

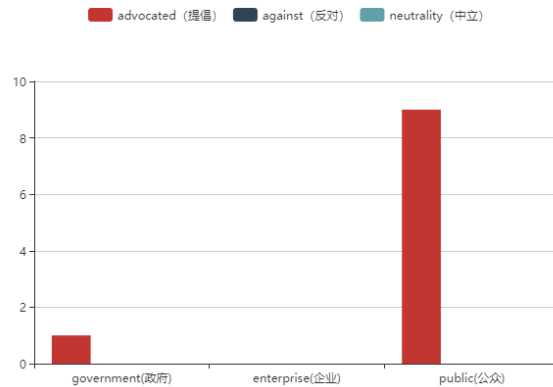
减盐-新闻

Salt Reduction - News

今日 (2018-12-11) 共监测到10条资讯。请点击标题查看原文。

There are 10 articles monitored today 2018-12-11. 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

1. 昌邑市“一评二控三减四健”专项行动正式启动

[Changyi City "One Evaluation, Two Control, Three Reduction and Four Health" Special Action was officially launched](#)

来源: 健康报

Source: Health News

主体: 政府

Subject: government

态度: 提倡

Attitude: advocate

时间: 21:25:04

Time: 21:25:04

为深入贯彻落实全国、全省“卫生与健康大会”及《“健康中国2030”规划纲要》精神，进一步推动全民健康生活方式行动深入开展，由潍坊市卫生计生委、市教育局、市体育局、市食品药品监督管理局、市总工会、团市委、市妇联、市爱卫办8部门联合，市疾控中心具体实施的昌邑市“一评二控三减四健”专项行动方案已经正式下发，同时要求各医疗机构结合自身实际，提高认识，抓好落实，迅速开展活动。“一评二控三减四健”专项行动以“和谐我生活 健康中国人”为主题，口号是“一二三四奔健康”。

In order to further implement the spirit of the National and Provincial Health and Health Congress and the Outline of the "Healthy China 2030" Planning and further promote the healthy lifestyle of the whole people, the eight departments of Weifang Health and Family Planning Commission, Municipal Education Bureau, Municipal Sports Bureau, Municipal Food and Drug Administration, Municipal Federation of Trade Unions, League Municipal Committee, Municipal Women's Federation and Municipal Aiwei Office jointly carried out the municipal CDC. The special action plan of "one evaluation, two control, three reduction and four health care" in Changyi City has been officially issued. At the same time, medical institutions are required to improve their awareness, implement it well and carry out activities quickly in light of their own reality. The special action of "One Evaluation, Two Control, Three Reduction and Four Health" takes "Harmonious and Healthy Chinese People" as its theme, and its slogan is "One, Two, Three, Four Runs to Health".

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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安徽
Anhui

<div>食物中的钠 Sodium in food</div>
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浙江
Zhejiang

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其他省份
Other Provinces

<div>食物中的钠 Sodium in food</div>				
1. 李咏患癌去世年仅50岁关于癌症你需要知道这些 Li Yong died of cancer at the age of 50. You need to know about cancer.	来源：张家口在线 Source: Zhangjiakou Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 02:50:15 Time: 02:50:15

前央视著名节目主持人李咏因癌症去世，年仅50岁！ 10月29日上午，李咏的妻子哈文@法图麦的妈妈 微博发布：“在美国，经过17个月的抗癌治疗，2018年10月25日凌晨5点20分，永失我爱...” 九条防癌建议，人人牢记！ 防癌很重要的一点是生活方式上的一级预防，做到这9点！ 1. 保持健康体重：将体重尽量控制在健康范围内的最低值。 2、多运动：每天至少运动30分钟，少坐。 3、少吃高热量食物和含糖饮料，尤其少吃高脂、高糖、低纤维的加工食品。 4、多吃全谷物、蔬菜、水果和豆类。

Li Yong, a former CCTV presenter, died of cancer at the age of 50. On the morning of October 29, Li Yong's wife, Harvin Fatumay, posted on her mother's microblog: "After 17 months of anti-cancer treatment in the United States, at 5:20 a.m. on October 25, 2018, I lost my love forever." Nine anti-cancer suggestions, everyone remember! Cancer prevention is a very important point in life style of primary prevention, to achieve these 9 points! 1. Maintain a healthy weight: Keep the weight as low as possible in a healthy range. 2. Exercise more: Exercise at least 30 minutes a day and sit less. 3. Eat less high-calorie foods and sugary drinks, especially processed foods with high fat, high sugar and low fiber. 4. Eat more whole grains, vegetables, fruits and beans.

