

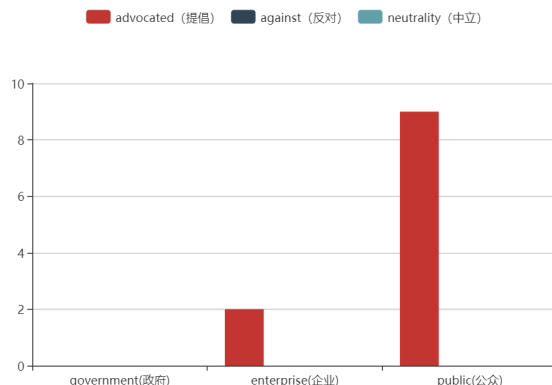
## 减盐-新闻

### Salt Reduction - News

今日 (2018-12-29) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2018-12-29. 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

##### 1. 烟台欣和举办高品质酱油发展与创新研讨会

[Yantai Xinhe Seminar on Development and Innovation of High Quality Soy Sauce](#)

来源：金融界

Source: Financial circles

主体：企业

Subject: industry

态度：提倡

Attitude: advocate

时间：10:16:17

Time: 10:16:17

近日，烟台欣和企业食品有限公司特邀发酵、食品安全、微生物、营养等领域专家赴烟台就中国高品质酱油的发展进行探讨。由中国食品科学技术学会组织的20余名专家学者组成的专家组首先参观了欣和食育体验馆，对馆内展示的欣和酱油的生产工艺表现出了极大的兴趣，认真观看了从原料筛选、圆盘制曲、控温发酵，到自动包装、机械手码垛、自动立体货仓，行业一流的自动一体化生产线。

Recently, Yantai Xin and Enterprise Food Co., Ltd. invited experts from fermentation, food safety, microbiology, nutrition and other fields to Yantai to discuss the development of high-quality soy sauce in China. An expert group composed of more than 20 experts and scholars organized by the Chinese Food Science and Technology Association visited the Xinhe Food and Sports Experience Hall at first. It showed great interest in the production technology of Xinhe soy sauce displayed in the hall. It carefully watched the first-class automatic integration of raw materials screening, disc music making, temperature-controlled fermentation, automatic packaging, manipulator palletizing, automatic three-dimensional warehouse and other industries. Production line.

#### 高血压

##### Hypertension

##### 1. 研究显示：牙周炎影响降压治疗效果

[Studies have shown that periodontitis affects the effect of antihypertensive therapy.](#)

来源：新华网山东频道

Source: Xinhua Shandong Channel

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：16:45:35

Time: 16:45:35

“老掉牙”影响进食，高血压带来中风、心梗风险，它们都会降低老年生活质量。不仅如此，这两者还是相关的。很多时候，牙齿松动脱落是牙周炎造成的。由于牙齿清洁不到位，牙齿周围有大量牙菌斑、牙石堆积，这些刺激物造成牙龈红肿出血，严重时引起牙齿脱落。“这个过程是不可逆的，所以我们从年轻时就应该重视口腔卫生，定期进行牙周治疗。老掉牙”为何跟高血压有关系呢？其实，发炎牙龈与牙齿细菌接触的一侧是处于溃疡状态的，这样的慢性炎症长期存在会影响全身健康，包括引发高血压。

Old age affects eating. Hypertension brings the risk of stroke and myocardial infarction. They all reduce the quality of life in the elderly. Not only that, but the two are related. Tooth loosening and loss are often caused by periodontitis. Because the teeth are not cleaned properly, there are a large number of plaque and calculus around the teeth. These irritants cause gingival swelling and bleeding, and cause tooth loss in severe cases. "This process is irreversible, so we should pay attention to oral hygiene from a young age, periodic periodontal treatment. Why is "old teeth" related to hypertension? In fact, the side of the inflamed gingiva that contacts the bacteria of dental calculus is in the ulcerative state. The long-term existence of such chronic inflammation will affect the health of the whole body, including causing hypertension.

