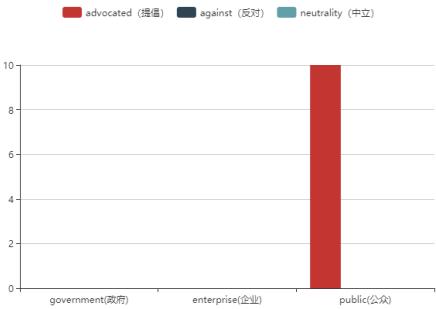


减盐-新闻

Salt Reduction - News

今日 (2018-12-19) 共监测到10条资讯。请点击标题查看原文。
There are 10 articles monitored today 2018-12-19. 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
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高血压 Hypertension
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心血管健康 Cardiovascular health
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决心工程 Resolve To Save Lives
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河南

Henan

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安徽

Anhui

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浙江
Zhejiang

食物中的钠 Sodium in food				
没有相关文章！				
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高血压 Hypertension				
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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. 酒席上大吃大喝对身体危害不少 Eating and drinking at the banquet is harmful to our health.	来源：中国宁波网 Source: China Ningbo Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：19:35:41 Time: 19:35:41
年底到，红白大事也多。许多人平时虽注意饮食少油少盐少糖，但酒席上一是时间长，二是饭菜丰盛，就管不住嘴，大吃大喝，到头来危害身体健康。一、身材走样 平时长期管住嘴，让身体的吸收功能有一种“饥饿感”，一旦大吃大喝，就容易摄入超量的脂肪、蛋白质、碳水化合物。这些营养少量转变为维持人体运转的能量，大部分会变成脂肪堆积在皮下组织里。一两餐看不出身体的胖瘦变化，但年底酒席多，经常性高油高盐高糖，身材肯定走样。				
By the end of the year, there will be many red and white events. Many people usually pay attention to eating less oil, salt and sugar, but the feast is a long time, and the second is that the food is abundant, they can not control their mouth, eat and drink too much, which in the end endangers their health. 1. Stay out of shape for a long time, so that the body's absorption function has a "sense of hunger". Once you eat and drink too much, it is easy to ingest excess fat, protein and carbohydrates. A small amount of these nutrients are converted into energy to maintain the body's functioning, and most of them become fat accumulated in subcutaneous tissues. One or two meals do not show changes in body weight, but at the end of the year there are many feasts, often high oil, high salt and sugar, body shape must be out of shape.				
决心工程 Resolve To Save Lives				
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其他省份
Other Provinces

食物中的钠
Sodium in food

1. 营养品哪些是噱头哪些真有用? 专家解读来了
Which nutrients are gimmicks and which are really useful? Experts have come to interpret it.

来源： 扬子晚报
Source: Yangtse Evening Post

主体： 公众
Subject: public

态度： 提倡
Attitude: advocate

时间： 00:26:09
Time: 00:26:09

营养品哪些是噱头哪些真有用? 专家解读来了。蛋白粉、葡萄籽胶囊、有机食品、高钙奶、鱼油、海参、解酒药、酵素、儿童酱油、养胃饼干、初产蛋、黑糖、黑枸杞.....这些东西完全没用吗?也不是! 蛋白粉： 如果日常能吃够鱼肉蛋奶，的确不需要再加蛋白粉。 即便是去健身房增肌，除非是健美运动员，一般人只需比平常多吃一两瘦肉和一两个蛋就可以了。 不过，蛋白粉也并非一无是处。膳食中蛋白质比例过低时，人容易虚胖，身体松软，没力气，怕冷，消化能力弱，容易浮肿。

Which nutrients are gimmicks and which are really useful? Experts have come to interpret it. Protein powder, grape seed capsule, organic food, high calcium milk, fish oil, sea cucumber, antialcoholic drugs, enzymes, children's soy sauce, stomach biscuits, primipara eggs, black sugar, black wolfberry... Are these things completely useless? No! Protein powder: If you can eat enough fish, eggs and milk everyday, you really don't need to add protein powder. Even if you go to the gym to build up your muscles, unless you are a bodybuilder, the average person only needs to eat one or two more lean meat and one or two more eggs than usual. However, protein powder is not useless. When the proportion of protein in the diet is too low, people tend to be fat, soft, weak, afraid of cold, weak digestive capacity, easy to edema.

