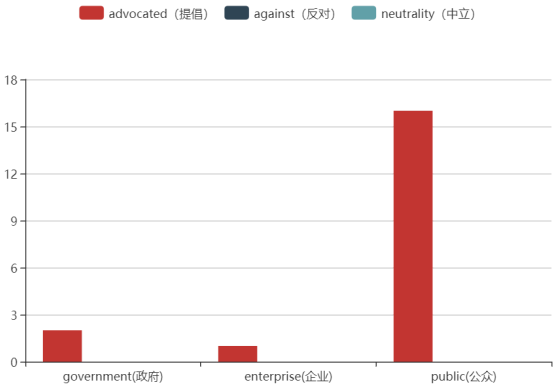


减盐-新闻

Salt Reduction - News

今日 (2018-10-18) 共监测到19条资讯。请点击标题查看原文。
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山东

Shandong

食物中的钠 Sodium in food				
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心血管健康 Cardiovascular health				
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综合健康信息 Comprehensive Health Information				
1. 科学助力“三减三健”提升膳食营养质量达能营养中心第二十一届学术年... Scientific power "three minus three health" improving the quality of dietary nutrition danone nutrition center of the academic year...	来源: 汉丰网	主体: 公众	态度: 提倡	时间: 11:04:47
	来源: 汉丰网	Subject: public	Attitude: advocate	Time: 11:04:47
<p>近日, 由达能营养中心(中国)主办、主题为“减盐背后的科学”学术年会在青岛召开, 为“三减”学术研究搭建交流平台, 广聚智慧。中国工程院院士、达能营养中心科学委员会主席陈君石先生、中国疾病预防控制中心营养与健康所所长丁钢强先生、中国营养学会理事长杨月欣女士以及达能中国区主席秦鹏先生等出席了本次会议。 2017年, 原国家卫计委等制定了《全民健康生活方式行动方案(2017-2025年)》, 设立了“三减三健”专项行动, 引导群众加强自我健康管理。此次学术年会发布的《钠盐摄入与心血管疾病相关性证据的研究报告》、《中国居民钠盐摄入量调查统计分析》等近十项研究成果, 为“三减”中“减盐”提供了科学的依据和切实可行的措施, 引起了学术界和业界参会人士的高度关注。 达能营养中心作为一家独立运营的非盈利机构, 长期支持并推动中国的膳食营养研究与宣教</p>				
<p>Recently, Danone Nutrition Center (China) sponsored the annual academic meeting on the theme "Science behind salt reduction" held in Qingdao, to build a platform for academic research on "three subtractions" and gather wisdom. Mr. Chen Junshi, academician of the Chinese Academy of Engineering, Chairman of the Scientific Committee of Danone Nutrition Center, Mr. Ding Gangqiang, Director of the Nutrition and Health Institute of the Chinese Center for Disease Control and Prevention, Ms. Yang Yuexin, President of the Chinese Nutrition Society and Mr. Qin Peng, Chairman of Danone China, attended the meeting.In 2017, the former State Health Planning Commission and others formulated the "National Health Lifestyle Action Plan (2017-2025)," set up a "three reduce three health" special action to guide the masses to strengthen self-health management. Nearly ten research results, such as "Research Report on Evidence of Correlation between Sodium Salt Intake and Cardiovascular Diseases" and "Survey and Statistical Analysis of Sodium Salt Intake Among Chinese Residents", were published at the annual academic meeting, which provided a scientific basis and practical measures for "reducing salt" in the "Three Reductions", and aroused the participation of academics and industry participants. High concern.Danone Nutrition Center, an independent non-profit organization, has long supported and promoted dietary nutrition research and education in China</p>				
2. 饮食油腻就是造成脂肪肝和“三高”疾病的主要元凶 Dietary fat is the main culprit of fatty liver and "three highs" disease	来源: 山东周刊	主体: 公众	态度: 提倡	时间: 16:04:51
	来源: 山东周刊	Subject: public	Attitude: advocate	Time: 16:04:51
<p>对于中老年人来说, 三高是个避不开的话题。饮食油腻就是造成脂肪肝和“三高”疾病的主要元凶, 于是越来越多的人跟肉类彻底决裂, 崇尚清淡即健康。对于这种观点, 只能说: 理想很丰满, 现实很骨感。 建议饮食清淡, 但不能不沾荤腥 吃素就不会有三高吗?吃素就能健康长寿吗?吃素就能治便秘吗? 首先明确观点: 我们建议大家饮食清淡, 但是大多数人一不小心就会矫枉过正, 从一个极端走向另一个极端, 完全不沾荤腥。 中国疾病预防控制中心营养与食品安全所有关专家指出, 我国老年人营养状况令人担忧, 超过一半的老人存在营养不良风险</p>				
<p>For the elderly, three high is a topic that can not be avoided. Fatty diet is the main cause of fatty liver and "three high" disease, so more and more people with meat thoroughly break, advocate light is healthy. This view can only be said: the ideal is very plentiful and the reality is very skinny.Suggested that the diet is light, but must not be stained with meat.Can't you eat three vegetarian meals? Can you eat a vegetarian diet and live a long life? Can you eat constipation to cure constipation?First, make it clear: We recommend a light diet, but most people overdo it inadvertently, moving from one extreme to the other, completely free from meat.Experts from the Center for Disease Control and Prevention of China on nutrition and food safety point out that the nutritional status of the elderly in China is worrying, with more than half of them at risk of malnutrition.</p>				
3. 莱阳市谭格庄中心卫生院“敬老月”活动丰富多彩 Lai Yang city Tan Ge Zhuang central hospitals "respect month" activities are rich and colorful	来源: 水母网	主体: 公众	态度: 提倡	时间: 11:16:54
	来源: 水母网	Subject: public	Attitude: advocate	Time: 11:16:54
<p>莱阳市谭格庄中心卫生院“敬老月”活动丰富多彩 为弘扬中华民族尊老敬老的传统美德, 进一步营造良好的爱老助老社会氛围, 莱阳市谭格庄中心卫生院积极开展以“关爱老人, 构建和谐”为主题的敬老月活动, 切实为老年人送温暖, 办实事, 做好事, 解难事。 为提高老年人的健康素养水平, 该院积极开展健康科普讲座活动。由各乡村医组织村庄老年人在村庄卫生室开展健康知识讲座。为老年人发放宣传资料, 同时宣讲普及控油、控盐、控血压、控体重、控血糖等健康教育知识等。目前已有6个村庄组织开展了知识讲座, 提供健康咨询服务240余人次</p>				
<p>Laiyang's Tae Ge Zhuang Center Health Center's activities of "respecting the old month" are rich and colorful.In order to carry forward the traditional virtues of respecting and respecting the elderly of the Chinese nation, and to create a good social atmosphere for the elderly, the Tangezhuang Central Health Center of Laiyang City actively carried out the</p>				