#### 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

##### 1. 为什么那么想吃咸的？背后竟然有这些原因

[Why do you want salty food so much? There are these reasons behind it.](#)

来源：中国山东网

Source: China Shandong Network

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：10:54:35

Time: 10:54:35

很多人喜欢吃咸味食物是因为它能激活味蕾。然而，如果你发现自己比往常更爱吃盐，那就要给予足够的关注..... 根据美国心脏协会的建议，成年人推荐的盐摄入量每天不超过2300毫克，最好在1500毫克以下。然而，大多数普通人每天摄入的食盐超过了推荐量的50%，这会伴随着一系列健康隐患。美国近日总结了一些渴望吃咸味食物的常见原因，以及抑制这种欲望的方法。一、锻炼量太大。当我们出汗时，身体已经耗尽了钠，这就使我们需要食用更多的钠来恢复血清中正常的钠含量。

Many people like salty food because it activates taste buds. However, if you find yourself eating salt more than usual, pay enough attention to it... According to the recommendations of the American Heart Association, adults recommend no more than 2,300 mg of salt per day, preferably less than 1,500 mg. However, most ordinary people consume more than 50% of the recommended daily salt intake, which is accompanied by a series of health risks. The United States has recently summarized some common reasons for craving salty food and ways to curb it. First, too much exercise. When we sweat, the body has exhausted sodium, which makes us need to eat more sodium to restore the normal sodium content in the serum.

