

皇帝的早餐、大臣的中餐、叫花子的晚餐

早上吃好、中午吃飽、晚上吃少



如何吃最健康：一、二、三、四、五、六

- ❶ 每天一盤青菜(8兩到1斤)
- ❷ 每天兩種水果
- ❸ 每天三勺清油(<25克)
- ❹ 每天四兩米飯或四個饅頭
- ❺ 每天五種優質蛋白質
- ❻ 每天六杯水或六克鹽

七分飽

- ❖ 營養過剩一樣中毒
- ❖ 吃飯七分飽、青春永不老
- ❖ 留得三分肚、年年美容駐

為健康 乾一杯！

酒精飲料的「標準」量

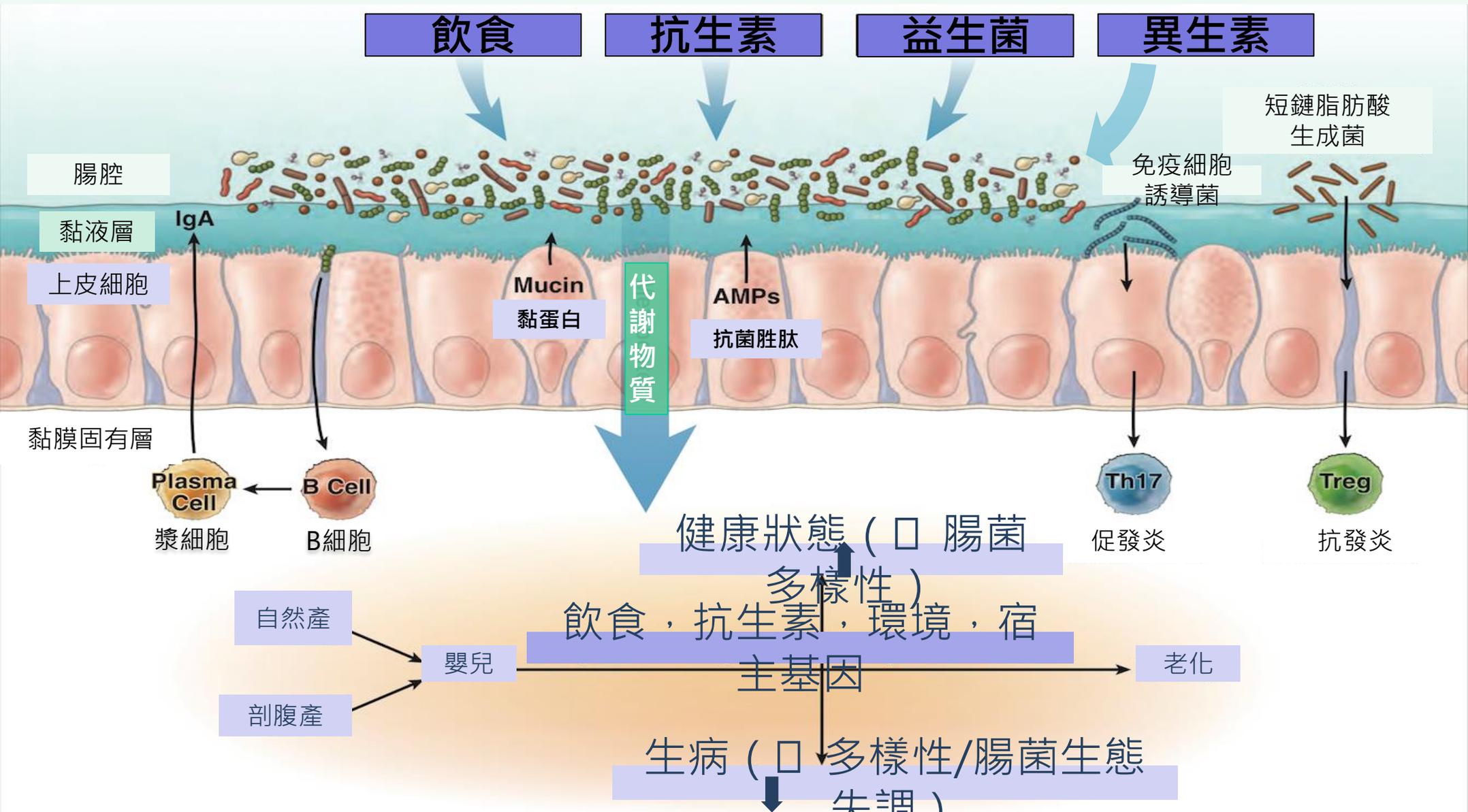
一個標準杯的量，雖然沒有正式的定義，卻已經有相當的共識。啤酒常以 12 盎司（約 355 毫升）瓶裝或罐裝出售，可以看成一個標準杯。12 盎司啤酒的酒精含量，約為 0.6 盎司（約 18 毫升），等同於一杯 5 盎司

