

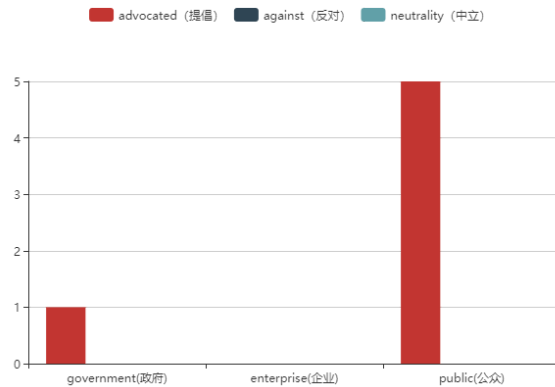
## 减盐-新闻

### Salt Reduction - News

今日 (2018-11-04) 共监测到6条资讯。请点击标题查看原文。

There are 6 articles monitored today 2018-11-04. 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

1. [大汶河旅游开发区卫生院组织开展“全国高血压日”宣传活动](#)

来源: 健康报

主体: 政府

态度: 提倡

时间: 16:07:28

[Brunei river tourism development zone institutes of organization to carry out the "national hypertension day" campaign](#)

来源: 健康报

Subject: government

Attitude: advocate

Time: 16:07:28

为推进全镇高血压防治工作, 进一步提升居民健康素养水平, 山东省安丘市大汶河旅游开发区卫生院组织有关部门和单位开展了以“知晓您的血压”为主题的“全国高血压日”宣传活动。当日, 该卫生院派出多名专业人员, 在医院所在地门口设立了“全国高血压日”宣传咨询站。活动现场, 悬挂了主题宣传条幅, 摆放了内容丰富的高血压防控知识及减盐技巧宣传展版。同时, 向过往群众散发《高血压防治知识》、《知晓您的血压共同参与防控》宣传单, 《盐与高血压》宣传知识手册, 《远离高血压 从控盐开始》、《和谐我生活 健康中国人》宣传折页等宣传资料。为群众提供义诊服务, 向群众发放限盐勺、限盐罐等健康支持工具, 指导群众了解自己的血压状况, 掌握控制血压的方法, 养成健康的生活方式, 解答群众的有关咨询问题等。

In order to promote the prevention and treatment of hypertension in the whole town and further improve the health literacy level of residents, the Health Hospital of Dawenhe Tourism Development Zone, Anqiu City, Shandong Province, organized relevant departments and units to carry out "National Hypertension Day" propaganda activities with the theme of "Knowing Your Blood Pressure". On that day, the hospital dispatched a number of professionals and set up a "National Hypertension Day" publicity and consultation station at the entrance of the hospital. At the event site, banners were hung for thematic publicity and exhibition boards with rich knowledge of hypertension prevention and control and salt reduction techniques were displayed. Meanwhile, publicity materials such as "Knowledge of Hypertension Prevention and Control", "Know Your Blood Pressure Jointly Participate in Prevention and Control", "Salt and Hypertension" publicity knowledge manual, "Starting from Salt Control to Keep away from Hypertension" and "Harmonious Life and Healthy Chinese" are distributed to the past. Provide free clinic services for the masses, distribute health support tools such as salt spoon and salt pot to the masses, guide the masses to understand their blood pressure status, master the methods of controlling blood pressure, develop a healthy lifestyle, and answer the relevant consultation questions of the masses.

##### 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

没有相关文章!

No such articles!

##### 高血压

###### Hypertension

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安徽  
Anhui

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浙江  
Zhejiang

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1. <a href="#">吃醋易致骨质疏松? 真相正相反</a>	来源：人民网温州视窗	主体：公众	态度：提倡	时间：09:15:07
<a href="#">Jealous easily cause osteoporosis?The truth is the opposite</a>	来源：人民网温州视窗	Subject: public	Attitude: advocate	Time: 09:15:07

