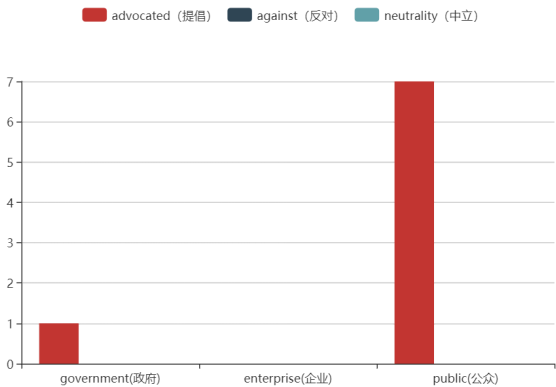


# 减盐-新闻

## Salt Reduction - News

今日 (2018-10-14) 共监测到8条资讯。请点击标题查看原文。  
There are 8 articles monitored today 2018-10-14. Please click the title to view full information.  
The original article is in Chinese only.



### 新闻主体分类

#### Classification of news subject

| 政府<br>Government  |        |                                       |                    |                |
|---|--------|---------------------------------------|--------------------|----------------|
| 1. <a href="#">预防泌尿系结石：最重要就是多喝水</a>   | 来源：新浪网 | 类别：健康中心                               | 态度：提倡              | 时间： 10:21:46   |
| <a href="#">The prevention of urinary tract stones: the most important is to drink more water</a> | 来源：新浪网 | Category: health and wellness centers | Attitude: advocate | Time: 10:21:46 |

由中国工程院院士、中华医学会泌尿外科分会主任委员孙颖浩院士发起，中华医学会泌尿外科分会和中国医师协会泌尿外科分会共同主办的“走遍中国前列腺（腺）——诊疗泌尿疾病，关爱老年健康”公益活动今天来到闵行浦江镇。这是该公益项目的第十期，由上海交通大学医学院附属仁济医院南院承办。现场举行了学术讲座，还针对中老年人易发的前列腺增生、泌尿系结石等疾病进行宣教科普及义诊。图说：义诊活动现场 来源/左妍 摄 仁济医院南院泌尿外科执行主任、主任医师刘东明介绍，我国是世界上三大结石高发区之一。肾、输尿管、膀胱及尿道等这些部位生长的结石统称为泌尿系结石，其中肾结石和输尿管结石最多见，称为上尿路结石；膀胱和尿道结石称下尿路结石

Initiated by Academician of Chinese Academy of Engineering and Chairman of Urology Branch of Chinese Medical Association, Academician Sun Yinghao, and co-sponsored by Urology Branch of Chinese Medical Association and Urology Branch of Chinese Medical Association, the public welfare activity of "Going All over China's Foremost Counties (Glands) - Diagnosing and Treating Urinary Diseases, Caring for the Elderly" came to Minhangpu today. Jiang Zhen. This is the tenth phase of the public welfare project, which is undertaken by the South Hospital of Renji Hospital Affiliated to Shanghai Jiaotong University School of Medicine. Academic lectures were held on the spot, and publicity, education and universal free clinics were conducted for diseases such as benign prostatic hyperplasia and urinary calculi, which were easy to occur in the middle-aged and elderly.Photo: the source of free clinic activities / Zuo Yan photoLiu Dongming, Executive Director and Chief Physician of Urology Department of the Southern Hospital of Renji Hospital, introduced that China is one of the three major stone-prone areas in the world. Stones in the kidneys, ureters, bladder and urethra are commonly called urinary calculi, in which renal calculi and ureteral calculi are the most common, called upper urinary tract calculi; bladder and urethral calculi are called lower urinary tract calculi.

| 企业<br>Industry   |        |                          |                    |                |
|--|--------|--------------------------|--------------------|----------------|
| 没有相关文章!  |        |                          |                    |                |
| No such articles!  |        |                          |                    |                |
| 公众<br>Public   |        |                          |                    |                |
| 1. <a href="#">这6种“做饭”习惯很容易“致癌”，比吸烟还厉害，请抓紧改正</a>   | 来源：中原网 | 类别：食物中的钠                 | 态度：提倡              | 时间： 20:04:24   |
| <a href="#">The six "cooking" habits "cancer" easily, more severe than smoking, please take correction</a> | 来源：中原网 | Category: sodium in food | Attitude: advocate | Time: 20:04:24 |

对于美食来说，本身属于正常人的一种追求；对于美食，一部分人喜欢出去品鉴，一部分人喜欢自己烹饪制作；对于自家烹饪的这部分人群来说，建议这样做，更建议靠谱做，因为其实存在很多种不靠谱的烹调做菜习惯是对身体“致癌”的；有哪些做菜习惯需要大家注意，生活当中我们又该怎样减小患癌风险呢？有这样6种烹饪习惯容易致癌：不刷锅就接着炒菜：有些人为了图省事，有些人自认为自家的锅很干净，总是不喜欢刷锅就接着烹调下一道菜，但其实这样看着比较干净的“没刷的锅”很容易存在剩余食物的残渣和一些油脂，对于这种情况，很容易由于再次高温加热产生苯并芘等致癌物质。所以，无论如何，建议您一定在烹调完一道菜后将锅清洗干净再去烹调下一道菜。油冒烟之后才下菜：对于现在市面上的食用油而言，都是经过了精炼加工的，升高了烟点，加工工艺中减少了会冒烟的物质；如果当锅出现冒烟的情况，油温已经达到了200摄氏度以上，此时下锅一是容易损失食物的营养价值，二是容易导致蛋白质和脂肪发生变性，从而就会产生一些致癌物质。所以，针对这个事情，建议大家生活中烹调要做到“热锅凉油”。炒菜时不喜欢开油烟机，或者是炒菜之后立即关闭油烟机：炒菜的过程中一定会产生油烟，这是一件毋庸置疑的事情，油烟当中含有很多种对身体存在刺激的有毒有害物质，吸入身体无疑会增加危害，诱发呼吸道系统等疾病，例如您经常所说的哮喘、鼻炎等问题

Food itself belongs to the pursuit of the normal person; for food, some people like to go out to taste, some people like to cook their own cooking; for this part of the people who cook their own, it is recommended to do this, but also recommended to do, because there are a lot of unreliable cooking habits for themselves. The body is "carcinogenic". What cooking habits need attention, and how can we reduce the risk of cancer in life?There are 6 kinds of cooking habits that are easy to cause cancer.Stir frying without frying pan.Some people think their pans are clean and they don't like to brush them and then cook the next dish. But in fact, it's easy to see a clean "brushless pan" with leftovers of food and some fat. In this case, it's easy to produce benzopyrene by reheating at high temperature again. Carcinogen.Therefore, in any case, it is recommended that you wash the pot after cooking one dish and then cook the next dish.When oil is smoked, it will be served.For the edible oils on the market now, they are refined and processed, raising the smoke point, reducing the smoking substances in the processing technology; if the pot smoke, the oil temperature has reached 200 degrees Celsius or more, at this time the pot is easy to lose the nutritional value of food, the second is easy to lead to protein. And fat degeneration, which will produce some carcinogens.Therefore, in view of this matter, it is suggested that we should make "hot pot cold oil" in our daily life.When cooking, don't like the hood, or turn off the hood immediately after cooking.The cooking process will certainly produce lampblack, which is an unquestionable thing, lampblack contains a lot of toxic and harmful substances to stimulate the body, inhalation of the body will undoubtedly increase the risk of respiratory diseases, such as asthma, rhinitis and other problems you often hear of

|  |        |                        |                    |                |
|--|--------|------------------------|--------------------|----------------|
| 2. <a href="#">降血压只限盐还不够，医生教你6大“秘籍”，降压效果事半功倍！</a>  | 来源：中原网 | 类别：高血压                 | 态度：提倡              | 时间： 16:09:31   |
| <a href="#">Blood pressure is not enough only salt, doctors teach you six "secrets", antihypertensive effect of get twice the result with half the effort!</a> | 来源：中原网 | Category: hypertension | Attitude: advocate | Time: 16:09:31 |

高血压患者都知道，有效降压方法中，除了运动，在饮食上要少吃盐，饮食清淡。但是大家都太过于关注盐的摄入，而忽略了更重要的钾，充足的钾摄入能对抗钠的升压作用。钾和钠完全称得上是一对“欢喜冤家”，钾主要在细胞内，钠主要在细胞外，既互相拮抗，又有协同作用，共同维护生命所必需的电解质稳定。钠有升血压作用，而钾有降血压作用，并且钾的降血压作用是通过拮抗钠的升血压作用来实现的。流行病学调查发现，钾摄入量高的人群其平均血压和高血压患病率较低，钾摄入量低的人群则相反，平均血压和高血压患病率较高

Hypertensive patients know that effective methods of reducing blood pressure, in addition to exercise, in the diet to eat less salt, light diet. But everyone is too concerned about salt intake, ignoring the more important potassium intake, adequate potassium intake can counteract sodium's pressor effect.Potassium and sodium are exactly a pair of "happy enemies". Potassium is mainly in the cell, sodium is mainly outside the cell, both antagonistic and synergistic, and jointly maintain the stability of the electrolytes necessary for life. Sodium has the effect of raising blood pressure, while potassium has the effect of lowering blood pressure, and potassium's effect of lowering blood pressure is achieved by

antagonizing the effect of sodium on raising blood pressure. Epidemiological studies have shown that people with high potassium intake have lower prevalence of hypertension and hypertension on average, while those with low potassium intake have higher prevalence of hypertension and hypertension on average.

