

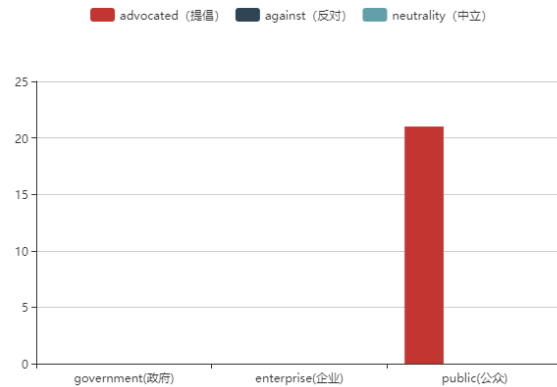
减盐-新闻

Salt Reduction - News

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Sodium in food

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Cardiovascular health

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综合健康信息

Comprehensive Health Information

1. 节日期间早餐不可省老人应劳逸结合保证休息

[Breakfast during the festival is not economical. Old people should work and rest together to ensure rest.](#)

来源: 半岛网

主体: 公众

态度: 提倡

时间: 10:42:01

Source: Peninsula Network

Subject: public

Attitude: advocate

Time: 10:42:01

百节年为首,春节是中华民族最隆重的传统佳节,无论是家人团聚,还是好友欢聚,大家都会准备好丰盛的食物,尽情地享受节日。如何在享受节日的同时,又吃得健康,以免“节日综合征”找上门来呢?青岛疾控中心专家给出了几点建议。暴饮暴食不可取 过年时节,鱼肉充足,今天吃了明天喝,嘴和肚子总是闲不着,如此暴饮暴食,很容易招致“胃肠道疾病”、“急性胰腺炎”、“疲劳”、“肥胖”等疾病。那如何预防暴饮暴食呢?

Centennial is the first, the Spring Festival is the most solemn traditional festival of the Chinese nation. Whether family reunion or friends reunion, everyone will prepare plentiful food and enjoy the festival heartily. How to eat healthily while enjoying the festival so as to avoid "festival syndrome" coming to you? Experts from Qingdao CDC gave some suggestions. Overeating is not the time of New Year's Day. There are plenty of fish and meat. Today we eat and drink tomorrow. Our mouth and stomach are always idle. Such overeating can easily lead to diseases such as gastrointestinal diseases, acute pancreatitis, fatigue and obesity. So how to prevent overeating?

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1. [【网络祝年】平阳县举行“送医药、送温暖、送健康”志愿服务活动](#)
[\[Internet Year Wishing\]. Pingyang County held volunteer service activities of "sending medicine, warmth and health"](#)

2月1日上午，平阳县萧江中心卫生院携带相关检查设备、药品、健康教育宣传资料及礼品到萧江镇养老服务中心为社区老年人及周边群众开展“送医药、送温暖、送健康”志愿服务活动，共服务村民150多人，收到社区群众的一致好评。 1月31日上午，平阳县闹村乡卫生院主治医师魏昌焦带领医护团队携手走进闹村乡上南村，为辖区居民奉献了一场生动的健康知识讲座。本次讲座收到了村民热情的欢迎，有将近30人参加听课和咨询。

On the morning of February 1, Xiaojiang Central Health Hospital of Pingyang County took relevant inspection equipment, medicines, health education propaganda materials and gifts to Xiaojiang Town Pension Service Center to carry out voluntary service activities of "sending medicine, warmth and health" for the elderly in the community and the surrounding people. It served more than 150 villagers and received unanimous praise from the community. On the morning of January 31, Wei Changjiao, the chief physician of the Nocun Township Health Hospital of Pingyang County, led the medical and nursing team to join hands in Shangnan Village of Nocun Township, offering a lively lecture on health knowledge to the residents of the area under his jurisdiction. The lecture was warmly welcomed by the villagers. Nearly 30 people attended the lecture and consulted.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

