

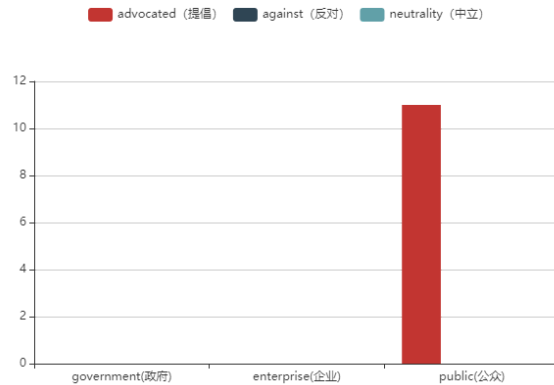
## 减盐-新闻

### Salt Reduction - News

今日 (2019-01-22) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2019-01-22. Please click the title to view full information.

The original article is in Chinese only.



### 山东

#### Shandong

##### 食物中的钠

###### Sodium in food

没有相关文章!

No such articles!

##### 高血压

###### Hypertension

没有相关文章!

No such articles!

##### 心血管健康

###### Cardiovascular health

#### 1. 成人心血管病始于童年儿童期肥胖是最大风险

[Adult cardiovascular disease begins in childhood and childhood obesity is the greatest risk](#)

来源: 新华网山东频道  
Source: Xinhua Shandong Channel

主体: 公众  
Subject: public

态度: 提倡  
Attitude: advocate

时间: 11:52:55  
Time: 11:52:55

儿童和青少年肥胖已经成为一种流行病。众所周知, 成人肥胖与许多心血管疾病的危险因素有关, 包括高血压、睡眠呼吸暂停、胰岛素抵抗和糖尿病, 以及血液中高水平的脂肪和胆固醇, 一项长期研究发现, 在最年轻患者群中肥胖对心脏病风险影响最大。而许多研究也表明, 儿童期肥胖与成人肥胖密切相关, 肥胖对身体的许多负面影响在一生中不断起着作用。据最新研究显示, 在肥胖儿童中, 早期动脉硬化就会发生, 动脉粥样硬化的过程最早从两岁就开始了!

Obesity in children and adolescents has become an epidemic. Adult obesity is known to be associated with many cardiovascular risk factors, including hypertension, sleep apnea, insulin resistance and diabetes, as well as high levels of fat and cholesterol in the blood. A long-term study has found that obesity has the greatest impact on heart disease risk among the youngest patients. Many studies also show that childhood obesity is closely related to adult obesity, and many negative effects of obesity on the body continue to play a role in life. According to the latest research, in obese children, early atherosclerosis will occur, the process of atherosclerosis started as early as two years old!

##### 综合健康信息

###### Comprehensive Health Information

没有相关文章!

No such articles!

##### 决心工程

###### Resolve To Save Lives

没有相关文章!

No such articles!

### 河南

#### Henan

##### 食物中的钠

###### Sodium in food

没有相关文章!

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##### 高血压

###### Hypertension

没有相关文章!

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##### 心血管健康

###### Cardiovascular health

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<div>决心工程 Resolve To Save Lives</div>
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安徽  
Anhui

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浙江  
Zhejiang

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<div>决心工程 Resolve To Save Lives</div>
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No such articles!

其他省份  
Other Provinces

<div>食物中的钠 Sodium in food</div>				
1. <a href="#">苏打饼干缓解胃酸过量吃并不养胃</a> <a href="#">Soda biscuits relieve acid overeating and do not nourish the stomach</a>	来源：汉丰网 Source: Hanfeng network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:27:22 Time: 09:27:22
近年来，很多“功能”饼干受到追捧，其中有一些被冠以“治胃病”功能的苏打饼干甚至被不少胃病患者当作正餐食用。那么，养胃饼干真的有缓解胃病、养胃的功效吗？与其它饼干相比，苏打				

饼干在制作时要加入小苏打（碳酸氢钠），还要进行发酵。很多胃病患者认为，常吃苏打饼干可缓解胃病。但实际上，并没有科学依据表明苏打饼干能治疗胃病，或能改善食欲和营养状况，如果常吃还会适得其反。这首先是因为苏打饼干中钠盐含量更高。

In recent years, many "functional" biscuits have been sought after, some of which are called "stomach disease" function of soda biscuits and even many patients with stomach disease as dinner. So, do stomach-nourishing biscuits really have the effect of alleviating stomach diseases and nourishing stomach? Compared with other biscuits, soda biscuits are made with baking soda (sodium bicarbonate) and fermentation. Many patients with stomach diseases believe that eating soda biscuits can alleviate stomach diseases. But in fact, there is no scientific evidence that soda biscuits can cure stomach diseases, or improve appetite and nutritional status, which can backfire if eaten regularly. This is primarily because soda biscuits have higher sodium content.

