

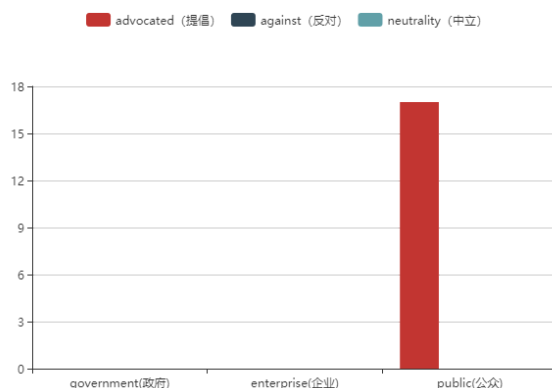
减盐-新闻

Salt Reduction - News

今日 (2018-10-29) 共监测到17条资讯。请点击标题查看原文。

There are 17 articles monitored today 2018-10-29. 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

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高血压

Hypertension

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心血管健康

Cardiovascular health

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综合健康信息

Comprehensive Health Information

1. 健康等于财富男性生活

[Health is wealth male living](#)

来源: 水母网

来源: 水母网

主体: 公众

Subject: public

态度: 提倡

Attitude: advocate

时间: 09:38:51

Time: 09:38:51

健康等于财富, 体魄男性生活。 10.28是“世界男性健康日”, 朱吴镇计生协用发放明白纸的形式向机关干部宣传男性健康有关知识。1994年, 联合国“国际人口和发展大会”提出, 必须制定方案向青少年和成年男性提供生殖健康信息, 咨询和服务。如今, 越来越多的疾病严重影响到男性同志的身心健康, 例如前列腺炎, 性功能障碍, 高血压, 糖尿病等, 而且发病年龄趋于年轻化。全世界范围男性平均年龄比女性要少2-3岁, 这种状况应当引起卫生部门的重视, 导致这种局面的主要原因是熬夜、酗酒、抽烟、高脂高盐饮食、生活压力大、精神紧张、环境污染等因素, 朱吴镇计生协呼吁全体男性机关干部倡导文明生活, 早睡早起, 清淡饮食, 加强锻炼, 放松心情, 身体健康了, 家庭才能和谐幸福。

Health equals wealth and compassion for men's lives. 10.28 is the World Men's Health Day. Zhu Wuzhen Family Planning Association publicizes male health related knowledge to government officials by issuing clear paper. In 1994, the United Nations International Conference on Population and Development (ICPD) proposed that programmes must be developed to provide reproductive health information, counseling and services to adolescents and adult men. Nowadays, the faster the more diseases, the more serious impact on the physical and mental health of male comrades, such as prostatitis, sexual dysfunction, hypertension, diabetes and so on, and the onset age tends to be younger. The average age of males worldwide is 2-3 years younger than that of females. This situation should be taken seriously by health departments. The main reasons for this situation are staying up late, drinking, smoking, high-fat and high-salt diet, high life pressure, mental stress, environmental pollution and other factors. Zhu Wuzhen Family Planning Association appeals to all male cadres to advocate it. Civilized life, early to bed and early to rise, light diet, strengthen exercise, relax mood, physical health, family can be harmonious and happy

2. 从吃饱吃好到吃出健康市民养生理念和方式发生巨变

[From eat eat good to eat a healthy citizens health concept and upheaval](#)

来源: 半岛网

来源: 半岛网

主体: 公众

Subject: public

态度: 提倡

Attitude: advocate

时间: 09:42:46

Time: 09:42:46

如今市民餐桌上的饭菜越来越多样化, 也更侧重营养搭配。日前, 青岛市老龄办公布数据, 截至目前全市申领百岁补贴人数为1046人, 其中女性830人、男性216人, 年龄最大的是平度市白沙河街道巡寨村114岁的刘珍花。据分析, 居民平均寿命延长, 与生活条件改善、医疗水平提高、健康养生理念转变等因素息息相关。健康长寿是人类永恒不变的话题, 那么, 改革开放40年来岛城市民的生活方式和养生理念有哪些变化? 如何建立正确健康的养生理念呢? 近日, 半岛记者采访了岛城文史专家鲁海和青岛市饮食文化研究会有关专家了解到, 改革开放40年尤其近十多年来, 市民从单一的追求吃饱到注重营养成分, 再到今天的营养均衡、搭配以及追求物质和精神两方面养生, 市民的健康养生理念发生了很大的变化。从前“白胖”为美, 如今都忙着减肥。

Nowadays, the food on the table is becoming more and more diversified, and it also focuses on nutrition. A few days ago, Qingdao City Aging Office released data, so far the city's application for 100-year-old allowance for 1,046 people, 830 women, 216 men, the oldest is Pingdu Baishahe Street Tour Village 114-year-old Liu Zhenhua. According to the analysis, the average life expectancy of residents is closely related to the improvement of living conditions, the improvement of medical standards, and the change of health concept. Healthy and longevity is an eternal topic of human beings. So, what changes have taken place in the lifestyle and health-preserving concepts of island and city residents in the past 40 years of reform and opening up? How to establish a correct and healthy health-preserving concept? Recently, a peninsula reporter interviewed Lu Hai, an expert in culture and history of the island city, and relevant experts of the Qingdao Food Culture Research Association to understand that the 40 years of reform and opening up are especially important. In the past decade or so, the public has changed greatly from a single pursuit of food and satiety to a focus on nutrients, and then to today's balanced nutrition, matching and the pursuit of both material and spiritual health. In the past, "white fat" was beautiful. Now they are busy losing weight.

