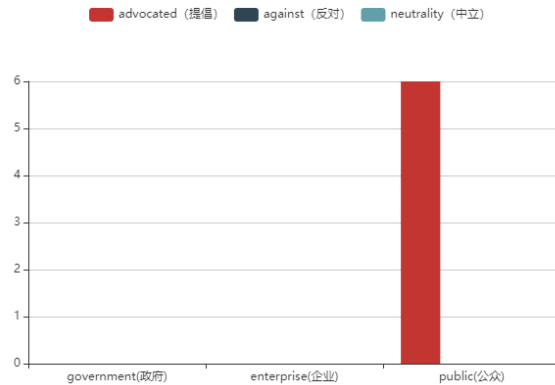


减盐-新闻 Salt Reduction - News

今日 (2019-01-20) 共监测到6条资讯。请点击标题查看原文。
There are 6 articles monitored today 2019-01-20. 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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决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

安徽
Anhui

食物中的钠 Sodium in food
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心血管健康 Cardiovascular health
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决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

浙江
Zhejiang

食物中的钠 Sodium in food				
1. 今日17时大寒，冬日看家的“三冬”吃了没？下周天气超赞日日有太阳 Today at 17:00 a.m. it's very cold. Have you eaten the "three winters" of winter watchers? Next week the sun will shine on a sunny day.	来源：杭州网 Source: Hangzhou net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 12:32:26 Time: 12:32:26
今日17时整，将迎来大寒节气。大寒是二十四节气中的最后一个。经小寒至大寒，阳气逐渐强大，熬过这15天，便是立春了。今天是“四九”的第三天，俗话说“三九四九冰上走”，所以虽然连续的晴天会给人以舒适的体感温度，但是昼夜之间巨大的温差还是时刻提醒大家注意防寒保暖，千万别感冒啦！在这段晴冷的日子里，咱们又该注意些什么呢？中医认为，“三九补一冬，来年无病痛”，为抵御严寒补充元气，在冬季应少食生冷之物。				
Today at 17:00 sharp, will usher in the cold season. Cold is the last of the 24 solar terms. After 15 days, spring begins. Today is the third day of "49", as the saying goes, "walk on ice in 3949", so although continuous sunny days can give people a comfortable feeling of temperature, but the huge temperature difference between day and night still always reminds everyone to pay attention to cold prevention and warmth, do not catch a cold! uuuuuuuuu What should we pay attention to in this cold and sunny day? Traditional Chinese medicine holds that in order to replenish vital energy against severe cold, we should eat less raw and cold food in winter.				
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!				

