

素食使美國人更健康 (上)

The Vegetarian Diet Makes American Healthier

(part 1)

◎ 嚴國銘
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According to the article, “What Causes Cancers?” (June 5, 1997) Biedebach, M. C. Ph. D. from the California State University, Long Beach, states that “...only two kinds of cancer ... have a little connection with what you eat. One is lung cancer...The other is skin cancer.” Obviously, fresh vegetables and fruits are not the main reason of cancer; on the contrary, it comes from diets contain animal products. Meat is delicious and nutritious; however, it causes a lot of health problems. People should eat food that will not cause health problems and promote their health conditions at the same time—that is the vegetarian diet. It will reduce people’s risk of heart disease, stroke, and high blood pressure. Also, it can get rid of their extra weight, and prevent them from getting several cancers.

加州大學長堤分校的Biedebach教授在「為何造成癌症？」一文中指出，「只有兩種癌症與你的飲食無關……一種是肺癌……另一種是皮膚癌。」顯然，造成癌症的主因並非新鮮的蔬果，而是含動物性成分的飲食。肉食雖然可口營養，但卻會造成許多健康問題。人們所吃應是能促進健康又不會造成健康問題的飲食——就像素食一樣。素食能減少人們得心臟病、中風、高血壓的風險，又能減重並預防數種癌症。

The main source of food of the American family is animal products. According to a survey, which the U.S. Census Bureau quoted from the U.S. Department of Agriculture, Economic Research Service, “Per Capita Consumption of Major Food commodities: 1980 to 1998,” (2000), indicated that in 1998, every American eat 115.6 pounds of meat, 65 pounds of poultry, and 14.8 pounds of fish, 244 piece of eggs, and 582.3 pounds of dairy products on average. In the article, “Protein: Part 2,” (n.d.), Innvista stated that most food related sickness comes from bodies of animals. Too much animal protein

causes osteoporosis and produces a burden on the kidneys and liver as well. At the same time, if people ingest excess protein, the bone calcium is lost through the urinary. Innvista also claimed that heated animal protein would produce carcinogens: “when meats are...cooked above a temperature of 212F, the production of these carcinogens explode...A one-pound... steaks contain 4-5 micrograms of benzopyrene, an amount equal to...smoking 600 cigarettes.” Besides, according to the article, “Why Are People on Fat-Rich Diets at Such Risk?” Dr. Biedebach (1997) declared that a fat-rich diet makes people have less desire for fruits and vegetables, damages the antioxidants, and brings about the atherosclerotic plaques produce circularly disease.

美國家庭的主食是肉製品。根據美國普查局引述美國農業部經濟處的「1980至1998國民主食」調查指出：「1998年每個美國人平均吃了115.6磅的肉，65磅的家禽，14.8磅的魚，244個蛋，及582.3磅的乳製品。」在「蛋白質：第二部分」文中Innvista指出，大部分和飲食相關的疾病來自於動物身體。太多的蛋白質會造成骨質疏鬆及肝、腎的負擔。同時，人們若攝取過多蛋白質，骨鈣會於排尿時流失。Innvista也指出加熱後的動物性蛋白會產生致癌物：「當肉類……加熱超過華氏212度時，便會使致癌物產生……一磅的……牛排含有4到5微毫克的benzopyrene，此含量等同……抽六百支菸。」此外，根據「為何高脂飲食使人們處於高風險？」一文，Biedebach博士宣稱高脂飲食會使人降低對蔬果的食慾，損害抗氧化物，並造成動脈硬化等循環疾病。

In the article, “Vegetarianism,” (n.d.), it stated that a normal vegetarian diet is low in fat, cholesterol, and calories, but abounds in fiber, vitamins, minerals and a lot of substances which help us to prevent or heal many kinds of illness. First of all, the vegetarian diet can help people lower the risks of heart disease, stroke, and high blood pressure. According to the article, “World of Fat - The Good, The Bad, The Worse,” (1998), Dr. Kyle declared that there are two kinds of fatty acids: one is saturated fat, which comes from animals; the other one is unsaturated, and it made of natural world. Saturated fat will cause atherosclerotic plaques to take shape on the internal surface of our blood vessels to cause high blood pressure, heart attack or stroke; on the other hand,

unsaturated fatty acids can convey and split of cholesterol. In the article, “Vegetarianism,” (n.d.), it said that there are some substances which exist in vegetables and fruits, and which can reduce the risk of high blood pressure and stroke, such as Potassium, found in bananas, spinach, and potatoes. Also, Phytate and protease inhibitors, found in beans, can lower cholesterol levels .

