

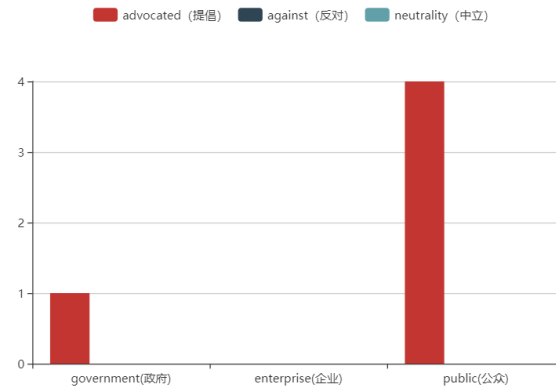
减盐-新闻

Salt Reduction - News

今日 (2018-12-07) 共监测到5条资讯。请点击标题查看原文。

There are 5 articles monitored today 2018-12-07. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food
没有相关文章!
No such articles!
高血压 Hypertension
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
没有相关文章!
No such articles!
综合健康信息 Comprehensive Health Information
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南

Henan

食物中的钠 Sodium in food
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决心工程 Resolve To Save Lives
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安徽
Anhui

食物中的钠 Sodium in food
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心血管健康 Cardiovascular health
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No such articles!

综合健康信息 Comprehensive Health Information				
1. 怀宁健康促进宣传服务活动丰富多彩	来源：安庆市政府信息网	主体：政府	态度：提倡	时间： 17:05:47
Huaining Health Promotion Publicity and Service Activities are rich and colorful	Source: Anqing Municipal Government Information Network	Subject: government	Attitude: advocate	Time: 17:05:47
为积极争创省级健康促进县，扎实推进健康扶贫工作，今年以来，我县健康促进委员会组织多部门联合开展健康促进宣传服务活动，切实提高了群众的健康素养和健康水平。2018年以来，结合重大节假日扎实开展卫生计生知识宣传和健康促进集中宣传活动，先后切实开展了各种活动。今年以来，全县共开展卫生计生宣传和健康促进活动共2600余次，免费发放药品17余万元，免费发放叶酸、避孕药具、宣传折页、健康素养知识画册、生命绿荫健康包、围裙、控油壶、控盐勺、体温计、跳绳、米尺、抽纸、雨伞、茶杯、毛45余万份。				

In order to actively strive for provincial health promotion counties and promote the work of health poverty alleviation, this year, the County Health Promotion Committee has organized multi-sectoral joint health promotion publicity and service activities, effectively improving the health literacy and health level of the masses. Since 2018, in conjunction with major holidays, a series of activities have been carried out to publicize the knowledge of family planning and health promotion. Since this year, there have been more than 2600 health family planning publicity and health promotion activities in the county. More than 170,000 yuan of medicines have been distributed free of charge. Folic acid, contraceptives, leaflets, picture albums of health literacy knowledge, life shade health bags, aprons, oil kettles, salt spoons, thermometers, jumping ropes, rice rulers, paper pumping and umbrellas have been distributed free of charge. More than 450,000 copies of tea cups and wool.

决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

浙江
Zhejiang

食物中的钠 Sodium in food
没有相关文章!
No such articles!
高血压 Hypertension
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No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 7种“伤心”食物要少吃	来源：新华网天津频道	主体：公众	态度：提倡	时间： 17:20:27

餐馆的汤，一碗酸辣汤含的钠，相当于人们每天钠推荐摄入量的4倍，长期喝很可能堵塞动脉。如果你希望享受美味的汤，还是自己在家做为好。番茄沙司，半杯普通的番茄沙司含有830毫克钠。如果你打算吃番茄沙司，一定要仔细看食品标签，选择钠含量低的品类。牛肉干是大家十分喜爱的零食，它不含精制谷物，而且含有大量蛋白质，但钠含量高也不容忽视，这对高血压患者和希望保持心脏健康的人可不是好事。冰激凌，健康成年人每日胆固醇摄入量不应超过300毫克。一杯普通的原味冰激凌就含有130毫克的胆固醇，更不用说其他奶油含量更高的冰激凌了，加上饮食中的肉类等，吃一个冰激凌很容易导致胆固醇超标。

Restaurant soup, a bowl of hot and sour soup, contains four times the recommended daily intake of sodium, and long-term drinking is likely to clog the arteries. If you want to enjoy delicious soup, make it at home. Tomato sauce, half a cup of ordinary tomato sauce contains 830 mg of sodium. If you're going to eat tomato sauce, be sure to read the label carefully and choose the low sodium category. Beef jerky is a favorite snack. It contains not only refined grains, but also a lot of protein. But the high sodium content can not be ignored. It is not good for hypertensive patients and people who want to keep their heart healthy. Ice cream, healthy adults should not consume more than 300 mg of cholesterol per day. A cup of plain ice cream contains 130 mg of cholesterol, not to mention other ice cream with higher butter content, plus meat in the diet and so on. Eating an ice cream can easily lead to excessive cholesterol.

