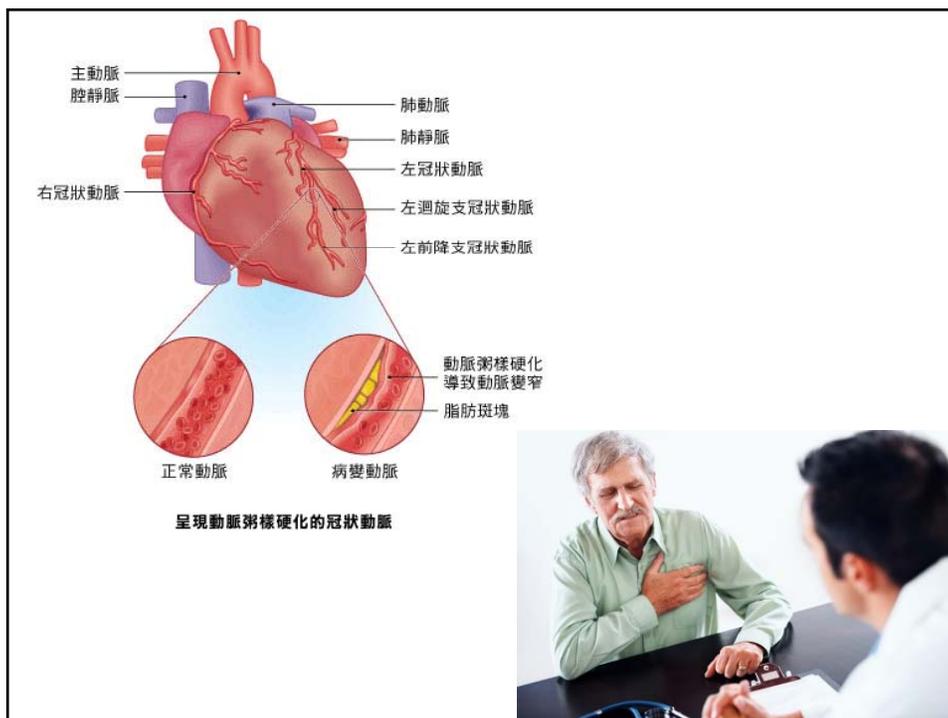


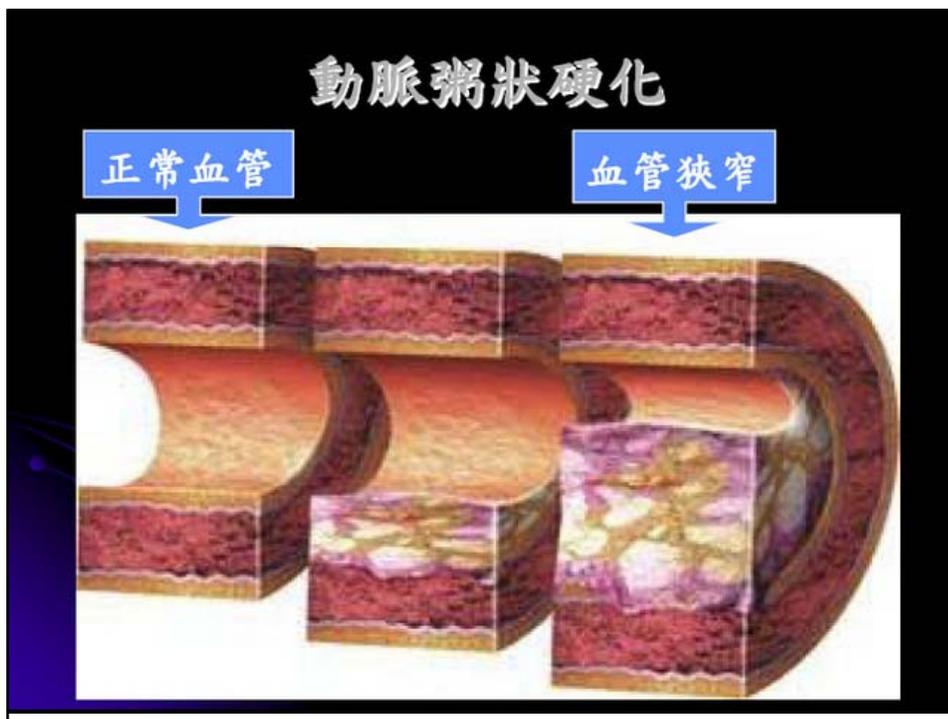
