

Nutrient-Dense Fast Food

Nutritional Yeast

营养酵母

万能营养“快餐”



What Is Nutritional Yeast?

Nutritional yeast is a species of yeast known as *Saccharomyces cerevisiae*. To produce nutritional yeast, *Saccharomyces cerevisiae* cells are grown on sources like molasses, whey and sugar beets. The yeast is then deactivated, harvested, washed, dried, crumbled and packaged for distribution.

Nutritional Facts

Nutritional yeast gets its name from the protein, vitamins, minerals and antioxidants it contains. It is considered as one of the most nutrient-dense super foods on earth.

- **Complete protein.** A high-quality, plant-based complete protein providing 18 types of amino acids, nine of which are essential amino acids that your body cannot produce. It provides more protein than meat and is much more bioavailable. Rich in lysine and tryptophan, it is the perfect complement for use with grains; it has no arachidonic acid cascade as found in animal proteins.
- **Excellent source of B vitamins.** Packed with thiamine, folate, vitamin B6, niacin, vitamin B12, folic acid, etc. This is especially important for vegans and vegetarians, who often have concerns about getting enough vitamin B12 in their diets because vitamin B12 does not typically occur in plant foods but is usually found in animal products, such as fish, meat, eggs and dairy.
- **Rich in trace minerals.** Nutritional yeast provides 15 bioavailable minerals such as zinc, selenium, manganese and molybdenum. Trace minerals are involved in gene regulation, metabolism, growth and immunity.
- **Antioxidant packed.** Contains powerful antioxidants glutathione and selenomethione. These particular antioxidants protect our cells from damage caused by free radicals and heavy metals and help our body eliminate environmental toxins. They help defend against chronic diseases caused by oxidative stress, such as heart disease, cancer and macular degeneration.

什么是营养酵母？

营养酵母是一种称为酿酒酵母 (*Saccharomyces cerevisiae*) 的酵母。营养酵母的生产过程是将酿酒酵母细胞培植在如糖蜜、乳清和甜菜培养基上，生长收成后经过处理使之失去活性（但营养价值还保留着）、洗涤、烘干、压碎及包装起来分发。

营养成分

营养酵母的名字来源于它的营养价值很高，含有多种的蛋白质、维生素、矿物质及抗氧化剂，是营养最丰富的超级食品之一。

- **完整的蛋白质。**营养酵母是一种高质量的植物性完整蛋白质，含有18种氨基酸，其中九种是人体不能产生的必需氨基酸，必须从食物中获得。提供的蛋白质比肉类更多，也具更高度的生物可利用性。富含赖氨酸和色氨酸，是谷类的完美补充；不含有存在于动物蛋白质中的花生四烯酸级联。
- **维生素B的极佳来源。**内含硫胺素、叶酸、维生素B6、烟碱酸、维生素B12等。这对经常担心不能从饮食中获取足够的维生素B12的纯素食者和素食者尤其重要，因为维生素B12一般不存在于植物性食品中，通常只存在于动物性食品中，如鱼类、肉类、鸡蛋和乳制品。
- **富含微量矿物质。**营养酵母提供15种生物可利用的矿物质，如锌、硒、锰和钼。微量矿物质在基因调控、代谢、生长和免疫方面起着重要作用。
- **富含抗氧化剂。**含有强大的抗氧化剂谷胱甘肽和硒酸盐。这些特殊的抗氧化剂保护我们的细胞免受自由基和重金属的伤害，帮助我们的身体排除环境中的毒素。它们有助于预防由氧化应激引起的慢性疾病，如心脏病、癌症和黄斑变性。

Who Should Take Nutritional Yeast?

Nutritional yeast is recommended for everyone in the family, and is particularly important for:

谁该吃营养酵母?

强烈建议所有家庭成员食用营养酵母，尤其是：

- **Growing children.** Nutritional yeast is a complete protein and protein is essential for your child's growth and muscle development. It is rich in minerals that are needed to perform many different functions — from building strong bones to transmitting nerve impulses. Nutritional yeast is also an excellent source of B vitamins. B vitamins are essential for releasing energy, optimal mental function, formation of healthy red blood cells and nerve function. Worldwide Studies that look at children's nutritional status find B vitamins deficiency at the top of the list. This makes adding nutritional yeast to your child's diet all the more necessary.

