

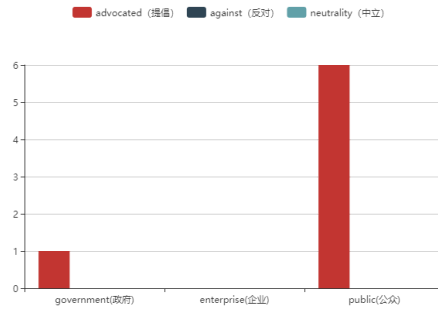
## 减盐-新闻

### Salt Reduction - News

今日 (2019-01-02) 共监测到7条资讯。请点击标题查看全文。

There are 7 articles monitored today 2019-01-02. 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
1. <a href="#">青岛市疾控中心：隆冬时节 这些疾病需要防范!</a> <a href="#">Qingdao CDC: In the middle of winter, these diseases need to be prevented!</a>
来源：半岛网 Source: Peninsula Network
主体：公众 Subject: public
态度：提倡 Attitude: advocate
时间：21:38:12 Time: 21:38:12
1月份已是隆冬时节，由于气温低、气候干燥，室内活动多，易造成呼吸道传染病流行，煤炉、燃气灶等设施使用不当，易出现一氧化碳中毒；冬季雾霾多发，对人体可产生急性和慢性健康危害；冬季是心梗、脑卒中等心脑血管意外的高发期，高危人群尤其要注意保健。另外寒假临近，学生安全意识薄弱，自我保护能力差，容易出现伤害事故。青岛市疾控中心温馨提醒市民要注意防寒保暖，做好呼吸道传染病、一氧化碳中毒、雾霾、心脑血管病及学生安全等防范措施。
January is already the midwinter season, because of the low temperature, dry climate, indoor activities, easy to cause respiratory infectious diseases epidemic, inappropriate use of coal stoves, gas stoves and other facilities, prone to carbon monoxide poisoning; winter haze occurs frequently, which can cause acute and chronic health hazards to the human body; winter is the high incidence period of cardiovascular and cerebrovascular accidents such as myocardial infarction, stroke, high-risk groups should pay special attention to protect. Kin. In addition, with the approaching of winter vacation, students'safety awareness is weak, and their self-protection ability is poor, so they are prone to injury accidents. Qingdao CDC warmly reminds the public to take precautions against cold and warmth, respiratory infectious diseases, carbon monoxide poisoning, haze, cardiovascular and cerebrovascular diseases and student safety.
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
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高血压 Hypertension
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
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综合健康信息 Comprehensive Health Information
没有相关文章!
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决心工程 Resolve To Save Lives
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### 安徽

