

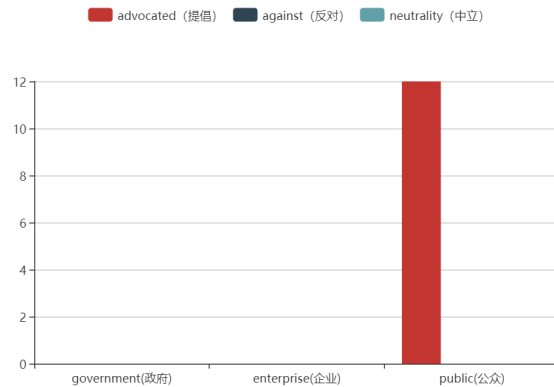
## 减盐-新闻

### Salt Reduction - News

今日 (2018-11-06) 共监测到12条资讯。请点击标题查看原文。

There are 12 articles monitored today 2018-11-06. 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. [视频|3.2亿! 高血压发病率攀升](#)  
[Video | 320 million! Incidence of hypertension](#)

来源: 新华网山东频道

主体: 公众

态度: 提倡

时间: 10:14:25

来源: 新华网山东频道

Subject: public

Attitude: advocate

Time: 10:14:25

3.2亿! 高血压发病率攀升。高血压、高血脂、高血糖, 这三高在我们中老年人里的发病率真不小, 由此而引发的疾病也是非常多, 高血压会引发哪些疾病, 我们在日常生活中又该如何预防和治疗呢? 近年来, 高血压发病率不断攀升。据数据统计, 我国目前约有3.3亿高血压患者, 平均每5个人中, 就会有一个高血压患者。山东大学齐鲁医院院士张运: “高血压中国的绝对数目是3.2个亿。如果下降10个毫米汞柱, 我们发病数一下翻了一番, 成了6.4亿, 近半数的中国人口近半数

320 million! The incidence of hypertension increased. Hypertension, hyperlipidemia, hyperglycemia, these three high incidence in our middle-aged and elderly people is really not small, resulting in many diseases, what diseases will hypertension cause, how should we prevent and treat them in our daily life? In recent years, the incidence of hypertension has been rising. According to statistics, there are about 330 million hypertensive patients in our country, and there will be one hypertensive patient in every 5 people on average. Zhang Yun, academician of Qilu Hospital of Shandong University, said: "the absolute number of hypertension in China is 3.2 billion. If we drop 10 millimeter mercury pills, the number of cases doubled to 640 million, nearly half of the Chinese population.

##### 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

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!				
<div>综合健康信息<div>Comprehensive Health Information</div></div>				
1. <a href="#">过了40岁，都要准备一个保温杯才能远离疾病，健康长寿吗？</a>	来源：中原网	主体：公众	态度：提倡	时间： 17:03:56
<a href="#">40 years old, will prepare a vacuum cup can be far away from diseases, longevity and health?</a>	来源：中原网	Subject: public	Attitude: advocate	Time: 17:03:56
<p>昨晚，好朋友一起聚会，饭菜还没上来，桌子上摆满的是每人一个保温杯。瞬间感觉到了:人过四十天过午，我们都进入老干部行列了。吃饭间也没人抽烟，没有要酒，不喝饮料，都喝着自己保温杯里的养生茶.....我们每个人的保温杯里的养生茶真的能养生，能预防疾病，延缓衰老，健康长寿吗？那倒未必！养生不是瓶瓶罐罐的保健食品或药品！也不是人手一个的保温杯养生茶！养生是一种态度，一种习惯，是生活的点点滴滴！</p>				
<p>Last night, a good friend had a dinner party, and the food had not come up. The table was filled with a thermos cup for each person. Suddenly I felt that after forty days, we all entered the ranks of veteran cadres.No one smoked in the dining room, no wine, no drinks, all drinking health tea in their thermos cups...Can the health-preserving tea in each of us really keep healthy, prevent diseases, delay aging, and live a long and healthy life?That may not be true!Health is not health food or medicine in bottles and cans. Nor is it a cup of health keeping tea with human hands!Health is an attitude, a habit, a bit of life.</p>				
<div>决心工程<div>Resolve To Save Lives</div></div>				
没有相关文章！				
No such articles!				

