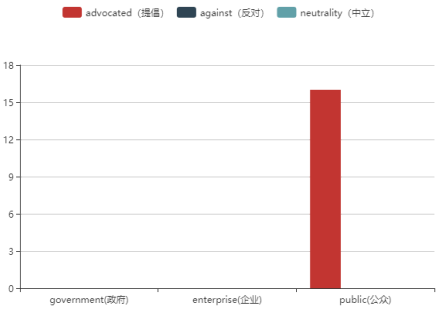


减盐-新闻

Salt Reduction - News

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浙江
Zhejiang

食物中的钠 Sodium in food				
1. 你真的会选购面包吗？符合这几个要求才更健康 Do you really buy bread? To meet these requirements is healthier	来源：中国宁波网 来源：中国宁波网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:24:36 Time: 10:24:36
你真的会选购面包吗？符合这几个要求才更健康 随着现代人健康意识的提升和生活节奏的加快，面包作为老少皆宜的食品，成为了很多家庭常备的食物。市场上的面包种类越来越多，这让很多人在选购面包时犯了难—商场里的面包看起来都很诱人，却不知道选择哪种更健康。那么，在选购面包时到底怎么选才更健康呢？有哪些方面需要注意呢？第一，选购手感较“硬”的面包。从热量上看，越硬的面包热量越低。				
Do you really buy bread? With the improvement of modern people's health consciousness and the acceleration of life rhythm, bread, as a suitable food for all ages, has become a common food for many families. There are more and more kinds of bread on the market, which makes it difficult for many people to choose bread - the bread in the mall looks attractive, but they don't know which is healthier. So, when choosing bread, how on earth can you choose healthier bread? What aspects should we pay attention to? First, choose bread that feels harder. In terms of calories, the harder the bread, the lower the calories.				

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Other Provinces

食物中的钠 Sodium in food				
1. 糖尿病人不吃3物，不犯4忌，血糖才能“稳如泰山” Diabetics do not eat three things, do not commit four taboos, blood sugar can be "stable as Mount Tai"	来源：搜狐 来源：搜狐	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：12:39:53 Time: 12:39:53
糖尿病人不吃3物，不犯4忌，血糖才能“稳如泰山”。糖尿病是现在很高发的一个疾病，因为现代人多数的生活习惯都不太健康。在患上糖尿病之后，需要去了解糖尿病患者的一些饮食禁忌。这些食物升糖快你知道吗？1、葡萄。大家似乎都觉得西瓜是水果内含有糖分最多的，但是其实这个说法是不太准确的。西瓜虽然很甜，但是含有最多的却是水分。而葡萄内所含有的糖分却是明显高于西瓜的，葡萄内所含有的多数是葡萄糖和蔗糖。这两个物质对于糖尿病患者控制血糖是很不利的，不建议糖尿病患者吃。				
Diabetic people do not eat 3 things, do not commit 4 taboos, blood sugar can be "stable as Mount Tai". Diabetes mellitus is a very high incidence of disease, because most of the living habits of modern people are not very healthy. After suffering from diabetes, we need to understand some dietary taboos of diabetic patients. Do you know that these foods are sugary fast? 1, grapes. Everyone seems to think that watermelon contains the most sugar in fruit, but in fact this statement is not very accurate. Watermelon is sweet, but it contains most water. However, the sugar content in grape is significantly higher than that in watermelon, and most of the sugar content in grape is glucose and sucrose. These two substances are very harmful for diabetic patients to control their blood sugar. It is not recommended for diabetic patients to take them.				

高血压 Hypertension				
1. 能降血压的好食物 Good food for lowering blood pressure	来源：人民网 来源：人民网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:28:14 Time: 09:28:14
药物、饮食或生活方式的改变有助降低血压及其相关疾病的风险。除此之外，研究表明，某些食物也可起到降血压的作用。1.浆果。蓝莓和草莓含有抗氧化花青素。研究发现，摄入花青素多的人，高血压风险降低8%。不妨把浆果当零食或饭后甜点，也可加入冰沙或燕麦中。2.香蕉。香蕉含大量钾元素，有助控制血压。美国心脏协会建议，成年人每天应摄入4700毫克钾。富含钾的食物还有牛油果、哈密瓜、比目鱼、蘑菇、土豆、西红柿、金枪鱼、枣、深绿色蔬菜等，但肾病患者应寻求医生指导后食用。3.开心果。开心果、杏仁都有助降高血压，无盐的坚果更健康。				
Changes in medication, diet or lifestyle can help reduce the risk of blood pressure and related diseases. In addition, studies have shown that certain foods can also play a role in lowering blood pressure. 1. berries. Blueberries and strawberries contain antioxidant anthocyanins. The study found that people who consumed more anthocyanins had an 8% lower risk of hypertension. Berries can be served as snacks or desserts, as well as ice sand or oats. 2. bananas. Bananas contain a lot of potassium, which helps control blood pressure. The American Heart Association recommends that adults take 4700 mg of potassium a day. Potassium-rich foods include avocado, Hami melon, halibut, mushrooms, potatoes, tomatoes, tuna, dates, dark green vegetables and so on, but nephropathy patients should seek medical guidance before eating. 3. pistachio. Pistachios and almonds all help lower blood pressure, and salt-free nuts are healthier.				
2. 盐一旦吃多，疾病就会“不清自来”！不当回事 Once salt is eaten too much, diseases will come unasked! It can't be untrue.	来源：手机网易网 来源：手机网易网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：06:58:13 Time: 06:58:13
对于“一天该吃多少盐”这个问题，小编猜测吃了大半辈子的盐的人，也说不出个准确答案。其实，一个中等体重的成年人，建议是在3~5克。具体来说，就是少于一个啤酒瓶盖的量。为啥要控制盐的摄入量呢？因为盐吃多了会导致血压增高，引发心血管疾病。为啥盐吃多了，血压会增高？大家可能不知道，我们人体摄入的食盐中的钠，通常会随着尿、粪、汗液等排出体内，其中尿独占90%左右。而一旦盐吃多了，通过尿排出的钠必然也会增多。				

