

婴幼儿食谱

李曾鹏展 著
广东科技出版社



□ Recipes for Babies and Infants
□ 中英对照 Chinese-English

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RECIPES For BABIES & INFANTS

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随着新生命的诞生，女性作为人类的生产者便开始了新的生活。这个时候，对于每位做母亲的来说，既艰苦又幸福，因为新生命的诞生，除了带给家庭热闹的气氛之外，也带给父母希望和责任。

无论孩子的哭声、笑声，听在父母的耳中，都是世界上第一首最吸引的美妙音乐。婴儿的成长需要父母的关怀、照顾。父母的责任是哺养婴儿，使他健康地成长，此外，还要培养他的品德。对于婴儿的健康，先天的遗传基因固然重要，但后天的饮食对婴儿的发育就更重要了。

母亲要为孩子的饮食作出适当的安排，不但要给予充足而均衡的营养，更要培养孩子良好的饮食习惯，不要偏食，以增强他们抵抗疾病的抵抗力。

本书提供了五十多款食谱以作参考。内容包括孕妇的饮食、产后进补、婴儿、幼儿、儿童的食物营养、亲手做

健康饮品、齐动手（儿童从烹饪中学习）及小孩子常见的疾病食疗介绍，希望让有需要的母亲对小孩子的饮食需求有一点了解。

当母亲选择小孩子的食物时，应多留意食物的营养价值，这样才能维持制造身体机能纤维的新陈代谢，帮助孩子正常发育，使他们健康地成长。

仅以此书献给幸福的母亲。

李曾鹏展

作者简介

李曾鹏展，广东客家人，原居新界，家族多年前经营饼店，母亲为烹饪高手，屡为当地即将移民子弟传授烹饪技术，因此李太自幼便深得乃母真传，并透过多年实践，深懂个中窍门。

廿多年前，在香港西区妇女福利会主席力邀下，李太便开始了其教授烹饪的生涯。此后李太更在著名烹饪学校授课至今，门下有不同家政老师，以及教育学院讲师，堪称桃李满天下。

李太除了在电台及电视台主持节目，为多本杂志撰写专栏外，还致力于烹饪著作，已出版的有三四十本。李太曾为多项调味品及家庭电器担任顾问，提出改良配方，并编写有关食谱。

李曾鹏展女士虽已积聚多年烹饪经验，但仍力学不倦，除了每星期必抽空试验新菜式，创出新口味外，还与酒楼师傅切磋学习，不断钻研。她对烹饪工作，永不言倦。

说 明

书中使用了一些广东方言，为方便读者阅读，现将书中常出现的广东方言与普通话对照，列举如下：

(冻) 滚水——(冷) 开水

脰——熟透变软

捞匀——搅至均匀

鏢一刀——划一刀

罩篱——漏勺

生抽——浅色酱油

古月粉——胡椒粉

矮瓜——茄子

马蹄——荸荠

菜苳——青菜去掉花及老梗

乌豆——黑豆

蜜糖——蜂蜜

生粉——太白粉

青豆——豌豆

粟米(片)——玉米(片)

枚头肉——夹心肉

餸——菜肴

起胶——有粘性

热气——上火

焗——烤

方包——白面包

木羹——木勺

斩件——剁块

士多啤梨——草莓

胜瓜——丝瓜

云吞——馄饨

黄砂糖——黑糖

些小——少量

糍——粘

埋芡——勾芡

镬——炒锅

雪柜——电冰箱

老抽——深色酱油

泡打粉——发粉

薯仔——马铃薯

鸡髀——鸡腿

牛腩——牛腱

忌廉——奶油

焯——烫一下

青豆角——菜豆

粟粉——玉米粉

免治猪(牛)肉——绞猪
(牛)肉

冬菇——香菇

芝士——奶酪

焗炉——烤炉

茄汁——番茄汁

面包糠——面包屑

椰菜——高丽菜

奇异果——猕猴桃

青瓜——黄瓜

麻油——香油

菠萝——凤梨

车厘子——樱桃

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有健康的母亲 才有健康的婴儿

食物营养与人的健康有很大的关系，正常的饮食对身体有良好的影响。均衡的饮食，能满足人体生长发育的需要和补充不断消耗的营养。因此，饮食一方面能维持个人的生命；另一方面，对孕妇来说，除了能维持自己的营养需要外，还可供应胎儿所需。所以，孕妇的健康，也与胎儿的健康有密切的关系：有了健康的母亲，才会有健康的婴儿。

