

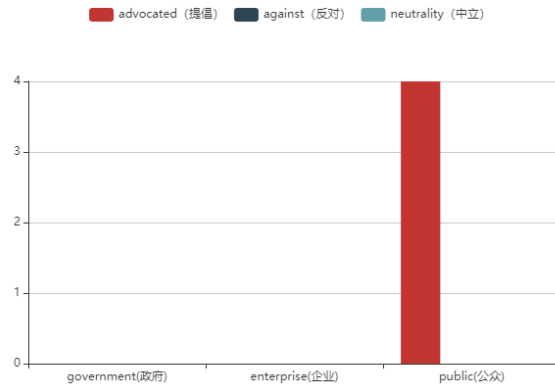
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-06) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2019-02-06. 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

没有相关文章!

No such articles!

##### 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

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

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安徽  
Anhui

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浙江  
Zhejiang

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决心工程 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
没有相关文章!
No such articles!
高血压 Hypertension

1. <a href="#">预防高血压就吃“这珍宝”，比看医生管用，比吃中药便宜</a>	来源：搜狐	主体：公众	态度：提倡	时间： 01:27:22
<a href="#">To prevent hypertension, we should take "this treasure", which is more effective than seeing a doctor and cheaper than taking traditional Chinese medicine.</a>	Source: Sohu	Subject: public	Attitude: advocate	Time: 01:27:22
最近几年小编发现有很多数据表示，近年来高血压患者正在逐渐上升，每年死于高血压的患者不计其数，但是随着科技的发展，还有医疗水平的提高，现在只要及时发现，都不需要通过药物，平时				

人们多多注意自己的饮食习惯即可。预防高血压就吃“这珍宝”，比看医生管用，比吃中药便宜，快收藏。我们快来一起看看吧。

In recent years, Xiaobian found that there are many data indicating that in recent years, hypertension patients are gradually increasing, the number of deaths from hypertension every year is countless, but with the development of science and technology, as well as the improvement of medical standards, now as long as timely discovery, do not need to pass drugs, usually people pay more attention to their eating habits. To prevent hypertension, we should take "this treasure", which is cheaper and quicker to collect than seeing a doctor and taking traditional Chinese medicine. Let's come and have a look.

2. <a href="#">过年选茶叶的这些知识，了解一下 年货系列消费指南</a>	来源：新浪网	主体：公众	态度：提倡	时间： 15:12:25
<a href="#">New Year's Tea Selection Knowledge, Learn about   New Year's Series Consumption Guide</a>	Source: Sina network	Subject: public	Attitude: advocate	Time: 15:12:25

春节不远了，大家准备的年货中，经常少不了茶叶。但生活中，茶叶种类较多，在各种场所都十分常见，如何选择更适合自己的家人的茶叶，其实也是一门不小的学问。茶叶口味各不同，中国茶种类众多，品质、口感多有不同，选购之前，不妨先了解一下常见的几大茶类以作借鉴。另外，现在国家倡导减盐，大家就餐时，如果用茶替代一些汤菜，能减少食盐摄入量（一小碗咸味的汤，约含1克盐），有利于控制血压。

The Spring Festival is not far away. Tea is often indispensable in the annual goods we prepare. But in life, there are many kinds of tea, which are very common in various places. How to choose tea that is more suitable for oneself and family members is actually a great learning. Tea tastes are different. There are many kinds of Chinese tea, and their quality and taste are different. Before choosing and purchasing tea, it is advisable to know some common tea categories for reference. In addition, the state now advocates salt reduction. If you replace some soups with tea, you can reduce salt intake (a small bowl of salty soup contains about 1 gram of salt), which is conducive to controlling blood pressure.

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. <a href="#">健康快乐过大年系列之摆脱“甜蜜”的困扰轻松过大年</a>	来源：新浪网	主体：公众	态度：提倡	时间： 13:38:23
<a href="#">Healthy and Happy New Year Series</a>	Source: Sina network	Subject: public	Attitude: advocate	Time: 13:38:23

一年又一年，健康快乐过大年。糖尿病被称为“甜蜜的负担”，据2017年发布的《第八版全球糖尿病概览》数据显示，中国有1.144亿糖尿病患者，位居全球第一。糖尿病患者节假日饮食方面该如何去做，节日期间又要注意哪些关键问题？看看专家怎么说。外出旅游如何进餐？外出旅游时运动量比平时会有很大增加，服用降糖药物或胰岛素的患者。如果服药后没有按时吃饭或进食量比平时减少都很容易引起低血糖的发生。

Year after year, happy and healthy New Year. Diabetes is known as the "sweet burden". According to the eighth edition of the Global Diabetes Survey published in 2017, China has 114.4 million diabetic patients, ranking first in the world. What should diabetics do about holiday diet and what key issues should they pay attention to during the festival? See what the experts say. How to eat out on a trip? When traveling outside, the amount of exercise will be much more than usual. Patients taking hypoglycemic drugs or insulin. Hypoglycemia can easily occur if you don't eat on time or eat less than usual.