#### 决心工程

##### Resolve To Save Lives

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安徽

Anhui

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浙江

Zhejiang

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其他省份

Other Provinces

<div><div>食物中的钠</div><div>Sodium in food</div></div>				
没有相关文章!				
No such articles!				
<div><div>高血压</div><div>Hypertension</div></div>				
1. <a href="#">别让食盐成为厨房里的毒药2个危害要清楚</a> <a href="#">Don't let salt become a poison in the kitchen.</a>	来源: 手机网易网 Source: Mobile NetEase	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:31:25 Time: 15:31:25
吃东西太咸对身体健康不利，很容易引起高血压，这是高盐饮食对血压的影响，想要阻止这种情况发生就一定要防治好高血压。在生活上，要注意把握食盐的使用量，这样才能保障身体健康。1. 一个人的食盐量跟血压呈现出正比例关系，也就是人体摄入的盐量越多，血压的水平也就越高。有相关数据显示，一天当中摄入食盐的量每增加一克，一个人的平均血压就会上升2毫米汞，在日本北部人们的食盐量比较多，高血压的患病概率也较高，而在牙买加的某个地方每天人均摄盐量比较低，高血压的出现概率很低，从这些数据也可以看到食盐跟高血压的关系。				
Eating too salty food is harmful to health and can easily cause hypertension, which is the effect of high salt diet on blood pressure. If you want to prevent this situation, you must prevent and cure hypertension. In life, we should pay attention to the use of salt, so as to ensure health. 1. A person's salt intake and blood pressure show a positive proportional relationship, that is, the more salt the body ingests, the higher the blood pressure level. Relevant data show that the average blood pressure of a person increases by 2 mm Hg for every gram of salt intake in a day. People in northern Japan eat more salt and have a higher risk of hypertension. In Jamaica, the average daily salt intake per capita is relatively low, and the occurrence of hypertension is very low. From these data, we can also see salt and hypertension. Relationship.				
2. <a href="#">常吃“重口味”的川菜和火锅有什么危害？</a> <a href="#">What are the dangers of eating "heavy-tasting" Sichuan cuisine and hot pot?</a>	来源: 星岛环球网 Source: Star Island Global Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:41:40 Time: 10:41:40
常吃“重口味”的川菜和火锅，对健康有益吗？答案是否定的。川菜和火锅中对健康的影响，主要在于“重口味”川菜和火锅的高盐、高油和高嘌呤。具体来讲：一、高盐。所谓“重口味”主要是指食物的味道重，其中主要是盐（包括其他咸味调味品）。而川菜和火锅，除了麻、辣、酸等方面的味道外，其突出的的特点就是油盐比较重，尤其是红油火锅，更是重油重盐。盐对健康最直接的影响就是与高血压息息相关，目前已经有确切的证据证明，高钠饮食是高血压的独立危险因素。				
Is it good for health to eat Sichuan cuisine and hot pot with "heavy taste"? The answer is No. The health effects of Sichuan cuisine and chafing dish mainly lie in the high salt, high oil and high purine of "heavy taste" Sichuan cuisine and chafing dish. Specifically speaking: 1. High salt. The so-called "heavy taste" mainly refers to the taste of food, which is mainly salt (including other salty condiments). Sichuan cuisine and chafing dishes, in addition to the taste of hemp, spicy, acid and so on, are characterized by heavy oil and salt, especially the red oil chafing dish, which is heavy oil and heavy salt. The most direct impact of salt on health is closely related to hypertension. There is now clear evidence that high sodium diet is an independent risk factor for hypertension.				
<div><div>心血管健康</div><div>Cardiovascular health</div></div>				
1. <a href="#">耆星们都有这5个好习惯占得越多越长寿</a> <a href="#">Longevity stars all have five good habits. The more they have, the longer they will live.</a>	来源: 扬州网 Source: Yangzhou net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 11:41:21 Time: 11:41:21
随着人们生活水平的提高，我国的长寿老人也是越来越多，不少的地方被称为“长寿村”，我们不妨来了解一下他们是怎么生活的，看看他们的饮食习惯是怎么样的。有的长寿老人喜欢吃清淡食物、有的长寿老人喜欢睡觉、有的长寿老人喜欢吃鱼、有的长寿老人喜欢劳动、有的长寿老人喜欢幽默、有的长寿老人喜欢乐观.....今天就和大家分享一下长寿老人的养生经验：多吃清淡食物。长寿老人有个习惯就是吃的食物很清淡，这样的饮食习惯很重要，因为少油少盐能够避免很多心血管疾病。				
With the improvement of people's living standards, there are more and more longevity elderly people in our country. Many places are called "Longevity Village". We might as well learn how they live and see what their eating habits are. Some longevity old people like to eat light food, some longevity old people like to sleep, some longevity old people like to eat fish, some longevity old people like to work, some longevity old people like humor, some longevity old people like optimism. Today, I would like to share with you the experience of longevity elderly people: eat more light food. Long-lived people have a habit of eating light food, which is very important, because less oil and salt can avoid many cardiovascular diseases.				
<div><div>综合健康信息</div><div>Comprehensive Health Information</div></div>				
1. <a href="#">怎么减肥上腹部胖怎么减肥？</a> <a href="#">How can you lose weight on the upper abdomen fat how to lose weight?</a>	来源: pclady.com.cn Source: Pclady.com.cn	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 01:15:17 Time: 01:15:17
上腹部胖怎么饮食减肥？1.1、健脾养胃。中国认为腹部肥胖的一个原因是脾胃功能弱,导致身体中脂肪不能正常消化,从而积存在身体中,因此多吃健脾养胃的食物,可以调节肠胃功能,防止消化不良,减少脂肪囤积。1.2、多喝酸奶促进排便。多喝乳酸菌饮品清肠,增加乳酸菌和纤维素的摄入量,能改善便秘问题,加速肠胃活动机能,成功赶走废物;少盐防腹胀,摄取过量盐分会增加淀粉质的活性,而且盐分是造成体内积水的重要因素。想谢绝水肿,就要戒吃浓味食物啦!				
How does the upper abdomen fat diet lose weight? 1.1. Strengthening the spleen and stomach. China believes that one of the reasons for abdominal obesity is the weak function of the spleen and stomach, which leads to the accumulation of fat in the body. Therefore, eating more food to strengthen the spleen and stomach can regulate gastrointestinal function, prevent indigestion and reduce fat accumulation. 1.2. Drink more yogurt to promote defecation. Drinking more Lactobacillus drinks to clear the intestine and increase the intake of Lactobacillus and cellulose can improve constipation, accelerate gastrointestinal motility, and drive away waste successfully. Less salt can prevent abdominal distension, and excessive salt intake can increase the activity of starch, and salt is an important factor causing water accumulation in the body. If you want to refuse edema, you should stop eating strong food!				
2. <a href="#">保持不胖不瘦的八个秘诀</a> <a href="#">Eight Secrets to Keep Not Fat or Thin</a>	来源: 中国日报 Source: China Daily	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 05:15:28 Time: 05:15:28
常常有老人聊天时自豪地说：“我这半年又瘦了5斤，有钱难买老来瘦嘛！”其实这种看法对于老年人的健康状况是不利的。首先，老年人处在一个衰老的过程，体内蛋白质以分解代谢逐步占优势，而合成能力则逐渐减慢，因此经常有老年人出现蛋白质营养不良，更有人因为担心“胆固醇高而极少摄入肉蛋奶类食品”，取而代之以纯素食。在日常饮食调整中，除了需要适应已患疾病（如糖尿病、慢性肾脏病等）对营养的要求外，参照中国老年膳食指南的要求，我们提出保持不胖不瘦的八个秘诀。				
Often an old man talks proudly and says, "I lost another five kilograms in the past six months. It's hard for me to buy old people who are thin when I have money." In fact, this view is not conducive to the health of the elderly. First of all, the elderly are in an aging process. Protein in the body gradually dominates by catabolism, while the ability of synthesis gradually slows down. Therefore, protein malnutrition often occurs in the elderly. More people are worried about "high cholesterol and very little intake of meat, eggs and milk food" and replace it with a vegetarian diet. In the daily dietary adjustment, besides the need to adapt to the nutritional requirements of already suffering diseases (such as diabetes, chronic kidney disease, etc.), in accordance with the requirements of the Chinese Dietary Guidelines for the Elderly, we propose eight tips for keeping fit and not thin.				
3. <a href="#">科普   心脏不好，少碰“2黄”，多吃“2红”，远离4件事</a> <a href="#">Popular science has a bad heart, less touch of "2 yellow", eat more "2 red" and stay away from four things.</a>	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 00:16:04 Time: 00:16:04
心脏主宰着人体的生命，虽然它只有拳头般大小，可一旦它出现问题，就很可能诱发严重疾病（冠心病、心梗、甚至是猝死）。我国每年因心脏病死亡的人数已经达到54.4万，相当于一个小城市的人口总和，那么，心脏不好的人该如何养心呢？心脏不好，少碰“2黄”，多吃“2红”，远离4件事，心会慢慢变好！心脏不好，少碰“2黄”1.油炸食物。常吃油炸食物的人，与健康饮食的人相比，接下来6年罹患心脏病的风险多了56%。食用油经高温加热后产生的反式脂肪酸会增加心、脑血管疾病的发生。每年有超过50万例因心血管病引发的死亡案例与反式脂肪摄入有关。				

