

主编 谭兴贵

# 孕产妇食疗方

山东科学技术出版社  
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# 前 言

我们在主编饮食文化科普期刊《药膳食疗》和《东方食疗与保健》两杂志过程中,经常收到一些年轻夫妻的来信、来电。询问:妇女怀孕期间吃什么食物最好?怎样才能养育一个聪明健康、活泼可爱的小宝宝?吃哪些食物使小孩智商高?中医饮食疗法对孕产妇积累了一些什么经验?为解答以上问题,实现年轻父母的美好愿望,我们特意编写了这本书。

本书根据不同阶段孕产妇和胎儿、新生儿的生理变化和营养需求,编排了孕早期、孕中期、孕晚期、产褥期、哺乳期共五个时期的营养食疗方,分为佳肴菜、营养饭、美味汤、滋补粥、补益饮等五大类,总计 1400 方。详尽介绍了各食疗方的配方、做法、特点等,具有很强的针对性和实用性。孕产妇的健康,既关系到其自身的生活、学习和工作,也关系到下一代的健康,希望所有的孕产妇都能根据自身的情况进行科学饮食,为提高我国的人口素质奠定良好的基础。

由于编者水平有限,书中错误在所难免,敬请同行和广大读者批评指正。

编者

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| 木樨汤 .....     | (136) | 奶油鸡蓉汤 .....   | (146) |
| 丝瓜瘦肉汤 .....   | (137) | 香菜鸡蛋汤 .....   | (147) |
| 鲜菇肉丸汤 .....   | (137) | 雪耳鸡蓉羹 .....   | (147) |
| 西洋菜煲猪肉 .....  | (137) | 鲜菇川鸭掌 .....   | (147) |
| 丝瓜蜜枣瘦肉汤 ..... | (138) | 鸡蓉玉米羹 .....   | (147) |
| 花生蹄花汤 .....   | (138) | 鸡蓉鱼翅羹 .....   | (148) |
| 健胃萝卜汤 .....   | (138) | 鸡蛋甜豆浆 .....   | (148) |
| 西菜猪肝汤 .....   | (139) | 冬瓜瑶柱炖田鸡 ..... | (148) |
| 番茄猪肝汤 .....   | (139) | 薏米炖鸡 .....    | (149) |
| 老黄瓜煲排骨 .....  | (139) | 虫草炖老鸭 .....   | (149) |
| 腐竹马蹄煲猪肚 ..... | (140) | 清炖鲫鱼 .....    | (149) |
| 萝卜炖羊肉 .....   | (140) | 海米紫菜蛋汤 .....  | (150) |
| 红萝卜牛骨汤 .....  | (140) | 淡菜海带冬瓜汤 ..... | (150) |
| 蛋花牛肉汤 .....   | (141) | 菠菜鱼片汤 .....   | (151) |
| 牛肉羹 .....     | (141) | 韭黄鱼片汤 .....   | (151) |
| 蛋黄菜花汤 .....   | (141) | 刀鱼珍珠丸子汤 ..... | (151) |
| 榨菜鸡蛋汤 .....   | (142) | 蟹肉冬瓜羹 .....   | (152) |
| 番茄鸡蛋汤 .....   | (142) | 奶汤鲫鱼 .....    | (152) |
| 鸡肝豆苗汤 .....   | (142) | 鱼头木耳汤 .....   | (153) |
| 姜汁炖鸡 .....    | (143) | 虾皮粉丝汤 .....   | (153) |
| 苕麻根鸡肉汤 .....  | (143) | 紫菜虾米汤 .....   | (154) |
| 养血安胎汤 .....   | (144) | 海鲜豆腐汤 .....   | (154) |
| 鲜奶炖鸡 .....    | (144) | 生菜滚鱼汤 .....   | (154) |

