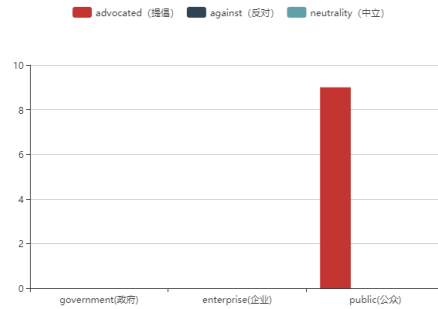


减盐-新闻 Salt Reduction - News

今日 (2019-01-04) 共监测到9条资讯。请点击标题查看原文。

There are 9 articles monitored today 2019-01-04. 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
1. 青岛市疾控中心向全市民发出健康提醒注意预防呼吸道传染病 Qingdao CDC issued health reminders to the citizens of Qingdao to prevent respiratory infectious diseases
来源: 山东周刊 Source: Shandong Weekly
主体: 公众 Subject: public
态度: 提倡 Attitude: advocate
时间: 02:41:36 Time: 02:41:36
流感高发, 雾霾多发, 心梗、脑卒中等心脑血管意外的高发.....日前, 青岛市疾控中心向全市民发出健康提醒, 提醒市民注意防寒保暖, 做好呼吸道传染病、一氧化碳中毒、雾霾、心脑血管病及学生安全等防范措施。一月流感高发, 注意预防呼吸道传染病 一月仍是流感高发季节, 其潜伏期约为1-3天, 急性起病, 通常表现为高热、头痛、肌痛、乏力等中毒症状, 可伴有咽痛、流涕、干咳、胃肠不适等症状。
High incidence of influenza, haze, myocardial infarction, stroke and other cardiovascular and cerebrovascular accidents... Recently, Qingdao CDC issued a health reminder to the city's citizens, reminding them to take precautions against cold and warmth, respiratory infectious diseases, carbon monoxide poisoning, haze, cardiovascular and cerebrovascular diseases and student safety. In January, the flu is very common. The prevention of respiratory infectious diseases in January is still the season with high incidence of influenza. Its latent period is about 1-3 days. Acute onset usually manifests as high fever, headache, myalgia, fatigue and other poisoning symptoms. It can be accompanied by sore throat, runny nose, dry cough, gastrointestinal discomfort and other symptoms.
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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No such articles!
高血压 Hypertension
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决心工程 Resolve To Save Lives
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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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没有相关文章!
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决心工程 Resolve To Save Lives
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No such articles!