高血压

Hypertension

没有相关文章!

No such articles!

心血管健康

Cardiovascular health

1. [心“病”应该怎么办? 川大华西医院举行“共心声”病友会](#)
[How should heart disease be treated? West China Hospital of Sichuan University holds the "Communist Heart and Sound" Sick Friends'Meeting](#)
- 来源：四川在线 主体：公众 态度：提倡 时间： 14:24:48
- Source: Sichuan Online Subject: public Attitude: advocate Time: 14:24:48

冬天，是老年人心脑血管疾病的高发季节，如果能够提前预防、发现，可以减少很多危险情况的发生。12月5日下午，四川大学华西医院举行“心衰中心‘共心声’病友会”，华西医院心衰多学科管理团队为患者解答了常见疾病有关知识。“病友会”上，华西医院内科贺勇教授提到，心衰是一种需要由多学科综合管理的疾病，不仅涉及到专业的治疗，还与营养、锻炼等因素相关。不过也不要听“心”色变，慢性心力衰竭是可防可治的。

Winter is the season of high incidence of cardiovascular and cerebrovascular diseases in the elderly. If we can prevent and detect them in advance, we can reduce the occurrence of many dangerous situations. On the afternoon of December 5, the "Heart Failure Center's `Common Heart Voice`Club" was held in West China Hospital of Sichuan University. The multidisciplinary management team of heart failure in West China Hospital answered the patients' knowledge about common diseases. At the Sick Friends Association, Professor He Yong, Department of Cardiology, West China Hospital, mentioned that heart failure is a disease requiring comprehensive multidisciplinary management. It involves not only professional treatment, but also nutrition, exercise and other factors. However, do not listen to the "heart" discoloration, chronic heart failure is preventable and treatable.

综合健康信息

Comprehensive Health Information

1. [科学健康用盐社区行](#)
[Scientific and Healthy Salt Community Travel](#)
- 来源：大连天健网 主体：公众 态度：提倡 时间： 07:27:13
- Source: Dalian Tianjian network Subject: public Attitude: advocate Time: 07:27:13

国内食盐市场正式开放近1年，盐的品种多了起来，然而消费者对盐的认知并不足。近日，由大连市消费指导促进会主办，大连盐化集团有限公司、沙河口区市场监督管理局协办的“科学用海盐、营养用海盐、健康用海盐2018社区行”活动举行，指导社区居民如何科学健康地用海盐。大连市消费指导促进会食品安全专家团专家、辽宁师范大学生命科学学院的教授、博士生导师邹伟介绍，吃盐过多对儿童有害处，这种伤害很难恢复。孩子年龄越小，受到的伤害越大。一般而言，1至6岁幼儿食盐量不要超过每日4克。

The domestic salt market has been officially opened for nearly a year, and there are more varieties of salt. However, consumers'awareness of salt is insufficient. Recently, sponsored by Dalian Consumption Guidance and Promotion Association, Dalian Salt Chemical Group Co., Ltd. and Shahekou District Market Supervision and Administration co-sponsored the "Scientific Sea Salt, Nutritional Sea Salt, Healthy Sea Salt 2018 Community Travel" event to guide community residents how to use sea salt scientifically and healthily. Zou Wei, an expert of food safety expert group of Dalian Consumption Guidance and Promotion Association, a professor and doctoral supervisor of the College of Life Sciences of Liaoning Normal University, said that eating too much salt is harmful to children, and it is difficult to recover from this injury. The younger the child is, the greater the harm he will suffer. Generally speaking, children aged 1 to 6 should not eat more than 4 grams of salt per day.

