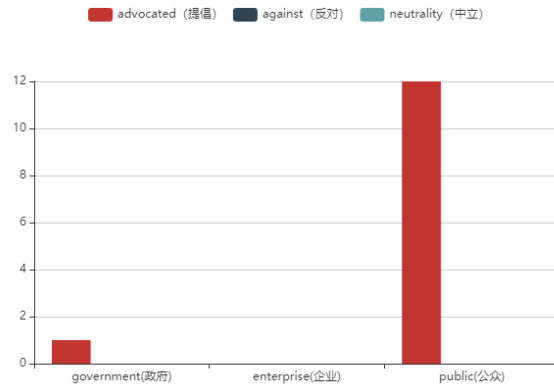


减盐-新闻 Salt Reduction - News

今日 (2019-03-01) 共监测到13条资讯。请点击标题查看原文。
There are 13 articles monitored today 2019-03-01. Please click the title to view full information.
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山东 Shandong

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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!
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综合健康信息 Comprehensive Health Information
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No such articles!

河南 Henan

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安徽
Anhui

食物中的钠 Sodium in food
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浙江
Zhejiang

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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. [台媒：台湾女性10大死因慢性病占7项改掉小习惯可预防](#)
[Taiwanese media: 7 of the top 10 causes of death for Taiwanese women are chronic diseases, which can be prevented by changing small habits](#)

来源：环球网
Source: World Wide Web

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 09:39:20
Time: 09:39:20

据台湾“中央社”报道，根据台湾“健康署”统计，女性10大死因当中，慢性病就占了7项，肥胖、高血脂等代谢症候群，是导致慢性病的主因，建议饮食上少油、盐、糖，多吃天然蔬果，并利用通勤时间养成运动习惯。根据台湾“健康署”统计，2017年台湾女性10大死因中，慢性病就占了7项，包括心脏疾病、糖尿病、脑血管疾病、高血压性疾病、肾炎、肾病症候群及肾病变，其中高血

压、高血糖、高血脂等三高疾病，正是这些慢性疾病的共同危险因素。

According to Taiwan's "Central News Agency", according to Taiwan's "Health Department", chronic diseases account for 7 of the top 10 causes of death among women. Obesity, hyperlipidemia and other metabolic symptoms are the main causes of chronic diseases. It is recommended to eat less oil, salt and sugar, eat more natural vegetables and fruits, and use commuting time to develop exercise habits. According to Taiwan's Health Department, in 2017, 7 of the top 10 causes of death were chronic diseases, including heart disease, diabetes mellitus, cerebrovascular disease, hypertension, nephritis, nephrotic syndrome and nephropathy. Among them, hypertension, hyperglycemia and hyperlipidemia are the common risk factors of these chronic diseases.

心血管健康
Cardiovascular health

1. [年轻人脑溢血猝死发病率飙升六六点病因防病切题](#)

The Incidence of Sudden Death due to Cerebral Hemorrhage in Young People

Source: Yangzhou net

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：06:42:40

Time: 06:42:40

脑梗、脑出血等脑血管疾病曾经被认为是老年人的专利，而如今很多三四十岁的人也出现这类老百姓俗称的中风。前段时间，有个其他科室同事，才四十几岁，上班时发生脑室内出血，幸亏及时手术，目前恢复不错。为什么现在许多年轻人都容易患上脑血管疾病呢？工作压力大。如今不少生活在大城市年轻人，为生活打拼，工作压力巨大，加班熬夜是常态，交感神经长期处于兴奋状态，血管长期处于高压收缩状态。

Cerebral infarction, cerebral hemorrhage and other cerebrovascular diseases were once considered the patent of the elderly, but nowadays many people in their 30s and 40s also suffer from such common people as stroke. Some time ago, there was a colleague in other departments who was only in his forties. He suffered from intraventricular hemorrhage at work. Thanks to timely operation, he has recovered well. Why are many young people susceptible to cerebrovascular diseases nowadays? Work under great pressure. Nowadays, many young people living in big cities are struggling for their lives and working under great pressure. It is normal to stay up late overtime. Sympathetic nerves are in a state of excitement for a long time and blood vessels are in a state of hypertensive contraction for a long time.

2. [心梗装了支架导致终身吃药？心脏支架国外淘汰很久了？医生告诉你真相](#)

Myocardial infarction with stents leads to lifelong medication? Heart stents have been obsolete abroad for a long time? The doctor told you the truth.

