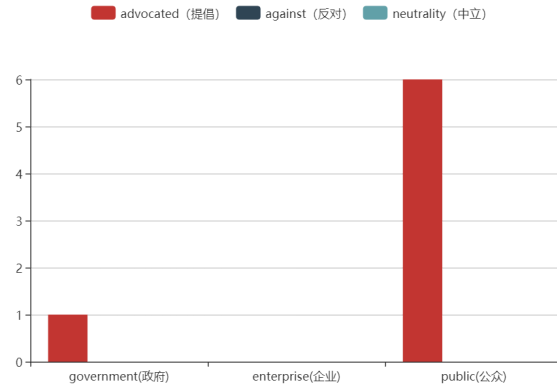


减盐-新闻 Salt Reduction - News

今日 (2018-10-03) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2018-10-03. 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!

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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!

No such articles!

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

安徽
Anhui

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高血压 Hypertension
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No such articles!

浙江
Zhejiang

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No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. @南昌人 收好这份假期饮食宝典,这个国庆你过得比... @_nanchang_people_away_this_holiday_diet_treasure_dian,_the_National_Day_than_you...	来源: 澎湃新闻	主体: 公众	态度: 提倡	时间: 12:50:16
本文原标题: 《@南昌人 收好这份假期饮食宝典, 这个国庆你过得比别人都健康! 》十一长假无论是旅游, 还是宅家中, 都少不了美食的诱惑. 朋友聚在一起大吃大喝, 把全国各地美食小吃一网打尽.....但是, 每天吃太油腻怕长胖怎么办? 一下子暴饮暴食, 吃香的辣的, 拉肚子了怎么办? 假期虽难得, 但饮食也要注重保养. 小编这就给大家支几招, 只要稍加注意, 假期都可以变得健康又完美! 减盐油、减热量、减饭量不宜过咸: 正常人的食盐量, 以每日不超过10克为宜. 食盐过多会加重肾脏负担, 引起浮肿, 钠盐滞留还会引起血压升高, 增加高血压、冠心病、脑出血的发病率. 因此, 不宜多吃咸鱼、咸肉等腌制品	来源: 澎湃新闻	Subject: public	Attitude: advocate	Time: 12:50:16
The original title of this article: "Nanchang people collect this holiday food treasure book, this National Day you live healthier than everyone else! "Eleven long holidays, whether tourism or home, are indispensable to the temptation of food. Friends gather together to eat and drink all the food and snacks in the whole country. But what if you are too greasy				

and fat everyday? What happens when you drink too much, eat spicy spicy food, and have diarrhea? Holidays are rare, but diet should also be maintained. This will give you a few tips. With a little attention, holidays can become healthy and perfect. Salt-reducing oil, calories, and meals should not be too salty: the normal amount of salt, not more than 10 grams a day is appropriate. Excessive salt can aggravate the burden of kidney, cause edema, sodium retention can also cause elevated blood pressure, increase the incidence of hypertension, coronary heart disease, cerebral hemorrhage. Therefore, it is not suitable to eat salted fish, bacon and other pickled products.

2. 医生提醒:血液黏稠的人,要远离这3种食物,再想吃也要忍住	来源: 搜狐体育	主体: 公众	态度: 提倡	时间: 12:50:34
The doctor remind: blood viscous, stay away from the 3 kinds of food, again want to eat also want to endure	来源: 搜狐体育	Subject: public	Attitude: advocate	Time: 12:50:34

原标题: 医生提醒: 血液黏稠的人, 要远离这3种食物, 再想吃也要忍住 文章为原创供稿 | 抄袭必究 血管连通着全身的器官, 是血液运输的管道, 血管若出现堵塞或者病变, 这可是很严重的事情, 会让全身器官跟着有问题, 严重的直接威胁生命. 如何才能保护血管呢. 管理好平时的饮食特别重要, 几种会堵塞血管, 让血管生病的食物, 血压高, 血脂粘稠的人最好少吃, 喜欢吃也要忍住. 1、少吃肥肉 五花肉、红烧肉都有大量的脂肪, 煎炸炒的做法会让肥肉变得可口, 但是肥肉会让血脂升高, 血液粘稠, 脂肪堆积在血管, 让血液无法顺畅流动, 尤其三高人群, 很容易引发疾病. 平时一定要少吃, 可适量吃一些瘦肉, 鸡胸肉, 多吃高纤维的蔬果吸收体内多余油脂, 多吃山楂、玉米、胡萝卜等食物可以缓解血液粘稠, 让血管健康起来, 让高血糖、高血脂不再找上你

