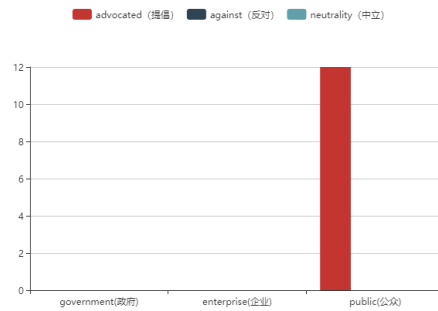


减盐-新闻 Salt Reduction - News

今日 (2019-02-20) 共监测到12条资讯。请点击标题查看原文。

There are 12 articles monitored today 2019-02-20. 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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安徽 Anhui

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没有相关文章！
No such articles!

浙江
Zhejiang

食物中的钠
Sodium in food

没有相关文章！

No such articles!

高血压
Hypertension

1. 得了高血压、冠心病、高血脂症怎么吃？营养师教你吃出健康
Got hypertension, coronary heart disease, hyperlipidemia how to eat? Nutritionists teach you to eat healthy

来源： 搜狐
Source: Sohu

主体： 公众
Subject: public

态度： 提倡
Attitude: advocate

时间： 23:14:46
Time: 23:14:46

得了高血压、冠心病、高血脂症怎么吃？体检查出高血压病、冠心病、高血脂症这些老年人多发的心血管系统疾病，除了及时就医治疗，生活中还应该注意些什么呢？市中西医结合营养科主管营养师陈胜若表示，营养治疗是高血压病、冠心病、高血脂症这三种疾病治疗的基础，日常饮食要做到六点！

Got hypertension, coronary heart disease, hyperlipidemia how to eat? Physical examination found that hypertension, coronary heart disease, hyperlipidemia, these elderly patients with multiple cardiovascular diseases, in addition to timely medical treatment, what should we pay attention to in life? Chen Shengruo, a nutritionist in charge of Nutrition Department of city traditional Chinese and Western medicine, said that nutrition treatment is the basis of the treatment of hypertension, coronary heart disease and hyperlipidemia. Daily diet should be done in six points.

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. 一家五兄弟四人患癌他们生活都有这样一个习惯
A family of five brothers and four people suffer from cancer. They all have such a habit in their lives.

来源： 新浪网
Source: Sina network

主体： 公众
Subject: public

态度： 提倡
Attitude: advocate

时间： 08:03:36
Time: 08:03:36

五兄弟四人得胃癌，这不是韩剧桥段，而真实发生在浙医二院外科龚清华副主任医师的诊室里。这四人中老大老二已经去世，还有两位去年刚做了手术。7年间，五兄弟四人陆续得胃癌。五兄弟是江西人，老三王富生今年75岁，随儿子定居杭州10多年，平时很少回老家。去年8月，王富生出现了胃胀饱、吞咽困难等情况，“就算晚饭只吃几口，胃也胀得难受，晚上睡觉时还感觉吃下去的食物顶在喉咙口”，但因还能忍受，并没有引起他的注意。

Five brothers and four people got stomach cancer. This is not a Korean opera bridge, but it happened in the clinic of Gong Weihua, deputy director of surgery, Second Hospital of Zhejiang Medical College. The eldest and second of the four have died, and two have just had surgery last year. In seven years, five brothers and four people developed gastric cancer. The five brothers are from Jiangxi Province. Wang Fusheng, 75 years old, has settled in Hangzhou with his son for more than 10 years and seldom returns to his hometown in peacetime. Last August, Wang Fusheng suffered from stomach swelling and difficulty in swallowing. "Even if he ate only a few mouthfuls of dinner, his stomach was also bloated. At night, when he slept, he felt that the food he ate was on his throat." But because he could bear it, it did not attract his attention.