国家卫生健康委员会发布首个骨质疏松症流行病学调查，显示骨质疏松症已成为我国中老年人人群的重要健康问题，50岁以上人群骨质疏松症患病率为19.2%。中老年女性骨质疏松问题尤为严重，高达32.1%，65岁以上女性的骨质疏松症患病率更是达到51.6%。广州市第一人民医院关节外科肖文德副主任医师表示，骨质疏松是常见的骨骼性疾病，以骨量减少、骨组织结构破坏为特征，骨骼变得脆弱，易发生骨折。在多数成年人中，尤以绝经后妇女为主，骨密度会随年龄逐渐下降，骨质疏松症的患者，骨量流失速度更会加快。单纯补钙难预防骨质疏松。

The first epidemiological survey of osteoporosis released by the National Health Commission shows that osteoporosis has become an important health problem for the middle-aged and elderly people in China. The prevalence rate of osteoporosis among people over 50 years old is 19.2%. The problem of osteoporosis is particularly serious in middle-aged and elderly women, up to 32.1%, and the prevalence of osteoporosis in women over 65 years old is 51.6%.Xiao Wende, deputy director of joint surgery of Guangzhou First People's Hospital, said that osteoporosis is a common skeletal disease, characterized by bone loss and destruction of bone structure. Bone becomes fragile and prone to fracture. In most adults, especially in postmenopausal women, bone mineral density decreases with age. In osteoporosis patients, the rate of bone loss will accelerate.Calcium alone is difficult to prevent osteoporosis.

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

其他省份  
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">去超市购物，先看懂这些再买！没想到吃亏了这么多年</a>	来源：新浪网	主体：公众	态度：提倡	时间： 20:15:02
<a href="#">Go to the supermarket shopping, first read these again to buy! I didn't think cheated for so many years</a>	来源：新浪网	Subject: public	Attitude: advocate	Time: 20:15:02
去超市购物，先看懂这些再买！没想到吃亏了这么多年。 很多人买食品，只看花花绿绿的包装图片，不看背后的食品标签。 其实，不起眼的标签往往包含着大秘密。去超市购物，一定要看准了再买。 选挂面，看清4点。				
Go shopping in the supermarket, first understand these buy! I didn't expect to lose so many years.Many people buy food, only looking at colorful packaging pictures, not looking at the food labels behind them.In fact, unattractive labels often contain big secrets. Go shopping in the supermarket, be sure to buy it again.Choose noodles and see 4 points clearly.				
2. <a href="#">硬淡粗才是好面包</a>	来源：人民网	主体：公众	态度：提倡	时间： 09:18:48
<a href="#">Hard light crude is a good bread</a>	来源：人民网	Subject: public	Attitude: advocate	Time: 09:18:48
时尚松软的欧包，经典的法棍，香气诱人的奶酪包.....市场上面包的种类琳琅满目，该如何挑选？挑选面包有个“三字经”一硬、淡、粗，下面为大家详细解读。 第一，从热量上说，越硬的面包热量越低。实际上，硬面包不甜，含糖和油脂都很少。而软质面包，油脂约占10%，热量较高。热量最高的是丹麦面包，一般要加入20%~30%的黄油或“起酥油”。				
The fashionable soft European bag, the classic French stick, the fragrant and attractive cheese package... There are many kinds of bread in the market. How should we choose them? Choosing bread has a "three character classics" - hard, light and coarse.First, from caloric terms, the harder the bread is, the lower the heat. In fact, hard bread is not sweet, and contains little sugar and fat. And soft bread, oil accounted for about 10%, higher calorie. The highest calorie is Danish bread, usually add 20%~30% butter or shortening.				
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. <a href="#">不同价格的盐，到底有啥区别？</a>	来源：中国新闻网	主体：公众	态度：提倡	时间： 18:07:28
<a href="#">What's the difference between different prices of salt, exactly?</a>	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 18:07:28
超市里的盐，你要从货架上看过去，价格从1元、2元到5元、8元、10元甚至四五十元的都有。那咱就接地气一点，10元的盐一定比2元、5元的好吗？它们到底有什么不同？ 小编我看了好多盐，发现其实“营养成分表”主要标注的就是这三种： 1. 含钠 2. 含钠和碘 3. 含钠、碘和钾。 这些营养成分含量，每100克会有高低不同，买的时候可以翻到包装袋背面进行比较。从添不添加碘来看，盐就分为加碘盐和无碘盐。 加碘的盐，绝大部分是加碘酸钾，还有一小部分加的是碘化钾、海藻碘。				
Salt in supermarkets, you have to look from the shelves, the price is from 1 yuan, 2 yuan to 5 yuan, 8 yuan, 10 yuan or even 45 yuan. Then let's take a bit of air. 10 yuan of salt must be better than 2 yuan and 5 yuan. What's the difference between them?Xiaobian, I read a lot of salt, and found that the "nutrition table" is mainly marked by these three kinds:1. sodium containing 2. sodium and iodine 3. sodium, iodine and potassium.These nutrient contents vary from 100g to 100g. When you buy them, you can turn them over to the back of the bag for comparison. From the point of view of adding iodine, salt is divided into iodized salt and iodized salt.Iodized salt is mostly potassium iodate, and a small part of it is potassium iodide and seaweed iodine.				
2. <a href="#">孕妇盐吃多了，或可带来这5个危害</a>	来源：中国新闻网	主体：公众	态度：提倡	时间： 18:18:24
<a href="#">Salt to eat many. pregnant women or can bring these 5 damage</a>	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 18:18:24
女性在怀孕之后是需要很多方面需要注意的，特别是在饮食上，比如说一些辛辣的食物需要尽量少吃，一些活血的食物还不能吃，因为活血的食物吃多了会造成流产情况的出现。当然，在食用盐方面方面也需要尽量控制，最好是清淡一些比较好。 孕妇盐吃多了会有什么样的危害？ 孕妇盐吃多了要怎么办才好？ 孕妇盐吃多了只能多喝水，之后改变饮食的习惯，之后最好需要饮食清淡一些比较好，因为盐吃多了对孕妇和胎儿影响都比较大的。 孕妇盐吃多了会有什么样的危害？				
Women need to pay attention to many aspects after pregnancy, especially in the diet, such as some spicy food need to eat as little as possible, some live blood food can not be eaten, because more live blood food will cause abortion. Of course, salt consumption needs to be controlled as much as possible, preferably light. What harm can pregnant women eat when they eat too much salt?How should pregnant women eat more salt?If pregnant women eat too much salt, they can only drink more water, and then change their dietary habits. After that, it is better to have a light diet, because eating too much salt has a greater impact on pregnant women and fetuses.What harm can pregnant women eat when they eat too much salt?				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