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				
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				
<div>1. 英媒：欧洲人是如何将自己“吃死的”？ British media: How do Europeans "eat themselves to death"?</div>				
<div>英媒称，那些因吃盐太多、蔬菜摄入量不够而在疾病死亡人数排行榜上排在前面的欧洲和中亚国家已经被点名批评。乌兹别克斯坦的不健康饮食方式导致的死亡人数最多，而西班牙和以色列则位于榜单末位。据英国《每日邮报》网站1月11日报道，根据这份对51个国家进行分析的报告，英国排在榜单的第42位，每10万人中有62人死于与饮食有关的心脏疾病。研究人员分析了有多少心脏病死亡案例应归咎于高盐、低蔬菜、低坚果和低全谷物的饮食结构。</div>				
<div>European and Central Asian countries ranked first in the death toll list for eating too much salt and insufficient vegetable intake have been criticized by name, British media said. Uzbekistan has the highest number of deaths from unhealthy diets, while Spain and Israel are at the bottom of the list. According to the analysis of 51 countries, the UK ranks 42nd in the list, with 62 deaths per 100,000 people from diet-related heart disease, the Daily Mail website reported on January 11. Researchers analyzed how many heart disease deaths were attributed to a diet high in salt, low in vegetables, low in nuts and low in whole grains.</div>				
<div>2. 为什么那么想吃咸的？背后有这些原因 Why do you want salty food so much? There are these reasons behind it.</div>				
<div>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。</div>				
<div>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.</div>				
<div>3. 巧用药膳强骨骼 Skillful medication diet strengthens bone</div>				
<div>骨质疏松症是中老年人的常见病，它会使老年人在无创伤或者轻中度创伤的情况下，出现骨折。而骨折给老年人的身体健康和生活质量都会造成很大的影响。所以在日常生活中，为了增强骨骼强度，避免出现骨质疏松，有必要发挥中医传统药膳的优点，在日常饮食中合理使用药膳，达到补充营养、强化骨骼的目的。减少钠盐的摄入。钠盐摄入过多会导致尿钙排泄增加，所以日常饮食中需要少吃钠盐。</div>				
<div>Osteoporosis is a common disease in middle-aged and elderly people. It can cause fracture in elderly people without trauma or mild or moderate trauma. Fractures have a great impact on the health and quality of life of the elderly. Therefore, in daily life, in order to enhance bone strength and avoid osteoporosis, it is necessary to give full play to the advantages of traditional Chinese medicine diet, rational use of traditional Chinese medicine diet in daily diet, to achieve the purpose of supplementing nutrition and strengthening bone. Reduce sodium intake. Excessive sodium intake can lead to increased urinary calcium excretion, so you need to eat less sodium in your diet.</div>				
<div>4. 肾脏病居家透析前莫忘洗净手 Don't forget to wash your hands before dialysis at home for kidney disease</div>				
<div>广州市民李阿姨因糖尿病波及肾脏，要在家进行腹膜透析。然而两年间她竟然有六次患上腹膜炎！广州日报全媒体记者从中山大学孙逸仙纪念医院获悉，像李阿姨这样的慢性肾脏病终末期（尿毒症）患者，进行居家腹透治疗后病情并未好转，这是为什么呢？为帮助患者找到“病根”，该院肾内科医生联合临床营养科、药学部等多学科医生进行家访，结果发现病情反复竟然跟家属忘做了一个“小动作”有关。</div>				
<div>Aunt Li, a Guangzhou citizen, had to perform peritoneal dialysis at home because of diabetes mellitus affecting her kidneys. However, she had peritonitis six times in two years! Guangzhou Daily full-media reporter learned from Sun Yixian Memorial Hospital of Sun Yat-sen University that patients with end-stage chronic kidney disease (uremia), such as Aunt Li, did not get better after home-based peritoneal dialysis treatment. Why? In order to help patients find the "root cause", the nephrologist of the hospital, in conjunction with doctors from clinical nutrition department, pharmacy department and other disciplines, carried out home visits. It was found that the repeated illness was related to the family members'forgetting to do a "small action".</div>				
<div>5. 感冒时，这8种食物最好别碰，可能加重病情！ When you have a cold, you'd better not touch these eight foods, which may aggravate your illness.</div>				
<div>感冒时，这8种食物最好别碰，可能加重病情！近段时间，流感盛行，一人感冒，身边人纷纷被传染。有时候明明吃了药，病情为啥还是不见好？可能是你吃了不该吃的东西！1.蜂蜜，感冒了多半会咳嗽，而蜂蜜有止咳的作用，于是很多人感冒时会喝蜂蜜缓解咳嗽症状。专家表示，感冒药最好不要和蜂蜜一起喝。同理，凡是含蜂蜜的中成药，如止咳糖浆、川贝枇杷膏等也不宜和感冒药同服。</div>				
<div>When you have a cold, you'd better not touch these eight foods, which may aggravate your illness. In recent years, influenza is prevalent, one person has a cold, and people around them have been infected. Sometimes I take medicine, why is my condition still not good? Maybe you ate something you shouldn't eat! 1. Honey, cold will mostly cough, and honey has the role of cough, so many people will drink honey when they have a cold to relieve cough symptoms. Experts say it's better not to drink cold medicine with honey. Similarly, any Chinese patent medicine containing honey, such as cough syrup, Chuanbei loquat ointment, should not be taken with cold medicine.</div>				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2019-01-20, 共监测到502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 502 WeChat public articles were monitored in 2019-01-20. 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. 40岁后, 开始戒掉这些习惯, 因为关乎你的健康和寿命!