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!

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. 日常生活中的这19个防癌小细节，对照一下看你做到了几个?
来源：中原网
主体：公众
态度：提倡
时间：12:08:07
The 19 cancer small details in everyday life, a comparison to see you do it for?
来源：中原网
Subject: public
Attitude: advocate
Time: 12:08:07

刚刚，李咏的妻子哈文@法图麦的妈妈 在微博发文宣布#李咏去世#：“在美国，经过17个月的抗癌治疗，2018年10月25日凌晨5点20分，永失我爱...。 ” 又是癌症！癌症如何防治，今天开始从预防，早诊筛查诊断，治疗等方面进行系列科普。先来说肿瘤预防。很多癌症的发生都与不良生活方式有或多或少的、直接的或间接的关系，这些不良生活方式某种程度上也是一种所谓的现代生活方式，比如吸烟、酗酒、缺乏运动和久坐、不良饮食习惯、熬夜、焦虑等。不良生活方式涉及吃、喝、拉、撒、睡、生活、工作、心理等等各个方面，涵盖面极广，会增加患癌风险。

Just now, Li Yong's wife posted on Weibo that I lost my love after 17 month's treatement towards cancer in America, 5:20 20th October 2018.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

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

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决心工程
Resolve To Save Lives

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浙江
Zhejiang

食物中的钠
Sodium in food

没有相关文章!