2. 对心脏最坏的10种食物	来源：希望之声国际广播电台	主体：公众	态度：提倡	时间：13:02:09
Ten Foods Worst for the Heart	Source: Voice of Hope Radio International	Subject: public	Attitude: advocate	Time: 13:02:09

节日假期将至，想要大饱口福，却担心心血管系统的健康吗？时代周刊网站列举了几个要尽量避免的食用的选项。 快餐汉堡现在对饱和脂肪是否真正与心脏病有关的研究还尚不完全清除。但是，霍夫斯特拉大学（Hofstra University）心脏病学副教授、纽约圣约翰圣公会医院心脏病学主任德鲁兹（Regina Druz）医生表示，适当食用高质量的草饲牛肉甚至可能对心脏健康有益。但总体来说，德鲁兹说，来自动物的饱和脂肪，尤其是与碳水化合物结合时，似乎对心脏健康产生了有害影响。她建议，避免去使用低质量食材和不健康烹饪方法的快餐店。

Are you worried about the health of the cardiovascular system when the holidays are approaching? Time Weekly's website lists several options to avoid eating as much as possible. Fast-food hamburgers are not yet completely cleared of research into whether saturated fat is really related to heart disease. However, Dr. Regina Druz, associate professor of Cardiology at Hofstra University and director of Cardiology at St. John's Episcopal Hospital in New York, said that proper consumption of high-quality grass-fed beef might even be beneficial to heart health. But overall, Druze says, saturated fats from animals, especially when combined with carbohydrates, seem to have a detrimental effect on heart health. She recommends avoiding fast food restaurants that use low-quality ingredients and unhealthy cooking methods.

高血压

Hypertension

1. 高血压预防“十步曲”！怎么测血压更精准	来源：人民网	主体：公众	态度：提倡	时间：07:48:22
Ten steps to prevent hypertension! How to measure blood pressure more accurately	Source: People's net	Subject: public	Attitude: advocate	Time: 07:48:22

“身体健康是革命的本钱”，但是，在繁忙的生活中，大家往往是忙于工作，急于应酬，却忽略了身体健康这块风水宝地。其实，平时稍加注意，提早预防，健康就在我们身边。人民健康网推出《“健”识早知道》专栏，专为你收集整理平时忽略的健康知识，做您的健康智库，同您一起将健康进行到底！ 高血压预防“十步曲” 防控高血压没有捷径，需要从生活中的一点一滴做起。以下“十步曲”将主要的预防方法进行了整合，建议人们从此刻开始，有所改变。

"Physical health is the capital of revolution", but in busy life, people are often busy with work and eager to get paid, but ignore the treasure land of physical health. In fact, we should pay more attention to early prevention and health is around us. People's Health Network launched the column "Healthy" Knowing Early", which is designed to collect and sort out the health knowledge that you usually neglect, to be your health think tank, and to carry on the health with you to the end! There is no shortcut to prevent and control hypertension in the "ten steps" of hypertension prevention and control. It needs to start from every bit of life. The following "Ten Steps" integrate the main prevention methods and suggest that people change from now on.

2. 高血压可以预防只需这“十步”	来源：多维新闻网	主体：公众	态度：提倡	时间：14:27:10
High blood pressure can be prevented in just ten steps.	Source: Multidimensional News Network	Subject: public	Attitude: advocate	Time: 14:27:10

通常来说，有6大因素会直接影响到血压。 年龄与性别。 在婴儿向成人发育的过程中，血压迅速上升；成人期，血压上升的趋势减慢，以后随着年龄的增加又逐渐升高。 性别方面，在血压水平相同的情况下，男性进展到恶性高血压、高血压危象的比例明显高于女性，预后也比女性差。 气候冷热变化。 寒冷地区的高血压患病率明显高于温热地区。就个体而言，血压也是随天气的冷热变化而波动，高血压患者的波动尤其大。 昼夜节律。 血压白天与夜间的变化是有节律的，受睡眠与活动的影响，睡眠时血压下降，活动时血压上升。

Generally speaking, there are six major factors that directly affect blood pressure. Age and gender. During the development of infants to adults, blood pressure rises rapidly; in adulthood, the trend of blood pressure rises slowly, and then gradually increases with age. In terms of gender, under the same blood pressure level, the proportion of males progressing to malignant hypertension and hypertension crisis is significantly higher than that of females, and the prognosis is also worse than that of females. The climate changes from cold to hot. The prevalence of hypertension in cold areas was significantly higher than that in warm areas. Individually, blood pressure also fluctuates with the change of weather, especially in hypertensive patients. Circadian rhythm. The changes of blood pressure during the day and at night are rhythmic. Influenced by sleep and activity, blood pressure decreases during sleep and rises during activity.

