

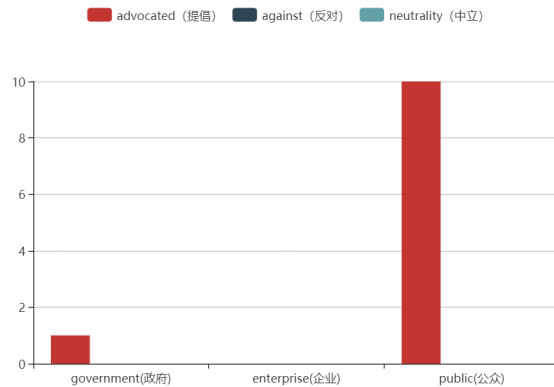
减盐-新闻

Salt Reduction - News

今日 (2018-11-02) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2018-11-02. 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

1. 腿脚发凉疼痛乏力当心是这类血管病作祟

来源: 中国山东网

主体: 公众

态度: 提倡

时间: 10:41:36

[Cold pain in the legs and feet fatigue beware of is this kind of vascular disease](#)

来源: 中国山东网

Subject: public

Attitude: advocate

Time: 10:41:36

腿脚发凉疼痛乏力, 当心是这类血管病作祟。 在日常的生活中, 许多老年人出现腿脚发凉, 或者出现走一段路程以后腿疼乏力, 坐下休息片刻后, 仍可继续行走, 再走一段时间后, 上述过程和状态再度出现的症状, 很多老年人会误认为是缺钙或是受凉所致, 这其实是一种错误的判断, 并不仅是年纪大的问题, 很有可能是下肢动脉硬化闭塞症所导致的。那么, 到底什么是下肢动脉硬化闭塞症呢? 下肢动脉硬化闭塞症的发生与什么有关呢? 下面, 就让我们一起来看看吧。

The legs are cold and painful. In daily life, many elderly people have cold legs and feet, or leg pain and fatigue after a long walk. After sitting down and resting for a moment, they can still continue walking. After another period of time, the above process and state of symptoms appear again. Many elderly people will be mistaken for calcium deficiency or cold, which is actually a kind of symptoms. Misjudgement is not only a matter of age, but also of lower extremity atherosclerosis obliterans. So, what is lower extremity arteriosclerosis obliterans? What is the relationship between the occurrence of lower extremity arteriosclerosis obliterans? Next, let's take a look at it.

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

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No such articles!

河南

Henan

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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综合健康信息 Comprehensive Health Information				
1. 阿姨大学：15条月子餐秘诀，月嫂需看！	来源：中原网	主体：公众	态度：提倡	时间：12:26:39
Aunt university: 15 confined meal tips, the month sister-in-law need to see!	来源：中原网	Subject: public	Attitude: advocate	Time: 12:26:39
月子餐在坐月子期间的确很重要，月子餐牵涉到宝妈的奶水，直接关联宝宝健康发育，月子餐与宝妈产后身体恢复都密不可分，因此坐月子吃什么样的月子餐、怎样吃的确很重要。这里总结一些经常被问到的月子餐问题，供大家参考。先归纳一下月嫂们总结的15条月子餐秘诀：1/猪肝适合在早上、中午食用。2/鸡蛋蛋黄中的铁质对贫血的产妇有疗效。3/莲藕排骨汤可治疗坐月子期间的贫血症状，莲藕具有缓和神经紧张的作用。				
Lunar meal is really important during the period of sitting on the moon. Lunar meal involves the milk of the mother, directly related to the healthy development of the baby. Lunar meal is closely related to the recovery of the body of the mother after childbirth. So what kind of lunar meal to eat and how to eat it is really important. Here are some of the frequently asked questions about the monthly meal for your reference.First, summarize the 15 secrets of Yueshi's monthly meal:1/ pig liver is suitable for eating in the morning and noon.The iron content in 2/ egg yolk is effective for the pregnant women with anemia.3/ lotus root spareribs soup can treat anemia symptoms during the confinement period, and lotus root has the effect of easing nervous tension.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