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高血压
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心血管健康
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No such articles!
<div>综合健康信息</div> <div>Comprehensive Health Information</div>
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>食物中的钠</div> <div>Sodium in food</div>				
1. 儿童食品“低盐”陷阱：换个包装就敢称“低盐” 价格还翻倍	来源：新华网	主体：公众	态度：提倡	时间： 17:03:07
Children's food "low salt" trap: change the packaging dare say "low salt" price is double	来源：新华网	Subject: public	Attitude: advocate	Time: 17:03:07
儿童食品“低盐”陷阱 你能过几关？上个周末，新妈妈小谭面对超市货架上琳琅满目的酱油犯起了难：是选择普通酱油给孩子做饭，还是选择价格要贵出几倍的儿童酱油。她曾经网购过宣称使用了减盐（钠）工艺的儿童酱油，为的就是能给孩子增加食欲，同时不至于盐（钠）摄入过量。而当她仔细对比这瓶儿童酱油与同品牌同系列普通酱油时，却发现儿童酱油的钠含量不低反高，类似的问题还存在于她购买的儿童面条上。儿童要少吃盐（钠）——在世界卫生组织和国家卫健委的建议下，这一观念已经深入人心。“低盐”“淡盐”“少盐”“减盐”“无盐”，也成为儿童食品中常见的营销标签，它们往往不会出现在食品包装上，只会出现在网购网站长长的商品描述中、展示图片上和导购的话语中。				
Child food "low salt" trap, how many points can you pass?Last weekend, the new mother, Tan, was confronted with a myriad of soy sauces on supermarket shelves: ordinary soy sauce for her children to cook, or children's soy sauce that cost several times more. She once online purchased soy sauce for children who claimed to use the salt-reducing process in order to increase appetite and avoid excessive salt intake. When she carefully compared this bottle of children's soy sauce with the same brand of common soy sauce, but found that the sodium content of children's soy sauce is not low but high, similar problems still exist in the children's noodles she bought.Children need to eat less salt (sodium) - a concept that has gained popularity at the suggestion of the World Health Organization and the National Health Service. "Low Salt", "Low Salt", "Low Salt", "Low Salt", "Low Salt", "Reduced Salt" and "No Salt" have also become common marketing labels in children's food. They do not appear on food packaging, but only in long product descriptions, display pictures and guided purchases on online shopping websites.				
<div>高血压</div> <div>Hypertension</div>				
1. 高血压预防“十步曲”	来源：南方网	主体：公众	态度：提倡	时间： 09:11:47
Hypertension prevention "ten steps of"	来源：南方网	Subject: public	Attitude: advocate	Time: 09:11:47
防控高血压没有捷径，需要从生活中的一点一滴做起。以下“十步曲”将主要的预防方法进行了整合，建议人们从此刻开始，有所改变。一袋牛奶一个蛋。新鲜牛奶中的丰富矿物质是维持人体功能，预防疾病的必需物质。牛奶中的钙是活性钙，是人体最易吸收的钙源，新鲜牛奶具有降脂、降低血黏度的作用，钾等其他物质也都能减少心脑血管疾病的发生。				
There is no shortcut to prevent hypertension. The following "Ten Steps" integrates the main prevention methods and suggests that people start changing from now on.A bag of milk and an egg. The rich minerals in fresh milk are essential to maintain human function and prevent diseases. Calcium in milk is an active calcium source, which is easily absorbed by human body. Fresh milk can reduce blood fat and viscosity. Potassium and other substances can also reduce the incidence of cardiovascular and cerebrovascular diseases.				
<div>心血管健康</div> <div>Cardiovascular health</div>				
没有相关文章!				
No such articles!				
<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
1. 北京打造脑中风急救地图覆盖68家医院	来源：千龙网	主体：公众	态度：提倡	时间： 15:03:49
Beijing building stroke emergency map covering 68 hospitals	来源：千龙网	Subject: public	Attitude: advocate	Time: 15:03:49
为患者开辟“生命通道”，北京打造“黄金一小时急救圈”——脑中风急救地图，覆盖68家医院。脑中风已成北京居民第三大死因，为了给脑卒中患者开辟“生命通道”，争取治疗时间，北京市正在打造“黄金一小时急救圈”，目前脑中风急救地图已覆盖68家医院。今天(29日)是“世界脑卒中日”，今年的主题为“战胜卒中，再立人生”。上午，朝阳区创卫办、卫生计生委等部门在观音堂社区文化广场举行“携手创卫工作，普及健康知识——防治卒中主题宣传活动”，传播脑卒中正确预防、救治及康复等相关知识与技能。脑卒中俗称脑中风，是由向大脑输送血液的血管发生病变引起的一种急性疾病。				
To open up a "lifeline" for patients, Beijing has created a "golden hour first aid circle" - the first aid map for stroke, covering 68 hospitals.Stroke has become the third leading cause of death in Beijing. In order to open up a "lifeline" for stroke patients and strive for treatment time, Beijing is building a "golden hour first aid circle". At present, the map of first aid for stroke has covered 68 hospitals.Today (29) is the world stroke day. This year's theme is "overcoming stroke and re establishing life." In the morning, Chaoyang District Founding Health Office, Health and Family Planning Commission and other departments held a "Health Work Together, Popularize Health Knowledge - Theme Propaganda Activity for Stroke Prevention" in the Guanyin Tang Community Culture Plaza to disseminate knowledge and skills related to stroke prevention, treatment and rehabilitation.Stroke, commonly known as stroke, is an acute disease caused by pathological changes in the blood vessels that carry blood to the brain.				
2. 今天，大家都在关注李咏病逝，可这种病更应该引起重视！	来源：新浪网	主体：公众	态度：提倡	时间： 22:06:03
Today, everyone focused on li yong died, but this kind of disease should be more attention!	来源：新浪网	Subject: public	Attitude: advocate	Time: 22:06:03
今天，李咏因癌症去世的消息让众多网友惊讶之余颇为惋惜，感叹癌症之防不胜防。但相对癌症来说，有一种疾病，可能更应该引起重视！它就是脑卒中。今天(10月29日)，是第13个“世界卒中日”，让我们一起来了解这个健康杀手，以便更好的防治。卒中，是脑功能受损的总称，也是我们常说的“中风”，其特点是发病急、来势凶、变化快，致死率、致残率高。据《2017中国卫生和计划生育统计年鉴》《2018中国卫生健康统计提要》显示，脑卒中是目前导致我国人口致死致残的首要病因，且发病率和死亡率逐年上升。				
Today, the news of Li Yong's death from cancer surprised many netizens and lamented that the prevention of cancer could not be prevented. But for cancer, there is a disease that deserves more attention.It is stroke.Today, October 29, is the 13th World Stroke Day. Let's get to know this health killer for better prevention and treatment.Stroke is a general term for impaired brain function, also known as "stroke", which is characterized by acute onset, aggressive, rapid change, high mortality and disability.According to the "China Health and Family Planning Statistical Yearbook 2017" and "China Health Statistics Summary 2018", stroke is the leading cause of death and disability in China's population, and the morbidity and mortality are increasing year by year.				
3. 主持人李咏患癌去世！预防癌症，你能做到哪几条？	来源：新浪网	主体：公众	态度：提倡	时间： 17:17:47
The host li yong died of cancer.Which a few cancer prevention, you can do it?	来源：新浪网	Subject: public	Attitude: advocate	Time: 17:17:47
今天早晨被这样一条让人震惊和惋惜的消息刷屏。据悉，著名节目主持人李咏，在美因患癌症去世，享年50岁。提起癌症，很多人“谈癌色变”，认为得了癌症就意味着离死亡不远。2017《中国肿瘤的现状和趋势》报告显示，不论城市还是农村，肿瘤都是中国居民的主要死亡原因。面对其严重后果，我们不禁想问，癌症可以预防吗？在目前癌症发病原因尚不十分明确的情况下，癌症的预防是否也无从谈起？预防癌症的“头等大事”是什么？				
This morning was washed up by such a shocking and regretful news. It is reported that the famous program host Li Yong died in cancer in the United States at the age of 50.Mention cancer, many people "talk about cancer color change", think cancer means death is not far away. Cancer is the leading cause of death in both urban and rural areas, according to the 2007 China Cancer Status and Trends Report.In the face of its serious consequences, we can not help asking, can cancer be prevented? At present, the cause of cancer is not very clear. Is it possible to prevent cancer? What is the "top priority" for cancer prevention?				
4. 老人赏银杏空晕倒民警送医救治	来源：新浪网	主体：公众	态度：提倡	时间： 02:18:20
The old man ginkgo tu faint police hospital treatment	来源：新浪网	Subject: public	Attitude: advocate	Time: 02:18:20

