

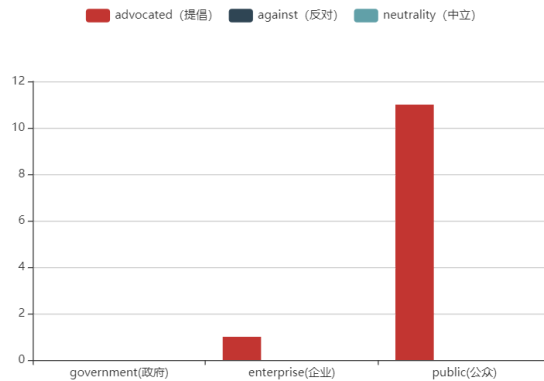
减盐-新闻

Salt Reduction - News

今日 (2019-01-07) 共监测到12条资讯。请点击标题查看原文。

There are 12 articles monitored today 2019-01-07. 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. [天冷易发脑中风预防“法宝”有哪些](#)

来源: 扬子晚报

主体: 公众

态度: 提倡

时间: 15:44:29

[What are the "magic weapons" for preventing cold-prone cerebral apoplexy.](#)

Source: Yangtse Evening Post

Subject: public

Attitude: advocate

Time: 15:44:29

脑中风是严重危害人类健康的常见疾病,病情严重者会丧失劳动力,生活不能自理。山东省济宁市中医院脑病科副主任医师张晓雪介绍,冬季是脑中风发病的高发时期,尤其在北方,昼夜及室内外温差变化大,该病的发病率明显高于其他季节。那么寒冷天气,如何预防脑中风? 控制血压。张晓雪说,高血压是导致脑中风的最重要因素,因此,控制高血压是预防中风的重点。

Stroke is a common disease that seriously endangers human health. Those who are seriously ill will lose their labor force and cannot take care of themselves. Zhang Xiaoxue, deputy chief physician of encephalopathy Department of Jining Hospital of Traditional Chinese Medicine, Shandong Province, said that winter is the high incidence period of stroke, especially in the north, the temperature difference between day and night and indoor and outdoor changes greatly, and the incidence of the disease is significantly higher than other seasons. So how to prevent stroke in cold weather? Control blood pressure. Zhang Xiaoxue said that hypertension is the most important factor leading to stroke, so controlling hypertension is the key to prevent stroke.

心血管健康

Cardiovascular health

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决心工程

Resolve To Save Lives

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河南

Henan

食物中的钠

Sodium in food

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高血压

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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. 儿童食品“低盐”陷阱你能过几关？	来源：云南网	主体：公众	态度：提倡	时间： 11:38:17
How many levels can you get through the "low salt" trap of children's food?	Source: Yunnan net	Subject: public	Attitude: advocate	Time: 11:38:17
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。				

How many levels can you pass the "low salt" trap for children's food? Last weekend, Xiao Tan, a new mother, was confronted with a dazzling array of soy sauces on the supermarket shelves: choosing ordinary soy sauce to cook for her children or choosing children's soy sauce whose price is several times higher. She has purchased children's soy sauce online, claiming to use a salt-reducing (sodium) process, in order to increase appetite for children and avoid excessive salt (sodium) intake. When she carefully compared this bottle of children's soy sauce with the same series of common soy sauce, she found that the sodium content of children's soy sauce was not low but high. Similar problems still existed in the children's noodles she bought.

高血压
Hypertension

1. 刚刚！美国医学会提出6条健康建议，持久改善健康！
Just now! The American Medical Association (AMA) has made six health recommendations to improve health for a long time.

来源：搜狐
Source: Sohu

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间：06:49:38
Time: 06:49:38

刚刚！美国医学会提出6条健康建议，持久改善健康！ 2019年，美国医学会（AMA）提出了6条健康建议。美国医学协会主席Barbara L. McAneny博士说：“现在是我们在未来一年如何做出积极健康选择的最佳时机。即使是做一些小的生活方式的改变，也会对改善健康有持久的影响。”积极锻炼身体，世界卫生组织（WHO）在《柳叶刀·全球卫生》杂志上发布的一项研究表明，2016年全球超过1/4的成年人缺乏锻炼。研究显示，我国18岁以上人群中83.8%的人从不锻炼。缺乏体育锻炼人群，患心血管疾病、糖尿病和癌症等风险更高。

Just now! The American Medical Association (AMA) has made six health recommendations to improve health for a long time. In 2019, the American Medical Association (AMA) made six health recommendations. Dr Barbara L. McAneny, president of the American Medical Association, said: "This is the best time for us to make positive health choices in the coming year. Even minor lifestyle changes can have a lasting impact on health. Active exercise. A study published by the World Health Organization (WHO) in the Lancet Global Health magazine shows that more than a quarter of adults worldwide lack exercise in 2016. The results show that 83.8% of people over 18 years old in China never exercise. People who lack physical exercise are at higher risk of cardiovascular disease, diabetes and cancer.