2. [对于骨质疏松症，您了解多少?](#)
[How much do you know about osteoporosis?](#)
- 来源：人民网 主体：公众 态度：提倡 时间： 17:06:49
- Source: People's net Subject: public Attitude: advocate Time: 17:06:49

骨质疏松症是常见的骨骼疾病，是一种以骨量低、骨组织微结构损坏，导致骨脆性增加，易发生骨折为特征的全身性骨病。骨质疏松离我们有多远? 2003年至2006年全国性大规模流行病学调查：年龄超过50岁的人群，以椎体和股骨颈骨密度为基础的骨质疏松症总患病率为：女性20.7%，男性14.4%；据估算，2006年全国50岁以上人群中有约6944万人患有骨质疏松症，约2亿1千万人存在骨量减少。根据我国2013年人口普查，超过60岁的老人约为2.02亿，推测至2050年，这一数字可能上升至4亿，中国骨质疏松症或低骨量患者将达到2.12亿。骨质疏松症对你有何影响?

Osteoporosis is a common bone disease. It is a systemic bone disease characterized by low bone mass and damage of bone tissue micro-structure, resulting in increased bone fragility and prone to fracture. How far is osteoporosis from us? National large-scale epidemiological survey from 2003 to 2006: the total prevalence of osteoporosis based on vertebral and femoral neck bone mineral density among people over 50 years old is 20.7% for women and 14.4% for men; it is estimated that in 2006, about 69.44 million people over 50 years old in China suffered from osteoporosis, and about 210 million people existed. Osteopenia. According to China's 2013 census, the number of elderly people over 60 years old is about 202 million. It is speculated that by 2050, this number may rise to 400 million, and the number of osteoporosis or low bone mass patients in China will reach 212 million. How does osteoporosis affect you?

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-12-07, 共监测到520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 520 WeChat public articles were monitored in 2018-12-07. 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. [想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 8

日期: 2018-12-07

[Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.](#)

Repeat Number: 8

Date: 2018-12-07

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 diet can easily lead to increased blood pressure and hardening of the arteries. And excess sodium needs to be excreted from the kidneys, which increases the burden on the kidneys. The optimal amount of salt that a healthy person can consume through the diet is no more than 6 grams per day, 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.

2. [“吃错盐”也会患重病? 中国疾控专家告诉您其中缘由~](#)

重复数: 6

日期: 2018-12-07

[“Eating the wrong salt” can also cause serious illness? Chinese disease control experts tell you why.](#)

Repeat Number: 6

Date: 2018-12-07

“减盐”核心信息 (一) 认识高盐饮食的危害 食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。 (二) 控制食盐摄入量 中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克。65岁以上老年人应不超过5克。 (三) 使用定量盐勺 少放5%-10%的盐并不会影响菜肴的口味。使用定量盐勺, 尝试用辣椒、大蒜、醋和胡椒等为食物提味。

“Salt reduction” core information. (1) Understand the hazards of high-salt diets. Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach diseases, osteoporosis and obesity. (2) Control salt intake. Chinese residents' dietary guidelines recommend that healthy adults should not consume more than 6 grams of salt per person per day, no more than 2 grams for children aged 2-3, no more than 3 grams for children aged 4-6, and no more than 4 grams for children aged 7-10. The elderly over 65 years old should not exceed 5 grams. (3) Use a quantitative salt spoon. Putting less than 5%-10% of the salt does not affect the taste of the dish. Use a quantitative salt spoon and try to flavor the food with pepper, garlic, vinegar and pepper.

3. [1块钱和10块钱的盐, 到底有什么区别? 小心吃错了惹一身病!](#)

重复数: 4

日期: 2018-12-07

[What's the difference between the salt of 1 yuan a bag and 10 yuan a bag? Be careful to eat the wrong salt!](#)

Repeat Number: 4

Date: 2018-12-07

盐虽然是炒菜必不可少的调味料, 但一个成年人一天摄入的盐最好不要超过6克 (大概就是一满勺的量), 吃太多盐反而对身体有害。盐吃多了, 钠的摄入就多了, 人体会通过尿液排出多余的钠, 排尿的同时, 钙质也会损失一部分, 所以盐吃的越多钙流失的也越多。食盐中的钠离子摄入过多会引起肾上腺和脑组织释放一种因子, 这种因子会使血压升高, 盐吃的越多患高血压的可能性就越大。

Although salt is an essential seasoning for cooking, it is best for an adult to consume no more than 6 grams of salt a day. Eating too much salt is harmful to the body. When the salt is eaten more, the intake of sodium is much higher. The body will drain excess sodium through the urine. At the same time as urinating, calcium will also lose a part. Therefore, the more salt you eat, the more calcium is lost. Excessive intake of sodium ions in salt causes a release of a factor in the adrenal gland and brain tissue, which increases blood pressure. The more salt you eat, the more likely you are to have high blood pressure.

