

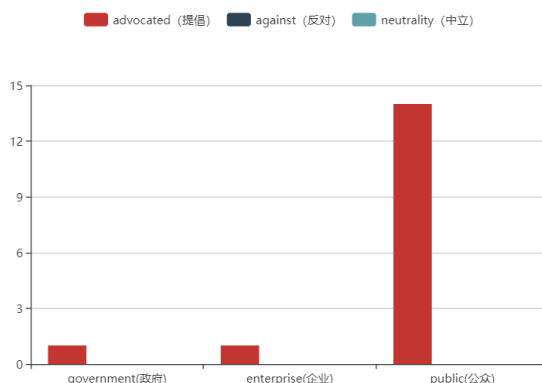
## 减盐-新闻

### Salt Reduction - News

今日 (2018-11-19) 共监测到16条资讯。请点击标题查看原文。

There are 16 articles monitored today 2018-11-19. 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				
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No such articles!				
高血压 Hypertension	1. <a href="#">我们天天都在吃的盐，原来还能药用？长知识了！</a>	来源：中原网	主体：公众	态度：提倡
	<a href="#">The salt we eat every day can still be used for medicinal purposes? Long knowledge!</a>	来源：中原网	Subject: public	Attitude: advocate
	盐是人类最早使用的调味品之一，已经拥有四五千年的悠久历史。盐最早收载于《神农本草经》，列为中品。性味咸、寒，入胃、肾、大小肠经。能“去烦热，明目镇心，清胃中饮食热结”。具有涌吐、清火凉血、解毒之功。被广泛应用于治疗、预防或缓解风热牙痛，牙宣，咽喉疼痛，目疾，脚气，虚劳，虫肚痛，恶疮，口气，妇人腹痛等多种临床杂病。古人有云：断盐不是道，饮食无滋味。但盐也不能吃的太多，《中国高血压防治指南2018年修订版（征求意见稿）》指出高钠、低钾膳食是我国人群重要的高血压危险因素。			
	Salt is one of the earliest condiments used by mankind. It has a long history of four 5000 years. Salt was first collected in Shennong's herbal Scripture and listed as a medium quality. Sexual taste salty, cold, into the stomach, kidney, large intestine channel. It can "get rid of the heat, clear the eyes, and clear the stomach." It has the functions of vomiting, clearing fire, cooling blood and detoxifying. It is widely used to treat, prevent or alleviate wind-heat toothache, dental propaganda, sore throat, eye disease, beriberi, fatigue, stomach pain, nausea, breath, abdominal pain and other clinical miscellaneous diseases. The ancients said: salt is not a way, food is tasteless. However, salt should not be eaten too much. The revised edition of the Chinese Guidelines for the Prevention and Treatment of Hypertension in 2018 (draft for comments) points out that high sodium and low potassium diets are important risk factors for hypertension in Chinese population.			
心血管健康 Cardiovascular health				
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<div>决心工程</div> <div>Resolve To Save Lives</div>
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No such articles!

安徽

Anhui

<div>食物中的钠</div> <div>Sodium in food</div>				
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No such articles!				
<div>高血压</div> <div>Hypertension</div>				
1. <a href="#">超六成受访老人做菜放盐凭感觉专家：可尝试盐勺</a>	来源：安徽网	主体：公众	态度：提倡	时间： 14:53:47
<a href="#">Over 60% of the elderly people who visit salt and salt feel experts: try salt spoon.</a>	来源：安徽网	Subject: public	Attitude: advocate	Time: 14:53:47

即将入冬，又到了腌制各种咸货的季节。其实，盐吃多了主要影响的是高血压，高血压又是一系列慢性病很重要的诱病因素。从合肥地区健康体检人群来看，存在高血压检出率高、知晓率低、控制率低、年轻化趋势的特点，减少饮食钠盐摄入，已成为高血压防治中的重要共识。日常生活中，老年人对吃盐会有哪些讲究？记者日前在合肥方兴社区、黄山路社区、廻龙桥社区以及南七街道的部分社区对100 位家中掌勺的老人进行调查，发现58位老人知道盐吃多了不好，但只有32位老人会去控制用盐量。吃盐不好控制，做菜全凭感觉。

It will soon be winter and the season of salting and salting. In fact, the main impact of salt consumption is hypertension, hypertension is a series of chronic diseases are very important inducers. From the point of view of the health check-up population in Hefei area, it has become an important consensus in the prevention and treatment of hypertension to reduce the intake of dietary sodium salt due to the characteristics of high detection rate, low awareness rate, low control rate and younger trend of hypertension. In daily life, what are the old people's taste for salt? A few days ago, reporters surveyed 100 elderly people in Fangxing, Huangshan Road, Longqiao and Nanqi Street communities in Hefei. They found that 58 elderly people knew how much salt they ate, but only 32 elderly people would control the amount of salt they used. Eating salt is not good control. Cooking is all about feeling.

