

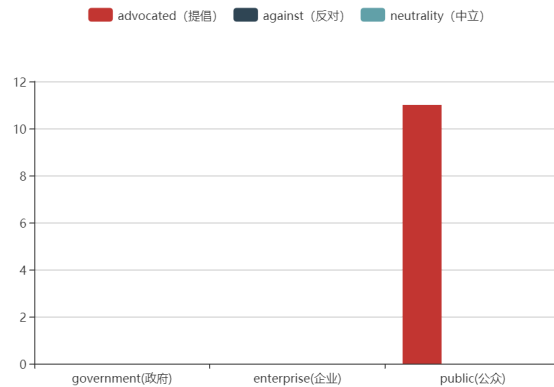
减盐-新闻

Salt Reduction - News

今日 (2018-10-24) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2018-10-24. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠

Sodium in food

没有相关文章!

No such articles!

高血压

Hypertension

1. [龙山街道社区卫生服务中心2018年全国高血压日宣传情况](#)

来源: 水母网

主体: 公众

态度: 提倡

时间: 10:41:34

[Longshan street community health service center propaganda national high blood pressure, 2018](#)

来源: 水母网

Subject: public

Attitude: advocate

Time: 10:41:34

龙山街道社区卫生服务中心2018年全国高血压日宣传情况。为了增强人们的防范意识, 提高生活质量, 让高血压远离人群, 普及辖区居民对高血压的饮食知识, 提高居民的健康水平和生活质量, 我院紧紧围绕“知晓您的血压”的宣传主题, 精心策划, 认真组织, 开展了高血压防治系列宣传活动。为搞好本次宣传活动, 公卫科精心制订了宣传工作计划, 强调了本次宣传活动“知晓您的血压”的主题, 鼓励群众自觉参与高血压防治活动。工作人员精心准备了宣传单、宣传标语等多种资料和宣传工具, 向过往人群发放宣传资料, 接受群众咨询, 耐心细致地向人民群众宣传高血压防治的方式方法以及低盐膳食等相关知识, 并详细地解答群众提出的疑难问题和心中困惑, 受到广大群众的一致好评。这次活动充分利用发放宣传单、宣传标语等开展形式多样的宣传活动, 接受40余人咨询, 发放40余份宣传单, 掀起了全民关注高血压防治、参与低盐膳食防治高血压宣传活动的高潮。

Longshan Street Community Health Service Center's publicity on Hypertension Day in 2018. In order to enhance people's awareness of prevention, improve the quality of life, keep hypertension away from the crowd, popularize residents' dietary knowledge of hypertension, and improve residents' health and quality of life, our hospital has carried out a series of prevention and treatment of hypertension closely around the propaganda theme of "knowing your blood pressure". Publicity activities. In order to do a good job in this publicity campaign, the public health department has elaborated a publicity work plan, emphasized the theme of "knowing your blood pressure" in this publicity campaign, and encouraged the masses to participate in the prevention and treatment of hypertension voluntarily. Staff carefully prepared leaflets, slogans and other materials and propaganda tools, issued propaganda materials to the past crowd, received public consultation, patiently and meticulously propagated to the people of hypertension prevention and control methods and low-salt diet and other related knowledge, and detailed answers to the masses of difficult questions and hearts. Confusion has been well received by the masses. The campaign made full use of publicity leaflets, slogans and other forms of publicity activities, received more than 40 people to consult, issued more than 40 leaflets, triggered a nationwide attention to hypertension prevention and control, participate in low-salt diet prevention and control of hypertension publicity activities climax.

心血管健康

Cardiovascular health

没有相关文章!

No such articles!

综合健康信息

Comprehensive Health Information

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No such articles!

决心工程

Resolve To Save Lives

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No such articles!

河南

Henan

食物中的钠

Sodium in food

没有相关文章!

No such articles!

高血压

Hypertension

没有相关文章!

No such articles!
<div>心血管健康</div> Cardiovascular health
没有相关文章!
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<div>综合健康信息</div> Comprehensive Health Information
没有相关文章!
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<div>决心工程</div> Resolve To Save Lives
没有相关文章!
No such articles!

