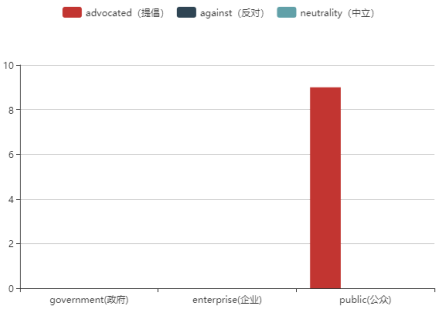


## 减盐-新闻

### Salt Reduction - News

今日 (2019-01-23) 共监测到9条资讯。请点击标题查看原文。  
There are 9 articles monitored today 2019-01-23. 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

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
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综合健康信息 Comprehensive Health Information
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No such articles!
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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No such articles!
高血压 Hypertension
没有相关文章!
No such articles!

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

食物中的钠 Sodium in food				
没有相关文章!				
No such articles!				
高血压 Hypertension				
1. <a href="#">太原疾控提醒：气温下降高血压患者要注意</a> <a href="#">Taiyuan Disease Control Reminds: Hypertensive Patients Should Pay Attention to Temperature Decrease</a>	来源：新华网山西频道 Source: Xinhua Shanxi Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:44:08 Time: 08:44:08
每逢气温下降之时，高血压患者就需要注意了，因为这是血压升高的高发期。1月17日，太原疾控中心发布提醒：气温下降，高血压患者要从日常细节做起，防范血压波动。疾控专家表示，气温下降，血压升高是必然现象。因为血管也有“热胀冷缩”的特性，也就是说，遇冷时，血管会收缩，从而引起血压的升高；遇热时，血管会扩张，导致血压的下降。所以，在天气突然变冷，或者是早晚温差比较大的换季时节，人的血压波动就会表现得比较明显，或升或降。				
Every time the temperature drops, hypertensive patients need to pay attention, because this is the high incidence of elevated blood pressure. On January 17, the Taiyuan CDC issued a reminder: As the temperature drops, hypertensive patients should start with daily details to prevent blood pressure fluctuations. Disease control experts say that temperature drops and blood pressure rises are inevitable phenomena. Because blood vessels also have the characteristics of "hot expansion and cold contraction". That is to say, when it is cold, blood vessels will contract, which will cause the rise of blood pressure; when it is hot, blood vessels will expand, leading to the decline of blood pressure. Therefore, when the weather suddenly becomes cold, or when the temperature difference between morning and evening is relatively large, the fluctuation of blood pressure will be more obvious, or rise or fall.				
2. <a href="#">冷气团发威竹市卫生局教民众五招度寒害</a> <a href="#">Cold Air Mass Faweizhu Health Bureau Teaches the Public Five Ways to Resist Cold Damage</a>	来源：大纪元 (新闻发布) Source: The Great Era (Press Release)	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:30:51 Time: 16:30:51
根据中央气象局气象预报资料显示，受大陆冷气团影响，23日北部最低温约会降至11度，24日清晨持续低温，26日另一波强烈大陆冷气团将南下影响至下周，西半部日夜温差大，新竹市卫生局教民众五招度寒害 - 保暖衣物不可少、天气暖后再运动、大吃大喝要避免、规律服药量血压、临危不乱快就医，冷气团发威特别提醒三高、心血管高风险族群及长者，保暖防护要做好。				
According to the meteorological forecast data of the Central Meteorological Bureau, due to the influence of the continental cold air mass, the lowest temperature appointment in the North fell to 11 degrees on 23 days, and the low temperature continued in the early morning of 24 days. Another strong continental cold air mass on 26 days will affect the South until next week. The temperature difference between day and night in the western part is large. The Health Bureau of Xinzhu City has taught the people five ways to survive the cold disaster-warm clothing, warm weather and exercise again, and to avoid heavy eating and drinking. Regular dosage of blood pressure, emergency medical treatment, air conditioning regiment in particular reminds the three high, cardiovascular high-risk groups and the elderly, to do a good job in warmth protection.				

