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2019

吃得  
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You are what you eat

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## 吃得要營

### 吃得要營

「民以食為天」是一句大家耳熟能詳的名言，從春秋時期（公元前770年－公元前476年）已流傳下來，可見人是多麼的重視「吃」，不但為了供應身體的能量和營養的需要，還因為享受美食可以滿足口腹之慾。神創造和供應各種有營養的食物給人類，祂願意人們享受到主的愛和恩典，「各人吃大能者的食物；他賜下糧食，使他們飽足。」詩篇78:25

「吃」是我們日常所需，所以一定要注意食物的營養，並堅持要常吃有營養的食物。今期這小冊子有營養師介紹最新的2019加拿大膳食指南，幫助大眾注意均衡營養的合宜配搭以促進健康；此外有中醫學院教授介紹的營養湯水；還有基因改造食物的知識；怎樣用心吃和幫助孩子吃得好一點；什麼季節購買你最喜愛的水果和蔬菜的「不時不食」資料；以及水果和蔬菜標籤編號隱藏了什麼等等，希望大家喜歡閱讀。

最後祝願大家有美好的身心靈健康，享受神所賜的恩典。「我所見為善為美的，就是人在神賜他一生的日子吃喝，享受日光之下勞碌得來的好處，因為這是他的分。」傳道書5:18

各人吃大能者的食物；他賜下糧食，使他們飽足。 詩78:25

*Human beings ate the bread of angels; he sent them all the food they could eat. Psalm 78:25*





## **We are what we eat – Eating for Nourishment**

We are all familiar with the saying: “food is the top priority of the people”, which was handed down to us from ancient China (770-476 BC). From that phrase we can see the significance attributed to eating—not only to supply the energy and nutrients our bodies need, but to give us a sense of gratification from gourmet foods. God creates and provides a variety of wholesome foods for humans because he wants them to enjoy His love and grace: “Human beings ate the bread of angels; he sent them all the food they could eat.” (Psalms 78:25)

As we all need to eat from day to day, we must pay attention to the nutrition of our food and insist on eating regularly what is nourishing. In this booklet, you will find a dietitian’s presentation of the 2019 Canada Food Guide which helps us pick a variety of foods for a balanced diet to promote our health. In addition, there is an introduction on healthy soups by a professor from a college of traditional Chinese medicine; information on genetically modified foods; how to be mindful of your eating habits and help your children eat better; tips on what’s in season to pick your favourite fruits and vegetables; as well as what’s behind the PLU code on fruit and vegetable labels. We hope these topics meet your reading interest.

Last, we wish that you all have physical, mental and spiritual health and enjoy the grace that God provides for you. “This is what I have observed to be good: that it is appropriate for a person to eat, to drink and to find satisfaction in their toilsome labor under the sun during the few days of life God has given them—for this is their lot.” (Ecclesiastes 5:18)



## **加拿大2019新版膳食指南： 飲食習慣和生活方式的重要**

今年一月，加拿大新版膳食指南終於更新了。新版指南去除了食物份量和分類的內容，重點推薦食物之間的比例：多吃蔬果、選擇含豐富蛋白質和全穀物類的食材，用水來替代飲料。新版指南還建議我們多關注自己的飲食習慣，親自下廚，慢享食物，並享受與他人共同就餐。

### **食材選擇的建議**

食材採購時的選擇是以營養建議為核心，新版指南對食材選擇有5點推薦：

1. 減少加工食品，選擇少鹽、少糖、少飽和脂肪的食材。
2. 多吃蔬果，選擇含豐富蛋白質和全穀物類的食材，多選擇植物性蛋白來增加纖維的攝取。
3. 選擇水來解渴，果汁不再是水果的替代品，水果中富含的纖維和其他營養素是果汁不可替代的。
4. 了解營銷手法對自己的影響，我們才可以更理性的做出適合自己的飲食選擇，學會如何閱讀食品標籤也可以有效幫助我們。

## 飲食習慣的建議

快節奏的生活讓很多人在吃飯時都兼顧工作、學習和娛樂。新版指南不再只關注我們吃了甚麼，還關注我們怎麼吃。

1. 關注我們的飲食習慣，吃得太快，吃飽不知道停；暴飲暴食，邊看電視邊吃，都是不健康的飲食習慣。你的飲食習慣怎麼樣呢？
2. 多多下廚計劃自己的飲食，更多的參與到準備美食的過程中，可以讓我們更好的享受食物並了解食物的製作方式，同樣烹飪也會幫助我們更好的了解食物的營養價值。
3. 享受與他人就餐的時間，繁忙的生活讓我們越來越少和他人就餐。一起就餐可以讓我們共享美好時光，更多的溝通、分享和探索飲食文化。

食物不止是營養和能量，它也是我們文化和家庭傳統的傳承。正確選擇健康的食材，培養良好的飲食習慣是健康飲食的基礎。花時間去享受每一口食物，去感受身體的飢餓和飽腹感，去享受烹飪的樂趣和親朋好友一起分享美食的時光。

如果您有興趣對個人的飲食建議有特別需要，您可以找一位註冊營養師提供更多個別營養計劃。

撰寫：蔡依憬 - 註冊營養師

資料來源：<https://food-guide.canada.ca/en/>

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## **Canada 2019 New Food Guide: The Importance of Eating Habits and Lifestyle**

Canada has launched its newest food guide this past January. The new food guide does not have food groups and recommended servings. The new guide recommends eating plenty of vegetable and fruit, eating protein foods, choosing whole grain foods, and making water drink of choice. It also includes recommendations on healthy eating habit: being mindful of your eating habits, cooking more often, enjoying your food, and eating meals with others.

### **Food Choices**

The new food guide recognizes that healthy eating is more than the foods that we eat. There are 5 things that I would like to highlight:

1. Limited processed foods. Processed foods are tends to be higher in added salt, sugar, and saturated fat. Using the nutrient label, you could choose foods lower in these.
2. Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose plant- based protein more often to increase fibre intake.
3. Make water as your drink of choice. Fruit juice is no longer consider as an alternative for fruit. If you are thirsty, water is your best choice.
4. Be mindful of food marketing. Food marketing could influence our purchasing decision, and making rational choices by reading the nutrition label could help us distinguished.



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## Eating Habits

Healthy eating is more than what we eat, but also how we eat. The new food guide recommends these healthy eating habits as part of healthy eating.

1. Be mindful of our eating habit. At times, we ignore our feeling of full or hungry; we eat for many reasons other than hunger. How would you rate your eating habits?
2. Cooks more often. Planning your meals and getting involved in the kitchen connects us with food and know more about food preparation. Know how foods are prepared could make a difference on your food choices.
3. Enjoy eating with others. The busy life makes us less and less to eat with others. Eating together allows us to spend quality times for sharing, communicating and as well as exploring food culture and cuisine.

