh youq 75 gwz dauqndaw, cujyau dwg gwn nohcing, lumj nohmou cing, nohvaiz, nohyiengz, nohgaeq, nohbit daengj.

Seiq, Gijgwn Gaej Daiq Manh: Noix Ndoet Laeuj.

Laeuj dwg gijgwn manh haenx, doiq boux lanhlaeuj daeuj gangj, genyi

boux sai moix ngoenz mbouj ndaej mauhgvaq 30 gwz, couhdwg laeuj-makit mbouj mauhgvaq 100 daengz 150 hauzswng; laeujbizciuj mbouj mauhgvaq 250 daengz 500 hauzswng; laeujhau mbouj mauhgvaq 25 daengz 50 hauzswng. Mehmbwk gemj buenq, mehdaiqndang mbouj ndaej gwn laeuj.

Haj, Gijgwn Gaej Daiq Haemz: Gwn Lai Rox Mbwqgwn.

Gijgwn haemz cujyau miz byaekmeg, byaekginzcai, byaekgat, lwghaemz, gahfeih daengj. Gij huq neix gwn lai rox sienghaih dungx, ndaej yinxhwnj baenz mbwqgwn, aek

in dungxsiq, yingjyangj siuvaq supsou gijgwn.

Aeu daezsingj dwg, dingzlai bouxlaux baez dwen daengz gyaeggaeq couh mbwq, nyinhnaeuz de hamz danjgucunz daiq lai, doiq ndangdaj mbouj ndei, gizsaed cawz boux ndang hamz danjgucunz lai caenbliengh noix gwn gyaeqhenj le, gij vunzwnq gwn di gyaeqgaeq he hix mboujmiz vwndiz. Lij aeu giengzdiuh dwg, gwn doxgaiq aeu habdoh, gaej gwn daiq imq. Danghnaeuz caiq boiqhab guh di yindung he, caemhcaiq baujciz simcingz vaiqvued dem, couh mbouj lau baenz hezyaz sang lo.