2. 不同口味的食物含有营养素不同酸甜苦辣要尝遍
Different tastes of food contain different nutrients, different sour, sweets, bitters and spices to taste

来源：扬州网
Source: Yangzhou net

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间：03:54:40
Time: 03:54:40

食物的口味不同，说明里面所含有的营养素不一样，一种食物里面有可能会含有多种营养素，但是还有的量是不一样的，不妨跟着小编来了解一下。不同口味的食物含有营养素也不同，酸甜苦辣要尝遍！鲜味代表着蛋白质。鲜味代表在里面含有大量的蛋白质而且质量高，我们可以在鲜味食品里面摄取优质的蛋白质。另外里面所含大量的核苷酸以及无机盐，能够促进组织细胞的再生及修复。辛辣的食物里面含有维生素c以及膳食纤维，一般辛辣的食物里面会含有大量的膳食纤维以及维生素c，提高了其食欲，同时也具有杀菌抑菌的功效。

The taste of food is different, indicating that the nutrients contained in it are different, a food may contain a variety of nutrients, but the amount is different, may as well follow the small knitting to understand. Different tastes of food contain different nutrients, sour, sweet, bitter and spicy to taste! Taste represents protein. Taste means that it contains a lot of protein and has high quality. We can get high quality protein in delicious food. In addition, it contains a large number of nucleotides and inorganic salts, which can promote the regeneration and repair of tissue and cells. Spicy food contains vitamin C and dietary fiber. Spicy food generally contains a large amount of dietary fiber and vitamin C, which improves appetite, but also has bactericidal and bacteriostatic effect.

3. 冬春控血压做足四点才合格
It takes four o'clock for blood pressure control in winter and spring to qualify.

来源：新华网北京频道
Source: Xinhua Beijing Channel

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间：15:52:06
Time: 15:52:06

据估算，目前我国高血压患者有2.7亿人之多，相当于每五个人中就有一个高血压。心血管专家指出，如何做一个“合格的高血压患者”是有讲究的，尤其是冬春季节要“既病防变”，气候应对、作息调整、饮食安排、吃药控制四方面都要注意。18岁以上人士，每年至少有一次测量血压，在排除休息不好的情况下，如心悸，耳鸣，头晕、睡眠差的情况时有发生，也要提防是否高血压在“作祟”，及时发现及时调控。

It is estimated that there are more than 270 million hypertensive patients in China, which is equivalent to one hypertension in every five people. Cardiovascular experts pointed out that how to be a "qualified hypertension patient" is exquisite, especially in winter and spring, "both disease prevention and change prevention", climate response, work and rest adjustment, dietary arrangements, medication control should be paid attention to four aspects. Persons over 18 years of age, at least once a year to measure blood pressure, in the exclusion of bad rest, such as palpitation, tinnitus, dizziness, poor sleep occasionally occur, but also to be aware of whether hypertension in the "cause of trouble", timely detection and control.

4. 注意！吃盐别超过这个数不然容易得高血压
Be careful! Don't eat more salt than that or you'll get high blood pressure.

来源：扬州网
Source: Yangzhou net

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间：20:56:16
Time: 20:56:16

听说盐吃多了对身体不好，容易得高血压，但是如果每天吃的菜盐放少了，没什么味道，也很不舒服，毕竟‘盐是百味之王’。所以，我们每天应该吃多少盐，做菜的时候怎么来控制盐的使用量呢？”每天摄入盐少于6克。世卫组织建议普通人每天摄入6-8克盐，我国的膳食指南建议，普通人每天摄入的盐需少于6克，最理想的就是每天摄入3-5克盐，大约一个啤酒瓶盖的量，即可满足人体的需求。如果患有高血压或糖尿病，则应将盐的摄入量控制在3克以内，若合并患有高血压、糖尿病，或者患肾脏疾病，则需要将盐的摄入量控制在2克以内。