2. “添加剂恐惧症”？你需要看看这篇文章

Additive phobia? You need to read this article.

来源：金羊网

Source: ycwbb

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：16:51:38

Time: 16:51:38

“我们的产品是纯天然无添加的绿色产品！”每当这样的食品广告出现时，我们总能发现这样打着“无添加”噱头的产品能赢得更多消费者的青睐。以至于这类产品的价格都要比其他同类型产品更高。人们倾向于认为，无添加产品更加健康。一些非法添加剂的曝光也让“食品添加剂”这个名词几乎成为了人们心中的瘟神，唯恐避之不及。购买食物时，经常可以在食品包装上看到各种“添加剂”的名称。那么，我们在美味的食物中加入添加剂，是不是画蛇添足呢？

"Our products are pure natural and non-additive green products!" Whenever such food advertisements appear, we can always find that such products with "no additions" gimmick can win the favor of more consumers. So that the price of this kind of product is higher than that of other similar products. People tend to think that products without additions are healthier. The exposure of some illegal additives has also made the term "food additives" almost a plague in people's minds, for fear of avoiding it. When buying food, you can often see the names of various "additives" on food packaging. So, do we add additives to delicious food?

高血压

Hypertension

没有相关文章！

No such articles!

心血管健康

Cardiovascular health

1. 好血管都是养出来的！这些伤血管行为少做

Good blood vessels are nourished! Do less of these vascular injuries

来源：人民网

Source: People's net

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：08:43:10

Time: 08:43:10

血管作为人体营养输送的重要管道，遍布全身各处。一旦出现病变，会诱发各种疾病，严重时甚至会危及生命。人民健康网推出《“健”识早知道》专栏，专为你收集整理平时忽略的健康知识，做您的健康智库，今天就与你聊聊血管养护的话题。血管不好，从头伤到脚头：影响认知。北京同仁医院心血管外科主任医师、教授吴明营表示，现代人由于饮食和生活方式不健康，慢性病不清自来。

As an important channel for human nutrition transportation, blood vessels spread all over the body. Once pathological changes occur, they can induce various diseases, and even endanger life in serious cases. People's Health Network launched the column "Healthy" Knowing Early", which is designed to collect and sort out the health knowledge that you usually neglect, and to be your health think tank. Today, I will talk with you about the topic of vascular maintenance. Poor blood vessels, from head injury to foot: affecting cognition. Wu Mingying, chief physician and professor of cardiovascular surgery at Tongren Hospital in Beijing, said that because of unhealthy diet and lifestyle, chronic diseases do not come unasked.

2. 欧洲人是如何将自己“吃死的”？

How do Europeans "eat themselves to death"?

来源：汉丰网

Source: Hanfeng network

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：09:28:03

Time: 09:28:03

据英国《每日邮报》网站近日报道,那些因吃盐太多、蔬菜摄入量不够而在疾病死亡人数排行榜上排在前面的欧洲和中亚国家已经被点名批评。乌兹别克斯坦的不健康饮食方式导致的死亡人数最多,而西班牙和以色列则位于榜单末位。根据这份对51个国家进行分析的报告,英国排在榜单的第42位,每10万人中有62人死于与饮食有关的心脏疾病。研究人员分析了有多少心脏病死亡案例应归咎于高盐、低蔬菜、低坚果和低全谷物的饮食结构。他们估计,2016年,在全欧洲大陆死于心脏病的430万人中,近一半可能与不良的饮食习惯有关。

According to the Daily Mail website, countries in Europe and Central Asia, which are at the top of the death toll list for eating too much salt and insufficient vegetable intake, have been criticized by name. Uzbekistan has the highest number of deaths from unhealthy diets, while Spain and Israel are at the bottom of the list. According to the report, which analyzed 51 countries, Britain ranked 42nd on the list, with 62 deaths per 100,000 people from diet-related heart disease. Researchers analyzed how many heart disease deaths were attributed to a diet high in salt, low in vegetables, low in nuts and low in whole grains. They estimate that nearly half of the 4.3 million people who died of heart disease across the continent in 2016 may be related to poor dietary habits.

