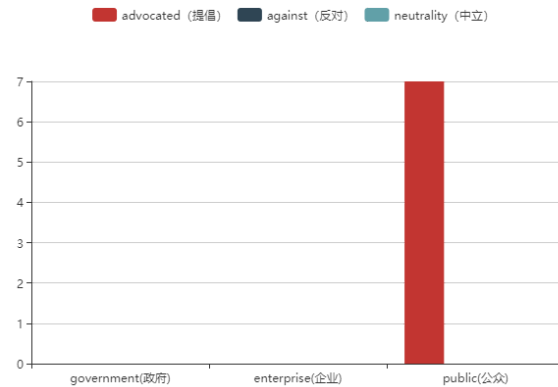


减盐-新闻 Salt Reduction - News

今日 (2018-11-11) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2018-11-11. Please click the title to view full information.

The original article is in Chinese only.



山东 Shandong

食物中的钠 Sodium in food

没有相关文章!

No such articles!

高血压 Hypertension

没有相关文章!

No such articles!

心血管健康 Cardiovascular health

没有相关文章!

No such articles!

综合健康信息 Comprehensive Health Information

没有相关文章!

No such articles!

决心工程 Resolve To Save Lives

没有相关文章!

No such articles!

河南

Henan

食物中的钠 Sodium in food

没有相关文章!

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决心工程 Resolve To Save Lives
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安徽
Anhui

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No such articles!

浙江
Zhejiang

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. 孕期这样做长胎不长肉 Long pregnancy do not long flesh				
来源：浙江在线		主体：公众	态度：提倡	时间：12:17:25
来源：浙江在线		Subject: public	Attitude: advocate	Time: 12:17:25
<p>提到“孕期长胎不长肉”这个话题，很多正在备孕的准妈妈可能在脑海中会想到某些明星辣妈，人家可是在孕期就保持了高颜值和好身材，甚至因此被怀疑怀了个“假孕”。营养师专家认为，其实只要怀孕之后不开启吃货模式，掌握诀窍，控制得比较好的话，只长胎不长肉并非只是个传说，但无论如何，最重要的是母婴平安。广医二院营养科主任医师邓宇虹认为，想要做一个“长胎不长肉”的孕妈并没有大家想象中的那么难，关键是要控制好饮食，不要过多进补。建议孕妇在整个妊娠期增加的最佳体重是12公斤左右。过多进补，胎儿不一定长得快，反而让孕妇身体脂肪堆积，导致生育困难，增加患妊娠糖尿病、妊高症的风险</p>				

When it comes to the topic of "long pregnancies without long flesh", many expectant mothers who are pregnant may think of some star hot mothers in their minds. However, they have maintained a high appearance and good figure during pregnancy, and are even suspected of having a "false pregnancy". Nutrition experts believe that as long as you don't start eating mode after pregnancy, master the knack, and control well, it's not just a legend to have a long fetus without meat, but in any case, the most important thing is the safety of mothers and babies. Deng Yuhong, director of Nutrition Department of Guangzhou Medical College, believes that it is not as difficult as everyone imagines to be a pregnant woman with "long fetus but no flesh". The key is to control her diet and not to make up too much. It is suggested that the best weight gain for pregnant women during pregnancy is about 12 kg. Too much supplement, the fetus does not necessarily grow fast, but let the body fat accumulation of pregnant women, resulting in fertility difficulties, increase the risk of gestational diabetes mellitus, pregnancy induced hypertension
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. 8种“暖暖”食物，助孕妈开启冬季养胎模式	来源：搜狐	主体：公众	态度：提倡	时间：08:18:03

8种“暖暖”食物，助孕妈开启冬季养胎模式。 在孕妈味的整个孕期，养胎是头等大事。在饮食方面有很多注意的事项哦，特别是在冬季，吃的食物要精挑细选，这样孕妈味和胎宝贝才能够更加健康的成长，一起关注一下你不能不知的8大养胎食物吧。 冬季养胎饮食需5大原则。

8 kinds of "warm" food, help pregnant mom open winter tire raising mode.In the whole pregnancy of pregnant mummy, raising the fetus is a top priority. There are many things to pay attention to in diet, especially in winter, the food should be carefully selected, so that pregnant mothers and babies can grow healthier. Let's pay attention to the eight big foetal foods you can't forget.In winter, there are 5 principles for raising a fetus diet.