- **发育中的儿童。** 营养酵母是一种完整的蛋白质。蛋白质对孩子的生长和肌肉发育至关重要。此外，营养酵母富含矿物质，这些矿物质有助于执行许多不同的功能，从强健骨骼到传递神经脉冲。营养酵母也是维生素B的极佳来源。维生素B对于释放能量、维持最佳的心智功能、形成健康的红细胞和神经功能都是必不可少的。分析儿童营养状况的全球研究发现，维生素B的缺乏是最严重的问题。这使得在孩子的饮食中添加营养酵母变得更加必要。

- **Pregnant and lactating mothers.** They have a higher risk of experiencing folate deficiency and should be particularly careful to get enough in their diets. A deficiency during pregnancy and infancy can lead to developmental problems, including stunted growth. Nutritional yeast is rich in B vitamins including folate.

- **怀孕和哺乳期的母亲。** 他们属缺乏叶酸的高危人群，应该特别小心在他们的饮食中获得足够的叶酸。孕期和哺乳期缺乏叶酸会导致婴儿发育问题，包括发育不良。营养酵母富含维生素B，包括叶酸。



- **The elderly.** Research to date suggests that seniors are actually not consuming enough protein to prevent a condition called sarcopenia—the loss of muscle strength and mass. Nutritional yeast is an easily-digestible, inexpensive complete protein. Studies also show that nutritional yeast is useful for those who have loss of appetite and malabsorption problems. These are common challenges among the elderly. Seniors, especially those who live alone, may not eat properly. Adding nutritional yeast to each meal is a simple way to improve a senior's quality of life. In addition, nutritional yeast supplies abundance of B vitamins beneficial for heart health and prevention of cardiovascular diseases.

- **The rest of us.** Even if you are not one of the above, nutritional yeast is still an excellent health food. It boosts energy, repairs cells and tissues, strengthens immunity, improves concentration, promotes healthy skin, hair and nails, and the list goes on.

- **其余的人。** 即使您不属于上述人群，营养酵母仍然是一种很好的保健餐。它能增强能量、修复细胞和组织、增强免疫力、提高注意力、促进皮肤、头发和指甲的健康等等。

- **上了年纪的。** 到目前为止的研究发现许多老年人没有摄入足够的蛋白质来预防肌肉减少症(即肌肉力量和质量减少)。营养酵母是一种容易消化，价格又便宜的完整蛋白质。研究表明，营养酵母对食欲减退和吸收不良问题非常有帮助。这些都是老年人常见的问题。尤其是那些独居的老年人，可能吃不好，要提高老年人的生活质量的一种简单方法就是在每餐中添加营养酵母。此外，营养酵母提供丰富的B族维生素，对心脏健康和预防心血管疾病非常有益。

NewLife™ Nature's Gift Nutritional Yeast

新生命自然恩物 营养酵母

Derived from pure strains of *Saccharomyces cerevisiae* grown on mineral-enriched molasses, which are not contaminated and do not contain accidental wild strains. It is guaranteed candida albicans negative.

将酿酒酵母纯菌种培植在富含矿物质微量元素的糖蜜培养基上。不受污染，不会意外包含野生株。保证白色念珠菌株负测试。

Organic. Non-GMO.
Gluten-free. Fat-free.
Dairy-free.
Suitable for vegans.

有机。非基因改造。
无麸质。无脂肪。
无乳质。适合素食者。

Suitable for any age.
It is recommended for every member of the family, including pregnant women, nursing mothers, babies, elderly and those who are physically weak or ill.

适合全家大小任何年龄层的人士食用，包括孕妇、哺乳妈妈、婴儿、老年人及身体虚弱或生病的人士。

Naturally low in sodium and calories.
低钠、低卡路里。

Contains no sugar, artificial colourings or flavourings.

不含糖、人造色素或调味品。

Carefully dried on roller drums to preserve the nutritional quality.
使用滚轮进行烘干，过程谨慎，以保存其营养质量。

How to Use It

Nutritional yeast has a cheesy, savoury flavour. You can sprinkle it over dishes, such as pasta, risotto, soup, stuffing, vegetables and salad to enhance their taste and texture.

