

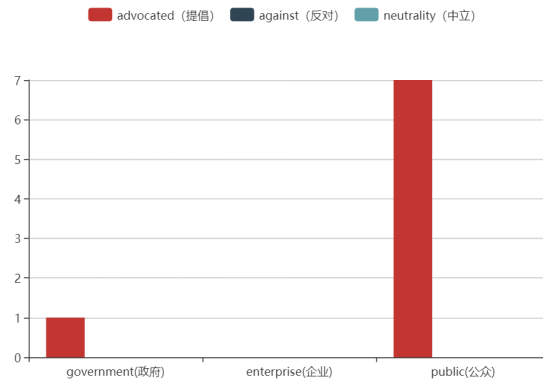
## 减盐-新闻

### Salt Reduction - News

今日 (2018-10-25) 共监测到8条资讯。请点击标题查看原文。

There are 8 articles monitored today 2018-10-25. 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
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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
1. <a href="#">泰山区省庄卫生院开展“战胜卒中再立人生”宣传咨询活动</a> 来源: 山东新闻网主体: 政府态度: 提倡时间: 14:26:33
<a href="#">Tai shan district provincial institutes to carry out the "life" stands again against stroke zhuang publicity consulting activities</a> 来源: 山东新闻网Subject: governmentAttitude: advocateTime: 14:26:33
在10月29日第13个世界卒中日来临之际, 省庄卫生院积极组织专业健康教育人员走进后省庄集市开展“战胜卒中, 再立人生”宣传咨询活动。目前卒中是多发性慢病一种, 由于它起病隐匿、缓慢, 患病因素众多, 加上人们对它重视不够, 导致患病率居高不下。脑卒中(脑中风)是一种急性脑血管疾病, 是由于脑部血管突然破裂或因血管阻塞导致血液不能流入大脑而引起脑组织损伤的一组疾病, 通常分为缺血性和出血性两大类。不同部位的脑卒中所导致的症状也不尽相同。脑卒中是由生活方式、环境、遗传等多种因素共同导致的疾病, 具有发病率高、死亡率高、致残率高的特点。
On October 29, when the 13th World Stroke Day was approaching, the provincial and village health centers actively organized health education professionals to enter the provincial and village fairs to carry out the propaganda and consultation activities of "conquering stroke and rebuilding one's life". At present, stroke is a kind of multiple chronic diseases. Because of its latent onset, slow onset, many factors of the disease, and people do not pay enough attention to it, the prevalence rate remains high. Stroke (stroke) is an acute cerebrovascular disease, which is caused by sudden rupture of blood vessels in the brain or by blockage of blood vessels that can not flow into the brain and cause brain tissue damage. It is usually divided into ischemic and hemorrhagic diseases. Different parts of the stroke cause different symptoms. Stroke is a disease caused by many factors, such as life style, environment and heredity. It has the characteristics of high morbidity, high mortality and high disability rate.
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### 河南

#### Henan

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综合健康信息 Comprehensive Health Information				
1. <a href="#">体检甘油三酯6.4, 胆固醇正常, 是不是化验错了? 医生告诉您真相</a>	来源: 中原网	主体: 公众	态度: 提倡	时间: 10:21:40
<a href="#">, normal cholesterol, triglycerides 6.4 a health test is wrong?The doctor tell you the truth</a>	来源: 中原网	Subject: public	Attitude: advocate	Time: 10:21:40
节后的医院车水马龙, 门诊显得更为忙碌。 估计是放假期间, 没有来看病的人们, 都积攒的一块了。 单先生, 48岁, 微胖, 一个公司的主管, 因业务繁忙, 饭局不断, 抽烟喝酒熬夜一样不落, 节前公司安排体检, 今天拿着体检报告来看病。 提出了一个疑问: 为啥自己的化验单上甘油三酯6.4高出这么多? 可是胆固醇确是4.2反倒是正常的? 王医生说:这很常见, 虽然甘油三酯和胆固醇都属于血脂, 但属于不同的血脂。 我们通常说的高血脂包括三种情况: 胆固醇高叫高胆固醇血症, 甘油三酯高叫高甘油三酯血症, 两项都高, 那称之为混和高脂血症。				
After the holiday, hospitals are busy and outpatient services are more busy.It is estimated that people who did not come to see a doctor during the vacation were saved up.Mr. Shan, 48, Weibo, the director of a company, because of busy business, dinner, smoking and drinking, stay up late as usual, pre-festival medical arrangements, today with a medical report to see the doctor.A question is raised: why is the triglyceride 6.4 higher than that on its own laboratory? But cholesterol is 4.2, which is normal?Dr. Wang said: This is very common, although triglycerides and cholesterol are blood lipids, but belong to different blood lipids.We usually say that hyperlipidemia includes three cases:Hypercholesterolemia is called hypercholesterolemia, hypertriglyceridemia is called hypertriglyceridemia, both are high, that is called mixed hyperlipidemia.				
决心工程 Resolve To Save Lives				
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安徽

