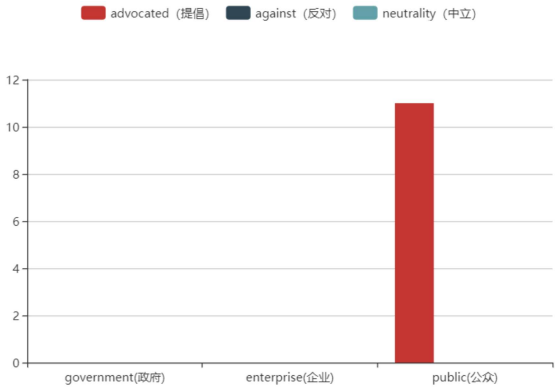


减盐-新闻

Salt Reduction - News

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综合健康信息 Comprehensive Health Information				
1. 八组织发布中国公众心肺复苏指南：心跳骤停预判把握“三停”，救治心跳骤停... Chinese public released eight group CPR guidelines: cardiac arrest anticipation grasp "three stops", treat 'hearts...	来源：中原网	主体：公众	态度：提倡	时间： 10:11:35
	来源：中原网	Subject: public	Attitude: advocate	Time: 10:11:35
八组织发布中国公众心肺复苏指南：心跳骤停预判把握“三停”，救治心跳骤停突出“三法”。近期，中华医学会科学普及分会、中华医学会灾难医学分会、中华医学会急诊医学分会、中国研究型医院学会心肺复苏专业委员会、中国老年保健协会心肺复苏专业委员会、中国健康管理协会健康文化委员会及中华精准健康传播团和中国心肺复苏科学普及团等组成的中国公众卫生健康指南编写委员会发布了《中国公众心肺复苏卫生健康指南》。指南指出，当有人突然倒下，目击者（或第一反应人）立即识别并进行高质量的心肺复苏（按压、通气和电除颤）是成功救命的关键。				
Eighth Organization issued guidelines for the Chinese public on cardiopulmonary resuscitation: cardiac arrest prediction grasp the "three stops" and treatment of cardiac arrest prominent "three methods".Recently, the Science Popularization Branch of the Chinese Medical Association, the Disaster Medicine Branch of the Chinese Medical Association, the Emergency Medicine Branch of the Chinese Medical Association, the CPR Professional Committee of the Chinese Research Hospital Association, the CPR Professional Committee of the Chinese Geriatric Health Association, the Health Culture Committee of the Chinese Health Management Association and the Chinese Accurate Health The China Public Health Guidelines Committee, composed of the Communication Mission and the China CPR Science Popularization Mission, issued the Health Guidelines for CPR in China.The guidelines point out that when someone suddenly falls, eyewitnesses (or first responders) immediately identify and perform high-quality cardiopulmonary resuscitation (compression, ventilation, and defibrillation) as the key to successful life saving.				
2. 甘油三酯升高除了不能多吃油炸食品，连馒头米饭都不能多吃吗？ Elevated triglycerides in addition to not eat Fried food, can't eat steamed rice?	来源：中原网	主体：公众	态度：提倡	时间： 14:31:34
	来源：中原网	Subject: public	Attitude: advocate	Time: 14:31:34
上周有一个患者，拿着化验单来就诊，说自己已经开始控制饮食1个多月，不吃油炸食品，不吃肥腻食品，低盐低糖，可是为什么甘油三酯没有降下来呢？王医生问:除了控制油腻，米饭、面条控制了吗？他回答:啊！主食也要控制啊，自从不吃油腻后，现在主食猛增。这连主食也不让吃，还让人活吗？王医生没有不让您吃，只是控制量，要不就吃药，看您怎么选择？我想大多数还是选择控制饮食吧，谁也不想吃药，毕竟药物都有副作用。甘油三酯升高，要少吃油炸肥腻的食品，这个大家都好理解，吃的油多了，那自然留在体内的油就多了，血里面的油就多了，甘油三酯就升高，所以甘油三酯升高一定要少吃油炸肥腻的食物。为什么还要少吃馒头米饭呢？馒头和米饭的主要成分就是碳水化合物，碳水化合物是为人体提供热能的三种主要的营养素中最廉价的营养素。食物中的碳水化合物分成两类：人可以吸收利用的有效碳水化合物如单糖、双糖、多糖和人不能消化的无效碳水化合物，如纤维素。				
