

5 foods that should be combined with moon cakes will be good for health

Experts recommend, when eating moon cake to avoid overeating, it is best to eat with family, so it can be divided into small pieces, reducing the amount of intake.

1. Do you know how fat the moon cake is?
2. How to make cocoa moon cake tiramisu super simple
3. How to make paper masks for children playing Mid-Autumn

The Mid-Autumn Festival, also known as the Mid-Autumn Festival, is a day known to everyone as the Children's New Year. Mid-Autumn Festival is usually held on the night of the 15th of the lunar calendar every year. On this day there will be many events organized for children and adults can join.

In mid-autumn night, in addition to receiving lights, moon cakes are indispensable in this day. This is a special cake for this day. Experts recommend, when eating moon cake to avoid overeating, it is best to eat with family, so it can be divided into small pieces, reducing the amount of intake. To enjoy the right and most beneficial moon cake for your health, you should enjoy the same foods below.

1. Mooncake + red wine



Today moon cakes combined with red wine are a very popular trend among young people today. In wine that contains many amino acids, minerals and vitamins, when combined with mooncakes will help stimulate the taste, remove the fat of the cake, these two things when combined together will help you feel good. mouth much more. Not only does wine reduce the consistency of cake, it also supports digestion very well.

2. Mooncake + green tea water



Biting a piece of moon cake, taking a sip of green tea and watching the moon is probably a familiar image for us. Mooncake when combined with green tea is probably the 'golden partner' in cuisine. Eating tea and tea will help your digestive system work better, especially help eliminate fat accumulation in the body.

In tea as well as coffee, it contains a lot of caffeine, and soft drinks like coca and fruit juice contain a lot of sugar. If you eat moon cakes with these drinks, it will not be healthy, even more see more. In green tea contains many EGCG - a substance that stimulates the nervous system and enhances the body's fat burning process.

3. Moon cake + fruit



In the mid-autumn festival, grapefruit is probably an indispensable fruit. You can eat moon cake then eat some grapefruit or orange, the sour taste in this fruit will help you reduce the feeling of gag and especially stimulate the digestive system very well, reduce the amount of fat accumulation. So there is no reason why you should not eat the same kind of fruit cake.

4. Mooncake + herbal tea



In addition to pure green teas, you can also enjoy moon cakes and a cup of delicious herbal tea. Some herbal teas you can use like mint tea, lemon tea, lotus tea, green tea, chrysanthemum tea . will bring a fresh feeling when enjoying the cake.

These teas not only help you not feel sick when eating bread, but the antioxidants in tea also work to minimize the accumulation of oil, fat and other fats in the body. Therefore, you will not have to worry about weight gain if you eat a lot of moon cakes.

5. Mooncake + cereal porridge



Have you ever enjoyed moon cake and cereal porridge? If not, then buy back to enjoy this special dish in the autumn this year.

In the Mid-Autumn Festival, if you eat too many moon cakes that make your stomach uncomfortable, eat some cereal porridge, this kind of porridge will make your stomach more comfortable. In cereal porridge contains a comprehensive amount of nutrients, along with a number of vitamins, fatty acids, calcium, potassium, iron, zinc, fiber . help replenish fiber to the body and support good digestion More, especially burning fat into the body. Therefore, if you want to dissolve the amount of body fat, after eating mid-moon cake, you should eat a bowl of hot cereal porridge.

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