

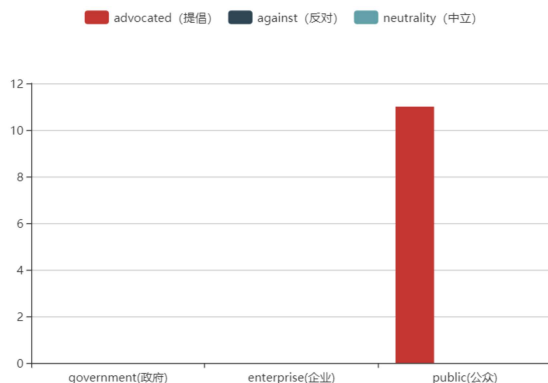
## 减盐-新闻

### Salt Reduction - News

今日 (2018-11-05) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2018-11-05. 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				
没有相关文章!				
No such articles!				
综合健康信息 Comprehensive Health Information				
1. <a href="#">低脂饮食的标准</a>	来源: 山东周刊	主体: 公众	态度: 提倡	时间: 15:10:50
<a href="#">A low-fat diet</a>	来源: 山东周刊	Subject: public	Attitude: advocate	Time: 15:10:50
<p>对于很多肥胖的人群而言, 或者是对于有着高血压风险的患者而言, 在饮食方面, 是需要十分注意的, 尤其是注意不能吃脂肪含量过高的食物, 因为这会导致人体型更胖, 或者是增加高血压的风险。那么, 怎样才能算是低脂饮食呢?下面, 就为大家详细介绍一下低脂饮食的原则与标准。一、多吃食物, 少吃食品。所谓食物, 指的是从我们辽阔的大地和海洋生长出来的植物和动物, 如各种新鲜的蔬菜、水果、海藻、五谷杂粮、生的坚果、新鲜的生鱼和肉等。也就是说我们只吃自然状态下“原装”的食物, 少吃含有人工添加物的食品, 如香肠、腊肉、火腿、热狗以及腌熏、冷冻食品和罐头食品等</p> <p>For many obese people, or for those at risk of hypertension, it is important to pay attention to diet, especially to avoid eating foods with high fat content, which can lead to body weight gain or increase the risk of hypertension. So, how can it be regarded as a low-fat diet? Next, I will introduce the principles and standards of low-fat diet in detail for you.First, eat more food and eat less food.Food refers to plants and animals that grow from our vast land and ocean, such as fresh vegetables, fruits, seaweeds, cereals, raw nuts, fresh raw fish and meat. That is to say, we only eat the "original" food in the natural state and eat less food containing artificial additives, such as sausages, bacon, ham, hot dogs, cured, frozen and canned food.</p>				
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				
1. <a href="#">这7个饮食误区, 大多数人都不知道</a>	来源: 中原网	主体: 公众	态度: 提倡	时间: 05:10:51
<a href="#">These seven diet myths, most people don't know</a>	来源: 中原网	Subject: public	Attitude: advocate	Time: 05:10:51
<p>为了健康, 你恪守着关于饮食的种种箴言。但是你知道吗? 那些你一直深信不疑的饮食箴言, 其实很多是人们“想象”出来的理论! 这些常见的饮食误区可千万不要踏入。1、南方人吃米长得矮, 北方人吃面长得高? 事实上, 现在南北方主食差异已经没有那么明显了。南北方人的身高差异也不是简单的主食差异造成的。遗传基因是决定不同地区人群生理、性格特征的决定因素; 地理因素、气候因素等都会影响人的体质、体型</p> <p>In order to be healthy, you adhere to all kinds of motto about diet. But do you know? The dietary motto you have always believed is actually a lot of people's "imagination" theory. Do not step in these common eating mistakes.1, southerners eat rice short.Northern people eat noodles high?In fact, the difference between staple food in the north and south is not so obvious now.The difference in height between the north and the south is not caused by a simple staple diet. Gene is the decisive factor to determine the physiological and personality characteristics of people in different regions; geographical and climatic factors will affect people's physique and body type.</p>				
高血压 Hypertension				
没有相关文章!				