2. 涨知识研究称每餐一根香蕉可防中风
A banana per meal can prevent strokes, according to the study.

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： 11:44:59
Time: 11:44:59

吃货们的利好消息，发表在《美国心脏病学会杂志》上的一项研究表明，每天吃香蕉可使中风几率降低。研究指出，每餐吃一根香蕉可使中风几率降低21%。中风的原因60%与高血压相关，而每100克香蕉含钾约256毫克，一根香蕉的钾含量就有500毫克左右，且钠含量相对较低，对降血压有帮助。香蕉是含钾最高的水果之一，适量吃对控制血压有利。 而近期类似的研究也不止这一项。2014年9月，美国《中风》杂志刊登了一项研究，其同样证明，高钾膳食有助于预防中风。

Good news for eaters, a study published in the Journal of the American College of Cardiology found that eating bananas every day reduced the risk of stroke. Studies have shown that eating a banana per meal can reduce the risk of stroke by 21%. 60% of the causes of stroke are related to hypertension. For every 100 grams of banana containing about 256 mg of potassium, the potassium content of a banana is about 500 mg, and the sodium content is relatively low, which is helpful for lowering blood pressure. Bananas are one of the most potassium-containing fruits, and moderate consumption is beneficial to controlling blood pressure. This is not the only recent study. In September 2014, a study published in the American Journal of Stroke also proved that high potassium diet can help prevent stroke.

高血压
Hypertension

1. 心血管医生告诉你：血压高的人，跟这3种食物有关，再想吃也要忍
Cardiovascular doctors tell you that people with high blood pressure have something to do with these three kinds of foods, and they have to bear to eat any more.

来源： 搜狐
Source: Sohu

主体： 公众
Subject: public

态度： 提倡
Attitude: advocate

时间： 07:10:03
Time: 07:10:03

心血管医生告诉你： 血压高的人，跟这3种食物有关，再想吃也要忍 高血压是生活中常见的心血管疾病，也是很多人容易患上的一种慢性病。据统计，我国高血压患者人数高达3.3亿，每5个成年人就有1个患高血压。最常见的是40岁至50岁人群，可近年来有年轻化趋势，甚至20多岁的年轻人都患有高血压。 长期处于高血压状态下危害极大，很容易发展为心脑血管疾病，引起脑出血或脑血栓、心脏衰竭、 肾功能不全等严重的并发症。所以，高血压人群更要注意控制血压，少吃对血压不利的食物，有效减少罹患心血管疾病的风险。

Cardiovascular doctors tell you that people with high blood pressure have something to do with these three kinds of food. If they want to eat, they should also bear high blood pressure, which is a common cardiovascular disease in life, and a chronic disease that many people are prone to suffer from. According to statistics, the number of hypertensive patients in China is as high as 330 million, one in five adults suffers from hypertension. The most common is people aged 40 to 50, but in recent years there has been a trend of younger people, even young people in their 20s are suffering from hypertension. Long-term high blood pressure is very harmful and can easily develop into cardiovascular and cerebrovascular diseases, which can cause serious complications such as cerebral hemorrhage or cerebral thrombosis, heart failure, renal insufficiency and so on. Therefore, people with hypertension should pay more attention to control blood pressure, eat less food that is unfavorable to blood pressure, and effectively reduce the risk of cardiovascular diseases.

2. 入冬后，高血压者，坚持4件事，稳定血压，平安过冬！
After winter, hypertension, adhere to four things, stable blood pressure, safe winter!

来源： 汉丰网
Source: Hanfeng network

主体： 公众
Subject: public

态度： 提倡
Attitude: advocate

时间： 14:54:03
Time: 14:54:03

入冬后，高血压者，坚持4件事，稳定血压，平安过冬！ 冬至过大年，还有几天冬至就要到来了，一年又将过去了，不要太兴奋，控制好血压，安安稳稳过大节。 最近两天温度又将回暖，再过几天又将冰凉，这样的温差是高血压患者的恐惧，因为血压的高低与温差有着千丝万缕的联系。所以冬至将近，稳定血压，平安过大年。 高血压的“获得”多半是通过生活习惯带来的，那么我们就要从“获得中”归还回去。

After winter, hypertension, adhere to four things, stable blood pressure, safe winter! The winter solstice will come in a few days before the Spring Festival, and the year will pass again. Don't be too excited, control your blood pressure, and celebrate the festival safely and steadily. The temperature will warm up again in the last two days and cool again in a few days. This temperature difference is the fear of hypertensive patients, because the high or low blood pressure is inextricably linked with the temperature difference. So the winter solstice is approaching, blood pressure is stabilized and the New Year's Day is safe. The acquisition of hypertension is mostly brought about by living habits, so we should return it from acquisition.

