

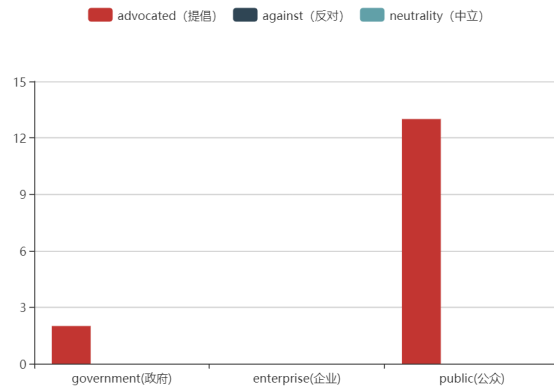
## 减盐-新闻

### Salt Reduction - News

今日 (2019-01-29) 共监测到15条资讯。请点击标题查看原文。

There are 15 articles monitored today 2019-01-29. 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

1. [青岛市疾控中心发布2月健康警示：春节期间预防这些常见病](#)

来源：半岛网

主体：政府

态度：提倡

时间：17:53:10

[Qingdao CDC issued a health warning in February to prevent these common diseases during the Spring Festival](#)

Source: Peninsula Network

Subject: government

Attitude: advocate

Time: 17:53:10

2月份已届冬春交际，但气温仍然较低，且时常波动。适逢新春佳节和元宵节，市民外出探亲访友、旅游、聚餐机会增多。根据疾病流行特点，青岛市疾控中心提醒市民重视流感等呼吸道传染病预防，注意饮食卫生，防范心脑血管疾病复发，防止爆竹伤等意外伤害，过一个快乐、吉祥、安康的春节。

February has been winter and spring communication, but the temperature is still low and fluctuates frequently. As the Spring Festival and Lantern Festival coincide, there are more opportunities for citizens to go out to visit relatives and friends, travel and gather for dinner. According to the epidemic characteristics, Qingdao CDC reminds the public to pay attention to the prevention of respiratory infectious diseases such as influenza, dietary hygiene, prevention of recurrence of cardiovascular and cerebrovascular diseases, prevention of accidental injuries such as firecracker injuries, and have a happy, auspicious and healthy Spring Festival.

##### 综合健康信息 Comprehensive Health Information

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### 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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没有相关文章!
No such articles!

安徽  
Anhui

食物中的钠 Sodium in food
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高血压 Hypertension
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浙江  
Zhejiang

食物中的钠 Sodium in food
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决心工程 Resolve To Save Lives
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No such articles!

其他省份  
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">钠是人体的动力源及钠泵作用</a>	来源: 搜狐	主体: 公众	态度: 提倡	时间: 11:55:54
<a href="#">Sodium is the Power Source of Human Body and the Action of Sodium Pump</a>	Source: Sohu	Subject: public	Attitude: advocate	Time: 11:55:54
钠是身体的动力源，不仅是细胞正常代谢所需能量的动力源，还是身体所有动能的动力源，如肺部呼吸、心脏跳动、肠道蠕动、喉咙吞咽、四肢运动以及肠道吸收各种营养物质等等，都离不开钠元素。由此我们可以看出钠对于我们的身体健康乃至生命都是非常重要的。过多摄入钠后部分人有可能会影响正常的血压，但身体缺乏钠危害性更大，不仅会影响健康，甚至会导致死亡。				

Sodium is the power source of human body. It is not only the power source of energy required for normal metabolism of cells, but also the power source of all the kinetic energy of the body, such as lung breathing, heart beating, intestinal peristalsis, throat swallowing, limb movement and intestinal absorption of various nutrients. From this we can see that sodium is very important for our health and even life. After excessive intake of sodium, some people may affect normal blood pressure, but lack of sodium is more harmful, which will not only affect health, but also lead to death.

2. [注意！留意五个短期症状它提醒你盐吃多了](#)来源：新华报业网主体：公众态度：提倡时间：14:18:29  
[Be careful! Watch out for five short-term symptoms. It reminds you that you eat too much salt.](#)Source: Xinhua News NetworkSubject: publicAttitude: advocateTime: 14:18:29

当你吃盐过多时，会发生令人惊讶的五个短期症状。美国《预防》杂志网站近日对此进行了总结。手指变粗。如果你的体重没有任何增长，但突然间感觉戴的戒指小了两号，这很有可能是水潴留造成的；如果你近期吃了过多的盐，就会发生这种情况。嘴干。如果你感觉就像吃了一团棉花球，这可能吃盐过多的原因。在食用了含有大量钠的食物之后，身体会感觉盐和水的含量失衡了。

When you eat too much salt, there are five surprising short-term symptoms. Preventive magazine website in the United States recently summarized this. Fingers get thicker. If you don't gain any weight, but suddenly feel like you're wearing a ring two sizes smaller, it's probably due to water retention; if you've eaten too much salt recently, that's what happens.\* Mouth dry. If you feel like eating a ball of cotton, that may be why you eat too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance.

