

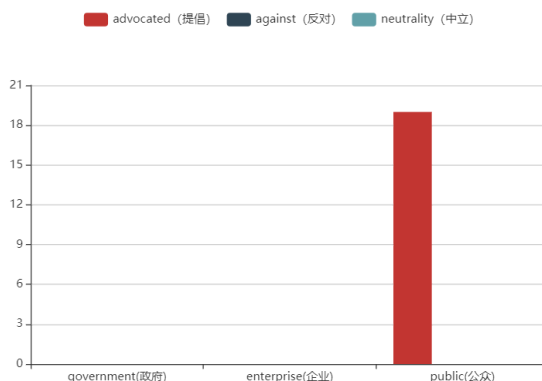
减盐-新闻

Salt Reduction - News

今日 (2019-02-01) 共监测到19条资讯。请点击标题查看原文。

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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	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	<div><div><div>1. 收藏! 青岛各大医院春节开诊时间出炉, 多家医院正常开诊 Collection! The Spring Festival opening time of major hospitals in Qingdao is out, and many hospitals are open normally.</div><div>来源: 半岛网 Source: Peninsula Network</div><div>主体: 公众 Subject: public</div><div>态度: 提倡 Attitude: advocate</div><div>时间: 18:36:18 Time: 18:36:18</div></div><div><p>春节假期临近, 青岛各大医院公布假期(除夕至年初六)门诊时间排班表, 方便市民就诊。大多数医院门诊正常上班, 专家也会在假期坐诊。专家支招, 预防“节日综合症” 春节将至。百节年为首, 如何在享受节日的同时, 又吃的健康, 预防“节日综合症”找上门来呢? 青岛疾控中心专家给出了几点建议。</p><p>As the Spring Festival holidays are approaching, major hospitals in Qingdao announce the schedule of outpatient clinics during the holidays (New Year's Eve to the sixth day of the year) to facilitate public consultation. Most hospital clinics work normally, and specialists sit in during the holidays. Experts recruit to prevent "festival syndrome" Spring Festival is coming. Centennial is the first, how to enjoy the festival, but also eat healthy, to prevent "festival syndrome" to come to your door? Experts from Qingdao CDC gave some suggestions.</p></div><div><div>2. 过年这几类人腊肉要少吃 These kinds of people should eat less bacon in the New Year</div><div>来源: 中国山东网 Source: China Shandong Network</div><div>主体: 公众 Subject: public</div><div>态度: 提倡 Attitude: advocate</div><div>时间: 11:50:28 Time: 11:50:28</div></div></div>				
决心工程 Resolve To Save Lives	没有相关文章! No such articles!				

食物中的钠
Sodium in food

没有相关文章!
No such articles!

高血压
Hypertension

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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心血管健康 Cardiovascular health
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安徽
Anhui

食物中的钠 Sodium in food
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浙江
Zhejiang

食物中的钠 Sodium in food
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综合健康信息 Comprehensive Health Information
1. 新疆姑娘回乡开了全镇首个农家乐 来源：中国宁波网 主体：公众 态度：提倡 时间： 08:26:26 Xinjiang girls returned home to open the town's first farmhouse Entertainment Source: China Ningbo Network Subject: public Attitude: advocate Time: 08:26:26
阿地拉有一双漂亮的眼睛，笑起来，眼睛弯弯像月牙。在库车馆，她不仅是新疆学弟学妹的小姐姐，汉族员工的好搭档，更是餐厅的“代言人”。有一次，几位新疆顾客到餐厅用餐时嫌菜的味道淡，跟服务员吵了起来。阿地拉走上前去，对他们说：“我也是新疆来的，刚来也不适应，我们在新疆吃惯了咸味，但现在知道盐吃多了会引发高血压，现在提倡健康饮食，我们也可以改一改自己的习惯。”听了这番话，新疆客人惭愧地向她道歉。
Adila had beautiful eyes. She laughed and her eyes curved like a crescent moon. In Kuqa Museum, she is not only the youngest sister of Xinjiang students, but also a good partner of Han employees, and a "spokesperson" of the restaurant. On one occasion, a few Xinjiang customers came to the restaurant to have a meal, disgusted with the taste of the dish, and quarreled with the waiter. Adila went up and said to them, "I am also from Xinjiang. I just came here and didn't adapt to it. We used to eat salty food in Xinjiang, but now we know that too much salt can cause hypertension. Now we advocate a healthy diet, and we can change our habits." After hearing these words, Xinjiang guests apologized to her with shame.
决心工程 Resolve To Save Lives
没有相关文章!

No such articles!

其他省份
Other Provinces

<div>食物中的钠 Sodium in food</div>
没有相关文章！

No such articles!

<div>高血压 Hypertension</div>				
1. 教你一个降血压成本最低的方法！全球1/3的人都要学！ Teach you the cheapest way to reduce blood pressure! One third of the world's people have to learn!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 02:01:51 Time: 02:01:51
高血压就像一枚定时炸弹，如果控制不好，随时会威胁健康甚至生命。 研究显示，全球10个人中，就有3个人患有高血压；5个患有高血压的人中，就有1个没接受治疗；5个正在接受治疗的高血压患者中，就有2个没控制住血压。 今天，控姐就教你一个成本最低的方法，在家就能降血压。				
Hypertension is like a time bomb. If it is not controlled properly, it can threaten health and even life at any time. Research shows that three out of 10 people worldwide suffer from high blood pressure; one out of five people with high blood pressure is untreated; and two out of five hypertensive patients undergoing treatment do not control their blood pressure. Today, your sister-in-law teaches you the cheapest way to lower blood pressure at home.				

