

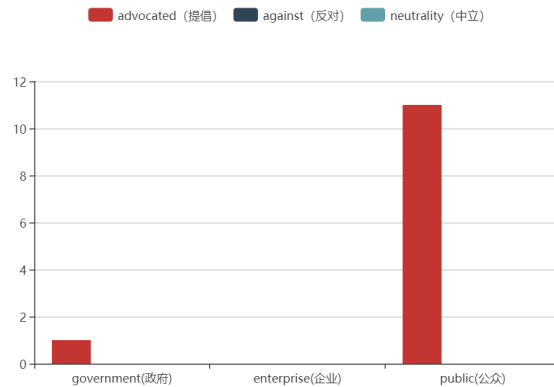
减盐-新闻

Salt Reduction - News

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安徽
Anhui

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No such articles!

浙江
Zhejiang

食物中的钠 Sodium in food				
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No such articles!				
高血压 Hypertension	1. 高血压防治进校园——第21个“全国高血压日”浙江省主题宣传活动举行	来源：浙江在线	主体：政府	态度：提倡
	Hypertension prevention and control into the campus, a 21 "national hypertension day" theme promotional events held in zhejiang province	来源：浙江在线	Subject: government	Attitude: advocate

为积极宣传心脑血管病防治知识，提高公众对血压的认识及健康意识、健康行为能力，2018年10月8日上午，由浙江省卫生和计划生育委员会、浙江省教育厅、杭州市卫生和计划生育委员会、杭州市教育局、临安区卫生和计划生育局、临安区教育局主办，浙江医院、浙江省心脑血管病防治研究中心、杭州市疾控中心、杭州市心脑防办、浙江省电子科技大学承办，浙江省预防医学会心脑血管病防治专业委员会、浙江省高血压专病医联体协办的第21个“全国高血压日”浙江省主题宣传活动在杭州电子科技大学举行，今年的主题是“知晓您的血压”。浙江省卫生和计划生育委员会副主任徐润龙，疾病预防控制处处长谢国建，副处长金芳；浙江省教育厅体育卫生与艺术教育处陈超；浙江医院院长、浙江省心脑血管病防治研究中心主任严静、副主任俞蔚；浙江省疾病预防控制中心副主任俞敏；临安区副区长高吉亚、临安区政府办公室副主任肖碧莲，临安区卫生和计划生育局局长洪忠东，杭州电子科技大学信息工程学院书记潘申洲以及杭州电子科技大学信息工程学院的师生和其他相关人员出席了本次活动。高血压防治进校园。临安区副区长高吉亚首先发表讲话，她说，省、市、区卫计委(局)在这里举办大型的“全国高血压日”宣传活动，提供血压测量现场指导，目的就是利用全国高血日活动的契机加强宣传，在各位领导、专家、媒体等方面的共同努力下，进一步提高群众对高血压以及心血管病危险因素的认识、强化防治意识，提高自我管理能力，培养健康的生活方式，科学的就医观念，进一步提高高血压知晓率、治疗率和控制率，降低重心脑血管病事件发生的风险，也希望高血压的防治工作取得更大的进展。浙江医院院长严静表示，高血压是一类患病人群广泛、患病年龄日益年轻化、疾病危害极大的临床常见病。浙江省心脑血管病防治研究中心在十二五期间参加了“职业人群高血压防治”项目，研究了浙江省高校教职工的高血压防治情况。