安徽
Anhui

食物中的钠 Sodium in food				
没有相关文章!				
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高血压 Hypertension				
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心血管健康 Cardiovascular health				
没有相关文章!				
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综合健康信息 Comprehensive Health Information				
1. 不让劣质零食“馋”住孩子 Don't let bad snacks "chan" live the child	来源：中安在线 来源：中安在线	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:21:48 Time: 15:21:48

据皖江晚报报道，为切实加强全市校园及周边食品安全监管，有效防控食品安全风险隐患。近日，马鞍山市对全市校园及周边食品安全隐患开展专项整治，全力保障学生“舌尖上的安全”。通过开展此次校园及周边食品安全隐患排查整治，进一步强化食品经营者的主体责任，规范了校园及周边食品市场秩序。不良食品影响生长发育。在校园周边售卖的辣条、肉制品、糖果等小食品，常常受到青少年的喜爱，却可能存在微生物、甜味剂、防腐剂超标等问题，有害身体健康。

According to the Wanjiang Evening News, in order to strengthen the city's campus and surrounding food safety supervision, effective prevention and control of food safety risks. Recently, the city of Ma'anshan campus and surrounding food safety hazards to carry out a special rectification, to ensure that students "tip of the tongue safety." By carrying out the investigation and rectification of food safety hidden dangers in and around the campus, further strengthen the main responsibility of food operators, standardize the management order of the campus and the surrounding food market.Bad food affects growth and development.Hot bars, meat products, candies and other snacks sold around the campus are often popular with teenagers, but there may be problems such as microorganisms, sweeteners and preservatives exceeding the standard, which is harmful to health.

<div>决心工程</div> Resolve To Save Lives
没有相关文章!
No such articles!

浙江
Zhejiang

<div>食物中的钠</div> Sodium in food
没有相关文章!
No such articles!
<div>高血压</div> Hypertension
没有相关文章!
No such articles!
<div>心血管健康</div> Cardiovascular health
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<div>综合健康信息</div> Comprehensive Health Information
没有相关文章!
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<div>决心工程</div> Resolve To Save Lives

没有相关文章!
No such articles!

其他省份

Other Provinces

食物中的钠 Sodium in food				
1. 秋冬干燥，到底吃什么能去燥？	来源：扬子晚报	主体：公众	态度：提倡	时间：07:50:25
Autumn and winter dry, what to eat to go to dry?	来源：扬子晚报	Subject: public	Attitude: advocate	Time: 07:50:25

