

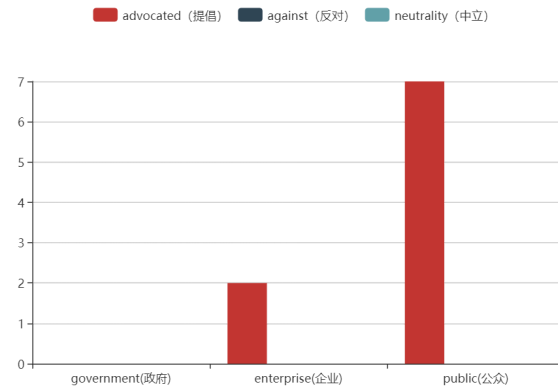
## 减盐-新闻

### Salt Reduction - News

今日 (2019-01-15) 共监测到9条资讯。请点击标题查看原文。

There are 9 articles monitored today 2019-01-15. 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

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No such articles!

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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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高血压 Hypertension
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浙江  
Zhejiang

食物中的钠 Sodium in food
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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="#">“新小华”的两会茶座②   “老盐业”支招“买盐经”</a>	来源：新华报业网	主体：公众	态度：提倡	时间：08:31:22
<a href="#">"New Xiaohua" Tea Seats for the Two Sessions (2) The "Old Salt Industry" Advocates "Buying Salt Economy"</a>	Source: Xinhua News Network	Subject: public	Attitude: advocate	Time: 08:31:22

老百姓日常如何选用安全食用盐，我省盐业将有哪些大动作？今天，“新小华”邀请到在盐业一线奋斗15年的省人大代表、省苏盐连锁有限公司南京分公司党委委员、副总经理颜之博走进茶座，为我们现场支招解惑。一日三餐我们都要和食盐打交道。那么该如何挑选食盐？是不是一定要选原生态不添加任何成分的食盐才安全呢？ 颜之博：我建议从正规渠道购买食用盐，且认准一些知名品

牌。个人还是应该根据自己身体情况购买适合的盐种类，比如，高血压患者等宜选用低钠盐，而甲亢患者等需要更多选择无碘盐。

How do people choose safe salt everyday? What are the major actions of salt industry in our province? Today, Yan Zhibo, deputy of the Provincial People's Congress, member of the Party Committee and deputy general manager of Nanjing Branch of the Provincial Suyan Chain Limited Company, who has been struggling for 15 years in the salt industry, is invited to enter the teahouse to help us solve our confusion on the spot. We all have to deal with salt for three meals a day. So how to choose salt? Is it necessary to choose the original ecology without adding any ingredients to the salt before it is safe? Yan Zhibo: I suggest buying edible salt from regular channels and recognizing some well-known brands. Individuals should also buy suitable salt types according to their physical conditions, such as hypertensive patients should choose low sodium salt, while hyperthyroidism patients need more iodine-free salt.

心血管健康  
Cardiovascular health

1. 岁末聚会，“吃饱喝足”更易诱发冠心病  
It is easier to induce coronary heart disease by "eating and drinking enough" at the party at the end of the year.  
来源：新华网  
Source: Xinhua net  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：17:06:07  
Time: 17:06:07

岁末聚会，“吃饱喝足”更易诱发冠心病。冠心病并非中老年人专属，年轻化趋势开始显现，不良生活方式导致发病率增加。健康提醒：预防冠心病，戒烟限酒减肥。李庆海提醒，预防冠心病要做到戒烟限酒，低盐低脂低胆固醇饮食，限制盐的摄入量(每日≤6g)。饮食以水果、蔬菜、低脂奶制品、高纤维谷物，减少饱和脂肪酸摄入；提倡中等强度的有氧运动，以渐进的方式制定运动计划；控制高血压、高胆固醇血症和高血糖，控制体重达到标准体重。

At the end of the year, it is easier to induce coronary heart disease by "eating and drinking enough". Coronary heart disease is not exclusive to middle-aged and elderly people. The trend of younger people is beginning to appear. The incidence of coronary heart disease is increasing due to bad lifestyle. Health warning: prevent coronary heart disease, stop smoking, limit alcohol and lose weight. Li Qinghai reminded that to prevent coronary heart disease, we should stop smoking and limit alcohol, eat a low-salt, low-fat and low-cholesterol diet, and limit salt intake (less than 6G per day). Diet with fruits, vegetables, low-fat dairy products, high-fiber cereals, reduce saturated fatty acid intake; advocate moderate intensity aerobic exercise, in a gradual manner to develop exercise plans; control hypertension, hypercholesterolemia and hyperglycemia, control body weight to reach the standard weight.