3. [宝宝吃盐多不仅丑还会得这种病](#)  
[The baby to eat salt more ugly will not only have to the disease](#)  
来源: TOM  
来源: TOM  
类别: 食物中的钠  
Category: sodium in food  
态度: 提倡  
Attitude: advocate  
时间: 09:19:16  
Time: 09:19:16

宝宝吃盐多不仅丑 还会得这种病 看过一则新闻：小女孩佳佳才四岁。一天早上妈妈给她洗脸的时候，发现她长了淡淡的雀斑。妈妈也没细想：小孩子长雀斑也挺正常，何况不仔细看也看不出来，算了吧。没想到半个月后，妈妈接佳佳放学的时候，女儿大哭了起来。妈妈忙问怎么回事了，佳佳说：同学都在嘲笑我长麻子！仔细一看，妈妈发现佳佳脸上的雀斑不仅变多了，而且颜色还深了很多

Babies eat more salt than they get ugly.Read a piece of news:Little girl Jia Jia is only four years old. One morning, when her mother washed her face, she noticed that she had faint freckles.Mother did not think about it: freckles are normal for children, let alone not see it carefully, forget it.Unexpectedly, half a month later, when her mother came home from Jiajia, her daughter burst into tears. My mother was busy asking what was going on. Jia Jia said, "my classmates are mocking me with long pockmarks.After a closer look, my mother found that the freckles on Jiajia's face not only changed much, but also had a lot of color.

4. [这7种做菜习惯值得警惕几乎每个家庭都中招了](#)  
[The 7 kinds of cooking habits alarming move almost every family](#)  
来源: 新浪网  
来源: 新浪网  
类别: 食物中的钠  
Category: sodium in food  
态度: 提倡  
Attitude: advocate  
时间: 18:19:30  
Time: 18:19:30

原标题：这7种做菜习惯值得警惕！几乎每个家庭都中招了 很多人对美食是爱吃又爱做，然而，你一定想不到，一些看似不起眼的炒菜习惯，影响的不止是味道口感，它还会损害你的健康。炒菜后不刷锅接着炒 很多人为了省事或看锅比较干净，不刷锅就直接炒下一道菜，这样做也是错误的！因为看似干净的锅表面会附着油脂和食物残渣，当再次高温加热时，可能产生苯并芘等致癌物。而且不刷锅再接着炒菜的时候，你会发现食物残渣很容易烧焦，这也存在一定的致癌隐患。建议：每做完一道菜，都应把锅清洗干净，再炒下一道菜。 油冒烟时才下锅 现在的食用油一般都经过了精炼，去除了大量容易“冒烟”的杂质，烟点比较高

Original title: these 7 kinds of cooking habits are worth vigilance! Almost every family has recruited.Many people love to eat and cook good food. However, you can't imagine that some seemingly insignificant cooking habits affect not only the taste, but also your health.After frying, do not fry and stir fry.Many people in order to save trouble or see the pot is relatively clean, do not brush the pot to fry a dish directly, this is also wrong!Because the seemingly clean surface of the pot will adhere to grease and food residue, when heated again at high temperature, may produce carcinogens such as benzopyrene. And when you do not brush the pan and then fry, you will find that food residue is easy to burn, which also has a certain risk of carcinogenesis.Suggestion: every time you finish a dish, you should clean the pot and stir fry the dish.Only when oil is smoked.Today's cooking oil is generally refined, removed a large number of easily "smoke" impurities, smoke point is higher

5. [北方人不如南方人长寿？从点菜习惯就可看出区别](#)  
[Northerners live longer than southerners?Order from habit can tell the difference](#)  
来源: 新浪网  
来源: 新浪网  
类别: 食物中的钠  
Category: sodium in food  
态度: 提倡  
Attitude: advocate  
时间: 22:20:48  
Time: 22:20:48

原标题：北方人不如南方人寿命长？从点菜习惯里就可以看出区别！ 北方人不如南方人寿命比长？很多人一听，觉得不可思议！还别不信，很多大样本数据都证明了这一点！ 南方人确实比北方人长寿 2015年，英国医学杂志《柳叶刀》刊文指出，中国人的平均寿命较过去25年增长了8.5岁，但存在很明显的地区差异： ①上海人期望寿命全国第一，而一些西部地区的期望寿命却较全国高水平低了约10岁。 中国青年政治学院社会工作学院樊新民在《人口学刊上》发表的一篇《中国第六次人口普查长寿人口研究》，利用第六次人口普查资料，对比第五次人口普查，发现： ②沿海经济发达地区的长寿人口比西北一些省份长寿人口多； ③华南沿海地区的长寿老人比例两次普查都比较高，地理区位特点显著。④ 中科院地理研究所研究员、长期从事环境与健康研究的王五一曾绘出一幅长寿地图。 ④长寿地图上，排在前十的多为南方城市。分别是：海南、上海、广东、广西、福建、江苏、山东、浙江、河南、四川

Original title: northerners are not as good as Southern life? You can see the difference from the ordering habit.Northerners are not as old as southerners.Many people feel incredible when they listen to it.Do not believe it, many large sample data prove this point!Southerners do live longer than northerners.In 2015, the British Medical Journal, the Lancet, reported that the average life expectancy of the Chinese population increased by 8.5 years over the past 25 years, but there were significant regional differences:(1) Life expectancy of Shanghai people is the highest in China, but in some northwest areas life expectancy is about 10 years lower than the highest level in China.Fan Xinmin of the School of Social Work, China Youth Political College, published an article in the Journal of Demography entitled "Study on Longevity in the Sixth Population Census of China". Using the data of the Sixth Population Census and comparing with the fifth Population Census, we found that:(2) the longevity population in economically developed coastal areas is larger than that in some provinces in Northwest China.3. The proportion of the longevity elderly in Southern China coastal areas is higher than that of the two census. (1)Wang Wuyi, a researcher at the Institute of Geography of the Chinese Academy of Sciences and a longtime environmental and health researcher, once drew a map of longevity.On the longevity map, the top ten are mostly southern cities. They are: Hainan, Shanghai, Guangdong, Guangxi, Fujian, Jiangsu, Shandong, Zhejiang, Henan and Sichuan.

6. [肾病有五个时期，糖友们要分别对待](#)  
[Kidney disease has five times, sugar friends should be treated separately](#)  
来源: 人民网  
来源: 人民网  
类别: 健康中心  
Category: health and wellness centers  
态度: 提倡  
Attitude: advocate  
时间: 09:40:34  
Time: 09:40:34

在糖尿病的众多并发症中，糖尿病肾病是较为严重的一种，因其进展缓慢，症状不明显，很容易被患者忽视。糖友在糖病的不同分期做法也有很大不同。 肾功能正常期：患者在此期间一定要注意控制好血糖、血压、血脂、尿酸等因素，选择降血压、降血脂等药物时，应该将对肾功能的影响考虑在其中;保持良好的生活方式，戒烟忌酒、适当运动;遵医嘱选用合适的降糖药。 间断微量白蛋白尿：糖友在保持良好生活方式的基础上，要避免使用磺脲类降血糖药物，同时积极使用胰岛素控制血糖。 早期糖尿病肾病期：在此期间糖友的尿液中可检测出持续性的微量白蛋白，因此，糖友要注意低蛋白饮食，同时要注意感染、高尿酸血症、泌尿系结石梗阻、肾积水、肾毒性药物等对肾脏的损害

Among the complications of diabetes mellitus, diabetic nephropathy (DN) is a serious one, because of its slow progress, symptoms are not obvious, it is easy to be ignored by patients. The different stages of sugar and kidney are also very different.Normal period of renal function: during this period, patients must pay attention to control blood sugar, blood pressure, blood lipids, uric acid and other factors, choose antihypertensive, lipid and other drugs, should be considered in the impact of renal function; maintain a good lifestyle, quit smoking and alcohol, appropriate exercise; choose appropriate antidiabetic drugs according to doctor's advice.Intermittent microalbuminuria: Sugar friend on the basis of maintaining a good lifestyle, to avoid the use of sulfonylurea hypoglycemic drugs, while actively using insulin to control blood sugar.Early stage of diabetic nephropathy: Sugar friend urine during this period can detect sustained microalbumin, therefore, Sugar friend should pay attention to low-protein diet, at the same time pay attention to infection, hyperuricemia, urinary stone obstruction, hydronephrosis, nephrotoxic drugs and other damage to the kidney

7. [感冒期间哪几类食物不宜食用？](#)  
[Is not suitable for which a few kinds of food during a cold?](#)  
来源: 人民网  
来源: 人民网  
类别: 食物中的钠  
Category: sodium in food  
态度: 提倡  
Attitude: advocate  
时间: 19:50:18  
Time: 19:50:18

原标题：感冒期间 哪几类食物不宜食用？ 秋冬季节,气候多变,人们很容易患上感冒。虽说感冒是一种常见病症,但也要细心调理,才能让身体更快的恢复。在感冒期间,除了吃药、休息、多喝水之外,正确、合理的饮食对于治疗感冒也有很大的帮助。若在感冒期间,吃得不对,则很容易使病情反复或加重。 究竟哪几类食物不宜在感冒期间食用呢?接下来,随经济日报-中国经济网时尚频道一同来了解一下吧

Original title: which kinds of food should not be eaten during a cold?In autumn and winter, the climate is changeable, so it is easy for people to catch cold. Although a common cold is a common disease, it should be carefully adjusted so that the body can recover more quickly. During the cold, in addition to taking medicine, rest, drinking more water, the correct and reasonable diet for the treatment of cold is also very helpful. If you do not eat properly during a cold, it is easy to make the disease relapse or aggravate.What kinds of food are not suitable to eat during a cold? Next, with the Economic Daily - China Economic Network Fashion Channel to learn about it.