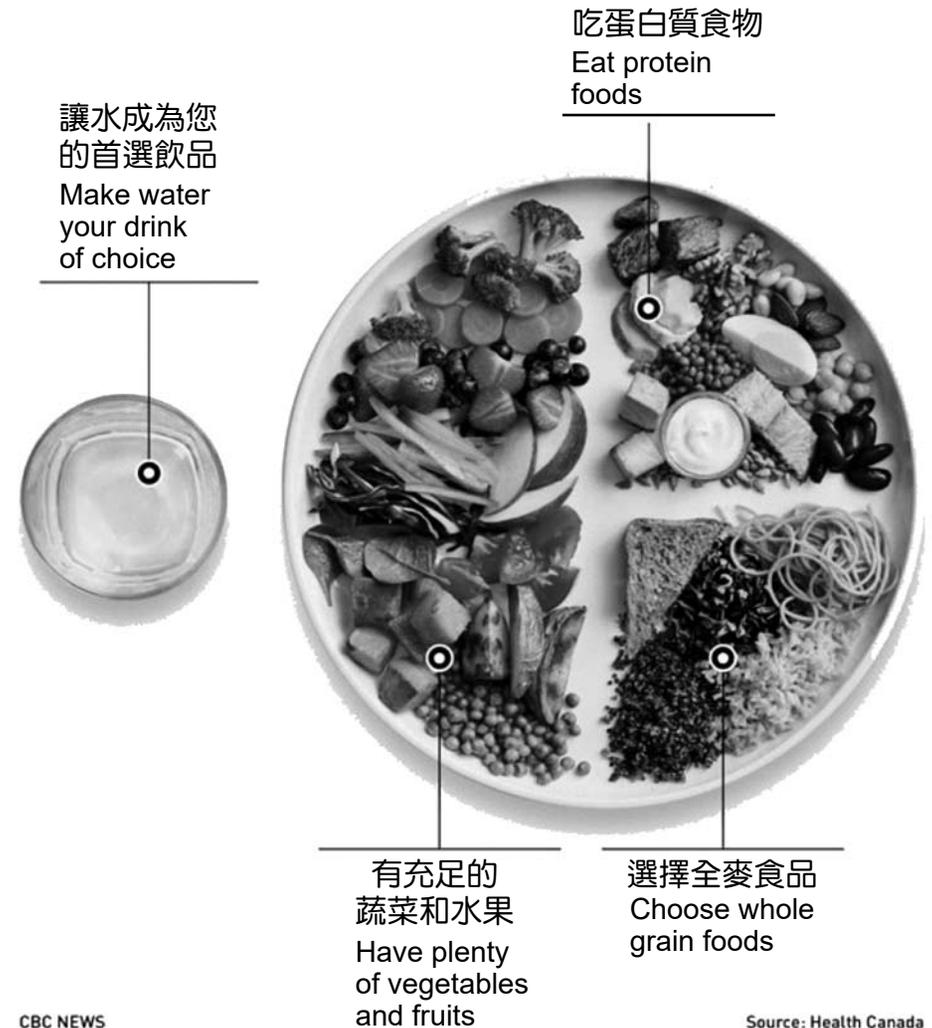
Food is more than nutrients and calories. It is a carrier for our culture and family tradition. Cultivating a healthier eating habit and choosing high quality foods are positive changes for any health goal. Being mindful of your eating habit, cooking more often, and sharing food with friends and family.

If you are interested in customized recommendations for your unique needs, you can look for a Registered Dietitian to help you with your personalized nutrition plan.

Written by Catherine Cai, Registered Dietitian

Source: <https://food-guide.canada.ca/en/>

## 加拿大的食物指南建議 Canada's food guide recommendations



## 加拿大食品指南測驗

- 加拿大食品指南已開發了多少版本？
  - 4
  - 3
  - 8
  - 10
- 第一個加拿大食品指南何時推出？
  - 1950
  - 1925
  - 1960
  - 1942
- 為什麼第一個食品指南被稱為加拿大的官方食品規則？
  - 有助於預防營養不良，例如營養不足
  - 通過突出營養最多的食物來解決食物配搭問題。
  - 通過向軍隊提供營養食品來為戰爭做出貢獻。
  - 以上所有
- 請為2019年加拿大食品指南3個食品組別命名。
- 新食品指南推薦的4種健康飲食習慣是什麼？
  - 注意飲食習慣;更經常做飯;享受你的食物;和別人一起吃飯
  - 享受你的食物;嘗試新的餐館;和別人一起吃飯;消除甜點
  - 注意飲食習慣;切麵包;更經常做飯;去素食
- 過去牛奶和奶製品被歸為自己的食物組。這些食品如何歸入2019年的食品指南？
- 以下哪種食物屬於蛋白質組？
  - 堅果和種子
  - 豆類和扁豆
  - 肉類和家禽
  - 大豆產品
  - 乳製品
  - 雞蛋
  - 以上所有

- 蔬菜/水果在你的盤子上佔多少空間？
  - 1/3盤
  - 1/4盤
  - 1/2盤
- 2019食物指南建議吃全穀物。以下哪種食物被認為是全穀物？
  - 巴斯馬蒂米飯
  - 糙米
  - 全麥麵包
  - 蕎麥
  - 燕麥
  - 全麥麵食
- 列出3種策略，幫助您在飲食中獲得更多的蔬菜和水果

### 答案重點：

- c 8-1942年，1944年，1949年，1950年，1961年，1991年，2007年，2019年
- d 1942年 - 第一份食品指南被稱為加拿大官方食品規則
- d 以上所有 - 在第二次世界大戰中招募年輕人時，發現有60%的人營養不良，不適合服務。制定食品規則是為了鼓勵加拿大人吃有營養的食物，並為海外盟友提供營養食品，以幫助戰爭
- a 蔬菜和水果，蛋白質，全穀物
- b 注意飲食習慣;更經常煮食;享受你的食物;和別人一起吃飯
- 蛋白質組中包含牛奶和奶製品
- g 上述所有的
- c 1/2盤
- b, d, e, f 產品必須聲明“全穀物”，而不是“全麥”稱為全穀物
10. 以下任何一種：在零食袋中冷藏切碎的蔬菜，以便隨時隨地吃零食，在湯和燉菜中加入額外的蔬菜，每週嘗試新的綠葉蔬菜，在早餐燕麥片上加入水果，加入早餐燕麥片或穀類食品，在冰沙中加入水果和蔬菜，在鬆餅中加入水果和蔬菜。

### Reference:

<https://www.oassisplan.com/upload/wellness/Wellness%20Activities/Canada%20Food%20Guide%20Quiz.pdf>

## Canada Food Guide Quiz

- How many versions of the Canada's Food Guide have been developed?
  - 4
  - 3
  - 8
  - 10
- When was the first Canada food guide introduced?
  - 1950
  - 1925
  - 1960
  - 1942
- Why was the first food guide, called Canada's Official Food Rules, developed?
  - To help prevent nutritional deficiencies such as malnutrition
  - To address food rationing by highlighting foods with the most nutrition
  - To contribute to the war effort by providing nourishing food to military
  - All of the above
- Name the 2019 Canada's Food guide 3 food groups.
- What are 4 healthy eating habits recommended by the new food guide?
  - Be mindful of eating habits; Cook more often; Enjoy your food; Eat meals with others
  - Enjoy your food; Try new restaurants; Eat meals with others; Eliminate desserts
  - Be mindful of eating habits; Cut out bread; Cook more often; Go vegetarian
- Milk and milk products used to be grouped as its own food group. How are these foods classified in the 2019 version of the Food Guide?
- Which of the following foods are part of the protein group?
  - Nuts and seeds
  - Beans and lentils
  - Meat and poultry
  - Soy products
  - Dairy products
  - Eggs
  - All of the above
- How much room should vegetables/fruit occupy on your plate?
  - 1/3 of your plate
  - 1/4 of your plate
  - 1/2 of your plate
- The 2019 Food Guide recommends eating whole grains. Which of the following foods are considered whole grains?
  - Basmati rice
  - Brown rice
  - Whole wheat bread
  - Buckwheat
  - Oats
  - Whole grain pasta
- Name 3 strategies to help you get more vegetables and fruit into your diet

### Answer Key:

- c. 8 – 1942, 1944, 1949, 1950, 1961, 1991, 2007, 2019
- d. 1942 – The first food guide was called Canada's Official Food Rules
- d. All of the above – While recruiting young men for World War 2 it was discovered that 60% were malnourished and unfit for service. The Food Rules were developed to encourage Canadians to eat nutritious food and to provide overseas allies with nutritious food to help with the war effort
- a. Vegetables & Fruits, Proteins, Whole Grains
- b. Be mindful of eating habits; Cook more often; Enjoy your food; Eat meals with others
- Milk and milk products are included in the Protein group
- g. All of the above
- c. 1/2 of your plate
- b. d. e. f. Product has to state "Whole grain" rather than "Whole wheat" to be a whole grain
- Any of the following: Refrigerate cut-up veggies in snack bags for grab-and-go snacks, add extra veggies to soups and stews, try a new leafy green each week, serve raw veggies with meals, add fruit to morning oatmeal or cereal, add fruit and greens to smoothies, add fruit and veg to muffins.