Last week, a patient came to the clinic with a test list and said he had been on a diet control for more than a month. He didn't eat fried food, fat food, low salt and sugar. But why didn't triglycerides come down?Dr. Wang asked: in addition to controlling greasy rice, noodles control?He replied, "ah! The staple food should also be controlled. Since the greasy food is not eaten, the staple food is increasing rapidly. Even the staple food is not allowed to eat. Is it still alive?Dr. Wang did not let you eat, just control the amount, or take medicine, see how you choose?I think most of them choose to control diet. No one wants to take medicine. After all, drugs have side effects.Triglyceride elevation, to eat less fried fat food, this everyone understands, eat more oil, naturally left in the body on more oil, blood on more oil, triglyceride on the rise, so triglyceride elevation must eat less fried fat food.Why do we still have less steamed rice?The main ingredients in steamed bread and rice are carbohydrates, the cheapest of the three main nutrients that provide heat for the body. There are two types of carbohydrates in food: effective carbohydrates such as monosaccharides, disaccharides, polysaccharides, and inactive carbohydrates, such as cellulose, that one can absorb and utilize.				
3. 荞麦食品能给我们的身体带来什么好处？适合哪些人吃呢？ Buckwheat food can give us the body what good?For what people eat?	来源：中原网	主体：公众	态度：提倡	时间： 19:41:25
	来源：中原网	Subject: public	Attitude: advocate	Time: 19:41:25
荞面饅饹带芥末！小时候，门口总有这种叫卖声“荞面饅饹带芥末”……荞面饅饹，有点象麻粉。卖荞面饅饹，赠送芥末，因为凉拌饅饹的时候不但醋和辣子要多，还要来一点芥末，可是芥末并不是我们家庭的常备调味品，于是卖荞面饅饹的人就会考虑到，赠送。荞面饅饹其实就是荞麦面做的类似面条的食物，因为是用一种饅饹床子压出来的，所以显得特别均匀。我们吃热饅饹一定要讲究冒！就是在开水锅里来回的浸泡，一方面加热饅饹，一方面避免饅饹在热水里浸泡时间过长导致失去韧性。我们那里的人吃冒饅饹一定加羊肉汤，加羊血，那样才更正宗，可是现在哪来的羊汤，只能讲究调一下酸辣汤了！随着生活水平的提高，三高人群及心脑血管疾病的人群不断攀升，心脑血管一举成为危及我们生命健康的第一大危害。				
Buckwheat noodles with mustard!When I was young, there was always such a cry of "buckwheat noodles and mustard".Buckwheat noodles are somewhat like fern root powder.Selling buckwheat flour bait and giving mustard as a gift are not only vinegar and hot pepper, but also a little mustard. But mustard is not our family's usual condiment, so the person who sells buckwheat flour bait will be considerate and give it away.Buckwheat noodles are actually made of buckwheat noodles similar to noodles food, because it is pressed out of a bait bed, so it appears particularly uniform. We must be fastidious when we eat hot cakes. It is to soak the bait back and forth in a boiling pot, on the one hand heating the bait, on the other hand avoiding the bait soaking in hot water for too long leading to loss of toughness. People there must add mutton soup and mutton blood to the bait. That would be more authentic, but nowadays mutton soup comes from somewhere, you can only pay attention to the sour and hot soup.With the improvement of living standards, the number of people with three-high and cardiovascular and cerebrovascular diseases is rising. Cardiovascular and cerebrovascular diseases have become the biggest hazard to our lives and health.				

