

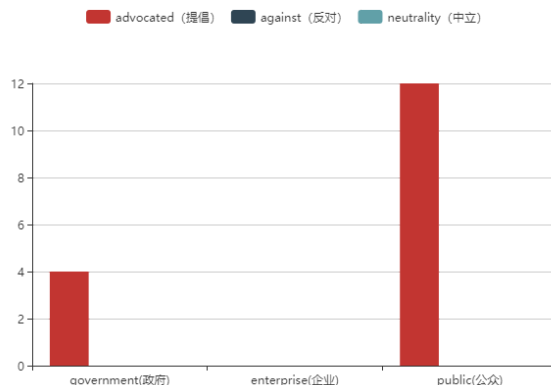
减盐-新闻

Salt Reduction - News

今日 (2018-10-23) 共监测到16条资讯。请点击标题查看原文。

There are 16 articles monitored today 2018-10-23. 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. 秦山区省庄卫生院举办减盐防控高血压知识讲座

来源: 山东新闻网

主体: 政府

态度: 提倡

时间: 10:38:07

[Tai shan district provincial institutes of zhuang lecture on knowledge of hypertension prevention and control of salt](#)

来源: 山东新闻网

Subject: government

Attitude: advocate

Time: 10:38:07

高血压已经是严重威胁人类健康的杀手，由于它起病隐匿，病程漫长，累积器官众多，致死、致残率都较高，加上大家对它不重视，导致目前高血压的患病率不降反升，其中减盐是有效降低高血压发病的重要途径之一，基于此，省庄卫生院于近日举办减盐防控高血压知识讲座。省庄卫生院聘请泰安市中心医院内科副主任医师张普教授走入辖区安家庄村进行减盐防控高血压知识讲座。大家接到通知后知道是泰安市中心医院专家来此讲课，偌大的会议室座无虚席等待教授的到来。主持人介绍完张普教授的简历后，在场的群众致以热烈的掌声欢迎张教授的到来。张普具体讲了什么是血压、高血压基本知识、中国心血管病现状、高血压的症状、治疗、预防及盐与高血压的关系，重点讲解了高血压的治疗误区，不要跟着感觉走，仅凭症状估计血压水平很危险，要规范测量血压，推荐使用上臂式电子血压计，测量方法要正确，推荐家庭自测血压，姿势要正确

Hypertension has been a serious threat to human health killer, because it has a hidden onset, a long course of disease, cumulative organs, high mortality, disability rate, and people do not attach importance to it, resulting in the current prevalence of hypertension does not decline but rise, salt reduction is one of the important ways to effectively reduce the incidence of hypertension, based on this. Zhuang Weisheng's hospital recently held a lecture on reducing salt and preventing hypertension. Professor Zhang Pu, deputy director of Cardiology of Tai'an Central Hospital, was invited to give a lecture on salt reduction, prevention and control of hypertension in Anjiazhuang village. Everyone was informed that it was an expert from Tai'an Central Hospital who was here to give a lecture. The large conference room was full of seats waiting for the professor's arrival. After introducing Professor Zhang Pu's resume, the host welcomed him with warm applause. Zhang Pu explained in detail what is blood pressure, hypertension basic knowledge, China's cardiovascular disease status, hypertension symptoms, treatment, prevention and the relationship between salt and hypertension, focusing on the treatment of hypertension errors, do not follow the feeling walk, only by symptom estimation of blood pressure level is very dangerous, to standardize the measurement of blood pressure, recommended the use of The upper arm type electronic sphygmomanometer should be measured correctly, and the family should be recommended for self monitoring of blood pressure and correct posture.

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. 六旬老人打喷嚏引发骨折专家: 骨质疏松需早干预

来源: 中国新闻网

主体: 公众

态度: 提倡

时间: 14:10:38

[60 sneezing than fractures caused experts: osteoporosis to early intervention](#)

来源: 中国新闻网

Subject: public

Attitude: advocate

Time: 14:10:38

烟台六旬老人打喷嚏引发骨折，专家：骨质疏松需早干预。10月20日是世界骨质疏松日，烟台山医院骨质疏松门诊、脊柱外科副主任医师杜伟指出，骨质疏松已成为老年人的“隐形杀手”，其最常见的后果是骨折，是老年患者致残致死的主要原因之一，绝经后女性和老年男性要格外警惕。骨质疏松最常见后果就是骨折。如此频发的骨质疏松究竟是何原因引起？市民又该如何预防和治疗？

Yantai 's people sneeze caused fractures, experts: Osteoporosis need early intervention. On October 20, World Osteoporosis Day, Du Wei, deputy director of osteoporosis clinic and spine surgery of Yantai Shan Hospital, pointed out that osteoporosis has become a "invisible killer" among the middle-aged and elderly. The most common consequence of osteoporosis is fracture, which is one of the main causes of disability and death in elderly patients. Post-menopausal women and elderly men should be especially vigilant. At the end of the day. The most common consequence of osteoporosis is fractures. What causes the frequent occurrence of osteoporosis? How should citizens prevent and treat them?

