

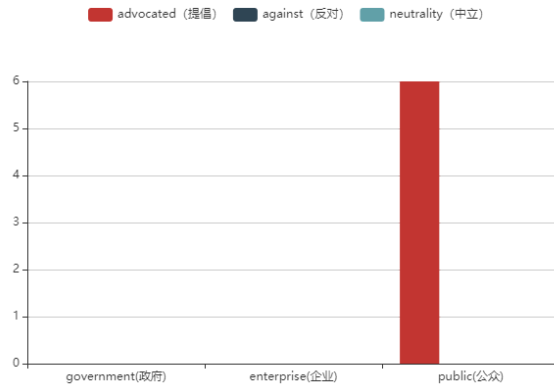
减盐-新闻

Salt Reduction - News

今日 (2018-12-21) 共监测到6条资讯。请点击标题查看原文。

There are 6 articles monitored today 2018-12-21. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠

Sodium in food

没有相关文章!

No such articles!

高血压

Hypertension

1. 提醒: 天气骤冷小心心梗发作预防有三手段

[Reminder: There are three ways to prevent sudden cold weather and to be careful about the attack of myocardial infarction.](#)

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: 12:08:50

Time: 12:08:50

进入大雪节气, 一年一度的严冬季节又将来临; 我国大部分地区, 尤其是北方多个省份, 气温骤降, 研究指出, 寒冷天气的低气温和多风天气会引起皮肤血管收缩, 增加心脏负荷, 就可能诱发心梗。就此, 本报记者采访了黑龙江省齐齐哈尔市中医医院脑病科主任、主任中医师乔虹, 听他简要介绍了心梗预防保健要点。乔虹强调指出, 急性心梗病势汹汹, 预防保健尤为重要, 中医自古以来强调预防疾病的重要性。针灸作为中医的重要组成部分, 有着明显的优势和特点, 是中医“治未病”不可或缺的手段。

Entering the snowy season, the annual severe cold season will come again; in most parts of China, especially in many northern provinces, the temperature drops sharply. Studies have pointed out that low temperature and windy weather in cold weather can cause skin vasoconstriction and increase heart load, which may induce myocardial infarction. In this regard, our reporter interviewed Qiao Hong, director of encephalopathy department and chief physician of traditional Chinese medicine hospital in Qiqihar City, Heilongjiang Province, and listened to him briefly introduce the key points of myocardial infarction prevention and health care. Qiao Hong emphasized that acute myocardial infarction is fierce, prevention and health care is particularly important, and traditional Chinese medicine has emphasized the importance of disease prevention since ancient times. Acupuncture and moxibustion, as an important part of traditional Chinese medicine, has obvious advantages and characteristics, and is an indispensable means of treating pre-disease in traditional Chinese medicine.

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

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!

No such articles!

高血压

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没有相关文章!
No such articles!

安徽
Anhui

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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No such articles!

浙江
Zhejiang

食物中的钠 Sodium in food
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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

