

## 健康小提示：馬鈴薯

馬鈴薯，又稱薯仔，是一種很普及而又重要的食物。人們經常認為薯仔是一種能撫慰人心的食物，於全年都有供應的。

你一定很希望了解有關薯仔的益處。現在就讓我們一一揭開。

薯仔含有	益處
碳水化合物及蛋白質	<ul style="list-style-type: none"> <li>對於纖弱及想增磅的人，薯仔是一種很理想的食物</li> <li>薯仔是很容易消化的，對於病人、嬰兒及一些消化硬質食物有困難的人，薯仔是很好的食物</li> <li>保持頭腦清醒</li> </ul>
纖維	<ul style="list-style-type: none"> <li>有助於消化</li> <li>有助降低膽固醇</li> <li>改善體內胰島素的功能</li> </ul>
維他命C (十分好的抗氧化劑)	<ul style="list-style-type: none"> <li>防止病毒性的感染，如感冒</li> <li>對皮膚好</li> </ul>
鈣及鎂	<ul style="list-style-type: none"> <li>減輕風濕病，但由於薯仔含有大量的澱粉質可能會增加體重，對於風濕病患者可能會有反效果</li> </ul>
鉀及維他命B6	<ul style="list-style-type: none"> <li>舒緩腸部及消化系統的炎症</li> </ul>

注意：薯仔含有很高的熱能及糖份，所以糖尿病患者應該避免食薯仔。此外，進食過量薯仔會導致肥胖，所以過胖的人不適宜進食太多薯仔。

### 選擇薯仔的貼士：

1. 未成熟的薯仔和薯仔葉是有毒的
2. 要選擇結實及形狀較佳的薯仔
3. 不要購買一些已清潔好的薯仔，因為當清洗薯仔時，保護層就會被除去，這樣薯仔會十分容易被細菌侵蝕

### 保存薯仔的貼士：

1. 不要擺放薯仔在陽光下，薯仔應該放在陰暗及乾爽的地方。
2. 薯仔不應保存於冰箱內，因為薯仔所含的澱粉質會變成糖粉，薯仔的美味便會消失。
3. 不要把薯仔保存於洋蔥附近，因為薯仔及洋蔥散發的氣體會互相影響它們本身的質量。
4. 薯仔應保存於粗麻布袋或紙袋內。
5. 必須經常檢查薯仔的質量，因為已經變質的薯仔會很快影響其它薯仔的質量。

### 準備薯仔的貼士：

1. 為了獲得薯仔的最高營養價值，不要剝去薯仔的皮，只需要在煮食前把薯仔放在凍水下用力擦洗，但必須除去有瘀傷的地方。為了保持薯仔皮下的營養，當你剝去薯仔皮時，只需剝去一層薄薄的皮便可。
2. 為了避免薯仔遇到空氣時會產生變色之情況發生，應盡量於煮食前才切薯仔。如果你不能立即煮已經切好的薯仔，你可以擺放薯仔於一碗已加入少許檸檬汁的凍水裡，這樣可防止薯仔的顏色變深。



# HEALTH TIPS – POTATOES

Potatoes are a very popular and important food source. People often consider potatoes as comfort food. Potatoes are available all the year round.

You will be delighted to know the health benefits of potatoes. So let us now uncover them.

A POTATO CONTAINS	HEALTH BENEFITS
Carbohydrates and proteins	<ul style="list-style-type: none"> <li>· An ideal diet for those lean and thin who want to gain weight</li> <li>· Easy to digest and facilitate digestion, is a good diet for patients, babies and those who cannot digest hard food</li> <li>· Keep the brain active and alert</li> </ul>
Fiber	<ul style="list-style-type: none"> <li>· Good for digestion</li> <li>· Helpful in lowering cholesterol</li> <li>· Improves functioning of insulin in the body</li> </ul>
Vitamin-C (very good anti-oxidant)	<ul style="list-style-type: none"> <li>· Helps prevent viral infections like cold</li> <li>· Good for the skin</li> </ul>
Calcium and magnesium	<ul style="list-style-type: none"> <li>· Help give relief in rheumatism, but high starch content may increase body weight which may have adverse effects on rheumatic people</li> </ul>
Potassium and vitamin B6	<ul style="list-style-type: none"> <li>· Relieve inflammation of intestines and the digestive system</li> </ul>

**NOTE:** The energy or sugar content of potatoes is very high, so diabetic people should avoid eating potatoes. Besides, over intake of potatoes may cause obesity, so it is not recommended for obese people.

*Tips for choosing potatoes:*

1. Green potatoes and potato leaves are poisonous.
2. Potatoes should be firm and well shaped.
3. Avoid buying cleaned potatoes because if their protective coating is removed by washing, they are more vulnerable to bacteria.

*Tips for storing potatoes:*

1. Potatoes should definitely not be exposed to sunlight; they should be stored in a dark and dry place.
2. Potatoes should not be stored in the fridge because their starch content will turn to sugar giving them an undesirable taste.
3. Don't store potatoes near onions because the gases that they each emit will cause the degradation of one another.
4. Potatoes should be kept in a burlap or paper bag.
5. Remember to check on the potatoes frequently and remove the spoiled ones because they can quickly affect the quality of the others.

*Tips for Preparing Potatoes:*

1. In order to get the most nutritional value from potatoes, don't peel the skin, just scrub the potatoes under cold running water right before cooking and then remove any bruises with a paring knife. If you must peel it, just remove a thin layer of the skin so as to retain the nutrients below the skin.
2. Potatoes should be cut right before cooking in order to avoid the discoloration that occurs with exposure to air. If you cannot cook them immediately after cutting, place them in a bowl of cold water with a little bit of lemon juice, this will prevent their flesh from darkening.

參考資料 Reference :

**Health Benefits of Potato:** <http://www.organicfacts.net/health-benefits/vegetable/health-benefits-of-potato.html>

The World's Healthiest Foods: Potatoes

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=48>