来源：温州网
Source: Wenzhou net

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 16:04:50
Time: 16:04:50

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 无腊味没年味孕妇、幼儿腊肉要少吃 Pregnant women and young children should eat less bacon without Bacon	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:52:41 Time: 09:52:41
俗话说“无腊味，没年味”。临近春节，尤其是走在南方的大街小巷，总能看见一串串自制的腊肉香肠挂晒在窗户或门前，浓浓的年味扑面而来。腊肉虽美味 这几类人腊肉要少吃 孕妇 由于在腌制腊肉的过程中可能会添加防腐剂，很容易会对胎儿造成影响，加上腊肉中含有大量脂肪和盐分，吃了过多的腊肉很容易导致水肿。因此，孕妇不宜多吃腊肉。				
As the saying goes, "No wax, no yearly taste". Near the Spring Festival, especially in the streets and alleys in the south, you can always see a string of homemade bacon sausages hanging in front of windows or doors, and the strong flavor of the year pours on your face. Although the bacon is delicious, these kinds of people should eat less bacon. Pregnant women may add preservatives in the process of curing bacon, which can easily affect the fetus. Too much bacon contains a lot of fat and salt, and eating too much bacon can easily lead to edema. Therefore, pregnant women should not eat more bacon.				
2. 五个迹象提醒你盐吃多了! Five signs remind you that you eat too much salt!	来源：光明网 Source: Guangming net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:41:11 Time: 10:41:11
当你吃盐过多时，会发生令人惊讶的五个短期症状。美国《预防》杂志网站近日对此进行了总结。手指变粗，如果你的体重没有任何增长，但突然间感觉戴的戒指小了两号，这很有可能是水滞留造成的;如果你近期吃了过多的盐，就会发生这种情况。美国加州圣塔莫妮卡普罗维登斯圣约翰健康中心的主任米拉汉·莫萨基认为：身体是一台复杂的机器，它必须保持体液和电解质的平衡。摄入了过多的钠，大脑就会引发一种激素的释放，告诉身体需要保留尽可能多的水，以防止生理功能紊乱。				
When you eat too much salt, there are five surprising short-term symptoms. Preventive magazine website in the United States recently summarized this. Fingers get thicker, and if you don't gain any weight, but suddenly feel like you're wearing a ring two sizes smaller, it's probably due to water retention; if you've eaten too much salt recently, that's what happens. Milahan Mosaki, director of St. John's Health Center in Santa Monica Providence, California, believes that the body is a complex machine that must maintain a balance between body fluids and electrolytes. When too much sodium is ingested, the brain triggers the release of a hormone that tells the body to retain as much water as possible to prevent physical disorders.				
高血压 Hypertension				
1. 过年也不要胡吃海喝哦！春节这样吃不得“长嘎嘎” Don't eat and drink in the Spring Festival! You can't eat like this during the Spring Festival.	来源：四川在线 Source: Sichuan Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 13:26:31 Time: 13:26:31
春节是中国最富有特色的传统节日，走亲访友，亲人团聚，已经是源远流长的习俗了。在这举国欢庆的时候，肯定要有丰盛的大餐，这时很容易就出现腹胀、消化不良等状况。今日，成都市二医院临床营养科副主任李宏宇提醒大家：春节饮食记住这几个点，开开心心过大年的同时也不用担心胃肠不适了。				
Spring Festival is the most distinctive traditional festival in China. Visiting relatives and friends and family reunion have been a long-standing custom. In this national celebration, there must be a big meal, when it is easy to appear abdominal distension, indigestion and other conditions. Today, Li Hongyu, deputy director of Clinical Nutrition Department of Chengdu Second Hospital, reminds us that the Spring Festival diet should keep these points in mind, and that we should not worry about gastrointestinal discomfort while having a happy New Year.				
2. 吃味精会引起血压升高? 正确用法是 Does monosodium glutamate cause elevated blood pressure? The correct usage is	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:34:10 Time: 10:34:10
来自读者问: 我有高血压病，有一次吃了放有味精等调味品的凉拌菜，不久血压就急剧升高。后来，医生嘱咐我尽量少吃或不吃味精之类的调味品。我不明白，吃味精怎么会使血压升高呢？味精是最常见的调味料，烹调时放一点能使菜肴味道鲜美。味精的主要成分是谷氨酸钠，进入胃后，受胃酸作用变成谷氨酸和钠。味精中含大量的钠，钠过量可造成体内水滞留，导致血容量增加，血压升高，加重心、肾负担，尤其60岁以上的人，尤为敏感。				
From the reader: I have high blood pressure, once I ate a salad dish with MSG and other condiments, and soon my blood pressure rose sharply. Later, the doctor told me to eat as little as possible or not MSG and other condiments. I don't understand how monosodium glutamate can raise blood pressure. Monosodium glutamate is the most common seasoning. When cooking, a little can make the dishes delicious. The main component of monosodium glutamate is sodium glutamate. When it enters the stomach, it becomes glutamate and sodium by the action of gastric acid. Monosodium glutamate contains a large amount of sodium. Excessive sodium can cause water retention, increase blood volume, increase blood pressure, and increase the burden of heart and kidney, especially for people over 60 years old.				
心血管健康 Cardiovascular health				
1. 如何吃一顿营养美味的年夜饭 How to eat a nutritious and delicious New Year's Eve meal	来源：汉丰网 Source: Hanfeng network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:52:40 Time: 11:52:40
大年三十的年夜饭，不仅是春节狂欢的序幕，也是春节长假的重头戏。家家户户都恨不得倾尽所有储藏来丰富这一年之中最重要的一顿饭。养生专家指出，以往年夜饭动物性食品过多，主食与蔬菜较少，这样的饮食结构并不合理。怎样吃一顿既美味又健康的年夜饭，不是每个家庭都能给出满意的答案。游子归来，亲朋团聚，鸡鸭鱼肉摆满一大桌，胃口大开，吃得很享受，胃肠就可吃不下啦。食欲不振、消化不良、积食等消化系统疾病“卷土重来”，如果饮酒过度，还会招致酒精中毒，加之情绪亢奋，还容易诱发心脑血管疾病。				
The New Year's Eve dinner on the 30th day of the Spring Festival is not only the prelude to the Spring Festival carnival, but also an important part of the Spring Festival holiday. Every household wishes to enrich the most important meal of the year with all its stores. Health experts pointed out that the previous New Year's Eve meal animal food too much, less staple food and vegetables, such a diet structure is not reasonable. How to eat a delicious and healthy New Year's Eve dinner, not every family can give a satisfactory answer. Return of the traveler, reunion of relatives and friends, chicken, duck and fish set a large table, appetite is open, eat very enjoyable, the stomach and intestines can not eat. Anorexia, indigestion, food accumulation and other digestive system diseases "re-emergence", if excessive drinking, will also lead to alcoholism, coupled with emotional excitement, but also prone to cardiovascular and cerebrovascular diseases.				
2. 老人家，别被幸福冲昏了头 Old man, don't be blinded by happiness	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:26:14 Time: 16:26:14
转眼间就要迎来猪年春节了，春节是中国民间最隆重最热闹的传统节日，大街小巷邻里乡亲都沉浸在节日喜庆的氛围里。远行的子女儿孙回到了家乡，久违的亲朋好友将要欢聚一堂。老人们脸上更是洋溢着满满的幸福，他们忙忙碌碌，乐此不疲。老人年事渐高，功能衰退，多病缠身，抵抗力弱，而春节正处乍暖还寒之时，正值流感、肺炎、心脑血管疾病高发季节。千万别让老人在这新春佳节过于激动，而被幸福“冲昏了头脑”。				
In a twinkling of an eye, the Spring Festival of the Year of Pigs is coming. The Spring Festival is the most solemn and lively traditional festival among the Chinese people. The villagers in the streets and neighborhoods are immersed in the festive atmosphere. The children and grandchildren who have traveled far will return to their hometown, and the relatives and friends who have not seen for a long time will gather together happily. Old people face is full of happiness, they are busy, happy. Older people are getting older, their functions are declining, they are sick and their resistance is weak. The Spring Festival is just in the season of high incidence of influenza, pneumonia and cardiovascular and cerebrovascular diseases. Don't let the old people get too excited in this New Year's Festival, and be "confused" by happiness.				
3. 慢性心衰 Chronic heart failure	来源：cdstm Source: Cdstm	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:26:55 Time: 15:26:55
慢性充血性心力衰竭（简称慢性心衰）是由于原发性心脏损害后，引起心排血量下降，影响机体组织代谢的一种病理状态。它是各种心血管疾病终末阶段的表现，病情重，死亡率高。早期发现与治疗、加强自我保健对控制病情发展，改善病人预后十分关键。然而，本病症情复杂，心衰症状往往不典型，所以容易误诊。为避免误诊，医生与患者要善于从种种症状中寻找心衰的蛛丝马迹。				
Chronic congestive heart failure (CHF) is a pathological condition that causes the decrease of cardiac output and affects the metabolism of tissues after primary heart damage. It is a manifestation of various cardiovascular diseases in the final stage, with serious illness and high mortality. Early detection and treatment, and strengthening self-care are very important to control the development of the disease and improve the prognosis of patients. However, the condition of the disease is complex and the symptoms of heart failure are often atypical, so it is easy to be misdiagnosed. To avoid misdiagnosis, doctors and patients should be good at finding clues of heart failure from various symptoms.				
综合健康信息 Comprehensive Health Information				
1. 鱼香肉丝号称“年夜饭神菜”？滋味却好像有些不健康 Fish-flavored pork shredded is known as "Divine Food for New Year's Eve"? It tastes good, but it's not healthy.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:18:24 Time: 08:18:24