## 内容分类

### Classification of Content

#### 食物中的钠

##### Sodium in food

1. [这6种“做饭”习惯很容易“致癌”，比吸烟还厉害，请抓紧改正](#)  
[The six "cooking" habits "cancer" easily, more severe than smoking, please take correction](#)  
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Time: 20:04:24

对于美食来说，本身属于正常人的一种追求；对于美食，一部分人喜欢出去品鉴，一部分人喜欢自己烹饪制作；对于自家烹饪的这部分人群来说，建议这样做，更建议靠谱做，因为其实存在很多种不靠谱的烹调做菜习惯是对身体“致癌”的；有哪些做菜习惯需要大家注意，生活中我们又该怎样减小患癌风险呢？有这样6种烹饪习惯容易致癌： 不刷锅就接着炒菜：有些人为了图省事，有些人自认为自家的锅很干净，总是不喜欢刷锅就接着烹调下一道菜，但其实这样看着比较干净的“没刷的锅”很容易存在剩余食物的残渣和一些油脂，对于这种情况，很容易由于再次高温加热产生苯并芘等致癌物质。 所以，无论如何，建议您一定在烹调完一道菜后将锅清洗干净再去烹调下一道菜。 油冒烟之后才下菜：对于现在市面上的食用油而言，都是经过了精炼加工的，升高了烟点，加工工艺中减少了会冒烟的物质；如果当锅出现冒烟的情况，油温已经达到了200摄氏度以上，此时下锅一是容易损失食物的营养价值，二是容易导致蛋白质和脂肪发生变性，从而就会产生一些致癌物质。 所以，针对这个事情，建议大家生活中烹调要做到“热锅凉油”。 炒菜时不喜欢开油烟机，或者是炒菜之后立即关闭油烟机： 炒菜的过程中一定会产生油烟，这是一件毋庸置疑的事情，油烟当中含有很多种对身体存在刺激的有毒有害物质，吸入身体无疑会增加危害，诱发呼吸道系统等疾病，例如您经常所说的哮喘、鼻炎等问题

Food itself belongs to the pursuit of the normal person; for food, some people like to go out to taste, some people like to cook their own cooking; for this part of the people who cook their own, it is recommended to do this, but also recommended to do, because there are a lot of unreliable cooking habits for themselves. The body is "carcinogenic". What cooking habits need attention, and how can we reduce the risk of cancer in life?There are 6 kinds of cooking habits that are easy to cause cancer.Stir frying without frying pan.Some people think their pans are clean and they don't like to brush them and then cook the next dish. But in fact, it's easy to see a clean "brushless pan" with leftovers of food and some fat. In this case, it's easy to produce benzopyrene by reheating at high temperature again. Carcinogen.Therefore, in any case, it is recommended that you wash the pot after cooking one dish and then cook the next dish.When oil is smoked, it will be served.For the edible oils on the market now, they are refined and processed, raising the smoke point,

|  |         |                                       |                    |                |
|--|---------|---------------------------------------|--------------------|----------------|
| reducing the smoking substances in the processing technology; if the pot smoke, the oil temperature has reached 200 degrees Celsius or more, at this time the pot is easy to lose the nutritional value of food, the second is easy to lead to protein. And fat degeneration, which will produce some carcinogens. Therefore, in view of this matter, it is suggested that we should make "hot pot cold oil" in our daily life. When cooking, don't like the hood, or turn off the hood immediately after cooking. The cooking process will certainly produce lampblack, which is an unquestionable thing, lampblack contains a lot of toxic and harmful substances to stimulate the body, inhalation of the body will undoubtedly increase the risk of respiratory diseases, such as asthma, rhinitis and other problems you often hear of  |         |                                       |                    |                |
| 2. <a href="#">宝宝吃盐多不仅丑还会得这种病</a>  | 来源: TOM | 类别: 食物中的钠                             | 态度: 提倡             | 时间: 09:19:16   |
| <a href="#">The baby to eat salt more ugly will not only have to the disease</a>   | 来源: TOM | Category: sodium in food              | Attitude: advocate | Time: 09:19:16 |
| 宝宝吃盐多不仅丑 还会得这种病 看过一则新闻: 小女孩佳佳才四岁。一天早上妈妈给她洗脸的时候, 发现她长了淡淡的雀斑。 妈妈也没细想: 小孩子长雀斑也挺正常, 何况不仔细看也看不出来, 算了吧。 没想到半个月后, 妈妈接佳佳放学的时候, 女儿大哭了起来。妈妈忙问怎么回事了, 佳佳说: 同学都在嘲笑我长麻子! 仔细一看, 妈妈发现佳佳脸上的雀斑不仅变多了, 而且颜色还深了很多   |         |                                       |                    |                |
| Babies eat more salt than they get ugly. Read a piece of news: Little girl Jia Jia is only four years old. One morning, when her mother washed her face, she noticed that she had faint freckles. Mother did not think about it: freckles are normal for children, let alone not see it carefully, forget it. Unexpectedly, half a month later, when her mother came home from Jiajia, her daughter burst into tears. My mother was busy asking what was going on. Jia Jia said, "my classmates are mocking me with long pockmarks. After a closer look, my mother found that the freckles on Jiajia's face not only changed much, but also had a lot of color.  |         |                                       |                    |                |
| 3. <a href="#">这7种做菜习惯值得警惕!几乎每个家庭都中招了</a>  | 来源: 新浪网 | 类别: 食物中的钠                             | 态度: 提倡             | 时间: 18:19:30   |
| <a href="#">The 7 kinds of cooking habits alarming move almost every family</a>  | 来源: 新浪网 | Category: sodium in food              | Attitude: advocate | Time: 18:19:30 |
| 原标题: 这7种做菜习惯值得警惕! 几乎每个家庭都中招了 很多人对美食是爱吃又爱做, 然而, 你一定想不到, 一些看似不起眼的炒菜习惯, 影响的不止是味道口感, 它还会损害你的健康。 炒菜后不刷锅接着炒 很多人为了省事或看锅比较干净, 不刷锅就直接炒下一道菜, 这样做也是错误的! 因为看似干净的锅表面会附着油脂和食物残渣, 当再次高温加热时, 可能产生苯并芘等致癌物。而且不刷锅再接着炒菜的时候, 你会发现食物残渣很容易烧焦, 这也存在一定的致癌隐患。 建议: 每做完一道菜, 都应把锅清洗干净, 再炒下一道菜。 油冒烟时才下锅 现在的食用油一般都经过了精炼, 去除了大量容易“冒烟”的杂质, 烟点比较高  |         |                                       |                    |                |
| Original title: these 7 kinds of cooking habits are worth vigilance! Almost every family has recruited. Many people love to eat and cook good food. However, you can't imagine that some seemingly insignificant cooking habits affect not only the taste, but also your health. After frying, do not fry and stir fry. Many people in order to save trouble or see the pot is relatively clean, do not brush the pot to fry a dish directly, this is also wrong! Because the seemingly clean surface of the pot will adhere to grease and food residue, when heated again at high temperature, may produce carcinogens such as benzopyrene. And when you do not brush the pan and then fry, you will find that food residue is easy to burn, which also has a certain risk of carcinogenesis. Suggestion: every time you finish a dish, you should clean the pot and stir fry the dish. Only when oil is smoked. Today's cooking oil is generally refined, removed a large number of easily "smoke" impurities, smoke point is higher   |         |                                       |                    |                |
| 4. <a href="#">北方人不如南方人长寿? 从点菜习惯就可看出区别</a>   | 来源: 新浪网 | 类别: 食物中的钠                             | 态度: 提倡             | 时间: 22:20:48   |
| <a href="#">Northerners live longer than southerners? Order from habit can tell the difference</a>   | 来源: 新浪网 | Category: sodium in food              | Attitude: advocate | Time: 22:20:48 |
| 原标题: 北方人不如南方人寿命长? 从点菜习惯里就可以看出区别! 北方人不如南方人寿命比长? 很多人一听, 觉得不可思议! 还别不信, 很多样本数据都证明了这一点! 南方人确实比北方人长寿 2015年, 英国医学杂志《柳叶刀》刊文指出, 中国人的平均寿命较过去25年增长了8.5岁, 但存在很明显的地区差异: ①上海人期望寿命全国第一, 而一些西部地区的期望寿命却较全国最高水平低了约10岁。 中国青年政治学院社会工作学院樊新民在《人口学刊上》发表的一篇《中国第六次人口普查长寿人口研究》, 利用第六次人口普查资料, 对比第五次人口普查, 发现: ②沿海经济发达地区的长寿人口比西北一些省份长寿人口多; ③华南沿海地区的长寿老人比例两次普查都比较高, 地理区位优势显著。④ 中科院地理研究所研究员、长期从事环境与健康研究的王五一曾绘出一幅长寿地图。④长寿地图上, 排在前十的多为南方城市。分别是: 海南、上海、广东、广西、福建、江苏、山东、浙江、河南、四川   |         |                                       |                    |                |
| Original title: northerners are not as good as Southern life? You can see the difference from the ordering habit. Northerners are not as old as southerners. Many people feel incredible when they listen to it. Do not believe it, many large sample data prove this point! Southerners do live longer than northerners. In 2015, the British Medical Journal, the Lancet, reported that the average life expectancy of the Chinese population increased by 8.5 years over the past 25 years, but there were significant regional differences: (1) Life expectancy of Shanghai people is the highest in China, but in some northwest areas life expectancy is about 10 years lower than the highest level in China. Fan Xinmin of the School of Social Work, China Youth Political College, published an article in the Journal of Demography entitled "Study on Longevity in the Sixth Population Census of China". Using the data of the Sixth Population Census and comparing with the fifth Population Census, we found that: (2) the longevity population in economically developed coastal areas is larger than that in some provinces in Northwest China. 3. The proportion of the longevity elderly in Southern China coastal areas is higher than that of the two census. (1) Wang Wuyi, a researcher at the Institute of Geography of the Chinese Academy of Sciences and a longtime environmental and health researcher, once drew a map of longevity. On the longevity map, the top ten are mostly southern cities. They are: Hainan, Shanghai, Guangdong, Guangxi, Fujian, Jiangsu, Shandong, Zhejiang, Henan and Sichuan. |         |                                       |                    |                |
| 5. <a href="#">感冒期间哪几类食物不宜食用?</a>  | 来源: 人民网 | 类别: 食物中的钠                             | 态度: 提倡             | 时间: 19:50:18   |
| <a href="#">Is not suitable for which a few kinds of food during a cold?</a>   | 来源: 人民网 | Category: sodium in food              | Attitude: advocate | Time: 19:50:18 |
| 原标题: 感冒期间 哪几类食物不宜食用? 秋冬季节, 气候多变, 人们很容易患上感冒。虽说感冒是一种常见病症, 但也要细心调理, 才能让身体更快的恢复。在感冒期间, 除了吃药、休息、多喝水之外, 正确、合理的饮食对于治疗感冒也有很大的帮助。若在感冒期间, 吃得不对, 则很容易使病情反复或加重。 究竟哪几类食物不宜在感冒期间食用呢? 接下来, 随经济日报-中国经济网时尚频道一同来了解一下把  |         |                                       |                    |                |
| Original title: which kinds of food should not be eaten during a cold? In autumn and winter, the climate is changeable, so it is easy for people to catch cold. Although a common cold is a common disease, it should be carefully adjusted so that the body can recover more quickly. During the cold, in addition to taking medicine, rest, drinking more water, the correct and reasonable diet for the treatment of cold is also very helpful. If you do not eat properly during a cold, it is easy to make the disease relapse or aggravate. What kinds of food are not suitable to eat during a cold? Next, with the Economic Daily - China Economic Network Fashion Channel to learn about it.  |         |                                       |                    |                |
| <div>高血压</div> <div>Hypertension</div>   |         |                                       |                    |                |
| 1. <a href="#">降血压只限盐还不够, 医生教你6大“秘籍”, 降压效果事半功倍!</a>  | 来源: 中原网 | 类别: 高血压                               | 态度: 提倡             | 时间: 16:09:31   |
| <a href="#">Blood pressure is not enough only salt, doctors teach you six "secrets". antihypertensive effect of get twice the result with half the effort!</a>   | 来源: 中原网 | Category: hypertension                | Attitude: advocate | Time: 16:09:31 |
| 高血压患者都知道, 有效降压方法中, 除了运动, 在饮食上要少吃盐, 饮食清淡。但是大家都太过于关注盐的摄入, 而忽略了更重要的钾, 充足的钾摄入能对抗钠的升压作用。钾和钠完全称得上是一对“欢喜冤家”, 钾主要在细胞内, 钠主要在细胞外, 既互相拮抗, 又有协同作用, 共同维护生命所必需的电解质稳定。钠有升血压作用, 而钾有降血压作用, 并且钾的降血压作用是通过拮抗钠的升血压作用来实现的。流行病学调查发现, 钾摄入量高的人群其平均血压和高血压患病率较低, 钾摄入量低的人群则相反, 平均血压和高血压患病率较高   |         |                                       |                    |                |
| Hypertensive patients know that effective methods of reducing blood pressure, in addition to exercise, in the diet to eat less salt, light diet. But everyone is too concerned about salt intake, ignoring the more important potassium intake, adequate potassium intake can counteract sodium's pressor effect. Potassium and sodium are exactly a pair of "happy enemies". Potassium is mainly in the cell, sodium is mainly outside the cell, both antagonistic and synergistic, and jointly maintain the stability of the electrolytes necessary for life. Sodium has the effect of raising blood pressure, while potassium has the effect of lowering blood pressure, and potassium's effect of lowering blood pressure is achieved by antagonizing the effect of sodium on raising blood pressure. Epidemiological studies have shown that people with high potassium intake have lower prevalence of hypertension and hypertension on average, while those with low potassium intake have higher prevalence of hypertension and hypertension on average.   |         |                                       |                    |                |
| <div>心血管健康</div> <div>Cardiovascular health</div>  |         |                                       |                    |                |
| 没有相关文章!  |         |                                       |                    |                |
| No such articles!  |         |                                       |                    |                |
| <div>健康中心</div> <div>Health and Wellness Centers</div>   |         |                                       |                    |                |
| 1. <a href="#">预防泌尿系结石: 最重要就是多喝水</a>   | 来源: 新浪网 | 类别: 健康中心                              | 态度: 提倡             | 时间: 10:21:46   |
| <a href="#">The prevention of urinary tract stones: the most important is to drink more water</a>  | 来源: 新浪网 | Category: health and wellness centers | Attitude: advocate | Time: 10:21:46 |
| 由中国工程院院士、中华医学会泌尿外科分会主任委员孙颖浩院士发起, 中华医学会泌尿外科分会和中国医师协会泌尿外科分会共同主办的“走遍中国前列县(腺)——诊疗泌尿疾病, 关爱老年健康”公益活动今天来到闵行浦江镇。这是该公益项目的第十期, 由上海交通大学医学院附属仁济医院南院承办。现场举行了学术讲座, 还针对中老年人易发的前列腺增生、泌尿系结石等疾病进行宣教科普及义诊。 图说: 义诊活动现场 来源/左妍 摄 仁济医院南院泌尿外科执行主任、主任医师刘东明介绍, 我国是世界上三大结石高发区之一。肾、输尿管、膀胱及尿道等这些部位生长的结石统称为泌尿系结石, 其中肾结石和输尿管结石最多见, 称为上尿路结石; 膀胱和尿道结石称下尿路结石   |         |                                       |                    |                |
| Initiated by Academician of Chinese Academy of Engineering and Chairman of Urology Branch of Chinese Medical Association, Academician Sun Yinghao, and co-sponsored by Urology Branch of Chinese Medical Association and Urology Branch of Chinese Medical Association, the public welfare activity of "Going All over China's Foremost Counties (Glands) - Diagnosing and Treating Urinary Diseases, Caring for the Elderly" came to Minhangpu today. Jiang Zhen. This is the tenth phase of the public welfare project, which is undertaken by the South Hospital of Renji Hospital Affiliated to Shanghai Jiaotong University School of Medicine. Academic lectures were held on the spot, and publicity, education   |         |                                       |                    |                |