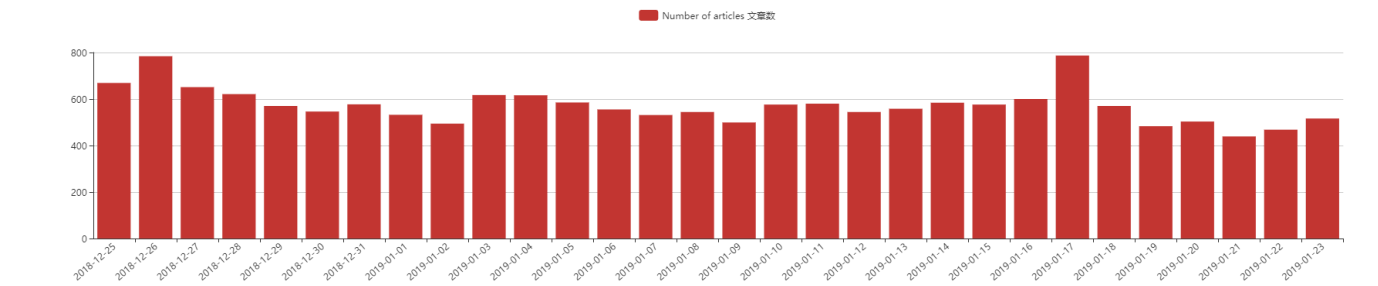
心血管健康 Cardiovascular health				
1. 哪四类人吃火锅要慎重？ Which four kinds of people should be cautious when eating hot pot?	来源： 搜狐 Source: Sohu	主体： 公众 Subject: public	态度： 提倡 Attitude: advocate	时间： 13:30:42 Time: 13:30:42
涮火锅，食材的种类是多种多样，最容易实现食物的多样化，从而达到营养的均衡化。对于健康人群，吃火锅，只需要注意荤素搭配，遵循多吃菜少吃肉的原则便可。而对于以下四类人群，涮火锅却没那么简单，除了坚持以上饮食原则，还需注意以下几点。糖尿病人保持稳定的血糖很重要，同时糖尿病患者通常存在心血管方面问题。因此，建议吃火锅时，注意以下几点。				
Hotpot shabu, the variety of food is diverse, the most easy to achieve the diversification of food, so as to achieve nutritional balance. For healthy people, eating hot pot, as long as attention is paid to the combination of buckwheat and vegetable, follow the principle of eating more vegetables and less meat. For the following four groups of people, Shabu hotpot is not so simple, in addition to adhere to the above dietary principles, but also need to pay attention to the following points. It is important for diabetics to maintain stable blood sugar, and diabetics usually have cardiovascular problems. Therefore, it is recommended to eat hot pot, pay attention to the following points.				
综合健康信息 Comprehensive Health Information				
1. 如何健康吃海苔？“钠、碘”是重点 How to eat seaweed healthily? "Sodium and iodine" is the key point	来源： 人民网 Source: People's net	主体： 公众 Subject: public	态度： 提倡 Attitude: advocate	时间： 08:49:59 Time: 08:49:59
海苔是以干紫菜为主要原料,添加或不添加食品添加剂等其他原料,经烘烤等工艺制成的、可直接食用的食品。丰富的营养和好吃的味道让海苔收获了大批吃货的心，但高盐等健康隐患也让一些人望而却步。那么，究竟该如何健康吃海苔呢？食用海苔的宜忌人群 海苔碘含量丰富，因碘缺乏所致的克汀病和地方性甲状腺肿患者可每天适当吃海苔。碘缺乏地区的人常吃海苔，可补充碘，但碘不缺乏的地区，一次性大量食用海苔，或经常过量吃海苔会使碘摄入量过多。				
Seaweed is a direct edible food made from dried laver as the main raw material, with or without food additives and other raw materials, by baking and other processes. Rich nutrition and delicious taste make seaweed harvest a lot of hearts to eat, but high salt and other health risks also make some people hesitate. So how to eat seaweed healthily? The iodine content of seaweed is abundant in the people who eat seaweed. The patients with cretinism and endemic goiter caused by iodine deficiency can eat seaweed appropriately every day. People in iodine-deficient areas often eat seaweed, which can be supplemented with iodine, but in areas where iodine is not deficient, one-time consumption of seaweed in large quantities, or frequent excessive consumption of seaweed will lead to excessive iodine intake.				

