

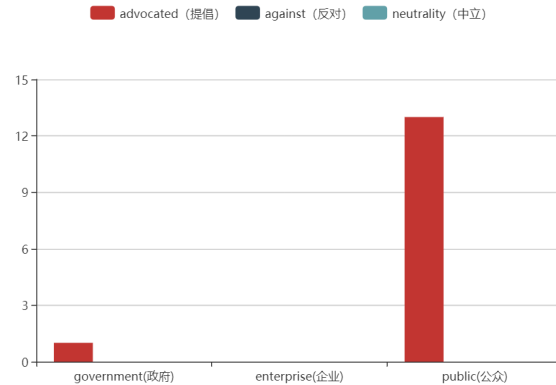
## 减盐-新闻

### Salt Reduction - News

今日 (2018-10-15) 共监测到14条资讯。请点击标题查看原文。

There are 14 articles monitored today 2018-10-15. Please click the title to view full information.

The original article is in Chinese only.



### 新闻主体分类

#### Classification of news subject

政府 Government					
1. <a href="#">山东省金乡县第三届职业人群健步走激励大赛启动</a>	来源: 中工网	类别: 健康中心	态度: 提倡	时间: 21:03:44	
<a href="#">Working people leapt in jinxiang county the third competition started</a>	来源: 中工网	Category: health and wellness centers	Attitude: advocate	Time: 21:03:44	
<p>中工网讯 10月12日, 山东省金乡县总工会联合金乡县卫计局等部门在金山公园开展金乡县“一二三四奔健康”宣传月暨第三届职业人群健步走激励大赛启动仪式。来自全县各镇街、企事业单位的各类职业人群及健走队员600余人组成10个方队参加现场活动。在精彩的健骨操表演后, 健走队员在专业教练带领下沿着金山公园开展了万步健走活动。此次专项活动是为落实《健康山东2030规划纲要》实施的, 面向全县各级机关、企事业单位职工及全县职业人群有减重意愿的肥胖或超重者开展, 目的是倡导“每个人是自己健康第一责任人”的理念, 调动社会和个人参与健康促进的积极性, 增强职工群众维护和促进自身健康的能力。同时还将举办“一二三四奔健康”有奖知识竞赛网络答题活动</p> <p>October 12, the Shandong Province Jinxiang County Federation of Trade Unions and Jinxiang County Bureau of Health Planning and other departments in Jinshan Park to carry out the Jinxiang County "one, two, three, four run health" propaganda month and the third professional walking incentive competition to start the ceremony. More than 600 people from all kinds of occupational groups and walkers from all towns, enterprises and institutions in the county formed 10 teams to participate in the field activities. After the wonderful performance of aerobics, the walkers, led by professional coaches, carried out a ten thousand steps walking activity along Jinshan Park. The special activity was carried out to implement the Outline of Health Shandong 2030 and to meet the obese or overweight people who are willing to lose weight at all levels of the county's government organs, enterprises and institutions, as well as the county's occupational groups. The purpose is to advocate the concept that everyone is the first person responsible for his or her own health and to mobilize social and personal participation in health promotion. We should enhance the enthusiasm of employees and enhance their ability to maintain and promote their own health. At the same time, we will also organize the "1234 rush for health" award network competition.</p>					
企业 Industry					
没有相关文章!					
No such articles!					
公众 Public					
1. <a href="#">“轻断食”也要讲科学适当挨饿有益健康</a>	来源: 新华网	类别: 健康中心	态度: 提倡	时间: 12:03:11	
<a href="#">"Light is broken feed" also want to speak proper science to starve is good for health</a>	来源: 新华网	Category: health and wellness centers	Attitude: advocate	Time: 12:03:11	
<p>近年来, 轻断食在全球风靡, 掀起一股风潮。轻断食和中国传统的辟谷养生及现代医学上的“禁食疗法”是一回事吗? 轻断食真能利于防治疾病、延年益寿吗? 专家指出, 轻断食也叫“间歇性断食”, 是指有时正常吃, 有时少吃。轻断食不是简单的忍饥挨饿, 而是我们改变生活方式的一种契机, 也是和身体交流的一种方式, 利于人们克制食欲, 逃离诱惑, 科学进行对身心有益。而国内外多项研究已证实轻断食有减轻体重、促进血液循环、帮助控制血糖、降低“坏胆固醇”、预防老年痴呆、疏解不良情绪、减少患癌风险等健康益处。但专家提醒, 西方传过来的轻断食法不一定适合中国人, 如果要尝试应进行适度改良</p> <p>In recent years, light eating has become a popular trend in the world. Is it the same thing for light fast food and traditional Chinese medicine, "fasting therapy" in modern medicine? Is light food fast enough to prevent diseases and prolong life? Experts point out that light diet is also called "intermittent fasting", which means that sometimes it is normal to eat and sometimes eat less. Breaking food is not simply hunger, but an opportunity to change our way of life. It is also a way of communicating with the body, conducive to people's restraint of greed, escape temptation, and scientific physical and mental benefits. Many studies at home and abroad have proved that light diet can reduce weight, promote blood circulation, help control blood sugar, reduce "bad cholesterol", prevent Alzheimer's disease, relieve bad mood, reduce the risk of cancer and other health benefits. But experts caution that the Western diet may not be suitable for Chinese people, if you want to try to improve moderately</p>					
2. <a href="#">吃饭记住这九个不要, 一个重要, 远离疾病, 健康长寿</a>	来源: 中原网	类别: 健康中心	态度: 提倡	时间: 06:03:43	
<a href="#">Remember the nine don't eating, an important, far away from diseases, longevity and health</a>	来源: 中原网	Category: health and wellness centers	Attitude: advocate	Time: 06:03:43	
<p>吃饭记住这九个不要, 一个重要, 远离疾病, 健康长寿 民以食为天! 一日三餐, 不敢苟且。病从口入, 不但说的是很多致病菌会从饮食进入人体, 更是指我们吃饭的很多不健康习惯。吃饭记住九个“不”: 1、不要太烫 我们都习惯吃热饭, 更有趁热吃的习俗, 过热过烫会造成食道受伤, 为消化道疾病甚至肿瘤埋下隐患。 2、不要单一 很多人看网上或某专家说什么食物保健, 就一直吃某几种食物, 这样会造成营养不均衡, 甚至营养不良。所谓的健康饮食, 不是具体的某几种食物, 而是一种丰富、多样化的饮食习惯, 以植物食物为主, 多吃五谷杂粮蔬菜, 水果, 以禽肉类为主, 补充适当的鱼肉及坚果</p> <p>Remember these nine things. It's important to stay away from diseases, and to live a long and healthy life. Food is the food of the people. Three meals a day, dare not go along. Disease from the mouth, not only that many pathogens will enter the body from the diet, but also that we eat a lot of unhealthy habits. Remember nine "no" meals. 1, don't be too hot. We are all used to eating hot meals, but also eat while the custom is hot, too hot can cause esophageal injury, digestive tract diseases and even tumor buried hidden dangers. 2, do not be single. Many people read the Internet or an expert said about food health care, have been eating certain kinds of food, which will cause malnutrition, even malnutrition. The so-called healthy diet is not a specific number of foods, but a rich, diversified diet habits, mainly plant food, grains and vegetables, fruits, mainly poultry meat, supplemented with appropriate fish and nuts</p>					
3. <a href="#">中国金洋: 港股料观望气氛较浓于25000点获支持</a>	来源: 汉丰网	类别: 健康中心	态度: 提倡	时间: 12:03:59	
<a href="#">As China: Hong Kong wait-and-see atmosphere thicker material received support in 25000</a>	来源: 汉丰网	Category: health and wellness centers	Attitude: advocate	Time: 12:03:59	