综合健康信息  
Comprehensive Health Information

1. 曹永康54岁依然童颜被封“冰封侠”大受欢迎  
Cao Yonglian's 54-year-old boyish face is still popular as "ice-frozen chivalrous"  
来源：新浪网  
Source: Sina network  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：08:20:31  
Time: 08:20:31

据香港媒体报道，曹永康、汉洋与谭嘉荃及星级化妆师Will Or，日前为美容店开幕担任剪彩嘉宾，吸引大批市民围观，场面热闹，有份主演热播剧《大师哥》的曹永康大受欢迎，获不少市民求合照，人气爆灯。54岁的曹永康保养得宜的他，近日更获网友封为“冰封侠”。问到曹永康的美容心得，他笑称年轻时没有特别保养，纯天然，但有感近年出现衰老迹象，因此多了关注仪容，多做保湿、敷面膜、Facial等，又会注重健康饮食少糖少盐，“其实最重要是心态，开心，样子就会年轻。”

According to Hong Kong media reports, Cao Yonglian, Hanyang, Tan Jiaquan and star cosmetician Will Or recently served as guests for the opening of the beauty shop, attracting a large number of people to watch, the scene is lively, there is a popular TV drama "Big Handsome Brother" Cao Yonglian, won a lot of people for photo, popular lights. Cao Yonglian, 54, who is well-maintained, has recently been hailed as a "frozen knight" by netizens. Asked about Cao Yonglian's hairdressing experience, he joked that there was no special maintenance in his youth, but there were signs of aging in recent years, so he paid more attention to appearance, moisturizing, applying facial mask, Facial and so on. He also paid attention to healthy diet, less sugar and less salt.

2. 瑞幸咖啡又添轻食品类，盈利模式更清晰  
Richter coffee adds light food, and the profit model is clearer  
来源：新浪网  
Source: Sina network  
主体：企业  
Subject: industry  
态度：提倡  
Attitude: advocate  
时间：08:20:31  
Time: 08:20:31

1月10日，瑞幸咖啡在南京等6大城市最新上线了BOSS午餐。这是继轻食、鲜榨果汁后，瑞幸咖啡上线的又一新品。随着品类的增加，瑞幸咖啡盈利模式也越来越清晰。这几年，少盐、少油、营养均衡的健康饮食方式越来越受推崇。白领、健身爱好者、减肥人群，更是经常将以新鲜水果、蔬菜为主的沙拉，当成正餐代替品。1月10日，瑞幸咖啡在南京、北京、上海、杭州、苏州、天津等6座城市，推出了4款BOSS午餐。

On January 10, Ruisheng Coffee launched its latest BOSS lunch in six big cities, such as Nanjing. This is another new product of Ruisheng coffee after light food and fresh juice. With the increase of category, the profit model of Ruisheng coffee is becoming clearer and clearer. In recent years, a healthy diet with less salt, less oil and balanced nutrition has become more and more popular. White-collar workers, fitness enthusiasts and people who lose weight often use fresh fruit and vegetable salad as a substitute for dinner. On January 10, Ruisheng Coffee launched four BOSS lunches in six cities, including Nanjing, Beijing, Shanghai, Hangzhou, Suzhou and Tianjin.

