

phhp world

# P'Health

## 粽子的‘营养素’知多少？

HOW MUCH DO YOU KNOW THE NUTRIENTS OF A DUMPLING ?

## 粽子下肚后 的健康隐患

THE HEALTH RISKS  
OF EATING DUMPLING



June  
2018

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### 長春芦荟汁（浓缩全叶精华）

PHYTO ALOE VERA WHOLE LEAF CONCENTRATE 60000 mg

详情请游览

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06 JUN 2018



# 06.2018 Content



## 04

### 前言

FOREWORD



### 前言

FOREWORD

端午节即将来临，从上个月开始，各大卖场、批发市场、超市等场所都可以看到各式各样的粽子：肉粽、海鲜粽、蛋黄粽、咸粽、素粽……这些琳琅满目的香甜可口的粽子真令人垂涎三尺，您能不心动吗？粽子的美味总是让人难以抗拒，您知道您吃下肚后所面临的营养危机吗？

The Dragon Boat Festival is approaching, starting from last month, various types of dumplings such as meat dumpling, sea food dumpling, egg yolk dumpling, salty dumpling, vegetarian dumpling... can be seen in shopping mall, traditional markets or online shopping. These zongzi dumplings are really mouth-watering, so no one wants to skip them. However, regardless if it's the home-made or the ready-to-eat dumpling, do you know the health risk of eating it?



### 粽子的‘营养素’知多少？

How much do you know the nutrients of a dumpling?



粽子的主要成分为糯米，其黏性也较高。糯米含有蛋白质、脂肪、糖类、钙、磷、铁、维生素B及淀粉等营养素。然而，在马来西亚，肉粽最为普遍，肉粽的脂肪、盐和调味料的含量更是居高不下。以一颗普通肉粽的脂肪含量来说，热量约450至600大卡，相当于一般主食的热量，而若一次吃两颗，热量几乎翻倍了！由于粽子体积小、美味好吃，所以容易多吃而造成热量累积。

The main ingredient of a dumpling is glutinous rice, and hence its viscosity is high. Glutinous rice contains nutrients such as protein, fat, sugar, calcium, phosphorus, iron, vitamin B and starch. In Malaysia, the most popular dumpling is meat dumpling. The fat, salt and seasoning contents in meat dumpling is undoubtedly high.

For a normal serving size of meat dumpling, the calorie is about 450 to 600 calories, which is equivalent to the calories of a staple food. If you eat two dumplings at a time, the calories will almost exceed thousands! Dumpling is small in size and delicious, so it is easy to eat more and cause weight gain.

## 05

### 粽子的‘营养素’知多少？

HOW MUCH DO YOU KNOW THE NUTRIENTS OF A DUMPLING?

## 06

### 粽子下肚后的健康隐患

THE HEALTH RISKS OF EATING DUMPLING



### The health risks of eating dumpling 粽子下肚后的健康隐患

粽子在胃内不易被消化，所以容易造成消化不良，尤其肠胃功能较弱者，老人与小孩，老人脾胃功能已逐渐退化，小孩则在成长发育期，吃太多粽子，就会对脾胃造成不利的影响，导致消化不良，严重则引发便秘、肠胃溃疡、出血等病症，不得不得！由于粽子属三高（高糖、高脂肪、高盐）食品，食用后会增加血液稠度，影响血液循环不畅，加重心脏负担，引起心血管疾病。此外，粽子在胃内的升糖指数(GI)将会大大升高，糖尿病患者慎吃，因为他们自身调节能力不佳，其血糖指数将更容易大幅波动。

Dumpling is not easily digested in our gastrointestinal tract, so digestive discomfort may occur, especially those with weak stomach function, the elderly and the children. The stomach function of the elderly has gradually deteriorated; children are still growing up and eating too much dumplings will have adverse effects on their stomach. If left untreated, it will cause constipation, stomach ulcers, bleeding and other serious health issues, so we must aware of it!

Dumpling is high in sugar, fat and salt. After eating, it will increase our blood viscosity, influence blood circulation, and eventually developing cardiovascular diseases. In addition, the glycemic index (GI) of the steamed dumplings is high. Therefore, diabetics individuals must not eat more because their blood sugar control is poor.