港股走势及分析 美股进入业绩公布期。本周重点关注焦点是逾60间标普500指数成分股将于陆续公布上季财务报告。投资者关注蓝筹会否提及对业绩的影响。市场焦点是联储局周三公布9月议息纪录。议息纪录对未来息率走势有揭示作用				
Trend and analysis of Hong Kong stocksUS stocks entered the announcement period. This week's main concern is that more than 60 of the S & P 500 index will publish quarterly financial reports one after another. Investors are concerned about whether the blue chip will mention the impact on performance. The focus of the market is the release of the September interest rate record by the Federal Reserve on Wednesday. Interest rate records reveal the trend of future interest rates.				
4. <a href="#">吃饭，太多太少都伤胃</a>	来源：人民网	类别：健康中心	态度：提倡	时间：09:04:08
<a href="#">To have a meal, have too much and too little stomach injury</a>	来源：人民网	Category: health and wellness centers	Attitude: advocate	Time: 09:04:08
国庆期间，89岁的周爷爷一家团圆，周爷爷开心，晚餐就多吃了点，饭后又吃了个苹果。半小时后他开始恶心呕吐、肚子痛，再也吃不下东西。过了两天症状依然没有缓解，家人连忙将周爷爷送到了武汉市中心医院综合科。腹部CT显示周爷爷的胃里还有大量内容物，被诊断为急性胃扩张，上了胃管，进行了胃肠减压，好几天才缓过劲来。饮食过量是引起急性胃扩张的最常见病因，某些手术后并发症、暴饮暴食、长期卧床的患者及身体虚弱的老年人容易患病				
During the National Day, grandpa Zhou, 89, had a family reunion. Grandpa Zhou was happy. He ate more dinner and an apple after dinner. Half an hour later, he began to feel nausea and vomiting, stomach ache, and could not eat any more. After two days, the symptoms still did not ease, the family rushed to the Wuhan Central Hospital grandpa Zhou comprehensive department.Abdominal CT showed that Grandpa Zhou's stomach still had a lot of contents, was diagnosed with acute gastric dilatation, stomach tube, gastrointestinal decompression, for several days to slow down. Overeating is the most common cause of acute gastrectasis, and some postoperative complications, overeating, prolonged supine, and frail elderly are susceptible				
5. <a href="#">连云港近两天天气不错天气转凉利于秋收秋种</a>	来源：中国江苏网	类别：健康中心	态度：提倡	时间：16:05:22
<a href="#">Lianyungang nearly two days the weather is good the weather turns cool autumn harvest autumn sowing</a>	来源：中国江苏网	Category: health and wellness centers	Attitude: advocate	Time: 16:05:22
昨天早晨六点钟，连云港市区气温11℃。经历了连续三天的气温缓慢爬升，还来不及及好好感受秋日的阳光明媚，由于云层较厚，昨天的太阳一天都没露脸。虽然温度较前几日没有显著变化，但没有了艳阳高照，体感明显偏凉。除了早出晚归需要添衣保暖，上周六还忙着洗洗晒晒准备换季的主妇们也一定有些失望。截至上周六的一轮升温后，昨天开始，东北受冷涡影响，气温进入了下行通道，并且降温剧烈，累计降幅将达6-10℃				
At six o'clock yesterday morning, the temperature in downtown Lianyungang was 11 degrees Celsius. After three consecutive days of slow temperature climbing, has not had time to feel the autumn sunshine, due to the thick clouds, yesterday's sun did not show a day. Although the temperature did not change significantly over the previous few days, there was no bright sunshine and a cool body sensation. In addition to the need to get dressed early and return late, the housewives who were busy washing, drying and preparing for the season change on Saturday must have been disappointed.As of last Saturday after a round of warming, yesterday, the Northeast affected by the cold vortex, the temperature entered the downstream passage, and the temperature dropped sharply, the cumulative decline will reach 6-10 degrees Celsius.				
6. <a href="#">女性更年期后易患高血压定期测血压遵循“生活疗法”</a>	来源：新华网	类别：高血压	态度：提倡	时间：12:09:09
<a href="#">Women after menopause are predisposed to high blood pressure measuring blood pressure regularly to follow the "life therapy"</a>	来源：新华网	Category: hypertension	Attitude: advocate	Time: 12:09:09
我国是一个高血压大国，每4个成年人中就有一个是高血压患者；每4个死亡的人中，就有1个人死于高血压引起的疾病。高血压业已成为现代人的健康杀手，它每天都在悄无声息地侵蚀着人们的健康，而且有越来越多的中青年人被它盯上。说到底，高血压是一种“生活方式病”，70%~80%的高血压发生与不健康的生活方式有关，包括摄盐过多、吃高热量食物、活动缺乏所致的超重或肥胖、长期过量饮酒、吸烟、精神压力大等。高血压是可防可控的，专家建议，防控的第一步就是要知晓自己的血压，在改变不良生活习惯、遵循“生活疗法”的同时，正常成年人至少每2年测量一次血压，高血压高危人群每半年测量一次血压，高血压患者至少每周测量一次血压。只有定期监测血压，才能及时发现高血压的苗头，尽早预防，及早治疗				
China is a country with high blood pressure, one in four adults is hypertensive patients, and one in four deaths is caused by hypertension. Hypertension has become a modern killer of health, it quietly erodes people's health every day, and more and more young and middle-aged people are stared at by it. In the final analysis, hypertension is a "lifestyle disorder," 70% to 80% of the occurrence of hypertension and unhealthy lifestyle related, including excessive salt intake, eating high-calorie food, lack of activity caused by overweight or obesity, long-term excessive drinking, smoking, mental stress and so on.Hypertension is preventable and controllable. Experts suggest that the first step in prevention and control is to know your own blood pressure. While changing bad habits and following "life therapy", normal adults take blood pressure measurements at least every two years, high-risk people take blood pressure measurements every six months, and hypertensive patients take blood pressure measurements at least once a week. Secondary blood pressure. Only by monitoring blood pressure regularly can we find signs of hypertension in time and prevent them as soon as possible.				
7. <a href="#">糖尿病查出尿蛋白，饮食要怎么办？营养师详解</a>	来源：搜狐	类别：健康中心	态度：提倡	时间：13:18:21
<a href="#">Diabetes found urine protein, food how to eat?A dietitian</a>	来源：搜狐	Category: health and wellness centers	Attitude: advocate	Time: 13:18:21
原标题：糖尿病查出尿蛋白，饮食要怎么办？营养师详解 越来越多的糖尿病友认可和接受了糖友共同照护，照护病人数量的越来越多，效果也越来越好。今天是叶老师在兰州糖尿病医院的第三天，和其他医务人员一样，叶老师也早早的做好了为糖尿病友共同照护的准备。在面对前来参与共同照护的糖尿病友，叶老师总是耐心细致的询问糖友的基本情况，如体重、饮食、吸烟、运动、血糖值、血糖监测频率以及对发生高血糖或低血糖后的急救措施等，针对糖友生活中的不足和错误之处进行指导。叶老师为糖尿病友进行共同照护 叶老师讲解胰岛素注射的部位 通过沟通发现，很多糖尿病肾病的糖友对饮食和血糖的管理存在问题。叶老师针对糖尿病肾病的日常饮食给予了详细指导和建议				
Original title: diabetes to detect urinary protein, how to eat? Dietitian detailed explanationMore and more diabetic friends recognize and accept the co-care of sugar pals, the number of patients care more and more, the effect is getting better and better.Today is Mr. Ye's third day in Lanzhou Diabetes Hospital. Like other medical staff, Mr. Ye has prepared early for the care of diabetic friends. In the face of diabetic friends who come to participate in co-care, Professor Ye always patiently and meticulously inquires about the basic situation of sugar pals, such as weight, diet, smoking, exercise, blood glucose, blood glucose monitoring frequency and emergency measures after the occurrence of hyperglycemia or hypoglycemia, etc., in order to guide the shortcomings and mistakes in sugar pals'life.MS Ye works together for diabetes patients.Mr. Ye explained the location of insulin injection.Through communication, it is found that many diabetic nephropathy friends have problems with diet and blood sugar management. Miss Ye gave detailed guidance and advice on the diet of diabetic nephropathy.				
8. <a href="#">这些酱油有问题：包括海天、李锦记等有的甚至不该叫“酱油”</a>	来源：南海网	类别：食物中的钠	态度：提倡	时间：10:26:00
<a href="#">The soy sauce has a problem: including Haitian, lee kum kee or should not be called "soy sauce"</a>	来源：南海网	Category: sodium in food	Attitude: advocate	Time: 10:26:00
现代快报讯 进口酱油更好？儿童酱油吃得更放心？10月12日，江苏省消保委发布酱油产品比较试验报告。120款酱油，涉及48个品牌，涵盖生抽、老抽、国产酱油、进口酱油、儿童酱油等各种类型。比较试验结果怎么样？现代快报记者了解到，有29个样品不符合国家相应标准，包括知名的海天酱油、李锦记酱油。此外，进口酱油价格相当昂贵，其实并不比国产酱油好。而儿童酱油的品质和普通酱油差不多，有的盐更多				
Is modern newsletter importing soy sauce better? Do children eat more soy sauce? In October 12th, the Jiangsu Provincial Consumer Protection Commission issued a comparative test report on soy sauce products. 120 types of soy sauce, involving 48 brands, including raw soy sauce, old soy sauce, domestic soy sauce, imported soy sauce, children's soy sauce and other types. How about the comparison test? Modern Express reporter learned that 29 samples do not meet the corresponding national standards, including the well-known Haitian soy sauce, Li Jinji soy sauce. Besides, the price of imported soy sauce is rather high, which is actually not better than that of domestic soy sauce. The quality of children's soy sauce is similar to that of ordinary soy sauce, and some salt is more.				
9. <a href="#">饭要这样吃才健康</a>	来源：新浪网	类别：健康中心	态度：提倡	时间：03:27:16
<a href="#">So eat healthy food</a>	来源：新浪网	Category: health and wellness centers	Attitude: advocate	Time: 03:27:16
继南方人不懂北方人囤百斤大白菜过冬、北方人不懂南方人点菜最后一道菜一定是炒青菜之后，“菜”又引起了南北大讨论。最近，微博博主@我是肥志的一条微博引起了讨论“你们北方人吃饭一定要有一道硬菜？”网友纷纷留下表明自己所属地域的硬菜标准。其实表面上是在讨论南北方点菜的区别，实际上也反映出了我国南北方饮食习惯、地域气候等客观因素。北方人喜高油高盐爱吃肉 北方人的饮食口味普遍偏重，喜欢高盐、高油、高热量的食物，觉得这样才够味儿，烹饪方式也偏爱油炸、爆炒，殊不知，越是油腻荤腥的食物往往能量比较高，当摄入能量高于人体消耗的能量时，过多的能量在体内以脂肪的形式堆积，长此以往，就造成了身体肥胖。此外，北方人是出了名的豪爽，喜欢大块吃肉，大碗喝酒，即使不聚餐很多北方汉子也爱“顿顿喝一杯”，吃饭方式更是狼吞虎咽，大快朵颐，吃完了畅快淋漓，但正是这样的饮食习惯，日积月累易造成肠胃无法消化，脂肪长期囤积使得身体变得臃肿肥胖				
After the southerners did not understand the northerners hoarding 100 kilograms of cabbage for winter, northerners did not understand that the last dish ordered by the southerners must be fried vegetables, the "dish" has caused a great discussion between the north and the south. Recently, a Weibo blogger @I'm Feichi's microblog prompted a discussion: "Do you northerners have to have a hard dish for dinner?" Netizens have left behind a hard dish standard indicating their region.In fact, it is superficially discussing the difference between northern and southern orders, in fact, it also reflects the eating habits of northern and southern China, geographical climate and other objective factors.Northern people like high oil, high salt and meat.People in the North generally prefer foods with high salt, oil and calories. They think that is enough. They also prefer fried and stir-fried food. They do not know that the more fatty and meat-like food is, the more energy is consumed. When the energy is higher than the energy consumed by the human body, the excessive energy in the body is fat. Form accumulation, if this happens, it will cause obesity.In addition, the northerners are famous for their boldness, like to eat large pieces of meat, big bowls of wine, even if not dinner, many northern men also like to "have a drink at a meal". The way of eating is to gobble up, eat quickly, and eat happily, but it is such eating habits, accumulated over time easy to cause gastrointestinal indigestion, fat long. The period of hoarding makes the body fat and fat.				
10. <a href="#">有些药与低钠盐犯冲</a>	来源：人民网	类别：心血管健康	态度：提倡	时间：09:43:22
<a href="#">Some medicines with low sodium salt making</a>	来源：人民网	Category: cardiovascular	Attitude: advocate	Time: 09:43:22

