

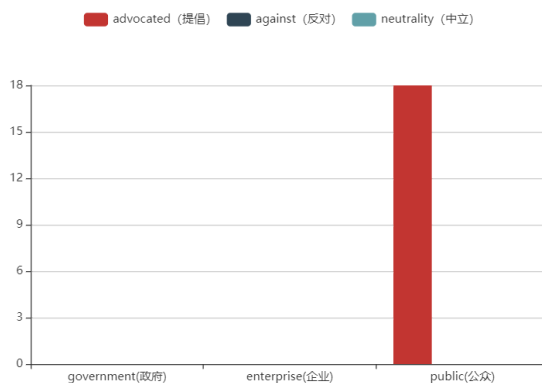
减盐-新闻

Salt Reduction - News

今日 (2019-03-04) 共监测到18条资讯。请点击标题查看原文。

There are 18 articles monitored today 2019-03-04. 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. 盐吃多了身体啥样? 手指肿 排尿频 反应慢

[What's your body like if you eat too much salt? Finger swelling, frequent micturition and slow response](#)

来源: 新华网山东频道
Source: Xinhua Shandong Channel

主体: 公众
Subject: public

态度: 提倡
Attitude: advocate

时间: 16:21:40
Time: 16:21:40

盐吃多了,除了口渴,身体在短期内还会表现出5种现象。近期,美国《预防》杂志对这些现象进行了总结,解放军总医院第八医学中心营养科主任左小霞给予了进一步解读。1.水肿。如果体重没有增长,但突然感觉戒指小了或眼睛肿了,就很有可能是水肿造成的,也就是机体在组织间隙里积存了过多的水,且无法通过排尿等方式排出。左小霞表示,水肿是一种全身性表现,不止是手和眼睛,脸、腿、胳膊等都可能发生。

Salt eats too much, besides thirst, the body will show five phenomena in the short term. Recently, Prevention magazine summarized these phenomena, and Zuo Xiaoxia, director of Nutrition Department of the Eighth Medical Center of PLA General Hospital, gave a further explanation. 1. edema. If you don't gain weight, but suddenly feel that the ring is small or the eyes are swollen, it is likely that edema is caused, that is, the body accumulates too much water in the interstitial space, and can not be excreted through urination and other means. Zuo Xiaoxia said that edema is a systemic manifestation, not only in the hands and eyes, but also in the face, legs and arms.

2. 丹阳街道办事处为65岁以上老年人免费体检拉开序幕

[Danyang Street Office kicked off free physical examination for the elderly over 65 years old](#)

来源: 山东新闻网
Source: Shandong News Network

主体: 公众
Subject: public

态度: 提倡
Attitude: advocate

时间: 15:22:11
Time: 15:22:11

为进一步落实国家基本公共卫生服务项目服务,认真做好老年人免费体检工作,关心和关爱老年人健康,3月2日,菏泽开发区丹阳街道办事处中心医院医务人员来到亨通园社区居委会,拉开了为辖区内65岁以上的老人免费体检的序幕。办事处卫计办领导乔伟才、贾佳、田光等参加开幕仪式。“医生说了,一切正常。”家住菏泽开发区丹阳街道亨通园社区的65岁居民李爱琴,做完心电图高兴地告诉记者,她今年刚满65岁,一听说有免费体检就来了。

In order to further implement the basic public health project services of the state, conscientiously do a good job of free physical examination for the elderly, care for and care for the health of the elderly, on March 2, the medical staff of the Central Hospital of Danyang Street Organizing Zone in Heze Development Zone came to the Hengtongyuan Community Residential Committee and opened the prelude of free physical examination for the elderly over 65 years old in the area under their jurisdiction. Qiao Weicai, Jia Jia and Tian Guang, leaders of the office's health planning office, attended the opening ceremony. "The doctor said that everything was all right." Li Aiqin, a 65-year-old resident of Hengtongyuan Community, Danyang Street, Heze Development Zone, happily told reporters after completing her electrocardiogram that she had just turned 65 this year, and came as soon as she heard of a free physical examination.

心血管健康

Cardiovascular health

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综合健康信息

Comprehensive Health Information

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决心工程

Resolve To Save Lives

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No such articles!

河南

Henan

食物中的钠

Sodium in food

没有相关文章!