activities of respecting the elderly with the theme of "caring for the elderly, building harmony", and effectively sent warmth to the elderly, did practical things, did good deeds and solved difficult problems.In order to improve the health literacy level of the elderly, the hospital actively organized Health Science Lecture activities. The village and township doctors organized the village senior citizens to give lectures on health knowledge in village clinics. Publicity materials were issued for the elderly, and health education knowledge such as oil control, salt control, blood pressure control, weight control and blood sugar control was popularized. At present, 6 villages have organized lectures on knowledge, providing more than 240 health consultation services.

4. 温暖重阳节济南九龙医院爱心活动受好评	来源：山东新闻网	主体：公众	态度：提倡	时间：17:17:02
Feeling warm the double ninth festival jinan Kowloon hospital love activities	来源：山东新闻网	Subject: public	Attitude: advocate	Time: 17:17:02

独在异乡为异客，每逢佳节倍思亲。一年一度的重阳佳节到了，为了表达感恩之情，同时呼吁社会各界关注老人健康，济南九龙泌尿专科医院举行爱心义诊活动，受到一致好评。活动现场人声鼎沸，前来咨询的人络绎不绝，排起长队，大家都对疑难性、慢性老年病等知识极度渴望。济南九龙秦晓四主任耐心解答老人们的各种咨询，并对服药老人进行了详细的药物指导。秦晓四主任作为军医出身的专家，有多年的三甲医院诊疗经验

Being a stranger in a strange land is a good time to think twice. The annual Double Ninth Festival is coming. In order to express gratitude and appeal to the community to pay attention to the health of the elderly, Ji'nan Kowloon Urology Hospital held a charity clinic, which was praised by all. There was a great deal of people at the event, and there was an endless stream of consultants. There was a long queue. Everyone was eager for the knowledge of difficult and chronic geriatric diseases. Director Qin Xiao-4 of Ji'nan Kowloon patiently answered all kinds of counseling for the elderly, and gave detailed drug guidance to the elderly taking drugs. Director Qin Xiaosi, an expert in military medicine, has many years of experience in diagnosis and treatment of top three hospitals.

<div>决心工程</div> <div>Resolve To Save Lives</div>	
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河南
Henan

食物中的钠 Sodium in food				
1. 代餐粉真的能减肥吗？你需要看.....	来源：中原网	主体：公众	态度：提倡	时间：20:24:14
Meal powder can reduce weight really?You need to see...	来源：中原网	Subject: public	Attitude: advocate	Time: 20:24:14

代餐粉到底能不能减肥？对身体有没有影响？今天就教大家从食品标签角度来解读你手里的代餐粉！ 一、食品标签三大看点 ▶配料表 食品的营养品质如何？本质上取决于原料及其比例。按法规要求含量最大的原料应当排在第一位，最少的原料排在最后一位。正面包装的“广告”可以不用看，配料表一定要看！比如下图巧克力标签，配料表中排在第一位是“白砂糖”，也就是说在所有的原料中，白砂糖的比例是最大的，这样的产品可以被称为是“假”巧克力了。 ▶营养成分表 按我国食品标签相关法规，每一种产品都必须注明5个基本营养数据（能量、碳水化合物、蛋白质、脂肪、钠），以及这些含量占一日营养供应参考值（NRV）的百分比。 选购食品时，我们需要格外关注这些指标

Can meal replacement powder lose weight? Does it have any effect on your body? Today we will teach you to read the meal replacement from the perspective of food labels. Three main points of food labeling. Proportioning table: What is the nutritional quality of food? In essence, it depends on the raw material and its proportion. The most important raw materials should be placed in the first place, with the least raw materials in the last place. Positive packaging can be read without advertisements. The ingredients list must be looked at. For example, in the chocolate label shown below, top of the ingredients list is "white granulated sugar", which means that the proportion of white granulated sugar is the largest of all ingredients, and such a product can be called "fake" chocolate. Nutrient composition table: According to China's food labeling regulations, each product must specify five basic nutritional data (energy, carbohydrates, protein, fat, sodium), and the percentage of these contents in the daily reference value (NRV). When choosing food, we need to pay special attention to these indicators.

<div>高血压</div> <div>Hypertension</div>	
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<div>心血管健康</div> <div>Cardiovascular health</div>	
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综合健康信息				
Comprehensive Health Information				
1. 65岁老人和老伴忙碌中感受幸福	来源：开封网	主体：公众	态度：提倡	时间：16:41:18
In the 65 - year - old man and his wife busy feel happiness	来源：开封网	Subject: public	Attitude: advocate	Time: 16:41:18

家住康乐社区的马设老人今年65岁，原本和老伴两人过着悠闲的退休生活。去年开始，孙子的出生和母亲突然生病住院让老两口一下子变得忙碌起来。为照顾好母亲和孙子，老两口进行了分工，他负责在家照顾84岁的母亲，老伴一大早就赶到孙子家照看孙子。如今，看着孙子一天天长大，母亲的身体也在一点点恢复，马设说：“虽然是有难，但还是很高兴的。”马设和老伴育有一个儿子，2014年结婚后就搬出去住了

The old man, who lives in the Kangle community, is 65 years old. He had a leisurely retirement with his wife and two people. Last year, Sun Tzu's birth and his mother's sudden illness and hospitalization made the old two suddenly become busy. In order to take good care of his mother and grandson, the old couple had a division of labor. He took care of his 84-year-old mother at home. His wife rushed to the grandson's house early in the morning to take care of his grandson. Now, as his grandson grew up and his mother's body recovered a little bit, Ma Shih said, "It's a little difficult, but it's still very happy." Ma and his wife had a son. They moved out after they got married in 2014.