安徽

Anhui

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

浙江

Zhejiang

<div>食物中的钠<div>Sodium in food</div></div>				
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<div>高血压<div>Hypertension</div></div>				
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没有相关文章！				
No such articles!				
<div>决心工程<div>Resolve To Save Lives</div></div>				
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. 女子口味重患上高血压，医生：成年人每天吃盐不宜超过5克 Women's tastes heavy suffer from high blood pressure, the doctor: adults eat salt should not be more than 5 grams per day				
女子口味重患上高血压，医生：成年人每天吃盐不宜超过5克。一日三餐酱咸菜相伴，年仅40岁就患上了高血压。11月6日，头痛欲裂的刘女士得知自己患上了高血压一脸的不相信。40岁的刘女士在武昌上班，身高不到一米六的她体重160斤。刘女士口味重，从年轻时就起就特别爱吃重盐重油食物，一日三餐几乎顿顿都离不开酱咸菜				
Women suffer from high blood pressure, doctors: adults should not eat more than 5 grams of salt a day.Three meals a day with pickles and vegetables, accompanied by hypertension at the age of 40. In November 6th, Ms. Liu, who had a splitting headache, was told that she was suffering from high blood pressure.Liu, 40 years old, works in Wuchang. Her height is less than one meter six. She weighs 160 Jin. Ms. Liu has a strong taste. She has been fond of heavy salt and oil food since she was young. She can hardly eat three meals a day without pickles and pickles.				
心血管健康 Cardiovascular health				
1. 提前输液能疏通血管，预防脑梗发生吗？ Early infusion can dredge blood vessels, prevent cerebral infarction occurred?				
很多老人认为输液能疏通血管进而预防脑梗发生，于是经常去医院要求输液，使用活血化瘀药物让血管通畅预防脑梗发生，这样真的有效吗？答案是否定的，因为输液并不能疏通血管，也不预防血栓形成，因而不可能预防脑梗发生。输液治疗并不能真正疏通血管。静脉输液体只是暂时增加我们身体内的血容量，充其量只是暂时有血液稀释作用，而这种作用我们多喝水也可以实现。通常输液治疗会选择一些活血化瘀中成药，这些药物并不能真正具有抗血小板、抗血栓疗效，因此并无疏通血管功效。有些人感冒了输液之后确实感觉好了些，这是因为补充了液体，增加了热量，但这个通过口服就可以达到同样的效果，也就是我们平时说的多喝水、注意休息等				
Many elderly people think that infusion can dredge blood vessels and prevent cerebral infarction, so they often go to the hospital to ask for infusion, using blood-activating and stasis-removing drugs to make blood vessels unobstructed to prevent cerebral infarction. Is this really effective? The answer is no, because infusion does not clear blood vessels, nor does it prevent thrombosis, so it is impossible to prevent cerebral infarction.Infusion therapy can not really dredge blood vessels.Intravenous fluids only temporarily increase the volume of blood in our bodies, at best, only temporarily dilute the blood, and this effect can be achieved by drinking more water. Usually, some Chinese patent medicines for activating blood circulation and removing blood stasis are selected for infusion treatment. These medicines can not really have the effect of anti-platelet and anti-thrombosis, so they have no effect of dredging blood vessels. Some people do feel better after the infusion because of the supplement of liquid and the increase of calories, but this can achieve the same effect through oral administration, that is, we usually say to drink more water, pay attention to rest and so on.				
2. 天气渐凉预防心血管疾病要牢记四个原则 The weather gradually cool to prevent cardiovascular disease to keep in mind the four principles				
天气渐凉，预防心血管疾病要牢记四个原则。2017年8月，国家心血管病中心发布《中国心血管病报告2016》。报告指出，心血管病在所有死亡因素中名列第一，每五例死亡中就有两例死于心血管病。专家指出，相比全球心血管病死亡率的下降，中国心血管疾病死亡率仍在逐年上升，心血管病已成为中国不可承受之重。随着气温下降，心血管疾病也进入了高发期				
The weather is getting cold. Four principles must be kept in mind to prevent cardiovascular diseases.In August 2017, the National Cardiovascular Center released the China cardiovascular disease report 2016. Cardiovascular disease ranks first among all death factors, with two out of five deaths due to cardiovascular disease, according to the report.Experts pointed out that compared with the global decline in cardiovascular mortality, China's cardiovascular mortality rate is still rising year by year, and cardiovascular disease has become an unbearable burden for China.As the temperature drops, cardiovascular disease also enters a high incidence period.				
3. 速戳！天冷了，心内科专家“天团”给冠心病患者“谈心” Slow poke!The day is cold, heart expert group "day" to coronary heart disease (CHD).patients with "talk"				