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<div>心血管健康</div> <div>Cardiovascular health</div>
没有相关文章!
No such articles!
<div>综合健康信息</div> <div>Comprehensive Health Information</div>
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No such articles!
<div>决心工程</div> <div>Resolve To Save Lives</div>
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No such articles!

安徽

Anhui

<div>食物中的钠</div> <div>Sodium in food</div>
没有相关文章!
No such articles!
<div>高血压</div> <div>Hypertension</div>
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<div>心血管健康</div> <div>Cardiovascular health</div>
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<div>决心工程</div> <div>Resolve To Save Lives</div>
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No such articles!

浙江

Zhejiang

食物中的钠 Sodium in food				
没有相关文章!				
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高血压 Hypertension				
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心血管健康 Cardiovascular health				
没有相关文章!				
No such articles!				
综合健康信息 Comprehensive Health Information				
1. <a href="#">汗! 节食减肥逼迫身体节能储能, 更容易肥</a> <a href="#">Sweat!Go on a diet to lose weight to force the body energy basis more easily fat</a>	来源: 温州网	主体: 公众	态度: 提倡	时间: 16:04:43
	来源: 温州网	Subject: public	Attitude: advocate	Time: 16:04:43
在门诊，有减肥需求的患者经常会问“我通过不吃晚饭来减肥，能行吗？”我们给出的答案是：不行的。节食并不能有效减肥。消耗肌肉来维稳。不吃晚饭相当于一种减少餐次的节食行为，这样做可能短期内(1个月左右)体重会降，但这种快速减掉的体重实际上主要是肌肉和水分，脂肪反而减得不多。一个简单的自测方法就是试试瘦了后力量是不是变小了				
In the outpatient clinic, patients who need weight loss often ask, "can I lose weight by not having dinner?" The answer we give is: no way.Dieting is not effective in losing weight.Consume muscles to maintain stability. Not eating dinner is equivalent to a diet that reduces the number of meals, which may lose weight in a short period of time (about a month), but this rapid weight loss is actually mainly muscle and water, but fat is not much. A simple self test is to try to see if the strength is thinner after losing weight.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 去超市购物，先看懂这些再买！没想到吃亏了这么多年 Go to the supermarket shopping, first read these again to buy!I didn't think cheated for so many years	来源：东方财富网	主体：公众	态度：提倡	时间： 04:08:22
	来源：东方财富网	Subject: public	Attitude: advocate	Time: 04:08:22
很多人买食品，只看花花绿绿的包装图片，不看背后的食品标签。其实，不起眼的标签往往包含着大秘密。去超市购物，一定要看准了再买。选挂面，看清4点。1、主要看“钠”量，挂面在生产过程中少不了加入氯化钠或者碳酸钠，因为这样能让面条更加白亮、劲道、易熟且好吃				
Many people buy food, only looking at colorful packaging pictures, not looking at the food labels behind them.In fact, unattractive labels often contain big secrets. Go shopping in the supermarket, be sure to buy it again.Choose noodles and see 4.1, mainly depends on the amount of sodium.Sodium chloride or sodium carbonate are necessary in the production of noodles, because it can make noodles more white, strong, easy to cook and delicious.				
2. 康康识字第812期：硬淡粗才是好面包 Kangkang.js 812 #: hard light crude is a good bread	来源：株洲新闻网	主体：公众	态度：提倡	时间： 18:11:23
	来源：株洲新闻网	Subject: public	Attitude: advocate	Time: 18:11:23
时尚松软的欧包，经典的法棍，香气诱人的奶酪包.....市场上面包的种类琳琅满目，该如何挑选？挑选面包有个“三字经”——硬、淡、粗，下面为大家详细解读。第一，从热量上说，越硬的面包热量越低。实际上，硬面包不甜，含糖和油脂都很少。而软质面包，油脂约占10%，热量较高。热量最高的是丹麦面包，一般要加入20%~30%的黄油或“起酥油”				