浙江
Zhejiang

食物中的钠 Sodium in food
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高血压 Hypertension
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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
没有相关文章!
No such articles!
高血压 Hypertension
1. 别让食盐成为厨房里的毒药2个危害要清楚! Don't let salt become a poison in the kitchen. Make it clear!
来源：中国江西新闻网 Source: China Jiangxi News Network
主体：公众 Subject: public
态度：提倡 Attitude: advocate
时间：13:32:13 Time: 13:32:13
别让食盐成为厨房里的毒药，2个危害要清楚！吃东西太咸对身体健康不利，很容易引起高血压，这是高盐饮食对血压的影响，想要阻止这种情况发生就一定要防治好高血压。在生活上，要注意把握食盐的使用量，这样才能可以保障身体健康。高盐饮食对血压，对身体都有不少的伤害 1.一个人的食盐量跟血压呈现出正比例关系，也就是人体摄取的盐量越多，血压的水平也就越高。有相关数据显示，一天当中摄入食盐的量每增加一克，一个人的平均血压就会上升2毫米汞。
Don't let salt become a poison in the kitchen, two hazards should be clear! Eating too salty food is harmful to health and can easily cause hypertension, which is the effect of high salt diet on blood pressure. If you want to prevent this situation, you must prevent and cure hypertension. In life, we should pay attention to the use of salt, so as to ensure health. High salt diet has a lot of harm to blood pressure. 1. A person's salt intake is positively proportional to blood pressure, that is, the more salt the body takes, the higher the blood pressure level. Relevant data show that an average person's blood pressure rises by 2 mm Hg for every gram of salt intake during the day.
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. 告别甜蜜负担半糖主义食品走俏 Goodbye Sweet Burden Galactose Food
来源：东方财富网 Source: Oriental Wealth Network
主体：公众 Subject: public
态度：提倡 Attitude: advocate
时间：05:51:56 Time: 05:51:56
人们对甜味有生俱来的偏好，往往会忽略因过多摄入糖分给身体带来的危害，如今人们正有意从饮食方面控制糖的摄入量。近日，京东、苏宁等企业先后公布2018年消费大数据报告，其中无糖、半糖型食品销售数据的增长尤为抢眼，同比增速均保持着两位数的增长。当消费者越发重视健康饮食时，主打健康概念的无糖、半糖型食品随之成为潜力股。低糖食品热卖 糖让人们保持愉悦的心情，过多糖分的摄入则会影响健康。当健康饮食的观念逐渐深入人心，消费者开始有意识选购新半糖主义的相关产品。
People have a natural preference for sweetness, often neglecting the harm caused by excessive sugar intake. Now people are intentionally controlling sugar intake from the diet. Recently, Jingdong, Suning and other enterprises have released large consumption data reports for 2018, in which the growth of sugar-free and semi-sugar food sales data is particularly eye-catching, with double-digit growth year-on-year. When consumers pay more attention to healthy diet, sugar-free and semi-sugar-based foods, which are the main concept of health, become potential stocks. Low-sugar foods sell sugar to keep people happy, while excessive sugar intake can affect health. As the concept of healthy diet is gaining popularity, consumers begin to consciously choose products related to neo-galactose.
2. 咖啡致癌，益生菌无益？12位食品科技专家解读 Is coffee carcinogenic and probiotics not beneficial? Interpretation of 12 Food Science and Technology Experts
来源：科学时报 Source: Science Times
主体：公众 Subject: public
态度：提倡 Attitude: advocate
时间：08:52:23 Time: 08:52:23
咖啡真的致癌吗？中国疾病预防控制中心营养与健康所所长丁钢强回答，可以用一句话概括：“不能抛开剂量谈毒性，就算拿咖啡当水喝，也很难达到丙类致癌剂的致癌剂量。”益生菌变成了“无益菌”甚至“有害菌”？复旦大学公共卫生学院教授厉曙光解读，也可以用一句话总结：“实验结果不等于科学结论，一项显示益生菌制剂无效的实验结果并不代表所有益生菌制剂均对人体无益。”2019年1月3日，由中国科学技术协会指导、中国食品科学技术学会主办的“2018年食品安全热点科学解读媒体沟通会”在北京举行。
Is coffee really carcinogenic? Ding Gangqiang, director of the Institute of Nutrition and Health of the China Center for Disease Control and Prevention, replies in one sentence: "We can't discard the dose of toxicity, even if we drink coffee as water, it's very difficult to reach the carcinogenic dose of acrylamide." Has probiotics become "unprofitable" or even "harmful"? Professor Li Shuguang, School of Public Health, Fudan University, can also summarize in one sentence: "The results of the experiment are not equal to scientific conclusions. An experimental result that shows that probiotics are ineffective does not mean that all probiotics are not beneficial to human body." On January 3, 2019, the "Media Communication Meeting on Scientific Interpretation of Food Safety Hotspots 2018" was held in Beijing under the guidance of China Association of Science and Technology and sponsored by China Food Science and Technology Society.

3. [这桌菜有没有勾起心底记忆51道嘉定人心目中的“美食记忆”](#)
[Does this dish evoke the memory of 51 "delicious memories" in Jiading's mind?](#)

来源：东方网
Source: Dongfang net

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 07:58:46
Time: 07:58:46

扳扳手指，离过年只剩下一个月的时间了，年夜饭这顿最重要的饭怎么吃？在哪里吃？确实是一个问题。 对民以食为天的中国人来说，从曾经的定额配给，到如今的网红遍地，在每个人的记忆里，总有一道菜最能打动味蕾，让人每每想起，总有暖暖的回忆。这道菜，可能是浓油赤酱的一碗红烧肉，也可能是青葱碧绿的一盘炒时蔬，当然也可能是一碗晶莹剔透的白米饭…… 昨天，“嘉定一桌菜”发布了51道嘉定人心目中的“美食记忆”。猪肚、红肠、酱牛肉、熏鱼、腰果、核桃仁、老油条、皮蛋……这些食材搭配在一起会成为怎样的一道美食？答案是“嘉定老八样”。

With only one month left before the Spring Festival, how to eat the most important meal of New Year's Eve? Where to eat? It's really a problem. For the Chinese people who live on food, from the quota quota to the Internet, there is always a dish that touches the taste bud most in everyone's memory. It always brings warm memories to people's minds. This dish may be a bowl of red-roasted meat with thick red sauce, a dish of fried vegetables with green onions, or a bowl of crystal clear white rice. Yesterday, "Jiading One Table" released 51 "Food Memories" in Jiading's mind. Pork belly, sausage, sauced beef, smoked fish, cashew nuts, walnuts, old fried sticks, preserved eggs... What kind of food will these ingredients be when they are combined? The answer is "Eight Kinds of Old Jiading".

