



健康小提示： 南瓜

南瓜除了可用作為萬聖節的裝飾蠟燭台外，它是一種營養豐富、可抗衰老、抗疾病的水果，全年都有供應的。

南瓜含有	對身體之益處
胡蘿蔔素	<ul style="list-style-type: none"> 減慢衰老 減低患白內障之危機 防止腫瘤生長
纖維	<ul style="list-style-type: none"> 控制血糖 促進良好消化 對減肥有良好作用
維他命 C	<ul style="list-style-type: none"> 提高免疫力 減低患心臟疾病之危機 控制膽固醇含量
維他命 E	<ul style="list-style-type: none"> 促進皮膚健康 防止皺紋出現
鉀	<ul style="list-style-type: none"> 平衡體內的流體 控制血壓
鎂	<ul style="list-style-type: none"> 促進骨骼強壯 使心臟功能恢復正常
維他命 B5	<ul style="list-style-type: none"> 平衡荷爾蒙 管理精神壓力

挑選

- 選擇深燈色、沒有爆裂和斑點的南瓜。
- 由於大的南瓜既老又多筋，所以要選擇細小的南瓜。

- 為了延長南瓜的質量，應把南瓜直接放在陽光下。
- 千萬不要把南瓜直接放在木檯上，南瓜皮的水分會破壞木面。

保存

烹調前 準備

- 把南瓜洗淨去皮、籽，切成片、粒或厚塊。
- 南瓜一被切開，必須用保鮮紙包南瓜，放在雪櫃裡。這樣可以保存大約一個星期。

參考資料：

- All about pumpkins**
<http://www.allaboutpumpkins.com/storing.html>
- Bewellbuzz.com**
<http://www.bewellbuzz.com/nutrition/pumpkin-health-benefits/#>
- How stuff works?**
<http://www.howstuffworks.com/pumpkins2.htm>
- Hubpages**
<http://cjking.hubpages.com/hub/Health-Benefits-of-Pumpkin>
- Nutrition @ suite 101**
<http://jennifermurray.suite101.com/health-benefits-of-pumpkin-a153140>

Health tips: pumpkin



More than just a decorative Halloween candleholder, pumpkin is a nutrient-rich fruit with anti-aging and disease-fighting properties. It is available all year round.

Pumpkins are great for your health and can offer some incredible benefits.

A pumpkin contains	Health benefits
Alpha-carotene	<ul style="list-style-type: none"> Slows the aging process Reduces the risk of developing cataracts Prevents tumor growth
Fiber	<ul style="list-style-type: none"> Controls blood sugar level Promotes healthy digestion Plays a role in weight loss
Vitamin C	<ul style="list-style-type: none"> Boosts immunity Reduces the risk of heart disease Regulates cholesterol level
Vitamin E	<ul style="list-style-type: none"> Promotes healthy skin Prevents appearance of wrinkles
Potassium	<ul style="list-style-type: none"> Balances fluid level in the body Controls blood pressure
Magnesium	<ul style="list-style-type: none"> Promotes strong bones Normalizes heart function
Vitamin Bs	<ul style="list-style-type: none"> Helps balance hormone levels Manages stress

Selecting

- Look for deep-orange pumpkins that are free of cracks or soft spots.
- Choose smaller pumpkins because large ones tend to be tough and stringy.

- Display it out of the direct sun. This will prolong its quality.
- Never place a pumpkin directly on a wooden table top because the moisture in the shell can damage wooden surfaces.

Storing

- Wash off dirt, cut away the tough skin with a knife, remove the seeds, then slice, dice or cut the pumpkin into chunks.
- Once a pumpkin is cut, wrap it with cling wrap and place it in the refrigerator. It can be kept for about a week.

Preparing

Reference:

- All about pumpkins**
<http://www.allaboutpumpkins.com/storing.html>
- Bewellbuzz.com**
<http://www.bewellbuzz.com/nutrition/pumpkin-health-benefits/#>
- How stuff works?**
<http://www.howstuffworks.com/pumpkins2.htm>
- Hubpages**
<http://cjking.hubpages.com/hub/Health-Benefits-of-Pumpkin>
- Nutrition @ suite 101**
<http://jennifermurray.suite101.com/health-benefits-of-pumpkin-a153140>