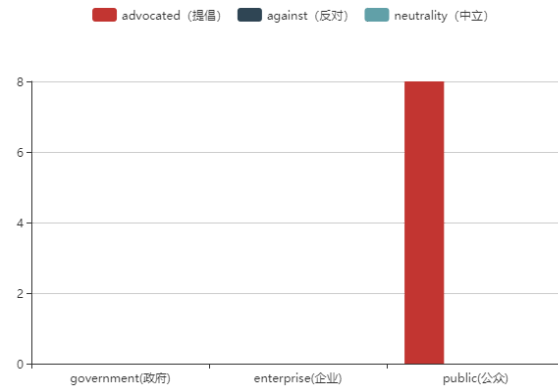


减盐-新闻 Salt Reduction - News

今日 (2018-12-09) 共监测到8条资讯。请点击标题查看原文。

There are 8 articles monitored today 2018-12-09. 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

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 Hypertension

没有相关文章!

No such articles!

心血管健康 Cardiovascular health

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综合健康信息 Comprehensive Health Information

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!

安徽
Anhui

食物中的钠 Sodium in food				
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No such articles!				
高血压 Hypertension				
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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. 家庭医生今后能给你开运动处方 Family doctors can prescribe exercise for you in the future		来源：合肥在线 Source: Hefei Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate
				时间：08:42:27 Time: 08:42:27

近日，《合肥市全民健康生活方式行动实施方案（2018~2025年）》正式印发。今后，合肥市将开展家庭医生开具运动处方工作试点。到2020年，全市居民健康素养水平达到20%，2025年达到25%，形成全社会共同行动，推广践行健康生活方式的良好氛围。推行公共体育设施免费或低收费开放 此次《方案》提出，体育部门要健全群众身边的体育健身组织，建设群众身边的体育健身设施，逐步推进城市社区10分钟健身圈建设，推行公共体育设施免费或低收费开放，丰富群众身边的体育健身活动，支持群众身边的体育赛事，每年举办一届全民健身运动会。

Recently, Hefei National Health Lifestyle Action Implementation Plan (2018-2025) was officially issued. In the future, Hefei City will carry out the pilot work of family doctors prescribing sports. By 2020, the city's residents' health literacy level will reach 20% and 25% by 2025, forming a good atmosphere for the whole society to take joint action to promote and practice healthy lifestyle. Putting public sports facilities open for free or low fees, the "program" proposed that sports departments should improve the sports fitness organizations around the masses, build sports fitness facilities around the masses, gradually promote the construction of 10-minute fitness circle in urban communities, promote free or low-fee opening of public sports facilities, and enrich the people around them. Sports fitness activities, support the sports events around the masses, hold a national fitness meeting every year.

决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

浙江
Zhejiang

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
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其他省份
Other Provinces

Sodium in food

1. 酱油会致癌是真的吗？好酱油怎么选？在这里教你安心“打酱油”

来源：搜狐

主体：公众

态度：提倡

时间：15:16:23

Is it true that soy sauce can cause cancer? How to choose good soy sauce? Teach you how to make soy sauce safely.

Source: Sohu

Subject: public

Attitude: advocate

Time: 15:16:23

酱油会致癌是真的吗？好酱油怎么选？在这里教你安心“打酱油”

酱油几乎是家家厨房都少不了的调味品，没有酱油，不少美味会黯然失色。不过，提到酱油，很多人也有不少疑问？酱油品种那么多，怎么选？听说酱油会致癌，是真的吗？听食妹给你讲一讲吧。酱油怎么选？生抽、老抽选哪个？下过厨房的人都会知道，生抽多用来调味，老抽用来在红烧时提色。与生抽相比，老抽的配料表上多了“焦糖色”。在焦糖色的帮助下，老抽能够让菜品染上红亮的酱色。同时，一般情况下生抽会比老抽滋味更浓厚鲜美一些。

Is it true that soy sauce can cause cancer? How to choose good soy sauce? Here you can be assured that "playing soy sauce" soy sauce is almost indispensable condiment in the kitchen. Without soy sauce, many delicacies will be discolored. However, when it comes to soy sauce, many people have a lot of questions. So many varieties of soy sauce, how to choose? I heard that soy sauce can cause cancer. Is that true? Listen to my sister tell you something. How to choose soy sauce? Which is the raw or the old one? Anyone who has ever been to the kitchen knows that raw sauce is mostly used for seasoning, and old sauce is used for color enhancement in red-roasting. Compared with raw soybean sauce, old soybean sauce has more Caramel colour on its ingredient list. With the help of caramel color, Laozhou can make the dishes red and bright. At the same time, in general, raw smoke will taste more intense and delicious than old smoke.