2. <a href="#">家有宝贝，营养师送您年货喂养的1个原则、9条提示</a>	来源：搜狐	主体：公众	态度：提倡	时间： 19:57:46
<a href="#">There is a baby at home. Nutritionists give you one principle and nine tips for feeding on New Year's Day.</a>	Source: Sohu	Subject: public	Attitude: advocate	Time: 19:57:46

过年过节，最热闹的是孩子了。我们家这个回老家的那一刻就开始解放天性、放飞自我。农村老家年味分外浓，家里有个大院子里里外外随便玩，而且没见过的好玩的东西真多。我呢对孩子也基本是原生态散养的状态，既然回来了随便玩吧，不妨来两张图大家感受下....散养归散养，对孩子吃饭这事儿我还是很注意的，可以说是“形散而神不散”啦。越是在这样的亲朋团聚、好吃好喝格外多的“特殊时期”，对于宝宝的喂养照顾可不能疏忽大意。

The most lively part of the New Year's Festival is children. The moment our family returned home, it began to liberate nature and self. Rural home is very old, there is a big yard inside and outside to play casually, and there are many interesting things I haven't seen. Now that I am back to play freely, I might as well come to two pictures to let you feel it... I still pay attention to the matter of children's meals. It can be said that it is "scattered and spiritual". The more reunited relatives and friends like this, the more delicious and delicious "special period", the baby's feeding and care can not be neglected.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-02-06, 共监测到451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 451 WeChat public articles were monitored in 2019-02-06. 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. [身体出现这5个迹象, 提醒你吃盐太多了!](#)

重复数: 14

日期: 2019-02-06

[These five signs remind you that you eat too much salt!](#)

Repeat Number: 14

Data: 2019-02-06

如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水的含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂饮。如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了

If you feel like eating a ball of cotton, this may be caused by too much salt. After eating a food containing a lot of sodium, the body feels that the salt and water content is out of balance. In order to restore balance, you need to drink more water. Therefore, the brain will send a thirst signal to encourage you to drink a lot of water. If you eat too much salt for a long time, it may cause people to dehydrate. Once people are dehydrated, they cannot clearly think about the problem.

#### 2. [这病比癌症可怕! 有人花了130万没救回来! 有这些症状要注意了!](#)

重复数: 7

日期: 2019-02-06

[The disease is more terrible than cancer. Someone spent 1.3 million dollars and failed to save his life. You need to prevent it in this way.](#)

Repeat Number: 7

Data: 2019-02-06

控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、蚝油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. For example, MSG, ketchup, fuel consumption, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, instant noodles, etc. all contain a lot of sodium, and patients with high blood pressure should avoid it in time.

#### 3. [孩子被查出肾衰竭, 只因妈妈喜欢这种调料! 父母们长点心吧!](#)

重复数: 4

日期: 2019-02-06

[The child was found to have kidney failure because the mother liked the seasoning!](#)

Repeat Number: 4

Data: 2019-02-06

孩子吃太多盐的危害 容易导致肾衰竭 摄入过多的盐分会加重孩子肾、心脏的负担, 易导致肾脏与心脏两种器官的受损, 严重地会产生肾衰竭的现象。降低孩子的免疫力 盐分具有抑制细胞生存的作用, 这种功能会伤害口腔黏膜的上皮细胞, 就使细胞失去先前的抗病能力, 直接产生的后果就是降低了孩子的身体免疫力。

Children eating too much salt can easily lead to kidney failure. Excessive intake of salt will increase the burden on the kidneys and heart of the child, which may lead to damage to both the kidneys and the heart, and severe renal failure. Salt has the effect of inhibiting cell survival. This function can damage the epithelial cells of the oral mucosa and cause the cells to lose their previous resistance to disease. The immediate result is a reduction in the child's physical immunity.

