

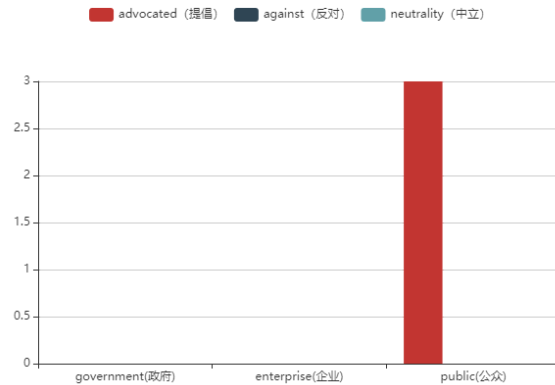
减盐-新闻

Salt Reduction - News

今日 (2019-01-05) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-01-05. 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

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安徽
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Zhejiang

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其他省份
Other Provinces

食物中的钠 Sodium in food
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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. 咖啡致癌?益生菌无益?这些食品安全热点值得关注 Carcinogenicity of coffee? Probiotics are not beneficial? These food safety hotspots deserve attention.	来源: 手机网易网 Source: Mobile NetEase	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 00:23:55 Time: 00:23:55
<p>热点一: 咖啡真的“致癌”吗? 解读专家: 中国疾病预防控制中心营养与健康所所长, 丁钢强教授。食品中丙烯酰胺来源于美拉德反应的副产物, 目前尚缺乏咖啡与人类致癌的相关性证据, 国内外也没有国家或组织制定食品中丙烯酰胺的限量标准。建议应强化针对消费者的“剂量-效应关系”的公众科普; 同时, 食品加工企业应改进生产工艺和条件, 减少生产过程中丙烯酰胺的形成。热点二: 非洲猪瘟蔓延, 猪肉还能吃吗? 解读专家: 北京食品科学研究院院长, 王守伟教授级高工。非洲猪瘟非人畜共患病。猪是非洲猪瘟病毒唯一的自然宿主, 近百年来没有一例人感染的情况。因此, 现在可以说, 人类不会感染非洲猪瘟病毒。</p>				
<p>Hot spot 1: Is coffee really "carcinogenic"? Interpretation expert: Professor Ding Gangqiang, Director of Nutrition and Health Department of China Center for Disease Control and Prevention. Acrylamide in food is a by-product of Maillard reaction. At present, there is no evidence of the correlation between coffee and human carcinogenesis. There is no national or international organization to establish a limit standard for acrylamide in food. It is suggested that the public science popularization of "dose-effect relationship" aimed at consumers should be strengthened. At the same time, food processing enterprises should improve the production process and conditions to reduce the formation of acrylamide in the production process. Hot 2: African swine fever is spreading. Can pork still be eaten? Interpretation Expert: President of Beijing Institute of Food Science, Professor Wang Shouwei, Senior Engineer. African swine fever is a non-zoonotic disease. Swine is the only natural host of African swine fever virus. There has been no case of human infection in the past 100 years. Therefore, it can now be said that humans will not be infected with African swine fever virus.</p>				
2. 十大健康警戒线划出来了, 寿命长短都由它决定! 非常重要! Ten health warning lines have been drawn out, and the length of life depends on it! Very important!	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 06:32:51 Time: 06:32:51
<p>十大健康警戒线划出来了, 寿命长短都由它决定! 非常重要! 一根皮筋就算有再大的弹性, 如果过了弹力的临界值, 肯定是会断的。一个气球, 如果吹入的气超过它所能承受的范围, 是会爆的。人体也一样, 有临界值, 一旦超过这个临界值, 意味着健康亮起了红灯, 甚至寿命都开始进入倒计时。健康十大警戒线 今天请专家划出了十条健康警戒线, 寿命长短都是由它们决定的, 大家不妨对照一下, 如果超过了警戒线, 可千万要调整一下生活方式了。</p>				
<p>Ten health warning lines have been drawn out, and the length of life depends on it! Very important! Even if a leather band has greater elasticity, if it passes the critical value of elasticity, it will definitely break. A balloon will explode if it inflates more air than it can bear. The same is true of the human body. Once the threshold is exceeded, it means that health is on the red light, and even life expectancy begins to enter the countdown. Today, experts were asked to draw out ten health warning lines. Life expectancy is determined by them. You may wish to compare them. If you exceed the warning line, you must adjust your lifestyle.</p>				
3. 骨折初期, 别急着补钙 Don't rush for calcium in the early stage of fracture	来源: 人民网 Source: People's net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:32:51 Time: 08:32:51
<p>不少老人骨折后为了早日痊愈, 会急着补钙, 认为这样可加速骨折愈合。其实, 骨折初期补钙往往适得其反。骨折愈合首先要形成骨痂, 过度补钙会使骨痂过度钙化, 不仅不会促进愈合, 还会影响预后。那老人骨折后, 该如何调理呢? 骨折早期。伤后1周~2周, 早期骨折端会释放大量游离钙, 且骨折后肢体固定, 骨骼易发生废用性脱钙。如果此时大量补钙, 体内钙量远超人体需求, 加之长期卧床, 喝水及排尿量减少, 势必会使钙在肾脏沉积, 形成肾结石。因此, 骨折早期病人不要急于补钙, 也不要特意喝骨头汤。</p>				
<p>In order to recover soon after fracture, many elderly people will be anxious to supplement calcium, believing that this can accelerate fracture healing. In fact, calcium supplementation in the early stage of fracture is often counterproductive. Fracture healing should first form callus. Excessive calcium supplementation will cause excessive calcification of callus. It will not only not promote healing, but also affect prognosis. How to adjust the old man's fracture? Early fracture. From 1 week to 2 weeks after injury, a large amount of free calcium will be released at the end of early fracture, and limbs are fixed after fracture. Bone is prone to disuse decalcification. If a large amount of calcium is supplemented at this time, the amount of calcium in the body far exceeds the needs of the human body, coupled with long-term bed rest, drinking water and urination reduced, it will inevitably lead to calcium deposition in the kidney, forming kidney stones. Therefore, early fracture patients should not be anxious to supplement calcium, nor should they specially drink bone soup.</p>				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2019-01-05, 共监测到585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 585 WeChat public articles were monitored in 2019-01-05. This page shows the top five articles by repeat number today.

