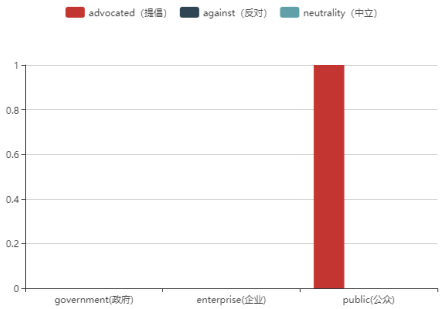


减盐-新闻

Salt Reduction - News

今日 (2018-12-01) 共监测到1条资讯。请点击标题查看原文。
There are 1 articles monitored today 2018-12-01. Please click the title to view full information.
The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food
没有相关文章!
No such articles!
高血压 Hypertension
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
没有相关文章!
No such articles!
综合健康信息 Comprehensive Health Information
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南

Henan

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安徽

Anhui

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No such articles!

浙江

Zhejiang

食物中的钠 Sodium in food
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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

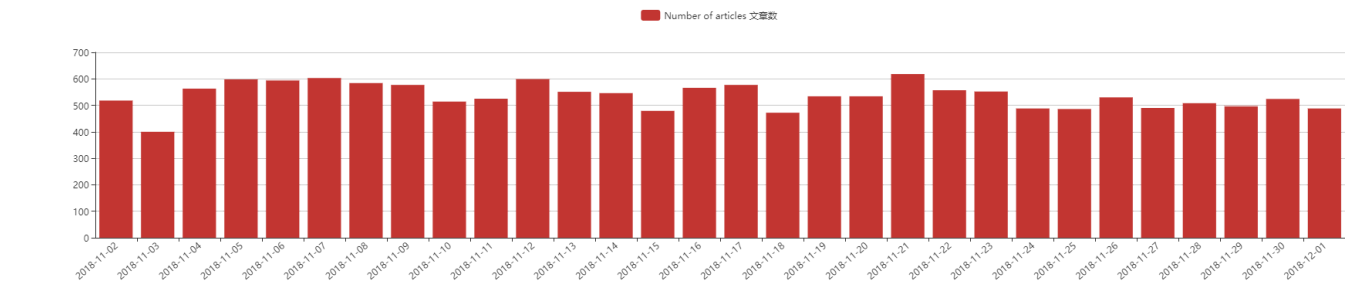
Other Provinces

食物中的钠 Sodium in food
没有相关文章!
No such articles!
高血压 Hypertension
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. 比烟更毒，比酒更害人：这2种食物会给你“招惹”不少病 More poisonous than cigarettes, more harmful than alcohol: these two foods will "provoke" you many diseases
来源：汉丰网 Source: Hanfeng network
主体：公众 Subject: public
态度：提倡 Attitude: advocate
时间：21:40:10 Time: 21:40:10
比烟更毒、比酒更害人：这2种食物会给你“招惹”不少病。有害人体健康的东西，烟酒必属其列然而大家可能不知道，还有一些生活常见的食物，也是很容易危害人体健康的，却被很多人忽略了。那就是：盐和糖，过量食用的危害绝不亚于烟跟酒。盐是三餐必备的调料，但是吃多了会有什么后果呢？过量食用容易引发高血压，容易中风，肾脏无法及时代谢掉，会影响肾脏健康，容易诱发胃癌。当钠离子过多，体内血压失调，很容易引发疾病危机。
More poisonous than cigarettes, more harmful than alcohol: these two foods will "provoke" you many diseases. Tobacco and alcohol must be among the things harmful to human health. However, you may not know that there are some common foods which are easy to harm human health, but they are ignored by many people. That is, salt and sugar are no less harmful than tobacco and alcohol. Salt is a necessary ingredient for three meals, but what will happen if you eat too much? Excessive consumption can easily lead to hypertension, stroke, kidney can not be metabolized in time, will affect kidney health, easy to induce gastric cancer. When sodium ions are excessive and blood pressure is imbalanced, it is easy to cause disease crisis.
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