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. 男人到45岁是“生命高危期”，这4种食物要忌口，避免恶癌缠身 Men to 45 years old are "high-risk period of life", these four kinds of food should be avoided to avoid nausea.		来源： 搜狐 Source: Sohu	主体： 公众 Subject: public	态度： 提倡 Attitude: advocate	时间： 12:48:57 Time: 12:48:57
世界卫生组织将46-55岁这十年称为“生命高危期”，主要原因也是因为这十年是疾病爆发期。对于男人而言，此时正是上有老、下有小，身负重担的时期，最重要的就是保持身体健康。远离各种慢性病，不管是饮食健康还是生活健康，都是要注意的。那么男人45岁之后要少吃哪些食物才能预防慢性病发生？					
The World Health Organization calls the decade between 46 and 55 years old a "life-threatening period", mainly because it is an outbreak of disease. For men, this is the time when they are old, young and burdened. The most important thing is to keep healthy and keep away from all kinds of chronic diseases. Whether they are healthy in diet or in life, we should pay attention to them. So what foods do men need to eat less after 45 to prevent chronic diseases?					
2. 【健康科普】高血压要不要吃药，吃上药可以停药吗？ [Health Science] Do you want to take medicine for hypertension? Can you stop taking medicine?		来源： 搜狐 Source: Sohu	主体： 公众 Subject: public	态度： 提倡 Attitude: advocate	时间： 19:59:50 Time: 19:59:50
高血压要不要吃药，吃上药可以停药吗？问：高血压要不要吃药？ 答：根据血压升高的程度：如果在140/90mmHg，没有症状，可以不用药物，继续监测、观察；如果有症状，建议用药。如果血压超过150/90 mmHg，无论有没有症状，建议药物治疗。如果血压超过180/100 mmHg，建议保持情绪稳定，到医院就诊。因为情绪对血压的影响是巨大的。					
Do you want to take medicine for hypertension? Can you stop taking medicine? Question: Do you want to take medicine for hypertension? Answer: According to the degree of elevated blood pressure: if 140/90 mmHg, no symptoms, you can continue to monitor and observe without drugs; if there are symptoms, medication is recommended. If blood pressure exceeds 150/90 mmHg, medication is recommended regardless of symptoms. If blood pressure exceeds 180/100 mmHg, it is recommended to maintain emotional stability and go to the hospital. Because emotions have a huge impact on blood pressure.					
心血管健康 Cardiovascular health					
1. 真正“坑爹”的误区：定期输液疏通血管 The Misconception of Real "Pit Dad": Regular infusion to dredge blood vessels		来源： 搜狐 Source: Sohu	主体： 公众 Subject: public	态度： 提倡 Attitude: advocate	时间： 00:23:18 Time: 00:23:18
在上篇文章中，协和的博士们为大家总结了关于心血管病的常见五大致命误区：一、老年人才会得心血管病。二、没有症状就不用治疗。三、急性心肌梗死保守治疗好。四、放上支架就万事大吉。五、血压控制的目标值是低于140/90毫米汞柱。今天，我们继续讲后面的五大误区。六、降压药是通用的。“我用这个降压药效果特别好，你试试吧”，这是很多高血压患者之间时常听到的话，然而这存在很大的风险，小心“好心办坏事”！					
In the last article, Concorde's doctors summarized five common fatal misunderstandings about cardiovascular disease: first, the elderly will get cardiovascular disease. 2. No treatment is needed without symptoms. Third, the conservative treatment of acute myocardial infarction is good. Fourth, put on the bracket, everything will be all right. 5. The target value of blood pressure control is below 140/90 mm mercury column. Today, we continue to talk about the following five major misunderstandings. 6. Antihypertensive drugs are universal. "I use this antihypertensive drug very good effect, you try it." This is often heard among many hypertensive patients, but there is a great risk, be careful of "good intentions do bad things"!					

2. 心脏康复每天应该怎么吃和动 How to Eat and Move Every Day for Heart Rehabilitation	来源：人民网广西频道 Source: People's Network Guangxi Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:50:24 Time: 16:50:24
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说起康复治疗，不少人多多少少有些概念；但是提到心脏康复，多数人都不知道在说些什么。世界卫生组织将其定义为，确保心脏病患者获得最佳体力、精神、社会功能的所有方法的总和，以便患者过一种主动的生活。心脏康复的短期获益是控制心脏病症状、改善心脏功能状态、限制由心脏病产生的心理和生理不利影响、促进心理和职业回归；长期获益为降低发病率和病死率，减低猝死和再梗死等心血管事件的风险，延缓动脉粥样硬化，预防支架术后再次狭窄，提高生活质量。

Speaking of rehabilitation therapy, many people have some concepts more or less; but when it comes to cardiac rehabilitation, most people don't know what they are talking about. The World Health Organization defines it as the sum of all ways to ensure that heart disease patients have the best physical, mental and social functions so that they can lead an active life. The short-term benefits of cardiac rehabilitation are to control the symptoms of heart disease, improve the state of cardiac function, limit the psychological and physiological adverse effects caused by heart disease, and promote psychological and occupational regression. The long-term benefits include reducing the incidence and mortality, reducing the risk of cardiovascular events such as sudden death and reinfarction, delaying atherosclerosis, preventing restenosis after stenting and improving the quality of life.

