

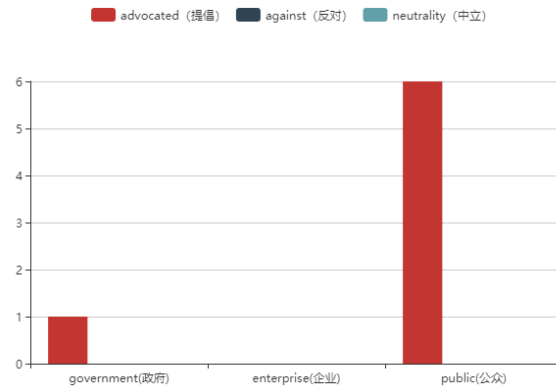
减盐-新闻

Salt Reduction - News

今日 (2018-10-01) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2018-10-01. 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!

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!

安徽 Anhui

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!

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!

其他省份 Other Provinces

食物中的钠 Sodium in food				
1. 1块钱和20块钱的盐区别在哪?想必你也交过不少智商税	来源: 中华网	主体: 公众	态度: 提倡	时间: 00:17:04
The salt difference between \$1 and \$20?You also made a lot of intelligence quotient (IQ) tax	来源: 中华网	Subject: public	Attitude: advocate	Time: 00:17:04
用微信扫描二维码 分享至好友和朋友圈 原标题: 1块钱和20块钱的盐区别在哪? 想必你也交过不少智商税 在多数人眼里, 食盐只是一个提供咸味的调料; 对懂些化学知识的朋友来说, 食盐仅是再简单不过的“氯化钠”。但就是这样“简单”的东西, 竟让人们挑花了眼。《生命时报》记者走访了北京两家超市, 共看到41个名称各异的食盐产品, 消费者在货架前徘徊, 无从下手。食盐难挑? 谣言不断?《生命时报》邀请权威专家, 送你一份科学的「挑盐」指南。受访专家 中国农业大学食品科学与营养工程学院副教授范志红 美国普渡大学农业与生物工程系食品工程博士云无心 产品多得乱人眼 天然海盐、茶卡大青盐、调味竹盐、加碘食盐、低钠盐、鲜味菇盐、腌制盐、美国细海盐、阿尔卑斯山岩盐、研磨餐桌盐…… 颜色各异、品种繁多, 这些五花八门的盐, 你知道该选哪种吗? 记者走访了北京两家超市, 阅读包装后发现, 其中一家卖场的食盐主要来自“中盐”“淮盐”“福盐”三大盐业公司, 单价从1.1元到20元不等; 另一家卖场卖的主要是来自法国、新西兰、意大利等国的进口盐, 价格明显高了一大块, 单价从17.9元到79元不等				
Use WeChat to scan two-dimensional code to share with friends and friends.Original title: where is the difference between 1 yuan and 20 yuan of salt? You must have had many IQ taxes.In most people's eyes, salt is just a seasoning that provides salty taste; for friends who know something about chemistry, salt is simply sodium chloride.But it is such a "simple"				

thing that makes people pick their eyes. "Life Times" reporter visited two supermarkets in Beijing, a total of 41 different names of salt products, consumers wandering in front of the shelves, unable to start.Salt is hard to pick? Rumors continue? Life times invites authoritative experts to send you a scientific guide to salt challenge.Visiting expertsFan Zhihong, associate professor, School of food science and Nutritional Engineering, China Agricultural UniversityDoctor of food engineering, Department of agriculture and Bioengineering, Purdue UniversityProducts are chaotic.Natural Sea Salt, Tea Card Daqing Salt, Seasoned Bamboo Salt, Iodized Table Salt, Low Sodium Salt, Fresh Mushroom Salt, Marinated Salt, American Sea Salt, Alpine Rock Salt, Grinding Table Salt...Do you know which one to choose from?The reporter visited two supermarkets in Beijing. After reading the package, he found that the salt in one of the stores mainly came from the three major salt companies of "Zhongyan", "Huaiyan" and "Fuyan". The unit price ranged from 1.1 yuan to 20 yuan.Another store mainly sells imported salt from France, New Zealand, Italy and other countries. The price is significantly higher, ranging from 17.9 yuan to 79 yuan per unit.

