

白露节气的传统饮食与健康养生

每年的白露节气，大自然悄然发生变化，清晨的露水逐渐增多，空气逐渐干爽。古人认为，白露是阴气渐盛、暑气渐去的标志，因此饮食上需要注重滋阴润燥。民间有‘白露尝新茶’的习惯，人们在清晨采摘新茶，清热去火，同时也寓意着迎接秋天的丰收。

白露的饮食调养有着丰富的传统智慧。例如，炖银耳、煮梨水、吃蜂蜜或桂花制品，都是滋润身体、保护呼吸道的传统做法。北方人则偏向食用核桃、芝麻、炒栗子等温补食品，这体现了‘顺时养生’的理念——顺应季节的变化来调节饮食，从而保持身体平衡。

此外，白露还有祭祀祖先的习俗。祭祀中，食物不仅是供品，更是文化符号。像季节性水果、五谷杂粮象征丰收与生活安康。通过这些仪式，民众既表达敬意，也通过食物和文化的传承，强化家庭和社区的凝聚力。

白露节气的文化象征还体现在节气与节日的关系上。它不仅是自然界的季节节点，也承载着中国古代农耕文化的智慧——观察天象、调整作息、保养身体。现代人虽然生活节奏加快，但仍可以从白露的饮食和养生习俗中获得启示：合理进补、顺应气候变化、注重身体保养。

总的来说，白露节气的饮食与养生文化，不只是传统习俗，更是一种生活智慧。它提醒我们在秋天来临时，注重饮食调理、调节作息，以达到身心健康的目的，同时通过民俗活动，延续中华文化的独特魅力。

Traditional Diet and Health Preservation in the White Dew Solar Term

During the White Dew solar term, nature quietly changes, morning dew increases, and the air becomes dry. Ancient people believed that White Dew marks the rise of yin energy and the decline of summer heat, making it important to nourish the body and moisten dryness through diet. One common custom is 'tasting new tea during White Dew,' where fresh tea leaves are picked in the morning to clear heat and welcome the autumn harvest.

The dietary practices of White Dew reflect rich traditional wisdom. For instance, stewed white fungus, pear water, honey, and osmanthus-based foods are used to nourish the body and protect the respiratory system. In northern China, people prefer warming foods like walnuts, sesame, and roasted chestnuts, embodying the philosophy of 'adapting diet to the season'—adjusting food intake according to seasonal changes to maintain bodily balance.

Ancestor worship is another important White Dew custom. In these rituals, food serves not only as offerings but also as cultural symbols. Seasonal fruits and grains represent abundance and well-being. Through such practices, people express respect for ancestors and strengthen family and community bonds through cultural and culinary

traditions.

The cultural symbolism of White Dew is also reflected in its connection to festivals. It is not merely a seasonal marker but also carries the wisdom of ancient agricultural culture: observing celestial phenomena, adjusting routines, and maintaining health. Although modern life is fast-paced, people can still draw insights from White Dew customs—proper nourishment, adapting to seasonal climate, and taking care of one's health.

In summary, the dietary and health preservation culture of White Dew is not just a traditional custom but a form of life wisdom. It reminds us to adjust our diet and lifestyle in autumn to maintain health while preserving the unique charm of Chinese culture through folk practices.