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浙江

Zhejiang

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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 如何躲过儿童食品 “低盐（钠）” 陷阱？ How to avoid children's food "low salt (sodium)" trap?	来源：中国妇女报	主体：公众	态度：提倡	时间： 12:29:43
随着健康理念水平的提高，家长越来越重视孩子的膳食，与老一辈“孩子不吃盐没力气”的论调不同，不少育儿专家开始提倡儿童饮食无须加盐，应选用低盐（钠）、无盐（钠）食品。但现实中，很多新手家长对于盐与钠混淆不清，无法准确识别食品营养成分标签、换算钠含量。那么，到底孩子该不该吃盐？什么时候吃盐？该不该选择低盐（钠）、无盐（钠）儿童食品？市场上的低盐（钠）、无盐（钠）食品又有怎样的套路？对此，记者进行了调查采访。				
With the improvement of health concept level, parents pay more and more attention to children's diet. Unlike the old generation's argument that children are weak without salt, many parenting experts begin to advocate that children's diet needs no salt and should choose low salt (sodium) and no salt (sodium) foods. But in reality, many novice parents are confused with salt and sodium, and can not accurately identify food nutrition labels and convert sodium content. So, should children eat salt? When do you eat salt? Should we choose low salt (sodium) and salt free (sodium) children's food? What are the low salt (sodium) and salt free (sodium) foods on the market? In this regard, the reporter conducted an investigation and interview.				
高血压 Hypertension				
1. 6个因素会导致血压异常甚至猝死快看你有没有！ The 6 factor will lead to abnormal blood pressure or sudden death to see if you have any!	来源：中国医药网	主体：公众	态度：提倡	时间： 16:29:38
血压维持的生命健康，当血压过高时会导致心慌意乱、全身无力，增加了患上中风的风险，当血压过低时会引起休克或者昏厥，对生命健康带来威胁，所以血压异常人群，在日常生活中一定要保持血压的稳定。6个因素会导致血压异常，甚至会猝死，快看你看中招了吗！以上情况会导致高血压的不稳定，所以在生活中要养成良好的生活习惯，避免让身体过度的肥胖，控制盐的摄入量，成人每天的食盐量不能超过六克，多补充水分，在冬季要做好保暖工作，避免让身体着凉，减少患上感冒的次数，保持着积极乐观的心态，每天抽出适当的时间来锻炼身体。				
The life health maintained by blood pressure, when the blood pressure is too high, will lead to panic, general weakness, increase the risk of stroke, when the blood pressure is too low, it will cause shock or fainting, which will pose a threat to life and health, so people with abnormal blood pressure must maintain the stability of blood pressure in daily life. The 6 factor will lead to abnormal blood pressure and even sudden death. The above situation will lead to the instability of hypertension, so we should develop good habits in life, avoid excessive obesity, control salt intake, adults can not eat more than six grams of salt a day, add more water, in winter to do a good job in keeping warm, avoid letting the body catch cold, reduce the number of colds. Number, maintain a positive and optimistic attitude, and take appropriate time every day to exercise.				
心血管健康 Cardiovascular health				
1. 一个普通人眼中的心脑血管疾病知识 Knowledge of cardiovascular and cerebrovascular diseases in the eyes of ordinary people	来源：科学时报 (博客)	主体：公众	态度：提倡	时间： 18:04:35
以一个普通人的眼光，鄙以为，再多的急救措施不过是最后的挣扎，什么也不如防患于未然，不要将自己置于生死一线的境地。据朋友说，农村的老人能有什么不良生活习惯，肉吃的也不多，平时都在山里玩，无非是吃的太咸。世界卫生组织建议的成人每日摄入盐量不超过6g。大家做实验如果秤过氯化钠，不过一小撮。而且每日摄入的盐量包括你食用的所有食物：饼干、面包、香肠、烤鸡、酱菜、小料..... 建议大家吃加工食品前，看一眼配料表里的钠和脂肪。总之：均衡饮食，少盐少油；多动多玩，寻找乐趣。定期体检，分析报告。你的健康，就是你最亲者的快乐。				
From an ordinary person's point of view, I despise that no amount of first aid measures is just the last struggle. Nothing is better than to prevent trouble before it happens. Don't put yourself in a life-and-death situation. According to friends, the old people in the countryside can have any bad habits, meat is not much, usually play in the mountains, but eat too salty. Adults recommended by the WHO do not consume more than 6G of salt per day. Let's do experiments. If we weigh sodium chloride, only a handful. And the daily intake of salt includes all the foods you eat: biscuits, bread, sausages, roast chicken, pickles, spices... Before you eat processed foods, look at the sodium and fat in the ingredients. In short: a balanced diet, less salt and less oil; more active, more fun, find fun. Regular physical examination, analysis report. Your health is the happiness of your closest relatives.				
2. 要想血管通畅应喝好这3杯水还要避免4个坏习惯！ If you want to have a smooth blood vessel, you should drink these 3 cups of water and avoid 4 bad habits.	来源：中国医药网	主体：公众	态度：提倡	时间： 15:30:16
相信大家都知道，血管通畅对于健康来说是相当重要的，如果血管不畅就容易发生血栓和心梗等心脑血管疾病，会严重影响生命。所以大家应该重视血管的保护措施，在平时要养成良好的生活习惯，要去掉所有的破坏血管健康的坏习惯。要想血管通畅应喝好这3杯水，避免4个坏习惯！中老年人在平时生活里一定要注重血管的保养措施，在平时应该多喝水，多吃新鲜的绿叶蔬菜和水果，同时还应该坚持运动，要戒掉上面提到的四个坏习惯。如果是心脑血管疾病的高危人群，还应该定期到进行检查。				
I believe you all know that blood vessel patency is very important for health. If blood vessel is not patency, cardiovascular and cerebrovascular diseases such as thrombosis and myocardial infarction will easily occur, which will seriously affect life. Therefore, we should pay attention to the protection of blood vessels, in peacetime to develop good living habits, to remove all the bad habits that damage the health of blood vessels. If you want to have a smooth blood vessel, you should drink these 3 cups of water and avoid 4 bad habits. Middle-aged and old people must pay attention to the maintenance of blood vessels in their daily life. They should drink more water and eat more fresh green leafy vegetables and fruits. At the same time, they should keep exercising and get rid of the four bad habits mentioned above. If it is a high-risk group of cardiovascular and cerebrovascular diseases, it should also be checked regularly.				
综合健康信息 Comprehensive Health Information				
1. 大连发布“国民营养计划实施方案” Dalian issued "national nutrition plan implementation plan"	来源：汉丰网	主体：政府	态度：提倡	时间： 01:12:17
日前，由大连市卫生计生委会同市食品药品监督管理局等多个部门共同制定的《大连市国民营养计划实施方案(2018-2030年)》正式发布。方案规定，大连市卫计委开展临床营养行动，到2030年，所有二级以上公立医疗机构至少配备1名配备临床营养师，临床营养师和床位比例达到1:150；开展以“三减三健”(减盐、减油、减糖，健康口腔、健康体重、健康骨骼)为重点的专项行动，倡导平衡膳食，推动健康饮食习惯的形成和巩固。根据大连市卫计委公布的信息，目前大连居民健康的现状是，营养状况明显改善，营养不良和营养缺乏患病率持续下降，但与此同时，面临着营养缺乏和营养过剩的双重挑战。				
Recently, Dalian National Nutrition Plan (2018-2030), formulated by Dalian Health and Family Planning Committee, Food and Drug Administration and other departments, was officially released. The plan stipulates that the Dalian Municipal Health Planning Commission will carry out clinical nutrition action. By 2030, all public medical institutions at or above the secondary level will have at least one clinical nutritionist, and the proportion of clinical nutritionists and beds will reach 1:150. The focus of the program is to reduce salt, oil, sugar, healthy mouth, healthy weight and healthy skeleton. The special action of point, advocate balanced diet, promote the formation and consolidation of healthy eating habits. According to the information released by Dalian Health Planning Commission, the current health situation of Dalian residents is that the nutritional status has improved significantly, the prevalence of malnutrition and malnutrition has continued to decline, but at the same time, they are facing the double challenges of nutrition deficiency and overnutrition.				
2. 七类药会引起水肿 Seven kinds of drugs can cause edema.	来源：新浪网	主体：公众	态度：提倡	时间： 05:46:39
提到水肿,或许大家都会和心脏、肾脏等疾病联系起来,会担心自己是不是患了疾病。其实,除了疾病因素,很多药物也可能会导致水肿,医学上称为药源性水肿。归纳起来,容易引发水肿的常见药物主要有7大类。一旦身体出现水肿,患者应及时就医,进行肾功能、肝功能、心功能检查,排除相关疾病导致的水肿;如果检测结果均正常,再看自己是否服用了上述七类药物;如果服用了上述药物,回想一下水肿发生的时间是否在服用药物之后,最终可确诊药源性水肿。一旦确诊为药源性水肿,不用太惊慌,及时就医,停用导致水肿的药物,更换其他治疗药物即可。情况严重时,可采取限盐、利尿等对症治疗,症状便会逐渐消失。				
When it comes to edema, maybe everyone will be associated with heart, kidney and other diseases, and worry about whether they are suffering from diseases. In fact, in addition to disease factors, many drugs may also lead to edema, medically known as drug induced edema. Summed up, easy to cause edema of common drugs, there are 7 main categories. Once the body appears edema, patients should timely seek medical treatment, renal function, liver function, heart function examination, excluding edema caused by related diseases; if the test results are normal, then see if they take the above seven drugs; if taking the above drugs, recall whether the time of edema occurs after taking drugs, most of all. Drug induced edema can be diagnosed. Once diagnosed as drug-induced edema, do not panic too much, timely medical treatment, discontinuation of the drugs leading to edema, replacement of other therapeutic drugs can be. In severe cases, salt treatment and diuresis can be taken for symptomatic treatment, and symptoms will gradually disappear.				
3. 水果当晚饭中毒进医院专家：不吃晚饭反易胖 When the fruit is poisoned into the hospital, experts will not be easy to eat after dinner.	来源：千龙网	主体：公众	态度：提倡	时间： 15:54:07
不吃晚饭不仅不利于减肥，反而会导致越减越肥、力量变差、精神萎靡、免疫力下降。午饭和第二天早饭相隔十几个小时，中间几乎没有能量摄入，大脑会误以为正处于饥荒的危险中，为此会调节激素，调低基础代谢率，让身体的能量消耗“省吃俭用”，尽可能保证基本生命活动的能量需要。激素的调节主要是降低甲状腺激素和升高皮质醇。甲状腺激素水平下降带来代谢率下降，人就乏力、萎				