#### Anhui

食物中的钠 Sodium in food
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浙江

Zhejiang

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其他省份

Other Provinces

<div>食物中的钠</div> <div>Sodium in food</div>				
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<div><div><div><div><div><div><span></span></div></div></div><div><div><div><span></span></div></div></div></div></div></div> <div>1. <a href="#">爱心护脑远离“伤心榜单”</a> <a href="#">Keep your heart and mind away from the "sad list"</a></div>	<div><div><div><div><span></span></div></div></div><div>来源：中国医药网 Source: China Pharmaceutical Network</div></div>	<div><div><div><div><span></span></div></div></div><div>主体：公众 Subject: public</div></div>	<div><div><div><div><span></span></div></div></div><div>态度：提倡 Attitude: advocate</div></div>	<div><div><div><div><span></span></div></div></div><div>时间：12:49:32 Time: 12:49:32</div></div>
<div><div><div><div><div><div><span></span></div></div></div><div><div><div><span></span></div></div></div></div></div></div> <div>大多数与高血压相关的心血管事件，比如心肌梗死、脑梗死等是动脉粥样硬化的并发症，而动脉粥样硬化的进展是心肌梗死或脑梗死的根本原因。那么，如何远离心脑血管疾病呢？首先，我们要看看您有没有以下这些恶习。国际学术杂志《柳叶刀》上的一项研究，首次对导致心脏病发作的“最后一根稻草”做了排名。让我们看看这份“伤心榜单”。第一位：在闹市骑车 主要原因是空气污染，其中骑车上班者危险最大。因为这些人吸入的尾气最多、“受污染”最严重，还要耗费一定体力踩踏自行车，容易引发供血不足。</div>				
<div><div><div><div><div><div><span></span></div></div></div><div><div><div><span></span></div></div></div></div></div></div> <div>Most cardiovascular events related to hypertension, such as myocardial infarction and cerebral infarction, are complications of atherosclerosis, and the progress of atherosclerosis is the root cause of myocardial infarction or cerebral infarction. So, how to keep away from cardiovascular and cerebrovascular diseases? First of all, let's see if you have the following bad habits. A study in the Lancet, an international academic journal, ranked the "last straw" that causes heart attacks for the first time. Let's look at this sad list. Number one: The main reason for cyclists in downtown areas is air pollution, among which cyclists are the most dangerous. Because these people inhale the most exhaust gas and "polluted" the most serious, but also spend a certain amount of physical stamping on bicycles, easily lead to insufficient blood supply.</div>				
<div><div><div><div><div><div><span></span></div></div></div><div><div><div><span></span></div></div></div></div></div></div> <div>2. <a href="#">每天多刷一次牙，少得心血管病！心血管病防控的那些要点就在这里！</a> <a href="#">Brush your teeth once a day, less cardiovascular disease! Here are the key points of cardiovascular disease prevention and control!</a></div>	<div><div><div><div><span></span></div></div></div><div>来源：搜狐 Source: Sohu</div></div>	<div><div><div><div><span></span></div></div></div><div>主体：公众 Subject: public</div></div>	<div><div><div><div><span></span></div></div></div><div>态度：提倡 Attitude: advocate</div></div>	<div><div><div><div><span></span></div></div></div><div>时间：13:52:32 Time: 13:52:32</div></div>

以往大多数研究认为，牙周炎、龋齿、牙齿脱落等口腔问题都与心血管疾病息息相关。《欧洲心脏杂志》近期刊登韩国一项新研究再次证实，多刷牙有助降低心血管疾病风险。韩国首尔国立大学牙科学院牙科研究所朴信映（音）博士及其研究小组，从“全国健康保险制度—全国健康筛选队列研究”参试者中抽取了247696名40岁以上的健康成年人参与本研究。在平均为期9.5年的跟踪调查期间，参试者中共发生了包括心源性死亡、心肌梗死、卒中和心力衰竭在内的重大心血管事件14893例。对比分析发现，参试者牙周病、龋齿数目越多，或者牙齿脱落越多，心血管疾病的风险就越高。

Previous studies have shown that periodontitis, dental caries, tooth loss and other oral problems are closely related to cardiovascular diseases. A new study published recently in the European Heart Journal in Korea confirms that brushing more teeth can help reduce the risk of cardiovascular disease. Dr. Park Shin-ying and his team from the Dental Research Institute of Seoul National University participated in the study. 247696 healthy adults over 40 years old were selected from the participants of the National Health Insurance System-National Health Screening Cohort Study. During an average of 9.5 years of follow-up, 14893 major cardiovascular events including cardiogenic death, myocardial infarction, stroke and heart failure occurred. Contrastive analysis found that the more periodontal disease, caries, or tooth loss, the higher the risk of cardiovascular disease.