11月6日，四川大学华西医院举办“爱心护心•与您随行”冠心病患教活动，从冠心病防治和管理角度出发，向现场观众科普冠心病相关知识。据介绍，近年来，我省冠心病发病率不断升高，平均每100万人中，每天会有100人发病。随着天气越来越冷，冠心病出现高发状态，如何减轻心脑血管疾病对人体的伤害?听听华西医院心内科“天团”的声音。什么是冠心病?有什么症状?听听专家怎么说。				
On November 6, the West China Hospital of Sichuan University held a teaching activity of "caring and accompanying with you" on coronary heart disease. From the perspective of prevention and management of coronary heart disease, the audience was provided with popular knowledge of coronary heart disease. According to reports, in recent years, the incidence of coronary heart disease in our province has been increasing, with an average of 100 cases per million people per day. As the weather gets colder and colder, coronary heart disease has a high incidence. How to reduce the harm of cardiovascular and cerebrovascular diseases to human body? Listen to the voice of Tiantuan, Department of Cardiology, West China Hospital.What is coronary heart disease? What are the symptoms? Listen to what experts say.				
综合健康信息 Comprehensive Health Information				
1. 汪！节食减肥逼迫身体节能增值，更容易肥 Sweet!Go on a diet to lose weight to force the body energy basis. more easily. fat				
在门诊，有减肥需求的患者经常会问“我通过不吃晚饭来减肥，能行吗？”我们给出的答案是：不行的。节食并不能有效减肥。消耗肌肉来维稳。不吃晚饭相当于一种减少餐次的节食行为，这样做可能短期内（1个月左右）体重会降，但这种快速减掉的体重实际上主要是肌肉和水分，脂肪反而减得不多。一个简单的自测方法就是试试瘦了后力量是不是变小了				
In the outpatient clinic, patients who need weight loss often ask, "can I lose weight by not having dinner?" The answer we give is: no way.Dieting is not effective in losing weight.Consume muscles to maintain stability.Not eating dinner is equivalent to a diet that reduces the number of meals, which may lose weight in a short period of time (about a month), but this rapid weight loss is actually mainly muscle and water, but fat is not much. A simple self test is to try to see if the strength is thinner after losing weight.				
2. 栗雨街道王家坪社区组织健康专题教育知识讲座 Wang Guping LiYu street community organization health education knowledge lecture				
为了普及关于心脑血管疾病的知识，倡导科学治疗，增强居民对健康知识的了解，激发居民们关爱自己、关爱健康的自我保健意识，有效预防慢性疾病。栗雨街道王家坪社区7月20日上午8点在社区三楼会议室开展了一次关于心脑血管疾病专题教育知识的讲座，近90名居民参加了此次健康讲座。吴健医生通过分析现状，运用实例对心脑血管疾病等几种慢病进行了详细阐述，包括：病因、病理表现、治疗方法等，并且呼吁居民们要从自我做起，做自己的保健医生，培养健康的生活方式，保持身心健康。他提出，高血压、高血脂、高血糖是慢性病中最常见的，患者只有进行良好的自我防控，才能避免意外发生，并提出防控措施“五早”早想到、早发现、早预防、早干预、早达标。但如患了高血压、高血脂、高血糖的人，一定要减轻体重，减少钠盐摄入，补充钙和钾盐，减少脂肪摄入，限制饮酒或戒酒，适度的体力活动和体育运动，保持良好的心理状态				
In order to popularize the knowledge of cardiovascular and cerebrovascular diseases, advocate scientific treatment, enhance residents' understanding of health knowledge, stimulate residents' self-care awareness of caring for themselves and health, and effectively prevent chronic diseases. At 8 a.m. on July 20, Wangjiaping Community, Liyu Street, held a lecture on special education of cardiovascular and cerebrovascular diseases in the conference room on the third floor of the community. Nearly 90 residents participated in the health lecture.Through the analysis of the current situation, Dr. Wu Jian elaborated several chronic diseases such as cardiovascular and cerebrovascular diseases with examples, including the causes, pathological manifestations, treatment methods, and so on. He also appealed to residents to start from themselves, to be their own health doctors, to cultivate a healthy lifestyle, and to maintain physical and mental health. He pointed out that hypertension, hyperlipidemia and hyperglycemia are the most common chronic diseases. Only through good self-prevention and control can patients avoid accidents. He also proposed preventive and control measures such as early thinking, early detection, early prevention, early intervention and early reaching the target. However, people suffering from hypertension, hyperlipidemia and hyperglycemia must lose weight, reduce sodium intake, supplement calcium and potassium salt, reduce fat intake, limit alcohol consumption and abstinence, moderate physical activity and sports, and maintain a good mental state.				
3. 饭前喝汤为什么不一定健康？汤里面有盐、有油				