# 07 消化不良的症状

THE SIGNS AND SYMPTOMS OF INDIGESTION



# 09 芦荟 - 保护您的胃

ALOE VERA - PROTECT YOUR STOMACH



# 10-11 长春芦荟汁 (浓缩全叶精华)

PHYTO ALOE VERA WHOLE LEAF CONCENTRATE 60000MG

## 消化不良的症状

The signs and symptoms of indigestion



在众多健康隐患当中，消化不良最为常见，也是慢性产生的健康问题。通常，将一些吃多了就会造成胃部负担。

Among all of the health risks of eating dumplings, indigestion is the most obvious symptom. Generally, eating more dumplings will bring burden on stomach, abdominal bloating, nausea, no appetite to eat, upper abdominal pain and etc.

## 其他因素导致消化不良

Other factors causing indigestion



现代生活充满了快节奏和压力，人们也越来越没有规律的生活。工作压力大，很多人的消化系统都有问题。而且，长期久坐、不运动、暴饮暴食或吃刺激性食物的人，消化不良更容易发生。在吃下饭后，不要感到腹胀或不适。

More and more people are facing problems with their digestive system since they are having a busy and stressful life. People nowadays are not only overeating during the festive seasons, but also have full of opportunities for eating. Furthermore, physical inactivity, overeating or eating irritating foods are the other factors leading to digestive problems. Therefore, indigestion is more likely to be occurred if eating dumpling.

因此，我们平时应尽量保持规律饮食，不要暴饮暴食，不要过早睡醒消化不良问题，并找到方法。

Therefore, we should practice good eating habits, frequent meals but in small portions. If you accidentally eat too much, you need to find the effective and the right way to relieve indigestion problem as soon as possible.

## 芦荟 - 保护您的胃

Aloe Vera - protect your stomach



芦荟含有超过10种天然酵素，酵素是一种生物催化剂，能促进碳水化合物、蛋白质和脂肪的分解吸收。简单来说，就是给胃一把“力”，把食物消化成更小的颗粒，促进食物的消化和营养成分的吸收。

另一方面，芦荟含有天然维生素E和胡萝卜素，其抗氧化性能降低炎症与自由基对人体的伤害。因此，芦荟的抗炎及抗氧化作用能缓解胃痛、胃溃疡、口腔溃疡等问题。

Aloe Vera contains more than 10 natural enzymes. Enzyme is biological catalyst which increases the decomposition rate of carbohydrates, fats and proteins. In simple words, enzyme resembles a 'knife' that cuts the food we eat into small pieces to promote nutrients digestion and absorption.

On the other hand, Aloe Vera contains a lot of natural vitamins and minerals. Its antioxidant properties can reduce inflammation and free radicals damage to our body. Therefore, the anti-inflammatory and separating effects of Aloe Vera can relieve sore throat, stomach ulcers, oral ulcers and etc.

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## 长春芦荟汁 (浓缩全叶精华)

Phyto Aloe Vera Whole Leaf Concentrate 60000mg

长春芦荟汁不仅拥有以上芦荟的天然好处 (非常显著且有效)，而且它含有全叶浓缩精华 (每瓶含 60000mg)，每120ml的芦荟汁含有约80g的全叶芦荟精华。研究证实全叶芦荟含有多达75种不同的活性成分及营养素，因此芦荟汁能保留所有的营养成分更高的保留率。

PHYTO Phyto Aloe Vera Juice not only possesses natural goodness described above, but also contains whole leaf concentrate (60000mg). Every 120ml of Phyto Aloe Vera Juice contains 80g of whole leaf concentrate. Research has proved that whole leaf Aloe Vera contains up to 75 types of bioactive compounds and nutrients, so using whole leaf Aloe Vera can retain all the nutrients perfectly.

## 结语 CONCLUSION

Maintaining good health is everyone's most important 'career' and also a prerequisite for success. Therefore, besides enjoying festival foods, we must be mindful of the health risks of food to our body. Let's set our health as our 1st priority.

