



# 健康小貼士 蜂蜜

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你喜歡蜂蜜的味道嗎？如果喜歡的話，請細讀以下的健康益處，你會發現蜂蜜的健康益處遠遠超出它的美味。

## 蜂蜜含有

葡萄糖及果糖  
鎂  
鉀  
鈣  
氯化鈉  
鐵  
維他命B1,B2,B3,B5,B6,C  
碳水化合物  
高酸性

## 對健康 之益處

有效醫治潰瘍  
防止季節性敏感  
滋潤皮膚  
殺死傷口裡的細菌，預防細菌感染  
促進腎臟和腸的功能  
醫治腹瀉  
有效治療高膽固醇，關節炎，感冒和流感  
預防癌症和心臟病  
促進腦部的功能  
清潔血液，促進血液循環  
穩定血糖  
給身體提供能量  
改善消化系統  
舒緩喉嚨發炎的症狀  
改善睡眠質素

## 挑選

1. 為了獲得蜂蜜的最高營養和安全，選擇沒有淨化或過濾的新鮮蜂蜜。
2. 蜂蜜的顏色越深，味道越濃。
3. 深顏色的“甘露”都是一個好選擇。

1. 將蜂蜜保存於密封的容器內，以避免吸收空氣裡的水分。
2. 保存於較低溫度的蜂蜜的質地會變厚，相反，保存於較高溫度的蜂蜜的味道較容易改變。

## 保存

## 準備

1. 為使已結晶狀的蜂蜜變回液體狀，可把裝有蜂蜜的容器放進熱水內浸15分鐘。千萬不要把蜂蜜放入微波爐加熱，因為這樣做會增加蜂蜜的羥甲基糠醛含量，改變蜂蜜的味道。
2. 蜂蜜是糖的很好替代品。但由於蜂蜜比糖甜，所以必須減蜂蜜的份量，以半杯蜂蜜替代一杯份量的砂糖。
3. 當煮蜂蜜的時候，應減低煮食溫度至25°F，因為蜂蜜很容易令食物燒焦。

1. 喝茶時，可用蜂蜜代替砂糖。
2. 要享受甜美的乳酪，可在純乳酪中加入少許蜂蜜。
3. 如果想享受一杯美味及有營養的朱古力奶，可將豆奶、蜂蜜和不甜的黑朱古力放在平底深鍋裡用慢火煮。
4. 美容貼士

一湯匙蜂蜜 + 一隻蛋白 + 一茶匙甘油 + 1/4杯麵粉 = 效果很好的緊緻面膜

蜂蜜 + 檸檬 + 已攪拌的雞蛋 + 乳酪 = 水份面霜

一茶匙蜂蜜 + 一茶匙橄欖油 + 半茶匙檸檬汁 = 對乾性皮膚很好的護膚霜

一湯匙蜂蜜 + 一杯溫水 = 可清潔牙齒及殺滅口腔內的細菌

所以每天在上班前，喝一杯蜂蜜，是很好的享受。

參考資料：

Benefits of Honey - [www.benefits-of-honey.com](http://www.benefits-of-honey.com)  
Organic Facts - Benefits of Honey - [www.organicfacts.net](http://www.organicfacts.net)  
The world's healthiest foods - [www.whfoods.org](http://www.whfoods.org)  
Bees-Online - [www.bees-online.com](http://www.bees-online.com)



Do you like the taste of honey? If you do, read the following health tips on honey now. You will find that its health benefits really go beyond its great taste.

HONEY  
CONTAINS

Glucose and fructose  
Magnesium  
Potassium  
Calcium  
Sodium chloride  
Iron  
Vitamins B1, B2, B3, B5, B6, C  
Carbohydrates  
High acid content

HEALTH  
BENEFITS

Effective in the treatment of ulcers  
Prevents seasonal allergies  
Moisturizes the skin  
Prevents infections by killing the bacteria in the wound  
Helps kidneys and intestines to function better  
Treats diarrhea  
Effective in treating high cholesterol, arthritis, cold and flu  
Prevents cancer and heart disease  
Makes the brain function better  
Helps in cleansing the blood and facilitates blood circulation  
Keeps levels of blood sugar constant  
Provides energy to the body  
Improves digestive system  
Helps to treat sore throat  
Induces sleep

## Selecting

1. Select raw honey that has not been clarified or filtered - provided it is of the highest nutritional quality and production safety standards.
2. The darker the color of the honey, the deeper the flavor.
3. The darker-colored 'honeydew' is also a good choice.

1. Store honey in an airtight container so that it doesn't absorb moisture from the air.
2. Honey that is kept at colder temperatures tends to thicken, while honey that is kept at higher temperatures has a tendency to have an altered flavor.

## Storing

## Preparing

1. If your honey has crystallized, placing the container in hot water for 15 minutes will help return it to its liquid state. Do not heat honey in the microwave as this alters its taste by increasing its hydroxymethylfurfural (HMF) content.
2. Honey makes a good replacement for sugar. Since honey is sweeter than sugar, you need to use less, one-half of a cup for each cup of sugar.
3. When cooking honey, reduce the cooking temperature by 25°F since honey causes foods to get brown more easily.

1. Use honey in place of table sugar as a sweetener in your tea.
2. To enjoy sweetened yogurt, mix a little honey into plain yogurt.
3. In a saucepan over low heat, combine soymilk, honey and unsweetened dark chocolate to make a delicious and nutritious chocolate "milk" drink.
4. Beauty tips

A tablespoon of honey + an egg white + a teaspoon of glycerine + 1/4 cup of flour  
= an excellent firming mask

Honey + lemon + whipped eggs + yogurt = a great moisturizing pack

1 teaspoon of honey + 1 teaspoon of olive oil + 1/2 teaspoon of lemon juice  
= a great lotion for dry skin

1 tablespoon of honey + a cup of warm water = cleans teeth and kills germs in the mouth.

## Serving

So, drink a cup of honey before you go for a workout. It's really a real treat.

### References :

Benefits of Honey – [www.benefits-of-honey.com](http://www.benefits-of-honey.com)

Organic Facts – Benefits of Honey - [www.organicfacts.net](http://www.organicfacts.net)

The world's healthiest foods - [www.whfoods.org](http://www.whfoods.org)

Bees-Online – [www.bees-online.com](http://www.bees-online.com)