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. 提醒 16个健康警戒线全划出来了，哪些误区不要碰？				
Reminder All 16 health warning lines have been drawn out, which misunderstandings should not be touched?	来源：搜狐	主体：公众	态度：提倡	时间：00:35:44
	Source: Sohu	Subject: public	Attitude: advocate	Time: 00:35:44
16个健康警戒线全划出来了，哪些误区不要碰？抽烟喝酒、胡吃海塞、久坐熬夜 腰围增大、血脂变高.....不知不觉间 你是否欠下了一大笔“健康债” 16条健康警戒线 赶快来对照一下！颈围警戒线：35厘米 脖子粗，血管差！有研究就提出，脖子越粗的人，心血管疾病风险就越大，数十年后患心血管疾病的比率也更高。双下巴、脖子短粗都可能是心脏不健康的信号。 建议： 量量你的脖子，男性颈围最好别超过39 厘米，女性颈围别超过35厘米。				
Sixteen health warning lines have been drawn out. What misunderstandings should not be touched? Smoking, drinking, eating sea plugs, sitting up late, waist circumference increased, blood lipid increased..... Unconsciously, do you owe a large amount of "health debt" 16 health warning lines to quickly compare! Neck Circumference Warning Line: 35 cm thick neck, poor blood vessels! Studies have suggested that the thicker the neck, the greater the risk of cardiovascular disease, and the higher the rate of cardiovascular disease in decades to come. Both jaws and necks may be signs of unhealthy hearts. Suggestion: Measure your neck, men's neck circumference should not exceed 39 cm, women's neck circumference should not exceed 35 cm.				
2. 人民日报关注外卖安全：外卖如何吃得更健康				
People's Daily Pays Attention to Takeaway Safety: How to Eat Takeaway Healthier	来源：中国新闻网	主体：公众	态度：提倡	时间：06:36:23
	Source: China News Network	Subject: public	Attitude: advocate	Time: 06:36:23
改革开放40年来，人们的就餐方式不断发生新变化。继回家吃饭、到饭店堂食之后，网络平台点外卖，已经成为近年来不少城市居民的就餐“新常态”。数据显示，2017年网络餐饮市场在线成交额突破2046亿元，增长23.1%。然而，各方监管不到位、食品经营许可证不全、食品安全隐患等问题存在，让人们无法吃得安心、吃得健康。日前发布的《中国电子商务诚信发展报告》显示，截至2018年上半年，网络订餐成为投诉量前5位的行业。如何才能保证百姓手中的外卖吃得更健康？这也成为了人们普遍关注的问题。				
Over the past 40 years of reform and opening up, new changes have taken place in the way people eat. After going home for dinner and dining in restaurants, take-out on the Internet platform has become the "new normal" for many urban residents in recent years. The data show that in 2017, online transactions in the online catering market exceeded 204.6 billion yuan, an increase of 23.1%. However, problems such as inadequate supervision, incomplete food management licenses and food safety risks exist, which make people unable to eat safely and healthily. Recently released "China's e-commerce integrity development report" shows that as of the first half of 2018, online ordering has become the top five complaints industry. How can we ensure that the takeaway in the hands of the people eat healthier? This has also become a common concern.				
3. 鸡精和味精，哪个炒菜对身体伤害更大？营养师用数据告诉你实情				
Chicken essence and monosodium glutamate, which stir-fried vegetable is more harmful to the body? Nutritionists use data to tell you the truth	来源：搜狐	主体：公众	态度：提倡	时间：06:44:02
	Source: Sohu	Subject: public	Attitude: advocate	Time: 06:44:02
鸡精和味精，哪个炒菜对身体伤害更大？营养师用数据告诉你实情 味精是生活中常用的调味食品，可以增加食物的鲜味，还能代替一部分食盐使用，很多人炒菜、煲汤都少不了味精的参与。 但是最近几年，关于味精的传言有很多，有些人认为味精能够损伤人的大脑，严重的还会导致神经细胞死亡，我们的智商也会逐步降低。所以听信传言的老百姓就改用了鸡精代替味精，认为鸡精中有鸡肉的成分，会比味精更加健康，真的是这样吗？				
Chicken essence and monosodium glutamate, which stir-fried vegetable is more harmful to the body? Nutritionists use data to tell you that MSG is a common seasoning food in life. It can increase the taste of food and replace part of salt. Many people can not but fry vegetables and cook soup with MSG. But in recent years, there have been many rumors about monosodium glutamate. Some people believe that monosodium glutamate can damage the human brain. In serious cases, it can also lead to the death of nerve cells, and our IQ will gradually decrease. So people who listen to rumors have changed to chicken essence instead of monosodium glutamate. They think that chicken essence contains chicken meat, which is healthier than monosodium glutamate. Is that true?				
4. 北京居民蔬果鱼虾奶摄入均不足				
Beijing residents'intake of vegetables, fruits, fish, shrimp and milk is insufficient	来源：中国新闻网	主体：公众	态度：提倡	时间：03:44:23
	Source: China News Network	Subject: public	Attitude: advocate	Time: 03:44:23
根据北京市最新居民膳食营养调查结果，北京地区居民深色蔬菜、水果、鱼虾奶类摄入量均低于推荐量。市卫健委提醒市民，不同年龄段需各有侧重地均衡膳食。 昨日，市卫健委副主任、新闻发言人高小俊介绍，根据北京市最新的居民膳食营养调查显示，北京市居民每人每天平均能量摄入量2236千卡，结合轻体力劳动的耗能推荐量2250千卡，说明本市市民能量摄入较为充足。从居民膳食结构来看，谷薯类食物和蔬菜摄入量基本持平，但深色蔬菜每天消费量仅为78克，低于推荐量150至250克。				
According to the latest dietary nutrition survey results of Beijing residents, the intake of dark vegetables, fruits, fish, shrimp and milk in Beijing was lower than the recommended intake. The Municipal Health Committee reminds the public that different age groups should have their own emphasis on balanced diet. Yesterday, Gao Xiaojun, deputy director and spokesman of the Municipal Health and Health Commission, introduced that according to the latest dietary nutrition survey of Beijing residents, the average daily energy intake of Beijing residents is 2236 kilocalories, and the recommended energy consumption of light physical labor is 2250 kilocalories, indicating that the energy intake of the city's citizens is relatively adequate. According to the dietary structure of residents, the intake of cereals and potatoes and vegetables is basically the same, but the consumption of dark vegetables is only 78 grams per day, which is lower than the recommended amount of 150 to 250 grams.				
5. 5大主要病因令脂肪肝高发3招教你反转				
Five major causes of fatty liver are associated with a high incidence of fatty liver.	来源：新华网山东频道	主体：公众	态度：提倡	时间：18:01:55
	Source: Xinhua Shandong Channel	Subject: public	Attitude: advocate	Time: 18:01:55
很多老人都有脂肪肝的问题。大多数人在体检时发现的脂肪肝多数没有任何症状，属于早期脂肪肝。广州中医药大学第一附属医院脾胃病科陶双友主任医师提醒，在发生纤维化之前的早期脂肪肝，其病变是可以逆转的。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，今天与你聊聊脂肪肝的话题。 何为脂肪肝？据中国新闻网报道，随着身边人群脂肪肝的检出率逐渐增多，人们对它反而不以为然，认为脂肪肝是一种亚健康状态，不是真正疾病，无需治疗。				
Many elderly people have fatty liver problems. Most people found fatty liver during physical examination have no symptoms and belong to early fatty liver. Tao Shuangyou, chief physician of Spleen and Stomach Disease Department, First Affiliated Hospital of Guangzhou University of Traditional Chinese Medicine, reminded us that the pathological changes of early fatty liver before fibrosis could be reversed. People's Health Network launched the column "Healthy" Knowing Early", which collects and collates health knowledge that you usually neglect. Today, we will talk with you about fatty liver. What is fatty liver? According to China News Network, with the detection rate of fatty liver in the people around us increasing gradually, people do not take it seriously. Fatty liver is a sub-health state, not a real disease, and need no treatment.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2018-12-21, 共监测到549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 549 WeChat public articles were monitored in 2018-12-21. This page shows the top five articles by repeat number today.