health				
为预防因高盐饮食引起的心脑血管疾病，市场上出现了一种“低钠盐”，很受消费者欢迎。因为国内一项研究结果显示，食用低钠盐可以使高血压患者的收缩压下降5.4毫米汞柱。不过，与普通食盐相比，低钠盐的钠含量低，但钾含量偏高，食用后可使钾离子的摄取量增加。钾离子的排出要通过肾脏，因此，凡是患有肾脏疾病或正在服用阻碍钾离子排出药物的患者，都不宜食用低钠盐，否则就有发生高钾血症的风险。高钾血症分急性与慢性两种，急性高钾血症可能导致心脏骤停，需及时抢救				
In order to prevent cardiovascular and cerebrovascular diseases caused by high salt diet, a kind of "low sodium salt" appeared on the market, which is very popular with consumers. Because a domestic study shows that low sodium salt can reduce systolic blood pressure in patients with hypertension by 5.4 mm Hg column. However, compared with common salt, low sodium salt has lower sodium content, but higher potassium content, which can increase potassium uptake after eating. The excretion of potassium ions through the kidneys, therefore, all patients with kidney disease or taking drugs to block the excretion of potassium ions, should not eat low sodium salt, otherwise there is a risk of hyperkalemia. Hyperkalemia is divided into two kinds: acute and chronic. Acute hyperkalemia may lead to sudden cardiac arrest.				
11. <a href="#">老年人减肥要遵循哪些饮食原则?</a>	来源：中国医药网	类别：健康中心	态度：提倡	时间：16:44:56
<a href="#">Old people lose weight to follow the principle of what food?</a>	来源：中国医药网	Category: health and wellness centers	Attitude: advocate	Time: 16:44:56
老年人减肥要遵循哪些饮食原则？老年人肥胖会导致高血脂、高血压、高血糖等慢性疾病，所以老年人减肥势在必行，因为老年人身体比较特殊，所以要采取安全有效的减肥方式，把握好饮食原则。老年人减肥的饮食原则有哪些？1、摄入足够的碘 碘是身体中不可或缺的矿物质，当缺乏时会令甲状腺功能出现减退，降低了新陈代谢的速度，同时脂肪的分解速度也会减慢。不仅不能减肥反而会导致身体越来越肥胖，所以在减肥期间要保证碘的摄入量，这样才可以保证身体的代谢速度预防了粘液性的水肿。2、摄入充足的维生素和蛋白质 进入中年之后加强了身体的分解代谢能力，蛋白质的消化利用率也会下降，所以一定要保证充足的蛋白质摄入，这样才可以满足身体所需要的。平时可以多吃一些蛋类、牛奶、豆制品、瘦肉的含有优质蛋白质的食物，因为老年人的吸收能力已经降低，所以里面的维生素不能得到充分的利用，容易缺乏维生素，维生素可以有有效的缓解身体的衰老，所以可以多吃一些应季的蔬菜和水果，必要时可以在医生的指导下吃维生素片				
What diet principles do the elderly lose weight to follow? Obesity in the elderly can lead to hyperlipidemia, hypertension, hyperglycemia and other chronic diseases, so it is imperative for the elderly to lose weight, because the elderly body is relatively special, so we should take a safe and effective way to lose weight, grasp the dietary principles. What are the dietary principles for the elderly? 1. Adequate intake of iodine and iodine is an indispensable mineral in the body. When deficiency occurs, thyroid function will decline, reducing the speed of metabolism, and the decomposition of fat will slow down. Not only can not lose weight but will lead to more and more obese body, so during weight loss to ensure that iodine intake, so as to ensure that the body's metabolic rate to prevent mucous edema. 2. Adequate intake of vitamins and proteins into middle age after the body's catabolic capacity, protein digestion and utilization rate will also decline, so we must ensure adequate protein intake, so as to meet the body's needs. Usually you can eat more eggs, milk, soy products, lean meat containing high-quality protein foods, because the absorption capacity of the elderly has been reduced, so the vitamin can not be fully utilized, easy to lack of vitamins, vitamins can effectively alleviate the aging of the body, so you can eat more seasonal Vegetables and fruits, when necessary, can be taken under the guidance of a doctor to take vitamin tablets.				
12. <a href="#">秋冬防脑卒中医生教你识别脑卒中5个早期信号</a>	来源：中国医药网	类别：健康中心	态度：提倡	时间：16:45:20
<a href="#">Qiu dong stroke prevention doctors teach you identify five signals early stroke</a>	来源：中国医药网	Category: health and wellness centers	Attitude: advocate	Time: 16:45:20
秋冬防脑卒中 医生教你识别脑卒中5个早期信号 最近广州气温骤降，不少市民都穿上了冬衣。广东省第二人民医院神经内科主任刘新通教授提醒，气温的变化会造成血管过度收缩，从而导致血压上升，容易诱发脑卒中。特别是高血压、心脏病、房颤患者，要重视脑卒中出现的5个早期信号：脑卒中有这5个早期信号（1）身体一侧或双侧，上肢、下肢或面部出现无力、麻木或瘫痪；（2）单眼或双眼突发视物模糊，视力下降，或视物重影；（3）言语表达困难或理解困难；（4）头晕、失去平衡，任何意外摔倒，或步态不稳；（5）头痛（通常是严重且突然发作）或头痛的性质突然改变。此外，刘新通教授叮嘱，一旦发现自己或者家属患有脑卒中，要牢记三个原则：医院，并转运到最近的卒中治疗医院或卒中中心，越快越好，尽量不要耽误任何时间。一旦怀疑卒中立即拨打急救电话120或者省二医专门设立的卒中救治热线（020-89169999），尽快平稳地将患者送到，并转运到最近的卒中治疗医院或卒中中心，越快越好，尽量不要耽误任何时间				
Autumn and Winter Stroke Prevention Doctors teach you to identify five early signs of stroke. Recently, the temperature dropped suddenly in Guangzhou, and many people wore winter clothes. Professor Liu Xintong, Director of Neurology, Guangdong Second People's Hospital, warned that changes in temperature can cause excessive vasoconstriction, which can lead to increased blood pressure and stroke. Especially in patients with hypertension, heart disease, atrial fibrillation, attention should be paid to the five early signs of stroke: stroke has five early signals: (1) one side or both sides of the body, upper limbs, lower limbs or face weakness, numbness or paralysis; (2) monocular or binocular sudden blurred vision, vision loss, or visual ghosting; (3) (4) dizziness, loss of balance, any accidental fall, or unstable gait; (5) headache (usually severe and sudden onset) or sudden change in the nature of the headache. In addition, Professor Liu Xintong advised that once you find yourself or your family members suffering from stroke, you should bear in mind three principles: hospital, and transfer to the nearest stroke treatment hospital or stroke center, the sooner the better, try not to delay any time. 1. Time is life. Once a stroke is suspected, call 120 or a special stroke hotline (020-89169999) set up by the Second Medical College of Shandong Province. The patient will be sent to the nearest stroke hospital or stroke center as soon as possible and smoothly as possible. The sooner the better, the better. Do not delay any time as much as possible.				
13. <a href="#">男性应该如何保养？遵循4个保健原则很重要！</a>	来源：中国医药网	类别：健康中心	态度：提倡	时间：16:47:20
<a href="#">Men should be how to maintain?It is very important to follow the principle of four health care!</a>	来源：中国医药网	Category: health and wellness centers	Attitude: advocate	Time: 16:47:20
男性应该如何保养？遵循4个保健原则很重要！男性容易受到高血压、冠心病、糖尿病以及高血脂的困扰，导致死亡率明显升高，主要是和不良的生活习惯、心情有很大的关系，如果想要保持健康要遵循4大原则。男性应该如何保养？遵循4个保健原则很重要！1、改变观念、重视 健康 保健 意识，多掌握一些保健的方法，这样才可以保持身体健康。每年要定期的去 医院 做体检，当出现一些症状时应该及时去医院做检查，以免耽误了最佳的治疗时间。到了中年时期男性没有强意识去维护健康，所以会导致大量的细菌和病毒侵入，男性朋友要有积极的意识，多掌握一些保健的方法，这样才可以保持身体健康。每年要定期的去做体检，当出现一些症状时应该及时去医院做检查，以免耽误了最佳的治疗时间				
How should men maintain it? It is important to follow the 4 principles of health care.Men are susceptible to high blood pressure, coronary heart disease, diabetes and hyperlipidemia, leading to a significant increase in mortality, mainly with bad habits, mood has a great relationship, if you want to maintain health to follow the four principles. How should men maintain it? It is important to follow the 4 principles of health care. 1. Change the idea, pay attention to health care consciousness, master more health care methods, so as to maintain health. Every year to the hospital regularly for physical examination, when some symptoms should be timely to the hospital for examination, in order to avoid delaying the best treatment time. In middle age, men do not have a strong sense to maintain health, so it will lead to a large number of bacteria and viruses invasion, male friends should have a positive awareness, more health care methods to master, so as to maintain good health. Every year to do a regular physical examination, when some symptoms should be timely to the hospital for examination, in order to avoid delaying the best treatment time				
<b>内容分类</b> <b>Classification of Content</b>				
<div><div>食物中的钠</div><div>Sodium in food</div></div>				
1. <a href="#">这些酱油有问题：包括海天、李锦记等有的甚至不该叫“酱油”</a>	来源：南海网	类别：食物中的钠	态度：提倡	时间：10:26:00
<a href="#">The soy sauce has a problem: including Haitian, lee kum kee or should not be called "soy sauce."</a>	来源：南海网	Category: sodium in food	Attitude: advocate	Time: 10:26:00
现代快报讯 进口酱油更好？儿童酱油吃得放心？10月12日，江苏省消保委发布酱油产品比较试验报告。120款酱油，涉及48个品牌，涵盖生抽、老抽、国产酱油、进口酱油、儿童酱油等各种类型。比较试验结果怎么样？现代快报记者了解到，有29个样品不符合国家相应标准，包括知名的海天酱油、李锦记酱油。此外，进口酱油价格相当昂贵，其实并不比国产酱油好。而儿童酱油的品质和普通酱油差不多，有的盐更多				
Is modern newsletter importing soy sauce better? Do children eat more soy sauce? In October 12th, the Jiangsu Provincial Consumer Protection Commission issued a comparative test report on soy sauce products. 120 types of soy sauce, involving 48 brands, including raw soy sauce, old soy sauce, domestic soy sauce, imported soy sauce, children's soy sauce and other types. How about the comparison test? Modern Express reporter learned that 29 samples do not meet the corresponding national standards, including the well-known Haitian soy sauce, Li Jinji soy sauce. Besides, the price of imported soy sauce is rather high, which is actually not better than that of domestic soy sauce. The quality of children's soy sauce is similar to that of ordinary soy sauce, and some salt is more.				
<div><div>高血压</div><div>Hypertension</div></div>				
1. <a href="#">女性更年期后易患高血压定期测血压遵循“生活疗法”</a>	来源：新华网	类别：高血压	态度：提倡	时间：12:09:09
<a href="#">Women after menopause are predisposed to high blood pressure measuring blood pressure regularly to follow the "life therapy"</a>	来源：新华网	Category: hypertension	Attitude: advocate	Time: 12:09:09
我国是一个高血压大国，每4个成年人中就有一个是高血压患者；每4个死亡的人中，就有1个人死于高血压引起的疾病。高血压业已成为现代人的健康杀手，它每天都在悄无声息地侵蚀着人们的健康，而且越来越多的中青年人被它盯上。说到底，高血压是一种“生活方式病”，70%~80%的高血压发生与不健康的生活方式有关，包括摄盐过多、吃高热量食物、活动缺乏所致的超重或肥胖、长期过量饮酒、吸烟、精神压力大等。高血压是可防可控的，专家建议，防控的第一步就是要知晓自己的血压，在改变不良生活习惯、遵循“生活疗法”的同时，正常成年人至少每2年测量一次血压，高血压高危人群每半年测量一次血压，高血压患者至少每周测量一次血压。只有定期监测血压，才能及时发现高血压的苗头，尽早预防，及早治疗				
China is a country with high blood pressure, one in four adults is hypertensive patients, and one in four deaths is caused by hypertension. Hypertension has become a modern killer of health, it quietly erodes people's health every day, and more and more young and middle-aged people are stared at by it. In the final analysis, hypertension is a "lifestyle				