3. 补钙不当小心补出问题  
Improper Calcium Supplement and Caution Problems  
来源：汉丰网  
Source: Hanfeng network  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：09:28:42  
Time: 09:28:42

世界卫生组织建议，成年人每日钙推荐摄入量为800mg，孕中后期和50岁以上的人群推荐钙摄入量为1000mg。而2012年中国居民营养与健康状况监测显示，人均每日钙摄入量仅仅只有600mg左右。剩下的200mg，确实需要补。但怎么补？流传着各种说法。今天，小编特地请来云南省第一人民医院营养科主任洪晶安，为大家澄清几个错误的补钙观念，科普正确的补钙方式。洪晶安主任表示，补钙如果补得不适当，也会出现一些问题。

The World Health Organization recommends 800 mg of daily calcium intake for adults and 1000 mg for people over 50 in the second and third trimesters of pregnancy. In 2012, the nutrition and health monitoring of Chinese residents showed that the daily calcium intake per capita was only about 600 mg. The remaining 200 mg does need to be filled. But how? There are all kinds of sayings circulating. Today, Xiaobian invited Hong Jingan, Director of Nutrition Department of the First People's Hospital of Yunnan Province, to clarify some wrong concepts of calcium supplementation and correct ways of calcium supplementation by popular science. Director Hong Jingan said that if the calcium supplement is not appropriate, there will also be some problems.

4. 省直机关为海东群众送福利  
Provincial Government Offices Deliver Welfare to Haidong People  
来源：青海新闻网  
Source: Qinghai News Network  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：03:33:48  
Time: 03:33:48

“大夫，我因为关节疼痛最近一直睡不着觉。你看看怎么样了？”扎巴镇村民马玉兰对医生说。“平常运动吗？吃的什么药？饮食要清淡一点，多吃蔬菜，少油少盐……”医生认真地给马玉兰进行着健康指导。这是1月14日，省委办公厅、省直机关工委、省文化和旅游厅、省科协、省卫生健康委、省司法厅等省直机关的党员干部、专家教授、书法爱好者来到化隆县扎巴镇，开展省直机关2019年文化、科技、卫生“三下乡”暨“法律宣传服务到农村”活动现场一幕。

"Doctor, I haven't been able to sleep lately because of joint pain. What do you think of it? Ma Yulan, a villager in Zaba town, told the doctor. "Do you exercise regularly? What medicine do you take? Eat a light diet, eat more vegetables, less oil and salt..." The doctor gave Ma Yulan health guidance seriously. On January 14, Party members, cadres, experts, professors and calligraphy enthusiasts from provincial Party committees, provincial cultural and tourism departments, provincial science and technology associations, provincial health committees, provincial judicial departments and other provincial departments came to Zaba Town, Hualong County to carry out the "three rural areas" and "legal propaganda services" activities of provincial government in 2019.

5. 人到中年七个退化  
Seven Degradations in Middle Age  
来源：人民网  
Source: People's net  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：15:06:34  
Time: 15:06:34

人到中年，身体机能也会发生退化，“美国退休人员协会杂志”网站做了总结。1.眼前漂浮物增多。中年过后，由于眼底和视网膜等开始出现物理性衰退，眼前可能出现圆点和曲线等漂浮物。一些人还可能出现眼前莫名闪光现象。而且，45-55岁，黄斑变性和青光眼发病率会翻倍，所以应定期进行眼科检查。2.疼痛敏感度降低。50岁后，许多人对疼痛敏感度开始下降，更能忍受疼痛，即便脚底磨起泡，也察觉不到。3.味觉日益迟钝。味觉随着年龄增长而变化，过去认为很辣的食物如今也能接受。

In middle age, physical function also deteriorates, "Journal of the American Association of Retired Persons" website summarizes. 1. The number of floating objects increased. After middle age, due to the physical decline of fundus and retina, floating objects such as circles and curves may appear before eyes. Some people may also have an inexplicable flash in front of them. Moreover, the incidence of macular degeneration and glaucoma doubles between 45 and 55 years old, so regular ophthalmological examinations should be carried out. 2. Pain sensitivity decreased. After the age of 50, many people begin to lose their sensitivity to pain and are more tolerant of pain, even when the soles of their feet are frothed, they are not aware of it. 3. Taste becomes duller and duller. Taste changes with age, and what used to be considered spicy food is now acceptable.