I heard that eating too much salt is bad for your health and easy to get high blood pressure, but if you eat less salt every day, it doesn't taste good, and it's also uncomfortable. After all, 'Salt is the king of all kinds of flavors'. So, how much salt should we eat every day, and how can we control the amount of salt used in cooking? Eat less than 6 grams of salt a day. WHO recommends that the general population consume 6-8 grams of salt per day. Our dietary guidelines recommend that the general population consume less than 6 grams of salt per day. The most ideal is to consume 3-5 grams of salt per day, about one beer bottle cap, to meet the needs of the human body. If you have hypertension or diabetes, you should limit salt intake to less than 3 grams. If you have hypertension, diabetes, or kidney disease, you need to limit salt intake to less than 2 grams.

5. 高血压老人冬季防范要则
Essential precautions for the elderly with hypertension in winter

来源：新华网
Source: Xinhua net

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间：15:56:18
Time: 15:56:18

进入农历腊月，高血压老人如何在日常生活中防范心脑血管并发症安全过冬呢？在此提出一系列防范要则——保暖防寒：冬季室内外温差加剧，待在室内的时间会较多，因此室内温度应适当调高，安全使用取暖设施。能够活动的老人如果久坐不动或干脆窝在床上，容易发生血液循环不畅甚至形成血栓；如外出则需要戴好帽子围好围巾，穿得更暖和些，减少寒冷刺激导致心脑血管并发症。极端寒冷的天气减少外出或选择日照充足气温回升的时段外出，包括晨练的时间也应该因时调整。

Entering the lunar month, how to prevent cardiovascular and cerebrovascular complications in daily life for the elderly with hypertension? In this paper, a series of precautions are put forward, namely, keeping warm and preventing cold: in winter, the temperature difference between indoor and outdoor increases, and the time spent indoors will be more. Therefore, the indoor temperature should be raised appropriately and the heating facilities should be used safely. If the elderly who can move for a long time or simply nest in bed, they are prone to poor blood circulation and even thrombosis; if they go out, they need to wear a good hat and scarf, wear warmer, reduce the complications of cardiovascular and cerebrovascular caused by cold stimulation. Extremely cold weather reduces going out or chooses the time when sunshine is plentiful and temperature is rising. The time of morning exercise should also be adjusted according to time.

心血管健康
Cardiovascular health

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综合健康信息
Comprehensive Health Information

1. 40岁后，开始戒掉这些习惯，因为关乎你的健康和寿命！
After 40 years of age, start to quit these habits, because it's about your health and longevity! uuuuuuuuuu

来源：搜狐
Source: Sohu

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间：06:30:26
Time: 06:30:26

40岁，步入中年，有些习惯，越早戒掉越好！因为，这关乎你的健康和寿命！戒掉高盐饮食！我们有多爱吃盐？美国的“麦当劳”炸薯条是淡的，而为了适应中国人的口味，在我国的“麦当劳”炸薯条就被做成咸的。《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。东北地区人均日食盐超过20克，所以那里的高血压病人特别多。

40 years old, into middle age, some habits, the sooner the better to give up! Because it's about your health and longevity! Get rid of high salt diet! How much do we like salt? The "McDonald's" French fries in the United States are light, but in order to adapt to the Chinese taste, the "McDonald's" French fries in our country are made salty. 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 average daily salt intake in Northeast China is more than 20 grams, so the number of hypertensive patients there is particularly high.

2. 中国营养学会：2018年度九大营养事件
Chinese Society of Nutrition: Nine Nutrition Events in 2018

来源：搜狐
Source: Sohu

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间：20:38:18
Time: 20:38:18

《中国食品工业减盐指南》发布，首次提出了各类食品分阶段减盐目标。减盐行动已经成为全球控制慢性疾病的共识，我国首次提出食品工业减盐策略。该《指南》共有七个章节，包括目标和意义、制定背景和过程、食品中的盐和监测结果、盐/钠与健康关系、国内外减盐策略和行动、中国食品工业减盐策略和措施以及技术数据资料等，主要提出了食品加工减盐技术指导建议、路线和措施，并依据食品分类和工艺等提出了各类食品分阶段减盐目标，争取到2030年各类加工食品钠含量均值分布继续下移20%。