# 靈丹妙藥不如保健心餐

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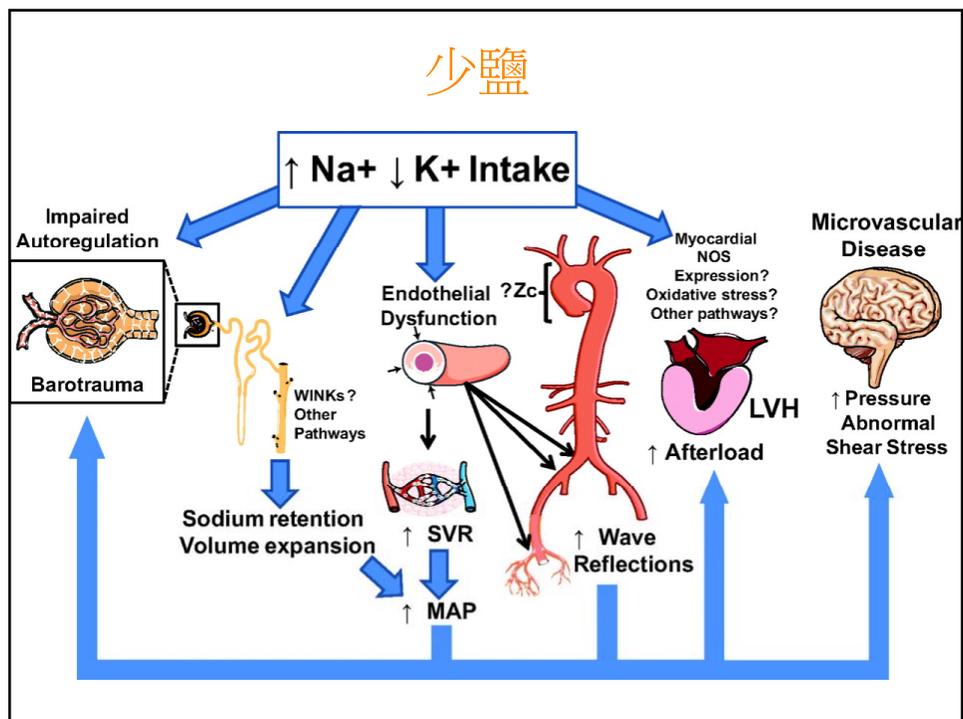