6. 住进养老院能不能比在家衰老得慢  
Can living in a nursing home age more slowly than at home?  
来源：中工网  
Source: China Industrial Network  
主体：公众  
Subject: public  
态度：提倡  
Attitude: advocate  
时间：13:14:29  
Time: 13:14:29

2019年伊始，民政部下发通知明确，从新修订的老年人权益保障法实施之日，也就是2018年12月29日起，各级民政部门不再受理养老机构设立许可申请，今后申办养老机构只需依法登记和备案。主管部门要做的，是加强养老机构事中事后监管—业界将这视作深化养老服务“放管服”改革、鼓励社会力量参与养老服务的实质性举措。我国正处在快速老龄化时期，优质养老服务的供给跟不上社会需求的膨胀。在有效保障基本养老服务的前提下，支持社会力量“入场”、提供多层次、多样化的养老服务，已是当务之急。

At the beginning of 2019, the Ministry of Civil Affairs issued a circular clearly that from the date of the implementation of the newly revised Law on the Protection of the Rights and Interests of the Elderly, that is, from December 29, 2018, civil affairs departments at all levels will no longer accept applications for permission to establish pension institutions, and in the future, only need to register and file applications for pension institutions in accordance with the law. What the competent authorities need to do is to strengthen the post-

event supervision of pension institutions - the industry regards it as a substantive measure to deepen the reform of "putting in custody" of pension services and encourage social forces to participate in pension services. China is in a period of rapid aging, and the supply of high-quality pension services can not keep up with the expansion of social demand. Under the premise of effectively guaranteeing basic old-age services, it is urgent to support social forces to "enter" and provide multi-level and diversified old-age services.

7. [米客和自然食客竟然一起出了网红新年礼盒，这波吃喝不胖的操作满足了...](#) 来源：上海热线 主体：企业 态度：提倡 时间： 18:15:38  
[Mike and natural diners unexpectedly went out of the net red New Year gift box together. This wave of eating and drinking is not fat enough to meet the needs of the operation](#) Source: Shanghai Online Subject: industry Attitude: advocate Time: 18:15:38

新的一年所有的期盼和许愿都是新的，当然还有新的flag！多吃不胖！说到多吃不胖这个事情不就得不得提两个标志性的品牌，米客米酒和自然食客了。一个是在魔都5000家网红餐厅热卖的网红新生代轻社交米酒，一个是小红书疯狂打卡的健康低卡新零食代表。两个网红又健康的品牌，竟然在2019伊始联合搞事情——【有米有钱】的新年礼盒，就是为了让大家的嘴里享受，身材真瘦！新生代米酒与新青年零食相组合产生的化学反应为什么说是化学反应？因为两个品牌的合作款礼盒，里面藏着超级低卡的零食与小酒，颠覆了我们每年过年的亚健康生活状态。

All expectations and wishes for the new year are new, and of course there are new flags! Eat more, not fat! When it comes to eating more and not getting fat, we have to mention two iconic brands, rice wine and natural diners. One is the new generation light social rice wine, which is popular in 5000 online Red restaurants in Modu, and the other is the representative of healthy low-calorie snacks that Xiao Hongshu madly punches in. The two healthy brands of CyberReds jointly started their business at the beginning of 2019 - [Rich Rice] New Year's gift box, in order to let everyone enjoy it in their mouths, how thin they really are! 12308 Why is the chemical reaction produced by the combination of Cenozoic rice wine and New Youth snacks called chemical reaction? Because the two brands of cooperative gift boxes, which contain super low-calorie snacks and small wines, subvert our sub-healthy life every year.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

## 减盐-微信 Salt Reduction - WeChat

2019-01-15, 共监测到576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 576 WeChat public articles were monitored in 2019-01-15. 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. 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: 9

Repeat Number: 9

日期: 2019-01-15

Data: 2019-01-15

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.