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安徽
Anhui

<div>食物中的钠</div> <div>Sodium in food</div>	
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<div>高血压</div> <div>Hypertension</div>	
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No such articles!	
<div>心血管健康</div> <div>Cardiovascular health</div>	

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No such articles!

浙江
Zhejiang

食物中的钠 Sodium in food
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高血压 Hypertension
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其他省份
Other Provinces

食物中的钠 Sodium in food				
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No such articles!				
高血压 Hypertension				
1. 给四高人群划重点：8种食物堪称餐桌上的好“处方”	来源：星岛环球网	主体：公众	态度：提倡	时间： 15:28:39
Give four high crowd to highlight: eight kinds of food is good at the dinner table "prescription"	来源：星岛环球网	Subject: public	Attitude: advocate	Time: 15:28:39
<p>提起“四高”，大家都不陌生，高血压、高血脂、高血糖和高尿酸总爱“联手作案”，时不时对身体发动攻击，让人头疼。这些慢性病的调理和改变生活方式、调理膳食结构息息相关，虽然不能指望靠吃某种食物解决问题，但在慢性病的饮食调理中，有一些食物特别重要。《生命时报》邀请营养专家，给四高人群推荐慢病调理的“重点食物”。大连市中心医院营养科主任 王兴国 糖尿病：玉米、绿豆 糖尿病人食用低升糖指数食物(GI小于55)，对控制血糖有重要意义。 ●玉米：升糖指数最低的谷物 玉米富含钾、镁和B族维生素，还有少量类胡萝卜素，如玉米黄素(特别是黄色玉米)</p> <p>Mention "four high", everybody is familiar with, high blood pressure, high blood fat, high blood sugar and high uric acid love "joint crime", from time to time attacks on the body, causing headaches.The regulation of these chronic diseases is closely related to the change of lifestyle and dietary structure. Although we can not expect to solve the problem by eating certain foods, some foods are particularly important in the dietary regulation of chronic diseases.The life times invited nutrition experts to recommend "key foods" for chronic diseases in four high population.Wang Xingguo, director of nutrition department, Dalian Central HospitalDiabetes: corn and mung beansDiabetes patients with low glycemic index foods (GI less than 55) are important for controlling blood sugar.Corn: corn with the lowest sugar indexCorn is rich in potassium, magnesium and B vitamins, and a small amount of carotenoids, such as zeaxanthin (especially yellow corn)</p>				
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. 我省开展“三减三健”全民健康行动	来源：东方网	主体：政府	态度：提倡	时间： 10:04:50
In our province to carry out the "three minus three health" health action	来源：东方网	Subject: government	Attitude: advocate	Time: 10:04:50
<p>我省开展“三减三健”全民健康行动 湖北日报讯（记者崔瑜瑜、通讯员周鹏）近年来多项调查显示，和生活方式密切相关的慢性病已成为中国居民的主要死亡原因，而改变不良生活习惯就成为保护健康的第一要素。为此，省卫计委、省疾控中心于10月16日开展“三减三健”全民健康行动，即减盐减油减糖及健康体重、健康口腔、健康骨骼。根据《湖北省慢性病及其危险因素监测报告（2013）》显示，我省18岁以上居民家庭人均摄盐量为9.8克，人均每日烹调用油摄入量为62.5克。而《中国居民膳食指南（2016）》推荐，成人每日食盐摄入量不超过6克，烹调用油量不超过30克。此外，成人肥胖率、儿童患龋率偏高，老人骨骼健康状况也不理想</p>				
Our province carries out "three reduction three health" national health actionHubei Daily News (reporter Cui Yuyu, correspondent Zhou Peng) in recent years, a number of				

investigations show that chronic diseases closely related to lifestyle have become the main cause of death of Chinese residents, and changing bad habits has become the first element to protect health. Therefore, on October 16, the provincial health planning committee and the provincial CDC launched the "Three Reductions and Three Health Care" national health action, namely, reducing salt, oil, sugar and healthy weight, healthy mouth and healthy bones. According to the "Monitoring Report on Chronic Diseases and Risk Factors in Hubei Province (2013)", the average salt intake per household aged 18 years and over is 9.8 grams, and the average daily cooking oil intake per household is 62.5 grams. The Dietary Guidelines for Chinese Residents (2016) recommend that adults eat no more than 6 grams of salt per day and cooking oil no more than 30 grams. In addition, the adult obesity rate and the prevalence of caries in children are high, and the bone health condition of the elderly is not satisfactory.

2. 又到秋游季，注意那些高盐食品的危害 And the autumn season, note that the harm of high salt food yo	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：16:04:51 Time: 16:04:51
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盐是生活中常见的调味品，它不单单可以调出美味的菜肴，还是包含人体必需的营养素——钠，对健康起到促进的作用。需要注意的是，盐的食用量是有一定限度的，过多的摄取反而不利于身体健康，危害各器官。所以，了解高盐饮食对身体的危害是非常重要的。高盐饮食的危害有哪些呢？1、易头痛。有研究表明分别让受试者食用高盐、中盐、低盐的饮食各30天，发现每天吃8g盐的人比那些吃4g盐的人头痛的次数多1/3以上

Salt is a common condiment in life. It can not only make delicious dishes, but also contain the essential nutrient - sodium, which plays a role in promoting health. It should be noted that there is a certain limit to the amount of salt intake, but excessive intake is not conducive to health, harmful to all organs. Therefore, it is very important to understand the harm of high salt diet to the body. What are the dangers of a high salt diet? 1, easy headache. Studies have shown that subjects were fed a high, moderate, and low-salt diet for 30 days, and that people who ate 8 g of salt a day had more than one-third more headaches than those who ate 4 g of salt.