肉类、鱼类、豆类、牛奶、奶酪等食物都含有大量蛋白质和钙质；蔬菜和水果，则含有丰富的维生素和矿物质，而且有助肠胃畅通，这些都是适合孕妇的食物，但不可饮食过量，要适可而止才行。此外，太咸、太甜、过于油腻的食物，或含有太多调味料的食物也不宜多吃。

食物的选择和饮食习惯，往往因地域不同而有所差异，但在怀孕期间，孕妇必须维持均衡的饮食，这对于她们的身体健康和胎儿的发育成长都十分重要。

A Healthy Mother A Healthy Baby

Nutrition is closely related to a person's health. Normal food intake is beneficial to the body and balanced diet can satisfy the needs for growth and replenish the continuous loss of nutrients. Hence, food is not only essential for maintaining one's life but also vital for the nutritional needs of pregnant women and their foetuses. Consequently, the health of pregnant women affects that of their foetuses. Only healthy mothers can have healthy babies.

Foods like meat, fish, beans, milk and cheese contain a lot of protein and calcium while vegetables and fruits contain much vitamins and minerals and at the same time help to maintain normal bowel function. Therefore they are suitable for pregnant women. However, one should avoid over-eating, especially food which is too salty, sweet, oily and also those food containing too much seasonings.

The choice of food and dieting habit vary according to different regions. However, balanced diet is very important to the health of the mothers and the growth of the foetuses during pregnancy.

姜汁甘蔗露

Ginger And Sugar Cane Soup



用料:

甘蔗 1 条, 姜 1 片

做法:

1. 甘蔗去皮, 洗净抹干水, 切成小条, 放入榨汁机内榨出蔗汁 1 杯
2. 姜刮去皮, 洗净抹干水, 磨成蓉, 挤出姜汁半汤匙至 1 汤匙。
3. 蔗汁、姜汁同放入碗中炖半小时, 炖热便可饮用 (也可以放入小煲内煲热饮用)。

说明:

孕妇在怀孕一个半月左右, 常出现一些反应, 如疲倦、头晕、偏食、厌食、呕吐等等, 并非个个都有此情形, 而是因人而异的。其实轻度的呕吐是正常的生理现象, 一般在 3 个月左右就会自然消失, 所以孕妇不要过分紧张, 只要注意调节饮食, 并以简单易消化为原则, 尽量从食物中吸收营养。

功能:

健胃、下气、止呕, 这是民间用以治疗孕妇的呕吐症, 轻度的呕吐不妨参考此方, 功效不错, 严重的最好请教医生

Ingredients:

1 piece of sugar cane, 1 piece of ginger.

Method:

1. Remove the skin of sugar cane. Wash and towel dry. Cut into small sections. Put them into a blender to make a glass of sugar cane juice.
2. Remove the skin of ginger. Wash and towel dry. Blend into mash and squeeze for $\frac{1}{2}$ to 1 tbsp. of ginger juice.
3. Stew sugar cane juice and ginger juice for $\frac{1}{2}$ hour (may also be simmered in a small cooker). Serve hot.

Explanation:

During the first 1½ month of pregnancy, pregnant women usually feel tired, dizzy and sick. They lack the interest in food and become choosy in diet. Not all pregnant women experience this but mild sickness is a normal phenomenon. As it usually disappears in the third month of pregnancy, pregnant women need not be too anxious about it but only adopt a simple, easily digestable and nutritious diet.

Functions:

This drink is beneficial to the stomach. It helps to relieve vomiting. This is a folk recipe for relieving sickness of pregnant women. It is useful to try this for mild sickness but it is better to consult your doctor if it is serious.

坊间传闻孕妇忌食

(一) 孕妇吃了羊肉，婴儿长大会发羊吊？

解释：生长在草原地带，肉食以羊肉为主的人，岂不是都患有羊吊症？！

(二) 孕妇吃了蛇，婴儿的皮肤会粗糙如蛇皮？

解释：不会的。蛇能治疗风湿筋骨痹痛，有益气、养阳、补肾、强身的功效。但孕妇也不宜吃过补的食物，以免影响胎儿。

(三) 孕妇吃了香蕉，婴儿长大会哮喘？

解释：香蕉营养价值很可观，可清热滑肠，只是性带寒。如孕妇身体较弱，吃了香蕉会觉胃寒、肚泻，这样，多少都会影响胎儿健康，但没有证据证实婴儿会患哮喘。

(四) 孕妇吃了生冷食物，如雪糕、西瓜、凉粉等，会影响婴儿时常肚痛、肚泻？

解释：要看孕妇体质而定，如孕妇在未怀孕前及怀孕后身体都很健康的，对冷冻食物一向很适应，喜欢吃就吃，这是没有问题的，但不可过量。生冷食物对身体虚弱的人来说，肠胃一定受到影响。当孕妇生病，必定影响身体健康，也会影响婴儿日后的健康，所以体质弱的还是少吃为妙。