#### 2. 住院72天, 我卖了2套房! 没病没灾就是最大的不动产!

[After 72 days in hospital, I sold two apartments! No disease is the biggest real estate!](#)

重复数: 8

Repeat Number: 8

日期: 2019-01-15

Data: 2019-01-15

心内科专家介绍, 食盐摄入过多是高血压的三大危险因素之一, 同时, 吃盐过多还可增加胃病、骨质疏松、肥胖等疾病的患病风险。很多人喜欢吃点咸菜, 或者用酱油烹调, 无形之中都增加了盐的摄取。建议成人每人每天食盐摄入量不超过6克, 2~3岁幼儿摄入量不超过2克, 4~6岁幼儿不超过3克, 7~10岁儿童不超过4克, 65岁以上老人不超过5克。

Cardiology experts said that excessive salt intake is one of the three major risk factors for hypertension. At the same time, excessive salt intake can also increase the risk of gastropathy, osteoporosis, obesity and other diseases. Many people like to eat pickles or cook with soy sauce, which invisibly increases salt intake. It is suggested that the daily salt intake of adults should not exceed 6 grams per person, that of children aged 2-3 years should not exceed 2 grams, that of children aged 4-6 years should not exceed 3 grams, that of children aged 7-10 years should not exceed 4 grams, and that of the elderly aged 65 years and over should not exceed 5 grams.

#### 3. 中老年人注意! 这个病比癌症都可怕, 有人花了130万没能救命! 化解方全在这儿了~

[Middle-aged and elderly people need to pay attention to it! This disease is more terrible than cancer. Someone spent 1.3 million and could not save lives! All the methods of solution are here.](#)

重复数: 6

Repeat Number: 6

日期: 2019-01-15

Data: 2019-01-15

控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、耗油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. For example, MSG, ketchup, oil, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, and instant noodles all contain a lot of sodium. People with high blood pressure should avoid eating these foods.

#### 4. 这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近!

[These five kinds of food hurt kidney! But you may eat them every day. The more of them you eat the closer you are to uremia!](#)

重复数: 4

Repeat Number: 4

日期: 2019-01-15

Data: 2019-01-15

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。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. The dietary guidelines recommend that the average person's daily salt intake is 6 grams (one beer bottle cap); kidney disease patients are recommended to consume 3-6 grams of salt per day.

#### 5. 世卫组织“健康饮食五原则”, 您符合吗?

[Do you conform to the Five Principles of Healthy Diet by WHO?](#)

重复数: 4

Repeat Number: 4

日期: 2019-01-15

Data: 2019-01-15

吃过多的盐会让血压升高, 高血压是心脏病和中风的主要危险因素。大部分人吃盐太多: 我们每天吃的盐是世卫组织推荐量的两倍。限盐技巧: 做饭时少放盐, 少用酱油等含盐调味品。不吃含盐零食, 选择新鲜食品, 而不是加工食品。罐头或者脱水蔬菜、坚果和水果也可以选择, 但不要选择含盐和含糖食品。

Eating too much salt will raise your blood pressure. Hypertension is a major risk factor for heart disease and stroke. Most people eat too much salt. The salt we eat every day is twice as much as the recommended amount by WHO. When cooking, put less salt and use less salty condiments such as soy sauce. Do not eat salty snacks and choose fresh foods instead of processed foods. Canned or dehydrated vegetables, nuts and fruits can also be chosen, but do not choose salty or sugary foods.

## 减盐-微博 Salt Reduction - Weibo

2019-01-15, 共检测到2116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。

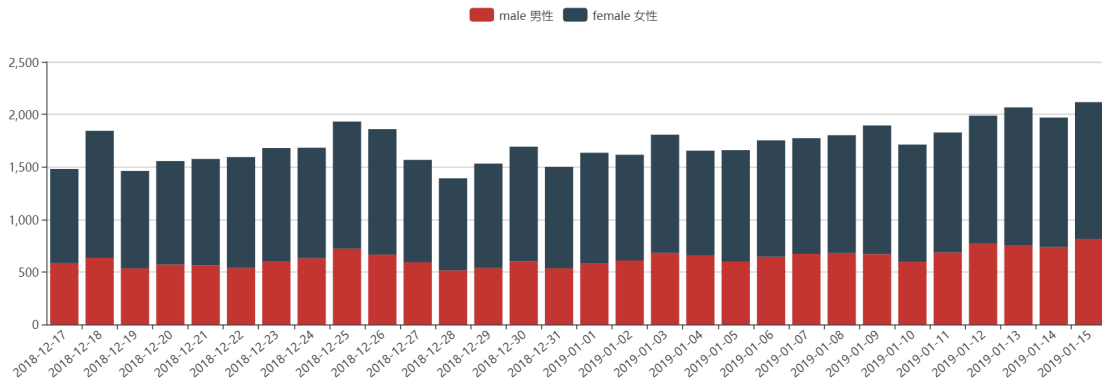
There are 2116 weibos about salt reduction monitored on 2019-01-15.