3. 老年人平日应低盐低脂饮食忌暴饮暴食 Elderly people should avoid overeating low salt, low fat diet	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：16:11:12 Time: 16:11:12
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国庆期间，89岁的周爷爷一家团圆，周爷爷开心，晚餐就多吃了点，饭后又吃了个苹果。半小时后他开始恶心呕吐、肚子痛，再也吃不下东西。过了两天症状依然没有缓解，家人连忙将周爷爷送到了武汉市中心医院急诊科。腹部CT显示周爷爷的胃里还有大量内容物，被诊断为急性胃扩张，上了胃管，进行了胃肠减压，好几天才缓过劲来。饮食过量是引起急性胃扩张的最常见病因，某些手术后并发症、暴饮暴食、长期卧床的患者及身体衰弱的老年人容易患病

During the National Day, grandpa Zhou, 89, had a family reunion. Grandpa Zhou was happy. He ate more dinner and an apple after dinner. Half an hour later, he began to feel nausea and vomiting, stomach ache, and could not eat any more. After two days, the symptoms still did not ease, the family rushed to the Wuhan Central Hospital grandpa Zhou comprehensive department. Abdominal CT showed that Grandpa Zhou's stomach still had a lot of contents, was diagnosed with acute gastric dilatation, stomach tube, gastrointestinal decompression, for several days to slow down. Overeating is the most common cause of acute gastrectasis, and some postoperative complications, overeating, prolonged supine, and frail elderly are susceptible

4. 九九重阳节浓浓敬老情双口镇关爱老人晚年生活 Yang chung yeung festival thick to respect love double mouth town age-friendly in later life	来源：北方网 来源：北方网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:12:08 Time: 09:12:08
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内容提要：在中国传统节日—重阳节来临之际，双口镇联合区文化馆、各村文化志愿者及河北工业大学志愿者，深入双口镇凯达养老院开展关爱老人、重阳敬老活动.....天津北方网讯：在中国传统节日——重阳节来临之际，双口镇联合区文化馆、各村文化志愿者及河北工业大学志愿者，深入双口镇凯达养老院开展关爱老人、重阳敬老活动。演出节目形式多样，内容丰富多样，有朗诵、曳步舞、独唱、相声和合唱等20个节目，演出共计2个多小时，深受老年人的喜爱。在后堡村，双口镇联合双口卫生院举办了老年人健康知识讲座，医护人员以通俗易懂的语言、图文并茂的幻灯片，为大家讲解了高血压的病因及预防和日常饮食等方面的知识。讲座结束后，工作人员还为老年人分发了减盐勺、健康教育资料等。此次系列活动，共计300余名老人参与，不仅给老年人提供了增进感情的交流平台，丰富了老年人的日常文化生活，让他们共享经济社会发展成果，安享幸福晚年，切实体会到党和政府对他们的温暖，进一步弘扬中华民族尊老、敬老、爱老的传统美德

Content abstract: On the occasion of the Chinese traditional festival, the Double Ninth Festival, the cultural hall of Shuangkou Town Union District, the cultural volunteers of various villages and the volunteers of Hebei University of Technology are going deep into the Kaida nursing home of Shuangkou Town to carry out activities of caring for the elderly and respecting the elderly. Tianjin North Network News: On the occasion of the Chinese traditional festival, the Double Ninth Festival, the cultural hall of Shuangkou Town Union District, cultural volunteers from various villages and volunteers from Hebei University of Technology have gone deep into Kaida nursing home in Shuangkou Town to carry out activities of caring for the elderly and respecting the elderly. There are 20 performances, such as recitation, shuffle, solo, cross talk and chorus. The performances lasted more than 2 hours and are very popular with the elderly. In Houbao Village, Shuangkou Town and Shuangkou Health Center held a lecture on health knowledge for the elderly. Medical staff explained the causes of hypertension, prevention and daily diet knowledge by using popular language, pictures and slides. After the lecture, the staff also distributed salt reduction spoons and health education materials for the elderly. More than 300 elderly people participated in this series of activities, which not only provided a platform for the elderly to enhance their feelings, enriched their daily cultural life, let them share the fruits of economic and social development, enjoy a happy old age, realize the warmth of the Party and the government, and further promote the respect for the elderly of the Chinese nation. The traditional virtues of respecting the old and loving the old

5. 晚餐的“晚”指的是几点？“六不原则”告诉你最佳时间 What time is dinner "late" refers to? "Six principles" to tell you the best of time	来源：星岛环球网 来源：星岛环球网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:13:57 Time: 15:13:57
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对大多数人来说，早餐、午餐只能算是“对付”，只有晚餐才值得放慢步调，认真对待。而漫漫长夜，何以相伴？不吃个宵夜似乎对不起自己的胃。于是，晚餐吃得越来越晚，越来越丰盛，很多疾病也悄悄盯上了你。 国人晚餐4大坏习惯 1把晚餐看得太重 大多数上班族的早、午餐都在外凑合，到了晚上，人们通常会吃得较丰盛。但实际上，早餐和午餐对人们白天的状态有直接影响，太看重晚餐反倒不利健康

For most people, breakfast and lunch can only be considered "coping" and only dinner is worth slowing down and taking seriously. And how long is the long night? Not having a midnight night seems to be sorry for my stomach. As a result, dinner is getting more and more late, more and more abundant, many diseases are also quietly staring at you. 4 bad habits of Chinese dinner 1, watch the dinner too much. Most of the office workers get together early and late, and in the evenings, people usually eat more. But in fact, breakfast and lunch have a direct impact on people's day-time state, and putting too much emphasis on dinner is unhealthy.