2. 脑血管狭窄与“三高”有关么，如果发生了狭窄，应该怎么办？ Is cerebrovascular stenosis related to "three highs"? If stenosis occurs, what should we do?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 00:12:07 Time: 00:12:07
总有患者询问，脑血管狭窄与“三高”有关系么，如果脑血管已经狭窄了，要怎么办呢呢？华子说，青年人的脑血管狭窄多是先天性畸形或是血管疾病造成， 老年人的脑血管狭窄往往与动脉硬化相关。而“三高”是引起血管硬化主要的原因，“三高”中危害程度最大的为高血压，高血糖与高血脂次之。				

There are always patients asking, is cerebrovascular stenosis related to the "three high"? If the cerebrovascular has been stenosis, how to do it well? Huazi said that cerebral vascular stenosis in young people is mostly caused by congenital malformations or vascular diseases. Cerebrovascular stenosis in middle-aged and elderly people is often associated with atherosclerosis. "Three high" is the main cause of vascular sclerosis, "three high" is the most harmful to hypertension, followed by hyperglycemia and hyperlipidemia.				
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<div>心血管健康 Cardiovascular health</div>				
1. 年纪大了，汤别喝太多 Don't drink too much soup when you are old	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:11:48 Time: 09:11:48
喝汤是滋补暖身的好方式，但如果喝得不科学，不但营养没法吸收，还会给身体造成负担，老年朋友尤其要当心。 嘌呤高，增加肾负担。汤煮时间过长，会使嘌呤含量高；同时因为富含蛋白质，增加肾脏负担。随着年龄增长，肾小球滤过率逐渐降低，因此，老人喝汤对肾脏损伤更大，岁数大的人不要过分追求喝汤补身的做法。 盐分高，促发心脑血管疾病。老人每天的盐摄入量最好不要超过6克，喝汤时尤其易超标。				
Drinking soup is a good way to nourish and warm up, but if you drink it unscientifically, not only can you not absorb nutrients, but also cause a burden on your body. Old friends should be especially careful. High purine increases the burden of kidney. If the soup is boiled for too long, the purine content will be high. At the same time, because it is rich in protein, it will increase the burden of the kidney. As the age increases, the glomerular filtration rate gradually decreases. Therefore, the elderly people who drink soup have more damage to their kidneys. The elderly people should not excessively pursue the practice of drinking soup to supplement their health. High salinity promotes cardiovascular and cerebrovascular diseases. Old people's daily salt intake should not exceed 6 grams, especially when drinking soup.				

2. 喝水竟也能致死这类患者应注意五点日常 Drinking water can also kill such patients should pay attention to five daily points.	来源：多维新闻网 Source: Multidimensional News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:47:24 Time: 16:47:24
水是人体不可或缺的重要物质，成年人每天要喝1,500毫升到1,700毫升的水。但是，对于心衰患者而言，喝错了水甚至会带来致命的伤害，尤其是在冬天这个心血管疾病高发的季节。对于心功能正常的人群，喝水多或少对身体影响并不大。但对于心力衰竭患者而言，本来心功能就差，如果大量喝水会加大心脏后负荷，使从身体各处流回心脏的血液突然增多，本就不堪重负的心脏此刻更是雪上加霜，从而引发胸闷、气短等各种各样的心衰表现。				
Water is an indispensable and important substance for human body. Adults drink 1,500 ml to 1,700 ml of water every day. However, for patients with heart failure, drinking the wrong water can even cause fatal damage, especially in winter, a season with high incidence of cardiovascular disease. For healthy people with normal heart function, drinking more or less water has little effect on their health. But for heart failure patients, the original heart function is poor, if a large amount of drinking water will increase the afterload of the heart, so that the blood flowing back to the heart from all parts of the body suddenly increased, the heart that can not bear the burden is now even worse, thus triggering chest tightness, shortness of breath and other manifestations of heart failure.				

3. 食物中的血管清道夫 Vascular scavenger in food	来源：东北网 Source: Northeast net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:49:31 Time: 10:49:31
随着年龄的增长，血液中出现一些“垃圾”，如果它们不能被及时“清理”，就会造成血液不清洁，变得黏稠，流通不顺畅，从而影响健康。因此人们不妨通过一些餐桌上的食物来辅助身体清理血液垃圾，为身体做个大扫除。 血糖稳定剂：普洱茶。普洱茶品性温和，对脾胃刺激相对较小，含有茶多酚等多种有益健康的成分。研究发现，普洱茶具有显著抑制糖尿病相关生物酶的作用，有助于稳定血糖。				
With the growth of age, there will be some "garbage" in the blood. If they can not be "cleaned up" in time, it will cause unclean blood, become sticky, flow is not smooth, thus affecting health. Therefore, people may as well help their bodies clean up the blood garbage through some food on the table, and do a general cleaning for their bodies. Blood sugar stabilizer: Pu'er tea. Pu'er tea is mild in nature, less irritating to the spleen and stomach, and contains many beneficial and healthy ingredients such as tea polyphenols. It was found that Pu'er Tea could significantly inhibit diabetes-related enzymes and help to stabilize blood sugar.				

4. 心脏病患者饮食禁忌，吃哪些食物好？ Heart disease patients diet taboos, what food to eat?	来源：星岛环球网 Source: Star Island Global Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:19:06 Time: 15:19:06
心脏是人体内很重要的器官，如果出现问题很可能会危害生命，每年死于心脏病的人有很多，日常生活中尤其应该注意做好保护心脏的工作，可以吃一些对心脏有好处的食物。 心脏是人体内很重要的器官，如果出现问题很可能会危害生命，每年死于心脏病的人有很多，日常生活中尤其应该注意做好保护心脏的工作，可以吃一些对心脏有好处的食物。				