决心工程

Resolve To Save Lives

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河南

Henan

食物中的钠 Sodium in food
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高血压 Hypertension
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心血管健康 Cardiovascular health
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综合健康信息 Comprehensive Health Information
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决心工程 Resolve To Save Lives
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安徽

Anhui

食物中的钠 Sodium in food
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浙江

Zhejiang

食物中的钠 Sodium in food
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高血压 Hypertension
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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 酱油调查:李锦记品质差评最多 太太乐味道差评率最高 Soy sauce survey: Mrs Lee kum kee quality bad review most tastes bad review the highest rate	来源: 新浪网 来源: 新浪网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 05:38:47 Time: 05:38:47
酱油电商口碑调查:“李锦记”品质差评最多 “太太乐”味道差评率最高。 酱油是中国家庭中最常见的调味品之一, 但市场上酱油牌子众多, 到底哪个口碑更好? 时代周报互联网事业部联合便捷信达电商监测共同策划, 利用网购数据做了详细分析给予消费者解答。 为了能够更加客观地了解消费者对酱油产品的真实诉求, 我们挑选了当前市场上销售量较大的海天、李锦记、味事达、厨邦、东古牌、鲁花和太太乐7个品牌的100多个单品, 采集各品牌在2018年7月19日–10月10日期间, 基于天猫和京东的官方旗舰店的相关数据, 并对评论内容运用当前最前沿的人工智能语义分析技术进行分析, 评测出消费者的真实网购反馈。 在监测的所有品牌中, 海天评论量最高, 其次是李锦记, 占比均在30%以上, 属于第一梯队; 味事达和厨邦占比均在百分之十几, 属于第二梯队, 东古牌、鲁花和太太乐三个品牌评论量相对较低; 从好评率来看, 厨邦的好评率最高, 其次是鲁花, 然后是太太乐, 三个品牌的好评率高于行业总体好评率, 而评论量较高的海天、李锦记和味事达好评率低于总体好评率, 出现声量与好评率倒挂现象。 将所有监测的单品按评论量进行排序发现, 评论量TOP10单品中, 李锦记有五个单品、海天有四个单品、味事达有一个单品入榜; 从单品好评率来看, 进入到TOP10的单品中, 李锦记的薄盐生抽 酿造生抽淡盐减盐酱油 1.75L好评率最高				
Soy sauce electricity supplier word of mouth survey: "Lee Kum Kee" quality evaluation of the most "Tai le" taste the highest rate of bad reviews.Soy sauce is one of the most common condiments in Chinese families, but there are so many brands of soy sauce on the market, which one is better? Times Weekly Internet Business Unit and Youjie Xinda e-commerce monitoring co-planning, using online shopping data to do a detailed analysis to give consumers answers.In order to understand more objectively the real demand of consumers for soy sauce products, we selected more than 100 single products of seven brands, Haitian, Li Jinji, Vesta, Kitchen Bang, Donggu, Luhua and Madame Lok, which have a large sales volume in the current market, and collected them from July 19 to October 10, 2008, based on Tianmao and Madame Lok. The related data of the official flagship stores in Jingdong were analyzed by using the current frontier artificial intelligence semantic analysis technology to evaluate the real online shopping feedback of consumers.Among all the brands monitored, Haitian had the highest rating, followed by Li Jinji, accounting for more than 30%, belonging to the first echelon; Weishida and Chef Bang accounted for more than 10%, belonging to the second echelon; Donggu, Luhua and Madame Le had relatively low rating; Chef Bang had the highest rating from the point of view of high praise. High, followed by Luhua, and then Tai Tai Le, three brands of good ratings higher than the industry's overall good ratings, while the high volume of comments Haitian, Li Jinji and Weishida good ratings lower than the overall good ratings, sound and good ratings hang upside down phenomenon.By ranking all the monitored items according to their comments, it was found that among the TOP10 items, Li Jinji had five, Haitian had four and tasted up to one. Judging from the high praise rate of each item, Li Jinji had the highest praise rate of 1.75L for the thin salt soy sauce brewed from thin salt.				
2. 别急着补钙了, 你为啥缺钙? 先看看有这几个习惯吗 Don't rush to repair calcium, why do you lack calcium? To see how these habits	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: 14:18:02 Time: 14:18:02
补钙的意识大部分人都有, 喝牛奶、吃钙片, 用各种方法来补充钙。但是其实, 大多数人在补钙时都具有盲从性, 相信广告或者自己的感觉。其实, 在补钙的时候, 也应该考虑一下钙的吸收和流失, 如果钙流失很多, 可能补钙根本没效果。这些习惯, 让你的钙加速流失。				
Most people have calcium supplements, drink milk, eat calcium tablets, and supplement calcium in various ways. But in fact, most people have blind obedience in filling calcium, believe in advertising or their own feelings. In fact, in the calcium supplement, we should also consider the absorption and loss of calcium, if the loss of calcium is very large, calcium supplement may not have any effect. These habits accelerate your calcium loss.				
高血压 Hypertension				
1. 专家提醒高血压患者切记不能随意停药! 日期:[2018-10-23] 版次:[A19] 版... Experts remind hypertensive patients remember cannot stop drug casually!Date: [2018-10-23] edition: [A19] version...	来源: 新快报 来源: 新快报	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 02:58:24 Time: 02:58:24
“有很多人以为血压高一点没关系,殊不知,高血压患者突然脑梗、心梗、脑出血、心率失常而导致的猝死非常常见.....” 10月8日是第21个 “全国高血压日”。广东省人民医院高血压专科主任医师冯颖青接受记者采访时表示,高血压是“无声的杀手”,由于高血压而导致的死亡每年人数高达几百万。高血压症状不明显,后果却很严重。血压稳定后仍需终身服药。预防高血压要少盐减肥多运动				
"A lot of people think it's okay to have high blood pressure, but sudden death from sudden cerebral infarction, myocardial infarction, cerebral hemorrhage and arrhythmia is very common in hypertensive patients..." October 8th is the twenty-first National Hypertension Day. Feng Yingqing, chief physician of hypertension specialty in Guangdong Provincial People's Hospital, told reporters that hypertension is a "silent killer" and that the annual death toll from hypertension is as high as several million. The symptoms of hypertension are not obvious, but the consequences are very serious. Stable blood pressure still needs lifelong medication. Prevent hypertension, reduce salt, lose weight and exercise more.				
2. 近期高血压领域重要研究成果一览 Recent important research results in high blood pressure field	来源: 生物谷 来源: 生物谷	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 23:35:28 Time: 23:35:28
有研究预测, 2025年全球将有10.5亿的高血压患者, 而根据我国心血管病中心发布的《第五次全国高血压控制状况调查》显示, 我国高血压患病率为23.2%, 高血压的知晓率、治疗率及控制率分别为46.9%、40.7%和15.3%, 农村地区人群血压水平高于城市。 近年来, 科学家们在高血压研究上花费了大量精力, 当然, 他们也取得了很多可喜的成果, 本文中, 小编就对近期相关研究成果进行整理, 分享给大家! 【1】 Nat Genet: 迄今为止最大规模的遗传分析鉴别出535个高血压风险基因。 近日, 一项刊登在国际杂志Nature Genetics上的研究报告中, 来自兰卡斯特大学的科学家们通过研究对100多万人进行了迄今为止最大规模的遗传分析, 鉴别出了535个与高血压发生相关的新型基因。 研究者表示, 所有相关变异的综合效应常常会展示出一种较大的合并风险, 这就迫使研究人员需要进一步调查研究提出一种潜在的精确医疗策略来预防高风险患者心血管疾病的发生。 高血压是引发心血管疾病的一种高度遗传性和可修饰的风险因素, 截止到目前为止, 科学家们所鉴别出的所有遗传突变仅能够解释不同血压的两个人之间3%-4%的差异				
Some studies predict that there will be 1.05 billion hypertensive patients in the world by 2025. According to the Fifth National Survey on Hypertension Control issued by China's Cardiovascular Disease Center, the prevalence of hypertension in China is 23.2%, and the awareness rate, treatment rate and control rate of hypertension are 46.9%, 40.7% and 15.3% respectively. The level of pressure is higher than that of the city.In recent years, scientists have spent a lot of energy on the study of hypertension, of course, they have also made a lot of gratifying results, in this article, a small edition on the recent related research results to collate and share with you![1] Nat Genet: the largest genetic analysis to date has identified 535 hypertensive risk genes.In a study published in the International Journal Nature Genetics, scientists from the University of Lancaster identified 535 novel genes associated with hypertension by performing the largest genetic analysis to date of more than 1 million people.The combined effects of all related variants often present a greater risk of merger, forcing researchers to investigate and develop a potentially accurate medical strategy to prevent cardiovascular disease in high-risk patients, the researchers said. Hypertension is a highly hereditary and modifiable risk factor for cardiovascular disease. So far, all the genetic mutations identified by scientists have explained only 3-4% of the differences between two people with different blood pressure.				
心血管健康 Cardiovascular health				
1. 秋冬季心血管疾病高发医生: 年轻人也应多注意 Dr Qiu dong season high incidence of cardiovascular disease: young people should also pay more attention to that.	来源: 新浪网 来源: 新浪网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 19:43:45 Time: 19:43:45
秋冬季节天气多变, 是心血管疾病的高发期。每到秋冬季节医院的心血管疾病科室, 经常是人满为患。现在心血管疾病已经不是中老年人的专利, 一些年轻人不注意身体也容易患上心血管疾病。那么秋冬季节我们又应该注意些什么呢? 今天 (10月23日) 早上记者在西安市中心医院心血管内科, 看到来这里看病的患者非常多。西安市中心医院心血管内科副主任医师李涛告诉记者, 一到秋冬季节他们心血管内科的患者就会激增, 病床经常是一张难求				

