



## 健康小貼士： 藍莓

你有沒有吃過藍莓呢？你喜歡它強烈的味道嗎？如果你喜歡的話，我肯定當你閱讀過藍莓對健康的好處後，你會更加喜歡藍莓。藍莓不單單好味，它真的對身體很有益處。

藍莓含有	藍莓對健康的好處
抗氧化劑	· 促進免疫系統
花青素	· 減少腹部脂肪
維他命 C	· 減低患心血管病的危機
維他命 B 雜	· 減低患癌症的危機
維他命 E	· 促進尿道健康
維他命 A	· 保護視力
銅	· 醫治老年痴呆症
硒	· 醫治已破壞的腦細胞，保持良好的記憶力
鋅	· 醫治心臟疾病，強化心臟肌肉
鐵	· 改善消化能力，消除便秘
纖維	· 保持健康的血壓
果糖	· 維持健康的認知功能
	· 控制血糖
	· 使你精神、積極和愉快

藍莓對健康的好處肯定已經給你留下了深刻的印象。但是當你趕去市場購買藍莓前，請利用數分鐘閱讀以下的貼士。這些貼士可使你享受到藍莓的美味和益處。

## 挑選

1. 選擇結實的藍莓。
2. 避免選擇沒光澤或濕的藍莓。由於水分会使藍莓腐爛，所以藍莓應該不要接觸到水分。

1. 保存前，先除去已壓壞或發霉的藍莓，這樣可防止其他的藍莓變壞。
2. 應在吃藍莓前才清洗。
3. 保存成熟的藍莓於有蓋的容器內，再放進冰箱內，這樣可以保存藍莓到三天的時間，如果藍莓於室溫內擺放超過一天，它們可能會變壞。

## 保存

## 準備

1. 由於新鮮的藍莓是十分易損壞的，所以應小心清洗，不要清洗太長時間。
2. 由於新鮮的藍莓含有大量營養，所以不要加熱。

### 參考資料：

1. <http://www.womenfitness.net/blueberries.htm>
2. <http://whfoods.org/genpage.php?dbid=8&tname=foodspice>
3. <http://www.foods-that-heal.com/blueberries-health-benefits.html>
4. <http://www.organicfacts.net/health-benefits/fruit/health-benefits-of-blueberries.html>



## Health tips: blueberries

Have you ever tasted a blueberry? Do you like its tangy taste? If you do, then I'm sure you will like them more once you finish reading the health benefits of blueberries. Not only are blueberries yummy, they have some fantastic health benefits.

Blueberries contain	Health benefits of blueberries
• Anti oxidant	• Boost up immune system
• Anthocyanin	• Reduce belly fat
• Vitamin C	• Reduce risk of cardio vascular disease
• B complex	• Reduce risk of cancer
• Vitamin E	• Promote urinary tract health
• Vitamin A	• Preserve vision
• Copper	• Cure Alzheimer's disease
• Selenium	• Heal damaged brain cells, and keep your memory sharp
• Zinc	• Cure heart diseases, and strengthen the cardiac muscles
• Iron	• Improve digestion and keep away constipation
• Fiber	• Support healthy blood pressure
• Fructose	• Maintain healthy cognitive function
	• Regulate blood sugar
	• Keep you fresh, active and in a good mood

Surely you are impressed by the numerous health benefits of blueberries. Before you haste to the market for some yummy blueberries, please spare a few minutes to go through the tips below. They may help you enjoy the great taste and health benefits of blueberries.

## Selecting

1. Choose blueberries that are firm.
2. Avoid berries that appear dull in color or are watery in texture. They should be free from moisture since the presence of water will cause the berries to decay.

1. Before storing, remove any crushed or moldy berries to prevent the rest from spoiling.
2. Don't wash berries until right before eating
3. Store ripe blueberries in a covered container in the refrigerator where they will keep for up to 3 days, they may be spoiled if they are kept out at room temperature for more than a day.

## Storing

## Preparing

1. Blueberries should be washed briefly and carefully because fresh berries are very fragile.
2. Blueberries retain their maximum amount of nutrients when they are enjoyed fresh and not prepared in a cooked recipe.

### Reference:

1. <http://www.womenfitness.net/blueberries.htm>
2. <http://whfoods.org/genpage.php?dbid=8&tname=foodspice>
3. <http://www.foods-that-heal.com/blueberries-health-benefits.html>
4. <http://www.organicfacts.net/health-benefits/fruit/health-benefits-of-blueberries.html>