For the question of "how much salt should we eat in a day", Xiaobian guessed that people who had eaten salt for most of their lives could not give an accurate answer. In fact, for a medium-weight adult, the recommendation is 3 to 5 grams. Specifically, less than one beer bottle cap. Why control salt intake? Because eating too much salt can lead to increased blood pressure and cardiovascular disease. Why does blood pressure rise when you eat too much salt? You may not know that sodium in the salt intake of our human body is usually excreted with urine, feces, sweat and so on, of which urine accounts for about 90%. Once salt is eaten too much, the amount of sodium excreted through urine is bound to increase.				
3. 外卖仅有卫生隐患？专家告诉你为什么要少吃外卖 Is takeaway only a health hazard? Experts tell you why you should eat less takeout	来源：中国新闻网 来源：中国新闻网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：21:29:05 Time: 21:29:05
饿了点份外卖，是不少都市白领习以为常的生活状态，外卖频爆卫生问题也大家挥之不去的阴霾。但是，常吃外卖的学生、白领们，面对的问题只有卫生问题么？11月28日，中国医学科学院阜外心血管病医院主任医师敖虎山在中国新闻社开展的健康讲座上提到了长期吃外卖的其他“风险”。外卖中的一个因素，因为盐是高血压的最重要的因素，过度的盐进去以后导致高血压，这是一个因素，第二个高油，这个油进去以后会引起甘油三酯高，会引起高脂血症，高脂血症沉着到血管壁上以后引起血管狭窄，动脉硬化，这就是冠心病、脑梗、身梗、心梗等等的罪魁祸首。				
Hungry take-out is the usual living condition of many urban white-collar workers, and the frequent explosion of takeout hygiene problems are also lingering haze. However, students and white-collar workers who often eat takeaway food face only health problems. On November 28, Ao Hushan, chief physician of Fuwai Cardiovascular Hospital, Chinese Academy of Medical Sciences, mentioned other "risks" of long-term takeout in a health lecture conducted by China News Agency. Salt is one of the most important factors in takeaway, because salt is the most important factor in hypertension. Excessive salt will lead to hypertension. This is one factor. The second one is high oil. This oil will cause high triglyceride and hyperlipidemia, which will lead to stenosis and atherosclerosis when hyperlipidemia settles on the wall of blood vessels. This is the culprit of coronary heart disease, cerebral infarction, physical infarction, myocardial infarction and so on.				