## 减盐-微信 Salt Reduction - WeChat

2018-11-04, 共监测到563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 563 WeChat public articles were monitored in 2018-11-04. This page shows the top five articles by repeat number today.

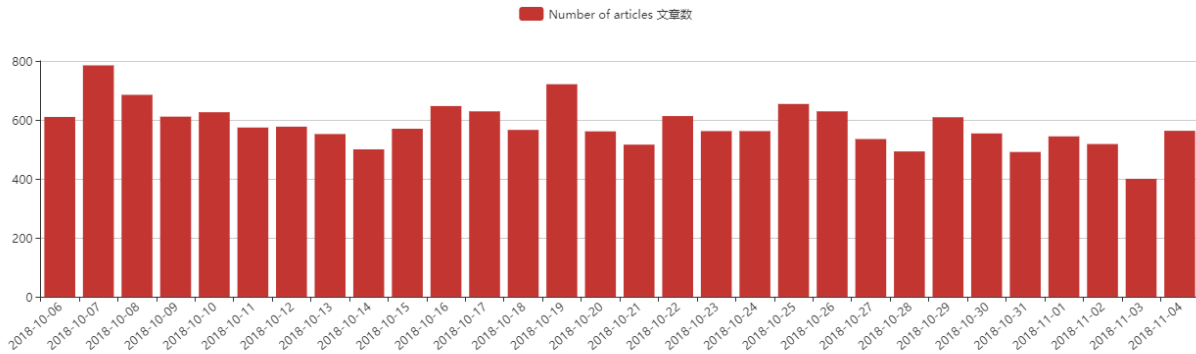
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 央台发出警告: 别再吃得太清淡了!