2. 央视曝光！不吃味精、鸡精的人都看看！
- CCTV exposure!Don't eat of MSG, chicken essence to see see!
- 来源: 新浪网
- 来源: 新浪网
- 主体: 公众
- Subject: public
- 态度: 提倡
- Attitude: advocate
- 时间: 15:18:42
- Time: 15:18:42

央视曝光！不吃味精、鸡精的人都看看！ 最近几年，关于吃味精有害的议论很多。有人说，味精是化工合成产品，吃味精有害，会得各种疾病。可是看了中央电视台给味精“平反”的视频，才恍然大悟！ 味精的学名是谷氨酸钠，很多食物里都有它，最早的味精是从海藻中提取来的。但现在你吃到的味精是利用微生物发酵得到的，跟酿造白酒、酱油是一个原理，所以说味精从来就不是传说中的“化学合成”。

CCTV exposure! People who don't eat MSG or chicken essence look at it!In recent years, there are many discussions about the harmful effects of eating MSG. Some people say that MSG is a synthetic product of chemical industry, which is harmful to eating monosodium glutamate and will get various diseases.But when I saw CCTV's video on monosodium glutamate, it suddenly dawned on me.The scientific name of monosodium glutamate is sodium glutamate, which is found in many foods. The earliest monosodium glutamate was extracted from seaweed. But now you eat monosodium glutamate is fermented by microorganisms. It is the same principle as brewing liquor and soy sauce. So monosodium glutamate has never been the traditional "chemical synthesis".

高血压 Hypertension				
1. 心内科主任这样把高血压、脂肪肝...吃了回去	来源: 星岛环球网	主体: 公众	态度: 提倡	时间: 16:06:29
The director of cardiology, such high blood pressure, fatty liver...Had to go back to	来源: 星岛环球网	Subject: public	Attitude: advocate	Time: 16:06:29

“我不希望将来给自己的心脏上支架，所以决定以素食为主。” 湖南省中医药研究院附属医院心血管科主任肖长江教授在接受媒体采访时说。 心内科医生患上了血管病！ 2004年，肖长江教授发现自己有严重的高血压，还有脂肪肝和高胆固醇血症，胆固醇最高达到了6.9毫摩 / 升（正常值约5.2毫摩 / 升），体重也飙升至146斤。被指标吓了一跳。 当医生的，总是要劝病人管住嘴，但 “我以前也是管不着嘴，喜欢大鱼大肉，喝酒

"I don't want to support my heart in the future, so I decided to eat vegetarian food." Professor Xiao Changjiang, Director of Cardiovascular Medicine Department of Affiliated Hospital of Hunan Academy of Traditional Chinese Medicine, said in an interview with the media.The cardiologist is suffering from vascular disease.In 2004, Professor Xiao Changjiang found that he had severe hypertension, fatty liver and hypercholesterolemia. The highest cholesterol level was 6.9 millimole/liter (normal value was about 5.2 millimole/liter), and his weight also soared to 146 kilograms. I was scared by the index.When I was a doctor, I always advised patients to keep their mouths shut, but "I used to keep my mouth shut, like big fish and meat, drinking alcohol."

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. 约半数糖尿病患者死于心血管疾病"糖友"控糖保心同样重要	来源: 千龙网	主体: 公众	态度: 提倡	时间: 15:09:27
About half of people with diabetes die of cardiovascular disease "sugar friends" charged with sugar to protect heart are equally important	来源: 千龙网	Subject: public	Attitude: advocate	Time: 15:09:27

11月14日是联合国糖尿病日。糖尿病本身并不可怕，糖尿病引起的并发症才可怕。中国工程院院士宁光教授提醒糖尿病患者，要警惕糖尿病心血管并发症这一“无声杀手”。 相关数据显示，大约有一半的糖尿病患者死于心血管疾病，超过三分之一的糖尿病患者会发生视网膜病变，其中约三成会丧失部分或全部视力。宁光指出，糖尿病患者要严控糖固然重要，对于糖尿病引起的心血管病变以及视网膜病变也不能轻视，一定要做好糖尿病的早筛、早防、早诊

November 14th is the United Nations diabetes day. Diabetes itself is not terrible. The complications caused by diabetes are terrible. Professor Ning Guang, academician of the Chinese Academy of Engineering, reminded diabetic patients to be alert to the "silent killer" of diabetic cardiovascular complications.Relevant data show that about half of diabetic patients die from cardiovascular diseases, more than one third of them suffer from retinopathy, and about 30% of them lose part or all of their vision. Ning Guang pointed out that it is important for diabetic patients to strictly control sugar. They should not underestimate the cardiovascular disease and retinopathy caused by diabetes mellitus. Early screening, prevention and diagnosis of diabetes mellitus must be done well.