6. 扬州市健康素养高于省平均水平可免费充值“健康” Yangzhou people health literacy is higher than the province average free top-up "business"	来源：中国江苏网 来源：中国江苏网	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间：10:21:49 Time: 10:21:49
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近日，市疾控中心、市健康教育所正式发布2017年扬州市城乡居民健康素养监测结果，我市城乡居民健康素养水平为23.7%，高于省平均水平。监测 我市居民健康 素养水平为23.7% 据市健康教育所负责人介绍，2017年我市为适应“大卫生大健康”工作新形势，根据相关要求，结合实际，对我市城乡 居民应具备的基本健康知识和技能等健康素养内容进行了全面监测，监测结果显示，2017年扬州市城乡居民健康素养水平为23.7%，高于省平均水平22.69%。健康素养是健康素质的重要组成部分，是指个人获取和理解基本健康信息和服务，并运用这些信息和服务做出正确判断，以维护和促进自身健康的基本能力。比如，吸烟和被动吸烟会导致癌症、心血管病、呼吸系统病等多种疾病；每天保证睡眠7～8小时、膳食要清淡少盐.....这些都属于健康素养的范畴。分析 我市健康素养水平呈增长趋势 据介绍，从整体来看，我市健康素养水平虽呈增长趋势，但仍存在老年人、农民、健康状况较差人群的素养水平相对较低等一系列薄弱环节

Recently, the city CDC and the City Health Education Institute officially released the results of the health literacy monitoring of urban and rural residents in Yangzhou City in 2017. The level of health literacy of urban and rural residents in our city is 23.7%, higher than the provincial average. Monitor Health of residents in our city Literacy level is 23.7%. According to the person in charge of the Municipal Health Education Institute, in order to adapt to the new situation of "David's Health" work in 2017, according to the relevant requirements and combined with the actual situation, the city's urban and rural residents should have the basic health knowledge and skills and other health literacy were comprehensively monitored. The monitoring results showed that in 2017, urban and rural residents in Yangzhou were healthy. The level of Kang Su Yang was 23.7%, higher than the average level of 22.69%. Health literacy is an important component of health quality. It refers to the basic ability of individuals to acquire and understand basic health information and services, and to make correct judgments using these information and services in order to maintain and promote their own health. For example, smoking and passive smoking can lead to cancer, cardiovascular disease, respiratory diseases and other diseases; 7 to 8 hours of sleep a day, meals to light salt.. All of these belong to the category of health literacy. Analysis The level of health literacy in our city shows an increasing trend. According to the introduction, although the city's health literacy level shows an increasing trend, there are still a series of weak links such as the relatively low literacy level of the elderly, peasants and people with poor health status.

7. 如何预防急性心梗？做到“少盐、少油、戒烟、限酒” How to prevent acute myocardial infarction (ami)? "Less salt, less oil, quit smoking, limit alcohol"	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：16:28:39 Time: 16:28:39
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近日，广东省第二中医院急诊科接诊了一位急性心肌梗塞患者。周先生才40出头，最近工作特别忙，经常加班到深夜，每天睡眠时间只有5个小时，前天晚上在家突发胸痛，家人立即送往医院，经心电图检查诊断为急性大面积心肌梗死，经过中西医结合全力抢救，终于转危为安。年轻轻的，为什么会心梗？周先生虽然突发急性大面积心梗，抢救后在心血管科住院治疗，目前情况良好。令人费解的是，他既没有胸闷胸痛，也没有心慌，目前心电图也基本恢复正常。在广东省中医、广东省第二中医院心血管科主任中医师王清海查房，开完处方后，周先生特别纳闷地问专家：我年轻，也没有动脉硬化，为什么会得急性心肌梗塞？“这个问题很普遍，也很典型

Recently, an emergency patient with acute myocardial infarction was admitted to the emergency department of Guangdong second Chinese medicine hospital. Mr. Zhou is only in his early 40s. He is very busy recently. He often works overtime till late at night. He sleeps only 5 hours a day. The night before last, his family suddenly suffers from chest pain at home. He is sent to hospital immediately. He is diagnosed as acute large-area myocardial infarction by electrocardiogram. After being rescued with integrated traditional Chinese and Western medicine, he finally turns to safety. Why do you suffer from myocardial infarction when you are young? Although Mr. Zhou had a sudden onset of acute massive myocardial infarction, he was hospitalized in the Department of Cardiology after rescue and is in good condition at present. It is incomprehensible that he has neither chest tightness nor chest pain nor panic, and his electrocardiogram is basically back to normal. Wang Qinghai, a famous Chinese medicine doctor in Guangdong Province and director of cardiovascular department of Guangdong Second Hospital of Traditional Chinese Medicine, rounded the ward. After prescribing the prescription, Mr. Zhou asked the expert in particular: I am young and have no atherosclerosis. Why do I have acute myocardial infarction? This question is very common and typical.

8. 宝宝辅食不能只看价格	来源：中国新闻网	主体：公众	态度：提倡	时间：16:37:19
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价格高不一定质量就好 宝宝添辅食不能只看价格 宝宝虾皮、宝宝盐、宝宝酱油、儿童蜂蜜.....对于6个月以上的宝宝来说，已经可添加辅食了，然而家长们在选购商品时却容易在名目繁多的品类中挑花了眼，往往是多花了钱还买不到合适的。专家表示，部分标榜为婴幼儿专用的产品只是普通产品换了个标，婴幼儿的辅食最好是家庭自制食物，如果要购买现成的，不能只买贵的，一定要会看配料表和营养成分表。如何添辅食妈妈困惑多 思思已经6个多月了，由于妈妈需要返回工作岗位，就不得不给她添加辅食，可是对于味道清淡的米粉等辅食，思思的兴趣并不大。为了让孩子能多吃一点，思思妈妈多方求助，有的建议米粉里掺点南瓜、地瓜，有的说可以买一种特制的婴儿面条，加上宝宝酱油。可是，网上有宝妈留言常吃这些产品会造成孩子对甜的或咸味食物的偏好，将来挑食

High price is not necessarily good quality.Baby can not only look at the price.Baby shrimp, baby salt, baby soy sauce, children's honey... For babies over six months old, supplementary foods are already available, but parents are more likely to choose from a wide range of products, often spending too much money to buy the right ones. Experts said that part of the products for infants and toddlers are just ordinary products changed a label, infants and toddlers'supplementary food is best home-made food, if you want to buy off-the-shelf, can not only buy expensive, must see the ingredients table and nutritional ingredients table.How to add food to mother is puzzled.It's been more than six months since she had to go back to work, so she had to add supplementary food, but she's not interested in light rice flour and other supplementary food. In order to allow children to eat more, Sisi Mum asked for help, some suggested rice flour with pumpkin, sweet potato, and some said that you can buy a special baby noodles, plus baby soy sauce. However, there is a message on the Internet that Bao mothers often eat these products will create a child's preference for sweet or salty foods and will be picky in the future.