重复数: 3

日期: 2018-11-04

[The central station warned: don't eat too lightly!](#)

Repeat Number: 3

Data: 2018-11-04

饮食过咸则容易引发骨质疏松、高血压, 长期饮食过咸还可导致中风和心脏病。腌制食品不仅含盐量高, 还含有大量的亚硝酸盐, 它和黄曲霉素、苯丙芘是世界上公认的三大致癌物质。参考《中国居民膳食指南》, 每人每天食盐不超过6克。高血压患者或有高血压病家族史的人, 每天食盐的摄取量要在4克以内。

A salty diet can easily cause osteoporosis and high blood pressure. A long-term salty diet can also cause stroke and heart disease. The preserved food not only contains a high amount of salt, but also contains a large amount of nitrite. It is a recognized three major cancerous substances in the world with aflatoxin and phenylpropanoid. Refer to the "Chinese Dietary Guidelines", the salt intake per person per day should not exceed 6 grams. Hypertensive patients or people with a family history of hypertension should control their salt intake to less than 4 grams per day.

#### 2. 清淡饮食≠只吃青菜, 你一直都吃错了!

重复数: 2

日期: 2018-11-04

[A light diet does not mean eating only green vegetables. You have been eating wrong all the time!](#)

Repeat Number: 2

Data: 2018-11-04

成人每日摄入盐量应不超过6克, 吃得太咸会让体内的代谢废物不能很好地排出, 水分滞留在体内造成水肿和肥胖。除了在日常饮食中, 少摄入盐分, 更要少吃一些零食, 比如薯条薯片、炸鸡饼干、椒盐花生、奶油瓜子、盐津梅子等, 因为绝大多数零食里面, 都加了不少含盐的调味料。

Adults should not consume more than 6 grams of salt per day. Eating too salty will make the body's metabolic waste not be well discharged, and the water remaining in the body will cause edema and obesity. In addition to eating less salt in the daily diet, you should eat less snacks, such as potato chips, fried chicken biscuits, salt and pepper peanuts, cream melon seeds, Yanjin plums, etc., because most snacks add a lot salted seasonings.

#### 3. 减盐、减油、减糖.....你会距离健康更近一步!

重复数: 2

日期: 2018-11-04

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

Repeat Number: 2

Data: 2018-11-04

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

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

#### 4. 高血压的福音: 4大饮食原则大揭秘!

重复数: 2

日期: 2018-11-04

[The gospel of hypertension: the 4 major dietary principles are revealed!](#)

Repeat Number: 2

Data: 2018-11-04

家庭日常烹调过程中, 不能忽视高盐调味品的控制, 尤其是喜欢用酱油和酱做菜的家庭。10毫升酱油相当于1.5克食盐10克黄酱含盐1.5克, 因此要保证每人每日盐总摄入量不超过6克, 应酌量减少烹调中的添加量。

During the daily cooking of the family, the control of high-salt condiments cannot be ignored, especially those who prefer to cook with soy sauce and sauce. 10 ml of soy sauce is equivalent to 1.5 grams of salt. 10 grams of yellow sauce contains 1.5 grams of salt. Therefore, it is necessary to ensure that the total daily salt intake per person does not exceed 6 grams. The amount of salt added in cooking should be reduced as appropriate.

#### 5. 要想身体好, “三减三健” 忽视不得!

重复数: 1

日期: 2018-11-04

[If you want to be in good health, "three minus three health" should not be ignored.](#)

Repeat Number: 1

Data: 2018-11-04

“三减”即减盐、减油、减糖, “三健”即健康口腔、健康体重、健康骨骼。旨在倡导人们养成健康生活方式, 防控慢性病的发生。

"Three reductions" means reducing salt, reducing oil and reducing sugar. "Three health" means healthy mouth, healthy weight and healthy bones. It aims to encourage people to develop healthy lifestyles and prevent the occurrence of chronic diseases.