In order to actively publicize the knowledge of prevention and treatment of cardiovascular and cerebrovascular diseases and enhance the public's awareness of blood pressure, health awareness and healthy behavioral ability, on the morning of October 8, 2018, Zhejiang Health and Family Planning Commission, Zhejiang Education Department, Hangzhou Health and Family Planning Commission, Hangzhou Education Bureau, Linan District Health and Family Planning Commission were set up. Sponsored by Zhejiang Hospital, Zhejiang Center for Cardiovascular and Cerebrovascular Disease Prevention and Control, Hangzhou Disease Control Center, Hangzhou Cardiocerebral Prevention Office, Zhejiang University of Electronic Science and Technology, the 21st "National" sponsored by the Committee for Cardiovascular and Cerebrovascular Disease Prevention and Treatment of Zhejiang Preventive Medicine Association and the Association of Hypertensive Medicine of Zhejiang Province The theme publicity campaign of "Hypertension Day" in Zhejiang Province was held at Hangzhou University of Electronic Science and Technology. This year's theme is "Know Your Blood Pressure".Xu Runlong, deputy director of Zhejiang Health and Family Planning Commission, Xie Guojian, director of Disease Prevention and Control Department, and Jin Fang, deputy director; Chen Chao, Department of Sports Health and Art Education, Zhejiang Education Department; Yan Jing, director of Zhejiang Hospital and director of Zhejiang Center for Cardiovascular and Cerebrovascular Disease Prevention and Control; Yu Wei, deputy director of Zhejiang Disease Prevention and Control Yu Min, deputy director of the center, Gao Jiya, deputy director of Linan District, Xiao Bilian, deputy director of Linan District Government Office, Hong Zhongdong, director of Linan District Health and Family Planning Bureau, Pan Shenzhou, Secretary of the School of Information Engineering of Hangzhou University of Electronic Science and Technology, teachers, students and other relevant personnel attended the meeting. Secondary activities.Prevention and treatment of hypertension into campus.Gao Jiya, deputy district director of Linan District, first made a speech. She said that the provincial, municipal and district health planning commissions (bureaus) held a large-scale propaganda campaign for the National Hypertension Day to provide on-the-spot guidance for blood pressure measurements. The purpose was to take advantage of the opportunity of the National Hypertension Day to strengthen publicity and make joint efforts among leaders, experts and the media. It is also hoped that the awareness rate, treatment rate and control rate of blood pressure will be further improved, and the risk of cardiovascular events will be reduced. We hope that more progress will be made in the prevention and treatment of hypertension.Yan Jing, director of Zhejiang Hospital, said that hypertension is a common clinical disease with a wide range of patients, an increasingly younger age and a great harm to the disease. Zhejiang Research Center of Cardiovascular and Cerebrovascular Disease Prevention and Treatment participated in the project of "Prevention and Treatment of Hypertension among Occupational Populations" during the 12th Five-Year Plan, and studied the prevention and treatment of hypertension among university staff in Zhejiang Province.