<p>鱼香肉丝号称“年夜饭神菜”？滋味却有些许不健康。网络上，经常有人拿鱼香肉丝里其实没有“鱼”来开玩笑。事实上，鱼香只是一种食物的味型，而这种味型需要添加大量的盐和糖，因此，鱼香肉丝这道“下饭神菜”虽然香却未必健康。那么，鱼香肉丝等鱼香菜中的鱼香味道是如何产生的呢？这道菜有哪些健康隐患？人们如何才能做出健康的鱼香肉丝呢？</p>				
<p>Fish-flavored pork shredded is known as "Divine Food for New Year's Eve"? It tastes good but it's not healthy. On the internet, people often make fun of the fact that there is no "fish" in the fish-flavored pork shreds. In fact, fish flavor is only a food flavor, and this flavor needs to add a lot of salt and sugar, therefore, fish flavor meat shredded as "Dinner Dinner" is not necessarily healthy although it is fragrant. So, how does the fish flavor in fish coriander, such as fish-flavored pork shreds, come into being? What are the health risks of this dish? How can people make healthy fish-flavored meat shreds?</p>				
<p>2. 春节期间：粗细搭配多食豆、薯 Spring Festival period: thick and thin with more beans and potatoes</p>	<p>来源：南方网 Source: Southern net</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：10:18:56 Time: 10:18:56</p>
<p>国家市场监督管理总局提示消费者在参加家庭聚会、走亲访友、外出旅行等活动时，要注意饮食安全和营养搭配。主食类——粗细搭配，多食豆、薯 在精米白面等精细谷物的基础上，适当搭配糙米、全麦等全谷物。这种搭配不但可以增加主食的营养物质，还可以丰富主食的风味，如全麦产生的麦香味。在日常主食中也可交替或搭配食用杂豆、薯类等营养丰富的健康食材。</p>				
<p>The State Administration of Market Supervision and Administration has advised consumers to pay attention to food safety and nutrition when participating in family gatherings, visiting relatives and friends, and traveling. Staple foods - coarse and fine mix, eat more beans, potatoes on the basis of fine grains such as white flour of milled rice, appropriate mix with whole grains such as brown rice, whole wheat. This combination can not only increase the nutrients of staple food, but also enrich the flavor of staple food, such as wheat flavor produced by whole wheat. In the daily staple food can also alternately or with edible miscellaneous beans, potatoes and other nutritious healthy food.</p>				
<p>3. 研究：吃全谷类蔬菜效果更佳，减饭量未必降糖尿病风险 Study: Eating whole grains and vegetables is better. Reducing meals does not necessarily reduce the risk of diabetes and urine</p>	<p>来源：星洲网 Sin Chew Daily (新闻发布) Source: Sin Chew Daily (Press Release)</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：19:19:11 Time: 19:19:11</p>
<p>新加坡最新研究显示，减少白饭的摄入量或许不能降低患糖尿病的风险。不过，将全谷类食物及蔬菜代替米饭者，患糖尿病的风险则会降低。据新加坡《海峡时报》报道，2项由新加坡国立大学及杜克—国大医学院（Duke-NUS）进行的研究结果显示，吃米饭较少的人，为了维持卡路里摄入量，会吃更多其他食物。国大苏瑞福公共卫生学院的凡丹副教授说，为了填饱肚子，有的人吃了更多的红肉及禽类，但这样的饮食习惯随着更高的患糖尿病风险。</p>				
<p>Singapore's latest research shows that reducing white rice intake may not reduce the risk of diabetes. However, replacing rice with whole grains and vegetables reduces the risk of diabetes. Two studies conducted by the National University of Singapore and Duke-NUS Medical College show that people who eat less rice eat more other foods to maintain their calorie intake, the Straits Times of Singapore reported. Some people eat more red meat and poultry to fill their stomachs, but such eating habits are associated with a higher risk of diabetes, said Van Dan, an associate professor at the Sureford School of Public Health, National University.</p>				
<p>4. 春节里你是否餐餐与大鱼大为伴？ Do you eat with big fish and meat during the Spring Festival?</p>	<p>来源：沈阳网 Source: Shenyang net</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：06:34:49 Time: 06:34:49</p>
<p>春节里你是否餐餐与大鱼大为伴？快收下本报这份健康攻略。科学玩乐过大年，又是一年新春到，沈阳市卫生健康委邀请到不同领域的健康专家，为百姓奉上了贴心又实用的春节健康提醒。节日最易得什么病？最该注意哪些意外伤？怎样吃喝玩乐才最安全健康？赶快看看沈城名匠们的经验之谈。</p>				
<p>Do you eat with big fish and meat during the Spring Festival? Quickly accept this health strategy. Shenyang Health Commission invited health experts from different fields to provide people with a kind and practical health reminder for the Spring Festival. What are the most common illnesses in festivals? What accidents should we pay attention to most? How to eat, drink and play is the safest and healthiest? Look at the experience of famous doctors in Shencheng.</p>				
<p>5. 春节期间要“控糖”警惕糖尿病“伤眼” During the Spring Festival, "sugar control" should be vigilant against diabetes "eye injury"</p>	<p>来源：新华网广西频道 Source: Xinhua Guangxi Channel</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：10:39:41 Time: 10:39:41</p>
<p>春节即将到来，在春节期间人们日常生活规律通常会被走亲访友、休闲娱乐等活动打乱，而且吃饭无定时、食物种类繁多，对于糖尿病患者来说，控制血糖的难度增加了。应该如何春节期间做好糖尿病的防控呢？首先，在饮食方面尤其需要注意控制。少量多餐是基本的原则，每餐必须适量吃主食，但少吃精细白米面及其加工制品；忌食辛辣刺激性食物，肥肉和甜食、煎炸食品等也要尽量少吃。</p>				
<p>Spring Festival is approaching. During the Spring Festival, people's daily life is usually disturbed by visiting relatives and friends, leisure and entertainment activities. Moreover, there are many kinds of food and meals at random. For diabetic patients, it is more difficult to control blood sugar. How to prevent and control diabetes during the Spring Festival? First of all, we need to pay more attention to the control of diet. A small amount of meals is the basic principle, each meal must eat a proper amount of staple food, but eat less fine white rice noodles and processed products; avoid spicy and irritating food, fat and sweets, fried food, etc. should also be eaten as little as possible.</p>				
