



「改吃可溶解纖維」
“switch to soluble fibre”

跑步可說是一道極佳的輕瀉劑。科學家發現，跑步可將進食至排便之間的時間由原先超過四十小時，縮短至少於二十小時。此項發現亦是跑手較少罹患大腸痛的依據之一。無論是練跑還是賽跑途中，濃濃便意總是說來便來，逼使跑手急忙找廁所。

產生便急的原因目前仍未有定案，成因亦因人而異。對跑手來說，跑步涉及的上落動作會刺激腸道，是便急的成因之一。流往腸道的血轉往腿部，亦可「觸發」腹部絞痛及／或腹瀉。長跑時可能出現的脫水現象，也會引起腹瀉。此外，跑步會增加出現亞洲人常見的「乳糖不耐症」(lactose intolerance)癥狀的風險，運動加劇亦可能觸發結腸過敏綜合症出現。

結腸過敏綜合症(Irritable Bowel Syndrome, IBS)

所謂結腸過敏綜合症，乃下消化道一種紊亂狀況，可擾亂排便習慣，引致腹痛／腹部不適。結腸過敏綜合症為一種癥狀或機能失

解纖維便可。可溶解纖維一般存在於植物食物內，普遍富含碳水化合物，有助穩定血糖水平，令人不易感到肚餓，並可預防有害健康的胰島素飆升。含豐富可溶解纖維的食物包括麵食、米飯、大豆仁及豆類。假如你不常吃大量纖維，則需要慢慢地於食物中增加纖維，以防止飲物習慣突變帶來任何副作用。

脂肪食品及奶製品

即使對於沒有乳糖不耐症的人士，奶製品－特別是難消化的高脂奶製品－亦會經常製造麻煩。脂肪食品是出現排便問題的主因之一，為健康著想，應減少吃紅肉、油炸食品及炒製小菜，出外用膳時更應如此，因為你無法控制餐館所用的油類及油的份量。朱古力亦可刺激敏感腸道，最好還是留待跑後才吃。

應避免的飲品

水份充足，是維持健康排便機能的要素。緊記每天最少飲用八杯水，運動及大量流

薄荷油對敏感腸道雖有舒緩效用，但切勿咀嚼薄荷香口膠，因咀嚼的動作可增加胃氣，但你可試飲薄荷茶。

假如控制飲食亦解決不了腸胃問題，就需要向醫生求助，診斷你有否患上更嚴重的疾病。

Running can be a great laxative. Scientists have discovered that running can actually decrease the time for food eaten at the dining table to arrive at the bathroom from more than forty hours to less than 20. This is one theory on why there is a decreased incidence of colon cancer among runners. But sometimes fast can become too fast, and you can find yourself urgently seeking a public toilet in the middle of a training run or worse, during a race.

The reasons for “emergency pit-stops” are not known for certain, and may be due to a variety of factors that affect people differently. One reason con-

小心飲食 遠離有礙跑步的食物

“Food for Thought. Avoiding foods that interrupt your running”

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調，本身並非疾病；出現結腸過敏綜合症者會排便失常，並有絞痛、膨脹、胃氣、腹瀉或便秘等癥狀。結腸過敏綜合症不會傷害腸道或引致其他健康問題，其主要屬一種社交失調，可嚴重影響日常生活。

不少好動人士也會為排便問題而懊惱。跑手經常便急，不論是源於結腸過敏綜合症或其他成因，只要從進食上作改善，便無需停止跑步。事實上，跑步本身有助跑手維持有規律的排便習慣，並經證實可減少壓力，從而減輕結腸過敏綜合症的癥狀。壓力雖非結腸過敏綜合症的成因，但卻會使其癥狀惡化。

少食多餐

由於進食會刺激腸道收縮，少食多餐比一日三大餐對舒緩腸道來得有效。要解決便急，你不用戒食纖維，只需少吃麩質及綠葉蔬菜等含大量粗纖維的食物，多吃可溶

汗時需補充更多。你若於膳食中增加纖維，亦需要多飲水。遠離含有山梨糖醇(sorbitol)的無糖食品及飲品，因山梨糖醇可引致腹瀉。另外，你亦該避免含咖啡因、汽水或酒精飲品。有氣蘋果酒是最佳飲品損友，它含高果糖、碳氣及酒精，即使是最強健的體質，亦會出現消化不良。用酒煮食反而可以接受，因為煮食時，大部份酒精會揮發，碳氣亦會消散，留下的只是酒精的味道，風險極少。