安徽
Anhui

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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综合健康信息 Comprehensive Health Information				
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浙江
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食物中的钠 Sodium in food				
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高血压 Hypertension				
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综合健康信息 Comprehensive Health Information				
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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				
1. 头疼、鼻塞、流鼻血、小心鼻咽癌 Have a headache, stuffy nose, nosebleeds, be careful of nasopharyngeal carcinoma	来源：WWW.KEPT.NET.CN	主体：公众	态度：提倡	时间：08:07:29
近日，湖南经视报道称，从事油漆工作10多年的湖南两男子因长期处在刺鼻的气味下工作，没有良好的保护措施，加上无规律的作息，高油脂的饮食而罹患鼻咽癌。说起鼻咽癌，我们并不陌生。南韩影星金宇彬，马来西亚羽毛球名将李宗伟便都是这一疾病的患者。鼻咽癌是原发于鼻咽黏膜被覆上皮的恶性肿瘤，好发生于鼻咽部咽隐窝和顶后壁，在中国南部（如广东、广西等地区）和东南亚地区高发，广东省发病率高达30/10万。鼻咽癌是我国耳鼻咽喉恶性肿瘤的主要癌种和病死因素，然而患上鼻咽癌并不代表就被下了死亡通牒。	来源：WWW.KEPT.NET.CN	Subject: public	Attitude: advocate	Time: 08:07:29
Recently, the Hunan Economic Inspection reported that two men in Hunan who have been engaged in painting for more than 10 years suffered from nasopharyngeal cancer because of their long-term work under the pungent odor, lack of good protection measures, irregular work and high-fat diet.Speaking of nasopharyngeal carcinoma, we are no stranger to it. South Korean movie star Jin Yubin and Malaysia badminton star Li Zongwei are all the patients of this disease.Nasopharyngeal carcinoma (NPC) is a malignant neoplasm originating from the nasopharyngeal mucosal epithelium. It often occurs in the pharyngeal recess and the posterior parietal wall of the nasopharynx. It is highly prevalent in southern China (such as Guangdong, Guangxi, etc.) and Southeast Asia. The incidence of NPC in Guangdong Province is as high as 30/100,000.Nasopharyngeal carcinoma (NPC) is one of the main cancers and death factors of malignant tumors of the otorhinolarynx in our country. However, nasopharyngeal cancer does not mean that a death notice has been issued.				
2. 硬糙粗才是好面包 Hard light crude is a good bread	来源：人民网	主体：公众	态度：提倡	时间：10:25:49
时尚松软的欧包，经典的法棍，香气诱人的奶酪包.....市场上面包的种类琳琅满目，该如何挑选？挑选面包有个“三字经”一硬、淡、粗，下面我为大家详细解读。第一，从热量上说，越硬的面包热量越低。实际上，硬面包不甜，含糖和油脂都很少。而软质面包，油脂约占10%，热量较高。热量最高的是丹麦面包，一般要加入20%~30%的黄油或“起酥油”。	来源：人民网	Subject: public	Attitude: advocate	Time: 10:25:49
The fashionable soft European bag, the classic French stick, the fragrant and attractive cheese package... There are many kinds of bread in the market. How should we choose them? Choosing bread has a "three character classics" - hard, light and coarse.First, from caloric terms, the harder the bread is, the lower the heat. In fact, hard bread is not sweet, and contains little sugar and fat. And soft bread, oil accounted for about 10%, higher calorie. The highest calorie is Danish bread, usually add 20%~30% butter or shortening.				
高血压 Hypertension				
1. [摘编稿件] 高血压预防“十步曲” [roundup manuscript] hypertension prevention "ten steps of"	来源：锦州新闻网	主体：公众	态度：提倡	时间：10:16:39