No such articles!
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安徽

Anhui

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浙江

Zhejiang

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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 心情花园：疲劳头晕可能是这个原因(图) Mood Garden: Fatigue and dizziness may be the reason.	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 17:25:43 Time: 17:25:43
据外媒2月28日报道，脱水，顾名思义即身体失去水分。当人体消耗的水分大于摄入的水分时，身体便会出现脱水症状。美国梅约诊所表示，成年人脱水的症状包括极度口渴、尿少、排深色尿、疲劳、头晕、意识模糊等。人尽皆知脱水由饮水不足或运动后大量出汗引起。但是还有一些情况下，人们不经意间就容易脱水。定时饮水或饮用含电解质的饮料能够为身体补充适量的水分。下面十条有可能导致脱水的因素，看看中招了吗？				
According to foreign media reports on February 28, dehydration, as the name implies, means that the body loses water. When the body consumes more water than it consumes, it will dehydrate. According to the Mayo Clinic, the symptoms of dehydration in adults include extreme thirst, lack of urine, dark urine, fatigue, dizziness and confusion. It is well known that dehydration is caused by insufficient drinking water or excessive sweating after exercise. But in some cases, people are prone to dehydration inadvertently. Regular drinking of water or electrolyte-containing beverages can provide adequate water for the body. Here are 10 factors that may cause dehydration. Have you been successful?				
2. 狐狸实验 快餐越来越“胖”啦？测评发现汉堡薯条比30年前“重了”两成 Fox experiment Fast food is getting fatter and fatter? Hamburg fries were 20% heavier than they were 30 years ago.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:28:16 Time: 11:28:16
想知道为什么“你比从前更胖了”吗？据《每日邮报》报道，快餐店跟这件事脱不了干系。快餐店的食物看起来似乎越来越健康了，菜单上虽然有各种沙拉、无糖饮料、低卡路里的选择，但其实现在快餐比以往任何时候分量都更大、更咸、热量更高。波士顿大学的一项新的研究发现，现在快餐的份量比30年前增加了近20 %。 波士顿大学和塔夫茨大学的一项新研究发现，尽管快餐店试图增加健康的菜单选项，但随着我们膳食中汉堡、薯条和冰淇淋的份量增加，卡路里和钠的含量也增加了。				
Want to know why you are fatter than before? According to the Daily Mail, fast food restaurants have nothing to do with it. Fast food seems to be getting healthier and healthier. Despite all kinds of salads, sugarless drinks and low-calorie choices on the menu, fast food is now bigger, saltier and calorier than ever before. A new study from Boston University found that the amount of fast food is now nearly 20% higher than it was 30 years ago. A new study from Boston University and Tufts University found that while fast-food restaurants try to add healthier menu options, as the amount of hamburgers, chips and ice cream in our diet increases, so do calories and sodium.				
高血压 Hypertension				
1. 健康提醒 “三高” 最不能做的10件事！否则吃再多药都白搭！ Health Reminder The Top 10 Things "Three High" Can't Do! Otherwise, no matter how many medicines you take, you will get nothing!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 19:10:29 Time: 19:10:29
对于高血压、高血脂、高血糖的人来说，生活方式上的调整十分重要，如果生活中没有做好，吃再多药都可能没有效果！ 高血压不能做的十件事。1.喝浓茶。因为红茶中所含的茶碱最高，可以引起大脑兴奋、不安、失眠、心悸等不适，从而使血压上升。高血压病患者忌饮浓茶，尤其是忌饮浓烈红茶。				
For people with high blood pressure, hyperlipidemia and hyperglycemia, lifestyle adjustment is very important. If life is not done well, taking more drugs may not be effective! _____ Ten things that hypertension can't do. 1. Drink strong tea. Because theophylline in black tea is the highest, it can cause brain excitation, anxiety, insomnia, palpitation and other discomforts, so that blood pressure rises. Patients with hypertension should avoid drinking strong tea, especially strong black tea.				
心血管健康 Cardiovascular health				
1. 你可能对“清淡饮食”有些误解送你一份清淡饮食方案！ You may have misunderstood "light diet" and sent you a light diet plan!	来源：万家热线 Source: Wanjia Hotline	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:07:08 Time: 08:07:08
肠胃不好、手术过后、大病初愈……医生的嘱咐里面总会有一条是“清淡饮食”。很多人便开始“吃草”的日子……荤腥不吃、油盐不进，每天吃饭味同嚼蜡。其实，这并不是医生口中的“清淡”。让营养学专家告诉你，真正的清淡饮食是什么。 医生眼中的清淡饮食。人们对“清淡饮食”存在着不少误区，例如荤腥不吃、油盐不进等极端做法，非但不利于营养均衡，还会导致体质下降，让人更容易被疾病侵袭。				