disorder," 70% to 80% of the occurrence of hypertension and unhealthy lifestyle related, including excessive salt intake, eating high-calorie food, lack of activity caused by overweight or obesity, long-term excessive drinking, smoking, mental stress and so on.Hypertension is preventable and controllable. Experts suggest that the first step in prevention and control is to know your own blood pressure. While changing bad habits and following "life therapy", normal adults take blood pressure measurements at least every two years, high-risk people take blood pressure measurements every six months, and hypertensive patients take blood pressure measurements at least once a week. Secondary blood pressure. Only by monitoring blood pressure regularly can we find signs of hypertension in time and prevent them as soon as possible.

心血管健康 Cardiovascular health				
1. <a href="#">有些药与低钠盐冲突</a>	来源：人民网	类别：心血管健康	态度：提倡	时间：09:43:22
<a href="#">Some medicines with low sodium salt making</a>	来源：人民网	Category: cardiovascular health	Attitude: advocate	Time: 09:43:22

为预防因高盐饮食引起的心脑血管疾病，市场上出现了一种“低钠盐”，很受消费者欢迎。因为国内一项研究结果显示，食用低钠盐可以使高血压患者的收缩压下降5.4毫米汞柱。不过，与普通食盐相比，低钠盐的钠含量低，但钾含量偏高，食用后可使钾离子的摄取量增加。钾离子的排出要通过肾脏，因此，凡是患有肾脏疾病或正在服用阻碍钾离子排出药物的患者，都不宜食用低钠盐，否则就有发生高钾血症的风险。高钾血症分急性与慢性两种，急性高钾血症可能导致心脏骤停，需及时抢救

In order to prevent cardiovascular and cerebrovascular diseases caused by high salt diet, a kind of "low sodium salt" appeared on the market, which is very popular with consumers. Because a domestic study shows that low sodium salt can reduce systolic blood pressure in patients with hypertension by 5.4 mm Hg column. However, compared with common salt, low sodium salt has lower sodium content, but higher potassium content, which can increase potassium uptake after eating. The excretion of potassium ions through the kidneys, therefore, all patients with kidney disease or taking drugs to block the excretion of potassium ions, should not eat low sodium salt, otherwise there is a risk of hyperkalemia. Hyperkalemia is divided into two kinds: acute and chronic. Acute hyperkalemia may lead to sudden cardiac arrest.