老人赏银杏突晕倒，民警送医救治。满地金黄，又到赏银杏的大好时节。10月21日，沈阳一位老人在辽宁大学观赏银杏树时突然晕倒，被民警送到医院抢救。医生提醒，有基础性疾病的老人出门一定要随身携带常用药或急救药品，以备不时之需。10月21日，皇姑公安分局巡警大队民警李今等三名警力正在辽宁大学门前驻巡，发现一位80多岁的老大爷正在游览时突然晕倒在地。

The old man fainted from ginkgo and sent to the hospital for treatment.It's golden, and it's a good time to appreciate ginkgo.On October 21, an old man in Shenyang collapsed while watching ginkgo trees at Liaoning University and was rushed to the hospital by police.Doctors warn that elderly people with underlying diseases must carry with them medicines or first-aid medicines in case of emergency.On October 21, Li Jin, a policeman from the patrol brigade of the Huanggu Public Security Sub-Bureau, and three other policemen were on patrol in front of Liaoning University when they found an old man in his eighties fainting while visiting.

5. 少时多动老人不“骨脆”请及时监测骨密度	来源：扬州网	主体：公众	态度：提倡	时间：13:18:58
Youth movement old to not "bone crisp" please timely monitoring bone density	来源：扬州网	Subject: public	Attitude: advocate	Time: 13:18:58

老人轻摔一跤就导致骨质疏松骨折？这都是骨质疏松惹的祸。早期的骨质疏松很可能仅仅是腰酸背痛，很容易被忽视，而疾病进展到严重的时候，随便打个喷嚏，都能发生椎体压缩性骨折。中山大学孙逸仙纪念医院骨科副主任丁悦教授提醒市民，预防骨质疏松要从年轻时做起，多做运动多晒太阳，年轻时打好基础，上了年纪后发生骨质疏松的几率会大大降低。高危人群注意，及时监测骨密度。丁悦介绍，骨质疏松症可谓是骨骼的“隐形杀手”。

If the old man falls lightly, it will lead to fracture of the neck of the femur. This is all caused by osteoporosis. Early osteoporosis is likely to be a mere backache that is easily overlooked, and vertebral compression fractures can occur when the disease progresses to a serious degree, with a sneeze. Professor Ding Yue, deputy director of orthopaedics at Sun Yat-sen Memorial Hospital of Sun Yat-sen University, reminded the public that prevention of osteoporosis should start at a young age, do more exercise and sunbathe more, lay a good foundation at a young age, and greatly reduce the risk of osteoporosis in old age.Attention should be paid to bone mineral density in high-risk groups.Ding Yue describes osteoporosis as a "hidden killer" of bones.

6. 李咏患癌去世年仅50岁关于癌症你需要知道这些	来源：新浪网	主体：公众	态度：提倡	时间：16:23:40
Li yong died of cancer just 50 years old on cancer you need to know these	来源：新浪网	Subject: public	Attitude: advocate	Time: 16:23:40

著名主持人李咏患癌去世，年仅50岁！关于癌症，我们懂得还太少.....10月29日上午，李咏的妻子哈文@法图麦的妈妈 微博发布：“在美国，经过17个月的抗癌治疗，2018年10月25日凌晨5点20分，永失我爱...。”多少熟悉的面孔因癌症去世！根据国家癌症中心发布的《2017中国肿瘤登记年报》，我国每天约有1万人确诊癌症！相当于平均每1分钟就有7个人得了癌症！在我国，很多癌症患者发现往往都是中晚期，其实如果早期发现，很多癌症的治愈率都是很高的，遗憾的是，我们往往不知道怎么去早期发现癌症！

The famous host called Li Yong has died on the age of 50! We know little about cancer.....

7. 亲子餐厅应该怎么开？	来源：中国新闻网	主体：公众	态度：提倡	时间：15:25:13
What should parent-child restaurant open?	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 15:25:13

有些亲子餐厅追求“既要、还要”，结果一个都做不好。亲子餐厅应该怎么开？对于很多年轻父母来说，这样的情况并不少见一开开心心地带着孩子外出游玩，可到吃饭的时候却犯了愁，小孩子生性好动，很难老老实实地坐着吃饭。更何况有不少孩子挑食，找到一家适合孩子和大人一起吃饭的地方，成了很多家长十分头疼的难题。近年来，一些亲子餐厅的出现，解决了外出吃饭孩子不配合的问题，真正做到小孩开心，大人放心，让父母陪伴孩子度过一段美好的时光。近日，记者探访了一些亲子餐厅后发现，有的亲子餐厅较受欢迎，有的亲子餐厅还有待完善。相关专家指出，有些亲子餐厅追求“既要、还要”，结果一个都做不好。