Heart is a very important organ in human body. If there is a problem, it will probably endanger life. There are many people who die of heart disease every year. In daily life, we should pay special attention to the work of protecting heart, and we can eat some food which is good for heart. Heart is a very important organ in human body. If there is a problem, it will probably endanger life. There are many people who die of heart disease every year. In daily life, we should pay special attention to the work of protecting heart, and we can eat some food which is good for heart.				
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<div>综合健康信息 Comprehensive Health Information</div>				
1. 快乐过春节健康攻略看过来 Happy Spring Festival Health Strategy.	来源：四川在线 Source: Sichuan Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:12:35 Time: 10:12:35
春节，是中华民族最重要的传统节日，在此期间，自然少不了欢宴聚餐、迎來送往。但由于春节期间的生活方式与平时不同，也就成了“过年病”的高发期。过年怎么吃才健康?外出又应该如何保障自己的人身安全呢?日前，记者就相关问题进行了走访。 每样都吃点，总量要控制。 “人逢喜事精神爽，一到春节血糖高”。				
The Spring Festival is the most important traditional festival of the Chinese nation. During this period, it is natural to have a feast, dinner, welcome and send. However, due to the different lifestyle during the Spring Festival, it has become a high incidence period of "New Year's Disease". How to eat healthy during the Spring Festival? How to protect your personal safety when you go out? Recently, the reporter visited on related issues. Eat everything and control the total amount. "People are refreshed at happy events, and their blood sugar is high during the Spring Festival."				

