

# New Western Cuisine.



ISSUE 58 April 2010



新西

环保与健康

Healthy Gastronomy



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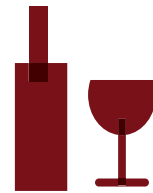
Fred Tibbitts, Jr. is the foremost global wine & spirits consultant for National Account chain hotels and restaurants, based at Bangkok and New York. He travels the world annually attending several of the leading wine and spirits expositions, seminars and conferences. He is a writer for industry and entertainment publications in China and the U.S.

常驻在曼谷和纽约的田博华是全球最著名的品酒顾问之一，他为众多的连锁酒店及餐厅提供咨询。还参议过许多国家重要的餐饮会展以及项目。大量相关的著作及评论发表，在业界，一时洛阳纸贵。

# Healthy Foods and Friendly Wines

## Recipe for a Longer Life

### 长寿食谱 健康饮食



Eating healthfully and enjoying food-friendly wines in moderation is an excellent recipe for a longer life, given that regular exercise is already part of your daily routine and you have inherited normal or better aging genes. The problem for most of us is that we really don't know what is a "healthy" diet; nor do most of us really know what are the "friendliest" wines to minimize our caloric and carbohydrate consumption. But have no fear, for *Red Fred* is here.

If one was to ask the average person, "What is healthy eating and drinking?" the answer might very well be something like "Fish, vegetables, rice and juice" or possibly "Lean meats, vegetables, rice and red wine or beer". In truth, as Chinese and Indian traditions over the centuries have advised, the right diet depends on your body type and a host of variables unique to each of us. But while this is so, today we now know that the "Mediterranean" diet of fresh fruits, vegetables, fish and whole grains plus red wine in moderation is the best guarantee of a longer, healthier life for most of us.

If one is very overweight, a stricter version of the Mediterranean regimen is the best bet, including drinking water, rather than wine. Once the diet has brought you to normal, a more relaxed Mediterranean approach is the perfect maintenance, including your favorite, yummy red wine; but not just any red wine:

A calorie and carbohydrate-friendlier red wine. So how does one know what reds (and whites) are healthier?

No problem. If the red or white wine is dry or even medium dry; chances are its just fine. But if the wine is sweet, watch-out! It's called "residual sugar" and the higher the amount of residual sugar in a wine, the more calories and carbohydrates per milliliter. So, drink on the dry side and party guilt-free on the wild side. And since all rules were meant to be broken, celebrate special occasions with the sweet wines you have also come to love, such as the 2005 Chateau d'Yquem at \$933.99 USD per 750ml bottle, should money be no object or a simple picnic wine, such as Banfi's 2008 Rosa Regale at \$3.99 USD per 750ml bottle (It's like sparkling, raspberry lemonade), should one be on a student's budget.

Where most people go wrong trying to eat healthfully is that they eat too much protein and carbohydrate, and not enough dark, green, leafy vegetables; plus they underestimate the damage they do to their health by using salt, salad dressings, gravies, sauces, butter and consuming sugar-based soft drinks and juices; not to mention cookies and other sweet snacks.

To start the day one should have a half-

banana for potassium (a whole banana is too much sugar); 120ml of lean protein (four egg whites or any white fish) or 240ml of non-fat cottage cheese; and fresh, sliced mushrooms (an excellent anti-oxidant), all cooked in Extra Virgin Olive Oil. If one can afford the "carbs", add two slices of whole wheat or multi-grain toast with an extra light olive or canola oil-based spread (non-hydrogenated) or brown rice with a few drops of Extra Virgin Olive Oil. Lunch can be a healthy green salad with no dressing or Extra Virgin Olive Oil. Dinner is back to 120ml of lean protein, a small portion of brown rice or half of a small baked potato with Extra Virgin Olive Oil; but two-thirds of one's dinner plate should be green beans, broccoli, spinach, Bok Choy or other dark, green, leafy vegetables. If one must snack between meals, try prunes and raisins. Drink plenty of water to keep yourself well-hydrated and constantly flushing the waste, fats and other toxins from your system.

Celebrate life daily upon arising by practicing meditative, life energy systems, such as Tai Chi Ch'uan, uniting body, mind and spirit; and exercising continuously for 45 minutes or more. And by all means, don't forget your favorite, healthy, dry red or white wine. Now I'll drink to that!

I am *Red Fred*, over & out.



对于普通人而言，在坚持日常锻炼的情况，摄取健康的食物和饮用对人体有益的葡萄酒就是最好的长寿秘方。然而问题在于，我们大部分人并不真正了解什么是“健康的”食谱，什么是对人体“有益的”葡萄酒。不过别担心，在这里我会跟大家解释。

如果问一个人“什么是健康饮食”，得到的答案很可能就是诸如“鱼类、蔬菜、米饭、果汁”或者“瘦肉、蔬菜、米饭、红葡萄酒或者啤酒”等等。实际上，正如中国和印度几个世纪以来一直继承的传统，正确的食谱取决于你的身体本身，这个变量因人而异。不过，今天包含新鲜水果、蔬菜、鱼类、谷类，加上适当红葡萄酒的“地中海”食谱还是能够让人们活得更长、更健康一些。

如果有人体重严重超重，那更严格的地中海养生法未尝不是一个好的选择，一但些食谱让你的体型回到正常，你可以选择适当宽松一点的疗法来维持。你可以选一点葡萄酒，当然是健康的红葡萄酒，但是我们如何知道什么是比较健康的红/白葡萄酒呢？

如果是干红/白或者是中度干红/白的话，基本没什么问题。如果是甜葡萄酒，那就要小心了。葡萄酒会有“残留糖”。残留糖分越高，每毫升含有的卡路里和碳水化合物就更多。因此平时多喝干红/白，偶尔聚会时来点甜酒也无须内疚。特别的场合还是需要甜酒来助兴，比如2005年狄康宝（每瓶933.99美元，750毫升）是不错的选择，野营的话可以选择阿克2008年的起泡甜酒（每瓶3.99美元，750毫升），学生也可以接受这个价格。

很多人对于健康食物的认识有误区，他们食用过多的蛋白质和碳水化合物，黑色、绿色以及叶类蔬菜摄取不够。人们常常低估盐、色拉调味汁、沙司、黄油、糖类软饮和果汁带来的危害，更别说小甜饼和甜点了。

每天的早餐，半根香蕉可以带来足够的钾；120毫升无脂肪蛋白质（4个蛋白或者鱼肉）或者240毫升无脂肪干酪；新鲜的蘑菇片（有很好的抗氧化作用），用初榨橄榄油烹制。如果可以接受“碳水化合物”，也可以再加两片全麦或者谷类的土司或者用芥花籽油（无转化脂肪），黑米加几滴初榨橄榄油也不错。午餐可以选择健康的绿色沙拉，但不要添加调味汁。晚餐则回到120毫升无脂肪蛋白质，一点黑米饭或者半个烤土豆；只是我们的餐盘里要保证三分之二的部分为绿色的豆子、花椰菜、菠菜、白菜或者其他黑色或者绿色的叶类蔬菜。如果实在想吃点心的话，可以吃点西梅和葡萄干。每日保证摄取充足的水分，及时排出废物、脂肪和毒素。

生命在于运动，参加一些调节生命机能的活动，比如太极拳等，它将身体、心灵、精神三者合一，持续活动45分钟或者更长时间。当然千万不要忘记你最喜欢的，健康的干红或者干白葡萄酒。让我们为健康干杯！

这就是我——田博华，一直在这里。