Intestine and stomach is not good, after the operation, serious illness first recovered... There will always be a "light diet" in the doctor's instructions. Many people begin to "graze" days... Buckwheat is not eaten, oil and salt are not eaten, eating every day tastes like chewing wax. In fact, this is not what doctors call "light". Let nutritionists tell you what a really light diet is. A light diet in the doctor's eyes. People have many misunderstandings about "light diet", such as the extreme practices of not eating meat, not eating oil and salt, which are not conducive to nutritional balance, but also lead to physical decline, making people more vulnerable to disease.				
2. 【航天健康大讲堂】春暖花开艳阳照，心脏疾患早预防 [Aerospace Health Hall] Warm spring and sunshine, early prevention of heart disease	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:06:34 Time: 10:06:34
一冬过后，初春气温逐渐回升，但昼夜温差较大，多数心血管疾病患者认为冬季（11月-1月份）是疾患“高发期”，从而放松警惕，事实证明，每每春季（3月-4月份），急性心血管事件仍频繁发作，这一阶段亦是心血管发病高峰期。追其根本，与春季冷空气活动频繁、气温骤升骤降、波动较大所导致心血管舒缩功能、血液循环发生急剧变化相关。				
After one winter, the temperature gradually rises in early spring, but the temperature difference between day and night is large. Most patients with cardiovascular diseases think that winter (November-January) is the "high incidence period" of diseases, thus relaxing their vigilance. It has been proved that every spring (March-April), acute cardiovascular events still occur frequently, and this stage is also the peak period of cardiovascular disease. It is related to frequent cold air activity, sudden temperature rise and drop, and large fluctuation in spring, which lead to rapid changes in cardiovascular systolic function and blood circulation.				
3. 食品偏好应在生命早期确立，控制体重得从小抓起 Food preferences are established early in life, and weight control must start from a young age.	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:11:46 Time: 09:11:46
如今的生活，吃的喝的越来越丰富，很多家长稍不注意就会养出个“小胖子”，老一辈人还觉得“孩子就得胖一点，这样才可爱”……其实，如果小时候没有及时控制体重，成年以后很可能仍然会肥胖，再想减肥将非常艰难。抛开体型外貌，“儿童肥胖”的危害，那真是一箩筐！所以这“减肥大业”，可能真的要从小抓起！儿童期肥胖，以后会怎么样？				
Today's life, eating and drinking more and more abundant, many parents will not pay attention to a little will raise a "little fat man", older generations also feel that "children have to be fat, so lovely"... In fact, if you don't control your weight in time as a child, you will probably still be obese in adulthood, and it will be very difficult to lose weight. Put aside the appearance, the harm of "childhood obesity" is really a basket! Therefore, this "weight loss industry" may really have to start from an early age! Childhood obesity, what will happen in the future?				
综合健康信息 Comprehensive Health Information				
1. 这些食品都很“咸”，减盐不只是减食盐 These foods are salty, not just salt.	来源：人民网广西频道 Source: People's Network Guangxi Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:05:25 Time: 16:05:25
“菜淡了不香”“吃盐少了没劲儿”“好厨师一把盐”……中国的这些“高盐文化”理念得改改了，饭菜与食物的美味与否不应该让单一的食盐决定了。食用盐摄入量超标75%。现状：2015年，《中国居民营养与慢性病状况报告》显示，2012年我国18岁及以上居民平均每日盐摄入量为10.5克，比推荐的6克高出75%。《国民营养计划(2017~2030年)》提出，减盐目标是到2030年实现全国人均每日食盐摄入量下降20%。				
"The dishes are light but not fragrant", "eating less salt is dull", "a good cook has a handful of salt"... These "high salt culture" concepts in China have to be changed. The delicacy of food and meals should not be decided by a single salt. The salt intake exceeded the standard by 75%. Status: In 2015, the Report on Nutrition and Chronic Diseases of Chinese Residents showed that the average daily salt intake of Chinese residents aged 18 and over was 10.5 grams in 2012, 75% higher than the recommended 6 grams. According to the National Nutrition Plan (2017-2030), the goal of salt reduction is to reduce the daily salt intake per capita by 20% by 2030.				
2. 经期，更年期防止粉刺的6个小妙招 Six tips for preventing acne during menstruation and menopause	来源：人民网广西频道 Source: People's Network Guangxi Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:05:52 Time: 15:05:52
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。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。对于大多数女性来说，原因在于月经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？				