Heart dominates human life, although it is only fist size, but once it has problems, it is likely to induce serious diseases (coronary heart disease, myocardial infarction, even sudden death). China's annual death toll from heart disease has reached 544,000, which is equivalent to the total population of a small city. So, how can people with bad heart care? Heart is not good, less touch "2 yellow", eat more "2 red", away from four things, heart will gradually improve! Heart is not good, touch less "2 yellow" 1. Fried food. People who eat fried foods have a 56% higher risk of heart disease over the next six years than those who eat healthy foods. Trans fatty acids produced by cooking oil heated by high temperature can increase the occurrence of cardiovascular and cerebrovascular diseases. More than 500,000 deaths from cardiovascular diseases are associated with trans fat intake each year.

4. 尽管15年了，但依然有人不时叫错百草味的名字。 <a href="#">Despite 15 years, there are still people who sometimes miscall the name of Baicao flavor.</a>	来源：中国新闻网 Source: China News Network	主体：企业 Subject: industry	态度：提倡 Attitude: advocate	时间： 15:17:17 Time: 15:17:17
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尽管15年了，但依然有人不时叫错百草味的名字。这个转型线上后7年实现了174倍销售额增长，至2018年已然累计5500万用户、SKU一度达到近700个的休闲零食品牌，似乎比较容易被贴上“低调王者”的标签：对比行业三强，它不及三只松鼠“萌而有趣”，也不比良品铺子线下店多。但2018年变换悄然已起。在完成品牌第四次升级后，百草味全面开启了“全渠道、全品类、全人群”的发展战略，布局新零售和爆品战略，进击新模式，一系列动作直奔100亿目标。

Despite 15 years, there are still people who sometimes miscall the name of Baicao flavor. In the last seven years of this transformation line, sales grew 174 times. By 2018, there were 55 million users and SKU once reached nearly 700 leisure snack brands. It seems easy to be labeled as "low-key king": compared with the top three industries, it is not as "sprouting and interesting" as three squirrels, nor is it more than the off-line stores of good shops. But the 2018 shift has quietly begun. After completing the fourth brand upgrade, Baicao flavor has fully opened up the development strategy of "all channels, all categories and all groups". It has laid out new retail and explosive products strategies, attacked new modes and made a series of actions to reach the target of 10 billion yuan.

