



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.

你知道吗？您可以中和一些可能影响骨质疏松症的食物，如：菠菜、豆类和糙米等。按此视频链接以了解更多：https://youtube.com/shorts/7zICDL_ePF4?feature=share