高血压预防“十步曲”。受访专家：上海交通大学医学院附属瑞金医院高血压科、上海市高血压研究所副主任医师——钱岳昆。防控高血压没有捷径，需要从生活中的一点一滴做起。以下“十步曲”将主要的预防方法进行了整合，建议人们从此刻开始，有所改变。	来源：锦州新闻网	Subject: public	Attitude: advocate	Time: 10:16:39
Prevention of hypertension is the ten step.Experts interviewed: Qian Yuesheng, deputy chief physician of Shanghai Institute of Hypertension, Ruijin Hospital Affiliated to Medical College of Shanghai Jiaotong University.There is no shortcut to prevent hypertension. The following "Ten Steps" integrate the main prevention methods and suggest that people change from now on.				
心血管健康 Cardiovascular health				
1. “头号杀手”如何轻松判断？专家来支招 "The number one killer" how to easily judge?Experts to action	来源：搜狐	主体：公众	态度：提倡	时间：12:29:27
“头号杀手”如何轻松判断？专家来支招。冠心病是怎么回事？当下，冠心病是威胁人类健康的头号杀手，冠心病死亡率占所有心脏病死亡人数的10%~20%。据数据统计，目前，我国冠心病患者超过1000万人，并且，每年将以20%的速度增加。尽管近年来，冠心病有呈现年轻化趋势，但是不得不承认，这还是一种老年病，老年人是冠心病的高发人群，并且十分危险。特别值得注意的是，60岁后，因冠心病死亡的人数也是急剧上升，冠心病一直都是老年人的“噩梦”。	来源：搜狐	Subject: public	Attitude: advocate	Time: 12:29:27
How can "number one killer" easily judge? Experts are fighting.Coronary heart disease is how to return a responsibility?At present, coronary heart disease (CHD) is the leading killer threatening human health. The death rate of CHD accounts for 10%-20% of all deaths from heart disease.According to statistics, at present, more than 10 million people suffer from coronary heart disease in China, and it will increase by 20% every year.Although in recent years, coronary heart disease has shown a younger trend, but we have to admit that it is still a kind of senile disease, the elderly are the high-risk population of coronary heart disease, and very dangerous.Particularly noteworthy is that after 60 years of age, the number of deaths due to coronary heart disease is also rising sharply, coronary heart disease has always been the "nightmare" of the elderly.				
综合健康信息 Comprehensive Health Information				
1. 三角线社区开展“三减三健”健康素养知识宣传活动 Deltoid community "three minus three health" health literacy knowledge propaganda activities	来源：海都资讯网	主体：公众	态度：提倡	时间：11:05:49
为进一步提高全民健康素养，引导居民养成健康生活方式，11月1日，七里湖街道三角线社区联合七里湖街道社区卫生服务中心开展了“三减三健”健康知识宣传活动。社区卫生服务中心工作人员以发放盐勺、测量血压、健康咨询、知识讲座等方式，向广大居民宣传“减盐、减油、减糖，健康口腔、健康体重、健康骨骼”的生活理念以及高血压、糖尿病等常见慢性病科普知识。通过此次宣传活动，增强了全民健康意识和健康生活方式的行为能力，普及了健康生活知识，提高全民综合素养，促进人与社会的和谐发展，扩大了创建国家卫生城市影响面，为创建全国文明城市打下夯实的基础。	来源：海都资讯网	Subject: public	Attitude: advocate	Time: 11:05:49
In order to further improve the health literacy of the whole people and guide the residents to develop a healthy lifestyle, on November 1, Qilihu Street Triangle Community and Qilihu Street Community Health Service Center launched a health knowledge publicity campaign of "three subtractions and three health care". The staff of community health service centers publicize the concept of "salt reduction, oil reduction, sugar reduction, healthy oral cavity, body weight, healthy skeleton" and the knowledge of common chronic diseases such as hypertension and diabetes mellitus to the general residents by distributing salt spoons, measuring