The fashionable soft European bag, the classic French stick, the fragrant and attractive cheese package... There are many kinds of bread in the market. How should we choose them? The choice of bread has a "three character classics" - hard, light and coarse.First, from caloric terms, the harder the bread is, the lower the heat. In fact, hard bread is not sweet, and contains little sugar and fat. And soft bread, oil accounted for about 10%, higher calorie. The highest calorie is Danish bread, usually add 20%~30% butter or shortening.				
高血压 Hypertension				
1. 2.7亿高血压患者摄入钠过多导致？盐企改革和减盐倡议下的应对之法 Sodium excessive intake of 270 million patients with high blood pressure cause?Under the salt enterprise reform and salt reduction initiative response method	来源：经济观察网	主体：公众	态度：提倡	时间： 12:04:07
	来源：经济观察网	Subject: public	Attitude: advocate	Time: 12:04:07
10月31日，记者从清华大学举行的“减盐与健康生活方式研讨会”上获悉，健康成年人每天盐的摄入量应控制在6克以内，目前我们现在摄入盐的量大约是10.5克，而过多钠的摄入会导致高血压并加大心脏病和中风的危险。与此同时，盐企在盐改和市场等推动下，也对自我的业务进行了调整和拓展。过多盐摄入的医疗负担。在10月31日清华大学举行的“减盐与健康生活方式研讨会”上，世卫组织驻华代表处慢病医学官员张新华博士表示，慢病是全世界的主要死亡原因，而其中近一半死于心血管疾病。全球5700万慢病死亡中，就有1700万是死于心血管疾病；中国800万慢病死亡中，就超过300万是死于心血管疾病				
On October 31, the reporter learned from the "Symposium on Salt Reduction and Healthy Lifestyle" held by Tsinghua University that the daily salt intake of healthy adults should be controlled within 6 grams. At present, we are taking about 10.5 grams of salt. Too much salt intake can lead to hypertension and increase the risk of heart disease and stroke. At the same time, under the impetus of salt reform and market, salt enterprises have also adjusted and expanded their business.The medical burden of excessive salt intake.At the Symposium on Salt Reduction and Healthy Lifestyle held at Tsinghua University on October 31, Dr. Zhang Xinhua, a chronic disease medical official at the WHO Representative Office in China, said that chronic diseases were the leading cause of death worldwide, and nearly half of them died of cardiovascular diseases. Of the 57 million chronic disease deaths worldwide, 17 million are due to cardiovascular diseases; of the 8 million chronic disease deaths in China, more than 3 million are due to cardiovascular diseases.				
心血管健康 Cardiovascular health				
没有相关文章！				
No such articles!				
综合健康信息 Comprehensive Health Information				
1. 钟爱老火汤？莫忘去油减盐 Love the old fire soup?Don't forget to oil, salt	来源：人民网	主体：公众	态度：提倡	时间： 09:04:15
	来源：人民网	Subject: public	Attitude: advocate	Time: 09:04:15
钟爱老火汤？莫忘去油减盐。推荐两种去油办法：一是直接把浮油撇掉；二是把汤放在冰箱里，再把凝固的白色脂肪层刮掉。老火靓汤，可以说是广东饮食文化中的标志性特色。中医专家介绍，这与广东气候湿热密切相关。因此，随着季节的转变，很多广东人会使用不同的食材与药材煲煮养生汤，以调节人体的阴阳平衡				
Love old fire soup? Don't forget to remove salt and oil.Two degreasing methods are recommended: one is to skim off the oil slick directly; the other is to put the soup in the refrigerator and scrape off the solidified white fat layer.The old fire soup is a symbolic feature of Guangdong's food culture. Chinese medicine experts said that this is closely related to damp heat in Guangdong. Therefore, with the change of seasons, many Cantonese people will use different food and medicinal materials to cook Yangsheng soup in order to regulate the balance between Yin and Yang of the human body.				
2. 内蒙古新右旗总开展“三减三健”全民健康生活方式动员活动 Inner Mongolia XinYouQi always carry out "three minus three health" health lifestyle mobilization activities	来源：中工网	主体：公众	态度：提倡	时间： 09:04:23