摩、发冷；皮质醇用来应对慢性压力，不吃晚饭这种节食（饥饿）也属于一种慢性压力，引起皮质醇水平升高，皮质醇的主要作用是分解肌肉、升高血糖、重新分布脂肪促进向心性肥胖（例如腹部肥胖），不仅如此，皮质醇还会抑制免疫力，让人更容易生病。				
Not eating dinner is not conducive to weight loss, but will lead to weight loss, poor strength, mental depression, immunity decline. There is almost no energy intake between lunch and breakfast the next day. The brain mistakenly assumes that it is in danger of famine. For this reason, it regulates hormones, lowers the basal metabolic rate, makes the body's energy consumption "frugal", and ensures the energy needs of basic life activities as much as possible. The regulation of hormones is mainly to reduce thyroid hormones and cortisol. The decrease of thyroid hormone level leads to the decrease of metabolic rate, which leads to fatigue, lethargy and chills. Cortisol is used to cope with chronic stress, and dieting without dinner (hunger) is also a kind of chronic stress, which causes the increase of cortisol level. The main function of cortisol is to decompose muscle, increase blood sugar and redistribute fat to promote it. Concentric obesity, such as abdominal obesity, not only does cortisol inhibit immunity, making people more susceptible to disease.				
4. <a href="#">节食减肥逼迫身体节能增值，更容易导致肥胖</a>	来源：搜狐	主体：公众	态度：提倡	时间：18:54:14
<a href="#">Dieting and losing weight force the body to save energy and increase storage, which is more likely to lead to obesity.</a>	来源：搜狐	Subject: public	Attitude: advocate	Time: 18:54:14
经常有需要减肥的人在网上或向医生咨询：“我通过不吃晚饭来减肥，能行吗？”对此，生理科学给出的答案是：不行！节食并不能有效减肥。不吃晚饭不仅不利于减肥，反而会导致越减越肥、力量变差、精神萎靡、免疫力下降。那么健康的晚餐应该怎么吃呢？首先健康减肥晚餐要食材丰富、营养均衡。其次低脂肪高蛋白肉类、新鲜蔬菜、粗杂粮或薯类主食都必不可少。在此前提下，借鉴“早吃好，午吃饱，晚吃少”的传统健康饮食观念，晚餐稍微清淡些，少油少盐，可以蒸菜、煮菜、涮菜、拌菜等烹饪方式为主，不吃得过饱就可以了。				
There are often people who need to lose weight online or consult a doctor: "Can I lose weight by not having dinner?" The answer given by physiological science is: no! Dieting is not effective in losing weight. Not eating dinner is not conducive to weight loss, but will lead to weight loss, poor strength, mental depression, immunity decline. How should we eat a healthy dinner? First of all, healthy weight loss dinner should be rich in food and balanced in nutrition. Secondly, low fat and high protein meat, fresh vegetables, coarse grains or potato staple food are essential. On this premise, learn from the traditional healthy diet concept of "Eat well in the morning, eat full at lunch, eat less in the evening". Dinner is slightly lighter, less oil and less salt. Steaming, cooking, washing-up, mixing and other cooking methods can be given priority to, and it is OK not to eat too full.				
5. <a href="#">立冬过后卒中患者高发牢记“120” 口决关键时刻能救命</a>	来源：东北网	主体：公众	态度：提倡	时间：16:57:58
<a href="#">After the beginning of winter, the high incidence of stroke patients can remember the "120" pithy formula and help them at the critical moment.</a>	来源：东北网	Subject: public	Attitude: advocate	Time: 16:57:58
黑龙江省地处高纬度地区，冬季漫长寒冷，居民油脂、食盐摄入量明显过高，导致黑龙江省卒中发病率位列全国榜首。在日前召开的黑龙江省卒中学会第三届学术会议上，哈医大二院神经内科科主任、卒中中心主任王丽华教授介绍，每年秋冬季节都是脑卒中的高发期，今年立冬过后，哈医大二院卒中中心接诊量剧增，最多一天接诊急患50余名，其中危重患者占到了六成以上，而且卒中发病人群呈年轻化趋势，不再是40岁以上中老年的“专利”，在临床上30岁左右的青年患者也屡见不鲜。				
Heilongjiang Province is located in the high latitude area, the winter is long and cold, residents'intake of oil and salt is obviously too high, resulting in the incidence of stroke in Heilongjiang Province ranks first in the country. At the third academic meeting of Heilongjiang Stroke Society held recently, Professor Wang Lihua, Director of Neurology and Stroke Center of the Second Hospital of Harbin Medical University, introduced that every autumn and winter is the high incidence period of stroke. After the beginning of winter this year, the number of admissions to stroke center of the Second Hospital of Harbin Medical University has increased sharply, with more than 50 emergency cases in one day at most. More than 60% of the patients are critically ill, and the incidence of stroke is younger. It is no longer the "patent" for middle-aged and elderly people over 40 years old. It is also common for young patients about 30 years old in clinic.				
6. <a href="#">轻食，要注意少盐</a>	来源：中国新闻网	主体：公众	态度：提倡	时间：18:04:18
<a href="#">Light food, we should pay attention to less salt.</a>	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 18:04:18
近年来，一种名为“轻食”的饮食文化逐渐风靡起来。在我国，“轻食主义”渐渐成为城市白领以及年轻人倡导的新“食尚”，主打“轻食”的餐厅也越来越多。何为“轻食主义”？首都医科大学附属北京朝阳医院营养科营养师宋新解释，轻食主义强调的是简单、适量、健康和均衡。最初在欧洲十分流行，是指分量小、容易吃饱的食物。后来演变为低脂肪、低热量、少糖、少盐且富含膳食纤维的营养食物。“轻食”以营养均衡、无负担为特点，以简单的食材取代大鱼大肉，使人不再过分追求食物的“色、香、味”和口腹之欲的享乐。关于轻食，以下几点需要提醒大家注意。				
In recent years, a kind of "light food" catering culture has gradually become popular. In our country, "light food doctrine" has gradually become a new "food fashion" advocated by urban white-collar workers and young people, and more and more restaurants are mainly engaged in "light food". What is "light eating"? Song Xin, a nutritionist in the Department of Nutrition, Beijing Chaoyang Hospital, affiliated to Capital Medical University, explained that light eating emphasizes simplicity, moderation, health and balance. Originally popular in Europe, it means food that is small and easy to eat. Later, it developed into a nutritious food with low fat, low calorie, less sugar, less salt and rich dietary fiber. "Light food" is characterized by balanced nutrition and no burden, replacing big fish and meat with simple food materials, so that people no longer excessively pursue the "color, fragrance, taste" of food and the pleasure of appetite. As for light food, the following points need to be reminded.				