健康中心 Health and Wellness Centers				
1. <a href="#">“轻断食”也要讲科学适当挨饿有益健康</a>	来源：新华网	类别：健康中心	态度：提倡	时间：12:03:11
<a href="#">"Light is broken feed" also want to speak proper science to starve is good for health</a>	来源：新华网	Category: health and wellness centers	Attitude: advocate	Time: 12:03:11

近年来，轻断食在全球风靡，掀起一股风潮。轻断食和中国传统的辟谷养生及现代医学上的“禁食疗法”是一回事吗？轻断食真能利于防治疾病、延年益寿吗？专家指出，轻断食也叫“间歇性断食”，是指有时正常吃，有时少吃。轻断食不是简单的忍饥挨饿，而是我们改变生活方式的一种契机，也是和身体交流的一种方式，利于人们克制食欲，逃离诱惑，科学进行对身体有益。而国内外多项研究已证实轻断食有减轻体重、促进血液循环、帮助控制血糖、降低“坏胆固醇”、预防老年痴呆、疏解不良情绪、减少患癌风险等健康益处。但专家提醒，西方传过来的轻断食法不一定适合中国人，如果要尝试应进行适度改良

In recent years, light eating has become a popular trend in the world. Is it the same thing for light fast food and traditional Chinese medicine, "fasting therapy" in modern medicine? Is light food fast enough to prevent diseases and prolong life? Experts point out that light diet is also called "intermittent fasting", which means that sometimes it is normal to eat and sometimes eat less. Breaking food is not simply hunger, but an opportunity to change our way of life. It is also a way of communicating with the body, conducive to people's restraint of greed, escape temptation, and scientific physical and mental benefits. Many studies at home and abroad have proved that light diet can reduce weight, promote blood circulation, help control blood sugar, reduce "bad cholesterol", prevent Alzheimer's disease, relieve bad mood, reduce the risk of cancer and other health benefits. But experts caution that the Western diet may not be suitable for Chinese people, if you want to try to improve moderately

2. <a href="#">吃饭记住这九个不要，一个重要，远离疾病，健康长寿</a>	来源：中原网	类别：健康中心	态度：提倡	时间：06:03:43
<a href="#">Remember the nine don't eating, an important, far away from diseases, longevity and health</a>	来源：中原网	Category: health and wellness centers	Attitude: advocate	Time: 06:03:43

吃饭记住这九个不要，一个重要，远离疾病，健康长寿 民以食为天！一日三餐，不敢苟且。病从口入，不但说的是很多致病菌会从饮食进入人体，更是指我们吃饭的很多不健康习惯。吃饭记住九个“不”：1、不要太烫 我们都习惯吃热饭，更有趁热吃的习俗，过热过烫会造成食道受伤，为消化道疾病甚至肿瘤埋下隐患。 2、不要单一 很多人看网上或某专家说什么食物保健，就一直吃某几种食物，这样会造成营养不均衡，甚至营养不良。所谓的健康饮食，不是具体的某几种食物，而是一种丰富、多样化的饮食习惯，以植物食物为主，多吃五谷杂粮蔬菜，水果，以禽肉类为主，补充适当的鱼肉及坚果

Remember these nine things. It's important to stay away from diseases, and to live a long and healthy life.Food is the food of the people.Three meals a day, dare not go along.Disease from the mouth, not only that many pathogens will enter the body from the diet, but also that we eat a lot of unhealthy habits.Remember nine "no" meals.1, don't be too hot.We are all used to eating hot meals, but also eat while the custom is hot, too hot can cause esophageal injury, digestive tract diseases and even tumor buried hidden dangers.2, do not be single.Many people read the Internet or an expert said about food health care, have been eating certain kinds of food, which will cause malnutrition, even malnutrition. The so-called healthy diet is not a specific number of foods, but a rich, diversified diet habits, mainly plant food, grains and vegetables, fruits, mainly poultry meat, supplemented with appropriate fish and nuts

3. <a href="#">山东省金乡县第三届职业人群健步走激励大赛启动</a>	来源：中工网	类别：健康中心	态度：提倡	时间：21:03:44
<a href="#">Working people leapt in jinxiang county the third competition started</a>	来源：中工网	Category: health and wellness centers	Attitude: advocate	Time: 21:03:44

中工网讯 10月12日，山东省金乡县总工会联合金乡县卫计局等部门在金山公园开展金乡县“一二三四奔健康”宣传月暨第三届职业人群健步走激励大赛启动仪式。来自全县各镇街、企事业单位的各类职业人群及健走队员600余人组成10个方队参加现场活动。在精彩的健骨操表演后，健走队员在专业教练带领下沿着金山公园开展了万步健走活动。此次专项活动是为落实《健康山东2030规划纲要》实施的，面向全县各级机关、企事业单位职工及全县职业人群有减重意愿的肥胖或超重者开展，目的是倡导“每个人是自己健康第一责任人”的理念，调动社会和个人参与健康促进的积极性，增强职工群众维护和促进自身健康的能力。同时还将举办“一二三四奔健康”有奖知识竞赛网络答题活动

October 12, the Shandong Province Jinxiang County Federation of Trade Unions and Jinxiang County Bureau of Health Planning and other departments in Jinshan Park to carry out the Jinxiang County "one, two, three, four run health" propaganda month and the third professional walking incentive competition to start the ceremony. More than 600 people from all kinds of occupational groups and walkers from all towns, enterprises and institutions in the county formed 10 teams to participate in the field activities. After the wonderful performance of aerobics, the walkers, led by professional coaches, carried out a ten thousand steps walking activity along Jinshan Park.The special activity was carried out to implement the Outline of Health Shandong 2030 and to meet the obese or overweight people who are willing to lose weight at all levels of the county's government organs, enterprises and institutions, as well as the county's occupational groups. The purpose is to advocate the concept that everyone is the first person responsible for his or her own health and to mobilize social and personal participation in health promotion. We should enhance the enthusiasm of employees and enhance their ability to maintain and promote their own health. At the same time, we will also organize the "1234 rush for health" award competition.

4. <a href="#">中国金洋：港股料观望气氛较浓于25000点获支持</a>	来源：汉丰网	类别：健康中心	态度：提倡	时间：12:03:59
<a href="#">As China: Hong Kong wait-and-see atmosphere thicker material received support in 25000</a>	来源：汉丰网	Category: health and wellness centers	Attitude: advocate	Time: 12:03:59

港股走势及分析 美股进入业绩公布期。本周重要关注焦点是逾60间标普500指数成分股将于陆续公布上季财务报告。投资者关注蓝筹会否提及对业绩的影响。市场焦点是联储局周三公布9月会议纪要。议息纪录对未来息率走势有揭示作用

Trend and analysis of Hong Kong stocksUS stocks entered the announcement period. This week's main concern is that more than 60 of the S & P 500 index will publish quarterly financial reports one after another. Investors are concerned about whether the blue chip will mention the impact on performance. The focus of the market is the release of the September interest rate record by the Federal Reserve on Wednesday. Interest rate records reveal the trend of future interest rates.

5. <a href="#">吃饭，太多太少都伤胃</a>	来源：人民网	类别：健康中心	态度：提倡	时间：09:04:08
<a href="#">To have a meal, have too much and too little stomach injury</a>	来源：人民网	Category: health and wellness centers	Attitude: advocate	Time: 09:04:08

国庆期间，89岁的周爷爷一家团圆，周爷爷开心，晚餐就多吃了点，饭后又吃了个苹果。半小时后他开始恶心呕吐、肚子痛，再也吃不下东西。过了两天症状依然没有缓解，家人连忙将周爷爷送到了武汉市中心医院的综合科。腹部CT显示周爷爷的胃里还有大量内容物，被诊断为急性胃扩张，上了胃管，进行了胃肠减压，好几天才缓过劲来。饮食过量是引起急性胃扩张的最常见病因，某些手术后并发症、暴饮暴食、长期仰卧的患者及身体衰弱的老年人容易患病

During the National Day, grandpa Zhou, 89, had a family reunion. Grandpa Zhou was happy. He ate more dinner and an apple after dinner. Half an hour later, he began to feel nausea and vomiting, stomach ache, and could not eat any more. After two days, the symptoms still did not ease, the family rushed to the Wuhan Central Hospital grandpa Zhou comprehensive department.Abdominal CT showed that Grandpa Zhou's stomach still had a lot of contents, was diagnosed with acute gastric dilatation, stomach tube, gastrointestinal decompression, for several days to slow down. Overeating is the most common cause of acute gastrectasis, and some postoperative complications, overeating, prolonged supine, and frail elderly are susceptible

6. <a href="#">连云港近两天天气不错天气转凉利于秋收秋种</a>	来源：中国江苏网	类别：健康中心	态度：提倡	时间：16:05:22
<a href="#">Lianyungang nearly two days the weather is good the weather turns cool autumn harvest autumn sowing</a>	来源：中国江苏网	Category: health and wellness centers	Attitude: advocate	Time: 16:05:22

昨天早晨六点钟，连云港市区气温11℃。经历了连续三天的气温缓慢爬升，还没来得及及好好感受秋日的阳光明媚，由于云层较厚，昨天的太阳一天都没露脸。虽然温度较前几日没有显著变化，但没

有了艳阳高照，体感明显偏凉。除了早出晚归需要添衣保暖，上周末还忙着洗洗晒晒准备换季的主妇们也一定有些失望。截至上周末的一轮升温后，昨天开始，东北受冷涡影响，气温进入了下行通道，并且降温剧烈，累计降幅将达6-10℃

At six o'clock yesterday morning, the temperature in downtown Lianyungang was 11 degrees Celsius. After three consecutive days of slow temperature climbing, has not had time to feel the autumn sunshine, due to the thick clouds, yesterday's sun did not show a day. Although the temperature did not change significantly over the previous few days, there was no bright sunshine and a cool body sensation. In addition to the need to get dressed early and return late, the housewives who were busy washing, drying and preparing for the season change on Saturday must have been disappointed.As of last Saturday after a round of warming, yesterday, the Northeast affected by the cold vortex, the temperature entered the downstream passage, and the temperature dropped sharply, the cumulative decline will reach 6-10 degrees Celsius.