Some ways to use nutritional yeast include:

- adding it to your everyday smoothie, such as the recipe on the next page
- sprinkling it on popcorn instead of salt
- mixing it into risotto instead of Parmesan cheese
- stirring it into soup for added nutrients
- adding it to scrambled eggs instead of salt
- mixing it into stuffing
- making vegan cheese sauce, such as the recipe on the next page

使用方法

营养酵母带点咸味与奶酪味。撒在像意大利面、意大利调味饭、汤、馅料、蔬菜和沙拉之类的菜肴上，可以提高口味和质感。

一些使用营养酵母的方法包括：

- 加入奶昔中(可参考下一页的食谱)
- 代替盐撒在爆米花
- 代替帕尔马干酪搅拌意大利调味饭
- 加入汤里增加营养
- 代替盐炒蛋
- 拌入馅料里
- 做素食奶酪酱(可参考下一页的食谱)



My Everyday Smoothie

This banana smoothie is extra creamy and fruity. There are many additions you can make here, try adding half a cup to a cup of fresh greens, such as spinach for a green smoothie. Also, you could add half a cup of mango, pineapple, avocado, frozen berries or other favourite fruit.

Yields 2

Ingredients

- 1 large banana, peeled, sliced
- 1 cup fresh squeezed orange juice
- ½ cup plain homemade yoghurt
- 4 ice cubes (optional)
- 1 tbsp nutritional yeast
- 1 tbsp flax seed oil
- 1 tbsp extra virgin coconut oil
- 1 tsp honey (optional)

Directions

Add all the ingredients into a blender. Blend until creamy and smooth. Taste and adjust with honey if needed.

每天奶昔

这香蕉奶昔的奶油味及水果味额外香浓。可以加入半杯到一杯的蔬菜，比如菠菜，尝试做绿色奶昔。也可以加入半杯芒果、菠萝、鳄梨、冷冻浆果或其他您喜欢的水果。

供2人份

食材

- 1个大香蕉，去皮，切片
- 1杯鲜榨橙汁
- 半杯原味酸奶
- 4块冰块(可选)
- 1汤匙营养酵母
- 1汤匙亚麻籽油
- 1汤匙特级初榨椰子油
- 1茶匙蜂蜜(可选)

制作方法

把所有的食材加入搅拌机。搅拌至奶油状和光滑。品尝一下，如果需要的话可以用蜂蜜来调味。



Creamy Cheese-less Cheese Sauce

This sauce is incredibly versatile! It can be used for lasagne, pizza, mac and cheese, as a dip and many more. And it is so easy and quick to make!

Yields 8

Ingredients

- ½ cup nutritional yeast
- ½ cup unbleached all-purpose flour or gluten free 1-to-1 baking flour
- 1 tsp sea salt
- 2 cups water (cold)
- ¼ cup extra virgin coconut oil or unsalted butter
- 1 tsp dried mustard

Directions

- Whisk together nutritional yeast, flour and salt in a heavy-bottomed sauce pan.
- Place pan over medium-high heat and whisk in cold water.
- Continue whisking as sauce thickens, bring to a rolling boil, reduce heat, cook for 1 minute, remove from heat.
- Whisk in butter or oil and mustard.
- Sauce will thicken as it cools, but thins down when heated. Serve this creamy cheese-less cheese sauce over steamed vegetables or pasta.

This cheese sauce recipe is adapted from the **Food That Feeds** recipe book. For more wholesome delicious recipes, get a copy. It is available at all NewLife™ branches and business centres.

无奶酪的奶油芝士酱

这芝士酱用途非常广泛！它可以用来做千层面、披萨、通心粉和奶酪，蘸酱等等。而且做法又容易又快！

供8人份

食材

- 半杯的营养酵母
- 半杯的未漂白多用途面粉或不含麸质的低筋粉
- 1茶匙的海盐
- 2杯冷开水
- ¼杯的特级初榨椰子油或无盐牛油
- 1茶匙的干芥末

制作方法

- 将营养酵母、面粉和盐倒入一个厚底的平底锅里混合均匀。
- 慢慢加入冷开水，以中高火烹煮，不时搅拌。
- 随着酱汁变浓，持续搅拌至沸腾后，调至小火继续烹煮，1分钟后熄火。
- 加入牛油或油和芥末。
- 酱汁冷却后会变稠，若加热就变稀。将这无奶酪的奶油芝士酱淋在清蒸的蔬菜上或意大利面上，可大大增添美味。

这芝士酱配方改自《吃出健康》食谱书。如果想要更多健康美味的食谱，那就马上买一本吧！所有新生命分行和商务中心都有出售。