3. 患高血压四年未治疗年轻职员疲劳后突发脑出血	来源：星辰在线	主体：公众	态度：提倡	时间：22:31:06
Sudden cerebral hemorrhage after fatigue in young staff who suffered from hypertension for four years without treatment	Source: Stars online	Subject: public	Attitude: advocate	Time: 22:31:06

年轻职员高血压两年未治疗，加之工作压力大、饮食、作息不规律，导致突发剧烈头痛、站立不稳，到医院抢救发现是脑出血。 湖南省第二人民医院神经外科刘坤主任医师提醒，人体持续高血压状态容易发生脑出血、脑梗死等心脑血管意外事件，高血压患者应调整生活方式，并及时到医院进行诊治。 刘坤主任医师介绍，高血压性脑出血是高血压病最严重的并发症之一，冬春季易发，男性略多。 高血压病常会导致脑底小动脉管壁发生玻璃样或纤维样变性和局灶性出血、缺血和坏死，并可形成微小动脉瘤。因情绪激动、过度劳累等因素引起血压剧烈升高后，导致本已经病变的脑血管极易破裂出血。

Young staff with hypertension had not been treated for two years, combined with high work pressure, irregular diet and work and rest, resulting in sudden severe headache and instability in standing. It was found that cerebral hemorrhage was the main cause of emergency treatment in hospital. Dr. Liu Kun, chief neurosurgeon of Hunan Second People's Hospital, reminded us that patients with persistent hypertension are prone to cardiovascular and cerebrovascular accidents such as cerebral hemorrhage and cerebral infarction. Hypertensive patients should adjust their lifestyle and timely come to the hospital for diagnosis and treatment. Chief physician Liu Kun introduced that hypertensive cerebral hemorrhage is one of the most serious complications of hypertension. It is easy to occur in winter and spring, with slightly more males. Hypertension often results in vitreous or fibrous degeneration of the basilar arterioles, focal hemorrhage, ischemia and necrosis, and the formation of microaneurysms. After the blood pressure rises sharply due to emotional excitement, overwork and other factors, the cerebrovascular which has already been diseased is easy to rupture and bleed.

4. 初次高血压应当筛查泌尿疾病	来源：温州网	主体：公众	态度：提倡	时间：17:02:45
Urinary diseases should be screened for primary hypertension	Source: Wenzhou net	Subject: public	Attitude: advocate	Time: 17:02:45

30岁不到的小刘身强力壮，但在一次例行体检中发现血压偏高。他认为父母没有高血压，自己可能是血压偶然升高，没什么问题，因此也没去医院就诊。过了几个月，小刘感到断断续续的头痛，全身没劲，胃口不好，眼睛也看不清东西，这才到医院检查。经测量，小王血压为200/130毫米汞柱，更让人痛心的是，血肌酐也超标十多倍。结合其他检查，小王被确诊为肾衰竭、高血压眼底病变，因此被安排进行血液透析治疗。医生告诉小刘，尽管他父母没有高血压，但他是由于其他疾病引起的高血压，而引发高血压继而导致肾衰竭、高血压眼底病变的“元凶”是泌尿系统疾病。

Xiao Liu, who is under 30 years old, is strong, but his blood pressure is on the high side during a routine physical examination. He thought that his parents did not have high blood pressure, his blood pressure may accidentally rise, no problem, so he did not go to the hospital. After a few months, Xiao Liu felt intermittent headache, weak whole body, bad appetite, and his eyes could not see anything. Then he went to the hospital for examination. After measurement, Xiaowang's blood pressure was 200/130 mm mercury column. What's more distressing is that his creatinine level was more than ten times higher than the standard. In combination with other examinations, Xiaowang was diagnosed with renal failure and hypertension fundus lesions, so he was scheduled for hemodialysis treatment. The doctor told Xiao Liu that although his parents did not have high blood pressure, he was caused by hypertension caused by other diseases, which led to kidney failure and hypertension fundus lesions. The "culprit" was urinary system diseases.