7. <a href="#">糖尿病查出尿蛋白，饮食要怎么办? 营养师详解</a>	来源：搜狐	类别：健康中心	态度：提倡	时间：13:18:21
<a href="#">Diabetes found urine protein, food how to eat?A dietitian,</a>	来源：搜狐	Category: health and wellness centers	Attitude: advocate	Time: 13:18:21

原标题：糖尿病查出尿蛋白，饮食要怎么办? 营养师详解 越来越多的糖尿病友认可和接受了糖友共同照护，照护病人的数量越来越多，效果也越来越好。今天是叶老师在兰州糖尿病医院的第三天，和其他医务人员一样，叶老师也早早的做好了为糖尿病友共同照护的准备。在面前来参与共同照护的糖尿病友，叶老师总是耐心细致的询问糖友的基本情况，如体重、饮食、吸烟、运动、血糖值、血糖监测频率以及对发生高血糖或低血糖后的急救措施等，针对糖友生活中的不足和错误之处进行指导。叶老师为糖尿病友进行共同照护 叶老师讲解胰岛素注射的部位 通过沟通发现，很多糖尿病肾病的糖友对饮食和血糖的管理存在问题。叶老师针对糖尿病肾病的日常饮食给予了详细指导和建议

Original title: diabetes to detect urinary protein, how to eat? Dietitian detailed explanationMore and more diabetic friends recognize and accept the co-care of sugar pals, the number of patients care more and more, the effect is getting better and better.Today is Mr. Ye's third day in Lanzhou Diabetes Hospital. Like other medical staff, Mr. Ye has prepared early for the care of diabetic friends. In the face of diabetic friends who come to participate in co-care, Professor Ye always patiently and meticulously inquires about the basic situation of sugar pals, such as weight, diet, smoking, exercise, blood glucose, blood glucose monitoring frequency and emergency measures after the occurrence of hyperglycemia or hypoglycemia, etc., in order to guide the shortcomings and mistakes in sugar pals'life.MS Ye works together for diabetes patients.Mr. Ye explained the location of insulin injection.Through communication, it is found that many diabetic nephropathy friends have problems with diet and blood sugar management. Miss Ye gave detailed guidance and advice on the diet of diabetic nephropathy.

8. <a href="#">饭要这样吃才健康</a>	来源：新浪网	类别：健康中心	态度：提倡	时间：03:27:16
<a href="#">So eat healthy food</a>	来源：新浪网	Category: health and wellness centers	Attitude: advocate	Time: 03:27:16

继南方人不懂北方人囤百斤大白菜过冬、北方人不懂南方人点菜最后一道菜一定是炒青菜之后，“菜”又引起了南北大讨论。最近，微博博主@我是肥志的一条微博引起了讨论“你们北方人吃饭一定要有一道硬菜。”网友纷纷留下表明自己所属地域的硬菜标准。其实表面上是在讨论南北方点菜的区别，实际上也反映出了我国南北方饮食习惯、地域气候等客观因素。北方人喜高油高盐爱吃肉 北方人的饮食口味普遍偏重，喜欢高盐、高油、高热量的食物，觉得这样才够味儿，烹饪方式也偏爱油炸、爆炒，殊不知，越是油腻荤腥的食物往往能量比较高，当摄入能量高于人体消耗的能量时，过多的能量在体内以脂肪的形式堆积，长此以往，就造成了身体肥胖。此外，北方人是出了名的豪爽，喜欢大块吃肉，大碗喝酒，即使不聚餐很多北方汉子也爱“顿顿喝一杯”，吃饭方式更是狼吞虎咽，大快朵颐，吃完了畅快淋漓，但正是这样的饮食习惯，日积月累易造成肠胃无法消化，脂肪长期囤积使得身体变得臃肿肥胖

After the southerners did not understand the northerners hoarding 100 kilograms of cabbage for winter, northerners did not understand that the last dish ordered by the southerners must be fried vegetables, the "dish" has caused a great discussion between the north and the south. Recently, a Weibo blogger @'m Feichi's microblog prompted a discussion: "Do you northerners have to have a hard dish for dinner?" Netizens have left behind a hard dish standard indicating their region.In fact, it is superficially discussing the difference between northern and southern orders, in fact, it also reflects the eating habits of northern and southern China, geographical climate and other objective factors.Northern people like high oil, high salt and meat.People in the North generally prefer foods with high salt, oil and calories. They think that is enough. They also prefer fried and stir-fried food. They do not know that the more fatty and meat-like food is, the more energy is consumed. When the energy is higher than the energy consumed by the human body, the excessive energy in the body is fat. Form accumulation, if this happens, it will cause obesity.In addition, the northerners are famous for their boldness, like to eat large pieces of meat, big bowls of wine, even if not dinner, many northern men also like to "have a drink at a meal". The way of eating is to gobble up, eat quickly, and eat happily, but it is such eating habits, accumulated over time easy to cause gastrointestinal indigestion, fat long. The period of hoarding makes the body fat and fat.

9. <a href="#">老年人减肥要遵循哪些饮食原则?</a>	来源：中国医药网	类别：健康中心	态度：提倡	时间：16:44:56
<a href="#">Old people lose weight to follow the principle of what food?</a>	来源：中国医药网	Category: health and wellness centers	Attitude: advocate	Time: 16:44:56

老年人减肥要遵循哪些饮食原则? 老年人肥胖会导致高血脂、高血压、高血糖等慢性疾病，所以老年人减肥势在必行，因为老年人身体比较特殊，所以要采取安全有效的减肥方法，把握好饮食原则。老年人减肥的饮食原则有哪些？1、摄入足够的碘 碘是身体中不可或缺的矿物质，当缺乏时会让甲状腺功能出现减退，降低了新陈代谢的速度，同时脂肪的分解速度也会减慢。不仅不能减肥反而会导致身体越来越肥胖，所以在减肥期间要保证碘的摄入量，这样才能保证身体的代谢速度预防了粘液性的水肿。2、摄入充足的维生素和蛋白质 进入中年之后加强了身体的分解代谢能力，蛋白质的消化利用率也会下降，所以一定要保证充足的蛋白质摄入，这样才能满足身体所需要的。平时可以多吃一些蛋类、牛奶、豆制品。瘦肉的含有优质蛋白质的食物，因为老年人的吸收能力已经降低，所以里面的维生素不能得到充分的利用，容易缺乏维生素，维生素可以有效的缓解身体的衰老，所以可以多吃一些应季的蔬菜和水果，必要时可以在医生的指导下吃维生素片

What diet principles do the elderly lose weight to follow? Obesity in the elderly can lead to hyperlipidemia, hypertension, hyperglycemia and other chronic diseases, so it is imperative for the elderly to lose weight, because the elderly body is relatively special, so we should take a safe and effective way to lose weight, grasp the dietary principles. What are the dietary principles for the elderly? 1. Adequate intake of iodine and iodine is an indispensable mineral in the body. When deficiency occurs, thyroid function will decline, reducing the speed of metabolism, and the decomposition of fat will slow down. Not only can not lose weight but will lead to more and more obese body, so during weight loss to ensure that iodine intake, so as to ensure that the body's metabolic rate to prevent mucous edema. 2. Adequate intake of vitamins and proteins into middle age after the body's catabolic capacity, protein digestion and utilization rate will also decline, so we must ensure adequate protein intake, so as to meet the body's needs. Usually you can eat more eggs, milk, soy products, lean meat containing high-quality protein foods, because the absorption capacity of the elderly has been reduced, so the vitamin can not be fully utilized, easy to lack of vitamins, vitamins can effectively alleviate the aging of the body, so you can eat more seasonal Vegetables and fruits, when necessary, can be taken under the guidance of a doctor to take vitamin tablets.