2. 晨读  幸福的早餐生活 Morning Reading   Happy Breakfast Life	来源：新民网	主体：公众	态度：提倡	时间：07:50:29
	Source: Xinmin network	Subject: public	Attitude: advocate	Time: 07:50:29
一天之计在于晨，早餐永远不能忽略，没有早餐的生活是无奈的；幸福的早餐，可以开启一天的幸福之旅。想起几年前，女儿有友快要进幼儿园那会儿，最让人头疼的就是吃早餐了，因为懒觉不再有，早餐也不能再磨蹭了，必须“速战速决”，而且尽量要让她吃饱吃好，才能保证一上午有精神。我向来是个注重健康饮食的人，倡导低糖低盐少油无添加。				
A day's plan lies in the morning. Breakfast can never be ignored. Life without breakfast is helpless. Happy breakfast can open a day's journey of happiness. When my daughter's friend was about to enter kindergarten a few years ago, the most painful thing was to eat breakfast. Because there was no more laziness and breakfast could not be dawdled any more. We had to "make quick decisions" and try our best to make her eat well so as to ensure that she would be energetic all morning. I have always been a person who pays attention to healthy diet, advocating low sugar, low salt and little oil without adding.				
3. 每周运动一两次不足以“击退”脂肪肝 Exercise once or twice a week is not enough to "fight off" fatty liver	来源：人民网	主体：公众	态度：提倡	时间：08:51:29
	Source: People's net	Subject: public	Attitude: advocate	Time: 08:51:29
前段时间的体检高峰之后，不少人拿到了体检报告，有人发现，报告上出现了“脂肪肝”的字样。得了脂肪肝该怎么办？广州市中医医院主任中医师林穗芳提醒，体检发现脂肪肝不用过度紧张，脂肪肝一般都是可以恢复的，但是也不能掉以轻心，假如任由其发展，继续不良的生活习惯、饮食习惯或药物伤害，就会发展到肝硬化甚至肝功能衰竭。而一旦到了肝硬化这个阶段，就不可逆转了。				
Some time ago, after the peak of physical examination, many people got the medical examination report. Some people found that the word "fatty liver" appeared in the report. What should I do when I get fatty liver? Lin Suifang, director of Guangzhou Hospital of Traditional Chinese Medicine, reminded me that physical examination found that fatty liver can be recovered without excessive tension, but it can not be taken lightly. If we allow it to develop and continue to have bad habits, dietary habits or drug injuries, it will develop to liver cirrhosis and even liver failure. Once the stage of cirrhosis is reached, it is irreversible.				
4. 春节家宴打出“方便+健康”牌 "Convenience + Health" Brand in Spring Festival Home Banquet	来源：东方财富网	主体：公众	态度：提倡	时间：19:12:58
	Source: Oriental Wealth Network	Subject: public	Attitude: advocate	Time: 19:12:58
春节最重要的就是一家人围在一起吃一顿团圆饭。过去几年，去饭店吃年夜饭成为一二线城市的风潮，但随着80、90后成为家庭主心骨，饭店里的标准化年夜饭似乎已难以满足他们的需求。在消费升级的大背景下，吃得新鲜健康、便捷美味，成为现代家庭的新追求。健康绿色摆上餐桌。喜爱美食和健身的高女士平时就对食物比较严苛，在她看来，食材新鲜、少油少盐最为重要。				