减盐-微信

Salt Reduction - WeChat

2018-12-01，共监测到488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 488 WeChat public articles were monitored in 2018-12-01. 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. 为何日本人寿命全球最长? 因为他们有10大法则, 我们真该学学! Why is the life expectancy of the Japanese being the longest in the world? Because they have 10 rules, and we really should learn!	重复数: 7 Repeat Number: 7	日期: 2018-12-01 Data: 2018-12-01
日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。日本政府早在1975年就开 始重视国民减盐问题, 并发起了一系列减盐运动。		
The Japanese eat very little salt, and the daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear and it can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns.		
2. 想要健康长寿: 少吃三白, 多吃三黑 Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.	重复数: 7 Repeat Number: 7	日期: 2018-12-01 Data: 2018-12-01
很多人在做菜的时候喜欢放很多盐, 觉得这样才入味, 但摄入过多的话, 对人体会产生不利的影响! 长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要从肾脏排出, 加大肾脏负担。		
Many people like to put a lot of salt when cooking, and feel that it is so delicious. However, if you consume too much, it will have an adverse effect on the human body! Long-term high-salt diets can easily cause high blood pressure, hardening of the arteries, and excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys.		
3. 清淡饮食≠只吃青菜, 你一直都吃错了 A light diet does not mean eating only green vegetables. The way you eat is wrong.	重复数: 4 Repeat Number: 4	日期: 2018-12-01 Data: 2018-12-01
成人每日摄入量应不超过6克, 吃得太咸会让体内的代谢废物不能很好地排出, 水分滞留在体内造成水肿和肥胖。除了在日常饮食中, 少摄入盐分, 更要少吃一些零食, 比如薯条薯片、炸鸡饼干、椒盐花生、奶油瓜子、盐渍梅子等, 因为绝大多数 零食里面, 都加了不少含盐的调味料。		
Adults should not consume more than 6 grams of salt per day. Eating too salty will make the body's metabolic waste not discharge well. Water retention in the body causes edema and obesity. In addition to eating less salt in your daily diet, you should eat less snacks, such as potato chips, fried chicken biscuits, salt and pepper peanuts, cream melon seeds, and Yanjin plums. Because most snacks add a lot of seasonings.		
4. 宝宝多大开始添加盐? 宝宝如何避免吃盐误区, 怎样吃盐才健康? At what age can the baby eat a diet that adds salt? How can the baby avoid eating too much salt? Which method for eating salt is healthy?	重复数: 4 Repeat Number: 4	日期: 2018-12-01 Data: 2018-12-01
高盐饮食对宝宝的5大危害 1、高盐饮食可使口腔唾液分泌减少, 溶菌酶亦相应减少, 有利于各种细菌、病毒在上呼吸道的存在。 2、高盐饮食后由于盐的渗透作用, 可杀死上呼吸道的正常寄生菌群, 造成菌群失调, 导致发病。 3、高盐饮食可抑制口 腔黏膜上皮细胞的繁殖, 使其丧失抗病能力。 4、高盐饮食会影响儿童体内对锌的吸收, 会导致孩子缺锌。 5、高盐饮食会加重宝宝的心脏、肾脏负担。宝宝的肾脏发育还不健全, 不足以渗透过多的盐。		
The five major hazards of high-salt diet on the baby: 1, high-salt diet can reduce oral saliva secretion and lysozyme, which is conducive to the presence of various bacteria and viruses in the upper respiratory tract. 2, After a high- salt diet, the osmotic action of the salt can kill the normal parasitic flora of the upper respiratory tract, causing dysbacteriosis and causing disease. 3, high-salt diet can inhibit the proliferation of oral mucosal epithelial cells, making them lose disease resistance. 4, high-salt diet will affect the absorption of zinc in children, which will lead to zinc deficiency in children. 5, high salt diet will increase the baby's heart and kidney burden. Your baby's kidneys are not well developed and are not enough to penetrate too much salt.		
5. 高血压的罪魁祸首不是盐, 而是它? 再不忌口, 难怪血压降不下来! The chief culprit of high blood pressure is not salt, but it. If you don't take it, your blood pressure won't drop!	重复数: 4 Repeat Number: 4	日期: 2018-12-01 Data: 2018-12-01
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。		
The real murderer of high blood pressure is not salt but sodium! Many people think that salt is the culprit in causing high blood pressure. In fact, the real culprit is sodium in edible salt. The World Health Organization recommends a daily intake of 5 grams of sodium per person.		