## 中醫湯水篇

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湯水在中國人看來十分重要，尤其是居住在嶺南一帶的居民。它不但是日常飲食的一部份，更是一種十分重要的營養補充劑，因為它是由不同的中藥材混合一些日常食品熬成的湯，本身是一種食療，在中醫中藥界的藥食同源的原則下，功用等同煲藥。據聞住在廣東珠江三角洲一帶的女孩子，如果不懂煲湯，隨時會出嫁無望。

當今之勢，並非人人都懂得湯的功用，更重要的是一煲湯並非每一個人人都適合飲，有些人飲了不合適的湯會出現頭暈，小便頻數，甚至咽喉痕癢和咳嗽等徵狀，亦有些人飲後有出暗瘡、咽喉痛，容易動怒或失眠等症狀。一般來說，湯水跟食物一樣至少可分為寒涼和溫補兩種，而飲用的湯水一定要配合四時不同的氣候而變化，如春天的天氣以濕和風為主，所飲用的湯水必須為驅風祛濕為主，而粉葛煲鯪魚赤小豆湯是其中的表表者，另外土茯苓牛大力湯亦有去濕和補腎的作用；夏天的特徵是熱和火重，合時的湯水宜具消暑去濕的功能，冬瓜湯加上鮮荷葉最為解暑，但同時應加上雲茯苓及澤瀉等利尿藥才有祛濕解暑的作用。秋日天氣乾燥，湯水宜滋潤為主，最為人熟識的是西洋菜煲豬肺湯加些南北杏和陳腎等，好味又潤肺，如深秋太乾燥可選擇沙參、玉竹及百合等材料煲湯，對肺燥乾咳的人非常有效。嚴冬則是最好進補時刻，平日氣虛或虛不受補的人，可利用這個季節多用黨參北等物煲湯，可以大補元氣，有空還可以燉些鹿茸或高麗參等，能改善氣血及增強身體的抵抗力。

以下茲就不同的需要提供一些有用的湯水給大家參考：

### 1. 「去濕」湯水

每逢長夏，老一輩總會教後生煲去濕茶。究竟甚麼叫做「濕」？為什麼要「去濕」？

最簡單的說法，「濕」即是滯留體內的多餘水份。至於「濕」從何來？其一是夏日炎熱，大人小孩都愛吃冰淇淋、喝冷飲等寒涼食物來消暑降溫。在中醫學理論中，這些寒涼食物多吃了，會影響脾胃，由於「脾主運化」，即掌管食物營養的轉「化」及「運」輸。

如果脾臟運作有阻滯，體內的多餘水份就不能全部排清。此外，夏日天氣多屬潮濕，內外夾攻，人體就較易「濕重」。

怎樣才知道你有沒有「濕」呢？一個人若「濕重」，表現為倦怠、手重腳重、食慾下降，嚴重者甚至不想喝水，口有古怪甜味。不過，小孩子因甚為活躍，跳來跳去，出汗機會多，濕重的機會遠較大人少，多數在感暑之後，才會出現濕困情況。

要去濕並不難，冬瓜蓮葉湯可去暑濕，材料包括：

1. 冬瓜半斤
2. 鮮蓮葉 1片
3. 乾蓮葉 5錢 (15克)
4. 赤小豆 1兩 (30克)
5. 扁豆 1兩 (30克)
6. 生熟薏米 1兩 (30克)

煲2小時，可供3、4人飲用。



## 2. 合桃茨實煲牛骨

日常飲用合桃茨實煲牛骨湯，有助增強記憶力，又可滋補強身，如果身體虛弱，記憶力減退，不妨多飲以收食療功效。

**功效：** 健腦強身

**材料：**

1. 牛骨一斤
2. 合桃肉三兩
3. 茨實二兩
4. 陳皮一小塊
5. 清水六湯碗

調味料： 鹽少許

**製法：**

1. 牛骨洗淨後切去肥膏並汆水；合桃去殼取肉，並清洗乾淨。
2. 陳皮及茨實分別洗淨；將六湯碗水煮滾後放入全部材料，以中火煲約三小時，加鹽調味。

**材料效用：**

- 牛骨肉：肉類中以牛的營養價值最高。牛肉性甘溫、養脾，而牛尾更有強壯腰腎、益補的功效。
- 合桃：合桃又稱胡桃，性溫味甘。功能補腎固精，補氣養血。

## 3. 雪耳南北杏沙參玉竹無花果湯

秋冬季節天氣乾燥，容易引起喉部不適，尤其日中「靠把口搵食」的人，一下子多吃了一些煎炸食品或火焗之類，又或學生因應付考試而需要捱夜或失眠，加上適逢好日，出席婚宴或應酬太多，導致喉乾舌燥，夜半見口乾，又或乾咳無痰，甚至大便乾涸，不妨試一試這一煲雪耳南北杏沙參玉竹無花果湯，飯前後各一碗，持續兩三天，保證諸症皆減，而且老少皆宜。

**【材料】**

玉竹半兩、沙參半兩、無花果四枚、雪耳1兩、南北杏共四錢、陳皮1/8片、瘦豬肉6兩。

**【作法】**

先將雪耳及陳皮浸於清水中約半小時，再將陳皮的內囊刮去，然後用清水清淨沙參玉竹，將之與南北杏浸於乾淨水中待用。將所有材料放入大半煲的沸水煲兩小時，調味即可飲用。

**【說明】**

雪耳 —— 潤肺、補脾、益胃、提昇免疫力、尤其對老年人高血壓及糖尿病者有改善作用。

沙參 —— 潤燥，增加體液的分泌，惟外感或傷風咳嗽則不宜用沙參。

玉竹 —— 可增強心力。玉竹分廣竹與海竹兩種，廣竹價錢較便宜但略帶有點酸味，海竹則較甜但售價較高。

南北杏 —— 潤肺及去痰。

無花果 —— 滋潤，補肺，主治肺燥及脾虛。

肺燥 —— 主要症狀為氣短自汗、聲音低而無力，時寒時熱、平常容易感冒，臉色蒼白。

脾虛 —— 指腸胃功能退化，飲食減少，吃後消化不良，倦怠乏力，大便清稀，臉色萎黃。

## Soup-boiling in Traditional Chinese Medicine

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Soup is very important for Chinese people especially those living in the southern part of the Five Ranges (Guangdong and Guangxi Province). It is not only part of their diet but also a kind of useful supplements as these soups are produced by cooking Chinese medicine with some daily foodstuff in the soup form and gradually becoming part of diet therapy. According to the food-medicine homology in Chinese Medicine, the function of soup can be equivalent to that of decoction. It is rumoured that young girls living in the Zhujiang Delta area not able to make good soup have difficulty in getting marriage.

Not everyone knows the function of soup. Moreover, soup is not fit for all. Some people after drinking certain kind of soups will have the symptoms of dizziness, frequent urination, itchy throat or even coughing. Other people will have pinpoles, sore throat, easily irritated or insomnia. Like medicine, soup can be divided into at least two types: warm tonifying and cold purging. Taking soup must match the characteristics of the climate in all seasons. For example, spring is characterized by wind and dampness that soups taken in this season should have the function of dispelling wind and removing dampness. The representative soup is Fan Ge Liang Yu and Chi Xiao Dou Tang while Tu Fu Ling and Niu Da Li Tang is also able to remove dampness and tonify kidney. The characteristics of summer is heat and dominated by fire. Soup for this season should be clearing summer heat and removing dampness. The most suitable soup should be Dong Gua Tang with addition of He Ye (Water Lily leaf) which must be cooked with some diuretic herbs such as Fu Ling and Ze Xie. Autumn belongs to season of dryness. Soup should better be nourishing. The most popular soup is Xi Yang Cai Tang with duck's kidney and added with Xing Ren (apricot seeds) and Chen Pi (dried tangerine peel) which is both tasty and nourishing. In case the climate is too dry, then Sha Shen, Yu Zhu and Bai He can be used to boil soup which is very effective in treating coughing due to lung dryness. Cold winter is the best

time to tonify the body. For those people with weak constitution or qi deficiency but allergic to any tonification can take this opportunity to strengthen their qi by drinking soup prepared with Dang Shen and Huang Qi. The body defence mechanism can be strengthened by simmering soup with Lu Rong and Gou Li Shen through improving the flowing of qi and blood.