心血管健康

Cardiovascular health

1. 脂肪并不可怕！世界权威期刊《柳叶刀》：适当吃脂肪能降低死亡率！	来源：中工网	主体：公众	态度：提倡	时间：14:15:13
Fat is not terrible! The Lancet: Eating fat properly can reduce mortality!	Source: China Industrial Network	Subject: public	Attitude: advocate	Time: 14:15:13

每每提到“脂肪”二字，大家想到的多是大肚腩、大粗腿、水桶腰.....今天要说一说：这种刻板印象对“脂肪”不公平！《柳叶刀》给“脂肪”纠偏，发表在权威医学杂志《柳叶刀》上的两篇文章，给“脂肪”正了名。这个叫做PURE的大型研究包含了来自18个国家的超过13.5万人，研究者对他们的饮食习惯和健康状况进行了超过7年的随访记录。 结果发现，简单来说：与脂肪摄入量较低、主要通过碳水化合物获取能量的人群相比，适当提高脂肪摄入量，不仅没有增加心血管疾病的患病风险，反而降低了总死亡率。

Every time we mention the word "fat", we think of big belly, big thighs, bucket waist and so on. Today I want to say that this stereotype is unfair to fat. The Lancet corrected the deviation of "fat", and two articles published in the authoritative medical journal Lancet corrected the name of "fat". The large study, called PURE, included more than 135,000 people from 18 countries who were followed up for more than seven years on their eating habits and health. The results showed that, in short, compared with people with low fat intake and energy mainly obtained through carbohydrates, properly increasing fat intake not only did not increase the risk of cardiovascular disease, but also reduced the overall mortality rate.

综合健康信息

Comprehensive Health Information

1. [\[摘编稿件\] 老人养生饮食八要素](#)
[Eight Elements of Health Care and Diet for the Elderly](#)

来源：锦州新闻网
Source: Jinzhou News Network

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 07:50:05
Time: 07:50:05

老年人消化功能降低，心血管系统及其他器官上都有不同程度的变化。为了使老年人保持健康的体魄，老年人的饭菜应该进行特殊制作，使其具备以下8个要素。 1.要香 老年人味觉、食欲较差，吃东西常觉得缺滋少味。因此，为老年人做饭菜要注意色、香、味。 2.要好 老年人体内代谢以分解代谢为主，需用较多的蛋白质来补偿组织蛋白的消耗，应多吃些鸡肉、鱼肉、兔肉、羊肉、牛肉、瘦猪肉以及豆类制品。

The digestive function of the elderly is reduced, and the cardiovascular system and other organs have varying degrees of changes. In order to keep the elderly healthy, the meals of the elderly should be specially prepared, so that they have the following eight elements. 1. To fragrance the old people's taste and appetite are poor, and they often feel lack of taste and taste when eating. Therefore, we should pay attention to color, fragrance and taste when cooking for the elderly. 2. In order to improve the metabolism of the elderly, catabolism should be the main method. More protein should be used to compensate for the consumption of histone. More chicken, fish, rabbit, mutton, beef, lean pork and legume products should be eaten.

2. [你天天吃！这东西跟心脏抢寿命、跟骨头抢钙、还致癌...赶紧看看！](#)
[You eat every day! It's life-saving with the heart, calcium with the calcaneus, and carcinogenic. Take a look!](#)

来源：中工网
Source: China Industrial Network

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 12:24:10
Time: 12:24:10

什么东西吃多了容易得胃癌？什么东西吃多了惹头疼、增水肿、伤骨伤肾伤血管？什么东西吃多了血压飙升、视力受损？其实这提到的所有害处，有一种每天必吃的食物都占全了，那就是一食盐。多吃一口盐，伤害遍全身。无盐不成味，作为“百味之首”，盐是人人不可或缺的调料。但是一旦过量，对健康是百害而无一利的。 1 伤血管，高盐饮食有导致血压升高的作用，研究发现，每天食盐摄入每增加0.5克，中风的风险就增加17%。盐吃多了会引起高血压，同时还会使血浆胆固醇升高，促使我们的血管变薄、变脆，这就是非常可怕的一动脉粥样硬化。

What is easy to get stomach cancer if you eat too much? What food causes headache, edema, bone injury, kidney injury and blood vessels? What's eating too much, soaring blood pressure and impaired eyesight? In fact, all the harm mentioned above, there is one kind of food that must be eaten every day, that is, salt. Take an extra bite of salt and it hurts all over your body. Salt is not tasty, as the "first of all tastes", salt is an indispensable condiment for everyone. But once excessive, it is harmful to health but not beneficial. 1 Injury to blood vessels, high salt diet can lead to elevated blood pressure. Studies have found that every 0.5 g increase in salt intake per day increases the risk of stroke by 17%. Eating too much salt can cause high blood pressure, but it also increases plasma cholesterol, which makes our blood vessels thinner and more fragile. That's very terrible - atherosclerosis.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-12-11, 共监测到565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 565 WeChat public articles were monitored in 2018-12-11. 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 url, 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. [五河人注意了, 跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西!](#)