[After 40 years of age, you should start to quit these habits, because it's about your health and longevity!](#)

重复数: 10

日期: 2019-01-20

Repeat Number: 10

Data: 2019-01-20

研究表明, 每人每天摄入食盐增加2克, 收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。而戒掉高盐饮食的好处显而易见, 日本长野县因为限盐运动, 10年间男性的人均期望寿命增加了3年, 女性则增长了3.5年。

Studies have shown that each person's daily intake of salt increased by 2 grams, the mean systolic and diastolic blood pressure increased by 2 mm Hg and 1.2 mm Hg, respectively. The benefits of quit high-salt diets are obvious. Because of the salt-restricting campaign, the average life expectancy of men in Nagano Prefecture in Japan increased by 3 years in 10 years, and the life expectancy of women increased by 3.5 years.

2. 这个病比癌症可怕, 有人花了130万没能救命! 你需要这么预防

[This disease is more terrible than cancer. Someone spent 1.3 million yuan and could not save his life! You need to prevent it in this way.](#)

重复数: 6

日期: 2019-01-20

Repeat Number: 6

Data: 2019-01-20

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、耗油、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. 央视发出警告: 别吃的太清淡, 好多人出问题了!

[CCTV issued a warning: Don't eat too light. A lot of people have a problem with their health!](#)

重复数: 5

日期: 2019-01-20

Repeat Number: 5

Data: 2019-01-20

饮食过咸则容易引发骨质疏松、高血压, 长期饮食过咸还可导致中风和心脏病。而腌制食品不仅含盐量高, 还含有大量的亚硝酸盐, 它和黄曲霉素、苯丙芘是世界上公认的三大致癌物质。参考《中国居民膳食指南》, 每人每天食盐不超过6克。高血压患者或有高血压病家族史的人, 每天食盐的摄取量要在4克以内。

Eating too salty can easily lead to osteoporosis and high blood pressure. A long-term diet that is too salty can also cause stroke and heart disease. The preserved food not only contains a high amount of salt, but also contains a large amount of nitrite. It is a recognized three major cancerous substances in the world with aflatoxin and phenylpropanoid. Refer to the "Chinese Dietary Guidelines", the salt intake per person per day does not exceed 6 grams. Hypertensive patients or people with a family history of hypertension should limit their salt intake to less than 4 grams per day.

4. 28岁男子, 凌晨突发心梗离世, 医生劝告: 心梗最爱找上这两类人

[A 28-year-old man died of a sudden myocardial infarction in the early morning. Doctors advise that these two kinds of people are easy to suffer from myocardial infarction.](#)

重复数: 4

日期: 2019-01-20

Repeat Number: 4

Data: 2019-01-20

吃得太过, 摄入过多钠, 进入血液, 易引起水钠潴留, 使血容量增加、血压上升, 增加心脑血管疾病的风险。所以, 生活中, 要注意少盐, 除了炒菜的食用盐, 还是注意酱菜、咸菜、咸鸭蛋等过咸食物的摄取。此外, 食用调料, 如耗油、酱油等, 也含有一定的盐分, 要注意用这类调味品时, 要适当减少食盐的用量。

Eat too much salt while eating too much salt. Excess sodium enters the bloodstream and causes sodium retention, which increases blood volume, increases blood pressure, and increases the risk of cardiovascular and cerebrovascular diseases. Therefore, in daily life, we should pay attention to the use of salt, in addition to the edible salt of cooking, but also pay attention to the intake of pickles, salted duck eggs and other foods. In addition, edible seasonings, such as fuel consumption, soy sauce, etc., also have a certain amount of salt. Pay attention to the use of this type of seasoning, reduce the amount of salt used.

5. 血栓是吃出来的, 这四种食物一定要少吃或不吃

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

重复数: 3

日期: 2019-01-20

Repeat Number: 3

Data: 2019-01-20

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.