Followings are three soup recipes for the readers' consideration:

### 1. Soup for Removing Dampness

During the long summer, the elders will teach the youngsters to boil some decoction to remove dampness. Why do we need to remove dampness?

Dampness is the excessive water staying inside our body. Where does the dampness come from? People like to eat ice-cream, cold drinks in the summer to get rid of summer heat and lower the body temperature. In TCM theory, overeating of those cold-natured food will affect the normal function of the digestive system which belongs to part of the spleen in Chinese Medicine. Since spleen governs transformation of food and transportation of water, if the spleen loses its normal function, excessive water in the body cannot be transported away. In addition, high humidity in summer also leads to more dampness inside the body. People then will easily get heavy sensation in the body which TCM practitioner diagnoses as dampness.

How do you know that whether one has suffered from dampness? In case of getting dampness, a patient will present fatigue, heavy sensation in four limbs, poor appetite, or aversion to drink and having nastic sweet taste in the mouth. Kids seldom complain about dampness as they are very active with more sweating. They would not show any dampness symptoms except after getting heat stroke.

It is not difficult indeed to remove dampness as Winter melon and Lotus Leaf soup is able to achieve the task with the following ingredients:

Winter melon 0.5 catty  
Fresh lotus leaf 1 pcs  
Dry lotus leaf 15g  
Chi Xiao Dou (small red bean) 30g  
Bian Dou (dried flat bean) 30g  
Raw and cooked Yi Yi Ren (raw & puffed barley) 30g

Boiling the above ingredients with water for 2 hours. The dosage is for 3 to 4 people.

## **2. He Tao Qian Shi Tang with Cow's bone**

Regular intake of soup with walnut, Qian Shi and Cow's bone is able to strengthen the memory power, and nourish and tonify the body. Those people with weak constitution with poor memory are advised to drink this soup frequently for improvement.

Function: strengthening brain and body

**Ingredients:** Cow's bone 1 catty  
Walnut 90g  
Qian Shi (grain Euryale) 60g  
Chen Pi (dried tangerine peel) 1 small pcs  
6 bowls of water

**Seasoning:** add a little bit salt

### **Procedure:**

1. Cleaning the cow's bone and take away the fat and boil it with water for 30 seconds; Take away the shell of the walnut and clean them.
2. Clean the Chen Pi and Qian Shi. Put them into 6 bowls of water until boiling. Then put all other stuff into the soup and boil with middle fire for 3 hours. Add salt for seasoning.

### **Effects of the soup:**

Cow's bone:

The nutritive value of beef is high. Beef has the property of sweet and warm, invigorating spleen, cow's tail has the function of tonifying kidney and strengthening lower back.

Walnut:

walnut as named as He Tao has the nature of warm and sweet with the function of tonifying kidney and consolidating essence, tonifying qi and nourishing blood.

## **3. Yin Er Xing Ren Sha Shen Yu Zhu Tang with figs**

The dryness nature of Autumn and Winter often cause discomfort in the throat, especially those people always using voice. Overeating of deep-frying food or taking too much hot-pot, staying up several nights to prepare for examinations, or attending too many banquets with much food intaking will lead to dry throat and mouth especially in midnight while sleeping, or dry coughing without phlegm, or even constipation with dry stools. These patients are advised to drink the soup made up of Yin Er (white fungus), Xing Ren (apricot seed), Sha Shen, Yu Zhu and figs twice a day, one bowl before meal and one bowl after meal for 3 consecutive days. Curative effect will be found. This soup is suitable for all.

### **Materials:**

Yu Zhu (dried polygonatum) 24g, Sha Shen (glehnia root) 24g, figs 4 pcs., Yin Er (dried white fungus) 30g, Xing Ren (dried apricot kernel) 12g, Chen Pi 1/8 pcs., Lean Meat 180g.

## Procedure:

Clean the Chen Pi and Yin Er before immersing them in water for half an hour. Clean up the inside of the Chen Pi. Wash the Sha Shen and Yu Zhu and leave them in clean water with Xing Ren ready for use. Put all the ingredients into a large pot of water and boil them for two hours. The soup is ready for serving after salt is added.

## Interpretation:

Yin Er (white fungus): nourishing lung, invigorating spleen, enriching stomach, raising the immunity, especially for treating hypertension and diabetes among the elderly.

Sha Shen: nourishing dryness, enriching body fluid, but contraindication for those suffered from common cold and coughing.

Yu Zhu: strengthening the heart. Yu Zhu can be Guang Zhu and Hai Zhu. Hai Zhu is more expensive than Guang Zhu.  
Xing Ren: nourishing lung and resolving phlegm

Fig: nourishing and tonifying lung. Indications are for lung dryness and spleen deficiency.

Lung dryness: symptoms are shortness of breath, spontaneous sweating, low voice, listlessness, easily catching cold, pale complexion.

Spleen deficiency: hypofunction in stomach and intestines, poor appetite, dyspepsia, listlessness, lack of energy, loose stools, sallow complexion.

## 用心吃

若你能慢慢吃、細心品嚐，並且注意你正在吃甚麼，就能讓你吃得適量。這就是所謂”用心吃”。

### 如何用心吃：

- 留意你正在吃甚麼和吃了多少。
- 慢慢吃，好好享受和品嚐食物的各種味道、口感和香氣。
- 坐下來在飯桌前吃；如在書桌前、電視前或車上吃，往往會吃得較多，也未能欣賞食物。“邊走邊吃”，很難感知身體確實需要多少。
- 每次端出合理的份量；吃完了還覺得餓才再添。
- 每天至少吃三餐，以免吃得過多。
- 用心吃的目的，是恢復身體天賦接收飢和飽訊號的能力。每當你吃的時候，問一問自己是否真的餓了，還是只因食物就放在眼前？

### 在家試試這樣做：

你是用心吃的人嗎？	是	否
我喜歡吃不同種類的食物	是	否
即使我覺得餓，若要等幾分鐘才吃也可以	是	否
我有能力婉拒不想吃的食物	是	否
愛吃的食物我也可以少吃一點	是	否
覺得餓的時候，我才會吃	是	否
吃飽了我就會停	是	否
即使有時吃多了，我也不會感到壓力	是	否
我傾向於下一餐我會吃少一點	是	否

## Mindful Eating

Eating slowly, savouring and paying attention to what you eat can help you eat the right amount for your body. This is called mindful eating.

### Mindful Eating Tips

- Pay attention to what and how much you eat.
- Eat slowly, enjoy your food and savour the different tastes, textures and smells.
- Eat at the table. We tend to eat more and not appreciate the food as much when we eat at the desk, in front of the T.V. or in the car. When eating “on the run,” it’s difficult to be in touch with how much food our bodies actually needs.
- Serve reasonable portions. You can always have a second helping, if you are still hungry.
- Eat at least 3 times per day to avoid over-eating.
- Mindful eating aims to restore the natural hungry and fullness cues humans are born with. When you eat, ask yourself if you are truly hungry or just eating “because it’s there.”

### Try this at home:

Are You a Mindful Eater?

