

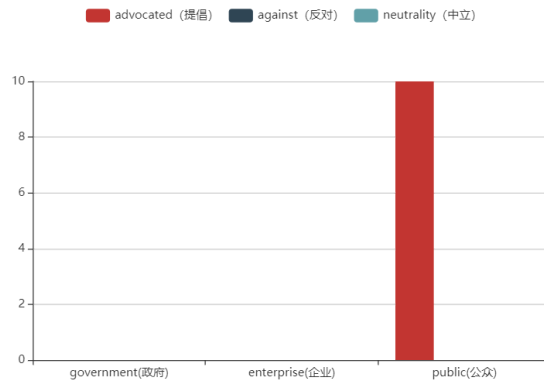
## 减盐-新闻

### Salt Reduction - News

今日 (2019-01-10) 共监测到10条资讯。请点击标题查看原文。

There are 10 articles monitored today 2019-01-10. 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!
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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  
Anhui

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浙江  
Zhejiang

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No such articles!

其他省份  
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">新春大集 二两坚果等于一天脂肪,符合这7条才是好坚果</a> <a href="#">Two or two nuts are equal to one day's fat. The seven nuts are good nuts.</a>	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:45:29 Time: 08:45:29
坚果是逢年过节必吃的零食，顶着“健康”的帽子，很多人吃的心安理得。殊不知，坚果偷偷让你长了不少肉。对此，“马博士健康团”成员——北京大学公共卫生学院营养学博士后郭晓晖表示：坚果属于高脂肪、高能量食品，想要吃坚果不长胖一定要先数数。坚果真的“很油”么？常听说“一把瓜子一勺油”，坚果真的这么油吗？我们来看一组数据，从数据中可以看到，100克坚果的大多数坚果脂肪含量达到50%左右，确实是高脂食物。当然，虽然坚果的脂肪含量高，但仍不失为一种优质食材。				
Nuts are the snacks that must be eaten during the holidays. Many people feel comfortable eating them under the "healthy" hat. Little wonder, nuts secretly let you grow a lot of meat. In response, Guo Xiaohui, a postdoctoral nutrition scientist at Peking University School of Public Health, a member of Dr. Ma's Health Group, said: Nuts are high-fat, high-energy foods, and if you want to eat nuts, you must count them first. Are nuts really oily? It is often said that "a spoonful of melon oil" is nuts really so oily? Let's look at a set of data, from which we can see that most nuts with 100 grams of nuts have about 50% fat content, which is indeed a high-fat food. Of course, although nuts have high fat content, they are still a good food.				
2. <a href="#">做菜最好不放盐真没跟你开玩笑</a> <a href="#">It's better to cook without salt. I'm not kidding you.</a>	来源: 新浪网 Source: Sina network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 14:50:04 Time: 14:50:04

现在，年轻人吃饭越来越偏爱“重口味”，重盐、重辣、重调料的食物，每次吃都觉得很过瘾，可每次大快朵颐后，你知道自己已经吃了多少盐吗？虽然盐对人体有一定的好处，但吃多了盐绝对一点好处也没有。盐里的钠吸收过量会引起急性中毒。《中国居民膳食指南（2016）》推荐健康成人每人每天食盐摄入量不超过6克，而其他年龄人群的推荐量也各有不同。调查显示，2015年，中国人均每日盐摄入量为10.5克，几乎是推荐摄入量的2倍。

Nowadays, young people are more and more fond of "heavy taste", heavy salt, spicy and seasoned food. Every time they eat, they feel very addicted. But after eating fast, do you know how much salt they have eaten? Although salt is good for human body, it is absolutely no good to eat too much salt. Excessive sodium absorption in salt can cause acute poisoning. The Dietary Guidelines for Chinese Residents (2016) recommend that healthy adults consume no more than 6 grams of salt per person per day, while the recommended amounts for other age groups vary. According to the survey, in 2015, China's per capita daily salt intake was 10.5 grams, almost twice the recommended intake.

