

# 健康小貼士:香蕉

## Health Tips For You : Bananas

香蕉不僅味道甜美，而且可以令你健康，因為它有預防疾病的功效，你想多了解一些嗎？

香蕉含有	作用
鐵質及鉀	減低高血壓和中風的危機
一種身體可轉變成血清素的蛋白質	使你感到舒緩
維他命B	冷靜神經系統
纖維	恢復正常的腸功能
果膠（可溶解的纖維）	恢復消化道的正常功能
一種合成樹脂的化合物	減低患腎臟癌的危機
維他命B6、維他命B12、鉀及鎂	使身體從停止吸收尼古丁後恢復過來
天然糖 — 蔗糖、果糖及葡萄糖	提供即時及大量的能量

### 怎樣選擇好的香蕉？

你應該選擇一些結實、但不要太硬、有光澤及沒有傷痕的香蕉。它的莖及頂端部分應是完整無缺的。

#### 存放香蕉的好方法：

- 香蕉不應於太熱或太冷的溫度下存放。
- 還未熟透的香蕉不應存放於冰箱裡，以免影響香蕉的成熟過程。
- 如果你想加速香蕉的成熟過程，可以用紙袋或報紙覆蓋之。
- 熟透的香蕉可存放於冰箱裡保鮮。



Bananas taste good, it can also make you healthy because it can prevent diseases and illnesses. Do you want to know more about it?

Bananas contain	Good effects
Iron and potassium	Reduce the risk of high blood pressure and stroke
A type of protein that the body converts into serotonin	Make you relax
Vitamin B	Calm the nervous system
Fiber	Help restore a normal bowel function
Pectin (a soluble fiber)	Help normalize movement through the digestive tract
Phenolic compounds	Reduce the risk of kidney cancer
Vitamin B6, B12, potassium and magnesium	Help the body recover from the effects of nicotine withdrawal
Natural sugars – sucrose, fructose and glucose	Give an instant and substantial boost of energy

### How to choose good bananas?

Bananas should be firm, but not too hard, bright in appearance and free from bruises. The stems and tips should be intact.

#### What are some of the good ways to store bananas?

- Bananas should not be subjected to overly hot or cold temperatures.
- Unripe bananas should not be placed in the refrigerator because this will interrupt the ripening process.
- If you need to hasten the ripening process, you can place bananas in a paper bag or wrap them in newspaper.
- Ripe bananas can be placed in the refrigerator.