<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
<div><div><div><div><div><div><span></span></div></div></div><div><div><div><span></span></div></div></div></div></div></div> <div>1. <a href="#">河南公布国民营养计划任务目标</a> <a href="#">Announcing Task Target of National Nutrition Plan in Henan Province</a></div>	<div><div><div><div><span></span></div></div></div><div>来源：健康报 Source: Health News</div></div>	<div><div><div><div><span></span></div></div></div><div>主体：政府 Subject: government</div></div>	<div><div><div><div><span></span></div></div></div><div>态度：提倡 Attitude: advocate</div></div>	<div><div><div><div><span></span></div></div></div><div>时间：20:36:03 Time: 20:36:03</div></div>
<div><div><div><div><div><div><span></span></div></div></div><div><div><div><span></span></div></div></div></div></div></div> <div>日前，河南省政府办公厅发出关于印发《河南省国民营养计划实施方案（2018—2030年）》的通知。《方案》提出7项重点任务，开展6项重大行动，进一步提高国民营养健康水平。通知提出，到2020年，5岁以下儿童贫血率控制在12%以下；孕妇贫血率下降至15%以下；老年人群贫血率下降至10%以下；贫困地区人群贫血率控制在10%以下。孕妇叶酸缺乏率控制在5%以下；0—6个月婴儿纯母乳喂养率达到50%以上；5岁以下儿童生长迟缓率控制在7%以下。农村中小学生的生长迟缓率保持在5%以下，缩小城乡学生身高差别；学生肥胖率上升趋势减缓。</div>				
<div><div><div><div><div><div><span></span></div></div></div><div><div><div><span></span></div></div></div></div></div></div> <div>Recently, the General Office of Henan Provincial Government issued a circular on the publication of the Henan National Nutrition Plan Implementation Plan (2018-2030). The program puts forward seven key tasks and six major actions to further improve the national nutritional and health level. By 2020, the anemia rate of children under 5 years old will be controlled below 12%, the anemia rate of pregnant women will fall below 15%, the anemia rate of the elderly will fall below 10%, and the anemia rate of people in poor areas will be controlled below 10%. The folic acid deficiency rate of pregnant women was controlled below 5%, the exclusive breastfeeding rate of infants aged 0 to 6 months was over 50%, and the growth retardation rate of children under 5 years old was controlled below 7%. The growth retardation rate of primary and secondary school students in rural areas remained below 5%, reducing the height difference between urban and rural students, and slowing down the rising trend of obesity rate of students.</div>				

2

胖女孩半年来天天吃蔬菜仍旧胖，医生还说她蔬菜吃少了

The fat girl is still fat when she eats vegetables every day for half a year. The doctor also said that she has eaten less vegetables.

来源：长江网

主体：公众

态度：提倡

时间：18:40:04

Source: Yangtze River Network

Subject: public

Attitude: advocate

Time: 18:40:04

每天都在拼命吃蔬菜，23岁的女生不仅肥胖依旧，而且血脂也高。让她疑惑不解的是，营养师医生却说她蔬菜吃少了。近半年来，为了降脂，小凡姑娘每天主要吃蔬菜沙拉，平时最喜欢吃烧烤和火锅，也以烤、烫蔬菜为主。中午带餐到单位吃，她自配的健康餐，要么是油光亮亮的菜羹，要么是裹着厚厚沙拉酱黄澄澄的水果，馋得一帮同事流口水。武汉协和医院营养科主任蔡红琳告诉她，这样吃蔬菜根本是“白”吃了。蔡红琳说，中国人吃绿叶蔬菜主要是两种做法：一是油炒，放很多油、盐，会降低绿叶菜的好处；二是焯烫，即使白灼也是要焯烫的，更不用说涮火锅。

Every day, desperately eating vegetables, 23-year-old girls not only remain obese, but also have high blood lipids. To her confusion, the nutritionist said she had eaten less vegetables. In recent six months, in order to reduce fat, Xiaofan girl mainly eats vegetable salad every day. She likes barbecue and chafing dish most in peacetime, and mainly roasts and scalds vegetables. At noon, she brought her lunch to work. Her own healthy meal was either a shiny vegetable bolt or a thick salad dressing with yellow fruit, which made a group of colleagues drool. Cai Honglin, Director of Nutrition Department of Wuhan Union Medical College Hospital, told her that eating vegetables like this is "white" at all. Cai Honglin said that there are two main ways for Chinese people to eat green leafy vegetables: one is to fry them in oil, put a lot of oil and salt, which will reduce the benefits of green leafy vegetables; the other is to blanch them, even if they are white-hot, let alone hot pot.