（約 143 毫升）葡萄酒的酒精含量；也等同於 1.5 盎司（約 44 毫升）蒸餾烈酒的酒精含量，例如伏特加、杜松子酒、美國威士忌或蘇格蘭威士忌。因此，上述這些容量的葡萄酒與蒸餾烈酒，都是一個標準杯。

多樣
均衡
節制



自己腸菌自己救?



You (Your microbiota) Are What You Eat

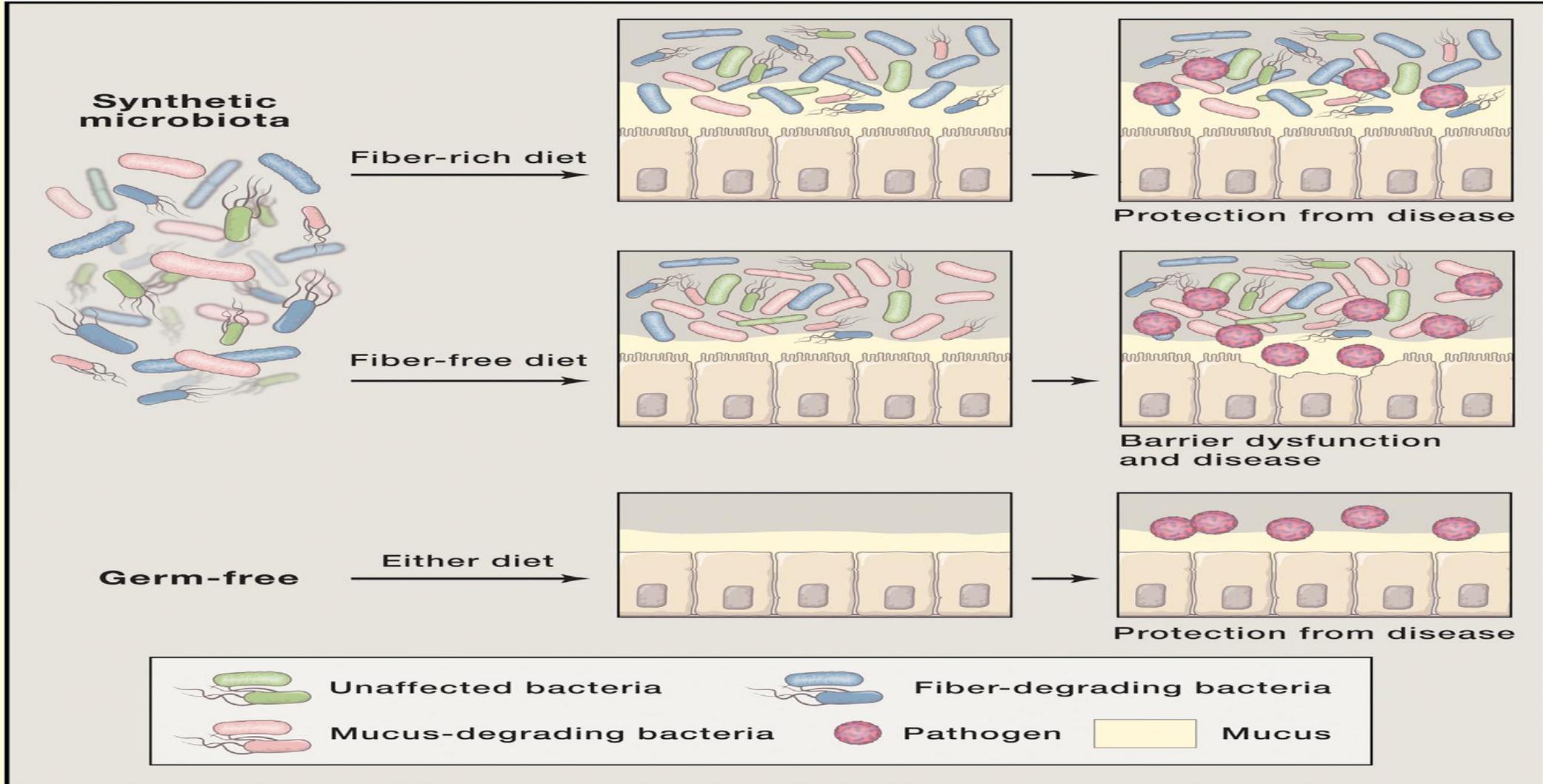
吃什麼是什麼

- 🍖 Protein/animal fat-rich diet: Bacteroides
- 🍌 Carbohydrate rich diet: Prevotella
- 🍌 Dietary pattern linking to gut microbial enterotype