心血管健康
Cardiovascular health

没有相关文章!

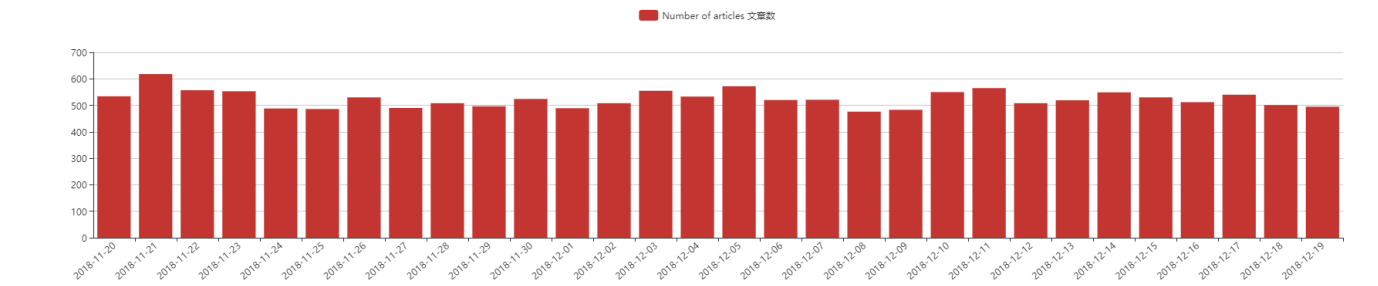
No such articles!

