

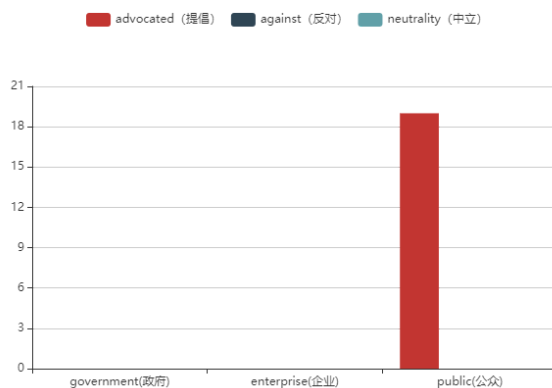
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-12) 共监测到19条资讯。请点击标题查看原文。

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安徽  
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食物中的钠 Sodium in food
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心血管健康 Cardiovascular health
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综合健康信息 Comprehensive Health Information				
1. <a href="#">患上节后综合症咋办? 合肥医院专家给你开良方</a>	来源：万家热线	主体：公众	态度：提倡	时间： 08:23:53
<a href="#">What about post-festival syndrome? Hefei Hospital Experts give you a good prescription</a>	Source: Wanjia Hotline	Subject: public	Attitude: advocate	Time: 08:23:53
春节长假刚过，休息了多日的上班族们又该重新回到紧张繁忙的工作状态。松弛的神经突然紧绷起来，很多人都会暂时显得不适应。因此每逢长假结束，总会有许多白领们患上“节后综合征”。2月11日，合肥市滨湖医院急诊内科专家接受记者采访时表示，大家要调整好心态，尽快消除疲劳，恢复到原来的生活状态。“春节长假不少上班族开启了‘熬夜模式’，有的还以年轻为资本，通宵玩乐，打乱了人体正常的生物钟。”急诊科主任孟令毅介绍说，节后上班一定要注意劳逸结合，保持良好的睡眠，以全新的面貌投入工作当中。				

Just after the Spring Festival holiday, the office workers who have rested for many days should return to their busy and tense working conditions. Loose nerves suddenly tighten up, and many people will temporarily appear inadapttable. Therefore, at the end of the long vacation, there will always be many white-collar workers suffering from "post-holiday syndrome". February 11, Hefei Binhu Hospital Emergency Medical Experts interviewed reporters, said that we should adjust the mentality, as soon as possible to eliminate fatigue, restore to the original state of life. "During the Spring Festival holidays, many office workers started the "stay-up mode". Some of them also took young people as capital to play all night, which disturbed the normal biological clock of the human body. Meng Lingyi, director of emergency department, said that after the festival, we must pay attention to the combination of work and leisure, keep good sleep, and put ourselves into work with a new look.

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综合健康信息 Comprehensive Health Information				
1. <a href="#">节后上班第一天，他们的打开方式是.....</a>	来源：温州网	主体：公众	态度：提倡	时间： 10:26:53
<a href="#">On the first day of work after the festival, the way they open it is...</a>	Source: Wenzhou net	Subject: public	Attitude: advocate	Time: 10:26:53
人勤春来早，新春孕育新希望，新春意味再出发。昨天是春节长假后的第一个工作日，各部门和单位的工作状态如何？精气神怎样？记者以普通市民的身份前往部分市直部门，特别是机构改革之后新成立的部门，感受新春新气象。				
People come early to spring diligently. New Spring breeds new hope. New Spring means to start again. Yesterday was the first working day after the Spring Festival holidays. How was the working condition of all departments and units? How is your spirit? Reporters, as ordinary citizens, went to some municipal departments, especially those newly established after the institutional reform, to experience the new spring festival.				