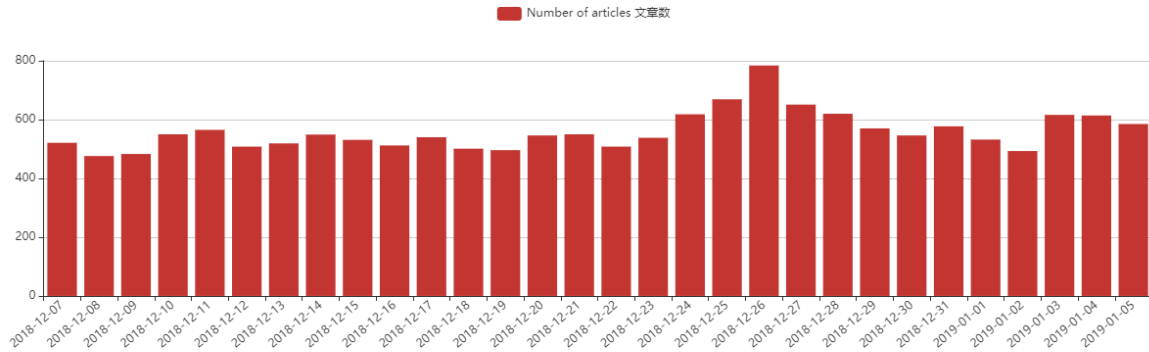
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain url, 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. 日本医疗再次被评为全球第一, 中国位居第二.....