#### 4. [日本医疗再次被评为全球第一, 中国位居第64! 差距在哪里?](#)

重复数: 3

日期: 2019-02-06

[Japan's health care is once again ranked the first in the world, and China ranks 64th! What's the gap?](#)

Repeat Number: 3

Data: 2019-02-06

日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院心内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。

The Japanese also eat very little salt, and their daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology, Zhongshan Hospital Affiliated to Fudan University, pointed out that this is crucial. At present, the relationship between salt and hypertension is very clear, which can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns.

#### 5. [请记住: 高血压患者, 最好少吃这5样, 多吃容易引起血压升高](#)

重复数: 3

日期: 2019-02-06

[Please remember: patients with hypertension should eat less of these five kinds of food. Eating ore of them can lead to elevated blood pressure](#)

Repeat Number: 3

Data: 2019-02-06

含盐的食物大多来自于腌制食物, 腌制食物在制作的过程中, 不仅加入大量的盐, 而且会流失大量食物原本的营养元素。食用过多的盐分, 会导致高血压病人体内的小动脉产生痉挛症状。小动脉痉挛会造成血压升高, 如果严重还会造成昏迷、休克。因此, 在我们的日常饮食中, 应该尽量减少盐分的摄入, 盐量尽量控制在2-5克之间, 这样基本上, 就不会诱发高血压的产生。

Salty food comes mostly from pickled food. In the process of making pickled food, not only a lot of salt is added, but also a lot of nutrients are lost. Eating too much salt can cause spasmodic symptoms in the arterioles of hypertensive patients. Small artery spasm can cause elevated blood pressure and, if severe, coma and shock. Therefore, in our daily diet, we should try to reduce salt intake, as far as possible to control the amount of salt between 2-5 grams, so that basically, will not induce hypertension.

## 减盐-微博 Salt Reduction - Weibo

2019-02-06, 共检测到2085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。

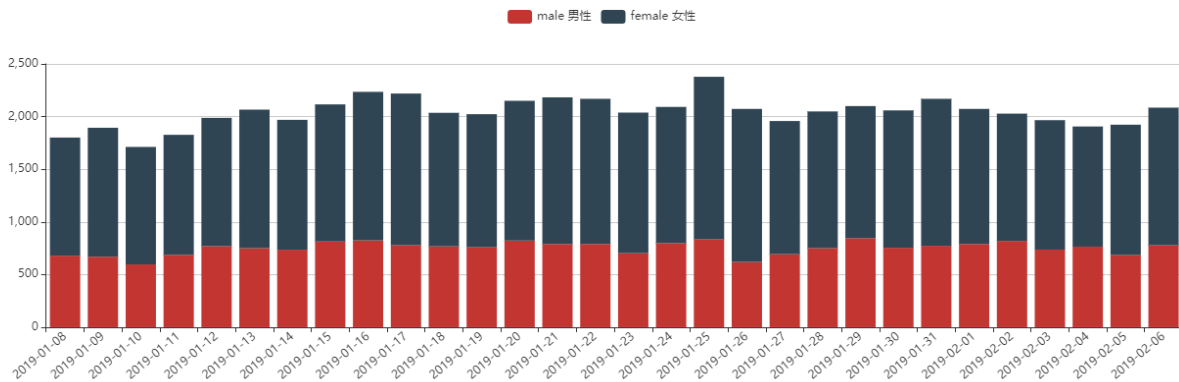
There are 2085 weibos about salt reduction monitored on 2019-02-06.

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!

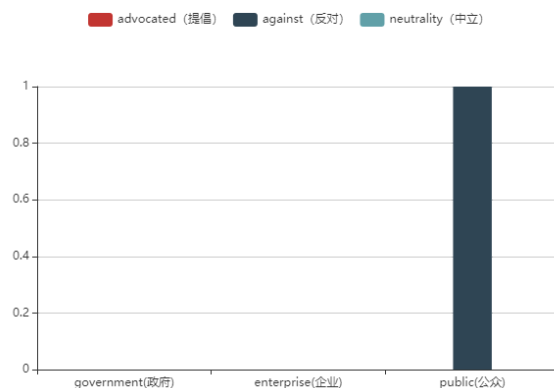
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-02-06) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-02-06. 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

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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

1. 反式脂肪到底何罪之有
What's the crime of trans fats?
来源：中国经济网
Source: China Economic Network
主体：公众
Subject: public
态度：反对
Attitude: against
时间： 03:01:00
Time: 03:01:00