In autumn and winter, the weather is changeable, which is a high incidence stage of cardiovascular diseases. Every autumn and winter, cardiovascular disease departments in hospitals are often overcrowded. Now cardiovascular disease is no longer the patent of the elderly, some young people do not pay attention to the body is also susceptible to cardiovascular disease. Then what should we pay attention to in autumn and winter?This morning (October 23) reporter in the Department of Cardiovascular Medicine, Xi'an Central Hospital, to see a lot of patients here. Li Tao, deputy director of cardiovascular medicine at Xi'an Central Hospital, told reporters that the number of patients in their department of cardiovascular medicine increased sharply in autumn and winter, and beds were often difficult to find.

综合健康信息 Comprehensive Health Information				
1. 湖北省发布国民营养计划实施方案 Hubei province issued a national nutrition plan and implementation plan	来源：人民网 来源：人民网	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间：08:38:08 Time: 08:38:08
“实施学生营养改善行动，提高中小学生奶类摄入量”“开展减盐、减油、减糖，健康口腔、健康体重、健康骨骼专项行动，推广全民健康生活方式”“提高住院病人营养筛查率和营养治疗比例”……近日，省政府办公厅发布《湖北省国民营养计划（2018-2030年）实施方案》，立足我省居民营养健康现状和需求，为百姓制定出一份生命全周期的“营养健康管理清单”。10月22日，省委宣传部举行政策解读新闻发布会，就百姓关注的营养健康话题结合该《方案》内容，为百姓答疑解惑。化解居民营养缺乏和过剩并存实现国民营养九项指标。为何要实施国民营养计划？省卫计委副主任姚云介绍，当前我省居民面临着营养缺乏和营养过剩的双重挑战，通过实施此《方案》，能够解决或缓解贫血、超重肥胖、高血压、糖尿病等营养相关疾病多发的问题，不断提高居民的营养健康水平。具体来说，首先，要通过全面普及营养健康知识，引导居民养成健康合理的生活方式；其次，可促进提升食品营养质量，引导和规范食品生产加工，让百姓吃得安全、吃得营养、吃得享受、吃得健康；三是为大众提供营养需求的指导。根据国家的统一部署，结合具体省情，我省的国民营养计划实施方案量化了九项具体指标：降低人群贫血率、控制孕妇叶酸缺乏率、提高0-6个月婴儿纯母乳喂养率、控制五岁以下儿童生长迟滞率、减少农村中小学生生长迟滞率和控制肥胖率、提高住院病人营养筛查率和营养治疗比例、降低人每日食盐摄入量、提高营养健康知识知晓率、提高中小学生奶类摄入量				
"Implement student nutrition improvement action to increase the intake of milk for primary and secondary school students", "carry out special actions to reduce salt, oil and sugar, healthy mouth, healthy weight, healthy skeleton, promote a healthy lifestyle for the whole people", "improve the nutritional screening rate and nutritional treatment proportion of inpatients"... Recently, the General Office of the Provincial Government issued the implementation plan of the National Nutrition Plan of Hubei Province (2018-2030). Based on the nutritional and health status and needs of the residents in our province, a life cycle "nutritional and health management list" has been worked out for the people.On October 22, the Propaganda Department of the provincial Party Committee held a news conference on policy interpretation, which aimed to solve people's doubts and doubts on nutrition and health issues of common concern.Solving the nine indicators of national nutrition by eliminating the deficiency of nutrition and co existence of residents.Why do we need to implement the national nutrition program? Yao Yun, deputy director of the Provincial Health Planning Commission, said that the current residents of our province are facing the dual challenges of nutritional deficiency and overnutrition. The implementation of this "program" can solve or alleviate the problem of anemia, overweight and obesity, hypertension, diabetes and other nutrition-related diseases, and constantly improve the level of nutritional health of residents. Specifically speaking, first of all, through the comprehensive popularization of nutrition and health knowledge, to guide residents to develop a healthy and reasonable way of life; secondly, it can promote the improvement of food nutritional quality, guide and standardize food production and processing, so that the people can eat safely, eat nutrition, eat enjoy, eat healthily; thirdly, it can provide nutritional needs for the public. Guidance.According to the unified arrangement of the state and the specific conditions of the province, the implementation plan of the state-owned private feeding plan in our province quantifies nine specific indicators: reducing the rate of anaemia in the population, controlling the rate of folic acid deficiency in pregnant women, increasing the exclusive breastfeeding rate of infants aged 0-6 months, controlling the growth retardation rate of children under five years old, and reducing the growth retardation rate of primary and secondary school students in rural areas. Controlling obesity rate, increasing nutrition screening rate and nutrition treatment ratio of inpatients, reducing per capita daily salt intake, raising awareness rate of nutrition and health knowledge, increasing milk intake of primary and secondary school students				
2. 浦东张江举办趣味运动会 Pudong zhangjiang fun games	来源：东方网 来源：东方网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:38:48 Time: 10:38:48
浦东张江举办趣味运动会。10月21日，一场活力四射的秋季趣味运动会在张江广兰公园举行。伴随着阵阵加油声，近百组家庭“全家总动员”，在“赛场”一决高下。此次趣味运动会针对孩童精心设计了平衡、跳跃、球类、跳板等运动。此外，家长还可以带着孩子观摩魔术秀、技能秀，参与益智小游戏、国学小知识等竞赛				
Pudong Zhangjiang holds an interesting sports meet.In October 21st, a lively autumn fun games was held in Zhangjiang Guang LAN park. With the sound of fuel, nearly 100 families "family mobilization" in the "competition".The fun games designed for children to balance, jump, ball, springboard and other sports. In addition, parents can also take their children to watch magic shows, skills show, participate in puzzle games, Chinese elementary knowledge and other competitions.				