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. 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. For most 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?				
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!	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:06:12 Time: 09:06:12
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”微课堂特邀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。温济英指出, 孕期体重增得太多或者太少都不好, 合理的营养和增重才有助于生下健康的宝宝。				
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. Wen Jiying pointed out that too much or too little weight gain during pregnancy is not good. Reasonable nutrition and weight gain can help to give birth to healthy babies.				
4. 政协委员安庭: 儿童食品包装上应标注糖份含量 CPPCC member Anting: Sugar content should be marked on food packaging for children	来源: 新浪网 Source: Sina network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 20:09:12 Time: 20:09:12
随着我国居民生活水平的大幅提高, 儿童肥胖的社会化问题日益凸显, 严重威胁着祖国下一代的身心健康。全国政协委员、北京市工商联副主席安庭关注到, 在这其中, 针对儿童的零食类商品起到了“推波助澜”的作用。安庭表示, 目前我国并没有制定儿童食品的专门定义, 对“儿童食品的营养指标、安全指标、添加剂使用应遵循的标准”并无明确说法。				
With the dramatic improvement of the living standards of the residents in China, the socialization of children's obesity has become increasingly prominent, which seriously threatens the physical and mental health of the next generation of the motherland. Anting, member of the CPPCC National Committee and vice-chairman of the Beijing Federation of Industry and Commerce, is concerned that snacks for children play a role of "boosting the tide". Anting said that at present, there is no specific definition of children's food in China, and there is no clear statement about "nutritional indicators, safety indicators, additives use standards for children's food".				
5. 少吃! 鱼香菜系是“三高”菜 Eat less! Fish and coriander are "three high" dishes	来源: 人民网 Source: People's net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:10:27 Time: 10:10:27
现在烧菜方式越来越多, 其中鱼香茄条、鱼香肉丝、鱼香豆腐等因色泽红亮、咸甜酸辣兼备、葱姜蒜辛香突出备受人们喜爱。鱼香菜系具有鱼香味, 但其味并不来自“鱼”, 而是泡红辣椒、葱、姜、蒜、糖、盐、酱油等调味品调制而成, 具有咸、甜、酸、辣、鲜、香等特点。从营养学角度看, 鱼香菜系是典型高油、高糖、高盐的“三高”中国菜。				
Nowadays, there are more and more ways of cooking, among which fish and eggplant sticks, fish-flavored pork shreds, fish-flavored tofu and so on are popular because of their bright red color, salty, sweet, sour and hot, and the spicy aroma of onion, ginger and garlic. Fish coriander is a kind of fish flavor, but its flavor does not come from "fish", but from pickled red pepper, onion, ginger, garlic, sugar, salt, soy sauce and other condiments. It has salty, sweet, sour, spicy, fresh and fragrant characteristics. From the point of view of nutrition, fish and coriander is a typical Chinese dish with high oil, sugar and salt.				
6. 光泽县杭东社区举办健康知识讲座 Health Knowledge Lecture in Hangdong Community of Guangze County	来源: 福建东南新闻网 Source: Fujian Southeast News Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 18:10:45 Time: 18:10:45
随着生活质量的提高, 居民群众对健康的需求越来越强烈, 为了促进老年人身体健康, 光泽县杭东社区开展了老年人健康养生的知识讲座。本次讲座中首先讲述了“合理膳食”的重要性, 暴饮暴食、偏食、乱吃胡喝等不良饮食习惯, 将导致糖尿病、高血压、高血脂等富贵病高发。老年人首先要“管住嘴”, 饮食要清淡, 要少油少盐, 应以谷类为主, 多吃蔬菜、水果和薯类, 注意荤素、粗细搭配。				
With the improvement of the quality of life, the residents'demand for health is becoming stronger and stronger. In order to promote the health of the elderly, Guangze County Hangdong Community has launched a lecture on the health of the elderly. In this lecture, the importance of "reasonable diet" is first described. Overeating, partial eating, and eating and drinking will lead to high incidence of diabetes, hypertension, hyperlipidemia and other rich diseases. Old people should first "shut up". Eat a light diet, less oil and salt. They should mainly eat cereals, more vegetables, fruits and potatoes, and pay attention to the combination of meat and meat.				