7. <a href="#">中医专家教你如何养生：少吃盐为妙</a>	来源：中国新闻网	主体：公众	态度：提倡	时间：18:04:36
<a href="#">Chinese experts teach you how to keep fit: eat less salt is better.</a>	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 18:04:36
小雪节气(11月22日)到来，气温逐渐在下降，人们的活动积极性也在降低，很多人在家里的时候就会紧闭门窗。其实，这对我们的身体很不利，这是小雪养生绝不能碰的禁忌中的一种。那么，小雪养生不能碰的禁忌都有哪些呢？小雪养生食物都有哪些呢？山西省中医院内科主任医师胡兰贵针对小雪节气后人们常见的养生误区进行了梳理。太多的盐在冬季吃了也对身体不好，咸味入肾，可导致肾水更寒，有扰心阳，所以冬季应该少吃盐为妙，以免“雪上加霜”，损伤人体的阳气，尤其是高血压的人更要少吃。				
With the arrival of the snowy season (November 22), the temperature is gradually decreasing, and people's enthusiasm for activities is also decreasing. Many people close their doors and windows when they are at home. In fact, this is very bad for our health. This is one of the taboos that Xiao Xue regimen can never touch. So what are taboos that can not be touched by health care? What kind of food are there? Hu Langui, chief physician of internal medicine in Shanxi Hospital of Traditional Chinese Medicine, combed the common misunderstandings of health preservation after the snowy season. Too much salt eaten in winter is also bad for the body. Salty taste into the kidney can lead to colder kidney water and disturb the heart and yang. Therefore, it is better to eat less salt in winter so as to avoid "worsening the snow" and damage the body's yang, especially for people with high blood pressure.				
8. <a href="#">55岁体检正常，三年后心梗死亡：医生称番茄炒蛋是“元凶”</a>	来源：新浪网	主体：公众	态度：提倡	时间：11:14:08
<a href="#">55 years old physical examination is normal, three years later myocardial infarction death: doctors say tomato scrambled eggs are "culprit".</a>	来源：新浪网	Subject: public	Attitude: advocate	Time: 11:14:08
最近，在北京电视台《我是大医生》的一期节目中，医生分享了一个患者的体检报告：三年前体检正常，三年后心梗死亡！三年前的赵女士，55岁，体检结果完全正常，无吸烟史，饮食偏清淡；三年后却心梗死亡。在这离奇的病案背后，潜藏着怎样的健康危机？三年间究竟发生了什么？心梗死亡！竟是这个“家常菜”惹的祸！医生介绍，患者之前最喜欢“西红柿炒鸡蛋”，西红柿炒鸡蛋看似非常健康的食物，但却藏着猫腻，一步步刺激血管发生病变。“西红柿炒鸡蛋”看起来好像很健康，但在烹调时放入大量的糖、盐和油，长期食用将危害血管健康，成为心梗猝死的元凶之一。				
Recently, in a program entitled "I am a doctor" on Beijing TV, the doctor shared a patient's physical examination report: three years ago, the physical examination was normal, and three years later, the patient died of myocardial infarction! Three years ago, Ms. Zhao, 55 years old, had normal physical examination results, no history of smoking, light diet, but died of myocardial infarction three years later. What kind of health crisis is hidden behind this bizarre medical record? What has happened in the past three years? Myocardial infarction death! This is the trouble caused by this homely dish! Doctors said that patients like "scrambled eggs with tomatoes" best before. Scrambled eggs with tomatoes seem to be very healthy food, but they hide cat greasy, step by step stimulate vascular lesions. "Scrambled eggs with tomatoes" seems very healthy, but when cooked with a large amount of sugar, salt and oil, long-term consumption will endanger vascular health and become one of the main culprits of sudden myocardial infarction.				
9. <a href="#">每天10克盐不超标的坚果降低心脏病、癌症、糖尿病风险</a>	来源：中国新闻网	主体：公众	态度：提倡	时间：18:15:50
<a href="#">10 grams of salt per day does not exceed the standard of nuts to reduce the risk of heart disease, cancer and diabetes</a>	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 18:15:50
坚果营养丰富，素有“营养高手”的美誉。《国际流行病学期刊》发布的一项研究显示，每天吃10克坚果，心脏病、癌症、糖尿病风险分别降低17%、21%和30%。上海华东医院主任营养师陈霞飞告诉《生命时报》记者，其实，坚果在营养方面也各有特长。陈霞飞表示，坚果要吃得营养又健康，还需注意以下几点。第一，不可过量。每天食用10克左右的坚果，即可获得身体所需营养素，否则容易热量超标，增加肥胖几率。第二，选新鲜的。坚果储存时间过长容易氧化或发霉，其中的黄曲霉素有致癌风险。第三，选原味的。市场上很多坚果做成了椒盐、奶油等口味，盐、糖含量大大超标，长期食用不利于身体健康。				
Nuts are rich in nutrition and are known as "nutritious masters". A study published in the International Journal of Epidemiology showed that eating 10 grams of nuts a day reduced the risk of heart disease, cancer and diabetes by 17%, 21% and 30%, respectively. Chen Xiafei, director of nutrition at Shanghai East China Hospital, told Life Times that nuts have their own nutritional strengths. Chen Xiafei said that nuts need to pay attention to the following points if they want to eat nutritious and healthy. First, not overdose. If you eat about 10 grams of nuts a day, you can get the nutrients you need. Otherwise, you are likely to overheat and increase the risk of obesity. Second, choose fresh ones. The storage time of nuts is too long to oxidize or moldy, and aflatoxin has carcinogenic risk. Third, choose the original flavor. Many nuts on the market are made into salt and pepper, butter and other flavors, salt, sugar content is greatly exceeded, long-term consumption is not conducive to health.				
10. <a href="#">长春生修堂中医院靠谱正规专业口碑医院</a>	来源：我爱研发网	主体：企业	态度：提倡	时间：18:33:45
<a href="#">Changchun Sheng Xiu Tang traditional Chinese medicine hospital relies on regular professional word-of-mouth hospital.</a>	来源：我爱研发网	Subject: industry	Attitude: advocate	Time: 18:33:45
长春生修堂中医院专家介绍:目前我国糖尿病病的患者人群日益庞大。糖尿病病是由不同病因与发病机制引起体内胰岛素绝对与相对不足以致糖蛋白和脂肪代谢障碍,而以慢性高血糖为主要临床表现的全身性疾病。糖尿病可由不同途径损害肾脏,这些损害可以累及肾脏所有的结构。糖尿病肾炎该注意什么呢? 长春生修堂中医院健康提示糖尿病肾炎注意事项。如今在治疗肾病方面有一个新的突破,那就是在长白山山谷中发现的白耙齿菌。白耙齿菌的发现及应用,是肾病治疗史上的伟大突破,它扬中药之所长,避传统药物之所短,以菌治肾,以菌清肾,以菌愈肾,安全快速根治肾病,使肾病患者获得了一次新生的机会。				