3

惠州市注意了：痛风年轻化年关聚餐多留心防痛风

People in Huizhou pay attention to gout: pay more attention to preventing gout in the meals of the younger and younger year

来源：惠州日报

主体：公众

态度：提倡

时间：19:42:48

Source: Huizhou daily

Subject: public

Attitude: advocate

Time: 19:42:48

元旦假期刚过，春节脚步临近，亲朋好友、同事之间花样繁多的聚餐成了这个时候的主题。我们在大饱口腹之欲的同时，也要提防痛风来袭。痛风之“痛”，切勿大意。惠州市第三人民医院神经内科二区主任常保强就哪类人群是痛风易发群体、痛风的前兆以及如何缓解痛风发作频率、痛风患者的饮食与运动禁忌做出了专业的指导和建议。 为健康多运动。 痛风发病急，发病群体年轻 据介绍，痛风是由于体内嘌呤代谢紊乱所引起的一类疾病，属于全身慢性代谢性疾病，由体内嘌呤代谢异常后引起血液中尿酸含量增高所致，往往因过多进食水产品等含嘌呤高的食物而诱发。

New Year's Day holiday just passed, the Spring Festival is approaching, and a variety of dinners between relatives, friends and colleagues have become the theme of this time. While we are full of appetite, we should also guard against gout. Don't neglect the pain of gout. Chang Baoqiang, director of the Second District of Neurology Department of Huizhou Third People's Hospital, made professional guidance and suggestions on which groups of people are susceptible to gout, the precursor of gout, and how to alleviate the frequency of gout attacks, and the diet and exercise taboos of gout patients. Exercise for health Kangduo. It is reported that gout is a kind of disease caused by disorder of purine metabolism in the body. It belongs to chronic metabolic disease of the whole body. It is caused by the increase of uric acid content in the blood after abnormal purine metabolism in the body. It is often induced by excessive intake of food containing high purine, such as aquatic products.

4

外敷惧冷水少绞痛难耐肾结石医生：保证饮水量定期做检查

Fear of cold drinking water, less colic and refractory kidney stones Doctor: Make sure the amount of drinking water is checked regularly

来源：东北网

主体：公众

态度：提倡

时间：12:43:07

Source: Northeast net

Subject: public

Attitude: advocate

Time: 12:43:07

年终岁尾，又值元旦假期，市一院泌尿外科专家提醒市民，节日饮食要多加注意，从源头杜绝肾结石对身心造成的影响。钠盐可造成尿钙排泄增加，所以每日食用氯化钠(食盐)不应超过5克；限食高蛋白、高钙和高磷食品，包括鱼、肉、肝、奶酪、各种坚果；少食高草酸食物，主要包括苋菜、芒果、草莓、可可、巧克力、茶叶。更重要的是，每日保证饮水量2000ml左右，保证每日尿量2000ml以上。如果有微小的结石的患者应该坚持适度运动，有利于微小结石的排出，但应防止过度运动导致脱水造成尿液浓缩。

At the end of the year, it is also New Year's Day holiday. Urology experts in the first hospital of the city remind the public that more attention should be paid to the festival diet to eliminate the physical and mental impact of kidney stones from the source. Sodium salt can increase urinary calcium excretion, so daily consumption of sodium chloride (salt) should not exceed 5 grams; limit high-protein, high-calcium and high-phosphorus foods, including fish, meat, liver, cheese, nuts; eat less high-oxalic acid foods, mainly amaranth, mango, strawberry, cocoa, chocolate, tea. More importantly, the daily drinking water volume should be about 2000 ml, and the daily urine volume should be more than 2000 ml. If there are small stones, patients should adhere to moderate exercise, which is conducive to the discharge of small stones, but should prevent excessive exercise leading to dehydration resulting in urine concentration.