7. 中央厨房方便老人“蹭饭” 私人定制送餐上门未来可网订 Central Kitchen is convenient for the elderly to "scratch" meals. Private customized meals can be ordered online in the future.	来源: 扬州网 Source: Yangzhou net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:10:46 Time: 09:10:46
这几天, 午饭时间一到, 邗江区蒋王街道蒋王社区的赵松柳老人就来社区“蹭饭”了。说是“蹭饭”, 其实是指花很少的钱, 就能吃到适合自己口味的饭菜。近日, 一个专为老人服务的中央厨房在蒋王社区投入使用, 一举解决了蒋王街道以及周边新盛、邗上街道数百位老人“吃饭难”的问题。方便实惠中央厨房成老人“第二个家”记者在蒋王社区中央厨房看到, 这里窗明几净, 设施都是新置的, 分为就餐间、操作间、洗汰间等不同功能区。				
These days, as soon as lunch time arrives, Zhao Songliu, an old man from Jiangwang Community, Jiangwang Street, Hanjiang District, comes to the community to "scratch food". Saying "dawdle" actually means that you can eat a meal that suits your taste with very little money. Recently, a central kitchen dedicated to the elderly has been put into use in Jiangwang community, which has solved the problem of "eating difficult" for hundreds of elderly people in Jiangwang Street, Xinsheng Street and Haoshang Street. Convenient and affordable central kitchen into the elderly "second home" reporter in the central kitchen of Jiangwang Community saw that the windows are clean, facilities are new, divided into dining room, operating room, washroom and other different functional areas.				
8. 经期、更年期防止粉刺的6个小妙招 Six tips for preventing acne during menstruation and menopause	来源: 人民网广西频道 Source: People's Network Guangxi Channel	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:11:29 Time: 15:11:29
即使过了青春期, 也有很多人对粉刺而烦恼。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。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。对于大多数女性来说, 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, 该怎样防治呢?				
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. 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. For most 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?				
9. 老吃加工食品, 早亡风险高 Eating processed foods is associated with a high risk of early death	来源: 人民网 Source: People's net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:18:27 Time: 09:18:27
老吃加工食品, 早亡风险高。过度加工食品通常是指开袋即食的食品, 比如蛋糕、饼干等, 它们美味方便, 受到不少人喜爱。然而, 这类食品也存在一定的健康隐患。近日, 《美国医学杂志·内科学》刊登法国一项研究发现, 食用太多过度加工食品会增加早亡风险。在法国, 过度加工食品提供的热量约占人们日常饮食总热量的14%。				
Old processed foods have a high risk of early death. Overprocessed food usually refers to ready-to-eat food, such as cakes, biscuits, etc. They are delicious and convenient, and are loved by many people. However, this kind of food also has certain health risks. A new French study published recently in the Journal of Internal Medicine of the American Medical Association has found that eating too much processed food increases the risk of early death. In France, over-processed foods provide about 14% of the total calories in people's daily diet.				
10. 女子追剧量半年屡治不见好专家: 耳石症是眩晕的罪魁祸首 Expert: Otolithiasis is the culprit of vertigo	来源: 秦楚网 Source: Chu Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 12:18:37 Time: 12:18:37
您曾忽然感到头昏脑涨走路不稳吗? 您曾天旋地转找不到方向吗? 这类情况, 我们往往都用“晕”来描述。可在医生眼中, 这晕的症状是不同的, 每种情况所对应的病因也不同。但是, 如果出现眩晕、眼震的症状, 那么很可能是耳石症作怪。昨日是全国爱耳日, 太和医院耳鼻喉科专家朱俊介绍, 人们对眩晕症非常熟悉, 但耳石症却鲜为人知, 绝大多数病例容易被误诊为心脑血管疾病、脑供血不足或颈椎病等, 导致患者辗转求医, 苦不堪言。				
Have you ever felt dizzy and unstable? Have you ever whirled around and found no direction? This kind of situation, we often use "halo" to describe. But in the eyes of doctors, the symptoms of this halo are different, and the causes of each case are different. However, if dizziness and nystagmus occur, otolithiasis is likely to be the cause. Yesterday was the National Ear Day. Zhu Jun, an expert of otology and otology in Taihe Hospital, introduced that people are very familiar with vertigo, but otolithiasis is rarely known. Most cases are easily misdiagnosed as cardiovascular and cerebrovascular diseases, cerebral insufficiency or cervical spondylosis, which leads patients to turn to doctors and suffer terribly.				
<div><div>决心工程</div><div>Resolve To Save Lives</div></div>				
没有相关文章!				