心血管健康 Cardiovascular health
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No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 英国研究发现多数肉类替代品含盐量甚至超过海水 British study has found that most of the meat substitutes even more salt than seawater	来源: 东方财富网 来源: 东方财富网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:21:57 Time: 08:21:57
英国伦敦玛丽皇后大学一家名为“对盐行动”(Action on Salt)的健康组织对一百多种不含肉类的食物进行了检查。尽管这些食物通常被认为是一种更健康的选择,但结果检测却发现,其中很多食物含盐量超标,有些食物含盐量甚至比海水盐度还高。该研究小组对157种肉类替代品进行了研究,其中包括无肉汉堡、无肉香肠和无肉的肉末状食物,发现其中许多产品有较高的含盐量,有些甚至超过了推荐标准。研究发现,一般而言,无肉汉堡比普通牛肉汉堡的含盐量更高。该组织呼吁英国公共卫生部门解决其对不含肉类产品高含盐量的担忧,并实施降盐战略。				
Action on Salt, a health group at Queen Mary University in London, examined more than 100 non-meat foods. Although these foods are generally considered to be a healthier option, tests have found that many of them contain excessive amounts of salt, and some are even more salty than seawater. The team studied 157 meat substitutes, including meat-free hamburgers, meat-free sausages and meat-free minced foods, and found that many of these products had higher salt content, some even exceeding recommended standards. Studies have found that meat free hamburgers are generally more salty than beef hamburgers. The group called on Britain's public health authorities to address their concerns about the high salt content of meat-free products and implement salt reduction strategies.				
高血压 Hypertension				
1. 科普 高血压的福音: 4大饮食原则大揭秘! Popular science hypertension: the Gospel of 4 big diet principles revealed!	来源: 搜狐 来源: 搜狐	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 19:32:18 Time: 19:32:18
高血压是一种严重危害人类健康的常见心血管疾病,同时又是导致其他很多心血管疾病的重要危险因素。高血压已成为全球迫切需要应对的重大公共卫生问题。根据很多科学研究的结果,以及我们身体的钠钾代谢的生理机制——低钠高钾的饮食将是预防高血压的重要措施之一。在日常生活中我们可以采用以下方法来做到低钠高钾饮食。				
Hypertension is a common cardiovascular disease that seriously endangers human health. It is also an important risk factor for many other cardiovascular diseases. Hypertension has become a major public health problem all over the world. According to the results of many scientific studies, and our body's physiological mechanism of sodium and potassium metabolism - low sodium and high potassium diet will be one of the important measures to prevent hypertension. In daily life, we can use the following methods to achieve low sodium and high potassium diet.				
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. 健康文化根植龙江大地我省健康龙江行动蓬勃开展纪实 Health culture longjiang earth grounding our province longjiang act vigorously documentary	来源: 凤凰网黑龙江频道 来源: 凤凰网黑龙江频道	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 04:00:02 Time: 04:00:02
这些以往只有在一些健康宣传片中才能看到的场景目前在我省许多百姓家中也能实现,并且已逐渐形成生活常态。“我参与、我健康、我快乐”的理念已经成为人们的美好追求。平衡膳食健康生活科普知识展览在活动现场展出,吸引了现场群众的目光。“健康龙江行动”佳木斯市中心医院名医送健康校园宣讲活动,为学生讲解防病知识。铁力市中医院推出了百姓通过互联网定制家庭医生新举措。				
These scenes, which can only be seen in some health propaganda films in the past, can be realized in many people's homes in our province, and have gradually become a normal life. The concept of "I participate, I am healthy and I am happy" has become a beautiful pursuit of people. The balanced diet healthy life exhibition of popular science is displayed on the scene of the activity, attracting the attention of the people at the scene. "Healthy Longjiang Action" Jiamusi City Central Hospital famous doctor send healthy campus publicity activities for students to explain disease prevention knowledge. Tieli Hospital of Traditional Chinese Medicine launched the new measures to customize family doctors through the Internet.				
2. 健康武汉2035, 这些数字与你我生活相关 Wuhan 2035 health, the Numbers associated with you my life	来源: 长江网 来源: 长江网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 23:03:20 Time: 23:03:20
26日召开的全市卫生与健康工作会议要求,以《“健康武汉2035”规划》(简称《规划》)为行动纲领,全面进入建设“健康武汉2035”新模式。《规划》中有哪些新理念、新亮点?哪些内容与市民的获得感密切相关?长江日报记者采访公共卫生专家、武汉市疾病预防控制中心副主任、主任医师龚洁,请她进行解读和点评。这些新理念新思路令人期待——让“大健康”理念深入人心《规划》要求让“大健康”理念深入人心。大健康是根据时代发展、社会需求与疾病谱的改变,提出的一种全局的理念。大健康关注的是全人群和“生老病死”全生命周期,要求对生命的全面呵护。				
The Municipal Health and Health Work Conference on the 26th demanded that the "Health Wuhan 2035" Plan (hereinafter referred to as the "Plan") be taken as the program of action to enter the new mode of building a "healthy Wuhan 2035" in an all-round way. What are the new ideas and new highlights in the plan? Which content is closely related to the sense of civic acquisition? Changjiang Daily reporter interviewed Gong Jie, a public health expert and vice director and chief physician of Wuhan Center for Disease Control and Prevention. These new concepts and ideas are expected to make the concept of "great health" deeply rooted in the hearts of the people, "planning" requires that the concept of "great health" deeply rooted in the hearts of the people. Great health is an overall concept based on the development of the times, social needs and changes in the spectrum of diseases. Great health concerns the whole population and the whole life cycle of "birth, old age, illness and death" and requires comprehensive care for life.				
3. 秋冬交替心梗高发远离这些不良生活方式避免猝死! Qiu dong alternating high incidence of myocardial infarction (ami) away from the bad life style to avoid sudden death!	来源: 人民网 来源: 人民网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:06:02 Time: 09:06:02
在大家的潜意识里,猝死这样的事多发生在老年人身上。然而,近年来的一系列案例中有不少中青年,他们年富力强,平时看起来似乎挺健康的,为何也会猝死?猝死会有哪些征兆?该如何预防?所有的心梗都是潜伏已久。“平素身体健康或貌似健康的患者,在出乎意料的短时间内,因自然疾病而突然死亡。”——这是世界卫生组织对猝死的定义。突发、迅速、无法预测……猝死的这些特点似乎都在强调“死神”的靠近猝不及防,但其实,所有的猝死都是“蓄谋已久”。				
In our subconscious mind, sudden death happens most often in the elderly. However, in a series of cases in recent years, there are many young and middle-aged people, they are rich and powerful, usually seem quite healthy, why do they also die suddenly? What are the signs of sudden death? How should we prevent it? All myocardial infarction have been latent for a long time. "Patients with normal or seemingly healthy health suddenly die of natural diseases in an unexpectedly short period of time." This is the definition of sudden death by WHO. Sudden, rapid, unpredictable... These characteristics of sudden death seem to emphasize that the "god of death" is close to sudden unexpected, but in fact, all sudden deaths are "premeditated" for a long time.				
4. 合理饮食“管好嘴” Reasonable diet "mind mouth"	来源: 中国新闻网 来源: 中国新闻网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 17:17:13 Time: 17:17:13
合理饮食“管好嘴”。人们的生活水平越来越好,但过高的生活和工作压力让很多人的健康出现了问题。与其忙着攒钱看病,远不如多花些精力、时间和金钱去投资健康。合理饮食: ①食物多样,谷类为主,粗细搭配。②多吃蔬菜水果和薯类。				
Reasonable diet, "manage your mouth well". People's living standards are getting better and better, but the high pressure of life and work makes many people's health problems.				

