

Seizdoeng Gaej Gwn Ndat Lai

冬季拒绝烫食



Youq ngoenznaengz swnghhoz ndawde, dingzlai vunz cungj maij gwn huq ndat caz ndat, daegbied dwg seizdoeng mbwn nit, vunz engq

maij gwn hojgoh lo, donqdonq gwn manh gwn ndat, gamjdaengz cibfaen mizyinx youh cwxcaih. Gizsaed baenzneix guh, doiq ndang vunz cibfaen miz haih bw.

Aenvih conghbak、conghhoz、saihoz、dungx daengj gi’ gvanh vunzraeuz biujmienh de miz luep nemmuk ndeu, mwh gwn huq ndat roxnaeuz caz ndat seiz, nemmuk cujcz couh rox deng logsieng, cauhbaenz nemmuk cunglwed、foegraemx、naeuhlanh, nanz le couh baenz biujnaeuh, danghnaeuz ciengzseiz fanfoek deng sieng caiq gik de dem, gij cujcz neix couh

gojnaengz binghbienq. Yihyozenzgiu fatyienh: Saihoz caeuqaendungx vunzraeuz naih ndat vaendoh dwg 50 daengz 60 doh, mwh gijgwn vaendoh mauhgyaq 60 doh roxnaeuz ciengz gwn gij caz 80 doh doxhwnj, conghbak caeuqsaihoz couh yungzheih logsieng, caemhcaiq sieng daengz nemmuk aendungx dem, ciengzseiz fanfoek baenzneix, couh rox mboujduenh fanfoek logsieng cienj baenz aizbienq. Ginggvaq diucaz ndaej rox, danhfanz gij vunz maij gwn huq ndat haenx yungzheih baenz naengbakaiz、saihozaiz、dungxaiz.



Seizdoeng Bouxlaux Lau Nit Wng Lai Gwn Gijmaz

冬季老人怕冷可多吃什么

Bouxlaux aenvih sup haeuj caeuq baiz ok、lwed lae baedauq gemjmenh daengj yenzynh, daegbied lau nit, seizdoeng cungj gamjdaengz din fwngz gyoetgyat. Siengj gvaq ndei aen seizdoeng, cawz gyagiengz diyyuz lienhdang、demgya yingzyangj、haeujsim fuengz nit bauj raeuj le, lij wnggai miz yisiz dwk lai gwn di gijgwn raeujndat dingj nit ndeu daeuj hawj aenn dang “gya’ ndat”.

Bouxlaux seizdoeng au bouj diet. Bingzseiz au haeujsim lai gwn di nohcing、bya、bwtdaep doihduz、hakgyaeq、duh、byaekginzcai、raetrang、raetmoenggaex ndaem daengj. Hoeng bwtdaep doihduz caeuq hakgyaeq danjgucunz bien sang, gaej gwn daiq lai, moix aen singhiz gwn baez ndeu couh ndaej. Mwh bouj gwn gijgwn diet doengzseiz, lij wnggai lai gwn di gijgwn hamz veizswnghsu C lai he dem, yienghneix mizleih aenn dang supsou diet.

Caiq daeuj, seizdoeng bouxlaux lij ndaej lai gwn di haijdai、byaekaeuj、gyapbangx、byaekbohcai、bya nyauh he dem.

Cawz ngoenznaengz gwnndoet le, lij ndaej dawz makhwzdauz dang saejdaeuz gwn, aenvih ndaw mak-hwzdauz hamz miz linzcij, dwg gij yenzliuh youqgaenj habbaenz sibauh ndang vunz haenx, de ndaej demgiengz sibauh vuedsingq, coicaenh goeng-naengz caux lwed, hawj vunz lai gwn ndaej doxgaiq. Linghvaih, makhwzdauz hamz miz dansuijvahozvuz gig lai, hamz ndat hix lai, ndaej soengq ndat hawj ndang vunz lai dingj nit bauj raeuj.

Lai Gwn Byaekginzcai Fuengzbingh Ywbingh Ndei

多吃芹菜防病治病益处多

Byaekginzcai hamz miz danbwzciz、youzlauz、dansuij-vahozvuz、nyinzsei、veizswnghsu、gvangvuzciz daengj yingzyangj cwngzfw. Ndawde, veizswnghsu B、veizswnghsu P hamzliengh haemq lai. Gvangvuzciz yenzsu lumj gai、linz、diet daengj hamzliengh lai gvaq byaekheu mbaw loeg wnq. Byaekginzcai mboujdanh yingzyangj lai, caemhcaiq baenz yw dem. Cunghyih linzcangz byaujmingz, byaekginzcai dwg ywndeiyw hezyaz sang caeuq mbangj bingh aenvih

hezyaz sang yinxfat baenz bingh wnq haenx, doiq fuengzceih bingh-nyouhdangz、lwed haw、lwgnyez baenz binghdokunq、sailwed gengndongj caeuq mbangj bingh-mehmbwk hix miz itdingh bangbouj ceihiw cozyung.