Source: Sohu

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：22:53:18

Time: 22:53:18

常常听人说：人固有一死，要么老死，要么病死，但心急的人们喜欢把自己药死。所以很多人在疾病发生时讳疾忌医，宁愿硬扛着，也不愿吃药或积极治疗，不到60岁，也许就已经是老态龙钟，“娇”喘不已。在这当中，胸痛的治疗就常常很让医生头痛，特别像急性心梗这类紧急情况下，治疗前的解释工作总是占用了很多宝贵的时间。

It is often said that people die inherently, either old or ill, but anxious people like to kill themselves with medicine. So many people taboo medical treatment when the disease occurs and prefer to carry it hard rather than take medicine or actively treat it. If they are less than 60 years old, they may already be old-fashioned and panting. Chest pain is often a headache for doctors, especially in emergencies such as acute myocardial infarction. Pre-treatment explanations always take up a lot of valuable time.

综合健康信息
Comprehensive Health Information

1. [猥琐脖、波浪腿的纸片人她居然练出了马甲线！但骨盆明显有问题啊！](#)

The paper man with frivolous neck and wavy legs has developed a vest line! But there's obviously a problem with the pelvis.

Source: Sina.com

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：08:00:24

Time: 08:00:24

有句话不知道你们有没有听过：腹肌都是在厨房练出来的。其实一开始小编也提到过，如果你的体脂够低，你不虐腹都能看出马甲线。这里面的奥秘，自然就是管得住嘴，迈得开腿。所以在饮食上，小编也要跟大家简单说两句。大家都知道，想要减肥是要制定热量缺口的。那么关于饮食，小编不得不嗦两句，想要减肥，就得先找出自己的饮食问题，正常来说，一日三餐是必不可少的。以下几个小原则仙女们要揣进心里哦。

There is a saying I don't know if you have ever heard: abdominal muscles are exercised in the kitchen. In fact, at the beginning, Xiaobian also mentioned that if your body fat is low enough, you can see the waistline without abusing your belly. The mystery here is, of course, to shut up and open your legs. So in the diet, Xiaobian also want to say a few words with you. Everyone knows that to lose weight, you need to make a calorie gap. So about diet, Xiaobian has to make a long sentence. If you want to lose weight, you have to find out your own dietary problems first. Normally, three meals a day is essential. Here are a few small principles fairies should take into account.

2. [新研究称过量吃盐可能导致过敏性皮炎](#)

New research suggests that excessive salt consumption may lead to allergic dermatitis

Source: People's net

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：09:18:01

Time: 09:18:01

众所周知吃盐太多会增加高血压风险。德国一项新研究发现，过量摄入食盐还有可能导致过敏性皮炎。过敏性皮炎又称特应性皮炎，常见症状包括皮肤发痒、红肿及皲裂等。德国慕尼黑理工大学领衔的科研团队在美国《科学·转化医学》杂志上报告说，食盐的主要成分是氯化钠，人体T细胞在氯化钠的作用下会转化成辅助性T细胞中的Th2细胞。

It is well known that eating too much salt increases the risk of hypertension. A new German study has found that excessive salt intake may also lead to allergic dermatitis. Allergic dermatitis is also known as atopic dermatitis. Common symptoms include itching, swelling and chapped skin. The team led by Munich University of Technology in Germany reported in the American Journal of Science Translational Medicine that sodium chloride is the main ingredient of salt, and human T cells can be transformed into Th2 cells in helper T cells under the action of sodium chloride.

3. [孕期怎么吃？孕妈“吃喝指南”来啦！](#)

How to eat during pregnancy? Here comes the "Eat and Drink Guide" for pregnant mothers!

Source: People's net

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：04:19:25

Time: 04:19:25

怀孕后怎么吃可以说是每个孕妈都很关注的话题，也是孕妈必须做好的功课之一。吃多了怕胖，吃少了怕宝宝营养不良。五花八门的营养素，也让诸多准妈妈花了眼。2月25日下午，广州日报健康有约“名医大讲堂”微课特地邀请到广东省妇幼保健院产科主任、主任医师温济英教授，就孕期营养话题为大家——揭秘。

How to eat after pregnancy can be said to be a topic of great concern to every pregnant mother, but also one of the homework that the pregnant mother must do well. Eat more for fear of fat, eat less for fear of baby malnutrition. A variety of nutrients, but also let many mothers-to-be eye-catching. On the afternoon of Feb. 25, Guangzhou Daily invited Professor Wen Jiying, the director of Obstetrics and chief physician of Guangdong Maternal and Child Health Hospital, to discuss the topic of nutrition during pregnancy.