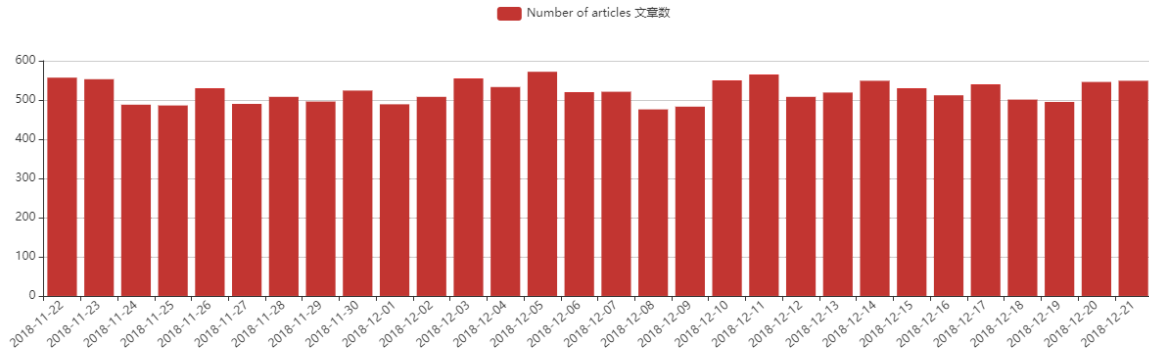
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain url, 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. [十大健康警戒线划出来了, 寿命长短都由它决定! 非常重要!](#)