<p>6. 欢度佳节该注意哪些健康问题 What health problems should we pay attention to during the festival</p>	<p>来源：人民网 Source: People's net</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：09:41:30 Time: 09:41:30</p>
<p>2019年新春的脚步日益临近。春节期间，人员流动性大幅增加，家庭、朋友和同学等各种聚会也随之增多。如何健康地欢度新春佳节？公众应该注意哪些健康问题，就此记者采访了相关领域的专家。个人多防护，预防感染传染病。当前，正值冬春交汇期，季节性传染病发病率较高。专家指出，我国正处于流感流行的高峰期，做好流感防护工作必不可少。从个人防护的角度来说，除了接种流感疫苗外，还有几种措施也非常有效。</p>				
<p>The new spring of 2019 is approaching day by day. During the Spring Festival, the mobility of people increased dramatically, so did the gatherings of family, friends and classmates. How to celebrate the Spring Festival healthily? The public should pay attention to what health problems, this reporter interviewed experts in related fields. Individual protection to prevent infectious diseases. At present, the incidence of seasonal infectious diseases is high at the intersection of winter and spring. Experts pointed out that China is at the peak of influenza epidemic, so it is essential to do a good job in influenza protection. From the perspective of personal protection, in addition to influenza vaccination, there are also several measures that are very effective.</p>				
<p>7. 每逢佳节“胖三斤”？专家教你这样吃好不胖 Whenever the festival "fat three kilograms"? Experts teach you how fat to eat like this.</p>	<p>来源：湖南在线 Source: Hunan Online</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：09:42:26 Time: 09:42:26</p>
<p>吃喝不过度，健康看“指南”，每逢佳节“胖三斤”？专家教你这样吃好不胖。春节到了，不少人回家后立即开启肆意吃喝玩乐模式。想有啥就吃啥？湖南省胸科医院营养科副主任张胜康提醒，平时的生活水平已经比较高了，过年的吃就不应像古时那么重口味、重鱼肉。要想健康过年，应该讲究吃得更健康、更科学。张胜康也制定了一份过年版《膳食指南》，希望大家在欢度春节之余，不忘保护自己的身体健康。</p>				
<p>Can't eat and drink too much, look at the "guide" for health, and "fat three kilograms" every festival? Experts teach you how to eat like this. When the Spring Festival arrives, many people go home and immediately start the mode of wanton eating, drinking and playing. Zhang Shengkang, deputy director of Nutrition Department of Hunan Chest Hospital, reminds us that the standard of living in peacetime has been relatively high, and that the Chinese New Year's food should not be as heavy as the old taste and fish. If you want to have a healthy New Year, you should pay attention to eating healthier and more scientific. Zhang Shengkang has also formulated a New Year's edition of Dietary Guidelines, hoping that you will not forget to protect your health while celebrating the Spring Festival.</p>				
<p>8. 孕期不要这样吃，你满足了，却会影响胎儿正常发育 Do not eat like this during pregnancy, you are satisfied, but it will affect the normal development of the fetus.</p>	<p>来源：搜狐 Source: Sohu</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：21:51:05 Time: 21:51:05</p>
<p>孕期不要这样吃，你满足了，却会影响胎儿正常发育 怀孕期间，孕妈就是全家人的重点保护对象，饮食要均衡有营养，锻炼身体常活动，睡眠休息勿影响，总之就是家里“大熊猫”一样宝贵。由于孕期中胎儿生长发育所需的全部营养，都是通过胎盘从母体获得，所以，孕期饮食很重要，尽量少吃辛辣调味品，尽量少吃辛辣刺激性食物，避免饮用凉水等，总结来说，有以下四个方面，属于孕期禁忌，如果忍不住，可能孕妇满足了，但是这样下去却会影响胎儿的生长发育，甚至给孕后期带来各种危险，让胎儿受罪。</p>				
<p>Do not eat like this during pregnancy, you are satisfied, but it will affect the normal development of the fetus during pregnancy, the pregnant mother is the focus of protection of the whole family, diet should be balanced and nutritious, exercise and regular activities, sleep and rest do not affect, in short, the family is as valuable as the "giant panda". Because all the nutrients needed for the growth and development of the fetus during pregnancy are obtained from the mother through the placenta, so the diet during pregnancy is very important, with as little salt as possible and various condiments as possible, with as little spicy stimulating food as possible, and with the avoidance of drinking cold water. In conclusion, the following four aspects are taboos during pregnancy. If you can't help them, they may be satisfied by the pregnant woman, but they will go on like this. Sound fetal growth and development, and even bring various risks to the latter part of pregnancy, so that the fetus suffer.</p>				
<p>9. 大人小孩儿都喜欢的亲子餐厅，推荐几家给你们 Parent-child restaurants that adults and children all like. I recommend some to you.</p>	<p>来源：搜狐 Source: Sohu</p>	<p>主体：公众 Subject: public</p>	<p>态度：提倡 Attitude: advocate</p>	<p>时间：21:52:45 Time: 21:52:45</p>
<p>大人小孩儿都喜欢的亲子餐厅，推荐几家给你们。带小朋友出去吃饭，亲子餐厅是首选。在这里宝宝们可以吃的美味、玩的开心，而家长们也有时间可以安心心的吃顿饭，真是一举多得！布鲁餐厅经营的是德式西餐，菜品都是低油、少盐、营养的健康食品。开放式厨房让食客感觉用餐更加放心。等餐之余孩子可以在里面玩儿，环境挺不错，还有引导员之类的，个人感觉适合年轻麻麻来这里聚会。</p>				

