

# 食材

## 性味与功效

The Characteristics and Effects of  
Food Ingredients

主编 柴可夫 马纲  
chief compiler Chai Ketu Ma Gang



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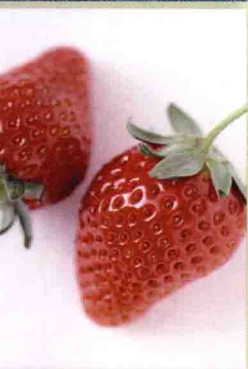
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食材是指烹制食物时所需、所用的原材料。我国幅员辽阔、地形复杂、气候多样，孕育着丰富的食材资源。自古以来便有“民以食为天”之说。炎黄子孙受大自然之馈赠，获取食材，使生命能够延续，从而使我中华民族得以繁衍不息。

在中医药理论指导下的饮食养生文化是祖国历史文化中的一颗璀璨的明珠。以食材之味，取药材之性，从而达到养生的目的。《内经·素问·脏气法时论》有言：“五谷为养，五果为助，五畜为宜，五菜为充，气味合而服之，以补益精气。”唐代“药圣”孙思邈曰：“食能排邪而安脏腑，悦神爽志，以资血气。若能用食平疴，释情遣疾者，可谓良工。”又曰：“夫为医者，当须先洞晓病源，知其所犯，以食治之，食疗不愈，然后命药。”由此可见食疗养生的重要性。因此，我们申请了国家公益性行业科研专项项目《中国食材性味归经功效理论系统整理研究》（项目编号：200807012），对近600味食材进行了整理研究，并从中精选出250味，编撰了《中国食材考》，以供人们参考运用。

随着我国对外开放的深入，与国外的交流日益频繁，很多外国人士来到中国，对中国食物都是赞不绝口，百吃不厌。并常常随之对中国的饮食文化产生浓厚的兴趣。因此，我们在《中国食材考》的基础上，针对国外人士的饮食习惯以及对中国食物的喜好，从中挑选出120味食材，编撰了此书。书中主要介绍了每味食材的基原或来源、采收加工或制法、性味、归经、功用、服食方法、食宜食忌、储藏等内容，并配以彩图，图文并茂，以利于读者查阅。本书采用中英文对照的形式，以便于读者参考查阅。编者希冀此书能够对国内外民众的饮食生活产生积极的影响，并能够对中医食养文化在世界的弘扬与传播做出一点贡献。

由于编者水平所限，书中可能出现不妥之处，还请专家和广大读者提出宝贵意见。

## Preface

Food ingredients in this book refer to materials that are needed and used when cooking food. China is a country with vast territory, complex terrain and various climates, and produces rich food resources. There is an old saying in China: “Food is what matters to the people”. Chinese people receive food as gift from nature so that lives descend, and the nation sustains.

The diet health preserving culture under the guidance of TCM theories is a bright pearl in Chinese history and culture. Tasted as food, functioned as medicine, and health is preserved. “*Neijing-Suwen-Zangqifashilun*” has a saying: “Five grains as the main food, five animals as the supplement, five fruits and five vegetables as the complement, take the food when their nature and flavor are compatible, so as to tonify the essence and qi.” The “*Herb Saint*” Sun Simiao in Tang Dynasty said: “Food can dispel evils and restore *Zangfu*, uplift spirit, so as to nourish blood and qi. It can be called a masterpiece if one can use food to relieve illness, calm the mood, and cure the disease.” He also said: “As a doctor, one should have an insight to the origin of the illness, know its symptoms, and treat it by food. If food therapy doesn’t work, then medication follows.” All above shows the importance of diet health preserving. We applied a National Nonprofit Industries Scientific Research Project—“A Systematic Collection of Chinese Food Ingredients on the Theories of Nature, Flavor, Meridian Entry, and Function” (Project code: 200807012), we compiled 600 food materials and selected 250 of them to be published as “*Chinese Food Ingredients Study*”.