决心工程

Resolve To Save Lives

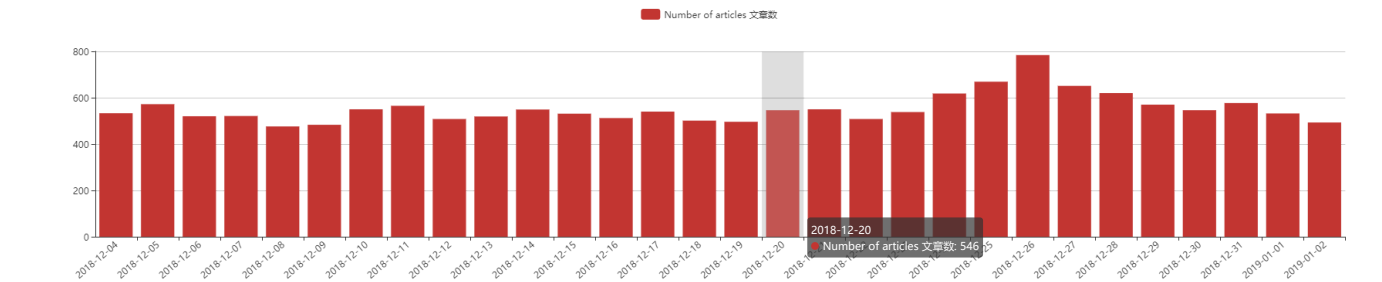
没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-01-02, 共监测到493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 493 WeChat public articles were monitored in 2019-01-02. 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. 吃盐5大“雷区”，你中招了吗？ <a href="#">Do you enter the five "forbidden areas" of eating salt?</a>	重复数: 6 Repeat Number: 6	日期: 2019-01-02 Data: 2019-01-02
<p>“减盐”核心信息 (一) 认识高盐饮食的危害 食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。(二) 控制食盐摄入量 中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克。65岁以上老年人应不超过5克。</p> <p>Core information of "salt reduction" (1) Understanding the dangers of high salt diet, excessive salt intake can increase blood pressure and increase the risk of stomach diseases, osteoporosis, obesity and other diseases. (2) The Chinese Dietary Guidelines for the Control of Salt Intake recommends that healthy adults consume no more than 6 grams of salt per day, children aged 2-3 years do not exceed 2 grams, children aged 4-6 years do not exceed 3 grams and children aged 7-10 years do not exceed 4 grams. Older people over 65 should not exceed 5 grams.</p>		
2. 不想身体慢慢生病，吃饭时记住远离：“糖、盐、油”三类食物 <a href="#">If you don't want to get sick, remember to stay away from "sugar, salt, oil" when eating.</a>	重复数: 6 Repeat Number: 6	日期: 2019-01-02 Data: 2019-01-02
<p>其实倡导减盐已经有很多年了, 我们都知道《中国居民膳食指南》关于食盐的推荐摄入量每人每天6g, 也就是去掉里面的橡胶垫后一啤酒瓶盖的量, 但是我们的现状呢? 不用调查数据我们也都知道每人每天食盐量肯定会翻倍。高盐会导致高血压、脑卒中、胃癌等疾病的发生, 这些也都严重危害我们的身体健康。</p> <p>Actually, salt reduction has been advocated for many years. We all know that the recommended intake of salt in the Dietary Guidelines for Chinese Residents is 6 g per person per day, that is, the amount of beer bottle cap after removing rubber pads inside, but what about our current situation? We also know that everybody's daily salt intake will doubled without the survey data. High salt can lead to hypertension, stroke, gastric cancer and other diseases, which also seriously endanger our health.</p>		
3. 别让食盐成为厨房里的“毒药”，2个危害要清楚 <a href="#">Don't let salt become a "poison" in the kitchen. Two hazards should be known.</a>	重复数: 4 Repeat Number: 4	日期: 2019-01-02 Data: 2019-01-02
<p>吃东西太咸对身体健康不利, 很容易引起高血压, 这是高盐饮食对血压的影响, 想要阻止这种情况发生就一定要防治好高血压。在生活上, 要注意把握食盐的使用量, 这样可以保障身体健康。高盐饮食对血压, 对身体都都有不少的伤害。</p> <p>Eating too salty food is harmful to health and can easily cause hypertension, which is the effect of high salt diet on blood pressure. If you want to prevent this situation, you must prevent and cure hypertension. In life, we should pay attention to the use of salt, so as to ensure health. High salt diet has a lot of harm to blood pressure and body.</p>		
4. 血栓是吃出来的，这四种食物一定要少吃或不吃 <a href="#">Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.</a>	重复数: 4 Repeat Number: 4	日期: 2019-01-02 Data: 2019-01-02
<p>咸香咸香, 咸能提味。这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。</p> <p>Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.</p>		
5. 终生不得癌的7条饮食铁律，你能守住几条？ <a href="#">Seven dietary rules that can't prevent cancer in your life. How many can you keep?</a>	重复数: 3 Repeat Number: 3	日期: 2019-01-02 Data: 2019-01-02
<p>高盐饮食和胃癌之间有着非常密切的联系；除此之外，高血压、缺钙、痛风等疾病都和高盐存在正相关关系。烹调时要控盐限盐，一日吃盐量不得多于6克；减少隐形盐的摄入，减少酱油、酱料、高盐零食的摄入。</p> <p>There is a very close relationship between high salt diet and gastric cancer; in addition, hypertension, calcium deficiency, gout and other diseases are positively correlated with high salt. When cooking, salt should be controlled and limited to no more than 6 grams of salt per day; the intake of invisible salt, soy sauce, soy sauce and high-salt snacks should be reduced.</p>		