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!

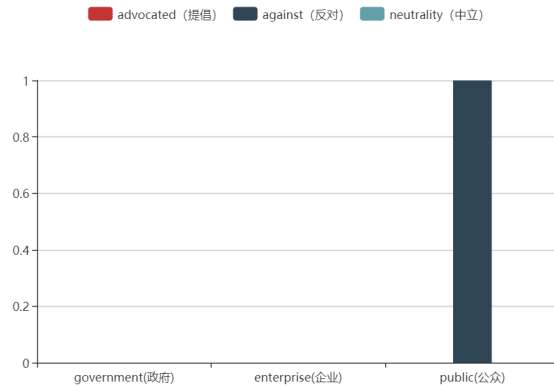
## 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-01-15) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-15. 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. <a href="#">新年大集 北大国际张晓梅：五个绝招稳住“春节血糖”</a> <a href="#">New Year's Eve   Beida International Zhang Xiaomei: Five Great Ways to Stabilize "Spring Festival Blood Sugar"</a>	来源：搜狐	主体：公众	态度：反对	时间：08:47:31
	Source: Sohu	Subject: public	Attitude: against	Time: 08:47:31
<p>有道是“人逢喜事精神爽，一到春节血糖高。”春节期间主餐菜肴比平时丰富许多，点心、零食也大大增多。心情舒畅的时候警惕性自然就会下降，许多平时对饮食管理比较严格的糖友此时也不免“城门失守”。春节期间的的生活方式大异于平时。对于广大糖尿病患者来说，生活习惯的改变可能带来血糖的波动，给身体健康带来诸多威胁。有没有办法让糖友们既享受美食、又避免血糖过高呢？搜狐健康记者采访了北京大学国际医院张晓梅主任医师，她给出5点建议。</p> <p>There is a saying that "people are refreshed at happy events, and their blood sugar is high during the Spring Festival." During the Spring Festival, the main dishes are much richer than usual, and snacks and snacks are also greatly increased. When the mood is comfortable, vigilance will naturally decline. Many sugar pals who usually have strict diet management will inevitably lose their guard at this time. The way of life during the Spring Festival is quite different from the usual one. For the majority of diabetic patients, changes in living habits may bring about fluctuations in blood sugar, bringing many threats to health. Is there a way for sugar pals to enjoy food and avoid high blood sugar? Sohu Health Reporter interviewed Dr. Zhang Xiaomei, Director of Peking University International Hospital. She gave five suggestions.</p>				
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

2019-01-15, 共监测到333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 333 WeChat public articles were monitored in 2019-01-15. This page shows the top five articles by repeat number today.

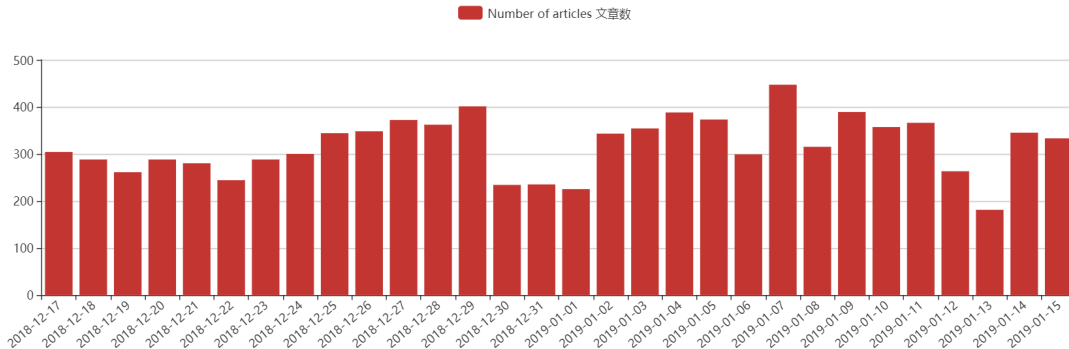
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 16

日期: 2019-01-15

Repeat Number: 16

Data: 2019-01-15

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.

