

### 食品学院

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## 我校食品学院刘元法教授团队为藏民研发“营养酥油”被《Beijing Review》报道

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近期，我校食品学院刘元法教授团队与上海交通大学医学院附属瑞金医院专家团队联合研制“营养酥油”并捐赠日喀则市人民医院的相关事迹被《Beijing Review》《中国新闻网》等媒体报道。

西藏日喀则地区平均海拔4000米以上，当地农牧民的饮食营养结构不科学，缺少蔬菜、水果及新鲜肉类的摄入，易发营养性贫血、高原病、贫血、包虫病、结核等疾病，严重影响居民身体健康和生活质量。刘元法教授团队致力于健康食品研究，与上海交通大学医学院附属瑞金医院专家团队联手为藏区人民研制“营养酥油”。该项目从藏区人民饮食习惯和营养结构根源入手，解决当地居民造血原料摄入不足问题，推动改善藏区居民的健康水平，助力健康西藏、健康扶贫。

据刘元法教授介绍，全新研制的“营养酥油”是通过在当地居民日常食用的酥油里添加铁元素、叶酸和维生素B12等营养成分，以改善当地贫血患者的健康水平。同时，研发团队还注重平衡营养与风味，根据当地居民的饮食习惯，不断调整营养成分的配比及加工工艺，经过上百次调试和试吃，最终确定配方，使得“酥油”既营养又美味。

“味道跟我们家自己做的一样。”一位卓玛说，“原先以为这款特殊的营养酥油我们会喝不惯，但这个就是家里的味道，而且听说每天喝这款酥油茶还可能改善我贫血的症状，我会每天都喝的。”

近年来，食品学院依托一流学科优势，坚持以人民需求和产业发展为导向，以科技力量和人才资源为支撑，通过开展技术攻关、成果转化、平台建设、供需对接、教学培训等一系列行动，将技术链和知识链转化为扶贫产业链，支持国家脱贫攻坚战略，保障人民舌尖上的健康，助力健康中国战略。

《Beijing Review》是中国唯一的英文新闻周刊，于1958年在周恩来总理的亲切关怀下创办，是中央级重点对外宣传刊物之一，江泽民同志曾为《北京周报》题词：中国之窗，世界之友。

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# CARING BY SHARING

Medical partnership assistance improves healthcare in Tibet Autonomous Region

By Mickey Li

For several months Lhamo, a farmer in Xigaze, Tibet Autonomous Region in southwest China, had been feeling unwell. The 23-year-old lacked strength to do any farm work and felt short of breath even during walking. She went to the Xigaze People's Hospital where she had to stay for 10 days. Doctors diagnosed her condition as iron deficiency anemia caused by an imbalanced diet and she braced herself for a pile of unpleasant medicines. To her surprise, she was discharged with just stick of special butter.

## Tailored solution

The butter, also known as nutritional or tailored butter, is enriched with folic acid, vitamin B12 and iron elements, lack of which causes anemia. Lhamo was told to drink tea

made with the butter regularly.

Though relieved she didn't need to take any medicine, Lhamo felt doubts popping up in her mind: Would it work? However, the butter smelled good and the tea made with it tasted exactly like her home-made tea. One month later, most of her symptoms disappeared and the hemoglobin count in her blood became close to the normal standard again, "It's incredible," Lhamo said.

The nutritional butter is an innovative product from Shanghai in east China, especially manufactured for anemia patients in Xigaze. Xigaze is a city with an average altitude of 4,000 meters, and the people living there eat less greens and fruits than people in other regions. The imbalanced diet can result in anemia. Li Xiaoyang, a doctor

who came from Ruijin Hospital in Shanghai to work in the Xigaze People's Hospital from 2019 to 2020 as part of medical assistance from Shanghai, analyzed 2,000 cases of anemia and thought of a solution. He proposed adding the three nutrients to butter, which could be used to make butter tea every day.

Ruijin Hospital then collaborated with Jiangnan University in Jiangsu Province, east China, which enjoys a high reputation for its food science and engineering department, to manufacture the nutritional butter. The first 2.5 tons were ready this year and donated to the Xigaze People's Hospital for clinical trial. A dozen anemia patients at the hospital drank tea made with the butter regularly and their symptoms lessened in varying degrees, Li told Beijing Review.



Li Xiaoyang, a doctor from Shanghai, checks a patient's heartbeat at the Xigaze People's Hospital in Xigaze, Tibet Autonomous Region, on July 10.

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<http://www.bjreview.com>

## Targeted medical assistance

Since the 1990s, the Central Government has been selecting medical workers from renowned hospitals across the nation and sending them to work in Tibet for some time. They are assigned to the Tibet Autonomous Region People's Hospital and other hospitals in seven prefectures to accelerate the development of medical and health services in the region. Shanghai teamed up with Xigaze, the second largest city in the region.

At that time, Tibet had only one hospital recognized as a Tier-3 hospital, the top category in China's three-tier hospital classification system. They have over 500 beds and can provide top-level care.

From 2015, medical assistance to Tibet was intensified with super medical teams from the top hospitals in the most economically advanced cities like Beijing, Shanghai and Chongqing arriving in the region. The eight biggest hospitals in Tibet had all their departments team up with a corresponding Tier-3 hospital from seven provincial administrative regions. The arrangement is to

develop the expertise of Tibetan hospitals so that they can also qualify as Tier-3 hospitals. It also means Tibetan patients don't have to look for treatment outside the region, saving them money as well as time.

Many surgeries that were previously unthinkable in Tibet have been carried out with success. The experience and technical expertise of the visiting medical experts has enriched the recipient hospitals.

By the end of 2018, six hospitals in Lhasa, Nyingchi, Xigaze, Shannan, Chamdo and Nagao cities were recognized as Tier-3 hospitals. "In the past, patients with severe diseases tended to go to Lhasa or other big cities for treatment. Now, they can be cured in Xigaze," Wan Xingwang, a senior executive at the Xigaze People's Hospital, told Beijing Review.

Today there are over 1,500 medical institutions in Tibet and over 19,000 medical staff. Maternal mortality decreased from 50 per 1,000 before 1951 to 1.02 per 1,000 in 2017, and infant mortality from 430 per 1,000 to 10.38 per 1,000, according to a

white paper released by the State Council in March 2019.

The hospitals today have new buildings and advanced equipment as well as techniques. They also have the latest management concepts. Incentives have been introduced to encourage Tibetan doctors to improve their medical skills. "The ultimate aim of group medical assistance is to nurture a local medical team," Wan said.

There are still some hurdles though. According to Wan, doctors in Tibet don't have enough opportunity to keep up with medical developments. Due to the remoteness of the region, there is not much academic exchange with their peers elsewhere.

To address that, the Xigaze People's Hospital has begun to hold annual medical seminars from 2016, which connect its doctors with their counterparts from other hospitals.

Reporting from Tibet Autonomous Region

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Doctors from Beijing and Tibet operate on a patient with a cerebral tumor in the No. 3 People's Hospital of Tibet Autonomous Region in Lhasa on September 17, 2019.

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A bird's-eye view of the Xigaze People's Hospital in Xigaze, Tibet, on August 15.

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