	来源：中工网	Subject: public	Attitude: advocate	Time: 09:04:23
为深入贯彻落实新右旗“三减三健”全面生活方式行动，倡导健康生活方式，防控慢性病、保障人民健康，11月2日上午，内蒙古新右旗总工会开展“三减三健”全民健康生活方式动员活动，集中学习相关材料，领悟文件精神，将防控慢性病、关爱生命的意识根植于每名职工的心中。本次活动进一步提高了职工对预防慢性病的重视，形成从生活点滴做起、杜绝高油高盐食品，积极践行健康生活方式，营造绿色生活的良好氛围。（卓拉）				
In order to thoroughly implement the New Right Banner's "Three Reductions and Three Kinds" comprehensive lifestyle action, advocate healthy lifestyle, prevent and control chronic diseases and safeguard people's health, on the morning of November 2, the New Right Banner Federation of Inner Mongolia launched the "Three Reductions and Three Kinds" national healthy lifestyle mobilization activities, focusing on learning relevant materials and comprehending the spirit of documents. The consciousness of preventing and controlling chronic diseases and caring for life is rooted in the hearts of every employee.This activity further enhanced the importance of workers to prevent chronic diseases, and formed a good atmosphere of green life by starting from the drip of life, eliminating high-oil and high-salt food, actively practicing a healthy lifestyle. (chra)				
3. 18张癌症人体地图揭秘致癌真相！ 18 human cancer maps reveal the truth cancer!	来源：汉丰网	主体：公众	态度：提倡	时间： 08:06:26
	来源：汉丰网	Subject: public	Attitude: advocate	Time: 08:06:26
18张癌症人体地图，揭秘致癌真相。日前，著名主持人李咏因癌症逝世的消息刷屏，他的英年早逝让许多人震惊和惋惜。在癌症已经逐渐成为中国人主要的疾病死亡原因的今天，除了等待医学进步对抗癌症，如何规避癌症风险也变得尤为重要。澳大利亚健康机构根据世界卫生组织和各种肿瘤指南总结了一份致癌风险人体地图，一目了然，有利于大家避开患癌的高风险因素。				
18 maps of cancer's body, revealing the truth of carcinogenesis.Recently, the news of the famous host Li Yong's death due to cancer has been put on the screen. Many people are shocked and sorry for his early death.Nowadays, cancer has gradually become the main cause of disease death in China. In addition to waiting for medical progress to fight cancer, how to avoid cancer risk has become particularly important.According to WHO and various cancer guidelines, Australian Health Institutions have summarized a human map of carcinogenic risk, which is clear at a glance, and is conducive to avoiding the high risk factors of cancer.				
4. 手脚麻木别大意，可能揭示7大危险信号 Hands and feet numbness, don't careless, may reveal 7 big danger signals	来源：人民网广东视窗	主体：公众	态度：提倡	时间： 10:10:53
	来源：人民网广东视窗	Subject: public	Attitude: advocate	Time: 10:10:53
手脚麻木别大意。手脚麻木是很多老人的常见现象，有些人没有重视。中国人民解放军火箭军总医院内分泌风湿科主任李全民提醒，老人手脚麻木是个危险信号，总结起来有7大原因。臂神经受压。睡眠中如果姿势不正，颈项偏斜或手臂受压，就会引起手发麻				
Hands and feet are numb.Numbness of hands and feet is a common phenomenon among many elderly people. Li Renmin, Director of Endocrinology and Rheumatism Department of the General Hospital of the Chinese People's Liberation Army Rocket Army, warned that numbness of the hands and feet of the elderly is a dangerous signal, and summed up there are seven major reasons.Brachial nerves were compressed. If your posture is not right, your neck is deflected or your arm is compressed, it will cause numbness in your hands.				
5. 5大“伤肾”行为排行榜，喝酒只是垫底，你猜猜第1是什么？ Big five "kidney damage" list, drink only at the bottom, you guess what is 1?	来源：中国江西新闻网	主体：公众	态度：提倡	时间： 15:11:35
	来源：中国江西新闻网	Subject: public	Attitude: advocate	Time: 15:11:35
大家好，欢迎来到佑你健康！肾脏是我们体内重要的器官之一，我们的水分代谢、酸碱度的调节，以及体内垃圾的外排等，都是由肾脏来完成。如果我们的肾脏出了问题，那么就很可能引起记忆力下降、失眠、小便异常等情况。所以我们在平时要好好的保养自己的肾脏。5大“伤肾”行为排行榜，喝酒只是垫底，你猜猜第1是什么？				