2. 长期食用过多的盐会怎么样
- Long-term consumption of too much salt
- 来源: 中国新闻网
- 来源: 中国新闻网
- 主体: 公众
- Subject: public
- 态度: 提倡
- Attitude: advocate
- 时间: 23:17:23
- Time: 23:17:23

盐是一种调味品，我们的人体中也需要盐，但是我们都都知道不能食用过多的盐，而且吃太咸的食物嘴也会很干，会和大量的水，可盐吃多的真的是喝水就有用了吗？而且盐对我们的身体除了需要它还有哪些好处呢？如果食用过多了我们又应该怎么办呢？带着这些疑问一起看看下文吧。 盐吃多了怎么办。偶尔几次吃盐多，多喝水有帮助。 如果我们哪一餐吃盐多了，血液里的钠含量会升高。钠会和水结合，使水蓄积在体内，导致血容量增加，可能会导致身体浮肿

Salt is a kind of condiment, our body also needs salt, but we also know that we can not eat too much salt, and eat too salty food mouth will be very dry, and will have a lot of water, but salt eat is really useful to drink water? And what are the advantages of salt for our body besides needing it? If we eat too much, what should we do? Take these questions together and look at the following.What should I do if I eat too much salt?Occasionally, eat lots of salt and drink plenty of water.If we eat more salt in our meal, the sodium content in the blood will increase. Sodium combines with water to accumulate water in the body, leading to increased blood volume, which may lead to edema.

3. 宝宝这个年龄前，宝妈尽量别给孩子吃盐
- Baby age ago, treasure mom try not to give the child to eat salt
- 来源: 中国新闻网
- 来源: 中国新闻网
- 主体: 公众
- Subject: public
- 态度: 提倡
- Attitude: advocate
- 时间: 23:17:34
- Time: 23:17:34

食盐，这是大多数人日常生活中再平常不过的调味品了，它能够为菜肴的味道增色。有很多人做菜都必须要加食盐，不然吃下去味道太淡，会难以下咽。而且食盐里含有大量的钠元素，这是维持人体健康所必需之物，但盐吃多了，也会诱发一些疾病。不过，吃盐这个问题可困扰了不少的家长，那就是自己家的娃究竟什么时候能够吃盐啊？他们吃盐的年龄一定不能早于这个时候，宝宝这个年龄前，宝妈尽量别给孩子吃盐，对孩子健康没好处，家长们都要牢记。 年龄不满一岁的小孩，他们是不需要吃盐的，宝宝这个年龄前，宝妈尽量别给孩子吃盐，父母一定要知道

Salt, which is the most common condiment in most people's daily life, can enhance the taste of dishes. A lot of people must add salt to cooking, otherwise they will taste too faint to swallow. And salt contains a lot of sodium, which is necessary to maintain human health, but too much salt can also cause some diseases. However, the problem of eating salt has puzzled many parents, that is, when on earth can their dolls eat salt? They must not eat salt earlier than this time. Before the baby's age, Baoma tries not to give the baby salt, which is not good for the child's health. Parents should keep in mind.Children under one year old do not need to eat salt. Before the baby's age, the mother tries not to eat salt for her children. Parents must know that.

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

减盐-微信 Salt Reduction - WeChat

2018-11-11，共监测到524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 524 WeChat public articles were monitored in 2018-11-11. 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. 盐吃多了会怎么样?11种危害要留意

重复数: 2

日期: 2018-11-11

[What happens when the salt is eaten more? 11 kinds of hazards should be noted](#)

Repeat Number: 2

Data: 2018-11-11

食盐过多，除可使面色暗黄外，也有可能致面颊长出雀斑。若同时摄入动物性脂肪和蛋白质过多，则会影响肝脏正常代谢而使雀斑更显。可见雀斑容易爱上“咸人”，女性一定要注意。

Excessive salt, in addition to making the complexion dark yellow, may also cause freckles on the cheeks. If you take too much animal fat and protein at the same time, it will affect the normal metabolism of the liver and make the freckles more conspicuous. It can be seen that freckles are easy to fall in love with "salty people", and women must pay attention.