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

重复数: 13

日期: 2019-01-05

Repeat Number: 13

Data: 2019-01-05

日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。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。

The Japanese eat very little salt, and the daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear, and it can cause cardiac hypertrophy and atherosclerosis. 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. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet.

2. 十大健康警戒线划出来了, 寿命长短都由它决定! 非常重要!

[Ten health warning lines have been drawn out, and the length of life depends on it! It is very important!](#)

重复数: 12

日期: 2019-01-05

Repeat Number: 12

Data: 2019-01-05

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克, 这6克, 相当于一个啤酒瓶盖大小。

Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage and accelerates osteoporosis. And if the salt intake is too much, the skin will also deteriorate. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap.

3. 精盐、低钠盐、加钙盐哪种更健康? 小心吃错了惹一身病!

[Which is the most healthy salt among refined salt, low sodium salt and calcium salt? Watch out for eating wrong and getting sick!](#)

重复数: 5

日期: 2019-01-05

Repeat Number: 5

Data: 2019-01-05

盐虽然是炒菜必不可少的调味料, 但一个成年人一天摄入的盐最好不要超过6克(大概就是一满勺的量), 吃太多盐反而对身体有害。盐吃多了, 钠的摄入就多了, 人体会通过尿液排出多余的钠, 排尿的同时, 钙质也会损失一部分, 所以盐吃的越多钙流失的也越多。

Although salt is an essential seasoning for cooking, it is best for an adult to consume no more than 6 grams of salt a day (probably a full spoon). Eating too much salt is harmful to the body. If the salt is eaten more, the sodium intake will be more. The body will discharge excess sodium through the urine. At the same time as urinating, the calcium will also lose a part, so the more calcium is eaten, the more calcium is lost.

4. 18张癌症人体地图, 揭秘致癌真相.....

[Eighteen human maps of cancer, revealing the truth of carcinogenesis...](#)

重复数: 4

日期: 2019-01-05

Repeat Number: 4

Data: 2019-01-05

盐摄入量超标可导致胃癌。相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。

Excessive salt intake can lead to gastric cancer. Relevant survey data show that the daily salt intake of each person in our country is about 8-10 grams, while the salt intake of people who like pickles has reached more than 15 grams per day, far exceeding the requirement standard. Except for cancer, excessive salt intake contributes less to cardiovascular, cerebrovascular and metabolic diseases than sugar. It seems that besides sugar control, salt control should also be taken seriously.

5. 健康生活 | 吃盐5大“雷区”, 你中招了吗?

[Do you enter the five "forbidden areas" of eating salt?](#)

重复数: 3

日期: 2019-01-05

Repeat Number: 3

Data: 2019-01-05

“减盐”核心信息: 1、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。 2、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岁以上老年人不超过5克。

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 Dietary Guidelines for Controlling Salt Intake for Chinese Residents recommend that healthy adults consume no more than 6 grams of salt per day, 2-3-year-olds do not exceed 2 grams, 4-6-year-olds do not exceed 3 grams, and 7-10-year-olds do not exceed 4 grams. Older people over 65 do not exceed 5 grams.

减盐-微博 Salt Reduction - Weibo

2019-01-05, 共检测到1659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。

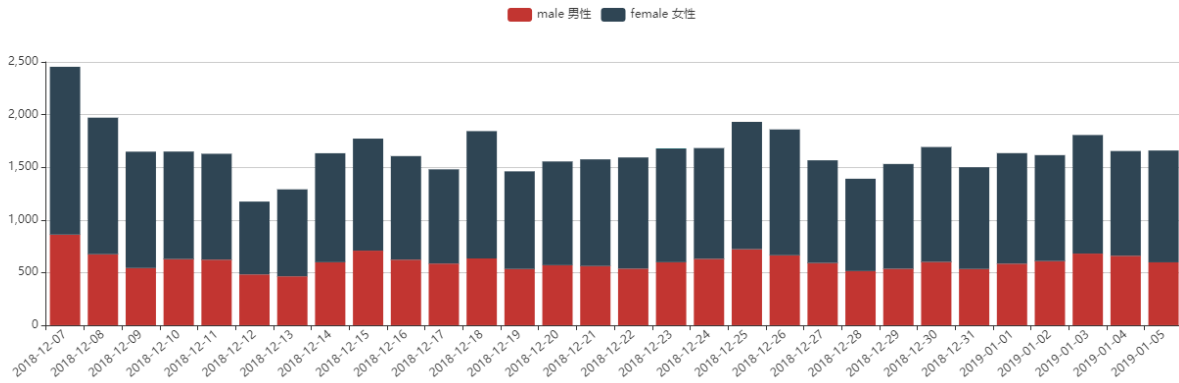
There are 1659 weibos about salt reduction monitored on 2019-01-05.