and universal free clinics were conducted for diseases such as benign prostatic hyperplasia and urinary calculi, which were easy to occur in the middle-aged and elderly.Photo: the source of free clinic activities / Zuo Yan photoLiu Dongming, Executive Director and Chief Physician of Urology Department of the Southern Hospital of Renji Hospital, introduced that China is one of the three major stone-prone areas in the world. Stones in the kidneys, ureters, bladder and urethra are commonly called urinary calculi, in which renal calculi and ureteral calculi are the most common, called upper urinary tract calculi; bladder and urethral calculi are called lower urinary tract calculi.

2. 肾病有五个时期，糖友们要分别对待

来源： 人民网

类别： 健康中心

态度： 提倡

时间： 09:40:34

[Kidney disease has five times, sugar friends should be treated separately](#)

来源： 人民网

Category: health and wellness centers

Attitude: advocate

Time: 09:40:34

在糖尿病的众多并发症中，糖尿病肾病是较为严重的一种，因其进展缓慢，症状不明显，很容易被患者忽视。糖友在糖肾的不同分期做法也有很大不同。肾功能正常期：患者在此期间一定要注意控制好血糖、血压、血脂、尿酸等因素，选择降血压、降血脂等药物时，应该将对肾功能的影响考虑在其中;保持良好的生活方式，戒烟忌酒、适当运动;遵医嘱选用合适的降糖药。 间断微量白蛋白尿：糖友在保持良好生活方式的基础上，要避免使用磺脲类降血糖药物，同时积极使用胰岛素控制血糖。 早期糖尿病肾病期：在此期间糖友的尿液中可检测出持续性的微量白蛋白，因此，糖友要注意低蛋白饮食，同时要注意感染、高尿酸血症、泌尿系结石梗阻、肾积水、肾毒性药物等对肾脏的损害

Among the complications of diabetes mellitus, diabetic nephropathy (DN) is a serious one, because of its slow progress, symptoms are not obvious, it is easy to be ignored by patients. The different stages of sugar and kidney are also very different.Normal period of renal function: during this period, patients must pay attention to control blood sugar, blood pressure, blood lipids, uric acid and other factors, choose antihypertensive, lipid and other drugs, should be considered in the impact of renal function; maintain a good lifestyle, quit smoking and alcohol, appropriate exercise; choose appropriate antidiabetic drugs according to doctor's advice.Intermittent microalbuminuria: Sugar friend on the basis of maintaining a good lifestyle, to avoid the use of sulfonylurea hypoglycemic drugs, while actively using insulin to control blood sugar.Early stage of diabetic nephropathy: Sugar friend urine during this period can detect sustained microalbumin, therefore, Sugar friend should pay attention to low-protein diet, at the same time pay attention to infection, hyperuricemia, urinary stone obstruction, hydronephrosis, nephrotoxic drugs and other damage to the kidney

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## 减盐-微信 Salt Reduction - WeChat

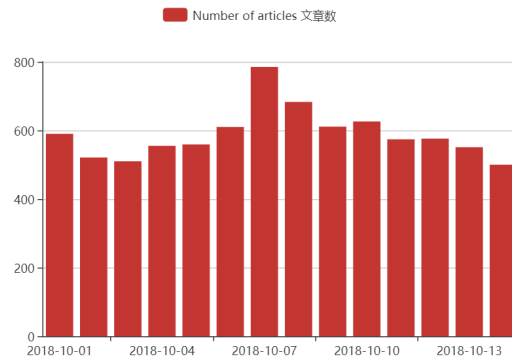
2018-10-14, 共监测到500篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 500 WeChat public articles were monitored in 2018-10-14. 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

- [七成家庭日摄盐超标! 5种方法教你正确减盐](#) 重复数: 4 日期: 2018-10-14  
[Seventy percent family exceed the standard of salt intake everyday. There are five methods teaching you how to reduce salt.](#) Repeat Number: 4 Data: 2018-10-14

吃盐过多, 人体感到渴, 于是会多喝水, 这些水分子很快进入血液, 被血液里的盐吸引, 使血管膨胀, 血压升高, 身体水肿。长期有经前期综合征(情绪不稳、疲劳无力)的女性, 在经前期应注意控盐。

If you eat too much salt, your body will feel thirsty, so you will drink more water. These water molecules quickly enter the bloodstream and are attracted by the salt in the blood, causing the blood vessels to swell, the blood pressure to rise, and the body to edema. Women who have long-term premenstrual syndrome (emotional instability, fatigue, weakness) should pay attention to salt control before menstruation.
- [南方人比北方人更长寿的原因, 终于找到了, 没想到竟然是...](#) 重复数: 4 日期: 2018-10-14  
[The reason why the southerners live longer than the north is finally found.](#) Repeat Number: 4 Data: 2018-10-14