## 减盐-微博

### Salt Reduction - Weibo

2018-11-04, 共检测到1537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。

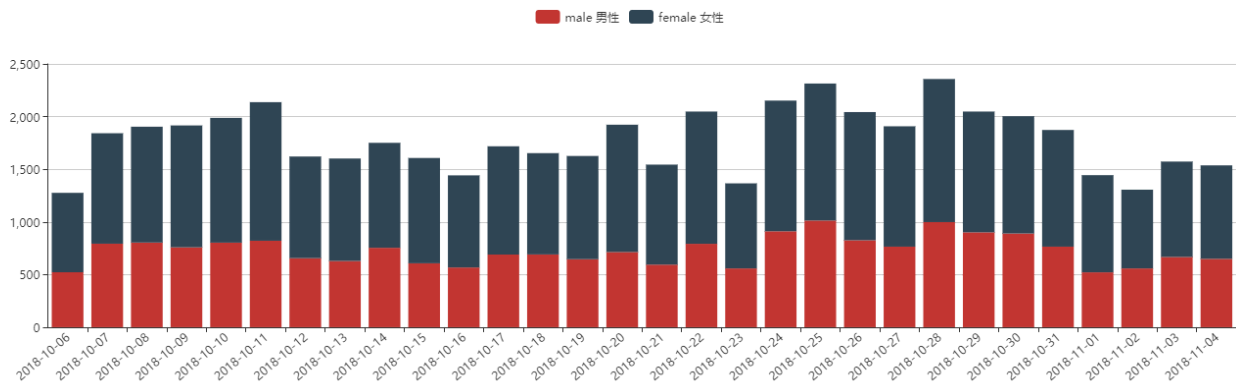
There are 1537 weibos about salt reduction monitored on 2018-11-04.

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!

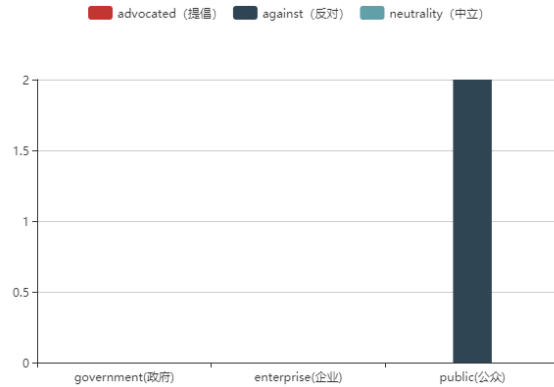
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-11-04) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-11-04. 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!
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决心工程 Resolve To Save Lives
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### 安徽

#### Anhui

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### 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. <a href="#">炸花生到底是先“放盐”，还是后放</a> <a href="#">Fried peanuts, first is the "salt", or after discharge</a>	来源：中国新闻网 来源：中国新闻网	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 18:41:14 Time: 18:41:14
<p>花生的营养物质很丰富，富含蛋白质和氨基酸，最重要的是不含反式脂肪酸，是非常健康的食品，女性多吃的话还能有抗衰老的作用！东西是好东西，就是在做的时候做的方法不对，很影响食欲，因为盐是会吸收空气中的水分的，太早放盐的话很容易让花生软化，一点都不脆，正确的方法应该是等炸好花生以后，等它凉透了以后再放盐搅拌均匀就可以了，下面详细介绍炸花生的制作步骤，保证吃了还想吃！</p> <p>Peanuts are rich in nutrients, rich in protein and amino acids, the most important thing is that they do not contain trans fatty acids. They are very healthy food. If women eat more, they can also have anti-aging effect. Things are good things. The wrong way to do them is to affect appetite. Salt absorbs moisture in the air. It is easy to soften peanuts if salt is put too early. It is not crisp at all. The correct way is to wait until the peanuts are fried, and then mix them with salt when they are cool. The details of the process of fried peanuts are described in detail.</p>				
2. <a href="#">喜欢喝奶茶不如自己做！口感好成本低还健康</a> <a href="#">Like to drink milk tea is better than yourself!Low cost also health, taste good</a>	来源：人民网 来源：人民网	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 08:43:40 Time: 08:43:40
<p>喜欢喝奶茶不如自己做！口感好成本低还健康。市面上的奶茶无论从口感还是成本角度出发，很少用牛奶和茶叶调制，取而代之的是植脂末、茶粉、糖等成分。想喝奶茶可以试着自己做。 第一种最简单。锅里的水开后放适量珍珠(淀粉圆子)，看到珍珠颜色变深全部漂浮上来后关火，捞起来用凉水冲一下备用。</p> <p>Better to drink milk tea than yourself! Good taste, low cost and healthy.Milk tea on the market, no matter from the point of taste or cost, seldom uses milk and tea to make it. It is replaced by vegetable fat powder, tea powder, sugar and other ingredients. If you want to drink milk tea, you can try to do it yourself.The first is the simplest. After boiling the water in the pot, put some pearls (starch round), see the color of the pearls become darker and float up, turn off the fire, pick them up and flush them with cold water.</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