5. 2018食品健康十大谣言 <a href="#">Top Ten Food Health Rumors in 2018</a>	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:25:28 Time: 11:25:28
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2018年，食品健康行业事件众多，各种谣言也隐藏其中“兴风作浪”。如人可以感染猪病毒，大蒜能验地沟油等。尽管这些谣言极具迷惑性，但出现后很快就得到了各方及时辟谣，将它们的危害扼杀在了襁褓中。食品 大蒜可以检验地沟油？谣言：6月，有人将大蒜放进两杯“食用油”中。其中一杯的大蒜发黑、发霉，于是得出结论，地沟油中含有黄曲霉素，会使大蒜发生霉变。真相：专家认为地沟油的检测十分复杂，通过大蒜检测黄曲霉毒素从而判断是否为地沟油并不可靠。

In 2018, there were many incidents in the food health industry, and various rumors were hidden among them. If human can infect porcine virus, garlic can detect gutter oil and so on. Although these rumors are very confusing, they were quickly refuted by all parties and their harm was strangled in their infancy. Food garlic can test gutter oil? Rumor: In June, garlic was put into two cups of cooking oil. One cup of garlic was black and mildewed, so it was concluded that aflatoxin in gutter oil could cause mildew in garlic. Truth: Experts believe that the detection of gutter oil is very complicated. It is not reliable to determine whether it is gutter oil by detecting aflatoxin in garlic.

决心工程

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没有相关文章!

No such articles!

## 减盐-微信 Salt Reduction - WeChat

2018-12-29, 共监测到570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 570 WeChat public articles were monitored in 2018-12-29. This page shows the top five articles by repeat number today.

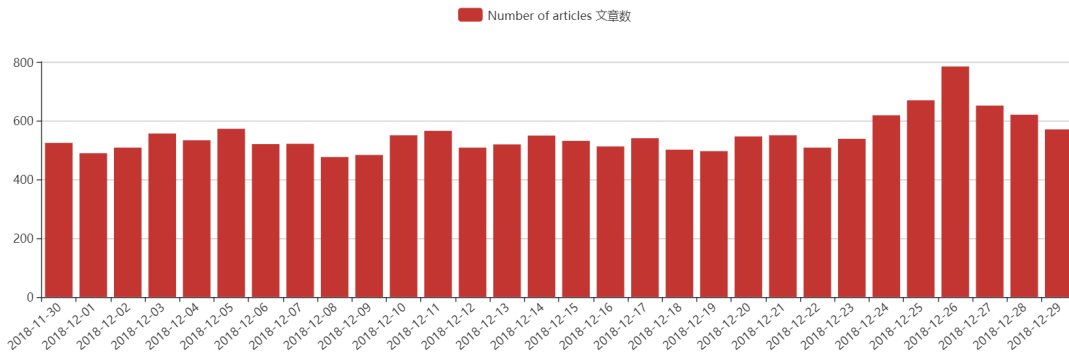
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门文章-前五 Popular Articles - Top 5

#### 1. [央视曝光! 不吃味精、鸡精的看着吧!](#)

重复数: 48

日期: 2018-12-29

[CCTV exposed it! The people who do not eat monosodium glutamate and chicken powder should take a look at it!](#)

Repeat Number: 48

Data: 2018-12-29

像控盐一样控味精 饮食以清淡为宜 与食盐一样, 味精中的主要成分谷氨酸钠中含有钠元素, 而过量摄入钠则会导致高血压等心脑血管疾病。因此, 要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。如果再加上味精中的钠, 就会更多。

Controls MSG like salt control. The diet should be talked about. Like salt, sodium glutamate, the main ingredient in MSG, contains sodium, and excessive intake of sodium can cause cardiovascular and cerebrovascular diseases such as high blood pressure. Therefore, it is necessary to control MSG as well as controlling salt intake. The dietary guidelines for residents in China advocate that the amount of salt per person per day should be less than 6 grams. However, the actual intake generally reaches about 10 grams. If you add sodium in MSG, it will be more.

