



NUTRITIONAL YEAST

Nutrient-dense Fast Food for Young & Old

营养酵母老少咸宜的万能营养快餐

► What Is Nutritional Yeast?

Nutritional yeast is considered as one of the most valuable super foods on earth. It is specifically grown to be used as a health food product. To produce nutritional yeast, *Saccharomyces cerevisiae* cells are grown on sources like molasses, whey and sugar beets. The yeast is then deactivated by pasteurization, then harvested, washed, dried, crumbled and packaged for distribution.

► What Makes Nutritional Yeast Healthy?

Nutritional yeast gets its name from the protein, vitamins, minerals and antioxidants it contains.

- Containing 18 amino acids, it is a high-quality, plant-based complete protein, which provides more protein than meat and is much more bio-available. 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.
- It is an excellent source of B vitamins; packed with thiamine, folate, B-6, niacin, Vitamin B-12, folic acid, and etc. Vitamin B-12 is especially important for vegans because it is usually found in animal products, such as fish, meat, eggs, and dairy but it does not typically occur in plant foods.
- Rich in trace minerals. Nutritional yeast provides 15 bioavailable minerals. It is possibly the best natural food form of minerals available.
- Rich in glutathione, an antioxidant that helps boost liver and immune system function.
- Contains both prebiotics and probiotics, which support the gut and aid digestion.
- Contains glucose tolerance factor (GTF) that helps to regulate blood sugar.

► Benefits

1. Powerful Antioxidants.

Nutritional yeast contains the powerful antioxidants glutathione and selenomethionine, both of which help protect the body against chronic diseases caused by oxidative stress, such as heart disease, cancer and macular degeneration.

2. Lowers Cholesterol Levels.

The beta-glucan found in nutritional yeast may also lower cholesterol. In one study, men with high cholesterol who consumed 15 grams of beta-glucan derived from yeast daily for eight weeks lowered their total cholesterol levels by 6%. Another study found that mice fed beta-glucan from yeast had significantly lower cholesterol levels after only 10 days.

► 什么是营养酵母?

备受世界各地重视的营养酵母被称为是营养最丰富的超级食品之一。它是专为人体的营养需求作为即食食品而特别培育的。生产营养酵母的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，然后收获并以巴氏杀菌法使酵母失去活性（但营养价值还保留着）、洗涤、干燥、压碎及包装起来分发。

► 营养酵母的健康效益

营养酵母的名字来源于它所含的多种蛋白质、维生素和矿物质及抗氧化剂。

- 含有18种氨基酸，是一种高质量的植物性完整蛋白质，比肉类提供更多的蛋白质，也具有高度生物可利用性。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。
- 它是B群维生素的优质来源；富含硫胺素、叶酸、维生素B6、烟碱酸、维生素B12等营养素。维生素B12对素食者来说尤其重要，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。营养酵母提供多达15种生物可利用性的矿物质，是提供人类天然矿物质的最佳食物来源。
- 富含谷胱甘肽，一种有助促进肝脏和增强免疫系统的抗氧化剂。
- 含益生元和益生菌，有助维持肠道健康和帮助消化。
- 含有葡萄糖耐量因子（GTF），有助调节血糖。

► 健康效益

1. 强效的抗氧化剂

营养酵母含有强效的抗氧化剂，如谷胱甘肽和硒代蛋氨酸，这两种物质都有助保护身体免受氧化应激而引起的慢性疾病，包括心脏病、癌症和黄斑病变等风险。

2. 降低胆固醇

营养酵母中的β-葡聚糖可降低胆固醇。一项研究显示，患有高胆固醇的男性连续8周每天摄取15克从酵母中提取的β-葡聚糖，结果是他们的总胆固醇降低了多达6%。另一项研究显示，用酵母中的β-葡聚糖喂养小鼠，胆固醇仅在10天后就有明显的降低。

3. Repairs Cells and Tissues.

An article by Dr. Alan Christianson, N.D., published in Nutrition Science News, reports that nutritional yeast provides a significant dose of minerals, such as iron. This is especially useful for athletes who train more than four hours per week, as it can help prevent iron deficiency. Nutritional yeast also contains selenium which repairs cell damage, and zinc which aids in tissue repair, wound healing, and maintains our senses of taste and smell.