3. [女性如何维护骨骼健康](#)来源：搜狐主体：公众态度：提倡时间：23:19:41  
[How Women Maintain Bone Health](#)Source: SohuSubject: publicAttitude: advocateTime: 23:19:41

骨质疏松症是一种骨骼疾病，骨骼变得很脆弱，轻微外力就造成骨折，对健康威胁很大。骨质疏松症多见于女性，以绝经后女性为主，年轻女性也会发生，如果停经3个月或更长时间（除外妊娠），且没有吃进足够的钙或饮食失调，例如神经性厌食症，就会出现骨质疏松。女性维护骨骼健康有三个要素：足够的营养、经常的运动和正常的雌激素分泌。我们假设骨骼是个“银行”，“骨银行”里存放的最有价值的物质是钙，“骨银行”里不够，就骨质疏松了。

Osteoporosis is a kind of skeletal disease. Bone becomes very fragile. A slight external force causes fracture, which is a great threat to health. Osteoporosis is more common in women, mainly in postmenopausal women, young women will also occur, if menopause for 3 months or longer (except pregnancy), and did not eat enough calcium or dietary disorders, such as anorexia nervosa, there will be osteoporosis. There are three elements for women to maintain bone health: adequate nutrition, regular exercise and normal estrogen secretion. We assume that the skeleton is a "bank", "the most valuable substance stored in the bone bank" is calcium. If there is not enough calcium in the bone bank, osteoporosis will occur.

## 高血压 Hypertension

1. [突发心衰竟是高血压惹祸](#)来源：东方网主体：公众态度：提倡时间：09:47:02  
[Sudden heart failure is caused by hypertension](#)Source: Dongfang netSubject: publicAttitude: advocateTime: 09:47:02

30岁的张女士平时身体健康，很少生病，最近由于感冒咳嗽、胸闷难受到医院就诊，却查出患上了心力衰竭，更令她意外的是，这一切竟是高血压惹的祸。专家提醒，冬季气温偏低，高血压患者明显增多，不仅是中老年人，如年轻患者也明显增多，需分外注意。

Ms. Zhang, 30, is usually healthy and seldom ill. Recently, she was hospitalized due to cold, cough and chest tightness. However, she was found to have heart failure. What's more, to her surprise, it was caused by hypertension. Experts remind that in winter, the temperature is low and the number of hypertensive patients is significantly increased, not only in the elderly, but also in the young, which requires extra attention.

2. [它富含钾离子有助控血压，营养师：这样吃还降血脂](#)来源：希望之声国际广播电台主体：公众态度：提倡时间：18:26:21  
[It's rich in potassium ions and helps control blood pressure. Dietitian: It also lowers blood lipids.](#)Source: Voice of Hope Radio InternationalSubject: publicAttitude: advocateTime: 18:26:21

天冷时，我们必须特别注意血压与血脂，食物中的钾与抗性淀粉是帮助维持血压血脂的重要营养素，烹调时多选择钾、抗性淀粉含量较高的食物，如：根茎类的马铃薯，并试着调整烹煮方式。马铃薯煮2步骤，帮助长辈健康过冬！台湾目前已经步入高龄社会，65岁以上人口超过14%！随着平均年龄提升，如何照顾长辈健康，是每一家人都不能忽略的课题。

When it is cold, we must pay special attention to blood pressure and blood lipid. Potassium and resistant starch in food are important nutrients to help maintain blood pressure and blood lipid. When cooking, we should choose foods with high content of potassium and resistant starch, such as potatoes with rhizomes, and try to adjust the cooking methods. Potato cooking 2 steps to help the elderly live a healthy winter! uuuuuuuuuuu Taiwan has entered an advanced age society, with over 14% of the population over 65 years old. With the increase of the average age, how to take care of the health of the elderly is an issue that everyone can not ignore.

3. [喝酸奶好处多营养学家称多喝有助降血压](#)来源：多维新闻网主体：公众态度：提倡时间：15:56:59  
[The Benefits of Drinking Yogurt Polynutritionists say Drinking more helps lower blood pressure](#)Source: Multidimensional News NetworkSubject: publicAttitude: advocateTime: 15:56:59

酸奶是以牛奶为原料，添加益生菌，经过发酵后制成的一种饮品，其不仅保留了牛奶的优点，而且在加工过程中还取长补短，成为更适合于人类的营养保健品。英国营养学家在《周日快报》(Sunday Express)上公布研究结果称，喝酸奶有助于动脉血压保持正常。科学家发现，天然酸奶中含钾，能去除身体中刺激动脉血压上升的多余的盐。

Yogurt is a kind of drink made from milk with probiotics added and fermented. It not only retains the advantages of milk, but also makes up for its weaknesses in the process of processing. It becomes a more suitable nutritional and health product for human beings. Drinking yogurt helps keep arterial blood pressure normal, British nutritionists reported in Sunday Express. Scientists have found that natural yogurt contains potassium, which removes excess salt from the body that stimulates the rise of arterial blood pressure.