2. 营养品哪些是噱头哪些真有用？专家解读来了

来源：北方网

主体：公众

态度：提倡

时间：12:43:02

Which nutrients are gimmicks and which are really useful? Experts read it.

Source: North net

Subject: public

Attitude: advocate

Time: 12:43:02

蛋白粉、葡萄籽胶囊、有机食品、高钙奶、鱼油、海参、解酒药、酵素、儿童酱油、养胃饼干、初产蛋、黑糖、黑枸杞.....这些东西完全没用吗？也不是！儿童酱油：不适合儿童，儿童酱油瓶子小，卖得比普通酱油贵，但和普通酱油的配料和营养成分都几乎一样。并不是说它会有害，只是说它并不是更适合儿童的产品，钠并不更低，营养价值未必更高，也没有相关标准，直接买普通优质酱油就好。关于吃酱油，一岁以内的宝宝不要吃酱油，两三岁的宝宝也要严格控制食物的咸度，不管是不是儿童酱油都要限量。

Protein powder, grape seed capsule, organic food, high calcium milk, fish oil, sea cucumber, antialcoholic drugs, enzymes, children's soy sauce, stomach biscuits, primipara eggs, black sugar, black wolfberry... Are these things totally useless? Not at all! Children's soy sauce: Not suitable for children. Children's soy sauce bottles are small and sell more expensive than ordinary soy sauce, but the ingredients and nutrients are almost the same as ordinary soy sauce. Not that it will be harmful, but that it is not more suitable for children's products, sodium is not lower, nutritional value is not necessarily higher, there is no relevant standard, just buy ordinary high-quality soy sauce. As for soy sauce, babies under one year of age should not eat soy sauce, and babies under two or three years of age should strictly control the saltiness of food, regardless of whether they are children's soy sauce or not.

高血压

Hypertension

1. 年纪轻轻血压不低？这3个爱好就是血压升高“开关”

来源：东方财富网

主体：公众

态度：提倡

时间：12:18:15

Is blood pressure low at a young age? These three hobbies are the "switch" of elevated blood pressure.

Source: Oriental Fortune net

Subject: public

Attitude: advocate

Time: 12:18:15

年纪轻轻血压不低？这3个爱好 就是血压升高“开关”

在普遍的认识中，高血压似乎是老年人的专利，与年轻人没有太大的关系，其实不然。今天，高血压作为一种常见且多发的心血管病，已经越来越趋向年轻化，年轻人因为日常生活中的不良习惯导致自己成为高血压大军的一员，严重的甚至还有可能会引起中风、心脏病、血管瘤、肾衰竭等疾病。那么，是什么原因导致高血压年轻化呢？又应该要怎么预防呢？高血压年轻化有根源 专家发现，高血压呈年轻化趋势与年轻人的饮食结构不合理、压力过大、不良的生活习惯都不无关系。

Is blood pressure low at a young age? These three hobbies are the "switch" of elevated blood pressure. In general, hypertension seems to be the patent of the elderly, and has little to do with young people, but in fact it is not. Today, hypertension, as a common and frequently occurring cardiovascular disease, is becoming younger and younger. Because of bad habits in daily life, young people become a member of the army of hypertension. Serious diseases may even cause stroke, heart disease, hemangioma, kidney failure and other diseases. So, what causes hypertension to become younger? How should we prevent it? Experts have found that the younger trend of hypertension is closely related to young people's unreasonable dietary structure, excessive stress and bad living habits.

