

# Vitamin B Group



The Vitamin B group consists of eight types of B vitamins, each with their own function which often occur together in the same foods.

Collectively, B vitamins can help alleviate stress and fatigue, prevent anaemia, maintain energy levels, and benefit our immune system by producing white blood cells. There are different types of white blood cells in our body, and all types are vital to the immune system, some engulf bacteria, some kill infected cells while some produce antibodies.



Dark green coloured vegetables, beans, wholegrains, oats, wheat germs and nuts are good sources of vitamin B group. Vitamin B12 in particular is mainly found in animal products, including fish, meat, poultry, eggs, milk, milk products and seafood like clams, trout, tuna and salmon with seaweed being the plant-based exception. Microorganisms produce vitamin B12 through fermentation so it can be found in fermented food like miso, tempeh and nutritional yeast.

With the limited plant-based food source of vitamin B12, vegetarians need to be especially aware of their vitamin B12 intake. A dietitian can offer advice if you think your vitamin B12 intake is insufficient.

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Here are some recipe ideas for you to incorporate vitamin B groups in daily diet.

## Oats And Brown Rice With Fresh Clams

This recipe comprises three vitamin B rich ingredients, including oats, brown rice and clams. Clams in particular, are a lean source of protein and a remarkably rich source of vitamin B12. Only ten small clams provide us with 100% of required daily amount of vitamin B12.



### Ingredients for two

- 3/4 cup brown rice (source of B vitamin group)
- 1/4 cup whole oats (source of B vitamin group)
- 250g fresh or frozen clams, with or without shells (source of vitamin B12)
- 3 shiitake mushrooms
- 1/2 stalk celery
- 30g bok choy
- 1/2 carrot
- 250ml reduced salt chicken stock/vegetable stock
- Oil

### Method

1. Cut the mushrooms and vegetables into cubes
2. Soak the brown rice in water for 2 hours for a softer texture (optional)
3. Rinse the brown rice, oats and clams, drain and set aside
4. Place the brown rice and oats into a rice cooker and add the stock to cook
5. Add oil to a pan and stir fry the clams, set aside
6. Stir fry the mushrooms and vegetables, set aside
7. Once the stock is boiling, add the clams for more flavour, cook until the rice is softened
8. Mix in the mushrooms and vegetables, cook for a further 3 minutes, then it's ready to serve

### IMPORTANT NOTE

Eating wholegrain foods such as brown rice, wholegrain bread and oats adds fibre, vitamins and minerals into your diet. Wholegrains are more nutritious than refined grains like white rice and white bread. Refined grains contain carbohydrate but very limited amount of other nutrients.

## Banana Oatmeal Pancakes



### Ingredients for Two

- 1-2 ripe bananas (depending on the size)
- 90g oatmeal flour (1 cup) (source of vitamin B group)
- 125ml low-fat milk (0.5 cup)
- 1 egg
- 1/2 teaspoon baking powder
- 1 teaspoon maple syrup
- Your favourite fruit for topping
- Oil

### Method

1. Whisk the oatmeal flour, banana, milk and egg together
2. Add maple syrup and baking soda then whisk again
3. Add oil to a pan and pour in the batter, cook until batter starts to bubble
4. Cook until both sides are golden brown
5. Serve pancakes with maple syrup and fresh fruit

### IMPORTANT NOTE

In addition to the vitamin B group, oats have a special nutrient called  $\beta$ -glucan, which may help strengthen our immune defence by enhancing the ability of antibodies and white blood cells to clear bacteria, viruses and infected cells from our body.



# 維他命 B雜

維他命B雜包括8種維他命B，各自有其營養價值。我們或可從單一食物找到多種維他命B。

總體而言，維他命B不僅有助舒緩壓力和疲勞、也可預防貧血、維持能量及製造白血球。身體內存有不同類型的白血球，而所有類型的白血球都對免疫系統至為重要，例如部分可吞噬細菌、部分能殺死受感染的細胞，亦有些可產生抗體。

深綠色蔬菜、豆類、全穀類、燕麥、小麥胚芽和堅果都是維他命B雜的食物來源。



然而維他命B12則主要從一些動物食材攝取，包括魚類、肉類、家禽、雞蛋、牛奶、奶製品和海產(如蜆、鱒魚、吞拿魚和三文魚)。海藻是少有含維他命B12的植物類食材。微生物能透過發酵而產生維他命B12，因此味噌、發酵大豆製品和營養酵母等發酵食品也可以是維他命B12的攝取來源。

由於維他命B12的植物類食物來源有限，素食者要特別留意其維他命B12的攝取。如您認為自己的維他命B12攝取不足，註冊營養師可給予您專業意見。

撰寫：註冊營養師陸肇麟

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以下是一些創意食譜，讓您在日常飲食中添加維他命B雜。

## 燕麥鮮蚬蔬菜糙米飯

該食譜包含三種豐富維他命B的成分，包括燕麥、糙米和蚬。其中，蚬是低脂優質蛋白質的來源，其維他命B12的含量非常豐富。僅僅十隻小蚬便足以提供每日所需的維他命B12。



### 材料 (二人份量)

- 3/4 杯糙米 (維他命 B 雜來源)
- 1/4 杯全燕麥 (維他命 B 雜來源)
- 250 克新鮮或冷藏蚬，連殼或不連殼 (維他命 B12 來源)
- 3 個香菇
- 半條西芹
- 30 克白菜
- 1/2 胡蘿蔔
- 250 毫升減鹽雞湯或蔬菜湯
- 油

### 步驟

1. 將蘑菇和蔬菜切粒
2. 喜好米飯較軟的人士可先將糙米浸2小時
3. 糙米、燕麥和蚬洗乾淨，瀝乾水分，待用
4. 平底鍋加油，將蚬、蘑菇和蔬菜炒香
5. 將糙米和燕麥放入電飯煲中煮
6. 加入湯
7. 湯沸騰時，加入蚬以增加風味，直至米飯變軟
8. 加入蘑菇和蔬菜再煮3分鐘，即可食用

### 重要提示

食用全穀物，如糙米、全麥包和燕麥等，可多攝取纖維、維他命和礦物質，因此全穀物比白米和白麵包等精製穀物更有營養。精製穀物只含碳水化合物及極少的營養素。

## 香蕉燕麥熱香餅



### 材料 (二人份量)

- 1-2 隻熟的香蕉 (視乎大小)
- 90 克燕麥粉 (1 杯) (維他命 B 雜來源)
- 125 毫升低脂牛奶 (半杯)
- 1 隻雞蛋
- 半茶匙發酵粉
- 1 茶匙楓糖漿
- 自選水果作裝飾
- 油

### 步驟

1. 燕麥粉、香蕉、牛奶和雞蛋拌勻
2. 加入楓糖漿和小蘇打並打勻
3. 鍋內加油，倒入麵糊煎香至麵糊開始起泡
4. 煎至兩面金黃色
5. 熱香餅加上楓糖漿和新鮮水果上碟

### 重要提示

燕麥除了含有維他命B雜，還有一種稱為β-葡聚醣的特別營養素，有助透過增強抗體和白血球清除體內細菌、病毒和受感染細胞的能力，繼而改善體內的免疫力。