Anhui

食物中的钠 Sodium in food				
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浙江

Zhejiang

食物中的钠 Sodium in food				
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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 如何改变生活习惯预防癌症？医生总结的3点建议和您分享 How to change habits to prevent cancer?Doctor concludes three tips to share with you	来源：搜狐 来源：搜狐	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 20:27:49 Time: 20:27:49
如何改变生活习惯预防癌症？医生总结的3点建议和您分享。 今年9月28日，相声表演艺术家师胜杰病和摇滚歌手臧天朔因肝癌同一天去世，值得警惕的是，这两位老一辈文艺工作者生前都有饮酒的生活习惯！尽管肝癌的发病有多种原因，最主要是和乙肝、丙肝、脂肪肝等慢性肝病有关，然后和饮酒、吃霉变食物、遗传等因素有关。 但我们注意到，有很多因素如遗传，我们无法改变，但生活中的一些习惯如酒、吃霉变食物我们完全可以改变，做到少喝酒甚至不喝酒，可以降低很多癌症风险，而且改变不良生活习惯也是预防癌症的最简单有效的方法！				
How to change lifestyle to prevent cancer? The 3 points recommended by the doctor are shared with you.On September 28 this year, cross talk artist Sheng Jie died of liver cancer on the same day as rock singer Zang Tianshuo. It is worth noting that the two older literary and artistic workers had a drinking habit in their lifetime. Although the incidence of liver cancer has a variety of reasons, the most important and hepatitis B, hepatitis C, fatty liver and other chronic liver diseases, and then drinking, eating moldy food, genetic and other factors.But we have noticed that there are many factors, such as heredity, we can not change, but some habits in life, such as drinking, eating moldy food we can completely change, so that drinking less or even not drinking, can reduce the risk of many cancers, and change bad habits is also the most simple and effective way to prevent cancer!				
2. 英国研究发现多数肉类替代品含盐量甚至超过海水 British study has found that most of the meat substitutes even more salt than seawater	来源：人民网 来源：人民网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:38:28 Time: 10:38:28
英国研究发现多数肉类替代品含盐量甚至超过海水。 据《澳大利亚人报》10月23日报道，英国伦敦玛丽皇后大学一家名为“对盐行动”（Action on Salt）的健康组织对一百多种不含肉类的食物进行了检查。尽管这些食物通常被认为是一种更健康的选择，但结果检测却发现，其中很多食物含盐量超标，有些食物含盐量甚至比海水盐度还高。 该研究小组对157种肉类替代品进行了研究，其中包括无肉汉堡、无肉香肠和无肉的肉末状食物，发现其中许多产品有较高的含盐量，有些甚至超过了推荐标准。研究发现，一般而言，无肉汉堡比普通牛肉汉堡的含盐量更高。				
British studies have found that most meat substitutes contain even more salt than seawater.Acton Salt, a health organization at Queen Mary University in London, has examined more than 100 meat-free foods, the Australian newspaper reported on October 23. Although these foods are generally considered to be a healthier option, tests have found that many of them contain excessive amounts of salt, and some are even more salty than seawater.The team studied 157 meat substitutes, including meat-free hamburgers, meat-free sausages and meat-free minced foods, and found that many of these products had higher salt content, some even exceeding recommended standards. Studies have found that meat free hamburgers are generally more salty than beef hamburgers.				
高血压 Hypertension				
1. 心脑血管病成老年人健康杀手患者须正确饮食 Patients with cardio-cerebral vascular disease in the elderly health killer must eat right	来源：中国医药网 来源：中国医药网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 17:41:43 Time: 17:41:43
心脑血管病成老年人健康杀手，患者须正确饮食。 心脑血管疾病严重危害人们的健康。据报道从北京市卫计委了解到，2018年10月1日至8日，北京急救中心共派出急救车辆7541车次，外伤1106例，位居第一位；脑血管病835例，位居第二位；心血管病795例，位居第三位。 疾病 它的危害竟如此之大，作为患者来说，那么平常的 饮食 就更加需要注意才好，下面我们来看一下。 心脑血管它的危害竟如此之大，作为患者来说，那么平常的就更加需要注意才好，下面我们来看一下。				
Cardio cerebrovascular disease is a health killer for the elderly, and patients must eat properly.Cardiovascular and cerebrovascular diseases are seriously endangering people's health. According to reports from the Beijing Municipal Health Planning Commission, from October 1 to 8, 2018, Beijing Emergency Center dispatched 7541 emergency vehicles, with 1106 trauma cases ranking first, 835 cerebrovascular diseases ranking second and 795 cardiovascular diseases ranking third. Disease and its harm is so great, as patients, then the ordinary diet needs more attention, we will understand the following. Cardiovascular and cerebrovascular its harm is so great, as a patient, then the ordinary need to pay more attention to just fine, we come to understand the following.				