#### 2. [癌症人体地图, 告诉你致癌真相!](#)

重复数: 10

日期: 2018-12-29

[The map of cancer body tells you the truth of carcinogenesis!](#)

Repeat Number: 10

Data: 2018-12-29

盐摄入量超标可导致胃癌。相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。前段时间JAMA发表过文章, 对中国人近10年来食盐摄入量进行了一个调查统计和回归分析, 结果相当不容乐观。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。

Excessive salt intake can lead to gastric cancer. According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the required amount. standard. Some time ago, JAMA published an article that conducted a survey and regression analysis on the salt intake of Chinese people in the past 10 years. The results are quite pessimistic. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.

#### 3. [“盐”出祸从, 逃离隐形盐你要这样做](#)

重复数: 7

日期: 2018-12-29

[You have to do this to escape the invisible salt.](#)

Repeat Number: 7

Data: 2018-12-29

虽然很多人会控制炒菜放盐的量, 但却忽略了其他食物中的钠。最后看似吃“盐”不多, 但钠的摄入量却仍然超标。《中国居民膳食指南》推荐每日每人摄入食盐应小于6克。如果拿出一个普通啤酒瓶盖装盐, 平装满一盖, 即相当于6克食盐。

Although many people control the amount of salt in cooking, they ignore the sodium in other foods. In the end, it seems that eating "salt" is not much, but the intake of sodium is still exceeding the standard. The Chinese Dietary Guidelines recommend that the daily intake of salt should be less than 6 grams per person, which is equivalent to the capacity of a regular beer bottle cap.

#### 4. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 7

日期: 2018-12-29

[Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.](#)

Repeat Number: 7

Data: 2018-12-29

咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。

Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

#### 5. [吃盐5大“雷区”, 快来看看你中招了吗?](#)

重复数: 6

日期: 2018-12-29

[Do you enter the five "forbidden areas" of eating salt?](#)

Repeat Number: 6

Data: 2018-12-29

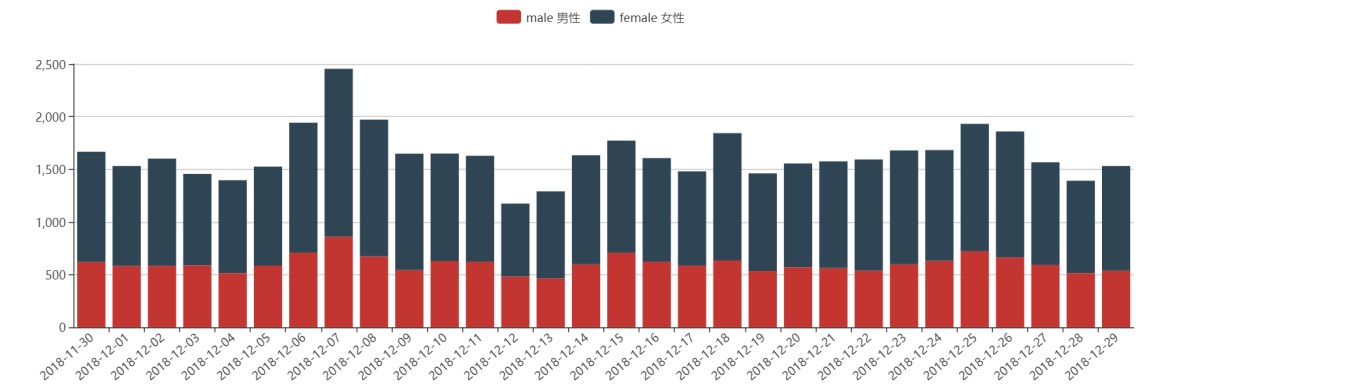
“减盐”核心信息 (一) 认识高盐饮食的危害 食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。 (二) 控制食盐摄入量 中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克。65岁以上老年人应不超过5克。

Core information of "salt reduction" (1) Understanding the dangers of high salt diet. Excessive salt intake can increase blood pressure and increase the risk of stomach diseases, osteoporosis, obesity and other diseases. (2) The Chinese Dietary Guidelines for the Control of Salt Intake recommends that healthy adults consume no more than 6 grams of salt per day, children aged 2-3 years do not exceed 2 grams, children aged 4-6 years do not exceed 3 grams and children aged 7-10 years do not exceed 4 grams. Older people over 65 should not exceed 5 grams.

# 减盐-微博

## Salt Reduction - Weibo

2018-12-29, 共检测到1531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 1531 weibos about salt reduction monitored on 2018-12-29.  
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.  
下图展示了最近30天的数据获取量。  
The following figure shows the amount of data acquired in the last 30 days.