Original title: doctors remind: Blood sticky people, to stay away from these 3 kinds of food, and then want to eat to hold back.Articles for original contributions, plagiarism must be investigated.Blood vessels connect the organs of the whole body, is the blood transport pipeline, if blood vessels blocked or pathological changes, this is a very serious matter, will make the whole body organs with problems, a serious direct threat to life.How can we protect blood vessels? It is particularly important to manage the usual diet, a few will block blood vessels, blood vessels sick food, high blood pressure, blood fat sticky people had better eat less, like to eat but also bear.1. Eat less fat.Five-flower meat, red-roast meat have a lot of fat, fried and fried fat will become delicious, but fat will increase blood fat, blood viscosity, fat accumulation in the blood vessels, so that the blood can not flow smoothly, especially in the three high crowd, it is easy to cause disease.Usually must eat less, can eat some lean meat, chicken breast, eat high fiber vegetables and fruits to absorb excess fat in the body, eat hawthorn, corn, carrots and other foods can ease blood viscosity, so that blood vessels healthy, so that high blood sugar, high blood fat no longer find you

3. 日本人从吃到动都想显瘦	来源: 腾讯大燕网	主体: 公众	态度: 提倡	时间: 09:50:34
The Japanese from eating to move of thin	来源: 腾讯大燕网	Subject: public	Attitude: advocate	Time: 09:50:34

日本鲜有身材肥胖的人, 瘦, 似乎已经成为他们的一个标志. 日本人的基本生活水平不算低, 纤瘦是因为他们从方方面面在控制自己的饮食、体重等. 比如, 日本法律对公司男女员工腰围尺寸做出了限定. 胖不是罪, 但在日本人眼中是“病”. 他们普遍认为, 肥胖代表着不健康

Japan's slim and fat people seem to have become a symbol of them. The basic standard of living in Japan is not low, thin because they control their diet, weight and so on in all aspects. For example, Japanese law restricts the waist circumference of men and women.Fat is not a sin, but it is "disease" in the eyes of the Japanese. They generally believe that obesity is unhealthy.

高血压 Hypertension				
1. 新指南给出降壓新策略生活方式調整非常關鍵	来源: 新華網雲南頻道	主体: 公众	态度: 提倡	时间: 01:05:07
New guidelines given antihypertension new strategy is key lifestyle changes	来源: 新華網雲南頻道	Subject: public	Attitude: advocate	Time: 01:05:07

8月底, 全新的《2018年歐洲高血壓指南》(以下簡稱《指南》)正式發布。英國倫敦大學的布萊恩·威廉姆斯教授在本屆歐洲心臟病學會年會上, 分別從生活方式幹預、藥物治療、介入治療幾個方面, 圍繞新《指南》給出了高血壓治療策略。 生活方式幹預。健康的生活方式可以預防或延緩高血壓發病、降低心血管疾病風險, 並能使血壓處於正常高值的人群延緩進展為高血壓。就1級高血壓(輕度)而言, 有效的生活方式改善可以延緩甚至減免患者對藥物治療的需求

At the end of August, the brand new guide to hypertension in Europe (2018) was released. Professor Brian Williams of the University of London, UK, at the annual meeting of the European College of Cardiology, presented strategies for the treatment of hypertension around the new Guidelines from the aspects of lifestyle intervention, drug therapy and interventional therapy.Lifestyle intervention. Healthy lifestyles can prevent or delay the onset of hypertension, reduce the risk of cardiovascular disease, and can delay the progression of hypertension in people with normal high blood pressure. In the case of grade 1 hypertension (mild), effective lifestyle improvements can delay or even reduce the need for medication

2. 南方饮食是美国黑人健康问题的罪魁祸首	来源: 搜狐	主体: 公众	态度: 提倡	时间: 07:04:09
The diet is the main culprit of a black American health problems	来源: 搜狐	Subject: public	Attitude: advocate	Time: 07:04:09