2. 【市读3】央视曝光！不吃味精，鸡精的人都看看吧...

重复数: 1

日期: 2018-11-11

[CCTV has exposed this matter! People who don't eat MSG or chicken should pay attention to it.](#)

Repeat Number: 1

Data: 2018-11-11

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。

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 it is combined with sodium in MSG, the total intake will be more.

3. 11月11日辽宁教育·青少频道“我要说天气”今日主播：刘明阳、王榴奕

重复数: 1

日期: 2018-11-11

[On November 11th, Liaoning Education and Youth Channel "I want to say the weather" today's anchor: Liu Mingyang, Wang Lijun.](#)

Repeat Number: 1

Data: 2018-11-11

我国普查资料证明，在胃癌高发区，人均每天摄入食盐50克；而胃癌低发区，人均食盐摄入量仅为6克左右。一般认为，正常人摄盐量应控制在每天6克以内，给孩子做饭时，也应该尽量少盐。

China's census data prove that in the high incidence area of gastric cancer, per capita intake of 50 grams of salt per day; and in low-incidence areas of gastric cancer, the per capita salt intake is only about 6 grams. It is generally believed that the salt intake of normal people should be controlled within 6 grams per day. When cooking for children, salt should be kept as little as possible.

4. 喝粥吃素=清淡饮食？原来这些年都错了...

重复数: 1

日期: 2018-11-11

[Is porridge vegetarian food equal to a light diet? It turns out that the diet methods of these years are all wrong...](#)

Repeat Number: 1

Data: 2018-11-11

成人每日摄入量不应超过6克，过多的盐会使人钠元素超标，体内新陈代谢紊乱。另外，高盐饮食还可能诱发高血压、胃癌、肠癌等疾病。在日常饮食中要少放盐，含盐多的零食也要少吃。像是薯片、炸鸡、饼干、椒盐花生、奶油瓜子、盐津梅子等，每百克含盐量可能都高得惊人。

Adults should not consume more than 6 grams of salt per day. Excessive salt will cause the body's sodium content to exceed the standard, and the body's metabolism is disordered. In addition, high-salt diets may also induce diseases such as high blood pressure, stomach cancer, and intestinal cancer. In the daily diet, you should put less salt, and snacks with more salt should be eaten less. Such as potato chips, fried chicken, biscuits, salt and pepper peanuts, butter melon seeds, Yanjin plums, etc., the salt content per 100 grams may be astonishingly high.

5. 天天健 | 减盐、减油、减糖.....你会距离健康更近一步！

重复数: 1

日期: 2018-11-11

[Reduce salt, oil and sugar.... you will be one step closer to health!](#)

Repeat Number: 1

Data: 2018-11-11

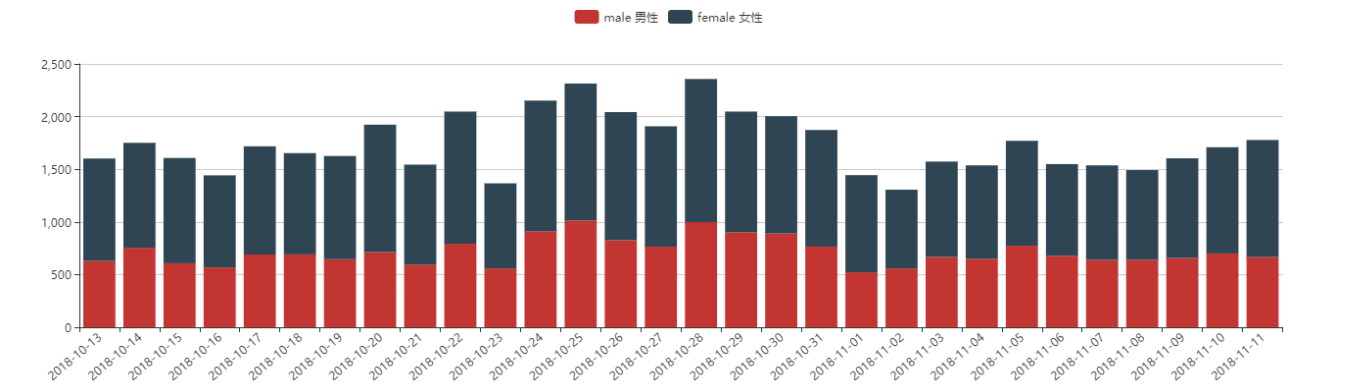
《中国居民膳食指南》推荐健康成年人每人每天食盐摄入量不超过6克，2-3岁幼儿不超过2克，4-6岁幼儿不超过3克，7-10岁儿童不超过4克。65岁以上老年人应不超过5克。