3. <a href="#">淡绿色母乳能喂孩子吗</a> <a href="#">Can light green breast milk feed children?</a>	来源: TOM Source: TOM	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:24:01 Time: 15:24:01
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正常母乳颜色一般都是米白色的和牛奶有些类似，而产妇在喂养宝宝的时候，也会细细观察自己母乳的颜色和状况，担心母乳出现的一些状况，会直接影响到宝宝的身体。因此有些产妇就观察到自己分泌出来的母乳是一种淡绿色的颜色，而淡绿色的母乳还可以继续使用喂养宝宝吗？绿色母乳通常是吃到大量的绿色或蓝色的食物引起，是正常的反应，挤出来的母乳还是可以让宝宝喝，只要注意用量都是很健康的。另外，母乳中钠、氯含量明显偏高，这与哺乳妈妈摄取过多食盐有关，食盐不利于新生儿的肾脏发育，应避免摄取过多的食盐。

Normal breast milk color is usually Beige white and milk is somewhat similar, and maternal breast-feeding babies, will also carefully observe the color and condition of their own breast milk, fear that some of the situation of breast milk, will directly affect the baby's body. Therefore, some mothers observed that their secreted breast milk is a light green color, and can the light green breast milk continue to use to feed their babies? Green breast milk is usually caused by eating a large number of green or blue food, which is a normal response, squeezed breast milk or can let the baby drink, as long as attention is paid to the dosage is very healthy. In addition, the content of sodium and chlorine in breast milk is obviously higher, which is related to excessive salt intake by breast-feeding mothers. Salt is not conducive to the development of the kidney of newborns, so excessive salt intake should be avoided.

<b>高血压</b> <b>Hypertension</b>				
1. <a href="#">三高发出的第一个信号，常常是头晕，40岁以后你该去检查血管了</a> <a href="#">The first signal from Sangao is often dizziness. After 40, you should check your blood vessels.</a>	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 23:12:24 Time: 23:12:24

三高发出的第一个信号，常常是头晕，40岁以后你该去检查血管了 体检的时候发现三高，可是你了解三高究竟是哪三高呢？所谓的三高，其实是高血压，高血糖和高血脂的总称，如果说这三种疾病，很多人会恍然大悟，因为它们离我们的生活，实在太近了。随着体检的流行，越来越多的三高患者被发现，很多二三十岁的年轻人，甚至被发现罹患三高，这无疑是健康异常的重要信号，不要忽视三高中的任何一种，一旦出现，随着时间的推移，它们将成为无形的杀手。

The first signal from Sangao is often dizziness. After 40 years old, you should go to check the blood vessels and find Sangao. But do you know which Sangao is? The so-called "three high" is actually the general name of hypertension, hyperglycemia and hyperlipidemia. If we say these three diseases, many people will suddenly realize, because they are too close to our lives. With the popularity of physical examination, more and more high school patients are found. Many young people in their twenties and thirties are even found suffering from high school. This is undoubtedly an important signal of abnormal health. Don't ignore any of the three high schools. Once they appear, they will become invisible killers over time.

<b>心血管健康</b> <b>Cardiovascular health</b>				
1. <a href="#">英医杂志推出十大“伤心榜单” 第一名竟然是它</a> <a href="#">British Medical Journal ranked No. 1 in the top ten "sadness lists"</a>	来源: 多维新闻网 Source: Multidimensional News Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 14:12:25 Time: 14:12:25

大多数与高血压相关的心血管事件，比如心肌梗死、脑梗死等是动脉粥样硬化的并发症。那么，如何远离心脑血管疾病呢？首先，你要看看自己有没有以下这些习惯。近日，《健康报》发文称，国际学术杂志《柳叶刀》上的一项研究，首次对导致心脏病发作的“最后一根稻草”做了排名。让我们看看这份“伤心榜单”。第一位：在闹市骑车，主要原因是空气污染，其中骑车上班者危险最大。因为这些人吸入的尾气最多，“受污染”最严重，还要耗费一定体力踩踏自行车，容易引发供血不足。

Most cardiovascular events related to hypertension, such as myocardial infarction and cerebral infarction, are complications of atherosclerosis. So, how to keep away from cardiovascular and cerebrovascular diseases? First, you need to see if you have the following habits. Recently, a study in the Lancet, an international academic journal, ranked the "last straw" leading to heart attack for the first time, according to a health paper. Let's look at this sad list. First: Cycling in downtown areas is mainly due to air pollution, of which cyclists are the most dangerous. Because these people inhale the most exhaust gas, "polluted" the most serious, but also spend a certain amount of physical stamping on bicycles, easy to cause insufficient blood supply.