I enjoy eating a variety of foods.....	Y	N
I can wait a few minutes to eat when I am hungry ...	Y	N
I can politely turn down foods I don't want .....	Y	N
I can eat less of my favourite foods.....	Y	N
I eat when I am hungry.....	Y	N
I stop when I am full.....	Y	N
If I eat too much I do not stress about it.....	Y	N
I tend to eat less at the next meal.....	Y	N



## 幫孩子吃得好一點

### 作好榜樣

- 每天都吃早餐，並且讓孩子跟你一樣。眾所周知，吃早餐的孩子在學校的表現都比較好。
- 一家人一起用膳。
- 讓吃飯時間成為愉悅的時光，在飯桌上享受愉快的對話（吃飯時不應吵架，尤其不應為吃甚麼而爭論）。
- 如果孩子不要吃，你儘管平靜地接受，可是在下一頓飯以前，先不要給他們別的食物或零食。
- 讓孩子參與選購和準備食物。

### 讓孩子尊重他們食慾

- 盡量不要教孩子先吃光碟上的食物，再吃甜品；這會令他們吃得過飽。
- 把營養豐富和份量適當的甜品跟其他食物一同放在飯桌上，一家人一起享用。
- 避免在接近正餐的時間給孩子小食，免得孩子再吃不下。
- 一般來說，在用餐或小食時，最好先給少量食物，若孩子吃完後還餓的話可再添加些。
- 限制每天用餐6次（例如：3次正餐和3次小食）。

## 特色小食

- 按孩子的活動量給予特色小食  
(例如；活動量高的孩子可以每天一次；活動量較少的每週一到兩次)。
- 特色小食一般指汽水、薯片、巧克力、餡餅、冰淇淋、曲奇餅和蛋糕。然而，每個家庭都要決定甚麼是他們的“特色小食”，以及每日每週的限量。
- 避免以食物作為賄賂或懲罰。  
(例如：“不吃青豆，就不給你甜點”)
- 即使孩子要求，也避免購買不健康的食物。  
知多一點點，可瀏覽； [www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)



因為神的國不在乎吃喝，只在乎公義、和平，  
並聖靈中的喜樂。 羅14:17

*For the kingdom of God is not a matter of eating and drinking,  
but of righteousness, peace and joy in the Holy Spirit.*

*Romans 14:17*



## Help Your Children To Eat Well

### Be a Good Role Model

- Eat breakfast yourself and offer your child breakfast everyday. It is well known that children who eat breakfast perform better at school.
- Eat together as a family.
- Make meal times pleasant by having relevant conversations (meals are not the time to have arguments, especially arguments about what to eat).
- If the child is refusing to eat, accept the refusal calmly. However, do not offer any more food or any other foods until the next scheduled meal or snack.
- Involve kids in shopping for and preparing the food.

### Allow Children to Respect Their Appetite

- Try not to teach children to clean their plate so they can eat dessert – this teaches them to eat until they are over-full.
- Serve a portion of a nutritious dessert to everyone in the family along with the rest of the foods at the meal.
- Avoid offering snacks too close to a meal or the child will be full.
- In general, offer small amounts of food at meal or snack times; another serving can always be given if the child is still hungry!
- Limit the number of feeding times to 6 (e.g. 3 meals and 3 snacks).

## Treats

- Allow treats based on the child's activity level. (e.g., a very active child could have one treat per day while a less activity child could have 1 or 2 treats per week.)
- Common treats are usually soft drinks, chips, chocolate bars, pies, ice cream, cookies and cakes; however, every family has to decide what a "treat" is and how many treats are allowed in a day or week.
- Avoid using foods as a bribe or punishment. (e.g. "If you eat your peas you can have your dessert!")
- Avoid purchasing unhealthy foods when children demand it. Learn more at [www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)

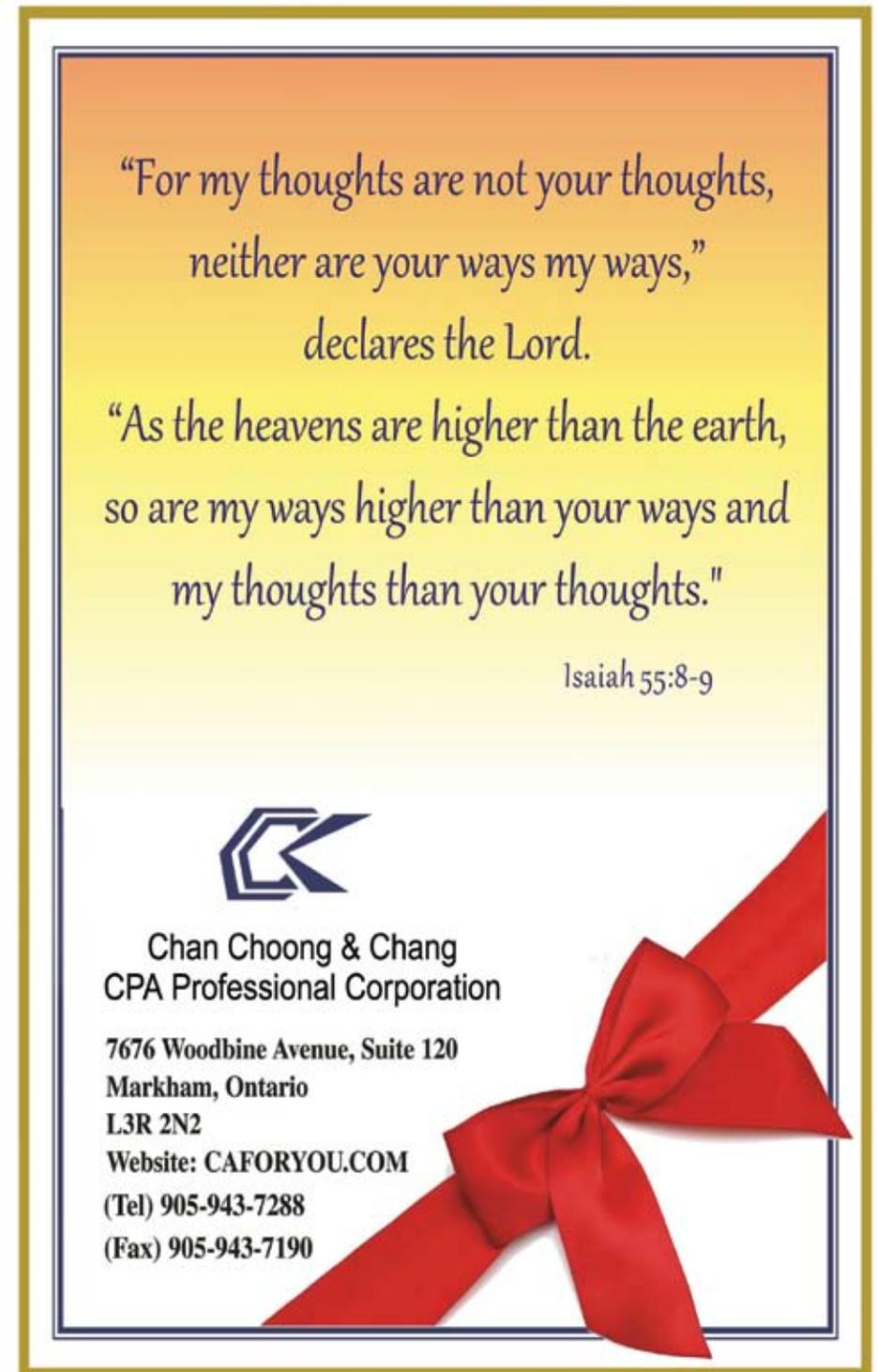


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*"For my thoughts are not your thoughts,  
neither are your ways my ways,"  
declares the Lord.  
"As the heavens are higher than the earth,  
so are my ways higher than your ways and  
my thoughts than your thoughts."*

