

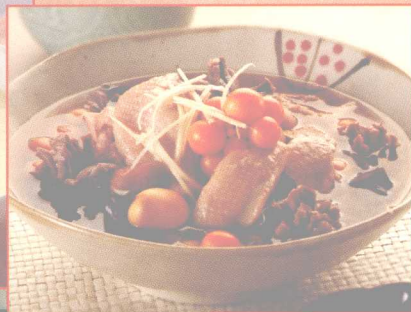
冯 华 青 编 著

秀女性图书架 营养饮食

产 前 产 后

健康宝宝
离不开妈妈的饮食

食谱中英文对照



上海锦绣文章出版社 上海故事会文化传媒有限公司



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前言

烹饪其实不属女士专利，男士也可煮出一手好菜。本书的出版是希望藉此提供不同的菜式，使孕妇在怀孕期间也能把烹饪的乐趣分给丈夫以及整个家庭，令全家人都感受到下厨的乐趣，也使孕妇能以开朗的心情迎接婴儿的降临。

一般的烹饪书籍大部分只侧重于讲述菜式的精巧创新及烹调技巧，却忽略了不同人对食物营养的不同需求。有鉴于此，本书内容着重于孕妇不同阶段的营养需要，务求把食品的科学知识溶入厨艺之中。因此，本书设计的菜肴以营养为主，而且更会粗略估计每道菜的营养价值，让女士们在计算每天吸收营养时有所依据。如欲得到更详尽的营养分析，须请教营养师。书中的菜肴以制作简单、由浅入深为特点，务求令更多人能藉此了解烹饪，爱上入厨。

全书分为两部分：第一部分主要介绍孕妇所需营养，分析日常饮食的利弊和讨论孕妇饮食必须注意的事项，如食物添加剂对胎儿有不良影响等问题，从而令孕妇对饮食有更清楚的认知，避免令胎儿受到不必要的损害；第二部分为四十多款食谱，除包含烹调的方法外，也概括一些食物的知识。

本书在编写期间，得到“伊曼家政中心”的鼎力支持，谨此衷心致谢。

PREFACE

Cooking is not just for ladies but also for men. The publishing of this book is to share the fun of cooking with the whole family during a mother's pregnant stage and let the family experience the joy of cooking.

Most of the cooking books just focus on how to cook and how wonderful the dishes are. The importance of nutrient to different people may therefore be overlooked. Foreseeing this, the recipes in this book have been carefully planned for pregnant ladies. Besides, the recipes have been cataloged according to needs in different stages of pregnancy. Also, each dish is provided with estimated nutritional data for reference. For detailed nutrition analyses, you should ask nutritists for help. Most of the recipes are easy to cook. everyone can handle it easily and even those who lack the experience in cookery.

The book is divided into two parts. The first part is a discussion on the nutritional aspects on what to be noted during the prenatal and postnatal stages as well as the comments on the eating habit of Hong Kong people.

The second part is the recipes. Over 40 recipes are suggested to meet the needs in different pregnant stages. Besides the cooking skills, some basic knowledge of food science is also included.

The support of "Kitty's Cookery & Catering" in the preparation of this book is cordially acknowledged.

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准妈妈的喜悦



The Joy of Being A Mother-To-Be

突然间知道一个小生命就在自己体内孕育，准妈妈会不会一时不适应？也许刚刚还好好的，转眼一种伤感就会莫名其妙地涌上心头，准妈妈又会潸然泪下？面对那么多的营养滋补食物，是不是连准爸爸都手足无措？吃些什么才能健康地孕育宝宝……这种感受真复杂。

Knowing that there is a new life in your body, don't you, as a mother-to-be, get ready suddenly? Maybe just now you feel so good, but in a blink of an eye you feel down and cry. Don't you? Facing different kinds of nutrient food, doesn't you, a father-to-be, find yourself in a puzzle? What kind of food can help the baby grow well....How mixed your feelings are.