减盐-微博 Salt Reduction - Weibo

2018-12-01, 共检测到1531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。

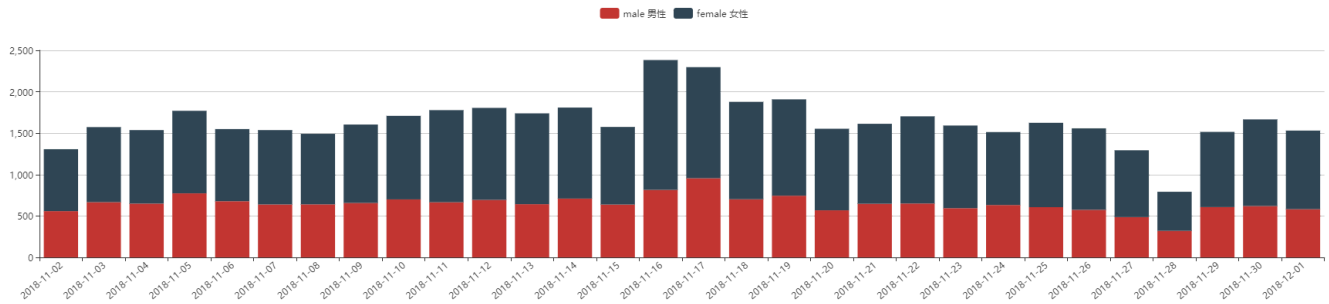
There are 1531 weibos about salt reduction monitored on 2018-12-01.

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.



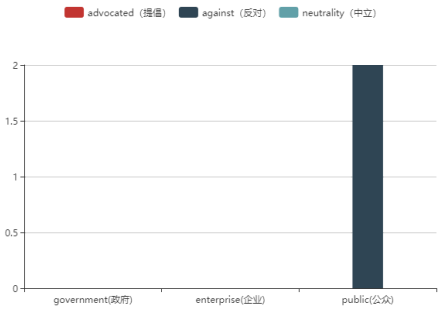
热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-01) 共监测到2条资讯。请点击标题查看原文。
There are 2 articles monitored today 2018-12-01. 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	来源: 人民网 Source: People's net	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 09:52:49 Time: 09:52:49
1. 全脂牛奶不好? 这是种误解 Is whole milk bad? This is a misunderstanding.				
全脂牛奶不好? 这是种误解 日前, 英国《柳叶刀》杂志刊载的一篇研究在国内营养界引起了关注。这项研究分析了21个国家和地区13万人9年随访的数据后得出结论: 每天摄入3份全脂牛奶制品或有助心脏健康, 降低心血管疾病和早逝风险。结果还显示, 全脂牛奶制品和低脂牛奶制品区别不大, 都有益于身体健康。纵观这几年的国外研究, 都指向了一个方向: 饱和脂肪对心血管健康的负面影响或遭“妖魔化”。此前, 随着我国临床血脂异常检出率的增高, 富含饱和脂肪酸的全脂牛奶被视为有害健康, 低脂牛奶、脱脂牛奶被提倡。				
Is whole milk bad? This is a misunderstanding. Recently, a study published in Lancet magazine has attracted the attention of the nutritional community in China. The study analyzed data from a nine-year follow-up of 130,000 people in 21 countries and regions and concluded that three full-fat dairy products a day may help heart health, reduce cardiovascular disease and premature death. The results also showed that there was little difference between whole milk products and low fat milk products, which were beneficial to health. Over the past few years, foreign studies have pointed to a direction: the negative impact of saturated fat on cardiovascular health or "demonization". Previously, with the increase of abnormal blood lipid detection rate in China, full-fat milk rich in saturated fatty acids was considered harmful to health, low-fat milk and skim milk were advocated.				

我们每天饮食都离不开食用油。但如果挑选、储存或烹饪使用油品不当，就容易吃到对人体有害的油，或使好油氧化、劣变。美国肯塔基大学毒理学博士陈立川分享“食油自救法”，教你如何吃到品质良好的食用油。简单4方法，吃到优质食用油。很多人会揪团吃美食或品酒，同理，你也可以组一团亲朋好友品油。首先，合资购买市面上不同品牌的同款油回来，自己做研究比较看看，再决定团购什么油。我曾利用养生课学员与大型聚会的机缘，做过有机椰子油与苦茶油的品尝调查，所以之后我选好的有机椰子油（富含中链饱和脂肪）与苦茶油（camelia oil，ω-9脂肪酸）购买，就定调了。

We can't eat without cooking oil every day. However, if oil is not properly selected, stored or used in cooking, it is easy to eat oils harmful to human body, or make good oils oxidize and deteriorate. Dr. Chen Lichuan, Ph. D. in Toxicology, University of Kentucky, USA, shares the "Oil Self-rescue Method" to teach you how to eat good quality cooking oil. Eat high quality edible oil in 4 simple ways. Many people will pull together to eat delicious food or drink wine. Similarly, you can also form a group of relatives and friends to taste oil. First of all, the joint venture buys the same oil of different brands on the market, and then decides what kind of oil to buy by group. I used the opportunity of health class students and large gatherings to do the tasting survey of organic coconut oil and bitter tea oil, so after that I chose organic coconut oil (rich in medium chain saturated fat) and bitter tea oil (camelia oil, Omega-9 fatty acid) to buy, set the tone.