Isaiah 55:8-9



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# 吃得要營

## 以兒童為對象的食物推銷

兒童和青少年每天面對花在他們身上以億元計的各式食物市場推銷廣告。例如，麥片的包裝總是顏色鮮艷、盒上也附有各種卡通人物、玩具、甚至兒童俱樂部等玩意。許多兒童電腦遊戲的場景也出現麥片及水果小吃的廣告，成為食物品牌炮製的所謂“遊戲促銷”。

- 一般兒童電視節目的廣告時段，平均每五分鐘便出現一次，而且不斷重覆相同的產品；使客戶更忠於其品牌，也造成對父母的煩擾。
- 由於廣告都在告訴孩子要吃甚麼，父母的權威因而受到削弱，尤其是那些不肯定如何讓孩子吃得健康的父母。

## 父母能做甚麼？

- 限制孩子看電視和使用電腦的時間。
- 選看沒有電視廣告的頻道，例如公共電視台。
- 向年紀較大的孩子(8-9 歲以上) 解釋，廣告是為了叫他們吃那些食物，但那並不是健康的食物。
- 樹立健康飲食的良好榜樣。
- 決定在家裡可以吃那些小食，並堅持你的決定。

# 蔡達文牙科醫生 Dr. Damon Tsai

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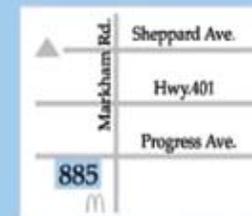


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## 在吃之前先閱讀

### Food Marketing Aimed at Children

Children and youth are subjected to billions of dollars worth of food advertising directed specifically to them. Cereal boxes feature bright colours, cartoon characters, toys-in-the-box and kid's clubs. Children now play computer games that include cereal and fruit snack marketing as part of the landscape. These are called "advergaming" by the food companies.

- A typical hour of children's television programming breaks for commercials every five minutes. Products are advertised repeatedly. These commercials established brand loyalty and cause parent pestering.
- Parental authority is undermined by these commercials which tell kids what to eat, especially if the parent is unsure how to feed children healthfully.

### What can a parent do?

- Limit how much time your child watches TV and uses the computer.
- Try to choose TV stations that do not have commercials, such as public broadcasting.
- Explain to older children (8-9 years+) that commercials are made just to make kids want these foods/drinks, but these things are not healthy.
- Be a good role model for healthy eating.
- Decide what treats are allowed in the house and stick to your decision.

#### 食用量 Serving Size

食用量可讓您發現每包的總卡路里和營養成分

#### 卡路里Calories

每份400卡路里或更高的是高熱量;每份100卡路里是適中

**鈉(鹽) Sodium**  
在類似的食物中選擇低鈉選擇

Nutrition Facts	
Serving Size 1 oz (28.35g)	
Amount Per Serving	
Calories 100	
	% Daily Values*
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 7g	<b>14%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

**脂肪Fat**  
選擇低脂肪的食物

**碳水化合物 Carbohydrate**  
碳水化合物包括糖和澱粉

**膳食纖維 Dietary Fiber**  
選擇纖維含量高的食物

比較100克列表中的數字	低	中	高
脂肪	少於3克	3-20克	超過20克
飽和脂肪	少於1.5克	1.5-5克	超過5克
糖	少於5克	5-15克	超過15克
鈉(鹽)	少於0.3克	0.3-1.5克	超過1.5克
纖維	選擇高纖維。使用每食用量列表，並選擇每食用量超過3克纖維。		

# READ BEFORE YOU EAT

## SERVING SIZE

Serving size lets you discover the total number of calories and nutrients per package.

## CALORIES

400 calories or more per serving is high; 100 calories per serving is moderate.

## SODIUM (SALT)

Choose lower sodium options among similar foods.

## Nutrition Facts

Amount Per Serving		% Daily Values*	
Serving Size 1 oz (28.35g)			
<b>Calories</b> 100			
<b>Total Fat</b> 10g			<b>15%</b>
Saturated Fat 5g			<b>25%</b>
Trans Fat 0g			
<b>Cholesterol</b> 30mg			<b>10%</b>
<b>Sodium</b> 230mg			<b>10%</b>
<b>Total Carbohydrate</b> 0g			<b>0%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 0g			
<b>Protein</b> 7g			<b>14%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## FAT

Choose foods that are low in fat.

## CARBOHYDRATES

Carbohydrates includes sugars and starches.

## DIETARY FIBRE

Choose foods high in fibre.

Compare numbers in the 100g column	LOW	MEDIUM	HIGH
<b>FAT</b>	Less than 3g	3 – 20g	More than 20g
<b>SATURATED FAT</b>	Less than 1.5g	1.5 – 5g	More than 5g
<b>SUGAR</b>	Less than 5g	5 – 15g	More than 15g
<b>SODIUM (salt)</b>	Less than 0.3g	0.3 – 1.5g	More than 1.5g
<b>FIBRE</b>	Choose <b>high fibre</b> . Use the <b>per serve</b> column and choose more than <b>3g fibre per serve</b> .		

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蔬菜 Vegetables	春季 Spring	夏季 Summer	秋季 Fall	冬季 Winter
蘆筍 Asparagus	✓			
燈籠椒 Bell Peppers		✓	✓	
西蘭花 Broccoli	✓		✓	
紅蘿蔔 Carrots	✓	✓	✓	✓
玉蜀黍 Corn		✓		
茄子 Eggplant		✓		
羽衣甘藍 Kale			✓	✓
蘑菇 Mushrooms	✓		✓	
馬鈴薯 Potatoes			✓	✓
蘿蔔 Radishes	✓		✓	
菠菜 Spinach	✓		✓	
紅薯 Sweet potatoes			✓	✓
水果 Fruits	春季 Spring	夏季 Summer	秋季 Fall	冬季 Winter
蘋果 Apples	✓	✓	✓	✓
牛油果 Avocados	✓	✓		✓
香蕉 Bananas	✓	✓	✓	✓
藍莓 Blueberries		✓		
櫻桃 Cherries		✓		
葡萄 Grapes			✓	
奇異果 Kiwi		✓		
芒果 Mango		✓	✓	
橙 Oranges				✓
桃 Peaches		✓		
梨 Pears			✓	✓
菠蘿 Pineapple	✓		✓	✓
梅子 / 李子 Plums		✓		
山莓 Raspberries		✓	✓	
草莓 Strawberries	✓	✓		
番茄 Tomatoes		✓		
西瓜 Watermelon		✓		



## 吃得要營

### 基因改造食物知多少？

種籽的基因(DNA)在實驗室內經過更改，或混入其他植物的基因，便成為”基因改造有機體”(GMOs)，繼而培植成基因改造食物(基改食物)。

自1994年至今，加拿大已批出85種基改食物在市面銷售，包括在加拿大種植的芥花、大豆、玉米、甜菜，或是從別國進口的食物。

加拿大健康部確保所有基改食物可安全食用，並先作完整的安全評審，才批准在市面發售。

### 我怎麼曉得自己買的是基因改造食物？

在加拿大，基改食物無須加上標籤，所以難以辨識食品有否基改成分。不過，有些食物公司也會在食物上標示“非基因改造”。

### 基改食物有甚麼好處？

基改農作物原是為了帶來某些好處，包括：

- 能抵禦天氣(如霜凍或乾旱)造成的破壞。
- 在某些環境下較易生長(如乾旱土壤)。
- 增加農作物產量，有助維持低廉的價格。
- 成熟速度較慢，可抵受長途運送。
- 較難碰傷。
- 需要較少農藥(如除草劑、殺蟲劑)。
- 減低昆蟲或病毒引起的疾病。

### 食用基改食物有甚麼潛在關注？

基改食物會引起過敏？基改食物會造成對抗生素的抗藥性？基改食物會引起癌症？目前還沒有證據支持以上的說法。然而，基改食物對健康的長遠影響和安全性所知的仍少，有關研究仍在繼續下去。

### 若你擔心食用基改食物。可參考下提示：

- 致電食品公司查問某種食物是否含有基改成份。
- 造訪售賣“非基因改造”產品的商店。
- 購買有機食品；有機食品沒有基因改造。
- 自行種植。於購買植物或種籽時，查問是否有基因改造。

資料來源: UnlockFood.ca, Medical News Today  
<https://www.unlockfood.ca/en/Articles/Food-technology/Understanding-Genetically-Modified-Foods.aspx>  
<https://www.medicalnewstoday.com/articles/324576.php>



不可因食物毀壞神的工程。凡物固然潔淨，但有人因食物叫人跌倒，就是他的罪了。 羅14:20

*Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a person to eat anything that causes someone else to stumble.*  
Romans 14:20



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## How much do you know about Genetic Modified Foods?