2. 南瓜对孕妇有什么好处

来源：TOM

主体：公众

态度：提倡

时间：17:34:27

What are the benefits of pumpkins for pregnant women

Source: TOM

Subject: public

Attitude: advocate

Time: 17:34:27

南瓜这种食材是很多见的，老少皆宜的，这种食物当中是含有相当多的营养物质，这对于正在怀孕期间的孕妇们来说都是会有一些好处的，最常见的就是可以预防疾病的产生，而且还会对自己腹中胎儿的成长发育都达到一些帮助的效果，毕竟南瓜当中是包含有相当丰富的蛋白质和维生素的。 营养价值，补中益气，降血脂，降血糖，清热解毒，保护胃粘膜、帮助消化。适用于脾虚弱、营养不良、肺痈、水火烫伤。

Pumpkin is a very common food for all ages. It contains a lot of nutrients. It is good for pregnant women during pregnancy. The most common thing is that it can prevent diseases and help the growth and development of the fetus in their abdomen. After all, pumpkins are rich in protein and vitamins. Nutritional value, nourishing mid-qi, lowering blood lipid, lowering blood sugar, clearing heat and detoxifying, protecting gastric mucosa and helping digestion. It is suitable for spleen weakness, malnutrition, lung carbuncle and scald.

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. 少油少盐身体好！会这6个妙招，做菜美味又营养！

来源：搜狐

主体：公众

态度：提倡

时间：08:35:57

Good health with less oil and salt! Will these six wonderful tricks, delicious and nutritious cooking!

Source: Sohu

Subject: public

Attitude: advocate

Time: 08:35:57

少油少盐身体好！会这6个妙招，做菜美味又营养！

盐被称为“百味之首”，谁想夸夸自己人生经验足，都得来一句“我吃的盐比你吃的饭还多”。当然了，也可能是因为他口重，咱们都知道，吃盐太多 可能导致高血压、肥胖、骨质疏松等一系列健康问题。想打好健康基础，采取低盐饮食是关键！不影响美味的低盐烹调法，低盐饮食就等于寡淡无味？其实未必，下面这些烹饪方法，可以让我们的菜肴美味又少盐！

Good health with less oil and salt! Will these six wonderful tricks, delicious and nutritious cooking! Salt is called "the first of all tastes". Anyone who wants to boast of his experience in life has to say, "I eat more salt than you eat". Of course, it may also be because of his heavy mouth. As we all know, eating too much salt can lead to a series of health problems such as hypertension, obesity, osteoporosis and so on. If you want to lay a good foundation for health, low salt diet is the key! Without affecting the delicious low-salt cooking method, a low-salt diet is tantamount to insipidity? In fact, not necessarily, the following cooking methods can make our dishes delicious and less salt!

2. “盐”多必失！当心宝宝小零食里的“隐形盐”

来源：新浪网

主体：公众

态度：提倡

时间：08:36:11

"Salt" is always lost! Beware of "invisible salt" in baby snacks

Source: Sina network

Subject: public

Attitude: advocate

Time: 08:36:11

最近，郭女士有件烦心事：女儿娜娜自从开始添加辅食后，家人总说辅食里需要加盐，不然不吃盐宝宝会没劲、以后走路不稳，还说“馒头蘸菜汤，营养又健康”。但郭女士咨询了一些有经验的宝妈后，发现大家对辅食是否应该添加食盐说法不一，她看娜娜精神状态不错就没加盐，但家人又说不能加盐，那就吃点酱油，带点咸味宝宝爱吃，否则会影响身体发育..... 盐过量会加重宝宝肾脏负担那么，宝宝添加辅食时要不要加盐？到底有没有危害？什么时候开始可以吃盐？不同年龄阶层的孩子吃盐量有什么区别？如何判断宝宝摄入的盐量是否足够呢？

Recently, Ms. Guo had a worry: since her daughter Nana began to add supplementary food, the family always said that supplementary food needed salt, otherwise the baby would be weak without salt, and later walk unsteadily, and said that "steamed bread dipped in vegetable soup, nutrition and health". But after consulting some experienced Baoma, Ms. Guo found that there were different opinions about whether supplementary food should be added salt. She saw Nana's mental state was good and did not add salt, but her family said that no salt, then eat soy sauce, with a little salty baby like to eat, otherwise it would affect physical development.... Excessive salt will increase the burden of the baby's kidneys. So, do you want to add salt when baby adds supplementary food? Is there any harm? When can salt be eaten? What is the difference in salt consumption among children of different age groups? How to judge whether the baby's salt intake is enough?