Instead of saving money to see a doctor, it's better to spend more energy, time and money investing in health.Reasonable diet:(1) food is diversified, cereals are the main, and the thickness is matched.Eat more vegetables, fruits and potatoes.

5. [土豆每种吃法注意啥](#)
[Potatoes each way pay attention to what](#)

来源：人民网
来源：人民网

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 09:17:15
Time: 09:17:15

蒸、炒、炖、炸.....土豆吃法很多，哪种更健康？每种吃法又该注意啥？ 蒸土豆，最好带皮。蒸，是一种相对来讲非常健康的烹调方式，由于靠蒸汽加热煮熟，相对炖煮来说，水溶性营养物质如维生素C、B族维生素损失更少，而钙、镁、钾等矿物质和膳食纤维基本不会有损失。土豆洗干净直接蒸，最好不要去皮或者切分，更有利于营养成分保留。蒸土豆可以直接用来做主食吃，也可以蒸熟后去皮，捣碎碾压做成土豆泥。土豆泥中可以加入三文鱼、虾仁、芹菜碎、肉末等配料，根据自己的口味加调料，吃起来味道更丰富、营养更均衡。

Steaming, stir frying, stewing and frying... There are many ways to eat potatoes. Which is healthier? What should we pay attention to?Steamed potatoes, preferably with leather. Steaming is a relatively healthy way of cooking. Compared with stewing, water-soluble nutrients such as vitamin C and B vitamins lose less, while minerals such as calcium, magnesium, potassium and dietary fiber do not lose much. The potatoes are washed and steamed directly. It is better not to peel or cut up the potatoes. Steamed potatoes can be used directly for staple food, or after being steamed, peeled and mashed and made into mashed potatoes. Potato mash can be added salmon, shrimp, celery, minced meat and other ingredients, according to their own flavor to add seasoning, taste richer, more balanced nutrition.

6. [健康| 60岁以上的人注意了：营养比运动更重要！](#)
[Health | people over 60 years old take note: nutrition is more important than sports!](#)

来源：新浪网
来源：新浪网

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 14:17:17
Time: 14:17:17

按道理这么积极的锻炼，生病的老人应该减少了，而目前很多老人的现状是：刚开始运动时，头几年是少生病了，体质也强壮了。可越上了年纪，越练反倒各种毛病闹得，也没少进医院，特别是心脑血管疾病，一边锻炼，一边照犯。 这到底是什么原因呢？ 吃饭比运动重要得多。那些运动了身体照样生病的人，往往都是重运动而轻食疗的人。每天花上几小时运动，而吃饭却粗茶淡饭，讲究清淡，以素食为主。

By reason of such active exercise, the number of sick old people should be reduced. At present, the status quo of many old people is as follows:At the beginning of exercise, the first few years were less sick and physically strong. But the older I get, the more I practice, the more I take pictures of all kinds of illnesses, and the less I go to the hospital, especially for cardiovascular and cerebrovascular diseases.What is the reason for this?Eating is much more important than exercise. Those who exercise their bodies and are sick are often the ones who exercise heavy and eat light. Spend a few hours exercising every day, while having a meal with coarse tea to talk about the meal.