3. 30岁的人，70岁的心？可怕！ A 30-year-old, a 70-year-old heart? Terrible!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:16:21 Time: 18:16:21
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30岁的人，70岁的心？可怕！心脏是世界上最勤劳的战士，从人出生那天起工作到生命终结的那刻，它就像一个高速运转的发动机。如果按一个人心脏平均每分钟跳70次、寿命70岁计算的话，心脏每天跳动10万次左右，一生要跳近26亿次。这个身体里最繁忙的器官需要我们细心呵护，但遗憾的是，人们不健康的生活习惯已经让它提前衰老。算算你的心脏多少岁。美国“心脏年龄”网站推出一项测试，从体重、运动、饮食、吸烟、家族史等多方面进行评估，测算出你的心脏年龄和实际年龄是否同步。

A 30-year-old, a 70-year-old heart? Terrible! The heart is the most industrious fighter in the world. It works like a high-speed engine from the day of birth until the end of life. If a person's heart beats 70 times per minute and life span is 70 years, the heart beats about 100,000 times per day and nearly 2.6 billion times in his life. The busiest organ in the body needs our careful care, but unfortunately, people's unhealthy living habits have made it premature aging. Calculate how old your heart is. The US website Heart Age has launched a test that evaluates weight, exercise, diet, smoking, family history, etc. to determine whether your heart age is synchronized with your actual age.

综合健康信息
Comprehensive Health Information

1. 青海西宁：民众健康福利就在“家门口” Xining, Qinghai Province: People's health and welfare are at the door of their homes	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:38:34 Time: 14:38:34
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优化医疗资源、提升服务能力、重铸就医秩序、改善服务体验，我们在全省建立了首个市县乡村四级紧密型一体化医疗集团，率先实行先诊疗后付费、管办分离、取消药品加成、大病保险。”20日，青海省西宁市第一人民医院院长、西宁市第一医疗集团董事长王东超告诉记者。患有肾囊肿的马秀英不久前在西宁市大通回族土族自治县中医院做了手术。

In order to optimize medical resources, improve service capacity, re-establish medical order and improve service experience, we have established the first four-level close integrated medical group in cities, counties and villages throughout the province, taking the lead in implementing the first medical treatment followed by payment, separation of management and management, cancellation of drug additions and major illness insurance. On the 20th, Wang Dongchao, president of Xining First People's Hospital and chairman of Xining First Medical Group, told reporters. Ma Xiuying, who suffered from renal cysts, had recently undergone surgery in the Traditional Chinese Medicine Hospital of Datong Hui Tu Autonomous County, Xining City.

2. 致癌还是治癌饮食是把双刃剑 Carcinogenic or therapeutic diet is a double-edged sword	来源：多维新闻网 Source: Multidimensional News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 13:50:11 Time: 13:50:11
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研究显示，约40%的恶性肿瘤的起因与饮食不当有关。在剩余的60%的恶性肿瘤中，可能仍有相当部分与饮食不合理有关，只是人们目前仍在寻找相关的证据。科学家曾经预言，人们如果能改变不良的饮食习惯，那么，60%至70%的癌症是可以预防的。然而，正所谓“成也萧何，败也萧何”，饮食在癌症的防治中扮演着“双刃剑”的角色。

Studies have shown that about 40% of malignant tumors are caused by inappropriate diet. In the remaining 60% of malignant tumors, there may still be a considerable part of unreasonable diet, but people are still looking for relevant evidence. Scientists have predicted that 60 to 70 percent of cancers can be prevented if people can change bad eating habits. However, the so-called "success is also Xiaohu, failure is Xiaohu", diet plays a "double-edged sword" role in the prevention and treatment of cancer.