4. [吃惯了重口味, 如何减盐减油减糖, 但又好吃?](#)

重复数: 3

日期: 2018-12-07

[If you are used to a heavy-tasting diet, how to reduce salt, oil and sugar?](#)

Repeat Number: 3

Date: 2018-12-07

以一家三口为例, 每天的盐摄入量不要超过18g/d, 一袋400g的盐就能使用23天。这样也可以大体估算出家里的用盐情况, 逐渐减少用量 用这样的方式, 你在不知不觉中, 就减淡了口味, 很容易执行。代替法 烹饪时用以下调料加重口味, 吃起来, 口感没什么差异。

Normal households should not consume more than 18g of salt per day, and a bag of 400g of salt can be used for 23 days. This can also be used to estimate the salt content at home and gradually reduce the amount. In this way, you will lighten the taste without knowing it, and it is easy to implement. When cooking, the following seasonings are used to aggravate the taste, and there is no significant difference in the taste of the food.

5. [FM107健康| “盐多必失”, 这7大疾病都跟盐有关](#)

重复数: 3

日期: 2018-12-07

[“Excessive salt consumption is harmful to the body.” These 7 major diseases are related to salt.](#)

Repeat Number: 3

Date: 2018-12-07

食盐摄入量高的人群, 高血压的发病率也高。每多吃1克食盐, 就需喝110毫升水与之配成0.9%的“生理盐水”成为体液, 多余的体液进入血管, 血管壁受到的压力也随之增大。多吃盐需多喝水, 多排尿, 会加重肝肾的负担, 血压越高肾功能损害越大, 从而导致慢性疾病。高盐会损害胃黏膜, 腌菜、盐渍食品中产生的亚硝酸盐在胃酸和细菌作用下会转变为致癌物亚硝胺, 易致胃癌。

In people with high salt intake, the incidence of high blood pressure is also high. For every 1 gram of salt you eat, you need to drink 110 ml of water and mix it with 0.9% “salt” to become a body fluid. Excess body fluid enters the blood vessel and the pressure on the vessel wall increases. Excess salt requires more water and more urination, which will increase the burden of liver and kidney. The higher the blood pressure, the greater the damage of liver and kidney, leading to chronic diseases. High salt will damage the gastric mucosa, pickles, salted foods. Nitrite is converted into a carcinogenic nitrosamine under the action of gastric acid and bacteria, which is easy to cause gastric cancer.

减盐-微博 Salt Reduction - Weibo

2018-12-07, 共检测到2454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。

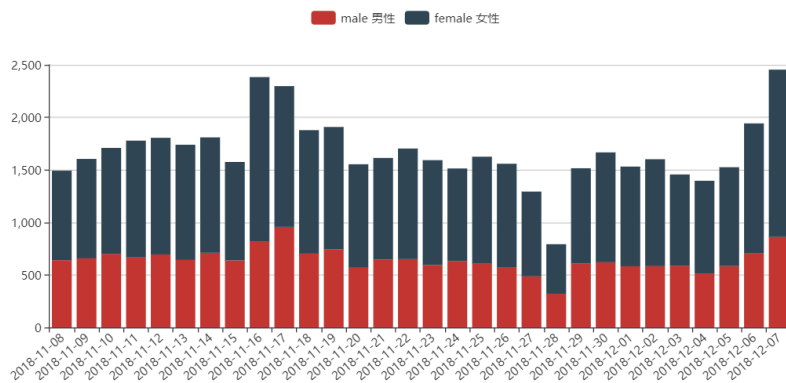
There are 2454 weibos about salt reduction monitored on 2018-12-07.