热门微博

Hot Weibos

1. 昵称: 中科体检

地区: 江西

认证: 机构

Nickname: 中科体检

Area: Jiangxi

Identity: Institution

时间: 2018-12-29 09:20

来自: 皮皮时光机

转发数: 105

评论数: 6

点赞数: 22

Time: 2018-12-29 09:20

Source: 皮皮时光机

Repost: 105

Comment: 6

Like: 22

【吃盐过多的九大迹象你有吗?】1.总是口渴; 2.经常去厕所; 3.总想吃垃圾食品; 4.非老人和运动员却频繁抽筋; 5.疲劳和头痛是常客; 6.肾经常有痛感; 7.高血压; 8.你的身体某些部位会肿胀; 9.有些时候不能清晰的思考.....如果有这些迹象, 请注意摄入适量的盐分~

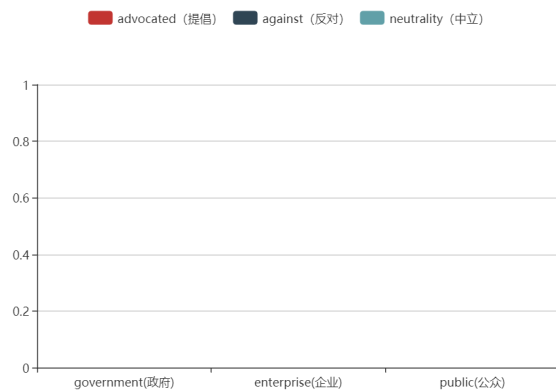
[Do you have the nine signs of eating too much salt? ] 1. always thirsty; 2. often go to the toilet; 3. always want to eat junk food; 4. non-elderly and non-athletes but frequent cramps; 5. frequent fatigue and headache; 6. kidney pain; 7. high blood pressure; 8. Some parts of your body are swollen; 9. Sometimes you can't think clearly... If you have these signs, please pay attention to the right amount of salt~

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2018-12-29) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-12-29. 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!

### 浙江 Zhejiang

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!

其他省份  
Other Provinces

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-微信 Transfat - WeChat

2018-12-29, 共监测到400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 400 WeChat public articles were monitored in 2018-12-29. 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.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



## 热门文章-前五 Popular Articles - Top 5

### 1. [【计量知识】食用植物油标签里的小秘密你知道吗？](#)

重复数: 5

日期: 2018-12-29

[Do you know these little secrets in the label of edible vegetable oil?](#)

Repeat Number: 5

Data: 2018-12-29

若生产过程中使用氢化或部分氢化油脂, 应标示出反式脂肪(酸)的含量。4.看生产日期、保质期和贮存条件 保质期是食用植物油在标签注明的贮存条件下保持产品品质的期限。生产日期、保质期、贮存条件三者关系密切。建议选择生产日期距购买时间较近、处于保质期内的产品, 并关注产品所要求的贮存条件。

If hydrogenated or partially hydrogenated fats are used in the production process, the content of trans fat (acid) should be indicated. Look at the date of manufacture, shelf life and storage conditions. Shelf life is the period during which the edible vegetable oil maintains the quality of the product under the storage conditions specified in the label. The production date, shelf life and storage conditions are closely related. It is recommended to select products with a production date that is closer to the purchase time and within the shelf life, and pay attention to the storage conditions required by the product.

### 2. [生什么病, 忌什么口! 这个“发物大全”快收好!](#)

重复数: 5

日期: 2018-12-29

[People need to avoid eating some food when they are sick! The "compendium of inducing food" can help you!](#)

Repeat Number: 5

Data: 2018-12-29

炸鱼的油经过高温加热后, 会产生大量“坏脂肪”(反式脂肪), 对心脏有害无益。浓茶: 含有较多的咖啡因, 可能导致心率加快。蛋黄派: 蛋黄派等口感靠使用“起酥油”来达到, 起酥油的主要成分是“部分氢化植物油”, 对心血管极其有害。

When the fish oil is heated at a high temperature, it will produce a lot of "bad fat" (trans fat), which is harmful to the heart. Strong tea contains more caffeine, which may lead to an increase in heart rate. The taste of the egg yolk pie is achieved by using "shortening". The main ingredient of shortening is "partially hydrogenated vegetable oil" which is extremely harmful to the cardiovascular system.