心血管健康 Cardiovascular health				
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1. 吃得好吃不对！这7个饮食误区，却被很多人奉为“真理 ” Eating is better than right!These seven diet myth, is seen by many as a "truth"	来源：新浪网 来源：新浪网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 21:34:36 Time: 21:34:36
这些常见的饮食误区可千万不要落入！ 其实很多是人们“想象”出来的理论，那些你一直深信不疑的饮食箴言，你恪守着关于饮食的种种箴言。 南北方人的身高差异也不是简单的主食差异造成的。遗传基因是决定不同地区人群生理、性格特征的决定因素；地理因素、气候因素等都会影响人的体质、体型。当然，饮食因素也要考虑，但大米和白面只是饮食的一部分，不能用这一点解释南北方人的身高差异。 米、面两者整体上没有质的差别，日常选择也不必过于纠结，可以轮换、搭配着吃。				
Do not step in these common diet mistakes.In fact, many of the theories that people "imagine" come up with, the dietary mottos that you've always believed in, and the mottos that you follow.The difference in height between the north and the south is not caused by a simple staple diet. Genetic genes are the decisive factors that determine the physiological and personality characteristics of people in different areas; geographical and climatic factors will affect the physical fitness and body type of people. Of course, dietary factors should also be taken into account, but rice and white flour are only part of the diet, which cannot be used to explain the difference in height between North and South.There is no qualitative difference between rice and noodles on the whole. Daily choices need not be too entangled. They can be rotated and eaten with each other.				
2. 轻食要注意几点肉蛋奶不能少 Light food should pay attention to some meat, milk and eggs	来源：人民网 来源：人民网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:34:37 Time: 11:34:37
近年来，一种名为“轻食”的饮食文化逐渐风靡起来。在美国，沙拉成为轻食文化的代表；在法国，一只法棍蘸上酱汁，简单的搭配成为轻食的范式；在我国，“轻食主义”渐渐成为城市白领以及年轻人倡导的新“食尚”，主打“轻食”的餐厅也越来越多。 何为“轻食主义”？首都医科大学附属北京朝阳医院营养科营养师宋新解释，轻食主义强调的是简单、适量、健康和均衡。最初在欧洲十分流行，是指分量小、容易吃饱的食物。后来演变为低脂肪、低热量、少糖、少盐且富含膳食纤维的营养食物。				
In recent years, a kind of "light food" catering culture has gradually become popular. In the United States, salad has become the representative of light food culture; in France, a French stick dipped in sauce, simple collocation has become a light food paradigm; in China, "light food doctrine" has gradually become a new "food style" advocated by urban white-collar workers and young people, and more and more restaurants are playing "light food".What is "light eating"? Song Xin, a nutritionist at Beijing Chaoyang Hospital affiliated to Capital Medical University, explains that light eating emphasizes simplicity, moderation, health and balance. Originally popular in Europe, it means food that is small and easy to eat. Later it evolved into low fat, low calorie, low sugar, low salt and nutritious food rich in dietary fiber.				
3. 这7种致癌食品要戒掉！别等中招再后悔 The 7 kinds of carcinogenic food want to quit!Don't wait for the effects to regret again	来源：新浪网 来源：新浪网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:35:32 Time: 11:35:32
这7种致癌食品要戒掉！别等中招再后悔。 都说病从口入，癌症也是一样。或许，有不少隐藏在美食中的致癌物，你刚刚吃完，或正在嘴边——烫食——食道癌。 麻辣烫、火锅、热汤面、热奶茶.....在萧瑟的秋冬季节吃一碗烫手的“热饭”让人身心俱暖。 除了满足口腹之欲外，这碗“烫食”还烫伤了无数人的食管，让我国成为食管癌的高发国家。				
These 7 kinds of carcinogenic food should be stopped. Don't wait for action.They say the same is true for cancer.Maybe there's a lot of carcinogens hidden in food that you've just eaten, or that you're talking about -- hot food -- esophageal cancer.Spicy hot, hot pot, hot soup noodles, hot milk tea..... Eating a bowl of hot "hot rice" in the autumn and winter season makes people feel warm.In addition to appetite, this bowl of "hot food" also scalded the esophagus of countless people, making our country a high incidence of esophageal cancer country.				
决心工程 Resolve To Save Lives				
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## 减盐-微信 Salt Reduction - WeChat