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

2018-12-01，共监测到320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 320 WeChat public articles were monitored in 2018-12-01. This page shows the top five articles by repeat number today.

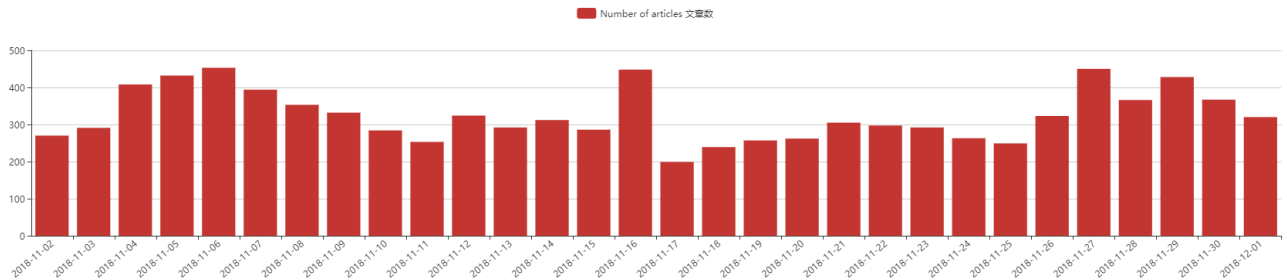
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

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. 隔一天喝一大杯！16岁女生突发心肌炎 医生：这两种人不要喝

[Have a big drink every other day! Fuzhou 16-year-old girl suddenly suffered from myocarditis. The doctor suggests these two kinds of people do not drink it.](#)

重复数: 8

日期: 2018-12-01

Repeat Number: 8

Data: 2018-12-01

商品说明的最后一栏写明了使用范围：非直接提供给消费者，一点点奶茶铺做奶茶添加用。专家介绍，植脂末就是植物奶油，也叫氢化植物油，含反式脂肪酸，而反式脂肪酸对心脑血管疾病的影响在医学界是明确的，所以世界卫生组织推荐我们膳食脂肪中反式脂肪酸的供能比不超过百分之一。

The last column of the product description states the scope of use: not directly to the consumer, and a little tea shop to use it for milk tea addition. According to experts, the non-dairy creamer is also called hydrogenated vegetable oil, which contains trans fatty acids. The effect of trans-fatty acids on cardiovascular and cerebrovascular diseases is clear in the medical community, so the World Health Organization recommends that the energy supply of trans fatty acids in our dietary fat should not exceed one percent.

2. 八种食物是“催老剂”，点进来，看看你一天吃几种~

[Eight kinds of food are "ageing agents". Come in and see how many kinds of food among it you eat every day.](#)

重复数: 7

日期: 2018-12-01

Repeat Number: 7

Data: 2018-12-01

油炸食物 油炸食物危害来自两方面，其一，用油不安全。食用油反复食用，其中致癌物质翻倍，同时低营养、高油脂，引起肥胖、消化不良、呕心、腹泻、上火、缺乏维生素和便秘。其二，油炸食物食品的原料不安全，可能存在过期、添加膨松剂、含铝超标等。铝超标容易引起软骨症、骨质疏松、影响智力发育。另外，人造黄油危害不亚于油炸食品，其中的反式脂肪影响人体内的合成利用，引起皮肤失水和皱纹出现，加速衰老。

Fried foods Fried food hazards come from two sources. First, the use of oil is not safe. Edible oil is eaten repeatedly, and the carcinogen is doubled. At the same time, low nutrition and high oil can cause obesity, indigestion, nausea, diarrhea, getting angry, lack of vitamins and constipation. Second, the raw materials of fried foods are unsafe, and there may be expired, added leavening agents, and aluminum-containing superstandards. Excessive aluminum can cause rickets, osteoporosis, and affect mental development. In addition, margarine is no less harmful than fried foods. The trans fat affects the synthesis and utilization of water in the human body, causing the appearance of water loss and wrinkles and accelerating aging.