2. 顾名思医·小年节5健康陷阱	来源：中国报 (新闻发布)	主体：公众	态度：提倡	时间： 18:08:00
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As the name suggests, take care of the health pitfalls of New Year's Day 5	Source: China Daily (Press Release)	Subject: public	Attitude: advocate	Time: 18:08:00
欢送旧岁，贺迎新年，家人齐聚难免阖家聚餐、谈天说地，甚至通宵玩乐。开心度假之余，很容易忽略身体健康，记得留意春节常见的健康问题，做好预防措施，才能健康欢度新年！逢年过节，面对各式各样的贺年食品，加上亲朋好友齐聚一堂的节日气氛，难免会令人开怀大吃，熬夜聊天，甚至为了准备过年而忙得焦头烂额。稍一不慎，很容易就会成为五大春节常见健康陷阱的受害者！				
Welcome to the old year and welcome to the new year. It is inevitable for family members to gather together for dinner, chat and even play all night. After a happy holiday, it's easy to neglect your health. Remember to pay attention to the common health problems during the New Year and take preventive measures to celebrate the New Year healthily. On New Year's Day, in the face of a variety of New Year's food, together with the festive atmosphere of gathering relatives and friends, it is inevitable that people will enjoy a big meal, stay up late to chat, and even be busy preparing for the New Year. A little carelessness can easily become a victim of the common health traps of the Five-Year-old Festival!				
3. 警惕健康饮食体系中的商业利益	来源：人民网	主体：公众	态度：提倡	时间：09:08:09
Watch out for business interests in a healthy diet system	Source: People's net	Subject: public	Attitude: advocate	Time: 09:08:09
肥胖、营养不良和气候变化，已经成为全球21世纪共同面临的问题，严重影响人类健康、地球环境和社会可持续发展。据统计，体重超重影响到全球20亿人，微量营养素缺乏同样影响到20亿人，而气候变化会使这些问题变得更糟。2019年1月28日，柳叶刀肥胖委员会发布了最新报告及评论文章，呼吁各国领导者采取强硬立场，不被庞大商业集团所左右，重新思考食品体系中的经济激励措施，建议就食品体系问题签署全球公约，以限制大型食品和饮料企业的政治影响力，解决日益严重的肥胖、营养不良和气候变化的全球问题。				
Obesity, malnutrition and climate change have become common problems in the 21st century, seriously affecting human health, the earth's environment and sustainable social development. It is estimated that overweight affects 2 billion people worldwide, and micronutrient deficiency also affects 2 billion people. Climate change will make these problems worse. On January 28, 2019, the Lancet Obesity Commission released its latest report and commentary, calling on world leaders to take a firm stand and not be dominated by huge business groups, rethink the economic incentives in the food system, and propose signing a global Convention on food system issues to limit the political influence of large food and beverage enterprises and address the growing obesity and camps. Global issues of poor nutrition and climate change.				
4. 孕妇能吃油炸花生米吗	来源：TOM	主体：公众	态度：提倡	时间：11:08:44
Can pregnant women eat fried peanuts and rice?	Source: TOM	Subject: public	Attitude: advocate	Time: 11:08:44
油炸花生米酥脆松香是不少人都比较喜欢吃的一个零嘴，特别是在喝酒的时候拿一些油炸花生米下酒可以让喝酒变得更有滋味。且不说油炸花生米的味道，光是看制作油炸花生米的过程或者是相关视频就足以让人们流下口水。孕妇在生活中一定要做到忌口才能够保持宝宝的健康，而孕妇可以吃油炸花生米吗？				
Fried peanuts crisp rosin is a snack that many people like to eat, especially when drinking with some fried peanuts can make drinking more tasty. Not to mention the taste of fried peanuts, just watching the process of making fried peanuts or related videos is enough to make people drool. Pregnant women in life must be taboo in order to maintain the health of their babies, and pregnant women can eat fried peanuts and rice?				
5. 抽一管血1/3是油，全是吃出来的	来源：无锡新传媒	主体：公众	态度：提倡	时间：10:19:45
One third of a tube of blood is oil. It's all eaten.	Source: Wuxi New Media	Subject: public	Attitude: advocate	Time: 10:19:45
由于油脂类食物摄入过多、饮酒过量、饮食不卫生，导致胃、肝、胆、胰等器官不堪重负。1月25日、29日，记者先后来到无锡市人民医院消化内科、江大附院（无锡三院）肝胆外科采访，门诊上，烫伤食道的、出现急性胃黏膜病变的患者络绎不绝，病房里，半数病床上躺着急性胆管炎、胰腺炎的患者。专家再次提醒市民，饮食一定要节制，讲究科学。				
Owing to excessive intake of fatty foods, excessive drinking and unsanitary diet, the stomach, liver, gallbladder and pancreas are overburdened. On January 25 and 29, the reporter visited the Department of Gastroenterology of Wuxi People's Hospital and the Department of Hepatobiliary Surgery of Jiangda Affiliated Hospital (Wuxi Third Hospital) successively. In the outpatient clinic, patients with scalded esophagus and acute gastric mucosal lesions were in an endless stream. In the ward, half of the patients with acute cholangitis and pancreatitis were lying on their beds. Experts once again remind the public that diet must be moderate and scientific.				
6. 过年吃腊肉，风味大不同	来源：人民网	主体：公众	态度：提倡	时间：09:28:57
Chinese New Year's eating bacon, the flavor is very different.	Source: People's net	Subject: public	Attitude: advocate	Time: 09:28:57
年关将近，寒冬腊月“吃腊”是很多地区的传统，腊肉、腊鱼、腊鸡等，风味独特。本期我们看一下，不同地区的腊肉都有哪些做法，特色如何呢？广式腊肉与饭同煮，腊肉甜香味道与饭香融合，使煲仔饭味道浓郁且香甜，符合多数人嗜甜的习惯。碳水化合物及脂肪共同摄入后的满足感，有时让人欲罢不能，结果造成主食摄入过量。因此吃煲仔饭一定要控制饭量，并准备低盐的蔬菜类菜肴，或提前喝些水或乳制品，增加饱腹感。				
As the year is approaching, it is a tradition in many areas to "eat wax" in winter and December. Bacon, salted fish, salted chicken and so on have unique flavor. In this issue, let's take a look at the practices and characteristics of bacon in different areas. Cantonese bacon and rice cooked together, bacon sweet flavor and rice fragrance fusion, so that pot rice taste rich and sweet, in line with most people's sweet habits. The satisfactions of carbohydrate and fat intake can sometimes be overwhelming, resulting in excessive staple food intake. Therefore, it is necessary to control the amount of cooking, prepare low-salt vegetable dishes, or drink some water or dairy products in advance to increase satiety.				
7. 过年期间注重饮食健康营养搭配	来源：汉丰网	主体：公众	态度：提倡	时间：04:33:02
Pay attention to healthy diet and nutrition during the Spring Festival	Source: Hanfeng network	Subject: public	Attitude: advocate	Time: 04:33:02
春节将至，亲朋好友相聚，吃顿团圆饭是必须的。高脂肪、高蛋白的食物集中摄入太多，加重人们的肠胃负担，搞不好还要被送进医院。日前，甘肃省疾控中心营养与食品安全科提醒广大市民，过年期间要注重饮食安全、营养搭配，避免因食材购买、处置不当或者暴饮暴食引发的疾病。此外，节日期间亲朋好友见面都格外亲切，提醒人们聚餐时不要劝吃劝喝。				
With the Spring Festival approaching, it is necessary for relatives and friends to get together and have a reunion dinner. Too much concentrated intake of high-fat and high-protein foods will increase the burden on people's intestines and stomach, and if not, they will be sent to hospitals. Recently, the Department of Nutrition and Food Safety of Gansu CDC reminded the general public that during the Spring Festival, we should pay attention to dietary safety and nutrition matching to avoid diseases caused by improper purchase and disposal of food materials or overeating. In addition, during the festival, relatives and friends meet very cordially, reminding people not to advise eating and drinking when having dinner.				
8. 肿瘤患者春节期间的饮食原则！	来源：搜狐	主体：公众	态度：提倡	时间：19:46:47
Cancer patients during the Spring Festival diet principles!	Source: Sohu	Subject: public	Attitude: advocate	Time: 19:46:47
春节马上要到了，这也是肿瘤患者需要认真听的时间。因为一些肿瘤患者容易因为生活习惯被打乱、过度劳累而造成免疫力下降，增加肿瘤复发可能。比如像暴饮暴食、过量饮酒、熬夜等都可能造成病情复发。春节期间 怎么吃最健康？大鱼大肉、暴饮暴食不可取，特别是肿瘤患者要学会忌口。作为中国人的传统节日，要吃好，要喝好，要玩好，记住要好而不是过量，否则会增加肿瘤复发。				
The Spring Festival is coming, which is also a time for cancer patients to listen carefully. Because some cancer patients are prone to be disturbed by life habits and overwork, resulting in a decline in immunity, increasing the possibility of recurrence of cancer. For example, overeating, excessive drinking, staying up late and so on may cause relapse. How to eat the healthiest during the Spring Festival? Big fish, big meat, overeating are not advisable, especially cancer patients should learn to avoid. As a traditional Chinese festival, we should eat well, drink well, play well, and remember to be good rather than excessive, otherwise we will increase the recurrence of tumors.				
9. 春节“肉山酒海”轰炸吃不掉这些“秘籍”让您巧吃不长胖	来源：凤凰网黑龙江频道	主体：公众	态度：提倡	时间：09:47:53
The bombing of "Meat Mountain, Wine Sea" during the Spring Festival can't stop these "secrets" so that you can eat skillfully and not gain weight.	Source: Phoenix Network Heilongjiang Channel	Subject: public	Attitude: advocate	Time: 09:47:53
再过两天就是除夕了，家家户户都忙着购置年货，准备丰富的年夜饭。可在家庭聚餐、好友畅饮时，身体总会因“肉山酒海”的连环“进攻”而亮起红灯，引发节日病。哈工大附属市一院医生提醒，新春佳节健康与快乐同在，把酒言欢应有度，吃喝娱乐要养生。				
Two days later, New Year's Eve will be coming. Every household is busy buying new year's goods and preparing rich New Year's Eve meals. Can be in family dinner, friends drink, the body will always be "attacked" by the link "meat mountain wine sea" and light a red light, triggering Festival illness. Doctors of the first hospital affiliated to Harbin University of Technology warned that health and happiness coexist during the Spring Festival, and that people should have a moderate degree of wine, drink and entertainment to maintain their health.				
10. 哈工大附属市一院春节期间门诊正常开诊急诊、碎石中心24小时接诊	来源：新华网黑龙江频道	主体：公众	态度：提倡	时间：13:49:05
The outpatient service of the First Affiliated Hospital of Harbin University of Technology during the Spring Festival is open to emergency and gravel Center for 24 hours.	Source: Xinhua Heilongjiang Channel	Subject: public	Attitude: advocate	Time: 13:49:05
“有钱没钱，回家过年，家里总有年夜饭”，一句朴实的歌词唱出了无数在异乡打拼的游子企盼归家的心声，一顿团团圆圆的年夜饭让我们褪去一年的思念，拂去一年的疲惫。可在家庭聚餐、好友畅饮、同学宴中虽然爽朗了心情，可身体总是因“肉山酒海”的连环“进攻”而亮起红灯，引发节日病。哈工大附属市一院健康专家提醒，新春佳节健康与快乐同在，把酒言欢应有度，吃喝娱乐要养生。				
"Rich and poor, go home for the New Year's Eve, there will always be a New Year's Eve dinner at home." A Simple Lyric sings out the hearts of countless tourists who are struggling in foreign countries, a reunion dinner let us fade the yearning for a year, brushing away the tiredness of a year. In the family dinner, friends drink, classmates banquet, although the mood is refreshing, but the body is always "attacked" by the "meat mountain, wine sea" link and light the red light, triggering Festival illness. Health experts from the First Hospital of Harbin University of Technology warned that health and happiness coexist during the Spring Festival, and that people should be able to enjoy wine and drink properly, while eating, drinking and entertaining should keep healthy.				

