

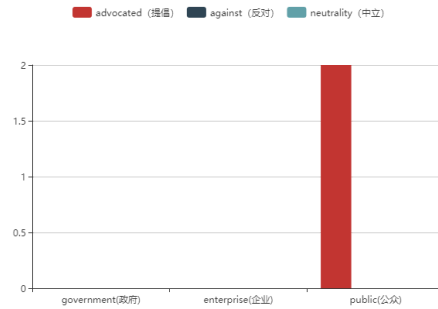
减盐-新闻

Salt Reduction - News

今日 (2018-11-07) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-11-07. 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. [50%的高血压因高盐或高钠引起，如何科学减盐？](#)

来源：新华网

主体：公众

态度：提倡

时间：09:07:24

[50% of the high blood pressure caused by high salt or sodium, how to scientifically reduce salt?](#)

来源：新华网

Subject: public

Attitude: advocate

Time: 09:07:24

对现在的人来说，盐可能仅仅是一个调味品。但在历史漫长的发展中，盐曾经是决定一个国家的生死和富强的关键。当然，随着经济条件的不断提升，人们如今不再缺盐，反而开始担心过多的盐所带来的健康隐患。减盐成为产学研究的共识，如何科学减盐则更需要探讨。不久前，由达能营养中心（中国）主办，主题为“减盐背后的科学”学术年会在青岛召开

For people today, salt may be just a condiment. But in the long history of development, salt has been the key to deciding the life, death and prosperity of a country. Of course, with the continuous improvement of economic conditions, people are no longer short of salt, but began to worry about the health risks caused by excessive salt. Salt reduction has become the consensus of industry, University and research circles, and how to reduce salt scientifically needs more discussion. Not long ago, the annual conference on "Science behind Salt Reduction" was held in Qingdao, sponsored by Danone Nutrition Center (China).

心血管健康

Cardiovascular health

没有相关文章!

No such articles!

综合健康信息

Comprehensive Health Information

没有相关文章!

No such articles!

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

河南

Henan

食物中的钠

Sodium in food

没有相关文章!

No such articles!

高血压

Hypertension

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安徽

Anhui

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!
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!

浙江
Zhejiang

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!
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!

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
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
没有相关文章!
No such articles!
综合健康信息 Comprehensive Health Information

1. [吃醋易致骨质疏松？真相正相反](#)
[Jealous easily cause osteoporosis?The truth is the opposite](#)

来源：新华网
来源：新华网

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 15:13:09
Time: 15:13:09

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

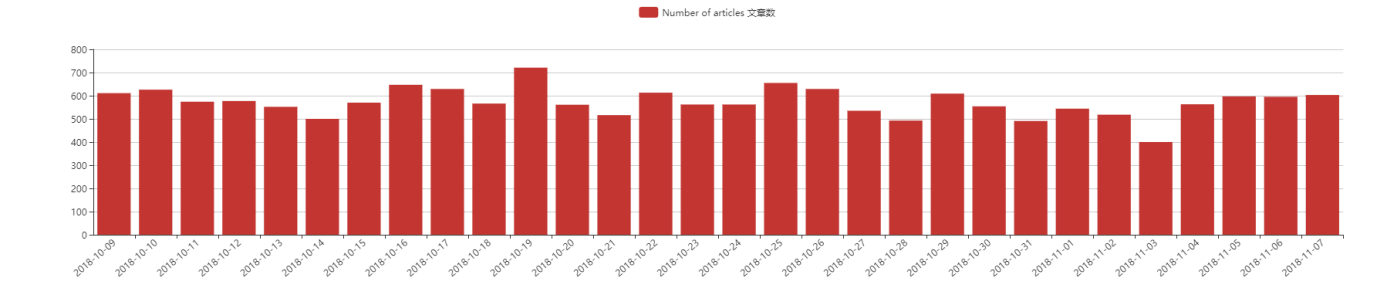
The health committee released the first National Osteoporosis epidemiological survey shows that osteoporosis has become an important health problem in elderly population in China, 50 years old osteoporosis prevalence rate was 19.2%. The problem of osteoporosis in elderly women is particularly serious, up to 32.1%, 65 women over the prevalence of osteoporosis is to reach 51.6%.Guangzhou No.1 People's Hospital joint surgery, deputy chief physician Xiao Wende said, osteoporosis is a skeletal disease commonly, the decrease of bone mass, bone structure destruction, bones become fragile and prone to fracture. In most adults, especially in postmenopausal women, bone density decreased gradually with age, osteoporosis patients, bone loss rate will speed up.Calcium alone is difficult to prevent osteoporosis.