(五) 孕妇吃了芝麻糊，会使婴儿皮肤变得较黑？

解释：黑芝麻有补肝肾、润五脏的功效，也有滑大肠的功用，故此，会影响婴儿皮肤色泽是没有根据的。

(六) 孕妇多食甜品，如牛奶煲鸡蛋、鸡蛋腐竹糖水，会使婴儿皮肤又嫩又白？

解释：没有事实证明，不过这些食物都含丰富的蛋白质和钙质，孕妇多吃是有益的，但糖则不宜吃得过多。

(七) 孕妇常吃辣椒，婴儿会湿热有眼屎？

解释：辣椒含有辣椒素，红辣椒带有强烈的辛辣味，可刺激食欲，帮助消化。但有刺激性的食物不适宜孕妇食用。

(八) 孕妇吃了白莲须煲鸡蛋冰糖，能去胎气，可使婴儿皮肤白净可爱？又会“百快的”（即“顺产”）？

解释：莲藕属睡莲科植物，柄名“荷梗”，叶名“荷叶”，花名“荷花”，蕊名“莲须”，果壳名“莲蓬”，果实名“莲子”，地下茎名“莲藕”。白莲须就是白莲子的须，在药用方面有固精止血的功效。白莲须煲鸡蛋是否真的能去胎气，使婴儿皮肤白净，现在还未有事实证明。但当孕妇将近分娩时，年长的一辈会用白莲须煲糖水给她们吃，可能由于它具有止血的功用吧！但这种情况现在并不普遍，并非每位孕妇都吃的，只是各处乡村各处例而已。

以上的疑问都是坊间传闻，知道的便先入为主，不敢去尝试。所以，在没有事实根据之下，吃了才知道，也无须耿耿于怀。若在未吃前有顾忌，最好不吃，因为吃了，心里有疑问，就算吃了多么有益的食物也得不到益处，反而增加心理的负担，这又何必呢！

Food Rumoured To Be Unsuitable For Pregnant Women

1. Will the baby suffer from epilepsy if the mother eats mutton during pregnancy?

Ans: Mutton is the main diet for those who live in grassland areas. Doesn't everybody living there suffer from epilepsy?

2. Will the baby's skin be as rough as snake's if the mother eats snakes during pregnancy?

Ans: No. Snake has an effect of relieving rheumatic pain, invigorating the body, nourishing the "yang" and the kidneys. However, pregnant women should avoid over-tonic food which may affect their foetuses.

3. Will the baby suffer from asthma if the mother eat bananas during pregnancy?

Ans: Bananas are very nutritious but they are cold in nature. They can eliminate the heat inside the body and help to restore normal bowel function. Feeble pregnant women may feel cold in the stomach and suffer from diarrhoea if they eat bananas. It will then affect the baby's health. However, there is no evidence to prove that the baby will hence suffer from asthma.

4. Will the baby suffer from abdominal pain and diarrhoea if the mother eats cold foods like ice-cream, water melon, grass jelly, etc. during pregnancy?

Ans: It depends on the physique of the pregnant woman. If she is physically well both before and after conception and she has got use to take cold food, then it is no problem if she eats some. But she should not take too much. Cold food does have adverse effect on the stomach and bowel of those who are weak. If the pregnant woman is sick, then the health of the foetus will be affected. Thus, it is wise for those who are physically weak to consume less cold food.

5. Will the baby's skin have a darker complexion if the mother eats black sesame paste during pregnancy?

Ans: Black sesame is good for the kidneys. It has nourishing effect on the "five internal organs" (heart, liver, spleen, lungs and kidneys). It can also help to maintain bowel function. There is no evidence showing that it has any effect on baby's complexion.

6. Will it help to make the baby's skin delicate and fair if the mother consumes more desserts like boiled egg with milk, dried beancurd skim with eggs soup?

Ans: There is no evidence to prove this but these dishes are rich in protein and calcium. It is good for pregnant women but they should avoid taking too much sugar.

7. Will the baby have unbalanced "humidity" and "heat" inside the body and more excretion from the eyes if the mother eats chilli frequently?