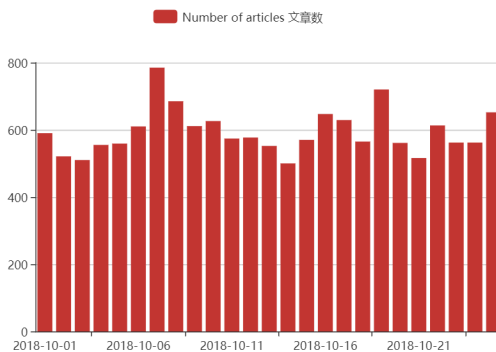
2018-10-25, 共监测到652篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 652 WeChat public articles were monitored in 2018-10-25. 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. [做饭时这个习惯, 会引发8种疾病, 不知不觉害了全家健康!](#)

重复数: 2

日期: 2018-10-25

[This habit of cooking can cause 8 kinds of diseases and unwittingly harm the whole family.](#)

Repeat Number: 2

Data: 2018-10-25

最近英国科学家又发现, 一个人每天多摄入1克盐(正常成年人每天应不超过6克盐), 肥胖的风险也会增加25%。研究人员怀疑, 可能是因为盐改变人体的新陈代谢和吸收脂肪的方式。

Recently, British scientists have found that one person consumes 1 gram more salt per day (normal adults should not exceed 6 grams of salt per day), and the risk of obesity increases by 25%. Researchers suspect that salt may alter the ways of the body's metabolism and it absorbs fat.

2. [降压三宝、降脂三宝、降糖三宝! 治疗三高的小妙方, 中老年人需要知](#)

重复数: 2

日期: 2018-10-25

[There are three methods for reduction of blood pressure, blood fat and blood glucose. Middle-aged and older people need to know the little tricks of these treatments.](#)

Repeat Number: 2

Data: 2018-10-25

限定钠盐的摄入。饮食应以油腻为宜, 少吃咸食。吃盐过多, 会使血管硬化和血压降低。天天吃盐应在5克以下为宜。

Limit the intake of sodium salt. Diet should be greasy, and eat less salty food. Eating too much salt can harden the blood vessels and lower blood pressure. It is advisable to eat salt below 5 grams every day.

3. [减盐、减油、减糖.....你会距离健康更近一步!](#)

重复数: 1

日期: 2018-10-25

[Salt reduction, oil reduction, sugar reduction... You will be closer to your health!](#)

Repeat Number: 1

Data: 2018-10-25

《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。

The Dietary Guidelines for Chinese Residents recommend that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old.

4. [减油、减盐、减糖! 三减三健, 吃动平衡](#)

重复数: 1

日期: 2018-10-25

[Reduce oil, reduce salt, reduce sugar! Three minus three health. Keep eating and exercising balance](#)

Repeat Number: 1

Data: 2018-10-25

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。

Excessive salt intake is one of the three major risk factors for hypertension. At the same time, excessive salt intake can also increase the risk of gastropathy, osteoporosis, obesity and other diseases.

5. [柳泉小学开展“低盐饮食, 从我做起”主题班会活动](#)

重复数: 1

日期: 2018-10-25

[Liuquan Elementary School launched a class event with the theme of "low-salt diet, starting from me".](#)

Repeat Number: 1

Data: 2018-10-25

班主任张老师告诉孩子们人体每天摄入盐的含量不应超过六克, 长期食用过多的盐的话, 会导致人体生病。还通过一系列的调查现状分析告诉孩子们低盐饮食的重要性。

Teacher Zhang, the head teacher, told the children that the body should not consume more than six grams of salt a day. If they eat too much salt for a long time, it will lead to illness. Through a series of surveys, the importance of low salt diet is revealed.