重复数: 24

日期: 2018-12-21

Repeat Number: 24

Data: 2018-12-21

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克, 这6克, 相当于一个啤酒瓶盖大小。

Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage and accelerates osteoporosis. And if the salt intake is too much, the skin will also deteriorate. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap.

2. [【健康智慧】跟心脏抢寿命、跟骨头抢钙、过量还致癌...就是你天天吃的这个东西](#)

重复数: 3

日期: 2018-12-21

Repeat Number: 3

Data: 2018-12-21

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

多吃一口盐, 伤害遍全身 无盐不成味, 作为“百味之首”, 盐是人人不可或缺的调料。但是一旦过量, 对健康是百害而无一利的。高盐饮食有导致血压升高的作用, 研究发现, 每天食盐摄入每增加0.5克, 中风的风险就增加17%。盐吃多了会引起高血压, 同时还会使血浆胆固醇升高, 促使我们的血管变薄、变脆, 这就是非常可怕的——动脉粥样硬化。

Eat a bite of salt and hurt the whole body. No salt, no taste, as the "first of the hundred flavors", salt is an indispensable spice for everyone. But once it is overdone, it is not good for health. High-salt diets have an effect on blood pressure, and the study found that for every 0.5 grams of salt intake per day, the risk of stroke increases by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and more brittle. This is terrible – atherosclerosis.

3. [【健康】16个健康警戒线全划出来了, 寿命长短由它们决定, 非常重要!](#)

重复数: 3

日期: 2018-12-21

Repeat Number: 3

Data: 2018-12-21

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。建议: 一个啤酒瓶盖装满盐正好是6克的量。零食、酱菜、午餐肉等加工食品少吃。

Excessive salt intake is closely related to hypertension and cardiovascular diseases. It can also aggravate gastric mucosal damage and accelerate osteoporosis. Moreover, excessive salt intake can make skin worse. Whether for health or beauty, salt control is essential. Suggestion: A beer bottle cap is filled with just 6 grams of salt. Eat less snacks, pickles, lunch meat and other processed foods.

4. [高血压预防“十步曲”!](#)

重复数: 3

日期: 2018-12-21

Repeat Number: 3

Data: 2018-12-21

[Ten steps to prevent hypertension!](#)

钠在体内可以吸收许多水分, 盐摄入多了, 体内的水分就会聚集在血管中, 加重心脏和血管负担, 造成血压上升。控制每天食盐量在6克以下, 既能保证人体对钠的需要, 也可减轻心血管负担。

Sodium absorbs a lot of water in the body. When the salt is ingested more, the water in the body will accumulate in the blood vessels, which will increase the burden on the heart and blood vessels, causing the blood pressure to rise. Controlling the daily salt content below 6 grams can not only ensure the body's need for sodium, but also reduce the cardiovascular burden.

5. [淇县黄洞乡初级中学开展“三减三健”健康知识讲座](#)

重复数: 2

日期: 2018-12-21

Repeat Number: 2

Data: 2018-12-21

[Qidong County Huangdong Township Junior High School launched a "three reductions and three health" health knowledge lectures.](#)