<b>综合健康信息</b> <b>Comprehensive Health Information</b>				
1. <a href="#">月经期快速减肥法？</a> <a href="#">Fast weight loss during menstruation?</a>	来源: pclady.com.cn Source: Pclady.com.cn	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 01:02:16 Time: 01:02:16

月经期快速减肥法：一、合理流食。流食要多样化，以免缺少营养。要确保所选择的流食能提供月经期间身体所需的营养素和蛋白质，并要保证一日三餐。二、清淡饮食。过度烹饪和多吃盐、调料的食物不仅不利于减肥，还会增加心血管慢性疾病的风险。吃盐太多体内聚集很多钠离子，就会锁住水分，造成水钠滞留性肥胖，油腻食物的卡路里含量多超标，不利于月经期减肥。三、坚持快走。月经期间不能采取跑跳的减肥动作减肥，更不能使用类似21天减肥法的节食方法来减肥。

Fast weight loss during menstruation: 1. Reasonable flow of food. Flow food should be diversified in order to avoid lack of nutrition. Make sure that the chosen liquid diet provides the nutrients and proteins your body needs during menstruation, and that you eat three meals a day. 2. Light diet. Excessive cooking and oily, salty, seasoned foods are not only bad for weight loss, but also increase the risk of chronic cardiovascular diseases. Too much salt accumulates a lot of sodium ions in the body, which will lock up the water and lead to water and sodium retention obesity. The excessive calorie content of greasy food is not conducive to weight loss during menstruation. 3. Keep going fast. During menstruation, we can not take the action of running and jumping to lose weight, let alone use a diet similar to the 21-day weight loss method to lose weight.

2. <a href="#">中国营养学会发布2018年度大事记</a> <a href="#">China Nutrition Society Announces the Great Event of 2018</a>	来源: 中国食品科技网 Source: China Food Science and Technology Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:42:01 Time: 15:42:01
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“健康中国2018年度营养大事件回顾媒体高层研讨会”日前在北京召开，会议由中国营养学会主办，达能营养中心支持。与会专家学者与媒体代表通过现场讨论，结合媒体的视角和专家学者的专业知识，评选出“2018年度营养学会大事件”。《中国食品工业减盐指南》发布，首次提出各类食品分阶段减盐目标。减盐行动已经成为全球控制慢性疾病的共识，我国首次提出食品工业减盐策略。该指南主要提出了食品加工减盐技术指导建议、路线和措施，并依据食品分类和工艺等提出了各类食品分阶段减盐目标，争取到2030年各类加工食品钠含量均值分布继续下移20%。

"Healthy China 2018 Annual Nutrition Event Review Media High Level Seminar" was held in Beijing recently. The conference was sponsored by China Nutrition Society and supported by Danone Nutrition Center. Through on-site discussions, experts and scholars and media representatives, combined with the media perspective and professional knowledge of experts and scholars, selected the "2018 Annual Nutrition Society Event". The "Guidelines for Salt Reduction in China's Food Industry" was issued, and the goal of phased salt reduction for all kinds of food was put forward for the first time. Salt reduction has become a global consensus to control chronic diseases. China first proposed the strategy of salt reduction in food industry. The guidelines mainly put forward technical guidance, routes and measures for reducing salt in food processing, and put forward the goal of reducing salt in different stages according to food classification and technology, aiming to continue to decrease the average distribution of sodium content in all kinds of processed foods by 20% by 2030.

