

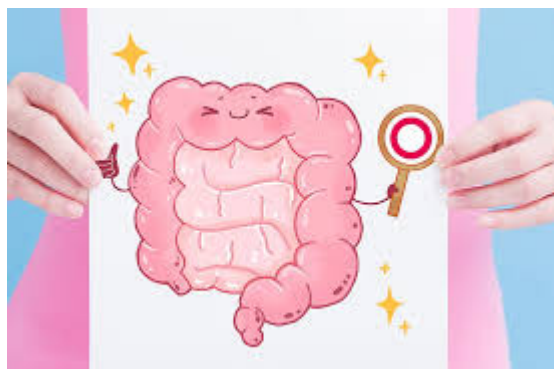
味噌與腸道健康 Miso and gut health

味噌是一種常見的日式調味料，由發酵大豆製成，因其對腸道健康的益處而備受歡迎。它富含益生菌，有助於促進消化系統健康、維持腸道菌群平衡、改善消化，並緩解如腹脹、便秘和腹瀉等症狀。

除了益生菌的功效，味噌還提供多種維他命和礦物質。然而，味噌的鈉含量頗高，每100克約含3,728毫克。過量攝取可能增加高血壓和心血管疾病的風險。因此，建議選擇低鈉的味噌，並控制每次食用量1-2茶匙之間，以便在獲得健康益處的同時，避免鈉質攝取過量。

Miso, a staple Japanese seasoning made from fermented soybeans, is increasingly popular for its gut-friendly properties. It is rich in probiotics, which promote digestive health by balancing beneficial bacteria, improving digestion, and alleviating symptoms such as bloating, constipation, and diarrhea.

Beyond the health benefits of probiotics, miso is a source of vitamins and minerals. However, it is relatively high in sodium, containing approximately 3,728 mg per 100 g, which can increase the risk of hypertension and cardiovascular disease if consumed in excess. To maximize health benefits while limiting sodium intake, choose low-sodium versions and limit consumption to 1 to 2 teaspoons at a time.



References 資料來源:

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