3. 终于找到癌症的元凶了，医生说，最怕这四种食物，现在改还来得及 At last, the culprit of cancer was found. The doctor said that he was afraid of the four kinds of food. Now it's too late to change.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 21:50:14 Time: 21:50:14
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终于找到癌症的元凶了，医生说，最怕这四种食物，现在改还来得及 国家癌症中心每年都会公布一些癌症的数据，最新公布的数据显示，我国平均每天超过一万人被确诊癌症，平均每分钟大概有七人。排在前五位恶性肿瘤，依次是肺癌，肠癌，胃癌，乳腺癌，前列腺癌。癌症的高发，与遗传，饮食，吸烟，酗酒等密切相关，今天我们来说说饮食因素。

Finally, the culprit of cancer has been found. Doctors say that the four kinds of food are the most feared. Now it is too late for the National Cancer Center to publish some cancer data every year. The latest data show that more than 10,000 people are diagnosed with cancer every day in China, with an average of about seven people per minute. The top five malignant tumors were lung cancer, intestinal cancer, stomach cancer, breast cancer and prostate cancer. The high incidence of cancer is closely related to heredity, diet, smoking, alcoholism and so on. Today we are talking about dietary factors.

4. 冬春育儿细心呵护两大系统 Two Systems of Careful Nursing in Winter and Spring	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 17:53:27 Time: 17:53:27
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冬春之际呼吸道疾病容易盯上身体机能和免疫系统未发育成熟的儿童；而刚刚过去的春节假期，饮食起居、生活作息规律都可能因探亲访友和旅游出行等活动而发生较大变化，给孩子的消化系统也带来较大考验。而这两个健康问题，有时候还会互相影响。比如喂养不当也可能影响免疫力，从而引发呼吸道疾病。广州市妇女儿童医疗中心内科门诊主任何丽雅教授提醒，这一时期要养好孩子，呼吸消化两大系统的健康都必须用心呵护。

Respiratory diseases tend to focus on immature children with physical function and immune system in winter and spring. In the past Spring Festival holidays, the rules of diet, daily life and rest may change greatly due to visiting relatives and friends, traveling and other activities, which also brings great challenges to children's digestive system. These two health problems sometimes interact with each other. For example, improper feeding may also affect immunity, leading to respiratory diseases. Professor He Liya, outpatient director of internal medicine of Guangzhou Women's and Children's Medical Center, reminded us that in order to raise children well during this period, the health of respiratory and digestive systems must be cared for carefully.

5. 推荐一种适合宝宝辅食的蔬菜，营养价值高，降血压防便秘 Recommend a vegetable that is suitable for baby's supplementary food. It has high nutritional value, lowers blood pressure and prevents constipation.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:16:18 Time: 15:16:18
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推荐一种适合宝宝辅食的蔬菜，营养价值高，降血压防便秘。莴笋是我们秋冬季节，甚至到了春天还经常吃的一种蔬菜，莴笋有非常好的促进消化的作用，它能够促进我们身体里的消化酶，还有胃液，胆汁等消化液的分泌，同时能够起到促进消化的作用。今天的莴笋鸡蛋汤，适合九个月以上的宝宝哦~

A vegetable suitable for baby's supplementary food is recommended. It has high nutritional value, lowers blood pressure and prevents constipation. Lettuce is a kind of vegetable we often eat in autumn and winter, even in spring. Lettuce has a very good digestive function. It can promote digestive enzymes in our body, as well as the secretion of digestive juice such as stomach juice and bile. At the same time, it can promote digestion. Today's lettuce and egg soup is suitable for babies over nine months old.~

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2019-02-20, 共监测到557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 557 WeChat public articles were monitored in 2019-02-20. This page shows the top five articles by repeat number today.

