

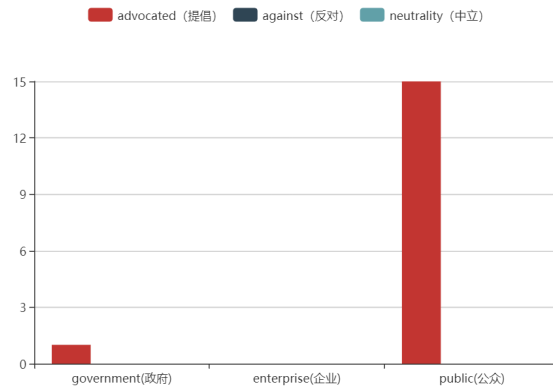
减盐-新闻

Salt Reduction - News

今日 (2019-01-16) 共监测到16条资讯。请点击标题查看原文。

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The original article is in Chinese only.



山东

Shandong

食物中的钠

Sodium in food

1. 低钠盐真是“送命盐”吗？这3种人吃了真可能没命！

[Is low sodium salt really a "life-threatening salt"? These three kinds of people may be fatal to eat!](#)

来源：山东新闻网

Source: Shandong News Network

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：17:47:15

Time: 17:47:15

我们每天的饮食都要吃盐，做菜也好平时的零食也好，都含有盐分。平时吃的盐也分很多种，比如碘盐、低钠盐、海盐等等。低钠盐顾名思义就是钠含量较低的盐，对于不想多摄入钠的人群来说，应该是养生保健的一种盐类。但有人也说，低钠盐其实是“送命盐”，到底是不是这样呢？为什么有必要吃低钠盐？盐的主要成分是氯化钠，也是钠盐的一种，而过多的摄入钠盐会使血液中的钠离子浓度增加，而血液中钠离子升高可以导致血容量增加，从而升高血压。

Every day we eat salt in our diet. We cook as well as snacks. They all contain salt. There are many kinds of salt, such as iodized salt, low sodium salt, sea salt and so on. Low sodium salt, as its name implies, is a salt with low sodium content. For people who do not want to eat more sodium, it should be a kind of salt for health care. But some people also say that low sodium salt is actually "life-killing salt". Is that true? Why is it necessary to eat low sodium? The main component of salt is sodium chloride, which is also a kind of sodium salt. Excessive intake of sodium salt will increase the concentration of sodium ion in the blood, and the increase of sodium ion in the blood can lead to the increase of blood volume, thus raising blood pressure.

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

食物中的钠

Sodium in food

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Anhui

<div>食物中的钠 Sodium in food</div>
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浙江
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没有相关文章!
No such articles!
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其他省份
Other Provinces

<div>食物中的钠 Sodium in food</div>				
1. 常吃咸鸭蛋好不好？哪些人不能吃咸鸭蛋？	来源：星岛环球网	主体：公众	态度：提倡	时间： 10:31:30
How about eating salted duck eggs? Who can't eat salted duck eggs?	Source: Star Island Global Network	Subject: public	Attitude: advocate	Time: 10:31:30

咸鸭蛋颜色细腻，蛋黄油多而不腻。咸鸭蛋富含蛋白质、脂肪、氨基酸以及钙、铁、磷等微量元素。咸鸭蛋中的养分很容易被人体吸收，是一种老少皆宜的食物，但并不是所有体质的人都适合吃咸鸭蛋的，这一点需要明确。鸭蛋味甘性凉，是除热降火的佳品，适合在夏天食用。鸭蛋具有滋阴润肤和清肺的功效，能够辅助治疗咽喉干痛和体虚，而且咸鸭蛋降火的功效比新鲜鸭蛋要好很多。

Salted duck eggs are delicate in color and rich in yolk but not greasy. Salted duck eggs are rich in protein, fat, amino acids and trace elements such as calcium, iron and phosphorus. Salted duck eggs are easy to absorb nutrients, is a kind of food suitable for all ages, but not all physical people are suitable for eating salted duck eggs, this need to be clear. Duck eggs taste sweet and cool. They are good for heat removal and fire reduction. They are suitable for consumption in summer. Duck eggs have the functions of nourishing yin, moisturizing skin and clearing lung. They can assist in the treatment of dry throat and body deficiency. Moreover, salted duck eggs are much better than fresh duck eggs in reducing fire.

2. 不爱喝牛奶，成年人如何达标奶制品摄入量？	来源：光明网	主体：公众	态度：提倡	时间：07:44:37
Do not like to drink milk, adults how to meet the standard intake of dairy products?	Source: Guangming net	Subject: public	Attitude: advocate	Time: 07:44:37

“吃奶”是婴儿的专利？可不是！《中国居民膳食指南(2016版)》推荐成人每天摄入奶及奶制品300g，如果不愿意喝牛奶，可以尝试用奶粉、酸奶、奶酪等奶制品来代替。干酪：浓缩了的固体牛奶。干酪又名乳酪、奶酪或芝士，甚至还有音译叫起司。大约每10公斤牛奶才能产出1公斤比较“硬”的奶酪，常见的奶酪含蛋白质高达20%以上，含钙量可达鲜奶的6~8倍左右，B族维生素和维A、维D的含量都高于普通牛奶好几倍。

"Eating milk" is the patent of infants? No, it is not! The Dietary Guidelines for Chinese Residents (2016 Edition) recommends that adults take in 300 g of milk and dairy products every day. If they are unwilling to drink milk, they can try to use milk powder, yogurt, cheese and other dairy products instead. Cheese: Concentrated solid milk. Cheese, also known as mashed milk, cheese or cheese, is even transliterated into cheese. About every 10 kilograms of milk can produce one kilogram of "hard" cheese. Common cheese contains more than 20% protein and 6-8 times calcium as fresh milk. The content of B vitamins, vitamin A and vitamin D are several times higher than ordinary milk.