重复数: 29

日期: 2018-12-11

[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

Repeat Number: 29

Data: 2018-12-11

多吃一口盐, 伤害遍全身 无盐不成味, 作为“百味之首”, 盐是人人不可或缺的调料。但是一旦过量, 对健康是百害而无一利的。高盐饮食有导致血压升高的作用, 研究发现, 每天食盐摄入量每增加0.5克, 中风的风险就增加17%。盐吃多了会引起高血压, 同时还会使血浆胆固醇升高, 促使我们的血管变薄、变脆, 这就是非常可怕的——动脉粥样硬化。

Eat a bite of salt and hurt the whole body. No salt, no taste, as the "first of the hundred flavors", salt is an indispensable spice for everyone. But once it is overdone, it is not good for health. A high-salt diet has the effect of raising blood pressure. The study found that for every 0.5 grams of salt intake per day, the risk of stroke increased by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and more brittle. This is terrible – atherosclerosis.

2. [高血压预防“十步曲”](#)

重复数: 10

日期: 2018-12-11

[Ten Steps to Prevent Hypertension](#)

Repeat Number: 10

Data: 2018-12-11

钠在体内可以吸收许多水分, 盐摄入多了, 体内的水分就会聚集在血管中, 加重心脏和血管负担, 造成血压上升。控制每天食盐量在6克以下, 既能保证人体对钠的需要, 也可减轻心血管负担。

Sodium absorbs a lot of water in the body. When the salt is ingested more, the water in the body will accumulate in the blood vessels, which will increase the burden on the heart and blood vessels, causing the blood pressure to rise. Controlling the daily salt content below 6 grams can not only ensure the body's need for sodium, but also reduce the cardiovascular burden.

3. [“我吃过的盐, 比你吃过的饭还多”, 可能不是啥好事儿](#)

重复数: 7

日期: 2018-12-11

[The amount of salt I have eaten is more than the amount of meal you have eaten, which may not be a good thing.](#)

Repeat Number: 7

Data: 2018-12-11

虽然我们离不开盐,但吃的盐太多也可能引发多种疾病,特别是心脑血管疾病。在盐的成分中,与血压关系密切的主要是钠离子,一般情况下,人体中不会缺少钠,令人担忧的却是钠过多。当人体内钠过多(伴随水过多)时,将会打乱人体固有平衡,对血压产生不利影响。

Although we can't do without salt, eating too much salt can cause a variety of diseases, especially cardiovascular and cerebrovascular diseases. Among the components of the salt, sodium ions are mainly closely related to blood pressure. In general, the human body does not lack sodium, and people always worry about the problem of excessive sodium. When there is too much sodium in the human body, it will disrupt the inherent balance of the human body and adversely affect blood pressure.

4. [想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 6

日期: 2018-12-11

[Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.](#)

Repeat Number: 6

Data: 2018-12-11

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。限盐建议: 健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。如果已经确诊高血压, 每天最好不要超过 3 克。

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. The optimal amount of salt for healthy people to eat through the diet is no more than 6 grams, which is the amount of a common beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.

5. [“盐”多必失, 生活中“减盐”的六大技巧](#)

重复数: 5

日期: 2018-12-11

[Excess salt is harmful to the body. Six tips for "salt reduction" in life](#)

Repeat Number: 5

Data: 2018-12-11

《中国居民膳食指南(2016版)》推荐钠盐摄入量为每人每天不超过6克。一项涉及全国75个大中城市的中国居民营养与健康状况监测报告(2010-2013)显示: 有58.2%的居民食盐摄入量偏高。长期高盐饮食易致头痛、损皮肤、增水肿、害嗓子、促胃癌、失骨钙、伤肾脏, 此外它还是高血压、冠心病、中风的主要危险因素之一, 严重威胁人体健康状况。因此合理控制食盐的摄入对保持身体健康格外重要。

The Chinese Dietary Guidelines (2016 Edition) recommends no more than 6 grams of sodium per person per day. A monitoring report on nutrition and health status of Chinese residents in 75 large and medium-sized cities across the country (2010-2013) showed that 58.2% of residents had high salt intake. Long-term high-salt diet is prone to headache, skin aging, edema, sore throat, stomach cancer, calcium deficiency, kidney injury, and it is also one of the major risk factors for hypertension, coronary heart disease, and stroke, which seriously threaten human health. Therefore, reasonable control of salt intake is particularly important for maintaining good health.

