

吃植物素肉 有益嗎？



Is plant-based meat good for you?

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近年來，因消費者已經越來越意識到素食對個人健康和環境有益，素食主義十分流行。最近很多公司正在推廣植物素肉，這種產品成為了今年度的人氣食品趨勢。

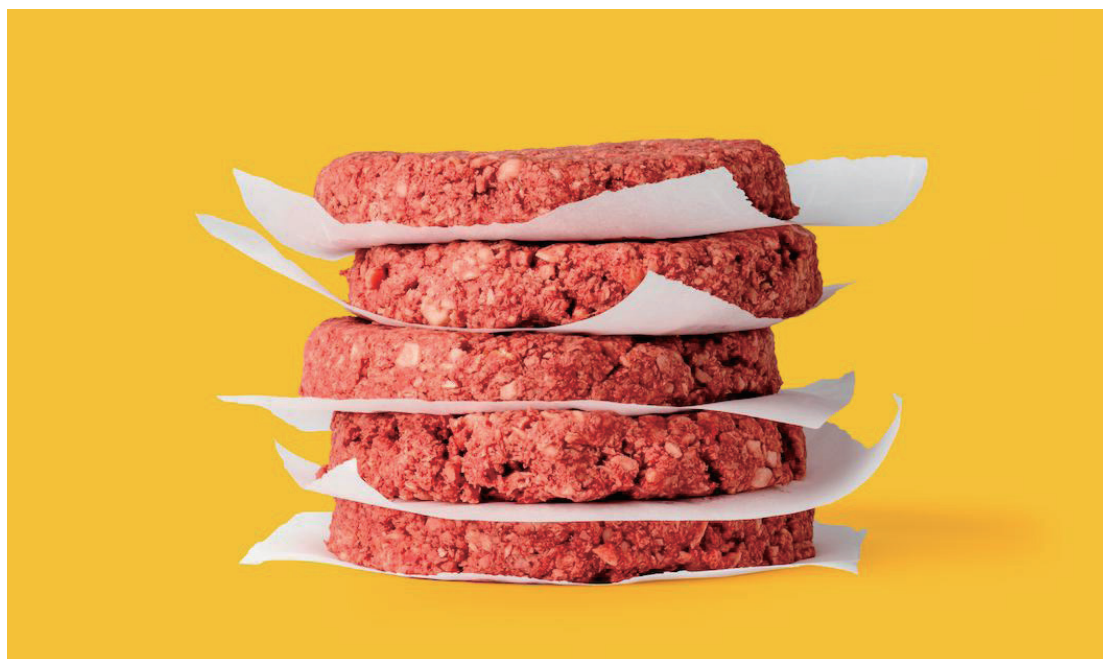
植物素肉是什麼？

根據植物肉漢堡的始創人Ethan Brown所提供的資料顯示，他選用的植物素肉主要是由豌豆蛋白的混合物、大米蛋白、綠

Vegetarianism has become very popular in recent years as consumers have become increasingly aware of the environmental and health benefits of a vegan diet. Recently, different companies have been promoting plant-based meat and it has become the hottest food trend of the year.

What is plant-based meat?

According to Ethan Brown, who invented the first plant-based burger, the plant-based meat that he uses is mainly made from mixtures of pea protein, rice protein, mung bean protein, canola oil, coconut oil and other ingredients



豆蛋白、菜籽油、椰子油及其他成分如馬鈴薯澱粉，蘋果提取物與一系列的維生素和礦物質製成的，並添加了甜菜汁以模仿“鮮紅肉汁”。其他公司則添加了另一種叫血紅素的成分，它是一種含鐵的輔因子，用作複製出牛肉的味道，顏色和香味。

吃植物素肉健康嗎？

植物素肉含有豐富的膳食纖維，並且是屬於低脂肪及低卡路里的食品，因此有些人視它為真正肉類的完美替代品；但營

like potato starch, apple extract with a range of vitamins and minerals and beet juice, which gives the meat a juicier flavor. Other companies use an ingredient called heme, which is an iron rich molecule that can replicate the taste, colour and aroma of beef.

Is plant-based meat healthy?

While some people consider plant-based meat a perfect alternative to real meat as it is rich in dietary fibre and low in fat and calories, nutritionists warn that it is high in sodium and a lot of food additives such as stabilizers and flavoring agents are added. Therefore, plant-based meat is considered processed food. Excessive intake may affect renal function and may lead to hypertension.



養師警告，植物素肉鈉含量高，並添加了很多食品添加劑如穩定劑和調味劑等，因此應視它為加工食品。過量攝取可能影響腎功能，並可能導致高血壓。

**Eat well,
Sleep well,
Live well**

什麼最健康的飲食方式？

飲食治療師和營養學家可能有不同的答案，很難評定哪個方法是最好的。但有一點是肯定的，我們絕對需要均衡的飲食。

What is the best diet?

Dietitians and nutritionists may have different answers. It is hard to tell which is the best. One thing for sure, though is that we definitely need a well-balanced diet.