2018-11-04, 共监测到410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 410 WeChat public articles were monitored in 2018-11-04. This page shows the top five articles by repeat number today.

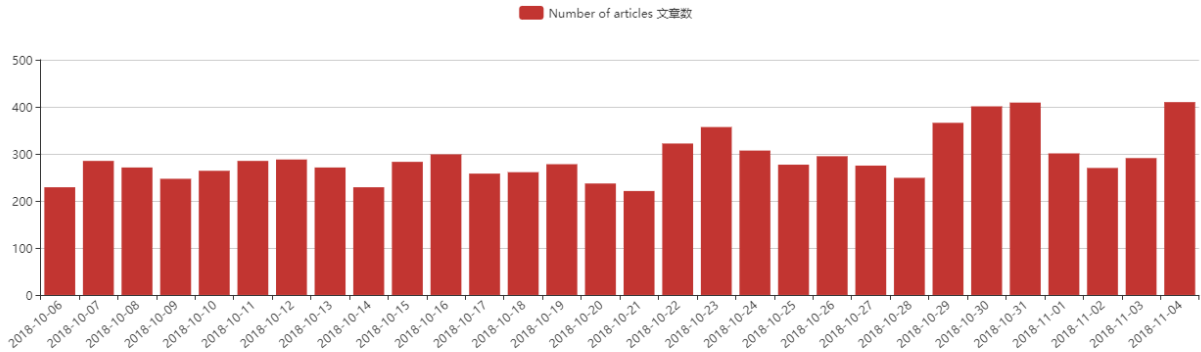
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain url, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

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



## 热门文章-前五 Popular Articles - Top 5

### 1. 去超市购物, 先看懂这些再买! 没想到吃亏了这么多年

重复数: 60

日期: 2018-11-04

[When shopping in the supermarket, after reading these, decide whether to buy it! I did not expect to lose so many years.](#)

Repeat Number: 60

Data: 2018-11-04

市场上售卖的面包, 有些含有人工色素、香料、氢化油 (含有大量反式脂肪酸) 以及防腐剂。大量的油脂、添加剂虽可提升食物的味道, 但会增加心血管疾病的发生风险。因此, 购买全麦面包时, 成分越简单越好。

Some of the bread sold on the market contains artificial colors, flavors, hydrogenated oils (containing a large amount of trans fatty acids) and preservatives. A large amount of oils and additives can enhance the taste of food, but it will increase the risk of cardiovascular disease. Therefore, when purchasing whole wheat bread, the ingredients of the ingredient list should be as simple as possible.

### 2. 【实用】去超市购物, 先看懂这些再买! 没想到吃亏了这么多年

重复数: 57

日期: 2018-11-04

[\[Practical\] When shopping in the supermarket, after reading these, decide whether to buy it! I did not expect to lose so many years.](#)

Repeat Number: 57

Data: 2018-11-04

世界卫生组织则表示: 人们每天不宜食用超过 2 克反式脂肪酸, 以免对心血管造成伤害。有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

According to the World Health Organization, people should not consume more than 2 grams of trans fatty acids per day to avoid cardiovascular damage. Some foods labeled "zero trans fatty acids" may actually contain small amounts of trans fatty acids. In addition, the foods of which the ingredient list contains hydrogenated oil, hydrogenated fat, shortening, margarine, and non-fat cream are more likely to contain trans fatty acids and are not suitable for purchase.