4. [医生叮嘱：高尿酸多半是吃出来的，不想尿酸超标，这5种食物少碰！](#)
[Doctor's advice: High uric acid is mostly eaten, do not want to exceed the standard uric acid, these five kinds of food touch less!](#)

来源：搜狐
Source: Sohu

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 08:31:35
Time: 08:31:35

医生叮嘱：高尿酸多半是吃出来的，不想尿酸超标，这5种食物少碰！目前，由于饮食因素，高尿酸已逐渐高发，尤其是很多二三十岁的年轻人，很多都出现了高尿酸的现象，若是长期不重视，就很可能导致尿酸过高而诱发痛风性关节炎或痛风性肾结石等症，严重的影响着身体方面的健康。因此，高尿酸的患者需要注意饮食方面的禁忌，譬如以下这些食物最好别吃。 1、酒，酒精是导致人体尿酸升高的主要原因之一，很多人长期大量的饮酒，就会导致痛风疾病的发生，最终会导致体内的尿酸升高，从而诱发高尿酸血症的发生。

Doctors advise: high uric acid is mostly eaten, do not want to exceed the standard uric acid, these five kinds of food touch less! At present, due to dietary factors, high uric acid has gradually increased, especially many young people in their 20s and 30s, many of them have a phenomenon of high uric acid, if long-term neglect, it is likely to lead to excessive uric acid and induce gouty arthritis or gouty kidney stones and other diseases, serious. It affects physical health. Therefore, patients with high uric acid need to pay attention to dietary taboos, such as the following food is best not to eat. 1. Alcohol is one of the main reasons for the increase of uric acid in human body. Many people drink a lot of alcohol for a long time, which will lead to the occurrence of gout disease, and ultimately lead to the increase of uric acid in the body, thus inducing the occurrence of hyperuricemia.

5. [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!](#)

来源：搜狐
Source: Sohu

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 17:27:24
Time: 17:27:24

十大健康警戒线划出来了，寿命长短都由它决定！非常重要！一根皮筋就算有再大的弹性，如果过了弹力的临界值，肯定是会断的。一个气球，如果吹入的气超过它所能承受的范围，是会爆的。人体也一样，有临界值，一旦超过这个临界值，意味着健康亮起了红灯，甚至寿命都开始进入倒计时。健康十大警戒线，今天请专家划出了十条健康警戒线，寿命长短都是由它们决定的，大家不妨对照一下，如果超过了警戒线，可千万要调整一下生活方式了。

Ten health warning lines have been drawn out, and the length of life depends on it! Very important! Even if a leather band has greater elasticity, if it passes the critical value of elasticity, it will definitely break. A balloon will explode if it inflates more air than it can bear. The same is true of the human body. Once the threshold is exceeded, it means that health is on the red light, and even life expectancy begins to enter the countdown. Today, experts are asked to draw out ten health warning lines. Life span is determined by them. You may wish to compare them. If you exceed the warning line, you must adjust your lifestyle.

6. [咖啡致癌？食盐有毒？2018年十大食品安全争议权威解读](#)
[Is coffee carcinogenic? Salt is poisonous? Authoritative Interpretation of Ten Food Safety Disputes in 2018](#)

来源：新华报业网
Source: Xinhua News Network

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 15:33:13
Time: 15:33:13

“非洲猪瘟蔓延，猪肉还能吃吗？”“益生菌成了‘无益菌’？”“咖啡是否致癌”“三文鱼标准之争”……2019年1月3日，由中国食品科学技术学会主办的“2018年食品安全热点科学解读媒体沟通会”举行。在解读会上，来自食品科技领域专家对2018年的食品安全热点进行再解读。 热点一：咖啡真的“致癌”吗？ 2018年4月份，国内多家媒体报道美国洛杉矶一家法院裁决，星巴克和其他几家咖啡公司，在加州销售的咖啡必须贴上癌症警告标签。

