

產婦坐月子進補指導單

Confinement Tonic Guidance Sheet for Parturients

有人說坐月子的方法大都來自長輩經驗的傳承，且仿間各有說法，使得產婦不知該聽誰的才好？像是生化湯是產後服用的中藥，但怎麼服、何時服，很多人不見得清楚即連產後進補的麻油雞酒都有禁忌。產後一般沒有禁忌，而以下食品食用時，請您稍加注意：

Some people say that most of the methods of confinement come from the inheritance of elders' experience, and there are different opinions among the imitations, so that the mother does not know whom to listen to? For example, Shenghua Decoction is a traditional Chinese medicine taken after childbirth. However, many people do not know how to take it and when to take it, that is, sesame oil chicken wine that is tonic after childbirth is contraindicated. There are generally no contraindications after childbirth, but please pay attention when eating the following foods:

☺麻油雞酒會增加出血，生產後一週之內別碰它，生產完的婦女是不能馬上吃麻油雞酒的，因為酒精會使血管擴張，加速血液循環，增加出血量，產後一週以內都不能吃，通常產後七至十天才是最好的進補時機。 ，若需進食酒類食品請酌量，以免影響傷口癒合及子宮收縮。

Sesame oil chicken wine can increase bleeding. Do not eat it within a week after delivery. Women who have given birth cannot eat sesame oil chicken wine right away, because alcohol will dilate blood vessels, accelerate blood circulation, and increase the amount of bleeding. You can't eat it within one week after delivery. , Usually seven to ten days after childbirth is the best time to tonic. , If you need to eat alcoholic food, please take the amount, so as not to affect wound healing and uterine contraction.

☺生化湯不能吃太多，產後有血崩要忌口，，因生化湯是一種子宮收縮劑，若子宮收縮疼痛厲害，請暫時停止食用等待疼痛緩解後才食。由當歸、川芎、薑炭、灸甘草、桃仁等五味組成的生化湯，專家表示此帖可調理子宮收縮，排除子宮內沒有剝離的粘膜或血塊，還可減少子宮收縮的疼痛。自然產、剖腹生產的產後宜在第7天後，沒有其他不適現象可服用，生化湯的服用，以五帖以內為最佳，服用太多反而造成出血不停的後遺症，如果產後有血崩、頭暈、發燒、腹瀉、便秘、傷口發炎等情形，最好不要服用。

Shenghua Decoction should not be eaten too much, and blood collapse after delivery should be avoided. Because Shenghua Decoction is a kind of uterine contraction agent, if the pain of uterine contraction is severe, please stop eating temporarily and wait until the pain is relieved. A biochemical soup composed of five flavors including angelica, chuanxiong, ginger charcoal, moxibustion, licorice, and peach kernel. Experts

said this post can regulate uterine contractions, eliminate mucous membranes or blood clots that are not peeled off in the uterus, and reduce the pain of uterine contractions. Natural births and caesarean sections should be taken after the 7th day. There is no other discomfort. It is best to take Shenghuatang within five posts. Taking too much will cause the sequelae of continuous bleeding. If there is blood collapse after delivery, It is best not to take dizziness, fever, diarrhea, constipation, wound inflammation, etc.

產後的藥物食補問題，專家表示產婦體質各有不同，坐月子期間的中藥調理也各不同，由於生產耗損大量的氣血，原則上坐月子時以補氣養血為主要，搭配補腎及壯筋骨藥材，可減少產後腰痛、掉頭髮、身體疲倦的不適。

Regarding postpartum medication and supplementation, experts say that the constitution of the parturient is different, and the conditioning of traditional Chinese medicine during the confinement period is also different. Because the production consumes a lot of qi and blood, in principle, the main purpose of confinement is to nourish qi and blood. Medicinal materials for strengthening muscles and bones can reduce the discomfort of postpartum low back pain, hair loss, and body fatigue.

☺專家為產婦擬了一份產後食譜，產婦們可以參考。

The expert has drawn up a postpartum recipe for the parturients, which the parturients can refer to.

1. 產後 1~6 天，食物以清淡營養為主，可以雞湯、魚湯、排骨湯為主食。

1. 1-6 days after delivery, the food is mainly light and nutritious, and chicken soup, fish soup, and rib soup are the main food.

2. 產後 7~14 天，可增加麻油料理的食物，如麻油炒腰子、麻油炒豬肝或是杜仲腰子湯。麻油在體內可轉化成前列腺素，幫助子宮收縮，調節身體內脂質代謝及抗動脈血栓。

2. For 7 to 14 days after delivery, add sesame oil cooking food, such as sesame oil fried kidneys, sesame oil fried pork liver, or eucommia kidney soup. Sesame oil can be converted into prostaglandins in the body to help uterine contraction, regulate lipid metabolism in the body and fight arterial thrombosis.

☺杜仲的吃法有二：

There are two ways to eat eucommia:

1. 第一種吃法：肉或腰子直接沾杜仲粉食用。

1. The first way to eat: meat or kidneys are eaten directly with eucommia powder.

2. 第二種吃法：杜仲片以米酒及水熬成藥汁用來炒菜或煮湯時代替高湯加入一同煮，再加適量酒調味料即可。

2. The second way to eat: Duzhong slices are boiled with rice wine and water to make a concoction for stir-frying

or boiling soup instead of stock and boil together, then add appropriate amount of wine seasoning.

3. 產後 7 天以後，可開始進食麻油酒雞湯，如果傷口仍有紅腫疼痛則暫時不要吃麻油雞酒。(麻油雞酒中的生薑可開胃、去痰及促進食慾，雞肉提供豐富的蛋白質，酒可促進血液循環)

3. After 7 days postpartum, you can start to eat sesame oil chicken soup. If the wound still has redness, swelling and pain, do not eat sesame oil chicken wine for the time being. (The ginger in sesame oil chicken wine can appetite, eliminate phlegm and promote appetite, chicken provides rich protein, and wine can promote blood circulation)

產婦坐月子期間的飲食，須顧及六大類營養，特別是蔬菜水果含豐富礦物質及維生素，可促進傷口癒合，防止便秘應該多吃。產後不能吃的食物，包括生冷的西瓜、水梨、葡萄柚、椰子、冬瓜、橘子、苦瓜、竹筍、大白菜、白蘿蔔、刺激性食物，如：咖啡、辣椒等以及冰飲料均避免。產後適當的進補及調理，加上適當的運動可以讓產婦更加漂亮，最重要的是身體狀況更好。

The diet during the confinement period of parturients must take into account six major types of nutrients, especially fruits and vegetables, which are rich in minerals and vitamins, which can promote wound healing and prevent constipation and should eat more. Foods that cannot be eaten after childbirth, including cold watermelon, pear, grapefruit, coconut, winter melon, orange, bitter melon, bamboo shoot, Chinese cabbage, white radish, irritating food, such as: coffee, pepper, etc. and iced drinks are avoided. Proper tonic and conditioning after childbirth, coupled with proper exercise can make women more beautiful, and most importantly, their physical condition is better.

參考資料


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若您想對以上的內容進一步了解，請洽諮詢電話：05-2756000 轉 65 病房分機 6501、6502
產後調理中心分機 5501、5502
營養室分機 1658、1655

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