秋冬干燥，到底吃什么能去燥？秋冬干燥，不仅表现在皮肤上，很多人也会有口干舌燥、鼻炎干燥、大便干燥的问题。不少养生食谱会推荐在这个季节吃梨、银耳、百合、蜂蜜等食物，认为能缓解干燥。秋冬身体感觉干燥，应该如何从食物下手来缓解？对于身体干燥问题，如果希望通过饮食来缓解，应首先找出原因，比如喝水太少、食物过咸过辣、缺乏维生素A等，然后才能针对性去解决。				
Autumn and winter dry, what to eat to dry?Dry autumn and winter, not only in the skin, many people will have dry mouth, dry rhinitis, dry stool. Many health diets recommend eating pears, Tremella fuciformis, lilies, honey and other foods during this season to relieve dryness. In autumn and winter, the body feels dry. How should we ease it from food?For dry body, if you want to alleviate the problem through diet, we should first find out the reasons, such as drinking too little water, food too salty and hot, lack of vitamin A and so on, and then targeted to solve.				
高血压 Hypertension				
1. 您了解自己的血压吗？	来源：中国宁波网	主体：公众	态度：提倡	时间：08:39:47
You know your blood pressure?	来源：中国宁波网	Subject: public	Attitude: advocate	Time: 08:39:47
您了解自己的血压吗？今年10月8日是第21个“全国高血压日”，今年主题是“知晓您的血压”。10月9日下午，市疾控中心、市人民医院和兰江街道卫生院的医务工作者齐聚市老年大学，开展义诊和健康知识宣传活动，并在“夕阳红大讲堂”上讲解有关高血压的知识，倡导大家要选择健康生活方式，成为健康生活的受益者。高血压病作为最常见的心血管疾病，在人群中有较高的患病率。常见的症状有头痛、头晕；头颈发硬，易疲劳，易烦躁，注意力不集中等等。如何才能知晓您的血压？要知晓自己的血压水平，必须通过测量血压的方式。				
Do you know your blood pressure?This October 8th is the twenty-first "National Hypertension Day". This year's theme is "know your blood pressure". On the afternoon of October 9, medical workers from the City CDC, the City People's Hospital and Lanjiang Street Health Hospital gathered at the City Geriatric University to carry out free clinics and publicity activities on health knowledge. They also explained the knowledge about hypertension in the "Sunset Red Hall" and advocated that people should choose a healthy lifestyle to become the beneficiaries of a healthy life.Hypertension is the most common cardiovascular disease and has a high prevalence in the population. Common symptoms are headache, dizziness; head and neck stiffness, fatigue, irritability, inattention and so on.How can I know your blood pressure? To know your blood pressure level, you must pass the way of measuring blood pressure.				
心血管健康 Cardiovascular health				
1. 血管变脆弱有什么风险？保持血管弹性，少吃2物，多吃1菜1豆	来源：搜狐	主体：公众	态度：提倡	时间：17:28:58
What are the risk of vascular brittle?2, keep the vessel elasticity, eat less eat food 1 beans	来源：搜狐	Subject: public	Attitude: advocate	Time: 17:28:58
血管变脆弱有什么风险？保持血管弹性，少吃2物，多吃1菜1豆。血管就像给庄稼浇水的自来水管，如果血管有问题，那么身体就像得不到充足灌溉的庄稼，慢慢就会出现枯萎，甚至导致死亡。血管健康对我们非常重要，好的血管是顺滑、柔韧又有弹性的，随着年纪的增长，血管也会慢慢变硬、变脆，血管弹性下降，对血压的控制能力也会下降，发生中风或者脑梗的风险就大大增加。那么，要吃什么才能延缓血管衰老，保持血管弹性呢？保持血管弹性的吃法一：少吃盐。大部分中国人的血压都对盐很敏感，盐吃多了就容易患上高血压，这样血液在流动的过程中，对血管壁产生的压力就会越来越大，长期以往，血管壁的弹性就会大幅下降。				
What are the risks of vascular weakness? Maintain vascular elasticity, eat less 2 things, eat 1 dishes, 1 beans.Blood vessels are like tap pipes that water crops. If blood vessels are in trouble, then the body is like a crop that is not adequately irrigated, and gradually withers and even dies.Vascular health is very important to us. Good blood vessels are smooth, flexible and elastic. As you get older, blood vessels will become harder, brittle, less elastic, less able to control blood pressure, and the risk of stroke or cerebral infarction increases dramatically.Then, how can we eat to delay the aging of blood vessels and maintain the elasticity of blood vessels?One way to keep blood vessels flexible is to eat less salt.Most Chinese people's blood pressure is very sensitive to salt, salt eat more easily suffer from high blood pressure, so the blood flow process, the pressure on the wall of the blood vessels will become greater and greater, in the long run, the elasticity of the wall of the blood vessels will be greatly reduced.				
2. 高秀敏46岁在睡梦中去世，女人40到55岁有个生死关，别做错4件事	来源：搜狐	主体：公众	态度：提倡	时间：17:42:14
Gao xiu4 min3 46, died in his sleep, women have a ShengSiGuan 40 to 55 years old, don't do 4 things wrong	来源：搜狐	Subject: public	Attitude: advocate	Time: 17:42:14
高秀敏46岁在睡梦中去世，女人40到55岁有个生死关，别做错4件事。高秀敏是观众们家喻户晓的小品演员，她和赵本山、范伟一起在央视春晚舞台上，先后奉献出《卖拐》、《卖车》等让老百姓们喜闻乐见的小品节目。可这位给无数人带来欢笑的小品演员，却于2005年8月18日在睡梦中去世。据高秀敏的丈夫 庆魁卡在某访谈中说：高秀敏有严重的呼吸暂停综合征，睡觉不能仰卧，必须侧卧，她在睡梦中去世与这种疾病有关。同样在40到55岁离开我们的，还有很多演艺界和商界的优秀女性：梅艳芳因宫颈癌去世，年仅40岁；梅艳芳的姐姐梅爱芳，同样因宫颈癌去世，年仅41岁；陈晓旭，因乳腺癌去世，享年42岁；央视女主持肖晓琳因肠癌去世，享年55岁。				
Gao Xiumin died when he was 46 years old. The woman was 40 to 55 years old and had a life and death. Do not do 4 things wrong.Gao Xiumin is a household-renowned sketch actress. She, together with Zhao Benshan and Fan Wei, has devoted herself on the CCTV Spring Festival Gala stage to such sketches as "Selling Abductors" and "Selling Cars" that people like to see and hear.But the little actor who brought laughter to countless people died in his sleep in August 18, 2005. According to Gao Xiumin's husband Qingkuika in an interview said: Gao Xiumin has a serious apnea syndrome, can not sleep on his back, must lie on his side, she died in sleep with this disease.There were also many outstanding women in the performing arts and business circles who left us at the age of 40 to 55.Anita Mui died of cervical cancer at the age of 40; Anita Mui's sister, Anita Mui, also died of cervical cancer at the age of 41; Chen Xiaoxu, 42, died of breast cancer; and CCTV hostess Xiao Xiaolin, 55, died of bowel cancer.				
综合健康信息 Comprehensive Health Information				
1. 心脑血管病成老年人健康杀手科学饮食改善危险因素可防控	来源：新华网	主体：公众	态度：提倡	时间：08:39:28
Cardio-cerebral vascular disease in the elderly health killer scientific diet to improve prevention and control of risk factors can be	来源：新华网	Subject: public	Attitude: advocate	Time: 08:39:28
长期以来，心血管疾病严重威胁着我国居民健康。大量研究证实，高血压、高血脂、糖尿病、肥胖、吸烟、缺乏体力活动及不健康饮食习惯，都是心血管病主要危险因素。缺血性心血管病发病风险中，80%是由上述因素导致。从现有的调查数据看出，心血管病不仅威胁着老年人健康，并逐渐呈年轻化趋势。专家指出，尽管年龄是不可改变的因素，但是其他指标都可以通过努力加以改善。				
For a long time, cardiovascular disease is a serious threat to the health of residents in China. A large number of studies have confirmed that hypertension, hyperlipidemia, diabetes, obesity, smoking, lack of physical activity and unhealthy eating habits are the main risk factors for cardiovascular disease. 80% of the risk of ischemic cardiovascular disease is caused by these factors. According to the existing survey data, cardiovascular disease not only threatens the health of the elderly, but also tends to be younger. Experts point out that although age is an immutable factor, other indicators can be improved through efforts.				
2. 冠心病需控制好危险因素	来源：北京晨报	主体：公众	态度：提倡	时间：02:44:16
Coronary heart disease (CHD) to control the risk factors	来源：北京晨报	Subject: public	Attitude: advocate	Time: 02:44:16
核心提示：因此，建议有冠心病或相关疾病的中老年人定期体检，有危险因素的患者及早防范。专家指出，发生运动性猝死的冠心病患者，往往都没有很好地控制病情，而且平时很少运动，初始参加运动的患者最为多见。注意运动前不宜饱餐，运动后避免马上洗热水澡，运动前后避免情绪激动，避免在恶劣天气下进行运动。 侯不华，北京中研医院管理中心东城中医医院主任医师，硕士研究生导师，全国第二批500名名老中医梁贻俊教授的师承弟子，从事医疗保健工作十几年，专注于老年病的临床医疗和研究。擅长中西医结合治疗高血压、冠心病、糖尿病、血液系统疾病、高血脂症等心脑血管疾病。				
Core prompt: Therefore, it is suggested that the elderly with coronary heart disease or related diseases should have regular physical examination, and the patients with risk factors should be prevented as soon as possible. Experts pointed out that sudden death of coronary heart disease patients, often do not have a good control of the disease, and usually very little exercise, the initial participation of the most common exercise patients. Attention should not be full before exercise, avoid taking a hot bath immediately after exercise, avoid emotional excitement before and after exercise, avoid exercising in bad weather.Hou Pihua, chief physician of Dongcheng Hospital of Traditional Chinese Medicine, Beijing Central Research Hospital Management Center, master's tutor, disciple of the second batch of 500 veteran Chinese medicine Professor Liang Yijun, engaged in medical and health care work for more than ten years, focusing on the clinical treatment and research of geriatric diseases. He is good at the treatment of hypertension, coronary heart disease, diabetes, blood system diseases, hyperlipidemia and other cardiovascular and cerebrovascular diseases with integrated traditional Chinese and Western Medicine.				