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-02-01, 共监测到557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 557 WeChat public articles were monitored in 2019-02-01. This page shows the top five articles by repeat number today.

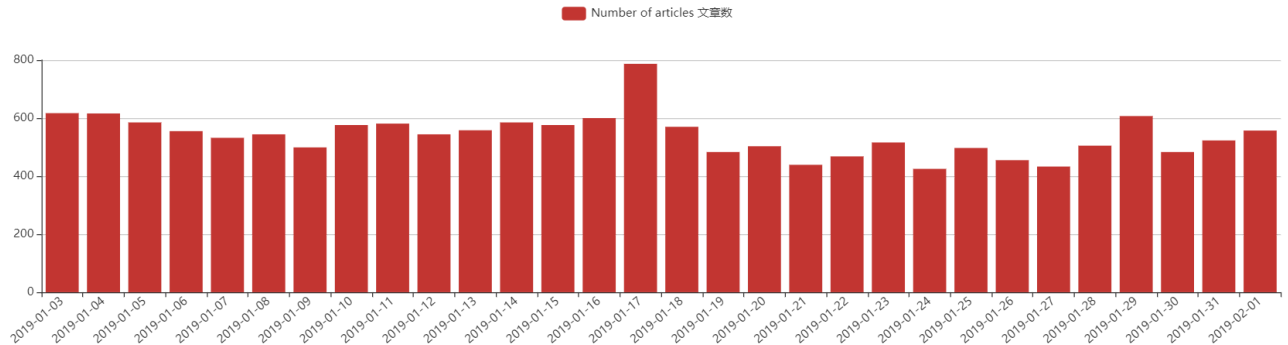
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

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



热门文章-前五 Popular Articles - Top 5

- [1. 【健康】身体出现这5个迹象, 提醒你吃盐太多了!](#) 重复数: 31 日期: 2019-02-01
[\[Health\] There are five signs in your body that remind you to eat too much salt!](#) Repeat Number: 31 Data: 2019-02-01

盐超标除了会导致高血压外, 还是导致胃癌、肥胖、心衰、骨质疏松等疾病的元凶。因此, 控盐势在必行! 烹调时多用醋、柠檬汁等酸味调味汁, 替代一部分盐和酱油, 同时也可以改善食物口感, 味道鲜美。多采用蒸、烤、煮等烹调方式, 多享受食物天然的味道, 少放盐。

Excessive salt can not only cause hypertension, but also lead to gastric cancer, obesity, heart failure, osteoporosis and other diseases. Therefore, salt control is imperative! When cooking, acid sauces such as vinegar and lemon juice are often used to replace some salt and soy sauce. At the same time, the taste of food can be improved and the taste is delicious. Steaming, roasting, boiling and other cooking methods are often used to enjoy the natural taste of food and less salt.
- [2. 最全! 癌症、糖尿病、高血压、脂肪肝偏爱哪些人? 快对照看看!](#) 重复数: 5 日期: 2019-02-01
[Who is most likely to have cancer, diabetes, high blood pressure and fatty liver? Check it out!](#) Repeat Number: 5 Data: 2019-02-01

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

“Heavy taste” is one of the main culprits of high blood pressure. Hypertension is directly related to diet. Eating too much salt, the sodium ions in the salt will cause an increase in blood volume in the blood vessels. In turn, the pressure on the blood vessel wall is increased, causing an increase in blood pressure. Studies have found that for every 100 mmol increase in 24-hour sodium intake, the risk of death from coronary heart disease, cardiovascular death, and all-cause mortality increased by 56%, 36%, and 22%, respectively.
- [3. 终于发现脑梗“真凶”! 医生:大脑最怕3样食物, 戒掉一个就增寿!](#) 重复数: 4 日期: 2019-02-01
[Eventually found out that cerebral infarction "really vicious"! Doctor: The brain is afraid of three kinds of food. If you quit one, you will live longer.](#) Repeat Number: 4 Data: 2019-02-01