The genes (DNA) of the seed is either altered in the laboratory or contains genes from different plant. These seeds are called genetically modified organisms (GMOs) and they grow into genetically modified (GM) foods.

Since 1994, about 85 GM foods have been approved for sale in Canada. They are either grown in Canada including canola, soybean, corn and sugar beet or imported from other countries. Health Canada makes sure that all GM foods are safe for us to eat. Health Canada completes a thorough safety assessment on all GM foods before they are allowed to be sold.

### How can I tell that I am buying GM foods?

GM foods do not have to be labelled in Canada, so it can be difficult to know if a food product contains GM ingredients. However, some food companies choose to label their products “GMO free”.

### What are the benefits of genetically modified foods?

GM crops have been developed to have certain benefits. GM foods may:

- Resist damage due to weather, like frost or draught
- Grow more easily in some environments (like dry soil conditions)
- Produce more crops, helping to keep food prices lower
- Ripen slower and last longer during shipping
- Bruise less easily
- Need less pesticides (like herbicides and insecticides)
- Have less disease caused by insects or viruses

### What are the potential concerns of eating GM foods?

Can GM foods cause allergies? Can GM foods cause resistance to antibiotics? Can GM foods cause cancer? There is no evidence to support the above concerns. However, little is known about the long-term health effects and safety. Research on GM food is ongoing.

If you are concerned about eating GM foods, try the following tips:

- Call food companies to find out if a certain food contains GM ingredients.
- Visit specialty stores that sell “GMO free.” products.
- Buy organic foods. Organic foods are not genetically modified.
- Plant a garden. When you buy plants or seeds, ask if they have been genetically modified.

Source : UnlockFood.ca, Medical News Today  
<https://www.unlockfood.ca/en/Articles/Food-technology/Understanding-Genetically-Modified-Foods.aspx>  
<https://www.medicalnewstoday.com/articles/324576.php>

你們為何花錢買那不足為食物的？用勞碌得來的買那不使人飽足的呢？你們要留意聽我的話就能吃那美物，得享肥甘，心中喜樂。 賽55:2

*Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare.*

*Isaiah 55:2*





# 吃得要營

## 水果和蔬菜標籤背後隱藏的意義

### 四位數字編號 = 傳統種植果菜

這些編號通常起頭的數字是3或4，表示這些都是傳統的農產品，是會含有殺蟲劑。不要驚慌，殺蟲劑水平是很低，不會有傷害性。知道怎樣恰當地清洗農產品會幫助除掉殘留的殺蟲劑怎細菌。

### 從一個 PLU 編號找尋資料

你可以使用 PMA 的 PLU 編號網上搜尋工具 ([http://www.plucodes.com/search\\_wizard.aspx](http://www.plucodes.com/search_wizard.aspx))找尋相關的詳細資料如商品種類，多樣化，尺碼，限制，植物名稱..等等。你祇需要輸入四位數字編號。如仍未能找到答案，你可嘗試使用批發商編號（但你需要從購買食品商號那裡得知相關資料）。

超市或食品商號的電腦系統會顯示農產品來源國。根據美國法例，所有農產品必需附有原產國家的標籤（Country of Origin Labeling COOL）。出產國家名稱一定要顯示在農產品的標籤，或盛載農產品的容器，或介紹農產品的海報上。

### 怎樣可以分辨什麼農產品是經過基因改造

如果農產品標籤號碼是五位數字又有頭一位數字是8那產品便是基因改造（又稱之為 GMO - Genetically Modified Organisms）。現今有26個國家有嚴格限制GMO農產品（波蘭和意大利于2013年簽署禁制Monsanto GMO產品）。

請注意如要使用 PLU 編號去搜尋農產品資料，不要輸入五位數字編號的頭一位數字，頭一位數字祇不過代表基因改造農產品。例如，4011 祇不過代表標準的黃色香蕉，但84011卻代表基因改造的黃色香蕉。

### 怎樣可以分辨什麼農產品是有機農產品

如果農產品標籤號碼是五位數字又有頭一位數字是9，那農產品是符合USDA有機農產品標準種植。這些農產品一般是比較昂貴，原因是農民種植時必須要符合USDA National Organic Program的要求才能標籤種植的產品為「有機」產品。

請留意：如果遇到食品使用字眼如「天然」或「由天然方法」生產，是不必符合政府標準，並且意味著與有機產品截然不同。

再次提醒，搜尋PLUs時祇需要最後4位數字，五位數字編號頭一位數字祇是一個識別標誌。現今識別標誌頭一位數字祇有8和9。

### 小心留意

以上資料祇適用於 International Federation for Produce Standards 所簽發的PLU 編號。PLU 制度是一種自願參與而非一個必需受管制的參與的制度，這篇報導祇是一個指引，產品商店是你的最佳資源去尋找產品資料，因為商店一定有詳盡的PLU編號和指示。

### 請參考以下網頁：

<https://food-hacks.wonderhowto.com/how-to/decoding-produce-stickers-hidden-meaning-behind-fruit-vegetable-labels-0154570/>



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**Four-Digit Codes = Conventionally Grown Produce**

These codes typically begin with a 3 or 4 and indicate that your fruit was grown conventionally, which includes the presence of pesticides. Don't panic, though: the pesticide levels are so low they aren't harmful. Knowing how to properly wash produce also helps remove any residue as well as bacteria and germs.

**Looking Up Information on a PLU Code**

You can find out pertinent details like the type of commodity, variety, size, restrictions, botanical name, etc. using PMA's PLU codes search tool online. Just search using the four-digit code. If you don't get any results, you could be looking at a retailer assigned code, in which case you're best asking your grocer for more info.

Grocery store computer systems can also tell what country grew the produce, and according to U.S. law, all produce must use Country of Origin Labeling (COOL). The country must be either on the label, or on a sign next to the produce bin or display.

**How to Tell What Produce Is Genetically Modified**

If the label's code has five digits and begins with an 8, then the fruit or vegetable has been genetically modified (also known as GMOs, or genetically modified organisms). Twenty-six countries currently ban or have strict restrictions on GMO produce (Poland and Italy signed on to ban Monsanto GMO corn in 2013).

Note that if you're looking up information on the PLU code, do not include the first number of a 5-digit code—the first number is just an identifier for GMO products. For example, 4011 would be a standard yellow banana, but an 84011 would be a genetically modified standard yellow banana.

### How to Tell What Produce Is Organic

Five-digit codes beginning with a 9 mean that the fruit is grown in accordance with USDA organic standards. It's more expensive, but there's a reason why: the USDA National Organic Program has many requirements that growers have to meet to get their food labelled "organic."

Remember: words like "natural" or "from nature" on foods don't have to meet government standards and mean something very different from organic.

Again, only search PLUs by their last 4 digits, as the first in a 5-digit code is just an identifier. The only identifiers currently are 8 and 9—no others exist.

### A Word of Caution

While this information is pertinent for PLU codes issued by the International Federation for Produce Standards, it is important to note that the PLU system is voluntary and not mandated by any governing body (as stated on their home page). This article serves as a guideline, but your best resource will always be the grocery store itself, which keeps a catalogue of PLU codes and their indications.