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Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">医生说节后归来身心都需要调整更要提防各类呼吸道疾病</a> <a href="#">Doctors say that after the festival, the body and mind need to be adjusted, and more attention should be paid to all kinds of respiratory diseases.</a>	来源：杭州网 Source: Hangzhou net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:08:59 Time: 09:08:59
昨天周一，大部分人都回到了工作岗位，但不适应的也不少：“上班第一天，无所适从。”“一看到老板的脸，我又吃不好睡不好了。”也有人发出豪言壮语：“今天起吃素，来为我春节的大鱼大肉谢罪！”没错，节后综合征又一次降临，如何调整好自己的身心健康是这一周最为要紧的健康大事。与此同时，春节以来各大医院的呼吸科忙碌不断。				
Yesterday, Monday, most people returned to their jobs, but they did not adapt to many things: "On the first day of work, I was at a loss." "When I see the boss's face, I can't eat well and sleep well." Some people also made bold remarks: "Start vegetarian today to thank me for the big fish and meat for the Spring Festival!" Yes, the post-holiday syndrome is coming again. How to adjust one's physical and mental health is the most important health event of this week. At the same time, the respiratory departments of major hospitals have been busy since the Spring Festival.				
2. <a href="#">方便面致癌？方便面没营养？吃方便面做到这3件事，保证无毒无害</a> <a href="#">Is instant noodles carcinogenic? Instant noodles are not nutritious? Eat instant noodles to do these three things, to ensure non-toxic and harmless</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：12:37:09 Time: 12:37:09
方便面致癌？方便面没营养？吃方便面做到这3件事，保证无毒无害。方便面，简便且“诱人”的食物；简便应该不用太多解释，只要有开水即可完成进餐；至于说“诱人”，海鲜味、麻辣味、排骨味等各种味道的泡面“琳琅满目”，怎能不去诱惑各位的味蕾？聊到方便面，网络上更多出现总是关于它的负面信息。无营养、致癌、添加剂太多等言论已经习以为常；其实而言，任何食物（事物）都不可“一棍打死”；对于方便面来说，你所想的并不一定是对的。				
Is instant noodles carcinogenic? Instant noodles are not nutritious? Eat instant noodles to do these three things, to ensure non-toxic and harmless. Instant noodles, simple and "attractive" food; simple should not be too much explanation, as long as there is boiled water to complete the meal; as for "attractive", seafood, spicy, ribs and other flavors of instant noodles "dazzling", how can you not tempt your taste buds? When it comes to instant noodles, there is always more negative information about instant noodles on the Internet. No nutrition, carcinogenic, too many additives and other statements have become commonplace; in fact, no food (thing) can "kill with one stick"; for instant noodles, what you think is not necessarily right.				
高血压 Hypertension				
1. <a href="#">对待高血压治疗 这些误区要避免</a> <a href="#">These misunderstandings should be avoided in the treatment of hypertension</a>	来源：无锡新传媒 Source: Wuxi New Media	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:19:07 Time: 10:19:07
春节假期已过，在合家欢聚的同时，你有没有定期关注血压？在医生看来，逢年过节期间常常成为不少高血压患者的“坎”，由于饮食习惯、生活规律被打乱，容易因血压控制不好引发头晕、胸闷等症状，严重的甚至导致心脑血管意外。临床上，很多患者在高血压的治疗过程中存在诸多误区，对高血压用药的认识也有不足。				
Spring Festival holidays are over. Do you pay attention to blood pressure regularly while you are gathering at home? In the doctor's opinion, during the holidays, it often becomes a "barrier" for many hypertensive patients. Because of the disturbance of dietary habits and life rules, it is easy to cause dizziness, chest tightness and other symptoms due to poor control of blood pressure, and even lead to cardiovascular and cerebrovascular accidents. Clinically, there are many misunderstandings in the treatment of hypertension in many patients, and the understanding of medication for hypertension is also insufficient.				
2. <a href="#">高血压病人该怎么吃正确饮食牢记这5“不要”</a> <a href="#">How to eat the right diet for hypertensive patients and remember these 5 "no"</a>	来源：扬州网 Source: Yangzhou net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:03:35 Time: 10:03:35
冬天非常的冷，白天晚上温差较大，因为外面的低温，人体的血管必然会收缩，这对于正常人来说没有什么影响，但是对于患者来说，这个季节的血压也变得难以控制，而且冬季是高血压患者的一个重要时期。在这期间，保持血压稳定对身体来说变得非常重要，吃什么食物是影响血压的一个原因。因此，在日常生活中牢记这五点可以帮助患者保持血压稳定，度过一个健康的冬天。 高血压病人应该怎么办？正确饮食应牢记这5“不要”！				
Winter is very cold, the temperature difference between day and night is large, because the low temperature outside, the blood vessels of the human body will inevitably shrink, which has no impact on normal people, but for patients, the season of blood pressure has become difficult to control, and winter is an important period for patients with hypertension. During this period, it becomes very important for the body to keep blood pressure stable. What food to eat is one of the reasons that affect blood pressure. Therefore, keeping these five points in mind in daily life can help patients keep their blood pressure stable and spend a healthy winter. How should hypertensive patients eat? Correct diet should bear in mind these 5 "no"!				
3. <a href="#">一个小小的智能盐罐竟然能预防高血压！</a> <a href="#">A small smart salt tank can prevent hypertension!</a>	来源：比特网 Source: Bit net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:13:40 Time: 17:13:40
一个智能盐罐可以预防高血压?这不是谣言,也不是吹牛,连一点夸大都没有!因为盐与高血压有着非常密切的关系,从某种意义上讲,控制了盐的摄入就切断了导致高血压的一条重要道路。那我们这款“智能盐罐”他是如何帮助我们实现高血压的预防呢?首先我们先来了解一下盐与高血压,再谈谈如何通过这小小的智能盐罐预防高血压。				
A smart salt can prevent high blood pressure? This is not a rumor, nor a boast, not even a little exaggeration! Because salt and hypertension have a very close relationship, in a sense, controlling salt intake will cut off an important road leading to high blood pressure. So how does our "smart salt pot" help us to prevent hypertension? First, let's learn about salt and hypertension, and then talk about how to prevent hypertension through this small smart salt pot.				
心血管健康 Cardiovascular health				
没有相关文章!				
No such articles!				
综合健康信息 Comprehensive Health Information				
1. <a href="#">腹式呼吸和按摩帮助消除大肚腩</a> <a href="#">Abdominal breathing and massage help to eliminate belly fat</a>	来源：联合早报 Source: Lianhe Zaobao	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:15:04 Time: 09:15:04
有些人有“肚腩最难瘦”的困扰，无论如何控制饮食、加强运动，偏偏就是腹部那顽固的脂肪消不了。其实，只要掌握正确的方法，呼吸也能帮助消肚腩。《活得好》请养生保健中医诊所的林丽明医师教授方法。 林丽明医师说，除了中医治疗，大家也能通过腹式呼吸和腹部按摩来帮助消大肚腩。				
Some people have the problem of "the most difficult to lose weight in the belly". No matter how to control diet and strengthen exercise, the stubborn fat in the abdomen can not be eliminated. In fact, as long as the correct method is mastered, breathing can also help relieve belly fat. "Live well" asks Dr. Lin Liming of the Health Care Clinic to teach the method. Dr. Lin Liming said that in addition to traditional Chinese medicine treatment, we can also use abdominal breathing and abdominal massage to help eliminate belly fat.				
2. <a href="#">大鱼大肉过后营养专家开出调理肠胃“小妙方”</a> <a href="#">After big fish and big meat, nutrition specialists prescribe "small recipes" to regulate intestines and stomach</a>	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:37:36 Time: 09:37:36
春节期间，团圆饭里没有鸡鸭鱼肉就不叫过节；外出旅行，各地美食更是必不可少。解放军总医院第五医学中心原营养科副主任牟瑛提醒，大口吃肉、大口喝酒的假期过后，要尽快调整饮食，呵护肠胃，可以在早上喝些粥，中午多吃些蔬菜以及一些促消化的食物等。大吃大喝容易导致肠胃不适 春节期间，菜肴丰盛、气氛热烈，容易出现暴饮暴食、饮食不规律、过度饮酒的情况，因而也导致消化系统疾病高发。				
During the Spring Festival, the reunion dinner will not be called a festival without chicken, duck, fish and meat. Gourmet food is indispensable for traveling. Mou Ying, former deputy director of Nutrition Department of the Fifth Medical Center of PLA General Hospital, reminded us that after the holidays of eating meat and drinking, we should adjust our diet as soon as possible and take good care of our intestines and stomach. We can drink some porridge in the morning, eat more vegetables and some digestive-promoting food at noon. During the Spring Festival, heavy eating and drinking easily lead to gastrointestinal discomfort. During the Spring Festival, the dishes are rich and the atmosphere is warm. It is easy to overeat, irregular diet and excessive drinking, which also leads to high incidence of digestive system diseases.				
3. <a href="#">糖尿病哪些食物要忌口？医生：除了糖，还有这2种常见食物</a> <a href="#">What foods should diabetes be avoided? Doctor: Besides sugar, there are two common foods.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：05:37:37 Time: 05:37:37
糖尿病哪些食物要忌口？医生：除了糖，还有这2种常见食物。我国是典型的糖尿病大国，糖尿病患者常年呈现逐渐上升的趋势。有数据显示，我国糖尿病患者已经高达1.14亿人口，后备军更是不计其数。为什么糖尿病患者如此高发？这与不良的饮食习惯有很大关系，那么生活中哪些食物不能多吃呢？我们都知道，含糖量高的食物不利于血糖控制，是不是不吃糖就可以了，显然不是。还有两种食物同样需要忌口。				