3. <a href="#">2018全球癌症数据出炉7大致癌因素大部分可避免</a> <a href="#">Global Cancer Data for 2018</a>	来源: 新浪网 Source: Sina network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:43:35 Time: 16:43:35
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2018全球癌症统计数据出炉！7大致癌因素，大部分可避免！癌症，本就是人人谈之色变的疾病，其高发病率和死亡率不断增长，更让人们胆战心惊。于是，不少人都渐渐加入了“防癌大军”，但尽管如此，癌症依然在全球高发。不久前，美国癌症学会官方期刊发表了《2018年全球癌症统计数据》报告，这篇文章评估了185个国家36种癌症的发病率和死亡率。2018年，全球预计有1810万癌症新发病例，960万癌症死亡病例。这是全球所有年龄段、性别，包括非黑色素瘤皮肤癌在内的所有癌症发病比例的推算数据。

Global Cancer Statistics 2018! About 7 cancer factors, most of them can be avoided! uuuuuuuuuu Cancer is a discolored disease that everyone talks about. The increasing incidence and mortality of cancer make people more frightened. As a result, many people have gradually joined the "cancer prevention army", but despite this, cancer is still high in the world. Not long ago, the official journal of the American Cancer Society published the Global Cancer Statistics 2018 report, which assessed the morbidity and mortality of 36 cancers in 185 countries. In 2018, there are 18.1 million new cancer cases and 9.6 million cancer deaths worldwide. This is a global estimate of the proportion of all cancers, including non-melanoma skin cancers, of all ages and sexes.

4. <a href="#">小小卫生室托起居民大健康</a> <a href="#">Small bathroom holds up residents' great health</a>	来源: 中国江苏网 Source: China Jiangsu Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 14:01:29 Time: 14:01:29
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1月7日，记者来到镇江新区丁岗留村卫生室，只见卫生室装修一新，卫生服务特色突出，功能分区布局合理，医生正在为村民就诊取药。“高压160，低压90，老爷子血压有点偏高了，药要按时吃，心跳还是有点偏快，要多锻炼，少油少盐。”张韵是卫生室的一名医生，每天的工作就是服务前来咨询、就诊的病患群众，在医生们的悉心照顾下，村里的病人也对卫生室产生了“依赖”。他说村卫生室不仅解决了村民们的基本医疗问题，也让很多老人树立起健康意识，现在即使没有病，老人们也会有意识地过来咨询交流。

On January 7, the reporter came to Dinggangliu village clinic in Zhenjiang New District. The clinic was renovated with outstanding features of health services, rational functional zoning and layout. Doctors were taking medicine for villagers. "High pressure 160, low pressure 90, the old man's blood pressure is a little high, medicine to eat on time, the heart rate is still a little fast, to exercise more, less oil and less salt." Zhang Yun is a doctor in the clinic. His daily work is to serve the patients who come to consult and see a doctor. Under the careful care of doctors, the patients in the village also have a "dependence" on the clinic. He said that the village clinic not only solved the basic medical problems of villagers, but also made many elderly people develop health awareness. Now even if there is no disease, the elderly will consciously come to consult and exchange.

5. <a href="#">“开小灶” 又自建配送团队奉贤金海社区高龄老人足不出户享免费 “爱心午餐”</a>	来源：东方网	主体：公众	态度：提倡	时间： 16:01:35
<a href="#">"Open a small kitchen" and self-built distribution team Fengxian Jinhai community elderly people do not go out to enjoy free "love lunch"</a>	Source: Dongfang net	Subject: public	Attitude: advocate	Time: 16:01:35

新年伊始，奉贤金海社区90周岁以上老人收到了一份“热气腾腾”的新年礼物，社区开辟了一条“绿色通道”，为这些高龄老人送去了奉贤区第一份免费“爱心午餐”。多年来，针对社区老人，金海社区充分发挥了社区内老龄人口相对集约化的优势，为老年人提供了活动中心、健康咨询室、小卖部等配套服务。但是，在去年的大调研走访中，金海社区工作人员发现，政府提供的助餐服务还是不能满足高龄老人对于午餐的切实需求。于是，从今年起，金海社区办事处决定由为老服务中心为老人们准备营养健康的饭菜，并通过配送团队把饭菜送到老人家中。