## 减盐-微博 Salt Reduction - Weibo

2019-01-02, 共检测到1615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。

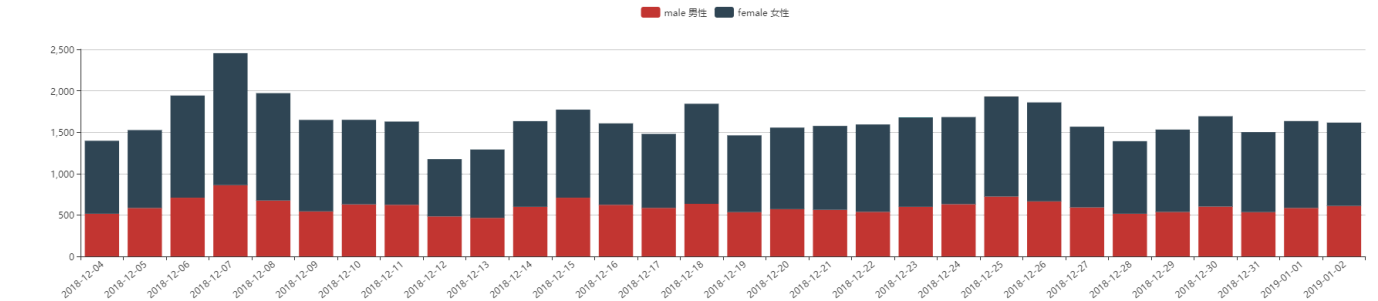
There are 1615 weibos about salt reduction monitored on 2019-01-02.