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安徽

Anhui

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浙江
Zhejiang

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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 预防癌症，这12条权威建议请牢记！ Cancer prevention, this article 12 authoritative advice please remember!	来源：新浪网 来源：新浪网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 17:26:35 Time: 17:26:35
预防癌症，这12条权威建议请牢记！ 中国医学科学院肿瘤医院防癌科主任医师袁凤兰表示，首先需要明确的是，目前癌症早已不再是疑难杂症，是一种可以预防的慢性疾病。提起癌症，很多人“谈癌色变”，认为得了癌症就意味着离死亡不远。2017《中国肿瘤的现状和趋势》报告显示，不论城市还是农村，肿瘤都是中国居民的主要死亡原因。面对其严重后果，我们不禁想问，癌症可以预防吗？在目前癌症发病原因尚不十分明确的情况下，癌症的预防是否也无从谈起？在专家看来，癌症早已成为一种可以预防的常见病、多发病，保持良好生活方式、戒烟戒酒等看似平常的行为，都对癌症预防有重要作用。癌症已成常见病、多发病。				
Cancer prevention, these 12 authoritative suggestions, please bear in mind!Yuan Fenglan, director of the cancer prevention department of the Cancer Hospital of the Chinese Academy of Medical Sciences, said the first thing to be clear is that cancer is no longer a difficult and complicated disease, but a preventable chronic disease.Mention cancer, many people "talk about cancer color change", think cancer means death is not far away. Cancer is the leading cause of death in both urban and rural areas, according to the 2007 China Cancer Status and Trends Report.In the face of its serious consequences, we can not help asking, can cancer be prevented? At present, the cause of cancer is not very clear. Is it possible to prevent cancer?In the opinion of experts, cancer has already become a common disease that can be prevented, frequently-occurring, maintain a good lifestyle, quit smoking and alcohol and other seemingly common behavior, are important for cancer prevention.Cancer has become a common disease and frequently occurring disease.				
2. 高血压的罪魁祸首不是盐，而是它 High blood pressure, the culprit is not salt, but it	来源：中国新闻网 来源：中国新闻网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:47:13 Time: 10:47:13
你知道吗？诱发高血压的真正凶手不是盐，而是钠！重要的事说三遍：钠！钠！钠！ 很多人以为食用盐(氯化钠)是引发高血压的元凶，其实真正的元凶是食用盐中的钠。世界卫生组织推荐每人每天钠的摄入量是5克。钠从哪里来？除了食盐外，我们吃的腌菜、肉制品、休闲食品、豆制品、蔬菜、水果等食物中也含有一定量的“钠”。我们每天吃的盐含钠量5克，但实际上，我们摄入“钠”的含量还是超过了5克。所以现在高血压的患病率迟迟没有降下来。				
You know what? The real killer of hypertension is not salt, but sodium. Three important things: sodium! Sodium! Sodium!Many people think that salt (sodium chloride) is the cause of hypertension, in fact, the real culprit is sodium in salt. The WHO recommends that the intake of sodium per person is 5 grams per day.Where does sodium come from?In addition to salt, we eat pickles, meat products, snack foods, soy products, vegetables, fruits and other foods also contain a certain amount of sodium.We eat 5 grams of sodium a day, but in fact, we still eat more than 5 grams of sodium. So the prevalence of hypertension has not descended.				
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. 辣酱开胃，豆酱促消化！5种口味酱料营养功效各不同 Chili sauce, bean paste, cocktail digestion!Five kinds of sauce tastes different nutritional benefits	来源：人民网 来源：人民网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 12:20:50 Time: 12:20:50
酱料是食物的灵魂。很多传统的酱确实很值得一提，辣酱、豆酱、沙茶酱、甜面酱、果酱，这五大不同风味的酱料可以说满足了国人的各种口味，也成就了不少名菜、名小吃。辣酱激发食欲的好助手，辣酱是很多人的下饭必备之物，以南方居多。辣酱种类虽多，但是基本的做法都是选成熟新鲜、红色辣椒为原料，剪去蒂把，倒入清水中，用竹杆不断搅拌，洗去黏附的泥沙等污物，捞起装箩沥干，倒入电动剁椒机，加盐腌制。还可以根据喜欢的口味加入牛肉、鸡肉、蒜蓉或者糖，做成不同风味的辣酱。				
Sauce is the soul of food. Many traditional sauces are really worth mentioning, chili sauce, soybean sauce, sauce, sweet noodle sauce, jam, these five different flavors of sauces can be said to meet the various tastes of the people, but also achieved a lot of famous dishes, snacks.Chilli sauce is a good assistant to stimulate appetite. Chilli sauce is a must for many people to eat.Although there are many kinds of chili sauce, the basic method is to select ripe fresh, red pepper as raw materials, cut off the pedicle, pour into the water, bamboo pole constantly stirring, wash away the adherent sediment and other dirt, pick up and drain, pour into the electric pepper chopper machine, salted. You can also add beef, chicken, garlic or sugar to make different flavors of chili sauce according to your favorite taste.				
2. 吃饭，太多太少都伤胃 To have a meal ,have too much and too little stomach injury.	来源：人民网 来源：人民网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:20:52 Time: 11:20:52