Parent-child restaurants are popular with adults and children. I recommend some to you. Take children out to dinner, parent-child restaurant is the first choice. Here babies can eat delicious, play happily, and parents also have time to eat a comfortable meal, it's a great deal! Brussels restaurant operates German-style western food, food is low oil, low salt, nutritional health food. Open kitchen makes diners feel more at ease. After waiting for meals, children can play in it. The environment is very good, and there are guides and so on. Personally, it feels suitable for young people to gather here.

10. 健康快乐过大年：老年人饮食需注意宜清淡少油盐	来源：新浪网	主体：公众	态度：提倡	时间：11:53:55
Healthy and Happy New Year: Old people should pay attention to light diet and less oil and salt	Source: Sina network	Subject: public	Attitude: advocate	Time: 11:53:55

健康快乐过大年：老年人饮食需注意，宜清淡少油盐。春节是老人们最期盼的日子，儿女回家团聚、齐享天伦之乐。不过过年期间，忙年、走亲，老人们也比较容易劳累，使机体免疫力下降，加上很多老人患有慢性病，更容易诱发各种健康问题。据卫生部门统计资料表明，每年春节前后医院收治的病人中，老年人所占比重明显升高。专家提醒大家，春节期间，多留意家里老人的健康状况。

Healthy and Happy New Year: Old people should pay attention to the diet, should be light and less oil and salt. The Spring Festival is the most expected day for the elderly. Children come home to reunite and enjoy the happiness of family reunion. However, during the Spring Festival, the busy year, relatives, the elderly are also more likely to tired, so that the body's immunity declines, coupled with many elderly people suffering from chronic diseases, more likely to induce various health problems. According to the statistics of the health department, the proportion of the elderly in the patients admitted to the hospital before and after the Spring Festival increases significantly every year. Experts remind you that during the Spring Festival, pay more attention to the health of the elderly at home.

11. 离除夕还有1天，我差点废掉了	来源：搜狐	主体：公众	态度：提倡	时间：22:58:14
One day before New Year's Eve, I almost scrapped it.	Source: Sohu	Subject: public	Attitude: advocate	Time: 22:58:14

她的一日三餐，都在点外卖。而这，是90后大多数人的日常，一日三餐的外卖，一到下午的奶茶甜点时间。外卖有多脏，可能你们根本想象不到。而且外卖为了掩盖食材的问题通常都是重油重盐。所以有没有发现每次吃完外卖，口都很渴。世界卫生组织（WHO）都建议，成年人每人每天钠盐摄入量不超过5克，而在中国，我们每人每天食盐，已经高达12克之多。

She ordered takeout for three meals a day. This is the day-to-day, take-out of three meals a day and milk tea dessert time in the afternoon for most of the post-90s generation. How dirty takeout is, you probably can't imagine. And takeaway is usually heavy oil and salt to cover up the problem of food. So did you find that every time you eat takeout, you are thirsty? The World Health Organization (WHO) recommends that adults consume no more than 5 grams of sodium per day. In China, we already consume as much as 12 grams of salt per day.