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!

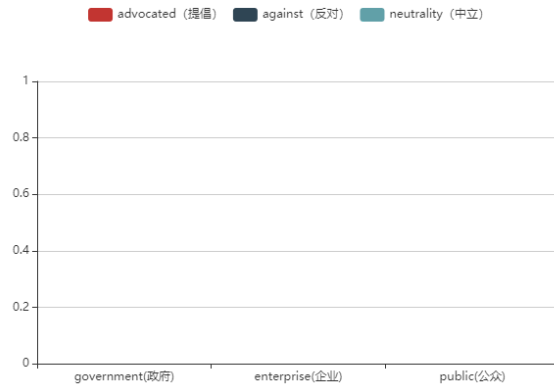
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-05) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2019-01-05. 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!

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Henan

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反式脂肪酸-微信 Transfat - WeChat

2019-01-05, 共监测到372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 372 WeChat public articles were monitored in 2019-01-05. This page shows the top five articles by repeat number today.

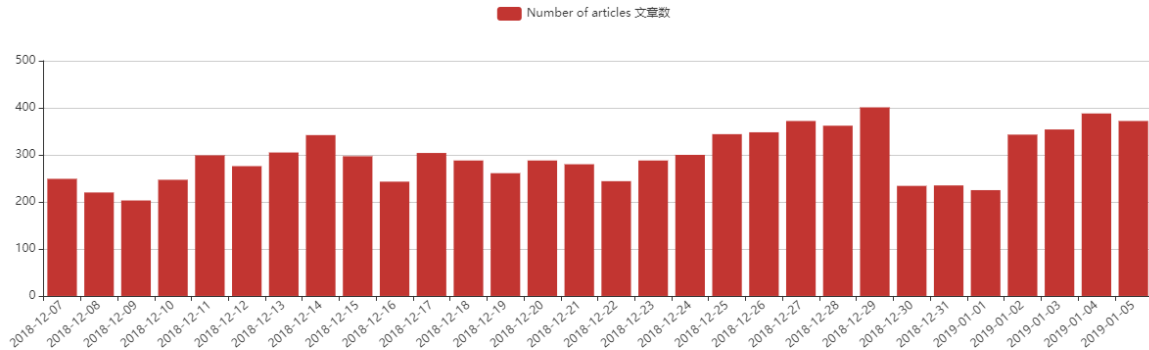
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The original article is in Chinese only.

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. 常吃粗粮好处多, 但你真的适合吃吗? 别让那些“伪粗粮”毁掉你的健康!

[Eating whole grains has many benefits, but are you really suitable for eating it? Don't let those "pseudo-coarse grains" ruin your health!](#)

重复数: 24

日期: 2019-01-05

Repeat Number: 24

Data: 2019-01-05

我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为一些商家会在制作的过程中加入大量的饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高, 所以在摄入的时候一定要控制好量。谷物饮料也是一样, 先不说将粗粮打磨后养分丢失了, 在制作的过程中可能还会添加大量的糖, 吃多了容易引起肥胖。

Most of the coarse grain biscuits we eat are crispy, coarse and not rough. This is because some merchants will add a large amount of saturated fatty acids and trans-fatty acids to shorten the fiber during the production process to enhance the taste. This also tends to result in higher fat content in coarse grain biscuits than regular biscuits, so be sure to control the amount when ingesting. After the coarse grains are polished, the nutrients of the grain beverages are lost. In the process of production, a large amount of sugar may be added, and eating too much may cause obesity.