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1. 桂林为在校大学生搭建“营养膳食”平台 Guilin builds a platform of "nutritious diet" for College Students	来源：中青网	主体：公众	态度：提倡	时间：08:06:51
	来源：中青网	Subject: public	Attitude: advocate	Time: 08:06:51
近日，共青团广西桂林医学院委员会、共青团桂林旅游学院委员会，联合桂林市营养学会、南宁肯德基有限公司，共同为在校大学生搭建“营养膳食、食品安全社会共建”的平台，通过开展相关活动，倡导大学生走出宿舍、离开网络、放下手机，通过运动以及均衡膳食的生活习惯，不断提高身体素质，为“健康中国”助力。11月15日、19日，两场别开生面的“吃动平衡 健康PARTNER大挑战”营养膳食大讲堂，分别在桂林医学院、桂林旅游学院举行。				
Recently, the Communist Youth League of Guangxi Guilin City Committee, the Communist Youth League Guilin Medical College Committee, the Communist Youth League Guilin Tourism College Committee, in conjunction with Guilin Nutrition Society and Nanning KFC Co., Ltd., jointly built a platform for college students to build a "nutritional diet, food safety society" through related activities, and advocated Guiding college students out of dormitories, leaving the Internet, putting down mobile phones, through sports and balanced diet habits, constantly improve their physical fitness, to help "healthy China". On November 15th and 19th, two special nutritional diet halls of "PARTNER Challenge of Eating, Moving and Balanced Health" were held in Guilin Medical College and Guilin Tourism College respectively.				
2. 健康饮食有助防控哮喘 Healthy diet helps prevent and control asthma	来源：人民网	主体：公众	态度：提倡	时间：09:07:21
	来源：人民网	Subject: public	Attitude: advocate	Time: 09:07:21
哮喘是一种常见的慢性气道炎症，严重影响患者生活质量。新一期《欧洲呼吸学杂志》刊载的一项研究表明，坚持健康饮食有助预防哮喘、缓解症状，并更好地控制病情。法国巴黎第十三大学等机构研究人员通过调查问卷的形式，收集了约3.5万名法国成年人的哮喘和饮食等方面的健康数据。其中，研究人员通过哮喘症状评分来考察被调查者的哮喘患病情况，通过“哮喘控制测试”（ACT）来考察哮喘病情控制情况。				
Asthma is a common chronic airway inflammation, which seriously affects the quality of life of patients. A study published in the new issue of the European Journal of Respiratory Sciences shows that sticking to a healthy diet helps prevent asthma, relieve symptoms and better control the condition. Researchers from the 13th University of Paris and other institutions collected health data on asthma and diet of about 35,000 French adults through questionnaires. Among them, the researchers used asthma symptom score to examine the prevalence of asthma in the respondents, and the "Asthma Control Test" (ACT) to examine the control of asthma.				
3. 几条炒菜经验让你避开健康隐患 Several Fried Vegetables Experiences Avoid Potential Health Hazards	来源：华龙网	主体：公众	态度：提倡	时间：06:23:19
	来源：华龙网	Subject: public	Attitude: advocate	Time: 06:23:19
我们常常都会因为担心外卖不够营养、外面的餐馆卫生不够好，而选择在家里自己煮一些家常菜，既卫生又营养。但是，事实上，如果自己在家中炒菜的方式不正确，很可能日积月累吃坏身体！肺癌、食管癌、肠癌以及高血压、高血脂等慢病，都与不健康的炒菜方式有关。改变一个烹饪方式，也许就能远离疾病。1、热锅冷油更健康 倒油，点火，当油开始冒烟，放入葱姜蒜爆锅——相信这是不少人做菜要的“法丁”。然而很多人却不知道，高油温，不仅会破坏菜中的维生素，还会产生很多对身体不利的物质，比如反式脂肪酸、苯并芘等，有些具有致癌性。				
Often, we choose to cook some home-cooked dishes at home, which is both hygienic and nutritious, because we are afraid that the takeout is not nutritious enough and that the restaurants outside are not hygienic enough. However, in fact, if you cook at home in the wrong way, it is likely to accumulate over time to eat bad body! Lung cancer, esophageal cancer, intestinal cancer, hypertension, hyperlipidemia and other chronic diseases are all related to unhealthy cooking methods. Changing the way you cook may help you stay away from disease. 1. Hot pot and cold oil pour more healthily and ignite. When the oil starts to smoke, put in scallion, ginger and garlic frying pan - I believe this is the "way" for many people to cook. However, many people do not know that high oil temperature will not only destroy the vitamins in vegetables, but also produce a lot of unhealthy substances, such as trans fatty acids, benzopyrene and so on, some of which are carcinogenic.				
4. 想生小棉袄少吃香蕉和盐 Less bananas and salt for cotton jackets	来源：华龙网	主体：公众	态度：提倡	时间：07:28:10
	来源：华龙网	Subject: public	Attitude: advocate	Time: 07:28:10
准妈妈如果想生一个女宝宝的话，那就少吃香蕉和盐，多吃米饭等含钙镁丰富的食物吧。 请您尽量少吃香蕉和盐。专家发现：如果新妈妈们想生个女宝宝，那就应该尽量避免含有钾钠丰富的食物，如培根烤肉熏鲑鱼腌菜虾橄榄土豆香蕉蓝奶酪等食物。想生女宝宝的话，您就得立刻马上和这些食物说再见了。 请多食含钙镁丰富的食品，现在我们来介绍新妈妈们应该多吃哪些食物。您想生女宝宝一定要多食用米饭面包肉类糕点和奶类食物。				
If expectant mothers want to have a baby girl, they should eat less bananas and salt and more rice and other foods rich in calcium and magnesium. Please try to eat less bananas and salt. Experts have found that if new mothers want to have a baby girl, they should try to avoid foods rich in potassium and sodium, such as bacon roast salmon, pickled shrimp, olive, potato, sausage and blue cheese. If you want to have a baby girl, you have to say goodbye to the food immediately. Please eat more foods rich in calcium and magnesium. Now let's introduce what new mothers should eat more. If you want to have a baby girl, you must eat more rice, bread, meat, pastries and milk.				
5. 胃酸多，远离七种食物 Stomach acidity, away from seven kinds of food	来源：人民网	主体：公众	态度：提倡	时间：09:29:02
	来源：人民网	Subject: public	Attitude: advocate	Time: 09:29:02
胃酸过多是胃腸疾病的常见症状之一，适度的胃酸可以帮助消化，但胃酸分泌过多，就会出现泛酸、烧心、胃灼热等症状。此时，要远离以下几种食物，否则会加重不适。甜食。碳水化合物对胃酸的分泌无明显影响，但单糖、双糖可加速胃酸分泌，因此，胃酸多时尽量少吃巧克力、蛋糕等甜食。口感酸的果蔬。虽然富含营养，但对于胃酸过多的人来说，橘子、柠檬、西红柿、酸枣等口感酸的果蔬会刺激胃产生更多胃酸，加重烧心。糯米制品。粽子、元宵、汤圆等糯米制品因黏性大，容易滞留在胃内刺激胃酸分泌。				
Excessive gastric acid is one of the common symptoms of gastrointestinal diseases. Moderate gastric acid can help digestion, but excessive gastric acid secretion will lead to pantothenic acid, heartburn, heartburn and other symptoms. At this time, stay away from the following foods, otherwise it will aggravate discomfort. Sweet food. Carbohydrates have no obvious effect on the secretion of gastric acid, but monosaccharides and disaccharides can accelerate the secretion of gastric acid. Therefore, more gastric acid should be eaten less chocolate, cake and other sweets. Fruits and vegetables with sour taste. Although rich in nutrition, but for people with excessive stomach acid, oranges, lemons, tomatoes, jujube and other sour fruits and vegetables will stimulate the stomach to produce more stomach acid, aggravating heartburn. Glutinous rice products. Dumplings, Lantern Festival, Tanguan and other glutinous rice products are easy to stay in the stomach to stimulate gastric acid secretion because of their high viscosity.				
6. 3年将汉堡炸鸡当饭吃17岁女孩全身血液变粉红色 Hamburg Fried Chicken for 3 Years and 17-year-old Girl's Blood Turns Pink	来源：新浪网	主体：公众	态度：提倡	时间：10:00:32
	来源：新浪网	Subject: public	Attitude: advocate	Time: 10:00:32
3年将汉堡炸鸡当饭吃，17岁女孩全身血液变粉红色险丧命。“我以后再也不敢吃垃圾食品了。”今日，17岁女孩躺在重症监护病床上，想起自己的遭遇后悔不已。3年多来，她几乎每天吃汉堡、炸鸡、烧烤，只喝可乐不碰白水，没想到突然腹痛送进医院，抽出的血液是罕见的粉红色，瞬间就凝固，仪器无法识别。从血液中反复过滤出来的白色“脂肪液”连日来，汉阳医院医护人员紧急抢救，连续3天为其血液“清理”出8000毫升白色“脂肪液”，才保住了性命。专家表示，千万别过度进食高脂、高糖食品，尤其是有基础疾病，尤其要当心。				
Hamburg fried chicken was eaten for three years, and a 17-year-old girl's whole blood turned pink and she was in danger of losing her life. "I'll never eat junk food again." Today, a 17-year-old girl is lying in an intensive care unit bed, regretting what happened to her. For more than three years, she had eaten hamburgers, fried chicken and barbecue almost every day, only drank Cola without touching white water, but suddenly abdominal pain was sent to the hospital. The blood was rare pink, and it coagulated instantly. The instrument could not recognize it. For days, doctors and nurses in Hanyang Hospital urgently rescued the white "fat liquid" filtered out repeatedly from the blood and "cleaned up" 8,000 milliliters of white "fat liquid" for three consecutive days to save their lives. Experts say that don't overeat high-fat, high-sugar foods, especially basic diseases, especially be careful.				
7. 味精不是“害人精” MSG is not "harmful essence"	来源：人民网	主体：公众	态度：提倡	时间：09:17:54
	来源：人民网	Subject: public	Attitude: advocate	Time: 09:17:54
“味精是化学合成产品”“味精加热会致癌”……近年来，类似说法在网上盛行，味精真的是“害人精”吗？首先需要说明的是，味精的主要成分是谷氨酸钠，目前大量生产味精的方式是细菌发酵，工艺和酿酒、制醋、造酸奶类似，根本不是什么化学合成。说“味精致癌”的一个理由是谷氨酸钠致癌。其实，谷氨酸钠在很多食物中就天然存在，比如葡萄酒、番茄酱、豌豆等。此外，在含有水解蛋白的食物中也存在谷氨酸钠，比如酱油是水解蛋白质得到的，其中的谷氨酸钠含量在1%左右，而奶酪中还更高一些。				
"Monosodium glutamate is a chemical synthetic product", "Monosodium glutamate can cause cancer when heated"... In recent years, similar statements have been widely spread on the Internet. Is MSG really "harmful to essence"? First of all, the main component of monosodium glutamate is sodium glutamate. At present, the way to produce monosodium glutamate in large quantities is bacterial fermentation. The technology is similar to wine-making, vinegar-making and yoghurt-making. It is not a chemical synthesis at all. One reason for saying that MSG causes cancer is that sodium glutamate causes cancer. In fact, sodium glutamate exists naturally in many foods, such as grape juice, tomato sauce, peas and so on. In addition, there is also sodium glutamate in foods containing hydrolyzed proteins. For example, soy sauce is obtained by hydrolyzing proteins. The content of sodium glutamate in soy sauce is about 1%, while that in cheese is higher.				
8. 关注教师健康提升幸福指数——涪阳小学开展膳食指南讲座 Paying Attention to Teachers'Health and Improving Happiness Index: A Lecture on Dietary Guidelines in Xunyang Primary School	来源：九江新闻网	主体：公众	态度：提倡	时间：12:22:31
	来源：九江新闻网	Subject: public	Attitude: advocate	Time: 12:22:31
为引导教师关注自身健康，均衡饮食，快乐生活，11月27日，涪阳小学邀请九江市第一人民医院营养科主任薄春燕做客“康文讲坛”为全体教师进行主题为“中国居民膳食指南”的健康知识讲座，100多名教师现场聆听了讲座。薄春燕主任用通俗易懂的语言为现场的教师介绍了如何正确饮食、饮食常见问题、特殊膳食安排需要注意的错误观点，讲解了“平衡膳食营养”的内容和含义。她强调要做到以下几点：第一点要食物种类多样，以谷类为主；第二点要吃动平衡，保持健康体重；第三点要多吃蔬果、大豆、奶；第四点就是要适量吃鱼、禽、蛋、瘦肉类；第五点要少油少盐，控糖限酒。				
In order to guide teachers to pay attention to their health, balanced diet and happy life, on November 27, Xunyang Primary School invited Bo Chunyan, Director of Nutrition Department of Jiujiang First People's Hospital, to attend the "Chongwen Forum" for all teachers to give a health knowledge lecture on the theme of "Dietary Guidelines for Chinese Residents". More than 100 teachers attended the lecture on the spot. Director Bo Chunyan introduced to the teachers on the spot how to correct diet, common dietary problems and special dietary arrangements, and explained the content and meaning of "balanced dietary nutrition". She stressed the following points: the first point is to have a variety of foods, mainly cereals; the second point is to eat balanced, maintain healthy weight; the third point is to eat more vegetables, fruits, soybeans, milk; the fourth point is to eat fish, poultry, eggs, lean meat in moderation; the fifth point is to reduce oil and salt, control sugar and limit alcohol.				
9. 控糖有“门道” 水果米饭这样吃 Sugar control has "doorway" fruit and rice to eat like this	来源：新华网	主体：公众	态度：提倡	时间：23:28:57
	来源：新华网	Subject: public	Attitude: advocate	Time: 23:28:57
目前，我国20岁以上成年人中，糖尿病发病率已经达到了11.7%，也就是说，十名成年人中就有一人是糖尿病患者。糖友饮食控制有“门道”，到底如何吃才能在享受美食的同时，既能控制好体重，又能控制好血糖呢？中山三院内分泌科蔡梦茵副教授来为大家支招。做好“12345”轻松享受美食。蔡梦茵说，科学饮食是糖尿病治疗的基础，它可以协助血糖维持在理想水平，控制血脂、血压，降低心血管疾病的发生风险，同时减轻胰岛β细胞负担，帮助人体维持合理的体重。但是科学饮食不等于什么都不能吃不能喝，科学饮食的目的也是希望控制病情，最终能够享受美食。				
At present, the incidence of diabetes has reached 11.7% among adults over 20 years old in China, that is to say, one in ten adults is a diabetic. Sugar pal diet control has a "doorway", in the end, how to eat in order to enjoy the food, while maintaining a reasonable weight, but also to control blood sugar? Associate Professor Cai Mengyin, Department of Endocrinology, Zhongshan Third Hospital, came to recruit patients. Do a good job of "12345" and enjoy delicious food easily. Cai Mengyin said that scientific diet is the basis of diabetes treatment. It can help maintain blood sugar at an ideal level, control blood lipids and blood pressure, reduce the risk of cardiovascular disease, reduce the burden of islet beta cells, and help the body maintain a reasonable weight. But scientific diet does not mean that nothing can be eaten or drunk. The purpose of scientific diet is also to control illness and eventually enjoy delicious food.				
10. 警惕身体“求救” 讯号老年人腿肿可能是心衰症状 Watch out for signs of "help-seeking" in the body. Leg swelling in the elderly may be a symptom of heart failure.	来源：大众网	主体：公众	态度：提倡	时间：18:29:20
	来源：大众网	Subject: public	Attitude: advocate	Time: 18:29:20
日前，96岁的市民赵爷爷（化名）因双下肢渐进性水肿，来到市立医院西院区全科医学科做进一步检查。医生询问得知，老人虽然高龄，但平时身体状况良好，生活能够自理，不久前，家人却发现老人有些“异样”——双腿肿胀，从远端向近端逐渐加重，呈凹陷性。高龄老人腿肿可能是心衰症状 入院后经初步诊断，老人被确诊为“冠心病、心房颤动、心力衰竭、心功能III级”。据全科医学科病区主任王晔介绍，患者高龄，主要表现为慢性持续性淤血引起的各脏器功能改变，表现为腿部浮肿，并以此为首要症状而就医。				
Recently, Grandpa Zhao, a 96-year-old citizen with progressive edema of both lower limbs, came to the general practitioner's Department of Western Hospital of municipal hospital for further examination. The doctor inquired and learned that although the old man is old, he is in good health and able to take care of himself. Not long ago, his family found that the old man has some "unusual" - swelling of his legs, which gradually aggravates from the far end to the proximal end and is concave. Leg swelling in the elderly may be a symptom of heart failure after admission. The elderly were diagnosed as "coronary heart disease, atrial fibrillation, heart failure, heart function class III". According to Qi Yuxia, director of general medicine ward, the elderly patients mainly manifested in the changes of organ function caused by chronic persistent congestion, which manifested as leg edema, and treated as the primary symptom.				