综合健康信息 Comprehensive Health Information				
<div>1. 糖尿病到底能不能吃肉? 营养师告诉你, 适合糖尿病人吃的3种食物</div> <div>Can diabetes eat meat? Nutritionists tell you three foods that are suitable for people with diabetes</div> <div>来源: 搜狐 Source: Sohu</div> <div>主体: 公众 Subject: public</div> <div>态度: 提倡 Attitude: advocate</div> <div>时间: 05:10:07 Time: 05:10:07</div>				
<div>近几年, 由于饮食结构的改变, 我们的主食变得越来越精细, 饭菜也变得越来越“重口味”, 最终导致患上糖尿病这种“富贵病”人越来越多。 数据显示, 我国患有糖尿病数量已经居于世界第一, 全国已经确诊的糖尿病患者已超过1.14亿人, 患病率达到了10%, 并且以每年100万的速度增长。 临床研究证实, 药物治疗和控制饮食相结合对控制病情有利, 所以说, 糖尿病患者吃什么、怎么吃很重要。</div> <div>In recent years, due to the change of dietary structure, our staple food has become more and more delicate, and the food has become more and more "heavy taste", which eventually leads to more and more people suffering from diabetes, a "rich disease". Data show that the number of diabetes patients in China has ranked the first in the world. More than 114 million people have been diagnosed with diabetes in China, with a prevalence rate of 10% and an annual growth rate of 1 million. Clinical studies have confirmed that the combination of drug therapy and diet control is beneficial to the control of the disease, so it is important for diabetic patients to eat what and how to eat.</div>				
<div>2. 不吃晚餐减肥只是传说</div> <div>Losing weight without dinner is just a legend</div> <div>来源: 健康报 Source: Health News</div> <div>主体: 公众 Subject: public</div> <div>态度: 提倡 Attitude: advocate</div> <div>时间: 20:23:10 Time: 20:23:10</div>				
<div>如今, 越来越多的人选择不吃晚餐来减肥。不吃晚餐的确会让体重减轻, 然而不吃晚餐减下去的不是“肥”而是水。 仅靠不吃晚饭, 很难减掉脂肪, 虽然体重是轻了, 但接下来就是可怕的反弹。但是爱美的靓男靓女即使被告知了会反弹, 但仍抱着侥幸的心理——“我宁愿靠节食先瘦下来, 减小反弹的力度不就行了嘛!” 事实上, 靠不吃晚餐真的不能减肥, 还要小心疾病找上门。 首先, 长期不吃晚餐会影响健康。胃会不断分泌胃酸, 不吃晚餐容易患上胃溃疡, 得不偿失。</div> <div>Nowadays, more and more people choose not to eat dinner to lose weight. It's true that not eating dinner can make you lose weight, but not "fat" but water. It's hard to lose fat just by not eating dinner. Although the weight is light, the next step is a terrible rebound. But beautiful men and women who love beauty will rebound even if they are told, but still with a lucky mind - "I would rather go on a diet to lose weight first, reduce the rebound strength is not enough!" In fact, you really can't lose weight by not eating dinner, and you have to be careful when you come to your door. First, skipping dinner for a long time can affect your health. The stomach will constantly secrete gastric acid, and it is easy to suffer from gastric ulcer without eating dinner.</div>				
<div>3. 吃全麦可延年益寿</div> <div>Eating whole wheat can prolong life</div> <div>来源: 新华网云南频道 Source: Xinhua Yunnan Channel</div> <div>主体: 公众 Subject: public</div> <div>态度: 提倡 Attitude: advocate</div> <div>时间: 13:23:47 Time: 13:23:47</div>				
<div>吃全麦可延年益寿。哈佛大学陈曾熙公共卫生学院研究指出, 经常吃全麦等全谷食物有助于延年益寿。 研究中, 该学院研究员孙琦教授及其研究小组对已发表的12项相关研究的数据以及美国全国健康和营养调查的相关数据展开了梳理分析, 涉及1970~2010年间加入研究的78万名参试者的相关数据。 结果显示, 每天摄入16克全谷食物的人群总体死亡率会下降7%, 因心血管疾病死亡的风险降低9%, 癌症死亡风险降低5%。如果每天摄入48克全谷食物, 保健效果更明显, 可使死亡风险降低20%, 心血管疾病死亡风险降低25%, 癌症死亡风险降低14%。 10个习惯吃出长寿来。</div> <div>Eating whole wheat can prolong life. According to a study by Chen Zengxi School of Public Health at Harvard University, eating whole grains such as whole grains regularly helps to prolong life. In the study, Professor Sun Qi, a researcher of the institute, and his research team have combed and analyzed the data of 12 published studies and the data of the National Health and Nutrition Survey of the United States, involving 780,000 participants who participated in the study from 1970 to 2010. The results showed that the overall mortality rate of people who consumed 16 grams of whole grains per day decreased by 7%, the risk of death from cardiovascular diseases decreased by 9%, and the risk of cancer death decreased by 5%. If you eat 48 grams of whole grain food every day, the health effect is more obvious, which can reduce the risk of death by 20%, cardiovascular disease death risk by 25%, cancer death risk by 14%. Ten habits lead to longevity.</div>				
<div>4. 16条健康警戒线你超了吗?</div> <div>Have you exceeded 16 health warning lines?</div> <div>来源: 中国经济网 Source: China Economic Network</div> <div>主体: 公众 Subject: public</div> <div>态度: 提倡 Attitude: advocate</div> <div>时间: 11:24:42 Time: 11:24:42</div>				
<div>凡事都有度, 过犹不及。想长寿、想健康, 也要把握住这个原则。这16条健康警戒线影响寿命长短, 不妨对照一下。如果超过了警戒线, 一定要提高警惕了! 1 颈围警戒线: 35厘米 脖子粗, 血管差! 美国《临床内分泌学与代谢》杂志上的一篇研究就提出, 脖子越粗的人, 心血管疾病风险就越大, 数十年后患心血管疾病的比率也更高。 双下巴、脖子短粗都可能是心脏不健康的信号。 建议: 量量你的脖子, 最好别超过这个数: 男性颈围别超过39 厘米, 女性颈围别超过35厘米。</div> <div>Everything is spent, too much is too late. If you want to live a long life and be healthy, you should also grasp this principle. These 16 health warning lines affect life expectancy, you might as well compare them. If you exceed the warning line, you must be vigilant! Neck Circumference Warning Line: 35 cm thick neck, poor blood vessels! A study in the American Journal of Clinical Endocrinology and Metabolism suggests that the thicker the neck, the greater the risk of cardiovascular disease, and the higher the rate of cardiovascular disease in decades to come. Both jaws and necks may be signs of unhealthy hearts. Suggestion: Measure your neck, preferably not more than this number: male neck circumference should not exceed 39 cm, female neck circumference should not exceed 35 cm.</div>				
<div>5. 孕期吃盐多有什么影响</div> <div>What's the effect of eating more salt during pregnancy?</div> <div>来源: TOM Source: TOM</div> <div>主体: 公众 Subject: public</div> <div>态度: 提倡 Attitude: advocate</div> <div>时间: 15:44:59 Time: 15:44:59</div>				
<div>在孕期的时候, 孕妇的口味应该尽量变得清淡一些, 因为吃太多的盐对身体并没有好处, 而且为了饮食上综合考虑, 也应该吃一些比较有营养的食物, 这样才能方便胎儿和孕妇两个人的吸收, 吃过多的盐使孕妇变的口渴, 这样就需要多喝水, 从而导致尿频的情况, 那么孕期吃盐多都有哪些影响呢? 孕期吃盐多有什么影响 1、孕妇吃盐多了会影响头发生长, 孕妇吃太咸会影响头发健康, 不仅容易造成营养代谢性脱发, 还会让头发变得枯黄。</div> <div>During pregnancy, the taste of pregnant women should be as light as possible, because eating too much salt is not good for the body, and in order to eat a comprehensive consideration, should also eat some more nutritious food, so as to facilitate the fetus and pregnant women to absorb, eat too much salt makes pregnant women thirsty, so need to drink more water, leading to frequent urination. So what are the effects of salt intake during pregnancy? What are the effects of salt intake during pregnancy? 1. Salt intake in pregnant women can affect hair growth. Salt intake in pregnant women can affect hair health. It is not only easy to cause nutritional metabolic alopecia, but also can make hair withered and yellow.</div>				
<div>决心工程 Resolve To Save Lives</div>				
没有相关文章!				
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减盐-微信