3. 营养品哪些是噱头哪些真有用？专家解读来了	来源：光明网	主体：公众	态度：提倡	时间：07:45:17
Which nutrients are gimmicks and which are really useful? Experts have come to interpret it.	Source: Guangming net	Subject: public	Attitude: advocate	Time: 07:45:17

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：如果日常能吃饱鱼肉蛋奶，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。

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.

4. 香港消委会抽查：九成礼饼含致癌物“无印良品”等品牌上榜	来源：大公网	主体：公众	态度：提倡	时间：16:32:34
Hong Kong Consumer Council spot check: 90% of the gift cakes contain carcinogens such as "Muji" and other brands on the list	Source: Grand public network	Subject: public	Attitude: advocate	Time: 16:32:34

新春将至，曲奇与蝴蝶酥是港人贺年送礼热门选择。消费者委员会抽查市面58款曲奇及甜酥饼，发现近九成样本含基因致癌物及氯丙二醇（3-MCPD），其中27个同时含有三种污染物。涉及牌子包括“无印良品”曲奇、“德成号”蛋卷、“泰昌饼家”蝴蝶酥。消委会指出，成人一日内吃20块“泰昌饼家”蝴蝶酥，氯丙二醇摄入量已超出欧洲食安标准，雄性生殖系统及肾功能受损。

As the Spring Festival approaches, cookies and butterfly crisps are popular gifts for Hong Kong people. The Consumer Council sampled 58 cookies and pastries on the market and found that nearly 90% of the samples contained genetic carcinogens and 3-MCPD, of which 27 contained three pollutants at the same time. The brands involved include "Muji" cookies, "Decheng" egg rolls and "Taichang Cake House" butterfly crisps. The Council pointed out that adults ate 20 pieces of "Taichang Cake House" butterfly crisp in one day. The intake of chloropropylene glycol exceeded the European food safety standards, and the male reproductive system and kidney function were impaired.

高血压 Hypertension

1. 五类人慎吃汤泡饭	来源：人民网	主体：公众	态度：提倡	时间：08:46:02
Five kinds of people cautiously eat soup and rice	Source: People's net	Subject: public	Attitude: advocate	Time: 08:46:02

很多人爱煲汤，并喜欢在汤里加一些饭，从而能快速吃下。有些人认为菜的滋味和营养都在汤里，也有些人认为汤泡饭和粥一样，能快速消化。但实际上，拿煲肉汤来说，肉中主要的蛋白质及钙、磷等营养成分几乎不能溶解，溶入汤中的只是些可溶性小分子营养物质，像部分维生素、矿物质、氨基酸等。可见，汤的营养并非想象那么高。另外，汤泡饭和粥的消化程度是完全不一样的。

Many people like to cook soup and add some rice to the soup so that they can eat it quickly. Some people think that the taste and nutrition of the dishes are in the soup. Others think that the soup can be digested as quickly as porridge. But in fact, the main protein, calcium, phosphorus and other nutrients in meat can hardly dissolve in the pot broth. Only some soluble small molecular nutrients, such as some vitamins, minerals, amino acids, are dissolved in the broth. It is obvious that the nutrition of soup is not as high as expected. In addition, the digestibility of soup rice and porridge is completely different.

2. 新年大集 一过节血压就升高？今年春节你试试这9点建议	来源：搜狐	主体：公众	态度：提倡	时间：09:14:08
New Year's Eve Blood pressure rises after the holidays? This Spring Festival you try these nine suggestions	Source: Sohu	Subject: public	Attitude: advocate	Time: 09:14:08

年去岁来，辞旧迎新的时候总是特别忙。新年带来团聚和热闹的同时，对身体也是一大考验。北京医院内科张妮副主任医师提醒，春节期间高血压病人更要小心提防血压波动，以确保过一个健康快乐的春节。为什么过节血压就容易高？张妮表示，每年春节后，因为血压波动而求诊的患者都会明显增多。根据往年的临床经验看来，老年人节日期间血压波动主要因为需要准备年货，迎来送往，精神上的紧张、兴奋，导致血压波动。

In the past few years, when we leave the old year and welcome the new year, we are always very busy. New Year brings reunion and excitement, at the same time, it is also a big physical test. Zhang Ni, deputy director of the Department of Cardiology of Beijing Hospital, reminded hypertensive patients to be more careful about blood pressure fluctuations during the Spring Festival to ensure a healthy and happy Spring Festival. Why is it easy to get high blood pressure during holidays? Zhang said that after the Spring Festival each year, the number of patients seeking treatment due to fluctuations in blood pressure will increase significantly. According to past years' clinical experience, the fluctuation of blood pressure in elderly people during festivals is mainly due to the need to prepare annual goods, usher in and deliver them, mental tension and excitement, leading to fluctuation of blood pressure.