4. [经期、更年期防止粉刺的6个小妙招](#)

Six tips for preventing acne during menstruation and menopause

Source: China Pharmaceutical Network

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：09:29:19

Time: 09:29:19

即使过了青春期，也有很多人为了粉刺而烦恼。2017年有研究显示，治疗粉刺的人三分之一是25岁以上的女性。而且，寻求解决治疗方法的女性比男性多两倍。女性来说，原因在于经期前后和更年期过渡之间的荷尔蒙变化。另外，饮食和压力也是不可忽略的因素。那么，该怎么防治呢？粉刺的形成与年龄无关，包含皮脂腺的毛孔被堵塞后，容易引起细菌的滋生，就会出现痘痘。

Even after adolescence, there are many people who are worried about acne. In 2017, a study showed that one third of acne patients were women over 25 years old. Moreover, there are twice as many women as men seeking solutions. For women, this is due to hormonal changes before and after menstruation and the transition to menopause. In addition, diet and stress are also important factors. So, how to prevent and cure it? The formation of acne has nothing to do with age. When the pore containing sebaceous gland is blocked, it is easy to cause bacterial growth and acne will occur.

5. [武汉30岁女白领咳断三根肋骨，把咖啡当水最多一天喝10杯](#)

A 30-year-old white-collar woman in Wuhan has broken three ribs and drank up to 10 cups of coffee a day as water.

Source: Sohu

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：03:29:50

Time: 03:29:50

一阵剧烈咳嗽过后，30岁女白领竟断了三根肋骨，医生一检查，她的骨龄已相当于60岁老人。原来，她每天把咖啡当水喝，身体出现了严重的骨质疏松。最近一周，武汉市中心医院后湖院区胸外科接连收治两名咳断骨头的年轻病人。30岁的韩笑（化名）是一名外企白领，平时很爱喝咖啡，每天到办公室第一件事就是泡上一杯香浓的咖啡，多的时候一天要喝10杯。最近持续“倒春寒”，韩笑感冒了。

After a severe cough, a 30-year-old white-collar woman broke three ribs. The doctor examined her and found that her bone age was equivalent to that of a 60-year-old man. Originally, she drinks coffee as water every day and suffers from severe osteoporosis. In the past week, two young patients with cough and broken bones were admitted to the Department of Thoracic Surgery of Houhu Hospital, Wuhan Central Hospital. Han Xiao, a 30-year-old white-collar worker in a foreign company, likes coffee very much. The first thing he does when he comes to the office every day is to make a cup of coffee with strong fragrance. In most cases, he drinks 10 cups a day. Recently, Han Xiaoxiao has caught a cold.

6. [国家卫健委启动“减糖”专项行动你的孩子有“甜蜜依赖”吗？](#)

Does your child have a "sweet dependence" when the National Health Commission launches the "sugar reduction" campaign?

Source: Yangtse Evening Post

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：12:04:59

Time: 12:04:59

爱吃甜食的小朋友佳佳（文中儿童均为化名）最近发现学校小卖部的零食少了，她最喜欢的一款奶茶和一种软糖不见了。近日，国家卫健委办公厅印发的《健康口腔行动方案（2019—2025年）》提出，要开展“减糖”专项行动，结合健康校园建设，中小学校和托幼机构限制销售高糖饮料和零食，食堂减少含糖饮料和高糖食品供应。

Jiajia, a dessert-loving child, recently found that snacks in the school canteen were scarce, and her favorite milk tea and a kind of fudge were missing. Recently, the Health Oral Action Plan (2019-2025), issued by the General Office of the State Health and Health Commission, proposed that special actions should be taken to reduce sugar. With the construction of healthy schools, schools and kindergartens should restrict the sale of high-sugar drinks and snacks, and canteens should reduce the supply of sugary drinks and high-sugar foods.

7. 赣州在全省卫生健康宣传工作会议上喜获多项荣誉并作经验介绍 Ganzhou won many honors at the provincial health propaganda conference and introduced its experience.	来源：大江网 Source: Great river network	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间： 10:23:59 Time: 10:23:59
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2月28日，2019年全省卫生健康宣传工作会议在南昌召开。李小才在会上作经验介绍 会上，赣州市卫生健康委党组成员、副主任李小才代表赣州市卫生健康委作了题为《政府主导突出重点突破难点全力推进健康教育与健康促进工作》的经验介绍。 李小才介绍，一直以来，赣州市加大财政投入，打造了中心城区章江新区滨江公园、城市中央公园、赣州公园等“健康主题公园”；打造了20余个宣传健康素养66条为主要内容的健康楼梯、健康走廊、健康长栏。

On February 28, the provincial health promotion conference was held in Nanchang in 2019. At the meeting, Li Xiaocai, a member and deputy director of the Party of Ganzhou Health and Health Commission, made an introduction on behalf of Ganzhou Health and Health Commission on the experience of "Government-led, highlighting key points and breaking through difficulties and making every effort to promote health education and health promotion". Li Xiaocai introduced that Ganzhou has been increasing financial investment to build "health theme parks" such as Binjiang Park, City Central Park and Ganzhou Park in Zhangjiang New District of the central city, and to build more than 20 health staircases, health corridors and health columns with 66 health literacy promotions as the main content.