The "Guidelines for Salt Reduction in China's Food Industry" was issued, and the goal of phased salt reduction for all kinds of food was first put forward. Salt reduction has become a global consensus to control chronic diseases. China first proposed the strategy of salt reduction in food industry. The guide contains seven chapters, including objectives and significance, setting background and process, salt and monitoring results in food, salt/sodium and health relations, salt reduction strategies and actions at home and abroad, salt reduction strategies and measures in China's food industry and technical data, etc. It mainly puts forward technical guidance suggestions, routes and measures for salt reduction in food processing, and according to food classification and technology, etc. The goal of reducing salt in different foods by stages was put forward, and the average distribution of sodium content in processed foods would continue to decrease by 20% by 2030.

3. 想要健康长寿，营养比运动更重要！这到底是什么原因呢？ Nutrition is more important than exercise if you want to live a long and healthy life. What is the reason for this?	来源：中国江西新闻网 Source: China Jiangxi News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:48:13 Time: 08:48:13
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想要健康长寿，营养比运动更重要！这到底是什么原因呢？“民以食为天”、“生命在于运动”，吃饭和运动在生命中都是不可缺少的。纵观全社会，每天积极运动的大多是老年人。他们有充足的时间去做上班时想做，而没时间去做各项运动。散步、跑步、爬山、练太极、跳舞，大街小巷、公园、湖边百分之八、九十的都是老年人。按道理这么积极的锻炼，生病的老人应该减少了，而目前很多老人的现状是：刚开始运动时，头几年是少生病了，体质也强壮了。可越上了年纪，越练反倒各种毛病照得，也没少进医院，特别是心脑血管疾病，一边锻炼，一边照犯。

Nutrition is more important than exercise if you want to live a long and healthy life. What is the reason for this? "Food is the heaven for the people" and "Life is movement". Food and exercise are indispensable in life. Throughout the whole society, most of the active sports are the elderly. They have plenty of time to do what they want to do at work, but no time to do all kinds of sports. Walking, running, mountain climbing, Tai Chi training, dancing, streets, parks, lakeside are 8% and 90% of the elderly. With such active exercise, the number of sick elderly people should be reduced. At present, the current situation of many elderly people is that when they first started exercising, they were less sick in the first few years and their physique was stronger. But the older you get, the more you practice, the more illnesses you get, and the more you go to hospitals, especially for cardiovascular and cerebrovascular diseases, while exercising, while taking pictures.

4. 康师傅科普展实证解析“方便面无需防腐剂” 营养师顾中一现身正解 Empirical Analysis of Master Kang's Popular Science Exhibition	来源：北国网 Source: Bei Guo LAN	主体：企业 Subject: industry	态度：提倡 Attitude: advocate	时间： 14:48:35 Time: 14:48:35
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顾中一现身开展讲座。不过作为泡面达人的你，不要以为从此就可以不加限制地大吃特吃方便面了，顾中一特别提供了健康小贴士：“虽然说方便面31天不消化完全是子虚乌有，但是健康的饮食还是要讲究清淡少盐，所以方便面的酱包在食用的时候最好适量，面汤也不要全部喝掉，同时搭配一些富含蛋白质和维生素的食物，比如鸡蛋、肉、奶、蔬菜等。”也就是说，方便面虽好，但是也不要贪杯哦，更不要偏爱这一种，尽可能丰富食物的种类，才是跟不健康say goodbye的终极秘诀。

Gu Zhong presented his lecture. However, as an expert in instant noodles, don't think you can eat instant noodles unrestrictedly. Guzhong provides health tips: "Although 31 days of non-digestion of instant noodles is totally unreal, but a healthy diet should be light and less salt, so the sauce bag of instant noodles is best to eat in moderation, and noodle soup should not be consumed all at the same time. Match with foods rich in protein and vitamins, such as eggs, meat, milk, vegetables and so on. That is to say, instant noodles are good, but don't be greedy, let alone preference for this kind of food, as rich as possible, is the ultimate secret with unhealthy say by ebye.