3. 喜欢吃番茄炒蛋，心梗猝死：你以为的健康食品，却是隐形杀手

[Eating too much scrambled eggs with tomatoes may cause sudden death of myocardial infarction : The food you think is health may be a invisible killer.](#)

重复数: 4

日期: 2018-12-01

Repeat Number: 4

Data: 2018-12-01

脂肪是脂肪酸和甘油形成的甘油三酯。脂肪酸又分顺式脂肪酸和反式脂肪酸。对人体危害最大的，当属臭名昭著的人造反式脂肪酸。人造反式脂肪酸这玩意，不容易被消化，很容易累积在腹部，形成肥胖；还会增加血液粘稠度，形成导致血栓。

Fat is a triglyceride formed by fatty acids and glycerol. Fatty acids are divided into cis fatty acids and trans fatty acids. The most harmful to the human body is artificial trans fatty acids. Artificial trans fatty acids are not easily digested and easily accumulate in the abdomen, forming obesity; they also increase blood viscosity and lead to thrombosis.

4. 隔一天喝一大杯奶茶！16岁女生突发心肌炎，连走路都喘！医生：这两种人不要喝！

[Drink a large cup of milk tea every other day! A 16-year-old girl suffers from sudden myocarditis and wheezes even when she walks! Doctor: Don't drink them!](#)

重复数: 3

日期: 2018-12-01

Repeat Number: 3

Data: 2018-12-01

福建医科大学营养公共学院专家表示，食品与健康存在必然的联系，反式脂肪酸（制作奶茶的配料植脂末中含有）对心脑血管疾病的影响在医学界是明确的，青少年及孕妇不适合喝奶茶。

Experts from the Nutrition Public College of Fujian Medical University said that there is an inevitable connection between food and health. The effects of trans fatty acids (containing in the ingredients of milk tea) on cardiovascular and cerebrovascular diseases are clear in the medical community. Teenagers and pregnant women are not suitable for drinking milk tea.

5. 又是奶茶惹的祸！16岁女生突发心肌炎，连走路都喘！

[It's milk tea again! A 16-year-old girl suffers from sudden myocarditis and wheezes even when she walks!](#)

重复数: 3

日期: 2018-12-01

Repeat Number: 3

Data: 2018-12-01

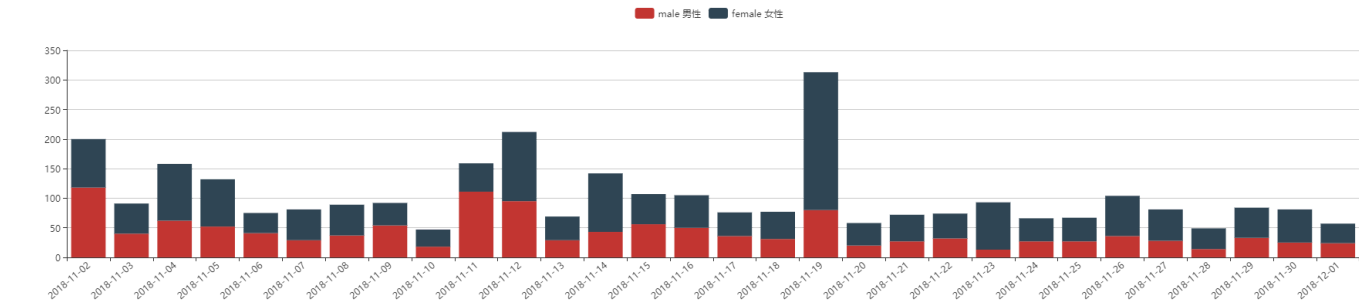
奶茶另外一个影响健康的重要成分就是植脂末。在目前科学界公认的是，氢化植物油的生产过程中会产生反式脂肪酸，这种物质对人体有较大危害。国内标准显示，每天摄入反式脂肪酸不应超过2.2克，过多摄入有害健康，使人体血液中的低密度脂蛋白增加，高密度脂蛋白减少，诱发血管硬化，增加心脏病，脑血管意外的危险。

Another important ingredient in milk tea that affects health is the non-dairy creamer. It is recognized in the scientific community that trans fatty acids are produced during the production of hydrogenated vegetable oils. This substance is harmful to the human body. Domestic standards show that daily intake of trans fatty acids should not exceed 2.2 grams, excessive intake is harmful to health. It causes an increase in low-density lipoproteins in the human blood and a decrease in high-density lipoprotein. It also induces hardening of the arteries and increases the risk of heart disease and cerebrovascular accidents.

反式脂肪酸-微博

Transfat - Weibo

2018-12-01, 共检测到57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 57 weibos about transfat reduction monitored on 2018-12-01.
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!