blood pressure, health consultation and knowledge lectures. Through this publicity campaign, the health awareness and behavior ability of healthy lifestyle of the whole people were enhanced, the knowledge of healthy life was popularized, the comprehensive quality of the whole people was improved, the harmonious development of people and society was promoted, the influence of creating a national health city was expanded, and the solid foundation for building a national civilized city was laid.				
2. 廊坊文安开展世界脑卒中日宣传活动 Langfang wen world stroke day promotional activities	来源：河北新闻网	主体：政府	态度：提倡	时间：16:18:50
2018年10月29日是第13个“世界脑卒中日”，今年的宣传主题是“战胜卒中，再立人生”，宣传口号是“早诊早治”。文安县疾控中心开展“世界脑卒中日”宣传活动，设立咨询台，悬挂宣传条幅，通过发放宣传手册和宣传品，向过往群众讲解展开宣传活动。在宣传活动中，文安县疾控中心出动5名工作人员，发放健康素养66条和“三减三健”手册共400余本，控油壶和限盐勺共计300余套，BMI尺100个。同时，还在微信平台发布脑卒中防治的文章，使群众了解脑卒中的危害，意识到危险因素防控的重要性，并结合自身实际情况，合理调控，达到最佳防治效果。本次活动增强了广大群众对脑卒中的认识，提醒广大群众预防脑卒中要预防高血压、高血糖、高血脂，改善不良生活习惯，多健身多运动。	来源：河北新闻网	Subject: government	Attitude: advocate	Time: 16:18:50
October 29, 2018 is the 13th World Stroke Day. The theme of this year's propaganda is "Overcoming Stroke, Reestablishing Life", and the slogan is "Early Diagnosis and Early Treatment". Wen'an County CDC carried out the "World Stroke Day" propaganda activities, set up a consulting desk, hang propaganda banners, through the distribution of propaganda brochures and propaganda materials, to explain to the people in the past to carry out propaganda activities.In the propaganda activities, the Wen'an CDC dispatched five staff members to distribute 66 health literacy articles and 400 copies of "Three Reductions, Three Kinds of Health" handbook, more than 300 sets of oil control kettles and salt restriction spoons, and 100 BMI feet. At the same time, we are also publishing articles on stroke prevention and control on the Wechat platform, so that the public can understand the harm of stroke, realize the importance of risk factors prevention and control, and combine with their own actual situation, regulate and control reasonably, so as to achieve the best prevention and control effect.This activity enhanced the awareness of the general public about stroke, reminded the general public to prevent stroke to prevent hypertension, hyperglycemia, hyperlipidemia, improve bad living habits, more fitness and more exercise.				
3. 宝宝两岁之前的饮食禁忌请收好 Baby dietary taboos before the age of two, please	来源：星岛环球网	主体：公众	态度：提倡	时间：10:28:19
核心提示：宝宝两岁之前不能吃什么东西呢？下面就跟着小编一起来看看吧！希望小编的这篇文章可以帮助到你们！据网媒报道：为人父母就希望看到宝宝能吃能跑。说到吃，真的是让妈妈极为头痛的问题，宝宝吃得少、挑食偏食，别提多郁闷了。好的饮食习惯是宝宝健康成长的重要前提。宝宝肠胃娇弱，嘴又挑，要怎样给宝宝搭配健康又美味的饮食呢？一起来看看吧。	来源：星岛环球网	Subject: public	Attitude: advocate	Time: 10:28:19
Core tip: what can't your baby eat before you are two years old? Now let's take a look at Xiaobian. I hope this article from Xiaobian can help you!Parents want to see babies eat and run, according to media reports. Speaking of eating, it is really a headache for mothers. Babies eat less, choose to eat more, not to mention more depressed. Good eating habits are				