心血管健康 Cardiovascular health

没有相关文章！
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综合健康信息 Comprehensive Health Information

1. 血压居高不下，竟因保健品中暗藏.....	来源：人民网	主体：公众	态度：提倡	时间：09:29:55
The high blood pressure is hidden in health products.	Source: People's net	Subject: public	Attitude: advocate	Time: 09:29:55

今年55岁的张女士因为患有红斑狼疮长期在中山大学附属第六医院风湿免疫科就诊。由于她一直接受规范治疗，病情控制得很稳定，会按医生的医嘱定期到医院复查。就在两个月前复查时，医生发现她的血压升高了，超出正常范围。张女士这才想起，就在几个月前她开始吃一个朋友推荐的一种保健品。血压飙升，就是找不到原因。黄建林教授仔细阅读这个保健品的说明书，发现它的主要成分竟然是“盐”！

Ms. Zhang, 55, has been visiting the Department of Rheumatology and Immunology of the Sixth Affiliated Hospital of Sun Yat-sen University for a long time because of her lupus erythematosus. As she was treated regularly and her condition was controlled steadily, she would visit the hospital regularly according to the doctor's advice. When she was reexamined just two months ago, the doctor found that her blood pressure had risen beyond the normal range. Just a few months ago, Ms. Zhang began to eat a health product recommended by a friend. There is no reason why blood pressure is soaring. Professor Huang Jianlin carefully read the instructions of this health care product and found that its main ingredient was salt!

2. 八类食物易减寿：含糖饮料加速衰老，加工制品可能致癌	来源：人民网	主体：公众	态度：提倡	时间：09:33:13
Eight Kinds of Food Easy to Lose Life: Sugary Drinks Accelerate Aging, Processed Products May Cause Carcinogenesis	Source: People's net	Subject: public	Attitude: advocate	Time: 09:33:13

决定寿命的因素很多，其中饮食具有重要影响。近日，美国《读者文摘》网站总结8类吃多了会短寿的食物。含糖饮料。每天喝680克含糖饮料的成人，死于冠心病的风险是喝得最少的人（每天少于28克）的2倍。每天喝含糖饮料会在细胞层面加速衰老，常饮者寿命缩短4年半。过咸食物。如果你想拥有健康长寿的生活，离盐罐远点。摄入过多食盐，可能患上心血管疾病、中风和胃癌。

There are many factors that determine life expectancy, among which diet plays an important role. Recently, Reader's Digest website in the United States summarized eight kinds of foods that would lead to a shorter life. Sugary drinks. Adults who drank 680 grams of sugary drinks a day were twice as likely to die from coronary heart disease as those who drank

