

健康小貼士： 蘋果

路路

現代人經常看電視廣告和雜誌報道，期望能找到健康的美食和抗衰老的良方，然而，最好的往往離我們不遠，都是身邊最簡單的東西。下次當你想吃增強腦能量和抗衰老的健康食物時，不防隨手拿個蘋果嚐嚐。

一日一蘋果，醫生遠離我。蘋果是相對便宜且有益健康的水果，它卡路里低、入口美味，又可充飢。咀嚼蘋果還有助分泌大量唾液，幫助消化、潔白牙齒、強化牙齦、預防口氣和減少蛀牙，對口腔健康有正面的作用。

蘋果纖維豐富，含抗氧化劑和黃酮類化合物，被喻為身體的清道夫，能清理體內的毒素和減緩腫瘤的形成。科學研究發現抗氧化劑是抗病的重要元素，能保護腦細胞，減低和修復其損害，有助預防腦退化症，以及減少帕金森症發生的機會。

蘋果因含大量可溶性纖維和果酸，能殺滅和抑制病毒的生長，每天食用有助保持消化系統健康，減低便秘的形成和膽固醇在心血管和體內的積聚，特別是低密度脂蛋白攜帶的膽固醇。每天飲三杯蘋果汁，更可清理體內積聚的

毒素，間接降低心臟病和膽石等疾病的發生機會。經常吃蘋果，還能強化骨骼，增強骨質密度及減少如痛風、關節炎及風濕等關節疾病。

此外，蘋果也是很多疾病的救星。它能減少哮喘的發病，每天吃蘋果的人，較不吃蘋果者較少患上哮喘。蘋果所含的果酸及黃酮類化合物，更能減少患上肺癌、乳癌、肝癌、直腸癌、前列腺癌、心臟病、中風和二型糖尿病等機會。

蘋果對健康雖然很有幫助，然而，若每天進食多過兩至三個蘋果，並不會增加好處；每天若飲用過多的蘋果汁，更有可能導致蛀牙及腹瀉。

下次開派對，不妨考慮買些蘋果，把它與乳酪、葡萄乾、西芹粒和蟹柳拌勻，做個健康的蘋果沙拉，與朋友們共享吧！



Health tips： Apple

Many people spend time seeking the latest health tips and anti-aging methods from TV and magazines. However, the best things are always the simplest things close at hand. Next time when you look for healthy anti-aging food or food that can raise your brain energy, why not just pick up an apple and try it.

"An apple a day keeps the doctor away." Apple is an inexpensive tasty fruit with many medical benefits. It is low in calories and can be taken as a mouth refreshing fruit or snack that can fill the stomach. Chewing an apple creates saliva, which is important for oral health. Saliva contains important substances that help digest food, keep the teeth and gum healthy, fight germs, prevent bad breath and tooth decay.

Apple is also called the body's broom for it is rich in fiber, antioxidants and fruit flavonoids, a body cleansing substance that helps to clean toxic substances and inhibits tumor invasion. Scientific research proves that antioxidants are disease-fighting compounds which protect and help prevent and repair oxidation damage during normal cell activity. They help keep Alzheimer's and Parkinson's diseases away by slowing down aging in the brain.

Apples are rich in pectin, a highly soluble fibre, which is an excellent detoxifier and contains antiviral properties. Daily consumption of apple prevents constipation and helps keep the

digestive system healthy. It reduces the buildup of cholesterol in the body, especially helping to reduce bad low-density lipoprotein (LDL) from solidifying the artery wall. Research also shows that drinking apple juice three times a day helps to destroy viruses and prevent them from settling in the body, thus lowering the chances of heart disease and gall stones. Frequent consumption of apples help to strengthen the bones, increases their density and aids in healing joint problems such as gout, arthritis and rheumatism.

Apples are good in preventing many diseases as well. They help reduce asthma attacks. People who eat apples daily are found to experience less asthma attacks than those who rarely eat apples. Due to the flavonoids and pectin in apples, frequent and regular consumption can also lower chances of lung cancer, breast cancer, liver cancer, colon cancer, prostate cancer, and reduces the risk of heart disease, stroke, and type II diabetes.

Apples are beneficial for our health. However, taking more than two or three a day does not increase health benefits. Excessive apple juice consumption may even cause tooth decay and diarrhea.

So, why not make a healthy salad with apples, yogurt, raisin, celery and crab meat, and share it with your friends next time when you have a party!