随着人们健康意识的提高和健康知识的普及，“饭前喝汤，苗条健康；饭后喝汤，越喝越胖”的理念深入人心。但是，许多时候由于人们认识问题的简单化，在健康方面容易陷入误区，从而顾此失彼。1.饭前喝汤为什么苗条健康？饭前喝汤，可以润滑口腔、食管，防止干硬食物刺激消化道黏膜，有利于食物和消化液的充分混合，促进营养的消化、吸收。更重要的是，饭前喝汤能增加饱腹感，从而抑制摄食中枢，降低人的食欲。有研究表明，进餐前20分钟左右喝汤，可以让入少吸收150千卡左右的热能；而饭后喝汤容易增加热量摄入，导致营养过剩，造成肥胖

With the improvement of people's health awareness and the popularization of health knowledge, the concept of "drinking soup before meals, slim and healthy; drinking soup after meals, the more fat you drink" has been deeply rooted in people's hearts. However, in many cases, because of the simplification of people's understanding of the problem, people tend to fall into a misunderstanding in health, thus neglecting one thing or the other.1. why is soup healthy before meals?Drinking soup before meals can lubricate the mouth and esophagus, prevent hard and dry food from stimulating the digestive tract mucosa, facilitate the full mixing of food and digestive juice, and promote the digestion and absorption of nutrition. More importantly, drinking soup before meals can increase satiety, thereby inhibiting the feeding center and reducing appetite. Studies have shown that drinking soup 20 minutes before meals can reduce people's absorption of about 150 kilocalories of heat energy; while drinking soup after meals can easily increase calorie intake, resulting in overnutrition and obesity.

4. 消化不好，吃肉三个讲究

Three exquisite digest bad,eating meat

来源：人民网

来源：人民网

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间： 08:14:26

Time: 08:14:26

对于消化不好的人群来说，肉类是他们想吃却不敢吃的食物。然而，肉类除了美味，还是优质蛋白质、维生素B12、欧米伽3多不饱和脂肪酸、铁、锌等营养素的重要来源，长期不吃肉，容易引发营养不良、贫血、免疫力降低等问题。此外，缺营养还可能进一步加重消化不良，形成恶性循环。其实，消化不好的人只要做到以下3点，就可以放心吃肉。

For people with poor digestion, meat is the food they want to eat but they dare not eat. However, meat is not only delicious, but also an important source of high-quality protein, vitamin B12, omega-3 polyunsaturated fatty acids, iron, zinc and other nutrients. Long-term non-eating of meat can easily lead to malnutrition, anemia, immunity decline and other problems. In addition, lack of nutrition may further aggravate indigestion and form a vicious circle. In fact, people who are not good at digestion can rest assured of meat if they do the following 3 points.

5. 老人手脚麻木是个危险信号总结起来有7大原因

The old man there are 7 big hands and feet numbness is a dangerous signal to sum up the reason

来源：新华报业网

来源：新华报业网

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间： 12:14:36

Time: 12:14:36

老人手脚麻木是个危险信号，总结起来有7大原因。手脚麻木是很多老人的常见现象，有些人没有重视。中国人民解放军火箭军总医院内分泌风湿科主任李全民提醒，老人手脚麻木是个危险信号，总结起来有7大原因。臂神经受压。睡眠中如果姿势不正，颈项偏斜或手臂受压，就会引起手发麻

The numbness of the elderly is a dangerous sign. There are 7 main reasons for this.Numbness of hands and feet is a common phenomenon among many elderly people. Li Renmin, Director of Endocrinology and Rheumatism Department of the General Hospital of the Chinese People's Liberation Army Rocket Army, warned that numbness of the hands and feet of the elderly is a dangerous signal, and summed up there are seven major reasons.Brachial nerves were compressed. If your posture is not right, your neck is deflected or your arm is compressed, it will cause numbness in your hands.