9. 用嘴提饭用脚喂饭巴东无臂青年陈兹方无微不至照顾病母感人
Mouth bring food to eat with their feet padang armless youth Chen's side will take care of sick mother moving heart
- 来源：荆楚网
- 主体：公众
- 态度：提倡
- 时间： 11:43:03
- 来源：荆楚网
- Subject: public
- Attitude: advocate
- Time: 11:43:03

巴东无臂青年陈兹方一直以来都不等不靠、自强自立，用双脚办网店。他的事迹被新华社、《湖北日报》《恩施日报》等70多家媒体报道。近日，陈兹方的母亲鲁冬月突发脑梗死，他辗转6小时将母亲送至湖北民族学院附属民大医院救治，并独自陪护母亲。 陈兹方用双脚给母亲喂饭吃。 辗转6小时救治母亲 10月9日早上，早起的68岁老人鲁冬月按习惯生火做饭

Badong's unarmed youth Chen Zi Fang has always been independent, self reliant and self employed. His deeds were reported by Xinhua news agency, Hubei daily, Enshi daily, and more than 70 other media.Recently, Chen Zifang's mother Lu Dongyue suffered a sudden cerebral infarction. He tossed and turned for six hours and sent her to the People's University Hospital Affiliated to Hubei University for Nationalities for treatment and accompanied her alone.Chen Zifang fed her mother to her feet.6 hours to save the motherIn the morning of October 9th, Lu Dongyue, an early rising 68 year old, cooked food according to his habit.

10. 面对胃溃疡这样的胃病，如何处理好“治”和“养”的关系
In the face of gastric ulcer of stomach trouble, how to deal with "governance" and "a" relationship
- 来源：中国江西新闻网
- 主体：公众
- 态度：提倡
- 时间： 09:44:00
- 来源：中国江西新闻网
- Subject: public
- Attitude: advocate
- Time: 09:44:00

胃溃疡是一种具体的胃病，而胃酸、胃痛则是很多胃病共同的症状。不管怎么说，被诊断为胃溃疡，或者频繁出现胃痛、胃酸症状，肯定是胃黏膜严重损伤的结果。如果不积极治疗，就会发生更严重的结果，如胃出血、癌变等。 中国人的传统，对待疾病特别是慢性病都说要“三分治、七分养”，有病就要好好的“养”。但这并不意味着胃病只靠“养”就能好了，“养”只能是在“治”的基础上才能发挥其功效，如果只“养”不“治”往往会耽误最佳的治疗时机，加重病情的恶化

Gastric ulcer is a specific stomach disease, while gastric acid and stomachache are common symptoms of stomach diseases. Anyway, being diagnosed with gastric ulcer, or frequent gastric pain or acid symptoms, is definitely the result of severe gastric mucosal injury. If you do not actively treat, you will have more serious consequences, such as stomach bleeding, cancer and so on.In the Chinese tradition, when dealing with diseases, especially chronic diseases, it is said that "three-part treatment and seven-part nourishment" should be adopted, and "good nourishment" should be given to those who are ill. But this does not mean that stomach disease can be cured only by "nourishing", "nourishing" can only play its role on the basis of "treating". If only "nourishing" but not "treating" will often delay the best treatment opportunity and aggravate the deterioration of the disease.

11. 麦当劳中国如何重新定义“吃”？
McDonald's China how to redefine "eat"?
- 来源：中国食品科技网
- 主体：企业
- 态度：提倡
- 时间： 17:44:57
- 来源：中国食品科技网
- Subject: industry
- Attitude: advocate
- Time: 17:44:57

麦当劳，以标准化的品质著称。 近三年来，在美国资本市场上，麦当劳的表现堪称惊艳。从2015年10月到2018年10月，股价涨幅近80%。事实上，在2015年年初麦当劳更换了新CEO之后，就逐渐进入了一轮新的业绩增长期。而其中最核心的举措就是把全球特许经营的比重从80%提升到90%，甚至95%

McDonald's is known for its standardized quality.In the past three years, the performance of McDonald's has been amazing in the US capital market. From October 2015 to October 2018, share prices rose nearly 80%.In fact, after McDonald's replaced its new CEO in early 2015, it gradually entered a new period of performance growth. The most important move is to increase the proportion of global franchising from 80% to 90%, or even 95%.

12. 揭起骨质疏松咳嗽咳嗽成驼背女性和老年人是高发人群
Start osteoporosis cough cough into a hunchback women and the elderly are high-risk groups
- 来源：厦门网
- 主体：公众
- 态度：提倡
- 时间： 15:52:08
- 来源：厦门网
- Subject: public
- Attitude: advocate
- Time: 15:52:08

一次咳嗽，或是弯腰干活起身，都可能让原本骨密度下降的市民，出现骨质疏松症骨折。但目前为止，仍有不少患者不重视，没有及时就医，最后只能卧床在家。 10月20日是世界骨质疏松日。专家指出，骨质疏松排在居民慢性疾病患病率第三名。根据流行病学统计，我国50岁以上的人群中约有6944万人患有骨质疏松症，总患病率达15.7%

A cough, or bending down to work, can lead to osteoporosis fractures in citizens with reduced bone density. But so far, many patients do not pay much attention to it. They do not get a doctor in time.October 20th is world Osteoporosis Day. Experts point out that osteoporosis is the third chronic disease rate among residents. According to epidemiological statistics, about 694.44 million people over the age of 50 in China suffer from osteoporosis, with a total prevalence of 15.7%.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-10-18, 共监测到563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 563 WeChat public articles were monitored in 2018-10-18. 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. 七成家庭日摄盐超标! 5种方法教你正确减盐

重复数: 2

日期: 2018-10-18

[Seventy percent family exceed the standard of salt intake everyday. There are five methods teaching you how to reduce salt.](#) Repeat Number: 2

Data: 2018-10-18

吃盐过多, 人体感到渴, 于是会多喝水, 这些水分子很快进入血液, 被血液里的盐吸引, 使血管膨胀, 血压升高, 身体水肿。长期有经前期综合征(情绪不稳、疲劳无力)的女性, 在经前应注意控盐。

If you eat too much salt, your body will feel thirsty, so you will drink more water. These water molecules quickly enter the bloodstream and are attracted by the salt in the blood, causing the blood vessels to swell, the blood pressure to rise, and the body to edema. Women who have long-term premenstrual syndrome (emotional instability, fatigue, weakness) should pay attention to salt control before menstruation.