国庆期间，89岁的周爷爷一家团圆，周爷爷开心，晚餐就多吃了点，饭后又吃了个苹果。半小时后他开始恶心呕吐、肚子痛，再也吃不下东西。过了两天症状依然没有缓解，家人连忙将周爷爷送到了武汉市中心医院的综合科。腹部CT显示周爷爷的胃里还有大量内容物，被诊断为急性胃扩张，上了胃管，进行了胃肠减压，好几天才缓过劲来。饮食过量是引起急性胃扩张的最常见病因，某些手术后并发症、暴饮暴食、长期仰卧的患者及身体衰弱的老年人容易患病。

During the National Day, grandpa Zhou, 89, had a family reunion. Grandpa Zhou was happy. He ate more dinner and an apple after dinner. Half an hour later, he began to feel nausea and vomiting, stomach ache, and could not eat any more. After two days, the symptoms still did not ease, the family rushed to the Wuhan Central Hospital grandpa Zhou comprehensive department. Abdominal CT showed that Grandpa Zhou's stomach still had a lot of contents, was diagnosed with acute gastric dilatation, stomach tube, gastrointestinal decompression, for several days to slow down. Overeating is the most common cause of acute gastrectasis, and some postoperative complications, overeating, prolonged supine, and frail elderly are susceptible.

3. 四川大学华西医生“拍大片” 告诉“吃货们” 怎么吃才健康	来源：四川在线	主体：公众	态度：提倡	时间：20:21:02
Sichuan university huaxi doctor "blockbuster" tell "version" how to eat healthy.	来源：四川在线	Subject: public	Attitude: advocate	Time: 20:21:02

火锅，可以说与四川人民同呼吸共命运! 吃一顿火锅，光是油碟就超过了80g，还不包括从锅底里“捎带”出来的油，以及动物身上自带的油。吃一顿火锅就把三天的指标用完，如何兼顾健康与味蕾?这或许是困惑吃货们一辈子的疑问。日前，由四川大学华西医院临床营养科主任胡雯教授团队倾力打造的慕课《吃货的营养学修养》，于10月23日在中国大学慕课平台正式上线。临床营养师们脱下白大褂，走出象牙塔，一秒变戏精，通过情景剧的形式，将生活中常见的营养话题演绎得淋漓尽致。该课程历时6个月拍摄而成的，足见得，华西医院的医生有多么多才多艺! 给吃货们一个又能追剧又能学习的机会。看到《吃货的营养学修养》课程介绍，就已经让人迫不及待了。

Chafing dish can be said to share the same fate with the people of Sichuan. Eating a hot pot can add more than 80g to the saucer alone, not including the "carry-on" oil from the bottom of the pot and the oil from animals. How to balance health and taste buds after eating a hot pot for three days may be a lifetime puzzle for food eaters. Recently, Professor Hu Wen, director of Clinical Nutrition Department of West China Hospital of Sichuan University, launched the course "Food Nutrition" on October 23. Clinical nutritionists take off their white coats, out of the ivory tower, a second to play the essence, through the form of sitcom, the life of the common nutritional topics deduced incisively and vividly. The course, which took 6 months to shoot, is enough to see how versatile the West China Hospital doctors are. To feed goods, they can catch up with drama and learn. It is already impatient to see the introduction of the course of nutriology cultivation.