3. “癌症”最喜欢的3种食物，很多人却天天吃！

来源：汉丰网

主体：公众

态度：提倡

时间：18:15:29

"Cancer" favorite three foods, many people eat every day!

Source: Hanfeng network

Subject: public

Attitude: advocate

Time: 18:15:29

“癌症”最喜欢的3种食物，很多人却天天吃！

每天吃进身体的食物，需要经过胃来消化。胃如果不好，吃东西的享受，就会变成一种折磨。平时一些不好的生活习惯，作息不规律也会诱发癌症。想要不得胃癌，我们首先要了解胃癌的诱因。胃主管消化食物，不健康的食物会影响胃部即可，所以说，胃癌可能是“吃”出来的，一点也不夸张！那么，什么食物需要格外注意呢？这些食物不健康，最好少吃！

"Cancer" favorite three foods, many people eat every day! Eating body food every day requires digestion through the stomach. If the stomach is not good, the enjoyment of eating will become a kind of torture. Usually some bad habits, irregular work and rest can also cause cancer. If we want to avoid gastric cancer, we must first understand the causes of gastric cancer. The stomach is in charge of digesting food. Unhealthy food can affect the stomach, so it is not exaggerated to say that stomach cancer may be "eaten". So, what food needs special attention? These foods are not healthy, you'd better eat less!

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2018-12-09, 共监测到482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 482 WeChat public articles were monitored in 2018-12-09. This page shows the top five articles by repeat number today.

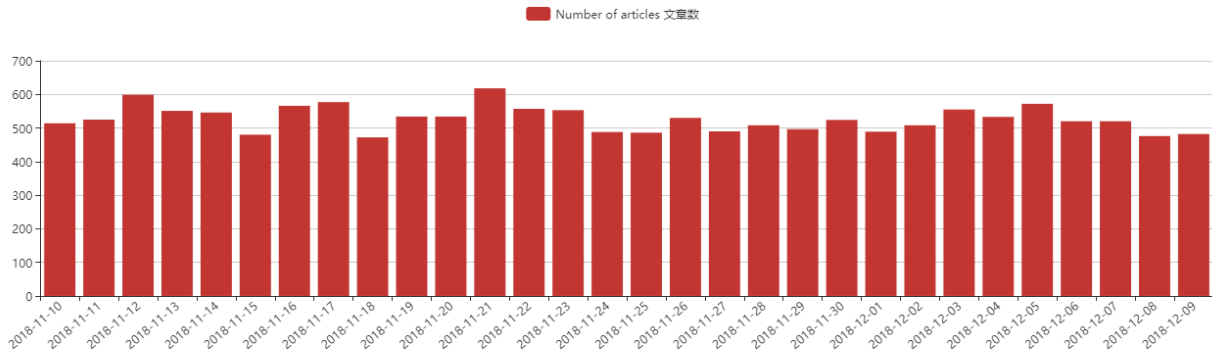
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [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: 8

日期: 2018-12-09

[Ten health warning lines have been drawn out, and the length of life depends on it! Very important!](#)

Repeat Number: 8

Data: 2018-12-09

吃盐警戒值 6克 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。

The salt warning value is 6 grams. 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 for Chinese Residents (2016) issued by the National Health and Family Planning Committee recommends that adults not eat more than 6 grams of salt a day. This 6 grams is equivalent to the capacity of a beer cap.