"African swine fever is spreading, can pork still be eaten?" "Probiotics become 'non-probiotics'?" "Is coffee carcinogenic", "Salmon standard debate"... On January 3, 2019, the "Media Communication Meeting on Scientific Interpretation of Food Safety Hotspots 2018" sponsored by the Chinese Food Science and Technology Society was held. At the interpretation meeting, experts from the field of food science and technology reinterpreted the hot spots of food safety in 2018. Hot spot 1: Is coffee really "carcinogenic"? In April 2018, domestic media reported that a Los Angeles court ruled that Starbucks and several other coffee companies had to put cancer warning labels on coffee sold in California.

7. [香港食物安全中心公布贺年食品调查结果](#)
[Hong Kong Food Safety Centre announces the results of the New Year Food Survey](#)

来源：人民网
Source: People's net

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 20:54:05
Time: 20:54:05

香港特区政府食物环境卫生署食品安全中心4日公布第一期有关贺年食品的检测结果，约420个样本中，除早前公布的一个糖莲子样本防腐剂含量超出法例标准外，其余样本全部通过检测。 食物安全中心发言人建议消费者需到可靠及卫生的店铺购买贺年食物。购买预先包装的糕点及小食时，要留意包装是否完好和食用期限，也应参考包装上的营养标签，了解食物中的糖、盐（钠）及脂肪等含量，从中作出健康的选择。购买散装食品时，则要注意食物容器是否清洁及店铺员工的个人卫生情况。

The Food Safety Center of the Food and Environmental Hygiene Department of the Hong Kong SAR Government announced the results of the first phase of food testing for the New Year on April 4. Of the 420 samples, all passed the test except one previously published sample containing preservatives that exceeded the legal standard. A spokesman for the Food Safety Center advised consumers to buy New Year's food in reliable and hygienic stores. When purchasing pre-packaged cakes and snacks, we should pay attention to the integrity of the packaging and the duration of consumption. We should also refer to the nutritional labels on the packaging to understand the contents of sugar, salt (sodium) and fat in food and make healthy choices from them. When purchasing bulk food, attention should be paid to the cleanliness of food containers and personal hygiene of shop staff.