3. [变啦减脂 抗衰：放缓时间的脚步，抗衰原来需要做这些！](#)

来源：云南新闻网

主体：公众

态度：提倡

时间：16:08:27

[Change already reduced fat fight decline: slow time, fight decline that need to do these!](#)

来源：云南新闻网

Subject: public

Attitude: advocate

Time: 16:08:27

放缓时间的脚步，抗衰原来需要做这些！无论是爱美的女性，还是平时不太注重保养的男性，都会希望时间在自己身上慢一些。过了25岁，大家都开始会在自己的身体上发现时间流逝带来的影响，女性开始容易长斑，男性开始容易发福.....虽然时间对每个人都是公平的，但变啦健康减脂方案提醒大家，只要用对了抗衰方法，便能放缓时间的脚步，让自己衰老的慢一些。不少人都忽略了更重要的问题因素是来源于身体内在，例如新陈代谢率下降、胶原蛋白加速流失、骨质流失、血液循环变差等。因此，想要让脸部的岁月流逝减缓，只有通过保持好年轻的身体机能。那么，如何才能让自己的身体保持最佳状态呢？变啦健康减脂方案总结了3个方法，希望能帮助大家：合适的运动健身可助抗衰。

The pace of slowing down is needed.Whether it's women who love beauty or men who usually don't pay much attention to maintenance, they want time to slow down on themselves. After 25 years of age, everyone will begin to find the impact of time on their bodies, women began to be prone to spots, men began to be prone to obesity... Although time is fair to everyone, but changed health fat program reminds us that as long as the right anti-aging methods, you can slow down the pace of time, let yourself slow down aging.Many people overlook the more important factors that come from within the body, such as decreased metabolic rate, accelerated loss of collagen, bone loss, poor blood circulation and so on.Therefore, it is only by maintaining the young body function that the age of the face is slowed down. So how can you keep your body at its best? There are 3 ways to change the health and fat reduction plan.Proper exercise helps prevent aging.