Some parent-child restaurants pursue both "want and want", and the result is not good at all.How to open a parent child restaurant?It's not uncommon for many young parents to take their children out to play happily, but to worry when they eat. Children are so active that it's hard to sit down and eat honestly. What's more, many children are picky about food, and finding a place suitable for children and adults to eat together has become a headache for many parents.In recent years, the emergence of some parent-child restaurants, to solve the problem of eating out children do not cooperate, to truly make children happy, adults at ease, so that parents accompany their children through a good time. Recently, the reporter visited some parent-child restaurants and found that some parent-child restaurants are more popular, and some parent-child restaurants still need to be improved. Related experts pointed out that some parents and children's restaurants pursues "need and want", and the result is not good at all.

8. 卒中发病有先兆,就医定要“争分夺秒”	来源：中国新闻网	主体：公众	态度：提倡	时间：15:26:06
The onset of stroke with aura, need to go to a doctor "a race against time"	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 15:26:06

卒中发病有先兆,就医定要“争分夺秒”。济医附院急诊室内神经内科医师24小时坐诊,卒中治疗流程再提速。张爱梅检查患者恢复情况。脑卒中中具有发病率高、致残率高、死亡率高和复发率高的特点,救治不及时往往给家庭和社会带来沉重的负担和巨大的经济损失。抢救过程更需要争分夺秒。

The onset of stroke is premonitory, and medical treatment must be "race against time".The Department of internal medicine emergency room neurology physician 24 hours sitting, stroke treatment process speed up.Zhang Aimei examined the patient's recovery.Stroke has the characteristics of high morbidity, high disability rate, high mortality and high recurrence rate. Untimely treatment often brings heavy burden and huge economic losses to families and society. The rescue process needs more time to compete.

9. 40岁男子陪哥哥做胃镜哥哥无大碍自己却查出胃癌	来源：新浪网	主体：公众	态度：提倡	时间：20:26:31
40 year old man with his brother to do gastroscpe obstruction for the elder brother is found to gastric cancer	来源：新浪网	Subject: public	Attitude: advocate	Time: 20:26:31

40岁出头的张先生怎么也没想到，自己陪着哥哥看病，结果哥哥没查出大问题来，自己却查出了胃癌.....张先生的哥哥今年50多岁，最近总感觉自己胃不舒服，胀气，还时常感觉到疼痛，为此，他很担心，便趁着休息日，让弟弟陪自己到医院就诊。“哥哥做了检查，发现并没有什么问题，只是有个息肉，在胃镜下做了切除。”张先生说，“我想着，自己来都来了，也顺便做下检查吧。”最后的检查结果却让张先生吃了一惊：早期胃癌！医师介绍，我国胃癌发病率高，在所有肿瘤中位居第二位，死亡率高，男性比女性高，严重威胁着健康。全球每年新发胃癌患者，中国占到了47%；全球每年胃癌死亡患者，中国占到了一半。

Mr. Zhang, who was in his early 40s, never expected to see a doctor with his brother. As a result, his brother did not find out the big problem, but he found out the stomach cancer.Mr. Zhang's brother, who is in his 50s, has always felt uncomfortable with his stomach, flatulence and pain recently. He is worried about this, so he takes advantage of the rest day to ask his brother to accompany him to the hospital."My brother did an examination and found nothing wrong with it. He had a polyp and had it removed under gastroscopy." Mr. Zhang said, "I think I have come all the way, and I'll check it by the way."The final examination results surprised Mr. Zhang: early gastric cancer!Doctors introduced that the incidence of gastric cancer in China is high, ranking second in all tumors, high mortality, male than female, a serious threat to health.China accounts for 47% of all new cases of gastric cancer worldwide and half of all deaths from gastric cancer worldwide each year.

10. “保定责任”公益活动关爱青中年职工脑部健康	来源：新华网河北频道	主体：公众	态度：提倡	时间：18:41:51
"Baoding responsibility" public welfare activities brain health care QingZhongNian workers	来源：新华网河北频道	Subject: public	Attitude: advocate	Time: 18:41:51

10月25日，“保定责任”公益文化健康服务走进保定卷烟厂，“保定责任”健康专家、河北大学附属医院神经内科副主任医师康增军为一线职工进行了青中年脑卒中预防公益讲座。康增军说，导致18—44岁人群患脑卒中的因素有很多，如高血压、心脏病、缺乏运动、吸烟、糖尿病、血脂异常、有脑卒中家族史、超重或者肥胖等。如果符合其中三项以上情况就属于脑卒中高危人群。青中年人可通过以下几方面预防脑卒中疾病的发生。在健康饮食方面，总体原则是多吃水果蔬菜，低盐低脂饮食。

On October 25, "Baoding Responsibility" public cultural and health services entered Baoding Cigarette Factory, "Baoding Responsibility" health experts, Hebei University Affiliated Hospital, deputy director of Neurology physician Kang Zengjun for the front-line staff of stroke prevention public lecture.Kang Zengjun said that there are many factors leading to stroke in people aged 18-44, such as hypertension, heart disease, lack of exercise, smoking, diabetes, dyslipidemia, family history of stroke, overweight or obesity. If more than three of them are eligible, they are at high risk for stroke.Young and middle-aged people can prevent the occurrence of stroke diseases through the following aspects. In terms of healthy eating, the general principle is to eat more fruits and vegetables, low salt and low fat diet.