3. 每6秒就有一人而亡记住3个字预防脑卒中

Every six seconds one person dies and remembers three words to prevent stroke

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：16:50:02

Time: 16:50:02

大脑在人体的重要性，大家都知道。毕竟作为人类意识与智慧的承载者，人体所消耗的能量有很大一部分都是需要以它来作为支撑的动力。而且，人体很多器官都需要大脑支持工作与运行，尽管它只占了人体重量的2%，但它所消耗的氧气与能量，却是全身的20%，大约有15%的血液来单独为大脑提供“后盾”。因此，可想而知，大脑血流如此充沛，若供血一旦出了些“故障”，就会引发两种大问题：缺血性脑卒中（脑梗塞）和出血性脑卒中（脑溢血）。

We all know the importance of the brain in the human body. After all, as the carrier of human consciousness and wisdom, a large part of the energy consumed by the human body needs to be supported by it. Moreover, many organs of the human body need the brain to support their work and operation. Although it only accounts for 2% of the human body weight, it consumes 20% of the body's oxygen and energy. About 15% of the blood alone provides the "backup" for the brain. Therefore, it can be imagined that the cerebral blood flow is so abundant, if the blood supply goes wrong, it will cause two major problems: ischemic stroke (cerebral infarction) and hemorrhagic stroke (cerebral hemorrhage).

综合健康信息

Comprehensive Health Information

1. 大东区1353个健康教育栏有了“电子身份证”

There are 1353 health education columns in Dadong District with "E-ID Card"

来源：沈阳网

Source: Shenyang net

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：06:53:04

Time: 06:53:04

大家都知道，如果想去个不知道的地点，可以使用手机APP进行定位导航。那么你可知道，现在的户外健康教育宣传栏也可进行定位和导航了。沈阳市大东区的1353个户外健康教育宣传栏近期实现了手机APP定位和导航，市民可以随时找到自己最想看、距离又近的健康宣传内容。主妇做菜时，使用着控油勺；老人娱乐时，捧着健康扑克；一家人逛街时，抬头就看到健康小贴士；身体不适时，脑中闪现出健康常识……

As we all know, if you want to go to an unknown place, you can use mobile app for positioning and navigation. Then you know, the outdoor health education propaganda board can also be positioned and navigated. The 1353 outdoor health education propaganda boards in Dadong District of Shenyang City have recently realized the orientation and navigation of mobile phone APP. Citizens can find their most desired and close health propaganda content at any time. Housewives use salt spoons when cooking; elderly entertainment, holding health poker; a family shopping, looking up to see health tips; when not in good health, the brain flashes health common sense...

2. 骨折吃什么？中医养骨头的3阶段食疗秘方

What does a fracture eat? Three-stage recipe for nourishing bone in traditional Chinese medicine

来源：大纪元 (新闻发布)

Source: The Great Era (Press Release)

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：01:13:08

Time: 01:13:08

俗话说“伤筋动骨100天”，骨折需要长期的调养才能愈合。影响骨折愈合时间的因素很多，从饮食方面来说，中医针对骨头复原的3个时期，采用相应的饮食调理，减少骨折处的发炎、肿胀和疼痛，并加速复原。骨折恢复3阶段,饮食重点大不同。骨折复原主要分3个阶段，分别有其各自的营养重点，按照中医的理论，不同康复期宜选用不同的食材以收食疗之效。

As the saying goes, "Tendons and bones are broken for 100 days", fracture can only be healed by long-term conditioning. There are many factors affecting the healing time of fracture. In terms of diet, TCM adopts corresponding dietary conditioning to reduce inflammation, swelling and pain at the fracture site and accelerate the recovery in the three periods of bone restoration. There are three stages of fracture recovery, with different dietary priorities. Fracture recovery can be divided into three stages, each with its own nutritional emphasis. According to the theory of traditional Chinese medicine, different dietary materials should be selected in different rehabilitation stages for the effect of diet therapy.