12. 女性日常护肤的6个小常识简单又实用！	来源：星岛环球网	主体：公众	态度：提倡	时间：11:27:12
Six common sense of daily skin care for women are simple and practical!	Source: Star Island Global Network	Subject: public	Attitude: advocate	Time: 11:27:12

现在人们注重护肤的思想越来越强烈，尤其是对于女性来说，一定要做好日常的护肤措施，不仅仅要多为身体补充水分，合理的使用护肤品也应该养成良好的生活习惯。女性护肤的小常识都有哪些？早晨多吃水果。在水果里面含有大量的微量元素、碳水化合物、纤维素，同时有机酸、果胶以及维生素也是非常丰富的，能够促进食物的消化，具有软化血管的功效，同时也可以增强心肌的功能，防止出现高血压及高胆固醇。

Now people pay more and more attention to the idea of skin care, especially for women, we must do a good job in daily skin care measures, not only to supplement more water for the body, rational use of skin care products should also develop good habits. What are the common sense of female skin care? Eat more fruit in the morning. Fruit contains a large number of trace elements, carbohydrates, cellulose, organic acids, pectin and vitamins are also very rich, can promote the digestion of food, has the effect of softening blood vessels, but also can enhance the function of the myocardium, prevent hypertension and high cholesterol.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-02-03, 共监测到565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 565 WeChat public articles were monitored in 2019-02-03. 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】身体出现这5个迹象, 提醒你吃盐太多了!](#) 重复数: 41 日期: 2019-02-03
[\[Health\] There are five signs in your body that remind you to eat too much salt!](#) Repeat Number: 41 Data: 2019-02-03

喝了太多的水并不是让你尿意频繁的唯一原因。令人惊讶的是, 吃了太多的盐也会产生相同的效果。当人体摄入了过多盐的时候, 人体的肾脏器官就会加班加点地工作, 才能把体内多余的盐排出体外, 这样会造成小便量增多的问题。

Drinking too much water is not the only reason for frequent urination. Surprisingly, eating too much salt has the same effect. When the human body intakes too much salt, the human kidney organs will work overtime to discharge excess salt from the body, which will cause the problem of increased urine volume.

2. [最全! 癌症、糖尿病、高血压、脂肪肝最偏爱哪些人? 快对照看看!](#) 重复数: 6 日期: 2019-02-03
[Who is most fond of cancer, diabetes, high blood pressure, fatty liver? Check it out!](#) Repeat Number: 6 Data: 2019-02-03

吃得咸, “口味重”是高血压的罪魁祸首之一。高血压和饮食有直接关系, 吃盐过多, 盐中的钠离子会导致血管中的血量增多, 进而增加对血管壁的压力, 引起血压升高。有研究发现, 24小时钠摄入量每增加100mmol, 冠心病死亡、心血管死亡及全因死亡的风险分别上升56%、36%及22%。

"Heavy taste" is one of the main culprits of hypertension. Hypertension is directly related to diet. Excessive salt intake and sodium ions in salt can increase blood volume in blood vessels, thereby increasing pressure on blood vessels and raising blood pressure. Studies have found that for every 100 mmol increase in 24-hour sodium intake, the risk of coronary heart disease death, cardiovascular death and all-cause death increased by 56%, 36% and 22%, respectively.

3. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#) 重复数: 4 日期: 2019-02-03
[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#) Repeat Number: 4 Data: 2019-02-03

咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。

Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

4. [吃三七能清理血管? 大错特错! 真正能通血管的是这三件事情](#) 重复数: 3 日期: 2019-02-03
[Eating Sanqi can clean Blood Vessels. Absolutely wrong! The three things really make blood vessels work.](#) Repeat Number: 3 Data: 2019-02-03

人体的正常运转过程中, 心脏通过血管泵出血液时会产生一定量的氧化氮, 从而就会使得我们的血管适当放松, 促进血流顺畅程度。如果食盐摄入过多, 本身就会抑制一氧化氮的释放, 从而就会妨碍血管的扩张能力, 这样还会增加患动脉硬化的风险。

During normal operation of the human body, the heart will produce a certain amount of carbon monoxide when pumping blood through the blood vessels, which will make our blood vessels relax properly and promote blood flow smoothness. If too much salt is consumed, it will inhibit the release of carbon monoxide, which will hinder the ability of the blood vessels to expand and increase the risk of arteriosclerosis.

5. [【科普】40岁后, 开始戒掉这些习惯, 因为关乎你的健康和寿命!](#) 重复数: 3 日期: 2019-02-03
[After 40 years of age, you should start to quit these habits, because it's about your health and longevity!](#) Repeat Number: 3 Data: 2019-02-03

《柳叶刀》发表了一篇关于吃盐的研究报告, 国人每日吃盐平均约12.5克, 远高于多数国家日均每人7.5~12.5克的食盐摄入量。高盐与高血压不无关系。研究表明, 每人每天摄入食盐增加2克, 收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。而戒掉高盐饮食的好处显而易见, 日本长野县因为限盐运动, 10年间男性的人均期望寿命增加了3年, 女性则增长了3.5年。

The Lancet published a study on salt consumption. The average daily salt intake of Chinese people is about 12.5 grams, which is much higher than the average daily salt intake of 7.5-12.5 grams per person in most countries. High salt is not unrelated to hypertension. The results showed that the daily intake of salt increased by 2 grams per person, and the mean systolic and diastolic blood pressure increased by 2 mm Hg and 1.2 mm Hg, respectively. The benefits of giving up high-salt diet are obvious. Because of salt restriction, life expectancy of men increased by three years and that of women increased by 3.5 years in Nagano Prefecture of Japan in 10 years.