2. [【知识】节日期间健康消费！健康选择！](#)

来源：搜狐

主体：公众

态度：提倡

时间：13:19:03

["Knowledge" healthy consumption during the festival!Healthy choice!](#)

来源：搜狐

Subject: public

Attitude: advocate

Time: 13:19:03

原标题：【知识】节日期间健康消费！健康选择！节日期间，小编送您一份健康指南，快快帮助家人养成健康的生活方式，让他们持久拥有一个健康的身体吧。1.购买食品时，要记得阅读营养成分表：选择含油脂低，不含反式脂肪酸的食品；每人每天摄入食用油的量在25-30克为宜；选择钠盐含量较低的包装食品，和具有“低盐”、“少盐”、或“无盐”标识的食品；每人每天盐摄入量不超过6克；建议不买或少买含糖饮料，不喝或少喝含糖饮料；建议不买或少买饼干、冰淇淋、巧克力、糖果、糕点、蜜饯、果酱等在加工过程添加糖的包装食品，可减少摄入频率。2.聚餐时，牢记“减盐、减油、减糖”尽可能减少外出就餐，尽量选择低盐菜品；适量选择糖醋排骨、鱼香肉丝、红烧肉、拔丝地瓜、甜汤等含糖较多的菜品；少吃或不吃如炸鸡腿、炸薯条、炸鸡翅、油条油饼等油炸食品；就餐时主动要求餐馆少油、少盐、少糖；少吃咸菜多食蔬果；每人每天吃至少1斤菜和半斤水果；建议不要喝菜汤或汤泡饭食用；尽量用白开水替代饮料。3.时刻关注家人的“口腔、体重、骨骼”带父母和孩子去专业医院进行口腔检查、进行洁牙；要求家人刷牙后配合使用牙线或牙缝刷等工具辅助清洁；要求家人做到每天至少刷牙两次，饭后漱口；对于配戴活动假牙（可摘义齿）的父母，要求在每次饭后取出刷洗干净；为家人购买含氟牙膏预防龋病；带领家人进行中等强度身体活动，累计150分钟以上；为肥胖的家人树立减重目标；注重家人骨质疏松的预防，绝经后的女性及中老年人是骨质疏松的高发人群；外出晒太阳，建议每天至少20分钟日照时间，提倡中速步行、跑步、骑行等多种户外运动形式；建议家人平均每天摄入12种以上食物，每周25种以上。来源：天津疾控返回搜狐，查看更多 责任编辑：

Original title: [knowledge] healthy consumption during the festival! Healthy choice!During the festival, Xiaobian sent you a health guide, quickly help families develop a healthy lifestyle, so that they can have a healthy body for a long time.1. when you buy food, remember to read the table of nutrition.Choose foods with low fat content and no trans fatty acids. The daily intake of cooking oil is 25-30 grams per person.Choose packaged foods with low sodium content, and foods with "low salt", "low salt", "low salt" or "salt-free" labels; salt intake per person should not exceed 6 grams per day;It is recommended not to buy or buy sugary drinks, not to drink or to drink less sugar drinks.It is suggested not to buy or buy less cookies, ice cream, chocolate, candy, cakes, preserves, jam and other packaged foods with added sugar during the processing process, which can reduce the frequency of intake.2., remember "salt reduction, oil reduction and sugar reduction" during the dinner.Minimize outgoing meals and try to choose low salt dishes.Choose sweet and sour spare ribs, fish-flavored shredded pork, braised pork, sweet potato, sweet soup and other dishes with more sugar.Eat less or no fried foods such as fried chicken legs, French fries, fried chicken wings, fried bread sticks and other fried foods.Take the initiative to request restaurants less oil, less salt and less sugar.Eat less pickles and eat more fruits and vegetables; each person eats at least 1 pounds of vegetables and half a kilo of fruit a day.It is recommended not to eat vegetable soup or soup for cooking.Try to substitute boiled water for drinks.3., always pay attention to your family's oral cavity, weight and bones.Take parents and children to a professional hospital for dental examination and scaling.Ask family members to brush their teeth and use dental floss or tooth brush to assist cleaning.Ask your family to brush your teeth at least two times a day and rinse your mouth after meals.For parents who wear movable dentures (removable dentures), they are asked to remove and clean them after each meal.Purchase fluoride toothpaste for family members to prevent dental caries;The family members were given moderate intensity physical activity for more than 150 minutes.Weight loss targets for obese families.Attention should be paid to the prevention of osteoporosis in family members. Postmenopausal women and middle-aged and elderly people are high risk groups of osteoporosis.Out in the sun, it is recommended that at least 20 minutes of sunshine a day, advocating moderate-speed walking, running, cycling and other forms of outdoor sports;It is suggested that the average family intake of more than 12 kinds of food per day, more than 25 times a week.Source: Tianjin CDC returns to Sohu to see moreEditor in chief:

3. [国庆出游请收好这份健康攻略](#)

来源：四川在线

主体：公众

态度：提倡

时间：13:24:31

[National Day travel away the health guide, please](#)

来源：四川在线

Subject: public

Attitude: advocate

Time: 13:24:31

国庆长假即将到来，你是不是已经安排好了出行路线?不论是回家探亲，还是外出旅游，能和家人在一起就是非常惬意的事情。然而，近年来，随着人们出游的频率越来越高，一些因旅游方式、环境改变而引起的疾病也随之发生。如何有效应对可能出现的健康问题?请你收好这份健康攻略。 国庆出游必备药品清单 1、慢性病患者一定要带好自己的日常用药。 2、备好晕车药

The National Day holiday is coming soon, have you already arranged the trip route? Whether it is to go home to visit relatives, or travel, can be with family members together is a very pleasant thing. However, in recent years, with the increasing frequency of people's travel, some diseases caused by changes in the way of tourism and the environment have also occurred. How to effectively deal with possible health problems? Please take good health care strategy.Essential medicines list for National Day outing1, patients with chronic diseases must take good care of their daily medication.2, prepare carsickness drugs.

高血压
Hypertension

1. [高血压+低血钾=原醛症?别那么天真,还有这些原因不能忘](#)

来源：医脉通

主体：公众

态度：提倡

时间：10:17:24

[Hypertension hypokalemia = the original aldehyde disease?Don't be so naive, and don't forget there are these reasons](#)

来源：医脉通

Subject: public

Attitude: advocate

Time: 10:17:24

作者：人间世 本文为作者授权医脉通发布，未经授权请勿转载。 高血压既可能是某一种疾病的表现，也可能是病因不清的原发性高血压。在临床诊断为原发性高血压之前，一个重要任务就是排除继发性因素。但是，继发性高血压仅仅占高血压患者的10%左右，因此，2018 ESC高血压指南并不建议对所有高血压患者进行继发性因素的筛查。 幸运的是，许多继发性高血压患者在临床上会有一些特殊的表现，其中，高血压伴低钾血症可算是一种比较常见的组合

Author: human worldThis article is authorized by the author, and is not authorized to be reproduced without authorization.High blood pressure may be a manifestation of a disease, or it may be an essential hypertension with unclear etiology. Before clinical diagnosis is essential hypertension, an important task is to eliminate secondary factors. However, secondary hypertension accounts for only about 10% of patients with hypertension, so the 2018 ESC Hypertension Guidelines do not recommend screening for secondary factors in all hypertensive patients.Fortunately, many patients with secondary hypertension have some special clinical manifestations, and hypertension with hypokalemia is a more common combination.