## 心血管健康 Cardiovascular health

1. [糖友过年，汤圆水饺怎么吃](#)来源：人民网主体：公众态度：提倡时间：09:38:15  
[How to eat dumplings with Tangyuan dumplings during the Spring Festival](#)Source: People's netSubject: publicAttitude: advocateTime: 09:38:15

过年了，少不了吃饺子、汤圆。但对糖友而言却多有顾忌，看着别人欢欢喜喜吃年夜饭，难道真的没辙了吗？本报记者特邀专家为您支招。中国农业大学食品科学与营养工程学院副教授范志红告诉《生命时报》记者，糖友吃饺子要注意以下5点：1.饺子皮可用全麦粉或荞麦粉与面粉混合（1：2）。全麦粉是整粒小麦磨成的粉，保留了麸皮和糊粉层中的营养，富含维生素B1和B2；荞麦粉除了这两种维生素外，还含有丰富的矿物质。

During the Spring Festival, dumplings and dumplings are indispensable. But for sugar pals, there are more scruples. Is it really wrong to watch others enjoy New Year's Eve dinner? Our reporter invited experts to recruit for you. Fan Zhihong, an associate professor at the School of Food Science and Nutrition Engineering, China Agricultural University, told the Life Times that sugar pals should pay attention to the following five points when eating dumplings: 1. Dumpling skin can be mixed with whole wheat flour or buckwheat flour (1:2). Whole wheat flour is milled from whole wheat, which retains nutrients in bran and aleurone layer and is rich in vitamin B1 and B2. Besides these two vitamins, buckwheat flour is also rich in minerals.

2. [专家提醒：颈动脉粥样硬化斑块可导致脑梗死](#)来源：科技日报主体：公众态度：提倡时间：14:14:14  
[Experts warn that carotid atherosclerotic plaque can lead to cerebral infarction](#)Source: Science and Technology DailySubject: publicAttitude: advocateTime: 14:14:14

目前，作为筛查脑血管病的简单便捷手段之一，颈部血管彩色超声在我国已经普及到县乡基层医院，常常被安排在体检套餐中，由此使越来越多的人听说过“颈动脉粥样硬化斑块”这样的医学术语。因此有人会问，什么是颈动脉粥样硬化斑块？这种斑块是怎么来的？颈动脉斑块能从血管壁上掉下来吗？病情严重时有什么样的后果？临床中对付颈动脉硬化斑块有啥好办法？日常生活该如何防治？

At present, as one of the simple and convenient means of screening cerebrovascular diseases, color ultrasound of cervical vessels has been widely used in county and township hospitals in China. It is often arranged in the physical examination package. As a result, more and more people have heard the medical term "carotid atherosclerosis plaque". So one might ask, what is carotid atherosclerotic plaque? How did this plaque come about? Can carotid plaques fall off the walls of blood vessels? What are the consequences of a serious illness? What is the best way to deal with carotid atherosclerosis plaque in clinic? How to prevent and cure the daily life?

3. [乌鲁木齐市卫生健康委员会、市疾病预防控制中心发布预警](#)来源：新浪网主体：政府态度：提倡时间：11:27:27  
[Urumqi Municipal Health Committee and Municipal Center for Disease Control and Prevention issued early warning](#)Source: Sina networkSubject: governmentAttitude: advocateTime: 11:27:27

小年到，春节近，乌鲁木齐市卫生健康委员会、市疾病预防控制中心发布节假日期间防病预警信息，春节期间，除合理膳食、预防流感外，应注意防控心脑血管等慢性疾病，切勿暴饮暴食，健康幸福过大年。春节期间人们的饮食习惯与睡眠节奏往往会发生较大变化，大鱼大肉替代了清淡饮食，通宵娱乐替代了早睡早起。另外，由于冬季较为寒冷，会引起冠状动脉痉挛，很容易诱发一些冠状动脉的病变，导致心绞痛发作，甚至引发心肌梗死。

During the Spring Festival, Urumqi Municipal Health Committee and the Municipal Center for Disease Control and Prevention issued early warning information on disease prevention during the holidays. During the Spring Festival, besides reasonable diet and prevention of influenza, attention should be paid to the prevention and control of chronic diseases such as cardiovascular and cerebrovascular diseases, and no overeating, healthy and happy New Year. During the Spring Festival, people's eating habits and sleep rhythm

often change greatly. Big fish and big meat instead of light diet, and all-night entertainment instead of early bed and early rise. In addition, because of the cold winter, it can cause coronary artery spasm, easily induce some coronary artery lesions, lead to angina attack, and even trigger myocardial infarction.

4. [合理饮食对机体健康的重要性！](#)  
[The importance of a reasonable diet to the health of the body!](#)

来源：生物谷  
Source: Biological Valley

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间： 21:42:04  
Time: 21:42:04

本文中，小编整理了多篇研究报告，共同解读合理饮食对机体健康的重要性，分享给大家！【1】JAMA子刊：揭示地中海饮食降低机体心血管疾病风险的分子机制。近日，一项刊登在国际杂志JAMA Network Open上的研究报告中，来自布莱根妇女医院等机构的科学家们通过研究揭示了地中海饮食如何有效降低人群机体心血管疾病的发生风险；文章中，研究者对进行地中海饮食的美国女性进行研究，结果发现，当摄入的饮食中富含植物和橄榄油以及低水平的肉类和甜食时，人群患心血管疾病的风险会降低25%。

In this article, I have compiled several research reports to explain the importance of a reasonable diet to the health of the body and share them with you. [1] JAMA Subjournal: To reveal the molecular mechanism of Mediterranean diet in reducing the risk of cardiovascular disease. In a recent study published in the International Journal JAMA Network Open, scientists from Bregan Women's Hospital and other institutions have revealed how the Mediterranean diet can effectively reduce the risk of cardiovascular disease in the population. In this paper, researchers studied American women who eat the Mediterranean diet and found that when they eat a diet rich in plants. People's risk of cardiovascular disease is reduced by 25% when consumed with olive oil and low levels of meat and sweets.