11. [“预防中风，立刻行动！”公益讲座举行专家教你提前辨别中风](#)
["Take immediate action to prevent stroke!" Public benefit lectures are held to teach you how to identify stroke in advance](#)

来源：东莞时间网
来源：东莞时间网

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间：12:39:31
Time: 12:39:31

中风，是脑卒中的俗称。有数据表明，卒中已成为世界人口的第二大死因，仅次于缺血性心脏病。我国每年新发中风患者超过240万人，发病率/死亡率位居第一，致残率高。11月24日，为进一步提高广大群众对卒中的认识，快速识别卒中，使卒中患者得到及时有效救治，减少致残率、死亡率，一场主题为“预防中风，立刻行动！”大型公益活动在莞城举行，活动吸引了近百名长者前来咨询与聆听。

Stroke is the common name of stroke. Data show that stroke has become the second leading cause of death in the world, after ischemic heart disease. More than 2.4 million people suffer from new stroke every year in China, with the highest morbidity/mortality and high disability rate. November 24, in order to further improve the general public's understanding of stroke, identify stroke quickly, and enable stroke patients to receive timely and effective treatment, reduce disability and mortality, a theme is "Prevent stroke, take immediate action!" Large-scale public welfare activities were held in Guancheng, which attracted nearly 100 elders to come to consult and listen.