前不久，世界卫生组织（WHO）发布名为“取代”的行动指导方案，计划在2023年之前，彻底清除全球食品供应链中使用的工业反式脂肪，主要是部分氢化植物油。对此，媒体引用WHO的数据称，反式脂肪每年引发50万人死亡。那么，反式脂肪是什么？哪些食物含有反式脂肪？它对人体到底有什么危害？脂肪是由脂肪酸和甘油形成的甘油三酯，根据结构不同，脂肪酸也有不同的名称。
Not long ago, the World Health Organization (WHO) released the Action Guidance Program entitled "Substitution", which plans to completely eliminate industrial trans fats, mainly partially hydrogenated vegetable oils, used in the global food supply chain by 2023. In response, the media cited WHO data that trans fats cause 500,000 deaths each year. So what is trans fat? Which foods contain trans fats? What harm does it do to human body? Fat is a triglyceride formed by fatty acids and glycerol. Fatty acids have different names according to their structure.

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

2019-02-06, 共监测到142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 142 WeChat public articles were monitored in 2019-02-06. This page shows the top five articles by repeat number today.

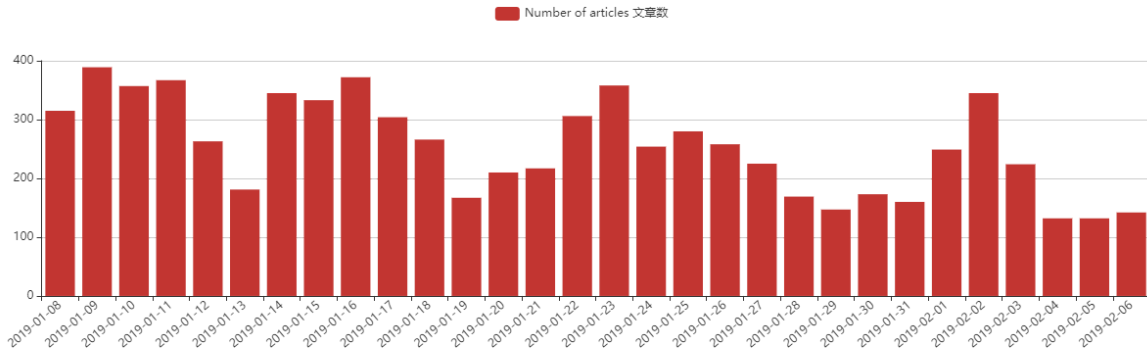
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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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. 年货黑名单: 这八类千万不要买!

重复数: 6

日期: 2019-02-06

[Blacklist of New Year's Goods: Never buy these eight categories!](#)

Repeat Number: 6

Data: 2019-02-06

事实上奶糖并不以牛奶为主, 甚至压根儿就没有奶的成分。大部分奶糖产品含糖达85%左右, 脂肪达6%, 蛋白质只有2%。大部分奶糖中所添加的都是氢化植物油制成的植物奶油, 其中饱和脂肪占一半左右, 并可能含有反式脂肪酸。吃这类糖果, 相当于吃白糖+植物奶油。当然, 无论是奶糖还是果糖、酥糖、软糖、高粱饴.....都建议都少吃

In fact, milk sugar is not based on milk, even milk-free ingredients. Most of the toffee products contain about 85% sugar, 6% fat, and only 2% protein. Most of the toffee is added to the vegetable cream made from hydrogenated vegetable oil, which accounts for about half of the saturated fat and may contain trans fatty acids. Eating this kind of candy is equivalent to eating white sugar and vegetable cream. It is recommended to eat less toffee, fructose, crispy sugar, soft candy, sorghum...

### 2. 医生告诫: 生病千万别吃它, 后果不堪设想

重复数: 4

日期: 2019-02-06

[Doctors warn: Never eat it when you are sick. The consequences are unimaginable.](#)

Repeat Number: 4

Data: 2019-02-06

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。红烧肉。含有的“中链饱和脂肪酸”较高, 升血脂、胆固醇水平的能力很强。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. Braised pork contains a higher "medium chain saturated fatty acid" and is highly capable of raising blood lipids and cholesterol levels. The taste of the egg yolk pie is achieved by using "shortening oil". The main component of the shortening is "partially hydrogenated vegetable oil", which is harmful to the cardiovascular system.