5. 美优高新客礼包 生命早期1000天，您孩子一生健康 Meiyou High-tech Guest Gift Bag. Early Life 1000 Days, Your Child's Life Health	来源：TOM Source: TOM	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:49:43 Time: 11:49:43
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生命早期1000天被世界卫生组织定义为一个人生长发育的“机遇窗口期”，是人的体格和大脑发育最快的时期。 这期间的营养状况与其一生健康息息相关,不仅影响体格生长和智力发育,还与成年后慢性病的发病率有明显联系。此时进行良好的营养干预可以全面提升宝宝的智力与机能。 备孕特别关注: 合理膳食、均衡营养是孕育新生命必须的物质基础。除此以外,我们要特别关注感染性疾病(如牙周病)以及血红蛋白、血浆叶酸、尿酸等反应营养状况的检测。避免炎症及营养素缺乏对妊娠结局的不良影响。

The early 1000 days of life is defined by WHO as a "window of opportunity" for a person's growth and development, which is the fastest period of physical and brain development. Nutritional status during this period is closely related to their lifetime health. It not only affects physical growth and intellectual development, but also has a significant relationship with the incidence of chronic diseases in adulthood. Good nutritional intervention at this time can comprehensively improve the intelligence and function of the baby. Special attention should be paid to pregnant women: reasonable diet and balanced nutrition are the material basis for new life. In addition, we should pay special attention to the detection of infectious diseases (such as periodontal disease) and reactive nutritional status such as hemoglobin, plasma folic acid and urinary iodine. Avoid adverse effects of inflammation and nutrient deficiency on pregnancy outcomes.

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减盐-微信

Salt Reduction - WeChat

2019-01-07, 共监测到520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 520 WeChat public articles were monitored in 2019-01-07. This page shows the top five articles by repeat number today.

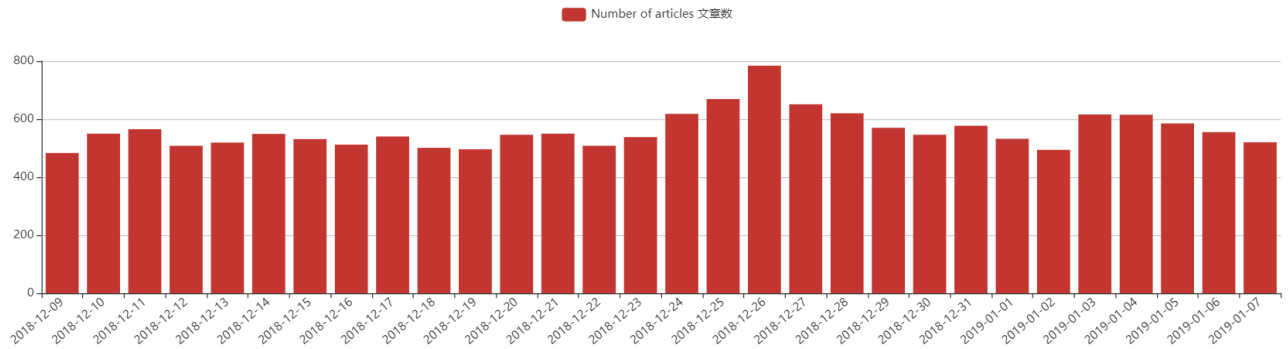
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 日本医疗再次被评为全球第一, 中国位居第.....

[Japan's medical service is once again ranked the first in the world, and China...](#)

重复数: 5

Repeat Number: 5

日期: 2019-01-07

Data: 2019-01-07

日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院心内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。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。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。

The Japanese eat very little salt, and the daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear, and it can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet.

2. 健康|吃盐5大“雷区”, 你中招了吗?

[Do you enter the five "forbidden areas" of eating salt?](#)

重复数: 4

Repeat Number: 4

日期: 2019-01-07

Data: 2019-01-07

“减盐”核心信息:1 认识高盐饮食的危害 食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。2 控制食盐摄入量 中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2~3岁幼儿不超过2克, 4~6岁幼儿不超过3克, 7~10岁儿童不超过4克。65岁以上老年人不超过5克。

Core information of "salt reduction": 1. Recognize the danger of high salt diet, excessive salt intake can increase blood pressure, and increase the risk of gastropathy, osteoporosis, obesity and other diseases. 2 The dietary guidelines for controlling salt intake for Chinese residents recommends that healthy adults consume no more than 6 grams of salt per day, 2-3-year-olds no more than 2 grams, 4-6-year-olds no more than 3 grams, and 7-10-year-olds no more than 4 grams. Older people over 65 do not exceed 5 grams.

