

The counteraction of foods

Do you know that when we are attracted by various delicious food , there are many of them can't be eaten at the same time . If you do eat two kinds of food which are being restricted , you might get food poisoning and even death .

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Now I will show you some living examples to learn which food can't be eaten together and what would happened if you do so .

When you eat tofu , remember that you can't drink honey . If you eat them at the same time , you may become deaf . The honey also can't be eaten with onion cause the same reason . When you are enjoying chestnuts , you can't eat the duck . Or you may get food poisoning . There are some food eat together will cause the lighter consequences , like potato with bananer , tomato with mung bean , milk with orange and so on . I would show you some picture to help you remember them .



 <p>【姜】 + 【蟹】</p>	 <p>【姜】 + 【瓜】</p>	 <p>【瓜】 + 【牛】</p>
<p>花生与火腿同食会导致腹泻。</p>	<p>花生与黄瓜同食会导致腹泻。</p>	<p>西瓜与时，令人腹胀气逆。</p>
 <p>【瓜】 + 【鱼】</p>	 <p>【西红柿】 + 【黄瓜】</p>	 <p>【西红柿】 + 【保温】</p>
<p>西瓜与虾同食会引起腹泻。</p>	<p>西红柿与咸鱼同食会产生致癌物。</p>	<p>西红柿与白酒同食会感觉胸闷、气促。</p>
 <p>【西红柿】 + 【地瓜】</p>	 <p>【西红柿】 + 【胡萝卜】</p>	 <p>【西红柿】 + 【螃蟹】</p>
<p>西红柿与地瓜同食会导致胃痛、腹胀、腹泻。</p>	<p>西红柿中的维生素C会被胡萝卜中的分解酶破坏。</p>	<p>西红柿与火腿同食会引起腹泻。</p>

Of course , if you don't want to make these mistakes accidentally , there are some methods to Help you avoid getting food poisoning . At first , do not buy food that is not properly protected . Especially the raw food , you must ensure the safety of them . When you pick the vegetables , you can't just see the color and appearance , because it is likely that the results of a large number of pesticides . Next , you must follow the correct way of preserving food . The four principles for prevention of food poisoning are fresh, clean, is rapid, heating and refrigeration . Finally , learning what food can not be eaten together is very important .

All in all , the best way of avoiding food poisoning is keeping good eating habits . By the way, do you remember which food can not be eaten with tomato ?