综合健康信息  
Comprehensive Health Information

1. [呼和浩特市百名出租车司机接受免费体检](#)  
[Hundred taxi drivers in Hohhot receive free physical examination](#)

来源：内蒙古新闻网  
Source: Inner Mongolia News Network

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间： 09:53:17  
Time: 09:53:17

呼和浩特目前有6000余辆出租车，近万名出租车司机每天行驶在首府的大街小巷，为首府市民和外地游客提供方便快捷的绿色出行同时，的哥的姐文明服务、拾金不昧、乐于助人等行为，把出租车打造成了首府一张行走的名片。由于司机长期久坐，精神高度集中，多存在颈椎病、高血压等职业病，本报特别联手呼和浩特市出租车协会、呼和浩特市天衡医院，为首府100名的哥的姐提供免费体检机会。

Hohhot currently has more than 6,000 taxis. Nearly 10,000 taxi drivers drive in the streets and alleys of the capital every day to provide convenient and fast green travel for the citizens of the capital and foreign tourists. At the same time, the elder brother's civilized service, money-collecting and helpful behavior make the taxi a walking business card of the capital. Due to the long-term sedentary driver, high concentration, cervical spondylosis, hypertension and other occupational diseases, this newspaper, in particular, jointly with the Hohhot Taxi Association, Hohhot Tianheng Hospital, provides free physical examination opportunities for 100 elder brother's sisters in the capital.

2. [经期前一周体重](#)  
[Weight in the week before menstruation](#)

来源：TOM  
Source: TOM

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间： 17:08:45  
Time: 17:08:45

很多女性在经期一周会出现体重增加的状况。这是一种比较正常的现象，是因为女性体内的荷尔蒙增加所导致的。当然，这种情况在经期结束之后，也就消失了。不过，在经期，为了确保女性的健康，需要女性主义的地方还是有很多的。下面，就为大家介绍一下女性经期的相关知识！一、经前为什么体重会增加？经科学研究发现，荷尔蒙与体重有一定关系。荷尔蒙会引起水肿，比如在经前2周，体内的水份会比平时增加400-1400毫升，也就是说体重会比平时增加0.4-1.4公斤。

Many women gain weight during a week of menstruation. This is a relatively normal phenomenon, which is caused by the increase of hormones in women. Of course, this situation disappears after the end of menstruation. However, in menstruation, in order to ensure women's health, there are still many places that need feminism. Next, I would like to introduce some knowledge about women's menstruation. First, why do you gain weight before menstruation? Scientific research has found that hormones have a certain relationship with body weight. Hormones can cause edema. For example, in the first two weeks of menstruation, the body's water content will increase 400-1400 milliliters, which means that the body weight will increase by 0.4-1.4 kilograms.

3. [健康警察通缉令：这位身体的“沉默杀手”已被重点标记](#)  
[Health Police wanted: The body's "silent killer" has been highlighted](#)

来源：搜狐  
Source: Sohu

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间： 09:53:51  
Time: 09:53:51

提到骨质疏松，多数人并不陌生。然而，对于这个悄悄潜伏在我们身边的“沉默杀手”，你真的了解吗？《生命时报》特邀权威专家为大家深入剖析这个“杀手”，及早制订应对策略，防患于未然。沉默杀手的“变老黑魔法”，亲密拥抱“抱断了”肋骨，打个喷嚏“震折了”脊椎，下公交车时向前一跨却连累了髋部……这些看起来像“开玩笑”的新闻越来越多，而且事件主人公大部分还是年轻人。铮铮铁骨竟然如此脆弱，国人的骨头到底怎么了？

When it comes to osteoporosis, most people are not unfamiliar with it. However, do you really understand the "silent killer" lurking around us? "Life Times" invited authoritative experts for in-depth analysis of this "killer", as early as possible to formulate coping strategies, to prevent disaster in the future. The silent killer's "black magic of aging", embracing "broken" ribs, sneezing "broken" spine, stepping forward when getting off the bus but involving the hip... There are more and more news that looks like "jokes", and most of the protagonists are young people. What happened to the bones of the Chinese people when they were so fragile?