3. 你天天吃的这个调料, 跟心脏抢寿命、跟骨头抢钙、还有致癌风险.....

[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

重复数: 3

Repeat Number: 3

日期: 2019-01-07

Data: 2019-01-07

高盐饮食有导致血压升高的作用, 研究发现, 每天食盐摄入每增加0.5克, 中风的风险就增加17%。盐吃多了会引起高血压, 同时还会使血浆胆固醇升高, 促使我们的血管变薄、变脆, 这就是非常可怕的——动脉粥样硬化。

High-salt diets have an effect on blood pressure, and the study found that for every 0.5 grams of salt intake per day, the risk of stroke increases by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and more brittle. This is terrible – atherosclerosis.

4. 【健康】吃盐5大“雷区”, 你中招了吗?

[Do you enter the five "forbidden areas" of eating salt?](#)

重复数: 3

Repeat Number: 3

日期: 2019-01-07

Data: 2019-01-07

少吃咸菜多食蔬果 少吃榨菜、咸菜和酱制食物。建议每餐都有新鲜蔬果。少吃高盐的包装食品 少吃熟食肉类或午餐肉、香肠和罐头食品, 建议选择新鲜的肉类、海鲜和蛋类。逐渐减少钠盐摄入 减盐需要循序渐进, 味觉对咸味的需求会随着时间的推移逐渐降低。

Eat less pickles and eat more fruits and vegetables. Eat less mustard, pickles and sauces. It is recommended to have fresh fruits and vegetables for each meal. Eat less high-salt packaged foods. Eat less cooked meat or luncheon meat, sausages and canned food. Fresh meat, seafood and eggs are recommended. Gradually reduce sodium intake. Salt reduction needs to be gradual. The taste of salty taste will gradually decrease over time.

5. 40岁后, 开始戒掉这些习惯, 因为关乎你的健康和寿命!

[After you are 40 years old, you need to start to quit these habits because it is about your health and longevity!](#)

重复数: 3

Repeat Number: 3

日期: 2019-01-07

Data: 2019-01-07

《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。东北地区人均日食盐超过20克, 所以那里的高血压病人特别多。

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 average daily salt intake in Northeast China is more than 20 grams, so the number of hypertensive patients in there is particularly high.

减盐-微博

Salt Reduction - Weibo

2019-01-07, 共检测到1773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。

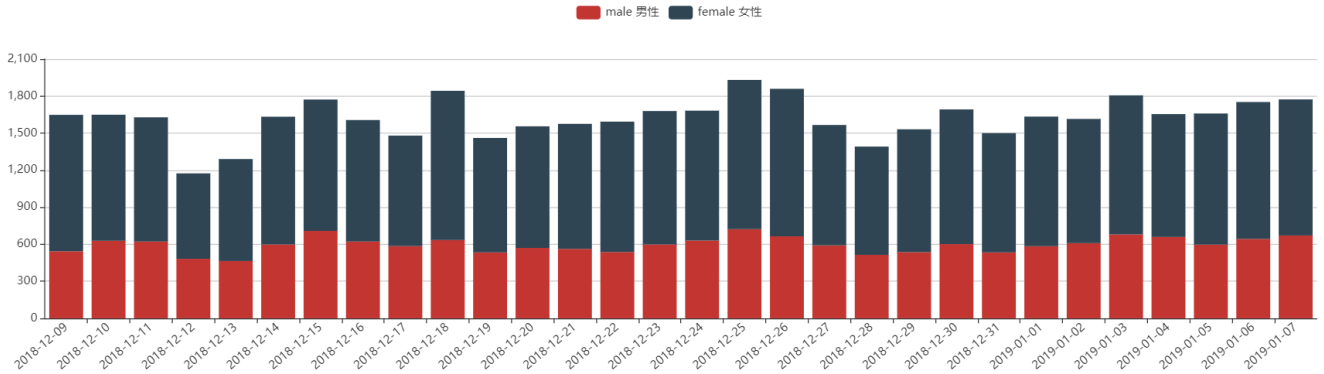
There are 1773 weibos about salt reduction monitored on 2019-01-07.