Changchun Sheng Xiu Tang hospital expert introduction: at present, the population of diabetic nephropathy in China is increasing. Diabetic nephropathy is a systemic disease with chronic hyperglycemia as its main clinical manifestation. It is caused by different etiology and pathogenesis that insulin is absolutely and relatively insufficient in vivo, resulting in disorders of glycoprotein and fat metabolism. Diabetes can damage the kidneys in different ways, which can involve all the structures of the kidney. What should we pay attention to in diabetic nephritis? Changchun Shengsheng Xiuchang Hospital of Traditional Chinese Medicine Health Tips Diabetic Nephritis Notes. Nowadays, there is a new breakthrough in the treatment of nephropathy, which is the white harrowing fungus found in Changbai Valley. The discovery and application of Raccodontia albicans is a great breakthrough in the history of nephropathy treatment. It carries forward the advantages of traditional Chinese medicine, avoids the shortcomings of traditional medicine, treats kidney by bacteria, clears kidney by bacteria, heals kidney by bacteria, and cures nephropathy safely and quickly, so that nephropathy patients get a new chance of life.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2018-11-19, 共监测到533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 533 WeChat public articles were monitored in 2018-11-19. This page shows the top five articles by repeat number today.

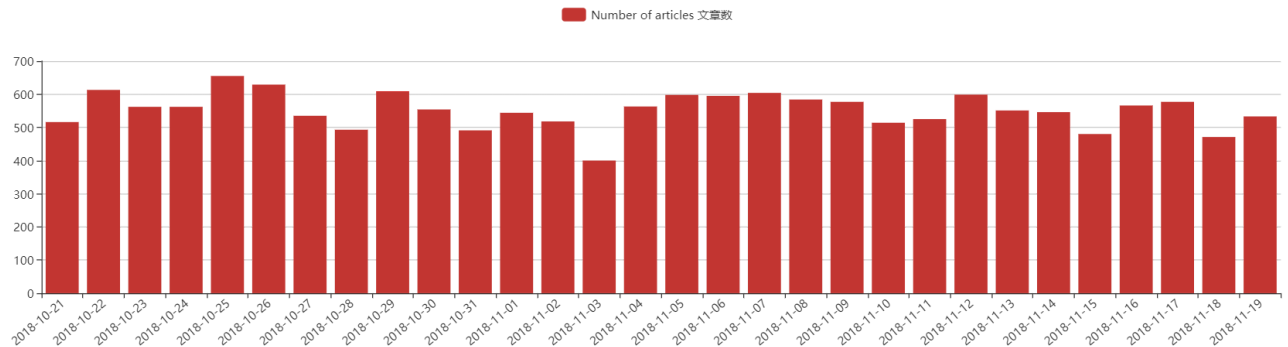
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [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: 25

日期: 2018-11-19

[This thing you eat every day shortens the life of the heart, grabs calcium with bones, and causes cancer...](#)

Repeat Number: 25

Data: 2018-11-19

据英国《独立报》报道称, 科学家在经过12年的研究, 最终得出的结果是, 高盐饮食会显著增加心脏衰竭的风险。也就是说食用过多的盐, 你最终可能会因为心脏衰竭而死。这份研究中指出, 人们每天摄入的氯化钠超过13.7克, 心力衰竭的速度会翻倍。吃盐多的时候, 由于渗透压的作用, 身体组织的水分会减少, 排出身体的水分会增加, 也不利于皮肤的保水。

According to the British "Independent" report, after 12 years of research, the final result is that a high-salt diet can significantly increase the risk of heart failure. This means that if you eat too much salt, you may end up dying of heart failure. The study pointed out that people consume more than 13.7 grams of sodium chloride per day, and the rate of heart failure doubles. When eating too much salt, the water in the body tissue will decrease due to the osmotic pressure. The amount of water that is discharged from the body increases, which is also detrimental to the moisturizing of the skin.