4. [新春大集|过节送礼送什么？这4类还是别送了](#)  
[What are the gifts for the Spring Festival? Don't give away these four kinds.](#)

来源：搜狐  
Source: Sohu

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间： 11:57:03  
Time: 11:57:03

每逢春节，挑礼品总是个头疼的事儿。很多人千挑万选，最后钱花了，送出去的却是不健康。有几样大家常买的食物，尤其不建议作为春节礼品。含糖饮料 不少人在给有孩子的家庭送礼时，都会选择甜甜的含糖饮料，实际上，含糖饮料对儿童健康有不少危害。经常喝含糖饮料会导致龋齿、肥胖、2型糖尿病、血压升高、血脂异常等的风险增加，也可能对儿童的骨健康产生影响。

Every Spring Festival, picking gifts is always a headache. A lot of people are choosing everything, but the money spent in the end is not healthy. There are several kinds of food that people often buy, especially not as a gift for the Spring Festival. Many people choose sweet sugary drinks when giving gifts to families with children. In fact, sugary drinks do harm to children's health. Frequent consumption of sugary drinks can increase the risk of dental caries, obesity, type 2 diabetes, elevated blood pressure, dyslipidemia, and may also have an impact on children's bone health.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

## 减盐-微信 Salt Reduction - WeChat

2019-01-29, 共监测到606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 606 WeChat public articles were monitored in 2019-01-29. This page shows the top five articles by repeat number today.

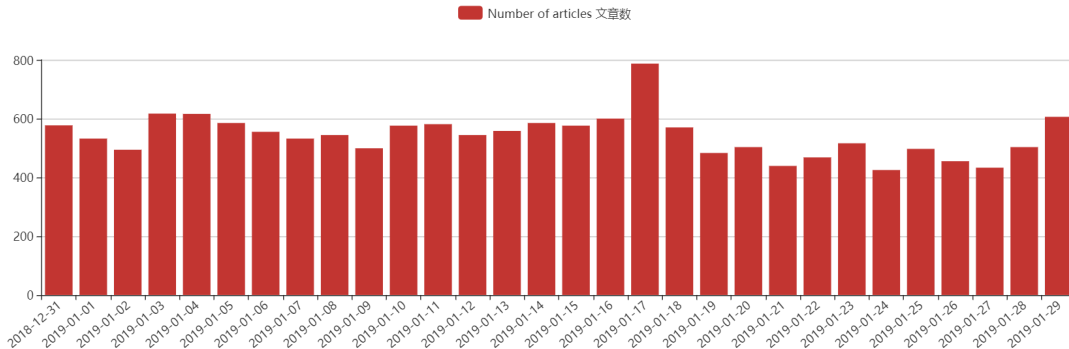
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 40岁后, 开始戒掉这些坏习惯, 因为关乎你的健康和寿命!

重复数: 8

日期: 2019-01-29

[After 40 years of age, you should start to quit these bad habits, because it's about your health and longevity!](#)

Repeat Number: 8

Data: 2019-01-29

《柳叶刀》发表了一篇关于吃盐的研究报告, 国人每日吃盐平均约12.5克, 远高于多数国家日均每人7.5~12.5克的食盐摄入量。高盐与高血压不无关系。研究表明, 每人每天摄入食盐增加2克, 收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。而戒掉高盐饮食的好处显而易见, 日本长野县因为限盐运动, 10年间男性的人均期望寿命增加了3年, 女性则增长了3.5年。

The Lancet published a study on salt consumption. The average daily salt intake of Chinese people is about 12.5 grams, which is much higher than the average daily salt intake of 7.5-12.5 grams per person in most countries. High salt is not unrelated to hypertension. The results showed that the daily intake of salt increased by 2 grams per person, and the mean systolic and diastolic blood pressure increased by 2 mm Hg and 1.2 mm Hg, respectively. The benefits of giving up high-salt diet are obvious. Because of salt restriction, life expectancy of men increased by three years and that of women increased by 3.5 years in Nagano Prefecture of Japan in 10 years.

#### 2. 日本医疗再次被评为全球第一, 中国位居第二.....

重复数: 6

日期: 2019-01-29

[Japan's medical service is once again ranked the first in the world, and China ...](#)

Repeat Number: 6

Data: 2019-01-29

日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。比如, 不喝太多味增汤, 吃拉面时别喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。相比之下, 我国居民盐摄入量严重超标, 是世界卫生组织推荐量的2.4倍。我国数量庞大的心脑血管疾病和高血压患者群体, 与高盐饮食关系密切。

As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns. Under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet. For example, don't drink too much flavored soup, don't drink soup when you eat ramen, and finally put salt when cooking and stewing, which will minimize salt intake. In contrast, the salt intake of Chinese residents is seriously exceeded, which is 2.4 times the recommended amount of the World Health Organization. The large number of patients with cardiovascular and cerebrovascular diseases and hypertension in China is closely related to the high salt diet.

#### 3. 央视曝光! 不吃味精、鸡精的人都看看吧...

重复数: 5

日期: 2019-01-29

[CCTV exposed it! The people who do not eat monosodium glutamate and chicken powder should take a look at it!](#)

Repeat Number: 5

Data: 2019-01-29

饮食以清淡为宜 与食盐一样, 味精中的主要成分谷氨酸钠中含有钠元素, 而过量摄入钠则会导致高血压等心脑血管疾病。因此, 要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。如果再加上味精中的钠, 就会更多。

Controls MSG like salt control. The diet should be talked about. Like salt, sodium glutamate, the main ingredient in MSG, contains sodium, and excessive intake of sodium can cause cardiovascular and cerebrovascular diseases such as high blood pressure. Therefore, it is necessary to control MSG as well as controlling salt intake. The dietary guidelines for residents in China advocate that the amount of salt per person per day should be less than 6 grams. However, the actual intake generally reaches about 10 grams. If you add sodium in MSG, it will be more.