The Dietary Guidelines for Chinese Residents recommends that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old.

减盐-微博

Salt Reduction - Weibo

2018-11-11, 共检测到1778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 1778 weibos about salt reduction monitored on 2018-11-11.
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!

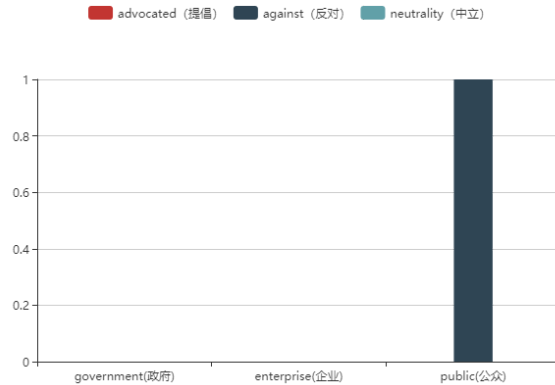
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-11) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-11-11. 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. [女人怀孕后奶茶可以喝吗?](#)
[Women pregnant milk tea to drink?](#)

来源: www.fh21.com.cn
来源: www.fh21.com.cn

主体: 公众
Subject: public

态度: 反对
Attitude: against

时间: 13:44:42
Time: 13:44:42

奶茶你喜欢喝吗?在很多的商场里面还有学校的附近都有大量的奶茶店，各式各样的饮品每天都要卖出去好几百杯。奶茶因为口味非常多，而且口感丝滑，甜甜的，所以很多人都爱喝。但是怀孕的人可以喝奶茶吗?孕妇朋友们赶紧了解一下! 怀孕可以喝奶茶吗? 奶茶之所以很多人爱喝，就是因为它有很明显的甜味，但是这个甜味是哪里来的呢?多数都是甜蜜素，一种人工成分，不是天然成分。 所以不建议孕妇朋友们喝奶茶，避免甜蜜素摄入过多，造成肝脏和神经系统的损坏。不仅仅是孕妇，老人和小孩也应该少喝奶茶

Do you like milk tea? There are a lot of milk tea shops in many shopping malls and near schools. All kinds of drinks sell hundreds of cups every day. Milk tea has many flavors, and its taste is silky and sweet, so many people like it. But can pregnant people drink milk tea?Can you drink milk tea for pregnancy?The reason why many people like milk tea is that it has obvious sweetness, but where does this sweetness come from? Most of them are cyclamate, an artificial ingredient, not a natural ingredient.Therefore, it is not recommended that pregnant women drink milk tea to avoid excessive intake of cyclamate, resulting in damage to the liver and nervous system. Not only pregnant women, but also the elderly and children should drink less milk tea.

决心工程
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没有相关文章!

No such articles!

反式脂肪酸-微信 Transfat - WeChat

2018-11-11, 共监测到252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 252 WeChat public articles were monitored in 2018-11-11. This page shows the top five articles by repeat number today.