|               |       |               |       |
|---------------|-------|---------------|-------|
| 雪菜豆腐鱼尾汤 ..... | (154) | 白菜奶汁汤 .....   | (164) |
| 鱼片豆腐汤 .....   | (155) | 荠菜豆腐汤 .....   | (164) |
| 虾仁豆腐汤 .....   | (155) | 冬菇菠菜汤 .....   | (165) |
| 瑶柱冬瓜汤 .....   | (155) | 冬瓜薏米汤 .....   | (165) |
| 鲩鱼菜心汤 .....   | (156) | 豆豉炖豆腐 .....   | (165) |
| 虾皮萝卜丝汤 .....  | (156) | <b>滋 补 粥</b>  |       |
| 泥鳅鱼汤 .....    | (156) | 牛杂粥 .....     | (166) |
| 海参豆腐羹 .....   | (157) | 生姜羊肉粥 .....   | (166) |
| 赤小豆煲鲤鱼 .....  | (157) | 莲米猪肚粥 .....   | (166) |
| 鲤鱼冬瓜羹 .....   | (158) | 羊肉粥 .....     | (166) |
| 淮杞炖生鱼 .....   | (158) | 猪肾粥 .....     | (167) |
| 清炖甲鱼 .....    | (158) | 鸡肉粥 .....     | (167) |
| 榨菜笋丝汤 .....   | (159) | 小黄米母鸡粥 .....  | (167) |
| 甜玉米蓉汤 .....   | (159) | 母鸡墨鱼粥 .....   | (168) |
| 蘑菇炖豆腐 .....   | (159) | 苡麻母鸡黄米粥 ..... | (168) |
| 海带豆腐汤 .....   | (160) | 鸡汁粥 .....     | (168) |
| 豆沫 .....      | (160) | 安胎鲤鱼粥 .....   | (168) |
| 酸辣汤 .....     | (160) | 白术鲫鱼粥 .....   | (169) |
| 发菜豆腐汤 .....   | (161) | 安胎苡麻鲤鱼粥 ..... | (169) |
| 橘藕羹 .....     | (161) | 八宝粥 .....     | (169) |
| 百果羹 .....     | (162) | 核桃糯米粥 .....   | (170) |
| 菠菜汤 .....     | (162) | 黑米粥 .....     | (170) |
| 黑芝麻粉汤 .....   | (162) | 五色豆子粥 .....   | (170) |
| 黄花菜汤 .....    | (162) | 养血安胎粥 .....   | (170) |
| 五彩鲜蔬汤 .....   | (163) | 竹茹粥 .....     | (171) |
| 鲜奶翡翠羹 .....   | (163) | 乌豆续断粥 .....   | (171) |
| 葡萄莲子汤 .....   | (163) | 腐皮冰糖粥 .....   | (171) |
| 姜汁炖砂仁 .....   | (164) | 什锦甜粥 .....    | (171) |

|             |       |               |       |
|-------------|-------|---------------|-------|
| 草莓绿豆粥 ..... | (172) | 鲜藕粥 .....     | (179) |
| 淮山芝麻粥 ..... | (172) | 莲子糯米粥 .....   | (179) |
| 鲜芦根粥 .....  | (173) | 阿胶红糖糯米粥 ..... | (179) |
| 麦冬地黄粥 ..... | (173) | 安胎鸡蛋阿胶粥 ..... | (179) |
| 鲜竹茹粥 .....  | (173) | 莲子桂圆红枣粥 ..... | (180) |
| 糯米稀粥 .....  | (173) |               |       |
| 砂仁粥 .....   | (174) | 补 益 饮         |       |
| 白术南瓜粥 ..... | (174) | 洋参麦冬茶 .....   | (180) |
| 南瓜梗米粥 ..... | (174) | 陈皮山楂茶 .....   | (181) |
| 黄芪南瓜粥 ..... | (174) | 芦根姜蔗茶 .....   | (181) |
| 黄芪川芎粥 ..... | (174) | 玉米桑椹茶 .....   | (181) |
| 竹茹阿胶粥 ..... | (175) | 苏叶生姜茶 .....   | (181) |
| 糯米淮山粥 ..... | (175) | 橘皮竹茹茶 .....   | (181) |
| 莲子芋肉粥 ..... | (175) | 乌梅细辛茶 .....   | (182) |
| 党参杜仲粥 ..... | (175) | 玉米外皮茶 .....   | (182) |
| 黑豆菟丝粥 ..... | (175) | 麦芽山楂饮 .....   | (182) |
| 陈皮苤麻粥 ..... | (176) | 丁香柿蒂茶 .....   | (182) |
| 阿胶龙骨粥 ..... | (176) | 红果白糖茶 .....   | (182) |
| 糯米阿胶粥 ..... | (176) | 益血安胎饮 .....   | (183) |
| 荷蒂梗米粥 ..... | (176) | 酸甜红柿汁 .....   | (183) |
| 麦冬生地粥 ..... | (177) | 芹菜鲜藕汁 .....   | (183) |
| 芦根竹茹粥 ..... | (177) | 萝卜芹菜汁 .....   | (183) |
| 阿胶艾叶粥 ..... | (177) | 菠萝菜叶汁 .....   | (183) |
| 枸杞大枣粥 ..... | (177) | 卷心菜蜜汁 .....   | (184) |
| 人参粥 .....   | (178) | 柠檬草莓汁 .....   | (184) |
| 佛手粥 .....   | (178) | 蜜桃奶汁 .....    | (184) |
| 木香陈皮粥 ..... | (178) | 苹果菠菜汁 .....   | (184) |
| 胡桃栗子粥 ..... | (178) | 卷心菜果汁 .....   | (185) |
|             |       | 西瓜乳汁 .....    | (185) |