The most important thing in the Spring Festival is that a family gathers for a reunion dinner. Over the past few years, going to restaurants to eat New Year's Eve has become a trend in first-and second-tier cities, but with the 80's and 90's becoming the backbone of families, it seems that the standardized New Year's Eve dinner in restaurants has been difficult to meet their needs. Under the background of consumption upgrading, eating fresh, healthy, convenient and delicious food has become the new pursuit of modern families. Healthy green on the table. Ms. Gao, who likes food and fitness, is usually strict with food. In her opinion, fresh food, less oil and salt are the most important.				
5. 人到中年后这几种营养不能少 These nutrients can't be neglected in middle age.	来源：多维新闻网	主体：公众	态度：提倡	时间：13:14:20
	Source: Multidimensional News Network	Subject: public	Attitude: advocate	Time: 13:14:20
40岁以后，人的肌肉量开始减少，体重增加，高血压、糖尿病等慢性病和癌症的发病风险逐年增加……美国克利夫兰诊所注册营养师克里斯汀·柯克帕特里克（Kristen Kirkpatrick）提醒，对于年过40的人来说，保持健康的方法之一，就是要摄取足够的营养。人缺乏维生素B12会引起精神不振、抑郁、记忆力下降、神经质、偏执等，以及多种认知功能障碍，甚至增加老年痴呆风险。鱼、肉、蛋、奶、海鲜等动物性食品和腐乳、豆豉等发酵食品是维生素B12的好来源。				
After 40 years of age, people's muscle mass began to decrease, weight gain, hypertension, diabetes and other chronic diseases and cancer risk increased year by year... Kristen Kirkpatrick, a registered dietitian at the Cleveland Clinic in the United States, reminds people over 40 that one way to stay healthy is to get enough nutrition. Lack of vitamin B12 can lead to mental retardation, depression, memory loss, neuroticism, paranoia, and a variety of cognitive impairments, and even increase the risk of Alzheimer's disease. Animal foods such as fish, meat, eggs, milk, seafood and fermented foods such as Sufu and soybean sauce are good sources of vitamin B12.				
6. 外交官对广州第一印象是美食！他们还推荐了这些世界美食 Diplomats'first impression of Guangzhou is food! They also recommend these world cuisines.	来源：新浪网	主体：公众	态度：提倡	时间：16:14:24
	Source: Sina network	Subject: public	Attitude: advocate	Time: 16:14:24
素有“食在广州”美称的花城广州也不负盛名，将地道的广州美食带到了银装素裹的梦幻小镇达沃斯，同时推介即将在今年夏天在广州举办的亚洲国际美食节。在达沃斯推介会前夕，广州日报向驻穗的外交官们发出了“微调查”，请他们讲述他们心中的广州印象。根据广州日报的微调查显示，外交官们对广州的第一印象包括了美食之城、商贸之都，融合现代与传统，亮丽的高楼大厦、绿化环境好、改革前沿地等等。				
Huacheng Guangzhou, known as "Food in Guangzhou", is also not well-known. It brings authentic Guangzhou cuisine to Davos, a dream town wrapped in silver, and promotes the Asian International Food Festival to be held in Guangzhou this summer. On the eve of the Davos promotion meeting, Guangzhou Daily sent a "micro-survey" to diplomats stationed in Suizhou, asking them to tell their impression of Guangzhou. According to a microsurvey conducted by Guangzhou Daily, diplomats'first impressions of Guangzhou include the city of gourmet food, the city of Commerce and trade, the integration of modern and traditional, the beautiful high-rise buildings, the green environment, the frontier of reform and so on.				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				