原标题: 南方饮食是美国黑人健康问题的罪魁祸首 艾米诺顿健康日记者 专家们早就知道, 黑人比白人更容易死于心脏病和中风, 而高血压的发病率解释了这种差异。但是为什么黑人更容易患高血压呢? 新的研究表明, 关键因素是传统的南方饮食——油炸食品、山核桃派和其他好吃但营养不良的食物。 事实上, 与白人男性相比, 饮食解释了黑人男性超过半数的高血压风险。研究发现, 在女性中, 饮食模式并不重要, 但仍能解释近30 %的黑人和白人女性之间的差异。 但他说, 这项研究表明, 这在很大程度上解释了高血压中的黑白种族差异

Original title: Southern diet is the culprit of African Americans' health problems.Amy Norton Health Day reporterExperts have long known that blacks are more likely to die of heart disease and stroke than whites, and the incidence of high blood pressure explains the difference. But why are black people more susceptible to high blood pressure?New research shows that the key factor is the traditional southern diet - fried foods, pecan pies and other delicious but malnourished foods.In fact, compared with white men, diet explained more than half of the risk of hypertension among black men. The study found that dietary patterns were not important among women, but still explained the difference between nearly 30% of black and white women.But he said that this study shows that this largely explains the differences between black and white races in hypertension.

心血管健康 Cardiovascular health				
1. 心血管疾病重在预防	来源: 东方网	主体: 公众	态度: 提倡	时间: 22:04:17
On prevention of cardiovascular disease	来源: 东方网	Subject: public	Attitude: advocate	Time: 22:04:17

心血管疾病重在预防 深圳特区报讯 (记者余海蓉通讯员刘强) 记者从市孙逸仙心血管医院胸痛中心联合市急救中心近日举行的“世界心脏日”宣传大型公益活动中获悉, 两家单位去年推出的市区内急性心肌梗救治地图, 建立了全国首家急性心梗一小时救治体系, 目前已见成效。一年多的运行, 使深圳市的急性心梗的院内死亡率由10.8%下降至2.8%, 挽救了更多的生命。 心血管疾病年轻化已成趋势, 市孙逸仙心血管医院院长杨建安指出, 心血管疾病的死亡率高, 但通过一些手段可有效预防。高血压、肥胖、吸烟和缺乏运动等是导致心血管疾病的主要因素, 在饮食, 提倡低盐低糖低油饮食, 减少含糖饮品和果汁的摄取, 将饮酒量控制在建议范围内; 倡导积极运动, 每周3-5次强度适中的体力活动, 每次至少30分钟。

Cardiovascular disease focuses on PreventionShenzhen Special Economic Zone News (reporter Yu Hairong correspondent Liu Qiang) reporters from the city Sun Yixian Cardiovascular Hospital Chest Pain Center Joint City Emergency Center recently held the "World Heart Day" publicity activities learned that the two units launched last year in the urban area of acute myocardial infarction treatment map, the establishment of the country's first acute myocardial infarction a small At present, the treatment system has achieved success. The hospital mortality rate of acute myocardial infarction in Shenzhen has decreased from 10.8% to 2.8% after more than one year of operation, which saved more lives.Yang Jian'an, director of Sun Yixian Cardiovascular Hospital, pointed out that cardiovascular diseases have a high mortality rate, but can be effectively prevented by some means. Hypertension, obesity, smoking and lack of exercise are the main causes of cardiovascular disease, in the diet, promote a low-salt, low-sugar and low-oil diet, reduce the intake of sugary drinks and juice, will drink within the recommended limits; advocate active exercise, moderate intensity of physical activity 3-5 times a week, at least 30 minutes each time.

综合健康信息 Comprehensive Health Information				
1. 碾房站超限运输检测站落实《健康中国2030规划纲要》	来源: 中国交通执法网	主体: 政府	态度: 提倡	时间: 08:50:42
Grinding room Mao overloading transportation testing station to carry out the program for the health of China's 2030	来源: 中国交通执法网	Subject: government	Attitude: advocate	Time: 08:50:42

【本站特约通讯员 常金莉】为了全面贯彻落实党的十九大精神和《健康中国2030规划纲要》, 2018年9月28日碾房站超限运输检测站特邀中国安全教育中心陕西站宣教科高级讲师高娜老师为我站全体职工讲解安全健康知识。内容: 一是讲解“三减三健”(减盐、减油、减糖)(健康口腔、健康体重、健康骨骼)戒烟限酒的专项行动的内容; 二是突发事故公共安全事件的应急处理; 三是环境污染(雾霾粉尘的危害及防治知识); 四是长见职业病与慢性病的防治及改善。通过聆听这次安全健康教育的讲座全体职工感到收益颇多, 职工们对保护自身健康有了新的认识。励志全体行动起来努力改善周边环境, 低碳出行。让我们的天更蓝, 水更清, 生活更美好!