8. 晚餐常在外吃易引发肥胖 Often eating out at dinner can lead to obesity.	来源：中国经济网 Source: China Economic Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:38:01 Time: 09:38:01
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工作日的晚餐吃什么，令很多早出晚归的上班族头疼。一些上班族下班已经是晚上五六点，碰上加班，饭点时间更不固定，多数人选择叫外卖、吃快餐凑合。上班族忽略早餐，草草应付午餐，晚餐吃重油重盐，长此以往不仅导致发胖，还影响身体各项机能。 建议大家，无论多忙都要保证每日三餐营养合理搭配，少油少盐，尽量用鸡、鸭、鱼以及其他肉类、鸡蛋、蔬菜等食材自己烹饪晚餐，这些食物能提供人每天身体所必需的营养元素。

What to eat for dinner on weekdays is a headache for many office workers who get up early and return late. Some office workers are already off work at 5 or 6 p.m., when they come to work overtime, the time for meals is more irregular. Most people choose to order takeout and eat fast food to make up for it. Workmen neglect breakfast, rush to lunch and eat heavy oil and salt for dinner. In the long run, it not only causes obesity, but also affects various functions of the body. It is suggested that no matter how busy you are, you should ensure a reasonable nutritional mix of three meals a day, with less oil and salt, and try to cook your own dinner with chicken, duck, fish and other meat, eggs, vegetables, which can provide the necessary nutrients for your body every day.

9. 保护肾脏万不可大意 Protecting kidneys should never be negligent	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:41:40 Time: 09:41:40
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过年过节、社交应酬时，少不了推杯换盏、大快朵颐。醉酒伤肝、暴饮伤胃、劳累伤心.....偏偏肾脏受伤了容易被人们忽视。甚至有人调侃，人有两个肾，放弃一个不会伤及性命。但是，肾脏出了问题可是“要命”的。《美国肾病学会临床杂志》近日刊文指出，一瓶果汁、一杯美酒、一粒药丸，你吃进去的这些在身体里累积久了，对肾脏来说都可能是“毒药”。 坚强的肾脏很能扛病。肾脏是一对蚕豆状的器官，约有两个拳头大小，位于腹膜后脊柱两旁的浅窝中。

During the Spring Festival and social entertainment, it is necessary to change cups and eat fast. Drunk hurts the liver, gluttony hurts the stomach, fatigue hurts the heart... Kidney injury is easy to be neglected. Some even joke that a person has two kidneys and giving up one will not hurt his life. But kidney problems are deadly. A bottle of fruit juice, a glass of wine and a pill have been accumulated in the body for a long time, which may be a "poison" to the kidney, according to a recent article in the Journal of Clinical Nephrology of the American Society of Nephrology. Strong kidneys can carry diseases. The kidney is a pair of broad bean organs, about the size of two fists, located in the shallow fossa on both sides of the retroperitoneal spine.

10. 薯片风靡全球国家推出薯片税为解决儿童亚健康健康问题 Potato chips are popular all over the world. Potato chips tax is introduced to solve children's sub-health problems.	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 12:42:54 Time: 12:42:54
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三月不减肥，四月徒伤悲.....”春暖花开，搁置一冬的减肥计划再度变得炙手可热。让减肥人士闻之色变的薯片，可算得上是“存在即合理”的经典零食了，一方面几乎所有人都知道它是“减肥杀手”，无益于健康，另一方面它又是全世界最受欢迎的零食，年销量数十亿包。

No weight loss in March, no sorrow in April..." With the spring blossom blooming, the weight loss plan that has been shelved for a winter has become hot again. Potato chips, which make people lose weight discolored, can be regarded as a classic snack of "being is reasonable". On the one hand, almost everyone knows that it is a "weight loss killer" and not conducive to health. On the other hand, it is the most popular snack in the world, with annual sales of billions of packs.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信 Salt Reduction - WeChat

2019-03-01, 共监测到507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 507 WeChat public articles were monitored in 2019-03-01. This page shows the top five articles by repeat number today.