What foods should diabetes be avoided? Doctor: Besides sugar, there are two common foods. China is a typical large country of diabetes mellitus, diabetic patients show a gradual upward trend all the year round. Data show that China's diabetic population has reached 114 million people, and the reserve army is countless. Why is diabetes so high? This has a lot to do with bad eating habits, so what foods can't be eaten more in life? As we all know, foods with high sugar content are not conducive to blood sugar control. Is it okay not to eat sugar? Obviously not. There are two other foods that also need to be avoided.				
4. <a href="#">拒绝减肥后反弹这些误区请勿再碰</a> <a href="#">Rebound after refusing to lose weight. Don't touch these misunderstandings again.</a>	来源: 多维新闻网 Source: Multidimensional News Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:38:08 Time: 10:38:08
近日, 中国疾控中心营养与健康所专家指出, 减肥时没有无缘无故的变瘦, 也没有无缘无故的反弹, 找到病灶, 有的放矢, 才能保持减肥成果不反弹。陆媒新华网北京时间2月11日报道称, 专家指出, 确定自己是不是真的“肥”? 要用数据说话, 不能仅凭感觉, 要计算体质指数, 也就是人们常说的BMI。比如: 假如你身高1.70米, 体重69千克, 用69除以1.70再除以1.70, 你的BMI指数为23.9。				
Recently, experts from the Institute of Nutrition and Health of China CDC pointed out that there is no unprovoked thinning and no unprovoked rebound when losing weight. Only by finding the focus and targeting, can we keep the weight loss results from rebounding. Xinhua, a land-based media, reported on February 11, Beijing time that experts pointed out that they were sure they were really "fat"? To speak with data, we should not only rely on feeling, but also calculate body mass index (BMI), which is often called BMI. For example: if you are 1.70 meters tall and weigh 69 kilograms, divide 69 by 1.70 and then divide by 1.70, your BMI index is 23.9.				
5. <a href="#">每逢佳节胖3斤, 节后刮油别盲目专家建议: 养胃更紧迫</a> <a href="#">Every Festival fat 3 kg, after the festival scrape oil do not blindly expert advice: stomach more urgent</a>	来源: 新华报业网 Source: Xinhua News Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:38:38 Time: 10:38:38
春节期间, 各种饭局接踵而来, 往往会吃得太油腻, 很多读者都有“每逢佳节胖三斤”的感慨。于是, 节后的首要养生任务似乎理所应当的成了刮油。但是, 专家提醒, 过节后先别急着刮油, 养胃才是更要紧的事情。切忌盲目, 刮油去脂食物吃错更伤身。对于刮油食物网上传的多达十来种, 而且都有充分的理由, 但是对于其中的禁忌却很少列出。				
During the Spring Festival, various kinds of meals come in succession, often eating too greasy, many readers have the feeling of "every Festival fat three kilograms". As a result, the first health-keeping task after the festival seems to have become a natural result of oil scraping. However, experts warn that after the festival, don't rush to scrape oil. Nurturing the stomach is the most important thing. Do not blindly, scraping oil and fat-free food to eat wrong is more harmful. There are more than a dozen kinds of oil-shaving food uploaded online, and there are good reasons, but few taboos are listed.				
6. <a href="#">温差大宝宝“急” 市妇保院春节收了20多个早产儿</a> <a href="#">More than 20 premature babies were admitted to the Municipal Women's and Health Care Hospital during the Spring Festival.</a>	来源: 中国常州网 Source: China Changzhou Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:58:54 Time: 10:58:54
俗话说“百节年为首”, 春节, 可谓中华大地上最为隆重的传统节日。即便千年后的今天, 我们日常可食佳肴, 耕作不全拘于时节, 科技也缩短了沟通距离, 在这个特殊的节日里, 仍旧灌注了太多的情感寄托——若是少了一家团聚, 亲朋相访, 多少会有些遗憾。然而, “病”却不会因春节而放假, 因此对众多医务工作者来说, 虽是节日, 却坚守多于欢聚, 责任多于休假。				
As the saying goes, "the first hundred festivals" Spring Festival is the most solemn traditional festival in China. Even today, thousands of years later, our daily delicacies, farming is not entirely seasonal, science and technology has shortened the communication distance, in this special festival, there is still too much emotional sustenance - if there is no family reunion, relatives and friends visit, how much will be regrettable. However, "sickness" does not take a holiday because of the Spring Festival, so for many medical workers, although it is a festival, but adhere to more than happy reunion, responsibility more than vacation.				
7. <a href="#">想要健康过大年这段时间得这么吃</a> <a href="#">You have to eat like this to stay healthy for the New Year.</a>	来源: 四川新闻网-攀枝花日报 Source: Sichuan News Network - Panzhihua Daily	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:59:24 Time: 08:59:24
春节假期眼看着过去了, 但是很多朋友还在“逛吃~逛吃”的节奏里缓冲着。先说“逛”, 交通工具选择上, 大部分人都要与汽车打交道, 晕车的小伙伴该怎么办? 说到吃, 这段时间, 大家家里的过年美食储备自然丰富, 亲友们外出聚餐机会也多, 享受这么多美食自然很愉悦, 但是我们的肠胃怕是要遭不住了.....怎么才能在吃得开心的同时, 还要吃得健康?				