7. [这7种致癌食品要戒掉！别等中招再后悔](#)
[The 7 kinds of carcinogenic food want to quit!Don't wait for the effects to regret again](#)

来源：汉丰网
来源：汉丰网

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 17:18:33
Time: 17:18:33

都说病从口入，癌症也是一样。或许，有不少隐藏在美食中的致癌物，你刚刚吃完，或正在嘴边—— 烫食——食道癌 麻辣烫、火锅、热汤面、热奶茶.....在萧瑟的秋冬季节吃一碗烫手的“热饭”让人身心俱暖。除了满足口腹之欲外，这碗“烫食”还烫伤了无数人的食管，让我国成为食管癌的高发国家。 据统计，每年我国约有15万人因食管癌而死亡，占全国因恶性肿瘤死亡人数的四分之一！ 世界卫生组织(WHO)下属的国际癌症研究机构(IARC)曾发布报告，警告饮用65℃以上的热饮，可能增加罹患食道癌的风险。 很多人都知道：吃得太烫会灼伤食管黏膜，增加癌变风险。

They say the same is true for cancer.Maybe there are a lot of carcinogens hidden in delicious food. You just finished eating or are talking to your mouth.Hot food - esophageal cancerSpicy hot, hot pot, hot soup noodles, hot milk tea..... Eating a bowl of hot "hot rice" in the autumn and winter season makes people feel warm.In addition to appetite, this bowl of "hot food" also scalded the esophagus of countless people, making our country a high incidence of esophageal cancer country.According to statistics, about 150,000 people die of esophageal cancer every year in China, accounting for one fourth of all deaths from malignant tumors in the country!The International Agency for Research on Cancer (IARC) under the World Health Organization (WHO) has issued a report warning that drinking hot drinks above 65 degrees Celsius may increase the risk of esophageal cancer.Many people know that eating too much will burn the esophageal mucosa and increase the risk of cancer.

8. [比烟更毒、比酒致命：这些病都是它们“惹”出来的](#)
[Than the smoke is more toxic than the deadly: these diseases are "get" out of them](#)

来源：东方财富网
来源：东方财富网

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 11:19:44
Time: 11:19:44

比烟更毒、比酒致命：这些病都是它们“惹”出来的。吸烟伤肺、喝酒伤肝是大家都知道的事实，但不少人烟酒不沾，却落下了一身的毛病，这是为什么呢？其实比抽烟、喝酒更致命的是我们食物当中的糖和盐，一旦过量食用就如同“慢性毒药”，在长期的生活中，杀人于无形。 那么过量食糖和盐到底对人体有多大伤害？今天我们就来聊聊这个话题。 一、过量食糖的危害。 糖是我们人体所需的三大营养素之一，也是我们人体当中热能的重要来源。

It is more toxic than tobacco and deadly than alcohol: these diseases are "provoked" by them.Smoking hurts the lungs, drinking hurts the liver is a fact that everyone knows, but many people do not smoke and drink, but fall into a whole body of problems, why? In fact, more lethal than smoking and drinking is the sugar and salt in our food, once excessive consumption is like a "chronic poison," in the long-term life, killing people invisible.How much sugar and salt can hurt the human body? Today we are going to talk about this topic.First, the harm of excessive sugar.Sugar is one of the three nutrients that our body needs. It is also an important source of heat energy in our body.

9. [报告：脑损伤成智利人意外死亡的最大威胁](#)
[Report: the greatest threat to brain injury into the Chilean accidental death](#)

来源：中国新闻网
来源：中国新闻网

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 17:27:58
Time: 17:27:58

据南美侨报网报道，智利卫生部近日公布的国家卫生服务人口调查报告指出，血管性脑损伤(CVA)已经成为智利人意外死亡的最主要原因。 据报道，智利卫生部指出，血管性脑损伤是全球致死率第二高的疾病，在智利的患病率达到人口总数的2.6%。虽然从整体上来看患上这种病症的智利人依然属于一小部分，但患病的比例在不断上升。 调查表明，患有血管性脑损伤的妇女比例已经由原本的1.7%增长至3.2%，而由于女性的平均寿命要比男性长，因此这种疾病对于女性的负面影响更大。 “随着人口老龄化现象的增加，女性中患有血管性脑损伤的人数比例也在增长。

Vascular brain injury (CVA) has become the leading cause of unexpected death in Chile, according to a recent National Health Service Population Survey released by Chile's Ministry of Health, the South American Overseas Chinese News reported.According to reports, Chile's Ministry of Health pointed out that vascular brain injury is the world's second highest fatality rate of disease, the prevalence rate of Chile's population reached 2.6%. Although Chileans as a whole are still a small minority, the proportion is rising.Surveys show that the proportion of women with vascular brain injury has increased from 1.7% to 3.2%, and because women live longer than men, the disease has a greater negative impact on women.*As the population ages, the proportion of women suffering from vascular brain injury is also increasing.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2018-10-26, 共监测到628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 628 WeChat public articles were monitored in 2018-10-26. 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.