4. 癌前病变一定会致癌吗？专家释疑	来源：人民网	主体：公众	态度：提倡	时间：10:24:01
Precancerous lesions will cause cancer? Experts misgivings	来源：人民网	Subject: public	Attitude: advocate	Time: 10:24:01

近日，《去迪拜坐加长林肯见皇家医生，中国游客海外“医疗游”被骗6.5亿》一文在网络上被疯传，癌前病变再次引起公众的关注。癌前病变一定会致癌吗？常见的癌前病变都有哪些症状？连日来，记者在我省发病率排名前10名的癌症中选取了几个癌种，采访了湖南省肿瘤医院的多名专家，请他们解读与之相关的癌前病变。专家一致表示，并不是所有癌前病变都一定会发展为癌症，也不是所有癌的发展都要经过癌前病变的阶段。癌前病变是癌发生发展过程中的早期阶段，部分癌症在癌前病变期进行治疗，是可以将癌症的发生扼杀在摇篮中的，例如黏膜白斑、慢性萎缩性胃炎等。

Recently, the article "go to Dubai to sit longer Lincoln to see the Royal Doctor, Chinese tourists overseas" medical tours were cheated 650 million "has been wildly circulated on the Internet, precancerous lesions once again caused public concern. Will precancerous diseases cause cancer? What are the common symptoms of precancerous lesions? In recent days, reporters in our province's top 10 incidence of cancer selected several types of cancer, interviewed a number of experts in Hunan Cancer Hospital, asked them to interpret the relevant precancerous lesions. Experts agree that not all precancerous lesions will necessarily develop into cancer, nor will all cancers develop through the stage of precancerous lesions. Precancerous lesions are the early stages of carcinogenesis and development. Some cancers are treated in precancerous lesions, which can strangle the occurrence of cancer in the cradle, such as mucosal leukoplakia, chronic atrophic gastritis and so on.

5. 含水超高的白萝卜和鲜美的虾肉，一口下去水润鲜美补铁又补锌！	来源：搜狐	主体：公众	态度：提倡	时间：20:30:50
Aqueous ultra high green radish and delicious shrimp meat, bite water embellish delicious iron and zinc supplementation!	来源：搜狐	Subject: public	Attitude: advocate	Time: 20:30:50

含水超高的白萝卜和鲜美的虾肉，一口下去水润鲜美补铁又补锌！宝宝的辅食清淡点很重要，这对全职妈妈来讲，还能亲力亲为给宝宝吃，但全职妈妈因为白天“缺席”，就很难兼顾了。要是宝宝长期食用高盐、高糖、高油的重口味辅食，不仅会口味变重，还会导致肾脏负担！那么职场妈妈，在事业和天平上，怎么做才能两边兼顾呢？其实解决这个问题，说难很难，说简单也简单，只要这一招。我也算是职场妈妈，平时要写文章拍视频，也会有兼顾不到孩子的时候。不过，我会在周六、周日给宝宝做一些易于保存的辅食，例如包子、馄饨、肉松之类的。就算白天经常“缺席”，宝宝同样可以吃到妈妈的味道！我用含水量超高的白萝卜、鲜美的虾肉和猪肉做成肉馅，一口咬下去水润鲜美，一点都不柴，保准宝宝吃的停不下来。

White radish and delicious shrimp with high water content, add water and make iron and zinc supplement. It's important for full-time mothers to have light supplementary food for their babies. But full-time mothers can't take care of it because they are absent during the day. If the baby long-term consumption of high salt, high sugar, high oil and heavy taste supplementary food, not only will taste heavier, but also lead to kidney burden! Then, how can mothers and mothers work on both sides of the balance between their children and their careers? In fact, it is difficult to solve this problem. It is simple and simple. I am also a working mother. When I write articles and videos, I will have less children. However, I will make some easy-to-preserve supplements for Xiaobao on Saturdays and Sundays, such as steamed buns, wonton, meat floss and so on. Even if the day is often absent, the baby can also eat the smell of Mama! I made meat stuffing with super-high water content of white radish, delicious shrimp and pork. I took a bite to make it moist and delicious, and there was no firewood at all, so my baby could not stop eating it.

6. 关于吃盐	来源：中国新闻网	主体：公众	态度：提倡	时间：16:34:13
About the salt	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 16:34:13

一直以来，医生和营养学家们都在提醒我们，特别是高血压患者要控制钠盐的摄入量，以此控制血压，降低心脑血管疾病的发病率。但美国医药期刊曾比较了7800万美国人的钠摄入量 and 心脏病死亡率，时间跨度长达14年，结果却发现摄入钠越多的人，死于心脏病的几率反而越小。不久前，一篇发表于《The Lancet(柳叶刀)》医学期刊的研究，再次给出了一个健康吃盐的“阈值”。在麦马斯特大学人口健康研究所为期8年的研究中发现，只有平均每天摄入超过5g钠的人，才会面临心血管疾病和中风的相关风险。但需要注意的是，在发达国家，超过这一标准的人数不到5%；而中国是研究中唯一一个80%的地区每天钠摄入量超过5克的国家。