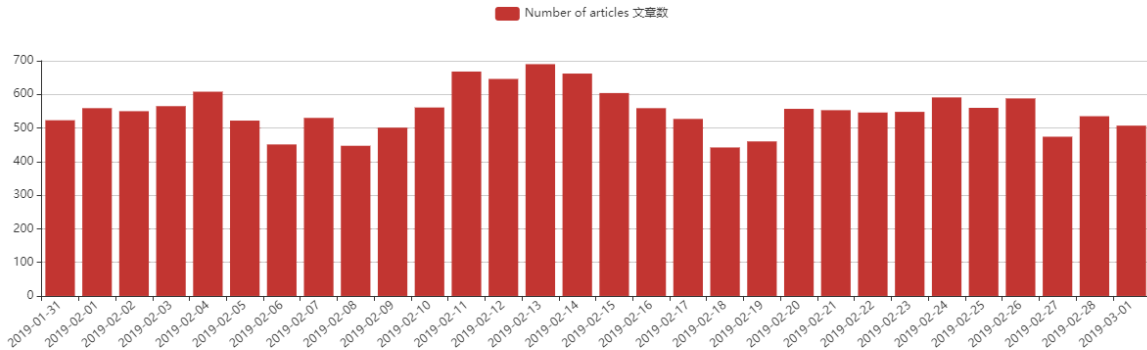
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [【健康】常见的用盐“雷区” 您中招了吗?](#)

重复数: 22

日期: 2019-03-01

[Do you enter the "forbidden areas" of eating salt?](#)

Repeat Number: 22

Data: 2019-03-01

“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。

Core information of "salt reduction" (1) Understand the hazards of high-salt diet. Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach disease, 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. Older people over 65 should not exceed 5 grams.

2. [身体出现这5个迹象, 提醒你吃盐太多了!](#)

重复数: 12

日期: 2019-03-01

[These five signs remind you that you eat too much salt!](#)

Repeat Number: 12

Data: 2019-03-01

如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水的含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂饮。如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.

3. [医生说的“清淡”到底是什么? 一份饮食清单告诉你答案。](#)

重复数: 4

日期: 2019-03-01

[What exactly is the "light" doctor said? A diet list tells you the answer.](#)

Repeat Number: 4

Data: 2019-03-01

建议成人每日摄入盐的量不超过6克。日常炒菜时, 可以在菜肴快出锅时再加盐, 既保证味道又减少食盐用量。除盐之外, 味精、鸡精等增鲜产品, 以及酱油、豆酱等所有咸味调味品也都含有大量钠, 应少吃。适当吃辣可以增加食欲, 但过辣容易刺激消化系统, 让人遭受上火、口腔溃疡、便秘等问题, 影响代谢。

Adults are advised to consume no more than 6 grams of salt per day. When cooking, you can add salt when the dishes are out of the pan, which not only ensures the taste but also reduces the amount of salt used. In addition to salt, MSG, chicken essence and other fresh-keeping products, as well as all the salty seasonings such as soy sauce and bean paste, also contain a lot of sodium, which should be eaten less. Appropriate eating can increase appetite, but too spicy can easily stimulate the digestive system, causing problems such as getting angry, mouth ulcers, constipation, and affecting metabolism.

4. [日本人长寿全球第一! 10个秘诀中9个与吃有关!](#)

重复数: 2

日期: 2019-03-01

[Say I live longevity in the world! Nine of the 10 tips are about eating!](#)

Repeat Number: 2

Data: 2019-03-01

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。而我们最近几年才开始鼓励限盐、少盐。此外, 日本人非常注意从饮食的方方面面控盐: 比如不喝太多的味增汤, 吃拉面时不喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。

As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns. In recent years, we have only begun to encourage salt restriction and less salt. In addition, the Japanese pay great attention to salt control in all aspects of diet: for example, do not drink too much soup, do not drink soup when eating noodles; stir-fry, stew and finally put salt, so as to minimize salt intake.

5. [【科学育儿】儿科医生总结: 15个婴儿护理绝招, 让爸爸妈妈少走弯路! 收藏!](#)

重复数: 2

日期: 2019-03-01

[Pediatrician Summary: 15 baby care tricks make Mom and Dad make fewer mistakes!](#)