热门文章-前五 Popular Articles - Top 5

1. 吃盐多的危害——您真的知道吗?

[Do you really know the danger of eating too much salt?](#)

重复数: 2

日期: 2018-10-26

Repeat Number: 2

Data: 2018-10-26

有最新研究让受试者分别采取高盐、中盐、低盐的饮食各30天, 结果发现, 每天吃8克盐的人比那些吃4克盐的人头痛的次数多1/3以上。并且无论吃何种食物, 只要盐的摄入量多, 都会有头痛的现象。

The latest study allowed subjects to take a high-salt, medium-salt, and low-salt diet for 30 days each. It was found that people who ate 8 grams of salt a day had a one-third more headache than those who ate 4 grams of salt. And no matter what kind of food you eat, as long as the salt intake is high, there will be headaches.

2. 吃惯了重口味, 如何减盐、减油、减糖?

[How to reduce salt, oil, and sugar after getting used to heavy taste?](#)

重复数: 2

日期: 2018-10-26

Repeat Number: 2

Data: 2018-10-26

《中国居民膳食指南》推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克, 65岁以上老年人不超过5克。

The Dietary Guidelines for Chinese Residents recommends that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old.

3. 减盐、减油、减糖.....你会距离健康更近一步!

[Salt reduction, oil reduction, sugar reduction... You will be closer to your health!](#)

重复数: 1

日期: 2018-10-26

Repeat Number: 1

Data: 2018-10-26

《中国居民膳食指南》推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克。65岁以上老年人应不超过5克。

The Dietary Guidelines for Chinese Residents recommends that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old.

4. 倡导“三减”, 促进健康, 九机构联合发布《关于推动食品行业“减盐、减油、减糖”的联合倡议》

[Advocate "three reductions" to promote health. The nine agencies jointly issued the "Joint Initiative on Promoting the Reduction of Salt, Oil Reduction and Sugar Reduction in the Food Industry"](#)

重复数: 1

日期: 2018-10-26

Repeat Number: 1

Data: 2018-10-26

过量的盐、油、糖摄入是慢性疾病的重要危险因素。为促进人民健康, 2017年4月, 原国家卫生计生委、全国总工会等五部门联合发布的《全民健康生活方式行动方案(2017-2025年)》中提出要深入开展“三减三健”(减盐、减油、减糖, 健康口腔、健康体重、健康骨骼)专项行动

Excessive salt, oil, and sugar intake are risk factors for chronic diseases. In order to promote people's health, the former National Health and Family Planning Commission and the National Federation of Trade Unions and other five departments proposed to deeply carry out the special action of "three reductions and three health" (reducing salt, reducing oil, reducing sugar, healthy mouth, healthy weight, and healthy bones) in the "National Healthy Lifestyle Action Plan (2017-2025)" jointly issued in April 2017.

5. 健康生活方式, 要想身体好, “三减三健”忽视不得!

[Healthy lifestyle, if you want to be in good health, "three minus three health" can not be ignored!](#)

重复数: 1

日期: 2018-10-26

Repeat Number: 1

Data: 2018-10-26

《中国居民膳食指南(2016)》中指出: 成人每人每天食盐量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克, 65岁以上老年人应不超过5克。食用酱油、醋、咸菜等也属于潜在的盐。

The Dietary Guidelines for Chinese Residents recommends that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old. Edible soy sauce, vinegar, pickles, etc. are also potential salts.