The Spring Festival holidays have passed, but many friends are still buffering in the rhythm of "shopping to eat". Let's start with "shopping". In the choice of transportation, most people have to deal with cars. What should a car sick companion do? Speaking of eating, during this period of time, our family's New Year's food reserves are naturally rich, relatives and friends have more opportunities to go out for dinner, and it's naturally very pleasant to enjoy so many delicious foods, but our stomach and intestines are afraid to be unbearable... How can we eat healthily while having fun?				
8. <a href="#">每逢春节“胖十斤” 记住这些方法科学“刮油”</a> <a href="#">Every Spring Festival, "Fat 10 Kinds" remember these methods of scientific "scraping oil"</a>	来源: 四川新闻网-攀枝花日报 Source: Sichuan News Network - Panzhihua Daily	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 18:08:50 Time: 18:08:50
比假期余额用光更可怕的, 是称上不断飙升的数字。春节长假结束后令人惊恐的数字, 减肥“刮油”成了头等大事。素套餐、水果餐、粗粮餐.....能想到的无油腻食物通通端上桌, 还得配上一场说来就来的疯狂运动。成都市第三人民医院肥胖与代谢性疾病中心主任、普外科副主任医师刘雁军博士提醒, 这些并非都可取, 当心走入误区。				
More terrible than running out of holiday balances is the soaring number. After the Spring Festival holidays, the frightening number, weight loss "scraping oil" has become the top priority. Vegetarian meal, fruit meal, coarse grain meal... The greasy-free food you can imagine is served with a crazy sport that comes with it. Dr. Liu Yanjun, director of the Center for Obesity and Metabolic Diseases, Third People's Hospital of Chengdu, and deputy director of general surgery, reminded us that these are not all desirable and that we should be careful to enter the wrong area.				
9. <a href="#">春节后糖尿病人如何调整血糖专家给出建议</a> <a href="#">Suggestions from experts on how to adjust blood sugar for diabetics after Spring Festival</a>	来源: 多维新闻网 Source: Multidimensional News Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 17:16:58 Time: 17:16:58
春节过后, 不少糖尿病人因饮食不当而身体不适。糖尿病患者恢复血糖控制应从以下几个方面入手。 糖尿病人节后菜肴少油少盐。糖尿病人应选少油少盐的清淡食品, 菜肴烹调多用蒸、煮、凉拌、涮、炖、卤等方式。烹调宜用植物油, 尽量减少赴宴。在赴宴时也要尽量按照平时在家吃饭时的量和食物间的搭配来选择饭菜。				
After the Spring Festival, many people with diabetes are not well because of improper diet. The recovery of blood sugar control in diabetic patients should start from the following aspects. Less oil and less salt in dishes after Diabetes Day. Diabetics should choose light food with less oil and salt, and cook dishes by steaming, boiling, salad, rinsing, stewing and brine. Vegetable oil should be used for cooking and banquets should be minimized. When going to dinner, we should try our best to choose meals according to the amount of meals we usually eat at home and the collocation of food.				
10. <a href="#">过年期间, 这些事情应注意.....</a> <a href="#">During the Spring Festival, these things should be paid attention to...</a>	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:20:32 Time: 16:20:32
过年期间, 这些事情应注意..... 正月十五元宵节之前, 很多人都还沉浸在“年”的氛围中。在这喜庆的节日里, 难免面对满桌的美味佳肴吃吃喝喝, 小酌一杯。话说, “管住嘴, 迈开腿, 便可身体健康”。如果过年期间我们管不住自己的嘴巴, 高血压、胰腺炎、胃炎等疾病就有可能发生。那么, 我们该怎样健康的“过年”呢?				
During the Spring Festival, these things should be paid attention to... Before the Lantern Festival on the 15th day of the first lunar month, many people were still immersed in the atmosphere of "Year". In this festive festival, it is inevitable to face a table full of delicious food to eat, drink and have a drink. In other words, "Shut up and open your legs, and you will be in good health". If we can't control our mouths during the Spring Festival, diseases such as hypertension, pancreatitis and gastritis may occur. So how can we celebrate the New Year healthily?				
11. <a href="#">婴儿喝粥后去世, 医生检查后, 竟因为宝妈加了此物</a> <a href="#">The baby died after eating porridge. After the doctor checked it, he added it because of Baoma.</a>	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 22:22:09 Time: 22:22:09
小李因为母乳很少, 所以在孩子七个月的时候便给孩子断了奶, 开始喂宝宝吃粥和果泥类的辅食。 小李给孩子喝了几天粥后发现孩子精神越来越不好, 哭闹不停, 小李也没太在意, 以为孩子是断奶不习惯, 没想到一段时间后没想到噩耗却因此传来, 孩子去世了。 小李接受不了这个打击也不明白好好的孩子怎么会突然去世, 医生才告诉小李, 因为小李在粥里面加太多食用盐。				
Because Xiao Li had very little breast milk, she weaned her baby seven months ago and began to feed her baby porridge and fruit puree supplements. After a few days of porridge, Xiao Li found that the child's spirits were getting worse and worse, crying. Xiao Li did not care too much, thought that the child was not used to weaning, did not expect for a period of time after the bad news came, the child died. Xiao Li couldn't accept the blow and didn't understand why the good child died suddenly. The doctor told Xiao Li that Xiao Li had added too much salt to his porridge.				
12. <a href="#">一年12个月该怎么吃? 最实用的饮食养生月历来了</a> <a href="#">How to eat 12 months a year? The most practical diet health calendar has come up</a>	来源: 张家口在线 Source: Zhangjiakou Online	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 13:39:32 Time: 13:39:32