决心工程
Resolve To Save Lives

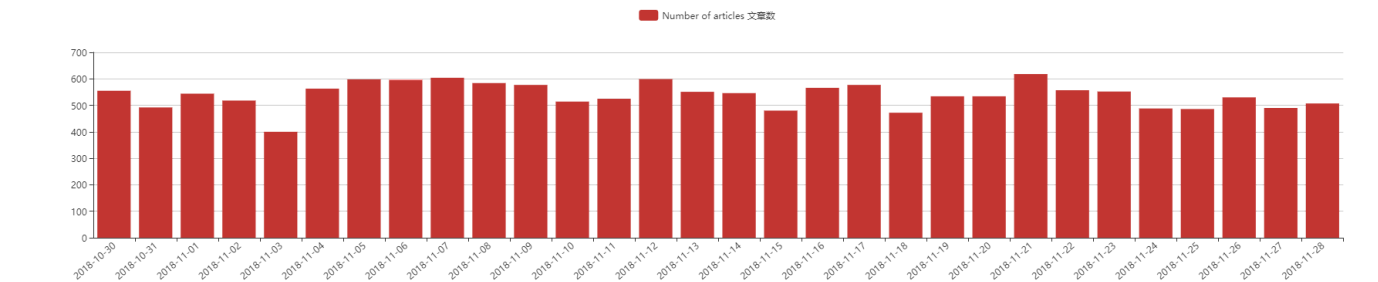
没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-11-28, 共监测到507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 507 WeChat public articles were monitored in 2018-11-28. 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. 想健康长寿：少吃三白，多吃三黑 Want health and longevity, eat less three kinds of white food and eat more three kinds of black food.	重复数: 15 Repeat Number: 15	日期: 2018-11-28 Data: 2018-11-28
长期高盐饮食很容易引起血压增高、血管硬化，并且多余的钠需要由肾脏排出，加大肾脏负担。健康人通过饮食摄取的最佳盐量，每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后，平铺满一瓶盖的量。如果已经确诊高血压，每天最好不要超过 3 克。		
Long-term high-salt diet can easily lead to increased blood pressure and hardening of the arteries. Excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. It is recommended that the optimal salt intake for healthy people through diet should not exceed 6 grams per day, which equals to the capacity of a regular beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.		
2. “盐多必失”是知易行难的家常事！这7大疾病都跟盐有关 "Excessive salt is harmful to the body" is something everyone knows, but it is very difficult to act! These 7 major diseases are related to salt.	重复数: 9 Repeat Number: 9	日期: 2018-11-28 Data: 2018-11-28
食盐摄入量高的人群，高血压的发病率也高。每多吃1克食盐，就需喝入110毫升水与之配成0.9%的“生理盐水”成为体液，多余的体液进入血管，血管壁受到的压力也随之增大。多吃盐需多喝水，多排尿，会加重肝肾的负担，血压越高肾功能损害越大，从而导致慢性疾病。高盐会损害胃黏膜，腌菜、盐渍食品中产生的亚硝酸盐在胃酸和细菌作用下会转变为致癌物亚硝胺，易致胃癌。		
The incidence of hypertension in people with high salt intake is also high. For every 1 gram of salt you eat, you need to drink 110 ml of water and mix it with 0.9% "salt" to become a body fluid. Excess body fluid enters the blood vessel and the pressure on the vessel wall increases. Eat more salt, drink more water, more urination, will increase the burden of liver and kidney. The higher the blood pressure, the greater the damage to the liver and kidney, leading to chronic diseases. High salt can damage the stomach. The nitrite produced in pickles and salted foods will turn into carcinogenic nitrosamines under the action of stomach acid and bacteria, which may cause gastric cancer.		
3. 跟心脏抢寿命，跟骨头抢钙，还致癌，就是你天天吃的这个东西 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.	重复数: 4 Repeat Number: 4	日期: 2018-11-28 Data: 2018-11-28
长期的高盐饮食，会使骨密度越来越低，导致“骨头变脆”，患上骨质疏松也就不足为奇了。据英国《独立报》报道称，科学家在经过12年的研究，最终得出的结果是，高盐饮食会显著增加心脏衰竭的风险。也就是说食用过多的盐，你最终可能会因为心脏衰竭而死。这份研究中指出，人们每天摄入的氯化钠超过13.7克，心力衰竭的速度会翻倍。吃盐多的时候，由于渗透压的作用，身体组织的水分会减少，排出身体的水分会增加，也不利于皮肤的保水。		
Long-term high-salt diets will make bone density lower and lower, leading to "bone bones" and it is not surprising that osteoporosis occurs. According to the British "Independent" report, after 12 years of research, the final result is that a high-salt diet can significantly increase the risk of heart failure. That is to say, eating too much salt, you may end up dying of heart failure. The study pointed out that people consume more than 13.7 grams of sodium chloride per day, and the rate of heart failure doubles. When eating too much salt, due to the effect of osmotic pressure, the water content of the body tissue will decrease, and the water discharged from the body will increase, which is not conducive to the preservation of the skin.		
4. 【健康】50%的高血压因高盐或高钠引起，如何科学减盐？ [Health] 50% of hypertension is caused by high salt or high sodium. How to reduce salt scientifically?	重复数: 3 Repeat Number: 3	日期: 2018-11-28 Data: 2018-11-28
北京大学临床医学研究所常务副所长武阳丰教授指出，在我国由心脑血管病事件引起的死亡占总死亡人数的45%，其中49%的冠心病和62%的卒中是高血压导致的。50%的高血压是吃盐多或者钠过高带来的。武阳丰教授告诉我们，在我国高血压患者的分布是北高南低，正和吃的盐量相符。在四川凉山地区的彝族吃盐很少，研究发现，那里彝族农民平均血压最低，如果移民到城市平均血压有所上升。		
Professor Wu Yangfeng, executive deputy director of the Institute of Clinical Medicine of Peking University, pointed out that deaths caused by cardiovascular and cerebrovascular diseases in China accounted for 45% of the total deaths. Among them, 49% of coronary heart disease and 62% of strokes are caused by hypertension. 50% of high blood pressure is caused by eating too much salt or too high sodium. Professor Wu Yangfeng told us that the distribution of hypertensive patients in China is high in the north and low in the south, which is consistent with the amount of salt eaten. The Yi people in the Liangshan area of Sichuan eat very little salt. The study found that the Yi people have the lowest average blood pressure, and the average blood pressure will increase if they immigrate to the city.		
5. 冬季养生须做到八多八少 Health preservation in winter should observe the regulation of "eight more eight less".	重复数: 3 Repeat Number: 3	日期: 2018-11-28 Data: 2018-11-28
《黄帝内经》说“咸伤肾”，现代医学研究也证明，高血压的发病与过量摄入盐有关，因此，“淡食多补”是有一定道理的。而醋味酸、性温，能促进消化，多吃些醋对身体有益。		
"Huang Di's Canon of Internal Medicine" said that "salty food is not good for the kidneys." Modern medical research has also shown that the onset of high blood pressure is associated with excessive intake of salt. Therefore, "a light diet is good for the body" is reasonable. While vinegar is sour and warm, it can promote digestion, and eating more vinegar is good for the body.		