### 3. 宝宝多大能吃油? 吃哪种油好? 哪些油不能吃? 一文搞定!

重复数: 4

日期: 2019-02-06

[How old can a baby eat oil? What kind of oil is good to eat? Which oils can't be eaten? Get it done!](#)

Repeat Number: 4

Data: 2019-02-06

加工来源的反式脂肪酸主要存在于人造奶油、人造黄油等氢化植物油制品, 炼乳、代可可脂等乳味调味品, 薯条、炸鸡等油炸食品, 蛋糕、面包等食物中。反式脂肪酸不能被人体利用, 摄入过多会提高患动脉粥样硬化和冠心病的几率, 甚至可能影响儿童生长发育以及神经系统的健康。

Trans fatty acids are mainly found in hydrogenated vegetable oil products such as margarine and margarine, dairy flavors such as condensed milk and cocoa butter, fried foods such as French fries and fried chicken, and foods such as cakes and bread. Trans fatty acids cannot be used by the human body. Excessive intake can increase the risk of atherosclerosis and coronary heart disease, and may even affect the growth and development of children and the health of the nervous system.

### 4. 常吃燕麦好处多, 减肥、控糖、营养好, 可惜很多人第一步就错了

重复数: 4

日期: 2019-02-06

[Oats are good for weight loss, sugar control and nutrition. Unfortunately, many people are wrong in the first step.](#)

Repeat Number: 4

Data: 2019-02-06

不要选择添加奶精、植脂末、植物油的产品, 这类燕麦片含有较多的反式脂肪酸和饱和脂肪酸, 反而会增加罹患心血管疾病的风险。选择燕麦在成分表中排在首位的产品, 因为此类产品的燕麦含量一般都会在50%以上。

Do not choose products that contain cream, fat powder and vegetable oil. Oatmeals of this type contain more trans and saturated fatty acids, but increase the risk of cardiovascular disease. Oats were chosen as the first product in the ingredient list, because the oat content of these products is usually more than 50%.

### 5. 面包里的“毒”, 你知道吗? 面点师傅从来都不会告诉你的商业机密

重复数: 3

日期: 2019-02-06

[Do you know the poison in bread? Noodle chefs never tell you business secrets](#)

Repeat Number: 3

Data: 2019-02-06

制作一个正宗的菠萝包, 需要用到很多黄油, 而天然的黄油成本非常高, 所以, 很多面包店里都是用人造黄油代替。人造黄油中, 含有大量的反式脂肪酸, 而反式脂肪酸则会增加人患糖尿病、心脑血管疾病的风险。并且反式脂肪酸在人体内是不容易消化排除的, 堆积的时间长了, 会导致人发胖。

It takes a lot of butter to make an authentic pineapple bag, and natural butter costs a lot, so many bakeries use margarine instead. Margarine contains a lot of trans fatty acids, and trans fatty acids will increase the risk of diabetes, cardiovascular and cerebrovascular diseases. And trans fatty acids in the human body is not easy to digest and eliminate, accumulated for a long time, will lead to obesity.



## 反式脂肪酸-微博 Transfat - Weibo

2019-02-06, 共检测到102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。

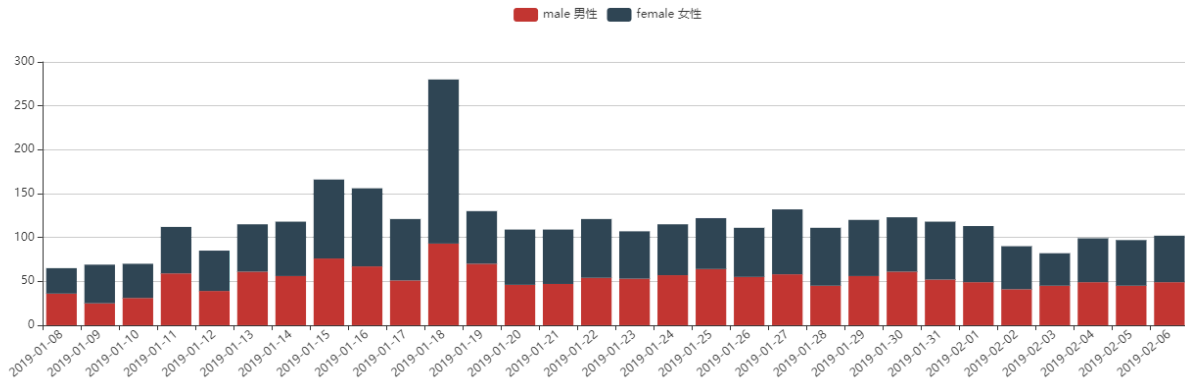
There are 102 weibos about transfat reduction monitored on 2019-02-06.

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!