# 减盐-微信

## Salt Reduction - WeChat

2019-01-23, 共监测到516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 516 WeChat public articles were monitored in 2019-01-23. 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. <a href="#">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!</a> <a href="#">The child was found to have kidney failure because the mother liked this seasoning! Parents should be careful!</a>	重复数: 6 Repeat Number: 6	日期: 2019-01-23 Data: 2019-01-23
营养专家表示: 不足6个月的孩子, 每天盐的摄入量只有0.5g, 而儿童每天不能超过3g, 至于成人也只能摄入6g。虽然盐是日常的必需品, 不吃会没有力气, 但是吃太多会加重肾脏、心脏等器官的负担, 所以现如今都建议大家低钠少盐。我们再看这个数据: 《中国心血管病报告2014》显示, 在儿童高血压的危险因素中, 肥胖与其关系最为密切, 肥胖儿童中近三成患有高血压, 超过一半血脂异常。  Nutrition experts say that for children less than 6 months, the daily intake of salt is only 0.5g, while children can't exceed 3g per day, and adults can only consume 6g. Although salt is a daily necessities, not eating salt can cause the body to have no strength, but eating too much will increase the burden on the kidneys, heart and other organs, so nowadays it is recommended that everyone have low sodium and less salt. Let's look at this data again: The China Cardiovascular Disease Report 2014 shows that among the risk factors for hypertension in children, obesity is most closely related. Nearly 30% of obese children have high blood pressure and more than half of them have abnormal blood lipids.		
2. <a href="#">血栓是吃出来的, 这四种食物一定要少吃或不吃</a> <a href="#">Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.</a>	重复数: 4 Repeat Number: 4	日期: 2019-01-23 Data: 2019-01-23
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.		
3. <a href="#">这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近!</a> <a href="#">These 5 kinds of foods are super-damaged! However, we eat them every day. The more you eat, the more susceptible to uremia!</a>	重复数: 4 Repeat Number: 4	日期: 2019-01-23 Data: 2019-01-23
肾病的饮食禁忌, 主要是低盐、低脂、低磷、低钾。其中, 低盐的重要性位居第一, 因为几乎所有的肾病患者都需要低盐饮食; 而且食盐摄入超标的危害极大, 会带来一系列负面影响: 吃盐多→高钠血症→高血压→加重尿蛋白、肾衰竭→尿毒症、心血管疾病→死亡风险升高。膳食指南建议普通人每日食盐摄入量6克(一啤酒瓶盖); 肾病患者建议每日食盐摄入3-6克, 以3克为最佳。  The dietary contraindications of kidney disease are mainly low salt, low fat, low phosphorus and low potassium. Among them, the importance of low salt ranks first, because almost all patients with kidney disease need a low-salt diet, and the excessive intake of salt is extremely harmful, which will bring a series of negative effects: eating too much salt will cause high sodium blood Symptoms, high blood pressure, increased urinary protein, kidney failure, uremia, and cardiovascular disease ultimately lead to an increased risk of death. The dietary guidelines recommend 6 grams of normal salt intake per person (one beer bottle cap); patients with kidney disease are advised to consume 3-6 grams of salt per day, and 3 grams is the best.		
4. <a href="#">一旦睡觉有这3种情况, 十有八九是糖尿病, 发病率非常高!</a> <a href="#">Once you sleep in these three situations, nine out of ten are diabetes and the incidence of it is very high!</a>	重复数: 3 Repeat Number: 3	日期: 2019-01-23 Data: 2019-01-23
盐是三高人士都要经常注意的一项事情, 当人体摄入的盐分过多, 那么就会产生口渴, 就会多喝水, 会加重人体的肾脏负担, 并发病的概率会大大增加。为了避免糖尿病人的肾脏负担加重以及减轻水肿的症状, 要尽量减少盐分的摄入, 做菜时少放点盐, 少放一些调味品。  Salt is a thing that people with three highs should pay attention to constantly. When the body ingests too much salt, people will feel thirsty and drink more water. This will increase the burden on the kidneys of the human body and the probability of complications will increase greatly. In order to avoid the kidney burden of diabetics and reduce the symptoms of edema, it is necessary to minimize the intake of salt. When cooking, put less salt and less seasoning.		
5. <a href="#">年轻人最爱做的6大伤肾行为, 控制不住, 就离“尿毒症”不远了!</a> <a href="#">If the six major injuries that young people love to do are not controlled, they are not far from "uremia"!</a>	重复数: 3 Repeat Number: 3	日期: 2019-01-23 Data: 2019-01-23
现代人口味偏重, 多喜欢油、盐, 但是过量的盐分摄入就会损伤肾脏健康。因为盐分过量就可使血压升高、蛋白尿排泄增加, 长期高血压会增加肾小球的压力, 如果是患单纯高血压15年者, 42%的患者会出现肾损害, 重度高血压可使尿毒症危险增加11倍。所以, 适度限盐(小于6g)能有效降低血压、尿蛋白, 改善肾功能, 减小尿毒症风险。  Modern people have a strong taste. They like heavy oil and heavy salt, but excessive salt intake can damage kidney health. Because of excessive salt, blood pressure can be increased and proteinuria excretion can be increased. Long-term high blood pressure will increase the pressure of glomeruli. If you have hypertension for 15 years, 42% of patients will have kidney damage, and severe hypertension can increase the risk of uremia by 11 times. Therefore, moderate salt restriction (less than 6g) can effectively lower blood pressure and urine protein, improve renal function, and reduce the risk of uremia.		