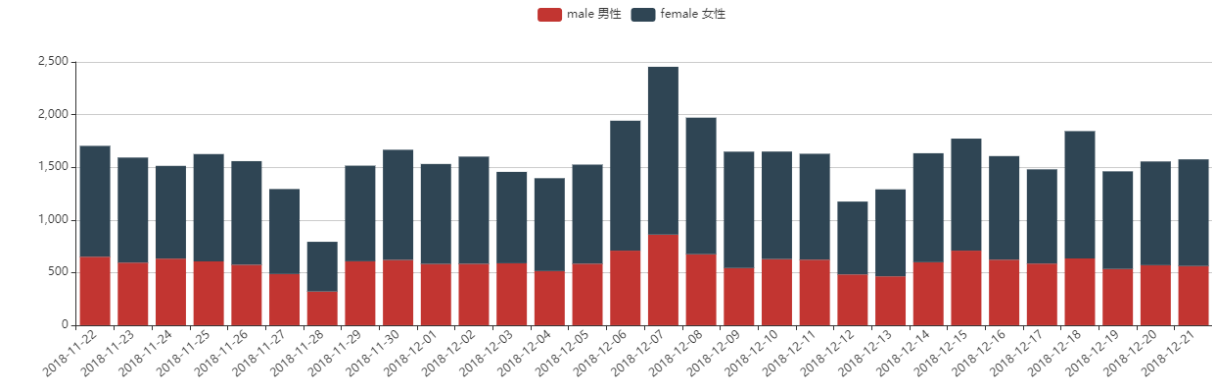
讲座中, 县疾控中心工作人员首先给大家讲解什么是“三减三健”, 所谓的“三减三健”, 即减盐、减油、减糖, 健康口腔、健康体重、健康骨骼。其次从“全民健康生活方式日”设定背景入手, 以“三减+三健”为主要内容, 倡导“每个人是自己健康第一责任人”理念, 重点向大家介绍如何通过“减盐、减油、减糖”达到“健康口腔、健康体重、健康骨骼”的目标。

In the lecture, the staff of the County CDC first explained to everyone what is "three reductions and three health". "Three reductions three health" includes salt reduction, oil reduction, sugar reduction, healthy mouth, healthy weight, and healthy bones. Secondly, starting from the setting background of "National Healthy Lifestyle Day", the main content of "three reductions and three health" is to advocate the concept of "everyone is the first person responsible for their own health". Focus on how to achieve the goal of "healthy mouth, healthy weight, healthy bones" through "salt reduction, oil reduction, and sugar reduction".

减盐-微博

Salt Reduction - Weibo

2018-12-21, 共检测到1575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 1575 weibos about salt reduction monitored on 2018-12-21.
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. 昵称: 健康饮食达人

地区: 浙江

认证: 个人

Nickname: 健康饮食达人

Area: Zhejiang

Identity: Person

时间: 2018-12-21 11:52

来自: 微博weibo.com

转发数: 113

评论数: 18

点赞数: 63

Time: 2018-12-21 11:52

Source: 微博weibo.com

Repost: 113

Comment: 18

Like: 63

高血压都是“吃”出来的高盐，高热量，高胆固醇都是悄悄致命的“杀手” 衡压果液。还高血压一个健康血压看这里了解一下？[O网页链接](#)
High blood pressure is caused by eating habits. High salt, high calories, and high cholesterol are fatal "killers." Balanced fruit juice can lower blood pressure in patients with hypertension. [Learn about it?](#)