#### 2. [想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 23

日期: 2018-11-19

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

Repeat Number: 23

Data: 2018-11-19

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。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 diet can easily lead to increased blood pressure and hardening of the arteries. Excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. It is recommended that the optimal salt intake for healthy people through diet should not exceed 6 grams per day, which equals to the capacity of a regular beer bottle cap. If you have already diagnosed high blood pressure, do not consume more than 3 grams of salt per day.

#### 3. [1块钱和10块钱的盐, 到底有什么区别? 小心吃错了惹一身病!](#)

重复数: 9

日期: 2018-11-19

[What is the difference between the salt of 1 yuan a bag and the salt of 10 yuan a bag? Be careful of eating wrong and get sick!](#)

Repeat Number: 9

Data: 2018-11-19

盐虽然是炒菜必不可少的调味料, 但一个成年人一天摄入的盐最好不要超过6克(大概就是一满勺的量), 吃太多盐反而对身体有害。盐吃多了, 钠的摄入就多了, 人体会通过尿液排出多余的钠, 排尿的同时, 钙质也会损失一部分, 所以盐吃的越多钙流失的也越多。食盐中的钠离子摄入过多会引起肾上腺和脑组织释放一种因子, 这种因子会使血压升高, 盐吃的越多患高血压的可能性就越大。

Although salt is an essential seasoning for cooking, it is best for an adult to consume no more than 6 grams of salt per day (probably a full spoonful). Eating too much salt is harmful to the body. When the salt is eaten more, the intake of sodium is much higher. The body will drain excess sodium through the urine. At the same time as urinating, calcium will also lose a part. Therefore, the more salt you eat, the more calcium is lost. Excessive intake of sodium ions in salt causes a release of a factor in the adrenal gland and brain tissue, which increases blood pressure. The more salt you eat, the more likely you are to have high blood pressure.

#### 4. [7个妙招教你减盐](#)

重复数: 4

日期: 2018-11-19

[7 tips to teach you how to reduce salt.](#)

Repeat Number: 4

Data: 2018-11-19

改变烹饪方法, 减少用盐量, 少用含盐高的调料。比如说用胡椒、大料、花椒、咖喱、辣椒、蘑菇、陈皮可以产生别的宜人风味, 但是不需要那么多盐。尽量少吃或不吃含盐多的食品。减少咸肉、腊肉、咸鱼、咸菜和罐头等传统腌制品。

Change the cooking method, reduce the amount of salt used, and use less seasonings with high salt content. Pepper, aniseed, pepper, curry, pepper, mushroom, and tangerine peel can produce other pleasant flavors, but do not require as much salt. Try to eat less or not eat high-salt foods. Reduce the consumption of traditional pickled products such as bacon, bacon, salted fish, pickles and canned food.

#### 5. [吃盐是个技术活, 6招“限盐”不减味, 健康又美味](#)

重复数: 4

日期: 2018-11-19

[Eating salt is a technical job. Six "Limited Salt" tips can make your diet healthy and delicious.](#)

Repeat Number: 4

Data: 2018-11-19

《中国居民膳食指南2016》推荐成人每天食盐摄入量不超过6克, 但我国居民实际摄入量平均为10.5克, 严重超标。吃盐太多, 全身很“受伤”中国人喜欢重油重盐的饮食, 在烹调菜肴时, 有了盐的帮助, 我们才能享受美味。长期重盐饮食会引发皮肤老化、高血压、心血管疾病、脑中风、呼吸道炎症、肥胖、肝肾疾病等多种疾病, 还会增加患胃癌与骨质疏松的风险。

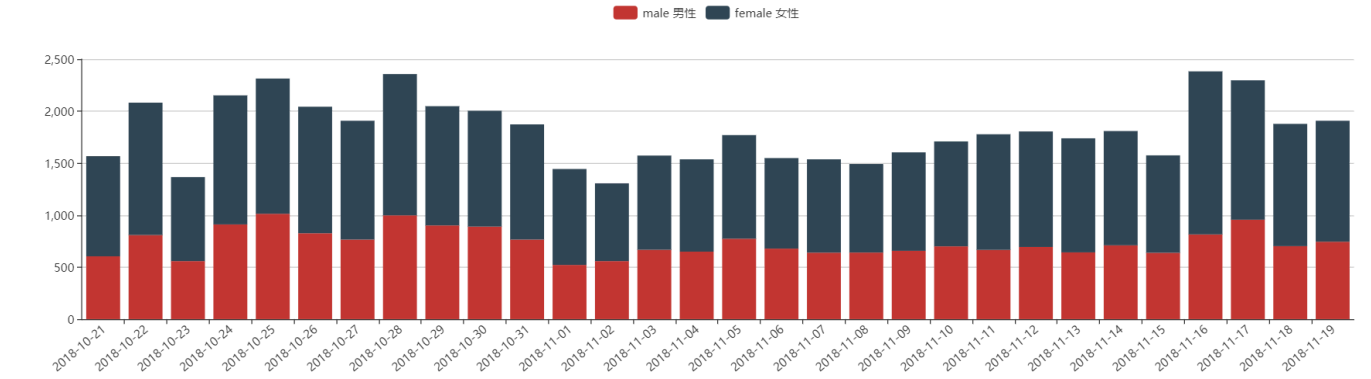
The Chinese Dietary Guidelines 2016 recommends that the daily salt intake of adults does not exceed 6 grams, but the actual intake of Chinese residents is 10.5 grams, which is seriously exceeded. Chinese people like heavy oil and heavy salt diet, which is not good for the body. When cooking dishes, with the help of salt, we can enjoy the delicious. Long-term heavy salt diet can cause skin aging, hypertension, cardiovascular disease, stroke, respiratory inflammation, obesity, liver and kidney disease and other diseases, and increase the risk of gastric cancer and osteoporosis.