the least (less than 28 grams a day). Drinking sugary drinks every day accelerates aging at the cellular level and shortens the lifespan of regular drinkers by four and a half years. Salty food. If you want to live a healthy and long life, stay away from salt cans. Excessive salt intake can lead to cardiovascular disease, stroke and gastric cancer.				
3. 人到中年咋养生? 四个习惯和五种训练不能少 How to keep fit in middle age? Four Habits and Five Kinds of Training	来源: 人民网 Source: People's net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:33:52 Time: 08:33:52
随着生活水平的提高, 健康成为我们最关注的话题。什么才是健康的食品? 生活中如何预防身体的疾病? 这都成为了大家关注的焦点。人民健康网推出《金台养生园》栏目, 每周为您盘点最养生的生活方式, 带您走进健康园地。 中年养生, 从养成这几个习惯开始 养生应从中青年开始, 抓住重点, 防患于未然。				
With the improvement of living standards, health has become our most concerned topic. What is healthy food? How to prevent physical diseases in life? This has become the focus of attention. People's Health Network launched "Jintai Health Garden" column, weekly inventory of the most healthy lifestyle for you, take you into the health garden. In order to keep fit in the middle age, we should start from the middle-aged and young people, grasp the key points and prevent the dangers in the future.				
4. 它被称为世界上最健康的饮食方式到底该如何吃 It's called the world's healthiest way to eat	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: 08:25:51 Time: 08:25:51
《美国新闻与世界报道》杂志的专家团队对全球41种流行的饮食进行了评估和排名。地中海饮食获得最佳饮食的榜首。 陆媒《健康时报》北京时间1月15日报道称, 近日, 《美国新闻与世界报道》公布了2019年最佳饮食排名榜单。 以下是在41种饮食法中排名前十的饮食法: 地中海式饮食加坚持锻炼可延年益寿。				
A panel of experts from the Journal of American News and World Report assessed and ranked 41 popular diets worldwide. Mediterranean diet topped the list of the best diets. According to a report by the Chinese mainland media Health Times on January 15, American News and World Report recently published a list of the best diets in 2019. Here are the top ten diets in 41 diets: Mediterranean diet plus exercise can prolong life.				
5. “三分练七分吃”健身饮食纪律5条必须做到! "Three points practice seven points eat" Fitness Diet Discipline 5 must be achieved!	来源: 新浪网 Source: Sina network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:31:42 Time: 10:31:42
如果想通过体育锻炼达到良好的健身效果, 无非要做好两个方面的事情, 一怎么练, 二怎么吃。关于吃, 似乎人人都会, 实则许多健身者都是败在了吃上。做有氧运动没瘦、做力量训练没增肌, 这些远离预期、不甚理想的结果, 都和吃存在着非常紧密的因果关系。但纷繁复杂的健身饮食知识, 真的不是一天两天就能掌握和运用好的, 怎么办? 下面五条健身饮食纪律执行好, 能将你的健身效果提升一个层次。				
If you want to achieve good fitness effect through physical exercise, you have to do two things, one is how to practice, the other is how to eat. As for eating, everyone seems to be able to do it, but in fact, many fitness practitioners are losing out on eating. There is a very close causal relationship between eating and not losing weight in aerobic exercise and strength training, which are far away from expectations and unsatisfactory results. But the complex knowledge of fitness and diet, really not a day or two can be mastered and used well, how to do? The following five disciplines of fitness diet are well implemented, which can improve your fitness effect to a higher level.				
6. 漫谈“三减四健”之减盐 Talking about Salt Reduction of "Three Reduces Four Kinds"	来源: 水母网 Source: Jellyfish net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 14:53:33 Time: 14:53:33
漫谈“三减四健”之减盐。 1、高盐饮食的健康危害。食盐摄入过多可使血压升高, 发生心血管疾病的风险显著增加。另外, 吃盐过多还可增加胃病、骨质疏松、肥胖等疾病的患病风险。 2、食盐推荐摄入量。《中国居民膳食指南(2016)》推荐健康成人每人每天食盐摄入量不超过6克。2-3岁幼儿摄入量不超过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。				
Talk about salt reduction of "three minus four strengths". 1. Health hazards of high salt diet. Excessive salt intake can increase blood pressure and significantly increase the risk of cardiovascular disease. In addition, eating too much salt can also increase the risk of stomach disease, osteoporosis, obesity and other diseases. 2. Recommended intake of salt. The Dietary Guidelines for Chinese Residents (2016) recommend that healthy adults consume no more than 6 grams of salt per day. The intake of children aged 2-3 does not exceed 2 grams, children aged 4-6 do not exceed 3 grams and children aged 7-10 do not exceed 4 grams. Older people over 65 should not exceed 5 grams.				
7. 加班熬夜、暴饮暴食, 30岁开始提防6种癌! Staying up late overtime, overeating, and starting to watch out for six cancers at the age of 30!	来源: 新浪网 Source: Sina network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 06:32:07 Time: 06:32:07
北京大学国际医院的医生提醒大家, 30岁以后, 一定要注意提防这6种癌症! 胃癌。由于爱吃熏烤、高盐、辛辣食物, 加上睡眠严重不足、饮食无规律、工作和心理压力过大, 越来越多的年轻人患上胃癌。 如果出现上腹部不适、心窝隐痛、食后有饱胀感, 食欲不振、消瘦, 经常呕吐, 大便呈黑色柏油样等症状, 应提高警惕。 建议: 慢性萎缩性胃炎、胃溃疡和有胃癌家族史的人, 最好每年做1次胃镜检查。				
Doctors at Peking University International Hospital remind you that after 30 years of age, we must pay attention to these six kinds of cancer! uuuuuuuuuu Gastric cancer. More and more young people suffer from gastric cancer because of their love for smoked and roasted food, high salt and spicy food, serious lack of sleep, irregular diet, excessive work and psychological pressure. If there are symptoms such as upper abdominal discomfort, heart pit dull pain, postprandial fullness, loss of appetite, emaciation, frequent vomiting, black tar-like stool, we should be vigilant. Suggestion: For patients with chronic atrophic gastritis, gastric ulcer and family history of gastric cancer, it is better to have gastroscopy once a year.				
8. 41%学生体重不达标. 万茂华小推爱心营养餐 41% of the students did not reach the standard weight. Wan Maohua Xiaotui Nutritional Diet	来源: 星洲网 Sin Chew Daily (新闻发布) Source: Sin Chew Daily (Press Release)	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 17:46:33 Time: 17:46:33
芙蓉万茂新村华小41%的学生体重不达标, 校方全面推行爱心营养餐计划改善学生健康问题, 备受好评。 今年开学后施行营养餐计划的该校, 为了这项计划耗资逾万令吉提升食堂设施, 同时华裔及巫裔2名业者也给予全力配合, 进行少油、少盐及无糖的烹调原则, 更禁止售卖煎炸食物及包装饮料, 遵照营养师的规格准备健康食谱, 让学生从校园开始吃出健康。				
Forty-one percent of the students in Huaxiao, Furong Wanmao New Village, are not up to the standard in weight. The school has been highly praised for its comprehensive implementation of the Care Nutritional Meal Scheme to improve students'health. After this year's start of school, the school has implemented a nutritional meal program, which costs more than 10,000 ringgies to upgrade canteen facilities. At the same time, two Chinese and witchcraft professionals have cooperated with each other to make cooking less oil, less salt and sugar. It also prohibits the sale of fried food and packaged drinks. It also prepares healthy recipes according to the specifications of nutritionists, so that students can start eating healthily on campus.				
9. 四川胖子多? 每10名成人中有近4人超重1人肥胖 Sichuan is full of fat people? Nearly 4 out of 10 adults are overweight and 1 is obese.	来源: 四川新闻网-攀枝花日报 Source: Sichuan News Network - Panzhihua Daily	主体: 政府 Subject: government	态度: 提倡 Attitude: advocate	时间: 17:48:28 Time: 17:48:28
1月16日下午, 四川省卫生健康委员会举行《2018年四川省人群健康状况及重点疾病报告》和《2018年四川省慢性病防治状况报告》发布会。其中, 《慢病报告》显示, 在慢性非传染性疾病发病和死亡高发的同时, 与其密切相关的危险因素也处于高水平。 针对四川人慢病问题, 《慢病报告》还给出了健康建议: 均衡膳食: 做到适量适度多种搭配, 每人每天食盐不超过6克, 食油不超过25-30克, 食糖不超过25-50克。				
On the afternoon of January 16, Sichuan Health Committee held a press conference on "Report on Health Status and Key Diseases of Sichuan Population in 2018" and "Report on Prevention and Control of Chronic Diseases in Sichuan Province in 2018". Among them, "Chronic Disease Report" shows that while the incidence and mortality of chronic non-communicable diseases are high, the risk factors closely related to them are also at a high level. In view of the problem of chronic diseases in Sichuan, the Chronic Disease Report also gives health advice: balanced diet: to achieve a moderate amount of a variety of combinations, no more than 6 grams of salt per person per day, no more than 25-30 grams of oil, no more than 25-50 grams of sugar.				
<div>决心工程 Resolve To Save Lives</div>				
没有相关文章!				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2019-01-16, 共监测到600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 600 WeChat public articles were monitored in 2019-01-16. This page shows the top five articles by repeat number today.

