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可以怎麼吃?



現代的小朋友，除了要應付學業以外，還要應付不同的課外活動、公開考試等，精神壓力有時可能比成人還要大。除了要選擇適量的方法去舒緩壓力外，均衡健康的飲食，也可以幫助保持好心情！

要保持情緒穩定，其中一樣重要的營養素是碳水化合物。它能提供能量給我們身體，以應付身體機能和大腦的運作，幫助我們應付日常的生活、工作和學習。如果缺乏碳水化合物。身體會容易感到疲倦，力不從心，亦會影響集中力，導致情緒低落。另外，缺乏碳水化合物會引致血糖過低，會容易增加焦慮，所以充足的碳水化合物對穩定情緒非常有幫助。

五穀類含豐富的碳水化合物，建議選擇較高纖維的粗糧例如蕃薯、麥皮、粟米、全麥麵包、糙米飯等等，主要是因為他們提升血糖的速度比較慢和穩定，而且耐飽。很多人當沒有精神，或心情低落時，總會喜歡吃糖果、朱古力等高糖分食物，但要留意這些高糖的單糖食物，會容易做成血糖短時間大幅度上浮動，會令情緒突然高漲和低落，可能會做成心情更糟。另外，含高咖啡因的食物如咖啡、濃茶等也會令心情更煩躁，也應該盡量避免。

另一種減壓的營養素，是維他命B雜。它是一種能幫助釋放能量的主要維他命，能維持機能代謝，應付在壓力時身體所須的額外營養需求。維他命B雜主要在穀物類、新鮮肉類、牛奶、香蕉等中找到。所以發育期的青少年，每天喝一至兩杯牛奶，或進食奶類製品，除了有助骨骼發展之外，也能穩定情緒。

綜合來說，每天定時定量進食三餐，選擇高纖維的穀物食物，多吃優質和新鮮的蛋白質以攝取足夠的碳水化合物和維他命B雜，便能夠有效幫助舒緩壓力，令情緒更穩定。



What to eat

when you are stressed?



Students in Hong Kong needs to cater busy school schedule, after school activities, preparing public examinations. . .etc., stress level maybe even higher than adults. Besides using different ways to relief stress, eating proper can also help.

Carbohydrate plays an important role in stabilizing our mood. Carbohydrate provides energy to our body for normal body function as well as brain activity, supporting our daily workout, performing our job and study. If we lack of carbohydrate, we will feel tired, cannot function well, poor concentration, leading to bad mood. Besides, low carbohydrate intake leading to low blood glucose level, it will increase the anxiety level. Thus, stable carbohydrate intake helps maintain good mood. Cereal and grains are high in carbohydrates, which high fiber one are recommended, sweet potato, oatmeal, corn, whole wheat bread and brown rice etc. They will rise blood glucose slowly and steadily, also increase satiety. Some people tend to take candies, chocolate when they are in bad mood. But these high sugar food will create a glucose swing in our body, that is , blood glucose rise and fall too fast, creating bad mood. Food high in caffeine such as coffee and rich tea should be avoided too, since they will increase our anxiety level.

Another anti-stress nutrient is vitamin B complex. It helps transform and release energy in our body. Our body requires more energy under stress. Vitamin B complex helps transform energy from nutrients to maintain our body function. Grains, fresh meat, milk and banana are high in vitamin B. Daily intake of two dairy products not only enhance bone growth , it can also stabilize our mood.

To conclude, regular portion and meal time, choosing high fibre cereal, wide variety of high quality protein to ensure we have adequate carbohydrates and vitamin B intake. This will be good to manage our mood.