减盐-微博 Salt Reduction - Weibo

2018-11-28, 共检测到792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。

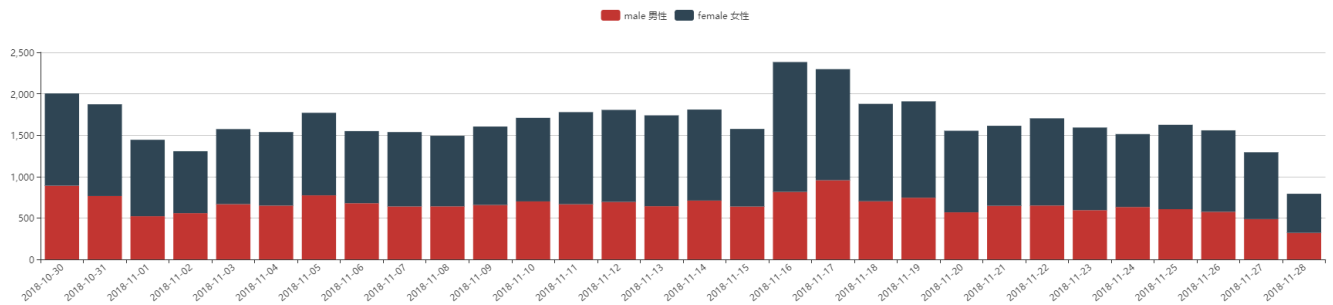
There are 792 weibos about salt reduction monitored on 2018-11-28.

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.



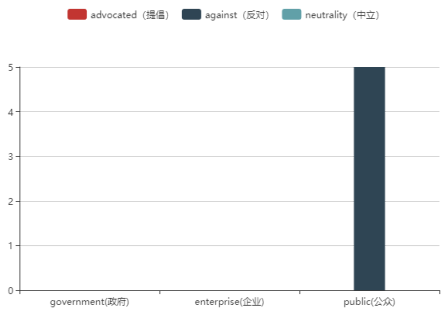
热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-28) 共监测到5条资讯。请点击标题查看原文。
There are 5 articles monitored today 2018-11-28. 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

1. [你真的会选购面包吗? 符合这几个要求才更健康](#)
[Do you really buy bread? To meet these requirements is healthier](#)

来源: 中国宁波网
来源: 中国宁波网

主体: 公众
Subject: public

态度: 反对
Attitude: against

时间: 10:36:08
Time: 10:36:08

你真的会选购面包吗? 符合这几个要求才更健康 随着现代人健康意识的提升和生活节奏的加快, 面包作为老少皆宜的食品, 成为了很多家庭常备的食物。市场上的面包种类越来越多, 这让很多人在选购面包时犯了难—商场里的面包看起来都很诱人, 却不知道选择哪种更健康。那么, 在选购面包时到底怎么选才更健康呢? 有哪些方面需要注意呢? 第一, 选购手感较“硬”的面包。从热量上看, 越硬的面包热量越低。同时硬面包不甜, 含糖和油脂都少。而软质面包, 油脂约占10%, 热量较高。

Do you really buy bread? With the improvement of modern people's health consciousness and the acceleration of life rhythm, bread, as a suitable food for all ages, has become a common food for many families. There are more and more kinds of bread on the market, which makes it difficult for many people to choose bread - the bread in the mall looks attractive, but they don't know which is healthier. So, when choosing bread, how on earth can you choose healthier bread? What aspects should we pay attention to? First, choose bread that feels harder. In terms of calories, the harder the bread, the lower the calories. At the same time, hard bread is not sweet and contains less sugar and fat. Soft bread, fat accounted for about 10%, higher calorie.

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. [老式爆米花真的是低卡解馋好零食?](#)
[Is old-fashioned popcorn really a low-calorie snack?](#)

来源: 人民网
来源: 人民网

主体: 公众
Subject: public

态度: 反对
Attitude: against

时间: 08:33:12
Time: 08:33:12

老式爆米花真的是低卡解馋好零食? 一些有减脂想法的朋友经常面对着这样的纠结: 减肥可以吃零食吗? 路边的老式爆米花能不能吃? 新版爆米花又甜又香, 估计热量特别高, 但老式的爆米花的原料只有普通玉米和糖精, 没有奶油, 没有糖, 应当是热量比较低的食品吧? 而且是不是也比较健康呢? 其实不一定。首先, 小转炉的炉体含有铅, 所谓爆米花花过多有害健康, 说的就是在高温下微量的铅转移到玉米花里面, 造成铅污染。而用不锈钢锅和爆裂玉米做出来的新式爆米花就没有这个铅污染问题了。

Is old-fashioned popcorn really a low-calorie snack? Some friends who have the idea of losing weight often face such a tangle: can you eat snacks to lose weight? Can old-fashioned popcorn be eaten by the roadside? The new version of popcorn is sweet and fragrant. It is estimated that the calories are very high. But the raw materials of the old-fashioned popcorn are only ordinary corn and saccharin. There is no butter and sugar. It should be a food with low calories. And is it healthier? Not necessarily. First of all, the small converter contains lead. The so-called excessive lead in popcorn is harmful to health. It means that trace lead is transferred to cornflower at high temperature, causing lead pollution. New popcorn made from stainless steel pots and popcorn has no lead pollution problem.

2. [这5种食物，可能跟消炎药一样靠谱](#)
[These five foods may be as reliable as anti-inflammatory drugs.](#)

来源：人民网

主体：公众

态度：反对

时间：09:33:54

来源：人民网

Subject: public

Attitude: against

Time: 09:33:54

这5种食物，可能跟消炎药一样靠谱 当咽喉、嘴角发炎，有多少人的第一反应是“快吃些消炎药”？其实，有一些食物能降低体内的慢性炎症反应，你大可不必把自己变成“药罐子”。而有一些食物则是炎症的帮凶，还是离它们远些为好。《生命时报》邀请权威营养专家，为你推荐“抗炎食物红黑榜”。1、鱼类 欧米伽3脂肪酸可抑制炎症，三文鱼、沙丁鱼、鲱鱼等富含此类物质。有慢性炎症的人平时可适当吃一些。2、粗粮 全谷物食品和未经过精加工的粗粮，消化速度慢，能防止血糖骤升，有助控制炎症。

These five kinds of food, may be as reliable as anti-inflammatory drugs when the throat, mouth inflammation, how many people's first reaction is to "eat some anti-inflammatory drugs"? In fact, there are some foods that can reduce chronic inflammation in the body, so you don't have to turn yourself into a "medicine jar". And some foods are accomplices to inflammation, so it's better to stay away from them. Life Times invites authoritative nutrition experts to unveil the "Red and Black List of Anti-inflammatory Foods" for you. 1, fish Omega 3 fatty acids can inhibit inflammation, such as salmon, sardines, COD and so on. People with chronic inflammation can eat some properly at ordinary times. 2. Crude whole grain food and unprocessed crude grain have slow digestion speed, which can prevent the sudden rise of blood sugar and help control inflammation.