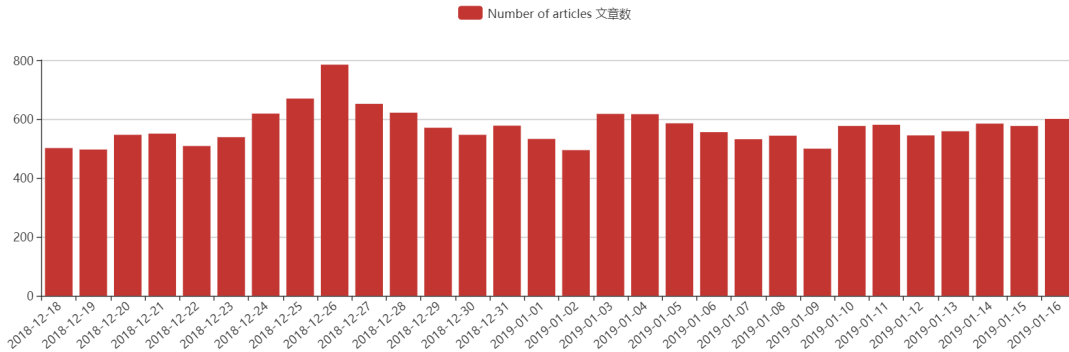
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近!

[These five kinds of food hurt kidney! But you may eat them every day. The more of them you eat the closer you are to uremia!](#)

重复数: 15

日期: 2019-01-16

Repeat Number: 15

Data: 2019-01-16

肾病的饮食禁忌, 主要是低盐、低脂、低磷、低钾。其中, 低盐的重要性位居第一, 因为几乎所有的肾病患者都需要低盐饮食; 而且食盐摄入超标的危害极大, 会带来一系列负面影响: 吃盐多→高钠血症→高血压→加重尿蛋白、肾衰竭→尿毒症、心血管疾病→死亡风险升高。膳食指南建议普通人每日食盐摄入量6克(一啤酒瓶盖); 肾病患者建议每日食盐摄入量3-6克, 以3克为最佳。

The dietary contraindications of kidney disease are mainly low salt, low fat, low phosphorus and low potassium. Among them, the importance of low salt ranks first, because almost all patients with kidney disease need a low-salt diet; and the excessive intake of salt is extremely harmful, which will bring a series of negative effects: eating too much salt will cause high sodium blood Symptoms, high blood pressure, increased urinary protein, kidney failure, uremia, and cardiovascular disease ultimately lead to an increased risk of death. The dietary guidelines recommend 6 grams of normal salt intake per person (one beer bottle cap); patients with kidney disease are advised to consume 3-6 grams of salt per day, and 3 grams is the best.

2. 健康讲堂 | “胃龄”跟癌变有关, 7个原因让胃比你还老!

["Stomach Age" is related to canceration. There are seven reasons why stomach is older than you.](#)

重复数: 9

日期: 2019-01-16

Repeat Number: 9

Data: 2019-01-16

年轻人通常口味重, 喜欢辛辣、油腻、高盐的食物。例如经常吃快餐、油炸食品、腌制或熏制食物, 尤其到了夏天夜晚, 和三五好友在街边小摊喝冰镇啤酒、吃辛辣烧烤, 冬天又喜欢吃热乎乎的麻辣火锅, 很少主动吃新鲜的蔬菜水果。高盐食物会直接损害胃黏膜, 增加胃癌风险, 油腻食物会刺激胃液大量分泌, 久而久之造成胃黏膜的糜烂溃疡。

Usually young people taste heavy and like spicy, greasy, high-salt foods. They often eat fast food, fried foods, marinated or smoked food. Especially in the summer night, young people like to drink cold beer and spicy barbecue with friends on the street. In the winter, they like to eat hot and spicy hot pot, and rarely take the initiative to eat fresh vegetables and fruits. High-salt foods directly damage the gastric mucosa and increase the risk of gastric cancer. Greasy food will stimulate the secretion of gastric juice, which will cause ulceration of gastric mucosa over time.

3. 早餐常吃的它会导致胃结石, 甚至致死? 赶紧看

[Does it cause stomach stones or even death when eaten regularly for breakfast? Look at it quickly.](#)

重复数: 6

日期: 2019-01-16

Repeat Number: 6

Data: 2019-01-16

茶叶蛋经过反复熬煮和浸泡, 再加上会补充食用盐、酱油等调味料, 盐分含量会较高, 摄入盐分过多容易增加高血压、缺钙、胃癌等的风险, 所以食用必须“限量”, 建议每天吃茶叶蛋不超过2个。

After repeated cooking and soaking, plus seasonings such as edible salt and soy sauce, the salt content of tea eggs will be higher. Excessive salt intake is likely to increase the risk of high blood pressure, calcium deficiency, stomach cancer, etc., so the consumption of salt must be "limited". It is recommended to eat no more than 2 tea eggs per day.

4. 血栓是吃出来的, 这四种食物一定要少吃或不吃

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

重复数: 6

日期: 2019-01-16

Repeat Number: 6

Data: 2019-01-16

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.