减盐-微博

Salt Reduction - Weibo

2019-01-20, 共检测到2150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。

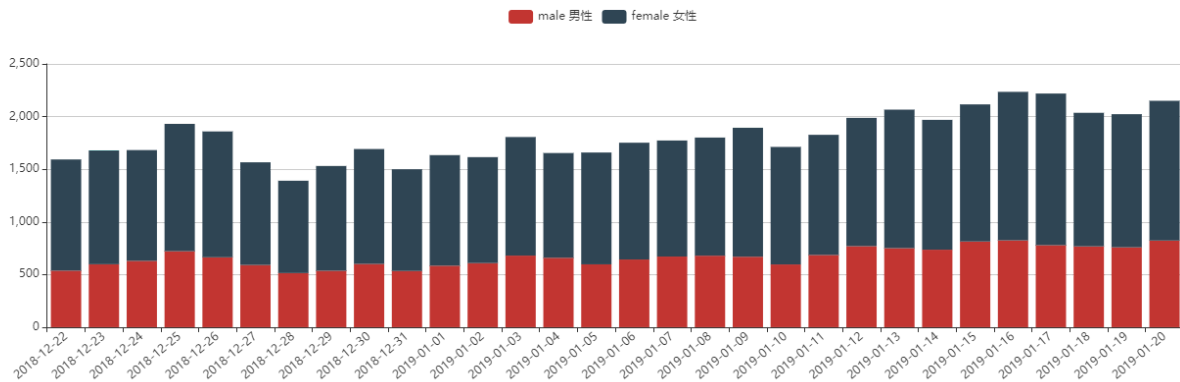
There are 2150 weibos about salt reduction monitored on 2019-01-20.

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!

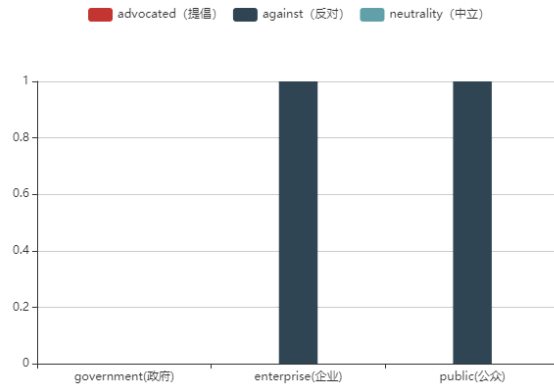
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-20) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-01-20. 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
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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. 轻度脂肪肝，饮食注意七点 Mild Fatty Liver, 7 Points for Dietary Attention	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 10:30:27 Time: 10:30:27
经常有人问，体检查出轻度脂肪肝，饮食上应该注意啥呢？1.控制饱和脂肪酸摄入量。饱和脂肪酸的食物来源有：牛肉、猪肉、羊肉、全脂奶制品、奶酪、椰子油、动物油等。2.尽量避免氢化植物油里的反式脂肪酸摄入。3.保持每日食物的多样性：包括谷类、动物性食品、蔬菜和水果、豆类制品、奶类制品和油脂，以达到平衡膳食，才能满足人体各种营养需要。				
Often people ask, physical examination found mild fatty liver, diet should pay attention to what? 1. Control the intake of saturated fatty acids. Food sources of saturated fatty acids include beef, pork, mutton, whole-fat dairy products, cheese, coconut oil, animal oil, etc. 2. Avoid trans fatty acids in hydrogenated vegetable oils as much as possible. 3. Maintain the diversity of daily foods, including cereals, animal foods, vegetables and fruits, legumes, dairy products and oils, in order to achieve a balanced diet, in order to meet the various nutritional needs of the human body.				
2. 香飘飘：杯装奶茶龙头液体奶茶和果汁茶有望放量助推业绩快增 Fragrance floating: Cup milk tea leading liquid milk tea and fruit juice tea are expected to boost the rapid growth of performance	来源：东方财富网 Source: Oriental Wealth Network	主体：企业 Subject: industry	态度：反对 Attitude: against	时间： 09:37:58 Time: 09:37:58
香飘飘(603711)公司是杯装奶茶龙头企业。公司主营业务为奶茶产品的研发、生产和销售，传统优势产品为“香飘飘”品牌杯装奶茶。“香飘飘”是“中国驰名商标”。公司固体冲泡奶茶分为椰果系列奶茶(经典系)、美味系列奶茶(好料系)。椰果系列奶茶包括原味、香芋、麦香、草莓、巧克力、咖啡6种口味；美味系列奶茶包括红豆、蓝莓、芒果布丁、芝士燕麦、雪糯椰浆、焦糖仙草6种口味。				
Xiangpiao (603711) Co., Ltd. is the leading company of cupped milk tea. The company's main business is research and development, production and sales of milk tea products. The traditional advantage product is "fragrant floating" brand cupped milk tea. "Fragrance floating" is a well-known trademark in China. The company's solid brewing milk tea is divided into coconut series milk tea (classic series), delicious series milk tea (good material series). Coconut series milk tea includes six flavors: original flavor, taro, wheat flavor, strawberry, chocolate and coffee. Delicious series milk tea includes six flavors: red bean, blueberry, mango pudding, cheese oat, snow glutinous coconut milk and caramel fairy grass.				
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