现在人们吃了太多的好东西, 所以对于食物的感觉变得并没有那么明显, 所以这也导致大家每天摄入的盐分越来越多, 而且很多地区还喜欢吃腌菜或者腊肉等特色食物, 这些都属于高盐高钠食物。过量地摄入高盐高钠食物, 不仅会增加肾脏的过滤负担, 还会造成血管的弹性降低, 血管内部压力增加, 也就增加患心脑血管疾病的危险。

Nowadays people eat too many good things, so the feeling of food has not become so obvious, so this also leads to more and more salt intake every day. And many areas also like to eat pickled vegetables or bacon and other specialty foods, these are high-salt and high-sodium foods. Excessive intake of high-salt and high-sodium foods will not only increase the filtration burden of the kidneys, but also reduce the elasticity of blood vessels. Increased internal pressure of the blood vessels increases the risk of cardiovascular and cerebrovascular diseases.
- [4. 跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西](#) 重复数: 3 日期: 2019-02-01
[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.](#) Repeat Number: 3 Data: 2019-02-01

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.
- [5. 终于要摆脱降压药了, 高血压病根新发现, 高血压被根治有望!](#) 重复数: 3 日期: 2019-02-01
[Finally, we have to get rid of the antihypertensive drugs. The new discovery of hypertension will make it possible for hypertension to be radically cured!](#) Repeat Number: 3 Data: 2019-02-01

饮食干预很重要 建议患者低盐低脂饮食, 食用足量水果和蔬菜。低脂, 少吃动物脂肪;低盐, 吃得太咸会使血压升高, 每天吃盐总量不超过6克, 做菜时最好使用限盐勺; 适量豆制品和鱼类, 每天饮用奶类250克左右; 多吃粗粮, 少吃甜点, 少喝含糖饮料。此外需限制酒男性患者每日饮酒量不超过25克。

Dietary intervention is important. Patients are advised to have a low-salt, low-fat diet and eat plenty of fruits and vegetables. Eat less animal fat; eating too salty will raise your blood pressure. The total amount of salt eaten per day does not exceed 6 grams. It is best to use a salt-reducing spoon when cooking; drink about 250 grams of milk every day; eat more coarse grains, eat less dessert, and drink less sugary drinks. In addition, it is necessary to limit the amount of alcohol consumed by male patients to no more than 25 grams per day.

减盐-微博

Salt Reduction - Weibo

2019-02-01, 共检测到2073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。

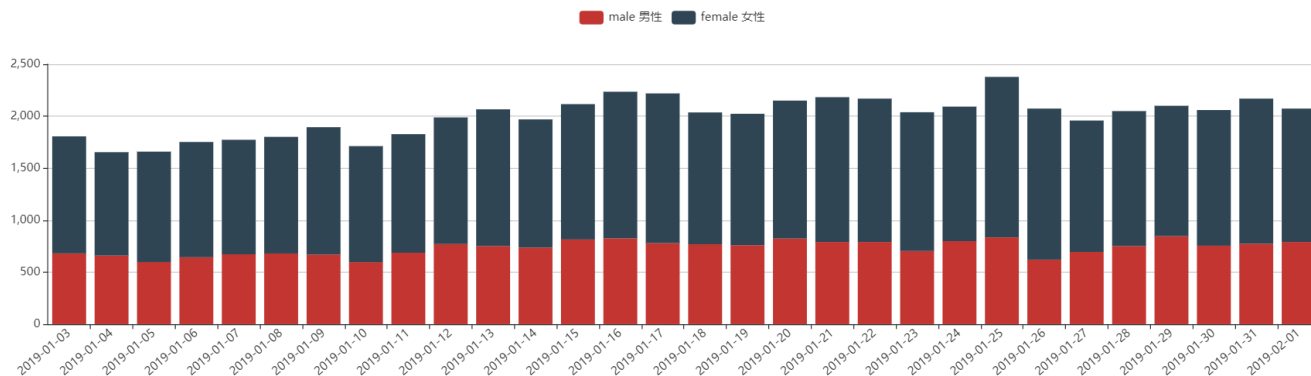
There are 2073 weibos about salt reduction monitored on 2019-02-01.

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

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

下图展示了最近30天的数据获取量。

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



热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

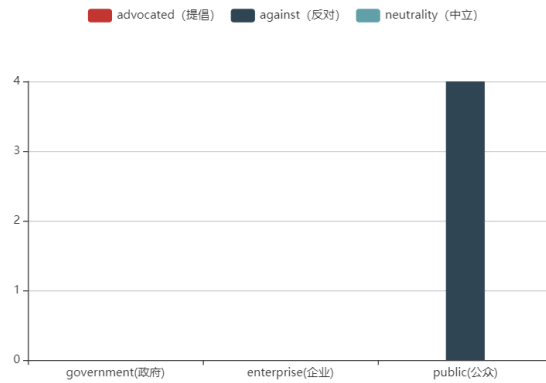
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-02-01) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2019-02-01. 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. [别踩坑、防量菜、莫贪甜、慎豪饮春节前送你一份健康“叮咛”](#)
[Don't step on pits, prevent seasickness, don't be greedy, and be careful to give you a healthy "jingle" before the Spring Festival.](#)

来源：人民网
Source: People's net

主体：公众
Subject: public

态度：反对
Attitude: against

时间： 07:49:44
Time: 07:49:44

无论走亲访友到谁家，第一件事就是“请吃糖”。那什么样的糖果相对健康呢？中国农业大学食品科学与营养工程学院高级工程师刘毅称，糖分最高的是硬糖和软糖。硬糖糖含量都在90%以上，有的甚至达到98%。软糖糖含量达到85%以上，零蛋白质；口嚼糖脂肪含量在6%左右，糖含量可达85%；棉花糖，口感松软，入口即化，零脂肪，糖含量在80%左右。“硬糖和软糖维生素和矿物质含量很少，脂肪含量也极少，热量几乎都来自糖，所以吃它们，在营养上相当于吃白糖。”

No matter who visits relatives or friends, the first thing is "Please eat sugar". What kind of candy is relatively healthy? Liu Yi, a senior engineer at the School of Food Science and Nutrition Engineering, China Agricultural University, said hard candy and soft candy were the highest in sugar. Hard sugar content is more than 90%, some even up to 98%. The content of fudge is above 85%, with no protein; the content of fat in chewing sugar is about 6%, and the content of sugar can reach 85%; the taste of cotton candy is soft, the entrance is instant, the content of fat is zero, and the content of sugar is about 80%. "Hard sugar and soft sugar have very little vitamins and minerals, very little fat, and almost all calories come from sugar, so eating them is nutritionally equivalent to eating white sugar."