|             |       |              |       |
|-------------|-------|--------------|-------|
| 胡萝卜乳汁 ..... | (185) | 火爆腰花 .....   | (194) |
| 家常芹菜汁 ..... | (185) | 青蒜炒猪肝 .....  | (194) |
| 蜜汁鲜桃 .....  | (186) | 猪肝炒核桃 .....  | (195) |
| 蜜汁苹果 .....  | (186) | 宫爆鸡丁 .....   | (195) |
| 苹果牛奶饮 ..... | (186) | 芙蓉鸡丝 .....   | (196) |
| 樱桃牛奶饮 ..... | (186) | 桂圆鸡片 .....   | (197) |
| 草莓牛奶饮 ..... | (187) | 松子爆鸡丁 .....  | (197) |
| 酸奶 .....    | (187) | 杜仲板栗烧鸡 ..... | (198) |
| 韭汁牛奶 .....  | (187) | 荔荷蒸鸭 .....   | (198) |
| 姜汁牛奶 .....  | (187) | 桃仁豌豆鸡丁 ..... | (199) |
| 椰汁奶糊 .....  | (188) | 清蒸冬瓜鸡 .....  | (199) |
| 萝卜苹果汁 ..... | (188) | 鸡翅烧猴头菇 ..... | (200) |
| 糖渍柠檬 .....  | (188) | 椰子肥鸡 .....   | (200) |

## 二、孕中期食疗方

### 佳 肴 菜

|              |       |              |       |
|--------------|-------|--------------|-------|
| 土豆烧牛肉 .....  | (189) | 青椒炒鸡蛋 .....  | (201) |
| 贵妃牛腩 .....   | (189) | 韭菜炒鸡蛋 .....  | (201) |
| 淮杞炖羊脑 .....  | (190) | 茭白炒鸡蛋 .....  | (202) |
| 炒木须肉 .....   | (190) | 蛋皮炒菠菜 .....  | (202) |
| 白瓜松子肉丁 ..... | (190) | 烧鸭肝 .....    | (203) |
| 土豆焖猪肉 .....  | (191) | 糖醋鱼卷 .....   | (203) |
| 雪耳肉丝蓉 .....  | (191) | 干煸鳝鱼丝 .....  | (204) |
| 西红柿炒蛋 .....  | (192) | 虾子烩豆腐 .....  | (204) |
| 杏仁扣猪肘 .....  | (192) | 虾干炒油菜 .....  | (204) |
| 油炸茄合 .....   | (193) | 莲蓬豆腐 .....   | (205) |
| 柏子仁煮猪心 ..... | (193) | 雪菜炒鲜鱿鱼 ..... | (205) |
| 炆腰片 .....    | (194) | 红烧海参 .....   | (206) |
|              |       | 萝卜炖鲫鱼 .....  | (206) |
|              |       | 海米金钩 .....   | (206) |
|              |       | 干贝炒苋菜 .....  | (207) |

|               |       |             |       |
|---------------|-------|-------------|-------|
| 虾皮炒韭菜 .....   | (207) | 佛手包子 .....  | (218) |
| 黄土焗龙虾 .....   | (208) | 叉烧包 .....   | (218) |
| 豉椒贵妃蚌 .....   | (208) | 蟹黄包子 .....  | (219) |
| 碧绿鱼肚 .....    | (208) | 三色馒头 .....  | (219) |
| 三鲜烩鱼唇 .....   | (209) | 桂花馒头 .....  | (220) |
| 银鱼青豆松 .....   | (209) | 海参饺子 .....  | (220) |
| 红枣黑豆炖鲤鱼 ..... | (210) | 五仁饺子 .....  | (221) |
| 桃仁火腿炒虾球 ..... | (210) | 烩蛋饺 .....   | (221) |
| 芪枣炖鲈鱼 .....   | (211) | 玉米虾皮饺 ..... | (222) |
| 核桃明珠 .....    | (211) | 肝泥如意卷 ..... | (222) |
| 爆炒黑三丝 .....   | (212) | 蛋皮烧麦 .....  | (222) |
| 麻酱番茄 .....    | (212) | 油酥饼 .....   | (223) |
| 油焖茄子 .....    | (212) | 葱花饼 .....   | (223) |
| 香干炒芹菜 .....   | (213) | 枣泥饼 .....   | (224) |
| 海带紫菜冬瓜 .....  | (213) | 葱油锅饼 .....  | (224) |
| 酱爆核桃仁 .....   | (213) | 龙须酥饼 .....  | (224) |
| 花生仁芹菜 .....   | (214) | 香椿饼 .....   | (225) |