Ans: Chilli has chilli essence. Red chillie is strong and hot. It can stimulate appetite and strengthen digestive function. But, stimulating food is not suitable for pregnant women.

8. Will it help to repel the disturbances of pregnancy and make the baby's skins fair and lovely if the mother eats boiled egg with rock sugar and white lotus anther? Will it also help smooth delivery?

Ans: Lotus root belongs to the lotus family. The stem is termed "lotus stem", the leaves "lotus leaf", the flower "lotus", the anther "lotus anther", the shells holding the seeds are "lotus seed cupule" and the seeds are "lotus seeds". The root underground is referred to as "lotus root". White lotus anther is the anther of white lotus. It helps to strengthen male essence and stop bleeding.

There is no evidence showing that boiled egg with white lotus anther can repel the disturbances of pregnancy and make baby's skin fair and lovely. However, the older generation usually makes sweet lotus anther soup to pregnant women when it comes close to delivery, maybe this is due to the stopping bleeding function of sweet lotus anther soup. But it is not very popular nowadays. Not all pregnant women take this. It all depends on whether it is the common practice in the region.

The above queries are just folklores. Those who have heard about these folklores dare not try them and so there is no concrete evidence on their validity. Don't try them if you feel uncomfortable about these dishes. It is because this will only make you restless and hence you will be unable to benefit from the food.

产后要进补

婴儿诞生后，母亲产后初期，由于身体淤血排除未清，体质很虚弱，所以产后进补是需要的。产妇进补的饭菜，传统的都不离姜，因为姜有祛风祛寒的功效。

俗语有说：“冬有生姜，不怕风霜。”“夏食芥菜和老姜，无痛无病寿命长。”

姜在药用方面的功能以老姜为佳。老姜辛辣，有健胃、解表、散寒、温中、兴奋、发汗、止呕、解毒等功用，由此可知，老姜在食疗的功效上有一定的价值。

例如“猪脚姜醋”，材料有老姜、猪手、鸡蛋、甜醋。在营养方面，则含有丰富蛋白质及钙质，有助子宫收缩的功用。

酿制甜醋的原料，大致上有米醋、黑糯米、姜、当归、丁香、川芎、白芷、首乌及糖，这些原料都具有祛风、散淤、解毒、补血的食疗功效。

鸡蛋煲姜醋后，便会变得坚实，不甚可口。用咸蛋取代鸡蛋则十分可口。蛋白滑，蛋黄松化，所含的营养成分与鸡蛋相同。

另一款“鸡酒”，材料有老姜、木耳、花生、红枣、米酒、鸡，含有蛋白质、钙质及其他营养，有行气活血的食疗功能。

米酒能通血脉，增进血液循环；木耳功能养阳润燥；红枣益气生津；花生含有蛋白质和脂肪，在功效方面，能悦脾和胃、润肺化痰、滋养调气。俗语有说：“常吃花生能养生，吃了花生不想荤”，可见其营养价值之高。“鸡酒”菜谱在李曾鹏展食谱之《广东风味菜——汤羹》第十二页已有所介绍，在此不再重复。

在习俗上，婴儿诞生后第三天或十二天，俗称“三朝”、“十二朝”，父母要送鸡酒、姜醋到至亲长辈家报喜，以示庆祝新生命的诞生，这些礼节虽然麻烦，但也能增添不少热闹气氛。

除了传统的产后进补食物能帮助恢复产后虚弱的身体外，医生指定服食的维生素，或从其他食物中吸取同样的营养，也能帮助身体复元。

产妇不是病妇，她们只是经历生理变化而已。总之依从自己的饮食习惯，加以注意营养，选择适合自己口味的食物，吃得开心，心境自然开朗，身体复元也必定快些。

以下介绍几款进补美食，以供参考。

Nutritious Recipes For After Delivery

The mother is weak just after delivery because the body has not yet discharged all the blood wastes in the uterus. Hence, nutritious recipes are needed. Most of these traditional recipes include ginger as one of the ingredients because it has the function of driving away the "wind" and "coldness" inside the body.

There are many old sayings about ginger: "With raw ginger in winter, one would not be afraid of wind and snow." "Taking mustard cabbage and old ginger in summer ensures a long life without any sickness and pain."

From the medical point of view, old ginger is better. It has the effect of stimulating and strengthening the stomach, eliminating the coldness and warming the internal organs, invigorating the body, stimulating sweating, relieving sickness and discharging toxic substances from the body. Therefore ginger has considerable value in tonic recipes.