保持健康是每个人最重要的事业，也是达成成功的先决条件。因此，在享受节日美食时，除了要大快朵颐外，我们也要当心食物对身体带来的负担，务必把健康放在第一位。

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## PHYTO ALOE VERA Whole Leaf Concentrate 60000mg



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# 前言

## FOREWORD

端午节即将来临，从上个月开始，在各大卖场、传统市场、或网络购物上都可以看到各式各样的粽子：肉粽、荷叶粽、酿葱粽、咸粽、素粽……这些琳琅满目且香喷喷的粽子真令人垂涎三尺，彷彿不吃颗粽子应应景，还说不过去呢。然而，不管是自家包的粽子或是购买现成的，您知道把它吃下肚后所隐藏的健康危机吗？

The Dragon Boat Festival is approaching; starting from last month, various types of dumplings such as meat dumpling, lotus leaf dumpling, Nyonya dumpling, salty dumpling, vegetarian dumpling... can be seen in shopping malls, traditional markets, or online shopping. These savory dumplings are really mouth-watering, so no one wants to skip them. However, regardless it is the home-made or the ready-eat dumpling, do you know the health risk of eating it?





# 粽子的‘营养素’知多少？

How much do you know the nutrients of a dumpling?



粽子的主要成分为糯米，其粘性也较高。糯米含有蛋白质、脂肪、糖类、钙、磷、铁、维生素B及淀粉等营养素。然而，在马来西亚，肉粽最为普遍。肉粽的高脂肪，高盐调味及沾酱含量更是不在话下。

以一颗普通份量的肉粽来说，热量约450至600大卡，相等于一份主食的热量。而若一次吃进2颗，热量就几乎破千了！由于粽子体积小、美味好吃，所以容易多吃而造成体重增加。

The main ingredient of a dumpling is glutinous rice, and hence its viscosity is high. Glutinous rice contains nutrients such as protein, fat, sugar, calcium, phosphorus, iron, vitamin B and starch. In Malaysia, the most popular dumpling is meat dumpling. The fat, salt and seasoning contents in meat dumpling is undoubtedly high.

For a normal serving size of meat dumpling, the calorie is about 450 to 600 calories, which is equivalent to the calories of a staple food. If you eat two dumplings at a time, the calories will almost exceed thousands! Dumpling is small in size and delicious, so it is easy to eat more and cause weight gain.







The health risks of eating dumpling

# 粽子下肚后的 健康隱患

粽子在胃肠内不易被消化，所以容易感到消化不良，尤其是脾胃功能较弱者，老人与小孩。老人脾胃功能已逐渐退化；小孩则是尚在成长发育，吃太多粽子，就会对脾胃造成不利的影响。轻者消化不良，严重时恐有便秘、肠胃溃疡、出血等病况，不得不慎！

由于粽子是三高（高糖，高脂肪，高盐）食品，食用后会增加血液黏稠度，影响血液循环不畅，加重心脏负担，引发心血管疾病。另外，粽子在蒸煮后的升糖指数(GI)将会大大升高，糖尿病者需慎吃，因为他们的血糖控制能力不佳，其血糖指数容易大起大落。

Dumpling is not easily digested in our gastrointestinal tract, so digestive discomfort may occur, especially those with weak stomach function, the elderly and the children. The stomach function of the elderly has gradually deteriorated; children are still growing up and eating too much dumplings will have adverse effects on their stomach. If left untreated, it will cause constipation, stomach ulcers, bleeding and other serious health issues, so we must aware of it!

Dumpling is high in sugar, fat and salt. After eating, it will increase our blood viscosity, influence blood circulation, and eventually developing cardiovascular diseases. In addition, the glycemic index (GI) of the steamed dumplings is high. Therefore, diabetic individuals must not eat more because their blood sugar control is poor.



# 消化不良的症状

## The signs and symptoms of indigestion



在众多健康隐患当中，消化不良最为明显，也是最快产生的健康问题。通常，粽子一旦吃多了就会造成肠胃负担，出现胃胀气、想吐、没有胃口、上腹部疼痛等消化不良症状。

Among all of the health risks of eating dumpling, indigestion is the most obvious symptom. Generally, eating more dumplings will bring burden on stomach, abdominal bloating, nausea, no appetite to eat, upper abdominal pain and etc.