Repeat Number: 2

Data: 2019-03-01

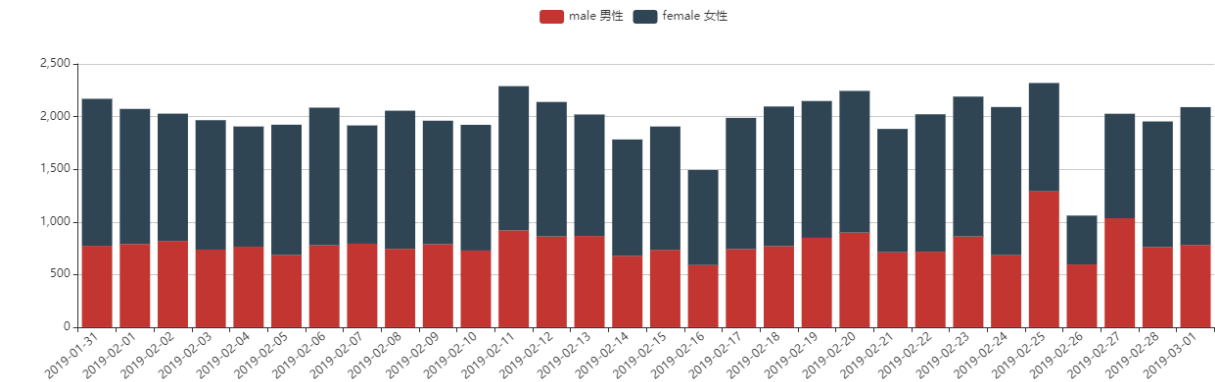
虽然, 母乳或婴儿配方奶、米粉不是咸味, 并不意味着没有钠和氯离子, 只不过不是食盐(氯化钠)而已。过早给孩子加食盐, 致使钠摄入过多, 增加今后高血压和心血管疾病的风险。早期加糖增加出现龋齿的风险。

Although breast milk or infant formula and rice flour are not salty, it does not mean that there is no sodium or chloride, but it is not salt (sodium chloride). Adding salt to your child too early can lead to excessive sodium intake and increase the risk of future hypertension and cardiovascular disease. Early sugar addition increases the risk of dental caries.

减盐-微博

Salt Reduction - Weibo

2019-03-01, 共检测到2090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 2090 weibos about salt reduction monitored on 2019-03-01.
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!

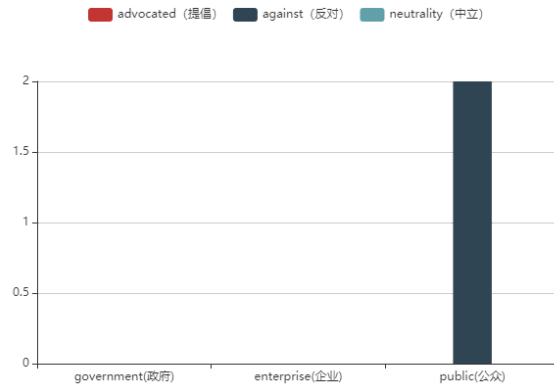
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-03-01) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-03-01. 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. 亚硝酸盐、反式脂肪酸、汽水，这些常见食物比高糖食品更不健康！ Nitrite, trans fatty acids, soda, these common foods are more unhealthy than high-sugar foods!	来源：搜狐	主体：公众	态度：反对	时间： 10:20:14
	Source: Sohu	Subject: public	Attitude: against	Time: 10:20:14
<p>亚硝酸盐、反式脂肪酸、汽水，这些常见食物比高糖食品更不健康！ 虽然我们知道每个人对健康、不健康有着不同的定义与理解，但很明显的是每种食物对于我们身体的影响皆有所不同，而基于营养学专家所建议，若想要远离初老，最好的方式就是戒糖！戒糖不只好处多多，还能使人越变越年轻，但除了饮料、甜点含糖，我们身边常见的食物，很多都不健康，甚至含糖食物还要可怕好几倍，快来看看究竟有哪些食物是我们必须避开的！</p>				
<p>Nitrite, trans fatty acids, soda, these common foods are more unhealthy than high-sugar foods! Although we know that everyone has different definitions and understandings of health and unhealth, it is obvious that every kind of food has different effects on our body. Based on the advice of nutrition experts, if you want to stay away from your early age, the best way is to give up sugar! Sugar cessation not only has many benefits, but also makes people younger and younger. But in addition to beverages and desserts containing sugar, many of the common foods around us are unhealthy. Even sugary foods are several times more terrible. Let's see what foods we have to avoid!</p>				
2. 如果真的爱孩子，就别让4种食物出现在早餐里，对健康没好处 If you really love your children, don't let four kinds of food appear in your breakfast. It's not good for your health.	来源：搜狐	主体：公众	态度：反对	时间： 14:20:51
	Source: Sohu	Subject: public	Attitude: against	Time: 14:20:51
<p>如果真的爱孩子，就别让4种食物出现在早餐里，对健康没好处。都说一天之计在于晨，对于处于身体发育期的孩子来说，吃一顿健康优质的早餐很重要。一顿丰富的早餐最好能把蛋奶、蔬菜、水果、全谷物等食物都包含进去，这样既能给孩子补充营养，又能给他一天的学习提供能量。 不过判断一个孩子的早餐吃得好不好，关键还得看他吃些什么。如果您真的疼爱自己的小孩，最好不要让以下4种食物出现在他的早餐之中。</p>				
<p>If you really love your children, don't let four kinds of food appear in breakfast, which is not good for your health. It is said that a day's plan lies in the morning. It is very important for children in their physical development to have a healthy and good breakfast. A rich breakfast is best to include eggs, milk, vegetables, fruits, whole grains and other foods, which can not only supplement the nutrition of the child, but also provide energy for his day's study. But the key to judging a child's breakfast is what he eats. If you really love your child, it's best not to let the following four foods appear in his breakfast.</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

2019-03-01, 共监测到398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 398 WeChat public articles were monitored in 2019-03-01. This page shows the top five articles by repeat number today.