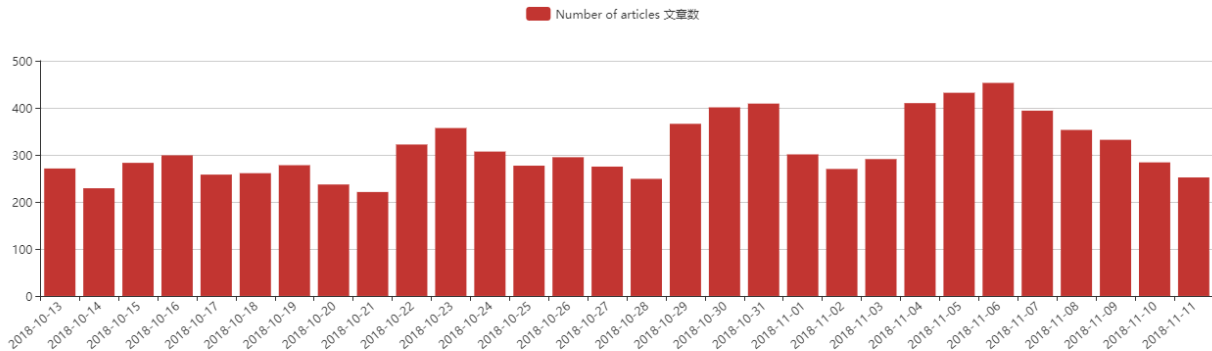
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [去超市购物, 先看懂这些再买!](#)

重复数: 17

日期: 2018-11-11

[When shopping in the supermarket, first understands these and then decide wether to buy it!](#)

Repeat Number: 17

Data: 2018-11-11

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled "zero trans fatty acid" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage.

2. [去超市购物, 先看懂这些再买! 没想到吃亏了这么多年](#)

重复数: 6

日期: 2018-11-11

[When shopping in the supermarket, look at this word and then decide wether to buy it! I didn't expect this loss for so many years.](#)

Repeat Number: 6

Data: 2018-11-11

有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. The foods of which the ingredient list contains hydrogenated oil, hydrogenated fat, shortening, margarine, and non-fat cream are more likely to contain trans fatty acids and are not suitable for purchase.

3. [去超市买东西, 看清这个字再买! 没想到这亏吃了这么多年...](#)

重复数: 2

日期: 2018-11-11

[When shopping in the supermarket, look at this word and then decide wether to buy it! I didn't expect this loss for so many years.](#)

Repeat Number: 2

Data: 2018-11-11

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. So when you buy wholemeal bread, the simpler the ingredients, the better.

4. [你还在喝奶茶? 它正在毁掉中国的三代人!](#)

重复数: 1

日期: 2018-11-11

[Are you still drinking milk tea? It's destroying three generations of China.](#)

Repeat Number: 1

Data: 2018-11-11

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 has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

5. [【实用】去超市购物, 先看懂这些再买! 没想到吃亏了这么多年](#)

重复数: 1

日期: 2018-11-11

[When shopping in the supermarket, look at this word and then decide wether to buy it! I didn't expect this loss for so many years.](#)

Repeat Number: 1

Data: 2018-11-11

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled "zero trans fatty acid" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage. Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids.

反式脂肪酸-微博 Transfat - Weibo

2018-11-11, 共检测到159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。

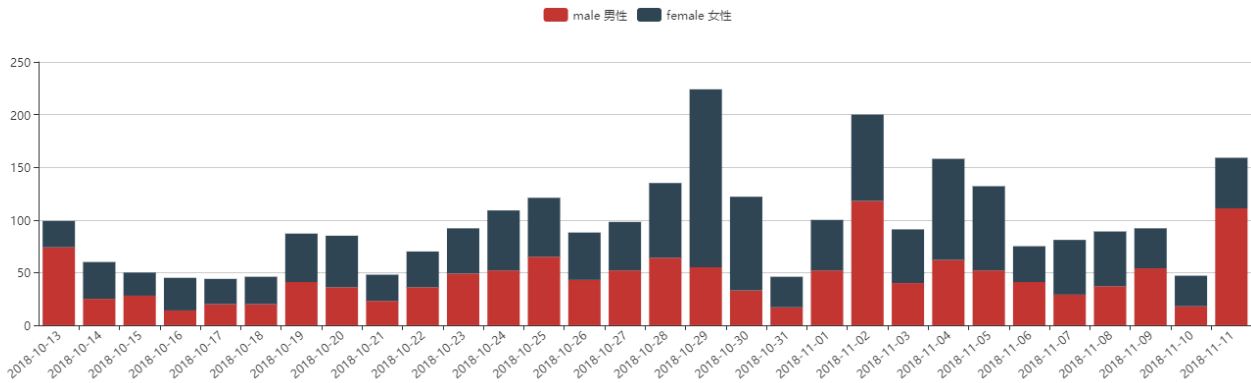
There are 159 weibos about transfat reduction monitored on 2018-11-11.

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!