



健康小提示： 紅蘿蔔

怎樣 挑選 紅蘿蔔

- 應該選擇結實、圓滑，形狀比較挺直及顏色鮮艷的紅蘿蔔。紅蘿蔔的橙色顏色越深，所含的胡蘿蔔素越高。
- 避免選擇過度破裂的紅蘿蔔。

試想想紅蘿蔔有甚麼益處？它含有豐富維他命B、降低膽固醇、減慢細胞老化……事實上，它所包含的益處比你想像的更多，對身體有很多益處，現在讓我們深入了解吧！

紅蘿蔔包含	益處
維他命A	減少患中風的機會
維他命B1	滋養皮膚
維他命B2	降低膽固醇
維他命B6	減少心臟患病的機會
維生素H	保護視力
維他命K	減少患白內障的機會
胡蘿蔔素	減慢細胞老化
類胡蘿蔔素	減少患結腸癌的機會
鉀	減少患乳癌的機
纖維	減少患肺氣腫的機會
	促進肺部健康
	防止眼睛患黃斑點變性
	防止牙齒損壞
	幫助清潔牙齒

- 如果你想保存紅蘿蔔根部的鮮，最好的方法就是減少它失去的水份。你可以把紅蘿蔔放入膠袋內，保存於冰箱最冷的地方。
- 由於乙烯氣體會令紅蘿蔔的味道變苦，所以應避免把紅蘿蔔和散發乙烯氣體的蘋果、雪梨、薯仔以及其他水果蔬菜一起擺放。

怎樣 保存 紅蘿蔔

怎樣 烹調 紅蘿蔔

- 進食前，必須清洗紅蘿蔔之根部及用清洗蔬菜的擦輕輕擦洗。如果紅蘿蔔不是有機耕種出來的話，就最好削去它的表皮，因為種植紅蘿蔔，普遍都會使用殺蟲劑及其他化學物。
- 胡蘿蔔素不會因為烹調而被破壞，但為了保持紅蘿蔔之味道及營養，千萬不要將它們煮得太久。



Health tips - Carrots

How much do you know about the benefits of carrots? Rich of vitamin B, reduce cholesterol, slow down the aging of cells...

In fact, carrots contain much more than you can imagine, and give you lots of health benefits. Let's uncover this wonderful vegetable now!

<i>Carrots contain</i>	<i>Health Benefits</i>
<i>Vitamin A</i>	<i>Reduce the risk of stroke</i>
<i>Vitamin B1</i>	<i>Nourish skin</i>
<i>Vitamin B2</i>	<i>Reduce cholesterol</i>
<i>Vitamin B6</i>	<i>Lower the risk of heart disease</i>
<i>Vitamin H</i>	<i>Protect vision</i>
<i>Vitamin K</i>	<i>Protect against macular degeneration</i>
<i>Beta-carotene</i>	<i>Slow down the aging of cells</i>
<i>Carotenoid</i>	<i>Lower the risk of colon cancer</i>
<i>Potassium</i>	<i>Lower the risk of breast cancer</i>
<i>Fiber</i>	<i>Lower the risk of cataract</i>
	<i>Promote lung health</i>
	<i>Reduce emphysema symptoms</i>
	<i>Prevent tooth damage</i>
	<i>Help to clean the teeth</i>

Selecting carrots

- Carrot roots should be firm, smooth, relatively straight and bright in color. The deeper the orange-color, the more beta-carotene is present in the carrot.
- Avoid carrots that are excessively cracked.

- If you want to preserve the freshness of carrot roots, the best way is to minimize the amount of moisture they lose. You can store them in the coolest part of the refrigerator in a plastic bag.
- Carrots should also be stored away from apples, pears, potatoes and other fruits and vegetables that produce ethylene gas since it will cause them to become bitter.

Storing carrots

Preparing carrots

- Wash carrot roots and gently scrub them with a vegetable brush right before eating. If they are not organically grown, it is better to peel them because most all conventionally grown carrots are grown using pesticides and other chemicals.
- Beta-carotene is not destroyed by cooking but in order to retain their flavor and nutritional content, don't overcook carrots.

Reference:

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