



C 哪些食物可能会影响骨质疏松症?
What foods may affect Osteoporosis?

OXALATES
A PROBLEM WITH LEAFY GREENS?

菠菜、甜菜和甜菜根等含有草酸可能干扰钙的吸收，从而影响骨质疏松症。
些柠檬汁，或者以蒸煮或焯烫的方式以帮助减少草酸的水平。
Spinach, beet greens & beetroot, etc contain oxalic acid which may interfere with calcium absorption, therefore affect osteoporosis. Adding some lemon juice, steaming or blanching methods can help to reduce the oxalic acid level.

Do you know? You can neutralize some foods that may affect Osteoporosis, eg: Spinach, beans & brown rice, etc. Learn more at this video

link: https://youtube.com/shorts/7zICDL_ePF4?feature=share