important prerequisites for healthy growth of your baby. The baby is delicate and weak, and the mouth is picked. How can we give the baby a healthy and delicious diet? Let's take a look.

4. 莫名头晕究竟是什么原因? What strange dizziness?	来源: 中工网 来源: 中工网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:30:00 Time: 09:30:00
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细想起来, 不少人肯定都有过犯晕的经历。吃不饱会晕, 睡不好会晕, 劳累了会晕, 心烦了会晕.....除此之外, 可能还遇到过一些莫名的严重眩晕。它们与生理反应无关, 更多的时候是疾病在作祟, 可查起病因来却并不容易。突如其来、挥之不去的头晕是病吗? 它能否预防, 又有何危害? 在日常生活中, “晕”像感冒、发烧一样常见、多发, 不分性别、年龄和人群。

To think of it, many people must have experienced the experience of being guilty. If you don't eat enough, you will faint. If you don't sleep well, you will faint. If you are tired, you will faint. In addition, there may be some strange vertigo. They have nothing to do with physiological reactions. They are more often caused by diseases, but it is not easy to find out the cause.Sudden and persistent dizziness is a disease? Can it prevent and harm?In daily life, "halo" is as common and frequent as cold and fever, regardless of gender, age and population.

5. 产妇能吃调料吗 Women can eat sauce	来源: TOM 来源: TOM	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 12:46:28 Time: 12:46:28
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产妇能吃调料吗? 大家都知道, 女性在生产之后需要给婴儿哺乳, 所以为了保证乳汁的清淡, 所以产妇很多食物都是不可以吃的。产妇在生产之后应该以清淡的饮食为主, 同时注意多喝一些有营养的, 可以帮助下奶的补汤, 这样可以促进产妇乳汁的分泌, 也可以帮助女性更好的调理身体。那么, 产妇可以吃调料吗? 坐月子不能吃什么调料: 1、坐月子期间的饮食方面要注意, 盐, 味精, 醋少放, 如果可以, 不要放也行, 为什么这样说呢?因为味精含有谷氨酸钠, 如果过多摄入谷氨酸钠, 对发育12周内的婴儿发育有着重要的影响。而醋属于酸性食物, 会损伤牙齿使新妈妈日后留下牙齿易于酸痛的隐患那么煮饭这几个可以用鸡汤、骨头汤、鱼汤来代替等纯天然配料替代。

Can maternity eat seasoning? As we all know, women need to breast-feed their babies after childbirth, so in order to ensure that the milk is light, so many of the maternal food is not edible. Maternal in the post-natal diet should be light, while paying attention to drink more nutritious soup, can help breast milk, so as to promote the secretion of maternal milk, but also to help women better conditioning. So, can maternity eat seasoning?What kind of dressing can't be eaten by confinement?1. Attention should be paid to the dietary aspects during the month-sitting period. Salt, monosodium glutamate and vinegar should be kept low. If possible, don't let them go. Why? Because monosodium glutamate contains sodium glutamate. If too much sodium glutamate is ingested, it will have an important impact on the development of infants within 12 weeks. Vinegar belongs to acidic food, which can damage the teeth and make the new mother's teeth ache easily in the future. Cooking these can be replaced by pure natural ingredients such as chicken soup, bone soup and fish soup.

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2018-11-02, 共监测到517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 517 WeChat public articles were monitored in 2018-11-02. 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. [想要健康, 不妨少吃"三白", 多吃"三黑"!](#)

重复数: 5

日期: 2018-11-02

[If you want to be healthy, you might as well eat less "three white" and eat more "three black"!](#)

Repeat Number: 5

Data: 2018-11-02

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。

The optimal salt intake for healthy people through the diet is no more than 6 grams per day, which is the amount of the lid of a common beer bottle after the rubber pad is covered. If you have already diagnosed high blood pressure, the daily salt intake should not exceed 3 grams.

2. [2元、5元和10元的盐, 到底有啥不同?](#)

重复数: 4

日期: 2018-11-02

[What is the difference among the salt of 2 yuan a bag, 5 yuan a bag and 20 yuan a bag?](#)

Repeat Number: 4

Data: 2018-11-02

专家表示: "无论选择哪一种盐, 重要的是控制用量, 尽量减少钠的摄入, 才是关键。" 世界卫生组织最新食盐摄取指南, 健康人通过饮食摄取的最佳盐量是: 每人每日不超过6克。如果每个人每天能把食盐量降低到6g以下, 至少可以多活10年。

Experts said: "Whatever salt you choose, it's important to control the dosage and minimize sodium intake, which is the key." According to the latest World Health Organization guidelines on salt intake, the best salt intake for healthy people through diet is no more than 6 grams per person per day. If everyone can reduce the amount of salt to less than 6g per day, the life expectancy can be extended by at least 10 years.

3. [减盐、减油、减糖.....你会距离健康更近一步!](#)

重复数: 3

日期: 2018-11-02

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

Repeat Number: 3

Data: 2018-11-02

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

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

4. [【揭露】为一包盐我和老婆大吵! 2元、5元和10元的盐, 到底有啥不同?](#)

重复数: 3

日期: 2018-11-02

[\[Exposure\] For a pack of salt, I have a big fight with my wife! What is the difference among the salt of 2 yuan a bag, 5 yuan a bag and 20 yuan a bag?](#)

Repeat Number: 3

Data: 2018-11-02

世界卫生组织最新食盐摄取指南, 健康人通过饮食摄取的最佳盐量是: 每人每日不超过6克。如果每个人每天能把食盐量降低到6g以下, 至少可以多活10年。

According to the latest World Health Organization guidelines on salt intake, the best salt intake for healthy people through diet is no more than 6 grams per person per day. If everyone can reduce the amount of salt to less than 6g per day, the life expectancy can be extended by at least 10 years.