For example, "Ginger And Pig Knuckle In Sweet Vinegar" which has ingredients like old ginger, pig knuckle, eggs and sweet vinegar, is rich in protein and calcium. It also helps the contraction of the uterus.

Ingredients for making sweet vinegar include rice vinegar, black glutinous rice, ginger, Chinese angelica (Dang-gui), clove, cudillum officinale and angelica, polygonum and sugar. All these are good for eradicating the "wind" inside the body, discharging the unwanted blood and wastes and replenishing fresh blood. The method of preparing this dish has been introduced on P.44 of "Delicious and Nutritious Recipe" by Mrs Li Tsang Pang Gin.

Eggs will become hard after being boiled with ginger and vinegar and they may not be delicious. Try to use salty preserved eggs as a substitute. They are smoother and softer and their nutritional value is comparable to that of fresh eggs.

Another recipe — "Chicken Wine" — is prepared with the following ingredients: old ginger, wood ear, peanuts, red dates, distilled rice wine and chicken. It is rich in protein, calcium and so on. It has the effect of invigorating the body and strengthening blood circulation.

Distilled rice wine is beneficial to blood circulation. Wood ear can nourish the "yang" and relieve the heat. Red dates are effective for invigorating energy and relieving thirst. Peanuts which contain protein and fat are good for the spleen and stomach, for nourishing the lungs and restoring energy. Peanuts' nutritional value is manifested in the old saying: "Frequent intake of peanuts ensures good health, after eating peanuts, one no longer wants meat and fish." The method of preparing "Chicken Wine" is explained on P.12 of "Tasty Soup" by Mrs Li Tsang Pang Gin.

Traditionally, on the third day (the Chinese called "San Zhao") or the twelfth day ("Shi-er Zhao") after the baby is born, "Chicken Wine And Ginger In Vinegar" should be delivered to close relatives as a celebration of the new life. Although this tradition often creates a lot of trouble, it enhances the happy atmosphere.

Besides these traditional recipes, vitamins prescribed by doctors and nutrients obtained from other foods can also help the mother recover after delivery.

Pregnant women are not sick women. What they all go through is only some physical changes. They simply resume normal dieting habits, pay more attentions to nutrition and always remain happy, then they will recover much more quickly.

Let's introduce the following recipes for reference.

姜丝煎蛋

Fried Egg With Shredded Ginger



用料:

鸡蛋 2 只、姜切丝约 2 汤匙或适量。

调味:

盐少许。

做法:

1. 下油 1 汤匙，放下姜丝炒香铲起。
2. 烧热镬，下油 1 汤匙，打开鸡蛋放下镬中，慢火煎至半凝固时，放下半份姜丝，洒下少许盐，搽成半月形，煎至两面黄色铲起上碟。余下鸡蛋 1 只与半份姜丝的做法同上。

营养与功能:

1. 祛风暖胃，含有蛋白质，食后可达进补目的。
2. 姜有益脾胃、散风寒的功效；鸡蛋功能滋阴、润燥、养血。

Ingredients:

2 eggs, 2 tbsps. or desirable amount of shredded ginger.

Seasoning:

Dash of salt.

Method:

1. Stir fry ginger shreds with 1 tbsp. of oil until it smells.
2. Heat a wok and fry one egg with 1 tbsp. of oil until it is half set. Then add half of the ginger shreds and some salt. Fold it into half moon shape and fry until it becomes golden yellow on both sides. Serve. The remaining egg and half of the ginger shreds can do another fried egg by the same method as the above.

Nutritional Value And Functions:

1. This dish can eliminate the wind inside the body and warm the stomach. It is rich in protein. It also serves the purpose of helping the body recover.
2. Ginger is good for the stomach and spleen. It is also effective for eliminating the wind and coldness.

鸡姜汤

Chicken And Ginger Soup



用料:

瘦光鸡 1 只 (重约 750 克), 老姜 75 克或适量, 酒 1 汤匙 (最好用米酒)。

做法:

1. 姜刮去皮, 洗净切片拍松。
2. 鸡、鸡肝、鸡肾, 洗净抹干水, 怕肥的可将鸡皮撕去。
3. 把鸡斩开一件件, 肝、肾也切件。
4. 烧热镬, 下油 1 汤匙, 放下姜炒香。下鸡、肝肾炒透, 溅酒, 铲起放入煲内, 加入水四杯 (或适量) 煲滚, 用中火煲约 1 小时, 除去汤面的油, 下盐调味。既是汤又是菜。

营养与功能:

1. 此汤祛风滋补。
2. 姜有益脾胃、散风寒的功能。
3. 鸡的功能温中、益气。用黑肉鸡更好, 因鸡种细小, 没有脂肪, 蛋白质又高。

Ingredients:

1 thin chicken of about 1 lb. 8 oz. with all feather removed, 2²/₃ oz. of ginger, 1 tbsp. of wine (better use distilled rice wine).