10. <a href="#">秋冬防脑卒中医生教你识别脑卒中5个早期信号</a>	来源：中国医药网	类别：健康中心	态度：提倡	时间：16:45:20
<a href="#">Qiu dong stroke prevention doctors teach you identify five signals early stroke</a>	来源：中国医药网	Category: health and wellness centers	Attitude: advocate	Time: 16:45:20

秋冬防脑卒中 医生教你识别脑卒中5个早期信号 最近广州气温骤降，不少市民都穿上了冬衣。广东省第二人民医院神经内科主任刘新通教授提醒，气温的变化会造成血管过度收缩，从而导致血压上升，容易诱发脑卒中。特别是高血压、心脏病、房颤患者，要重视脑卒中中出现的5个早期信号：（1）身体一侧或双侧，上肢、下肢或面部出现无力、麻木或瘫痪；（2）单眼或双眼突发视物模糊，视力下降，或视物重影；（3）言语表达困难或理解困难；（4）头晕、失去平衡，任何意外摔倒，或步态不稳；（5）头痛（通常是严重且突然发作）或头痛的性质突然改变。此外，刘新通教授叮嘱，一旦发现自己或者家属患有脑卒中，要牢记三个原则：医院，并转运到最近的卒中治疗医院或卒中中心，越快越好，尽量不要耽误任何时间。1、时间就是生命，一旦怀疑卒中立即拨打急救电话120或者省二医专门设立的卒中救治热线（020-89169999），尽快平稳地将患者送到，并转运到最近的卒中治疗医院或卒中中心，越快越好，尽量不要耽误任何时间

Autumn and Winter Stroke Prevention Doctors teach you to identify five early signs of stroke. Recently, the temperature dropped suddenly in Guangzhou, and many people wore winter clothes. Professor Liu Xintong, Director of Neurology, Guangdong Second People's Hospital, warned that changes in temperature can cause excessive vasoconstriction, which can lead to increased blood pressure and stroke. Especially in patients with hypertension, heart disease, atrial fibrillation, attention should be paid to the five early signs of stroke: stroke has five early signals: (1) one side or both sides of the body, upper limbs, lower limbs or face weakness, numbness or paralysis; (2) monocular or binocular sudden blurred vision, vision loss, or visual ghosting; (3) (4) dizziness, loss of balance, any accidental fall, or unstable gait; (5) headache (usually severe and sudden onset) or sudden change in the nature of the headache. In addition, Professor Liu Xintong advised that once you find yourself or your family members suffering from stroke, you should bear in mind three principles: hospital, and transfer to the nearest stroke treatment hospital or stroke center, the sooner the better, try not to delay any time. 1. Time is life. Once a stroke is suspected, call 120 or a special stroke hotline (020-89169999) set up by the Second Medical College of Shandong Province. The patient will be sent to the nearest stroke hospital or stroke center as soon as possible and smoothly as possible. The sooner the better, the better. Do not delay any time as much as possible.

11. <a href="#">男性应该如何保养? 遵循4个保健原则很重要!</a>	来源：中国医药网	类别：健康中心	态度：提倡	时间：16:47:20
<a href="#">Men should be how to maintain?It is very important to follow the principle of four health care!</a>	来源：中国医药网	Category: health and wellness centers	Attitude: advocate	Time: 16:47:20

男性应该如何保养? 遵循4个保健原则很重要! 男性容易受到高血压、冠心病、糖尿病以及高血脂的困扰，导致死亡率明显升高，主要是和不良的生活习惯、心情有很大的关系，如果想要保持健康要遵循4大原则。男性应该如何保养? 遵循4个保健原则很重要！1、改变观念、重视 健康 保健 意识，多掌握一些保健的方法，这样才能保持身体健康。每年要定期的去 医院 做体检，当出现一些症状时应该及时去医院做检查，以免耽误了最佳的治疗时间。到了中年时期男性没有强意识去维护健康，所以会导致大量的细菌和病毒侵入，男性朋友要有积极的意识，多掌握一些保健的方法，这样才能保持身体健康。每年要定期的去做体检，当出现一些症状时应该及时去医院做检查，以免耽误了最佳的治疗时间

How should men maintain it? It is important to follow the 4 principles of health care.Men are susceptible to high blood pressure, coronary heart disease, diabetes and hyperlipidemia, leading to a significant increase in mortality, mainly with bad habits, mood has a great relationship, if you want to maintain health to follow the four principles. How should men maintain it? It is important to follow the 4 principles of health care. 1. Change the idea, pay attention to health care consciousness, master more health care methods, so as to maintain health. Every year to the hospital regularly for physical examination, when some symptoms should be timely to the hospital for examination, in order to avoid delaying the best treatment time. In middle age, men do not have a strong sense to maintain health, so it will lead to a large number of bacteria and viruses invasion, male friends should have a positive awareness, more health care methods to master, so as to maintain good health. Every year to do a regular physical examination, when some symptoms should be timely to the hospital for examination, in order to avoid delaying the best treatment time

没有相关文章!

No such articles!

## 减盐-微信 Salt Reduction - WeChat

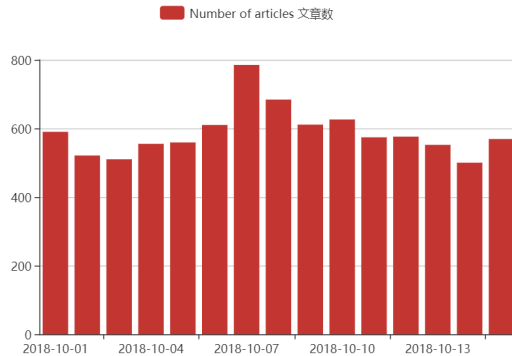
2018-10-15, 共监测到569篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 569 WeChat public articles were monitored in 2018-10-15. 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. 七成家庭日摄盐超标! 5种方法教你正确减盐

重复数: 16

日期: 2018-10-15

[Seventy percent family exceed the standard of salt intake everyday. There are five methods teaching you how to reduce salt.](#) Repeat Number: 16

Data: 2018-10-15

一项涉及全国75个大中城市的调查显示, 以《中国膳食指南(2016)》中每人食盐不超过6g的推荐摄入量标准计算, 有58.2%的居民食盐量偏高。

A survey involving 75 large and medium-sized cities across the country showed that 58.2% of residents had a high salt content, based on the recommended intake of no more than 6g per person in the Chinese Dietary Guidelines (2016).

#### 2. “重口味”易致血压高, “减盐、减油、减糖”就看这几点!

重复数: 5

日期: 2018-10-15

["Heavy taste" is easy to cause high blood pressure. "Salt reduction, oil reduction, and sugar reduction" are the key points.](#) Repeat Number: 5

Data: 2018-10-15

《中国居民膳食指南》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。为了防止吃太多盐, 建议使用定量盐勺, 使用2克定量盐勺时, 每一平均食盐量为2克。

Chinese Dietary Guidelines recommend 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. In order to prevent eating too much salt, it is recommended to use a quantitative salt spoon. The amount of salt per plate is 2 grams.

#### 3. 这几样调料, 比吃肉还容易长胖, 做菜一定要少放!

重复数: 3

日期: 2018-10-15

[These kinds of seasonings are easier to gain weight than eating meat. Be sure to put it less when cooking!](#) Repeat Number: 3

Data: 2018-10-15

摄入过多的盐, 会刺激身体的胰岛素的分泌, 导致身体不断储存糖分, 进而堆积成脂肪藏在身体各个部位。如果因为缓解盐吃的过多引起的口渴而大量喝水, 就会造成浮肿、虚胖, 立竿见影。

Excessive salt intake stimulates insulin production in the body, causing the body to store sugar and accumulate fat in all parts of the body. If you drink a lot of water to relieve thirst caused by excessive salt intake, it will cause swelling and fatness immediately.

#### 4. 每五人就有一人高血压! 吃惯了重口味 如何减盐、减油、减糖?

重复数: 2

日期: 2018-10-15

[Every five people have hypertension! How to reduce salt, oil and sugar?](#) Repeat Number: 2

Data: 2018-10-15

《中国居民膳食指南》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。为了防止吃太多盐, 建议使用定量盐勺, 使用2克定量盐勺时, 每一平均食盐量为2克。

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#### 5. 2元一袋和10元一袋的盐到底差在哪? 终于清楚了...

重复数: 2

日期: 2018-10-15

[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.](#) Repeat Number: 2

Data: 2018-10-15

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.

## 减盐-微博

### Salt Reduction - Weibo

2018-10-15, 共检测到1607条与“减盐”相关的微博。

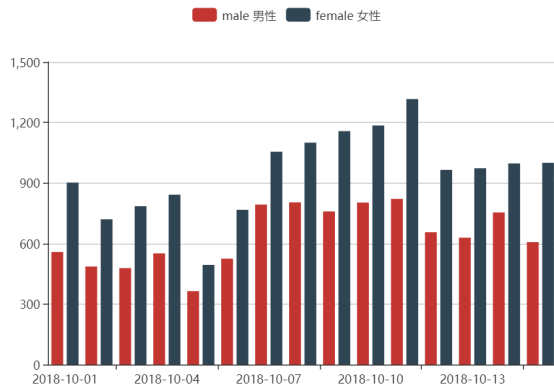
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 1607 weibos about salt reduction monitored on 2018-10-15.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail information.