## 减盐-微博

### Salt Reduction - Weibo

2019-01-23, 共检测到2038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。

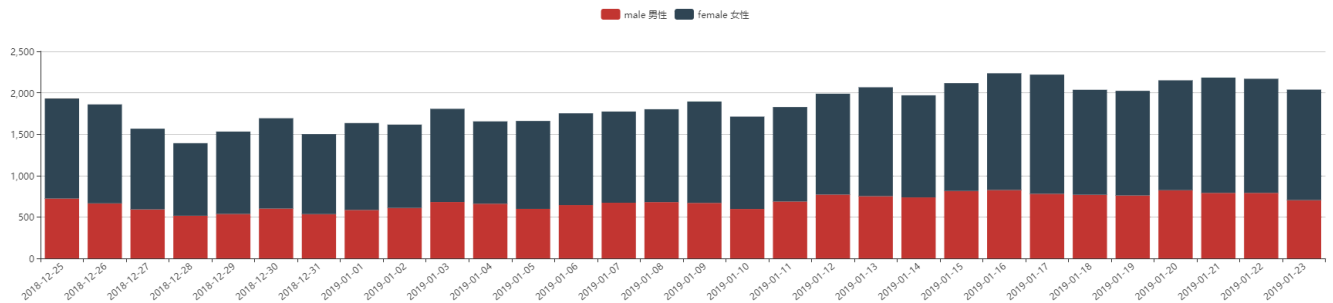
There are 2038 weibos about salt reduction monitored on 2019-01-23.

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.



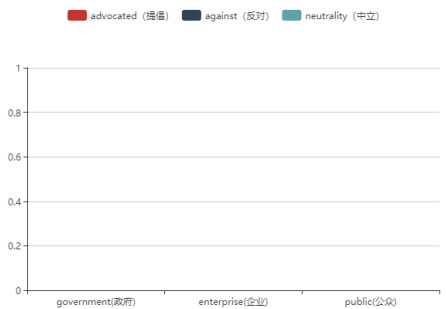
热门微博  
Hot Weibos

1. 没有相关微博!  
No such weibos!

# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-01-23) 共监测到0条资讯。请点击标题查看原文。  
There are 0 articles monitored today 2019-01-23. 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

2019-01-23, 共监测到357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 357 WeChat public articles were monitored in 2019-01-23. This page shows the top five articles by repeat number today.

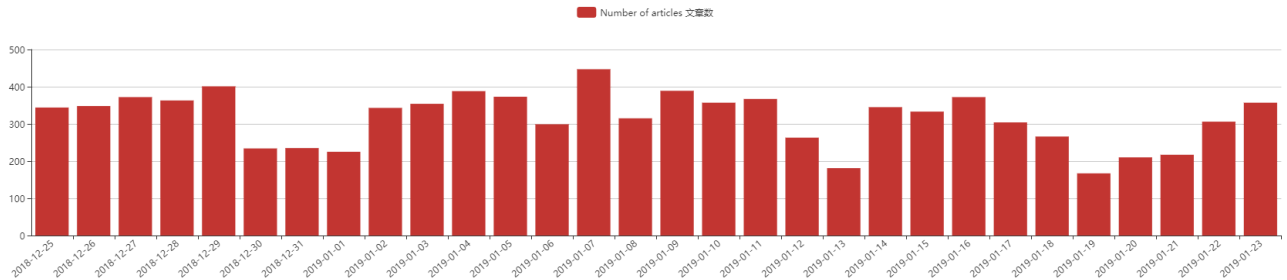
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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)