3. 每周运动一两次不足以“击退”脂肪肝

Exercise once or twice a week is not enough to "fight off" fatty liver

来源：新华网

Source: Xinhua net

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：09:15:21

Time: 09:15:21

前段时间的体检高峰之后，不少人拿到了体检报告，有人发现，报告上出现了“脂肪肝”的字样。得了脂肪肝该怎么办？广州市中医医院主任中医师林穗芳提醒，体检发现脂肪肝不用过度紧张，脂肪肝一般都是可以恢复的，但是也不能掉以轻心，假如任由其发展，继续不良的生活习惯、饮食习惯或药物伤害，就会发展到肝硬化甚至肝功能衰竭。而一旦到了肝硬化这个阶段，就不可逆转了。

Some time ago, after the peak of physical examination, many people got the medical examination report. Some people found that the word "fatty liver" appeared in the report. What should I do when I get fatty liver? Lin Suifang, director of Guangzhou Hospital of Traditional Chinese Medicine, reminded me that physical examination found that fatty liver

can be recovered without excessive tension, but it can not be taken lightly. If we allow it to develop and continue to have bad habits, dietary habits or drug injuries, it will develop to liver cirrhosis and even liver failure. Once the stage of cirrhosis is reached, it is irreversible.

4. <a href="#">10种被过度吹捧却没啥卵用的食物别再当冤大头</a> <a href="#">10 foods that are overpraised but have little eggs to eat should stop being a big deal</a>	来源：加拿大家园网 Source: Canadian Home Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:18:17 Time: 09:18:17
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生活中，保健品花样和宣传方式层出不穷，功效也是被吹捧的天花乱坠。不少人往往被某一夸大功效的产品给呼拢，结果花了一堆冤枉钱。人民日报整理了10种被吹捧上天，却没什么用的食物，呼吁民众别再上当了。蛋白粉：健康人根本不需要。现代人多外食，营养容易不均衡，有商家声称应该补充蛋白质。实际上：健康成人每天每公斤体重需要1克的蛋白质，这些数量的蛋白质是完全可以正常饮食来满足的。因此，正常饮食的健康人是不需要额外补充蛋白粉的。

In daily life, health care products have emerged in an endless stream of patterns and propaganda methods, and their efficacy is also flattered by the smallpox. Many people are often attracted by a product that exaggerates its effectiveness, and they end up spending a lot of money wrongly. People's Daily sorted out 10 kinds of food which were praised as heavenly but useless, and appealed to the people not to be fooled any more. Protein powder: Healthy people don't need it at all. Modern people eat more food, nutrition is easy to imbalance, some businesses claim that protein should be supplemented. In fact, healthy adults need 1 gram of protein per kilogram of body weight every day, which can be completely met by a normal diet. Therefore, healthy people who eat a normal diet do not need to supplement protein powder.

5. <a href="#">吃火锅3种汤底更健康</a> <a href="#">Eating three kinds of hot pot soup bottoms is healthier</a>	来源：联合早报 Source: Lianhe Zaobao	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 13:49:55 Time: 13:49:55
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新春佳节将至，很多人喜欢在过年期间吃火锅，尤其是除夕夜团圆饭。吃火锅，如何能吃得丰盛又更健康？辣汤底火锅是否较易上火？该如何缓解？老年人适合吃辣汤底吗？《新明日报》《活得好》请莱佛士糖尿病和内分泌医疗中心主任营养师谢慧锬和莱佛士中医张佩思中医师解析。 烹煮方面，在家制作汤底时，建议使用较少盐。

As the Spring Festival is approaching, many people like to eat hot pot during the Spring Festival, especially the reunion dinner on New Year's Eve. How can we eat hot pot abundantly and healthily? Is hot pot with hot soup easy to burn? How to alleviate it? Is hot soup suitable for the elderly? "Live well" in Xinming Daily asked Xie Huistran, director of Raffles Diabetes and Endocrinology Medical Center, and Zhang Pei-si, director of Raffles Diabetes and Endocrinology Medical Center, to analyse. For cooking, it is recommended to use less salt when making soup bottoms at home.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-01-22, 共监测到468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 468 WeChat public articles were monitored in 2019-01-22. 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. [教育 | 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: 13 日期: 2019-01-22  
[Education | Children are diagnosed with kidney failure, only because their mother likes this seasoning! Parents should be careful!](#) Repeat Number: 13 Data: 2019-01-22

虽然盐是日常的必需品, 不吃会没有力气, 但是吃太多会加重肾脏、心脏等器官的负担, 所以现如今都建议大家低钠少盐。《中国心血管病报告2014》显示, 在儿童高血压的危险因素中, 肥胖与其关系最为密切, 肥胖儿童中近三成患有高血压, 超过一半血脂异常。

Although salt is a daily necessities, not eating salt can cause the body to have no strength. But eating too much will increase the burden on the kidneys, heart and other organs, so now we recommend that everyone have low sodium and less salt. The China Cardiovascular Disease Report 2014 shows that obesity is most closely related to the risk factors for hypertension in children. Nearly 30% of obese children have high blood pressure and more than half of them have abnormal blood lipids.

