

Flavonoids



Flavonoids are botanical chemicals that activate our immunity. They are natural pigments that are responsible for the different colours of fruits and vegetable and act as antioxidants in human body that help maintain a healthy lymph circulation and defend against bacteria and viruses. To maintain a healthy immunity, regular intake of different coloured fruits and vegetables is important as they provide us with various flavonoids.

Flavonoids can be found in a variety of plant-based food, and below are just some of the examples:

Anthocyanin	Black raspberry, blackberry, blueberry, red amaranth, eggplant, purple kale
Apigenin	Celery, capsicum, garlic and Chinese cabbage
Catechin	Matcha, green tea and 85-90% dark chocolate
Hesperetin	Citrus fruit
Myricetin	Raspberry, bayberries, sweet potato leaves

Even simple dishes can maintain the health of the immune system with flavonoids rich foods.



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Baked Eggplant With Cheese



Ingredients for two

- 1 eggplant, sliced into 1-inch-thick rounds
- 2 tomatoes, sliced into 1/2-inch-thick rounds
- 1 teaspoon olive oil
- 1 teaspoon oregano
- 1/4 cup low-fat cheese, shredded
- Reduced salt tomato paste
- Salt and pepper

Method

1. Preheat oven to 200°C
2. Place the eggplant slices in the baking dish and cover them with some tomato paste and tomato slices
3. Drizzle olive oil over the vegetables, add oregano, salt and pepper, sprinkle cheese over the vegetables
4. Bake in the preheated oven until the cheese is beginning to brown and most of the liquid has disappeared (approx. 30 minutes), then it's ready to serve

IMPORTANT NOTE

Tomatoes (even tomato paste) are very nutritious providing a powerful antioxidant called lycopene. Tomatoes when cooked release lycopene; therefore contain a higher amount of lycopene as compared to raw tomatoes. Regular intake of lycopene is associated with a decreased risk of chronic diseases, such as cancer and cardiovascular disease.

Japanese-Style Chilled Eggplant



Ingredients for two

- 1 eggplant (source of flavonoids)
- 1 tablespoon mirin
- 1 tablespoon bonito soy sauce (can be found in supermarkets)
- 1 tablespoon white vinegar
- 1 tablespoon water
- 1/2 teaspoon sugar
- Bonito flakes (can be found in supermarkets)
- Salt

Method

1. Cut the eggplant into slices and marinate with salt for 5 minutes
2. Add white vinegar and eggplant slices to a pot of boiled water and cook for 5 minutes, then rinse under cold water and drain. Set aside on a plate
3. Mix mirin, bonito soy sauce, water and sugar together
4. Pour the sauce over the eggplants, sprinkle with bonito flakes, and it's ready to serve

IMPORTANT NOTE

Adding a hint of lemon juice or vinegar to the cooking water prevents discolouration of the eggplant during the cooking process. Eggplants are a nutrient-dense food, and contain a good amount of vitamins, minerals, fibre and anthocyanin.

類黃酮



類黃酮是植物性化學物，可激活免疫系統。類黃酮不僅令水果和蔬菜產生不同天然色素，而且是抗氧化物，能保持身體的淋巴循環系統健康，幫助抵抗細菌和病毒，故此不時攝取不同顏色的水果和蔬菜乃十分重要，可為身體提供各種類黃酮。

不少植物性食品都含有類黃酮，以下是部分例子：

花青素	黑莓、藍莓、紅莧菜、茄子、羽衣甘藍
芹菜素	芹菜、辣椒、大蒜和大白菜
兒茶素	抹茶、綠茶和85-90%黑巧克力
橙皮素	柑橘類水果
楊梅素	紅莓、楊莓、蕃薯葉

簡單易做的食譜亦可含有豐富類黃酮，以及助您保持免疫系統健康。



撰寫：註冊營養師陸肇麟

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香烤芝士茄子



材料 (二人份量)

- 1 個茄子，切成 1/2 英寸的厚圓片
- 2 個蕃茄，切成 1/2 英寸的厚圓片
- 1 茶匙橄欖油
- 1 茶匙奧勒岡香草
- 1/4 杯低脂芝士，切絲
- 減鹽蕃茄醬
- 鹽和胡椒

步驟

1. 將焗爐調至攝氏 200 度預熱
2. 茄子切片放在烤盤上塗上蕃茄醬，蕃茄片放在茄子上
3. 然後淋上橄欖油，加入奧勒岡香草、鹽和胡椒，再灑上芝士
4. 焗爐預熱後，將材料烘烤約 30 分鐘，直到芝士變金棕色，醬汁收乾，即可食用

重要提示

除茄子外，蕃茄(包括蕃茄醬)亦很有營養，能提供茄紅素這種強大的抗氧化物。蕃茄於烹調過程中會釋出茄紅素，故較未烹調的蕃茄，含有較多茄紅素。定期攝取茄紅素可降低癌症和心血管疾病等慢性疾病的風險。

日式冷醃茄子



材料 (二人份量)

- 1 個茄子 (類黃酮來源)
- 1 湯匙日本味醂
- 1 湯匙鰹魚汁 (可在超市找到)
- 1 湯匙白醋
- 1 湯匙水
- 1/2 茶匙糖
- 鰹魚片 (可在超市找到)
- 鹽

步驟

1. 將茄子切片，並加鹽醃 5 分鐘
2. 將白醋和茄子加入熱水中，煮 5 分鐘，再將茄子放入冰水，冷卻，瀝乾水分，放碟待用
3. 將日本味醂、鰹魚汁、水和糖混和成醬汁
4. 將醬汁倒在茄子上，撒上鰹魚片，即可食用

重要提示

烹調時，在水中加一點檸檬或醋，可防止茄子烹飪過程中變色。茄子營養豐富，含大量維他命、礦物質、纖維和花青素。