11. 黑龙江省卒中学会、哈医大二院联合省内多家医院举行“2018年红手环走...”	来源：新华报业网	主体：公众	态度：提倡	时间：16:42:56
The stroke association of heilongjiang province. HaYiDa 2 hospital jointly held "2018 hospitals in the province red bracelet walk..."	来源：新华报业网	Subject: public	Attitude: advocate	Time: 16:42:56

黑龙江省卒中学会、哈医大二院联合省内多家医院举行“2018年红手环走进世界卒中日”义诊活动。为提高民众的卒中防治知识知晓率，呼吁全社会关注卒中防治，世界卒中组织将每年的10月29日定为“世界卒中日”。在世界第十三个“世界卒中日”当天，黑龙江省卒中学会、黑龙江省医学会卒中分会积极响应中国卒中学会号召，组织哈医大二院、哈医大四院、黑龙江省医院、哈尔滨市第一医院和哈尔滨市第二医院的神经内科专家们在哈医大二院门诊一楼，举行了主题为“战胜卒中、再立人生”的义诊活动。近三个小时的义诊中，在黑龙江省卒中学会会长、黑龙江省医学会卒中分会主任委员、哈医大二院神经内科主任兼卒中中心主任王丽华教授的带领下，来自省内十三位神经内科专家们，为400余位市民提供了耐心、专业的诊疗，现场并有神经内科的医护人员身着“红手环”志愿者队服，热心为广大市民免费测量血压、血糖、血脂，发放脑卒中科普资料，对一些检测结果异常的市民，专家们也及时警示提醒，并给予科学用药及饮食生活等方面的保健指导，使许多卒中高危患者对疾病有了更深入的认识，防病于未然，受到了市民的一致好评。

Heilongjiang Stroke Society and Harbin Medical University Second Hospital jointly held the free clinic activity of "Red Hand Ring Walking into the World Stroke Day 2018".

12. 吃坚果的正确方式get一下	来源：新华网北京频道	主体：公众	态度：提倡	时间：22:42:25
Eat nuts, the right way to get it	来源：新华网北京频道	Subject: public	Attitude: advocate	Time: 22:42:25

吃坚果的正确方式get一下。秋天，丰收的季节，瓜子、核桃、榛子、夏威夷果、碧根果、松子、开心果、巴旦木等坚果陆续上市。有的人认为坚果是健康零食的代表，也有人担心坚果里有很多油脂，吃多了会发胖？这些不同的坚果中，究竟有哪些营养元素？对人的身体有什么好处？记者专门请来解放军第309医院营养科主任左小霞为大家解惑。富含多种维生素矿物质。“在谈营养之前，首先我们要知道坚果主要分为两类，一类是偏淀粉性的，一类是偏油性的。”左小霞解释，淀粉性的主要有腰果、杏仁、莲子等，油性的有核桃、花生、开心果等。

The right way to eat nuts is get.In autumn, during the harvest season, melon seeds, walnuts, hazelnuts, Hawaiian fruits, blue root fruits, pine nuts, pistachios, and other nuts are on the market one after another. Some people think nuts are the representative of healthy snacks. Others worry that nuts contain a lot of fat. If you eat too much, you will get fat.What nutrients do these different nuts contain? What are the benefits to the human body? The reporter specially invited Zuo Xiaoxia, director of the Nutrition Department of the 309th Hospital of the PLA, to dispel doubts.Rich in vitamins and minerals."Before we talk about nutrition, we need to know that nuts are mainly divided into two categories, one is partial starch, the other is partial oil." Zuo Xiaoxia explained that the main starchy cashew nuts, almonds, lotus seeds, etc., oily walnuts, peanuts, pistachios, etc.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

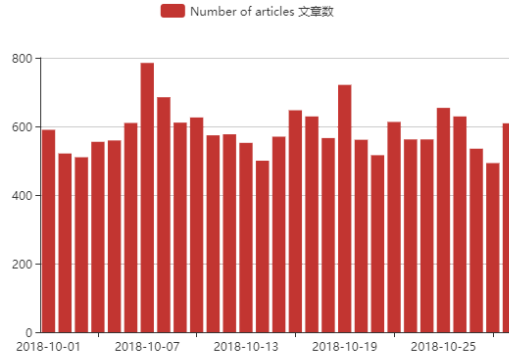
2018-10-29, 共监测到609篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 609 WeChat public articles were monitored in 2018-10-29. 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.