新的一年，健康时报送你一份2019年最实用的农历饮食养生月历。希望在新的一年里我们每个人都能健康饮食，远离疾病，为健康做一份长期规划。正月里来尝尝野 饮食原则： 肉类食物，悠着点：春节期间，亲朋好友欢聚少不了吃吃喝喝，肉类吃的偏多。肉吃得过多，会增加脂肪的摄入，总能量摄入也会增加。为避免出现“每逢佳节胖三斤”，要适量而止。

In the new year, the Health Times will send you the most practical Chinese calendar for diet and health preservation in 2019. In the new year, we hope that each of us can eat healthily, stay away from diseases and make a long-term plan for health. In the first month, try the principle of wild diet: Meat food, relax: during the Spring Festival, relatives and friends gather to eat, drink, eat more meat. Overeating meat increases fat intake and total energy intake. In order to avoid the occurrence of "three kilograms of fat every festival", we should stop at an appropriate amount.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-02-12, 共监测到646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 646 WeChat public articles were monitored in 2019-02-12. 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. [身体出现这5个迹象, 提醒你吃盐太多了!](#)

重复数: 39

日期: 2019-02-12

Repeat Number: 39

Data: 2019-02-12

如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水的含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂饮。如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.

#### 2. [春节后, 你应该这么吃](#)

重复数: 4

日期: 2019-02-12

Repeat Number: 4

Data: 2019-02-12

清淡饮食要学会控盐, 要有意识的少吃盐。成人每日摄入量盐量不可超过6克, 6克盐相当于两个啤酒盖。但控盐不等于不吃盐, 而是指少吃盐。高盐饮食会导致高血压, 并且盐和癌症也有“亲戚”关系, 所以日常生活中要注意适量。清淡饮食已成为健康饮食的主旋律, 记得要做到少糖、少盐、少油、忌辛辣, 饮食记得多样化, 保持均衡!