减盐-微博

Salt Reduction - Weibo

2018-10-26, 共检测到2043条与“减盐”相关的微博。

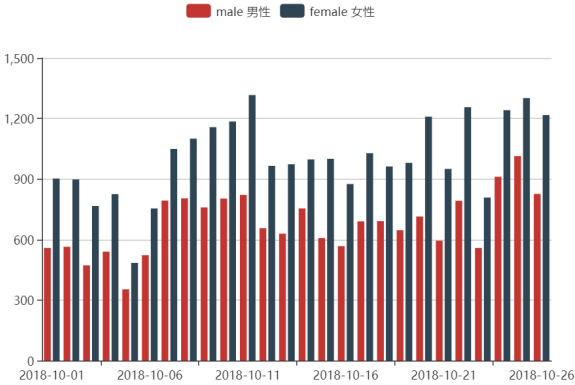
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 2043 weibos about salt reduction monitored on 2018-10-26.

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.



热门微博
Hot Weibos

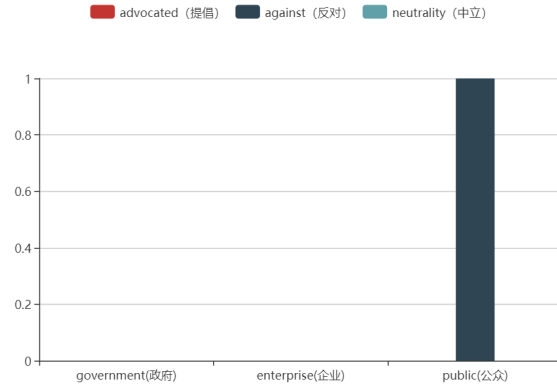
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-10-26) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-26. 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. 中国第三代蛋糕奶油“飞青花”诞生	来源：新华报业网	主体：公众	态度：反对	时间： 15:36:48
China's third generation of cream cake "fly blue" was born	来源：新华报业网	Subject: public	Attitude: against	Time: 15:36:48
在烘焙食品领域里，蛋糕奶油是一项重要的原料，它广泛应用在西点、蛋糕、面包里，与老百姓的生活紧密相连。据悉，我国用于制作西点蛋糕的奶油现今已发展到了第三代，一款名为“飞青花”的奶油近期隆重面市。10月26日，由江南大学食品学院与上海海融食品科技股份有限公司联合举办的健康烘焙食品研究院揭牌仪式暨“飞青花”奶油新产品发布会于无锡举行。中国食品报社、中国焙烤食品糖制品工业协会、全国工商联烘焙业公会、中粮集团、行业专家学者、全国多家知名饼店负责人及知名媒体共同出席见证了烘焙食品行业这一重要时刻。				
In the field of baking food, cake cream is an important raw material, it is widely used in pastries, cakes, bread, and people's lives are closely linked. It is reported that the butter used to make pastry cakes in China has now developed to the third generation, a cream named "Flying Blue Flower" has been on sale recently. On October 26, the unveiling ceremony of Healthy Baking Food Research Institute and the new butter product presentation of "Flying Blue Flower" were held in Wuxi. China Food Newspaper, China Association of Baking Food and Sugar Products Industry, All-China Federation of Industry and Commerce Baking Industry Association, China Food Group, Industry Experts and Scholars, Officers in charge of many well-known cakes shops and well-known media attended this important moment of the baking food industry.				
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

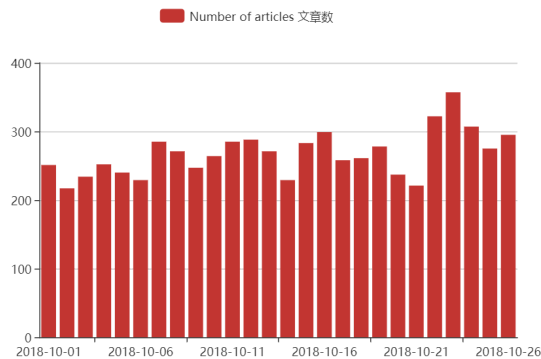
2018-10-26, 共监测到295篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 295 WeChat public articles were monitored in 2018-10-26. 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.