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-03-04, 共监测到535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 535 WeChat public articles were monitored in 2019-03-04. 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

- [【健康教育】世界减盐周 | 别让食物的“盐值”，成为全家人的“健康杀手”](#)
[Health Education] World Salt Reduction Week. Do not let the "salt value" of food become the "health killer" of the whole family.

重复数: 41
Repeat Number: 41

日期: 2019-03-04
Data: 2019-03-04

“盐值”过高影响全家人健康 世界卫生组织建议成年人每人每天食盐摄入量不超过5克。《中国居民膳食指南》在评估我国居民食盐摄入量及饮食习惯等基础上提出成年人每天食盐摄入量不超过6克。而中国居民营养状况调查显示：我国居民实际每日盐摄入量在12克左右。

The World Health Organization recommends that adults consume no more than 5 grams of salt a day. Based on the evaluation of salt intake and eating habits of Chinese residents, the Dietary Guidelines for Chinese Residents put forward that the daily salt intake of adults should not exceed 6 grams. The survey on nutritional status of Chinese residents shows that the actual daily salt intake of Chinese residents is about 12 grams.
- [2. 世界减盐周, 主动“要”少盐](#)
World Salt Reduction Week.Take the initiative to reduce salt

重复数: 17
Repeat Number: 17

日期: 2019-03-04
Data: 2019-03-04

食盐摄入过多可导致血压升高, 并增加脑卒中、心脏病、胃癌、骨质疏松等疾病的患病风险。科学研究表明, 成年人对盐的生理需要量大约在每天1克左右, 这与人们每天从天然食物或食材中摄入的盐量相当, 多余的钠(盐)主要随尿液排出体外。世界卫生组织建议成年人每人每天食盐摄入量不超过5克。

Excessive salt intake can lead to elevated blood pressure and increase the risk of stroke, heart disease, gastric cancer, osteoporosis and other diseases. Scientific research shows that the physiological requirement of salt for adults is about 1 gram per day, which is equivalent to the daily intake of salt from natural food or food. The excess sodium (salt) is mainly excreted from the body with urine. The World Health Organization recommends that adults consume no more than 5 grams of salt a day.
- [3. 高血压的隐形凶手, 除了盐还有它](#)
In addition to salt, it is also the invisible murderer of high blood pressure.

重复数: 13
Repeat Number: 13

日期: 2019-03-04
Data: 2019-03-04

限糖同时, 别忘限盐 食用盐的量限制在每天小于 6 克 (也就是普通啤酒瓶盖去掉胶皮垫后水平装满的量), 会有助于血压下降。同时补充一定量的钾和钙, 还能促进体内钠的排泄。因此, 在食盐的选择上, 可以选择钠钾平衡盐, 或者含钾量偏高、含钠量偏低的低钠盐。

While limiting sugar, don't forget to limit salt. The amount of table salt is limited to less than 6 grams per day (that is, the amount of horizontal filling of the normal beer bottle cap after removing the rubber pad), which will help lower blood pressure. At the same time, supplementing a certain amount of potassium and calcium can also promote the excretion of sodium in the body. Therefore, in the choice of salt, you can choose sodium or potassium balanced salt, or low sodium salt with high potassium content and low sodium content.
- [4. 日本长寿全球第一! 10个秘诀中9个与吃有关!](#)
Japanese longevity ranks first in the world! Nine of the 10 tips are about eating!