Salt Reduction - WeChat

2018-12-19, 共监测到495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 495 WeChat public articles were monitored in 2018-12-19. 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. 十大健康警戒线划出来了, 寿命长短都由它决定! 非常重要! Ten health warning lines have been drawn out, and the length of life depends on it! Very important!	重复数: 9 Repeat Number: 9	日期: 2018-12-19 Data: 2018-12-19
食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克, 这6克, 相当于一个啤酒瓶盖大小。 Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage and accelerates osteoporosis. And if the salt intake is too much, the skin will also deteriorate. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap.		
2. 正确实行减盐行动 Correctly Implementing Salt Reduction Action	重复数: 4 Repeat Number: 4	日期: 2018-12-19 Data: 2018-12-19
慢病是全世界的主要原因, 盐的摄入量会大大增加高血压的患病率。每日超过5克盐, 会加大高血压患者心脏病和中风的危险。为减少我国高血压及相关疾病的发生, 居民在日常生活中有几个妙招可以帮助减少盐的摄入: (1)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。(2)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。 Chronic disease is the leading cause of death worldwide. Salt intake will greatly increase the prevalence of hypertension. More than 5 grams of salt per day increases the risk of heart disease and stroke in hypertensive patients. Residents have several tricks in their daily lives that can help reduce salt intake: (1) Change cooking methods. Reduce the amount of salt used. Use less salty seasonings. For example, pepper, aniseed, pepper, curry, pepper, mushroom, tangerine peel can produce other pleasant flavors, but do not need to use a lot of salt. (2) 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.		
3. 多吃盐的9大害处, 你知道吗? 这些年一直吃错了! Do you know the 9 harmful effects of excessive salt consumption?	重复数: 4 Repeat Number: 4	日期: 2018-12-19 Data: 2018-12-19
多吃一口盐, 伤害遍全身。无盐不成味, 作为“百味之首”, 盐是人人不可或缺的调料。但是一旦过量, 对健康是百害而无一利的。高盐饮食有导致血压升高的作用, 研究发现, 每天食盐摄入每增加0.5克, 中风的风险就增加17%。盐吃多了会引起高血压, 同时还会使血浆胆固醇升高, 促使我们的血管变薄、变脆, 这就是非常可怕的——动脉粥样硬化。 Eat a bite of salt and hurt the whole body. No salt, no taste, as the "first of the hundred flavors", salt is an indispensable spice for everyone. But once it is overdone, it is not good for health. High-salt diets have an effect on blood pressure, and the study found that for every 0.5 grams of salt intake per day, the risk of stroke increases by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and more brittle. This is terrible – atherosclerosis.		
4. 想要健康长寿: 少吃三白, 多吃三黑! Want health and longevity, eat less three kinds of white food and eat more three kinds of black food.	重复数: 4 Repeat Number: 4	日期: 2018-12-19 Data: 2018-12-19
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。限盐建议: 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 diets can easily cause high blood pressure, hardening of the arteries, and excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. The optimal amount of salt for healthy people to eat through the diet is no more than 6 grams, which is the amount of a common beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.		
5. 心血管医生不到1年把血压降至正常, 没吃一粒药! Cardiovascular doctors reduced blood pressure to normal in less than a year, and did not take a pill!	重复数: 4 Repeat Number: 4	日期: 2018-12-19 Data: 2018-12-19
北方居民每日食盐摄入量可先减至8g, 后逐渐降至6g。南方居民可控制在6g以下(一啤酒瓶盖的量)。除此之外, 还要注意酱油、味精等“隐性食盐”的摄入, 腌制品、卤味、酱鸭等含盐量高的食物不吃或少吃。 The daily salt intake of northern residents can be reduced to 8g first, then gradually reduced to 6g. Southern residents can control below 6g (the amount of beer caps). In addition, we must pay attention to the intake of "hidden salt" such as soy sauce and monosodium glutamate. Do not eat or eat less salted foods, lo mei, sauce ducks and other foods with high salt content.		