Hello, everyone, welcome to your health!Kidney is one of the most important organs in our body. Our water metabolism, the regulation of acidity and alkalinity, and the discharge of garbage are all accomplished by the kidney. If we have kidney problems, then it may cause memory loss, insomnia, urinary abnormalities and so on. Therefore, we should normally maintain our kidneys.The 5 big "kidney injury" behavior list is that drinking is just the bottom. Do you guess what first is?

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2018-11-05, 共监测到597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 597 WeChat public articles were monitored in 2018-11-05. This page shows the top five articles by repeat number today.

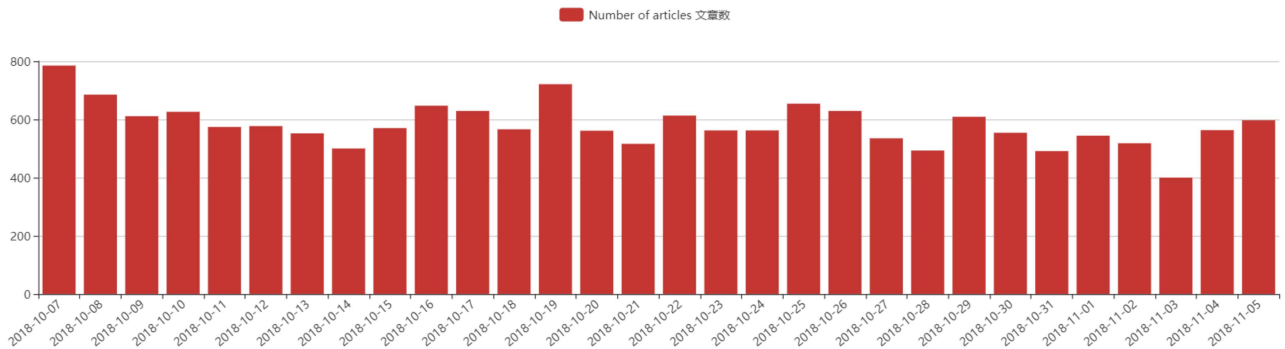
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [18张癌症人体地图, 揭秘致癌真相](#)  
[18 cancer body maps reveal the carcinogen truth](#)

重复数: 30

Repeat Number: 30

日期: 2018-11-05

Data: 2018-11-05

盐摄入量超标可导致胃癌。相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。

Excessive salt intake can lead to gastric cancer. According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the required amount. standard. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.

2. [九权威机构联合倡议: 推动食品行业“减盐、减油、减糖”, 共筑健康明天!](#)

重复数: 3

日期: 2018-11-05

[The joint initiative of the nine major authorities: to promote the food industry to "reduce salt, oil and sugar" to build a healthy tomorrow!](#)

Repeat Number: 3

Data: 2018-11-05

为促进人民健康, 2017年4月, 原国家卫生计生委、全国总工会等五部门联合发布的《全民健康生活方式行动方案(2017-2025年)》中提出要深入开展“三减三健”(减盐、减油、减糖, 健康口腔、健康体重、健康骨骼)专项行动

In order to promote people's health, the former National Health and Family Planning Commission and the National Federation of Trade Unions and other five departments proposed to deeply carry out the special action of "three reductions and three health" (reducing salt, reducing oil, reducing sugar, healthy mouth, healthy weight, and healthy bones) in the "National Healthy Lifestyle Action Plan (2017-2025)" jointly issued in April 2017.