重复数: 5
Repeat Number: 5

日期: 2019-03-04
Data: 2019-03-04

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. 身体出现这5个迹象, 提醒你吃盐太多了!](#)
These five signs remind you that you eat too much salt!

重复数: 4
Repeat Number: 4

日期: 2019-03-04
Data: 2019-03-04

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, this may be the fault of eating too much salt. After eating a food containing a lot of sodium, the body feels that the salt and water content is out of balance. In order to restore balance, you need to drink more water. Therefore, the brain will send a thirst signal to encourage you to drink. If you eat too much salt for a long time, it may cause people to dehydrate. Once people are dehydrated, they cannot clearly think about the problem.

减盐-微博

Salt Reduction - Weibo

2019-03-04, 共检测到2454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。

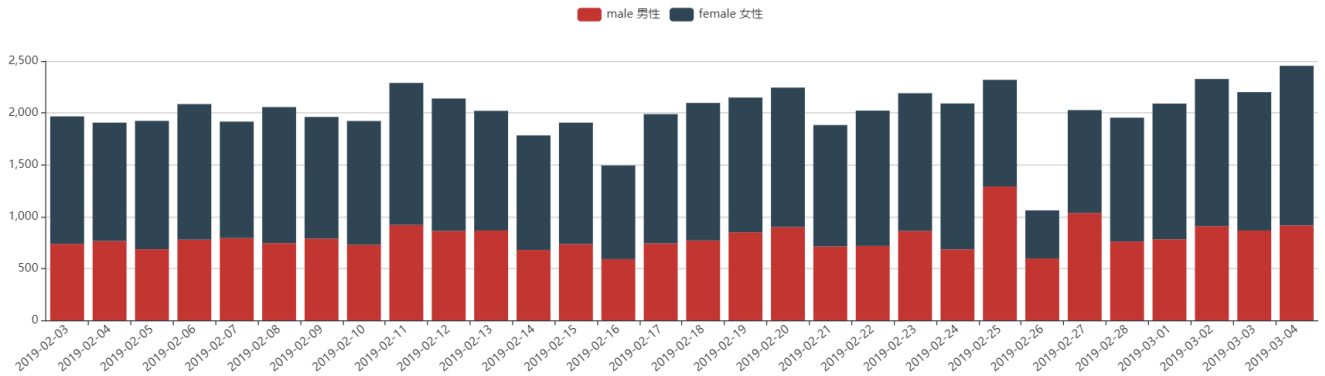
There are 2454 weibos about salt reduction monitored on 2019-03-04.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

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



热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

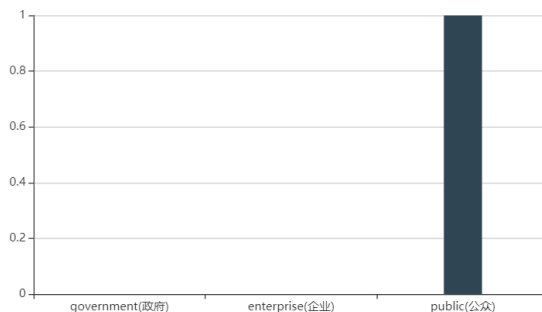
Trans Fat - News

今日 (2019-03-04) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-03-04. Please click the title to view full information.

The original article is in Chinese only.

advocated (提倡) against (反对) neutrality (中立)



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. 你可能对“清淡饮食”有些误解送你一份清淡饮食方案!
[You may have misunderstood "light diet" and sent you a light diet plan!](#)

来源：万家热线
Source: Wanjia Hotline

主体：公众
Subject: public

态度：反对
Attitude: against

时间：08:31:26
Time: 08:31:26

肠胃不好、手术过后、大病初愈.....医生的嘱咐里面总会有一条是“清淡饮食”。很多人便开始“吃草”的日子.....荤腥不吃、油盐不进，每天吃饭味同嚼蜡。其实，这并不是医生口中的“清淡”。让营养学专家告诉你，真正的清淡饮食是什么。 医生眼中的清淡饮食。人们对“清淡饮食”存在着不少误区，例如荤腥不吃、油盐不进等极端做法，非但不利于营养均衡，还会导致体质下降，让人更容易被疾病侵袭。

Intestine and stomach is not good, after the operation, serious illness first recovered... There will always be a "light diet" in the doctor's instructions. Many people begin to "graze" days... Buckwheat is not eaten, oil and salt are not eaten, eating every day tastes like chewing wax. In fact, this is not what doctors call "light". Let nutritionists tell you what a really light diet is. A light diet in the doctor's eyes. People have many misunderstandings about "light diet", such as the extreme practices of not eating meat, not eating oil and salt, which are not conducive to nutritional balance, but also lead to physical decline, making people more vulnerable to disease.