南昌大学二附院心血管内科主任医师李萍介绍盐的摄入量和高血压的发生率成正比, 如果血液里的盐分过高, 需要更多的血液来冲淡, 血液容量过多会增加心脏负担, 血压也会随之升高。

Li Ping, chief physician of cardiovascular medicine at the Second Affiliated Hospital of Nanchang University, said that salt intake was directly proportional to the incidence of hypertension. If the salt content in the blood was too high, more blood was needed to dilute it. Excessive blood volume would increase the burden on the heart and blood pressure would also increase.
- [孩子被查出肾衰竭, 只因妈妈喜欢这种调料! 父母们长点心吧!](#) 重复数: 2 日期: 2018-10-14  
[The child was diagnosed with kidney failure, only because his mother liked this seasoning! Parents should be careful!](#) Repeat Number: 2 Data: 2018-10-14

摄入过多的盐分会加重孩子肾、心脏的负担, 易导致肾脏与心脏两种器官的受损, 严重地会产生肾衰竭的现象。降低孩子的免疫力。盐分具有抑制细胞生存的作用, 这种功能会伤害口腔黏膜的上皮细胞, 就使细胞失去先前的抗病能力, 直接产生的后果就是降低了孩子的身体免疫力。

Excessive intake of salt can increase the burden on your child's kidneys and heart, and can easily lead to damage to both kidney and heart organs, which can cause kidney failure. And it will reduce your child's immunity. Salt has the effect of inhibiting cell survival. This function can damage the epithelial cells of the oral mucosa, and the cells lose their previous disease resistance. The direct result is that the child's body immunity is reduced.
- [5种易致癌的饮食习惯, 看看你中了几条](#) 重复数: 2 日期: 2018-10-14  
[There are five kinds of cancer-prone eating habits. Which do you have?](#) Repeat Number: 2 Data: 2018-10-14

据统计, 全世界每年食管癌新发病例 40 多万, 63% 来自于中国, 而我国每年约有 15 万人死于食管癌。吃盐过多不仅增加高血压风险, 也增加胃癌风险, 可谓「盐多必失」。

According to statistics, there are more than 400,000 new cases of esophageal cancer in the world each year, and 63% of them are from China. About 150,000 people die of esophageal cancer each year in China. Eating too much salt not only increases the risk of high blood pressure, but also increases the risk of gastric cancer.
- [想要健康长寿: 少吃三白, 多吃三黑](#) 重复数: 2 日期: 2018-10-14  
[Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.](#) Repeat Number: 2 Data: 2018-10-14

长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要从肾脏排出, 加大肾脏负担。限盐建议: 健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。

Long-term high-salt diet can easily lead to increased blood pressure and hardening of the arteries. Excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. It is recommended that the optimal salt intake for healthy people through diet should not exceed 6 grams per day, which equals to the capacity of a regular beer bottle cap.

## 减盐-微博

### Salt Reduction - Weibo

2018-10-14, 共检测到1751条与“减盐”相关的微博。

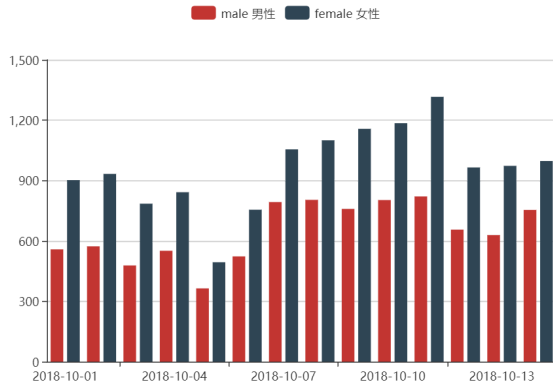
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 1751 weibos about salt reduction monitored on 2018-10-14.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

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



#### 最热原创微博-前10

#### Hottest original weibos - Top 10

- 昵称: 美女照我去运动** **性别: 女** **地区: 海外** **生日: 无** **认证: 个人**  
**Nickname: 美女照我去运动** **Sex: female** **Area: overseas** **Birthday: None** **Identity: Person**  
时间: 2018-10-14 16:12 来自: 微博 weibo.com 转发数: 73 评论数: 7 点赞数: 85  
Time: 2018-10-14 16:12 Source: 微博 weibo.com Repost: 73 Comment: 7 Like: 85

36天不这样, 减月旨增肌便当。少油少盐简调料, 鸡胸肉鱼肉白质。  
The food are not the same in 36 days. Less oil and less salt, simple seasoning, chicken breast meat and white meat.

- 昵称: 宝鸡文理学院数信院团总支** **性别: 男** **地区: 陕西** **生日: 1970-01-01** **认证: 无**  
**Nickname: 宝鸡文理学院数信院团总支** **Sex: male** **Area: Shaanxi** **Birthday: 1970-01-01** **Identity: None**  
时间: 2018-10-14 20:31 来自: 皮皮时光机 转发数: 13 评论数: 0 点赞数: 7  
Time: 2018-10-14 20:31 Source: 皮皮时光机 Repost: 13 Comment: 0 Like: 7

#你不知道的一些事#【鱼预防心脑血管】美国夏威夷大学研究发现, 鱼类经过烘烤和水煮, 能提升Omega-3脂肪酸效益; 搭配低钠酱油和豆腐, 更有助于预防心血管疾病。贴心提醒: 鱼类虽含有优质脂肪酸, 但中医认为, 海鲜容易引起过敏, 仍要适量摄取。  
What You Don't Know # Fish Prevents Cardiovascular and Cerebrovascular Diseases A study by the University of Hawaii found that baked and boiled fish boost the benefits of Omega-3 fatty acids; a combination of low-sodium soy sauce and tofu helps prevent cardiovascular disease. Close reminder: although fish contain high-quality fatty acids, but Chinese medicine believes that seafood is easy to cause allergies, but still should intake properly.

- 昵称: 健身图解** **性别: 男** **地区: 澳门** **生日: 2000-03-19** **认证: 个人**  
**Nickname: 健身图解** **Sex: male** **Area: Macao** **Birthday: 2000-03-19** **Identity: Person**  
时间: 2018-10-14 17:59 来自: 微博 weibo.com 转发数: 8 评论数: 0 点赞数: 6  
Time: 2018-10-14 17:59 Source: 微博 weibo.com Repost: 8 Comment: 0 Like: 6

36天不这样, 减月旨增肌便当。少油少盐简调料, 鸡胸肉鱼肉白质。#运动教室#  
The food are not the same in 36 days. Less oil and less salt, simple seasoning, chicken breast meat and white meat. Sports classroom

- 昵称: 一般野** **性别: 女** **地区: 辽宁** **生日: 1998-12-24** **认证: 无**  
**Nickname: 一般野** **Sex: female** **Area: Liaoning** **Birthday: 1998-12-24** **Identity: None**  
时间: 2018-10-14 21:10 来自: 前置双摄vivo X9 转发数: 0 评论数: 4 点赞数: 2  
Time: 2018-10-14 21:10 Source: 前置双摄vivo X9 Repost: 0 Comment: 4 Like: 2

立>周一开始好好减hui 按时吃药晚上尽量不吃饭平时戒糖戒辣少油少盐  
I decide to lose weight from monday, take medicine on time and avoid eating at night with less oil and salt.

- 昵称: 黄韵LLDPE** **性别: 女** **地区: 浙江** **生日: 01-01** **认证: 无**  
**Nickname: 黄韵LLDPE** **Sex: female** **Area: Zhejiang** **Birthday: 01-01** **Identity: None**  
时间: 2018-10-14 00:14 来自: HUAWEI Mate 9 转发数: 0 评论数: 4 点赞数: 0  
Time: 2018-10-14 00:14 Source: HUAWEI Mate 9 Repost: 0 Comment: 4 Like: 0

一晚上三件事, 老妈的血压居高不下, 降压药服用多年失去药性到了换药的时候。手臂又因莫名原因持续酸麻。她回忆外公高血压脑溢血的死状, 我内心很害怕。给爸妈轮流打了电话, 叮嘱以后家里高油高盐的东西彻底不能吃, 不然要命的事情, 每年必须体检一次。每日读取血压。但开始隐忧降压药副作用的危害。紧接着一位好朋友的父亲过世, 另一件事, 我都觉得莫名其妙, 懒得搭理。  
Three are things at night, my mother's high blood pressure, antihypertensive drugs for many years to lose their medication to change the time, the arm for some reason continued to anesthesia, she recalled grandpa's death from hypertensive cerebral hemorrhage, my heart was afraid. Called parents in turn, told the family after the high oil and salt can not eat anything completely, or fatal things, every year must be checked up, read blood pressure every day, but began to worry about the side effects of antihypertensive drugs harm. Then, after the death of a good friend's father, I felt puzzled by another matter, and I was too lazy to take care of it.

- 昵称: 找白菜的灰灰不会飞** **性别: 女** **地区: 其他** **生日: 射手座** **认证: 无**  
**Nickname: 找白菜的灰灰不会飞** **Sex: female** **Area: Other** **Birthday: Sagittarius** **Identity: None**  
时间: 2018-10-14 21:27 来自: Android 转发数: 0 评论数: 3 点赞数: 0  
Time: 2018-10-14 21:27 Source: Android Repost: 0 Comment: 3 Like: 0

就，人胖是有原因的，大晚上太饿，下了一大盆面吃（我用少油少盐的清汤面来欺骗自己说不会胖很多）  
There is a reason why people are fat. They become hungry at night and eat a large bowl of noodles.

7.

