

如何處理含有天然毒素的食用植物

How to Process Food Plants with Natural Toxins

食用植物中的天然毒素是天然存留在植物中的有毒物質。這些植物若過量進食或未經適當處理，可以引致食物中毒。

Natural toxins in food plants are toxic substances naturally present in plants. These natural toxins can cause food poisoning if these plants are consumed excessively or have not been processed appropriately before consumption.

食物 Food	預防中毒的方法 Safety Measures
四季豆，紅腰豆，白腰豆，黃豆 Green beans, Red kidney beans, White kidney beans, Soya beans	浸透，沸水高溫徹底烹煮 Cook thoroughly at boiling temperature after thorough soaking in water.
竹筍，木薯 Bamboo shoots, Cassava	去皮浸泡，切成小塊，用沸水徹底烹煮 Remove the peel, soak in water, cut into small pieces and cook thoroughly in boiling water.
北杏，亞麻籽 Bitter apricot seeds, Flaxseeds	用沸水徹底烹煮，如以乾燥或用低水份烹調，則只可少量進食 Cook thoroughly in boiling water; Limit the intake if cooked with dry-heat or little water.
馬鈴薯 Potatoes	避免食用發芽、發綠，損壞的馬鈴薯 Don't consume sprouted, greened or damaged potatoes.
白果 Ginkgo seeds	不要生吃或大量進食，特別是兒童 Don't consume raw; Limit the intake especially for children.
鮮金針(鮮黃花菜) Fresh Jin Zhen	曬乾後可安全食用 Dried Jin Zhen can be safely consumed.
野生菇類 Wild mushrooms	不要自行採摘及食用 Don't pick and consume wild mushrooms.