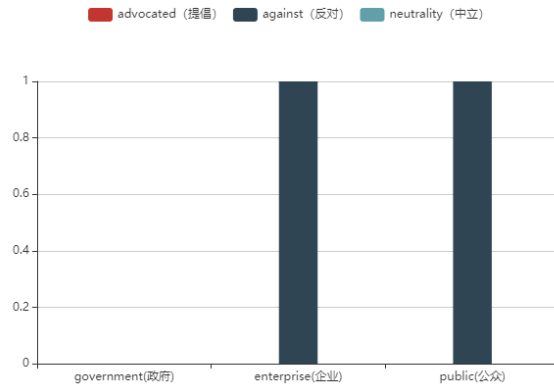
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-21) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-12-21. 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!
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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. 新茶饮店遍地开花猛增七成冲击传统茶业还是饮料? New tea shops are blooming all over the country, increasing by 70% against the traditional tea industry or beverages?				
来源：新华网		主体：公众	态度：反对	时间： 13:44:29
Source: Xinhua net		Subject: public	Attitude: against	Time: 13:44:29
新茶饮市场全面爆发，我国茶饮门店数年增七成。广州日报全媒体记者调查发现，中国茶饮市场在经历了粉末时代、街头时代后，正走向新式茶饮时代。同时，伴随着消费升级的逐步下沉，现制饮品业未来在二三线城市拥有巨大的市场发展空间。 满大街的茶饮店到底有多火爆？在海珠区同福东路，不到200米的临街路段扎堆开了九家新式茶饮店，甚至三家相邻“打擂台”。而附近某小区楼下，一间不到5平方米的柠檬茶店铺已完成装修，下周即将开业。				
New tea drinks market has erupted in an all-round way, with 70% of tea shops in China every few years. A survey by Guangzhou Daily full-media reporters found that after the powder age and the street age, China's tea market is moving towards a new era of tea drinking. At the same time, with the gradual decline of consumption upgrading, the ready-made beverage industry will have huge market development space in the second and third tier cities in the future. How popular are tea shops all over the street? In Haizhu District, Tongfudong Road, less than 200 meters of the street-front section, nine new-style tea shops were piled up, and even three adjacent "Da Rong Tai". And downstairs in a neighborhood, a lemon tea shop less than 5 square meters has been renovated and will open next week.				
2. CREAMY DOLL可米多乳铁蛋白增强宝宝免疫力 CREAMY DOLL Comido Lactoferrin Enhances Baby's Immunity				
来源：TOM		主体：企业	态度：反对	时间： 15:44:35
Source: TOM		Subject: industry	Attitude: against	Time: 15:44:35
CREAMY DOLL可米多乳铁蛋白，增强宝宝免疫力。在宝宝婴幼儿期、儿童期最常见的病症无非是：感冒、咳嗽、支气管炎、肺炎、腹泻、皮疹、鹅口疮、口腔溃疡、疱疹性咽峡炎等。而宝宝生病了，就说明一点，宝宝的抵抗力在下降，容易受到外来病菌的侵害。如何增强宝宝免疫力，是年轻宝爸、宝妈们关注的焦点。 宝宝生病了，医院治疗一般会使用抗生素，抗生素的副作用，又让宝宝、宝妈心忧。如果想让宝宝少生病、少用抗生素，必须要进行一定的身体锻炼，运动会使宝宝的体质增强、抗病能力增强。				
CREAMY DOLL comido lactoferrin, enhance the immunity of the baby. In infant and childhood, the most common symptoms are cold, cough, bronchitis, pneumonia, diarrhea, rash, thrush, oral ulcer, herpetic angina and so on. And when the baby is ill, it shows that the baby's resistance is declining and vulnerable to foreign pathogens. How to enhance the immunity of babies is the focus of attention of young Bao Dad and Bao Mom. Baby is sick, hospital treatment will generally use antibiotics, antibiotic side effects, and let Bao Da, Bao Ma worry. If you want your baby to get sick less and use less antibiotics, you must do some physical exercises. Exercise will enhance the baby's physical fitness and disease resistance.				
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

2018-12-21, 共监测到280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 280 WeChat public articles were monitored in 2018-12-21. This page shows the top five articles by repeat number today.

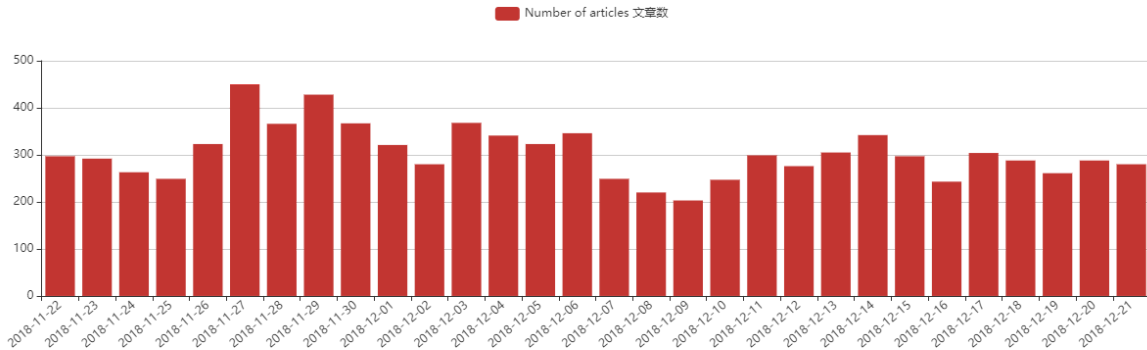
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)
[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#)