6. 肝病患者注意：这4种食物再喜欢也少吃

Liver disease note: these four again like also have to eat less food

来源：多维新闻网

来源：多维新闻网

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间： 15:14:37

Time: 15:14:37

中国是肝病大国，主要有乙肝、丙肝、酒精性脂肪性肝病以及非酒精性脂肪性肝病。在2015年数据统计，中国患有乙肝的人数高达9,314万人，而丙肝却有2,431万人，酒精性脂肪性肝病更是高达24,635万人。而面对人体的“中央银行”，肝脏承载着营养物质的储蓄和运输流通功能，若肝脏的代谢功能受损，那势必就会引发肝脏相关疾病。那么，在饮食上，哪些食物最容易伤肝呢？

China is a big country with hepatitis B, hepatitis C, alcoholic fatty liver disease and non-alcoholic fatty liver disease.According to statistics in 2015, the number of people suffering from hepatitis B in China is as high as 93.14 million, while that of hepatitis C is 24.31 million, and that of alcoholic fatty liver disease is as high as 24.65 million. Facing the "central bank" of the human body, the liver carries the function of saving and transporting nutrients. If the metabolic function of the liver is damaged, it will inevitably lead to liver-related diseases.So what kinds of food are most likely to hurt the liver?

决心工程

Resolve To Save Lives

没有相关文章！

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2018-11-06, 共监测到595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 595 WeChat public articles were monitored in 2018-11-06. 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. [盐 摄入多少才合适?](#)  
[What is the appropriate intake of salt?](#)

重复数: 12  
Repeat Number: 12  
日期: 2018-11-06  
Data: 2018-11-06

让我们一起防病于未然, 携手共度健康明天。调查显示, 近年来与生活方式密切相关的慢性病已成为中国居民的主要死亡原因, 高血压、高血糖、高血脂等慢性病成为健康的头号公敌, 因此改变不良生活习惯就成为保护健康的关键要素。那么在日常生活中, 如何做到“减盐”呢? 感谢您关注卫辉市疾病预防控制中心的官微“卫辉疾控微健康”。

Let us work together to prevent illness and work together for a healthy tomorrow. The survey shows that chronic diseases, which are closely related to lifestyle in recent years, have become the leading cause of death among Chinese residents. Chronic diseases such as high blood pressure, high blood sugar, and high blood fat have become the number one public enemy of health, so changing bad habits has become a key factor in protecting health. So how do you achieve "salt reduction" in your daily life? Thank you for your attention to the official WeChat "Wei Hui CDC Micro Health" of Weihui City Center for Disease Control and Prevention.

2. [【健康】18张癌症人体地图, 揭秘致癌真相](#)  
[\[Health\] 18 cancer body maps reveal the carcinogen truth](#)

重复数: 7  
Repeat Number: 7  
日期: 2018-11-06  
Data: 2018-11-06

相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。

According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the required amount. standard. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.

3. [18张癌症人体地图, 揭秘致癌真相!](#)  
[18 cancer body maps reveal the truth of cancer.](#)

重复数: 5  
Repeat Number: 5  
日期: 2018-11-06  
Data: 2018-11-06

相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。

According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the required amount. standard. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.

4. [吃惯了重口味, 如何减盐减油减糖, 但不减味?](#)  
[When you are used to heavy taste, how to reduce salt, oil and sugar, but not to reduce the taste?](#)

重复数: 3  
Repeat Number: 3  
日期: 2018-11-06  
Data: 2018-11-06

减盐的重要性摄入现状: 10.5g/d, 超标一倍我们都知道, 食盐的建议量是每人每天6g, 大约为一个啤酒瓶盖的量。然而, 2012年中国居民营养与健康状况监测结果显示, 我们每人每天实际的摄入量为10.5g, 这相当于超标1倍。高盐的危害: 高血压、脑中风、胃癌。

The current intake of salt is 10.5g per person per day, and we all know that this value is doubled. The recommended amount of salt is 6g per person per day, which is about the amount of a beer bottle cap. However, the results of the monitoring of nutrition and health status of Chinese residents in 2012 showed that the actual daily intake of each of us was 10.5g, which is equivalent to 1 times the standard. High salt hazards include high blood pressure, stroke, and stomach cancer.

5. [18张癌症人体地图, 简单易懂, 告诉你致癌真相!](#)  
[18 maps of cancer body, easy to understand, tell you the truth of cancer!](#)

重复数: 3  
Repeat Number: 3  
日期: 2018-11-06  
Data: 2018-11-06

相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。

According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the required amount. standard. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.

