

Healthy eating tips to maintain your immunity

The COVID-19 outbreak has become an everyday challenge for everyone. In addition to wearing a mask and maintaining good personal hygiene, a balanced diet is essential to provided the immune system with the nutrients it needs to strengthen our ability to fight off disease.



Here are some healthy eating tips to help maintain the health of your immune system.

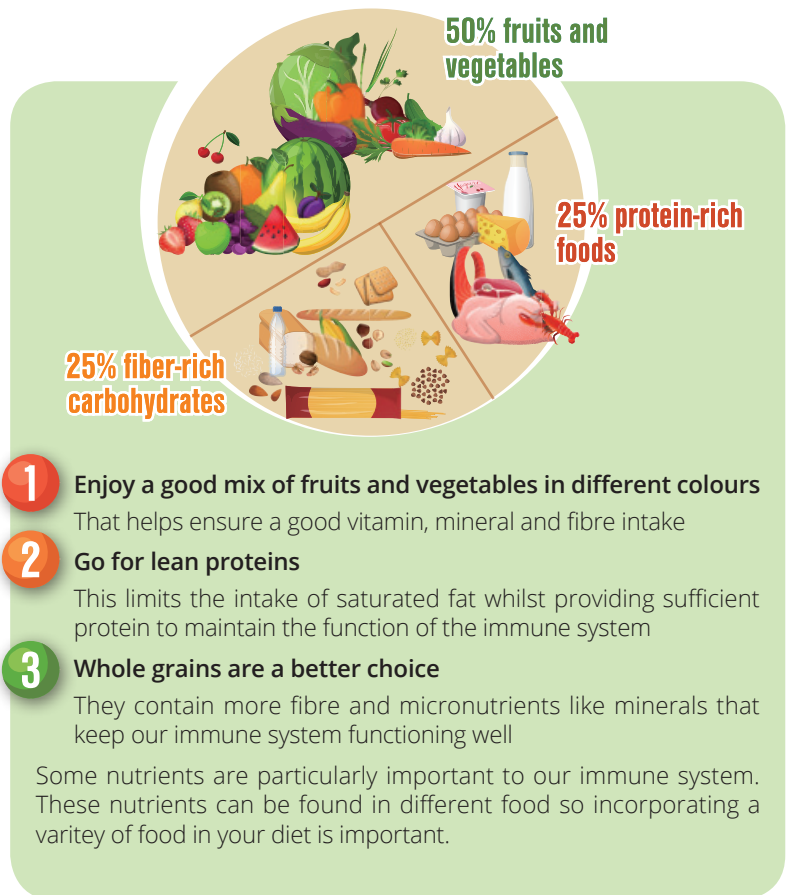
Eating a great variety of food is the golden rule to maintaining good health. The Healthy Eating Plate on the right gives you some ideas on what a healthy meal should look like.

Beta Carotene and Immunity

It is found in eggs, cheese, fruits and vegetables that are red, yellow, orange and dark green in colour. Examples are pumpkin, sweet potato, carrot, tomato, mango, rock-melon, broccoli and spinach.

Beta Carotene is converted to Vitamin A in our body and is vital to the health of mucus membranes, the first line of our body defence, that prevents the attack of foreign particles, such as viruses.

Vitamin A brings us the benefits of enhancing the action of antibodies and helps us to produce more white blood cells to fight against bacteria and viral infection.



How do we incorporate beta carotene into our diet? Here are some recipe ideas.

Spinach Chinese Pancake



Ingredients for Two

- 200g spinach
- 2 eggs
- 80g flour
- 1 tablespoon oil
- Salt and pepper

Method

1. Add spinach to a pan of boiling water and drain immediately, rinse under cold water
2. Remove excess water and chop finely
3. Add spinach, egg, salt, pepper and flour into a bowl, mix them well to form a batter
4. Add oil to a pan, pan fry the batter into pancakes

IMPORTANT NOTE

Vitamin A is an antioxidant that protects the body against free radicals. Diets rich in beta-carotene can help to reduce inflammation.

Pumpkin Soup



Ingredients for Two

- 250g pumpkin (2 cup, 1 inch diced)
- 100g onion (2/3 cup, diced)
- 25g celery (1/4 cup diced)
- 250ml chicken or vegetable stock
- 1-2 bay leaves
- 150 ml water
- Salt and pepper
- Freshly crushed ginger (optional)
- Low-fat milk (optional)
- Pumpkin seeds (optional)
- 1 tablespoon white wine
- 1 tablespoon olive oil

Method

1. Heat up a pan then add 1 tablespoon of olive oil
2. Add the onion and celery, saute until soft (about 3-5 minutes), remove from pan and set aside
3. Add the pumpkin, saute until lightly caramelised
4. Add the cooked onion and celery back into the pan, then add 1 tablespoon of white wine
5. Add 50ml water, cover the pan and cook for 3-5 minutes or until soft
6. Add 250ml stock, then add the bay leaves (crushing bay leaves helps enhance the flavour)
7. Add 100ml water and the crushed ginger (optional, but it enhances the flavour and boosts immunity)
8. Cover with lid, bring to boil then turn the heat down to simmer for 15 minutes
9. Take out the bay leaves, add salt and pepper to your taste then blend until fine
10. Add low-fat milk, mix it well (optional) then add the pumpkin seeds, and it's ready to serve

Carotene Whole Wheat Steamed Bread



Ingredients for 1 Loaf

- 2.5 cups whole wheat flour
- 1 cup high gluten flour
- 100g sweet potato (1 cup, 1 inch diced)
- 100g Japanese pumpkin (1 cup, 1 inch diced)
- 1/2 cup cashew nuts (soaked in water for 2 hours)
- 1/2 cup low-fat milk or soy milk
- 1-2 tablespoons honey
- 1.5 tablespoon active dry yeast
- 3/4 cup water