2. [新指南给出降压新策略生活方式调整非常关键](#)

来源：人民网

主体：公众

态度：提倡

时间：22:27:11

[New guidelines given antihypertension new strategy is key lifestyle changes](#)

来源：人民网

Subject: public

Attitude: advocate

Time: 22:27:11

8月底，全新的《2018 年欧洲高血压指南》（以下简称《指南》）正式发布。英国伦敦大学的布莱恩·威廉姆斯教授在本届欧洲心脏病学会年会上，分别从生活方式干预、药物治疗、介入治疗几个方面，围绕新《指南》给出了高血压治疗策略。 生活方式干预。健康的生活方式可以预防或延缓高血压发病、降低心血管疾病风险，并能使血压处于正常高值的人群延缓进展为高血压。就 1 级高血压（轻度）而言，有效的生活方式改善可以延缓甚至减免患者对药物治疗的需求

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 in terms of lifestyle intervention, medication, 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

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. [全民健康生活方式日: 要想身体好, “三减三健”很重要!](#)

来源：搜狐体育

主体：公众

态度：提倡

时间：11:16:17

[A healthy lifestyle: I want to be good, "three minus three health" is important!](#)

来源：搜狐体育

Subject: public

Attitude: advocate

Time: 11:16:17

原标题：全民健康生活方式日：要想身体好，“三减三健”很重要！ 每年9月1日是全民健康生活方式日，今年的宣传主题为“三减三健，全民行动”，旨在动员全社会共同关注“三减三健”专项活动，倡导“每个人是自己健康第一责任人”理念，广泛宣传健康生活方式相关知识，提高公众健康素养，以实际行动推进健康中国建设。 成人每天不要超过6克 减盐 中国是高盐饮食的国家之一，平均每人每天摄入的盐在12克以上。食盐摄入过多是高血压的三大危险因素之一，同时，吃盐过多还可增加胃病、骨质疏松、肥胖等疾病的患病风险。 很多人喜欢吃点咸菜，或者用酱油烹调，无形之中都增加了盐的摄取。建议成人每人每天食盐摄入量不超过6克，2～3岁幼儿摄入量不超过2克，4～6岁幼儿不超过3克，7～10岁儿童不超过4克，65岁以上老人不超过5克

Original title: national healthy lifestyle: good health, "three minus three health" is very important!September 1 is National Healthy Lifestyle Day every year. The theme of this year's publicity is "Three Reductions, Three Health Care and All People's Action". The purpose is to mobilize the whole society to pay attention to the special activities of "Three Reductions, Three Health Care", to advocate the concept of "everyone is the first person responsible for his or her own health", to widely publicize the knowledge of healthy lifestyle and to improve public health. To promote healthy China Construction with practical actions.Adults should not exceed 6 grams per day.Salt reductionChina is one of the countries with high salt diet, and the average intake of salt per person is more than 12 grams per day. Excessive salt intake is one of the three major risk factors for hypertension. At the same time, excessive salt intake can also increase the risk of gastropathy, osteoporosis, obesity and other diseases.Many people like to eat some pickled vegetables, or cook with soy sauce, virtually increase the intake of salt. It is suggested that the daily salt intake per adult should not exceed 6 grams, that the intake of children aged 2-3 should not exceed 2 grams, that of children aged 4-6 should not exceed 3 grams, that of children aged 7-10 should not exceed 4 grams, and that of the elderly aged 65 and over should not exceed 5 grams.