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

重复数: 62

日期: 2019-01-23

Repeat Number: 62

Data: 2019-01-23

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。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. 世界卫生组织最新推荐: 2019年“健康饮食五原则”

[World Health Organization's latest recommendation: Five Principles of Healthy Diet in 2019](#)

重复数: 8

日期: 2019-01-23

Repeat Number: 8

Data: 2019-01-23

油脂也是健康饮食的必要组成, 但吃太多油会增加肥胖、心脏病和中风的风险。反复煎炸的油也含有较多反式脂肪酸, 这些都应该避免食用。含反式脂肪酸多的食物包括: 炸薯条、炸鸡腿、炸油条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面料料等等。

Oil is also a necessary component of a healthy diet, but eating too much oil increases the risk of obesity, heart disease and stroke. Repeated frying oil also contains more trans fatty acids, which should be avoided. Foods rich in trans fatty acids include French fries, fried chicken legs, fried fries, cakes containing hydrogenated vegetable oil, chocolate, salad dressing, instant noodle sauce and so on.

#### 3. 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

[Why are there more and more stroke patients? Eat less 4 types of food and keep in mind the Three-Character Classic of stroke prevention.](#)

重复数: 5

日期: 2019-01-23

Repeat Number: 5

Data: 2019-01-23

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 artificial cream is added to the color, it has a selling phase and a sweet taste. It is not as easy to remove as animal butter, so it attracts many people to buy it. For example, puffs, cream cakes, mousses, etc. sold in street cake shops are mostly made with this kind of margarine. The trans fatty acids contained in it increase the amount of "bad" cholesterol and reduce the amount of "good" cholesterol. It is easy to increase the occurrence of vascular arteriosclerosis.

#### 4. 常吃粗粮好处多, 但你真的适合吃吗? 别让“伪粗粮”毁掉健康

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

重复数: 5

日期: 2019-01-23

Repeat Number: 5

Data: 2019-01-23

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。

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.

#### 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: 2019-01-23

Repeat Number: 3

Data: 2019-01-23

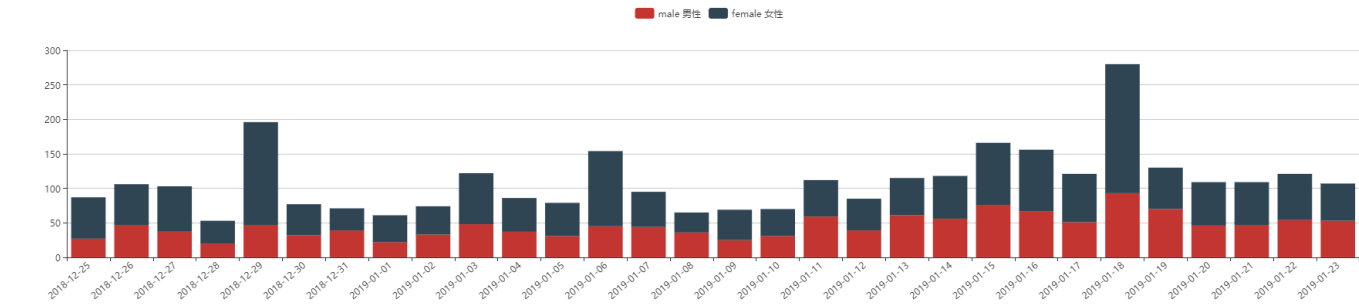
反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

# 反式脂肪酸-微博

## Transfat - Weibo

2019-01-23, 共检测到107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 107 weibos about transfat reduction monitored on 2019-01-23.  
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.  
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!