2019-01-20, 共监测到210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 210 WeChat public articles were monitored in 2019-01-20. This page shows the top five articles by repeat number today.

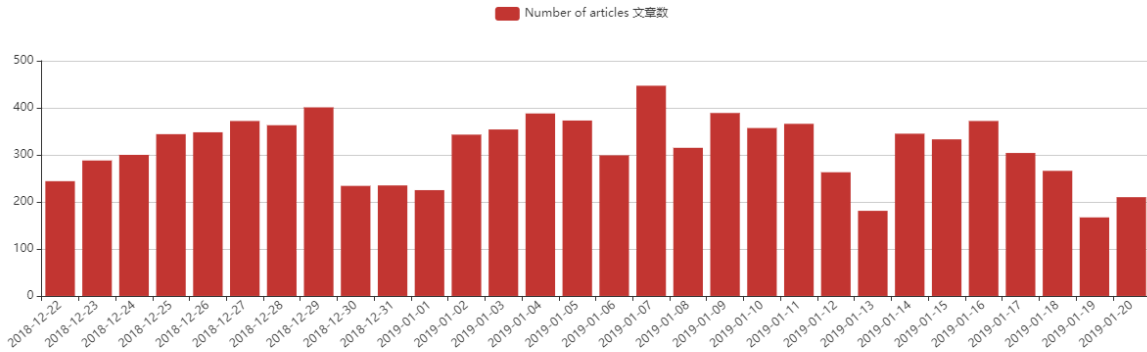
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

重复数: 5

日期: 2019-01-20

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

Repeat Number: 5

Data: 2019-01-20

少吃加工食品 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造食品多吃天然食品。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.

2. 常吃粗粮好处多, 但你真的适合吃吗? 别让“伪粗粮”毁掉健康

重复数: 5

日期: 2019-01-20

[It's good to eat coarse grains often, but are you really fit to eat? Don't let "false coarse food" destroy your health.](#)

Repeat Number: 5

Data: 2019-01-20

我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为一些商家会在制作的过程中加入大量的饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高, 所以在摄入的时候一定要控制好量。谷物饮料也是一样, 先不说将粗粮打磨后养分丢失了, 在制作的过程中可能还会添加大量的糖, 吃多了容易引起肥胖。

The whole grain biscuits we eat are mostly crispy. This is because merchants add a lot of saturated and trans fatty acids to enhance the taste during the production process. This also tends to result in higher fat content in coarse grain biscuits than in regular biscuits, so be sure to control the amount when eating. The grain drink not only loses nutrients after the coarse grain is polished, but may also be added with a large amount of sugar, which may cause obesity if it is excessively ingested.

3. 肠道最怕5种食物! 哪个是你的最爱?

重复数: 3

日期: 2019-01-20

[The intestine fears five kinds of food! Which is your favorite?](#)

Repeat Number: 3

Data: 2019-01-20

反式脂肪酸会让食物变得松软可口, 但是过多的反式脂肪酸对肠道健康有损伤作用。人造反式脂肪的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、能增添食品酥脆口感、易于长期保存等优点, 因此被大量运用于市售包装食品、餐厅的煎炸食品中。含有反式脂肪酸的食物包括油炸食品中的炸鸡、薯条、薯片、方便面、麻花、油酥饼等

Trans fatty acids can make food soft and delicious, but too much trans fatty acids can damage the intestinal health. The main source of artificial trans fats is partially hydrogenated vegetable oils. Partially hydrogenated oils have the advantages of high temperature resistance, non-deterioration, crispy mouthfeel, and long-term preservation. Therefore, they are widely used in commercially available packaged foods and fried foods in restaurants. Foods containing trans fatty acids include fried chicken, French fries, potato chips, instant noodles, twists, shortbread, etc.