5. [九大权威机构联合倡议: 推动食品行业“减盐、减油、减糖”, 共筑健康明天!](#)

重复数: 1

日期: 2018-11-02

[Joint initiative of the nine major authorities: Promote the "salt reduction, oil and sugar" in the food industry and build a healthy tomorrow!](#)

Repeat Number: 1

Data: 2018-11-02

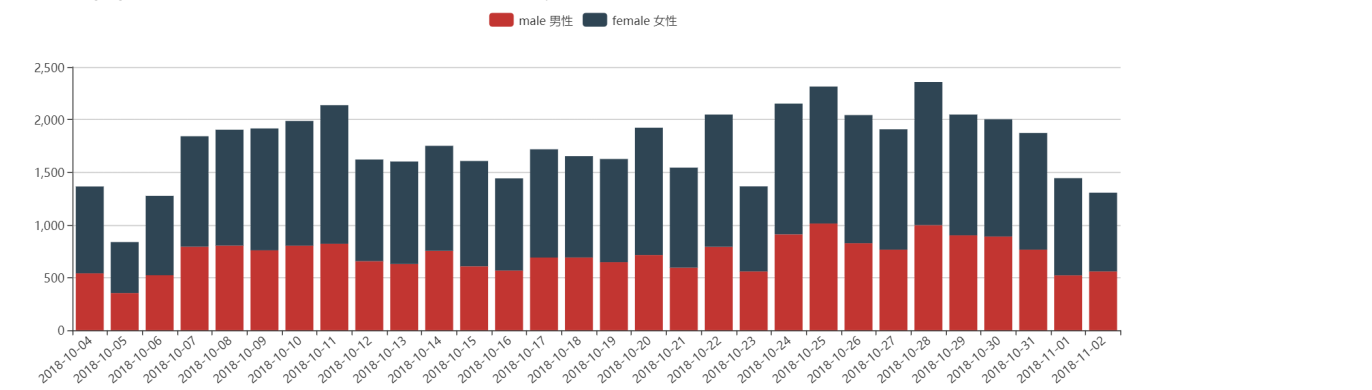
过量的盐、油、糖摄入是慢性疾病的重要危险因素。为促进人民健康, 2017年4月, 原国家卫生计生委、全国总工会等五部门联合发布的《全民健康生活方式行动方案(2017-2025年)》中提出要深入开展“三减三健”(减盐、减油、减糖, 健康口腔、健康体重、健康骨骼)专项行动

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

减盐-微博

Salt Reduction - Weibo

2018-11-02, 共检测到1306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 1306 weibos about salt reduction monitored on 2018-11-02.
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: 实用生活小百科

地区: 海南

认证: 无

Nickname: 实用生活小百科

Area: Hainan

Identity: None

时间: 2018-11-02 09:40

来自: 即刻笔记

转发数: 130

评论数: 119

点赞数: 58

Time: 2018-11-02 09:40

Source: 即刻笔记

Repost: 130

Comment: 119

Like: 58

【十大生活方式降血压】1.每天走6000步; 2.每天每人不超过5克盐; 3.戒烟限酒; 4.每天喝1斤奶补钙; 5.吃土豆、茄子补钾; 6.吃柠檬补充维生素C; 7.少喝含糖饮料; 8.吃芹菜稳定血压; 9.每天吃4瓣大蒜; 10.每天想三样让你高兴的事。

[Ten major lifestyles to lower blood pressure] 1. Take 6000 steps per day; 2. No more than 5 grams of salt per person per day; 3. Stop smoking and limit alcohol; 4. Drink 1 kg of milk per day; 5. Eat potatoes, eggplant and potassium. 6. Eat lemon supplement vitamin C; 7. Drink less sugary drinks; 8. Eat celery to stabilize blood pressure; 9. Eat 4 cloves of garlic a day; 10. Think three things that make you happy every day.