2. [如何健康的过春节？这4大常见致癌物要少吃](#)
[How to celebrate the Spring Festival healthily? Eat less of these four common carcinogens](#)

来源：扬州网
Source: Yangzhou net

主体：公众
Subject: public

态度：反对
Attitude: against

时间： 11:05:55
Time: 11:05:55

春节到了，不免又要吃吃了，但是你吃的健康吗？如何过一个健康的春节呢？先记住，以下这4大致癌食物要少吃。常见致癌食物一定要少吃！薯片/薯条这个也是假日期间，不可少的一项选择，但是真的是建议，要近来的少吃，因为这类食物属于油炸的食物，脂肪能量都是比较高的，而且在制作的过程中很容易有丙烯酰胺等致癌物生成，尤其是薯片，在包装过程中，很多还会添加膨松剂、增味剂、反式脂肪酸、盐等，老吃，对身体的伤害是很大的。

When the Spring Festival comes, you have to eat again. But are you eating healthily? How to have a healthy Spring Festival? First of all, remember to eat less of the following four kinds of cancer food. Common carcinogenic foods must be eaten less! Potato chips/French fries are also an indispensable choice during the holidays, but it is really recommended to eat less recently, because these foods are fried food, fat energy is relatively high, and it is easy to produce acrylamide and other carcinogens in the process of production, especially potato chips, in the packaging process, many will add bulking agent, flavoring agent, trans fat. Fatty acids, salts, etc. are harmful to the body.

3. [自制食品也有反式脂肪](#)
[Homemade foods also have trans fats](#)

来源：健康报
Source: Health News

主体：公众
Subject: public

态度：反对
Attitude: against

时间： 15:07:10
Time: 15:07:10

反式脂肪是尽人皆知的东西，很多人唯恐避之不及。据世界卫生组织估计，全球每年有50多万人因摄入反式脂肪而死于心血管疾病。最近，世卫组织推出了英文简称为“REPLACE”（取代）的指导意见，计划逐步在全球食品供应中停用工业生产的反式脂肪，并制定了审查、立法、评估等措施。也许很多人会拍手称快，以为反式脂肪将一去不复返。

Trans fats are well known and many people are afraid to avoid them. The World Health Organization estimates that more than half a million people worldwide die from cardiovascular diseases every year from trans fats. Recently, WHO has launched a guideline in English abbreviated as "REPLACE". It plans to phase out industrial trans fats in the global food supply and formulates measures for review, legislation and evaluation. Maybe many people will clap their hands and say that trans fats will never come back.

4. [顾名思医-小心年货5健康陷阱](#)
[As the name suggests, take care of the health pitfalls of New Year's Day 5](#)

来源：中国报 (新闻发布)
Source: China Daily (Press Release)

主体：公众
Subject: public

态度：反对
Attitude: against

时间： 18:10:37
Time: 18:10:37

欢送旧岁，贺迎新岁，家人齐聚难免阖家聚餐、谈天说地，甚至通宵玩乐。开心度假之余，很容易忽略身体健康，记得留意春节常见的健康问题，做好预防措施，才能健康欢度新年！逢年过节，面对各式各样的贺年食品，加上亲朋好友齐聚一堂的节日气氛，难免会令人开怀大吃，熬夜聊天，甚至为了准备过年而忙得焦头烂额。稍一不慎，很容易就会成为五大春节常见健康陷阱的受害者！

Welcome to the old year and welcome to the new year. It is inevitable for family members to gather together for dinner, chat and even play all night. After a happy holiday, it's easy to neglect your health. Remember to pay attention to the common health problems during the New Year and take preventive measures to celebrate the New Year healthily. On New Year's Day, in the face of a variety of New Year's food, together with the festive atmosphere of gathering relatives and friends, it is inevitable that people will enjoy a big meal, stay up late to chat, and even be busy preparing for the New Year. A little carelessness can easily become a victim of the common health traps of the Five-Year-old Festival!

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

2019-02-01，共监测到248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 248 WeChat public articles were monitored in 2019-02-01. This page shows the top five articles by repeat number today.

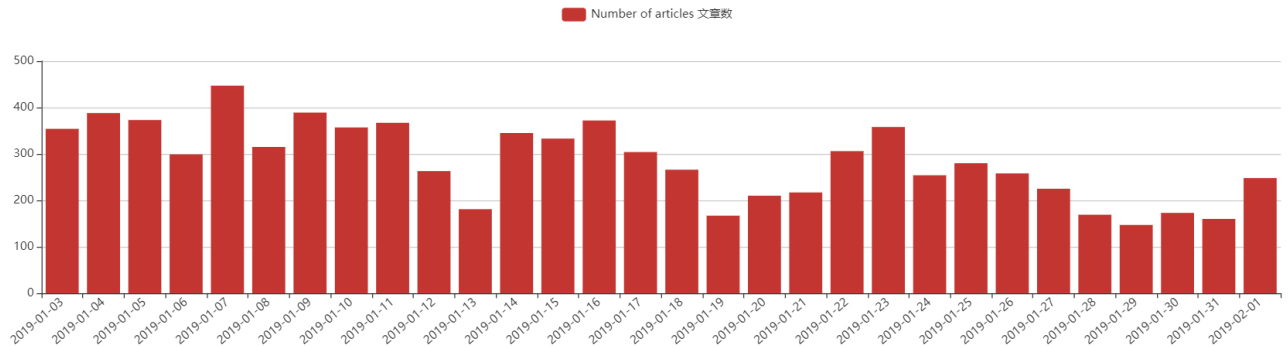
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