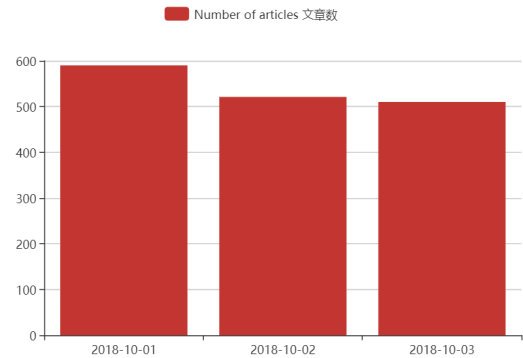
In order to fully implement the spirit of the Nineteenth National Congress of the Party and the Outline of the Health China 2030 Program, on September 28, 2018, a senior lecturer, Professor Gao Na, from China Safety Education Center Shaanxi Station, was invited to explain safety and health knowledge to all the staff of the station. Contents: First, explaining the contents of the special action of "three reducing health" (reducing salt, oil and sugar) (healthy mouth, healthy weight, healthy skeleton) to stop smoking and alcohol restriction; second, emergency treatment of public safety incidents; third, environmental pollution (haze and Dust Haze and prevention knowledge); fourth, occupational diseases and long-term knowledge Prevention and treatment of chronic diseases.By listening to this lecture on safety and health education, all staff feel that there are many benefits, and staff have a new understanding of protecting their own health. Inspiring efforts to improve the surrounding environment, low-carbon travel. Let our sky be bluer, water clearer, and life better!

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

减盐-微信

Salt Reduction - WeChat

2018-10-03, 共监测到510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 510 WeChat public articles were monitored in 2018-10-03. 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

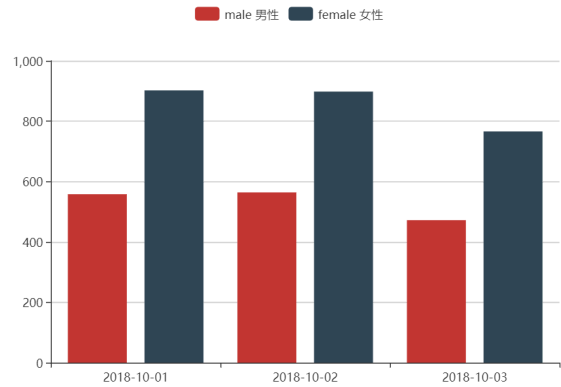
1. 2元一袋和10元一袋的盐到底差在哪? 终于清楚了... Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag? At last it is clear.	重复数: 9 Repeat Number: 9	日期: 2018-10-03 Data: 2018-10-03
对普通人而言, 首要目标是减少盐的摄取, 少盐就是少钠。无论是吃低钠盐、强化营养盐或精盐, 都应该少吃为妙, 降低用盐量是首要原则。 For ordinary people, the primary goal is to reduce salt intake. Less salt is less sodium. Whether you eat low sodium salt, fortified nutrient salt or refined salt, you had better eat less. Reducing the amount of salt is the first principle.		
2. 豆腐乳、臭豆腐、豆豉会致癌? 答案令人震惊, 现在知道还不晚! Can bean curd, stinky tofu, and cardamom cause cancer? The answer is shocking, and it's not too late to know!	重复数: 5 Repeat Number: 5	日期: 2018-10-03 Data: 2018-10-03
豆豉加工中会加入很多盐分, 所以如菜肴中已加入豆豉, 则应减少烹调用盐量, 以免摄入盐分过多, 从而降低患高血压、心脏病和中风的风险。 A lot of salt is added to the processing of soybean meal. Therefore, if the cardamom has been added to the dish, the amount of salt used for cooking should be reduced to avoid excessive salt intake, thereby reducing the risk of high blood pressure, heart disease and stroke.		
3. 想要健康, 不妨少吃“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: 3 Repeat Number: 3	日期: 2018-10-03 Data: 2018-10-03
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。 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.		
3. 都错了, 高血压的罪魁祸首不是盐, 而是“它”! It's all wrong. The chief culprit of high blood pressure is not salt, but "it"!	重复数: 2 Repeat Number: 2	日期: 2018-10-03 Data: 2018-10-03
饮食中的盐分95%是由肾脏代谢掉的, 盐摄入过多, 就会加重肾脏负担, 同时盐中的钠会导致人体水分不易排出, 容量负荷过重, 形成水肿, 又进一步加重肾脏负担。 95% of the salt in the diet is metabolized by the kidneys. Excessive salt intake will increase the burden on the kidneys. At the same time, the sodium in the salt will cause the body's water to be difficult to discharge, so that the volume load is too heavy, and edema is formed, which further increases the burden on the kidneys.		
4. 九大权威机构联合倡议: 推动食品行业“减盐、减油、减糖”, 共筑健康明天! Nine authoritative organs jointly proposed to promote the food industry to "reduce salt, oil, sugar" and build a healthy tomorrow!	重复数: 1 Repeat Number: 1	日期: 2018-10-03 Data: 2018-10-03
2017年4月, 原国家卫生计生委、全国总工会等五部门联合发布的《全民健康生活方式行动方案(2017-2025年)》中提出要深入开展“三减三健”(减盐、减油、减糖, 健康口腔、健康体重、健康骨骼)专项行动 In order to promote people's health, the former National Health and Family Planning Commission and the National Federation of Trade Unions and other five departments proposed to deeply carry out the special action of "three reductions and three health" (reducing salt, reducing oil, reducing sugar, healthy mouth, healthy weight, and healthy bones) in the "National Healthy Lifestyle Action Plan (2017-2025)" jointly issued in April 2017.		

