

Geij Cungj Byaekheu Seizcou Gwn Bouj

秋季进补的几种蔬菜

Lwgbiek. Lwgbiek hamz mba lai, yingzyangj hix lai. Moix 100 gwz lwgbiek couh hamz miz 91 gaj ndat, 2.4 gwz danbwzciz, 0.2 gwz youzlauz, 20.5 gwz dansuij vahozvuz, 14 hauzgwz gai, 43 hauzgwz linz, 0.5 hauzgwz diet, 10 hauzgwz veizswngshu C, 0.09 hauzgwz veizswngshu B₁, 20.04 hauzgwz veizswngshu B₂. Lwgbiek unq mboeng raeuzred, yungzheih siuvaq, gwn de ndaej cangq dungx, daegbied hab boux dungx hawnyieg, boux conghsaej miz bingh caeuq gij vunzbingh cingq hoizfuk dauq ndei haenx gwn, dwg huqndei nyeziq nyez-

nomj caeuq bouxlaux.

Lwgmaenz (daegbied dwg lwgmaenz ndaw henj). Lwgmaenz dwg gijgwn ndawde yingzyangj ceiq lai ndeu. Gwn de ndaej bouj haw, ik heiq, cangq dungx, giengz mak yaem caeuq huz dungx, raeuj dungx, ik bwt.

Byaekbausim. Ndaw byaekbausim hamz veizswngshu C beij makyungz sang 3.5 boix, hamz gai beij lwgbieng sang 2 boix. Gwn de ndaej coi ndang vunz baiz doxgaiq okdaeuq, doiq lwgnyez sengmaj fazyuz mizleih.

Lauxbaeg. Lauxbaeg hamz

raemx haemq lai, doengzseiz caemh hamz miz veizswngshu C caeuq mbangj gai, linz, dansuij vahozvuz caeuq siujliengh danbwzciz, diet caeuq veizswngshu wnq dem. Yihoz nyinhnaeuz, lauxbaeg singq liengz feih manh diemz, ndaej siu cwk, vaq myaiz ndat, geij doeg, ciengz yungh daeuj yw dungx ciengq caeuq ok nyouh mbouj ndaej daengj bingh. Doiq seizcou boux baenz dungx-raeng, boux rumz ndat dwgliengz, boux benjdauzdij fatyiemz, boux ae'ngab myaiz lai, boux congghoz insep miz bangbouj ceihiw cozyung.



Seizcou Itdingh Aeu Gwn Maenz

秋季必吃红薯

Lwgmaenz hamz dangz caeuq danbwzciz, nyinzsei nem lai cungj veizswngshu gig lai, ndawde hamz lauxbaeg nding, veizswngshu E caeuq veizswngshu C hix daegbied lai, moix ngoenz gwn aen maenz ndeu, gig miz yingzyangj gyaciz. De lij hamz miz denfwj, nyinzsei gijgwn, lauxbaeg nding, veizswngshu A, veizswngshu B, veizswngshu C, veizswngshu E caeuq gyaz, dez, dungz, sih daengj 10 lai cungj veizlieng yenzsu caeuq yayouzsonh dem, yingzyangj gyaciz gig sang, deng yingzyangj conghyah haenh guh gij baujgen sizbinj ceiq doxdaengh he.

Lwgmaenz hamz danbwzciz caeuq youz-lauz gig noix, ndigah aeu dapboiq byaekheu caeuq gijgwn hamz danbwzciz lai haenx itheij gwn, yingzyangj cij baujcwnq doxdaengh caezcienz.

Lwgmaenz ceiq ndei dwg youq banngaiz gwn. Aenvih duenh seizgan neix vunzraeuz gwn lwgmaenz roengz dungx le, ndang vunz aeu ginggvaq 4 daengz 5 diemj cung cij ndaej supsou gai, ndigah gwn le lajbyonghngoenz ndit ciuq cingqngamj ndaej supsou gai lo.

Seizcou Bak Sauj Baenzlawz Banh

秋季口干怎么办

Seizcou bak sau, ndaej gwn di gijgwn seng raemx gajj hozhawq ndeu daeuj vanjgaj.

1、Veizswngshu B₁₂. B cuz veizswngshu dwg aen bouhfaenh baiz ok goengnaengz noix mbouj ndaej ndeu, doengzseiz hix dwg aen geiqciet sied yingzyangj doxgaiq ceiq lai he, ndigah, bingzseiz aeu lai bouj gwn di veizswngshu B cuz ndeu.

2、Makleiz. Gwn makleiz ndaej siu ndat geij doeg, seng raemx gajj hozhawq, dingz ae vaq myaiz, ndaej nyinh congghak, doiq mbangj cihgi'gvanj fatyiemz, baenzae miz ceihiw gyaciz.

3、Makit. Gwn makit ndaej bouj heiq-lwed, seng raemx gajj hozhawq, leih nyouh, habdangq gwn di he miz ndeicawq.