3. “消费升级”成热词多元化消费需求方便再现活力 'Consumption upgrade into hot word' diversified consumer demand of instant noodles	来源：中国经济网 来源：中国经济网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:58:06 Time: 10:58:06
据中国食品科学技术学会公布的数据显示，2018年上半年方便面行业企稳回暖，销量增长4.5%，销售额增长8.6%，实现双增长。从前几年增速放缓被外界唱衰，到如今的再次崛起。在业内看来，新一轮的消费升级，呈现消费分层中的多元化立体结构，方便面行业将原有扁平化的产品线和价格带拉长、加宽。中国方便面产业正在从低价竞争，向产品健康化、营养化发展转型，在全面提质的同时进入高质量发展的“方便面2.0时代”。消费升级，不可逆转				
According to the data released by the Chinese Food Science and Technology Association, the instant noodle industry stabilized and recovered in the first half of 2018, with sales increasing by 4.5% and sales increasing by 8.6%, achieving double growth. In the past few years, the slowdown has been weakened by the outside world, and now it is rising again. In the view of the industry, a new round of consumer upgrade, showing a diversified three-dimensional structure in the consumption stratification, the instant noodle industry will be the original flat product line and price band elongated and widened. China's instant noodles industry is transforming from low price competition to healthy and nutritious development of products, and entering the "instant noodles 2.0 era" of high quality development while improving quality in an all-round way.Consumption upgrading, irreversible				
4. 湖北省国民营养计划实施“三步走”战略 Hubei province national nutrition plan implementation of the "three steps" strategy	来源：新华网湖北频道 来源：新华网湖北频道	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间：09:03:42 Time: 09:03:42
湖北省国民营养计划实施“三步走”战略。近日，湖北省政府办公厅印发了《湖北省国民营养计划（2018-2030年）实施方案》（鄂政办发〔2018〕61号）（以下简称《方案》），全方位布局我省国民营养健康工作。10月22日，湖北省政府召开新闻发布会，湖北省卫生计生委副主任姚云及相关专家在会上对《方案》相关内容进行了解读。姚云介绍，《方案的实施分三步走。”“三步走”战略包括：第一步，在现阶段，以加强营养健康与食品安全标准化建设为抓手，解决当前的突出问题，实现科学营养；第二步，到2020年，针对国民生活水平进一步提高，对营养健康多元化需求，提供差异化服务，实现精准营养；第三步，到2030年，面向未来的国民营养健康发展，依靠科技创新，实现智慧营养				
The national nutrition program of Hubei province has implemented the "three step" strategy.Recently, the General Office of the Hubei Provincial Government issued the Implementation Plan of the Hubei National Nutrition Plan (2018-2030) (No. 61 issued by the Hubei Government Office) (hereinafter referred to as the "Plan") to comprehensively distribute the national nutrition and health work in Hubei Province. On October 22, the Hubei Provincial Government held a press conference. Yao Yun, deputy director of the Hubei Provincial Health and Family Planning Commission, and relevant experts interpreted the relevant contents of the Plan.Yao Yun introduced the implementation of the plan in three steps. The "three-step" strategy includes: the first step, at this stage, to strengthen the standardization of nutrition and health and food safety as a grasp, to solve the current outstanding problems, to achieve scientific nutrition; the second step, to 2020, in view of the further improvement of the national living standards, nutrition and health diversified needs, to provide differentiated services, to achieve Accurate nutrition; the third step, by 2030, facing the future healthy development of national nutrition, relying on scientific and technological innovation, to achieve intelligent nutrition				
5. 轻食，要注意几点 Light dishes.pay attention to several points	来源：人民网 来源：人民网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:15:35 Time: 09:15:35
受访专家：首都医科大学附属北京朝阳医院营养科营养师-宋新。近年来，一种名为“轻食”的饮食文化逐渐风靡起来。在美国，沙拉成为轻食文化的代表；在法国，一只法棍蘸上酱汁，简单的搭配成为轻食的范式；在我国，“轻食主义”渐渐成为城市白领以及年轻人倡导的新“食尚”，主打“轻食”的餐厅也越来越多。何为“轻食主义”？首都医科大学附属北京朝阳医院营养科营养师宋新解释，轻食主义强调的是简单、适量、健康和均衡。最初在欧洲十分流行，是指分量小、容易吃饱的食物				
Experts interviewed: nutritionist - Song Xin, Nutrition Department of Beijing Chaoyang Hospital affiliated to Capital Medical University.In recent years, a kind of "light food" catering culture has gradually become popular. In the United States, salad has become the representative of light food culture; in France, a French stick dipped in sauce, simple collocation has become a light food paradigm; in China, "light food doctrine" has gradually become a new "food style" advocated by urban white-collar workers and young people, and more and more restaurants are playing "light food".What is "light eating"? Song Xin, a nutritionist at Beijing Chaoyang Hospital affiliated to Capital Medical University, explains that light eating emphasizes simplicity, moderation, health and balance. It was very popular in Europe at first. It meant food that was small and easy to eat.				
6. 没有无缘无故的脑中风，“中风”的原因是什么？有什么预兆 Stroke without any reason or cause, what was the reason for the "stroke"? What is the omen	来源：搜狐 来源：搜狐	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：03:30:57 Time: 03:30:57
没有无缘无故的脑中风，“中风”的原因是什么？有什么预兆？华子与急诊室的崔神医在休息室闲聊，风风火火走过来的杨美丽说她刚去探望一个病人，是她家的邻居。本来昨天还好好的，突然就无缘无故的中风了。崔神医说，从来没有无缘无故的中风。“中风”是脑卒中的俗称，脑卒中是指突然发病的，以脑功能缺失为症状的脑血管疾病，其中又分为出血性脑卒中（脑出血）和缺血性脑卒中（脑梗死）。根据统计，中国出血性脑卒中占20%左右，缺血性脑卒中占80%左右				
What is the cause of stroke without unprovoked stroke? What are the harbingers?Hua Zi was chatting with Dr Cui Shen in the emergency room. Yang Mei, who came by in a storm, said she had just visited a patient and was a neighbor of her family. It was good yesterday, and suddenly there was no reason for a stroke."There is no such thing as a stroke without any reason," Cui said. "Stroke" is commonly known as stroke, stroke refers to a sudden onset of cerebral vascular disease symptoms of cerebral dysfunction, which is				