4. Holds Antiviral and Antibacterial Properties.

Dr. Seymour Pomper, an expert in yeast, explains that nutritional yeast has not been associated with the Candida albicans strain related to yeast infections, and on the contrary has proved to be one of the best remedies for chronic candida symptoms. It has also shown profound effects on E.coli, salmonella and staphylococcus.

5. Improves Digestion.

German monographs indicate nutritional yeast as a medicinal choice for diarrhoea and loss of appetite, and studies showcase the digestive benefits of nutritional yeast. The probiotics in nutritional yeast have shown positive effects on patients with diarrhoea. In addition, nutritional yeast is helpful for those who suffer the symptoms of lactose intolerance. One study published in the journal Clinical Infectious Diseases suggests that Saccharomyces cerevisiae expresses significant sucrase and some isomaltase activity but no lactase activity, and it has been proposed to improve malabsorption in patients with sucrase-isomaltase deficiency who intentionally or unintentionally consume sucrose.

6. Supports Immunity.

Research has shown that nutritional yeast can support the immune system and reduce inflammation resulting from bacterial infections.

7. Promotes Healthy Skin, Hair and Nails.

Some research suggests that nutritional yeast can combat brittle nails and prevent hair loss. It may also help acne and improve other common skin problems associated with adolescence.

8. Supports Healthy Pregnancy.

Nutritional yeast is a useful supplement for pregnant women as it is rich in folic acid. Folic acid supports the growth of the foetus and helps prevent congenital abnormalities.

9. Prevents Protein Deficiency.

As a complete protein food, nutritional yeast benefits the entire body. Protein deficiency can lead to:

- A sluggish metabolism
- Trouble losing weight
- Difficulty building muscle mass
- Low energy levels and fatigue
- Poor concentration and trouble learning
- Mood swings
- Muscle, bone and joint pain
- Blood sugar changes
- Slow wound healing
- Impaired immunity

► Who Will Benefit from Nutritional Yeast?

Nutritional yeast is naturally low in sodium and calories. It is fat-free, sugar-free, dairy-free, gluten-free and suitable for vegans. As a result, it can be a useful supplement for people with food allergies or sensitivities, as well as those on restricted diets.

Nutritional yeast is also a versatile, nutrient-dense food that works 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.

It has a savoury, nutty, cheesy flavour. It can be used to replace cheese in pasta, pizza, popcorn or bread; sprinkled on oats, salads, tofu, and rice; and even added to sauces or soups.

3. 修复细胞和组织

根据艾伦克里斯丁森博士发表在《营养科学期刊》中的一篇文章，营养酵母可提供大量的矿物质，比如铁。这对于每周训练超过4个小时的运动员来说非常重要，因为它有助运动员们预防缺铁的问题发生。营养酵母还含有硒，可修复细胞损伤，及富含的锌，有助修复组织、愈合伤口、保持味觉和嗅觉的功能。

4. 具有抗病毒和抗细菌功效

酵母专家西摩庞珀博士解释道，营养酵母与阴道炎相关的白色念珠菌株毫无关联，相反地，事实证明营养酵母是治疗慢性念珠菌症状的最佳药膳之一。它也被证实对治疗大肠杆菌、沙门氏杆菌和葡萄球菌有明显的效果。

5. 改善消化功能

根据一篇德国专论，营养酵母是治疗腹泻和食欲不振的良药之一，研究也显示了营养酵母具有促进消化的功效。营养酵母中的益生菌对腹泻患者有良好的作用。此外，营养酵母对那些患有乳糖不耐症的人士也有改善效果。发表于《临床传染病期刊》上的一项研究显示，酿酒酵母具有明显的蔗糖酶和一些异麦芽糖酶活性，但没有乳糖酶活性，因此对于那些患有蔗糖酶和异麦芽糖酶缺乏症的患者，营养酵母可改善他们在有意或无意间摄取蔗糖后的吸收不良症状。

