

## 健康小貼士

## Health Tips

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香蕉是一種常見的水果，一年四季皆盛產，而且價格便宜。香蕉含多種維生素與礦物質，非常容易被人體吸收。

香蕉的好處：

1. 香蕉富含膳食纖維，加上含有果膠，具有良好的通便效果，因此可有效預防腸道疾病，如便秘、大腸癌。
2. 香蕉含有大量的鉀和鎂離子，鉀能防止肌肉痙攣，而鎂能舒緩疲勞，因此常作為運動後的能量補充品。

A banana is a fruit widely grown all year round. It is reasonably priced and contains most of the common vitamins and minerals, which can be absorbed by the human body easily.

Benefits of bananas:

1. A banana is a laxative fruit which is rich in dietary fiber and pectin, so it can prevent gastrointestinal diseases such as constipation and colon cancer.
2. A banana is a good energy supplement after exercise. It is rich in potassium and magnesium. Potassium can prevent muscle spasm and magnesium can relieve fatigue.



香蕉班戟

3. 香蕉的鈉含量低，可以降低中風危險，維持體內鈉鉀平衡，防止血壓上升，預防心血管疾病。

4. 香蕉含有寡糖成分，可促進腸道的益菌生長，維持腸道健康。

5. 香蕉內的色胺酸能使人心境變得舒暢，預防抑鬱，改善睡眠素質。色胺酸是人體必需胺基酸之一，其他含色胺酸的食物包括全麥製品、大豆製品、巧克力、優酪乳、堅果、芝麻、紅肉類、鱈魚、鮭魚等。



3. A banana is low in sodium, thus lowering the risk of stroke. It can maintain the potassium-sodium balance and prevent hypertension as well as other cardiovascular diseases.

4. Oligosaccharide in bananas promotes the growth of good intestinal bacteria and maintains the health of the gastrointestinal tract.

5. Tryptophan in bananas can uplift a person's mood, prevent depression and improve the quality of sleep. Tryptophan is one of the amino acids essential to the human body and it can be easily found in foods such as whole grain products, soy products, chocolate, yogurt, nuts, sesame, red meat, cod, salmon, etc.

### 香蕉班戟 Banana pancakes

#### 材料

- 已熟透的香蕉 1 根
- 雞蛋 1 隻
- 藍莓 / 葡萄乾適量
- 牛油少許

#### Ingredients

- 1 fully ripe banana
- 1 egg
- Blueberry / raisin of an appropriate amount
- An appropriate amount of butter

#### 步驟

- 1 用叉子將香蕉壓成泥狀。
- 2 將雞蛋打散後加入到香蕉泥中。
- 3 加入適量藍莓 / 葡萄乾，攪拌均勻。
- 4 平底鍋抹上少許牛油。
- 5 把準備好的香蕉泥放於鍋中，煎至兩面金黃色即可。

#### Procedure

- 1 Mash the banana with a fork until almost smooth.
- 2 Whisk the egg and pour it over the mashed banana.
- 3 Add some blueberry / raisin into the batter and stir it until well blended.
- 4 Melt a little butter in the pan.
- 5 Pour the batter onto the pan. Fry until it turns golden brown on each side.