2. [央视发出警告: 别吃得太清淡, 好多人出问题了!](#)

重复数: 6

日期: 2018-12-09

[CCTV issued a warning: Don't eat too light, many people have problems with their bodies!](#)

Repeat Number: 6

Data: 2018-12-09

饮食过咸则容易引发骨质疏松、高血压, 长期饮食过咸还可导致中风和心脏病。而腌制食品不仅含盐量高, 还含有大量的亚硝酸盐, 它和黄曲霉素、苯丙芘是世界上公认的三大致癌物质。参考《中国居民膳食指南》, 每人每天食盐不超过6克。高血压患者或有高血压病家族史的人, 每天食盐的摄取量要在4克以内。不超过20克(两瓷汤勺), 烹调应该以植物油为主, 尽量少吃或不吃动物油。

Eating too salty can cause osteoporosis and high blood pressure. A long-term diet that is too salty can also cause stroke and heart disease. The preserved food not only contains a high amount of salt, but also contains a large amount of nitrite. It is a recognized three major cancerous substances in the world with aflatoxin and phenylpropanoid. Refer to the "Chinese Dietary Guidelines", the salt per person per day does not exceed 6 grams. Hypertensive patients or people with a family history of hypertension should limit their intake of salt to less than 4 grams per day. Vegetable oil should be used during cooking. Eat less or not eat animal oil.

3. [盐是百病之源, 营养师说: 晚上频繁出现3种情况, 说明你盐吃多了](#)

重复数: 6

日期: 2018-12-09

[Salt is the source of all diseases. Nutritionists say that there are three kinds of frequent occurrences in the evening, which means that you eat too much salt.](#)

Repeat Number: 6

Data: 2018-12-09

盐是百味之首, 在人们最早的时候, 就已经对盐实行了把控。即便它是每天都必放的调味料, 缺谁都不能缺它。但它除了有百味之首的称号, 还有着“百病之源”的说法。因此, 每个国家都对食盐有严格限制的要求, 在中国营养学会中建议我们: 每天不能吃得过多, 每个人要限制在6g以下, 如果是一个家庭为单位, 那么根据人头来算, 3个人的话, 在日常食用就别超过18g。

Salt is the first of all tastes. At the earliest time, people had already controlled the salt. It is a seasoning that must be used every day when cooking. However, in addition to the title of the first of the hundred flavors, there is also the saying that "the source of all diseases". Therefore, each country has strict restrictions on salt. In the Chinese Nutrition Society, we recommend that we should not eat too much salt every day and each person should be limited to 6g or less; if it is a family unit, 3 people should not exceed 18g in daily consumption.

4. [招来糖尿病的一个坏习惯, 很多人天天在重复](#)

重复数: 5

日期: 2018-12-09

[A bad habit that causes diabetes is repeated by many people every day.](#)

Repeat Number: 5

Data: 2018-12-09

除了少吃甜的, 也要记住, 少吃过咸的食物。每天吃盐不超过 6 克 多吃盐不好, 那么每天应该吃多少盐? 健康成人每人每天吃盐不应该超过 6 克——就是普通啤酒瓶盖去胶垫后, 平平一瓶盖的量。超过这个量, 盐就算吃多了。如果年龄已经超过 65 岁或已经确诊高血压, 每天最好不要超过 5 克。

In addition to eating less sweet food, remember to eat less salty food. Eat no more than 6 grams of salt a day. So how much salt should we eat every day? Healthy adults should not eat more than 6 grams of salt per person per day - the capacity of a regular beer bottle cap. If this amount is exceeded, it means that the salt is eaten more. If you are over 65 years old or have already diagnosed high blood pressure, it is best not to exceed 5 grams per day.

5. [为何日本人寿命全球最长? 因为他们有10大法则, 我们真该学学!](#)

重复数: 5

日期: 2018-12-09

[Why do Japanese live the longest in the world? Because they have 10 rules and we really should learn them!](#)

Repeat Number: 5

Data: 2018-12-09

日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。

The Japanese eat very little salt, and the daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear, and it can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet.