## 减盐-微博

### Salt Reduction - Weibo

2018-11-06, 共检测到1549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。

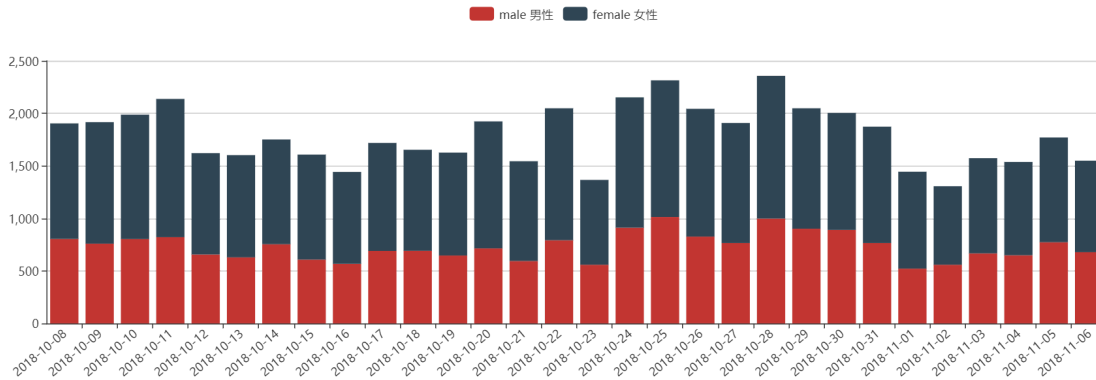
There are 1549 weibos about salt reduction monitored on 2018-11-06.

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. 昵称: iHerb购物网

地区: 海外

认证: 机构

Nickname: iHerb购物网

Area: overseas

Identity: Institution

时间: 2018-11-06 11:36

来自: 皮皮时光机

转发数: 53

评论数: 0

点赞数: 53

Time: 2018-11-06 11:36

Source: 皮皮时光机

Repost: 53

Comment: 0

Like: 53

#会员推荐#Wilderness Poets原生态枸杞, 非转基因, 不含杀虫剂, 原生态, 植物原料, 不含防腐剂, 不含麸质, 不含糖或盐。含丰富的抗氧化剂, 可能平衡血糖, 增强视力, 增强体力, 增强免疫力, 促进心血管健康, 和促进长寿。它们可以直接混入冰沙, 果汁, 酏剂, 燕麦片和生的甜点。戳: [O网页链接](#)

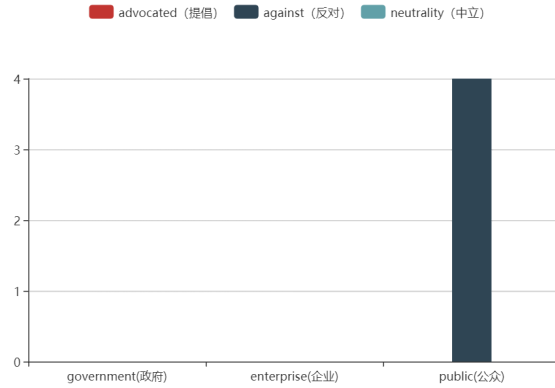
#Member recommendation#Gluten Members recommend #Wilderness Poets original ecology wolfberry, non-genetically modified, no pesticides, original ecology, plant raw materials, no preservatives, no gluten, no sugar or salt. Rich in antioxidants, may balance blood sugar, enhance vision, enhance physical strength, enhance immunity, promote cardiovascular health, and promote longevity. They can be mixed directly into smoothies, fruit juices, elixir, oatmeal and raw desserts. Click: [O Web links](#)

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2018-11-06) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2018-11-06. 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				
1. <a href="#">去超市购物, 这些你注意到了吗? 先看懂这些再买!</a>	来源: 中原网	主体: 公众	态度: 反对	时间: 20:28:01
<a href="#">Go to the supermarket shopping, these did you notice?First read these again to buy!</a>	来源: 中原网	Subject: public	Attitude: against	Time: 20:28:01
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。				
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.				
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
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没有相关文章!
No such articles!
<div>决心工程</div> <div>Resolve To Save Lives</div>
没有相关文章!
No such articles!