3. [吃盐有讲究, 你知道吗?](#)

重复数: 3

日期: 2018-11-05

[Do you know how to eat salt?](#)

Repeat Number: 3

Data: 2018-11-05

吃盐过多会使过多无用的水分滞留在体内, 容易增加肾脏负担, 引起水肿, 甚至有可能引起高血压等疾病。成人每天最大的需要量是6克, 孩子的需要量在2-6克之间, 以减少肾脏负担。

Eating too much salt will leave too much useless water in the body, which will easily increase the burden on the kidneys, cause edema, and may even cause diseases such as high blood pressure. The maximum daily requirement for adults is 6 grams, and the child's needs are between 2 and 6 grams to reduce the burden on the kidneys.

4. [心血管健康是安全的保障, 保护血管健康, 吃饭时注意4件事](#)

重复数: 2

日期: 2018-11-05

[Cardiovascular health is a safety guarantee. Protect your blood vessels and pay attention to 4 things when eating](#)

Repeat Number: 2

Data: 2018-11-05

高盐饮食是引起高血压的直接原因, 对于人体各项机能都有着影响, 对心血管的健康更为不利。《中国居民膳食指南》建议每人每天食盐量不超过6g。

High salt diet is the direct cause of hypertension, which has an impact on various functions of the human body and is more harmful to cardiovascular health. The dietary guidelines for Chinese residents suggest that the daily consumption of salt should not exceed 6g per person.

5. [高血压的福音: 4大饮食原则大揭秘!](#)

重复数: 2

日期: 2018-11-05

[The gospel of hypertension: the 4 major dietary principles are revealed!](#)

Repeat Number: 2

Data: 2018-11-05

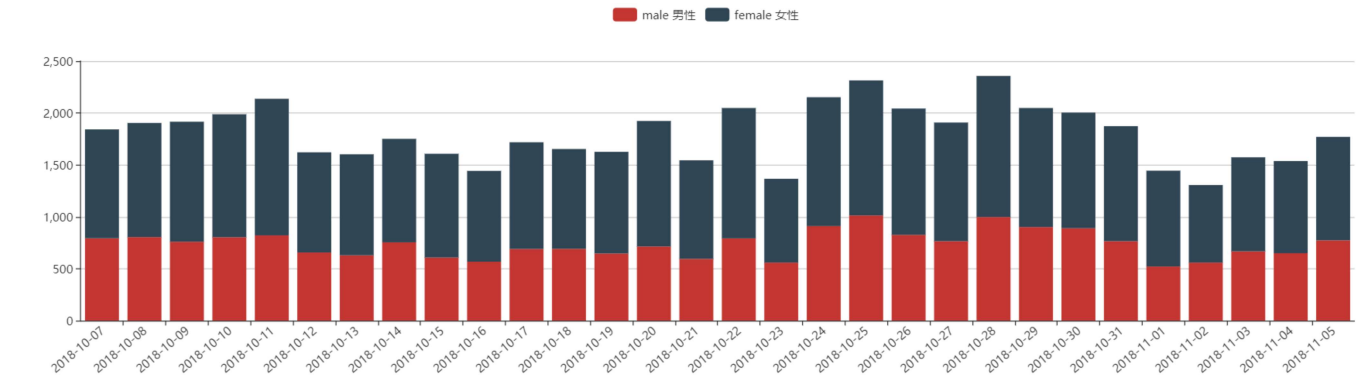
在家庭日常烹调过程中, 不能忽视高盐调味品的控制, 尤其是喜欢用酱油和酱做菜的家庭。10毫升酱油相当于1.5克食盐。10克黄酱含盐1.5克, 因此要保证每人每日盐总摄入量不超过6克, 应酌量减少烹调中的添加量。目前, 市面上有一些低钠的酱油和酱出售, 其含量比普通的酱油和酱要低, 可以选择使用。