## 减盐-微博

### Salt Reduction - Weibo

2018-10-25, 共检测到2314条与“减盐”相关的微博。

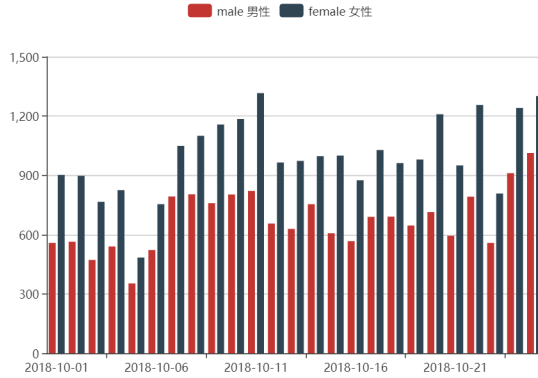
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 2314 weibos about salt reduction monitored on 2018-10-25.

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. 昵称: 新浪整形美容

地区: 广东

认证: 机构

Nickname: 新浪整形美容

Area: Guangdong

Identity: Institution

时间: 2018-10-25 09:30

来自: 微博 weibo.com

转发数: 339

评论数: 0

点赞数: 532

Time: 2018-10-25 09:30

Source: 微博 weibo.com

Repost: 339

Comment: 0

Like: 532

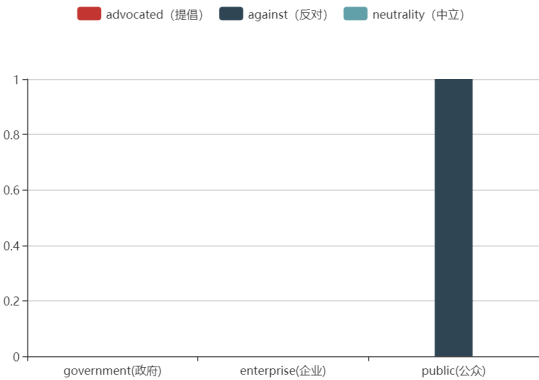
【想要巴掌脸？先对号入座你是哪种“脸大”】要先了解自己是哪种“脸大”，才能选择正确的瘦脸方式→①脂肪堆积型要从全身减重开始或脸部抽脂吸脂。②水肿型睡前要少喝水，少吃盐，多运动。③大骨架型就只有磨下颌骨手术才能改变。④咬肌发达型要少吃难咀嚼的食物，也可以通过打瘦脸针的方式来改善。

[Would you like a palm-sized face? First determine what kind of face you are.] To understand what kind of face you are, you can choose the correct face-lifting method → 1 fat accumulation type. Start with weight loss from the whole body or liposuction on the face. 2 edema type. Drink less water before going to bed, eat less salt, exercise more. 3 large skeleton types. Only the operation of the mandible can change the face shape. 4 masseter developed. Eat less food that is difficult to chew. It can also be improved by injecting BOTOX.

# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-10-25) 共监测到1条资讯。请点击标题查看原文。  
There are 1 articles monitored today 2018-10-25. 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
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No such articles!
决心工程 Resolve To Save Lives
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No such articles!

### 安徽

#### Anhui

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### 浙江

#### Zhejiang

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. <a href="#">油炸菜品危害健康?   每日涨营养姿势896</a>				
<a href="#">Fried food hazardous to health?896   up daily nutrition posture</a>		来源：搜狐	主体：公众	态度：反对
		来源：搜狐	Subject: public	Attitude: against
油炸菜品危害健康？炸藕夹、炸丸子、炸鱼、炸肉.....这些食物虽然好吃，但是存在很多问题。首先，食物在炸的过程当中必定会使用大量的烹调油，这无疑会增加油脂及能量的摄入。《中国居民膳食指南（2016）》中建议，成年人每天烹调油的摄入量为25-30克。油脂摄入过多会对我们的健康带来危害，导致超重肥胖，而肥胖会增加高血压、冠心病、糖尿病、癌症等的发病风险。不仅如此，高温烹调及重复用油易产生一定量的反式脂肪酸，干扰必需脂肪酸代谢，不仅影响儿童生长发育和神经系统健康，还容易增加成人患动脉粥样硬化和冠心病的危险性。				
Fried dishes harm health?Fried lotus root folder, fried meatballs, fried fish, fried meat... Although these foods are delicious, there are many problems.First of all, food must use a lot of cooking oil during the frying process, which will undoubtedly increase the intake of fat and energy.The Dietary Guidelines for Chinese Residents (2016) recommend that adults consume 25-30 grams of cooking oil a day. Excessive intake of fat will do harm to our health, leading to overweight and obesity, and obesity will increase the risk of hypertension, coronary heart disease, diabetes, cancer and so on.In addition, high temperature cooking and reusing oil can easily produce a certain amount of trans fatty acids, interfere with essential fatty acid metabolism, not only affect the growth and development of children and the health of nervous system, but also increase the risk of atherosclerosis and coronary heart disease in adults.				
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