热门文章-前五 Popular Articles - Top 5

1. 儿童食品“低盐”陷阱: 换个包装就敢称“低盐” 价格还翻倍

重复数: 2

日期: 2018-10-29

Repeat Number: 2

Data: 2018-10-29

从健康膳食角度来说, 儿童吃盐重会有一系列的直接后果, 如爱喝甜饮料、刺激食欲等最终导致肥胖, “味道淡的时候不下饭, 咸才下饭, 现在北京在世界上都是排位靠前的儿童肥胖地区了, 这与他们爱吃的食物里钠含量高有一定的关系。

From the perspective of healthy diet, children's salt weight will have a series of direct consequences, such as drinking sweet drinks, stimulating appetite, etc., leading to obesity. "When the taste is light, the food is not fragrant, and the salty food is delicious. "Now Beijing is ranked among the top children's obese areas in the world, which has a certain relationship with the high sodium content of the food they love.

2. 不用秤只用手, 轻松估饭量, 减肥控三高!

重复数: 2

日期: 2018-10-29

Repeat Number: 2

Data: 2018-10-29

长期吃得太咸容易引起高血压, 盐摄入过多还可能增加食欲, 从而诱发肥胖和其他问题。限盐建议: 每天不超过 6 克

Long-term eating too salty is easy to cause high blood pressure. Excessive salt intake may also increase appetite and induce obesity and other problems. It is recommended that the salt intake per person per day does not exceed 6 grams.

3. “三减三健”之减盐

重复数: 1

日期: 2018-10-29

Repeat Number: 1

Data: 2018-10-29

普遍年龄越大的群体摄入量越多, 也导致了很多慢性病成为中国居民的主要死亡原因, 于是国家卫生健康委员会启动了“三减三健”专项行动, 倡导健康的生活方式。

In general, the older the group, the more salt they consume, which has led to many chronic diseases becoming the leading cause of death among Chinese residents. So the National Health and Health Commission launched a special campaign of “three reductions and three health” to promote a healthy lifestyle.

4. 健康生活方式——践行“三减三健”有效防控慢性病!

重复数: 1

日期: 2018-10-29

Repeat Number: 1

Data: 2018-10-29

如果食盐摄入量过多, 会导致胃病、血压升高、骨质疏松或肥胖等症状。根据《中国居民膳食指南(2016)》推荐, 每个人按年龄段, 每天食盐的摄入量是不同的: 平时我们可以使用定量盐勺、少吃腌制食物、用其他调味品代替盐、少吃高盐包装食品等方式来减少食盐摄入量。

Excessive intake of salt can lead to symptoms such as stomach disease, elevated blood pressure, osteoporosis or obesity. According to the Dietary Guidelines for Chinese Residents (2016), the daily intake of salt varies according to age. We can reduce salt intake by using salt spoons, eating less salted food, substituting other condiments for salt, and eating less high-salt packaged food.

5. 如何判断吃多少盐

重复数: 1

日期: 2018-10-29

Repeat Number: 1

Data: 2018-10-29

此外, 减盐运动还提醒大家, 平时要少吃腌制食品、少喝汤、少吃方便面, 因为汤料中平均含有60%的盐, 喝越多的汤就是吃进越多的盐。

In addition, the salt reduction campaign also reminds everyone to eat less salted food, less soup, and less instant noodles. The soup contains an average of 60% salt. The more soup you drink, the more salt you eat.

减盐-微博

Salt Reduction - Weibo

2018-10-29, 共检测到2048条与“减盐”相关的微博。

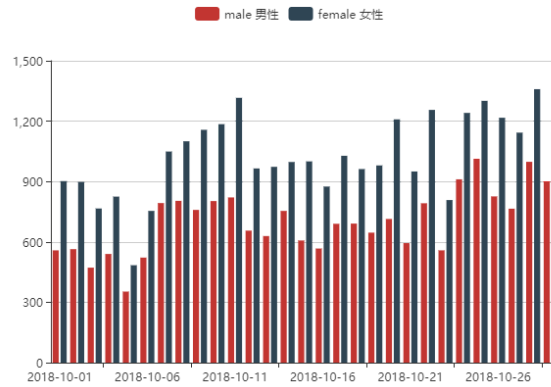
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 2048 weibos about salt reduction monitored on 2018-10-29.

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.



热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!

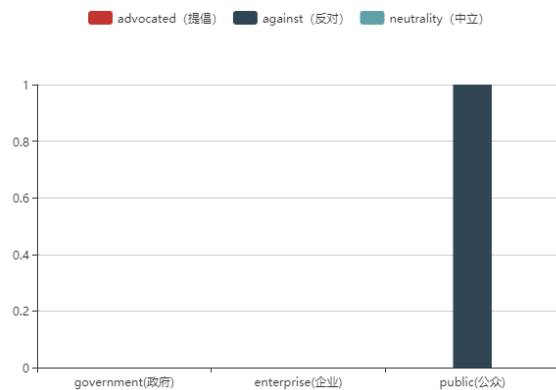
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-29) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-29. 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. 癌症, 众疾之王, 起于人也止于人	来源: 新浪网	主体: 公众	态度: 反对	时间: 23:55:01
Cancer, and the king of the disease, also ended up in	来源: 新浪网	Subject: public	Attitude: against	Time: 23:55:01
李咏走了。有网友（@乔得克）在微博上写了这样一段话：“抗癌17个月，得癌的时间可能更久，这个过程一丝风声没有走漏，之前在美国被拍到，还被骂捞够就走……悄悄抗争，慢慢退去，渐渐被遗忘……这挺酷的，也挺让人难受的，李咏。”很快被数万次转发。李咏得到了人们的尊重。而同时，他的离开，就像以往所有引起关注的“患癌逝世”一样，也再度唤起我们对于癌症的恐惧。				
Li Yong is gone. Some netizens (@Chaudec) wrote a paragraph on his micro-blog: "17 months of anti-cancer, cancer may be longer, the process did not leak a trace of the wind, before being photographed in the United States, but also scolded enough to go…… Quietly struggling, slowly receding, and gradually forgotten…… It's cool, and it's quite uncomfortable, Li Yong. " It was quickly forwarded tens of thousands of times.Li Yong was respected by people.At the same time, his departure, like all the previous noticeable "cancer deaths," has revived our fear of cancer.				
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