4. 为何中风患者越来越多? 提醒: 少吃4类食物, 牢记防中风三字经

重复数: 3

日期: 2019-01-20

[Why are there more and more stroke patients? Eat 4 types of food, remember the three character primer to against stroke.](#)

Repeat Number: 3

Data: 2019-01-20

人造奶油增色后, 有卖相, 口感香甜, 不像动物奶油那样容易化掉, 因此色香味俱全, 吸引到很多人购买, 如街边巷尾蛋糕店卖的泡芙、奶油蛋糕、慕斯等等大多是用这种人造奶油做的, 它所含的反式脂肪酸会增加“坏”胆固醇的量, 降低“好”胆固醇的量, 容易增加血管动脉硬化的发生。

After the coloration of the margarine, there is a sale, and the taste is sweet. It's not as easy to get rid of animal cream, so it's full of color and flavor, attracting many people to buy. Most of the puffs, cream cakes, and mousses sold at the street-side cake shop are made with this margarine. The trans fatty acids it contains increase the amount of "bad" cholesterol and lower the amount of "good" cholesterol. It is easy to increase the occurrence of vascular arteriosclerosis.

5. 小崔提示: 为什么自己做的面包没有面包店的好吃? 竟是因为...

重复数: 2

日期: 2019-01-20

[Why is the bread made by myself not as delicious as the bakery? Actually because...](#)

Repeat Number: 2

Data: 2019-01-20

人造黄油含有大量的反式脂肪酸 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 过多摄入可使血液胆固醇增高 反式脂肪酸有很多名字, 注意辨别: 人造奶油、人造黄油、植脂末、起酥油、植物奶油、植物起酥油、奶精、酥油等等 选购时需要仔细看产品配料表 看到这些别称, 尽量不要购买

Margarine contains a large amount of trans fatty acids and is known as the "time bomb on the table". Its main source is partially hydrogenated vegetable oil. Excessive intake of it can increase blood cholesterol. Trans fatty acids come in many names, including margarines, margarines, non-dairy creamers, shortenings, vegetable creams, vegetable shortenings, creamers, and ghee. When purchasing, you need to look carefully at the product ingredients list. When you see these nicknames, try not to buy these foods.

反式脂肪酸-微博 Transfat - Weibo

2019-01-20, 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。

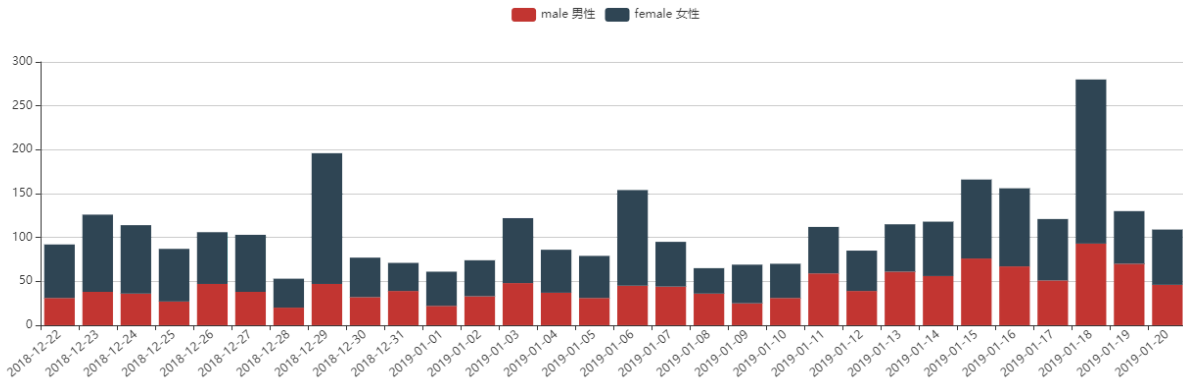
There are 109 weibos about transfat reduction monitored on 2019-01-20.

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!