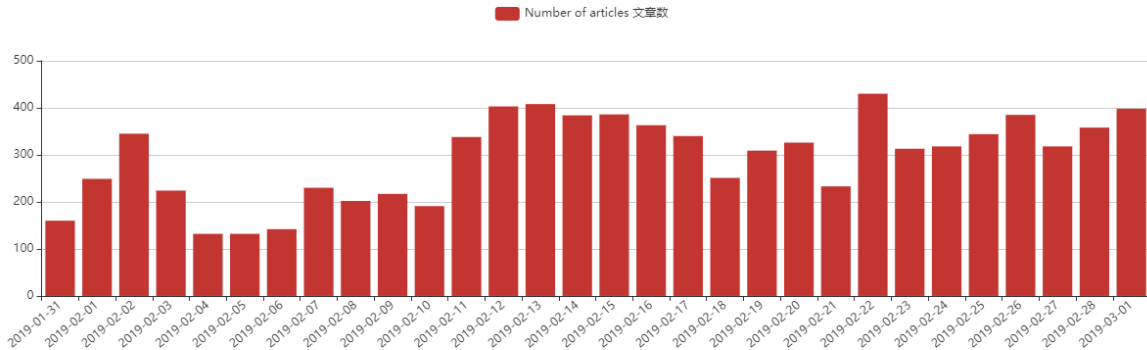
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 大脑最爱的食物, 核桃只排第4名, 第1名谁都想不到!

重复数: 52

日期: 2019-03-01

Repeat Number: 52

Data: 2019-03-01

[Among the brain's favorite foods, walnuts rank only 4th, the first one is unexpected!](#)

黑芝麻中含有的脂肪大多数为不饱和脂肪酸, 不饱和脂肪酸被认为拥有延年益寿的神奇功效。常吃黑芝麻可以帮助人们预防和治疗胆结石, 同时还有延年益寿、健脑益智的作用。除了上面介绍的这些对大脑有益的食物, 还有一些常见的食物可能会对大脑健康发展有不健康的影响。保持大脑健康少吃这些 这些食物中含有大量的饱和脂肪、反式脂肪或是糖, 容易造成血脑屏障构造受损, 加速认知功能以及记忆力的退化。

Black sesame contains most of the fat is unsaturated fatty acid, unsaturated fatty acid is considered to have a magical effect of longevity. Often eating black sesame can help people prevent and treat gallstones, but also has the effect of prolonging life, brain and intelligence. In addition to these brain-friendly foods mentioned above, there are some common foods that may have unhealthy effects on brain health. Keeping the brain healthy and eating less of these foods contain a lot of saturated fat, trans fat or sugar, which can easily cause damage to the blood-brain barrier structure, accelerate cognitive function and memory degradation.

2. 被奶茶毁掉的中国姑娘

重复数: 22

日期: 2019-03-01

Repeat Number: 22

Data: 2019-03-01

[Chinese girl destroyed by milk tea](#)

所谓的奶精, 主要成分是氢化植物油, 是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说: 别看有植物两字, 其实含的饱和脂肪酸比猪油还多! 经过人工氢化之后, 还会产生大量的反式脂肪酸! 反式脂肪酸对人体危害极大, 不仅会增加心血管疾病和糖尿病的风险, 还会影响儿童神经系统发育。

The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Don't look at its name containing plants, but actually contain more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

3. 面包好吃却五毒俱全, 家里有孩子的都看看! ! 吃前请三思!

重复数: 22

日期: 2019-03-01

Repeat Number: 22

Data: 2019-03-01

[The bread is delicious but all five poisons, and the family has a look! ! Please think twice before eating!](#)

几乎每种面包都需要用黄油。现在基本上都用的是人造黄油。不光是那些便宜的小面包房, 许多知名的连锁店也如此。纯正的天然黄油一般靠进口, 需要1万多一吨, 可人造黄油只要6000左右。人造黄油中含有大量的反式脂肪酸。反式脂肪酸会增加人患糖尿病、心脑血管疾病的风险, 还更容易使人发胖。有“酥油、起酥油、植物起酥油、植物脂肪、人造黄油、麦淇淋、植脂末、奶精”等字眼的统统不要买。

Almost every kind of bread needs butter. Margarine is basically used now. Not only are those cheap bakeries, but so are many well-known chain stores. Pure natural butter is generally imported, it needs more than 10,000 tons, and margarine is only about 6,000. Margarine contains a lot of trans fatty acids. Trans fatty acids increase the risk of diabetes, cardiovascular and cerebrovascular diseases, and are more likely to make people fat. Do not buy the words "ghee, shortening, vegetable shortening, vegetable fat, margarine, margarine, non-dairy creamer, creamer".