减盐-微博 Salt Reduction - Weibo

2019-02-03, 共检测到1966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。

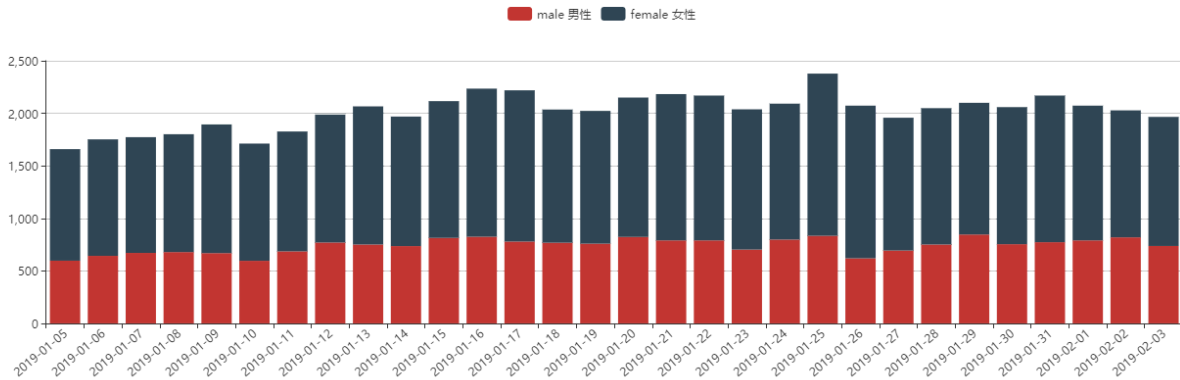
There are 1966 weibos about salt reduction monitored on 2019-02-03.

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

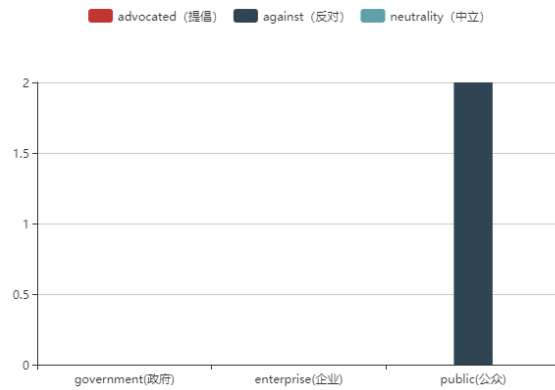
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-03) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-02-03. 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!
<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. 过年也不要胡吃海喝哦! 春节这样吃不得 “长嘎嘎” Don't eat and drink in the Spring Festival! You can't eat like this during the Spring Festival.	来源：四川在线	主体：公众	态度：反对	时间： 12:51:08
	Source: Sichuan Online	Subject: public	Attitude: against	Time: 12:51:08
春节是中国最富有特色的传统节日，走亲访友，亲人团聚，已经是源远流长的习俗了。在这举国欢庆的时候，肯定要有丰盛的大餐，这时很容易就出现腹胀、消化不良等状况。今日，成都市二医院临床营养科副主任李宏宇提醒大家：春节饮食记住这几个点，开开心心过大年的同时也不用担心胃肠不适了。				
Spring Festival is the most distinctive traditional festival in China. Visiting relatives and friends and family reunion have been a long-standing custom. In this national celebration, there must be a big meal, when it is easy to appear abdominal distension, indigestion and other conditions. Today, Li Hongyu, deputy director of Clinical Nutrition Department of Chengdu Second Hospital, reminds us that the Spring Festival diet should keep these points in mind, and that we should not worry about gastrointestinal discomfort while having a happy New Year.				
2. 每逢佳节“胖三斤”？专家教你这样吃好不胖 Whenever the festival "fat three kilograms"? Experts teach you how fat to eat like this.	来源：湖南在线	主体：公众	态度：反对	时间： 09:51:25
	Source: Hunan Online	Subject: public	Attitude: against	Time: 09:51:25
吃喝不过度，健康看“指南” 每逢佳节“胖三斤”？专家教你这样吃好不胖。春节到了，不少人回家后立即开启肆意吃喝玩乐模式。想吃啥就吃啥?湖南省胸科医院营养科副主任张胜康提醒，平时的生活水平已经比较高了，过年的吃就不应像古时那么重口味、重鱼肉。要想健康过年，应该讲究吃得更健康、更科学。张胜康也制定了一份过年版《膳食指南》，希望大家在欢度春节之余，不忘保护自己的身体健康。				
Can't eat and drink excessively? See the "Guide" for health. Every festival, "Three Kinds of Fat"? Experts teach you how to eat like this. When the Spring Festival arrives, many people go home and immediately start the mode of wanton eating, drinking and playing. Zhang Shengkang, deputy director of Nutrition Department of Hunan Chest Hospital, reminds us that the standard of living in peacetime has been relatively high, and that the Chinese New Year's food should not be as heavy as the old taste and fish. If you want to have a healthy New Year, you should pay attention to eating healthier and more scientific. Zhang Shengkang has also formulated a New Year's edition of Dietary Guidelines, hoping that you will not forget to protect your health while celebrating the Spring Festival.				
<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

2019-02-03, 共监测到224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 224 WeChat public articles were monitored in 2019-02-03. This page shows the top five articles by repeat number today.

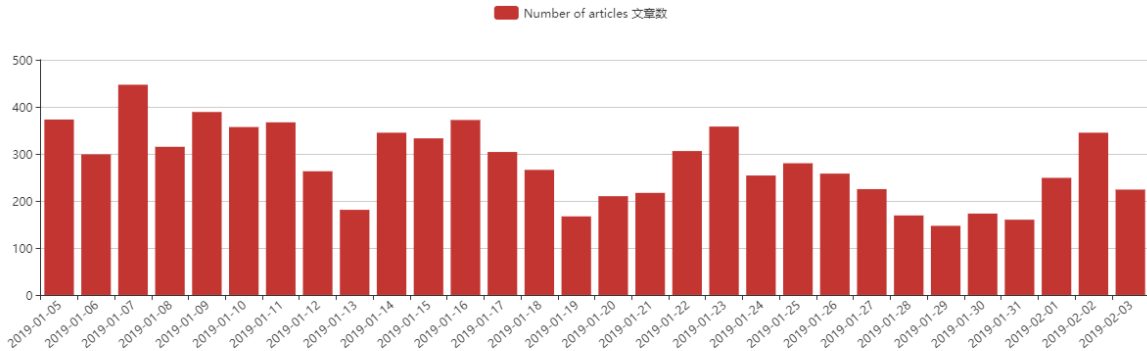
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 常吃燕麦好处多, 减肥、控糖、营养好, 可惜很多人第一步就错了