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. 昵称: 健康-生活小常识

地区: 北京

认证: 个人

Nickname: 健康-生活小常识

Area: Beijing

Identity: Person

时间: 2019-01-02 02:10

来自: 皮皮时光机

转发数: 62

评论数: 2

点赞数: 53

Time: 2019-01-02 02:10

Source: 皮皮时光机

Repost: 62

Comment: 2

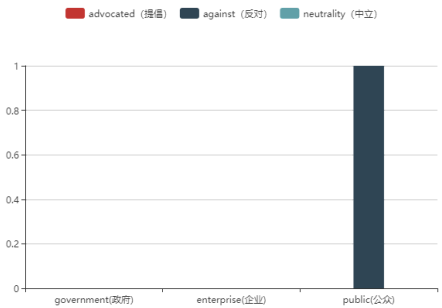
Like: 53

推荐: 献给高血压的父母①每天走路6000步; ②翻日记, 看看让人高兴的往事, 保持血压平衡; ③保持每天吃4瓣大蒜; ④多吃芹菜; ⑤少喝含糖饮料; ⑥多吃土豆茄子补充钾; ⑦每天喝牛奶补钙; ⑧一定要戒烟戒酒; ⑨每天不超过5克盐; ⑩吃柠檬补充维生素C。  
Recommendations: For parents with hypertension: 1) walk 6,000 steps a day; 2) read diaries to see the happy past and maintain blood pressure balance; 3) eat 4 cloves of garlic a day; 4) eat celery more; 5) drink less sugary drinks; 6) eat more potatoes and eggplants to supplement potassium; 7) drink more milk to supplement calcium every day; 8) quit smoking and drinking; 9) 5 grams of salt per day; 10) eat lemon to supplement vitamin C.

# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-01-02) 共监测到1条资讯。请点击标题查看原文。  
There are 1 articles monitored today 2019-01-02. Please click the title to view full information.  
The original article is in Chinese only.



### 山东

#### Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 河南

#### Henan

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 安徽

#### Anhui

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 浙江

#### Zhejiang

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 其他省份

#### Other Provinces

反式脂肪酸 Trans fat	来源: 多维新闻网 Source: Multidimensional News Network	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 16:07:23 Time: 16:07:23
1. <a href="#">前美国FDA专员公开认错这种营养建议误导人们几十年</a> <a href="#">Former FDA commissioners have publicly mistaken nutritional advice for decades.</a>				
最近，一位前美国食品药品监督管理局（FDA）专员兼儿科医生David Caessler博士，在《华盛顿邮报》直播节目中，公开向大众认错，其表明：过去几十年，我们给大众的营养和饮食建议，是失败的！肥胖的人越来越多，由此引发了一系列的健康问题。那么，这个错误的营养建议，到底是什么？陆媒健康网2019年1月2日报道，曾经，科学家们针对“什么食物对人更健康，不会造成心脏病等”进行过激烈的争论，然而，一直都没有得出结果，在这时，糖业协会和食品商就率先出手，他们大肆宣传着糖的好处，同时也抹黑了脂肪和胆固醇。				
Recently, Dr. David Caessler, a former Food and Drug Administration (FDA) Commissioner and pediatrician, publicly admitted his mistake to the public on the Washington Post live show that our nutritional and dietary advice to the public has failed in the past decades. More and more people are obese, which leads to a series of health problems. So what is this wrong nutritional advice? As reported on Jan. 2, 2019, scientists had a heated debate about "what food is healthier for people and won't cause heart disease, etc." However, no results have been reached. At this time, sugar industry associations and food manufacturers took the lead in publicizing the benefits of sugar and smearing fat and cholesterol at the same time.				
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

2019-01-02, 共监测到343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 343 WeChat public articles were monitored in 2019-01-02. This page shows the top five articles by repeat number today.

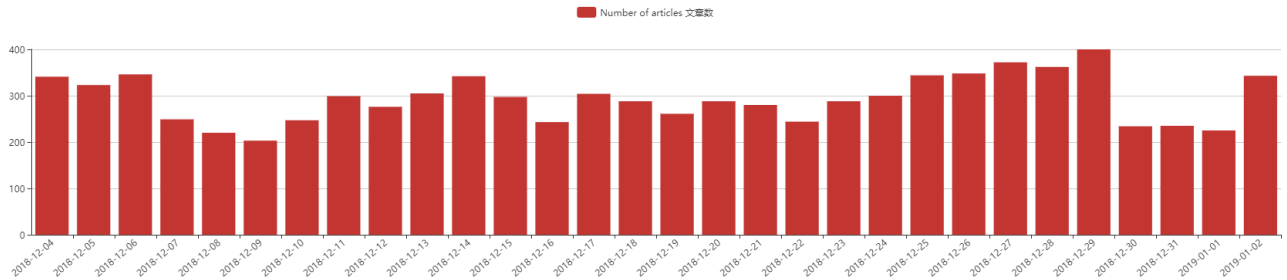
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

- [去购物, 先看懂这些再买, 不吃亏!](#)  
[When shopping in the supermarket, you should understand these firstly and then decide wether to buy it!](#)