Doctors and nutritionists have been reminding us, especially hypertensive patients, to control sodium intake in order to control blood pressure and reduce the incidence of cardiovascular and cerebrovascular diseases. But the American Medical Journal, which compared sodium intake with heart disease mortality in 78 million Americans over a 14-year period, found that people who consumed more sodium had a lower risk of dying of heart disease. Not long ago, a study published in the Lancet medical journal gave another "threshold" for healthy salt eating. In an eight-year study at McMaster University's Institute of Population Health, only people who consume an average of more than 5g of sodium a day are at risk for cardiovascular disease and stroke. However, it should be noted that in developed countries, less than 5% of the population exceeds this standard, and China is the only country in the study where 80% of the population consumes more than 5 grams of sodium a day.

决心工程

Resolve To Save Lives

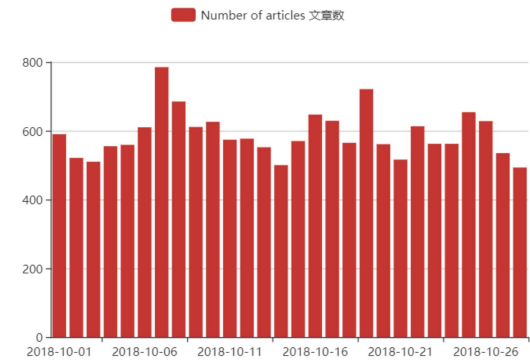
没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-10-28, 共监测到493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 493 WeChat public articles were monitored in 2018-10-28. 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.