To learn salt in a light diet, you should consciously eat less salt. The daily intake of salt for adults should not exceed 6 grams, and 6 grams of salt is equivalent to two beer lids. But salt control does not mean not eating salt, but means eating less salt. High-salt diets can cause high blood pressure, and salt and cancer are also related, so pay attention to the right amount in daily life. Light diet has become the main theme of healthy eating, remember to do less sugar, less salt, less oil, avoid spicy, diet to remember diversity, maintain a balance!

#### 3. [【健康】身体出现这5个迹象, 提醒你吃盐太多了!](#)

重复数: 4

日期: 2019-02-12

Repeat Number: 4

Data: 2019-02-12

喝了太多的水并不是让你尿意频繁的唯一原因。令人惊讶的是, 吃了太多的盐也会产生相同的效果。当人体摄入了过多盐的时候, 人体的肾脏器官就会加班加点地工作, 才能把体内多余的盐排出体外, 这样就会造成小便量增多的问题。盐的主要成分是氯化钠, 是维持人体正常发育和新陈代谢不可缺少的物质。有维持细胞内外渗透压, 调节人体水分均衡分布, 参与胃酸形成, 增进食欲, 维持体液正常循环等重要作用。

Drinking too much water is not the only reason for your frequent urination. Surprisingly, eating too much salt will produce the same effect. When the body ingests too much salt, the kidneys of the human body will work overtime to remove excess salt from the body, which will cause an increase in the amount of urine. The main component of salt is sodium chloride, which is indispensable for maintaining normal human development and metabolism. It has the important role of maintaining the osmotic pressure inside and outside the cell, regulating the balanced distribution of human body water, participating in the formation of gastric acid, increasing appetite, and maintaining normal circulation of body fluid.

#### 4. [日本医疗再次被评为全球第一, 中国位居第64, 差距在哪里?](#)

重复数: 3

日期: 2019-02-12

Repeat Number: 3

Data: 2019-02-12

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 also eat very little salt, and their 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, Zhongshan Hospital Affiliated to Fudan University, pointed out that this is crucial. At present, the relationship between salt and hypertension is very clear, which can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns.

#### 5. [日本医疗再次被评为全球第一, 中国位居第64, 差距在哪里?](#)

重复数: 3

日期: 2019-02-12

Repeat Number: 3

Data: 2019-02-12

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。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。比如, 不喝太多味增汤, 吃拉面时别喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。相比之下, 我国居民盐摄入量严重超标, 是世界卫生组织推荐量的2.4倍。我国数量庞大的心脑血管疾病和高血压患者群体, 与高盐饮食关系密切。

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. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet. For example, don't drink too much flavored soup, don't drink soup when you eat ramen, and put salt after cooking, which will minimize salt intake. In contrast, the salt intake of Chinese residents is seriously exceeded, which is 2.4 times the recommended amount of the World Health Organization. The large number of patients with cardiovascular and cerebrovascular diseases and hypertension in China is closely related to the high salt diet.

## 减盐-微博 Salt Reduction - Weibo

2019-02-12, 共检测到2139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。

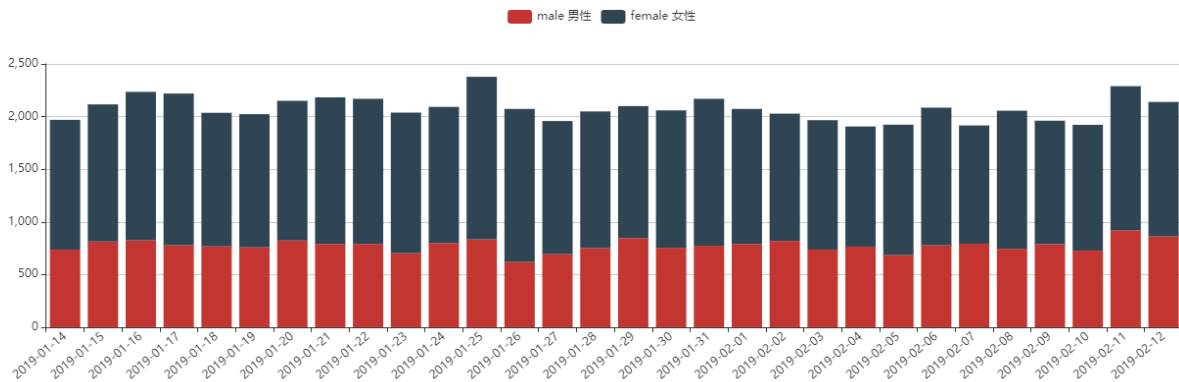
There are 2139 weibos about salt reduction monitored on 2019-02-12.

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!