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

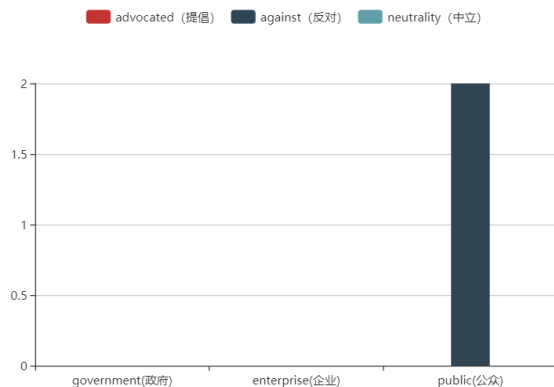
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-12-07) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-12-07. 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. 识破食品标签上的这12个猫腻，再没有食品能忽悠得了你 Know the 12 greasy cats on the food label and no food can fool you.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 16:49:57 Time: 16:49:57
<p>识破食品标签上的这12个猫腻，再没有食品能忽悠得了你。有朋友留言希望讲讲怎么看营养成分表，也有朋友留言时没搞明白能量的单位，误认为400毫升酸奶的能量跟女性一天所需能量接近，吓得都不敢喝酸奶了。今天就跟大家分享一下怎么看食品标签，同时通过12个案例，带大家识破食品标签里的常见猫腻，带大家练就一双慧眼，买到好食品。配料表怎么看？国标GB7718-2011规定，食品中的各种配料应按加入量的递减顺序——排列，就是说食品的主要配料是啥看配料的前几位就知道了。</p> <p>Know the 12 greasy cats on the food label, and no food can fool you. Some friends want to leave a message about how to look at the nutritional composition table, while others do not understand the unit of energy when they leave a message. They mistakenly believe that the energy of 400 milliliters of yogurt is close to that of a woman's daily requirement. They are too scared to drink yogurt. Today, I will share with you how to look at food labels. At the same time, through 12 cases, I will show you how to identify the common cat fatigue in food labels. I will also show you a pair of wisdom eyes and buy good food. What about the ingredient list? National Standard GB7718-2011 stipulates that all kinds of ingredients in food should be arranged in descending order, that is to say, the main ingredients of food should be determined by the first few ingredients.</p>				
2. 廊坊广阳区食药监局开展食品安全进校园活动 Langfang Guangyang District Food and Drug Administration Develops Food Safety Campus Activities	来源：河北新闻网 Source: Hebei News Network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 11:50:55 Time: 11:50:55
<p>近年来媒体妄传、误传食品安全负面报道的消息、视频屡见不鲜，“食品安全素养教育”迫在眉睫，为了提高校园广大师生食品安全意识，普及食品安全科普知识，树立正确的食品安全观念，鼓励学生积极参与食品安全共治，巩固校园食品安全良好态势，广阳区食品药品监督管理局开展了食品安全进校园活动。首先，区食药监局的工作人员以生动活泼的语言、色彩亮丽PPT画面向广大师生深入浅出地讲解了什么是食品安全，目前的食品安全现状，如何选择安全的食品，正确理解看待食品添加剂，如何选择符合标准的午托机构。</p> <p>In recent years, media misinformation and videos about negative food safety reports are common. Food safety literacy education is imminent. In order to improve the food safety awareness of teachers and students on campus, popularize food safety science knowledge, establish correct food safety concepts, and encourage students to actively participate in food safety co-governance. To consolidate the good situation of food safety on campus, Guangyang Food and Drug Administration has launched food safety activities on campus. First of all, the staff of the District Food and Drug Administration explained to the teachers and students what food safety is, the current situation of food safety, how to choose safe food, how to correctly understand and treat food additives, and how to select lunch-care institutions that meet the standards in vivid language and bright PPT pictures.</p>				
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

2018-12-07, 共监测到249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 249 WeChat public articles were monitored in 2018-12-07. 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. 肠道最怕5种食物! 哪个是你的最爱?

[The intestine fears five kinds of food! Which is your favorite?](#)

重复数: 5

日期: 2018-12-07

Repeat Number: 5

Data: 2018-12-07

反式脂肪酸会让食物变得松软可口, 但是过多的反式脂肪酸对肠道健康有损伤作用。人造反式脂肪的主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、能增添食品酥脆口感、易于长期保存等优点, 因此被大量运用于市售包装食品、餐厅的煎炸食品中。含有反式脂肪酸的食物包括油炸食品中的炸鸡、薯条、薯片、方便面、麻花、油酥饼等

Trans fats make food soft and delicious, but too much trans fats can damage intestinal health. The main source of artificial trans fats is partially hydrogenated vegetable oils. Some hydrogenated oils have the advantages of high temperature resistance, non-deterioration, crisp taste and long-term preservation. Therefore, they are widely used in fried foods of packaged foods and restaurants. Foods containing trans fatty acids include fried chicken, French fries, potato chips, instant noodles, twists, pastries and so on.

2. 此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里

[This item kills 500,000 people every year and has been called down by the WHO! It is hidden in the food you eat every day.](#)

重复数: 5

日期: 2018-12-07

Repeat Number: 5

Data: 2018-12-07

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人不浅的东西, 就叫: 反式脂肪! 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! 反式脂肪藏在哪儿? 都在你常吃的食物里 反式脂肪又称反式脂肪酸, 是一大类含有反式双键的脂肪酸的简称。

There is also a common substance in many foods. "Eating a bite is equivalent to eating 7 oils!" This substance is called: trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake. What is even more terrifying is that this anti-human material is almost everywhere! Where is trans fat hidden? It is in the food you eat. Trans fat, also known as trans fatty acid, is the abbreviation for a large class of fatty acids containing trans double bonds.

3. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!

[These six kinds of milk are absolutely not for children to drink, and the second one you may buy every day!](#)

重复数: 3

日期: 2018-12-07

Repeat Number: 3

Data: 2018-12-07

仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不仅不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。

In addition to milk powder and white sugar, the ingredient list also contains non-fat, which contains trans fatty acids, which is not only harmful to children's health, but also affects mental development. And most of the milk tablets are added with flavor, and excessive consumption will affect the health of the child.

4. 辟谣, 味精吃了脱发? 要吃鸡精? 食品真相大揭秘

[Rumors. MSG can cause hair loss? Want to eat chicken powder? The truth about food](#)

重复数: 2

日期: 2018-12-07

Repeat Number: 2

Data: 2018-12-07

因为味精的主要成分是氯化植物油, 所以味精并不是奶制品。但有些奶精会添加从牛奶中提取的酪蛋白, 从这点上来说, 奶精跟奶又能扯上那么一点关系。很多人对奶精畏之如虎, 就是因为它的主要成分氯化植物油——含有的反式脂肪酸对心脑血管有害。

Because the main ingredient of the creamer is hydrogenated vegetable oil, the creamer is not a dairy product. But some creamers add casein extracted from milk. From this point of view, the creamer has a little relationship with the milk. Many people are very scared of the creamer because its main ingredient is hydrogenated vegetable oil - the trans fatty acids contained are harmful to the cardiovascular and cerebrovascular diseases.

5. 忠告: 6种油犹如“索命药”! 劝你最好管住嘴, 别等出了问题才后悔

[Advice: 6 kinds of oil is like "poison"! Advise you to control your diet. Don't regret after you get sick](#)

重复数: 2

日期: 2018-12-07

Repeat Number: 2

Data: 2018-12-07

氢化植物油多以大豆油、菜籽油等植物油为原料, 经过加氢技术得到, 可以用来加工食物, 使之保存时间加长。但是含有氢化植物油的食物都可能含有反式脂肪酸, 过多摄入会增加心脑血管疾病风险。像干层饼、牛角面包、糕点、蛋糕等基本都会使用到它, 所以要多加注意、控制摄入量。反复煎炸的油不仅容易产生反式脂肪酸, 还容易产生氢过氧化物, 致癌物如丙烯酰胺、杂环胺等, 会增加心脑血管疾病、癌症风险, 还易加速衰老。

Hydrogenated vegetable oils are mostly obtained from vegetable oils such as soybean oil and rapeseed oil by hydrogenation technology. It can be used to process food and make it take longer to preserve. However, foods containing hydrogenated vegetable oils may contain trans fatty acids, and excessive intake may increase the risk of cardiovascular and cerebrovascular diseases. It is used in foods such as meringues, croissants, pastries, and cakes. Therefore, we must pay more attention to and control the intake. Repeated frying oil is not only easy to produce trans fatty acids, but also prone to hydroperoxides and carcinogens such as acrylamide, heterocyclic amines, etc., which will increase cardiovascular and cerebrovascular diseases, cancer risk, and accelerate aging.

反式脂肪酸-微博 Transfat - Weibo

2018-12-07, 共检测到56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。

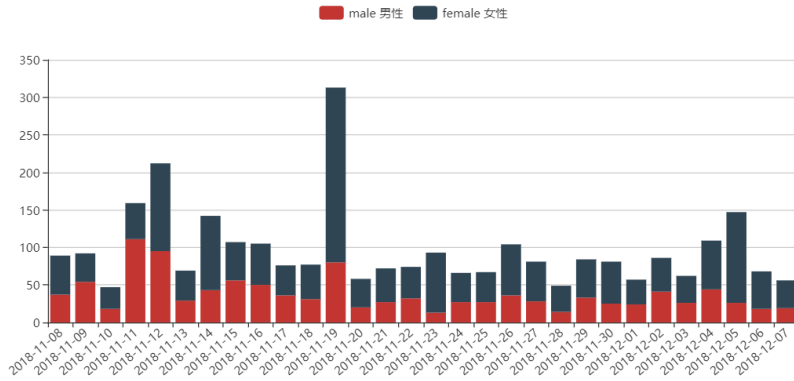
There are 56 weibos about transfat reduction monitored on 2018-12-07.

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!