5. 这个病比癌症可怕, 有人花了130万没能救命! 你需要这么预防

[The disease is more terrible than cancer. Someone spent 1.3 million dollars on it and failed to save his life. You should prevent it in this way.](#)

重复数: 5

日期: 2019-01-16

Repeat Number: 5

Data: 2019-01-16

控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、耗油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. MSG, ketchup, oil, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, and instant noodles all contain a lot of sodium. Hypertensive patients should avoid eating these foods

减盐-微博 Salt Reduction - Weibo

2019-01-16, 共检测到2235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。

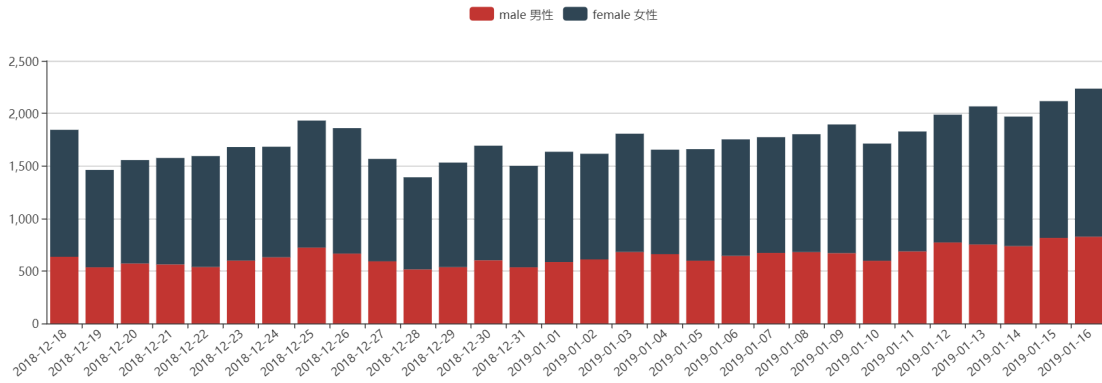
There are 2235 weibos about salt reduction monitored on 2019-01-16.

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

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

下图展示了最近30天的数据获取量。

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



热门微博 Hot Weibos

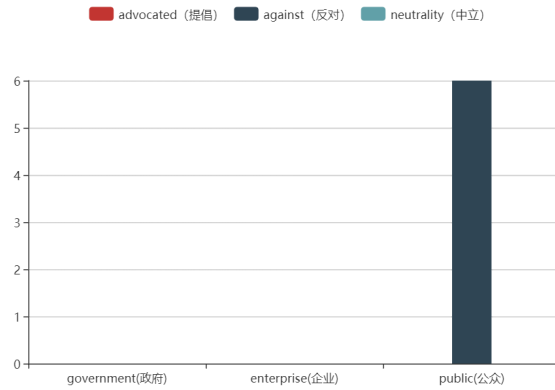
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-16) 共监测到6条资讯。请点击标题查看原文。