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. 昵称: 涨涨麻麻

地区: 海外

认证: 个人

Nickname: 涨涨麻麻

Area: overseas

Identity: Person

时间: 2019-01-07 08:31

来自: OPPO智能手机

转发数: 149

评论数: 41

点赞数: 262

Time: 2019-01-07 08:31

Source: OPPO智能手机

Repost: 149

Comment: 41

Like: 262

美国医学会提出6条健康建议: 1.积极锻炼身体 (适量运动增强免疫力, 预防心血管疾病) 2.知晓并控制好血压 (健康低盐均衡膳食) 3.感冒吃抗生素没用 (病毒引发, 杀细菌没用) 4.限制饮酒, 最好不喝 (一类致癌物) 5.一定要戒烟 (一类致癌物) 6.掌控压力, 保持精神健康 (焦虑抑郁产生大量活性氧自由基) 估计这6条在中国很难被理解。看看茅台财报就知道了收起全文d
The American Medical Association has proposed six health recommendations: 1. Active exercise (moderate exercise to enhance immunity and prevent cardiovascular disease). 2. Know and control blood pressure (healthy low salt balanced diet). 3. Eating antibiotics is useless for colds (for colds caused by viruses, killing bacteria is useless). 4. Limit alcohol consumption (a type of carcinogen). 5. Be sure to quit smoking (a type of carcinogen). 6. Control stress and maintain mental health (anxiety and depression produce a lot of reactive oxygen free radicals). It is estimated that these six articles are difficult to understand in China.

2. 昵称: 优秀企业家恩宁

地区: 安徽

认证: 个人

Nickname: 优秀企业家恩宁

Area: Anhui

Identity: Person

时间: 2019-01-07 19:39

来自: iPhone7Plus

转发数: 51

评论数: 0

点赞数: 0

Time: 2019-01-07 19:39

Source: iPhone7Plus

Repost: 51

Comment: 0

Like: 0

❑初盈避免眼部浮肿: ●早冷敷: 如果起床时发现眼皮浮肿, 可用冷水浸毛巾, 轻轻按摩。●睡前少喝水: 平时多喝水, 保持体内充分的水分, 但睡前就别喝太多了。●睡前少喝水: 平时多喝水, 保持体内充分的水分, 但睡前就别喝太多了。
Avoid eye puffiness: cold compress: If you find eyelid swelling when you get up, use a cold water dipped towel and gently massage. Eat less salt before menstruation: reduce the intake of salt; when the eyelid edema occurs before menstruation, it is necessary to reduce the intake of salt. Drink less water before going to bed: drink plenty of water at ordinary times to keep your body full of water, but don't drink so much before going to bed.

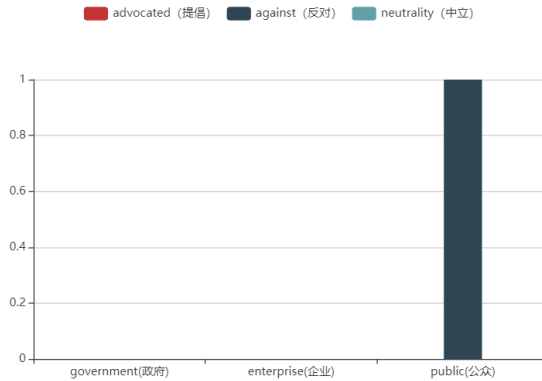
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-07) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-07. 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. 炸花生米，只是“泡水”可不够！要有这1步，花生米定会超酥脆！ Fried peanuts, just "soaking" is not enough! With this step, peanuts will be crisp!	来源：搜狐	主体：公众	态度：反对	时间： 13:13:31
	Source: Sohu	Subject: public	Attitude: against	Time: 13:13:31

今天给大家介绍的下酒菜，定是受到广大群众的喜爱，它就是炸花生米了，花生米好不好吃也决定了，喝的痛不痛快。炸花生米，只是“泡水”可不够！要有这1步，花生米定会超酥脆！下酒菜一定不能少酒，在花生米里放入一点白酒，这样出锅的花生米酥脆程度翻了一番。花生米不含胆固醇和反式脂肪酸，富含微量营养素，植物固醇、白藜芦醇、异黄酮、抗氧化剂等物质，是乳、肉食物的优秀替代品，对平衡膳食、改善中国居民的营养与健康状况具有重要作用。

Today's drinks and dishes introduced to you must be loved by the masses. They are fried peanuts. The taste of peanuts also determines whether they are good or not. They are not pleasant to drink. Fried peanuts, just "soaking" is not enough! With this step, peanuts will be crisp! When serving wine and vegetables, you must not drink less. Put a little white wine into the peanut rice, which doubles the crispness of the potted peanut rice. Peanut rice, which does not contain cholesterol and trans fatty acids, is rich in micronutrients, phytosterol, resveratrol, isoflavones, antioxidants and other substances. It is an excellent substitute for milk and meat food, and plays an important role in balancing diet and improving the nutritional and health status of Chinese residents.