2. 龙岩市启动第二阶段全民健康生活方式行动 Longyan city to start the second phase the health life style action	来源：东南网龙岩频道	主体：政府	态度：提倡	时间： 08:16:20
	来源：东南网龙岩频道	Subject: government	Attitude: advocate	Time: 08:16:20
<p>东南网龙岩10月1日讯 据闽西新闻网报道 29日，由龙岩市、区卫计委主办的龙岩市和新罗区全民健康生活方式行动第二阶段启动仪式暨第12个全民健康生活方式行动日宣传活动在莲花山公园举行，龙岩市人大常委会副主任阙朝阳出席启动仪式。 全民健康生活方式行动以“三减三健、全民行动”为主题，广泛发动市民参与到开展减盐、减油、减糖行动，引导群众积极参加健身操(舞)、健步走、太极拳(剑)等简便易行的健身活动，追求健康的社会新风尚，实现“以治病为中心”向“以健康为中心”的转变，争取让群众“少得病、不得病、晚得病”，提升全民健康水平。 行动倡导建立全新的健康共营模式，坚持政府主导、部门协作、全民参与，各级、各部门要主动承担全民健康生活方式行动的责任和义务，将闽西传统文化、红色文化与全民健康生活方式行动有机融合，齐心协力打造“健康龙岩”。每个公民都要以实际行动参加到全民健康生活方式行动中来，为自己的健康主动经营，做健康的新主人。 启动仪式结束后，现场还开展了健身登山、骑行、义诊等体验活动</p>				
<p>Longyan, Southeast China (Oct. 1) - Longyan City and Xinluo District launched the second stage of the National Healthy Lifestyle Action and the 12th National Healthy Lifestyle Action Day in Lianhuashan Park sponsored by Longyan City and District Health Planning Commission on Oct. 29. Attend the launching ceremony.The National Healthy Lifestyle Action, with the theme of "Three Reductions, Three Health Care and All People's Action", extensively mobilizes citizens to participate in the activities of reducing salt, oil and sugar, guides the masses to take an active part in such simple and easy fitness activities as gymnastics (dancing), walking, Taijiquan (sword), and pursues a healthy new social fashion, so as to realize the goal of "treating diseases as well as curing diseases". The change from "health-centered" to "health-centered" will strive to make the masses "less sick, not sick, late sick" and improve the health of the whole people.Action advocates the establishment of a new model of healthy co-operation, adhere to the government-led, sectoral collaboration, the participation of the whole people, all levels and departments to take the initiative to assume the responsibility and obligations of the whole people's healthy lifestyle action, the traditional culture of Western Fujian, red culture and healthy lifestyle action of the whole people organic integration, concerted efforts to create a "healthy Longyan". Every citizen should take practical actions to participate in the action of healthy lifestyle of the whole people, and take the initiative to operate for his own health and become a healthy new master.After the launching ceremony, the site also carried out activities such as mountaineering, riding, free clinic and so on.</p>				
<div>决心工程 Resolve To Save Lives</div>				
没有相关文章!				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2018-10-01，共监测到590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 590 WeChat public articles were monitored in 2018-10-01. 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: 82 Repeat Number: 82	日期: 2018-10-01 Data: 2018-10-01
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.		
4. 2元一袋和10元一袋的盐到底差在哪？ Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag?	重复数: 13 Repeat Number: 13	日期: 2018-10-01 Data: 2018-10-01
低钠盐虽然钠含量减少25%，但咸味减少得并不多，是比较理想的减盐方法。但要养成良好的饮食调味习惯，烹饪时不能因为低钠盐不咸而多放些，更不能因为低钠盐有好处就大把大把地用。		
If you put salt during cooking, the salt may penetrate into the food, and the salt will be eaten in the stomach when you eat. Adding the salt after cooking, most of salt are still on the surface of the dish and in the soup, which can not only play a role in seasoning, but also reduce the intake of salt.		
5. 2元一袋和10元一袋的盐到底差在哪？这下终于清楚了..... 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: 3 Repeat Number: 3	日期: 2018-10-01 Data: 2018-10-01
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.		
6. 【健康】2元一袋和10元一袋的盐到底差在哪？ [health]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: 3 Repeat Number: 3	日期: 2018-10-01 Data: 2018-10-01
在日常生活中，应多吃清淡饮食。购买加工食品时可仔细阅读产品包装上的营养成分表中的钠含量，选择含钠量比较低的加工产品。		
In daily life, we should eat light diet. When purchasing processed food, you can read carefully the sodium content in the nutritional ingredients table on the product packaging, and select processed products with relatively low sodium content.		
7. 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: 2 Repeat Number: 2	日期: 2018-10-01 Data: 2018-10-01
日常生活中，应多吃清淡饮食。购买加工食品时可仔细阅读产品包装上的营养成分表中的钠含量，选择含钠量比较低的加工产品。		
In daily life, we should eat light diet. When purchasing processed food, you can read carefully the sodium content in the nutritional ingredients table on the product packaging, and select processed products with relatively low sodium content.		