## 其他因素导致消化不良

### Other factors causing indigestion



现代人生活除了逢年过节会大吃外，平常也充满着吃到饱的机会，再加上工作繁忙、压力大，很多人的消化系统是有问题的。而且，长期久坐、不运动、暴饮暴食或是常吃刺激性食物的人，消化系统更容易出问题，在肉粽下肚后，不适感更容易反应出来。因此，我们平常应尽量还是维持少量多餐。如果不慎吃太多，需尽早缓解消化不良问题，并找对方法。

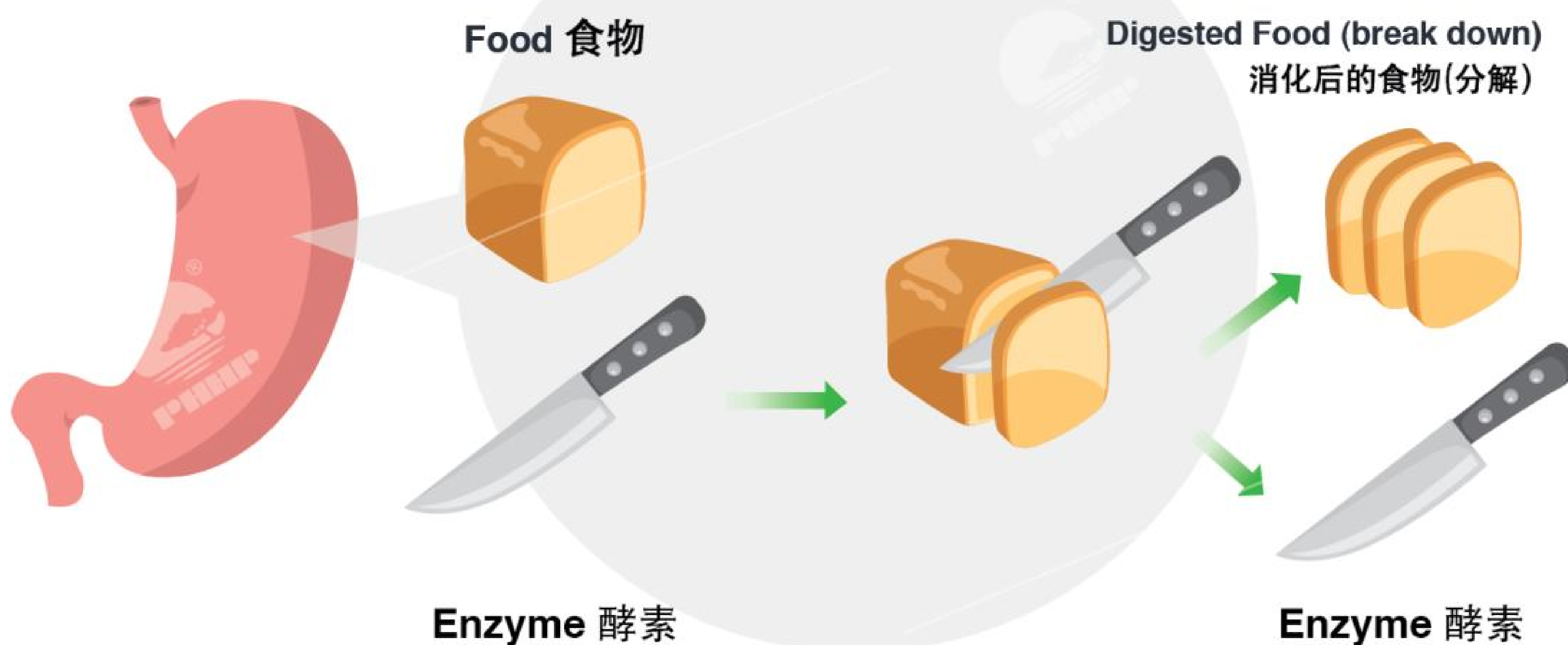
More and more people are facing problems with their digestive system since they are having a busy and stressful lifestyle. People nowadays are not only overeating during the festive seasons, but also have full of opportunities for eating. Furthermore, physical inactivity, overeating or eating irritating foods are the other factors leading to digestive problems. Therefore, indigestion is more likely to be occurred if eating dumpling.