4. 女子咳嗽, 结果3根肋骨断了! 一天最多能喝10杯咖啡, 医生说...

重复数: 10

日期: 2019-03-01

Repeat Number: 10

Data: 2019-03-01

[The woman coughed and the 3 ribs broke! She can drink up to 10 cups of coffee a day.](#)

速溶咖啡是从焙炒的咖啡豆中提取有效成分后, 经过干燥而成的粉末, 通常被制成三合一的咖啡饮品, 添加大量的白砂糖、植脂末和食用香精。植脂末的主要成分为葡萄糖浆、氢化植物油, 而氢化植物油含有对健康不利的反式脂肪酸, 应避免经常食用。建议: 有条件者可喝现磨纯咖啡, 若图方便可选择喝不添加糖和植脂末的纯速溶咖啡, 尽量减少饮用三合一咖啡。

Instant coffee is a dried powder obtained by extracting the active ingredients from roasted coffee beans. It is usually made into a three-in-one coffee drink, adding a large amount of white sugar, non-dairy cream and food flavor. The main component of the non-dairy creamer is glucose syrup, hydrogenated vegetable oil, and hydrogenated vegetable oil contains trans fatty acids that are not good for health and should be avoided. Suggestion: Those who have the condition can drink freshly ground coffee. If the figure is convenient, you can choose to drink pure instant coffee without adding sugar and non-dairy cream, and try to reduce the consumption of three-in-one coffee.

5. 【生活服务】30岁女白领咳断三根肋骨, 骨龄已60岁...只因把这东西当水喝!

重复数: 6

日期: 2019-03-01

Repeat Number: 6

Data: 2019-03-01

[\[Life Service\] A 30-year-old female white-collar coughed and broke three ribs. Her bone age was 60 years old. Just because she drinks it as water!](#)

速溶咖啡是从焙炒的咖啡豆中提取有效成分后, 经过干燥而成的粉末, 通常被制成三合一的咖啡饮品, 添加大量的白砂糖、植脂末和食用香精。植脂末的主要成分为葡萄糖浆、氢化植物油, 而氢化植物油含有对健康不利的反式脂肪酸, 应避免经常食用。

Instant coffee is a powder made from dried roasted coffee beans and dried. It is usually made into three in one coffee drink, adding lots of sugar, fat and flavors. The main ingredients of vegetable fat powder are glucose syrup and hydrogenated vegetable oil. Hydrogenated vegetable oil contains trans fatty acids which are harmful to health. It should be avoided to eat frequently.

反式脂肪酸-微博 Transfat - Weibo

2019-03-01, 共检测到140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。

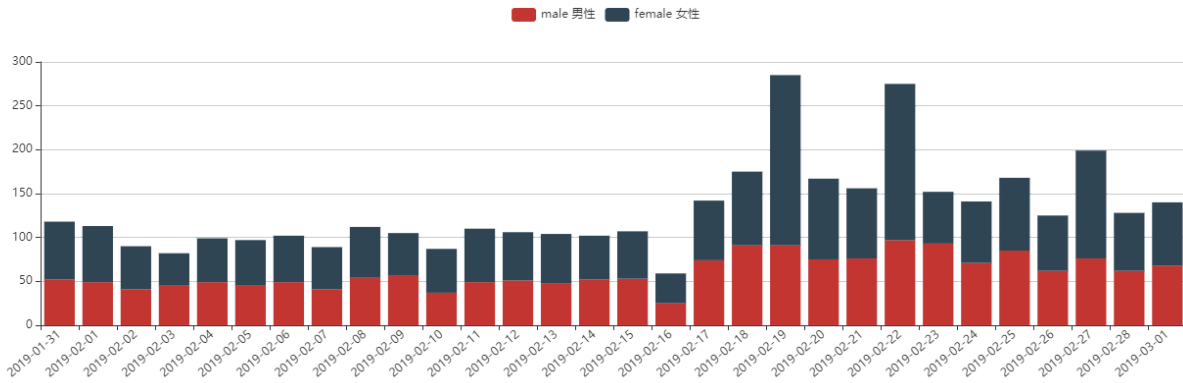
There are 140 weibos about transfat reduction monitored on 2019-03-01.

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!