减盐-微博 Salt Reduction - Weibo

2018-12-11, 共检测到1628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。

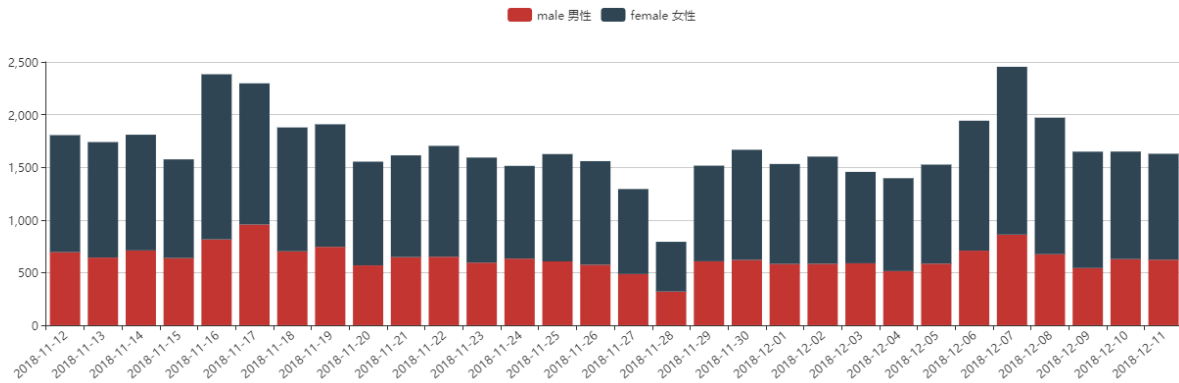
There are 1628 weibos about salt reduction monitored on 2018-12-11.

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!