### 3. [此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里](#)

重复数: 5

日期: 2018-12-29

[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

Repeat Number: 5

Data: 2018-12-29

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人匪浅的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

### 4. [少吃人造的, 多吃神造的! 这句话一定要记住](#)

重复数: 4

日期: 2018-12-29

[Eat less man-made food and more God-made food! This sentence must be remembered.](#)

Repeat Number: 4

Data: 2018-12-29

人造奶油——心脏病的罪魁祸首 代表食品: 蛋糕、奶茶、速溶咖啡等 美国食品和药物管理局宣布, 将禁止在食品中使用人造奶油(反式脂肪酸), 以降低心脏疾病发病率。“人造奶油”是把植物油经过加氢处理后把它变成固体, 模仿天然奶油的形状和味道, 加入一些防腐剂、香精、色素等等, 达到和天然奶油口感差不多的效果。这些人造奶油广泛的存在我们日常饮食中, 例如奶油蛋糕、奶茶、速溶咖啡中都含有人造奶油。

Margarine is the chief culprit in heart disease. Representative foods include cakes, milk tea, instant coffee, etc. The US Food and Drug Administration announced that it will ban the use of margarine (trans fatty acids) in foods to reduce the incidence of heart disease. "Margarine" is a process in which the vegetable oil is hydrotreated to turn it into a solid to mimic the shape and taste of natural cream. Some preservatives, flavors, and pigments are added to achieve the same effect as natural cream. These margarines are widely found in our daily diets, such as cream cakes, milk teas, and instant coffee.

### 5. [这种常见食品添加剂会诱发糖尿病, 加重胰岛素抵抗! 有些人天天吃](#)

重复数: 3

日期: 2018-12-29

[This common food additive can induce diabetes and aggravate insulin resistance! Some people eat it every day.](#)

Repeat Number: 3

Data: 2018-12-29

研究发现, 大量摄入反式脂肪酸会损害记忆力, 导致大脑机能衰退加速, 增加老年痴呆症的患病风险。如何识别反式脂肪酸? 当食品配料表中出现“氢化”、“精炼”、“人造”、“植物”、“起酥”等字眼时要警惕。而且这些字眼在配料表上的排名越靠前, 其反式脂肪含量也可能越高。

The study found that a large intake of trans-fatty acids can impair memory, lead to accelerated brain function decline, and increase the risk of Alzheimer's disease. How to identify trans fatty acids? Be alert when there are words such as "hydrogenation", "refining", "artificial", "plant", "shuffling" in the food ingredient list. Moreover, the higher the ranking of these words on the ingredient list, the higher the trans fat content may be.

## 反式脂肪酸-微博 Transfat - Weibo

2018-12-29, 共检测到196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。

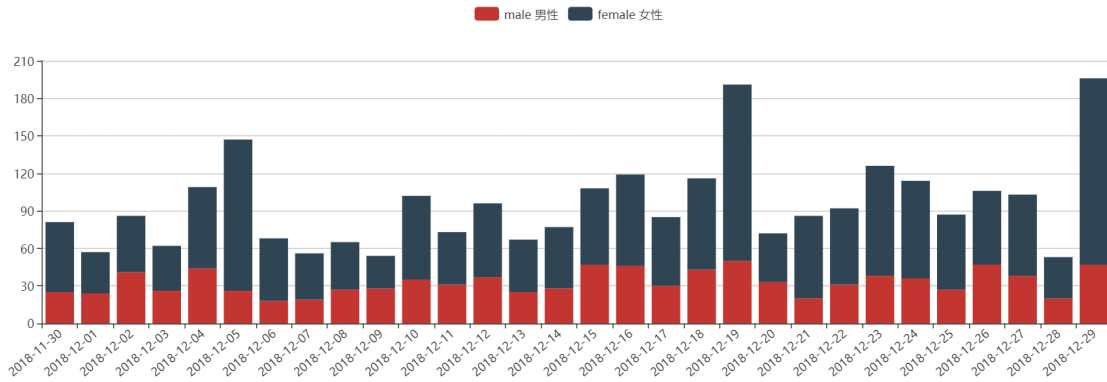
There are 196 weibos about transfat reduction monitored on 2018-12-29.

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.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门微博 Hot Weibos

1. 没有相关微博!  
No such weibos!