2. 血液粘稠的人, 少吃“2白”, 多吃“2黑2黄”, 调节血脂防血栓

重复数: 2

日期: 2018-10-18

[People with blood viscosity should eat less "two kinds of white food" and eat "two kinds of black food and two kinds of yellow food" to regulate blood lipids and prevent thrombosis.](#) Repeat Number: 2

Data: 2018-10-18

过量食用盐会诱发各种心血管的疾病, 容易使血液变硬变脆, 导致高血压、心肌梗塞以及各种癌症, 吃盐太多, 会抑制呼吸道细胞的活性, 减少口腔唾液分泌, 降低呼吸道的抗病能力, 让细菌病毒无阻碍地进入人体内。所以血液粘稠的人, 要饮食清淡, 少盐。

Excessive consumption of salt can induce various cardiovascular diseases, which can easily make blood hard and brittle, leading to high blood pressure, myocardial infarction and various cancers. Excessive salt can inhibit the activity of respiratory cells and reduce the secretion of oral saliva. It also reduces the disease resistance of the respiratory tract, allowing the bacterial virus to enter the body unimpeded. Therefore, people with thick blood should eat light and have less salt.

3. 盐和钠, 是一回事吗?

重复数: 2

日期: 2018-10-18

[Is salt and sodium the same thing?](#) Repeat Number: 2

Data: 2018-10-18

限盐对有高血压家族史、超重、盐升压敏感的高危人群, 以及年老、肾功能不全和以血容量增加为特征的高血压病人尤为适宜。中国营养学会推荐, 健康成人每日钠盐摄入量不应超过6克(2400毫克钠), 高血压患者和高危人群则不应超过3克(1200毫克钠)。

Salt limitation is particularly suitable for high-risk groups with a family history of hypertension, overweight, and salt-boosting, as well as elderly, heart and kidney dysfunction, and hypertensive patients characterized by increased blood volume. According to the Chinese Nutrition Society, daily intake of sodium salt should not exceed 6 grams (2400 mg of sodium) in healthy adults, and should not exceed 3 grams (1200 mg sodium) in hypertensive patients and high-risk groups.

4. “三减三健”知多少? 你确定自己清楚了吗?

重复数: 1

日期: 2018-10-18

[Do you clearly know what is "three minus and three health"?](#) Repeat Number: 1

Data: 2018-10-18

盐是人体必须摄入的食品, 但是它多了以后会对人体造成危害, 一个是现在大量的科学证据证明是高血压的危险因素, 高血压可以造成脑卒中、冠心病等等。世界卫生组织推荐的摄入量是5克, 我国居民推荐的摄入量一天是6克。

Salt is a substance that the body must ingest, but excessive consumption of salt can cause harm to the human body. There is a large amount of scientific evidence to prove that it is a risk factor for hypertension, which can cause stroke, coronary heart disease and so on. The recommended intake of the World Health Organization is 5 grams, and the recommended intake of Chinese residents is 6 grams a day.

5. 得了高血压这些食物还不忌口, 就算吃药血压也降不下来!

重复数: 1

日期: 2018-10-18

[If you are still eating these foods after suffering from high blood pressure, even if you take medicine, your blood pressure will not drop!](#) Repeat Number: 1

Data: 2018-10-18

高盐调料可不吃。高血压一定要控盐, 每人每天盐的摄入量不超过6g, 除了食用盐以外, 高盐的调味料, 味精, 鸡精, 蚝油, 腐乳, 酱油, 番茄沙司, 要么不吃, 要么替代盐吃。

Do not eat high-salt seasonings. Hypertensive patients must control salt intake. The salt intake per person per day is no more than 6g, in addition to salt, as for high-salt seasonings, MSG, chicken, oyster sauce, fermented bean curd, soy sauce, tomato sauce, you either do not eat them or use them instead of salt.

减盐-微博 Salt Reduction - Weibo

2018-10-18, 共检测到1653条与“减盐”相关的微博。

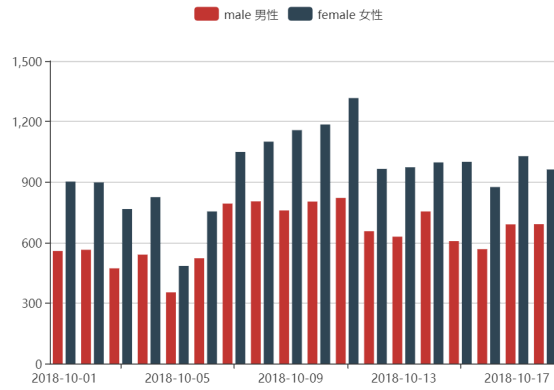
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 1653 weibos about salt reduction monitored on 2018-10-18.

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

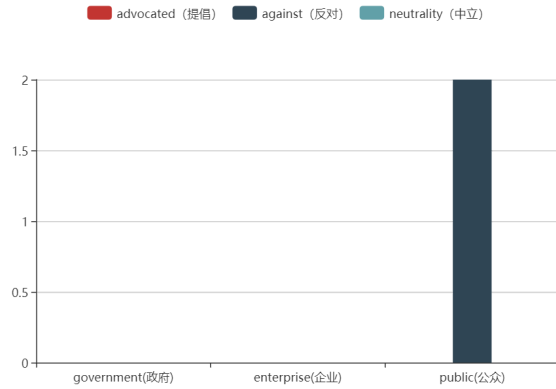
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-10-18) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-10-18. 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!
<div>决心工程</div> <div>Resolve To Save Lives</div>
没有相关文章!
No such articles!