維他命丸

維他命丸亦可引起腸胃不適，必須於進餐時服食，或以小食送服。維他命C亦含輕瀉成份，可產生胃氣、引致腹痛及腹瀉。建議你還是多吃生果，生果含可溶性纖維及維他命C，對消化系統十分「友善」。至於有乳糖不耐症且正在服食鈣片以增強骨骼的女士務須留意，鈣片或會引致便秘。

sidered is that the up and down motion of running stirs the bowels. The flow of blood to the intestines is diverted to your legs and this may ‘trigger’ the cramping and/or diarrhoea. The added chance of dehydration on long training runs may also cause diarrhoea. Likewise, symptoms of lactose intolerance, a fairly common occurrence amongst Asian people, can be increased by running. The underlying possibility of irritable bowel disease may be brought to light by the additional stress of the exercise.

Irritable Bowel Syndrome (IBS)

Irritable bowel syndrome (IBS) is a disorder of the lower digestive tract that results in abnormal bowel habits and abdominal pain/discomfort. IBS is a syndrome, or functional disorder and not

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a disease. This means that your bowel doesn't work correctly, which can be manifested by cramping, bloating, gas, diarrhoea or constipation. IBS does not damage the bowel or lead to other health problems, it is primarily a social disorder that can affect the way you lead your daily life.

Bowel problems are a concern for many active people. Whether your "emergency stops" are caused by IBS or other causes there is no need to stop running - you can achieve significant improvements through your diet. Running can also help you to maintain regular bowel activity and has been demonstrated to relieve the symptoms of IBS by reducing stress. While stress does not cause IBS, it can make the symptoms worse.

Eat small meals

Because eating triggers bowel contractions, smaller more frequent meals throughout the day may be easier on the intestines than three large meals. You don't want to cut out all the fibre in your diet as a way of controlling the problem. Avoid bulky fibre such as bran and green leafy vegetables and instead eat fibre in its soluble form. Soluble fibre is generally found in plant food and is typically high in carbohydrates. It also serves to stabilize blood glycaemic levels and keeps you satiated through the day, avoiding the insulin peaks which can be harmful to health. Foods that are naturally high in soluble fibre include pasta, rice, soy nuts and beans. If you don't usually eat a lot of fibre, increase the amount in your diet slowly to avoid any unpleasant side effects from a sudden change in your diet.

Fatty foods and dairy products

Even in people who are not lactose intolerant, dairy products, especially those high in fat and therefore slow to digest, can frequently cause problems.

Fatty foods are also one of the leading causes of bowel problems, so reduce the consumption of red meat, deep-fried food and wok-fried meals, particularly in restaurants where you have no control over the nature or amount of oil used in the food preparation. Chocolate can also be a trigger for sensitive intestines, so save it for after your run.

Drinks to avoid

Staying hydrated is essential for healthy bowel functioning. Be sure to drink at least eight glasses of water per day and more when you are training and sweating profusely. You'll also need to increase your consumption if you are including additional fibre in your diet. Avoid sugar-free foods and drinks that contain sorbitol, as this can cause diarrhoea. Also to be avoided are caffeinated, carbonated or alcoholic drinks. One of the worst things you can drink is sparkling cider, which includes high fructose, carbonation and alcohol levels enough to throw even the most robust constitution into digestive distress. Cooking with alcohol is acceptable and should be tolerated, as most of the alcohol evaporates and the

carbonation dissipates, leaving all the flavour and little of the risk.

Vitamin Pills

Vitamin pills can be poorly tolerated so make sure you take any vitamin supplements at mealtimes or with a snack. Vitamin C has long been recognized as having laxative properties and can cause abdominal gas, cramps and diarrhoea. It would be far better to eat some raw fruit, which would provide soluble fibre and vitamin C and would probably be better tolerated by your digestive system. For lactose intolerant women who may be taking calcium for the benefit of their bones, bear in mind that calcium can be constipative.

Peppermint can have soothing properties for sensitive intestines. However avoid chewing peppermint gum, as chewing can introduce additional abdominal gas and cause discomfort. Try peppermint tea instead.

If dietary control doesn't help, your doctor is the best source of information, and with diagnostic testing will be able to rule out more serious medical problems.



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