2. [养生 | 想给健康加分, “三减三健”要牢记!](#) 重复数: 2 日期: 2019-01-22  
[Health Care | If you want to add points to your health, remember "three reductions and three healthy things"!](#) Repeat Number: 2 Data: 2019-01-22

中国是高盐饮食国家, 平均每人每天摄入的盐在12克以上。食盐摄入过多是高血压的三大危险因素之一, 还会增加得胃病、骨质疏松、肥胖等健康问题的患病风险。小编建议: 每人每天食盐摄入量不要超过6克, 大约一个啤酒瓶盖那么多。

China is a country with a high salt diet, with an average daily intake of more than 12 grams of salt per person. Excessive salt intake is one of the three major risk factors for hypertension, and it also increases the risk of stomach disease, osteoporosis, obesity and other health problems. Everyone should not consume more than 6 grams of salt a day, about as much as the capacity of a beer bottle cap.

3. [【疾病预防】中老年人: 这个病比癌症可怕, 有人花了130万没能救命! 你需要这么预防](#) 重复数: 2 日期: 2019-01-22  
[As for middle-aged and old people, this disease is more terrible than cancer. Someone spent 1.3 million yuan and could not save his life! You need to prevent it in this way.](#) Repeat Number: 2 Data: 2019-01-22

控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、耗油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. For example, MSG, ketchup, fuel consumption, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, instant noodles, etc. all contain a lot of sodium, and patients with high blood pressure should avoid it in time.

4. [男子半夜送急救, 抢救后因脑梗离世, 医生提醒: 饭后3事最好别做](#) 重复数: 2 日期: 2019-01-22  
[In the middle of the night, the man was sent a first aid, and he died after the rescue. The doctor reminds everyone that it is best not to do 3 things after dinner.](#) Repeat Number: 2 Data: 2019-01-22

《中国居民膳食宝塔》建议成年人, 每人每天食盐推荐摄入量为6g以内(其中包括食盐、酱油、蚝油、生抽等中的食盐量)。高盐饮食导致血管收缩和血压升高, 对于口味重的人来说, 长期摄入高盐可诱发高血压、动脉硬化。建议盐摄入量逐渐减少, 有个适应过程, 就不会感觉进食没味道。

The Chinese Residents' Dietary Pagoda recommends that the daily salt intake of adults is less than 6g (including the amount of salt in salt, soy sauce, oyster sauce, soy sauce, etc.). A high-salt diet causes vasoconstriction and elevated blood pressure. For people with heavy taste, long-term intake of high salt can induce high blood pressure and arteriosclerosis. It is recommended that the salt intake be gradually reduced. If you have an adaptation process, you won't feel that you have no taste.

5. [尿毒症者越来越多! 医生劝你: 4种食物尽量少吃, 肾会感激你](#) 重复数: 2 日期: 2019-01-22  
[More and more uremia patients! The doctor advises everyone to eat as little as possible of the four foods, which is good for the kidneys.](#) Repeat Number: 2 Data: 2019-01-22

盐可以说是生活中必不可少的调味品, 若是正常摄入盐分, 对身体是有好处的。但是现代人饮食口味普遍偏重, 导致吃盐远远超过每日正常推荐量。吃得过咸, 增加了肾脏负担, 加之, 摄入过多的钠会导致体内电解质失衡, 体内水分不易排出, 进一步增加肾脏负担。

Salt can be said to be an essential condiment in life. If you eat salt regularly, it is good for your body. However, the taste of modern people's diet is generally biased, resulting in salt intake far exceeding the daily recommended amount. Eating too salty increases the burden on the kidneys. In addition, excessive intake of sodium can lead to imbalance of electrolytes in the body, and the body's water is not easily discharged, further increasing the burden on the kidneys.