在「素食主義」文中指出，一般的素食含較低的脂肪、膽固醇，和卡洛里，並含有豐富的纖維、維他命、礦物質，並含許多能預防或治癒疾病的物質。首先素食能幫助降低人們得心臟病、中風及高血壓的風險。根據「脂肪的世界——好、壞、糟的脂肪」一文Kyle博士宣稱有兩種脂肪酸：飽和脂肪酸，通常來自於動物；及不飽和脂肪酸，通常由自然界所製。飽和脂肪酸會造成動脈硬化的血小板形成於血管內壁，並造成高血壓及心臟病或中風。反觀不飽和脂肪酸則可帶走並分解膽固醇。「素食主義」並指出某些存在於蔬果的物質，如在香蕉、菠菜及馬鈴薯中的鉀，可降低中風及高血壓的風險。存在於豆類的Phytate 及 protease 抗化劑，則可降低膽固醇。

Second, a vegetarian diet can assist people to control the problems of overweight and obesity. According to a survey, which The U.S. Census Bureau quoted from The U.S. National Center for Health Statistics, “Percent of U.S. Adults Who Were Overweight and Percent Who Were Obese: 1997,” (2000), showed that 54.3% of American adults are overweight, and 19.1% of American adult are obese. In the article, “What About the Risk in Older Overweight Women?” Biedebach (1997) stated that, “Overweight women are about 50% more likely to get breast cancer than women of normal weight.” Therefore, a lot of people want to lose their weights. In the article, “Health advantages vs. disadvantages of popular weight-loss diets,” (May 2001), American Dietetic Association suggested that people should use the right way to get rid of their pounds. Some people take high-fat weight-loss diets, yet their effect is temporary, and they can increase the chance of coronary heart disease (CHD). Hence, the association would like people to eat foods, which abound in carbohydrate and dietary fiber, and contain less components of fat. If people do so, they will drop the “Total Cholesterol” level, and gain weight-loss of magnificent effort.

其次，素食能幫助人們控制過重及肥胖的問題。根據美國普查局引述美國國

家健康中心的「美國成年過重及肥胖比例」統計，顯示54.3%的美國成年人過重及19.1%美國成年人肥胖。在「過重的中老年婦女會面臨何種危機」文中，Biedebach教授指出，過重的中老年婦女比一般正常體重的婦女，得乳癌的機率高了50%。因此，許多人想減重。在「健康的益處及一般減重餐的害處」一文中，美國飲食協會建議人們需以正確的方法減重。某些人食用高脂減重餐，然而其效用是暫時的，並可能引起冠狀心臟疾病。因此，該協會希望人們食用高碳水化合物及纖維，並少脂肪的食物。如果人們依此奉行，則其總脂肪便會降低，因此獲得顯著的減重效果。

Third, a vegetarian diet can provide many kinds of substances which prevent different types of cancers. In the article, “What Kinds of Cancer Are Increasing at An Alarming Rate?” Biedebach (1997) cited Nash (1996) from Time Magazine, claimed that the growth rate of some cancers is serious, such as lung cancer, pancreas & colorectal cancers, and steroid-involved cancers (breast, ovary & prostate). Especially, the increasing rate of steroid-involved cancers is 10.8% from 1992 to 1996. “In the 1990’s, 50,000-60,000 Americans [died] of colorectal cancer each year, and 40,000-50,000 American women [died] of breast cancer.” In the U.S., one from eight women would be told she has breast cancers. The breast cancer rate of “English-speaking countries” is between 10 and 15 times than poor countries. The reason in this situation is, “In the poorest countries, people cannot afford many meat or dairy products, so they eat lots of fruits and vegetables.” (to be continued)

第三，素食能提供各種防癌所需物質。在「何種癌症已增加至警界線」文中Biedebach教授從時代雜誌引述Nash教授指出，某些癌症的成長率非常嚴重，如肺癌、前列腺癌、直腸癌和膽固醇相關的癌症（如乳癌、卵巢癌、及前列腺癌）。特別是膽固醇相關的癌症的增加率，1992 至 1996年間就增加了10.8%。「在1990年代，每年50,000-60,000個美國人死於直腸癌，並且 40,000-50,000 個美國女人死於乳癌。」在美國，八分之一的美國婦女可能被告知她得乳癌。乳癌罹患率在「英語系國家」比貧窮國家高了十到十五倍。其原因在於，「貧窮國家的人負擔不起肉類及乳製品，所以他們就多吃水果和青菜。」

（續下期）