#### 4. 这个病比癌症可怕, 有人花了130万没能救命! 你需要这么预防

重复数: 5

日期: 2019-01-29

[As for middle-aged and old people, this disease is more terrible than cancer. Someone spent 1.3 million yuan and could not save his life! You need to prevent it in this way.](#)

Repeat Number: 5

Data: 2019-01-29

大家都知道, 控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、耗油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. For example, MSG, ketchup, fuel consumption, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, instant noodles, etc. all contain a lot of sodium, and patients with high blood pressure should avoid it in time.

#### 5. 脑梗病发前, 身体3处会“发硬”, 只有及时发现, 才能保住性命!

重复数: 2

日期: 2019-01-29

[Before the onset of cerebral infarction, the body will "harden" in three places. Only by timely detection can we save our lives!](#)

Repeat Number: 2

Data: 2019-01-29

研究表明, 高达9.5%的心血管和脑血管代谢死亡与盐摄入过多有关。高盐饮食会升高血压并加速动脉粥样硬化。而且, 摄入过多油腻, 会造成血管中甘油三酯水平过高, 导致血液粘稠度升高, 容易加速脑内血管的堵塞。因此, 饮食应尽量保持清淡, 多吃粗粮。

Studies have shown that up to 9.5% of cardiovascular and cerebrovascular metabolic deaths are related to excessive salt intake. High salt diet can raise blood pressure and accelerate atherosclerosis. Moreover, too much greasy intake will lead to high levels of triglycerides in blood vessels, resulting in increased blood viscosity, easy to accelerate the blockage of blood vessels in the brain. Therefore, the diet should be as light as possible, eat more coarse grains.

## 减盐-微博 Salt Reduction - Weibo

2019-01-29, 共检测到2100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。

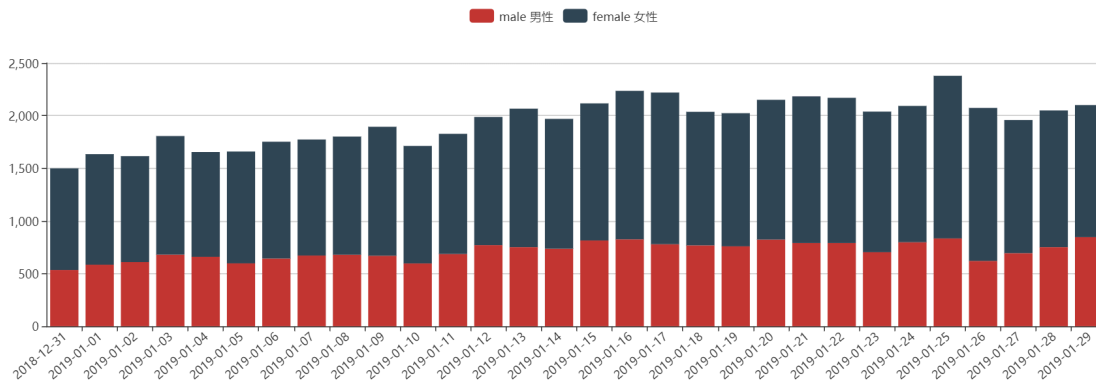
There are 2100 weibos about salt reduction monitored on 2019-01-29.

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: 生命时报

地区: 北京

认证: 机构

Nickname: 生命时报

Area: Beijing

Identity: Institution

时间: 2019-01-29 11:00

来自: 微博weibo.com

转发数: 83

评论数: 18

点赞数: 54

Time: 2019-01-29 11:00

Source: 微博weibo.com

Repost: 83

Comment: 18

Like: 54

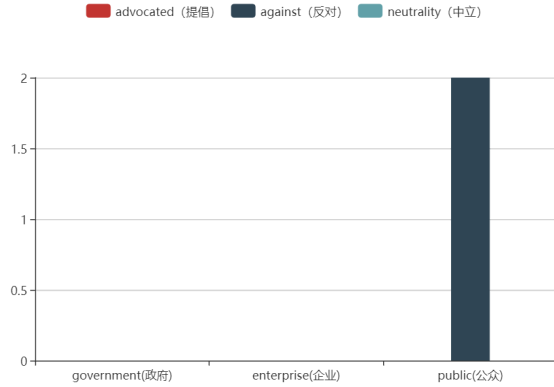
【6类饮品喝出隐患,爱喝的要管住嘴】除了“吃”,喝不对也会影响健康,如:①汤类盐多,易高血压;②牛奶喝多,患病风险高;③茶太浓,可能心悸;④咖啡喝多,影响睡眠;⑤“人工果汁”,伤智力;⑥酒,喝出60种病。生命君结合国外研究采访国内多位专家,总结出国人需要恶补的“喝的学问”!!!  
[6 kinds of drinks have hidden dangers] In addition to "eat", improper drinking will also affect health, such as: 1 soup contains more salt so it is easy to cause high blood pressure; 2 excessive consumption of milk will lead to high risk of illness; 3 strong tea will lead to heart palpitations 4 coffee affects sleep; 5 "artificial juice" hurts intelligence; 6 wine causes 60 diseases.