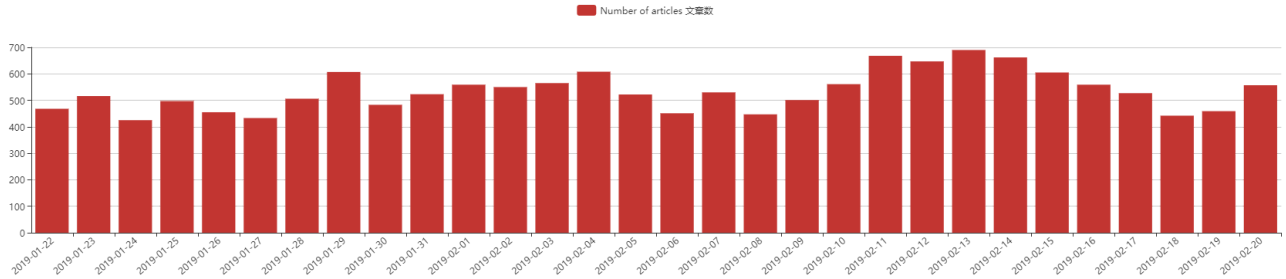
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门文章-前五 Popular Articles - Top 5

1. 身体出现这5个迹象, 提醒你吃盐太多了!

[These five signs remind you that you eat too much salt!](#)

重复数: 13

日期: 2019-02-20

Repeat Number: 13

Data: 2019-02-20

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

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

2. 生活中如何控盐? 揭秘吃盐 “背后那些事”

[How to control salt in life? Revealing Salt "What's Behind"](#)

重复数: 9

日期: 2019-02-20

Repeat Number: 9

Data: 2019-02-20

“减盐”核心信息 (一) 认识高盐饮食的危害 食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。 (二) 控制食盐摄入量 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。

Core information of "salt reduction" (1) Understanding the dangers of high salt diet, excessive salt intake can increase blood pressure and increase the risk of stomach diseases, osteoporosis, obesity and other diseases. (2) The Chinese Dietary Guidelines for the Control of Salt Intake recommend that healthy adults consume no more than 6 grams of salt per day, children aged 2-3 years do not exceed 2 grams, children aged 4-6 years do not exceed 3 grams and children aged 7-10 years do not exceed 4 grams. Older people over 65 should not exceed 5 grams.

3. 一家三口相继患癌, 竟跟长期吃这种食物有关!

[Three people in a family suffer from cancer one after another, which is related to the long-term consumption of this food!](#)

重复数: 5

日期: 2019-02-20

Repeat Number: 5

Data: 2019-02-20

高盐的高渗透性会破坏胃黏膜, 所以长期以来食用重口味的食物, 就会造成诱发胃癌的风险。我国东北地区、西北地区以及沿海地区是胃癌的高发地区。因为他们喜欢吃腌制的食物, 还有海产品, 所以高盐饮食比清淡饮食的人, 胃病的相对发病率要增加接近两倍。

High salt and hyperosmotic can destroy the gastric mucosa, so eating heavy food in the past for a long time will lead to the risk of gastric cancer. Northeast China, northwest China and coastal areas are high incidence areas of gastric cancer. Because they like pickled food and seafood, the relative incidence of stomach disease in people who eat a high-salt diet is nearly double that in people who eat a light diet.

4. 中科院发布长寿地图! 长寿指数, 临沂竟排在.....

[The Chinese Academy of Sciences has released a map of longevity! Longevity index, Linyi actually ranked in the...](#)

重复数: 5

日期: 2019-02-20

Repeat Number: 5

Data: 2019-02-20

南方饮食清淡, 北方饮食多盐 一般情况下, 南方人饮食相对比较清淡, 北方人则口味比较重, 高血压患病率明显高于南方。从南京军区南京总医院神经内科徐格林教授领衔绘制的中国卒中地图来看, 北方的卒中比例要明显高于南方, 高血压是卒中的第一危险因素, 北方人口味重, 爱吃咸导致高血压高发。

The Southern diet is light, and the northern diet is salty. In general, the southern diet is relatively light, while the northern diet is heavier. The prevalence of hypertension is significantly higher than that in the southern diet. From the map of stroke in China drawn by Professor Xu Green, Department of Neurology, Nanjing General Hospital of Nanjing Military Region, we can see that the proportion of stroke in the north is significantly higher than that in the south. Hypertension is the first risk factor for stroke. The taste of the northern population is heavy and salt-loving leads to high incidence of hypertension.

5. 轻松吃掉三高! 很多医生也都在用, 不看太亏了!