## 减盐-微博 Salt Reduction - Weibo

2019-01-22, 共检测到2169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。

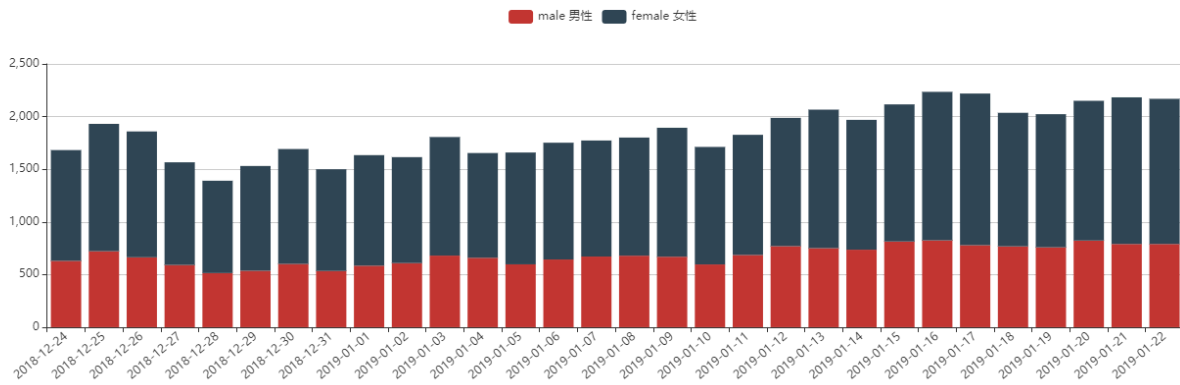
There are 2169 weibos about salt reduction monitored on 2019-01-22.

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!

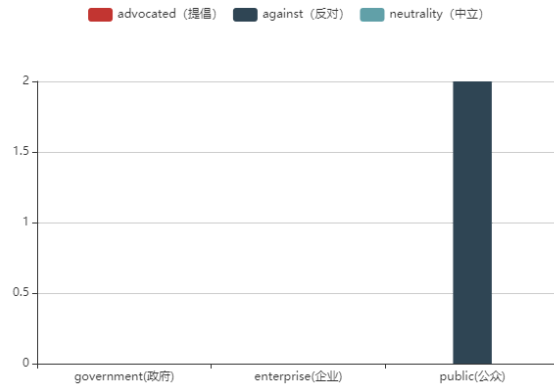
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-01-22) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-01-22. 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. <a href="#">90后成代餐粉消费主力超八成是女性购买者</a> <a href="#">Over 80% of the post-90s adult meal powder consumers are female buyers</a>	来源：新快报 Source: new express	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 07:54:44 Time: 07:54:44
代餐粉行业白皮书发布。专家提醒,购买时一定要仔细阅读营养成分表,产品须包含人体所需营养素。1月11日,广东省农村电子商务协会、华南理工大学食品科学与工程学院等发布了国内首份代餐粉行业白皮书。白皮书显示,代餐粉市场目前保持强劲增长,预计以90后和女性为主要消费人群的这一行业将在2023年迎来180亿元的市场规模。不过,目前这一行业门槛低,没有绝对龙头企业,存在鱼龙混杂良莠不齐的情况。				
Substitute meal powder industry white paper published. Experts warn that when purchasing, you must carefully read the nutritional composition table, and the product must contain the nutrients needed by the human body. On January 11, the Guangdong Rural Electronic Commerce Association and the School of Food Science and Engineering of South China University of Technology released the first white paper on meal powder industry in China. According to the white paper, the market of substitute meal powder has maintained strong growth at present. It is expected that the industry with post-90s and women as the main consumers will usher in a market scale of 18 billion yuan in 2023. However, at present, the threshold of this industry is low, there are no absolute leading enterprises, there are mixed good and bad situation.				
2. <a href="#">网红食品燕麦藜麦虽好主食粗细搭配才是正道</a> <a href="#">Net Red Food Oats and Quinoa Although a good staple food mix is the right way</a>	来源：新快报 Source: new express	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 07:54:46 Time: 07:54:46
随着消费升级与健康生活的理念不断普及,人们对于主食的选择不再局限于大米、白面,燕麦、藜麦等全谷物成为市场上的健康担当,不论国内外皆受到名人热捧,成为“网红食品”,尽管价格较高,仍被许多三高人群、健身爱好者、减肥者视为优选主食。但同样是谷物,燕麦、藜麦真的更加营养、健康吗?所有人群都适宜食用燕麦或藜麦吗?所谓“原产地”产品真的非一般,还是交了一笔智商税?				
With the promotion of consumption and the popularization of the concept of healthy life, people's choice of staple food is no longer limited to rice, white flour. Whole grains such as oats and quinoa have become healthy undertakings in the market. They are popular with celebrities both at home and abroad and become "net red food". Despite the high price, they are still regarded as the preferred staple food by many high-three groups, fitness enthusiasts and dieters. But is oats and quinoa really more nutritious and healthy? Is oats or quinoa suitable for all people? Are so-called "origin" products really unusual, or do they pay an IQ tax?				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				



