

# 健康小貼士

## 檸檬

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眾所周知，檸檬含有維他命C，但其實檸檬還有很多益處。

### 檸檬含有

維他命 C  
維他命 B  
磷  
蛋白質  
類黃酮 (含抗癌物質)  
檸檬酸  
鈣  
鎂  
果膠  
飲食纖維

### 檸檬之益處

強化免疫系統  
協助身體對抗疾病  
防止糖尿病  
醫治心臟中風  
處理腎石  
處理喉嚨感染  
處理消化不良及便秘  
處理身體發熱  
處理內出血  
處理呼吸毛病  
醫治霍亂  
醫治高血壓  
醫治風濕病  
保護牙齒、頭髮及皮膚  
協助保持鎮定

### 挑選 品質佳的檸檬

- 雖然全年都有檸檬供應，但旺季是四月至八月。
- 應選擇大、豐滿、結實、比較重及薄皮的檸檬。
- 應選擇鮮黃色的檸檬。
- 避免選擇深綠色的檸檬，因為深綠色的檸檬是未成熟的及汁不多的。
- 避免選擇有深色斑點的檸檬，因為有深色斑點的檸檬會很容易腐爛。
- 為了獲得最多的抗氧化劑，應選擇熟透的檸檬。

- 把已放入膠袋內的檸檬放入冰箱，這樣可保存檸檬至一個星期。
- 如果不會於一個星期內使用檸檬，可把檸檬存放於冰箱的保鮮儲藏格內，這樣可保存檸檬至四個星期。
- 檸檬汁可存放作備用。

### 存放 檸檬

### 食用 建議

#### 檸汁雞

##### 材料 (8人份量)

· 去皮及去骨雞胸肉	8 塊
· 番茄醬	1 杯
· 辣根	2 湯匙
· 檸檬汁	1/4 杯
· 菜油	1/2 杯

##### 做法

- 把番茄醬、辣根、檸檬汁及菜油混合成汁液。
- 把雞胸肉放在碟上，淋上汁液，一整夜放在冰箱內。
- 以華氏350 度 烤45分鐘，每隔15分鐘要塗上油脂及反轉雞肉。

##### 參考資料：

- <http://www.organicfacts.net>
- <http://www.nutrition-and-you.com>
- <http://www.whfoods.com>
- <http://allrecipes.com>



## Health benefits lemon

A lemon contains Vitamin C and this is a well-known health fact about it. However, there's so much more to this little yellow fruit.

### A lemon contains

Vitamin C  
Vitamin B  
Phosphor  
Proteins  
Flavonoid  
(anti-cancer properties)  
Citric acid  
Calcium  
Magnesium  
Pectin  
Dietary fiber

### Health benefits

Strengthen immunity system  
Enable body to fight disease  
Prevent diabetes  
Repair after stroke  
Treat kidney stones  
Treat throat infection  
Treat indigestion & constipation  
Reduce body temperature  
Treat internal bleeding  
Treat respiratory disorder  
Treat cholera  
Treat high blood pressure  
Treat rheumatism  
Good for dental, hair and skin care  
Help to stay calm and cool

### Selecting good lemons

- Though lemons are available around the year, the peak season is from April to August.
- Choose big, plump, firm, heavy and thin-skinned lemons.
- Choose rich bright yellow colored lemons.
- Avoid dark-green colored lemons because they are immature and will not be juicy.
- Avoid lemons with dark spots as they tend to perish early.
- Choose fully ripe lemons in order to obtain the most antioxidants.

- Store lemons in plastic pouch and place in the refrigerator where they can be kept well for up to a week.
- If lemons will not be used within one week, store them in the refrigerator crisper where they will keep for about four weeks.
- Lemon juice can also be stored for later use.

### Storing lemons

### Serving idea

#### Marinated Chicken with Lemon Juice

##### Ingredients (8 servings)

• Skinless, boneless chicken breasts	8
• Ketchup	1 cup
• Prepared horseradish	2 tablespoons
• Lemon juice	1/4 cup
• Vegetable oil	1/2 cup

##### Directions

- Mix together ketchup, horseradish, lemon juice and oil.
- Place chicken breasts in a dish, and pour marinade over. Refrigerate overnight.
- Bake at 350 degrees F for 45 minutes, basting every 15 minutes and turning once.

##### References :

- <http://www.organicfacts.net>
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- <http://allrecipes.com>