昵称：淳安发布

性别：男

地区：浙江

生日：2014-06-16

认证：政务

Nickname: 淳安发布

Sex: male

Area: Zhejiang

Birthday: 2014-06-16

Identity: Official

时间：2018-10-14 20:30

来自：政务直通车

转发数：1

评论数：0

点赞数：2

Time: 2018-10-14 20:30

Source: 政务直通车

Repost: 1

Comment: 0

Like: 2

【学龄儿童合理选择零食】学龄儿童选择卫生、营养丰富的食物作为零食，比如水果和能生吃的新鲜蔬菜、奶制品、大豆及其制品或坚果。油炸、高盐或高糖的食物不要作为零食。少量多次饮水，每天800~1400毫升，首选白开水，一个小时左右喝一次，每次200毫升左右。千万不要感到口渴时再喝。建议不喝或少喝含糖饮料。  
[Reasonable Choice of Snacks for School-age Children] School-age children choose healthy and nutritious foods as snacks, such as fruits and raw vegetables, dairy products, soybeans and their products or nuts. Fried, high salt or high sugar foods should not be snack. Drink a small amount of water many times a day 800 ~ 1400 ml, preferred boiled water, one hour or so to drink, each time around 200 ml, do not feel thirsty when drinking again. It is recommended not to drink or drink drinks with less sugar.

8.

昵称：幽香宜人

性别：男

地区：上海

生日：1970-11-05

认证：个人

Nickname: 幽香宜人

Sex: male

Area: Shanghai

Birthday: 1970-11-05

Identity: Person

时间：2018-10-14 20:41

来自：论坛说事Android

转发数：0

评论数：0

点赞数：3

Time: 2018-10-14 20:41

Source: 论坛说事Android

Repost: 0

Comment: 0

Like: 3

加工肉制品：包括午餐肉、香肠和火腿等，这些是最不健康的食品，因为这些食品含有大量的钠。有时候还有脂肪以及亚硝酸盐一类的防腐劑。据美国癌症研究学会报告，防腐劑与结肠癌患病危险增加有关，钠含量高的饮食经研究证实还会增加患高血压的危险。怎么看待食品安全问题？  
Processed meat products: including lunch meat, sausages and ham, these are the most unhealthy foods because they contain a lot of sodium, and sometimes fats and preservatives such as nitrite. Preservatives are associated with an increased risk of colon cancer, and diets high in sodium have been shown to increase the risk of high blood pressure, according to the American Society for Cancer Research. How to treat the problem of food safety?

9.

昵称：上海奉贤发布

性别：女

地区：上海

生日：2011-12-30

认证：政务

Nickname: 上海奉贤发布

Sex: female

Area: Shanghai

Birthday: 2011-12-30

Identity: Official

时间：2018-10-14 15:30

来自：微博 weibo.com

转发数：0

评论数：3

点赞数：0

Time: 2018-10-14 15:30

Source: 微博 weibo.com

Repost: 0

Comment: 3

Like: 0

【都错了！高血压的罪魁祸首不是盐，而是“它”】很多人都知道吃盐太多，会增加高血压风险，加快动脉粥样硬化进程。这究竟是怎么回事？其实，诱发高血压的不是盐，而是里面的钠元素！钠，是生命元素之一，能维持体内的水平衡和肌肉的兴奋性。但如果钠元素摄入过多，反而增加身体负担！  
All wrong! The main culprit of high blood pressure is not salt, but "it". Many people know that eating too much salt increases the risk of high blood pressure and accelerates the process of atherosclerosis. What's going on here? In fact, it is not salt that induces hypertension, it is the sodium element in it. Sodium is one of the elements of life, which can maintain water balance and muscle excitability in the body. But if too much sodium is added, it will increase the burden for the body.

10.

昵称：夏晨辉Luft友

性别：女

地区：江苏

生日：无

认证：个人

Nickname: 夏晨辉Luft友

Sex: female

Area: Jiangsu

Birthday: None

Identity: Person

时间：2018-10-14 14:51

来自：红米Note 3

转发数：1

评论数：1

点赞数：0

Time: 2018-10-14 14:51

Source: 红米Note 3

Repost: 1

Comment: 1

Like: 0

【油盐酱醋也会损药效】1、醋：醋是酸性调料，最忌与碱性药物同服，如抗胃酸类的药物，如胃舒平、达喜等。2、油：大量食用动物、植物油时，不宜服用铁剂或驱虫药。3、盐：如果服用治高血压药物时吃含盐量高的食物，会加重肾脏负担，导致血压升高，甚至出现水肿。  
Vinegar: Vinegar is an acidic condiment, most avoid taking with alkaline drugs, such as anti-gastric acid drugs, such as Weishuping, Daxi and so on. 2, oil: when eating large quantities of animal and vegetable oils, it is not appropriate to take iron or insect repellent. 3. Salt: If you take high-salt food when taking drugs to treat hypertension, it will aggravate the burden on the kidneys, resulting in elevated blood pressure, and even edema.

今日被转发最多的微博  
The most widely reposted weibos today

1.

昵称：看看新闻KNEWS

性别：男

地区：上海

生日：0001-00-00

认证：机构

今日被转发数：1

Nickname: 看看新闻KNEWS

Sex: male

Area: Shanghai

Birthday: 0001-00-00

Identity: Institution

Repost Today: 1

时间：2018-10-14 12:02

来自：微博 weibo.com

转发数：30

评论数：25

点赞数：107

Time: 2018-10-14 12:02

Source: 微博 weibo.com

Repost: 30

Comment: 25

Like: 107

【46岁健身60岁勇夺亚军！大爷赛前10天不讲盐】2018亚洲健美锦标赛刚刚在印度落下帷幕，中国选手朱泰路文荣获50岁 - 60岁大师级的亚军。为备战此次比赛，朱泰路文每天进行6个小时力量训练，早晚各跑5公里。比赛前，他控盐10天控水4天，就是为了让肌肉有成丝的感觉。据悉，这位60岁的健美世界亚军，46岁时才踏上健美的道路，当年缺乏锻炼的他体重一度高达90公斤。L看看新闻Knews的秒拍视频  
[46 years old fitness 60 years old won second place! China's Zhu Qinluwen was awarded the runner-up of the 2010 Asian Bodybuilding Championship in India. In order to prepare for this competition, Zhu Qin Lu Wen carried out 6 hours of strength training every day, running 5 kilometers each morning and evening. Before the match, he controlled salt for 10 days to control water for 4 days, in order to make the muscles feel filmy. It is reported that the 60-year-old bodybuilding world runner-up, 46-year-old to embark on a bodybuilding road, when he was lack of exercise, he once weighed up to 90 kg. Look at the news Knews's second video.

专业机构发布的微博  
Weibos from Authorities

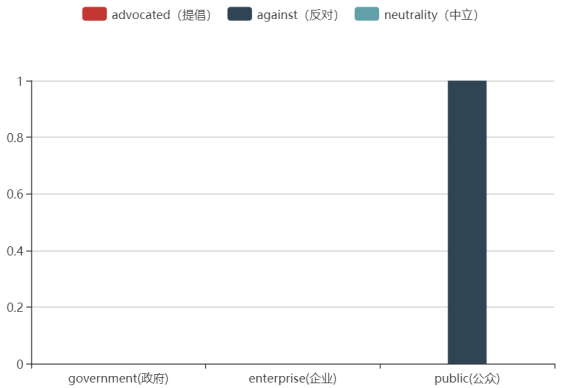
1.

没有相关微博！  
No such weibos!

# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-10-14) 共监测到1条资讯。请点击标题查看全文。  
There are 1 articles monitored today 2018-10-14. Please click the title to view full information.  
The original article is in Chinese only.



### 新闻主体分类

#### Classification of news subject

| 政府<br>Government  |           |                     |                   |                |
|---|-----------|---------------------|-------------------|----------------|
| 没有相关文章!   |           |                     |                   |                |
| No such articles!   |           |                     |                   |                |
| 企业<br>Industry  |           |                     |                   |                |
| 没有相关文章!   |           |                     |                   |                |
| No such articles!   |           |                     |                   |                |
| 公众<br>Public  |           |                     |                   |                |
| 1. 胆固醇怎么才算正常? 医生: 不妨参照这一个答案!<br><a href="#">How to just calculate normal cholesterol?Doctor: might as well consult this one answer!</a>   | 来源: 东方财富网 | 类别: 反式脂肪酸           | 态度: 反对            | 时间: 06:56:36   |
|   | 来源: 东方财富网 | Category: trans fat | Attitude: against | Time: 06:56:36 |
| 胆固醇怎么才算正常? 医生: 不妨参照这一个答案! 我们人体一旦出现胆固醇高的情况, 就会引起低密度脂蛋白高, 会引起动脉硬化的发生, 引起出现代谢综合症。到最后会引发中风、心脑血管疾病等一系列的危险疾病。胆固醇的正常指标是多少呢? 总胆固醇的正常值: 3.0~5.2mmol/L之间, 一旦超过了就是患上高血脂了。大家都认为说高胆固醇是因为吃肉引起的, 虽说吃肉是其中的一个原因, 但却不是唯一的一个。日常吃素也可能会引起高胆固醇的发生, 碳水化合物摄入过多会引起体内的胆固醇含量增加, 尤其是饱和脂肪酸存在的时候  |           |                     |                   |                |
| How can cholesterol be normal? Doctor: May I refer to this answer?Once we have high cholesterol in the human body, it will cause high LDL, will cause the occurrence of atherosclerosis, cause metabolic syndrome. Eventually, it will cause a series of dangerous diseases such as stroke, cardiovascular and cerebrovascular diseases.What are the normal indicators of cholesterol?The normal value of total cholesterol: between 3.0~5.2mmol/L, once exceeded, it is high blood fat. It is believed that high cholesterol is caused by eating meat, which is one of the reasons, but not the only one. Eating a vegetarian diet may also cause high cholesterol, and excessive carbohydrate intake can lead to increased cholesterol levels, especially in the presence of saturated fatty acids. |           |                     |                   |                |