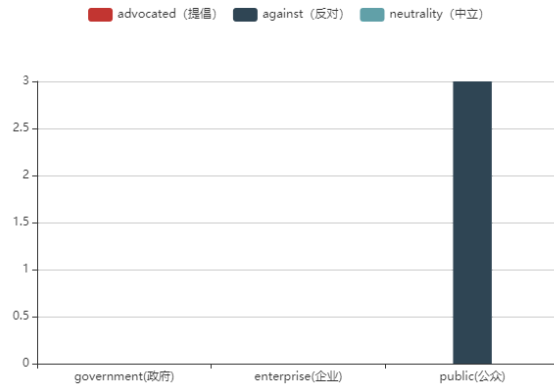
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-02-12) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-02-12. 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
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No such articles!
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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
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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. <a href="#">截然不同的两种反式脂肪</a> <a href="#">Two distinct trans fats</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 02:12:18 Time: 02:12:18
反式脂肪存在两种形式，一种是天然形成的，如牛、羊等反刍动物的肉类、乳制品等食品；另外一种是人造的反式脂肪，如氢化植物油、部分氢化植物油、起酥油、人造奶油、植物油制品等。虽然两种油脂都存在反式结构，但是它们是两种不同的物质。如今，人们对反式脂肪酸可谓是深恶痛绝，特别是在营养健康领域，反式脂肪酸是一个持续升温的热点问题，因为它危害健康的作用不断被披露，反式脂肪酸的面目显得越来越狰狞了。				
There are two forms of trans fats, one is naturally formed, such as ruminant meat, dairy products and other foods; the other is artificial trans fats, such as hydrogenated vegetable oil, partially hydrogenated vegetable oil, shortening, margarine, vegetable oil products, etc. Although both lipids have trans-structures, they are two different substances. Nowadays, people are deeply disgusted with trans fatty acids. Especially in the field of nutrition and health, trans fatty acids are a hotspot problem that keeps warming up, because its health hazards are constantly disclosed, and the face of trans fatty acids becomes more and more grim.				
2. <a href="#">爆炒煎炸浓油赤酱？春节餐桌从重口味到“小清新”</a> <a href="#">Fried deep-fried red sauce? Spring Festival table from heavy taste to "small fresh"</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 09:12:47 Time: 09:12:47
爆炒煎炸浓油赤酱？春节餐桌从重口味到“小清新”。杀鸡宰牛腌腊肉、熏鱼醉蟹炸春卷——作为一年之中最重头戏的家宴，年夜饭以往总给人大鱼大肉的荤腥油腻感，然而近年来，这顿团圆饭的餐桌上，菜色渐渐由饱腹型转为营养型，如今的春节早已不再是“睁开眼吃肉”。上海中医药大学附属岳阳中西医结合医院营养科营养师袁春华告诉记者，随着生活水平的提高，人们在饮食方面不仅仅局限于吃饱，更注重如何吃出健康。				
Fried deep-fried red sauce? Spring Festival table from heavy taste to "small fresh". Chicken slaughter, beef cured meat, smoked fish drunk crab fried spring rolls - as the most important feast of the year, New Year's Eve meal used to give people a fishy and greasy feeling of big fish and big meat. However, in recent years, the dinner table of this reunion dinner gradually changed from full-bellied to nutritious, and now the Spring Festival is no longer "eat meat with eyes open", Yuan Chunhua, a nutritionist in the Department of Nutrition, Yueyang Hospital of Integrated Traditional Chinese and Western Medicine, affiliated to Shanghai University of Traditional Chinese Medicine, told reporters that with the improvement of living standards, people are not only confined to eating, but also pay more attention to how to eat healthily.				
3. <a href="#">想要健康过大年这段时间得这么吃</a> <a href="#">You have to eat like this to stay healthy for the New Year.</a>	来源：四川新闻网-攀枝花日报 Source: Sichuan News Network - Panzhihua Daily	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 09:12:49 Time: 09:12:49
春节假期眼看着过去了，但是很多朋友还在“逛吃~逛吃”的节奏里缓冲着。先说“逛”，交通工具选择上，大部分人都要与汽车打交道，晕车的小伙伴该怎么办？说到吃，这段时间，大家家里的过年美食储备自然丰富，亲友们外出聚餐机会也多，享受这么多美食自然很愉悦，但是我们的肠胃怕是要遭不住了.....怎么才能在吃得开心的同时，还要吃得健康？				
The Spring Festival holidays have passed, but many friends are still buffering in the rhythm of "shopping to eat". Let's start with "shopping". In the choice of transportation, most people have to deal with cars. What should a car sick companion do? Speaking of eating, during this period of time, our family's New Year's food reserves are naturally rich, relatives and friends have more opportunities to go out for dinner, and it's naturally very pleasant to enjoy so many delicious foods, but our stomach and intestines are afraid to be unbearable... How can we eat healthily while having fun?				
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

2019-02-12, 共监测到402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 402 WeChat public articles were monitored in 2019-02-12. This page shows the top five articles by repeat number today.

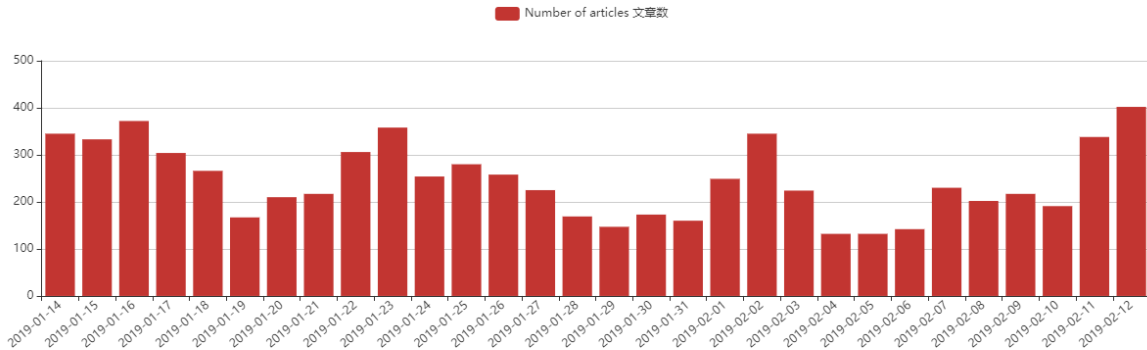
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 奶茶, 正在毁掉中国的三代人! 奶茶界黑幕!