# 减盐-微博

## Salt Reduction - Weibo

2018-11-19, 共检测到1908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 1908 weibos about salt reduction monitored on 2018-11-19.  
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

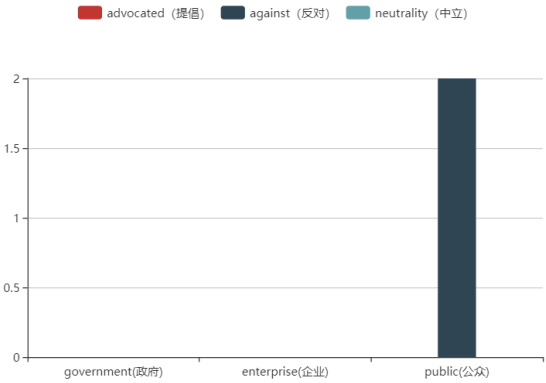
#### Hot Weibos

1. 没有相关微博!  
No such weibos!

# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-11-19) 共监测到2条资讯。请点击标题查看原文。  
There are 2 articles monitored today 2018-11-19. 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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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
1. <a href="#">和心血管最舒服的相处方式：喂它吃这几种“红色”食物</a> <a href="#">The most comfortable way to get along with the cardiovascular system: feed it on these "red" foods.</a>
来源：中原网
主体：公众
态度：反对
时间：04:45:17
来源：中原网
Subject: public
Attitude: against
Time: 04:45:17
和心血管最舒服的相处方式：喂它吃这几种“红色”食物。一提起秋冬，身体中不少部位都会打“冷颤”，其中就包括心血管。随着气温越来越低，受到寒流侵袭，心血管就会出现收缩、痉挛、血黏度增高，很容易拉响心血管疾病警报，堵塞全身健康通道。据世界卫生组织公布的全球十大致死病因中，心血管疾病常年处于首位。《生命时报》邀请专家，提醒你预防心血管疾病要趁早，教你养成远离心血管疾病的好习惯。以前心脑血管都是老年病，现在二三十岁的动脉硬化患者并不少见，发病年龄提前了二十年。心血管疾病正在呈现年轻化趋势，更要引起重视。破除心血管健康的8大谣言。
The most comfortable way to get along with the cardiovascular system: feed it on these "red" foods. When it comes to autumn and winter, many parts of the body will shiver, including cardiovascular disease. As the temperature is getting lower and lower, the cardiovascular system will contract, spasm and blood viscosity will increase. It is easy to sound the warning of cardiovascular disease and block the whole body health channel. According to the world's ten leading cause of death, the cardiovascular disease is always the first in the world, according to WHO. Life Times invites experts to remind you to prevent cardiovascular diseases as soon as possible and to teach you good habits to stay away from cardiovascular diseases. In the past, cardiovascular and cerebrovascular diseases were all geriatric diseases. Now, patients with atherosclerosis in their twenties and thirties are not uncommon, and the age of onset is 20 years ahead of schedule. Cardiovascular disease is showing a younger trend, and more attention should be paid to it. 8 major rumors of cardiovascular health.
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!



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其他省份  
Other Provinces

反式脂肪酸 Trans fat				
1. <a href="#">为什么冬季更易引发“血管危机”？坏胆固醇升高很危险! 三招应对</a>	来源：中原网	主体：公众	态度：反对	时间： 12:37:47
<a href="#">Why is winter more likely to trigger a "vascular crisis"? Bad cholesterol is dangerous! Three ways to deal with</a>	来源：中原网	Subject: public	Attitude: against	Time: 12:37:47
随着冬季的到来，医生一再提醒大家要小心保护血管健康。特别是某个血液里的“小坏蛋”，一到这个时候就变得异常强大，很容易堵塞血管，甚至引发致命心梗！一位45岁的出租车司机，突然胸口剧痛难忍，赶紧拨打急救电话，所幸治疗及时，救回一命……医生在司机的血液里，发现了导致他突发心肌梗死的“凶手”——由低密度脂蛋白胆固醇形成的血栓！低密度脂蛋白，负责将肝脏合成的胆固醇运送到全身外周细胞中，当它被氧化时，所携带的胆固醇就会积存在动脉壁上。长期发展下去，容易形成斑块、血栓，导致动脉粥样硬化甚至猝死。那么，这种“坏胆固醇”在秋冬季升高是偶然吗？我们又该如何应对呢？				
With the advent of winter, doctors have repeatedly warned everyone to be careful in protecting blood vessels. Especially a "little bad egg" in the blood becomes very powerful at this time. It is easy to block blood vessels and even cause fatal myocardial infarction. A 45-year-old taxi driver, suddenly suffering from severe chest pain, rushed to call the emergency phone, fortunately, timely treatment, save a life... In the driver's blood, the doctor found the "murderer" who caused his sudden myocardial infarction, a thrombus formed by low density lipoprotein cholesterol! Low density lipoprotein (LDL), which transports cholesterol synthesized by the liver to peripheral cells throughout the body, accumulates cholesterol on the arterial wall when it is oxidized. After long-term development, plaques and thrombus are easily formed, leading to atherosclerosis and sudden death. Is it a coincidence that this bad cholesterol rises in autumn and winter? How should we deal with it?				
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

2018-11-19, 共监测到257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 257 WeChat public articles were monitored in 2018-11-19. This page shows the top five articles by repeat number today.

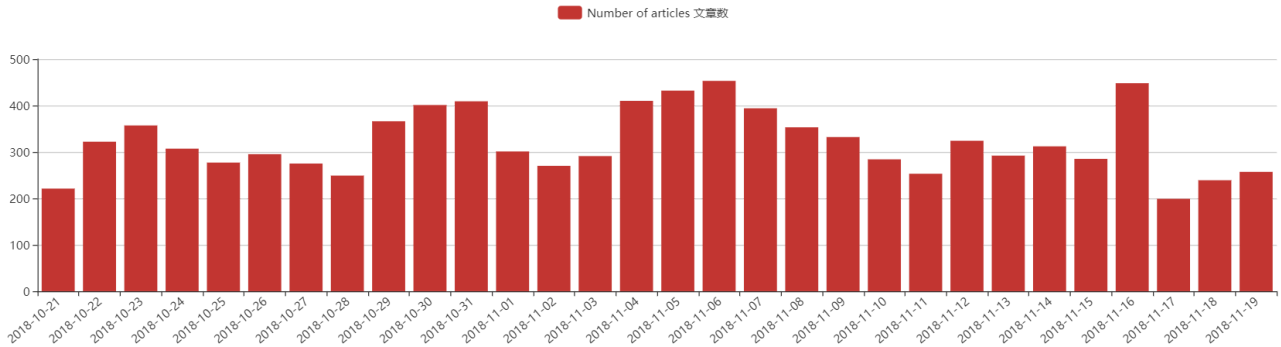
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 吃素也要有技术含量, 吃的不对, 再素也白搭!