# 反式脂肪酸-微信 Transfat - WeChat

2019-01-22, 共监测到306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 306 WeChat public articles were monitored in 2019-01-22. This page shows the top five articles by repeat number today.

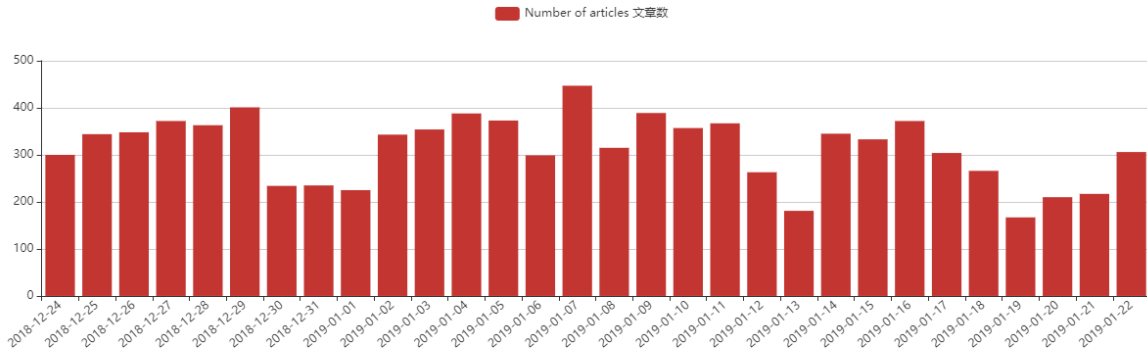
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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 (深度好文)

重复数: 58

日期: 2019-01-22

Repeat Number: 58

Data: 2019-01-22

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

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。保养要点: 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. 每日健康 | 常吃粗粮好处多, 但你真的适合吃吗? 别让“伪粗粮”毁掉健康

重复数: 7

日期: 2019-01-22

Repeat Number: 7

Data: 2019-01-22

[Daily Health | It's good to eat roughage regularly, but are you really fit to eat it? Don't let "false coarse food" destroy your health.](#)

我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为一些商家会在制作的过程中加入大量的饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高, 所以在摄入的时候一定要控制好量。谷物饮料也是一样, 先不说将粗粮打磨后养分丢失了, 在制作的过程中可能还会添加大量的糖, 吃多了容易引起肥胖。

The whole grain biscuits we eat are mostly crispy. This is because merchants add a lot of saturated and trans fatty acids to enhance the taste during the production process. This also tends to result in higher fat content in coarse grain biscuits than in regular biscuits, so be sure to control the amount when eating. The grain drink not only loses nutrients after the coarse grain is polished, but may also be added with a large amount of sugar, which may cause obesity if it is excessively ingested.

### 3. 奶茶你还敢喝吗? 你根本不知的奶茶黑幕, 正在危害你的生活和健康

重复数: 4

日期: 2019-01-22

Repeat Number: 4

Data: 2019-01-22

[Do you dare to drink milk tea? The dark screen of milk tea, which you don't know at all, is endangering your life and health.](#)

奶茶当中添加植脂末主要作用是使得奶茶的味道和口感更加细腻, 喝起来也会更加醇厚。但是, 植物油在氢化的过程中很容易产生反式脂肪酸等物质, 进入身体后就会增加冠心病、大动脉粥样硬化等心脑血管疾病的发病概率。对于身体的心脑血管系统存在较大的威胁, 可以说是一种“百害而无一利的物质”。

The main function of the non-dairy cream added to the milk tea is to make the milk tea taste more delicate and more mellow to drink. However, vegetable oil is prone to produce trans-fatty acids and other substances during hydrogenation. When it enters the body, it increases the incidence of cardiovascular and cerebrovascular diseases such as coronary heart disease and aortic atherosclerosis. It poses a greater threat to the cardiovascular and cerebrovascular system of the body. It can be said that it is a kind of material that is harmless and has no benefit.