4. [关晓彤公布减肥食谱，深排组合四季代餐随便果了解一下](#)

来源：新广网

主体：公众

态度：提倡

时间：12:31:49

[Xiaotong guan announced diets ,deep combination generation of the four seasons eat fruit learn casually](#)

来源：新广网

Subject: public

Attitude: advocate

Time: 12:31:49

说起关晓彤，相信大家对她已经非常熟悉了，个子高挑四肢修长，身材比例非常优秀，尤其是那双大长腿穿平底鞋都有别人穿高跟鞋的效果，经常被爆出的红毯未修图和精修图也相差无几。能做到这样，国民闺女对自己的形体管理也是极其自律的，除了合理运动，吃也是她瘦身中很重要的一部分。前几天她在社交媒体上分享了自己一周的晚餐食谱，更是严格到极点，晚餐多以粗粮、少油、少盐、膳食纤维含量丰富的食品为主，周末才能沾到荤腥。对于形体管理者来说，晚餐不能吃太多是大家的共识，像关晓彤那样吃也是需要时间和毅力，再加专业营养师指导的。作为上班族，应该选择一些更加简单方便的饮食方式来实现形体管理，比如可以直接吸食的四季代餐果冻。

Speaking of Guan Xiaotong, I believe everyone is very familiar with her, tall and slender limbs, figure ratio is very good, especially those long legs wearing flat shoes have the effect of others wearing high heels, often exploded red red carpet unrepaired and refined drawings are almost the same.To do so, the national daughter of their own body management is extremely self-disciplined, in addition to reasonable exercise, eating is also an important part of her weight loss. A few days ago, she shared a week's dinner Recipe on social media, and was even more strict to the extreme. Most of her dinners were based on coarse grains, less oil, less salt, and rich in dietary fiber, so she could not get any meat on the weekend.It is a common understanding for body shape managers not to eat too much for dinner. It takes time and perseverance to eat like Guan Xiaotong, plus the guidance of a professional dietitian. As an office worker, you should choose some simpler and more convenient ways to achieve body shape management, such as the four-season substitute jelly that can be eaten directly.

5. [白头发“拔一根长十根”？自己的头发，心里没点数吗？](#)

来源：新浪网

主体：公众

态度：提倡

时间：15:33:58

[White hair pulled a long ten pillars?Her hair, the in the mind have the points?](#)

来源：新浪网

Subject: public

Attitude: advocate

Time: 15:33:58

一直有白头发越拔越多的说法，很多人即便有几根白头发也不敢拔。其实，决定长出来的头发是黑发还是白发，要看体内黑色素的分泌情况，与拔不拔头发没有关系。大多数上了年纪的人之所以会认为自己的白头发越拔越多，是由于身体内的黑色素少，拔掉了一根白发之后，从这个毛囊里长出来的依然是白发，而同时从其他毛囊里长出的头发也会呈现白色，这样一看就显白发变多了。虽然拔头发不影响白发数量，也不建议乱拔，因为拔头发有可能损伤发根。白发的形成原因有哪些？

There has a saying that white hair grows more and more. Many people do not dare to pull out even a few white hairs. In fact, the decision to grow out of the hair is black or white hair, to see the secretion of melanin in the body, and pull the hair has nothing to do.Most older people think their grey hair is getting more and more pulled out because they have less melanin in their body. After pulling out a grey hair follicle, the grey hair still grows out of the follicle, while the hair from other follicles also appears white, which makes it look more grey.Although pulling hair does not affect the quantity of white hair, it is not recommended to pull it out, because pulling hair may damage the hair root.What are the causes of white hair?

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

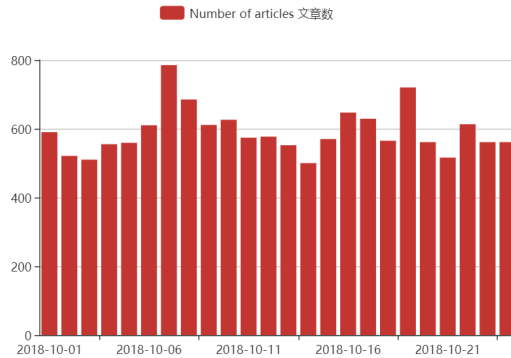
2018-10-24, 共监测到561篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 561 WeChat public articles were monitored in 2018-10-24. This page shows the top five articles by repeat number today.

由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.



