

OL 烹飪速成班

吃出美麗

Tasty Dishes

陳莉敏 編著

for Beauty

萬里機構・飲食天地出版社出版



OL烹飪速成班

吃出美麗 Tasty Dishes for Beauty

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萬里機構・飲食天地出版社

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電話：2564 7511 傳真：2565 5539

網址：<http://www.wanlibk.com>

發行者

香港聯合書刊物流有限公司

香港新界大埔汀麗路36號中華商務印刷大廈3字樓

電話：2150 2100 傳真：2407 3062

電郵：info@suplogistics.com.hk

承印者


中華商務彩色印刷有限公司

出版日期

二〇〇八年二月第一次印刷


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ISBN 978-962-14-3697-9



請讓我將本書獻給我至愛的外婆。2007 年 10 月
10 日，外婆和在天堂的外公重逢了……

Please let me dedicate this book to my best-
loved grandmother who met my grandfather
in heaven again on 10th Oct 2007...





Tasty Dishes for Beauty

吃出美麗

序 1

Foreword 1

一個人衰老的速度，除了受遺傳影響，後天因素也非常重要。後天因素包括生活習慣、環境及飲食，其中飲食一環與人們生活息息相關。人體需要46種營養以維持正常運作，這46種營養環環相扣，缺一不可，且必須從食物中攝取。缺乏這些營養，健康會隨時亮起紅燈。皮膚是人體最大的器官，若缺乏營養而導致身體欠佳，最容易反映在皮膚上。所以，適當的食療對健康及皮膚有着舉足輕重的影響。

陳莉敏小姐雖然沒有接受過中西醫學的正統訓練，但往往能結合中西臨床醫學結果及經驗，以深入淺出及輕鬆的寫作手法，從用家角度，將實用的健康飲食資訊及護膚心得帶給讀者，是一位非常難得的作家。

本人誠意將此書推薦給有意藉飲食改善皮膚及健康的讀者。



黃國豪醫生

英國愛丁堡大學內外全科醫學士
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英國卡的夫大學實用皮膚科文憑

Except affected by inheritance, the rate of aging is also significantly affected by acquired factors. The acquired factors include living habits, environment and diets. Diets are closely related to lives. The human body needs 46 kinds of nutrition in order to maintain normal operation. These 46 kinds of nutrition are all linked with one another and none of them can be omitted. Also they must be absorbed from food. Lacking these kinds of nutrition would affect our health at any time. On the other hand, skin is the largest organ of human body. Poor health caused by lack of nutrition would be reflected on the skin easily. Hence suitable diets are essential to health and skin.

Though Miss Chan Lei-Man has not accepted any traditional training of Chinese and western medical sciences, she can often combine the clinical results and experiences of Chinese and western medicines and bring practical healthy diet information and skin care hints to readers. She explains the profound in simple terms and light writing tactics and always from the view of users. She is indeed a good writer.

I sincerely recommend this book to any readers who like to improve the skin texture and health by proper diets.



Dr Wong Kwok Ho, Joseph

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序 2

Foreword 2

這個奇女子！

我這輩子認識的女人夠多了，但卻未遇過一個像Queenie般美麗善良、大方有禮、聰明幽默、友善、好學兼才華橫溢的。她包含了一切好女人應有的特質，卻沒有女人善妒、自私、虛榮、造作、是非、多言、自視過高等劣根性，跟她在一起，感覺最舒服。

認識Queenie的人，都會覺得她點子太多，時間太少。在我眼中，她是既入世又出世的奇人——既可以走入人群，當演員、主持、司儀、空姐、拍廣告、美容專欄作家；亦可以獨樂樂地在家打鼓彈琴聽音樂、做瑜伽、寫書、寫Blog、作詞、烹飪、畫油畫、弄瓷畫、畫漫畫、燒玻璃、製陶瓷、造首飾、DIY面膜、替媽咪剪頭髮、做Gel甲、替貓咪拍寫真、為一班人形玩偶（公仔）拍短片配對白……玩得不亦樂乎。

Queenie多才多藝，樣樣專精，即使流落荒島，我想她必能跟蜥蜴、蛇蟲、巨龜、鳥獸做好朋友；海星、貝殼、海泥、海鹽、花草不變成她的首飾或Spa材料才怪；海鮮和生果嘛，準會讓她烹調出美味大餐，我有理由相信，她是宇宙間最適合在荒島生活而又能自得其樂的人類。因此，若跟她一起遇上空難（提示：她可是空姐）、海嘯、龍捲風，請抓着她不要放（尤其如果你是男人），你會感激上天對你的恩賜。

現在，Queenie將其心血結晶公諸同好，愛美的人有福了！

Louise

時裝雜誌《Me》編輯

Such a wonderful woman!

I have met so many women in my life but have never encountered a woman who is pretty, kind-hearted, generous, polite, clever, humorous, friendly, studious and talented like Queenie. She simply has all the characters that a good woman should have. But she does not have characters like jealousy, selfishness, vanity, artificiality, gossip, word and self-esteem that most women may have. She is never a Lady Muck. I feel most comfortable when staying with her.

Those who know Queenie would think that she has so many ideas but too little time. In my eyes, she is a strange person who can either cooperate with others but also work alone independently. She can work with others as an actor, a show hostess, a master of ceremonies, an airhostess, a performer in advertisements and a cosmetic columnist. On the other side, she can stay alone to play musical instruments or listen to music at home, do yoga, write book, write Blog, compose lyrics, cook, do oil paintings, draw porcelain arts, do caricatures, make glasses by burning, make potteries, make accessories, prepare DIY facial masks, cut hair for mummy, have nail treatment, shoot cats, make short film and dialogues for a class of dolls and enjoy the fun.