### 内容分类

#### Classification of Content

| 反式脂肪酸<br>Trans fat   |           |                     |                   |                |
|--|-----------|---------------------|-------------------|----------------|
| 1. 胆固醇怎么才算正常? 医生: 不妨参照这个答案!  | 来源: 东方财富网 | 类别: 反式脂肪酸           | 态度: 反对            | 时间: 06:56:36   |
| <a href="#">How to just calculate normal cholesterol?Doctor: might as well consult this one answer!</a>  | 来源: 东方财富网 | Category: trans fat | Attitude: against | Time: 06:56:36 |
| <p>胆固醇怎么才算正常? 医生: 不妨参照这个答案! 我们人体一旦出现胆固醇高的情况, 就会引起低密度脂蛋白高, 会引起动脉硬化, 引起现代代谢综合症。到最后会引发中风、心脑血管疾病等一系列的危险疾病。 胆固醇的正常指标是多少呢? 总胆固醇的正常值: 3.0~5.2mmol/L之间, 一旦超过了就是患上高血脂了。大家都认为说高胆固醇是因为吃肉引起的, 虽说吃肉是其中的一个原因, 但却不是唯一的一个。日常吃素也可能会引起高胆固醇的发生, 碳水化合物摄入过多会引起体内的胆固醇含量增加, 尤其是饱和脂肪酸存在的时候</p>   |           |                     |                   |                |
| <p>How can cholesterol be normal? Doctor: May I refer to this answer?Once we have high cholesterol in the human body, it will cause high LDL, will cause the occurrence of atherosclerosis, cause metabolic syndrome. Eventually, it will cause a series of dangerous diseases such as stroke, cardiovascular and cerebrovascular diseases.What are the normal indicators of cholesterol?The normal value of total cholesterol: between 3.0~5.2mmol/L, once exceeded, it is high blood fat. It is believed that high cholesterol is caused by eating meat, which is one of the reasons, but not the only one. Eating a vegetarian diet may also cause high cholesterol, and excessive carbohydrate intake can lead to increased cholesterol levels, especially in the presence of saturated fatty acids.</p> |           |                     |                   |                |
| 决心工程<br>Resolve To Save Lives  |           |                     |                   |                |
| 没有相关文章!  |           |                     |                   |                |
| No such articles!  |           |                     |                   |                |



## 反式脂肪酸-微信 Transfat - WeChat

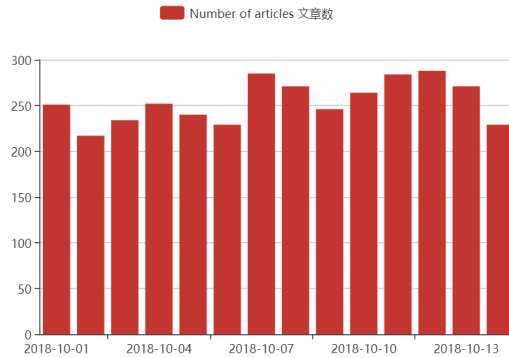
2018-10-14, 共监测到229篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 229 WeChat public articles were monitored in 2018-10-14. 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. 中国人的身体, 迟早被这些“网红美食”玩坏了.....

[Sooner or later, the Chinese body is damaged by these "internet celebrity foods".](#)

重复数: 9

Repeat Number: 9

日期: 2018-10-14

Data: 2018-10-14

反式脂肪酸是一种人体很难代谢的物质, 会增加人们罹患心血管疾病的概率。同时增加肾脏代谢的负担, 可能影响儿童智力发育, 对糖尿病患者和儿童的危害尤其大。

Trans fatty acids are substances that are difficult to metabolize in humans and increase the probability of cardiovascular disease. At the same time, it will increase the burden of kidney metabolism, which may affect children's mental development, especially for diabetic patients and children.

#### 2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!

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

重复数: 7

Repeat Number: 7

日期: 2018-10-14

Data: 2018-10-14

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造多吃天然食品, 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.

#### 3. 49种病症应该遵守的忌口, 你有需要的吗?

[Are there any taboos that should be observed in 49 diseases?](#)

重复数: 4

Repeat Number: 4

日期: 2018-10-14

Data: 2018-10-14

忌暴饮暴食, 高胆固醇, 太咸食物。忌炸鱼, 经过高温加热后, 会产生大量“坏脂肪”(反式脂肪), 对心脏有害无益。忌浓茶, 含有较多的咖啡因, 可能导致心率加快。忌红烧肉, 其中含有的“中链饱和脂肪酸”较高, 升血脂、胆固醇水平的能力很强。忌蛋黄派, 蛋黄派等口感靠使用“起酥油”来达到, 起酥油的主要成分是“部分氢化植物油”, 对心血管极其有害。

Avoid overeating, high cholesterol and too salty food. Due to the high temperature heating, fried fish will produce a lot of "bad fat" (trans fat), which is harmful to the heart. Strong tea contains more caffeine, which may lead to an increase in heart rate. Braised pork contains higher "medium chain saturated fatty acids", which can lead to elevated blood lipids and cholesterol levels. The taste of the egg yolk pie is achieved by the use of "shortening oil". The main ingredient of the shortening is "partially hydrogenated vegetable oil", which is extremely harmful to the cardiovascular system.

#### 4. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!

[These 6 kinds of milk must not be given to children. You may buy the second one everyday.](#)

重复数: 4

Repeat Number: 4

日期: 2018-10-14

Data: 2018-10-14

仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不仅不利于孩子健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响孩子的健康。

In addition to milk powder and white sugar, the ingredient list also contains non-fat, which contains trans fatty acids, which is not only harmful to children's health, but also affects mental development. And most of the milk tablets are added with flavor, and excessive consumption will affect the health of the child.

#### 5. 脸要穷养, 脚要富养; 心要穷养, 肺要富养!

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

重复数: 3

Repeat Number: 3

日期: 2018-10-14

Data: 2018-10-14

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造多吃天然食品, 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.

# 反式脂肪酸-微博

## Transfat - Weibo

2018-10-14, 共检测到60条与“反式脂肪酸”相关的微博。

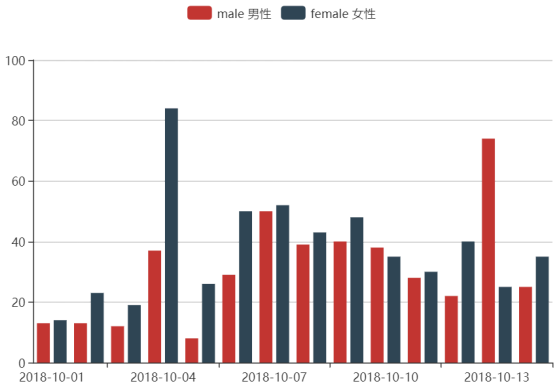
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 60 weibos about transfat reduction monitored on 2018-10-14.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