[Easy to eat three tall! Many doctors are using it too. It's too bad not to look at it.](#)

重复数: 5

日期: 2019-02-20

Repeat Number: 5

Data: 2019-02-20

十个高血压, 九个死于盐, 预防高血压, 尤其是高血压患者在饮食上要“少盐”。这是因为吃盐过多, 会导致外周血管阻力增大, 引起血压升高。世界卫生组织建议正常人群每日食盐量为6-8克, 也就是一小啤酒瓶盖。高血压患者应控制在4克以下。

Ten had high blood pressure and nine died of salt. Prevention of hypertension, especially in patients with hypertension in the diet should be "less salt". This is because eating too much salt can lead to increased peripheral vascular resistance and blood pressure. The World Health Organization recommends that normal people eat 6 to 8 grams of salt a day, the cap of a small beer bottle. Hypertensive patients should be controlled below 4 grams.

减盐-微博 Salt Reduction - Weibo

2019-02-20, 共检测到2244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。

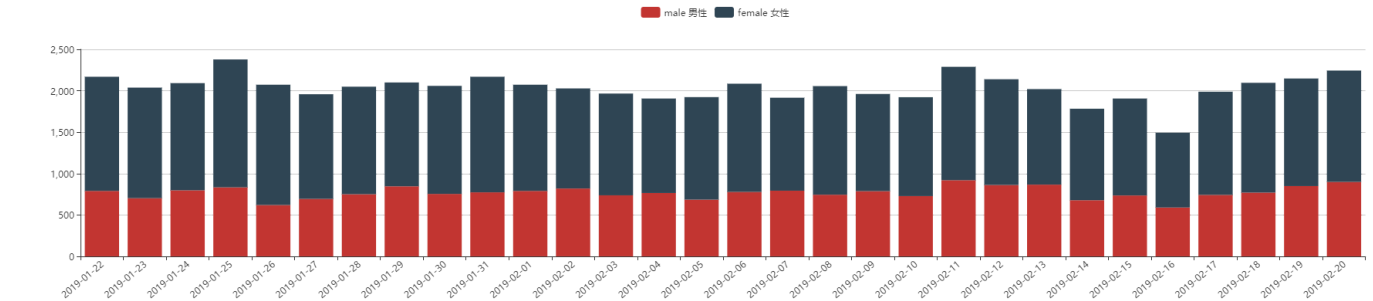
There are 2244 weibos about salt reduction monitored on 2019-02-20.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



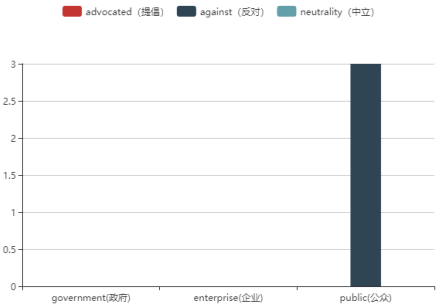
热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2019-02-20) 共监测到3条资讯。请点击标题查看原文。
There are 3 articles monitored today 2019-02-20. 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	来源: 扬子晚报 Source: Yangtse Evening Post	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 00:57:16 Time: 00:57:16
1. 【我们的节日】元宵佳节遇雨水，衣食住行支妙招 Lantern Festival Rain, Food, Clothing, Living and Travel Skills 今年元宵佳节（农历正月十五）恰逢雨水节气，此时降雨开始增多，气温却依旧寒冷。在这样的天气下，大家该如何安排好衣食住行，过开心节，过健康节呢？江苏省中西医结合医院临床营养科营养师相小多来为大家献上“葵花宝典”。衣：注意保暖以“捂”为主 气温依旧低迷，无论外出还是在家，都要防寒保暖。 This year's Lantern Festival (the fifteenth day of the first lunar month) coincides with the rainy season, when the rainfall begins to increase, but the temperature is still cold. In such weather, how do you arrange for food, clothing, housing, transportation, Happy Festival and Health Festival? Xiang Xiaoduo, a nutritionist in the Clinical Nutrition Department of Jiangsu Integrated Hospital of Traditional Chinese and Western Medicine, presents "Sunflower Treasure Book" to you. Clothes: Pay attention to keeping warm with "cover" as the main temperature is still low. Whether you go out or at home, you should keep warm and cold.				