divided into hemorrhagic stroke (cerebral hemorrhage) and ischemic stroke (cerebral infarction). According to statistics, hemorrhagic stroke accounts for about 20% in China, and ischemic stroke accounts for about 80%.

7. 不想血液粘稠，6件事最好别做，4件小事最好坚持，减少血管垃圾	来源：汉丰网	主体：公众	态度：提倡	时间： 11:39:22
Don't want to blood viscous, six things, had better not do four things best insist, reduce blood vessel garbage	来源：汉丰网	Subject: public	Attitude: advocate	Time: 11:39:22

不想血液粘稠，6件事最好别做，4件小事最好坚持，减少血管垃圾。 血管是连接生命的脉络，若血管堵塞，那么身体健康必然受到威胁，生命也无法长久。健康好的血管是长寿的关键。 但是随着年纪越来越大，身体的垃圾毒素也越来越多，无法及时排除出去，血管也会逐渐老化，发生堵塞现象。血管一堵，五脏六腑的运输渠道就受到影响，身体会加速老化

Do not want blood thick, 6 things best not to do, 4 small things best stick to reduce blood vessel waste.Blood vessels are the threads that connect life. If blood vessels are blocked, then health will be threatened and life will not last long. Healthy blood vessels are the key to longevity.But as you get older and older, the body's garbage toxins are more and more, can not be eliminated in time, blood vessels will gradually aging, clogging phenomenon. When the blood vessels are seen, the transport channels of the viscera and organs are affected, and the body will accelerate aging.