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



### 最热原创微博-前10

#### Hottest original weibos - Top 10

|  |  |  |   |  |  |
|--|--|--|---|--|--|
| 1.   | <b>昵称: iHerb购物网</b><br><b>Nickname: iHerb购物网</b><br>时间: 2018-10-14 12:33<br>Time: 2018-10-14 12:33       | <b>性别: 女</b><br><b>Sex: female</b><br>来自: 皮皮时光机<br>Source: 皮皮时光机                   | <b>地区: 海外</b><br><b>Area: overseas</b><br>转发数: 53<br>Repost: 53 | <b>生日: 无</b><br><b>Birthday: None</b><br>评论数: 0<br>Comment: 0                | <b>认证: 机构</b><br><b>Identity: Institution</b><br>点赞数: 92<br>Like: 92 |
| #会员推荐#Nutiva有机精制椰子油, 压榨后又添加了精炼工艺, 由有机干椰子制成, 在精炼过程中不使用化学品, 去除了椰子特有的味道和气味。同时又有较高的烟点, 更加适合于烘烤或油炸。通过了美国农业部有机认证和非转基因认证。不含反式脂肪, 未经过氢化。还有其他规格可选。戳: O网页链接<br>Members recommend Nutiva Organic Refined Coconut Oil, which is crushed and then refined, made from organic dry coconut, without chemicals. The unique flavor and smell of coconut were removed. At the same time, it has a higher smoke point and is more suitable for baking or frying. Passed the organic certification and non GM certification of the US Department of agriculture. No trans fat, no hydrogenation. There are other specifications to be chosed. Jab: O Web links   |  |  |   |  |  |
| 2.   | <b>昵称: 冉曦子宋</b><br><b>Nickname: 冉曦子宋</b><br>时间: 2018-10-14 21:18<br>Time: 2018-10-14 21:18               | <b>性别: 女</b><br><b>Sex: female</b><br>来自:  | <b>地区: 其他</b><br><b>Area: Other</b><br>转发数: 0<br>Repost: 0      | <b>生日: 2000-06-01</b><br><b>Birthday: 2000-06-01</b><br>评论数: 2<br>Comment: 2 | <b>认证: 无</b><br><b>Identity: None</b><br>点赞数: 2<br>Like: 2           |
| 人家想喝茶有的人非要跳出来說所有的奶茶其實都是植脂末+糖水, 沒有營業。拜託誰都知道這一點的好嗎你以為大家喝奶茶是為了补钙嗎? 不就是偶爾圖個開心嗎, 你為什麼非要出來教育指點?<br>Some people want to drink milk tea, some people have to jump out to say that all milk tea is actually fat-free sugar water, no business. Please, anyone knows about this? Do you think everyone drinks milk tea to supplement calcium? Why don't you just have a happy time? Why do you have to come out to say something?  |  |  |   |  |  |
| 3.   | <b>昵称: 趙藝雯-</b><br><b>Nickname: 趙藝雯-</b><br>时间: 2018-10-14 22:29<br>Time: 2018-10-14 22:29               | <b>性别: 女</b><br><b>Sex: female</b><br>来自: 宋耀71 翻吧视界<br>Source: 宋耀71 翻吧视界           | <b>地区: 四川</b><br><b>Area: Sichuan</b><br>转发数: 0<br>Repost: 0    | <b>生日: 1996-09-09</b><br><b>Birthday: 1996-09-09</b><br>评论数: 0<br>Comment: 0 | <b>认证: 无</b><br><b>Identity: None</b><br>点赞数: 2<br>Like: 2           |
| 一勺黑咖两勺植脂末一块方糖一块巧克力我喝的不是咖啡☹️是脂肪熬夜愉快修仙愉快<br>One scoop of black coffee, two scoops of vegetable fat, one piece of sugar and one piece of chocolate are included in my coffee.   |  |  |   |  |  |
| 4.   | <b>昵称: 谁随风轻入梦</b><br><b>Nickname: 谁随风轻入梦</b><br>时间: 2018-10-14 13:20<br>Time: 2018-10-14 13:20           | <b>性别: 女</b><br><b>Sex: female</b><br>来自: 群姐的铃铃iPhone客户端<br>Source: 群姐的铃铃iPhone客户端 | <b>地区: 云南</b><br><b>Area: Yunnan</b><br>转发数: 0<br>Repost: 0     | <b>生日: 1995-10-30</b><br><b>Birthday: 1995-10-30</b><br>评论数: 2<br>Comment: 2 | <b>认证: 无</b><br><b>Identity: None</b><br>点赞数: 0<br>Like: 0           |
| 最近超级爱咖啡, 买了姜叔家的咖啡。哈哈酥饼太太太萌啦。咖啡没有糖和植脂末, 健康的叻。<br>Recently, I love super coffee and bought ginger's coffee. Mrs. hay cake is too sprouting. Coffee is free of sugar and fat.   |  |  |   |  |  |
| 5.   | <b>昵称: petrichor女儿</b><br><b>Nickname: petrichor女儿</b><br>时间: 2018-10-14 16:38<br>Time: 2018-10-14 16:38 | <b>性别: 男</b><br><b>Sex: male</b><br>来自: HUAWEl nova 2s<br>Source: HUAWEl nova 2s   | <b>地区: 其他</b><br><b>Area: Other</b><br>转发数: 0<br>Repost: 0      | <b>生日: 无</b><br><b>Birthday: None</b><br>评论数: 1<br>Comment: 1                | <b>认证: 无</b><br><b>Identity: None</b><br>点赞数: 0<br>Like: 0           |
| 《反式脂肪酸, 藏在美味里的杀手》反式脂肪酸是一种不饱和脂肪酸, 动物制品或乳制品中含量相当少, 但此类天然脂肪反复煎炸, 也会生成少量反式脂肪。事实上, 我们现在食用的反式脂肪主要来自于经过氢化的植物油。研究显示, 反式脂肪酸对心血管疾病的发生和发展负有极大责任。此外, 反式脂肪酸还会诱发肿瘤(乳腺癌)、哮喘、2型糖尿病、过敏等疾病。专家比喻: 一份大油大肉的浓汁肉排和一盘用人造脂肪做出来的炸薯条之间进行取舍, 那么前者更有利于健康。反式脂肪酸的来源, 首先, 油炸食品, 如方便面、薯片、薯条等都含有反式脂肪酸; 其次, 含有油脂尤其是人造油脂的加工食品, 如方便汤、冷冻食品(如汤圆)、烘焙食物(如饼干等)、各种即冲型糊粉状食品(如粉状麦片、芝麻糊粉等), 以及奶油糖花生酱、巧克力酱等。除此之外, 起酥面包里“起酥油”、低档巧克力里“代可可脂”、微波炉爆米花和一些膨化食品中都含有氧化植物油。总之, 各种高度煎炸食品, 几乎都含有反式脂肪。饮料中, 奶茶、咖啡伴侣的主料之一植脂末, 就是含反式脂肪的氢化油。最好判断食品是否有反式脂肪酸的方法是看食品组分, 如果标示使用转化脂肪、氢化棕榈油、人造植物黄油等, 那这种产品含反式脂肪酸。一般来说, 口感香脆滑的多油食物就可能使用了氢化植物油, 而氢化植物油的食物就可能含有反式脂肪酸, 如饼干、巧克力派、蛋黄派、蛋糕、糖果、冰淇淋等以及一些速食店的食物。Trans fatty acids, which is a killer in the delicacy, trans fatty acids are unsaturated fatty acids. Animal products or dairy products are fairly low in content, but this kind of natural fat frying repeatedly, will also produce small amounts of trans fat. In fact, the trans fats we eat now come mainly from hydrogenated vegetable oils. Studies have shown that trans fatty acids are highly responsible for the occurrence and development of cardiovascular diseases. In addition, trans fatty acids can also induce tumors (breast cancer), asthma, type 2 diabetes, allergies and other diseases. Expert analogy: a big fat meat steak and a plate of fries made from artificial fat between the choice, then the former is more conducive to health. The sources of trans fatty acids include, firstly, fried foods, such as instant noodles, potato chips, potato chips and so on, trans fatty acids; secondly, processed foods containing fats, especially artificial fats, such as instant soups, frozen foods (such as dumplings), baked foods (such as biscuits), all kinds of instant paste |  |  |   |  |  |

powder foods (such as powdered oatmeal). And sesame aleurone), as well as butter and peanut butter, chocolate sauce and so on. In addition, cocoa butter is found in low-grade chocolate, microwave popcorn and some puffed foods contain hydrogenated vegetable oil. In short, almost all highly fried foods contain trans fats. In the beverage, one of the main ingredients of milk tea and coffee mate is the hydrogenated oil containing trans fat. The best way to determine if there are trans fatty acids in food is to look at the ingredients. If trans fats, hydrogenated palm oil, margarine, etc. are labeled, the product contains trans fatty acids. Generally speaking, crisp, oily foods may use hydrogenated vegetable oils, while foods containing hydrogenated vegetable oils may have trans fatty acids, such as biscuits, chocolate pies, yolk pies, cakes, candies, ice cream, and some fast food in restaurants.

6. 昵称：一只肥荷\_

Nickname：一只肥荷\_

时间：2018-10-14 08:11  
Time：2018-10-14 08:11

性别：女

Sex: female

来自：HUAWEI nova 2s  
Source：HUAWEI nova 2s

地区：其他

Area：Other

转发数：0  
Repost: 0

生日：无

Birthday: None

评论数：0  
Comment: 0

认证：无

Identity: None

点赞数：1  
Like: 1

要振作起来。吃好一日三餐偶尔吃点小零食拒绝植脂末奶茶！多运动马上羽毛球比赛就要开始啦！  
Cheer up. Eat a good meal three times a day, occasionally eat a little snack, refuse to plant fat milk tea! Time to have the badminton competition.

7. 昵称：一夕夙愿574

Nickname：一夕夙愿574

时间：2018-10-14 11:40  
Time：2018-10-14 11:40

性别：女

Sex: female

来自：svip366  
Source：svip366

地区：贵州

Area：Guizhou

转发数：0  
Repost: 0

生日：1992-07-07

Birthday: 1992-07-07

评论数：0  
Comment: 0

认证：无

Identity: None

点赞数：0  
Like: 0

巧克力中营养成分较为全面,除富含糖和脂肪外,还含一定量维生素及矿物质,是严冬良好的能量补充剂。但是,爱吃巧克力的你,请留神。“代可可脂巧克力”、代可可脂,虽与可可脂仅一字之遥,但差别却不小,它是由动、植物油精炼、氢化而成的,含有的反式脂肪酸会引起血脂代谢异常,增加心血管、糖尿病等疾病的风#让鹿晗穿秋裤是不可能的#@公众号: svip366网购5折券免费发放中, 比直接买便宜一半  
Chocolate is rich in sugar and fat, but also contains a certain amount of vitamins and minerals, is a good energy supplement in winter. However, if you love chocolate, please pay attention to "cocoa butter instead of chocolate". Cocoa butter, although only a word away from cocoa butter, but the difference is not small, it is refined from animal and vegetable oils, hydrogenated, contains trans fatty acids can cause dyslipidemia, increase cardiovascular, diabetes and other diseases.

8. 昵称：花茗涧屋主

Nickname：花茗涧屋主

时间：2018-10-14 06:57  
Time：2018-10-14 06:57

性别：男

Sex: male

来自：移动版微店  
Source：移动版微店

地区：陕西

Area: Shaanxi

转发数：0  
Repost: 0

生日：1980-02-22

Birthday: 1980-02-22

评论数：0  
Comment: 0

认证：无

Identity: None

点赞数：0  
Like: 0

“氢化”是一种油脂加工工艺。由于植物油中的不饱和脂肪酸含量高，常温下呈液态，这样的油脂容易发生氧化，不耐长时间高温烹调。为了提高其稳定性，模拟动物油的感官和口感，人们往往用“氢化”的方式加工处理植物油O网页链接  
Hydrogenating is a kind of oil processing technology. Because of the high content of unsaturated fatty acids in vegetable oils, which are liquid at room temperature, such oils are prone to oxidation and can not endure long-term high temperature cooking. In order to improve its stability, simulate the sensory and taste of animal oil, people often process the links of vegetable oil O pages by hydrogenation.

9. 昵称：美人们几希987

Nickname：美人们几希987

时间：2018-10-14 22:26  
Time：2018-10-14 22:26

性别：男

Sex: male

来自：vivo X20全面屏手机  
Source：vivo X20全面屏手机

地区：湖北

Area：Hubei

转发数：0  
Repost: 0

生日：1984-06-11

Birthday: 1984-06-11

评论数：0  
Comment: 0

认证：无

Identity: None

点赞数：0  
Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

10. 昵称：好人地也芸199709

Nickname：好人地也芸199709

时间：2018-10-14 19:46  
Time：2018-10-14 19:46

性别：女

Sex: female

来自：小米MIX概念手机  
Source：小米MIX概念手机

地区：北京

Area: Beijing

转发数：0  
Repost: 0

生日：1998-11-21

Birthday: 1998-11-21

评论数：0  
Comment: 0

认证：无

Identity: None

点赞数：0  
Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

今日被转发最多的微博

The most widely reposted weibos today

1. 没有相关微博！  
No such weibos!

专业机构发布的微博

Weibos from Authorities

1. 没有相关微博！  
No such weibos!