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

减盐-微信

Salt Reduction - WeChat

2018-11-07, 共监测到603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 603 WeChat public articles were monitored in 2018-11-07. 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. 盐吃多了会怎样?11种危害要留意 What happens if salt eats too much? 11 dangers should be noted.	重复数: 8 Repeat Number: 8	日期: 2018-11-07 Data: 2018-11-07
肾脏是人体的一大重要代谢器官, 人体的代谢废物很多是通过肾脏, 最终以尿液排出体外。尿液中的蛋白质含量增加是肾脏损伤、肾脏疾病的一个危险信号。食盐也是经过肾脏通过尿液排出体外的。在动物实验中, 人们发现高食盐摄入量会使得尿液中蛋白质的量升高。虽然有部分人属于“盐不敏感型”, 但是大部分人都属于“盐敏感型”, 多吃盐就会升高血压。 The kidney is an important metabolic organ of the human body. Many of the body's metabolic waste passes through the kidneys and is eventually excreted in the urine. Increased protein levels in the urine are a dangerous sign of kidney damage and kidney disease. Salt is also excreted through the urine after passing through the kidneys. In animal experiments, it has been found that high salt intake increases the amount of protein in the urine. Although some people belong to the "salt-insensitive type", most people are "salt-sensitive", and eating more salt will raise blood pressure.		
2. 肾好不好, 一泡尿就知道!5个最作死的伤肾行为 你天天在犯! By checking the urine, you will know that the kidneys are good! You are doing the 5 most harmful kidneys every day!	重复数: 7 Repeat Number: 7	日期: 2018-11-07 Data: 2018-11-07
盐摄入太多, 会加重肾脏的负担, 致使肾脏受损。对于健康成年人, 每天摄盐量超过6克, 就算多了; 而对儿童, 超过3克就是多。 Too much salt intake can increase the burden on the kidneys and cause kidney damage. For healthy adults, salt intake is more than 6 grams per day, even more; for children, salt intake of more than 3 grams is an excess.		
3. 【健康】立冬进补不盲目~~“健康三减”记心上! [Health] Don't blindly eat supplements during the winter. Keep your "health reduction" in mind!	重复数: 3 Repeat Number: 3	日期: 2018-11-07 Data: 2018-11-07
流行病学调查发现, 吃盐太多, 会升高血压, 而高血压会增加中风、心脏病的发生几率。高盐饮食也会增加胃病、骨质疏松、肾病的患病风险。膳食指南建议, 每天摄入的盐不要超过6克。 Epidemiological studies have found that eating too much salt increases blood pressure, which increases the risk of stroke and heart disease. High salt diet can also increase the risk of stomach disease, osteoporosis and kidney disease. The dietary guidelines recommend that the daily intake of salt should not exceed 6 grams.		
4. 食安 50%的高血压因高盐或高钠引起, 如何科学减盐? 50% of high blood pressure is caused by high salt or high sodium. How to scientifically reduce salt?	重复数: 2 Repeat Number: 2	日期: 2018-11-07 Data: 2018-11-07
北京大学临床医学院研究所常务副所长武阳丰教授指出, 在我国由心脑血管病事件引起的死亡占总死亡人数的45%。其中49%的冠心病和62%的卒中是高血压导致的。50%的高血压是吃盐多或者钠过高带来的。武阳丰教授告诉我们, 在我国高血压患者的分布是北高南低, 正和吃的盐量相符。 Professor Wu Yangfeng, executive deputy director of the Institute of Clinical Medicine of Peking University, pointed out that deaths caused by cardiovascular and cerebrovascular diseases in China accounted for 45% of the total deaths. Among them, 49% of coronary heart disease and 62% of strokes are caused by hypertension. 50% of high blood pressure is caused by eating too much salt or too high sodium. Professor Wu Yangfeng told us that the distribution of hypertensive patients in China is high in the north and low in the south, which is consistent with the amount of salt eaten.		
5. 50%的高血压因高盐或高钠引起, 如何科学减盐? 50% of high blood pressure is caused by high salt or high sodium. How to scientifically reduce salt?	重复数: 2 Repeat Number: 2	日期: 2018-11-07 Data: 2018-11-07
世界各国在食品工业上的减盐行动早已开始。1979年芬兰就开始采取减盐行动, 通过设置高钠和低钠等标志的方法, 将国民的盐摄入量从1972年的14克降低到2002年的9克以下, 随之而来的是, 高血压率和脑卒中死亡率都有所下降, 成效非常明显。英国是2003年开始对含盐加工食品进行的改良, 五年内超市里加工食品含盐量降低了20~30%, 四年间国民摄入的盐量从9.5克降到8.6克。 The salt reduction actions of the countries in the food industry have already begun. In 1979, Finland began to take action to reduce salt. By setting high sodium and low sodium, the salt intake of the nationals was reduced from 14 grams in 1972 to less than 9 grams in 2002. The rate of hypertension and stroke mortality have all declined, and the results have been very obvious. In the United Kingdom, the improvement of salt-processed foods began in 2003. In the five years, the salt content of processed foods in supermarkets decreased by 20-30%, and the salt intake of nationals in four years dropped from 9.5 grams to 8.6 grams.		