6. 支持免疫功能

研究显示，营养酵母可支持免疫功能，减少细菌感染引起的炎症。

7. 促进皮肤、头发和指甲的健康

一些研究显示，营养酵母可改善脆弱的指甲和防止脱发问题。它也有助改善暗疮和其他与青春期有关的常见皮肤问题。

8. 维持妊娠健康

营养酵母富含叶酸，对孕妇非常有益。叶酸可支持胎儿的发育成长，有助预防先天性畸形问题。

9. 预防蛋白质缺乏症

营养酵母提供完整的蛋白质，对人体非常有益。缺乏蛋白质可导致：

- 新陈代谢缓慢
- 减肥困难
- 较难增加肌肉质量
- 精力不足、容易疲劳
- 注意力不集中、学习困难
- 情绪容易波动
- 肌肉、骨骼和关节疼痛
- 血糖不稳定
- 伤口愈合缓慢
- 免疫功能不全

► 适宜人群

营养酵母的钠含量和热量低，而且无脂、无糖、非乳制、无麸质，适合素食者食用。因此，对于食物过敏或患有敏感及那些节食的人士，它绝对是他们最佳的营养补充品。

营养酵母也是一种多功能且营养极丰富的食品，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。

营养酵母带有点咸咸坚果与奶酪风味。在制作意大利面、披萨、爆米花或面包的过程中，可用它来取代奶酪。也可将它撒在燕麦、沙拉、豆腐和米饭上，或加入酱汁或汤中一起食用。

► NewLife™'s Unsalted Organic Nutritional Yeast

- It is 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.
- Carefully dried on roller drums to preserve the nutritional quality.
- Non-GMO.
- Gluten-free.
- Contains no sugar, artificial colourings or flavourings.

► 新生命无盐有机营养酵母

- 将酿酒酵母纯菌种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。
- 使用滚轮进行干燥，过程谨慎，以保存其营养质量。
- 非基因改造。
- 无麸质。
- 不带糖、人工色素或香料。



Some wonderful recipes using NewLife™'s Unsalted Organic Nutritional Yeast:
介绍一些采用新生命无盐有机营养酵母的美味食谱：

► Creamy Cheese-less Cheese Sauce

(8 servings)

Ingredients

- ½ cup Nutritional Yeast
- ½ cup unbleached white all-purpose flour or gluten-free 1-to-1 baking flour
- 1 tsp sea salt
- 2 cups cold water
- ¼ cup Extra Virgin Coconut Oil or unsalted butter
- 1 tsp dried mustard

Instructions

- 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 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.

► 无奶酪的奶油芝士酱

(供8人份)

食材

- 半杯的营养酵母
- 半杯的未漂白多用途白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。

*These recipes are taken from the **Food That Feeds** recipe book. Available for purchase at all NewLife™ Branches & Business Centres.

*这些食谱摘自《吃出健康》食谱书。可在新生命分行及营业中心购买。

► Sesame Yoghurt Dip*

(2-3 servings)

Don't let the lack of colour and appearance fool you. Assembled with humble ingredients, this dip is creamy, slightly tangy and has a slight hint of crunch from the sesame seeds. The secret to this dip is the nutritional yeast and the amount of sesame seeds added, feel free to adjust the amount as desired. Try using this dip as a spread for your sushi rolls!

Ingredients

- ⅓ cup yoghurt, strained for 30 minutes
- 1-2 tsp Nutritional Yeast
- 1 tsp Pure Raw Honey
- ¼ cup white sesame seeds, lightly roasted

Instructions

- In a small mixing bowl, add in the yoghurt, sesame seeds, honey and Nutritional Yeast.
- Stir to combine.
- Transfer to a serving bowl, sprinkle with more sesame seeds and enjoy.

► 芝麻酸蘸酱* (供二至三人份)

虽然色相不起眼，这材料简单的蘸酱稍带浓郁香味，质感如奶油般顺滑，间中还有芝麻酥脆的口感。这美味可口蘸酱的秘诀就在营养酵母和芝麻。营养酵母和芝麻的分量，可依个人口味喜好随意调量。可试试用它来做寿司卷*的抹酱！

材料

- ⅓杯的酸奶（滤水30分钟）
- 1至2茶匙的营养酵母
- 1茶匙的纯正生蜂蜜
- ¼杯的白芝麻，轻微烘烤

制作方法

在搅拌器皿中加入酸奶、芝麻、蜂蜜和营养酵母。搅拌均匀后倒入碗中，再撒上一些芝麻，就可享用。