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

2019-03-04, 共监测到381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 381 WeChat public articles were monitored in 2019-03-04. 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. 大脑最爱的食物, 核桃只排第4名, 第1名谁想不到!

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

重复数: 37

日期: 2019-03-04

Repeat Number: 37

Data: 2019-03-04

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。保持大脑健康少吃这些 除了上面介绍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。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。

Often eating black sesame can help people prevent and treat gallstones, but also has the effect of prolonging life, brain and intelligence. Keep your brain healthy and eat less of these foods. In addition to the above, there are some common foods that may have unhealthy effects on brain health. These foods contain a large amount 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

[Chinese girl destroyed by milk tea](#)

重复数: 23

日期: 2019-03-04

Repeat Number: 23

Data: 2019-03-04

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. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!

[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

重复数: 12

日期: 2019-03-04

Repeat Number: 12

Data: 2019-03-04

心要穷养: 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。保养要点 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

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. 血栓是吃出来的, 这四种食物一定要少吃或不吃

[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#)

重复数: 6

日期: 2019-03-04

Repeat Number: 6

Data: 2019-03-04

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

5. 全球公认最利于减肥的10大蔬果&最容易发胖的10大垃圾食品

[Globally recognized top 10 vegetables and fruits that are most fat-reducing and top 10 junk foods that are most fat-prone](#)

重复数: 3

日期: 2019-03-04

Repeat Number: 3

Data: 2019-03-04

饼干类食品(不含低温烘烤和全麦饼干) 这种食物热量高、营养成分低。由于添加防腐剂、食用香精和色素等, 使人体肝脏负担加重。为增加货架期和产品稳定性而添加氢化油的产品中都可以发现反式脂肪酸。

Biscuits (excluding low-temperature baking and whole wheat biscuits) are high in calories and low in nutrients. Due to the addition of preservatives, food flavors and pigments, the burden on human liver is increased. Trans fatty acids can be found in products added with hydrogenated oil to increase shelf life and product stability.

反式脂肪酸-微博 Transfat - Weibo

2019-03-04, 共检测到176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。

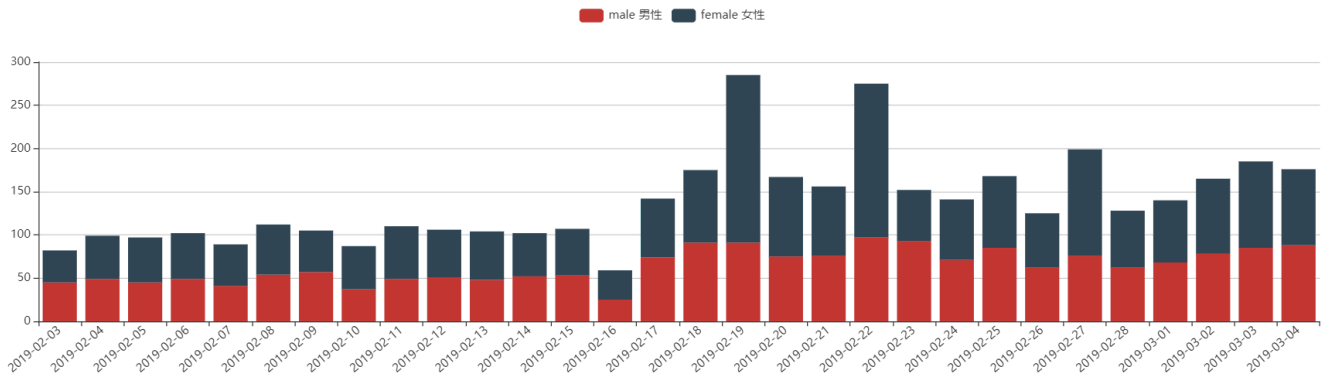
There are 176 weibos about transfat reduction monitored on 2019-03-04.

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!