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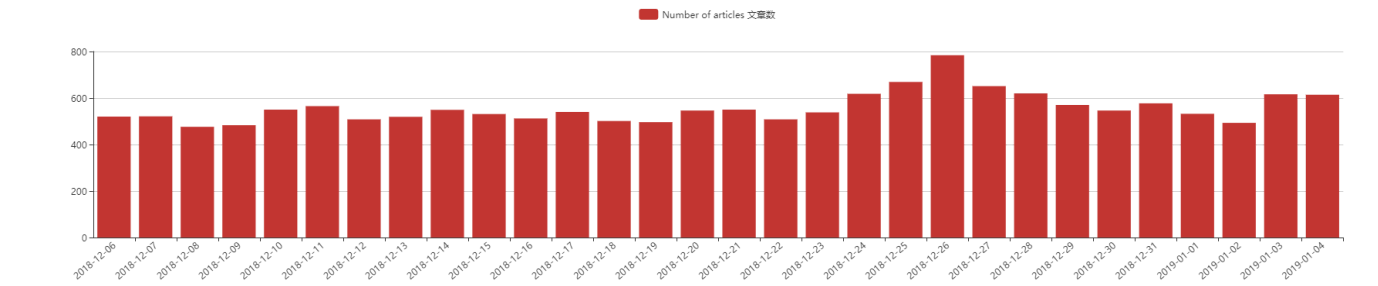
没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-01-04, 共监测到614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 614 WeChat public articles were monitored in 2019-01-04. 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. 36岁男子突然不停口吐鲜血! 医生提醒: 这个小习惯, 关键时刻能保命 A 36-year-old man suddenly kept spitting blood! Doctors remind that this little habit can save your life at the critical moment.	重复数: 8 Repeat Number: 8	日期: 2019-01-04 Data: 2019-01-04
清晨“魔鬼时间”不容小视 上午6点-10点被称为心血管病的“魔鬼时间”, 大部分心血管病都在这个时间段猝发。人在夜间睡眠时, 身体各系统处于半休眠状态, 早上刚醒来, 心跳频率从慢到快, 让血管收缩和凝血的物质增加了, 容易出现血栓, 而醒后猛起身, 容易诱发心脑血管病发生。所以清晨醒后, 最好在床上“赖床”一小会儿, 让人体有个适应过程。 Early morning "Devil Time" can not be underestimated. 6:10 am is referred to as the "devil time" of cardiovascular disease, and most cardiovascular diseases are bursting during this time. When a person sleeps at night, the various systems of the body are in a semi-dormant state. Just woke up in the morning, the heart rate is slow to fast. Vasoconstriction and blood clotting substances are increased, and thrombosis is prone to occur. And after waking up, it is easy to induce cardiovascular and cerebrovascular diseases. So after waking up in the morning, it is best to "lay up the bed" for a little while in the bed, so that people have an adaptation process.		
2. 日本医疗再次被评为全球第一, 中国位居第..... Japan's medical service is once again ranked the first in the world, while China...	重复数: 7 Repeat Number: 7	日期: 2019-01-04 Data: 2019-01-04
少吃盐 日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。 中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。 The Japanese eat very little salt, and the daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academican of the Chinese Academy of Sciences and director of the Department of Cardiology of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear, and it can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns.		
3. 央视曝光! 不吃味精, 鸡精的看看吧! CCTV exposed it! The people who do not eat monosodium glutamate and chicken powder should take a look at it	重复数: 4 Repeat Number: 4	日期: 2019-01-04 Data: 2019-01-04
像控盐一样控味精 饮食以清淡为宜 与食盐一样, 味精中的主要成分谷氨酸钠中含有钠元素, 而过量摄入钠则会导致高血压等心脑血管疾病。因此, 要像控制食盐摄入量一样控制味精。 我国居民膳食指南提倡每人每日食盐量应少于6克。 Controls MSG like salt control. The diet should be talked about. Like salt, sodium glutamate, the main ingredient in MSG, contains sodium, and excessive intake of sodium can cause cardiovascular and cerebrovascular diseases such as high blood pressure. Therefore, it is necessary to control MSG as well as controlling salt intake. The dietary guidelines for residents in China advocate that the amount of salt per person per day should be less than 6 grams. However, the actual intake generally reaches about 10 grams. If you add sodium in MSG, it will be more.		
4. 【健康】吃盐越少就越健康? 未必! 这样做有隐患, 快看! The less salt you eat, the healthier you are? Not necessarily! There are hidden dangers in doing this, look!	重复数: 4 Repeat Number: 4	日期: 2019-01-04 Data: 2019-01-04
健康组织一直以来都在警示人们高盐对健康造成的危害, 摄入过多盐是高血压的重要原因之一, 而高血压可进一步诱发心脏病和中风等更严重危害的发生。 因此, 一般推荐每日不超过6克的食盐摄入量才有利于健康 (具体推荐量上不同时间或不同国家略有差异, 但都在6克左右) 。 Health organizations have been warning people about the health hazards caused by high salt intake. Excessive salt intake is one of the important causes of hypertension, which can further induce more serious hazards such as heart disease and stroke. Therefore, the recommended daily salt intake of no more than 6 grams is generally beneficial to health (specific recommended amount varies slightly at different times or in different countries, but all about 6 grams).		
5. 饭前一口汤, 胜过良药方! A soup before a meal is better than a good prescription.	重复数: 4 Repeat Number: 4	日期: 2019-01-04 Data: 2019-01-04
胖人可在餐前20—30分钟喝一小碗清淡、少油的蔬菜汤, 能增加饱腹感; 高血压患者喝汤要限盐; 痛风患者不适合多喝肉汤、鱼汤、海鲜汤等动物性食品的汤, 因为其中的嘌呤含量较高; 胃肠不好、食欲不振的人通常脂肪消化能力也比较弱, 如果要喝肉汤等, 应该先去掉汤里的大部分浮油。 Fat people can drink a small bowl of light, less oily vegetable soup 20-30 minutes before a meal, which can increase satiety; patients with high blood pressure should limit salt; patients with gout are not suitable for drinking broth, fish soup, seafood Soups such as soups and animal foods, because of the high content of strontium; people with poor gastrointestinal tract and loss of appetite usually have weaker fat digestion ability. If these people want to drink broth, they should first remove most of the oil in the soup.		