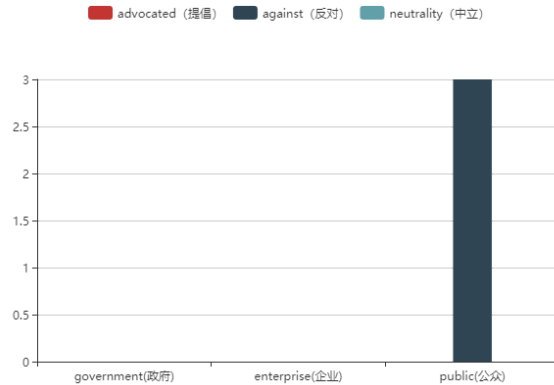
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-11) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2018-12-11. 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				
1. 宝宝吃奶片好吗 How about baby breast-feeding tablets?	来源：TOM Source: TOM	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 19:01:03 Time: 19:01:03
小孩吃奶片好吗？奶片算是一种零食，小孩浅尝一下即可，不要当做牛奶或者奶粉一样给孩子吃来补充蛋白质等物多吃。 具体分析： 现在市售的奶片有许多种，比如奶酪片、羊奶片、牛奶片、奶球、酸奶干、牛初乳奶贝和奶酥等。 然而仔细看看配料表就会发现，除了奶粉、白砂糖之外，植脂末、酸味剂、甜味剂、香精等添加剂也赫然在列。尤其是植脂末，其中含有的反式脂肪酸，不但不利宝宝健康，还会影响智力发育。 此外，大部分奶片都含有食用香精，也不适合宝宝长期食用。				
How about baby breast-feeding tablets? Milk chip is a kind of snack, children can taste it lightly, do not eat as milk or milk powder to children to supplement protein and other things. Specific analysis: There are many kinds of dairy slices on the market, such as cheese slices, goat's milk slices, milk slices, milk balls, yogurt dried, cow colostrum shellfish and crispy milk, etc. However, a careful look at the batching table will show that in addition to powdered milk and white granulated sugar, additives such as vegetable fat, acid, sweetener and essence are also listed. Especially the vegetable fat powder, which contains trans fatty acids, not only harmful to the health of babies, but also affect intellectual development. In addition, most dairy tablets contain food flavors and are not suitable for children to eat for a long time.				
2. 医生得了糖尿病，用这些方法把降糖药物停了，血糖控制得还不错 The doctor had diabetes and stopped the hypoglycemic drugs with these methods. The blood sugar was well controlled.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 16:02:28 Time: 16:02:28
医生得了糖尿病，用这些方法把降糖药物停了，血糖控制得还不错 小周是一名外科医生，今年的体检报告结果：血糖8.0mmol/L，糖化血红蛋白7%，低密度脂蛋白5.2mmol/L，血糖、糖化血红蛋白、血脂全都超标，小周看到这一结果，开始以为自己拿错了报告，可定睛一看确实是自己的检验报告。 2天后，小周的葡萄糖耐量检查结果显示：空腹血糖6.8mmol/L，葡萄糖负荷后2小时血糖11.4mmol/L，明确诊断为糖尿病。 小周找到了专业内分泌医生，寻求糖尿病的治疗之道。				
Doctors have diabetes, with these methods to stop hypoglycemic drugs, blood sugar control is good Xiaozhou is a surgeon, this year's physical examination report results: blood sugar 8.0 mmol/L, glycosylated hemoglobin 7%, low density lipoprotein 5.2 mmol/L, blood sugar, glycosylated hemoglobin, blood lipid are all over the standard, Xiaozhou saw this result, began to think that they took the wrong report, can fix their eyes on it. It's really my own test report. Two days later, the results of a week's glucose tolerance test showed that fasting blood glucose was 6.8 mmol/L, and 2 hours after glucose load, blood glucose was 11.4 mmol/L, which was definitely diagnosed as diabetes. Xiao Zhou found a professional endocrinologist and sought a way to treat diabetes.				
3. 《时代周刊》：对心脏最坏的10种食物 TIME: Ten Foods Worst for the Heart	来源：多维新闻网 Source: Multidimensional News Network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 09:02:39 Time: 09:02:39
在保护身体健康中，心脏的健康最关键。心脏疾病已经成为一个世界性的难题，它是导致许多美国人死亡的直接原因。 多年来，营养专家们在研究吃哪些东西有利于我们的心脏健康方面走过了漫长的道路。 目前，对饱和脂肪是否真正与心脏病有关的研究还尚不完全清除。但是，霍夫斯特拉大学心脏病学副教授、纽约圣约翰公会医院心脏病学主任德鲁兹（Regina Druz）医生表示，适当食用高质量的草饲牛肉甚至可能对心脏健康有益。 德鲁兹表示，来自动物的饱和脂肪，尤其是与碳水化合物结合时，似乎对心脏健康产生了有害影响。				
Heart health is the key to health protection. Heart disease has become a worldwide problem. It is the direct cause of death for many Americans. Over the years, nutritionists have come a long way in studying what to eat for our heart health. At present, the research on whether saturated fat is really related to heart disease is still not completely cleared. However, Dr. Regina Druz, associate professor of Cardiology at Hofstra University and director of Cardiology at St. John's Episcopal Hospital in New York, said that proper consumption of high-quality forage beef might even be beneficial to heart health. Saturated fats from animals, especially when combined with carbohydrates, appear to have harmful effects on heart health, Druze said.				
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

2018-12-11, 共监测到299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 299 WeChat public articles were monitored in 2018-12-11. This page shows the top five articles by repeat number today.

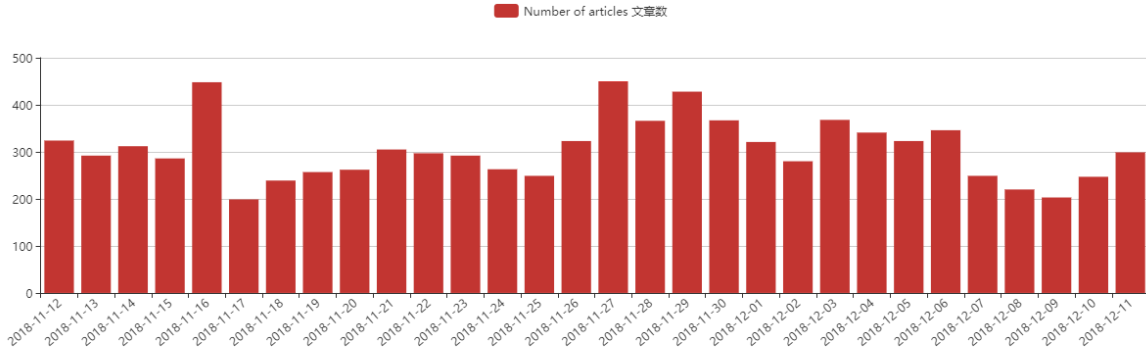
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里

重复数: 19

日期: 2018-12-11

[It kills 500,000 people a year and has been called off by WHO, which is hidden in the food you eat every day.](#)

Repeat Number: 19

Data: 2018-12-11

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人不浅的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。而更可怕的是, 这种反人类的物质几乎无处不在!