### 4. 权威! 世界卫生组织最新推荐: 2019年“健康饮食五原则”

重复数: 3

日期: 2019-01-22

Repeat Number: 3

Data: 2019-01-22

[Authority! World Health Organization's latest recommendation: Five Principles of Healthy Diet in 2019](#)

油脂也是健康饮食的必要组成, 但吃太多油会增加肥胖、心脏病和中风的风险。反复煎炸的油也含有较多反式脂肪酸, 这些都应该避免食用。含反式脂肪酸多的食物包括: 炸薯条、炸鸡腿、油炸条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。

Oil is also a necessary component of a healthy diet, but eating too much oil increases the risk of obesity, heart disease and stroke. Repeated frying oil also contains more trans fatty acids, which should be avoided. Foods rich in trans fatty acids include French fries, fried chicken legs, fried fries, cakes containing hydrogenated vegetable oil, chocolate, salad dressing, instant noodle sauce and so on.

### 5. 咖啡喝不对容易离医院更近! 奉劝大家: 这3种人最好别喝

重复数: 2

日期: 2019-01-22

Repeat Number: 2

Data: 2019-01-22

[Drinking the wrong coffee is harmful to your health! These three kinds of people are best not to drink coffee.](#)

速溶咖啡中含有最多的配料物质是植脂末, 而不是您想的咖啡豆。植脂末这种物质比较特别, 它的主要组成物质是葡萄糖浆、氢化植物油以及各种食品添加剂。氢化植物油中含有较多的反式脂肪酸物质, 经常摄入会升高我们身体当中的胆固醇含量, 降低身体当中好脂肪酸的含量。大量摄入反式脂肪酸会增加患高血脂等心脑血管疾病的患病概率。

The most ingredients in instant coffee are the non-dairy creamer, not the coffee beans. This kind of material is special in the case of non-dairy creamer. Its main constituent substances are glucose syrup, hydrogenated vegetable oil and various food additives. Hydrogenated vegetable oils contain more trans fatty acid species. Regular intake of it will increase the level of bad cholesterol in our body and reduce the amount of good fatty acids in the body. A large intake of trans fatty acids increases the risk of cardiovascular and cerebrovascular diseases such as hyperlipidemia.

## 反式脂肪酸-微博 Transfat - Weibo

2019-01-22, 共检测到121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。

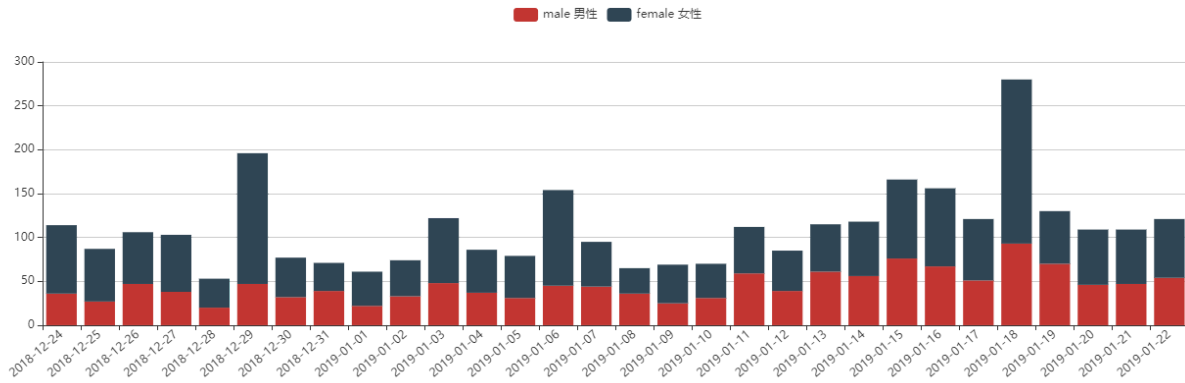
There are 121 weibos about transfat reduction monitored on 2019-01-22.

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!