减盐-微博 Salt Reduction - Weibo

2019-01-04, 共检测到1654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。

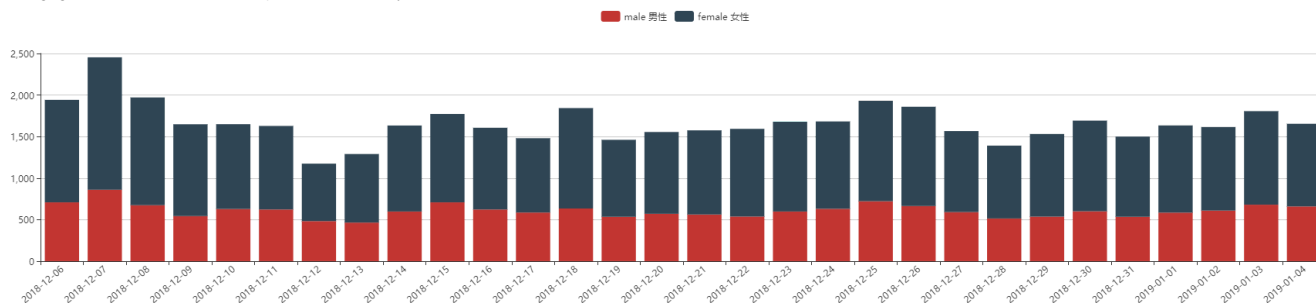
There are 1654 weibos about salt reduction monitored on 2019-01-04.

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

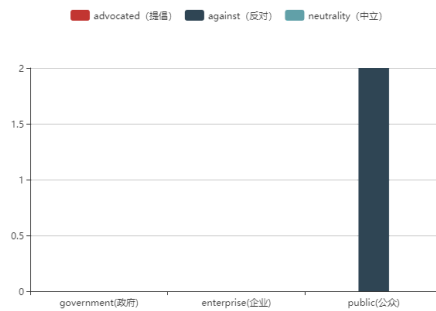
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-04) 共监测到2条资讯。请点击标题查看全文。

There are 2 articles monitored today 2019-01-04. 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	来源: 中国食品科技网 Source: China Food Science and Technology Network	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 10:13:42 Time: 10:13:42
1. 2019年怎么吃? 美国最大的有机超市提出了十个趋势 How to eat in 2019? Ten Trends for America's Largest Organic Supermarket				
2019年已经到来, 食品和饮料行业迫切地想知道接下来会发生什么。隶属亚马逊集团, 在全美有超过450家门店的连锁超市品牌全食超市 (Whole Foods) 就在十几位买家和专家的帮助下, 得出了2019年的10大饮食趋势。另外, 结合其他机构发布的饮食趋势看, 世界风味、人造肉类、重视品牌背后的价值观是最常被提到的饮食趋势。1. 环太平洋风味, 来自亚洲, 大洋洲和南美洲西海岸的风味正受到欢迎。全食超市里的番石榴、火龙果、菲律宾香肠Longaniza、干虾、墨鱼和虾酱等都是值得关注的环太平洋风味产品。				
With 2019 coming, the food and beverage industry is eager to know what will happen next. Under Amazon Group, Whole Foods, a chain supermarket with more than 450 stores in the United States, with the help of dozens of buyers and experts, has identified 10 major food trends in 2019. In addition, according to the dietary trends released by other organizations, world flavor, artificial meat and values behind brand are the most frequently mentioned dietary trends. 1. Circum-Pacific flavors, from Asia, Oceania and the West Coast of South America are being welcomed. Guava, dragon fruit, Philippine sausage Longaniza, dried shrimp, cuttlefish and shrimp sauce in the Whole Food Supermarket are all Pacific Rim flavor products that deserve attention.				

江苏省消保委发布橄榄油比较试验分析报告。一、样品情况，此次比较试验共购买了68款样品，涉及28个已注册品牌和45个经销企业的橄榄油（其中有同一品牌拥有多家进口企业的情况），未纳入品牌计算。本次比较试验的样品以特级初榨橄榄油为主，有56款样品为特级初榨橄榄油，而混合橄榄油有10款样品，另外还有精炼油橄榄油渣油和混合油橄榄油渣油样品各1款。从我省南京、徐州和苏州三个城市的商场、超市以及网络电商平台（天猫商城、京东商城、苏宁易购）购买。

The Consumer Protection Commission of Jiangsu Province issued a comparative test analysis report on olive oil. 1. Sample situation. In this comparative experiment, 68 samples were purchased, involving 28 registered brands and 45 distributors of olive oil (among which the same brand owns many importing enterprises), which were not included in the brand calculation. In this comparative experiment, 56 samples were primary olive oil, 10 samples were mixed olive oil, and 1 sample was refined olive residue and 1 sample was mixed olive residue. Purchase from shopping malls, supermarkets and e-commerce platforms (Tianmao Mall, Jingdong Mall, Suning Easy-to-buy) in Nanjing, Xuzhou and Suzhou.