At the beginning of the new year, the elderly over 90 years of age in Jinhai community of Fengxian received a "steaming" New Year gift. The community opened up a "green channel" for these elderly people to send the first free "love lunch" in Fengxian district. Over the years, for the elderly in the community, Jinhai community has given full play to the relative intensive advantages of the elderly population in the community, providing the elderly with supporting services such as activity centers, health consulting rooms, snack shops and so on. However, in last year's survey, Jinhai community workers found that the government's lunch service can not meet the real needs of the elderly for lunch. Since this year, the Jinhai Community Office has decided to prepare nutritious and healthy meals for the elderly at the old service center and deliver them to their homes through the distribution team.

决心工程  
Resolve To Save Lives

没有相关文章！

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-01-10, 共监测到575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 575 WeChat public articles were monitored in 2019-01-10. 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. [正计划结婚, 姑娘被查出癌症! 她痛哭: 每隔一天就吃这个.....](#) 重复数: 14 日期: 2019-01-10  
[When the girl is planning to get married, she is diagnosed with cancer! She cried: she ate this every other day...](#) Repeat Number: 14 Data: 2019-01-10

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. According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the required amount. standard. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.

2. [权威! 世界卫生组织最新推荐: 2019年“健康饮食五原则”](#) 重复数: 10 日期: 2019-01-10  
[Authority! World Health Organization's latest recommendation: Five Principles of Healthy Diet in 2019](#) Repeat Number: 10 Data: 2019-01-10

吃过多的盐会让血压升高, 高血压是心脏病和中风的主要危险因素。 我们也应知道: 加工食品或饮料都含较多的盐。 减盐技巧: 做饭时少放盐, 少用酱油等含盐调味品。 不吃含盐零食, 选择新鲜食品, 而不是加工食品。 罐头或者脱水蔬菜、坚果和水果也可以选择, 但不要选择含盐和含糖食品。

Eating too much salt can raise blood pressure, which is a major risk factor for heart disease and stroke. We should also know that processed foods or beverages contain more salt. Salt reduction techniques: Reduce salt when cooking and use salty condiments such as soy sauce. Do not eat salty snacks, choose fresh foods instead of processed foods. Canned or dehydrated vegetables, nuts and fruits can also be chosen, but do not choose salty and sugary foods.

3. [吃盐5大“雷区”, 你中招了吗?](#) 重复数: 5 日期: 2019-01-10  
[Do you enter the five "forbidden areas" of eating salt?](#) Repeat Number: 5 Data: 2019-01-10

“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 Understand the hazards of high salt diet. Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach diseases, osteoporosis and obesity. 2 Control salt intake. Chinese residents' dietary guideline recommends that healthy adults should not consume more than 6 grams of salt per person per day, no more than 2 grams for children aged 2 to 3 years, no more than 3 grams for children aged 4 to 6 years, and no more than 4 grams for children aged 7 to 10. Older people over 65 years old do not exceed 5 grams.

4. [正计划结婚, 武汉姑娘被查出癌症! 她痛哭: 每隔一天就吃这个...](#) 重复数: 5 日期: 2019-01-10  
[When the Wuhan girl is planning to get married, she is diagnosed with cancer! She cried: she ate this every other day...](#) Repeat Number: 5 Data: 2019-01-10

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. According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the required amount. standard. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.