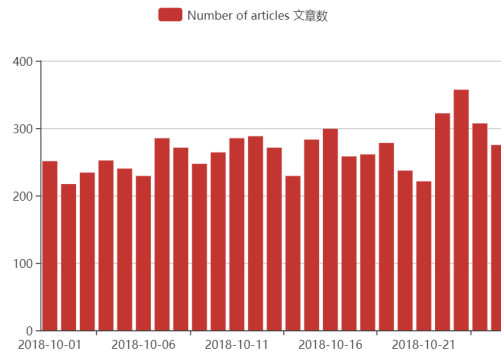
2018-10-25, 共监测到275篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 275 WeChat public articles were monitored in 2018-10-25. 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

- [摆脱肥宅, 从认识「魔鬼脂肪」开始](#)  
[Get rid of the fat nerds and start by knowing "devil fat"](#)

重复数: 7  
Repeat Number: 7

日期: 2018-10-25  
Data: 2018-10-25

反式脂肪酸与2型糖尿病发生之间存在正相关。摄入大量反式脂肪会降低胰岛素的敏感性, 促进糖尿病的发生。这也意味着, 2岁以下的孩子, 最好不要给他吃任何含反式脂肪酸的零食。

There is a positive correlation between trans fatty acids and the onset of type 2 diabetes. Ingestion of large amounts of trans fats reduces insulin sensitivity and promotes diabetes. This also means that children under the age of 2 are advised not to give him any snacks containing trans fatty acids.
- [超市买回来的食物, 千万看这个字! 没想到这亏吃了这么多年...](#)  
[Look at the word on the food package bought from the supermarket! I did not expect this loss for so many years...](#)

重复数: 4  
Repeat Number: 4

日期: 2018-10-25  
Data: 2018-10-25

有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. In addition, the list of ingredients with hydrogenated oil, hydrogenated fat, shortening, margarine, vegetable fat and other words, containing trans fatty acids more likely, is not suitable for purchase.
- [减肥不敢沾油水? 你只是日常油选错了!](#)  
[Don't you dare to take fat when you lose weight? You just chose the wrong daily oil!](#)

重复数: 2  
Repeat Number: 2

日期: 2018-10-25  
Data: 2018-10-25

反式脂肪具有耐高温、不易变质、存放更久的特点, 但却比饱和脂肪还要不健康。科学研究发现, 心脏病与反式脂肪有相关性。

Trans fats have the characteristics of high temperature resistance, non-deterioration and long storage, but they are unhealthy than saturated fats. Scientific research has found that heart disease is related to trans fat.
- [医生都不会碰的17种食物, 不要再给孩子吃了!](#)  
[17 kinds of food that doctors will not touch, don't give it to children!](#)

重复数: 1  
Repeat Number: 1

日期: 2018-10-25  
Data: 2018-10-25

奶油糖更要警惕, 它添加的都不是真的奶油, 而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。

Be wary of butterscotch, which is not really creamy, but a vegetable cream made from hydrogenated vegetable oil, which accounts for about half of saturated fat and may contain trans fatty acids.
- [【健康百科】奶茶, 正在毁掉这一代人](#)  
[Milk tea is destroying the generation.](#)

重复数: 1  
Repeat Number: 1

日期: 2018-10-25  
Data: 2018-10-25

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.



## 反式脂肪酸-微博 Transfat - Weibo

2018-10-25, 共检测到121条与“反式脂肪酸”相关的微博。

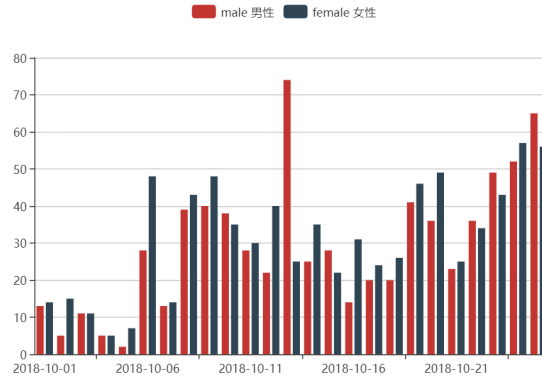
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 121 weibos about transfat reduction monitored on 2018-10-25.

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!