4、Raetngaenz. Raetngaenz vaq myaiz ceiq ndei, daegbied dwg yaem haw yinx baenz bwt sau, baenzae, bak sau, cozyung gig ndei.

5、Raemx. Raemx dwg goekmboq diuzmingh, gaej caj daengz bak sau lo caiq gwn raemx, bingzseiz aeu ciengz gwn di raemx ndeu daeuj bouj hawj aenndang, hix ndaej habdangq gwn di cazloeg, cazva ndeu, danhseih gaej yungh yinjliu daeuj daiqlawh raemx.

Daj ndang ndei gakdoh daeuj gangj, bak sau couh gangjmingz ndaw ndang raemx mbouj gaeuq lo. Danghnaeuz ndaw ndang raemx mbouj gaeuq, couh rox fat baenz haujlai bingh. Ndigah, yawhfuengz seizcou bak sau dwg seizcou baujgen gienh saeh cungdenj ndeu.

Byaekginzcai Roek Daih Goengyauq

芹菜的6大神奇功效



Gij rag, ganj, mbaw caeuq ceh byaekginzcai cungj baenz yw. Yienhdaih yozlij yenzgiu byaujmingz, byaekginzcai ndaej gyangq hezyaz, gyangq hezcij, de miz baihlaj roek daih goengyauq:

1、Ndaej bingz daep gyangq hezyaz. Byaekginzcai hamz miz gij soemj gyangq hezyaz haenx.

2、Ndaej caemcingx an saenz. Daj ndaw ceh de faenliz ok cungj genj he, doiq doihduz miz caemcingx cozyung, doiq ndang vunz hix miz andingh cozyungz.

3、Ndaej leih nyouh siu foeg. De hamz miz leih nyouh cwngzfw n youq ndawde, ndaej siucawz naz ndaw ndang yaemz youq, leih raemx siu foeg.

4、Ndaej fuengz aiz dingj aiz. Byaekginzcai dwg cungj byaek hamz nyinzsei lai he, ginggvaq ndaw saej cozyung canjseng cungj muzcizsu roxnaeuz lauz ndaw saej, cungj huq neix dwg cungj doxgaiq dingj yangjva ndeu, vwnhdu sang seiz ndaej hanhhaed gij baenz aiz doxgaiq sigin ndaw saej. De lij ndaej

gyavaiq haex youq ndaw saej yinhsoengq seizgan, yawhfuengz vunz baenz gezcangzaiz.

5、Ndaej ciengx lwed bouj haw. De hamz diet haemq lai, ndaej bouj gij lwed mehmbwk dawzsaeg sied bae lai haenx, gwn de ndaej hawj lwgda miz saenz, byoemgyaeuj ndaem ngaenz.

6、Ndaej siu ndat gejdoeg. Seizcou dienheiq hawq-sauj, vunzraeuz yungzheih bak sau linx hawq, simfanz ndang naiq, ciengz gwn di byaekginzcai he ndaej bang siu ndat gejdoeg, siu bingh cangq ndang. Boux baenz daep huj hoengh lai, boux naengnoh cocauq caeuq boux ciengzseiz ninz mbouj ndaek, boux gyaeuj in ndaej habdangq lai gwn di.

Mehdaiqndang Dungxsiq Haeujsim Saehhangh

孕妇腹泻注意事项

Mehdaiqndang baenz dungx-siq dwg aen saenqhauh yungyiemj ndeu, ciengeiz mbouj ndaej raegrwz bw. Daiqndang geizgan ciengz baenz dungxsiq, danghnaeuz mbouj gibseiz gwn yw, mboujdanh yingjyangj supsou yingzyangj doxgaiq, caemhcaiq gojnwngz rox yinxfat baenz rongzva sousuk cauhaenz lonlwg.

Mehmbwk daiqndang le aeu gibseiz bouj gwn raemx, lai gwn haeuxcuk caeuq raemxdang daeuj bouj aenvih dungxsiq sied bae gij raemx haenx. Doengzseiz hix aeu gwn di gaudiemj he daeuj demgya gij ndat caeuq daezsang rengzndang.

Mehdaiqndang baenz dungx-

siq le yungh yw aeu daegbied siujsim, cawz miz mbouj ndei fanjying le, mbangj yw lij rox hawj lwgndawdungx bienqhingz dem.

Mehdaiqndang aeu siujsim yungh yw gangswngshu. Anh-gihganh, vangzanh, gveiznoz-dungz, swvanzsu, gyazsiuhco, bingduzco daengj yw doiq yw dungxsiq miz yaugo, hoeng, de rox hawj lwgndawdungx bienqhingz, ndigah mbouj ndaej gwn.

Itbuen daeuj gangj, ndaej gwn hungzmeizsu, anhbenj cinghmeizsu, song cungj yw neix doiq mehdaiqndang caeuq lwgndawdungx mboujmiz yingjyangj.

Danghnaeuz gwn song cungj



yw neix lij caengz raen ndei, aeu bae yihyen genjcaz conghsaej roxnaeuz guh veiging genjcaz cij ndaej.