其他省份

Other Provinces

<div>反式脂肪酸</div> <div>Trans fat</div>				
1. <a href="#">中国第三代蛋糕奶油“飞青花”新品发布圆满落幕</a>	来源：搜狐	主体：公众	态度：反对	时间： 17:33:24
<a href="#">China's third generation of cream cake "fly blue and white" launch a successful ending</a>	来源：搜狐	Subject: public	Attitude: against	Time: 17:33:24
中国第三代蛋糕奶油“飞青花”新品发布圆满落幕。 2018年10月26日，在众多烘焙业界同仁见证下，海融科技·江南大学捐资助学签约暨健康烘焙食品研究院揭牌仪式，以及“好奶油，更安心”海融科技2018飞青花牌奶油新品发布会隆重举行。 中国焙烤食品糖制品工业协会、全国工商联烘焙业公会、中粮集团、行业专家学者、全国多家知名饼店负责人及中国食品报社等知名媒体记者共同出席见证了烘焙食品行业这一重要时刻。 上海海融食品科技股份有限公司与江南大学食品学院在基础研究与应用研究上一直保持着良好的合作与互动。此次双方共建健康烘焙食品研究院，致力于解决产品研发、人才培养、社会服务三方面问题				
China's third generation cake butter "flying blue and white" new product released successfully.On October 26, 2018, witnessed by many baking industry colleagues, Hairong Science and Technology Jiangnan University donated financial aid to the signing of the school contract and the unveiling ceremony of the Institute of Healthy Bakery Food, and Hairong Science and Technology 2018 Feiqinghua Brand Cream New Product Conference were solemnly held.China Baked Food Sugar Industry Association, National Association of Industry and Commerce Baking Industry, China Food Group, industry experts and scholars, leaders of many well-known bakeries and well-known media journalists from China Food Newspaper jointly witnessed this important moment of baking food industry.Shanghai Hairong Food Science and Technology Co., Ltd. and Jiangnan University Food College have maintained good cooperation and interaction in basic research and applied research. This time, the two sides jointly established the Healthy Bakery Food Research Institute, which is dedicated to solving three problems: product research and development, personnel training and social services.				
2. <a href="#">喝咖啡别犯这些错</a>	来源：金羊网	主体：公众	态度：反对	时间： 12:33:40
<a href="#">Coffee don't made the mistake</a>	来源：金羊网	Subject: public	Attitude: against	Time: 12:33:40
受访专家：中国疾病预防控制中心营养与健康所研究员-何丽。 对很多人来说，咖啡是每天必不可少的饮品，然而，并非人人都知道怎么喝咖啡才健康。中国疾病预防控制中心营养与健康所研究员何丽提醒，喝咖啡时别犯以下几个错误。 错误一：早上空腹喝咖啡。咖啡中含有较多的咖啡因，能刺激胃酸分泌，增加胃酸浓度				
Experts interviewed: Heli, a researcher on nutrition and health in China Center for Disease Control and prevention.For many people, coffee is an indispensable drink every day. However, not everyone knows how to drink coffee healthily. He Li, a researcher at the Institute of Nutrition and Health, China Center for Disease Control and Prevention, warned against making the following mistakes when drinking coffee.Mistake 1: drink coffee on an empty stomach in the morning. Coffee contains more caffeine, which stimulates gastric acid secretion and increases gastric acid concentration.				
3. <a href="#">拒绝“病态美”！日媒盘点短期节食减肥的9大危害</a>	来源：张家口在线	主体：公众	态度：反对	时间： 16:33:57
<a href="#">Refuse to "morbid beauty"!Japanese media inventory short-term 9 big threat to go on a diet</a>	来源：张家口在线	Subject: public	Attitude: against	Time: 16:33:57
想要早日见到成效而进行“短期集中型节食”来减肥的人不在少数。然而，这种节食方法虽然能瘦下几斤，瘦身效果却无法保持，还可能会导致身心不健康。 日本livedoor新闻网将详细介绍短期集中型节食的危害以及减肥的正确方法。 短期集中型节食的危害。				
People who want to see early results and carry out "short-term concentrated diet" to lose weight are few. However, although this diet can lose a few kilograms, the effect of weight loss can not be maintained, and may lead to physical and mental health.Livedoor news network in Japan will introduce in detail the hazards of short-term concentrated diet and the right way to lose weight.The harm of short-term concentrated diet.				
<div>决心工程</div> <div>Resolve To Save Lives</div>				
没有相关文章!				
No such articles!				