## 健康飲食基本法

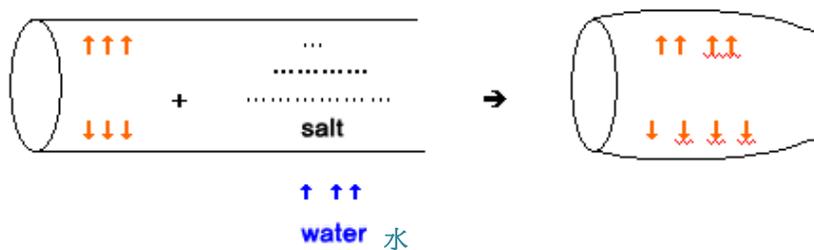
- 均衡飲食
- 飲食要多元化
- 飲食要有節制

少鹽, 少糖, 少脂肪





如果你吃太多的鹽，血壓就會升高



水進入血管 → 血管緊張 → 血壓上升

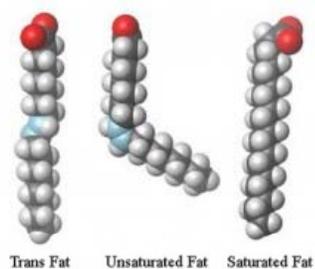


吃水果不要喝果汁





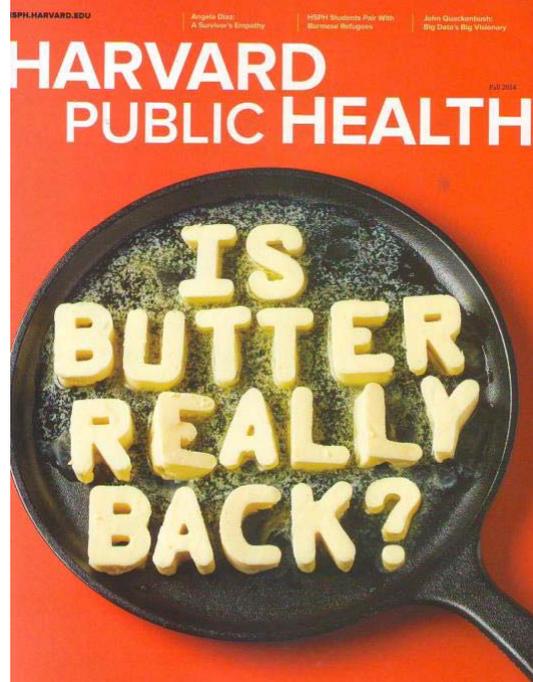
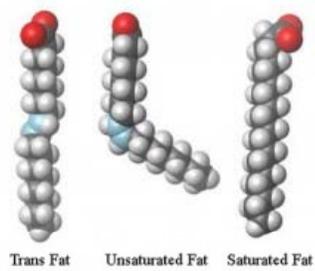
## 反式脂肪(trans-fats)



## 不飽和脂肪(unsaturated fats)

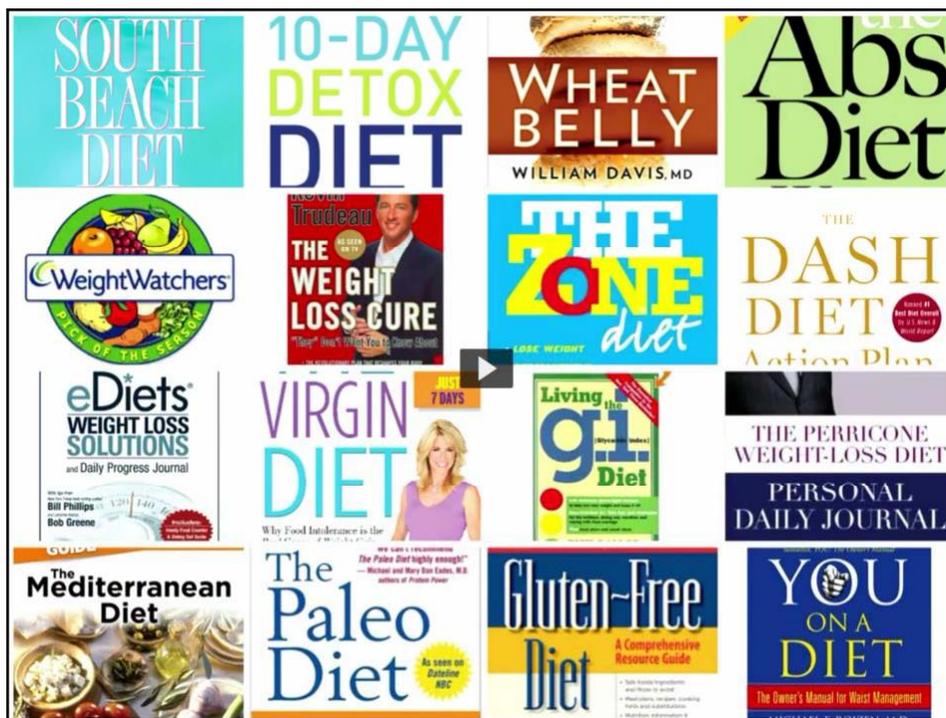


## 飽和脂肪 (saturated fats)





# 氧化油 (oxidized oil)





## 蒸點



## 煎炸點



## 粥，湯粉麵