减盐-微博

Salt Reduction - Weibo

2018-12-09, 共检测到1648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。

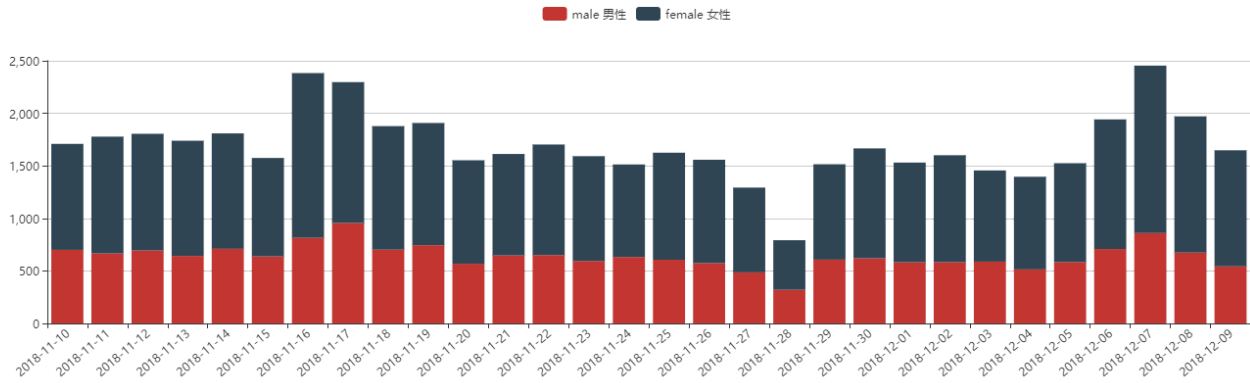
There are 1648 weibos about salt reduction monitored on 2018-12-09.

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!

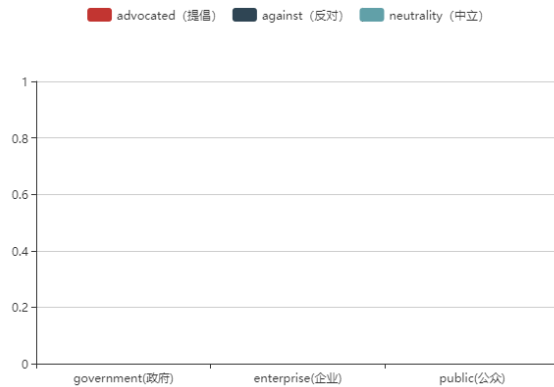
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-09) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-12-09. 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

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!

反式脂肪酸-微信 Transfat - WeChat

2018-12-09, 共监测到203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 203 WeChat public articles were monitored in 2018-12-09. 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. [【lbaby】这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!](#)

重复数: 6

日期: 2018-12-09

[These 6 kinds of milk can not be given to children, and the second kind you may buy every day!](#)

Repeat Number: 6

Data: 2018-12-09

大部分奶片, 其实是垃圾食品 很多宝宝都喜欢奶香浓郁的奶片, 妈妈们也都觉得奶片是“固体的牛奶”, 不止奶片, 还有一些奶酪片、酸奶干、牛奶球等。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, 不仅不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。

Most milk tablets are actually junk food. Many babies like to eat milk tablet. Mothers also think that the milk piece is "solid milk." Not only milk tablets, but also some cheese slices, dried yogurt, milk balls, etc. 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.

2. [八种食物是“催老剂”, 点进来, 看看你一天吃几种~](#)

重复数: 4

日期: 2018-12-09

[Eight kinds of food are "ageing agents". Come in and see how many kinds of food you eat every day.](#)

Repeat Number: 4

Data: 2018-12-09

油炸食物食品的原料不安全, 可能存在过期、添加膨松剂、含铝超标等。铝超标容易引起软骨症、骨质疏松、影响智力发育。另外, 人造黄油危害不亚于油炸食品, 其中的反式脂肪影响人体内水的合成利用, 引起皮肤失水和皱纹出现, 加速衰老。

The raw materials of fried food are unsafe. There may be expiration, addition of bulking agent, excessive aluminium content and so on. Excessive aluminium can easily cause cartilage disease, osteoporosis and affect intellectual development. In addition, margarine is no less harmful than fried food. Trans fats affect the synthesis and utilization of water in human body, causing skin dehydration and wrinkles, and accelerating aging.