减盐-微博

Salt Reduction - Weibo

2018-10-01, 共检测到1460条与“减盐”相关的微博。

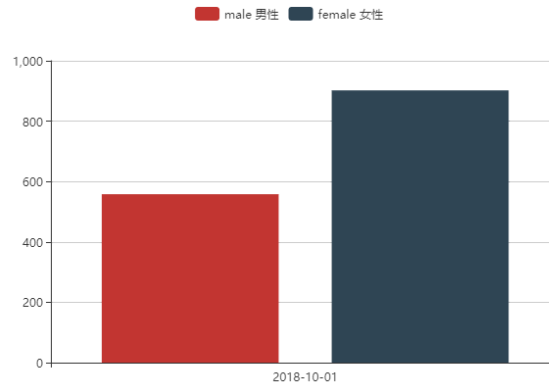
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 1460 weibos about salt reduction monitored on 2018-10-01.

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!

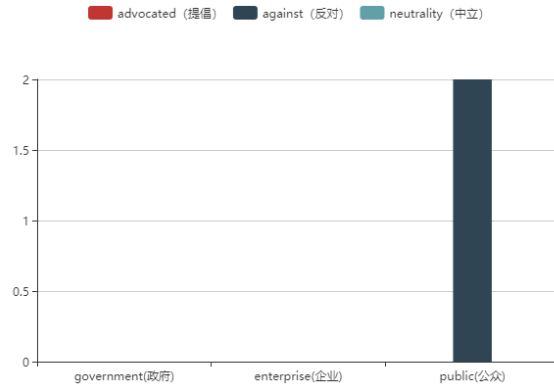
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-01) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-10-01. 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				
1. 伤不起的减肥咖啡:非法添加违禁药 严重可致死亡	来源: 新浪	主体: 公众	态度: 反对	时间: 06:18:41
Wound can't afford to lose weight coffee: illegal add illicit drug serious can cause death	来源: 新浪	Subject: public	Attitude: against	Time: 06:18:41
<p>一边享受着喝咖啡的乐趣，一边就能减肥瘦身，听上去是不是很有吸引力？最近江苏的朱女士就买了这样一种号称能减肥的咖啡，没想到却引出了一起添加违禁药品的案件。 减肥咖啡含禁药 喝完心慌 江苏淮安的消费者朱女士前不久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：有点想吐，头感觉很重，昏昏沉沉的。回想就是从喝了咖啡王就感觉身体有点不舒服。 淮安市食品药品检验所对这款卡芭娜左旋肉碱咖啡王进行了检测</p>				
<p>While enjoying the coffee and enjoying weight loss, does it sound attractive? Recently, Ms. Zhu in Jiangsu Province bought such a kind of coffee that she claims can lose weight, but unexpectedly led to a case of adding prohibited drugs.Slimming coffee contains forbidden medicine, and the heart is flurried.Zhu, a consumer in Huai'an, Jiangsu Province, recently purchased a net red weight loss coffee, but she drank it for less than three days. Not only did she not lose weight, she also drank a problem.Ms Zhu: a little bit of a puke. I feel heavy and dizzy. Looking back, I felt a little sick from the coffee king.Huaian city food and Drug Testing Center for this carbara L-carnitine Coffee King was tested.</p>				
2. 高胆固醇患者饮食注意事项	来源: 联合早报	主体: 公众	态度: 反对	时间: 21:38:50
Patients with high cholesterol diet	来源: 联合早报	Subject: public	Attitude: against	Time: 21:38:50
<p>高胆固醇是导致心脏疾病的风险之一。配合9月29日世界心脏日，《新明日报》“活得好”推出胆固醇系列，本期百汇珊顿医疗集团全科医生何宛欣谈高胆固醇患者在饮食方面该注意的事项。 高胆固醇患者应更注意脂肪的选择。何宛欣医生提醒，饱和脂肪和反式脂肪会提高低密度脂蛋白胆固醇（也就是所谓的“坏胆固醇”），间接提高动脉粥样硬化的风险。饱和脂肪最常见的来源包括红肉、加工肉类和乳制品；人造黄油（margarine）、商业烘焙饼干和蛋糕点心都含有反式脂肪，不仅会增加低密度脂蛋白胆固醇，也会降低高密度脂蛋白胆固醇（即“好胆固醇”）</p>				
<p>High cholesterol is one of the risk factors for heart disease. In conjunction with World Heart Day on September 29, Xinming Daily launched a "live well" cholesterol series. In this issue, Ho Wanxin, general practitioner of Sandton Medical Group, Broadway, talks about the dietary considerations of patients with high cholesterol.Patients with high cholesterol should pay more attention to fat selection. Dr. Ho warns that saturated and trans fats raise the risk of atherosclerosis indirectly by raising and lowering density lipoprotein cholesterol, known as bad cholesterol.The most common sources of saturated fat include red meat, processed meat and dairy products; margarine, commercial baked biscuits, and cake pastries contain trans fats that not only increase LDL cholesterol, but also lower HDL cholesterol (good cholesterol).</p>				
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

