



## 健康小貼士

# 蒜頭

Eliza

蒜頭是百合科的植物，是一種既美味又有營養的調味料。蒜頭含有：

- ✓ 蒜素
- ✓ 錳
- ✓ 維他命 C
- ✓ 鈣
- ✓ 磷
- ✓ 色胺酸(治療失眠的藥物)
- ✓ 硒
- ✓ 維他命 B6
- ✓ 維他命 B1
- ✓ 不含膽固醇
- ✓ 銅

**Garlic** is a wonderful seasoning that adds taste and nutrition to your dishes. It is a member of the Lily family. **Garlic** contains:

- ✓ Allicin
- ✓ Manganese
- ✓ Vitamin C
- ✓ Calcium
- ✓ Phosphorus
- ✓ Tryptophan (Medicine for treatment of insomnia)
- ✓ Selenium
- ✓ Vitamin B6
- ✓ Vitamin B1
- ✓ No cholesterol
- ✓ Copper



# Health benefits of garlic

## 蒜頭對健康的益處

- 改善身體鐵質新陳代謝
- 降低血液的三酸甘油酯和膽固醇
- 防止血管阻塞
- 降血壓
- 防止心臟病
- 有助治療細菌感染
- 減少患結腸癌和腎臟癌的機會
- 防止脫髮
- 有助清除粉刺(暗瘡)
- 防治感冒
- 減輕牛皮癬的蔓延
- 控制體重
- 治理腳癢
- 趕走蚊子
- 減輕凍瘡的痛楚

## Health benefits of garlic

- Improve iron metabolism
- Cardiovascular benefits (lower our blood triglycerides and total cholesterol)
- Prevent our blood vessels from becoming blocked
- Lower blood pressure
- Prevent heart disease
- Help in the treatment of bacterial infection
- Lower the risk of colorectal and renal cancer
- Treat hair loss problems
- Clear acne
- Prevent and treat colds
- Relieve uncomfortable psoriasis outbreaks
- Control your weight
- Treat athlete's itchy foot
- Keep away mosquitoes
- Conquer cold sore and reduce pain

## 選擇蒜頭的方法

1. 購買飽滿和圓滑的蒜頭。
2. 選擇不潮濕的蒜頭。
3. 不要選擇發霉或開始發芽的蒜頭，因為這表示蒜頭已腐爛。

## Selecting garlic

1. Buy garlic that is plump and has unbroken skin.
2. Choose garlic that is not damp.
3. Avoid garlic that is moldy or that has begun to sprout because these may be indications of decay.



## 儲存 蒜頭的方法

1. 蒜頭須保存於無遮蓋的容器內，放於清涼陰暗處，不可暴露於陽光下，以保新鮮。
2. 蒜頭不宜放入冰箱，因會變味和變質。
3. 蒜茸醬應保存於冰箱內。
4. 保存適當，蒜頭可以保存約一個月。
5. 必須經常檢查蒜頭球莖和除去已變乾或發霉之處。
6. 切開的蒜頭，只可保鮮幾天。

## 準備和烹調 蒜頭

1. 如果發現蒜頭發芽，必須除去，因為發芽的蒜頭是難以消化的。
2. 壓碎蒜頭可使其酵素活躍，建議蒜頭加熱前要壓碎或切碎。
3. 為了製造更多的蒜素，於食用或烹調切開的蒜頭前，最好等至少5分鐘。
4. 烹調蒜頭的時間越少越好，最好是5至15分鐘。
5. 避免用高溫的油煮蒜頭，較低的溫度可保存蒜頭的健康物質。

## Storing garlic

1. In order to maintain garlic's maximum freshness, store fresh garlic in an uncovered container in a cool, dark place away from exposure to sunlight.
2. It is not necessary to refrigerate garlic because this will reduce its flavor profile and change its texture.
3. Garlic paste should be stored inside the fridge.
4. Whole garlic bulbs will keep fresh for about a month if stored properly.
5. Inspect the bulb frequently and remove any cloves that appear to be dried out or moldy.
6. Once you break the head of garlic, it greatly reduces its shelf life to just a few days.

## Preparing and cooking garlic

1. If there is a green sprout in the clove's center, gently remove it since it is difficult to digest.
2. Since crushing and chopping are the food preparation steps that activate garlic's enzymes, it is recommended to chop or crush the garlic cloves prior to heating.
3. In order to allow for maximal allicin production, wait at least 5 minutes before eating or cooking the garlic.
4. Expose garlic to heat for as little time as possible (5 to 15 minutes).
5. A lower temperature is needed to help preserve health-protective compounds in garlic, so if you like to combine garlic with oil, avoid high-temperature heating of this oil-garlic mixture.



## 貼士

1. 為了獲得最佳益處，建議食用切碎的生蒜頭。但是如果你不能忍受生蒜頭的味道，可於煮食的時加入切碎的蒜頭，最好就是於煮食快要結束時加入，這樣可以保存蒜頭最佳的味道和營養。
2. 進食太多生蒜頭會引致一些問題，例如：消化管道的敏感或損害。
3. 有些人對蒜頭會有過敏的反應，病狀包括：皮膚出疹、發燒和頭痛。

## Tips

1. It is recommended to use raw chopped garlic in our dishes to take advantage of the benefits derived from garlic. However, if you cannot tolerate raw garlic, you can add chopped garlic to foods while they are cooking, it is best to add it towards the end of the cooking process to retain the maximum amount of flavor and nutrition.
2. Eating too much raw garlic could produce problems, for example irritation of or even damage to the digestive tract.
3. Some people are allergic to garlic, symptoms of garlic allergy include skin rash, temperature and headaches.



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