In the daily cooking of the family, the control of high-salt condiments cannot be ignored, especially those who prefer to cook with soy sauce and sauce. 10 ml of soy sauce is equivalent to 1.5 grams of salt. 10 grams of yellow sauce contains 1.5 grams of salt. Therefore, to ensure that the total daily salt intake per person does not exceed 6 grams, the amount of cooking should be reduced as appropriate. At present, there are some low-sodium soy sauces and sauces on the market, which are lower in content than ordinary soy sauce and can be used.

# 减盐-微博

## Salt Reduction - Weibo

2018-11-05, 共检测到1770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 1770 weibos about salt reduction monitored on 2018-11-05.  
Weibos whose repost number is greater than 50 are listed in this page.  
Click the content of each weibo, and you can see the detail imformation.  
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!

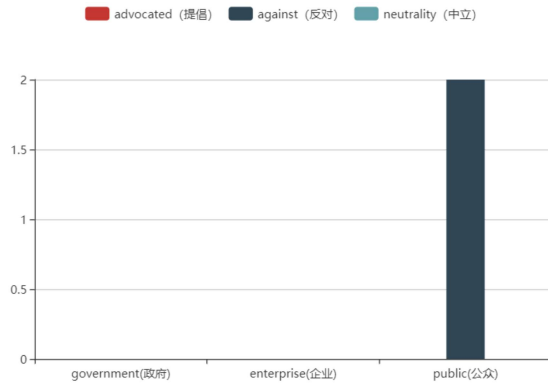
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-11-05) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-11-05. 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="#">4个炒菜坏习惯很多家庭都有，坚持的越久，癌症越近，你知道吗？</a>				
<a href="#">4 cooking habit a lot of families have, stick to the longer, the closer the cancer, you know?</a>				
4个炒菜坏习惯很多家庭都有，坚持的越久，癌症越近，你知道吗？ 很多人不舍得扔油，炸过的油，还会用来高温炒菜或油炸，因为油经过高温加热会产生反式脂肪酸和有毒的油脂氧化产物,当继续使用这种油高温烹调时,致癌物产量会急剧增加。 炒完菜马上就关油烟机，油烟机排除废气也是需要时间的,当炒菜结束后仍有未排干净的废气残留在厨房。				
4 bad habits of cooking, many families have, insist on the longer, the closer the cancer, you know?Many people are reluctant to throw oil, fried oil, but also used for high-temperature stir-frying or deep-frying, because oil after high-temperature heating will produce trans fatty acids and toxic lipid oxidation products, when continue to use this oil high-temperature cooking, carcinogen production will increase dramatically.It takes time to shut down the lampblack machine immediately after cooking, and it also takes time to remove the exhaust gas from the lampblack machine. After cooking, there are still unexhausted exhaust gas remaining in the kitchen.				
2. <a href="#">喜欢喝奶茶不如自己做！口感好成本低还健康</a>				
<a href="#">Like to drink milk tea is better than yourself!ow cost also health, taste good</a>				
喜欢喝奶茶不如自己做！ 口感好成本低还健康。 市面上的奶茶无论从口感还是成本角度出发，很少用牛奶和茶叶调制，取而代之的是植脂末、茶粉、糖等成分。想喝奶茶可以试着自己做。 第一种最简单。 锅里的水开后放适量珍珠(淀粉圆子)，看到珍珠颜色变深全部漂浮上来后关火，捞起来用凉水冲一下备用。				
Better to drink milk tea than yourself! Good taste, low cost and healthy.Milk tea on the market, no matter from the point of taste or cost, seldom uses milk and tea to make it. It is replaced by vegetable fat powder, tea powder, sugar and other ingredients. If you want to drink milk tea, you can try to do it yourself.The first is the simplest. After boiling the water in the pot, put some pearls (starch round), see the color of the pearls become darker and float up, turn off the fire, pick them up and flush them with cold water.				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				



# 反式脂肪酸-微信 Transfat - WeChat

2018-11-05, 共监测到431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 431 WeChat public articles were monitored in 2018-11-05. 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

2. [【实用】去超市购物, 先看懂这些再买! 没想到吃亏了这么多年](#)

重复数: 4

日期: 2018-11-05

[\[Practical\] When shopping in the supermarket, first understand these and then decide whether to buy! I didn't expect to suffer for so many years.](#)

Repeat Number: 4

Data: 2018-11-05

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled "zero trans fatty acid" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage.