减盐-微博 Salt Reduction - Weibo

2018-12-19, 共检测到1461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。

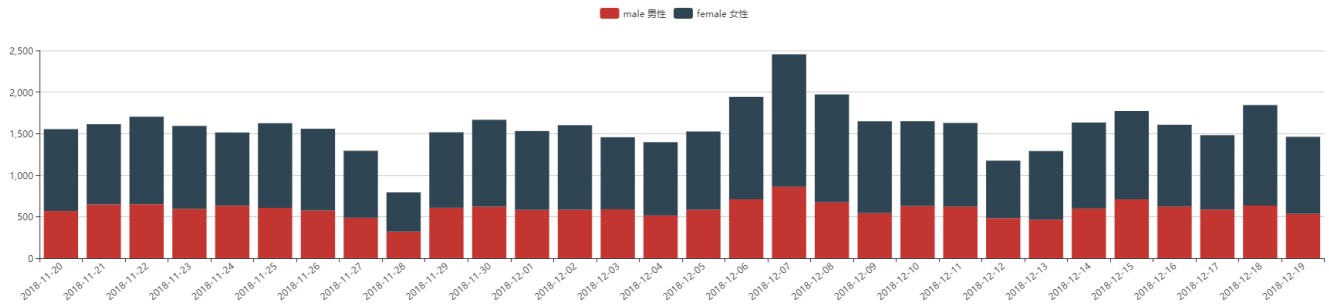
There are 1461 weibos about salt reduction monitored on 2018-12-19.

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. 昵称: 新浪财经

Nickname: 新浪财经

时间: 2018-12-19 07:29
Time: 2018-12-19 07:29

来自: 专业版微博
Source: 专业版微博

地区: 北京

Area: Beijing

转发数: 179
Repost: 179

认证: 机构

Identity: Institution

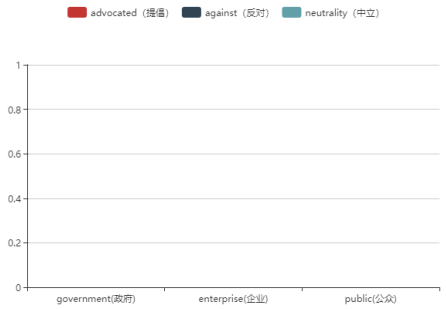
点赞数: 225
Like: 225

#早安#【吃盐过多的九大迹象你有吗?】1.总是口渴; 2.经常去厕所; 3.总想吃垃圾食品; 4.非老人和运动员却频繁抽筋; 5.疲劳和头痛是常客; 6.肾经常有痛感; 7.高血压; 8.你的身体某些部位会肿胀; 9.有些时候不能清晰的思考.....如果有这些迹象, 请注意摄入适量的盐分 (人人视频) L人人视频的秒拍视频
[Do you have the nine signs of eating too much salt?] 1. always thirsty; 2. often go to the toilet; 3. always want to eat junk food; 4. non-elderly and non-athletes but frequent cramps; 5. frequent fatigue and headache; 6. kidney pain; 7. high blood pressure; 8. Some parts of your body are swollen; 9. Sometimes you can't think clearly.... If you have these signs, please pay attention to the right amount of salt.

