

健康小貼士

蕃薯

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蕃薯含有豐富的骨膠原。根據最近一份研究報告，蕃薯已被證實為最有效預防癌症的蔬菜之一。現在讓我們了解蕃薯的其他益處。

蕃薯含有

維他命 A
維他命B3
維他命B5
維他命B6
維他命C
維他命D
錳
色氨酸
鉀
纖維
銅
鐵
骨膠原

蕃薯之益處

改善血糖
調節心跳和神經信號
喚起半胱氨酸以防止心臟病發作
構建健康的骨骼以強化甲狀腺功能
生產白細胞
抵抗壓力
啟用免疫系統功能
產生膠原蛋白以保持肌膚的彈性
防止氧化以損害我們的細胞
舒緩炎症相關的健康問題
加速傷口癒合和止血
幫助抵禦傷風及感冒病毒
降低患上癌症的風險

挑選 品質佳的蕃薯

- 雖然全年都有蕃薯供應，但新鮮蕃薯的實際季節是從10月到1月。
- 應選擇結實的蕃薯。
- 避免選擇那些有裂紋、擦傷或軟點的蕃薯。
- 避免選擇存放在冰箱中的蕃薯。

- 由於蕃薯的表皮較脆弱，故處理時須小心以免弄傷表皮。
- 將蕃薯放置在裝有蘋果的袋子裡，可防止萌芽。
- 如果將蕃薯存放在乾燥、光暗及陰涼（55°F）的地方，可以保存三至四個星期。
- 避免冷凍蕃薯以防止變硬後影響它的味道。
- 避免將蕃薯存放在潮濕的地方，以免變壞。

存放 蕃薯

烹煮 的秘訣

- 蕃薯有以下幾種的烹調方法：煮、蒸、燒、烤、炒、炸等。
- 有機種植的蕃薯，可以整個吃，包括表皮。
- 傳統方法種植的蕃薯去皮後才可食用。
- 蕃薯在削皮或切割後，應立即烹煮，以避免氧化。
- 在削皮或切割後，將蕃薯放置在一個碗中用清水完全泡浸，可防止氧化。

參考資料：

- <http://www.ehow.com>
- <http://www.care2.com>

- <http://www.whfoods.com>
- <http://livestrong.com>

Health benefits Sweet potato

According to a recent study, sweet potatoes are rich in collagens and have been proven to be one of the anti-cancer vegetables. Let's try to learn more about them.

A sweet potato contains

Vitamin A
Vitamin B3
Vitamin B5
Vitamin B6
Vitamin C
Vitamin D
Manganese
Tryptophan
Potassium
Fiber
Copper
Iron
Collagen

Health benefits

Improve blood sugar regulations
Regulate heartbeat & nerve signals
Reduce chemical homocysteine to prevent heart attack
Build healthy bones, support thyroid gland
Produce white blood cell
Resist to stress
Enable proper immune functioning
Produce collagen to maintain skin's youthful elasticity
Prevent oxidative damage to our cells
Reduce inflammation related health problem
Close off wounds & stop loss of blood
Help ward off cold & flu virus
Reduce the risk of having cancer



Selecting good sweet potatoes

- Though sweet potatoes are available periodically throughout the year, the actual season for fresh sweet potatoes is October to January.
- Choose firm sweet potatoes.
- Avoid sweet potatoes with cracks, bruises or soft spots on them.
- Avoid sweet potatoes that are displayed in the refrigerator section.

- Handle sweet potatoes with care, as their skin is delicate.
- Place sweet potatoes in a bag with an apple to prevent budding.
- If you store sweet potatoes in a dry, dark, cool (55°F) place, they can last up to three to four weeks.
- Avoid refrigerating sweet potatoes as it will cause the inside of the potatoes to become hard and affect its taste.
- Avoid keeping sweet potatoes in a damp place as it will spoil them.



Storing sweet potatoes



Tips for cooking preparation

- There are a few options for cooking sweet potatoes: boiling, steaming, roasting, baking, stir frying, deep frying, etc.
- Organically grown sweet potatoes can be eaten in their entirety, tuber, flesh and skin.
- Conventionally grown sweet potatoes should be peeled before eating.
- Cook the potatoes immediately after peeling and / or cutting to avoid them darkening upon contact with air.
- To prevent oxidation, place them in a bowl and cover completely with water until you are ready to cook them.

References :

- <http://www.ehow.com>
- <http://www.care2.com>

- <http://www.whfoods.com>
- <http://livestrong.com>