3. [几条炒菜经验让你避开健康隐患](#)
[Several Fried Vegetables Experiences Avoid Potential Health Hazards](#)

来源：华龙网

主体：公众

态度：反对

时间：06:34:32

来源：华龙网

Subject: public

Attitude: against

Time: 06:34:32

我们常常都会因为担心外卖不够营养、外面的餐馆不够卫生，而选择在家里自己煮一些家常菜，既卫生又营养。但是，事实上，如果自己在家中炒菜的方式不正确，很可能日积月累吃坏身体！肺癌、食管癌、肠癌以及高血压、高血脂等慢病，都与不健康的炒菜方式有关。改变一个烹饪方式，也许就能远离疾病。1、热锅冷油更健康 倒油，点火，当油开始冒烟，放入葱姜蒜爆锅——相信这是不少人做菜的“法门”。然而很多人却不知道，高油温，不仅会破坏菜中的维生素，还会产生很多对身体健康不利的物质，比如反式脂肪酸、苯并芘等，有些具有致癌性。

Often, we choose to cook some home-cooked dishes at home, which is both hygienic and nutritious, because we are afraid that the takeout is not nutritious enough and that the restaurants outside are not hygienic enough. However, in fact, if you cook at home in the wrong way, it is likely to accumulate over time to eat bad body! Lung cancer, esophageal cancer, intestinal cancer, hypertension, hyperlipidemia and other chronic diseases are all related to unhealthy cooking methods. Changing the way you cook may help you stay away from disease. 1. Hot pot and cold oil pour more healthily and ignite. When the oil starts to smoke, put in scallion, ginger and garlic frying pan - I believe this is the "way" for many people to cook. However, many people do not know that high oil temperature will not only destroy the vitamins in vegetables, but also produce a lot of unhealthy substances, such as trans fatty acids, benzopyrene and so on, some of which are carcinogenic.

4. [又是奶茶惹的祸！16岁女生突发心肌炎，连走路都喘！](#)
[It's milk tea again! A 16-year-old girl suffers from sudden myocarditis and wheezes even when she walks!](#)

来源：汉丰网

主体：公众

态度：反对

时间：15:52:49

来源：汉丰网

Subject: public

Attitude: against

Time: 15:52:49

奶茶的甜，胜过万语千言 风景看遍，只有珍珠停在心间 大家还记得吗？广报君曾推送过 一点点，鹿角巷，椰子..... 10家网红奶茶店被抽检！这家糖分咖啡因含量吓人... 还没被吓退后的你，看看今天的新闻，有点吓人！福州一位高二女生日前突发心肌炎，曾经是校游泳队主力的她，今后一学年都无法再上体育课了。而导致她患上心肌炎的原因，可能与常喝奶茶及熬夜有关。福建医科大学营养公共学院专家表示，食品与健康存在必然的联系，反式脂肪酸（制作奶茶的配料植脂末中含有）对心脑血管疾病的影响在医学界是明确的，青少年及孕妇不适合喝奶茶。

Milk tea is sweeter than thousands of words and thousands of words. Do you remember that only pearls stop in your heart? Guangbaojun once pushed a little bit, deer horn lane, coconut... 10 net black milk tea shops were sampled! The sugar and caffeine content in this house is frightening. You haven't been frightened yet. Look at today's news, it's a little frightening! A high school girl in Fuzhou had a sudden myocarditis recently. She used to be the main player of the school swimming team. She will not be able to take PE classes for the next academic year. The cause of her myocarditis may be related to drinking milk tea and staying up late. Experts from the Public College of Nutrition, Fujian Medical University, said that there was an inevitable link between food and health. The effect of trans fatty acids (contained in the ingredients for making milk tea and vegetable fat powder) on cardiovascular and cerebrovascular diseases was clear in the medical community. Teenagers and pregnant women were not suitable for drinking milk tea.

决心工程

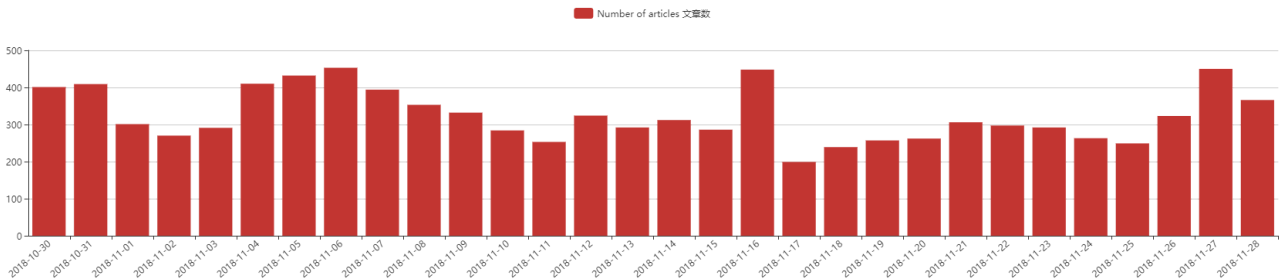
Resolve To Save Lives

没有相关文章！

No such articles!

反式脂肪酸-微信 Transfat - WeChat

2018-11-28, 共监测到366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 366 WeChat public articles were monitored in 2018-11-28. 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.