Being gifted in so many ways and has so many skills, I think when Queenie was cast away in a desert island, she can make friends with lizards, snakes, worms, huge tortoises, birds and beasts; turn starfish, shell, sea mud, sea salt and plants into her ornaments or Spa materials; and cook a delicious sumptuous meal with available seafood and fruits. I have a reason to believe that she is the most suitable person to live in a desert island and also content herself. So, if you ever encountered a plane accident (hint: she is an airhostess), tsunami or tornado, please grab her tightly (especially if you are a man). You must thank God for his grateful favour.

Now, Queenie is willing to share her masterpieces with all the readers and it is lucky for those who love beauty!

Louise

Editor of a fashion magazine *Me*

序3

Foreword 3

嘿嘿……狂賀狂賀再狂賀，恭喜我口中的貴婦又出書啦！

很開心認識大家心中的老娘——陳莉敏Queenie，我心中的貴婦，在這裏也很榮幸能夠被貴婦挑中，替她的新書寫序。萬萬沒想到才來香港打拼半年的我，竟也晉身至「作家」行列，感恩啦！在這裏先恭喜買這本書的讀者替自己的人生添了點意義。

貴婦真的是很細心、很貼心的一個人，不論大小事情，她都可以幫你打理得好好，請容許我用幸福這兩個字來形容能夠與她為友；當然，她對自己的要求也很高，當初我知道她的年齡後，我「啊！」一聲叫了出來，怎麼可能？她保養得如此好。

各位朋友啊！這個世上美容書何其多？但真正有用的有多少本？我敢說，您現在手上拿的這本就像是秘笈一樣，您想像Queenie嗎？您想像她一樣擁有吹彈可破的肌膚和常能保持容光煥發嗎？想要像她一樣，擁有美好身段嗎？想像她一樣充滿活力和健康嗎？

把書看完就對了，最好把內容也背起來，再與身邊人分享本書的益處。謝謝支持！

金剛

TVB8頻道節目主持

台灣著名藝人

老娘心中的幽默大王



Hey...congratulations to an honoured lady who publish her book again!

It is happy to know the lady in every body's heart — Chan Lei-Man Queenie, who is an honoured lady in my heart. I feel honoured to be chosen by the lady to write foreword for her new book. It is unexpected that I can become a "writer" as I have come to work in Hong Kong for half a year only, how grateful it is! Here I would like to congratulate those readers who have just bought this book first, because you have already added some meanings to your own life.

The lady is really a very attentive and caring person. No matter what task it is, she can help you to handle it well. Please let me use the word blissful to describe the chance to make friend with her, certainly, she has high expectation on her own. When I first knew her age, I was so surprised and said "Oh!" since I wondered how could it be possible? She maintains her appearance so well.

Dear friend! There are so many beauty books around the world but how many of them are really useful to you? I dare to say this book you are now holding on your hand is like a magic book. Can you imagine that you can look like Queenie? Do you want to have glittering and translucent skin and often keep a radiant face like her? Want to have a beautiful figure like her? Want to be full of energy and healthy like her?

It is right to finish reading this book and it is even better that you can recite the contents and then share the benefits of this book with the people around you. Thanks for your support!

King Kong

Program host of TVB8 channel

Famous actor of Taiwan

The king of humour in Queenie's heart

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飲食與美肌

Diets and Beautiful Skin

黃國豪醫生 Dr Wong Kwok Ho, Joseph

皮膚的衰老速度受多個因素影響。紫外線、情緒、睡眠質素、生活習慣(例如吸煙、飲酒等嗜好)都會加速衰老。飲食是其中一個影響衰老的因素，亦是極為重要的一項。

舉一個最常見的飲食如何影響皮膚的例子：多吃刺激性、辛辣、煎炸食物會令體內分泌不平衡，導致油脂分泌過於旺盛，引起暗瘡。

有暗瘡的皮膚固然不雅，但女士最擔心的還是如何保持皮膚的彈性，不致隨着年月的流逝而變得又皺又下垂。





皮膚的彈性由兩種物質決定——骨膠原及彈性蛋白。這兩種物質由身體內部製造。製造時，需要各種維他命及礦物質，而這些維他命及礦物質正正要從均衡飲食中吸收，所以要擁有充滿彈性的皮膚，就需要有均衡的飲食習慣。含較大量氨基酸的食物包括豆類、牛肉、蛋、魚、乳類製品、豬肉和動物內臟。肉類及乳類製品為完全蛋白，含所有必須性氨基酸；蔬菜和水果的不完全蛋白則缺少某些必需性氨基酸。

荷爾蒙同樣會影響皮膚彈性。而荷爾蒙的多寡往往又受制於營養，因為荷爾蒙由氨基酸製造，人體需要從飲食中攝取8種必需性氨基酸(即異白氨酸、白氨酸、離氨酸、甲硫氨酸、苯丙氨酸、蘇氨酸、色氨酸和纈氨酸)，才可正常分泌荷爾蒙。這就解釋了為甚麼女士在更年期時，皮膚會變差，就是因為荷爾蒙分泌不足的緣故。

適當而均衡的飲食對皮膚健康有着舉足輕重的影響。由於身體需要不同種類的養分，而這些養分又不能被長期儲存，所以我們必須每天保持均衡營養，以維持皮膚的膚質及狀況。當然，詳細的飲食指南可參考陳莉敏小姐在本書中的介紹。