怀孕不同时期的情绪变化与饮食调节

Emotional Changes and Eating Habits During Different Gestation Periods

“十月怀胎”由古至今人们都极为重视。远至元代的《饮食正要》已详论妊娠和乳母饮食的禁忌。在世人眼中，必须在产前产后多加进补才可使胎儿及孕妇健康。其实，进补的目的只是给孕妇提供足够营养，因此也需明白在不同阶段中，孕妇对营养的需求也有差别。盲目进补可能引致不必要的功能失调和影响营养的摄取。

时代变迁、科学进步，为生活带来了莫大的转变。现代人注重生活质量，优生优育，对怀孕和产后妇女和婴儿的健康尤为关注。

城市人生活紧张，特别是在职人士，常会疏忽了日常饮食的质量。人们大多到快餐店解决早、午餐的问题，只会在晚上回家吃饭。在快餐店内喝的大多是咖啡、奶茶和汽水，吃的大多是碳水化合物、脂肪含量高和膳食纤维少的食物如汉堡包等。从表1可看到这类食品的营养价值。

假设一位女士，早餐吃即食面和奶茶，午餐则是可乐和西式炒饭，晚上回家吃一顿清淡的晚饭。粗略地估计，这一天的膳食便不切合中国营养学会所订的建议摄入量了。除脂肪和钠外，其他养分大都低于建议摄入量。所以女性在怀孕时，特别是一些职业女性，更应注意吸取的营养是否足够，最适当

Since the ancient time, nutrient intake during pregnant periods has been highly concerned. In many ancient Chinese books, they taught people what things pregnant women should notice and what foods were suitable for them. Many people even now believe that to eat more and particularly those tonics help to keep the baby and mother in healthy conditions. Actually, the aim of eating nourishing food is just to obtain sufficient nutrients. Nowadays, it is clear that women in different pregnant stages have very different nutrition needs. If one eats blindly, an unbalanced diet will bring some side effects.

The advancement in technology brings a great change to humans. In developed countries, there is a decrease in birth rate and people are more concerned about pregnant women and their babies.

Stress and heavy workload in city cause people to neglect the quality of their daily diet. Now people always have their breakfast and lunch in fast food shops. They only have dinner at home. In the fast food shop, they often drink coffee, tea, or fizzy drinks. What they have in fast food shops are usually high in carbohydrates and lipid but low in dietary fiber. Nutritive values of some of these foods are shown in Table 1 or can be checked from many web sites.

If a woman has instant noodles and tea for breakfast, coke and fried rice for lunch and a light dinner at home, a rough estimation shows that this lady does not obtain the required nutrient in this day. Only the absorption of fat and sodium is enough, intake of many

的做法是听从营养师的指导。

怀孕主要分三个阶段：怀孕早期、中期及晚期。

怀孕早期，是指受精后至12周，期间胎儿的主要系统均已成形，但生长速度较慢，胎儿在第8周时已初具人形，头部及胎体已各占整体的一半，五官亦具雏形。期间孕妇会恶心、偏食、厌食、头晕乏力等，而呕吐和恶心多在早上出现。这期间进食的食物宜清淡可口，品种多样，以少食多餐为佳。

怀孕中期（13—28周）由于胎儿开始迅速增长，活动量增加，产妇也可察觉胎动的情况，所以在孕中期的妇女应增加各种营养素的摄入来满足胚胎的迅速生长。25周后，胎儿已经可以睁开眼睛，生殖器官亦可清楚辨认，在此同时，大脑细胞发育亦处于第一个高峰期，生长快速。

怀孕后期（29—40周）由于胎儿各器官迅速增长，从母体大量吸取钙质，使母亲体重剧增。孕妇体内的钙质需求量也逐渐增加至高峰状态。

整体而言，孕妇从怀孕至产后，身体发生了很大的变化。除体重外，其内分泌系统也因胎儿的成长而相应地调节。这段时间，很容易出现一些病状如贫血、糖尿病、血压高、水肿和甲状腺失调等。因此注重饮食，适当地摄取营养，是减少这些疾病发生和保障胎儿健康成长的重要因素。

other nutrients is below the recommended minimum levels suggested by the Chinese Nutrition Society. Thus, during pregnancy, they should keep an eye on nutrition absorption, especially for those at work. The best solution is to seek the advice from nutritionists.

Pregnancy are mainly divided into three stages, i.e. 1st, 2nd and 3rd trimesters.

The 1st trimester is from fertilized to the 12th week. The main system of the embryo has already developed, but the growing speed is relatively slow. In the 8th week the head, body and the five organs have formed. During this period, the pregnant lady may have morning sickness, be picky about food, suffer from anorexia, feel dizzy, etc. To solve these problems, ladies should have light meals, diversify the types of food-intake and keep a balanced diet.

In the 2nd trimester, i.e. around 13 to 28 weeks, the growth rate is being faster. The fetus is more active. Pregnant woman can also be aware of the foetus movement.

