



秋收 藏冬

話補身

NUTRITION FOR WINTER

長者健康系列講座

長者養生飲食最佳配搭

The Optimal Food Combinations for Seniors




適當的飲食配搭為何重要？如果配搭不當，可引致多方面的健康問題，如消化不良、腹瀉或便秘、皮膚問題、傷害元氣、功效相反、營養素受破壞或攝取不足等。但如果配搭恰當，則能發揮養身健體及減低發病的作用。本講座由資深整全營養師主講，闡釋基本飲食配搭觀念，教導長者一套健康飲食法，並透過一些飲食相宜與相克的例子，幫助他們在日常飲食中作出明智選擇。

When we eat and drink, are there ways to guide us to better health? Certainly! If foods or drinks are not combined properly during meals, it could lead to health hazards, eg. indigestion, diarrhea, constipation, skin problems, nutrients being destroyed or inadequate intake, ... etc. On the contrary, proper combinations will have synergistic effect in promoting good health and preventing disease. In this workshop, our experienced Registered Holistic Nutritionist will teach you some basic concepts on optimal food combinations and intake sequence – this definitely will help you to make wise and better choices in preparing daily meals.

如何從日常飲食中控制“三高”

How to control "3 Highs" through daily diet



何謂“三高”？“三高”是指血壓高、血脂高和血糖高。這“三高”將是現代人面對的主要慢性疾病；而很多慢性疾病都是吃出來的。今日主流醫學常用藥物來控制病況，這是唯一的選擇嗎？人人都渴望健康長壽，我們又可否過一個不吃藥的生活？中國人養生之道是從日常生活習慣和飲食開始，藥食已有幾千年歷史，甚麼食物可以幫助我們預防和治療“三高”？透過講座，我們的講員：一位資深的整全營養師將會為您解答以上問題，並教導大家有關知識，幫助你掌控自己的健康。

What is meant by "3 Highs"? It refers to high blood pressure, high blood lipid and high blood sugar. These all are modern common chronic diseases, and are mainly caused by poor eating habits. To monitor the "3 Highs", will medication be the only option? How to live a long but healthy life without taking medication? Can we achieve this goal by eating the right food everyday? Our speaker – a very experienced holistic nutritionist will give you the correct answer and provide you with some very useful tips, so as to help you to manage your own health.