重复数: 23
Repeat Number: 23
日期: 2018-12-21
Data: 2018-12-21

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

2. [被奶茶毁掉的女大学生](#)
[The female college student ruined by milk tea](#)

重复数: 13
Repeat Number: 13
日期: 2018-12-21
Data: 2018-12-21

最糟糕的是, 奶精中的氢化植物油, 是一种反式脂肪酸。反式脂肪酸, 被称为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

Worst of all, the hydrogenated vegetable oil in cream is a trans fatty acid. Trans fatty acids, known as "time bombs on the table", are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

3. [脸要穷养, 脚要富养; 心要穷养, 肺要富养.....](#)
[Facial need to be poor, feet need to be rich, heart need to be poor, lung need to be rich...](#)

重复数: 9
Repeat Number: 9
日期: 2018-12-21
Data: 2018-12-21

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

4. [此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里](#)
[It kills 500,000 people every year and has been called out by the WHO to stop using it! It's hidden in the food you eat every day....](#)

重复数: 5
Repeat Number: 5
日期: 2018-12-21
Data: 2018-12-21

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

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

5. [可怕, 原来这些都是高脂肪食物, 居然隐藏这么深! 这些高脂肪的食物多吃容易发胖!](#)
[Terrible, these are all high-fat foods! Eating these high-fat foods is easy to gain weight!](#)

重复数: 3
Repeat Number: 3
日期: 2018-12-21
Data: 2018-12-21

奶油糖更要警惕, 它添加的都不是真的奶油, 而是氢化植物油制成的植物奶油, 其中饱和脂肪占一半左右并可能含有反式脂肪酸, 多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险

Be alert to the creamy sugar. It does not add real cream, but a vegetable cream made from hydrogenated vegetable oil, which accounts for about half of saturated fat and may contain trans fatty acids. Excessive intake of trans fatty acids can increase blood cholesterol, which increases the risk of cardiovascular disease.

反式脂肪酸-微博

Transfat - Weibo

2018-12-21, 共检测到86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。

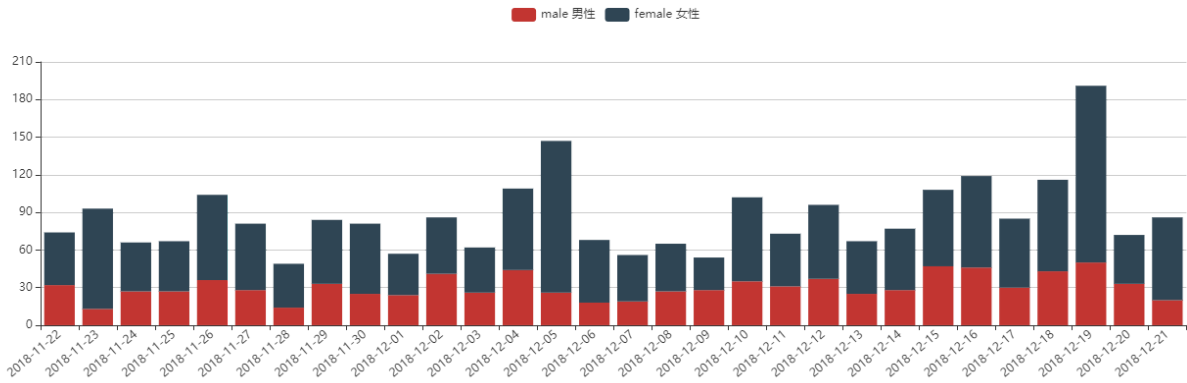
There are 86 weibos about transfat reduction monitored on 2018-12-21.

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!