热门文章-前五 Popular Articles - Top 5

- [1. 减油、减盐、减糖! 这是要用称称了才能吃吗?](#) 重复数: 5 日期: 2018-10-24
[Reduce oil, reduce salt, reduce sugar! Is it necessary to measure before you can eat it?](#) Repeat Number: 5 Data: 2018-10-24

“中国是高盐饮食的国家之一, 平均每人每天摄入的盐在12克以上。” 食盐摄入过多是高血压的三大危险因素之一, 同时, 吃盐过多还可增加胃病、骨质疏松、肥胖等疾病的患病风险。

“China is one of the countries with a high-salt diet. The average salt intake per person per day is above 12 grams.” Excessive salt intake is one of the three risk factors for high blood pressure. At the same time, eating too much salt can increase stomach problems. The risk of diseases such as osteoporosis and obesity.
- [2. 践行“三减三健”有效防控慢性病!](#) 重复数: 2 日期: 2018-10-24
[Practice "three reductions and three health" to effectively prevent and control chronic diseases!](#) Repeat Number: 2 Data: 2018-10-24

根据《中国居民膳食指南(2016)》推荐, 每个人按年龄段, 每天食盐的摄入量是不同的: 平时我们可以使用定量盐勺、少吃腌制食物、用其他调味品代替盐、少吃高盐包装食品等方式来减少食盐摄入量。

According to the "Chinese Dietary Guidelines (2016)" recommendation, each person's intake of salt per day is different according to age: we can use quantitative salt spoon, eat less salted food, replace salt with other seasonings, eat less High-salt packaged foods and other means to reduce salt intake.
- [3. 权威! 医学期刊证实: 高盐饮食伤肝又致癌! 医生教你合理控盐!](#) 重复数: 2 日期: 2018-10-24
[Authority! Medical journals confirm that high salt diet hurts the liver and causes cancer. Doctors teach you to control salt reasonably.](#) Repeat Number: 2 Data: 2018-10-24

流行病学调查表明, 盐摄入量和胃癌风险之间有正相关性。过多的盐分会降低胃中保护性黏液的粘度, 使它对胃壁的保护作用下降, 进而促进多种胃病的发生。

Epidemiological survey shows that there is a positive correlation between salt intake and risk of gastric cancer. Too much salt can reduce the viscosity of protective mucus in the stomach, which reduces its protective effect on the gastric wall, thereby promoting the occurrence of a variety of gastric diseases.
- [4. 高血压患者的健康饮食](#) 重复数: 2 日期: 2018-10-24
[Healthy diet for hypertensive patients](#) Repeat Number: 2 Data: 2018-10-24

高血压饮食治疗原则:高维生素、高纤维素、高钙、低脂肪、低胆固醇、低盐饮食。高血压病人的饮食治疗,是以减少钠盐、减少膳食脂肪并补充适量优质蛋白,注意补充钙和钾,多吃蔬菜和水果、戒烟戒酒、科学饮水为原则。

yes
- [5. 减盐、减油、减糖.....你会距离健康更近一步!](#) 重复数: 1 日期: 2018-10-24
[Salt reduction, oil reduction, sugar reduction... You will be closer to your health!](#) Repeat Number: 1 Data: 2018-10-24

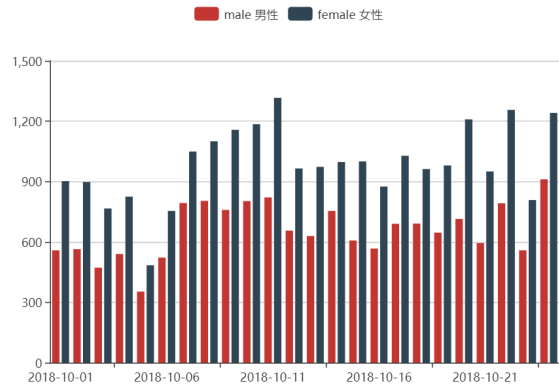
另外, 还要少吃榨菜、咸菜和酱制食物、高盐的包装食品, 比如熟食肉类或午餐肉、香肠和罐头食品, 这类食品含盐量都不少, 建议选择新鲜的肉类、海鲜和蛋类。一些方便食品和零食里虽然尝起来感觉不到咸味, 但都含有较多的不可见盐, 建议少食用“藏盐”的加工食品。

In addition, you should eat less mustard, pickles and sauces, high-salt packaged foods, such as deli meat or luncheon meat, sausages and canned foods, which contain a lot of salt. Fresh meat, seafood and eggs are recommended. Although some convenience foods and snacks do not taste salty, they all contain more invisible salts. It is recommended to eat less processed foods containing "invisible salt".