5. [40岁后, 开始戒掉这些习惯, 因为关乎你的健康和寿命!](#) 重复数: 5 日期: 2019-01-10  
[After 40 years old, you should start to quit these habits because it is about your health and longevity!](#) Repeat Number: 5 Data: 2019-01-10

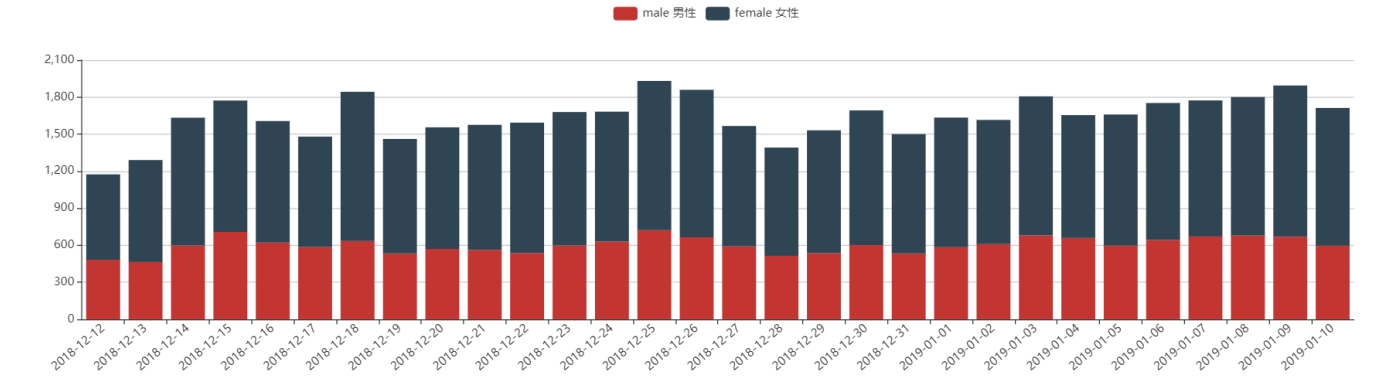
《柳叶刀》发表了一篇关于吃盐的研究报告, 国人每日吃盐平均约12.5克, 远高于多数国家日均每人7.5~12.5克的食盐摄入量。 高盐与高血压不无关系。研究表明, 每人每天摄入食盐增加2克, 收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。东北地区人均日食盐超过20克, 所以那里的高血压病人特别多。

The Lancet published a research report on salt eating. The average daily salt intake of Chinese people is about 12.5 grams, which is much higher than the daily salt intake of 7.5~12.5 grams per person in most countries. High salt is not unrelated to high blood pressure. Studies have shown that if the daily intake of salt per person increases by 2 grams, the mean systolic and diastolic blood pressure increases by 2 mm Hg and 1.2 mm Hg, respectively. In the northeastern region, the per capita eclipse is more than 20 grams, so there are many patients with high blood pressure.

# 减盐-微博

## Salt Reduction - Weibo

2019-01-10, 共检测到1712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 1712 weibos about salt reduction monitored on 2019-01-10.  
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

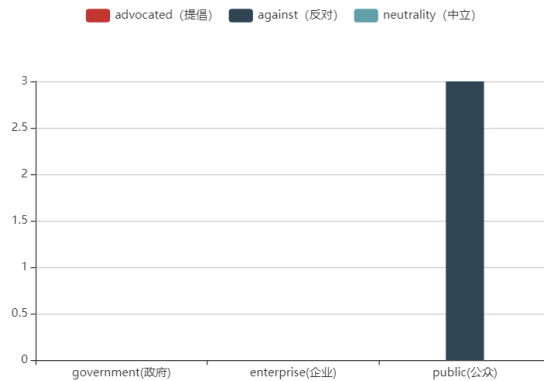
1. 没有相关微博!  
No such weibos!