Therefore, we should practise good eating habits: frequent meals but in small portion. If you accidentally eat too much, you need to find the effective and the right way to relieve indigestion problem as soon as possible.



# 消化不良在于酵素不足

Lack of enzyme is the root cause of indigestion



## What is Enzyme ? 什么是酵素？



酵素是一种生物催化剂，存在于每个人身体当中。当食物一入口中，酵素就扮演了非常重要的角色。酵素就像一把‘刀子’；当体积大的食物与酵素结合，它就会发挥出像刀子的作用，把食物切成小段，以便食物养分能更容易被人体吸收。但是，酵素的含量往往将随着年龄的增长而逐渐下降。

Enzyme is a type of biological catalyst which exists in our bodies. Enzyme plays a very important role in the food digestion process. Enzyme resembles a 'knife'; when big food compound bind with enzyme, it acts like a knife and cuts big food compound into smaller pieces. Therefore, the nutrients in small food compound can be absorbed by our body easily. However, the enzyme level in our body is decreasing gradually with age.

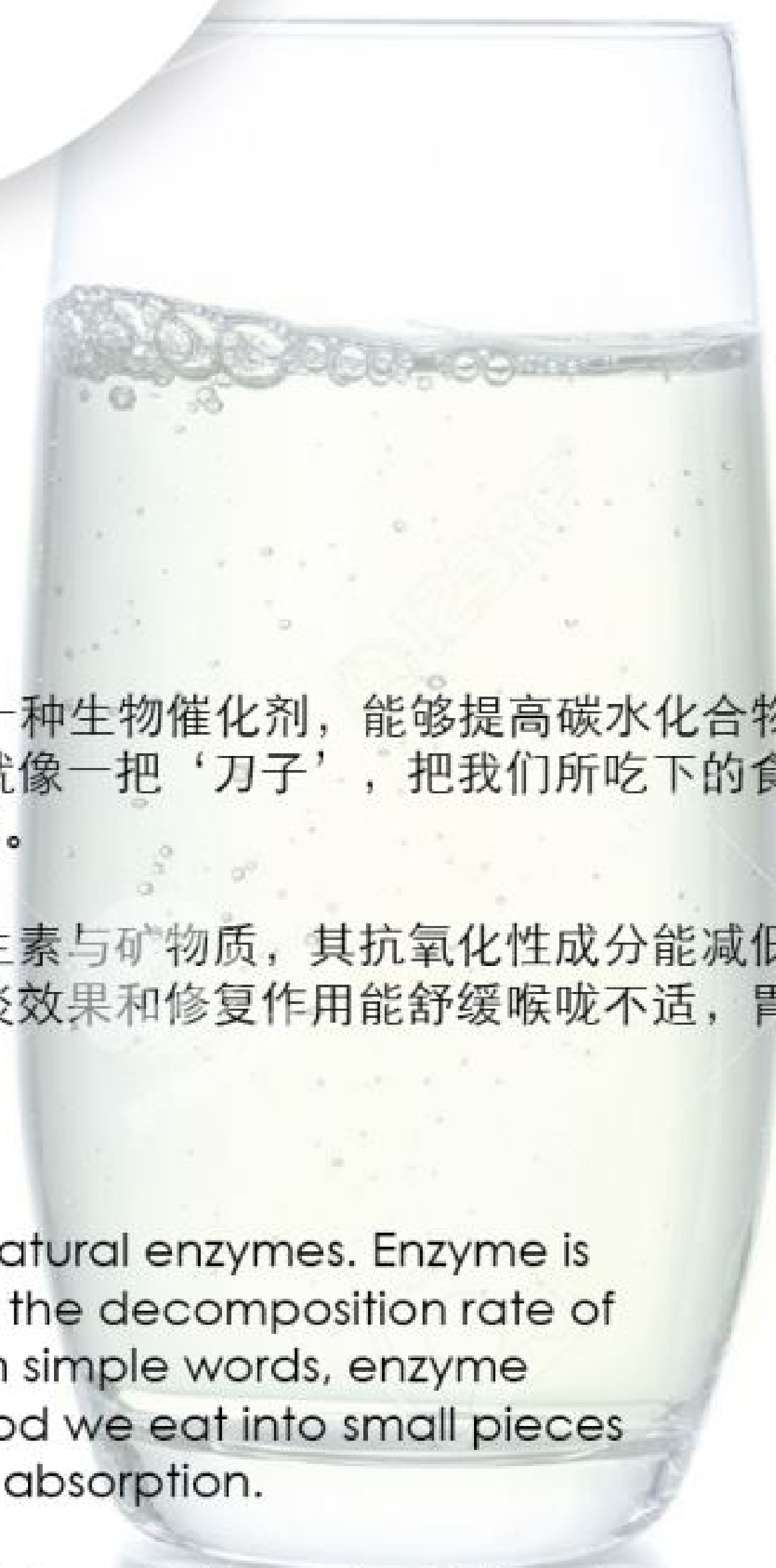
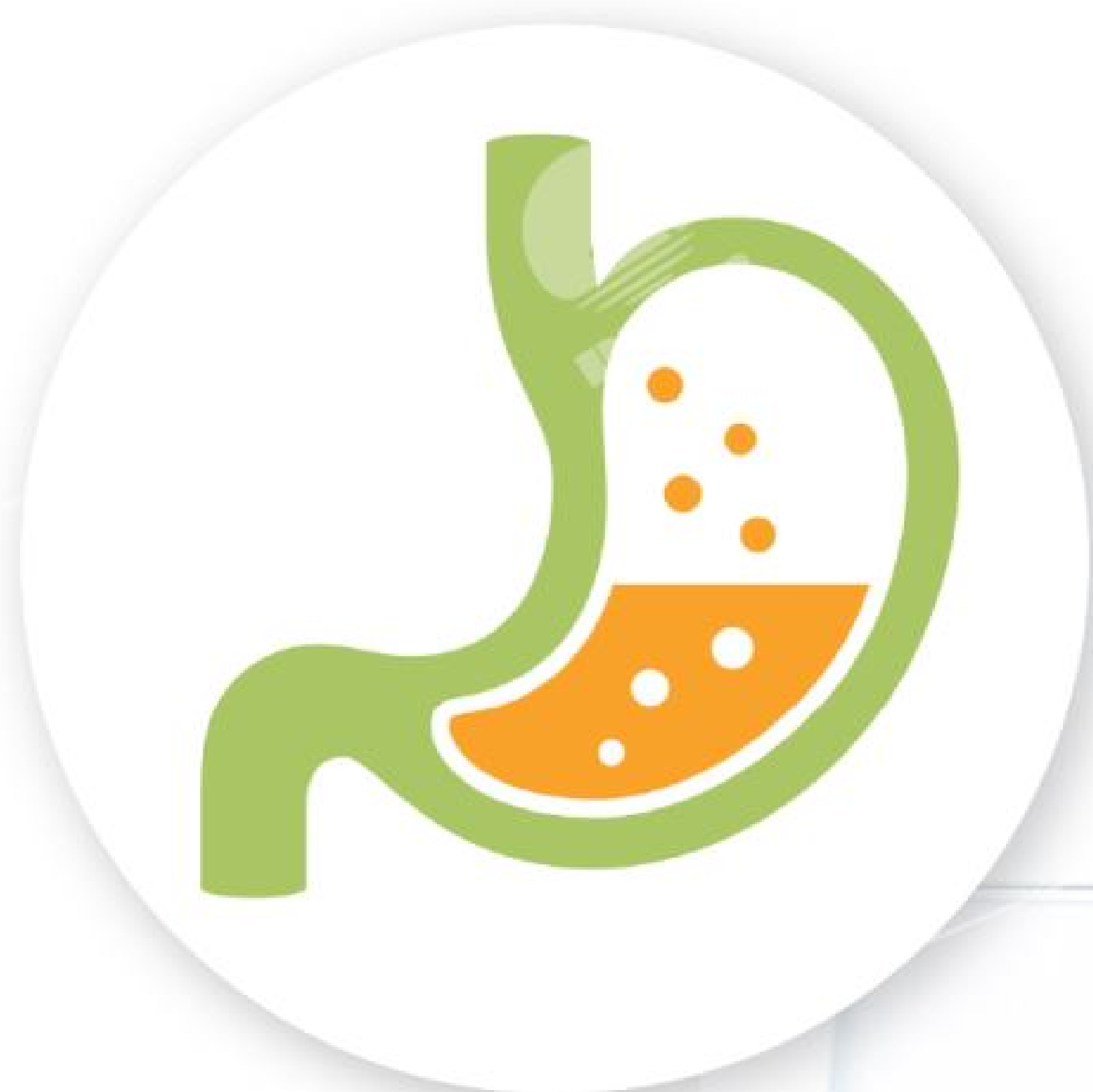
体内酵素不足或是其活力减退的话，食物中属于大分子的营养素比如蛋白质将无法有效被消化、吸收、利用。因此，身体新陈代谢也会变差，渐渐引起老化和种种病症。