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

2019-01-04, 共监测到388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 388 WeChat public articles were monitored in 2019-01-04. This page shows the top five articles by repeat number today.

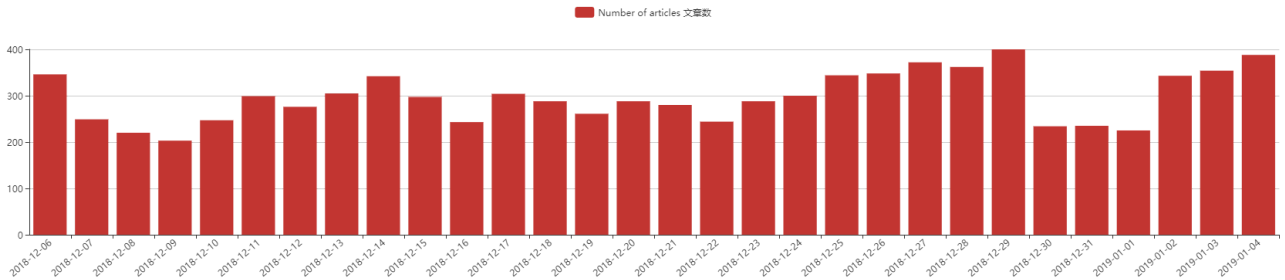
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 【巴东疾控】【新年送健康】2019年最健康的生活方式, 赶紧学起来!

重复数: 15

日期: 2019-01-04

[The healthiest way of life in 2019. Learn it quickly!](#)

Repeat Number: 15

Data: 2019-01-04

使用低钠盐、低钠酱油或限盐酱油, 少放味精。 (4) 少吃腌菜、腌制食品及其他过咸食品。 (5) 少吃零食, 学会看食品标签, 拒绝高盐食品。 减油: 控制烹调油, 每人每天烹调油摄入量25克。

Use low sodium salt, low sodium soy sauce or limited salt soy sauce, less monosodium glutamate. (4) Eat less pickles, pickled foods and other salty foods. (5) Eat less snacks, learn to read food labels and refuse high-salt foods. Oil Reduction: Control cooking oil. Each person's daily cooking oil intake should not exceed 25 grams.

2. 这些食物看着有营养, 其实都被名字骗了!

重复数: 13

日期: 2019-01-04

[These foods look nutritious, but we are all cheated by its name!](#)

Repeat Number: 13

Data: 2019-01-04

小麦粉、精炼植物油、麸皮、白砂糖、起酥油, 配料表中的这几种成分泄露了其本质。面粉为主, 为了改善麸皮造成的粗糙口感, 饼干里加了很多植物油, 不是健康的粗粮制品。 05 坚果饮料大多偷工减料 一罐240毫升的精品型“X个核桃”, 该饮料营养标签标明每100毫升含有蛋白质0.6克, 由此可推断一罐中共有1.44克蛋白质。

The ingredients of wheat flour, refined vegetable oil, bran, white sugar, and shortening in the ingredient list have leaked their essence. Flour is the main raw material. In order to improve the rough taste caused by the bran, a lot of vegetable oil is added to the biscuit, which is not a healthy whole grain product. Most nut drinks are cut corners. A can of 240 ml of a premium "X walnut" nutrition label indicates 0.6 grams of protein per 100 ml, from which a total of 1.44 grams of protein can be inferred in a can.

3. 北京知名医生揭露: 一辈子都不能碰的东西, 你却还傻傻吃.....