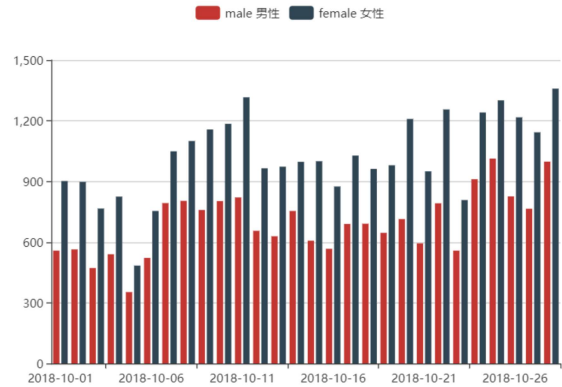


热门文章-前五 Popular Articles - Top 5		
1. “3减3健”行动, 只要能做得到, 身体肯定很健康 As long as you can achieve "3 minus 3 health," the body must be very healthy.	重复数: 1 Repeat Number: 1	日期: 2018-10-28 Data: 2018-10-28
食盐摄入过多是高血压的三大危险因素之一, 同时, 吃盐过多还可增加胃病、骨质疏松、肥胖等疾病的患病风险。很多人喜欢吃点咸菜, 或者用酱油烹调, 无形之中都增加了盐的摄取。 Excessive salt intake is one of the three major risk factors for hypertension. At the same time, eating too much salt can increase the risk of diseases such as stomach disease, osteoporosis and obesity. Many people like to eat pickles, or cook with soy sauce, which increases the intake of salt.		
2. “三减三健” 我们已行动——定西市全民健康生活方式行动第二阶段启动仪式举行 We have launched the "three reductions and three health" - the launching ceremony of the second phase of the Dingxi City Healthy Lifestyle Action	重复数: 1 Repeat Number: 1	日期: 2018-10-28 Data: 2018-10-28
定西市全民健康生活方式第二阶段行动以“三减三健 全民行动——致力健康传播 共建健康定西”为主题。旨在宣传和动员社会各界积极倡导和大力推广健康文明的生活方式, 围绕“三减三健”即“减盐、减油、减糖、健康口腔、健康体重、健康骨骼”系列专项行动, 对市民授予技能、改变行为, 帮助群众把健康知识内化于心、外化于行 The second phase of the Dingxi City Healthy Lifestyle is based on the theme of "Three Reductions, Three Health, and All People's Actions – Committed to Health Communication and Building a Healthy Dingxi". It aims to publicize and mobilize all sectors of society to actively advocate and vigorously promote a healthy and civilized lifestyle. Focusing on the "three reductions and three health", that is, "salt reduction, oil reduction, sugar reduction, healthy oral, healthy weight, healthy bones" series of special actions, to grant skills to the public, change the behavior of citizens, and help the public to absorb and apply health knowledge.		
3. 吃盐太多竟有那么多危害! Eating too much salt can cause so much harm.	重复数: 1 Repeat Number: 1	日期: 2018-10-28 Data: 2018-10-28
食盐摄入过多会加大患高血压、心肌梗塞和癌症的几率。医学建议, 应该使城市每人每天吃盐量从现在的20克左右降低到10克甚至5克以下, 以减少一些疾病的发病率。专家称, 有近50%的中老年人, 每天盐的摄入量超过了世界卫生组织提出的6克的临界值。 Excessive salt intake increases the risk of high blood pressure, myocardial infarction and cancer. Medical experts suggest that the daily salt intake per person in the city should be reduced from the current 20 grams to 10 grams or even less than 5 grams to reduce the incidence of some diseases. According to experts, nearly 50% of middle-aged and older people consume more salt per day than the 6-gram threshold proposed by the World Health Organization.		
4. 女人不想老太快, 4类食物要少吃, 这3种美容抗衰老的食物可多吃 If a woman does not want to speed up aging, four types of food should be eaten less and these three kinds of beauty anti-aging foods can be eaten.	重复数: 1 Repeat Number: 1	日期: 2018-10-28 Data: 2018-10-28
含盐量高的食物, 会损害女性的胃黏膜, 加重肝肾的负担, 肾是人体之根本, 俗话说, 肾有多好, 人就有多年轻, 因此女性想要年轻, 最好饮食清淡, 少盐, 尤其是腌制的食物, 时间一长容易释放出亚硝酸盐, 吃多了容易致癌, 不利于女性健康。 Foods with high salt content can damage the stomach mucosa of women and increase the burden on liver and kidney. The kidney is the root of the human body. As the saying goes, how good the kidney is, how young people are. Therefore, women want to be young, and it is best to have a light diet and less salt. Pickled foods are easy to release nitrite, and eating more easily causes cancer, which is not conducive to women's health.		
5. 怎样才能让“肾”松口气? How can we let the kidney relax?	重复数: 1 Repeat Number: 1	日期: 2018-10-28 Data: 2018-10-28
限盐主要是限钠, 血液中的钠离子是维持血浆渗透压的主要离子, 钠多了, 水份会从血管周围的组织中移向渗透压高的血管内, 引起血管内水份过多, 加重了心脏的负担, 引起高血压、心力衰竭。在水肿、尿少、高血压和透析超滤不足等情况需严格限制钠和水的进食。每天不超过3 克盐。 The salt limit is mainly limited to sodium. Sodium ions in the blood are the main ions that maintain plasma osmotic pressure. When the sodium intake is too large, the water moves from the tissue around the blood vessel to the blood vessel with high osmotic pressure, causing excessive blood in the blood vessel, increasing the burden on the heart, causing hypertension and heart failure. In the case of edema, oliguria, hypertension, and dialysis overfiltration, it is necessary to strictly limit the intake of sodium and water. No more than 3 grams of salt per day.		

减盐-微博

Salt Reduction - Weibo

2018-10-28, 共检测到2357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 2357 weibos about salt reduction monitored on 2018-10-28.
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.



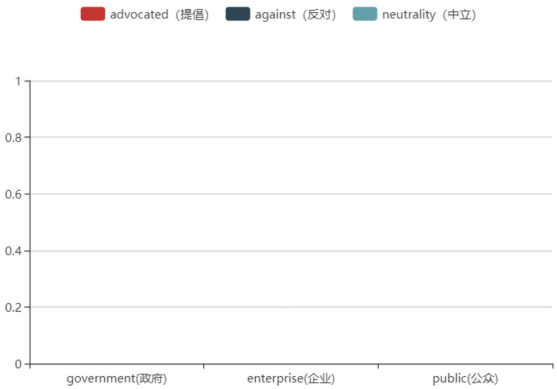
热门微博

Hot Weibos

1. 没有相关微博!
- No such weibos!