重复数: 11  
Repeat Number: 11  
日期: 2019-01-02  
Data: 2019-01-02

市场上售卖的面包, 有些含有人工色素、香料、氢化油 (含有大量反式脂肪酸) 以及防腐剂。大量的油脂、添加剂虽可提升食物的味道, 但会增加心血管疾病的发生风险。因此, 购买全麦面包时, 成分越简单越好。

Some breads sold on the market contain artificial colors, spices, hydrogenated oils (containing large amounts of trans fatty acids) and preservatives. Large amounts of oil and additives can enhance the taste of food, but increase the risk of cardiovascular disease. Therefore, when buying whole wheat bread, the simpler the ingredients, the better.
- [此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里](#)  
[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

重复数: 5  
Repeat Number: 5  
日期: 2019-01-02  
Data: 2019-01-02

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

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.
- [脸要穷养, 脚要富养; 心要穷养, 肺要富养.....](#)  
[Facial need to be poor, feet need to be rich, heart need to be poor, lung need to be rich...](#)

重复数: 5  
Repeat Number: 5  
日期: 2019-01-02  
Data: 2019-01-02

少吃加工食品, 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。少吃人造多吃天然食品, 配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats. Maintaining waist circumference also reduces the incidence of cardiovascular disease.
- [教你在家自制黄油, 烘焙甜点不用愁!](#)  
[Teach you to make butter at home, Bake your own dessert!](#)

重复数: 4  
Repeat Number: 4  
日期: 2019-01-02  
Data: 2019-01-02

普通的人造黄油是用混合脂肪、水、淀粉和胶质来模仿真的黄油。如果你运气不好, 只能找到其他部分氢化的人造黄油, 常用的是大豆油。氢化过程会改变脂肪的结构, 生成了反式脂肪酸, 对人体极为有害。我从来都不是人造黄油的粉丝, 因为我发现, 它们充满了化学原料和稳定剂。

Ordinary margarine is simulated with mixed fat, water, starch and gum. If you are not lucky, you can only find other partially hydrogenated margarines, usually soybean oil. The hydrogenation process changes the structure of the fat, and the resulting trans fatty acids are extremely harmful to the human body. I have never been a fan of margarine because I found that they are full of chemical ingredients and stabilizers.
- [脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!](#)  
[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

重复数: 3  
Repeat Number: 3  
日期: 2019-01-02  
Data: 2019-01-02

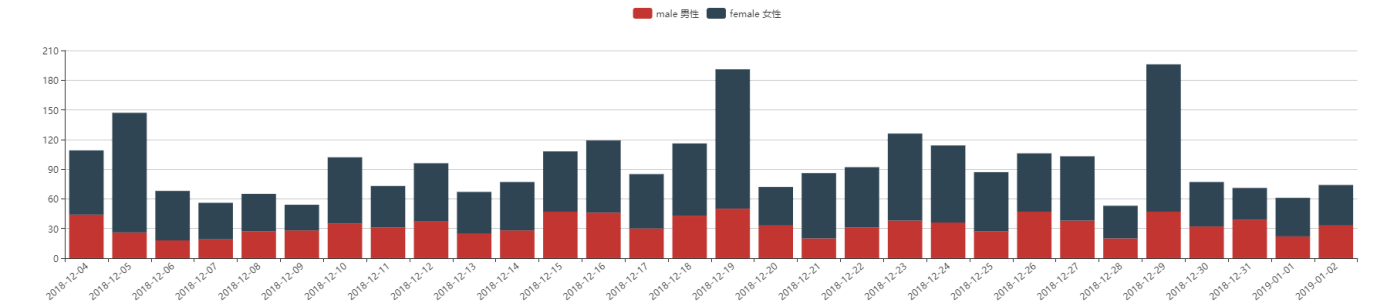
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# 反式脂肪酸-微博

## Transfat - Weibo

2019-01-02, 共检测到74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 74 weibos about transfat reduction monitored on 2019-01-02.  
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!