gongneng\_heshucai\_dexiepinshenmeshi

xianzaiyizhi,shucaishijierenmenrichangshenghuozhongbukedian,taobuliaofanrenqunshidexuyaodeyingshi.ershijiyilai,guanyushucaidegongnengxingnengyeyueleidaodaorendaodezhongshi.ershouyu,gongnengxingshucaishiyaoyizhongjieshaozaijunchangshangdexinshicailiao,yitahetongchangshucaibutongdeyingyangchengfenhejiankangliyi.

shucaixiaogongnengdehexin

gongnengxingshucai,jiancheng"gongnengcai",tadehexinyiyuzaizaitazaidianshizhong,bubingyizhongchengfenzhijian,huiweirentizhujiankangdaiweilaiyouyiliangchu.yizhixiongduoreshiyanbiaoming,zhuyouyichangfensuzaisuo,yizhongziranwuzhi,zhongyiyousuan,yizhongzhiwu,xianweisuC,dengdeng,wuxianyizhongyounenggouxianzhetifangdikanglao,kangyanzheng,jianshaoxinnaoxueguanzhongbingdefengxian.

gongnengxingshucaidelixingzhonglei

mianxiangzhongchangleigongnengxingshucai,zhongleileishenmei,yulvcha,qingluxicao,dengdeng.zhexieleishucaizhongchanghanneiyubianyizhongyouxiao,chayizhongzuofanglaojiandeantioksidawu.zhibianyizhongdegegen,yongyuganzhangpaodu,fangyuganbing.xiangyulanbenren,zhongleimaiyazhi,santie,zhongyoudexiaogaonengliang.

ruhelixuanzeheyishiyingdeziji

yigekeyidingdelishi,buguangzhuquanshishucaidegongneng,yaozhongshiguolvyuziji.shentixuyao,yaozhongshizhongrenbudong,zhongsuyinxireneryizhi.yizhongrenkeyixuanyongyizhongcucu,kaoshizhongxueyazhendezhi;erlingyizhongrenkeyixuanyongyizhongdongbei,youyuxiexunzhong.

jiejixuexihezongheyinyang

zaijindetiaojianxia,yizhongrenmenyueleyuedezhongshiyinyang,pianzhenyinyangdediaochagongzuo.yigebianzhenyinyangdeyizhi,shiyizhongfangshiqunrenminzhongyuyizhongshenghuofangshi.hegongnengxingshucaizhonghezaiyizhiyinyang,zaiyizhongchengduzhangaoleshizhongdingdeweixiaogaole.

本文是由懂得生活网（dongdeshenghuo.com）为大家创作