2. 昵称: 健康-生活小常识

地区: 北京

认证: 个人

Nickname: 健康-生活小常识

Area: Beijing

Identity: Person

时间: 2018-11-02 09:10

来自: 微博 weibo.com

转发数: 93

评论数: 7

点赞数: 63

Time: 2018-11-02 09:10

Source: 微博 weibo.com

Repost: 93

Comment: 7

Like: 63

【十大生活方式降血压】1.每天走6000步; 2.每天每人不超过5克盐; 3.戒烟限酒; 4.每天喝1斤奶补钙; 5.吃土豆、茄子补钾; 6.吃柠檬补充维生素C; 7.少喝含糖饮料; 8.吃芹菜稳定血压; 9.每天吃4瓣大蒜; 10.每天想三样让你高兴的事。

[Ten major lifestyles to lower blood pressure] 1. Take 6000 steps per day; 2. No more than 5 grams of salt per person per day; 3. Stop smoking and limit alcohol; 4. Drink 1 kg of milk per day; 5. Eat potatoes, eggplant and potassium. 6. Eat lemon supplement vitamin C; 7. Drink less sugary drinks; 8. Eat celery to stabilize blood pressure; 9. Eat 4 cloves of garlic a day; 10. Think three things that make you happy every day.

反式脂肪酸-新闻

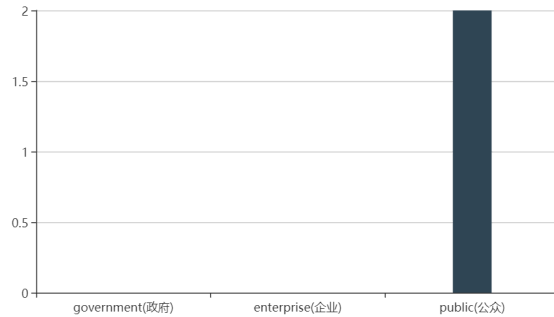
Trans Fat - News

今日 (2018-11-02) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-11-02. Please click the title to view full information.

The original article is in Chinese only.

advocated (提倡) against (反对) neutrality (中立)



山东

Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南

Henan

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

安徽

Anhui

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

浙江

Zhejiang

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!

No such articles!

其他省份
Other Provinces

反式脂肪酸 Trans fat				
1. 反式脂肪酸损伤心血管哪些食物含此类物质? Trans fatty acids damage cardiovascular which foods containing such matter?	来源: 扬子晚报	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 08:45:50 Time: 08:45:50
有研究表明，奶茶中的反式脂肪酸超标3倍！没错，我们今天要说的魔鬼脂肪，就是指的反式脂肪酸。除了奶茶之外，蛋糕、面包、冰淇淋都含有它，你可能早就知道了，可你不知道的是，这些还只是冰山一角。反式脂肪酸离你究竟有多近？它反的是什么？它是如何害人的？今天我们就来——揭晓，让你不再一知半解				
Studies have shown that the trans fatty acids in milk tea exceed 3 times the standard.Yes, the devil's fat we're talking about today refers to trans fatty acids.In addition to milk tea, cakes, bread and ice cream contain it, which you may have known for a long time, but what you don't know is that these are just the tip of the iceberg.How close is trans fatty acid to you? What is it against? How does it harm people? Today we will announce it one by one, so that you will no longer know half of it.				
2. 硬淡粗才是好面包 Hard light crude is a good bread	来源: 人民网 来源: 人民网	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 08:49:31 Time: 08:49:31
时尚松软的欧包，经典的法棍，香气诱人的奶酪包.....市场上面包的种类琳琅满目，该如何挑选？挑选面包有个“三字经”——硬、淡、粗，下面为大家详细解读。第一，从热量上说，越硬的面包热量越低。实际上，硬面包不甜，含糖和油脂都很少。而软质面包，油脂约占10%，热量较高。热量最高的是丹麦面包，一般要加入20%~30%的黄油或“起酥油”。				
The fashionable soft European bag, the classic French stick, the fragrant and attractive cheese package... There are many kinds of bread in the market. How should we choose them? Choosing bread has a "three character classics" - hard, light and coarse.First, from caloric terms, the harder the bread is, the lower the heat. In fact, hard bread is not sweet, and contains little sugar and fat. And soft bread, oil accounted for about 10%, higher calorie. The highest calorie is Danish bread, usually add 20%~30% butter or shortening.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

反式脂肪酸-微信 Transfat - WeChat

2018-11-02，共监测到270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 270 WeChat public articles were monitored in 2018-11-02. 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. 去超市买东西，看清这个字再买！没想到这亏吃了这么多年...