There are 6 articles monitored today 2019-01-16. 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				
1. 八类食物易减寿：含糖饮料加速衰老，加工制品可能致癌 Eight Kinds of Food Easy to Lose Life: Sugary Drinks Accelerate Aging, Processed Products May Cause Carcinogenesis	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 08:50:18 Time: 08:50:18
八类食物易减寿。决定寿命的因素很多，其中饮食具有重要影响。近日，美国《读者文摘》网站总结8类吃多了会短寿的食物。含糖饮料。每天喝680克含糖饮料的成人，死于冠心病的风险是喝得最少的人（每天少于28克）的2倍。每天喝含糖饮料会在细胞层面加速衰老，常饮者寿命缩短4年半。 人工甜味剂。美国普渡大学研究者发现，这种糖会增加患肥胖症、糖尿病和心脏病风险，还会让人患中风和老痴症。				
Eight kinds of food can reduce life expectancy. There are many factors that determine life expectancy, among which diet plays an important role. Recently, Reader's Digest website in the United States summarized eight kinds of foods that would lead to a shorter life. Sugary drinks. Adults who drank 680 grams of sugary drinks a day were twice as likely to die from coronary heart disease as those who drank the least (less than 28 grams a day). Drinking sugary drinks every day accelerates aging at the cellular level and shortens the lifespan of regular drinkers by four and a half years. Artificial sweeteners. Purdue University researchers found that the sugar increases the risk of obesity, diabetes and heart disease, as well as stroke and dementia.				
2. 降坏胆固醇一定要少吃这类食物 Cholesterol must be reduced by eating less of this kind of food.	来源：大纪元 (新闻发布) Source: The Great Era (Press Release)	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 03:50:32 Time: 03:50:32
胆固醇是一种油，它会累积在血管内侧，让血管不断变窄，最终阻塞，从而引发心肌梗塞、脑梗塞等病症。胆固醇分为“好胆固醇”和“坏胆固醇”，我们要做的，其实是减少体内的“坏胆固醇”。然而，想要降低坏胆固醇，并不需要停止摄取含胆固醇的食物；你真正应该少吃的，是另一类食物。 让我们先来了解什么是好胆固醇和坏胆固醇。				
Cholesterol is an oil that accumulates in the inside of blood vessels, narrowing them and eventually obstructing them, leading to myocardial infarction, cerebral infarction and other diseases. Cholesterol is divided into "good cholesterol" and "bad cholesterol". What we need to do is actually reduce the "bad cholesterol" in the body. However, to reduce bad cholesterol, you don't need to stop eating cholesterol-containing foods; what you really should eat less is another kind of food. Let's first understand what good cholesterol and bad cholesterol are.				
3. 苦味食物，各有所长 Bitter food has its advantages.	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 08:52:11 Time: 08:52:11
苦味是大部分人最不喜欢的一个味道，这是因为自然界中的苦味往往是些有毒成分，我们的身体为了保护自己，特意“告诉”味蕾要排斥苦味食物。但苦味食物往往含有特定保健成分，在这个慢性病高发的时代，适当吃些“苦”，反而对健康有重要调节作用。 以苦瓜为代表的葫芦科植物，其中含有多钟不同结构的葫芦素，是很苦的一类成分。黄瓜、丝瓜都属于葫芦科蔬菜，所以有时吃到一根苦黄瓜，千万不要惊讶。				
Bitterness is a taste of the majority of people don't love, this is because of the nature of the bitter taste is often some toxic ingredients, our body in order to protect themselves, specially "tell" to the exclusion of bitter food taste buds. But bitter foods often contain specific health ingredients, in this era of high incidence of chronic diseases, appropriate to eat bitter, but there is an important role in the regulation of health. The balsam pear as the representative of the Cucurbitaceae, which contains a variety of different structures of cucurbitacin, is a kind of composition very bitter. Cucumber, sponge gourd belongs to Cucurbitaceae, so sometimes eat a bitter cucumber, don't be surprised.				
4. 不爱喝牛奶，成年人如何达标奶制品摄入量？ Do not like to drink milk, adults how to meet the standard intake of dairy products?	来源：光明网 Source: Guangming net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 07:52:25 Time: 07:52:25
“吃奶”是婴儿的专利？可不是！《中国居民膳食指南(2016版)》推荐成人每天摄入奶及奶制品300g，如果不愿意喝牛奶，可以试试用奶粉、酸奶、奶酪等奶制品来代替。干酪：浓缩了的固体牛奶干酪又名乳酪、奶酪或芝士，甚至还有音译叫起司。大约每10公斤牛奶才能产出1公斤比较“硬”的奶酪，常见的奶酪含蛋白质高达20%以上，含钙量可达鲜奶的6~8倍左右，B族维生素和维A、维D的含量都高于普通牛奶好几倍。				
"Eating milk" is the patent of infants? No, it is not! The Dietary Guidelines for Chinese Residents (2016 Edition) recommends that adults take in 300 g of milk and dairy products every day. If they are unwilling to drink milk, they can try to use milk powder, yogurt, cheese and other dairy products instead. Cheese: Concentrated solid milk cheese, also known as mashed milk, cheese or cheese, is even transliterated into cheese. About every 10 kilograms of milk can produce one kilogram of "hard" cheese. Common cheese contains more than 20% protein and 6-8 times calcium as fresh milk. The content of B vitamins, vitamin A and vitamin D are several times higher than ordinary milk.				
5. 香港九成曲奇酥卷含基因致癌物 Ninety percent of Hong Kong cookies contain genetic carcinogens	来源：大纪元 (新闻发布) Source: The Great Era (Press Release)	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 19:38:22 Time: 19:38:22
中国新年将至，曲奇、蛋卷、杏仁条和甜酥饼等都是拜年送礼之选。不过消委会测试市面上58款曲奇及甜酥饼样本，结果发现近9成（51款）验出基因致癌物。而所有样本全属“高糖”或“高脂”，而既高糖又高脂的亦达46款。被指致癌物高含量的“泰昌饼家”和“无印良品”相关产品昨日已经下架。食品安全中心表示正跟进有关个案，若评估显示不宜食用会要求停售及回收。				
The Chinese New Year is approaching. Cookies, omelets, almond bars and sweet pastries are all the choices for New Year's greetings. However, the Council tested 58 samples of cookies and pastries on the market and found that nearly 90% (51) of them had detected genetic carcinogens. All samples belonged to "high sugar" or "high fat", while 46 samples were high in both sugar and fat. The products related to "Taichang Bakery" and "Imprinted Good" with high carcinogens were offloaded yesterday. The Food Safety Center said it was following up on the cases and would ask for suspension and recycling if the assessment showed that the food was not suitable for consumption.				
6. 香港消委会抽查：九成礼饼含致癌物“无印良品”等品牌上榜 Hong Kong Consumer Council spot check: 90% of the gift cakes contain carcinogens such as "Muji" and other brands on the list	来源：大公网 Source: Grand public network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 16:38:24 Time: 16:38:24
新春将至，曲奇与蝴蝶酥是港人贺年送礼热门选择。消费者委员会抽查市面58款曲奇及甜酥饼，发现近九成样本含基因致癌物及氯丙二醇（3-MCPD），其中27个同时含有三种污染物。涉及牌子包括“无印良品”曲奇、“德成号”蛋卷、“泰昌饼家”蝴蝶酥。消委会指出，成人一日内吃20块“泰昌饼家”蝴蝶酥，氯丙二醇摄入量已超出欧洲食安标准，雄性生殖系统及肾功能受损。				
As the Spring Festival approaches, cookies and butterfly crisps are popular gifts for Hong Kong people. The Consumer Council sampled 58 cookies and pastries on the market and found that nearly 90% of the samples contained genetic carcinogens and 3-MCPD, of which 27 contained three pollutants at the same time. The brands involved include "Muji" cookies, "Decheng" egg rolls and "Taichang Bakery" butterfly crisps. The Council pointed out that adults ate 20 pieces of "Taichang Cake House" butterfly crisp in one day. The intake of chloropropylene glycol exceeded the European food safety standards, and the male reproductive system and kidney function were impaired.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

反式脂肪酸-微信 Transfat - WeChat

2019-01-16, 共监测到372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 372 WeChat public articles were monitored in 2019-01-16. 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. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 25

日期: 2019-01-16

Repeat Number: 25

Data: 2019-01-16

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

2. 这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近!