Reference:

<https://food-hacks.wonderhowto.com/how-to/decoding-produce-stickers-hidden-meaning-behind-fruit-vegetable-labels-0154570/>

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# 吃得要營

## 吃得要營：人活著不是單靠食物

國以民為本，民以食為先，任何有中國人的地方，那裏的飲食業一定會很興旺，中國人喜歡食是事實。但是怎樣食才算是吃得要營？簡單來說就是食得其法，不浪費神所賜給我們大地上的資源，並要達到物盡其用的目的。

### 甚麼是吃得要營？

究竟怎樣食才算「營」？首先，為要令人食指大動，食物當然要講究色、香、味及形；其次是進食要食得其法。「食」字在中國人有很重要的意義，很多地方的方言常用食來問候人，特別在嶺南一帶，人們一見面多問：「吃過沒有？」或「食咗飯未？」，這些說話都能反映出當地民眾對食的訴求。但暴飲暴食往往會帶來很多害處，而食了不合適的食物更會對身體產生很壞的影響，輕則腹痛泄瀉，重則腸胃炎則至成為長期病患者。現代醫學發現很多慢性疾病，如高血壓，糖尿病和高血脂等，都漸漸趨向年青化，這些疾病大多源自食得太富貴，缺乏運動和長期睡眠不足等因素引起。這裏正正是聖經中耶穌所說的：「人活著不是單靠食物」(馬太福音4:4)的一個好例子。聯合國世界衛生組織將健康分為三種，分別是生理健康、心理健康和社交健康。不錯，人生在世，要維持生命，不是單靠食物，因為食物只能滿足人類生存的最基本需要而已，要活得精采，生活當然要有質素，而提昇生活素質 (Quality of Life) 也成為了近期的熱門話題，但人們追求生活素質時，常常誤以為嚐盡珍饈百味，懂得及時行樂，或環遊世界等才是享受生活，殊不知這都不是生命的真諦。回頭再看耶穌在回應魔鬼試探時所說的那句話：「人活著不

是單靠食物」，還有下文，就是「乃是靠神口裏所出的一切話」(馬太福音4:4下)。原來我們吃東西的目的只是為了果腹，但食物只能止住暫時的飢餓，要使生命活得更有意義必須靠神的話，多讀聖經，因為聖經就是神的話，是神對人所講的說話。那麼神的話可以使人吃飽嗎？非也！由於我們生活在世上，有各方面不同的所需，除了肉身和情感的需要外，亦需要與人相交，與神溝通，而神的話卻能給我們一個指引，「你的話是我腳前的燈，是我路上的光」(詩篇119:105)，「你的言語一解開，就發出亮光。」(詩篇119:130)。所以根據聖經所言，我們所吃甚麼食物問題都不會太大，反正最後都是往茅廁去了(參看馬太福音15:17)，惟獨神的說話才是最重要。

總括來說，吃得要營是希望能令食物在身體內發揮最大的果效，令人體產生足夠的生產力，以服務社會，達致榮神益人的理想。所以朋友們，今天可能有很多營養師為你設計餐單，有些中醫師為你提供養生食療，亦有健身教練教你拉筋跑步，甚至有醫生處方一些安眠藥給你解決失眠的問題，可是要追求真正有素質的生活，世上的吃喝玩樂並非適當的途徑，有空不妨翻開聖經研讀神的話語，我保證它給你在身體操練的果效肯定比任何一個醫生或專家更為有效，令你不單吃得要營，生命更豐盛，更可以得著來生的應許(參看提摩太前書4:8)。

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操練身體、益處還少。  
惟獨敬虔、凡事都有益處。  
因有今生和來生的應許。提前4:8

*For everything God created is good,  
and nothing is to be rejected if it is  
received with thanksgiving.*

*1 Timothy 4:8*





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### **Eating Smartly:**

### **man shall not live on bread alone**

People are the foundation of a nation, and food is the top priority of the people. It is a fact that Chinese people enjoy eating, that's why the food industry always thrives wherever Chinese people settle. But how do we get the nourishment one needs from food? Put it simply, we need to know how to eat in order to get the most of the food without wasting any resources that God gives us on the mother earth.

### What is Eating Smartly?

How exactly should we eat "smartly"? First and foremost, food must be exceptional in its colour, smell, taste and presentation to entice our appetite. Next, we must know how to eat. The Chinese word "eat" carries much significance; it is used in greetings in many dialects, especially in the Lingnan region where people ask, "Have you eaten yet?" or "Have you eaten rice yet?" These dialogues reflect the people's attention to eating. Yet, overeating often brings us much harm, and consuming unsuitable food may even affect our health adversely, from diarrhea accompanied with abdominal pain, to more serious consequences such as acute gastroenteritis that leads to prolonged disease. Modern medicine discovers that numerous chronic conditions such as hypertension, diabetes, hyperlipidemia, etc. are being seen more frequently among young people. These conditions mostly arise from taking too much spicy and greasy food, lack of exercise and long-time sleep deficiency. That is an exact example of what Jesus said in the Holy Bible, "Man shall not live on bread alone." (Matthew 4:4) The World Health Organization differentiates three aspects of health: physical health, mental health and social health. It is true that food alone is not sufficient to keep us alive, as it can only satisfy the most basic



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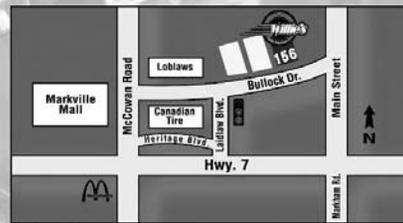
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並且人人吃喝，在他一切勞碌中享福，

這也是神的恩賜。 傳3:13

*That each of them may eat and drink, and  
find satisfaction in all their toil— this is the gift of God.*

*Ecclesiastes 3:13*

needs of our survival. If we want to live vibrantly, there must be quality in our living, and raising one's quality of life has recently become a hot topic. However, when pursuing higher quality of life, often people erroneously equate that to enjoying life by trying all kinds of delicacy and gourmet foods, entertaining for the moment, and touring around the world, etc., not knowing that none of these come close to the true essence of life. If we revisit what Jesus said in response to the devil's temptation, "Man shall not live on bread alone," we will see that there's more to that: "but on every word that comes from the mouth of God." (Matthew 4:4) It turns out that the only purpose for us to eat is to satisfy our hunger temporarily. To live a more meaningful life, we must rely on the word of God by reading the Holy Bible regularly because that is God's word, what God speaks to humans. So, can God's word alone make us full? No! Because we live in this world, we have needs of various nature; aside from physical and emotional needs, we also need to relate to others as well as to communicate with God, and God's word can be a guide for us, "Your word is a lamp for my feet, a light on my path" (Psalm 119:105); "The unfolding of Your words gives light" (Psalm 119:130). That is why according to the Holy Bible, it does not matter what we eat as that all end up in the toilet (see Matthew 15:17). What really matters is the word of God.

In conclusion, eating smartly strives to let the food unleash its biggest impact, so that our body can generate sufficient productivity to serve society, and ultimately achieve the goal of benefiting mankind and bringing glory to God. So, my friends, you may have various nutritionists designing meal plans for you, or some traditional Chinese medicine practitioners providing health preserving diet, and some physical trainers coaching you on stretching and running, even some doctors prescribing sleeping pills to solve your insomnia problem. However, eating, drinking and worldly leisure are not the proper way for pursuing true quality of living. Rather, open the Holy Bible when you have a moment and study God's word. I guarantee you will gain more from the Bible in your constitutional training than from any doctor or experts. In that case, you can not only eat smartly, lead a more abundant life and receiving the promise for the life to come (refer to 1 Timothy 4:8).

Professor Leo Fung,  
Ontario College of Traditional Chinese Medicine



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備註：參加者必須填報研習坊報名表格及簽署一份醫療及個人免責聲明。



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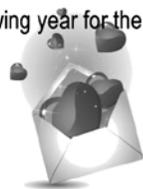
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