8. 劝居民盐油量莫超标鄂版营养计划指导您科学吃饭	来源：荆楚网	主体：政府	态度：提倡	时间： 19:07:05
Advised residents excess salt oil mo hubei version nutrition plan to guide you to a dinner of science	来源：荆楚网	Subject: government	Attitude: advocate	Time: 19:07:05

近日，省政府办公厅印发了《湖北省国民营养计划（2018-2030年）实施方案》（以下简称《方案》），全方位布局我省国民营养健康工作。10月22日，省政府召开新闻发布会，省卫生计生委副主任姚云及相关专家对《方案》进行了解读。《方案》针对六类重点人群，确定了营养健康的六大重点任务,实施将分三步走：第一步，现阶段以加强营养健康与食品安全标准化建设为抓手，解决当前突出问题，实现科学营养；第二步，到2020年，针对国民生活水平进一步提高，对营养健康多元化需求，提供差异化服务，实现精准营养；第三步，到2030年，面向未来的国民营养健康发展，依靠科技创新，实现智慧营养。 儿童青少年奶摄入量过低将从三方面改善学生营养。 据我省营养监测结果显示：我省城市和农村6至17岁儿童青少年消瘦及生长迟缓率分别为9.2%和13.3%，超重肥胖率分别为16.8%和8.8%；每标准人日奶及奶制品的摄入量仅11.3克，远低于国家每日300克的推荐量

Recently, the General Office of the Provincial Government issued the "National Nutrition Plan of Hubei Province (2018-2030) implementation plan" (hereinafter referred to as the "program"), a comprehensive layout of the province's national nutrition and health work. On October 22, the provincial government held a press conference. Yao Yun, deputy director of the Provincial Health and Family Planning Commission, and related experts interpreted the plan. According to the six key groups of people, the program defines six key tasks of nutrition and health, and the implementation will be divided into three steps: the first step is to strengthen the standardization of nutrition and health and food safety at this stage to solve the current outstanding problems and achieve scientific nutrition; the second step is to further address the national living standards by 2020. High, diversified demand for nutrition and health, providing differentiated services, to achieve accurate nutrition; the third step, by 2030, facing the future of the healthy development of national nutrition, relying on scientific and technological innovation, to achieve intelligent nutrition.Low intake of milk for children and adolescents will improve students' nutrition from three aspects.According to the results of nutrition surveillance in our province, the rates of weight loss and growth retardation were 9.2% and 13.3% for urban and rural children and adolescents aged 6-17, respectively; the rates of overweight and obesity were 16.8% and 8.8% respectively; the daily intake of milk and dairy products per standard person was only 11.3 grams, far below the recommended daily intake of 300 grams by the state.

9. 唯有美食与爱不可辜负，见证舌尖上的诺博幼儿园	来源：新广网	主体：公众	态度：提倡	时间： 16:34:36
Only the food and love do not live up to, witness the tip of the tongue on the noble kindergarten	来源：新广网	Subject: public	Attitude: advocate	Time: 16:34:36

又到一年入园时,入园焦虑,不仅针对刚入园的孩子,家长可能也会有! 很多家长会担心自家宝贝不爱吃饭,吃得慢,还挑食,到幼儿园能适应吗? 焦虑孩子在幼儿园都吃了什么?吃得是否健康安全?吃得是否营养科学..... 如此种种,每一个关于“吃”的疑问,都时刻拨动着家长们敏感又脆弱的神经。有道是,幼儿园,吃得好那才是真的好!关于“吃”这件小事,对于幼儿园孩子的家长来说,可就真的是“天大的事”。 ▲ 在幼儿园里,进餐是一个快乐又值得期待时刻。 毕竟,在这个孩子从“家庭用餐”过渡到幼儿园“集体用餐”的特殊阶段,幼儿每日食物的摄入将主要来源于幼儿园,家长们的各种担心焦虑也在所难免。 ▲ 一日三餐食谱都是由保健医精心制定,营养又美味

When you enter a garden once a year, admission anxiety is not only for children just entering the kindergarten, but also for parents.Many parents will worry that their baby does not like to eat, eat slowly and picky eaters, can they adapt to kindergartens?What does anxiety children eat in kindergartens? Is it healthy and safe? Is it nutritious and scientific?All this, every question about "eating" always stirs the sensitive and fragile nerves of parents. The truth is, kindergarten, eat well that is really good! About the "eat" this little thing, for the parents of kindergarten children, it is really "big thing".In the kindergarten, dining is a joyful and worthwhile moment.After all, at this particular stage of the transition from "family meals" to "collective meals" in kindergartens, children's daily food intake will mainly come from kindergartens, and parents'worries are inevitable.One day, three meals recipes are carefully formulated by health care doctors, nutritious and delicious.

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

减盐-微信 Salt Reduction - WeChat

2018-10-23, 共监测到560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 560 WeChat public articles were monitored in 2018-10-23. 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.



热门文章-前五 Popular Articles - Top 5

1. 诊间日记: 高血压能在减肥后治愈吗?

[Diagnostic diary: Can high blood pressure be cured after losing weight?](#)

重复数: 3

日期: 2018-10-23

Repeat Number: 3

Data: 2018-10-23

世界卫生组织建议每人每日食盐摄入量不超过6 g (相当于一啤酒瓶盖), 如果能够控盐达标, 那血压可降低2~8 mmHg。

The World Health Organization recommends that each person's daily salt intake should not exceed 6 g (equivalent to a beer bottle cap). If the salt can be controlled, the blood pressure can be reduced by 2-8 mmHg.

2. 如果长期不吃盐, 身体会发生什么变化?

