護肝飲食指南
Eating for a Healthy Liver

常見資源 General Resources

護肝飲食三大基本原則
Three Basic Principles of a Liver-Healthy Diet

擁抱原型全穀物 Embrace Whole Grains

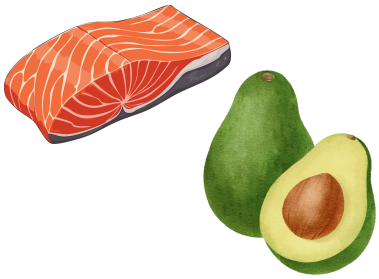
- 以糙米、燕麥、藜麥取代精製白米與白麵包，穩定血糖波動



- Replace refined white rice and white bread with brown rice, oats, and quinoa to stabilize blood sugar fluctuations

攝取優質好脂肪 Consume Healthy Fats

- 多選擇深海魚類（三文魚）、牛油果與橄欖油，減少壞脂肪



- Choose deep-sea fish (salmon), avocados, and olive oil more often while reducing bad fats

戒除含糖飲與果糖 Eliminate Sugary Drinks and Fructose

- 高果糖漿會直接在肝臟合成脂肪，多喝清水或無糖茶



- High-fructose corn syrup directly synthesizes fat in the liver; drink more plain water or unsweetened tea

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中式餐桌的健康改良術
Healthy Modifications for the Chinese Table

- 米飯混搭：白飯可混入糙米、紫米或紅豆
- 清淡烹調：多用蒸、煮、灼，避免高溫煎炸和厚芡
- 增加纖維：每餐確保有一半份量的綠葉蔬菜
- 清潤靚湯：煲湯時撇去浮油，選擇番茄豆腐魚湯
- 善用天然香料：利用生薑、蔥、蒜提味，減少用鹽量

- Mixed Grains: Blend brown rice, purple rice, or red beans into white rice
- Light Cooking: Focus on steaming, boiling, or blanching; avoid high-temperature frying and heavy thickening sauces
- Increase Fiber: Ensure half the plate consists of leafy green vegetables at every meal
- Nourishing Clear Soups: Skim off excess oil when making soups; choose tomato, tofu, and fish soup
- Leverage Natural Spices: Use fresh ginger, green onions, and garlic for flavor to reduce sodium intake

今日護肝行動清單
Today's Liver-Healthy Action Checklist



減少添加糖：告別精製甜點，遠離脂肪肝根源
Reduce Added Sugars: Say goodbye to refined desserts; stay away from the root cause of fatty liver

餐桌彩虹原則：每餐增加深色蔬菜與全穀物比例
Table Rainbow Principle: Increase the proportion of dark-colored vegetables and whole grains at every meal

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