2018-10-29, 共监测到365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 365 WeChat public articles were monitored in 2018-10-29. 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.



热门文章-前五 Popular Articles - Top 5

1. 超市买回来的食物, 千万看这个字! 没想到这亏吃了这么多年...

重复数: 12

日期: 2018-10-29

[Be sure to look at the word on the packaging of the food bought from the supermarket! I did not expect this loss for so many years...](#)

Repeat Number: 12

Data: 2018-10-29

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

The World Health Organization says people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage. Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. In addition, the list of ingredients with hydrogenated oil, hydrogenated fat, shortening, margarine, vegetable fat and other words, containing trans fatty acids more likely, is not suitable for purchase.

2. 网红奶茶正在毁掉中国女人

重复数: 6

日期: 2018-10-29

[Web star milk tea is destroying Chinese women.](#)

Repeat Number: 6

Data: 2018-10-29

反式脂肪酸会导致我们发胖的根本原因是, 人体对反式脂肪酸的代谢能力很弱, 脂肪无法被代谢而堆积在身体里, 日积月累, 减肥就成了不可能完成的任务。除此以外, 反式脂肪酸还会加大心脑血管疾病的发病率, 研究显示, 每年至少有50万人的死亡与之相关。

The fundamental reason why trans-fatty acids cause us to gain weight is that the body's ability to metabolize trans-fatty acids is weak, and fat can't be metabolized and accumulated in the body. Over time, weight loss becomes an impossible task. In addition, trans fatty acids increase the incidence of cardiovascular and cerebrovascular diseases, and studies have shown that at least 500,000 deaths per year are associated with it.

3. 著名主持人李咏抗癌17个月去世! 心痛惋惜的同时, 这些建议你一定要了解...

重复数: 6

日期: 2018-10-29

[The famous host Li Wei died of cancer in 17 months! At the same time, you must understand these suggestions...](#)

Repeat Number: 6

Data: 2018-10-29

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

Eat less fatty foods, especially foods that have more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oils containing monounsaturated fats and low levels of hydrogenation should be selected; the Chinese Dietary Guidelines (2016) recommends that fish and poultry be preferred. Eat cooking oil 25-30g a day, the daily trans fatty acid intake does not exceed 2g.

4. 脸要穷养, 脚要富养; 心要穷养, 肺要富养!

重复数: 3

日期: 2018-10-29

[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

Repeat Number: 3

Data: 2018-10-29

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。

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.

5. 这24条防癌建议一定要了解

重复数: 2

日期: 2018-10-29

[These 24 cancer prevention suggestions must be understood.](#)

Repeat Number: 2

Data: 2018-10-29

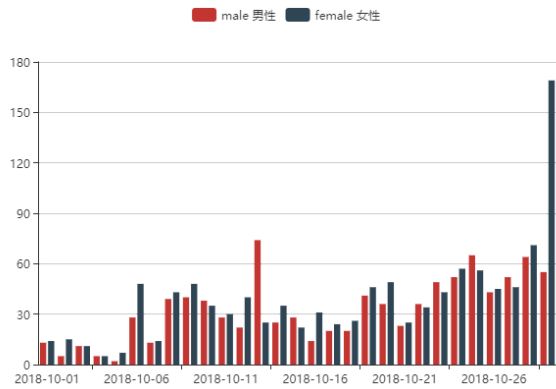
控制油脂摄入。少吃高脂食物, 特别是动物性脂肪较多的食物。植物油也应适量, 且应选择含单不饱和脂肪并且氢化程度较低的植物油; 《中国居民膳食指南(2016)》建议: 优先选择鱼和禽。每天烹调油25-30g, 每日反式脂肪酸摄入量不超过2g。

Eat less fatty foods, especially foods that have more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oils containing monounsaturated fats and low levels of hydrogenation should be selected; the Chinese Dietary Guidelines (2016) recommends that fish and poultry be preferred. Eat cooking oil 25-30g a day, the daily trans fatty acid intake does not exceed 2g.

反式脂肪酸-微博

Transfat - Weibo

2018-10-29, 共检测到224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 224 weibos about transfat reduction monitored on 2018-10-29.
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.



热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!