重复数: 16

日期: 2019-01-16

Repeat Number: 16

Data: 2019-01-16

These 5 kinds of foods are super-damaged! However, we eat them every day. The more you eat, the more susceptible to uremia!

肾病患者需要低盐、低脂、高维生素饮食, 但方便面则是反其道而行之, 属于高盐、高脂、低维生素食物。除高盐外, 方便面中的人造脂肪(反式脂肪酸), 同样对心血管的伤害很大。对了, 方便面还有防腐剂和香精, 伤害肝肾。

Patients with kidney disease need a low-salt, low-fat, high-vitamin diet, but instant noodles are the opposite, which belong to high-salt, high-fat, low-vitamin food. In addition to high salt, artificial fat (trans fatty acids) in instant noodles is also very harmful to the cardiovascular.

3. 权威! 世界卫生组织最新推荐: 2019年“健康饮食五原则”

重复数: 13

日期: 2019-01-16

Repeat Number: 13

Data: 2019-01-16

authority! The latest recommendation of the World Health Organization: 2019 "Five Principles of Healthy Eating"

油脂也是健康饮食的必要组成, 但吃太多油会增加肥胖、心脏病和中风的风险。反复煎炸的油也含有较多反式脂肪酸, 这些都应该避免食用。含反式脂肪酸多的食物包括: 炸薯条、炸鸡腿、炸油条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。

Oil is also a necessary component of a healthy diet, but eating too much oil increases the risk of obesity, heart disease and stroke. Repeated frying oil also contains more trans fatty acids, which should be avoided. Foods rich in trans fatty acids include French fries, fried chicken legs, fried fries, cakes containing hydrogenated vegetable oil, chocolate, salad dressing, instant noodle sauce and so on.

4. 常吃粗粮好处多, 但你真的适合吃吗? 别让“伪粗粮”毁掉你的健康

重复数: 5

日期: 2019-01-16

Repeat Number: 5

Data: 2019-01-16

It's good to eat coarse grains often, but are you really fit to eat? Don't let "fake roughage" ruin your health

我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为商家会在制作的过程中加入大量的饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高! 虽然粗粮饼干中的纤维含量可能会比普通饼干高, 但因其高油脂、高能量, 所以在摄入的时候一定要控制好量。

The whole grain biscuits we eat are mostly crispy. This is because merchants add a lot of saturated and trans fatty acids to enhance the taste during the production process. This also tends to result in higher fat content in coarse grain biscuits than regular biscuits! Although the fiber content of coarse grain biscuits may be higher than that of ordinary biscuits, due to its high oil and high energy, it is necessary to control the amount when ingesting.

5. 吃它=喝油! 4款主食4道菜, 都是“含油大户”, 你却天天在吃! 健康减油, 学3招

重复数: 3

日期: 2019-01-16

Repeat Number: 3

Data: 2019-01-16

Eating it equals to drinking oil. 4 staple foods and 4 dishes are "oily households", but you are eating them every day! Healthy oil reduction requires 3 coups.

为了让食物变得酥脆可口, “酥”类食物在制作过程中往往会添加起酥油。起酥油是一种常用于甜品中的食品添加剂, 虽能增加口感, 但也不可避免有反式脂肪的存在。起酥油不仅难以被人体代谢且更容易导致肥胖, 还会增加人们罹患心血管疾病、糖尿病等病症的风险。

In order to make the food crispy and delicious, the shortening of the "Crisp" food is often added during the making process. Shortening is a food additive commonly used in desserts. It can increase the taste, but it contains trans fat. Shortening is not only difficult to be metabolized by the human body, but also more likely to cause obesity, and it also increases the risk of cardiovascular diseases and diabetes.

反式脂肪酸-微博 Transfat - Weibo

2019-01-16, 共检测到156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。

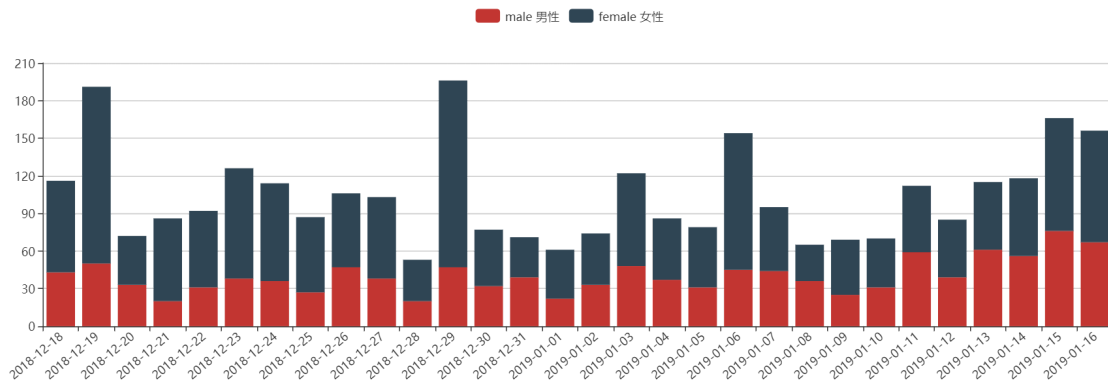
There are 156 weibos about transfat reduction monitored on 2019-01-16.

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!