减盐-微博

Salt Reduction - Weibo

2018-10-03, 共检测到1238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 1238 weibos about salt reduction monitored on 2018-10-03.
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.



热门微博

Hot Weibos

1. 没有相关微博!
No such weibos!

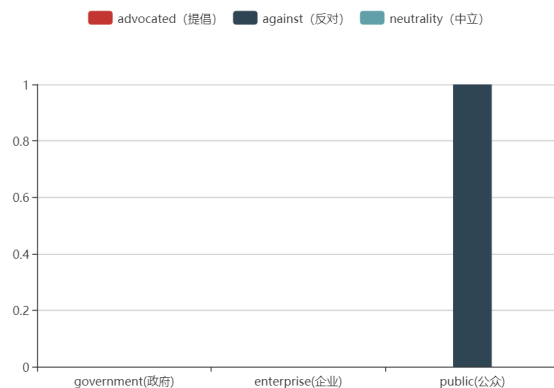
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-03) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-03. 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!

没有相关文章!

No such articles!

其他省份

Other Provinces

1. 伤不起的减肥咖啡:非法添加违禁药 严重可致死亡	来源：扬州网	主体：公众	态度：反对	时间： 17:30
Wound can't afford to lose weight coffee: illegal add illicit drugs Serious can cause death	来源：扬州网	Subject: public	Attitude: against	Time: 17:30

江苏淮安的消费者朱女士购买了一款网红减肥咖啡，可是喝了才不到三天，不但没减肥，还喝出了问题。 消费者朱女士：我有点想吐，头感觉很重，昏昏沉沉的。自己又回想，就是从喝了咖啡王这个东西(后)，感觉自己有点身体不舒服那种症状。 淮安市食品药品检验所对这款标称的卡芭娜左旋肉碱咖啡王进行了检测。结果显示这款所谓的左旋肉碱咖啡王不但根本不含 左旋肉碱，竟然还检出了违禁药物成分盐酸西布曲明和酚酞

Zhu, a consumer in Huai'an, Jiangsu Province, purchased a net red weight loss coffee, but she drank it for less than three days. Not only did she not lose weight, but she also drank something wrong.Ms. Zhu: I feel a little sick, and I feel heavy and dizzy. I recalled feeling a little uncomfortable after drinking the coffee queen.The Huaian city food and drug testing institute has tested the name Cabana's L-carnitine Coffee King. The results showed that the so-called L-carnitine Coffee King did not contain L-carnitine at all, but also detected illicit drugs such as sibutramine hydrochloride and phenolphthalein.

没有相关文章!

No such articles!