### 3. 李咏抗癌17个月去世! 心痛惋惜的同时, 这24条抗癌建议一定要了解

重复数: 1

日期: 2018-11-04

[Li Wei died of cancer in 17 months! At the same time, the 24 anti-cancer recommendations must be understood.](#)

Repeat Number: 1

Data: 2018-11-04

少吃高脂食物, 特别是动物性脂肪较多的食物。植物油也应适量, 且应选择含单不饱和脂肪并且氢化程度较低的植物油; 《中国居民膳食指南 (2016) 》建议: 优先选择鱼和禽。每天烹调油25-30g, 每日反式脂肪酸摄入量不超过2g。

Eat less high-fat foods, especially those that contain more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oil containing monounsaturated fat and low degree of hydrogenation should be selected; "Chinese Dietary Guidelines (2016)" suggests: fish and poultry should be preferred. The daily cooking oil is controlled at 25-30 g, and the daily trans fatty acid intake does not exceed 2 g.

### 4. 实用 | 去超市购物, 先看懂这些再买! 没想到吃亏了这么多年

重复数: 1

日期: 2018-11-04

[When shopping in the supermarket, after reading these, decide whether to buy it! I did not expect to lose so many years.](#)

Repeat Number: 1

Data: 2018-11-04

配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

The foods of which the ingredient list contains hydrogenated oil, hydrogenated fat, shortening, margarine, and non-fat cream are more likely to contain trans fatty acids and are not suitable for purchase.

### 5. 硬淡粗才是好面包

重复数: 1

日期: 2018-11-04

[Hard, light, and coarse grains are good breads.](#)

Repeat Number: 1

Data: 2018-11-04

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

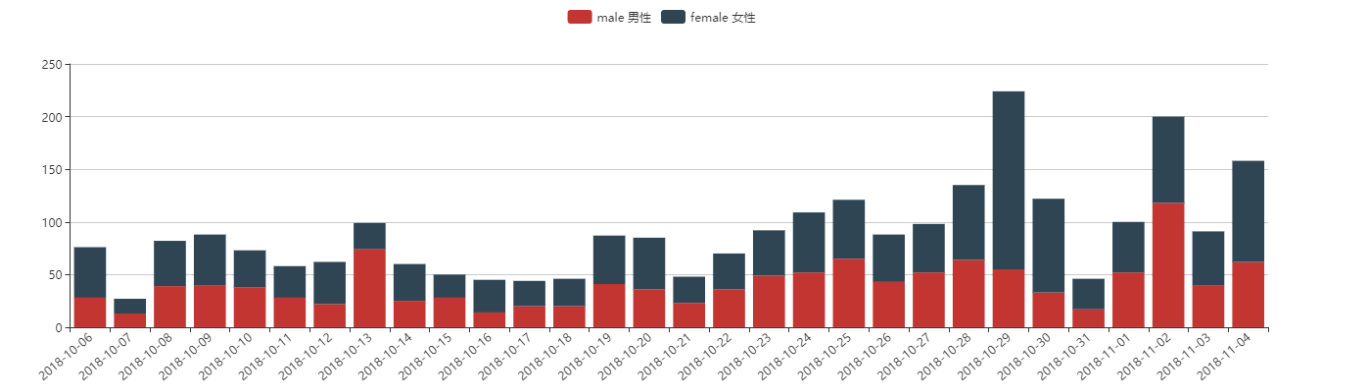
The fat content of different breads varies widely, ranging from a few percent to several tens of percent. The bread with the fats in the ingredient list in higher order is higher in heat, such as crispy, layered bread. This type of bread has a distinct layer and a crisp taste, which is inseparable from the contribution of oil. So it is not advisable to eat more. If the bread is made of hydrogenated vegetable oil, shortening, vegetable cream, etc., it may contain trans fatty acids. We should buy less or not buy this bread. Therefore, when buying bread, the "hard" bread should be preferred.



# 反式脂肪酸-微博

## Transfat - Weibo

2018-11-04, 共检测到158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 158 weibos about transfat reduction monitored on 2018-11-04.  
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!