Method

1. Peel the pumpkin and sweet potato, dice and steam them until soft (about 5 minutes)
2. Mash the pumpkin and sweet potato
3. Bake or pan-fry the cashew nuts until golden and fragrant
4. Blend the cashew nuts with milk or soy milk until smooth
5. Mix whole wheat flour and high gluten flour
6. Mix water, honey and yeast, then add the mixture to the flour
7. Add the cashew nut mixture, mashed pumpkin and sweet potato, knead for 10 minutes
8. Divide the dough into two portions, shape into loaves
9. Cover with a piece of cloth and let it prove for 30 minutes
10. Steam for 15-20 minutes, set aside and leave it to cool; slice and it's ready to serve

IMPORTANT NOTE

By using whole wheat flour, pumpkin and sweet potato, this bread is not only high in beta carotene but also high in fibre which is essential for our gut health and immunity.

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吃得健康D 維持免疫力

2019冠狀病毒病的爆發已成為每個人日常的挑戰。除了戴著口罩和保持良好的個人衛生外，均衡飲食也至為重要，能為免疫系統提供所需的營養素之餘，亦令身體對抗疾病的能力得以提升。



我在此為您分享一些維持免疫系統健康的小貼士。

進食不同類型的食物是維持身體健康的不二之法。右邊的健康飲食圖表可以給您一些健康飲食的概念。

胡蘿蔔素與免疫力

胡蘿蔔素可於雞蛋、芝士、及紅色、橙色和深綠色的水果和蔬菜中找到，例如南瓜、番薯、胡蘿蔔、番茄、芒果、哈密瓜、西蘭花和菠菜。

胡蘿蔔素會於體內轉化為維他命A，對於身體第一防線 - 粘膜十分重要，有助防止有害物如細菌和病毒的侵襲。

維他命A還可增強抗體的反應，幫助身體產生更多白血球對抗細菌和炎症。



那麼我們如何將胡蘿蔔素加入在日常飲食內？以下分享一些食譜以供參考：

菠菜餅



材料 (二人份量)

- 200克菠菜
- 2隻蛋
- 80克麵粉
- 1湯匙油
- 鹽和胡椒

步驟

1. 將菠菜小灼，隨即放入冰水中
2. 去除多餘水份、切碎
3. 將菠菜、雞蛋、鹽、胡椒和麵粉放入碗中混和成麵糊狀
4. 平底鍋上加油，將麵糊煎成薄餅

重要提示

維他命A是一種抗氧化物，可保護人體免受自由基侵害。含有豐富胡蘿蔔素的飲食有助減輕炎症。

南瓜湯



材料 (二人份量)

- 250克南瓜 (2杯, 切粒約1英寸)
- 100克洋蔥 (2/3杯, 切粒)
- 25克西芹 (1/4杯, 切粒)
- 250毫升雞肉或蔬菜湯
- 1-2月桂葉
- 1湯匙白酒
- 150毫升水
- 1湯匙橄欖油
- 鹽和胡椒
- 生薑, 壓碎 (按個人喜好)
- 低脂奶 (按個人喜好)
- 南瓜籽 (按個人喜好)

步驟

1. 平底鍋加熱, 然後加入1湯匙橄欖油
2. 加入洋蔥和西芹, 炒香至變軟 (約3-5分鐘), 從鍋中取出待用
3. 加入南瓜, 煎香直至呈現微金黃色
4. 將煮熟的洋蔥和西芹倒入鍋中, 然後加一湯匙白酒
5. 加入50毫升水, 蓋上鍋煮3-5分鐘或直到變軟
6. 加入250毫升湯, 然後添加月桂葉 (壓碎月桂葉有助增強風味)
7. 加入100毫升水和碎薑 (按個人喜好而已, 但可增加風味和增強免疫力)
8. 蓋上鍋的蓋子, 煮沸後調低至慢煮15分鐘
9. 取出月桂葉, 加入鹽和胡椒粉調味, 然後攪拌均勻
10. 添加低脂牛奶 (按個人喜好而已) 拌勻, 然後加入南瓜籽, 即可上碟

胡蘿蔔素全麥蒸包



材料 (1條麵包)

- 2.5杯全麥麵粉
- 1杯高筋麵粉
- 100克蕃薯 (1杯, 切粒約1英寸)
- 100克日本南瓜 (1杯, 切粒約1英寸)
- 半杯腰果 (用水浸泡2小時)
- 半杯低脂牛奶或豆漿
- 1-2湯匙蜜糖
- 1.5湯匙一般乾酵母
- 3/4杯水

步驟

1. 將南瓜和蕃薯去皮、切粒及蒸熟至變軟 (約5分鐘)
2. 將南瓜和蕃薯壓成蓉
3. 烘烤或炒香腰果直至金黃色
4. 將腰果與牛奶或豆漿攪伴直至軟滑
5. 將全麥麵粉和高筋麵粉混和
6. 將水、蜜糖和酵母混和, 然後加到麵粉內
7. 加入腰果漿、南瓜蓉和蕃薯; 揉搓10分鐘
8. 將麵團分成兩份; 搓成麵包形狀
9. 用布蓋上, 靜待30分鐘
10. 蒸15-20分鐘後, 待其冷卻; 切片及準備上碟

重要提示

使用全麥麵粉、南瓜和蕃薯製作麵包不僅含有豐富的胡蘿蔔素、且高纖, 能有效維持腸臟健康和免疫力。

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