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-29) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-01-29. 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. 被发现时已是尿毒症了，最伤肾的原来是它！ <a href="#">It was found to be uremia, and the most damaging thing to the kidney was it!</a>
来源：中国宁波网 Source: China Ningbo Network
主体：公众 Subject: public
态度：反对 Attitude: against
时间：09:54:27 Time: 09:54:27
被发现时已是尿毒症了，最伤肾的原来是它！ 肾病被称为“沉默杀手”，就算它受伤了，你可能也毫无感觉。你经常在新闻中看到，某人因食欲减退、贫血、或疲劳乏力去就医，却发现已经是尿毒症晚期！实际上，我国每10人中即有1人患有肾脏疾病！据最新发表在国际顶尖医学杂志《柳叶刀》上的一项研究报道，我国成人慢性肾脏病患病率高达10.8%。

It was found to be uremia, and the most damaging thing to the kidney was it! Nephropathy is known as a "silent killer," and even if it's injured, you probably don't feel it at all. You often see in the news that someone goes to the doctor because of loss of appetite, anemia, or fatigue and fatigue, but finds that it is late uremia! In fact, one out of every 10 people in our country suffers from kidney disease! According to a recent study published in the Lancet, a leading international medical journal, the incidence of adult chronic kidney disease in China is as high as 10.8%.

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. <a href="#">香丹清肠胃小知识分享：肠道最怕的5类食物</a>	来源：新广网	主体：公众	态度：反对	时间：14:27:38
<a href="#">Shangdan Qingchang Gastrointestinal Knowledge Sharing: Five Kinds of Food in the Intestine</a>	Source: New wide network	Subject: public	Attitude: against	Time: 14:27:38

肠道被誉为人体的第二大脑，同时也是人体中最重要的免疫器官、吸收器官。可以说肠道的好坏很大程度上决定了人的身体健康状况。那么怎样保证人体的肠道健康呢？如何饮食对肠道比较好呢？香丹清对此做了详细的分析，为大家分享肠道最怕的5种食物。第一类就是高脂肪食品，要保持良好的肠道功能，一定要少吃或者不吃这类食品。这类食品长期食用可能诱发多种慢性疾病，美国曾有一项研究结果显示，长期、大量摄入红肉和熟肉制品，会增加结、直肠癌的危险。

The intestine is known as the second brain of the human body, and it is also the most important immune organ and absorption organ in the human body. It can be said that the quality of the intestinal tract largely determines the health of the human body. So how to ensure human intestinal health? How to eat better for the intestine? Xiangdangqing has made a detailed analysis of this, to share with you the five most feared foods in the intestine. The first category is high-fat food. In order to maintain good intestinal function, we must eat less or not. Long-term consumption of this kind of food may induce many chronic diseases. A study in the United States has shown that long-term and large intake of red meat and cooked meat products can increase the risk of colorectal cancer.

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

2019-01-29, 共监测到147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 147 WeChat public articles were monitored in 2019-01-29. This page shows the top five articles by repeat number today.

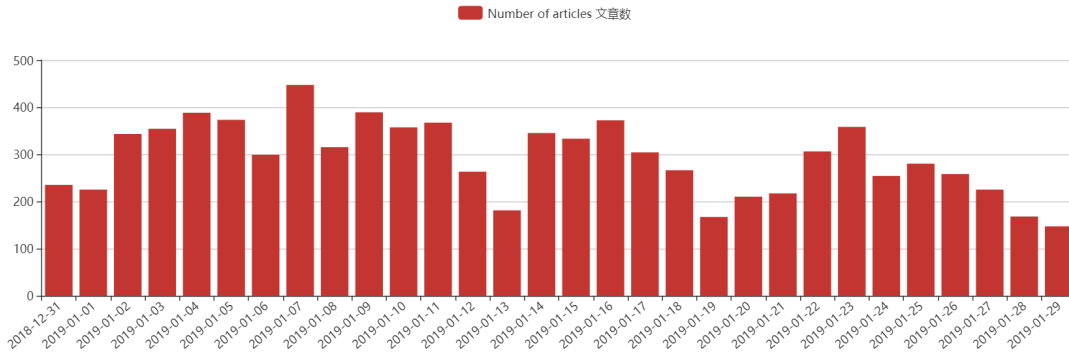
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文) [Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

重复数: 11

日期: 2019-01-29

Repeat Number: 11

Data: 2019-01-29

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。少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

### 2. 宝宝多大能吃油? 吃哪种油好? 哪些油不能吃? 一文搞定! [How old can a baby eat oil? What kind of oil is good to eat? Which oils can't be eaten? Get it done!](#)