其他省份

Other Provinces

<div>反式脂肪酸</div> <div>Trans fat</div>				
1. 不吃饱会变年轻? 如何健康饮食让我们青春永驻 Don't eat will become young?How to eat a healthy diet for our youth	来源：扬州网 来源：扬州网	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 10:23:17 Time: 10:23:17
<p>营养学家说，科学的饮食有一个专属自己的黄金法则，而不是一个乱吃的过程，只要坚持不懈，就可以拥有年轻的皮囊！每天吃尽可能多的蔬菜对我们的健康有很多的好处。 有人说不吃饱会变年轻？是真的吗？ 在美国进行的一项实验显示，每天减少30%的食物摄入量将增加30%的活力。更令人惊讶的是，瘦人可能比肥胖者年轻10-15岁。比一般人群DNA损伤的迹象也 较少。科学家认为，控制食物的量可以减少过多的血糖对组织的损伤并降低发病率，炎症和自由基的减少（衰老的主要原因）</p> <p>Nutritionists say that a scientific diet has a golden rule of its own, not a process of eating disorderly, as long as perseverance, you can have a young skin! Eating as many vegetables as possible every day is good for our health.Some people say that they will become younger if they do not have enough to eat. Is that true?An experiment conducted in the United States shows that a 30% decrease in food intake per day will increase 30% activity. What is more surprising is that thin people may be 10-15 years younger than obese people. There are fewer signs of DNA damage than the general population. Scientists believe that controlling the amount of food can reduce excessive blood sugar damage to tissues and reduce morbidity, inflammation and reduced free radicals (the main cause of aging)</p>				
2. 吃了这么多年油条豆浆，到底是否营养? 马博士健康团问答 Twisted dough-strips soya-bean milk to eat for so many years, whether nutrition?Dr horse health quiz	来源：搜狐 来源：搜狐	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 09:29:14 Time: 09:29:14
<p>原标题：吃了这么多年油条豆浆，到底是否营养? 马博士健康团问答 豆浆油条是我国传统早餐之一，堪称早餐界的“黄金搭档”。但这种搭配究竟是否能够提供我们上午学习和工作所需的营养？一顿营养充足的早餐应包括谷类、肉蛋类、奶豆类 and 蔬菜水果4类食物。豆浆和油条组合只能满足2类，属于质量较差的早餐。 油条中油脂的含量较高，经常食用易导致能量过剩，能量过剩导致的超重肥胖及相关疾病已成为我国居民的健康问题。高温油炸的烹饪方法会破坏食物中的营养素</p> <p>Original title: after all these years, fried bean milk is nutritious? Dr. Ma Ma Health Corps Q & ASoya bean fry is one of the traditional breakfast in China, which is called "golden partner" in the breakfast industry. But can this kind of collocation provide the nutrition we need to study and work in the morning?A nutritious breakfast should include 4 kinds of food, such as cereals, meat and eggs, milk beans and vegetables and fruits. The combination of soybean milk and fried bread sticks can only satisfy 2 kinds, which belong to the poor quality breakfast.The content of oil in oil sticks is high, and it is easy to lead to excess energy when eaten regularly. Overweight, obesity and related diseases caused by excess energy have become a health problem for Chinese residents. High temperature frying will destroy the nutrients in food.</p>				
<div>决心工程</div> <div>Resolve To Save Lives</div>				
没有相关文章!				
No such articles!				

反式脂肪酸-微信 Transfat - WeChat

2018-10-18, 共监测到261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 261 WeChat public articles were monitored in 2018-10-18. 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. [脸要穷养, 脚要富养; 心要穷养, 肺要富养!](#)

重复数: 7

日期: 2018-10-18

Repeat Number: 7

Data: 2018-10-18

[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)
心脏的一大杀手是反式脂肪酸, 尤其是人造的油炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造多吃天然食品, 配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats. One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

2. [脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!](#)

重复数: 5

日期: 2018-10-18

Repeat Number: 5

Data: 2018-10-18

[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

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。

Eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.

3. [吃素也要有技术含量, 吃的不对, 再素也白搭!](#)

重复数: 5

日期: 2018-10-18

Repeat Number: 5

Data: 2018-10-18

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

4. [超市买回来的食物, 千万看这个字! 没想到这亏吃了这么多年...](#)

重复数: 3

日期: 2018-10-18

Repeat Number: 3

Data: 2018-10-18

[Always look at the word on the food package bought from the supermarket! I did not expect this loss for so many years...](#)
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。也就是说, 有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

According to the World Health Organization, people should not consume more than 2 grams of trans fatty acids per day to avoid cardiovascular damage. In other words, some foods labeled "zero trans fatty acids" may actually contain small amounts of trans fatty acids. In addition, foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats and we had better not buy it.

5. [这12种食物威胁身体健康! 你却天天都在吃?!](#)

重复数: 3

日期: 2018-10-18

Repeat Number: 3

Data: 2018-10-18

[These 12 kinds of food threaten health, but you eat it every day.](#)

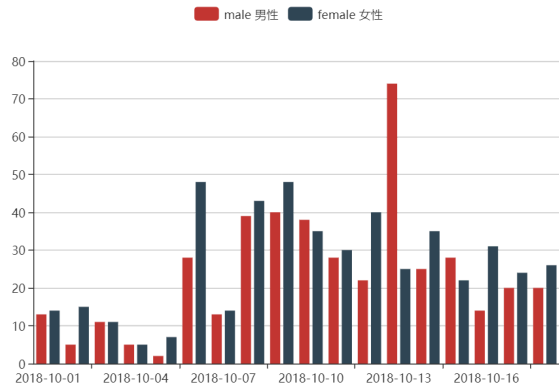
奶油糖更要警惕, 它添加的都不是真的奶油, 而是氢化植物油制成的植物奶油, 其中饱和脂肪占一半左右, 并可能含有反式脂肪酸。

Be wary of butterscotch, which is not really creamy, but a vegetable cream made from hydrogenated vegetable oil, which accounts for about half of saturated fat and may contain trans fatty acids.

反式脂肪酸-微博

Transfat - Weibo

2018-10-18, 共检测到46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 46 weibos about transfat reduction monitored on 2018-10-18.
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!