With the deepening of China’s opening-up, international exchange has rapidly increased. Many foreigners come to China, and are deeply impressed by Chinese foods, which often grows their interests on Chinese food culture. Therefore, on the base of “Chinese Food Ingredients Study”, considering foreign people’s diet habits and their preference to Chinese foods, we selected 120 food ingredients to compile this book. The book mainly introduces the origin, collection/processing, flavor/properties, channels entered, function, indications, preparation/consumption, cautions/contraindications, and storage of each food ingredient, and we illustrated pictures to help reader to make reference. The book is written by a Chinese-English bilingual way to help reader to understand. We hope this book will have some positive influence on the diet of people both domestic and international, and make contribution to the spread of TCM diet health preserving culture to worldwide.

There might be something inappropriate in the book, so criticisms and corrections are warmly welcome.



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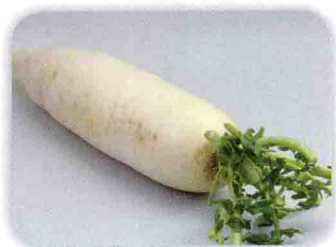
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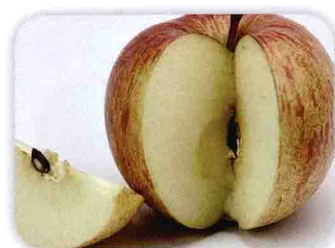
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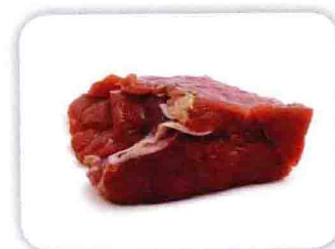
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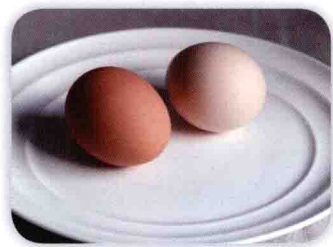
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# 谷豆类

Grains and Beans





## 小麦

Xiao Mai



### 【基原或来源】

为禾本科植物小麦 *Triticum aestivum* L. 的种仁。

### 【采收加工或制法】

夏季成熟时收割，脱粒后晒干贮藏或磨成面粉。购买时以麦粒饱满完整，黄棕色者为佳。

【性味】性微寒，味甘。无毒。

【归经】入心、脾、肾经。

### 【功用】

养心益肾，除热止渴，健脾止泻，敛汗通淋。适宜于各种人群，尤其是脏躁，烦热，虚汗，消渴，泄泻，乳痈，外伤出血，淋病，烫伤者食用。

### 【服食方法】

麦仁可煎汤饮用；面粉可煮粥、蒸馒头、烙饼、做手擀面等，也为饼干、面包、方便面等多种食品的原料；也是制作啤酒、酒精的常用原料。

### 【食宜食忌】

脾胃湿热者、小儿食积者慎食。民间有“麦吃陈，米吃新”的说法，存放时间长些的面粉比新磨的面粉的品质为好。

### 【储藏】

可盛放于密封容器内，置于阴凉、干燥、通风处。





## Xiao Mai

小麦

Wheat

### 【Origin】

It is the kernel of *Triticum aestivum* L. of family Poaceae.

### 【Collection / Processing】

Collect the ripe fruit in summer. Thresh the seed and dry in the sun or grind into powder. The kernel which is plump and complete with yellowish-brown color is of good quality.

【Flavor / Properties】 Slight cold in nature, sweet in taste and non-toxic.

【Meridian Tropism】 Heart, Spleen and Kidney.

### 【Functions and Indications】

Nourish heart and tonify kidney, relieve heat and quench thirsty, invigorate spleen to check diarrhea, arrest sweating and relieve stranguria. It is suitable for all the people, especially those who have hysteria, dysphoria with smothery sensation, sweating due to debility, diabetes, diarrhea, acute mastitis, traumatic bleedings, stranguria, scalding, etc.

### 【Preparation / Consumption】

The kernel can be used to cook soup, the powder to cook porridge, make steamed bun, bake pancake, make handmade noodles, or be used as the raw material for making biscuit, bread, instant noodles, beer and alcohol, etc.

### 【Cautions / Contraindications】

The one who has dampness and heat in spleen or stomach, children with infantile indigestion due to food retention should take it with caution. As the saying goes: *Wheat is better to be consumed after storage, while rice before storage.* The folk people believe that the long-term preserved flour is better than the new-ground in quality.

### 【Storage】

Preserved in air-tight container in cool, dry and well-ventilated place.