减盐-微博

Salt Reduction - Weibo

2018-11-07, 共检测到1537条与“减盐”相关的微博。

本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

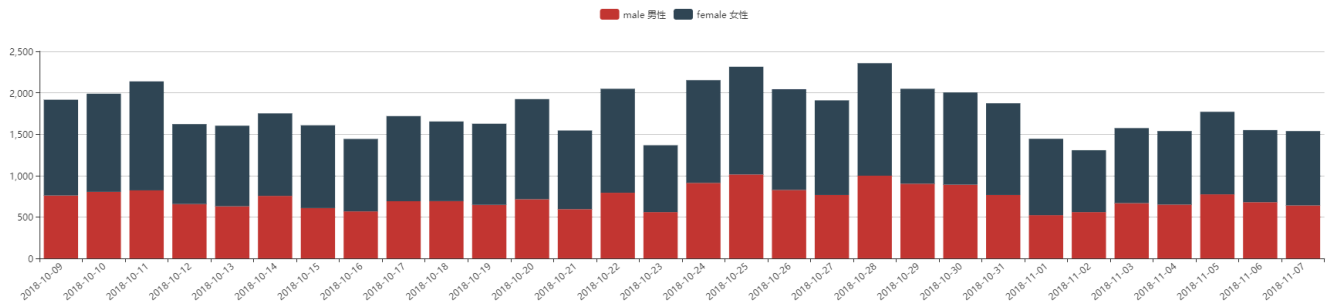
There are 1537 weibos about salt reduction monitored on 2018-11-07.

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

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

下图展示了最近30天的数据获取量。

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



热门微博

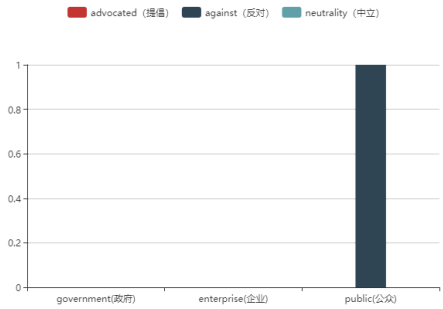
Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-07) 共监测到1条资讯。请点击标题查看原文。
There are 1 articles monitored today 2018-11-07. Please click the title to view full information.
The original article is in Chinese only.



山东

Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南

Henan

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

安徽

Anhui

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

浙江

Zhejiang

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

其他省份

Other Provinces

反式脂肪酸 Trans fat
1. 拒绝“病态美”！日媒体点短期节食减肥的9大危害 Refuse to "morbid beauty"! Japanese media inventory short-term 9 big threat to go on a diet
来源：人民网 来源：人民网
主体：公众 Subject: public
态度：反对 Attitude: against
时间： 09:33:27 Time: 09:33:27
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： 1.导致基础代谢率降低，所谓基础代谢即是指人安静时所消耗的卡路里量。比起缓和持续性的减肥方法，极端的节食会导致肌肉减少，而肌肉一旦减少，基础代谢率便会下降，这反而会导致日后体重增加
People who want to see early results and carry out "short-term concentrated diet" to lose weight are few. However, this diet can lose a few pounds, but cannot keep the slimming effect, may also 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:1. leading to a reduction in basal metabolic rate.Basal metabolism means the amount of calories consumed by people when they are quiet. Compared with moderate persistent weight loss, extreme dieting can cause muscle and muscle decreased, once reduced, basal metabolic rate will decline, but it will lead to weight gain
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

反式脂肪酸-微信 Transfat - WeChat

2018-11-07, 共监测到393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 393 WeChat public articles were monitored in 2018-11-07. This page shows the top five articles by repeat number today.