反式脂肪酸-新闻
Trans Fat - News

今日 (2018-10-28) 共监测到0条资讯。请点击标题查看原文。
There are 0 articles monitored today 2018-10-28. 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

2018-10-28, 共监测到249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 249 WeChat public articles were monitored in 2018-10-28. 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.

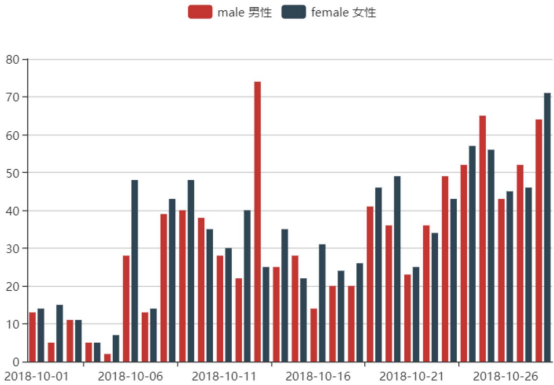


热门文章-前五 Popular Articles - Top 5		
1. 奶茶, 正在毁掉中国三代人 Milk tea is destroying three generations of China.	重复数: 2 Repeat Number: 2	日期: 2018-10-28 Data: 2018-10-28
反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。 Trans fatty acids, 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.		
2. 网红奶茶正在毁掉中国女人 Web star milk tea is destroying Chinese women.	重复数: 1 Repeat Number: 1	日期: 2018-10-28 Data: 2018-10-28
反式脂肪酸会导致我们发胖的根本原因是, 人体对反式脂肪酸的代谢能力很弱, 脂肪无法被代谢而堆积在身体里, 日积月累, 减肥就成了不可能完成的任务。 The fundamental reason why trans-fatty acids cause us to gain weight is that the body's ability to metabolize trans-fatty acids is weak, and fat can't be metabolized and accumulated in the body. Over time, weight loss becomes an impossible task.		
3. 快放下手中的奶茶!! Put down your milk tea!	重复数: 1 Repeat Number: 1	日期: 2018-10-28 Data: 2018-10-28
在油脂氢化过程中产生的反式脂肪酸若摄入过量会影响儿童发育, 引发心血管疾病和肥胖等。本次比较试验发现, 有4件样品含有较高的反式脂肪酸, 而且这4件样品的蛋白质含量不高, 说明奶原料的质量不好。 The excessive intake of trans fatty acids produced during the hydrogenation of fats and fats can affect children's development and lead to cardiovascular diseases and obesity. The comparative test found that four samples contained high trans fatty acids, and the protein content of these four samples was not high, indicating that the quality of milk raw materials is not good.		
4. 脸要穷养, 脚要富养; 心要穷养, 肺要富养..... Keep your face poor, your feet rich, your heart poor, your lungs rich.	重复数: 1 Repeat Number: 1	日期: 2018-10-28 Data: 2018-10-28
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。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。 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.		
5. 这些看似营养的食物其实不健康 These seemingly nutritious foods are actually unhealthy.	重复数: 1 Repeat Number: 1	日期: 2018-10-28 Data: 2018-10-28
市场上卖的“营养麦片”很容易被误以为是纯燕麦片, 其实营养上远远不如纯燕麦片, 它的蛋白质含量低(一般不高于5%), 而糖分却多, 因为添加了植脂末, 还可能带入反式脂肪酸, 过量的反式脂肪酸会升高低密度脂蛋白, 降低高密度脂蛋白, 增加患动脉粥样硬化和冠心病的危险性。 The "nutritional cereal" sold on the market can easily be mistaken for pure oatmeal. In fact, its nutrition is far less than pure oatmeal. It has a low protein content (generally no more than 5%) and a lot of sugar, because with the addition of non-dairy creamer, it may also bring in trans fatty acids. Excessive trans fatty acids increase LDL, lower HDL, and increase the risk of atherosclerosis and coronary heart disease.		

反式脂肪酸-微博

Transfat - Weibo

2018-10-28, 共检测到135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 135 weibos about transfat reduction monitored on 2018-10-28.
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热门微博

Hot Weibos

- 1. 没有相关微博!
No such weibos!