3. [快, 学学中国防癌14条!](#)

重复数: 1

日期: 2018-11-05

[Quick, learn 14 ways to prevent cancer in China!](#)

Repeat Number: 1

Data: 2018-11-05

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

Eat less high-fat foods, especially those that contain more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oil containing monounsaturated fat and low degree of hydrogenation should be selected; "Chinese Dietary Guidelines (2016)" suggests: fish and poultry should be preferred. The daily cooking oil is controlled at 25-30 g, and the daily trans fatty acid intake does not exceed 2 g.

4. [反式脂肪酸真的有那么可怕吗?](#)

重复数: 1

日期: 2018-11-05

[Is trans fatty acid really scary?](#)

Repeat Number: 1

Data: 2018-11-05

反式脂肪又名反式脂肪酸, 在牛肉、羊肉和牛奶、乳制品中都含有少量的反式脂肪酸, 这属于其天然来源。非天然的部分主要来自于植物油的氢化、精炼过程。由于反式脂肪耐高温、不易变质、存放久, 可延长油炸和烘焙食品的保质期, 而且成本较低, 在一些零食、烘焙及煎炸食品中很常见。

Trans fats, also known as trans fats, contain a small amount of trans fats in beef, mutton, milk and dairy products, which are their natural sources. The non natural part comes mainly from the hydrogenation and refining process of vegetable oils. Trans fats are common in snacks, baked and fried foods because of their high temperature resistance, non-deterioration and long storage time, which can prolong the shelf life of fried and baked foods and lower cost.

## 反式脂肪酸-微博 Transfat - Weibo

2018-11-05, 共检测到132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。

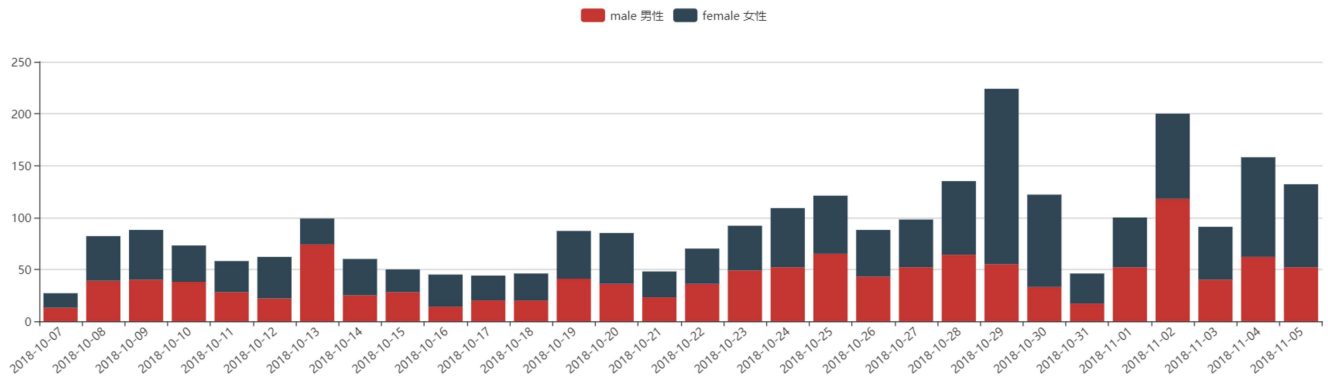
There are 132 weibos about transfat reduction monitored on 2018-11-05.

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!