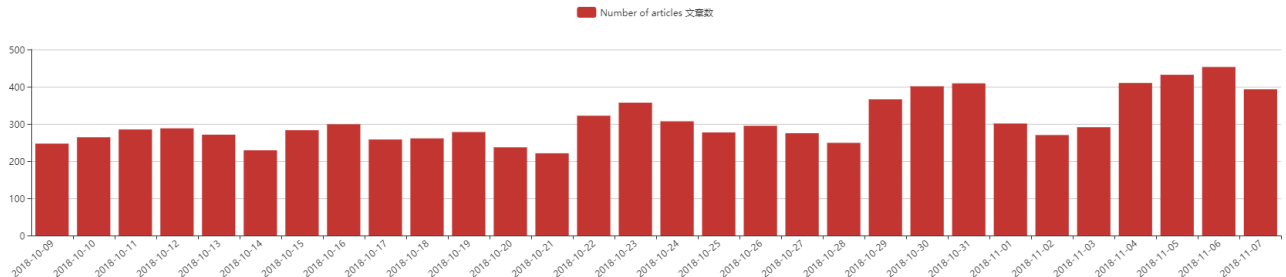
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

- [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, you should understand these and then decide whether to buy it! I did not expect to lose for many years.](#)

重复数: 40
Repeat Number: 40

日期: 2018-11-07
Data: 2018-11-07

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.
- [【实用】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, you should understand these and then decide whether to buy it! I did not expect to lose for many years.](#)

重复数: 7
Repeat Number: 7

日期: 2018-11-07
Data: 2018-11-07

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。

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.
- [超市选购暗藏玄机! 看了以后 才知道自己根本不会买东西.....](#)
[Supermarket purchase hidden mystery! After I saw it, I realized that I didn't pick things correctly...](#)

重复数: 3
Repeat Number: 3

日期: 2018-11-07
Data: 2018-11-07

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 acids" may actually contain a small amount of trans fatty acids. 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.
- [网红奶茶正在毁掉年轻人](#)
[The web star milk tea is destroying the young people.](#)

重复数: 2
Repeat Number: 2

日期: 2018-11-07
Data: 2018-11-07

从上个世纪80年代末开始, 人们逐渐认识到氢化植物油对健康的危害实际上比动物脂肪还要大。这主要是由于其中的反式脂肪酸引起的, 它增加的心血管疾病的风险, 比动物脂肪中的饱和脂肪酸还高。科研人员长期研究发现, 反式脂肪酸过量容易发胖, 它让人长胖的能力可是正常脂肪的7倍之多。

Since the late 1980s, people have come to realize that hydrogenated vegetable oils are actually more harmful to health than animal fats. This is mainly caused by trans fatty acids, which increase the risk of cardiovascular disease and are higher than saturated fatty acids in animal fats. Long-term research by researchers has found that trans fatty acids are prone to gain weight, and its ability to gain weight is seven times that of normal fat.
- [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, you should understand these and then decide whether to buy it! I did not expect to lose for many years.](#)

重复数: 2
Repeat Number: 2

日期: 2018-11-07
Data: 2018-11-07

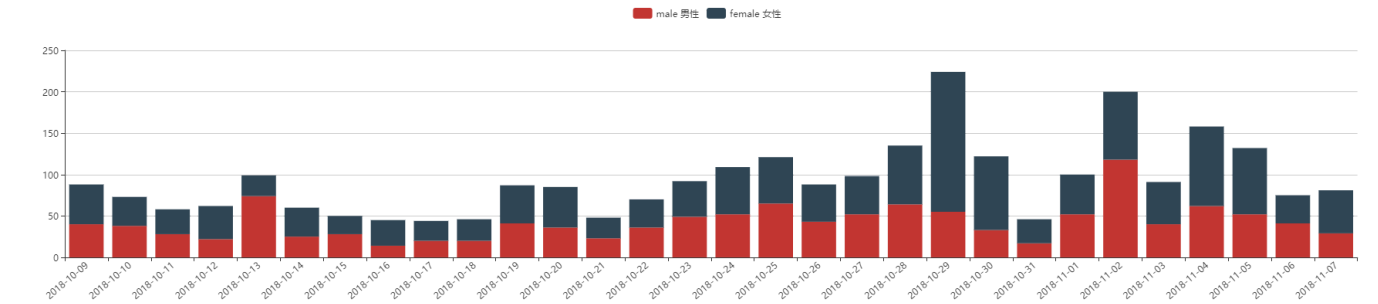
美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。

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.

反式脂肪酸-微博

Transfat - Weibo

2018-11-07, 共检测到81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 81 weibos about transfat reduction monitored on 2018-11-07.
Weibos whose repost number is greater than 50 are listed in this page.
Click the content of each weibo, and you can see the detail imformation.
下图展示了最近30天的数据获取量。
The following figure shows the amount of data acquired in the last 30 days.



热门微博

Hot Weibos

1. 没有相关微博!
No such weibos!