Science 2011; 334:105-8

Nature 2012; 488:178-84

膳食纖維與腸道菌及腸上皮黏液厚度有關



飲食中的 肉鹼和膽鹼



腸道菌

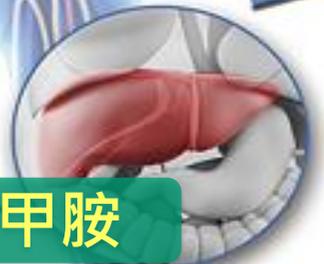
> The pathway linking diet, gut microbes and TMAO to a growing collection of disease states. A key step along the path is in the liver, where flavin-containing monooxygenases (FMOs) rapidly convert trimethylamine into trimethylamine-N-oxide (TMAO), which then exerts distinct effects contributing to atherosclerosis, chronic kidney disease and heart failure.

三甲胺

氧化三甲胺

< TMAO

未被腸道吸收的
膽鹼與肉鹼

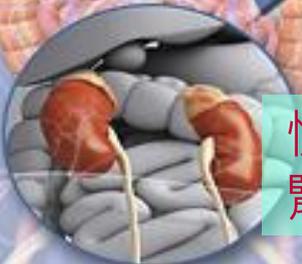


肝臟
黃素單氧化酶

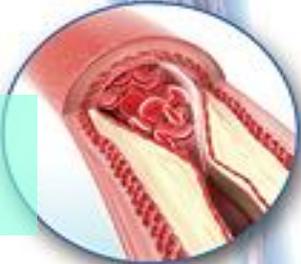
心臟衰竭



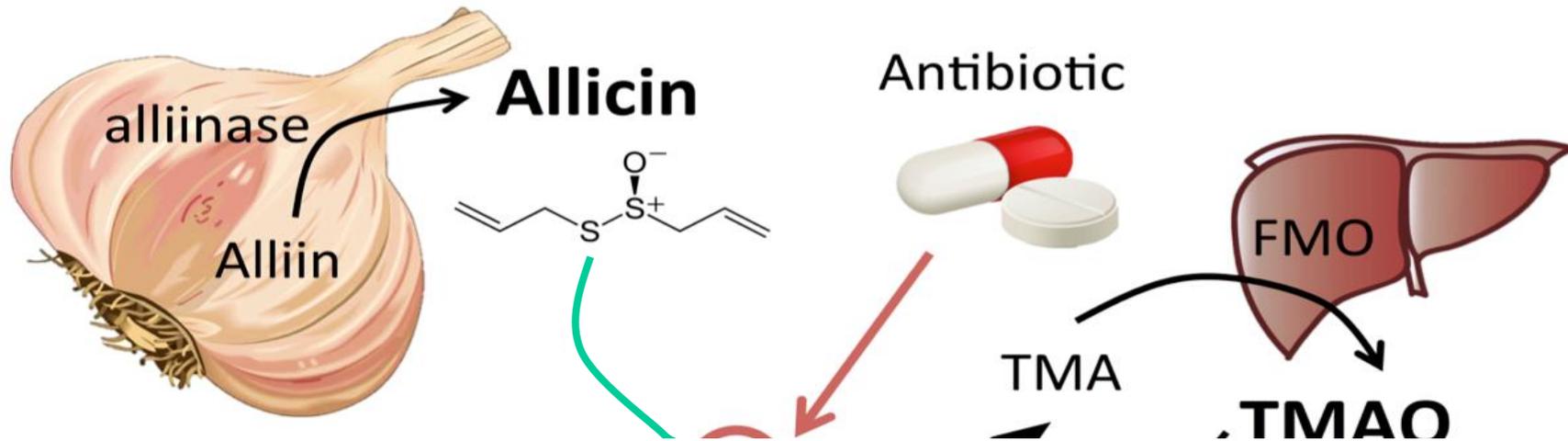
慢性
腎臟病



粥狀動脈硬化



吃大蒜有益身心健康



Dietary allicin reduces transformation of L-carnitine to TMAO through impact on gut microbiota



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繼對抗感染和消弭瘟疫之後
抗生素的下一個任務...

改變腸道菌叢來
治療非感染性疾病