If there is insufficient amount or degraded activity of enzyme in our body, nutrients in food such as proteins which are large molecules will not be effectively digested, absorbed and utilized. Therefore, our metabolism will become progressively worse, which in turn speeding up aging process and developing various diseases.



# 芦荟 — 保护您的胃

Aloe Vera — protect your stomach



芦荟拥有超过10种天然酵素。酵素是一种生物催化剂，能够提高碳水化合物，脂肪和蛋白质的分解速度。简单来说，酵素就像一把‘刀子’，把我们所吃下的食物切成小段，促进食物的消化和营养成分的吸收。

另一方面，芦荟也具有非常多天然维生素与矿物质，其抗氧化性成分能减低炎症与自由基对人体的伤害。因此，芦荟的抗炎效果和修复作用能舒缓喉咙不适，胃溃疡，口腔溃疡等问题。

Aloe Vera contains more than 10 natural enzymes. Enzyme is biological catalyst which increases the decomposition rate of carbohydrates, fats and proteins. In simple words, enzyme resembles a 'knife' that cuts the food we eat into small pieces to promote nutrients digestion and absorption.

On the other hand, Aloe Vera contains a lot of natural vitamins and minerals, its antioxidant properties can reduce inflammation and free radicals damage to our body. Therefore, the anti-inflammatory and repairing effects of Aloe Vera can relieve sore throat, stomach ulcers, oral ulcers and etc.





# 長春芦荟汁（浓缩全叶精华）

Phyto Aloe Vera Whole Leaf Concentrate 60000mg

长春芦荟汁不但拥有以上芦荟的天然好处（丰富酵素与抗炎效果），而且还含有全叶高倍浓缩芦荟精华（60000mg）。每120ml的长春芦荟汁含有60g的全叶芦荟精华。研究证明全叶芦荟拥有多达75种不同的活性成分及营养素，因此采用全叶芦荟就能把所有的营养成分完善的保留下来。

PHHP Phyto Aloe Vera Juice not only possesses natural goodness described above, but also contains whole leaf concentrate (60000mg). Every 120ml of Phyto Aloe Vera Juice contains 60g of whole leaf concentrate. Research has proved that whole leaf Aloe Vera contains up to 75 types of bioactive compounds and nutrients, so using whole leaf Aloe Vera can retain all the nutrients perfectly.



## 结语

## CONCLUSION

保持健康是每个人最重要的事业，也是迈入成功的先决条件。因此，在佳节来临之时，除了一番大快朵颐外，我们也要当心食物对身体的负担哦，务必把健康排在第一。

Maintaining good health is everyone's most important 'career' and also a prerequisite for success. Therefore, besides enjoying festival foods, we must be mindful of the health risks of food to our body. Let's set our health as our 1<sup>st</sup> priority.





# PHYTO

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