重复数: 2

日期: 2018-11-19

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

Repeat Number: 2

Data: 2018-11-19

实际上, 针对人们对素食和植物性食品的青睐, 一些产品甚至以使用“植物奶油”、“植物起酥油”等为宣传卖点, 而就对血脂的影响而言, 这类“素油”比动物油更糟糕。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。

In fact, in response to the popularity of vegetarian and vegetable foods, some products even use "vegetable butter" and "vegetable shortening" as promotional selling points, and in terms of the impact on blood lipids, such "vegetable oil" is worse than animal oil. A number of studies have confirmed that trans fatty acids in these products can greatly increase the risk of cardiovascular disease and diabetes, and possibly harm the health of the brain.

### 2. 去超市购物, 这些你注意到了吗? 先看懂这些再买!

重复数: 2

日期: 2018-11-19

[Did you pay attention to these when you shopping in supermarket? Please read these and then decide whether to buy it!](#)

Repeat Number: 2

Data: 2018-11-19

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled "zero trans fatty acid" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage.

### 3. 做合格吃货, 教你读懂包装上的英语营养成分表

重复数: 1

日期: 2018-11-19

[To develop the right eating habits. Teach you to read the English nutrition list on the package.](#)

Repeat Number: 1

Data: 2018-11-19

我们食用的反式脂肪大多来自氢化程序所产生的部分氢化植物油。反式脂肪可以增加体内的坏胆固醇 LDL, 而且肝脏无法代谢反式脂肪, 也是高血脂和脂肪肝的主要原因之一。

Most of the trans fats we eat come from hydrogenated plant oils produced by the hydrogenation process. Trans fats can increase bad cholesterol LDL in the body, and the liver can not metabolize trans fats, which is also one of the main reasons for hyperlipidemia and fatty liver.

### 4. 你会看营养成分表吗

重复数: 1

日期: 2018-11-19

[Can you read the nutrition list of food correctly?](#)

Repeat Number: 1

Data: 2018-11-19

按照《预包装食品营养标签通则》规定, 在配料表中如果使用了氢化植物油, 在营养成分表中需要标注反式脂肪酸的含量。但是反式脂肪酸含量 $\leq 0.3$ 克/100克固体食品或100毫升液体食品时, 可以标注反式脂肪酸为0。因为饱和脂肪酸会增加肝脏合成胆固醇, 增加心脑血管疾病的风险, 因此有的商家也会标注饱和脂肪酸的含量, 让消费者对于食品中含有多少饱和脂肪酸享有知情权。

According to the General Rules for Nutrition Labelling of Prepackaged Foods, if hydrogenated vegetable oil is used in the ingredient list, the content of trans fatty acid should be indicated in the nutrient composition table. However, when the trans fatty acid content is  $\leq 0.3$  g/100 g of solid food or 100 ml of liquid food, the trans fatty acid may be labeled as 0. Because saturated fatty acids increase the synthesis of cholesterol and the risk of cardiovascular and cerebrovascular diseases, some businesses also label the content of saturated fatty acids, so that consumers have the right to know how much saturated fatty acids are in the food.

### 5. 全球公认10大垃圾食品, 你爱吃的好像都在这里了...

重复数: 1

日期: 2018-11-19

[It seems that the foods you love to eat are all included in the list of word's top 10 junk food.](#)

Repeat Number: 1

Data: 2018-11-19

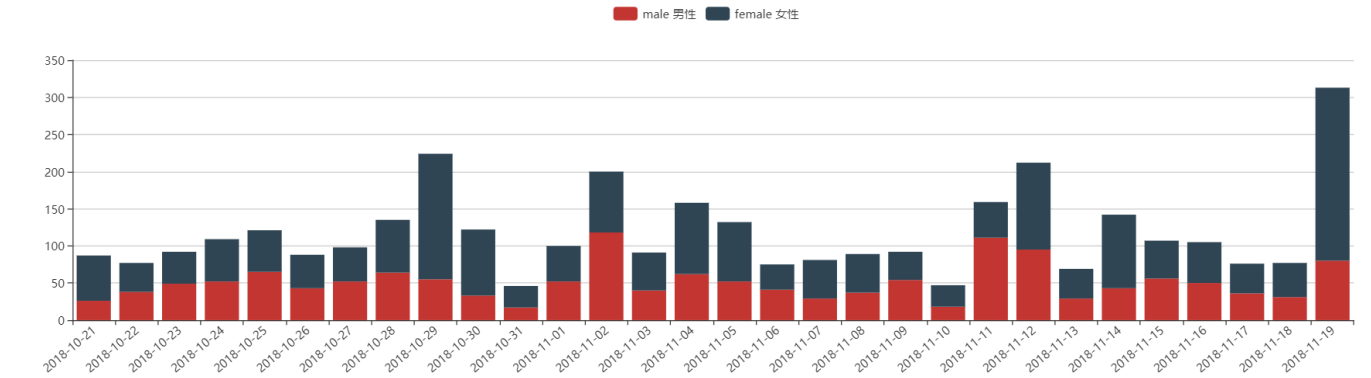
饼干类食物热量高、营养成分低。由于添加防腐剂、食用香精和色素等, 使人体肝脏负担加重。为增加货架期和产品稳定性而添加氢化油的产品中都可以发现反式脂肪酸。

Biscuits have high calorie and low nutritional content. Due to the addition of preservatives, food flavors and pigments, the burden on human liver is increased. Trans fatty acids can be found in products that add hydrogenated oil to increase shelf life and product stability.

# 反式脂肪酸-微博

## Transfat - Weibo

2018-11-19, 共检测到313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 313 weibos about transfat reduction monitored on 2018-11-19.  
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!