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-19) 共监测到0条资讯。请点击标题查看原文。
There are 0 articles monitored today 2018-12-19. 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
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
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!

反式脂肪酸-微信 Transfat - WeChat

2018-12-19, 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 2018-12-19. This page shows the top five articles by repeat number today.

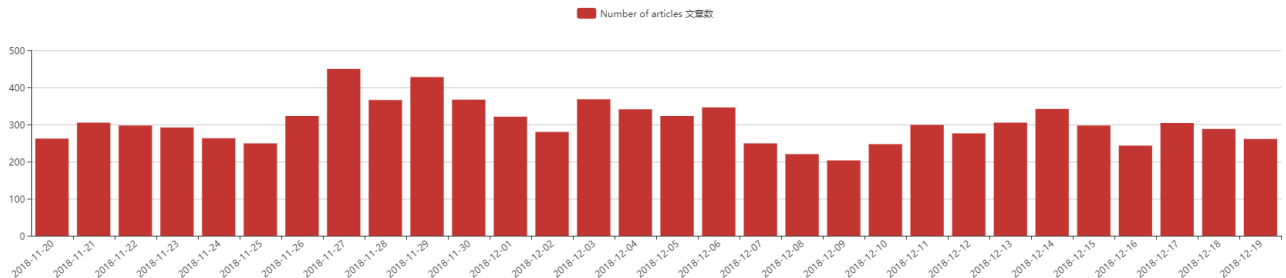
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里](#)

重复数: 19

日期: 2018-12-19

[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

Repeat Number: 19

Data: 2018-12-19

世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。而更可怕的是, 这种反人类的物质几乎无处不在!

The World Health Organization has issued an appeal to all countries to completely stop the use of artificial trans fats in food within five years. WHO estimates that more than 500,000 deaths from cardiovascular diseases are associated with trans fat intake each year. What is more terrible is that this anti-human substance is almost everywhere!

2. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 16

日期: 2018-12-19

[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#)

Repeat Number: 16

Data: 2018-12-19

高盐食物 咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。

Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

3. [每年致死50万人, 已被世卫组织呼吁停用! 就藏在每天吃的食物里...](#)

重复数: 6

日期: 2018-12-19

[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

Repeat Number: 6

Data: 2018-12-19

人造反式脂肪, 主要来源于处理不完全的氢化植物油, 一般在油脂的加工烹调中产生。由于生产工艺的差别, 氢化植物油中反式脂肪的含量大不相同, 有的高达20%, 有的则低于1%。但植物油的氢化反应是有机反应, 通常都伴随着逆反应、副反应, 反式脂肪就是逆反应的产物之一, 所以说, 要想完全没有, 是几乎不可能的。

Artificial trans fats, mainly derived from incomplete hydrogenated vegetable oils, are generally produced in the cooking of oils and fats. Due to the difference of production process, the content of trans fats in hydrogenated vegetable oils varies greatly, some as high as 20%, some less than 1%. However, the hydrogenation of vegetable oil is an organic reaction, usually accompanied by adverse reactions, side reactions. Trans fats are one of the products of the adverse reaction, so it is almost impossible to have no trans fats at all.

4. [记住心血管专家的7句话, 活不到90岁, 那是你的错!](#)

重复数: 5

日期: 2018-12-19

[Keep in mind the seven words of a cardiovascular expert. It's your fault that you can't live to be 90 years old.](#)

Repeat Number: 5

Data: 2018-12-19

顺式脂肪是自然界的, 反式脂肪是人造的。反式脂肪酸会导致动脉硬化, 还会使记忆力减退、认知功能受损。注意: 酥皮点心、炸鸡腿、炸鸡翅、汉堡包、冰激凌等都是反式脂肪藏身地。

Cis fats are natural and trans fats are artificial. Trans fatty acids can cause atherosclerosis, memory loss and cognitive impairment. Note: Crispy pastries, fried chicken legs, fried chicken wings, hamburgers, ice cream and so on are all hiding places for trans fats.