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. 脸要穷养，脚要富养；心要穷养，肺要富养 (**
[Facial need to be poor, feet need to be rich; Heart need to be poor, lungs need to be rich.](#)

重复数: 14
Repeat Number: 14

日期: 2019-02-01
Data: 2019-02-01

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

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.
- 2. 年货黑名单：这八类千万不要买！**
[Blacklist of New Year's Goods: Never buy these eight categories of foods!](#)

重复数: 9
Repeat Number: 9

日期: 2019-02-01
Data: 2019-02-01

事实上奶糖并不以牛奶为主，甚至压根儿就没有奶的成分。大部分奶糖产品含糖达85%左右，脂肪达6%，蛋白质只有2%。大部分奶糖中所添加的都是氢化植物油制成的植物奶油，其中饱和脂肪占一半左右，并可能含有反式脂肪酸。吃这类糖果，相当于吃白糖+植物奶油。当然，无论是奶糖还是果糖、酥糖、软糖、高粱饴.....都建议都少吃。

In fact, milk sugar is not based on milk, even milk-free ingredients. Most of the toffee products contain about 85% sugar, 6% fat, and only 2% protein. Most of the toffee is added to the vegetable cream made from hydrogenated vegetable oil, which accounts for about half of the saturated fat and may contain trans fatty acids. Eating this kind of candy is equivalent to eating white sugar and vegetable cream. It is recommended to eat less toffee, fructose, crispy sugar, soft candy, and sorghum.
- 3. 【健康】常吃燕麦好处多，减肥、控糖、营养好，可惜很多人第一步就错了**
[\[Health\] Oats are good for weight loss, sugar control and nutrition. Unfortunately, many people are wrong in the first step.](#)

重复数: 4
Repeat Number: 4

日期: 2019-02-01
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不要选择添加奶精、植脂末、植物油的产品，这类燕麦片含有较多的反式脂肪酸和饱和脂肪酸，反而会增加罹患心血管疾病的风险。选择燕麦在成分表中排在首位的产品，因为此类产品的燕麦含量一般都会在50%以上。

Do not choose products that add creamer, non-dairy creamer or vegetable oil. These oatmeal tablets contain more trans fatty acids and saturated fatty acids, which in turn increase the risk of cardiovascular disease. Choose products with more than 50% oatmeal.
- 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: 2
Repeat Number: 2

日期: 2019-02-01
Data: 2019-02-01

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. 吃素也要有技术含量，吃的不对，再素也白搭！**
[People should eat plants scientifically. If you don't choose the right food, vegetarian food is not good for your health!](#)

重复数: 1
Repeat Number: 1

日期: 2019-02-01
Data: 2019-02-01

针对人们对素食和植物性食品的青睐，一些产品甚至以使用“植物奶油”、“植物起酥油”等为宣传卖点，而就对血脂的影响而言，这类“素油”比动物油更糟糕。已经有多项研究证实，这些产品中所含“反式脂肪酸”，会大大增加人们罹患心血管疾病和糖尿病的风险，还可能危害大脑的健康。

In fact, in response to the popularity of vegetarian and vegetable foods, some products even use "vegetable butter" and "vegetable shortening" as promotional selling points, and in terms of the impact on blood lipids, such "vegetable oil" is worse than animal oil. A number of studies have confirmed that trans fatty acids in these products can greatly increase the risk of cardiovascular disease and diabetes, and possibly harm the health of the brain.

反式脂肪酸-微博 Transfat - Weibo

2019-02-01, 共检测到113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。

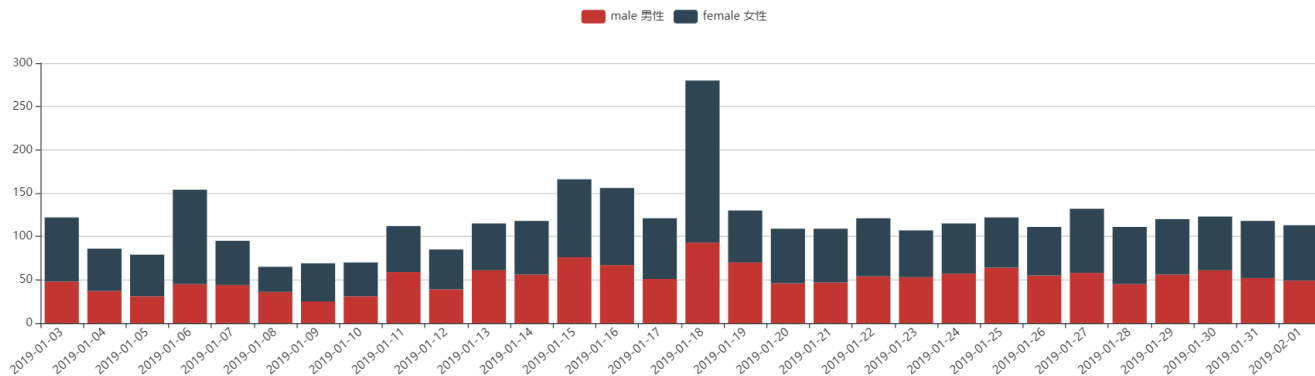
There are 113 weibos about transfat reduction monitored on 2019-02-01.

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!