2018-10-01, 共监测到251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 251 WeChat public articles were monitored in 2018-10-01. 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!](#) [People should be scientifically vegetarian. If you don't choose the right food, vegetarian food is not good for your health!](#)

重复数: 68 日期: 2018-10-01
Repeat Number: 68 Data: 2018-10-01

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. 奶茶, 正在毁掉中国三代人](#) [Milk tea is destroying three generations of China.](#)

重复数: 15 日期: 2018-10-01
Repeat Number: 15 Data: 2018-10-01

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. 【心内一科】这4种食物在悄悄给你的血管“添堵”, 能少吃就少吃](#) [\[Cardiac\] These four kinds of foods are quietly adding "blocks" to your blood vessels and should be eaten less.](#)

重复数: 1 日期: 2018-10-01
Repeat Number: 1 Data: 2018-10-01

长期吃反式脂肪酸的加工食品会让血管出现堵塞

Long-term consumption of processed foods containing trans fatty acids can block blood vessels.
- [4. 奶茶, 正在毁掉中国的三代人](#) [Milk tea is destroying three generations of China.](#)

重复数: 2 日期: 2018-10-01
Repeat Number: 2 Data: 2018-10-01

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.
- [5. 24岁女孩忽然晕倒查出糖尿病, 都因太爱吃它, 吃一口等于七口油](#) [The 24-year-old girl suddenly fainted and found out that she had diabetes, because she often eats it. Taking a bite of it is equivalent to eating seven oils.](#)

重复数: 1 日期: 2018-10-01
Repeat Number: 1 Data: 2018-10-01

反式脂肪酸像饱和脂肪酸一样, 会增加血液中低密度脂蛋白胆固醇含量, 同时还会减少可预防心脏病的高密度脂蛋白胆固醇含量, 增加患冠心病的危险。反式脂肪酸导致心血管疾病的几率是饱和脂肪酸的3到5倍, 反式脂肪酸还会增加人体血液的黏稠度, 易导致血栓形成。

Trans fatty acids, like saturated fatty acids, increase the amount of low-density lipoprotein cholesterol in the blood, while reducing the amount of high-density lipoprotein cholesterol that can prevent heart disease and increasing the risk of coronary heart disease. Trans fatty acids are three to five times more likely to cause cardiovascular disease than trans-fatty acids. Trans-fatty acids also increase the viscosity of human blood and cause thrombosis.

反式脂肪酸-微博 Transfat - Weibo

2018-10-01, 共检测到27条与“反式脂肪酸”相关的微博。

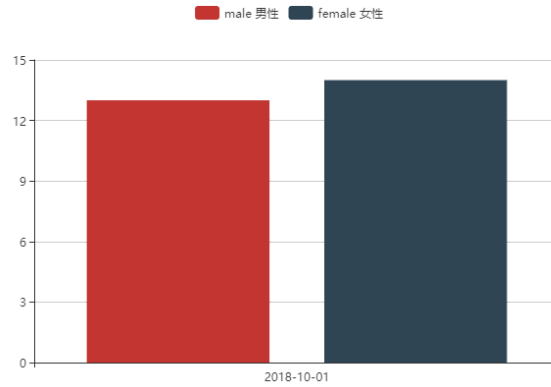
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 27 weibos about transfat reduction monitored on 2018-10-01.

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!