最好的避孕药：低脂牛奶。哈佛公共卫生系对育龄女性做过研究， 调查结果显示， 不孕妇女中有438起是由于长期食用低脂牛奶而导致的， 卵巢不能正常排卵， 一周使用两次以上的低脂牛奶女性就会出现排卵问题， 比正常的女性要高出85%， 这主要是由于脱脂牛奶中含有的反式脂肪酸会影响到男人雄性激素的分泌， 进而就影响了精子的活力， 对女性的卵子质量也是大大不利的。

Best contraceptive: low-fat milk. Harvard Department of Public Health conducted a study on women of childbearing age. The results showed that 438 cases of infertile women were caused by long-term consumption of low-fat milk. Their ovaries could not ovulate normally. Women who used low-fat milk more than twice a week had ovulation problems, which was 85% higher than normal women. This was mainly due to the influence of trans fatty acids in skimmed milk on men. The secretion of human androgen affects the vitality of sperm, which is also detrimental to the quality of female eggs.

今天是农历正月十五元宵节，是春节之后的第一个重要节日。按中国民间的传统，在这天上皓月高悬的夜晚，人们要点起彩灯万盏，以示庆贺。出门赏月、燃灯放焰、喜猜灯谜、共吃元宵，合家团聚、同庆佳节，其乐融融。元宵节，北方多“滚”元宵，南方则是“包”汤圆。很多人都以为汤圆就是元宵，其实两者除了皮儿原料都是糯米，在原料、制作工艺等方面都是有差别的。 但是不管是汤圆还是元宵，热量都是较高的。

Today is the 15th Lantern Festival of the first lunar month, the first important festival after the Spring Festival. According to the Chinese folk tradition, on this bright moon night, people point out thousands of colored lanterns to celebrate. They enjoy going out to enjoy the moon, lighting lights, guessing riddles, eating Lantern Festival together, family reunion and celebration of the festival. On the Lantern Festival, there are many "rolling" Lantern Festivals in the north and "wrapped" Tangyuan in the south. Many people think that Tangyuan is the Lantern Festival. In fact, the two materials are glutinous rice besides the skin, and there are differences in raw materials, production technology and so on. But whether it's Tangyuan or Lantern Festival, the calories are high.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

反式脂肪酸-微信 Transfat - WeChat

2019-02-20, 共监测到326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 326 WeChat public articles were monitored in 2019-02-20. This page shows the top five articles by repeat number today.

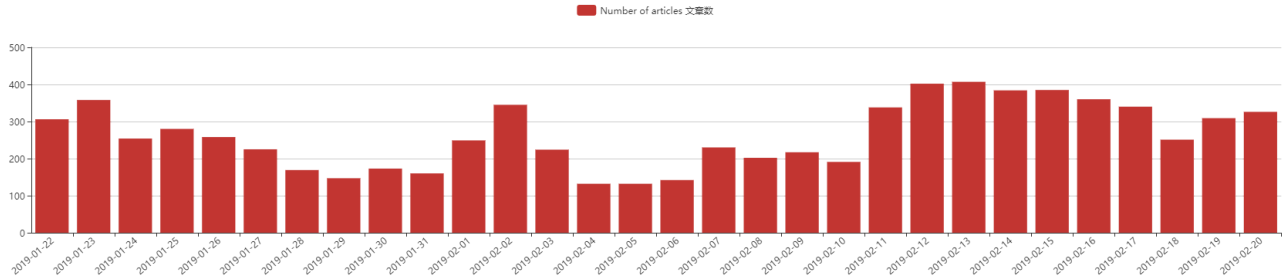
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 大脑最爱的食物, 核桃只排第4名, 第1名谁都不想到!

[The brain's favorite food, walnuts only ranked fourth, no one thought of the first!](#)

重复数: 60

日期: 2019-02-20

Repeat Number: 60

Data: 2019-02-20

常吃黑芝麻可以帮助人们预防和治疗胆结石, 同时还有延年益寿、健脑益智的作用。保持大脑健康少吃这些 除了上面介绍这些对大脑有益的食物, 还有一些常见的食物可能会对大脑健康发展有不健康的影响。这些食物中含有大量的饱和脂肪、反式脂肪或是糖, 容易造成或血脑屏障构造受损, 加速认知功能以及记忆力的退化。

Often eating black sesame can help people prevent and treat gallstones, but also has the effect of prolonging life, brain and intelligence. Keep your brain healthy and eat less of these foods. In addition to the above, there are some common foods that may have unhealthy effects on brain health. These foods contain a large amount of saturated fat, trans fat or sugar, which can easily cause damage to the blood-brain barrier structure, accelerate cognitive function and memory degradation.