反式脂肪酸-微信 Transfat - WeChat

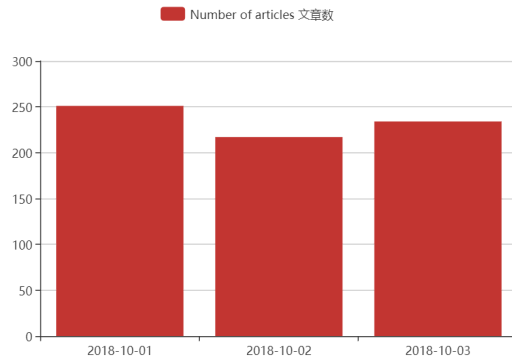
2018-10-03, 共监测到234篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 234 WeChat public articles were monitored in 2018-10-03. 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. 吃素也要有技术含量, 吃的不对, 再素也白搭!](#) 重复数: 5 日期: 2018-10-03
[People should eat plants scientifically. If you don't choose the right food, vegetarian food is not good for your health!](#) Repeat Number: 5 Data: 2018-10-03

针对人们对素食和植物性食品的青睐, 一些产品甚至以使用“植物奶油”、“植物起酥油”等为宣传卖点, 而就对血脂的影响而言, 这类“素油”比动物油更糟糕。已经有多项研究证实, 这些产品中所含“反式脂肪酸”, 会大大增加人们罹患心血管疾病和糖尿病的风险, 还可能危害大脑的健康。

In fact, in response to the popularity of vegetarian and vegetable foods, some products even use "vegetable butter" and "vegetable shortening" as promotional selling points, and in terms of the impact on blood lipids, such "vegetable oil" is worse than animal oil. A number of studies have confirmed that trans fatty acids in these products can greatly increase the risk of cardiovascular disease and diabetes, and possibly harm the health of the brain.
- [2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养.....](#) 重复数: 3 日期: 2018-10-03
[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#) Repeat Number: 3 Data: 2018-10-03

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。

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.
- [3. 只因男方精液检查正常, 那不孕就是女方的问题?](#) 重复数: 1 日期: 2018-10-03
[Is the infertility due to the woman's physical problems when the man's semen is normal?](#) Repeat Number: 1 Data: 2018-10-03

目前市面的珍珠奶茶多是用奶精、色素、香精和木薯粉及自来水制成。而奶精主要成分是氢化植物油, 这是一种反式脂肪酸。反式脂肪酸会减少男性荷尔蒙的分泌, 对精子的活性产生负面影响, 影响精子质量从而导致男性生育功能下降。

At present, the pearl milk tea in the market is mostly made of creamer, pigment, flavor and tapioca powder and tap water. The main ingredient of the creamer is hydrogenated vegetable oil, which is a trans fatty acid. Trans fatty acids reduce the secretion of male hormones, which have a negative impact on sperm motility, affecting sperm quality and leading to decreased fertility in men.
- [4. 奶茶, 正在毁掉你的身体——揭开网红奶茶的黑幕](#) 重复数: 1 日期: 2018-10-03
[Milk tea is destroying your body.](#) Repeat Number: 1 Data: 2018-10-03

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

Trans fatty acids, known as "time bombs on the table," are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods because of its high temperature resistance, non-deterioration and long storage. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.
- [4. 网红奶茶测评, 四大真相被揭露!](#) 重复数: 1 日期: 2018-10-03
[The "net celebrity" milk tea was evaluated. The four truths are revealed!](#) Repeat Number: 1 Data: 2018-10-03

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反式脂肪酸-微博 Transfat - Weibo

2018-10-03, 共检测到22条与“反式脂肪酸”相关的微博。

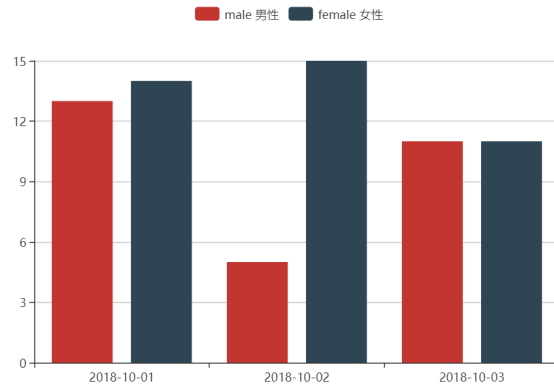
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 22 weibos about transfat reduction monitored on 2018-10-03.

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!