减盐-微博

Salt Reduction - Weibo

2018-10-24, 共检测到2152条与“减盐”相关的微博。
本页面列出转发量超过50的微博。
点击微博内容可查看微博原文。
There are 2152 weibos about salt reduction monitored on 2018-10-24.
Weibos whose repost number is greater than 50 are listed in this page.
Click the content of each weibo, and you can see the detail imformation.



热门微博

Hot Weibos

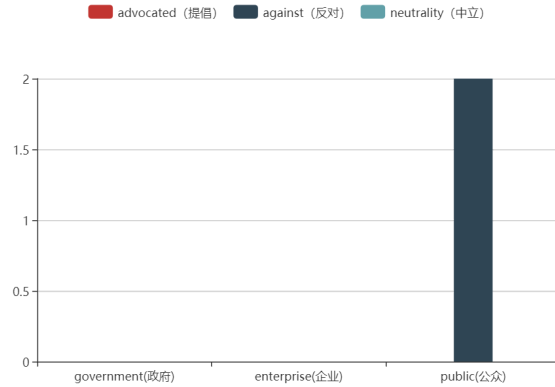
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-10-24) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-10-24. Please click the title to view full information.

The original article is in Chinese only.



山东 Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南 Henan

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

安徽 Anhui

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

反式脂肪酸 Trans fat
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No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

其他省份
Other Provinces

反式脂肪酸 Trans fat				
1. 摆脱肥宅，从认识「魔鬼脂肪」开始 Get rid of the fat curtilage and begin from understanding "the devil" fat	来源：手机网易网 来源：手机网易网	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 12:57:04 Time: 12:57:04
<p>对于爱喝奶茶的胖子来说，他也许不介意你说他胖，却非常介意听到：少喝这个，容易发胖！周杰伦就是一个很好的例子。地球人都知道，周杰伦超爱喝奶茶，镜头中经常被拍到拿着奶茶，就是在现实生活中，被撞见也会大方地给奶茶店里所有粉丝买单。并且，他也不可避免的发胖了！面对粉丝们的振臂直呼：奶茶这么好喝吗？你可别再喝了吧！周杰伦霸气回应 这句话翻译过来就是：你管我？耿直Boy，我喜欢！然而，喝奶茶仅仅是发胖的事吗？有研究表明，奶茶中的反式脂肪酸超标3倍！没错，我们今天要说的魔鬼脂肪，就是指的反式脂肪酸。除了奶茶之外，蛋糕、面包、冰淇淋都含有它，你可能早就知道了，可你不知道的是，这些还只是冰山一角。反式脂肪酸离你究竟有多近？它反的是什​​么？它是如何害人的？今天我们就来——揭晓，让你不再一知半解。</p> <p>For the fat man who likes milk tea, he may not mind you saying he is fat, but he would like to hear that. Drink less of this, easy to get fat! Jay Chou is a good example. As everyone on earth knows, Jay Chou loves to drink milk tea. He is often photographed holding milk tea in the camera. Even in real life, he will pay for all the fans in the milk tea shop generously when bumped into. And he is also getting fat. Facing the fans' shaking arms, is it so good to drink milk tea? Don't drink any more! Jay Chou's domineering response to this sentence is: do you mind me? Boy, I love it! However, is drinking tea merely a matter of gaining weight? Studies have shown that the trans fatty acids in milk tea exceed 3 times the standard. Yes, the devil's fat we're talking about today refers to trans fatty acids. In addition to milk tea, cakes, bread, ice cream contain it, you may have known that, but you do not know that these are only the tip of the iceberg. How close is trans fatty acid to you? What is it against? How does it harm people? Today we will announce it one by one, so that you will no longer know half of it.</p>				
2. 意式味道纯正、拿铁营养提升咖啡健康大点评 Italian taste pure, latte nutrition improve coffee health review	来源：人民网 来源：人民网	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 10:00:09 Time: 10:00:09
<p>意式、美式、拿铁、摩卡.....咖啡种类多样，它们有什么不同？对健康又有什么影响？需要提醒大家，市场上售卖的“二合一”“三合一”速溶咖啡，由于加了大量植脂末和糖，已被归为“不健康饮料”，应该少喝。意式浓缩咖啡。传统的意式浓缩咖啡是以极热但未沸腾的热水，借由高压冲泡研磨成很细的咖啡粉末萃取制成。标准的意大利浓缩咖啡体积为30毫升（偏差不过5毫升），制作时间25~30秒。由于不加很多的水进行稀释，意式浓度较大，味苦而浓香。</p> <p>Italian, American, latte, Mocha... What are the different kinds of coffee? What's the impact on health?Need to remind everyone that the "two in one" and "three in one" instant coffee sold in the market, due to the addition of a large amount of non-dairy creamer and sugar, has been classified as "unhealthy drinks" and should be consumed less.Espresso espresso. Traditional espresso coffee is made from extremely hot, but not boiling, hot water, by high-pressure brewing and grinding into very fine coffee powder extraction. The standard Italy espresso coffee volume is 30 milliliters (deviation is only 5 milliliters), the production time is 25~30 seconds. Because it does not add much water to dilute, it has a high concentration and tastes bitter and fragrant.</p>				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

反式脂肪酸-微信 Transfat - WeChat

2018-10-24, 共监测到307篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 307 WeChat public articles were monitored in 2018-10-24. This page shows the top five articles by repeat number today.