## 营 养 饭

|             |       |             |       |
|-------------|-------|-------------|-------|
| 牛奶大米饭 ..... | (214) | 杏仁大米酪 ..... | (225) |
| 香椿蛋炒饭 ..... | (214) | 芹菜锅贴 .....  | (226) |
| 八宝饭 .....   | (215) | 三色糕 .....   | (226) |
| 猪肝烩饭 .....  | (215) | 玉米面发糕 ..... | (227) |
| 鸡肉汤面 .....  | (216) | 三合面发糕 ..... | (227) |
| 干贝汤面 .....  | (216) | 马蹄糕 .....   | (228) |
| 肉丝黄瓜面 ..... | (217) |             |       |
| 鸡蛋蒜苗面 ..... | (217) |             |       |
| 素菜包子 .....  | (217) |             |       |
| 鲜肉包子 .....  | (218) |             |       |

## 美 味 汤

|              |       |
|--------------|-------|
| 瘦肉燕窝汤 .....  | (228) |
| 淮杞羊腿汤 .....  | (229) |
| 鸡肉胡椒根汤 ..... | (229) |
| 猪心当归汤 .....  | (229) |

|                |       |               |       |
|----------------|-------|---------------|-------|
| 黑豆当归炖羊肉 .....  | (230) | 马齿苋鱼肉汤 .....  | (239) |
| 人参炖乌鸡 .....    | (230) | 黄瓜木耳汤 .....   | (239) |
| 西红柿鸡肉汤 .....   | (230) | 雪菜蚕豆汤 .....   | (240) |
| 淮山腰片汤 .....    | (231) | 莲子桂圆汤 .....   | (240) |
| 鲤鱼补血汤 .....    | (231) | 雪耳肉蓉羹 .....   | (241) |
| 党参田鸡汤 .....    | (231) | 苋菜牛肉羹 .....   | (241) |
| 洋参瘦肉汤 .....    | (232) | 桂圆骨髓鹌鹑羹 ..... | (242) |
| 甲鱼炖淮山 .....    | (232) | 冰糖银耳羹 .....   | (242) |
| 淮杞海参炖鸡 .....   | (232) |               |       |
| 大蒜鱼头汤 .....    | (232) | <b>滋 补 粥</b>  |       |
| 沙参玉竹老鸭汤 .....  | (233) | 当归猪骨粥 .....   | (242) |
| 双冬炖鲍鱼 .....    | (233) | 猪肝菠菜粥 .....   | (243) |
| 粉葛猪骨汤 .....    | (233) | 鸡肝小米粥 .....   | (243) |
| 乌龟茯苓汤 .....    | (234) | 山药蛋黄粥 .....   | (243) |
| 西红柿猪肝瘦肉汤 ..... | (234) | 鸡汁梗米粥 .....   | (244) |
| 海参炖瘦肉 .....    | (234) | 紫河车粥 .....    | (244) |
| 苁蓉海参汤 .....    | (235) | 鸡肉皮蛋粥 .....   | (244) |
| 海参炖鲍鱼 .....    | (235) | 红枣羊骨粥 .....   | (245) |
| 白参炖鹌鹑 .....    | (235) | 海参粥 .....     | (245) |
| 黄芪莲子田鸡汤 .....  | (236) | 胡桃大米粥 .....   | (245) |
| 当归生姜羊肉汤 .....  | (236) | 山药莲葡粥 .....   | (245) |
| 牛骨营养汤 .....    | (236) | 赤豆大米粥 .....   | (245) |
| 核桃红枣兔肉汤 .....  | (237) | 豌豆粥 .....     | (246) |
| 黄豆芽猪血汤 .....   | (237) | 八宝山药粥 .....   | (246) |
| 冬瓜鸡肉汤 .....    | (237) | 赤豆山药粥 .....   | (247) |
| 鲫鱼炖海带 .....    | (238) | 红枣山药粥 .....   | (247) |
| 虾皮萝卜丝汤 .....   | (238) | 什锦甜粥 .....    | (247) |
| 墨鱼花生排骨汤 .....  | (239) | 白扁豆粥 .....    | (248) |
|                |       | 白茯苓粥 .....    | (248) |