重复数: 13

日期: 2019-01-04

[Well-known doctors in Beijing have revealed that you have been eating the foods that you can't touch all your life.](#)

Repeat Number: 13

Data: 2019-01-04

人造奶油 导致心脏病 “人造奶油”是把植物油经过加氢处理后把它变成固体, 模仿天然奶油的形状和味道, 加入一些防腐剂、香精、色素等等, 来达到和天然奶油口感差不多的效果。人造奶油广泛存在我们日常饮食中, 例如奶油蛋糕、奶茶中都含有人造奶油。长期超量食用人造奶油除了可能导致心脏病, 还有可能诱发肿瘤。

Margarine causes heart disease. The vegetable oil is hydrotreated and turned into a solid to mimic the shape and taste of natural cream. Some preservatives, flavors, pigments, etc. are added to achieve the same effect as natural cream. Margarine is widely found in our daily diet, such as cream cakes and milk tea. Long-term over-consumption of margarine may also cause tumors in addition to causing heart disease.

4. 自制零食比买的健康? 真正的健康零食, 要满足这几点!

重复数: 11

日期: 2019-01-04

[Is homemade snacks healthier than buying snacks? Real healthy snacks must satisfy these points!](#)

Repeat Number: 11

Data: 2019-01-04

反式脂肪酸是一类对健康不利的不饱和脂肪酸, 最好不要选择配料表中含有氢化植物油、代可可脂、人造奶油、植物黄油、植脂末等成分的产品。因为这些基本都含有不饱和脂肪酸, 建议选择以天然植物油或天然动物油为原料的产品, 减少宝宝对反式脂肪酸的摄入。

Trans fatty acid is a kind of unsaturated fatty acid which is unhealthy to health. It is better not to choose products which contain hydrogenated vegetable oil, cocoa butter, margarine, vegetable butter and vegetable fat powder in the ingredient list. Because they basically contain unsaturated fatty acids. It is recommended to choose natural vegetable oil or natural animal oil as raw materials to reduce the intake of trans fatty acids of babies.

5. 做好“三减三健”, 筑牢健康基石

重复数: 8

日期: 2019-01-04

[Do a good job of "Sanjiansanjian" and build a solid foundation for health](#)

Repeat Number: 8

Data: 2019-01-04

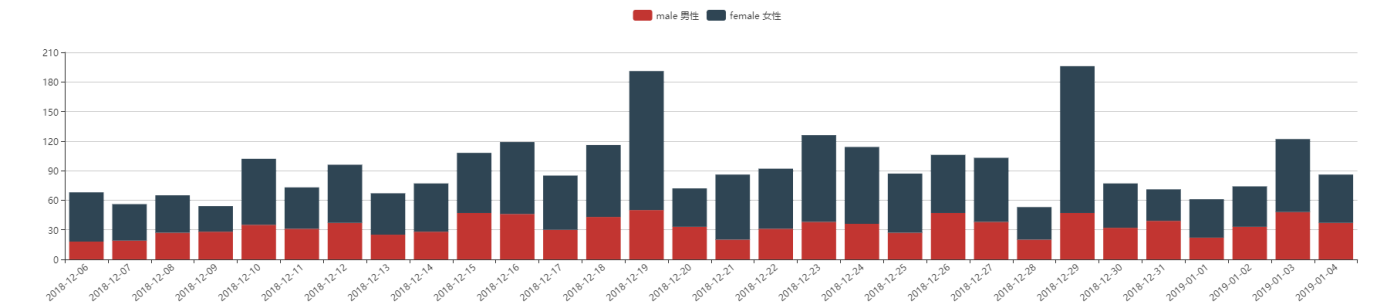
经常更换食用油品种: 减少动物性脂肪的使用数量和频次, 或用植物性油代替, 食用植物性油建议不同种类交替使用。 4、限制反式脂肪酸摄入: 少吃含“部分氢化植物油”、“起酥油”、“奶精”、“植脂末”或“人造奶油”的预包装食品。建议每日反式脂肪酸摄入量不超过2克。

Frequently change the type of edible oil: reduce the amount and frequency of animal fat use, or replace it with vegetable oil. It is recommended to use different kinds of edible vegetable oils alternately. 4. Limit trans fatty acid intake: Eat pre-packaged foods containing "partially hydrogenated vegetable oils", "shortening oils", "creamers", "dairy creamers" or "margarines". It is recommended that the daily trans fatty acid intake should not exceed 2 grams.

反式脂肪酸-微博

Transfat - Weibo

2019-01-04, 共检测到86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 86 weibos about transfat reduction monitored on 2019-01-04.
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 imformation.
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!