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-10) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-01-10. 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. <a href="#">不要再购买这八类食物</a> <a href="#">Stop buying these eight kinds of food</a>	来源：光明网 Source: Guangming net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 16:30:01 Time: 16:30:01
人造黄油刚被发明出来时是为了“拯救世界”——因为它被认为是一种有益于心脏健康的选择。随着黄油等天然脂肪的逐渐淡出，取而代之的是化学加工的人造黄油。这些含有反式脂肪的危险脂肪事实上与心脏病息息相关。即使是那些不含反式脂肪酸的也仍然不是天然成分的。植物油，尽管提取自天然原料，然而这个成品跟纯天然毫无关系。这些油，比如人造黄油，会在体内产生炎症。这类油通常都是转基因油，它们与一切从消化道到心脏的问题都相关联。				
Margarine was first invented to "save the world" - because it is considered a heart-healthy option. With the gradual fading out of natural fats such as butter, artificial butter is replaced by chemically processed butter. These dangerous fats containing trans fats are actually closely related to heart disease. Even those without trans fatty acids are not natural ingredients. Vegetable oil, although extracted from natural raw materials, has nothing to do with pure nature. These oils, such as margarine, can cause inflammation in the body. These oils are usually genetically modified oils, and they are associated with everything from the digestive tract to the heart.				
2. <a href="#">中国人的身体迟早被这些“网红美食”玩坏了！</a> <a href="#">Sooner or later, the Chinese people's body was damaged by these "net red delicacies"!</a>	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 18:30:02 Time: 18:30:02
街头随处可见的珍珠奶茶。随着各种层出不穷的平台，“网红”这个词不光能指人，还能指食物。花式百出的“网红美食”让一个又一个品牌火了起来，引得各路吃货游客趋之若鹜。但是，你真的知道你吃的是什吗？不再说常见的珍珠奶茶含糖量有多高，就看最新的几个别致的小东西，最可怕的不是热量高，而是热量高你还吃不饱。市面上的脏脏包价格混乱，便宜的只要几块钱，贵的则要几十块，用膝盖想也能知道，这配料的水分会有多大。				
Pearl milk tea can be seen everywhere in the street. With the emergence of various platforms, the word "net red" can refer not only to people, but also to food. Fancy "net red delicacies" make one brand after another popular, attracting all kinds of food tourists to flourish. But do you really know what you eat? No longer say how high the sugar content of pearl milk tea is, just look at the latest few chic little things, the most terrible is not the high calorie, but the high calorie you still can not eat enough. The price of dirty bags on the market is chaotic. The cheaper one is only a few yuan, while the more expensive one is tens of yuan. You can know with your knees how big the water branch of this ingredient is.				
3. <a href="#">张惠妹周杰伦实力证明没有一杯奶茶增不了的肥</a> <a href="#">Zhang Huimei and Jay Chou proved that they couldn't grow fat without a cup of milk tea.</a>	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 14:30:40 Time: 14:30:40
怎么胖起来的，心里有数了吧。奶茶里也许全是反式脂肪酸，你知道吗？除了含糖量高，奶茶里所含的反式脂肪酸还可能增加心血管疾病风险。2012年的《中国居民反式脂肪酸膳食摄入量及其风险评估》报告指出，在检测出的53份样本中，奶茶的反式脂肪酸最高，达到了0.41g/100g。范志红表示，部分甜奶茶可能并未加入真正的牛奶或奶油，而是添加了植脂末（俗称奶精），这是一种食品原料，可以代替牛奶，但奶精中的氢化植物油却是反式脂肪酸（TFA）的主要来源。				
How did you get fat? You know. Milk tea may be full of trans fatty acids, you know? In addition to high sugar content, trans fatty acids in milk tea may also increase the risk of cardiovascular disease. According to the report "Dietary Intake Level and Risk Assessment of Trans Fatty Acids in Chinese Residents" in 2012, milk tea had the highest trans fatty acid intake of 0.41g/100g in 53 samples detected. Fan Zhihong said that some sweet milk tea may not be added with real milk or cream, but with the addition of vegetable fat powder (commonly known as cream), which is a food raw material and can replace milk, but the hydrogenated vegetable oil in milk essence is the main source of trans fatty acids (TFA).				
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

2019-01-10, 共监测到327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 327 WeChat public articles were monitored in 2019-01-10. This page shows the top five articles by repeat number today.