由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.



热门文章-前五 Popular Articles - Top 5

2. 奶茶, 正在毁掉中国的三代人!

重复数: 1

日期: 2018-10-24

Repeat Number: 1

Data: 2018-10-24

[Milk tea is destroying three generations of China.](#)

反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

Trans fatty acids, known as "time bombs on the table," are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods because of its high temperature resistance, non-deterioration and long storage. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

3. 健康! 这种物质每年致死50万人, 你常吃的这些食物里都可能含有

重复数: 1

日期: 2018-10-24

Repeat Number: 1

Data: 2018-10-24

[\[Health\] This substance kills 500,000 people every year. You may have it in the food you eat.](#)

反式脂肪, 又叫反式脂肪酸, 牛羊肉、牛奶和奶制品中存在少量的天然反式脂肪, 而人造反式脂肪的主要来源是部分氢化处理的植物油。这种油具有耐高温、不易变质、存放久的优点, 在炸鸡、薯条、蛋糕等食品中使用比较普遍。反式脂肪最大的健康危害是会增加人们罹患心血管疾病等风险, 据世界卫生组织估计, 每年超过50万人因摄入反式脂肪死于心血管疾病。

Trans fat is also called trans fatty acid. Beef, mutton, milk and dairy products contain small amounts of natural trans fats, while the main source of artificial trans fats is partially hydrotreated vegetable oils. The oil has the advantages of high temperature resistance, non-deterioration and long storage, and is widely used in foods such as fried chicken, French fries and cakes. The biggest health hazard of trans fats is to increase people's risk of cardiovascular disease. According to the World Health Organization, more than 500,000 people die of cardiovascular disease every year due to the intake of trans fat.

4. 拜拜了“人工反式脂肪”! 加拿大正式禁用这项“毒物”! 这些美食纷纷中枪!

重复数: 1

日期: 2018-10-24

Repeat Number: 1

Data: 2018-10-24

[Bye bye "artificial trans fat"! Canada officially banned this "poison"! These foods have been shot!](#)

怀孕期或哺乳期的妇女, 过多摄入含有反式脂肪酸的食物会影响胎儿的健康。研究发现, 胎儿或婴儿可以通过胎盘或乳汁被动摄入反式脂肪酸, 他们比成人更容易患上必需脂肪酸缺乏症, 影响胎儿和婴儿的生长发育。除此之外还会影响生长发育期的青少年对必需脂肪酸的吸收。反式脂肪酸还会对青少年中枢神经系统的生长发育造成不良影响。

For women who are pregnant or breastfeeding, excessive intake of foods containing trans-fatty acids can affect the health of the fetus. Studies have found that fetuses or babies can passively ingest trans fatty acids through the placenta or milk. They are more likely than adults to develop essential fatty acid deficiency, affecting the growth of the fetus and infant. In addition, it will affect the absorption of essential fatty acids in adolescents during growth and development. Trans fatty acids can also adversely affect the growth and development of the central nervous system in adolescents.

5. 聚优一美分享——脸要穷养, 脚要富养; 心要穷养, 肺要富养.....

重复数: 1

日期: 2018-10-24

Repeat Number: 1

Data: 2018-10-24

[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

心脏的一大杀手是反式脂肪酸, 尤其是人造的油炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造多吃天然食品, 配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.

反式脂肪酸-微博 Transfat - Weibo

2018-10-24, 共检测到109条与“反式脂肪酸”相关的微博。

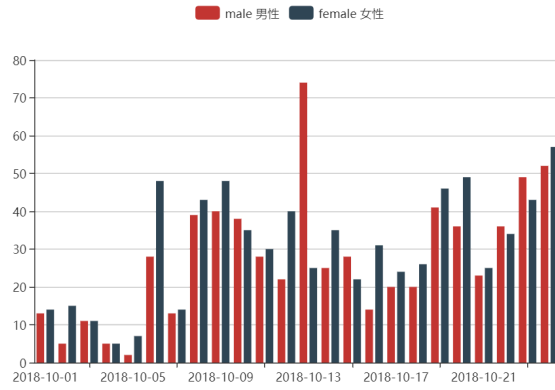
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 109 weibos about transfat reduction monitored on 2018-10-24.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail information.



热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!