[Milk tea is destroying three generations in China!](#)

重复数: 51

日期: 2019-02-12

Repeat Number: 51

Data: 2019-02-12

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 has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

### 2. 【健康】脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

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

重复数: 17

日期: 2019-02-12

Repeat Number: 17

Data: 2019-02-12

心要穷养: 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。保养要点: 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.

### 3. 被奶茶毁掉的中国姑娘

[Chinese girl destroyed by milk tea](#)

重复数: 6

日期: 2019-02-12

Repeat Number: 6

Data: 2019-02-12

所谓的奶精, 主要成分是氢化植物油, 是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说: 别看有植物两字, 其实含的饱和脂肪酸比猪油还多! 经过人工氢化之后, 还会产生大量的反式脂肪酸! 反式脂肪酸对人体危害极大, 不仅会增加心血管疾病和糖尿病的风险, 还会影响儿童神经系统发育。

The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Don't look at its name containing plants, but actually contain more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

### 4. 医生告诫: 生病千万别吃它, 后果不堪设想

[Doctors warn: Never eat it when you are sick. The consequences are unimaginable.](#)

重复数: 4

日期: 2019-02-12

Repeat Number: 4

Data: 2019-02-12

炸鱼的油经过高温加热后, 会产生大量“坏脂肪”(反式脂肪), 对心脏有害无益。浓茶。含有较多的咖啡因, 可能导致心率加快。红烧肉。含有的“中链饱和脂肪酸”较高, 升血脂、胆固醇水平的能力很强。蛋黄派。蛋黄派等口感靠使用“起酥油”来达到, 起酥油的主要成分是“部分氢化植物油”, 对心血管极其有害。

When the fish oil is heated at a high temperature, it will produce a lot of "bad fat" (trans fat), which is harmful to the heart. Strong tea contains more caffeine, which may lead to an increase in heart rate. Braised pork contains a higher "medium chain saturated fatty acid" and is highly capable of raising blood lipids and cholesterol levels. The taste of the egg yolk pie is achieved by using "shortening oil". The main component of the shortening is "partially hydrogenated vegetable oil", which is extremely harmful to the cardiovascular system.

### 5. 奶茶, 正在“毁掉”中国的三代人!

[Milk tea is "destroying" three generations of China!](#)

重复数: 4

日期: 2019-02-12

Repeat Number: 4

Data: 2019-02-12

结果检测发现 一杯奶茶, 就超过三天的量了 也就是说 原料是不健康的! 蛋白质偏低和反式脂肪酸含量偏高的问题尤其突出 对此, 专家分心认为, 这两项指标失衡, 说明商家可能并没有用“真材实料”, 牛奶的原料上很可能用了奶精之类的代替。对此, 消保委提醒商家, 应对原材料严格把关, 了解加工工艺的效果, 标明奶茶的成分含量及不适用人群。

The results showed that the content of a certain component of a cup of milk tea exceeded the normal three-day intake, which indicates that the raw materials of the milk tea are unhealthy! The problem of low protein and high trans fatty acid content is particularly acute. In this regard, experts pointed out that the imbalance between these two indicators indicates that the business may not use "real material." Milk is probably replaced with creamer.

## 反式脂肪酸-微博 Transfat - Weibo

2019-02-12, 共检测到106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。

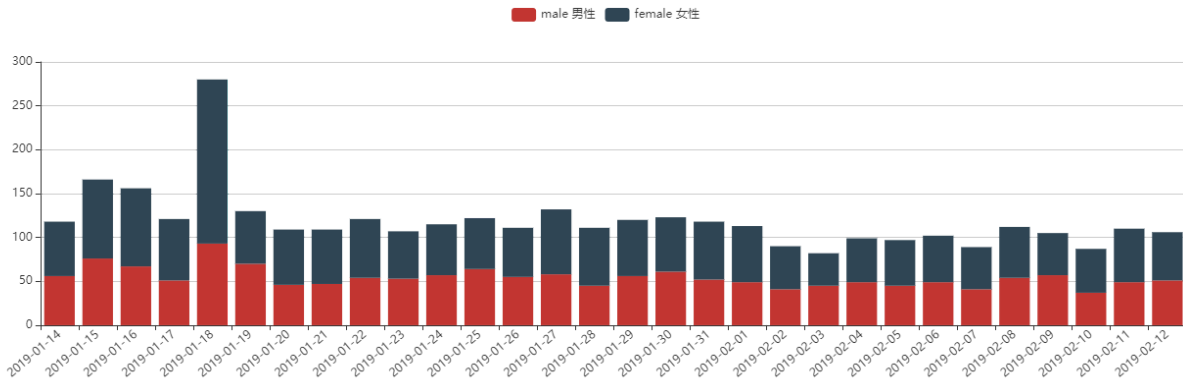
There are 106 weibos about transfat reduction monitored on 2019-02-12.

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!