3. [7种零食已被儿科医生列入“黑名单”, 家长最好一口也别给孩子吃!](#)

重复数: 2

日期: 2018-12-09

[Seven kinds of snacks have been blacklisted by pediatricians. Parents should not let their children to eat !](#)

Repeat Number: 2

Data: 2018-12-09

不要反式脂肪 反式脂肪, 很难被代谢出体外, 当数字大于0的时候, 就不要给孩子购买了。如果你想偷个懒, 可以直接拿着图片, 选购这些 它们基本都是天然的来源, 含糖少、含盐少、低脂肪, 没有杂七杂八的添加剂, 可以放心吃。

Do not trans fat. Trans fats are difficult to metabolize out of the body. When the trans fat content of the food is greater than 0, do not buy it for your child. If you are lazy, you can take the picture directly and buy these foods. They are all natural and contain less sugar, less salt, low fat, no additives, and can be safely eaten.

4. [健身期间怎样吃火锅, 才能最大程度不长胖?](#)

重复数: 2

日期: 2018-12-09

[How can I not gain weight when eating hot pot during fitness?](#)

Repeat Number: 2

Data: 2018-12-09

深海鱼油中EPA和DHA能健脑益智, 保护心血管。减少食用油炸食品、加工食品。这类食物中含有反式脂肪酸, 无法被人体吸收, 甚至会阻止身体使用健康的不饱和脂肪酸。如: 精制的植物油、人造黄油、油炸膨化食品等。脂肪的摄入量 脂肪的摄入量应占总热量的20%~35%, 其中饱和脂肪应少于10%。一般健身者每天每公斤体重摄入0.5~1g的脂肪。

EPA and DHA in deep-sea fish oil can brain and protect the cardiovascular. Reduce consumption of fried foods and processed foods. These foods contain trans fatty acids that are not absorbed by the body and may even prevent the body from using healthy unsaturated fatty acids. Such as: refined vegetable oil, margarine, fried puffed food, etc. Fat intake should account for 20% to 35% of total calories, of which saturated fat should be less than 10%. Fitness workers consume 0.5 to 1 g of fat per kilogram of body weight per day.

5. [脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好](#)

重复数: 2

日期: 2018-12-09

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

Repeat Number: 2

Data: 2018-12-09

心脏的一大杀手是反式脂肪酸, 尤其是人造的油炸食物、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. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

反式脂肪酸-微博 Transfat - Weibo

2018-12-09, 共检测到54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。

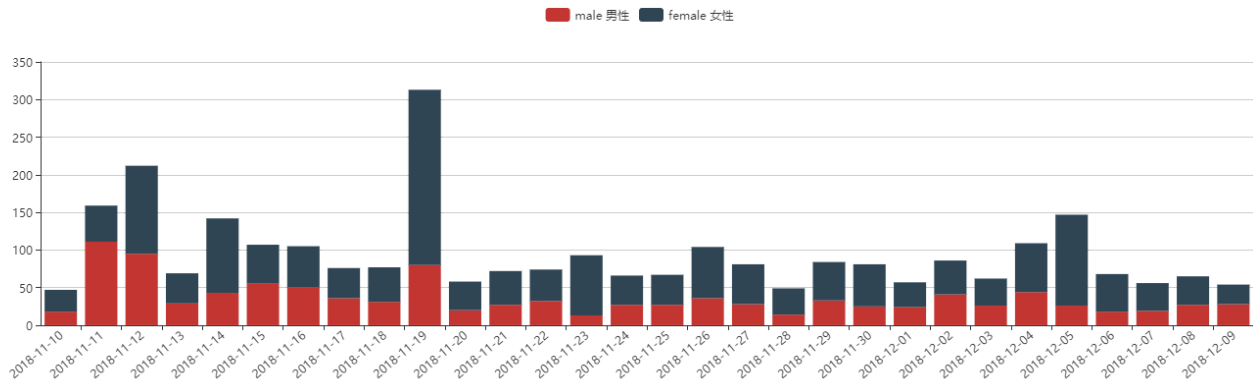
There are 54 weibos about transfat reduction monitored on 2018-12-09.

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.

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热门微博 Hot Weibos

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