Method:

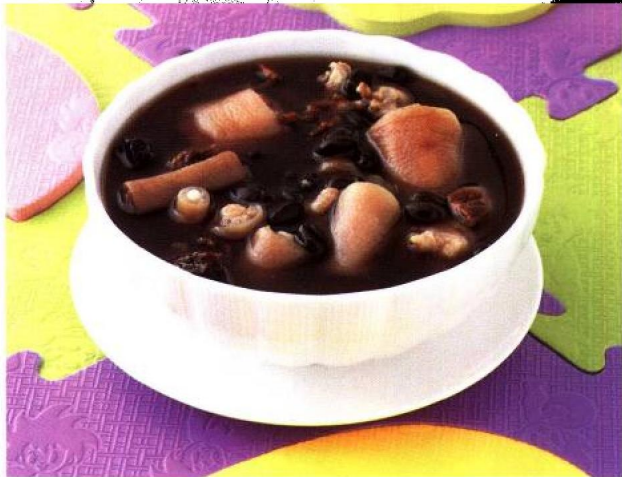
1. Peel the skin of ginger. Wash and slice and pat with a knife to soften.
2. Wash and towel dry chicken, liver and kidneys (may remove the skin of the chicken if there is too much fat).
3. Chop chicken, liver and kidneys into pieces.
4. Add 1 tbsp. of oil into a heated wok and saute ginger. Add chicken, liver, kidneys and stir well. Sprinkle wine and put them into a pot. Add 4 cups or desirable amount of water and bring to boil. Then simmer over medium heat for 1 hour. Skim away the oil that floats on the surface. Add some salt and serve.

Nutritional Value And Functions:

1. The soup can eliminate coldness. It also has nourishing effect.
2. Ginger is good for the spleen and stomach. It has the effect of repelling the wind and coldness.
3. Chicken can warm the internal organs and invigorate the body. It is desirable to use black chicken because it is small without fat but high in protein content.

乌豆圆肉 煲猪尾汤

Boiled Pig Tail Soup
With Black Beans
And Dried Longan



用料:

猪尾 450 克斩件 (连带猪尾骨),
乌豆 75 克, 圆肉 1 汤匙半, 南枣
8 粒去核, 姜 2 大片拍松。

做法:

1. 圆肉、南枣、姜洗净。
2. 乌豆放入镬中, 不用下油, 慢火炒至豆壳裂开, 铲起洗净。
3. 猪尾放入滚水中, 煮 5 分钟, 捞起洗净。
4. 水 8 杯至适量放入煲内煲滚, 放入全部用料煲滚, 慢火煲 3 小时, 下盐调味 (一餐吃不完, 可分两餐吃)。

功能:

1. 此汤有健脾、补肾、补腰、补心气、补血的功效。
2. 乌豆功能养血、补肾阳、祛风利水; 圆肉又称“龙眼肉”, 有补气血、安心神的功用; 南枣功能补脾和胃、生津; 猪尾有补腰力、益骨髓的功效。

Ingredients:

1 lb. of pig tail (including pig tail bone and chopped into pieces),
2 $\frac{2}{3}$ oz. of black beans, 1 $\frac{1}{2}$ tbsps.
of dried longan, 8 dates (with core removed), 2 slices of ginger (pat to soften).

Method:

1. Wash dried longan, dates and ginger.
2. Stir-fry black beans over low heat until the shells break. No need to add any oil during the process. Dish and wash.
3. Simmer pig tail in boiling water for 5 mins. Drain and wash.
4. Bring 8 cups or desirable amount of water into a pot to boil. Add all ingredients. Bring to boil again. Then simmer over low heat for 3 hrs. Add dash of salt. If it cannot be consumed all at once, it may be reserved for the next meal.

Functions:

1. The soup is good for the spleen, kidneys, spiral cord and heart. It can also replenish blood.
2. Black beans can nourish blood, the kidneys and the “yang”, eliminate the wind and help excretion.
3. Dried longan can replenish blood and energy. It also has tranquillising effect.
4. Dates are good for the spleen and stomach. It can also relieve thirst.
5. Pig tail is good for strengthening male essence and the marrow.