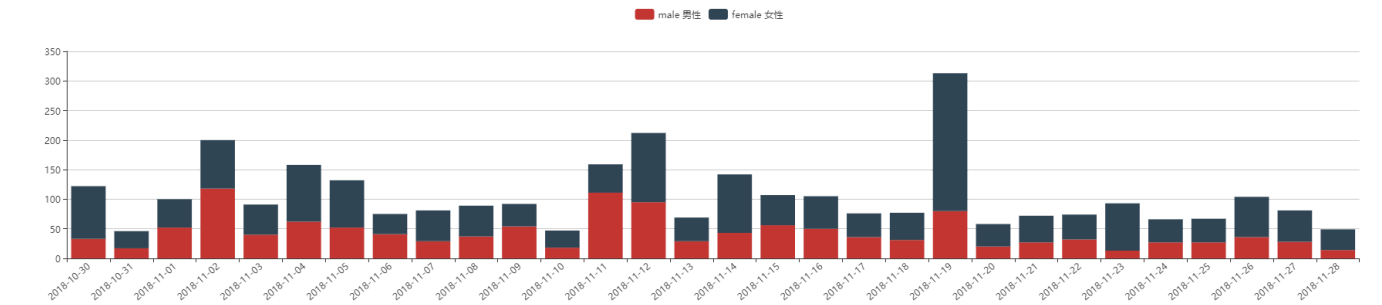


热门文章-前五 Popular Articles - Top 5		
1. 隔一天喝一大杯奶茶! 16岁女生突发心脏病, 连走路都喘! 医生: 这两种人不要喝! _Drink a large cup of milk tea every other day! 16-year-old girl suddenly suffered from myocarditis, even wheezing when walking! The doctor recommends these two kinds of people do not drink it!	重复数: 12 Repeat Number: 12	日期: 2018-11-28 Data: 2018-11-28
福州一位高二女生日前突发心脏病, 曾经是校游泳队主力的她, 今后一学年都无法再上体育课了。而导致她患上心肌炎的原因, 可能与常喝奶茶及熬夜有关。福建医科大学营养公共学院专家表示, 食品与健康存在必然的联系, 反式脂肪酸 (制作奶茶的配料植脂末中含有) 对心脑血管疾病的影响在医学界是明确的, 青少年及孕妇不适合喝奶茶。		
A high school girl in Fuzhou had a sudden onset of myocarditis before her birthday. She used to be the main force of the school swimming team and could not take physical education classes for the next school year. The cause of her heart disease may be related to drinking milk tea and staying up late. Experts from the Nutrition Public College of Fujian Medical University said that there is an inevitable connection between food and health. The effects of trans fatty acids (which are contained in the creamer of the milk tea ingredients) on cardiovascular and cerebrovascular diseases are clear in the medical community. Teenagers and pregnant women are not suitable for drinking milk tea.		
2. 又是奶茶惹的祸! 福州16岁女生突发心脏病, 连走路都喘! It's milk tea again! Fuzhou 16-year-old girl suddenly suffered from myocarditis, even wheezing when walking!	重复数: 5 Repeat Number: 5	日期: 2018-11-28 Data: 2018-11-28
专家介绍, 植脂末就是植物奶油, 也叫氢化植物油, 含反式脂肪酸, 而反式脂肪酸对心脑血管疾病的影响在医学界是明确的, 所以世界卫生组织推荐我们膳食脂肪中反式脂肪酸的供能比不超过百分之一。福建医科大学营养与食品卫生专业博、硕士生导师、福建医科大学卫生检验与检疫学系主任王文祥表示, 健康成人单次摄入咖啡因量最好不要超过200mg。		
According to experts, the vegetable cream is plant butter, also called hydrogenated vegetable oil, containing trans fatty acids. The effect of trans fatty acids on cardiovascular and cerebrovascular diseases is clear in the medical community, so the World Health Organization recommends that the energy supply of trans fatty acids in our dietary fat should not exceed one percent. Wang Wenxiang, director of the Department of Hygiene and Quarantine at Fujian Medical University, said that the amount of caffeine in a single adult should not exceed 200 mg.		
3. 喜欢吃番茄炒蛋, 心梗频发: 你以为的健康食品, 却是隐形杀手 Eating too much scrambled eggs with tomatoes may cause sudden death of myocardial infarction: The food you think is health may be a invisible killer.	重复数: 5 Repeat Number: 5	日期: 2018-11-28 Data: 2018-11-28
首都医科大学的研究人员姜书琪: “近年来, 大量研究表明, 过量摄入含反式脂肪酸的食物是导致动脉粥样硬化、冠心病、糖尿病等慢性疾病的发生。”据报道, 每年有50多万人因摄入反式脂肪酸而死于心脑血管疾病。(来源: BTV新闻) 美国加州大学圣地亚哥分校的研究人员发现, 饮食中反式脂肪酸含量越多, 越容易发生记忆功能衰减。还有美国研究人员发现, 大量食用反式脂肪酸的老年人, 容易患上老年痴呆症。		
Qin Shuqi, a researcher at Capital Medical University: “In recent years, a large number of studies have shown that excessive intake of foods containing trans fatty acids can lead to chronic diseases such as atherosclerosis, coronary heart disease, and diabetes.” It is reported that there are more than 50 per year. Ten thousand people died of cardiovascular and cerebrovascular diseases due to the intake of trans fatty acids. (Source: BTV News) Researchers at the University of California, San Diego found that the more trans fatty acids in the diet, the more likely the memory function to decay. There are also researchers in the United States who find that older people who consume large amounts of trans-fatty acids are prone to Alzheimer's disease.		
4. 又出事! 16岁少女因喝奶茶引致突发心脏病? 这两种人要慎喝! 16-year-old girl suddenly suffered from myocarditis due to drinking milk tea? These two kinds of people should be careful!	重复数: 3 Repeat Number: 3	日期: 2018-11-28 Data: 2018-11-28
目前科学界公认的是, 氢化植物油的生产过程中会产生反式脂肪酸, 这种物质对人体有较大危害, 可以使人体血液中的低密度脂蛋白增加, 高密度脂蛋白减少, 诱发血管硬化, 增加心脏病、脑血管意外的危险。		
It is now recognized in the scientific community that trans fatty acids are produced during the production of hydrogenated vegetable oils. This substance is harmful to the human body. It can increase the amount of low-density lipoprotein in human blood and reduce high-density lipoprotein. And it can also induce hardening of the arteries, increasing the risk of heart disease and cerebrovascular accidents.		
5. 你真的会选购面包吗? 符合这几个要求才更健康 Do you really buy bread in the right way? It is will be healthier if the bread meet these requirements.	重复数: 3 Repeat Number: 3	日期: 2018-11-28 Data: 2018-11-28
从热量上看, 越硬的面包热量越低。同时硬面包不甜, 含糖和油脂都少。而软质面包, 油脂约占10%, 热量较高。不同面包的脂肪含量差别也很大, 配料表中油脂排在前面的面包, 大都热量较高, 例如起酥派、千层面包等, 这类面包层次分明、味道酥香, 其背后离不开油脂的贡献, 不宜多吃。如果油脂用的是氢化植物油、起酥油、植物奶油等, 就可能含有反式脂肪酸, 更要少买或不买。因此, 购买面包时, 要优先选择手感“硬”的面包。		
From the heat point of view, the harder the bread, the lower the calories. At the same time, the hard bread is not sweet, and contains less sugar and oil. The soft bread has a fat content of about 10% and a high calorie. The fat content of different breads varies greatly. For the bread of which the fat is in the front in ingredients table, it is mostly high in calories, such as crispy, layered bread, etc. These kinds of bread are distinct in layer and tastes crispy. The back of the bread is inseparable from the contribution of oil and fat. If the oil is made of hydrogenated vegetable oil, shortening, vegetable cream, etc., it may contain trans fatty acids, and you had better do not buy it. Therefore, when buying bread, it is preferred to choose a "hard" bread.		

反式脂肪酸-微博

Transfat - Weibo

2018-11-28, 共检测到49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 49 weibos about transfat reduction monitored on 2018-11-28.
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!