[What happens to your body if you don't eat salt for a long time?](#)

重复数: 1

日期: 2018-10-23

Repeat Number: 1

Data: 2018-10-23

减盐应分阶段逐渐递减, 假如最初盐的摄入量10g, 逐渐递减为8g、6g、5g, 这样才有助于降低血压。

Salt reduction should be gradually reduced in stages. If the initial salt intake is 10g, it gradually decreases to 8g, 6g, 5g. This will help lower blood pressure.

3. “三减三健”: 倡导健康生活方式

["Three reduction and three health": Advocate healthy lifestyle](#)

重复数: 1

日期: 2018-10-23

Repeat Number: 1

Data: 2018-10-23

吃盐多、摄入钠过多是高血压以及心血管疾病的危险因素, 甚至还是胃癌“伴侣”。中国营养学会理事长杨月欣曾指出, 减少食盐摄入是最廉价和简单的降压方。“每人每天如果能减少6克盐我国每年可以避免约36万人因脑卒中和冠心病而死亡, 可以减少150亿元以上的直接医疗成本。”

Eating too much salt and taking too much sodium are risk factors for high blood pressure and cardiovascular disease, and even a "companion" for stomach cancer. Yang Yuexin, chairman of the Chinese Nutrition Society, pointed out that reducing salt intake is the cheapest and simple method of reducing blood pressure. "If you can reduce 6 grams of salt per person per day, China can avoid about 360,000 deaths each year from stroke and coronary heart disease, which can reduce the direct medical cost of more than 15 billion yuan."

4. “三减三健”: 想要健康, 请减三样!

["Three minus three health": if you want to be healthy, please reduce three samples.](#)

重复数: 1

日期: 2018-10-23

Repeat Number: 1

Data: 2018-10-23

吃盐多、摄入钠过多是高血压以及心血管疾病的危险因素, 甚至还是胃癌“伴侣”。减少食盐摄入是最廉价和简单的降压方。每人每天如果能减少6克盐我国每年可以避免约36万人因脑卒中和冠心病而死亡, 可以减少150亿元以上的直接医疗成本。

Eating too much salt and taking too much sodium are risk factors for high blood pressure and cardiovascular disease, and even a "companion" for stomach cancer. Yang Yuexin, chairman of the Chinese Nutrition Society, pointed out that reducing salt intake is the cheapest and simple method of reducing blood pressure. "If you can reduce 6 grams of salt per person per day, China can avoid about 360,000 deaths each year from stroke and coronary heart disease, which can reduce the direct medical cost of more than 15 billion yuan."

5. 想健康, 减三样!

[If you want to be healthy, you need to reduce three things!](#)

重复数: 1

日期: 2018-10-23

Repeat Number: 1

Data: 2018-10-23

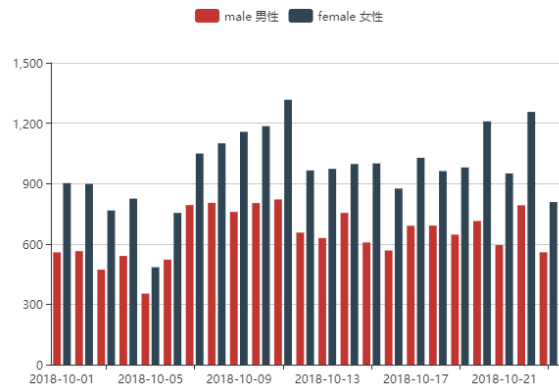
成人每天食盐摄入量不超过6克。除了家庭烹调用盐外, 加工食品中的隐形盐要格外引起重视, 挂面、薯片、薯条、豆制品等零食中的钠含量不容小觑, 适当少吃。爱喝汤的人尽量在汤中少放盐, 尽量不用各种菜肴汤底泡饭, 少吃加工肉类, 适当多吃富含钾的新鲜蔬菜水果。

Adults consume no more than 6 grams of salt per day. In addition to salt for home cooking, invisible salts in processed foods are particularly important. The sodium content in snacks such as noodles, potato chips, French fries, and soy products should not be underestimated. Those who love to drink soup should put less salt in the soup, and try not to use various kinds of soups to make rice, eat less processed meat, and eat more fresh fruits and vegetables rich in potassium.

减盐-微博

Salt Reduction - Weibo

2018-10-23, 共检测到1366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 1366 weibos about salt reduction monitored on 2018-10-23.
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.



热门微博

Hot Weibos

1. 没有相关微博!
No such weibos!

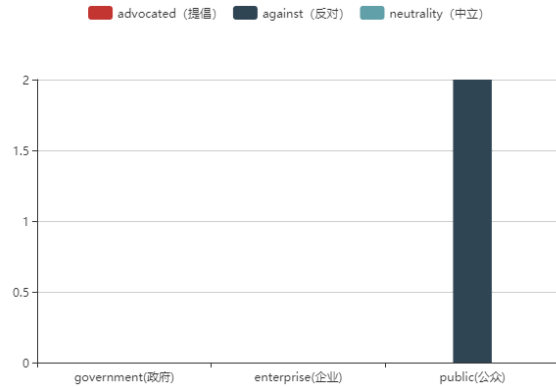
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-23) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-10-23. Please click the title to view full information.

The original article is in Chinese only.