# 反式脂肪酸-微信 Transfat - WeChat

2018-11-06, 共监测到453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 453 WeChat public articles were monitored in 2018-11-06. 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. [去超市购物, 先看懂这些再买! 没想到吃亏了这么多年](#)

[When shopping in the supermarket, first understand these and then decide whether to buy! I didn't expect to suffer for so many years.](#)

重复数: 44

日期: 2018-11-06

Repeat Number: 44

Data: 2018-11-06

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 breads sold on the market contain artificial colors, spices, hydrogenated oils (containing large amounts of trans fatty acids) and preservatives. Large amounts of oil and additives can enhance the taste of food, but increase the risk of cardiovascular disease. So when you buy wholemeal bread, the simpler the ingredients, the better.

### 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](#)

[\[Practical\] When shopping in the supermarket, first understand these and then decide whether to buy! I didn't expect to suffer for so many years.](#)

重复数: 10

日期: 2018-11-06

Repeat Number: 10

Data: 2018-11-06

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。

Some foods labeled "zero trans fatty acid" may actually contain a small amount of trans fatty acid. 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. [去超市购物, 这些你注意了没? 先看懂这些再买!](#)

[Do you pay attention to this when shopping at the supermarket? First understand these and then decide whether to buy!](#)

重复数: 7

日期: 2018-11-06

Repeat Number: 7

Data: 2018-11-06

零反式脂肪酸。美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。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。也就是说, 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。

Zero trans fatty acids. The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled "zero trans fatty acid" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage. That is to say, some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids.

### 4. [超市购物看懂这些再买! 没想到吃亏了这么多年](#)

[When shopping in the supermarket, first understand these and then decide whether to buy! I didn't expect to suffer for so many years.](#)

重复数: 5

日期: 2018-11-06

Repeat Number: 5

Data: 2018-11-06

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. [红糖水煮鸡蛋致癌? 中老年十月易感谣言盘点](#)

[Does boiling eggs with brown sugar cause cancer? The inventory of rumors of middle-aged and old people in October](#)

重复数: 5

日期: 2018-11-06

Repeat Number: 5

Data: 2018-11-06

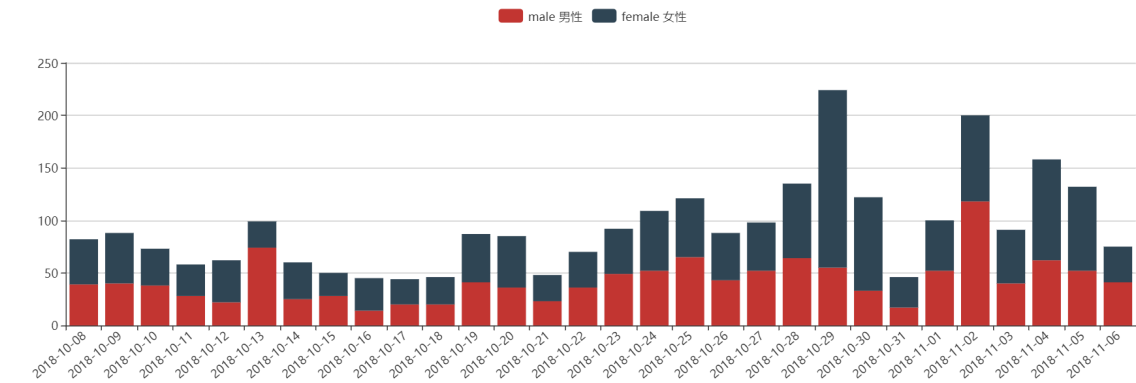
植脂末是奶茶、雪糕等食物中的常见配料, 植脂末是否危害健康, 就看含有的反式脂肪酸含量有多少。不过, 从全国水平来看, 我们吃的食品(包括含有植脂末的咖啡、奶茶、雪糕、面包等)中反式脂肪酸含量总和仍低于WHO的限量水平, 所以也没有必要太过担心我们已经吃了很多反式脂肪酸, 不必对植脂末过于恐慌。

Plant fat powder is a common ingredient in milk tea, ice cream and other foods. Whether plant fat powder is harmful to health depends on the amount of trans fatty acid contained. However, at the national level, the total content of trans fatty acids in all the foods we eat (including coffee, milk tea, ice cream, bread, etc.) is still below the WHO limit, so there is no need to worry too much about the fact that we have eaten a lot of trans fatty acids and not panic too much about them.

# 反式脂肪酸-微博

## Transfat - Weibo

2018-11-06, 共检测到75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 75 weibos about transfat reduction monitored on 2018-11-06.  
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!