2. 被奶茶毁掉的中国姑娘

[Chinese girl destroyed by milk tea](#)

重复数: 20

日期: 2019-02-20

Repeat Number: 20

Data: 2019-02-20

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

The so-called cream, the main ingredient is hydrogenated vegetable oil, vegetable oil through artificial hydrogenation treatment made. Fan Zhihong, a professor at China Agricultural University, said angrily, "Despite the word plant, it actually contains more saturated fatty acids than lard!" After artificial hydrogenation treatment, a large number of trans fatty acids will be produced! Trans fatty acids do great harm to human body, not only increase the risk of cardiovascular disease and diabetes, but also affect the development of children's nervous system.

3. 脸要穷养, 脚要富养, 心要穷养, 肺要富养 (深度好文)

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

重复数: 10

日期: 2019-02-20

Repeat Number: 10

Data: 2019-02-20

心要穷养: 少吃加工食品 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

Want to be poor: One of the biggest killers of eating less processed food is trans fatty acids, especially artificial fried food, all kinds of "crispy", we should eat less. Maintenance Points: Eat less artificial food and more natural food. When words such as hydrogenation, refining and man-made appear in the ingredient list, we should be vigilant. It may be trans fats. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

4. 奶茶, 正在毁掉中国的三代人

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

重复数: 6

日期: 2019-02-20

Repeat Number: 6

Data: 2019-02-20

反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

Trans fatty acids, known as "time bombs on the table", are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

5. 大脑最爱的10种食物, 核桃只排第4名, 第1名谁都不想到!

[The brain's favorite 10 kinds of food, walnuts only rank fourth, no one can imagine the first!](#)

重复数: 6

日期: 2019-02-20

Repeat Number: 6

Data: 2019-02-20

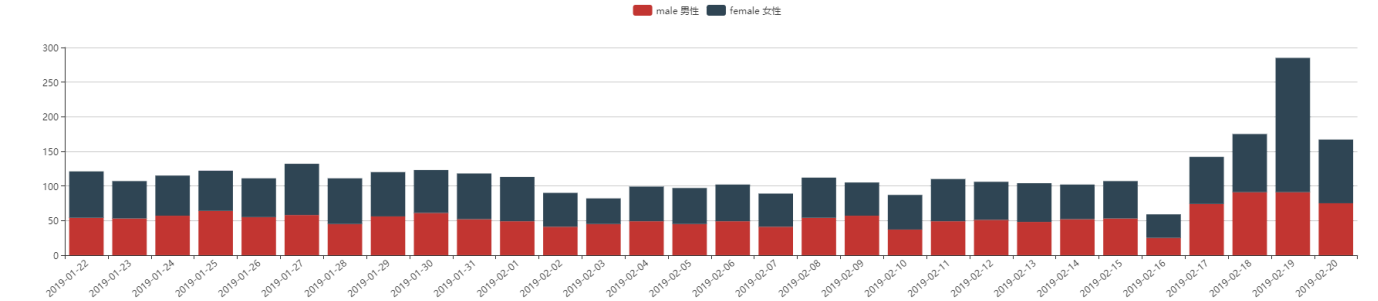
油炸食品中含有大量的反式脂肪酸、膨松剂和色素, 进入人体后会健康产生不利影响, 增加心脑血管疾病的危险; 也会导致必需脂肪酸的缺乏和抑制婴幼儿的生长发育。除了饮食上要注意之外, 养成良好的生活习惯也很重要。大脑健康才能越活越年轻哦

Fried food contains a large number of trans fatty acids, bulking agents and pigments, which will have adverse effects on human health, increase the risk of cardiovascular and cerebrovascular diseases, and also lead to the lack of essential fatty acids and inhibit the growth and development of infants and young children. In addition to dietary attention, it is also important to develop good living habits. The younger you live, the healthier your brain will be.

反式脂肪酸-微博

Transfat - Weibo

2019-02-20, 共检测到167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 167 weibos about transfat reduction monitored on 2019-02-20.
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!