There is also a common substance in many foods. This harmless thing is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake. What is even more terrifying is that this anti-human material is almost everywhere!

2. 揭秘面包店的面包为什么更好吃?

重复数: 14

日期: 2018-12-11

[Demystifying the reason why the bread made in the bakery is more delicious.](#)

Repeat Number: 14

Data: 2018-12-11

人造黄油中含有大量的反式脂肪酸。反式脂肪酸会增加人患糖尿病、心脑血管疾病的风险, 还更容易使人发胖。天然黄油和人造黄油对比: 香味不一样, 前者更柔和。并且少量人造黄油是根本吃不出来的。因此, 只能从标签上辨别是否含有反式脂肪酸。有“酥油、起酥油、植物起酥油、植物脂肪、人造黄油、麦淇淋、植脂末、奶精”等字眼的统统不要买。

Margarine contains a lot of trans fatty acids. Trans fatty acids increase the risk of diabetes, cardiovascular and cerebrovascular diseases, and are more likely to make people fat. Comparison of natural butter and margarine: the fragrance is different, the former is softer. And a small amount of margarine can't be eaten at all. Therefore, it is only possible to distinguish whether or not the trans fatty acid is contained on the label. Do not buy foods of which the ingredients list contains "ghee, shortening, vegetable shortening, vegetable fat, margarine, margarine, non-dairy creamer, creamer" and other words.

3. 脸要穷养, 脚要富养; 心要穷养, 肺要富养。

重复数: 4

日期: 2018-12-11

[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

Repeat Number: 4

Data: 2018-12-11

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。保持腰部, 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.

4. 八种食物是“催老剂”, 点进来, 看看你一天吃几种~

重复数: 4

日期: 2018-12-11

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

Repeat Number: 4

Data: 2018-12-11

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水的合成利用, 引起皮肤失水和皱纹出现, 加速衰老。

The raw materials of fried foods are unsafe, and there may be problems such as expiration, addition of leavening agents, and excessive aluminum content. 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.

5. 脑血栓多是“堵”出来的? 血管不想堵, 少碰4种食物!

重复数: 3

日期: 2018-12-11

[Is cerebral thrombosis caused by "vascular occlusion"? If you don't want blood vessels to clog, don't touch these 4 kinds of food!](#)

Repeat Number: 3

Data: 2018-12-11

反式脂肪酸, 这个名字可能大家听着比较陌生, 但实际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 be unfamiliar to everyone, but in fact we may be eating every day. It hides in egg yolk pies, cream cakes, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced by the hydrogenation of vegetable oils, which raise low-density lipoprotein cholesterol while lowering high-density lipoprotein cholesterol. Low-density lipoprotein cholesterol is the culprit in cardiovascular diseases such as elevated blood pressure and arteriosclerosis.

反式脂肪酸-微博 Transfat - Weibo

2018-12-11, 共检测到73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。

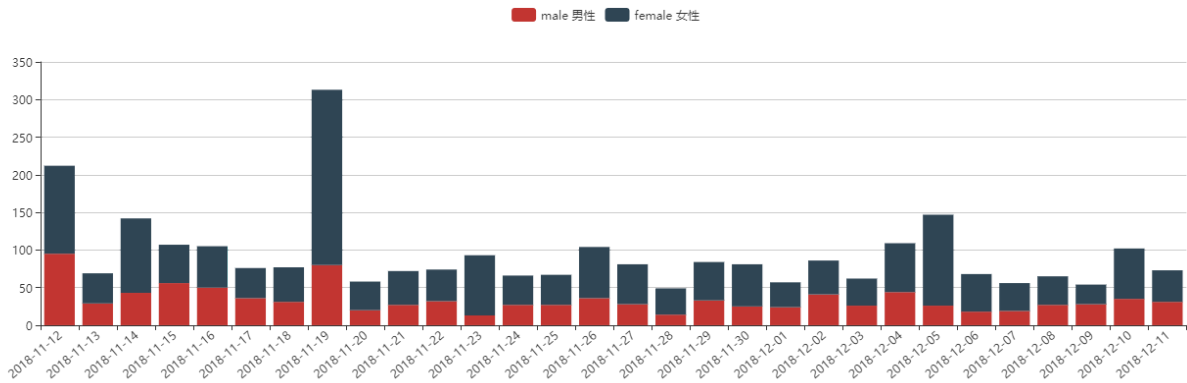
There are 73 weibos about transfat reduction monitored on 2018-12-11.

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!