5. [“好胆固醇”也会伤身! 带你解读胆固醇的「好」与「坏」](#)

重复数: 3

日期: 2018-12-19

[Good cholesterol can also hurt your body! Take you to understand the "good" and "bad" of cholesterol.](#)

Repeat Number: 3

Data: 2018-12-19

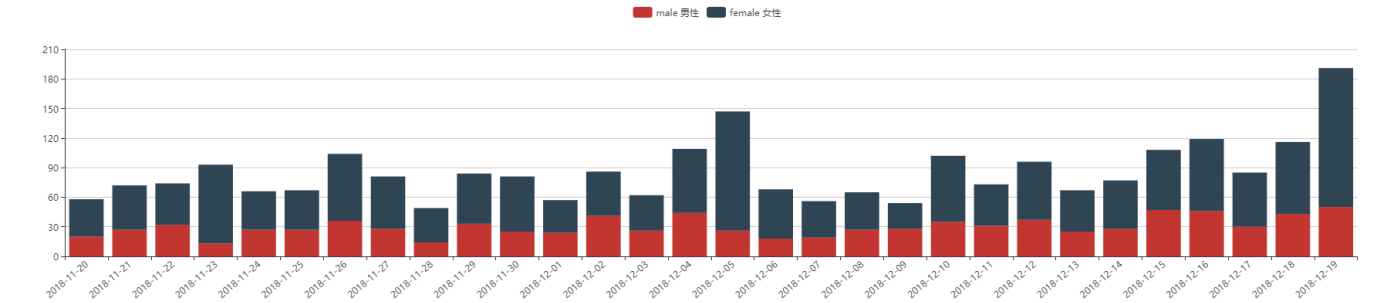
精制碳水化合物主要存在于精制米、面等富含碳水化合物的食品中。少植脂末 植脂末脂肪含量达20%~75%, 不仅不能增加营养, 其中含有的氢化植物油还会带来对心血管危害最大的“反式脂肪酸”。摄入过多的反式脂肪酸, 会增加不良胆固醇, 减少良性胆固醇的含量, 干扰必须脂肪酸的新陈代谢。

Refined carbohydrates are mainly found in foods rich in carbohydrates such as refined rice and noodles. Less fat in the fat of 20% to 75%, not only can not increase nutrition, and the hydrogenated vegetable oil contained in it will also bring the "trans fatty acids" that have the greatest cardiovascular harm. Excessive intake of trans fatty acids can increase bad cholesterol, reduce the amount of benign cholesterol, and interfere with the metabolism of essential fatty acids.

反式脂肪酸-微博

Transfat - Weibo

2018-12-19, 共检测到191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 191 weibos about transfat reduction monitored on 2018-12-19.
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. 昵称: 吃货樱桃酱

地区: 北京

认证: 个人

Nickname: 吃货樱桃酱

Area: Beijing

Identity: Person

时间: 2018-12-19 19:00
Time: 2018-12-19 19:00

来自: 微博weibo.com
Source: 微博weibo.com

转发数: 2491
Repost: 2491

评论数: 1435
Comment: 1435

点赞数: 1761
Like: 1761

虽然兰芳园之前那款丝袜奶茶我就超级无敌爱喝并且回购无数次，但是这款新出的港式生乳茶我尝了之后还是被惊艳到！这款奶味真的好浓！！而且能喝的出来是那种健康的奶味，不是那种植脂末来着，在保留茶味的同时把奶味提升，真的香skr人！不仅仅超级好喝而且热量也很低！我帮大家算了算，它每100ml的热量竟然比酸奶还低！！热量这么低还这么好喝也真的是神仙奶茶了！而且这款是双旦限定款！只要尝过就根本停不下来！转花撒三个小可爱一人一箱

Although I really like to drink the silk stocking tea from Lanfang Garden and bought it many times, I was surprised by this new Hong Kong-style milk tea! This milk taste is really strong!!! And it is the kind of healthy milk that can be drunk, not the fat. It enhances the taste of the milk while preserving the taste of the tea, which is really delicious! Not only super good but also low in calories! It is even lower than the yogurt every 100ml!!! And this is a limited edition! As long as you taste it, you can't stop it!