

神奇的奇亞籽

Chia Seed



有助腸道健康

奇亞籽含充足的纖維對於消化健康和維持腸道健康很重要, 同時也可以降低慢性疾病的風險。

有助促進骨骼健康

奇亞籽富含礦物質, 包括鈣、鎂和磷。這些礦物質對骨骼健康有益。

有助心臟和降低血壓

奇亞籽中的脂肪酸能夠保護心臟, 亦有助抗炎, 和降低高血壓患者的血壓。而任何飲食改變加運動, 都可以對心臟健康產生明顯的好處。

有助減重

將奇亞籽添加到粥、麥片、奶等食物中可以提供飽腹感及幫助控制體重。

奇亞籽種子是微小的黑色種子為薄荷科, 原產於中美洲和南美洲。儘管歷史悠久, 但直到 1980 年代它們才真正開始在美國使用。

奇亞籽 (25 克) 大約含有以下營養成分:

--- 122 卡路里

- 4.1 克 - 蛋白質
- 2 克 - 碳水化合物
- 8.6 克 - 纖維
- 7 克 - 脂肪
- 158 毫克 - 鈣



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奇亞籽士多啤利奶昔



奇亞籽一次吃太多可能會導致腹部不適、便秘和腹脹，因此必需喝足夠水份。至於患有炎症性腸病的人可能需要調節纖維攝入量並限制食用奇亞籽等高纖維食物，以防止腸道梗阻以及炎症惡化。

港安醫院每年均會製作幾款添加奇亞籽的賀年食品，今年亦不例外，改良的賀年食品不但為聚餐帶來更豐富的營養，且為節日迎來喜悅!



奇亞籽黑松露蘿蔔糕

參考:

- S Motyka et al (2023). Health promoting approaches of the use of chia seeds. Journal of Functional Foods.103(2023)105480
- Top 5 health benefits of Chia seed: <https://www.bbcgoodfood.com/howto/guide/health-benefits-chia-seeds>

Chia seeds, a miraculous superfood



Helps Gut Health

Chia seeds contain sufficient fiber, which is important for digestive health and maintaining intestinal health, and may also reduce the risk of chronic diseases.

Helps promote Bone Health

Chia seeds are rich in minerals, including calcium, magnesium and phosphorus. These minerals are beneficial for bone health.

Helps the Heart and lowers Blood Pressure

The fatty acids in chia seeds can protect the heart, help fight against inflammation, and lower blood pressure in patients with hypertension. And any dietary change plus exercise can have significant benefits for heart health.

Helps in Weight Loss

Adding chia seeds to porridge, cereal, milk and other foods can provide sense of fullness and help control weight.

Chia seeds are tiny black seeds from the mint plant family, native to Central and South America. Despite their long history, they didn't really begin to be used in the United States until the 1980s.

Chia seeds (25 g) contain approximately the following nutrients:

- 122 Calories
- 4.1 g - Protein
- 2 g - Carbohydrates
- 8.6 g - Fiber
- 7 g - Fat
- 158 mg - Calcium



Chia seeds, a miraculous superfood

Strawberry Milkshake with Chia Seeds



Eating too much chia seeds at one time may cause abdominal discomfort, constipation and bloating, so it is important to drink enough water. People with inflammatory bowel disease may need to regulate their fiber intake and limit high-fiber foods such as chia seeds to prevent intestinal obstruction and worsening inflammation.

Every year **Hong Kong Adventist Hospital** created several New Year festival foods fortified with chia seeds and this year is of no exception. The modified ideas not only bring added nutrition to dinner parties, but also bring joy to the festival!



References:

- S Motyka et al (2023). Health promoting approaches of the use of chia seeds. *Journal of Functional Foods*.103(2023)105480
- Top 5 health benefits of Chia seed: <https://www.bbcgoodfood.com/howto/guide/health-benefits-chia-seeds>

Chia Seeds Black Truffle Radish Cake