2. 一口它=七口油, 伤心又损脑! 世卫组织计划2023年前消除它, 你却天天吃

[One bite of it equals to seven bites of oil. It is bad for heart and brain. WHO plans to eliminate it by 2023, but you eat it every day.](#)

重复数: 10

日期: 2019-01-05

Repeat Number: 10

Data: 2019-01-05

在很多食品中还有一种常见物质, 吃“一口它就等于吃了7口油!”这个害人不浅的东西 就叫: 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。2015年6月16日, 美国食品与药物管理局(FDA)做出了一项裁定, 确定反式脂肪酸禁止进入国家食品供应列表, 该裁定旨在改变美国加工食物类现况。

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.

3. 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: 9

日期: 2019-01-05

Repeat Number: 9

Data: 2019-01-05

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.

4. 6种吃进身体的「油」, 每一种都“面露凶相”

[Six kinds of "oils" that are eaten into the body, and each of which shows a bad face.](#)

重复数: 8

日期: 2019-01-05

Repeat Number: 8

Data: 2019-01-05

氢化植物油是以大豆油、菜籽油等植物油为原料, 经过加氢技术得到的油, 室温下呈现半固态或固态, 用到加工食物中起酥效果好, 保存时间更久, 而且也便宜。但是其含有反式脂肪酸, 摄入过多对健康不利。千层饼、牛角面包、糕点、蛋糕基本都会使用氢化植物油, 要尽量少吃。

The hydrogenated vegetable oil is an oil obtained by hydrogenation technology using vegetable oils such as soybean oil and rapeseed oil as raw materials. It exhibits a semi-solid or solid state at room temperature. And its crisping effect is good. It has been stored for a long time and is cheap. However, it contains trans fatty acids, and excessive intake is not good for health. Hydrogenated vegetable oils are used in layers of cakes, croissants, pastries, and cakes. Try to eat as little as possible.

5. 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: 7

日期: 2019-01-05

Repeat Number: 7

Data: 2019-01-05

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.

反式脂肪酸-微博 Transfat - Weibo

2019-01-05, 共检测到79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。

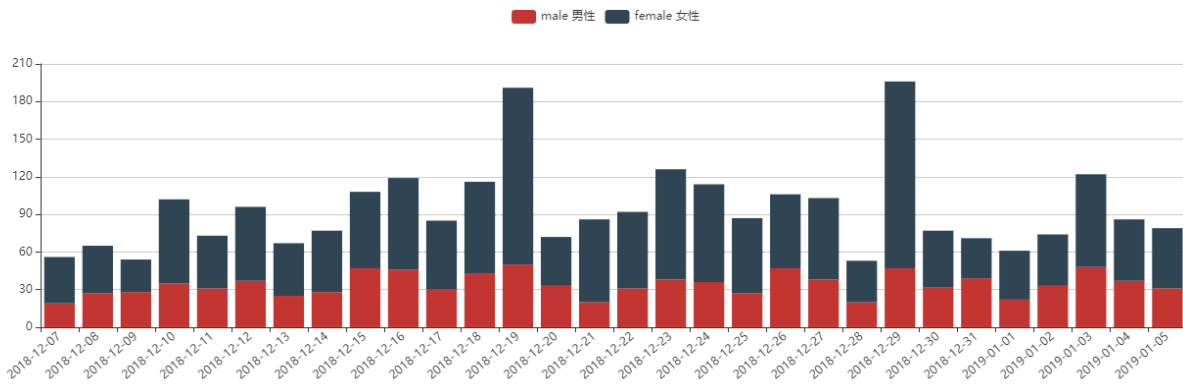
There are 79 weibos about transfat reduction monitored on 2019-01-05.

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!