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

2019-01-07, 共监测到331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 331 WeChat public articles were monitored in 2019-01-07. 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. [每年致死50万人, 已被世卫组织呼吁停用! 就藏在我们每天吃的食物里...](#)

重复数: 11

日期: 2019-01-07

[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

Repeat Number: 11

Data: 2019-01-07

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人匪浅的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

2. [脸要穷养, 脚要富养: 心要穷养, 肺要富养.....你都养对了吗?](#)

重复数: 7

日期: 2019-01-07

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

Repeat Number: 7

Data: 2019-01-07

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. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

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: 2019-01-07

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

Repeat Number: 4

Data: 2019-01-07

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.

4. [此物每年致死50万人, 已被世卫组织呼吁停用!](#)

重复数: 4

日期: 2019-01-07

[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

Repeat Number: 4

Data: 2019-01-07

躲开反式脂肪的方法很简单: 1、老老实实地自己买菜做饭, 自己动手, 丰衣足食。新鲜的蔬菜水果、粮食谷物、肉蛋奶中, 不含有反式脂肪。多用蒸煮炖等传统烹调方法, 避免炒菜时油温过高, 避免反复煎炒烹炸, 就不会产生明显的反式脂肪。2、在超市买食品时, 记得看一眼反式脂肪的含量, 尽量选不含反式脂肪或含量少的食物。

The way to avoid trans fats is simple: 1. Buy food and cook. Fresh vegetables, fruits, grains, and egg milk do not contain artificial trans fats. Use traditional cooking methods such as cooking and stewing. Avoid high oil temperature and repeated frying and frying during cooking, so that there will not be too much trans fat. 2, when buying food in the supermarket, remember to take a look at the content of trans fat, and try to choose foods that do not contain trans fat or less.

5. [奶茶, 正在毁掉中国人的三代人!](#)

重复数: 2

日期: 2019-01-07

[Milk tea is destroying three generations of Chinese people!](#)

Repeat Number: 2

Data: 2019-01-07

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. 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

2019-01-07, 共检测到95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。

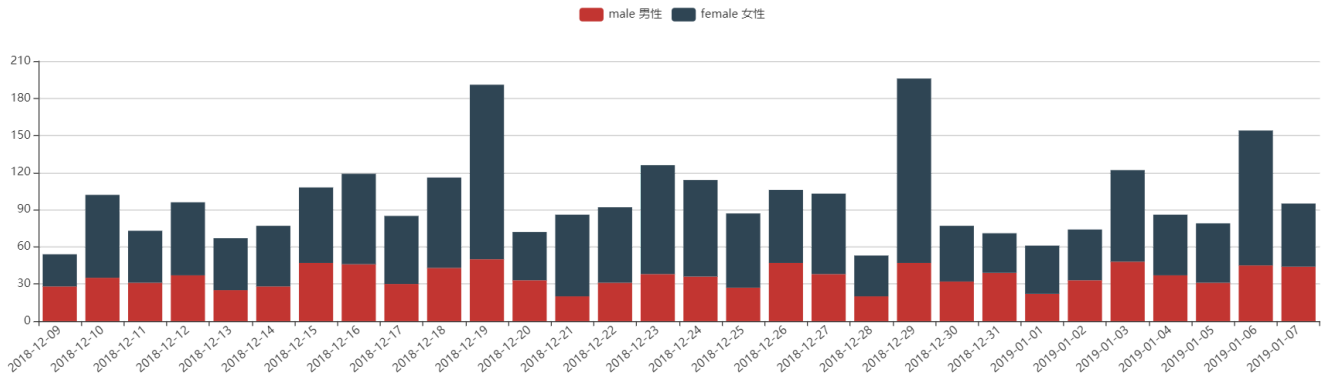
There are 95 weibos about transfat reduction monitored on 2019-01-07.

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!