Therefore, mother should eat more nutritive food for better growth of the fetus.

The 3rd trimester is around 29 to 40 weeks that the organ's growth rate is the fastest and absorbs lots of calcium from mother. The mother's weight increases sharply and so does the blood volume.

Overall, from the early to final stage, the pregnant woman has a lot of physiological and psychological changes. In this period, anemia, diabetes, hypertension, oedema and thyroiditis may occur. So a balanced intake of nutrients is very important to alleviate the possible impacts from these diseases.

表1 日常食物的营养价值 Table 1. Nutritional data of some daily food

※ 以每百克不含水原材料计 data expressed in per 100g dehydrated raw materials
CHO = carbohydrates; Chol. = cholesterol; Ca = calcium; K = potassium; Na = sodium;
Mg = magnesium; Fe = iron; Zn = zinc; DF = dietary fiber

	能量	蛋白质	脂肪	碳水 化合物	膳食 纤维	胆固醇	维生 素C	维生 素E	钙	钾	钠	镁	铁	锌	磷
	Energy	Protein	Lipid	CHO	DF	Chol.	Vitamin C	Vitamin E	Ca	K	Na	Mg	Fe	Zn	P
	kcal	%	%	%	%	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
油条 Deep fried wheat dough stick	141	23.5	0.1	12.3	0.9	0	0	3.2	6	227	585	19	1	0.8	77
咖啡 Coffee	59	1.1	1.7	10.5	0	4	0.3	0	42	82	17	5	0.1	0.1	34
奶茶 Milk tea	57	1	1.1	10.7	0	4	0.3	0	41	74	18	6	0.1	0.1	32
柠檬茶 Lemon tea	49	0.1	0.1	12	0.1	0	2.3	0.1	13	28	3	6	0.1	0.1	4
煎双蛋 Fried egg	184	12.6	13.7	2.7	0	554	0	4.5	53	146	126	10	2	1.1	124
餐肉方便面 Instant noodle with luncheon meat	91	2.2	4.6	10.4	0.1	4	0	0.4	10	32	255	7	0.7	0.3	19
西式炒饭 Western fried rice	193	4.6	12.1	16.8	0.7	12	2.3	4.7	11	83	310	12	0.9	0.7	34
干炒牛河 Stir-fried rice noodles with beef	222	7.5	7.4	32.4	1	7.3	1.6	3.5	15	155	427	46	2.3	1.1	112
西红柿薯 仔瘦肉汤 Tomato soup with potato and lean pork	21	1.9	0.6	2.1	0.1	6	3.7	0.1	3	66	316	7	0.4	0.3	21
丝瓜肉片汤 Loofah soup with sliced pork	19	1.2	0.8	1.9	0.2	3	2	0.4	7	59	217	7	0.3	0.2	20

西柠软鸡 Tender chicken breasts with lemon sauce	347	11.2	28.5	11.7	0.1	63	1.9	3.6	38	24	231	10	1.5	0.8	77
清蒸鲩鱼腩 Steamed tench belly	140	14.9	8.7	0.7	0.1	76	0.3	3.9	38	296	543	36	1.2	0.8	189
菜心炒牛肉 Stir-fried flowering cabbage with beef	100	6.2	7	4.2	1.1	13	27	3.5	62	210	175	17	2.5	1.4	73
椰菜炒肉片 Stir-fried cabbage with sliced pork	119	3.5	9.9	4.9	0.8	14	30.3	2.1	40	134	524	17	0.9	0.6	51
吊片蒸肉饼 Steamed minced pork with dried squid	370	15.5	32.7	3.6	0	127	0	1.7	15	266	612	36	2.1	2.6	174
虾米蒸水蛋 Steamed eggs with dried shrimps	84	9.4	4.5	1.6	0	393	0.5	1	70	116	878	25	1.8	0.8	109
清蒸桂花鱼 Steamed mandarin fish	144	17.4	8	1	0.1	106	0.4	3	60	283	437	39	1.5	1	200
西芹炒鸡柳 Stir-fried celery with chicken fillets	264	12.3	21.4	5.8	0.2	188	1.2	0.8	38	77	850	17	2.2	1.1	108
梅菜扣肉 Braised pork brisket with preserved cabbage	567	2.6	58.7	7.3	1.5	72	0	0.2	54	124	1714	16	3.7	0.7	30