### 2. 吃粗粮好处多, 但你真的适合吃吗?

重复数: 9

日期: 2019-01-15

Repeat Number: 9

Data: 2019-01-15

谷物饮料 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 some 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 regular biscuits, so be sure to control the amount when ingesting.

### 3. 这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近!

重复数: 8

日期: 2019-01-15

Repeat Number: 8

Data: 2019-01-15

[These five kinds of food hurt kidney! But you may eat them every day. The more of them you eat the closer you are to uremia!](#)

肾病患者需要低盐、低脂、高维生素饮食, 但方便面则是反其道而行之, 属于高盐、高脂、低维生素食物。除高盐外, 方便面中的人造脂肪(反式脂肪酸), 同样对心血管的伤害很大。

Patients with kidney disease need a low-salt, low-fat, high-vitamin diet, but instant noodles are the opposite, which belong to high-salt, high-fat, low-vitamin food. In addition to high salt, artificial fat (trans fatty acids) in instant noodles is also very harmful to the cardiovascular.

### 4. 去超市买东西, 看清这个字再买!

重复数: 6

日期: 2019-01-15

Repeat Number: 6

Data: 2019-01-15

市场上售卖的面包, 有些含有人工色素、香料、氢化油(含有大量反式脂肪酸)以及防腐剂。大量的油脂、添加剂虽可提升食物的味道, 但会增加心血管疾病的发生风险。因此, 购买全麦面包时, 成分越简单越好。

Some breads sold on the market contain artificial colors, spices, hydrogenated oils (containing large amounts of trans fatty acids) and preservatives. Large amounts of oil and additives can enhance the taste of food, but increase the risk of cardiovascular disease. Therefore, when buying whole wheat bread, the simpler the ingredients, the better.

### 5. 世界卫生组织最新推荐: 2019年“健康饮食五原则”

重复数: 5

日期: 2019-01-15

Repeat Number: 5

Data: 2019-01-15

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

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、油炸条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。

Fats are also an essential component of a healthy diet, but eating too much oil increases the risk of obesity, heart disease and stroke. Repeatedly frying oil also contains more trans fatty acids, which should be avoided. Foods containing more trans fatty acids include: French fries, fried chicken legs, fried dough sticks, various pastries containing hydrogenated vegetable oil, chocolate, salad dressings, and instant noodle sauces.

## 反式脂肪酸-微博 Transfat - Weibo

2019-01-15, 共检测到166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。

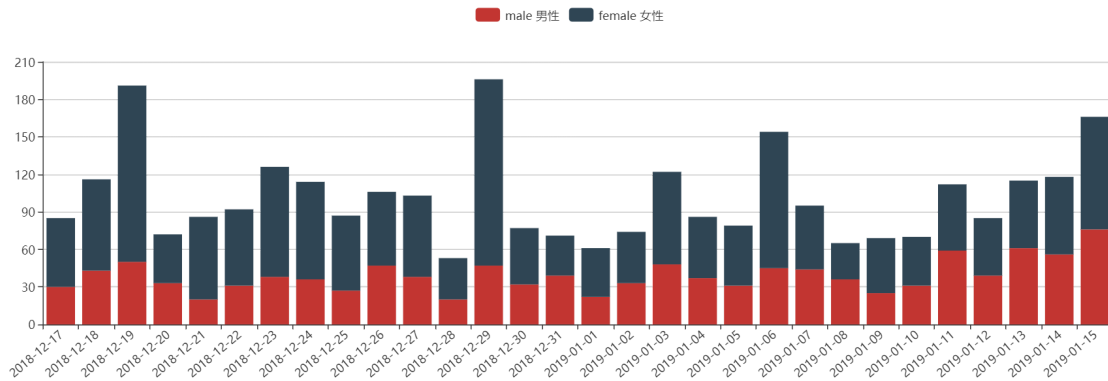
There are 166 weibos about transfat reduction monitored on 2019-01-15.

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!