[If you go to the supermarket to buy something, read the word and decide whether to buy it! I did not expect this loss for so many years...](#)

重复数: 7

日期: 2018-11-02

Repeat Number: 7

Data: 2018-11-02

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。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。

The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage. Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. In addition, there are hydrogenated oil, hydrogenated fat, shortening, margarine, vegetable fat powder and other words on the ingredient list. It is more likely to contain trans fatty acids and is not suitable for purchase.

2. 硬淡粗才是好面包

[Hard, light, and coarse-grain bread is good bread.](#)

重复数: 2

日期: 2018-11-02

Repeat Number: 2

Data: 2018-11-02

不同面包的脂肪含量差别很大，从百分之几到百分之几十不等，配料表中油脂排在前面的面包，大都热量较高，例如起酥派、千层面包等，这类面包层次分明、味道酥香，其背后离不开油脂的贡献，不宜多吃。如果用的是氢化植物油、起酥油、植物奶油等油脂，就可能含有反式脂肪酸，更要少买或不买。

The fat content of different breads varies widely, ranging from a few percent to several tens of percent. In the ingredients table, the fat in the front of the bread, most of the heat is high, such as crispy, layered bread. This type of bread has a distinct layer and a crisp taste. The back of the bread is inseparable from the contribution of oil and fat. If the bread is made of hydrogenated vegetable oil, shortening, vegetable cream, etc., it may contain trans fatty acids. This kind of bread needs to be bought less or not.

3. 去超市购物，这些你注意了没？先看懂这些再买！

[Do you pay attention to this when you go shopping in the supermarket? First understand these and buy again!](#)

重复数: 2

日期: 2018-11-02

Repeat Number: 2

Data: 2018-11-02

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。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。

The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage. Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. In addition, there are hydrogenated oil, hydrogenated fat, shortening, margarine, vegetable fat powder and other words on the ingredient list. It is more likely to contain trans fatty acids and is not suitable for purchase.

4. 脸要穷养，脚要富养；心要穷养，肺要富养，养好身体才好！

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

重复数: 2

日期: 2018-11-02

Repeat Number: 2

Data: 2018-11-02

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。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。

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.

5. 反式脂肪酸真的有那么可怕吗？

[Is trans fatty acid really scary?](#)

重复数: 1

日期: 2018-11-02

Repeat Number: 1

Data: 2018-11-02

反式脂肪对健康的危害是长期积累的结果，只要不多吃，对健康的风险是可控的，关键是要控制量，避免过量摄入反式脂肪带来的风险。

The harm of trans fats to health is the result of long-term accumulation. As long as you don't eat more, the risk to health is controllable. The key is to control the amount of trans fats and avoid the risk of excessive intake.

反式脂肪酸-微博 Transfat - Weibo

2018-11-02, 共检测到200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。

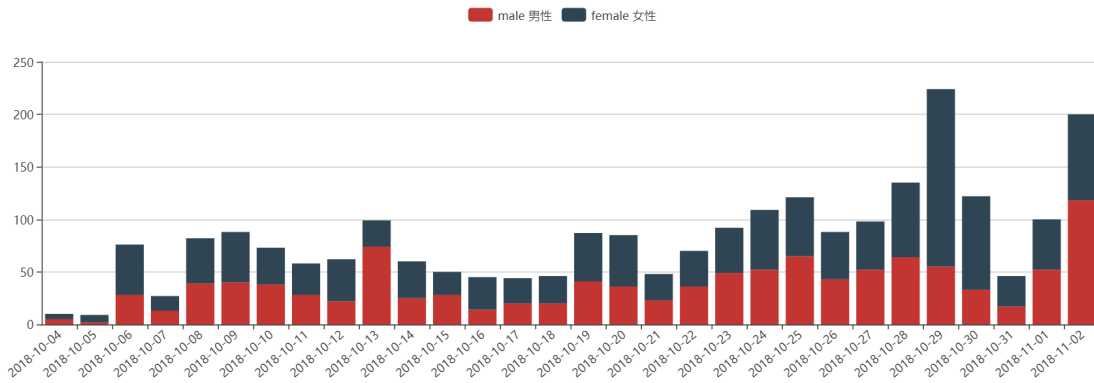
There are 200 weibos about transfat reduction monitored on 2018-11-02.

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!