重复数: 3

日期: 2019-01-29

Repeat Number: 3

Data: 2019-01-29

加工来源的反式脂肪酸主要存在于人造奶油、人造黄油等氢化植物油制品, 炼乳、代可可脂等乳味调味品, 薯条、炸鸡等油炸食品, 蛋糕、面包等食物中。反式脂肪酸不能被人体利用, 摄入过多会提高患动脉粥样硬化和冠心病的几率, 甚至可能影响儿童生长发育以及神经系统的健康。不建议吃, 但也并非一点都不能吃, 不过一定要控制好量和频率。

Trans fatty acids are mainly found in hydrogenated vegetable oil products such as margarine and margarine, dairy flavors such as condensed milk and cocoa butter, fried foods such as French fries and fried chicken, and foods such as cakes and bread. Trans fatty acids cannot be used by the human body. Excessive intake can increase the risk of atherosclerosis and coronary heart disease, and may even affect the growth and development of children and the health of the nervous system. It is not recommended to eat, but it is not impossible to eat at all. It is necessary to control the amount and frequency.

### 3. 年货黑名单: 这八类千万不要买! [Blacklist of New Year's Goods: Never buy these eight categories of goods!](#)

重复数: 3

日期: 2019-01-29

Repeat Number: 3

Data: 2019-01-29

油炸食品特点是油多、高脂肪、高盐, 油炸的过程中可能产生反式脂肪酸。长期吃高脂肪的油炸食品, 容易导致肥胖, 反式脂肪酸的体内代谢缓慢, 中国居民膳食指南建议成人每日摄入油脂25克左右, 一盒薯片的油脂含量在30克左右, 超出了成人一天的油脂摄入量。薯片偶尔吃一次也无妨, 不建议长期大量食用。

Fried food is characterized by high oil, fat and salt. Trans fatty acids may be produced in the process of frying. Long-term eating of high-fat fried food is easy to lead to obesity, and trans-fatty acid metabolism in the body is slow. The dietary guidelines for Chinese residents recommend that adults take about 25 grams of fat a day, and a box of potato chips contains about 30 grams of fat, which exceeds the daily fat intake of adults. Potato chips can be eaten once in a while. It is not advisable to eat them in large quantities for a long time.

### 4. 血栓是吃出来的, 这四种食物一定要少吃或不吃 [Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#)

重复数: 2

日期: 2019-01-29

Repeat Number: 2

Data: 2019-01-29

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

### 5. 在国外卖不掉的这种咖啡, 霸占了国内84%的市场 [This coffee, which can not be sold abroad, occupies 84% of the domestic market.](#)

重复数: 2

日期: 2019-01-29

Repeat Number: 2

Data: 2019-01-29

所谓植脂末, 是一种常见食品添加剂, 常见于奶茶等饮品中, 生产过程中会产生“反式脂肪酸”。反式脂肪酸, 能够增加心脏病、脑血管意外的危险。也有研究认为, 考虑到目前中国居民的反式脂肪酸摄入量总体较低, 它对普通人的身体健康尚未构成威胁。但糖和植脂末对健康的影响不应忽视, 速溶咖啡每天最好不要喝超过3杯。

The so-called vegetable fat powder is a common food additive. It is common in milk tea and other drinks. Trans fatty acids are produced in the production process. Trans fatty acids can increase the risk of heart disease and cerebrovascular accident. Some studies also suggest that, considering the low intake of trans fatty acids in China, it has not posed a threat to the health of ordinary people. However, the health effects of sugar and phytolipid powder should not be neglected. Instant coffee should not drink more than three cups a day.

## 反式脂肪酸-微博 Transfat - Weibo

2019-01-29, 共检测到120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。

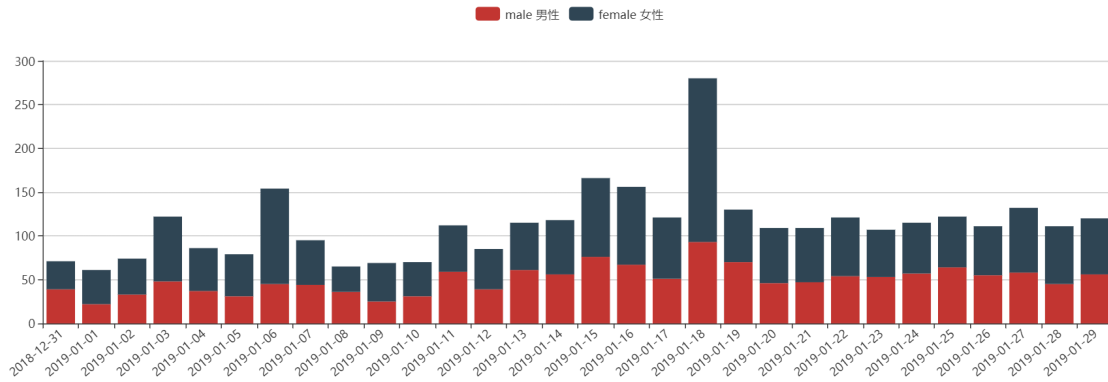
There are 120 weibos about transfat reduction monitored on 2019-01-29.

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!