热门文章-前五 Popular Articles - Top 5

1. [心血管疾病患者, 还需要低脂饮食吗?](#)

重复数: 2

日期: 2018-10-26

[Do cardiovascular patients need a low-fat diet?](#)

Repeat Number: 2

Data: 2018-10-26

含饱和脂肪酸的食品 (肥肉、动物内脏、禽皮、牛奶等)、含反式脂肪酸高的食物 (人造奶油、富含氢化油、起酥油的糕点等)、含胆固醇高的食物 (动物内脏、蟹黄、鱼子、蛋黄、鱿鱼等) 这三类油脂摄入过多有害健康, 易造成肥胖、高脂血症。

Foods containing saturated fatty acids (fat, animal offal, poultry, milk, etc.), foods with high trans fatty acids (margarine, hydrogenated oils, shortenings, etc.) and foods high in cholesterol (animal internal organs, crab yellow, caviar, egg yolk, squid, etc.). Excessive intake of these three types of oils is harmful to health and is easy to cause obesity and hyperlipidemia.

2. [摆脱肥宅, 从认识「魔鬼脂肪」开始](#)

重复数: 2

日期: 2018-10-26

[Get rid of fat curtilage and start with "devil's fat".](#)

Repeat Number: 2

Data: 2018-10-26

少吃那些反式脂肪酸含量高的食物, 培养良好的饮食习惯, 少吃少买反式脂肪酸含量高的食物。多吃新鲜食物。

Eat less foods with high levels of trans fatty acids, develop good eating habits, and eat less and buy less foods with high levels of trans fatty acids. Eat more fresh food.

3. [吃素也要有技术含量, 吃的不对, 再素也白搭!](#)

重复数: 1

日期: 2018-10-26

[People should eat plants scientifically. If you don't choose the right food, vegetarian food is not good for your health!](#)

Repeat Number: 1

Data: 2018-10-26

n已经有多项研究证实, 这些产品中所含“反式脂肪酸”, 会大大增加人们罹患心血管疾病和糖尿病的风险, 还可能危害大脑的健康。

A number of studies have confirmed that the "trans fatty acids" contained in these products can greatly increase the risk of cardiovascular disease and diabetes, and may also harm the health of the brain.

4. [有病不忌口, 医生也发愁!](#)

重复数: 1

日期: 2018-10-26

[If you don't control your diet after you get sick, the doctor is also worried!](#)

Repeat Number: 1

Data: 2018-10-26

忌暴饮暴食, 高胆固醇, 太咸食物。忌炸鱼, 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。忌浓茶, 含有较多的咖啡因, 可能导致心率加快。忌红烧肉, 其中含有的“中链饱和脂肪酸”较高, 升血脂、胆固醇水平的能力很强。

Avoid overeating, high cholesterol and too salty food. Due to the high temperature heating, fried fish 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 higher "medium chain saturated fatty acids", which can lead to elevated blood lipids and cholesterol levels.

5. [为什么总是瘦不下来? 因为你分不清好脂肪和坏脂肪!](#)

重复数: 1

日期: 2018-10-26

[Why are you always losing weight unsuccessfully? Because you didn't identify good fat and bad fat!](#)

Repeat Number: 1

Data: 2018-10-26

尽量采用蒸、煮、馏、余、炒、焖等烹饪方式, 避免油炸、煎烤等不健康的烹饪方式。因为食物在反复油炸或高温油炸下, 也会产生反式脂肪。此外, 增加新鲜蔬果和杂粮的摄入, 能够减少机体对反式脂肪的吸收。

Try to use cooking methods such as steaming, boiling, distilling, simmering, frying, and simmering to avoid unhealthy cooking methods such as frying and frying. Because foods that are repeatedly fried or fried under high temperature produce trans fats. In addition, increasing the intake of fresh fruits and vegetables and miscellaneous grains can reduce the body's absorption of trans fats.

反式脂肪酸-微博 Transfat - Weibo

2018-10-26, 共检测到88条与“反式脂肪酸”相关的微博。

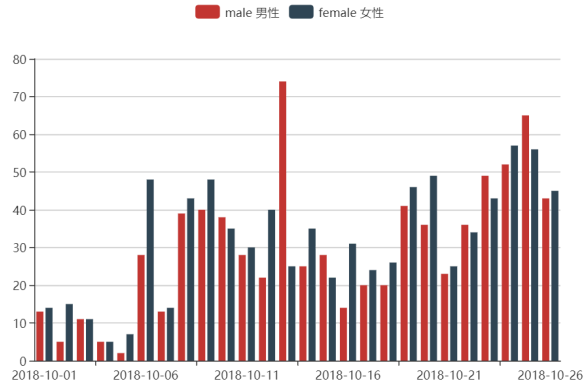
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 88 weibos about transfat reduction monitored on 2018-10-26.

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.



热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!