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决心工程 Resolve To Save Lives
没有相关文章!
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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. 整治化妆柿饼：食品安全问题就须“零容忍” Regulation makeup persimmon: food safety issues must be "zero tolerance"	来源：中国经济网 来源：中国经济网	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 07:53:25 Time: 07:53:25
近日，有媒体曝光桂林市平乐县沙子镇一水果交易市场内，有收购商用违禁食品添加剂非法对收购的柿饼进行染色、抛霜。为了让消费者能吃上放心柿饼，10月20日，平乐县召开紧急会议，提出多项措施，规范柿饼市场秩序。当地相关部门依法查获并销毁了3500公斤非法加工的柿饼，涉事水果交易市场已被停业整顿。此外，平乐县还启动了问责机制。（10月21日《南国早报》）有道是：“人以食为天，食以安为先				
Recently, some media exposed that in a fruit market in Shazi Town, Pingle County, Guilin City, illegal commercial food additives were purchased to dye and defrost persimmon cakes. In order to enable consumers to eat persimmon cake, on October 20, Pingle County convened an emergency meeting, put forward a number of measures to regulate the order of persimmon cake market. Local authorities have seized and destroyed 3,500 kilograms of illegally processed persimmon cakes according to law, and the fruit market involved has been closed down for rectification. In addition, Pingle county has initiated the accountability mechanism. (October 21st, South China Morning Post)There is a saying: "man takes food as food, and food as safety".				
2. 咖啡健康大点评：意式味道纯正、拿铁营养提升、摩卡苦甜交融 Coffee health review: Italian pure flavor mocha latte nutrition promotion, sweet blend	来源：人民网 来源：人民网	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 08:57:21 Time: 08:57:21
意式、美式、拿铁、摩卡.....咖啡种类多样，它们有什么不同？对健康又有什么影响？意式浓缩咖啡。传统的意式浓缩咖啡是以极热但未沸腾的热水，借由高压冲泡研磨成很细的咖啡粉末萃取制成。标准的意大利浓缩咖啡体积为30毫升（偏差不过5毫升），制作时间25~30秒。由于不加很多的水进行稀释，意式浓度较大，味苦而浓香。				
Italian, American, latte, Mocha... What are the difference between different coffee? What's the impact on health?Espresso espresso. Traditional espresso coffee is made from extremely hot, but not boiling, hot water, by high-pressure brewing and grinding into very fine coffee powder extraction. The standard Italy espresso coffee volume is 30 milliliters (deviation is only 5 milliliters), the production time is 25~30 seconds. Because it does not add much water to dilute, it has a high concentration and tastes bitter and fragrant.				
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

2018-10-23, 共监测到357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 357 WeChat public articles were monitored in 2018-10-23. 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.



热门文章-前五 Popular Articles - Top 5

1. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!

重复数: 4

日期: 2018-10-23

[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

Repeat Number: 4

Data: 2018-10-23

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造多吃天然食品, 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. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.

2. 垃圾食品有“解药”! 好后悔这么晚才知道!

重复数: 3

日期: 2018-10-23

[Junk food has "antidote"! I regret that I know so late!](#)

Repeat Number: 3

Data: 2018-10-23

方便面属于高盐、高脂、低维生素、低矿物质一类食物。一方面, 因盐分含量高增加了肾负荷, 会升高血压; 另一方面, 含有一定的人造脂肪(反式脂肪酸), 对心血管有相当大的负面影响。加之含有一定量的防腐剂和香精, 可能对肝脏等有潜在的不利影响。

Instant noodles are high-salt, high-fat, low-vitamin, low-mineral foods. On the one hand, the high salt content increases the kidney load and raises the blood pressure; on the other hand, it contains a certain amount of artificial fat (trans fatty acid), which has a considerable negative impact on the cardiovascular system. In addition to containing a certain amount of preservatives and flavors, it may have a potential adverse effect on the liver.

3. 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: 2

日期: 2018-10-23

[These 6 kinds of milk must not be given to children. Second kinds of milk may be bought every day!](#)

Repeat Number: 2

Data: 2018-10-23

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。

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.

4. 脸要穷养, 脚要富养; 心要穷养, 肺要富养.....

重复数: 2

日期: 2018-10-23

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

Repeat Number: 2

Data: 2018-10-23

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造多吃天然食品, 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. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.

5. 月嫂都是这么护理血糖高的宝妈, 保证母乳充足血糖不升

重复数: 2

日期: 2018-10-23

[The way the maternity matron takes care of the puerperae ensures adequate breast milk and no rise in blood sugar.](#)

Repeat Number: 2

Data: 2018-10-23

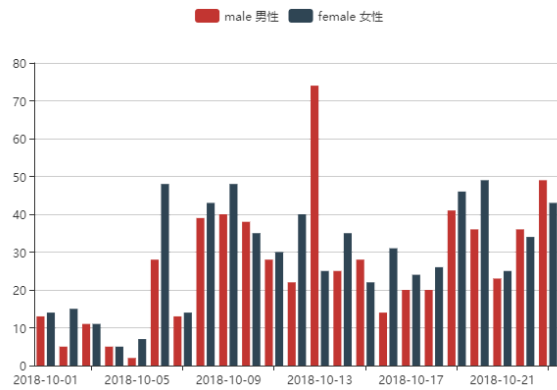
油脂的摄入需要增加油脂的种类, 比如亚麻籽油、橄榄油、山茶油、玉米油对于血糖血脂的异常都有一定的帮助, 有条件可以增加亚麻籽油和橄榄油的摄入, 但是控制总量。严格限制饱和脂肪酸含量高的食物, 如动物脂肪、全脂奶, 避免食用反式脂肪酸, 如人造奶油、植脂末、奶精等。

We need to increase the types of oils we consume, such as linseed oil, olive oil, camellia oil and corn oil, which are helpful for abnormal blood sugar and blood lipids. If possible, we can increase the intake of linseed oil and olive oil, but control the total amount. It is necessary to strictly limit foods with high saturated fatty acids, such as animal fat oil and whole milk, and avoid trans fatty acids such as margarine, non-dairy creamer and creamer.

反式脂肪酸-微博

Transfat - Weibo

2018-10-23, 共检测到92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 92 weibos about transfat reduction monitored on 2018-10-23.
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.



热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!