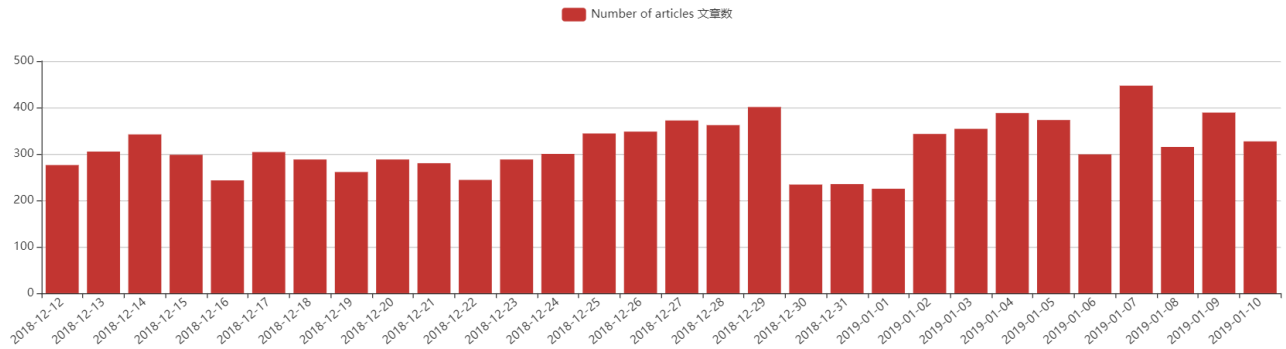
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 面包里的“毒”，你知道吗？糕点师傅从来都不会告诉你的商业秘密

[Do you know the "poison" in the bread? The pastry chef never tells you the trade secrets.](#)

重复数: 6

日期: 2019-01-10

Repeat Number: 6

Data: 2019-01-10

制作一个正宗的菠萝包, 需要用到很多黄油, 而天然的黄油成本非常高, 所以, 很多面包店里都是用人造黄油代替。人造黄油中, 含有大量的反式脂肪酸, 而反式脂肪酸则会增加人患糖尿病、心脑血管疾病的风险。并且反式脂肪酸在人体内是不容易消化排除的, 堆积的时间长了, 会导致人发胖。

Making an authentic pineapple bag requires a lot of butter, and natural butter costs very much, so many bakeries use margarine instead. Margarine contains a lot of trans fatty acids, and trans fatty acids increase the risk of diabetes, cardiovascular and cerebrovascular diseases. And trans fatty acids are not easily digested and eliminated in the human body. The accumulation of time is long, which can lead to people getting fat.

## 反式脂肪酸-微博 Transfat - Weibo

2019-01-10, 共检测到70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。

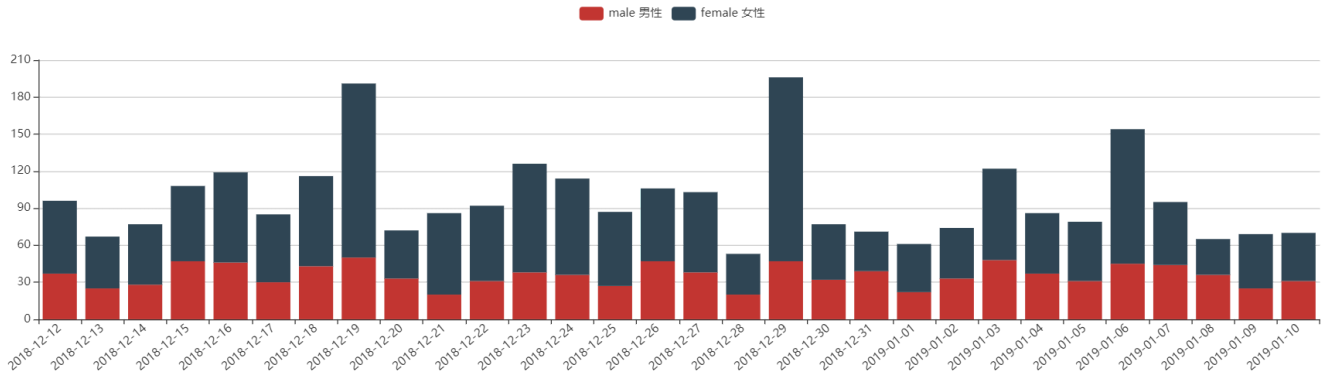
There are 70 weibos about transfat reduction monitored on 2019-01-10.

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!