Ciengzseiz gwn byaekginzcai, ndaej gibseiz supsou、bouj yingzyangj hawj aenn dang, veizciz cingqciengz simleix gihnwngz, demgiengz rengz dingj bingh cungj daih miz ndeicawq. Daegbied dwg seiz mbwnnit youh hawqsauj,

vunzraeuz ciengz gamjdaengz bak hawq linx sau、heiq baeg sim fanz、ndang mbouj cwxcaih seiz, ciengz gwn di byaekginzcai he, ndaej siu ndat gej doeg、giep bingh cangq ndang. Boux heiqdaep vuengh lai、boux naengnoh cocauq、boux ciengzseiz ninz mbouj ndaek caeuq boux baenz gyaeuj in ndaej habdangq lai gwn di. Doengzseiz, aenvih byaekginzcai hamz miz youzhom, gwn de ndaej sek dungx, doiq siuvaq caeuq supsou doxgaiq daih miz ndeicawq.

Seizdoeng Lai Gwn Nohgaeq Bouj Ndag Ciengx Ndag Song Mbouj Nguh

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Gwn nohgaeq bouj ndang seiz au haeujsim duzboux duzhangh cozyung mbouj doxdoengz. Noh gaeqboux, bouj raeuj cozyung haemq ndei, haemq hab boux heiqyiengz hawnyieg gwn; noh gaeqhangh haemq hab mehsenglwg、bouxlaux ndang nyieg caeuq boux bingh nanz ndang haw gwn.

Seizdoeng yungzheih baenz dwgliengz, lai gwn di dang nohgaeq

ndeu, ndaej daezsang rengz dingj bingh; boux gaenq deng liuzganj binghdoeg hwnj ndang, lai gwn di dang nohgaeq ndeu ndaej hawj dwgliengz gemjmbaeu. Dang noh-gaeq ndaej gyoep liuzganj deuz, aenvih de ndaej baiz binghdoeg ok rog ndang daeuj.

Gij yingzyangj gyaciz duzgaeq, dwg gaeqnohndaem cei ndei. Cawz noh caeuq dang de le, daep、daw、

simdaeuz、aen’ mbei、caengz– henj dawgaeq de cungj doengzyiengh miz baujgen cozyung.

Mbouj dwg naeuz vunzvunz cungj ndaej gwn gaeq bouj ndang. Nohgaeq danbwzciz lai, boux baenz nyohu doeg caeuq boux fatndat、boux dungx ndat geih gwn. Aeu daezsingj dwg, aensoenj duzgaeq rom miz haujlai nengzbingh caeuq binghdoeg, ciengeiz mbouj ndaej gwn!

Seizdoeng mbwn nit, vunzraeuz lau nit couh gven dou gven cueng ndaetfwd. Yienghneix guh it dwg yungzheih cienzlah baenz bingh, ngeih dwg hoengheiq ndaw ranz ndaw rug deng uqlah.

Yienhdaih yihyozenzgiu nyinhnaeuz, nemmuk conghhoz vunzraeuz ciengz geiqseng miz baenz bak cungj sigin caeuq binghdoeg doxhwnj, mwh gangjavah、ae、aetwi seiz, gij binghdoeg neix couh riengz myaiz sinz haeuj seiqhenz hoengheiq bae. Seizdoeng mbwn nit, danghnaeuz ciengzseiz gven dou gven cueng ndaetfwd, nengzbingh ndaw ranz ndaw rug couh yied rom yied lai, yungzheih cauhbaenz uqlah.

Seizdoeng danghnaeuz boux vunz

Seizdoeng Ndaw Rug Wng Ciengzseiz Hai Doucueng

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ndeu soengz youq ndaw ranz ndaw rug, ndaw ranz ndaw rug 24 diemj cung cix mbouj vuenh singisien hoengheiq haeujbae gvaq, wyangjvadan hamz-liengh couh rox demgya. Bouxvunz ciengz rox okyienh gyaeuj ngunh、rengz naiq、aek mwnh、sim fanz daengj binghyiengh, neix couh dwg aen’ uk noix yangj yinxhwnj.

Seizdoeng ciengzseiz hai dou hai cueng, dwg cungj genjdanh fuengfap gaijgez hoengheiq uqlah ndeu. Aenvih bohli naengz supsou swjvaisen ndaw ndit, baez hai dou hai cueng le, nditndat cigciep ciuq daengz ndaw ranz ndaw rug, swjvaisen hix hwnj daengz siudoeg、gaj nengz cozyung. Baenzneix, gawq



mbouj lau siengfung deng nit, youh ndaej gibseiz baiz hoengheiq uqlah okbae, gij hoengheiq singisien hix gag rox laebdaeb cung haeuj ndaw ranz ndaw rug daeuj lo.