重复数: 27

日期: 2019-02-03

[Oats are good for weight loss, sugar control and nutrition. Unfortunately, many people are wrong in the first step.](#)

Repeat Number: 27

Data: 2019-02-03

不要选择添加奶精、植脂末、植物油的产品, 这类燕麦片含有较多的反式脂肪酸和饱和脂肪酸, 反而会增加罹患心血管疾病的风险。选择燕麦在成分表中排在首位的产品, 因为此类产品的燕麦含量一般都会在50%以上。小贴士: 尽管有些麦片中会显示添加了钙、铁等营养素, 但若是燕麦比例较小也不推荐购买。

Do not choose products that contain cream, fat powder and vegetable oil. Oatmeal of this type contain more trans and saturated fatty acids, but increase the risk of cardiovascular disease. Oats were chosen as the first product in the ingredient list, because the oat content of these products is usually more than 50%. Tip: Although some cereals may show the addition of calcium, iron and other nutrients, but if the proportion of oats is small, it is not recommended to buy.

2. 年货黑名单: 这八类千万不要买!

重复数: 8

日期: 2019-02-03

[Blacklist of New Year's Goods: Never buy these eight categories of goods!](#)

Repeat Number: 8

Data: 2019-02-03

油炸食品特点是油多、高脂肪、高盐, 油炸的过程中可能产生反式脂肪酸。长期吃高脂肪的油炸食品, 容易导致肥胖, 反式脂肪酸的体内代谢缓慢, 中国居民膳食指南建议成人每日摄入油脂25克左右, 一盒薯片的油脂含量在30克左右, 超出了成人一天的油脂摄入量。薯片偶尔吃一次也无妨, 不建议长期大量食用。

Fried food is characterized by high oil, fat and salt. Trans fatty acids may be produced in the process of frying. Long-term eating of high-fat fried food is easy to lead to obesity, and trans-fatty acid metabolism in the body is slow. The dietary guidelines for Chinese residents recommend that adults take about 25 grams of fat a day, and a box of potato chips contains about 30 grams of fat, which exceeds the daily fat intake of adults. Potato chips can be eaten once in a while. It is not advisable to eat them in large quantities for a long time.

3. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

重复数: 6

日期: 2019-02-03

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

Repeat Number: 6

Data: 2019-02-03

少吃加工食品, 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

4. 儿科医生建议: 这五种零食尽量不要给孩子买, 对健康百害而无一利

重复数: 5

日期: 2019-02-03

[Pediatrician's advice: these five snacks should not be bought for children as far as possible. They are harmful to children's health.](#)

Repeat Number: 5

Data: 2019-02-03

有人会说给孩子买一些贵的薯片是不是会好一些。其实不管是贵的不是便宜的薯片都改变不了它的加工方式, 都是经过油炸加工的。通过这种方式严重破坏了马铃薯中原有的营养元素。而且为了保持这种食品的酥脆特点, 会有很多的添加剂, 并且薯片中还含有氢化植物油, 这种油含有反式脂肪酸, 对人的心血管有负作用。

Some people would say that it would be better to buy some expensive potato chips for their children. In fact, whether it is expensive or not, the potato chips can't change the processing method, and they are all processed by frying. In this way, the original nutrients in the potato are seriously damaged. Moreover, in order to maintain the crisp characteristics of this food, there will be many additives, and the potato chips also contain hydrogenated vegetable oil, which contains trans fatty acids and has a negative effect on human cardiovascular.

5. 奶茶, 正在毁掉中国三代人

重复数: 2

日期: 2019-02-03

[Milk tea is destroying three generations in China](#)

Repeat Number: 2

Data: 2019-02-03

反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

Trans fatty acids, known as "time bombs on the table", are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. The daily intake of trans fatty acids should not exceed 2g. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

反式脂肪酸-微博 Transfat - Weibo

2019-02-03, 共检测到82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。

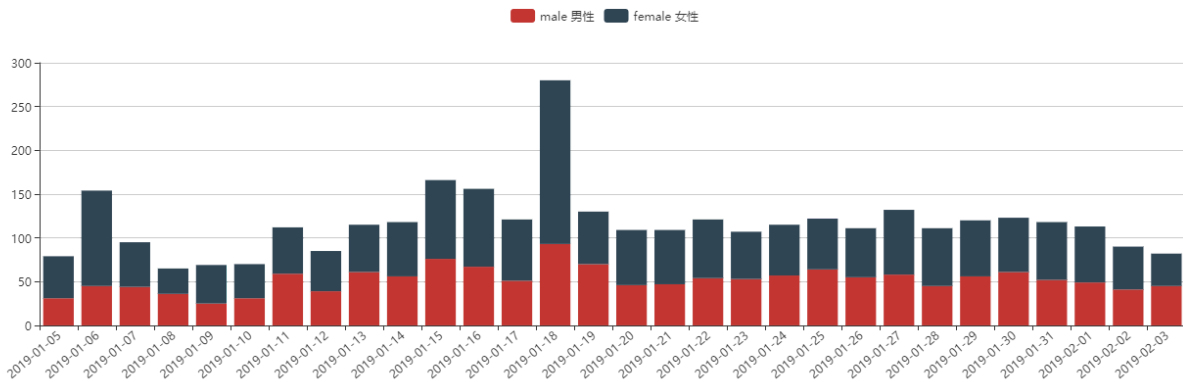
There are 82 weibos about transfat reduction monitored on 2019-02-03.

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!