#### 最热原创微博-前10

#### Hottest original weibos - Top 10

- 昵称: 话提** **性别: 男** **地区: 其他** **生日: 射手座** **认证: 个人**  
**Nickname: 话提** **Sex: male** **Area: Other** **Birthday: Sagittarius** **Identity: Person**  
时间: 2018-10-15 22:35 来自: 微博weibo.com 转发数: 500 评论数: 151 点赞数: 518  
Time: 2018-10-15 22:35 Source: 微博weibo.com Repost: 500 Comment: 151 Like: 518  
#十年一转眼#不可怕, 可怕的是年纪越来越大, 头发越来越少, 皱纹越来越多! 不说了保温杯里枸杞都要凉了, 这玩意凉了可不好喝, 对了晚上泡脚的水记得放点盐和生姜啊, 这玩意补~~#双11来了#  
It's not terrible to turn your eyes in ten years. It's terrible to get older and older, to have fewer and fewer hairs, and to have more and more wrinkles. Not to mention that the Chinese wolfberry in the thermos cup will be cold, this thing is not good to drink cold, for the water soaking feet at night remember to put some salt and ginger, this thing ~ #double 11 festival is coming#
- 昵称: 德州环境** **性别: 女** **地区: 山东** **生日: 无** **认证: 政务**  
**Nickname: 德州环境** **Sex: female** **Area: Shandong** **Birthday: None** **Identity: Official**  
时间: 2018-10-15 20:00 来自: 微博 weibo.com 转发数: 17 评论数: 10 点赞数: 11  
Time: 2018-10-15 20:00 Source: 微博 weibo.com Repost: 17 Comment: 10 Like: 11  
#有所不知#【吃火锅健康提示】1.火锅料如鱼饺、虾饺、各种丸子, 含有高量油脂, 糖尿病、高血压、高血脂的人要注意;2.火锅汤中有大量嘌呤, 痛风病人不要喝;3.火锅汤中钠离子, 肾脏病、高血压的人要小心;4.调味料如辣椒酱, 对于肠胃刺激大;5.吃火锅时注意肉类与蔬菜水果均衡。  
Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of pills, containing a high amount of fat, diabetes, hypertension, hyperlipidemia people should pay attention to; 2. Hot pot soup in a large number of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension people should be careful; 4. Seasoning such as chili sauce For stomach and stomach irritation; 5. when eating hot pot, pay attention to meat and vegetables and fruits.
- 昵称: 中科体检** **性别: 男** **地区: 江西** **生日: 0001-00-00** **认证: 机构**  
**Nickname: 中科体检** **Sex: male** **Area: Jiangxi** **Birthday: 0001-00-00** **Identity: Institution**  
时间: 2018-10-15 20:42 来自: 皮皮时光机 转发数: 25 评论数: 3 点赞数: 9  
Time: 2018-10-15 20:42 Source: 皮皮时光机 Repost: 25 Comment: 3 Like: 9  
【胃病为何更青睐男性】胃病之所以青睐男性, 与男性烟酒过度、狼吞虎咽、饥一顿饱一顿、生活无规律等有一定关系。养胃至少要做到五点: 1.规律饮食, 早吃饱、午吃好、晚吃少; 2.拒绝高盐饮食、腌制食品; 3.细嚼慢咽, 别吃烫食, 少吃生冷; 4.胃肠是人体的“第二大脑”, 学会知足常乐; 5.每晚11点前睡觉。  
Stomach disease favors men, which is related to excessive smoking and drinking, gorging, starvation, and irregular life. Stomach at least to do five points: 1. Regular diet, early satiety, good lunch, eat less late; 2. Refuse high-salt diet, pickled food; 3. Chew slowly, do not eat hot food, eat less cold; 4. Gastrointestine is the body's "second brain", learn to be content and happy; 5. Sleep before 11 o'clock every night.
- 昵称: 健身养生指南** **性别: 女** **地区: 北京** **生日: 无** **认证: 个人**  
**Nickname: 健身养生指南** **Sex: female** **Area: Beijing** **Birthday: None** **Identity: Person**  
时间: 2018-10-15 17:06 来自: 皮皮时光机 转发数: 18 评论数: 0 点赞数: 13  
Time: 2018-10-15 17:06 Source: 皮皮时光机 Repost: 18 Comment: 0 Like: 13  
【请告诉高血压的父母】1.每天走路6000步; 2.翻日记, 看让人高兴的往事, 保持血压平衡; 3.保持每天吃4瓣大蒜; 4.多吃芹菜; 5.少喝含糖饮料; 6.多吃土豆茄子补钙; 7.每天喝牛奶补钙; 8.一定要戒烟戒酒; 9.每天不超过5克盐; 10.吃柠檬补充维生素c。爱爸妈就告诉他们!  
[Tell your parents of high blood pressure] 1. Walk 6,000 steps a day; 2. Read your diary to keep your blood pressure in balance; 3. Eat 4 cloves of garlic a day; 4. Eat celery more; 5. Drink less sugary drinks; 6. Eat potatoes and eggplants more; 7. Drink milk more calcium every day; 8. Be sure to quit smoking and drinking; 9. Do not exceed 5 grams of salt a day.; 10. eat lemon to supplement vitamin C. Love your parents and tell them!
- 昵称: 漫老师瘦身减脂反馈** **性别: 男** **地区: 江西** **生日: 1992-11-17** **认证: 无**  
**Nickname: 漫老师瘦身减脂反馈** **Sex: male** **Area: Jiangxi** **Birthday: 1992-11-17** **Identity: None**  
时间: 2018-10-15 22:53 来自: 转发数: 22 评论数: 1 点赞数: 5  
Time: 2018-10-15 22:53 Source: Repost: 22 Comment: 1 Like: 5  
【200斤到145】他很年轻, 才22岁, 但是很早就加过我, 一直都在我这减, 身高178cm, 最初200斤, 如今减了55斤, 现在只有145斤, 全身都有变化! 之前胖的时候内分泌受影响, 皮肤也不好, 现在人减下来精神多了! 大家都问他是不是整容了😂。减肥期间饮食很健康, 低油少盐, 少碳水少脂肪不熬夜, 有时还会运动。平时都按照我的要求喝, 有茶胡吃海塞也不会胖! #减肥##健身#L漫老师瘦身减脂反馈的秒拍视频  
[200 Jin to 145] He is very young, only 22 years old, but added me very early, has been in my reduction, height 178 cm, initially 200 jin, now lost 55 jin, now only 145 jin, the whole body has changed! Before obesity, endocrine is affected, and the skin is not good. Now people are much more mentally reduced. Everyone asked him if he had plastic surgery. During the weight loss diet is very healthy, low oil and salt, less carbon water, less fat, do not stay up late, and sometimes exercise. I always drink according to my requirements, and I will not be fat if I eat tea. Weight loss, weight loss, body building, #L exercise, weight loss and feedback.
- 昵称: 世界卫生组织** **性别: 女** **地区: 北京** **生日: 1948-04-07** **认证: 政务**  
**Nickname: 世界卫生组织** **Sex: female** **Area: Beijing** **Birthday: 1948-04-07** **Identity: Official**



时间: 2018-10-15 17:01  
Time: 2018-10-15 17:01

来自: 微博 weibo.com  
Source: 微博 weibo.com

转发数: 10  
Repost: 10

评论数: 3  
Comment: 3

点赞数: 12  
Like: 12

【减盐小贴士】《中国居民膳食指南》建议，中国成人每天盐摄入量不超过6克。接下来的一周，让我们每天带你掌握一个小窍门，做个低盐美食达人吧！#盐不过6#[Salt Reduction Tips] The Dietary Guidelines for Chinese Residents recommend that Chinese adults should not consume more than 6 grams of salt per day. The next week, let's take you a little trick every day and make a low salt delicacy. #Salt no more than6#

7.

昵称: 漫老师瘦身减脂反馈

性别: 男

地区: 江西

生日: 1992-11-17

认证: 无

Nickname: 漫老师瘦身减脂反馈

Sex: male

Area: Jiangxi

Birthday: 1992-11-17

Identity: None

时间: 2018-10-15 22:54  
Time: 2018-10-15 22:54

来自:   
Source:

转发数: 0  
Repost: 0

评论数: 1  
Comment: 1

点赞数: 5  
Like: 5

【200斤到145】他很年轻，才22岁，但是很早就加过我，一直都在我这边，身高178cm，最初200斤，如今减了55斤，现在只有145斤，全身都有变化！之前胖的时候内分泌受影响，皮肤也不好，现在人减下来精神多了！大家都问他是不是整容了😂。减肥期间饮食很健康，低油少盐，少碳水少脂肪不熬夜，有时还会运动，平时都按照我的要求喝，有茶胡吃海塞也不会胖！#减肥#健身#[200 Jin to 145] He is very young, only 22 years old, but added me very early, has been in my reduction, height 178 cm, initially 200 jin, now lost 55 jin, now only 145 jin, the whole body has changed! Before obesity, endocrine is affected, and the skin is not good. Now people are much more mentally reduced. Everyone asked him if he had plastic surgery. During the weight loss diet is very healthy, low oil and salt, less carbon water, less fat, do not stay up late, and sometimes exercise. I always drink according to my requirements, and I will not be fat if I eat tea. To lose weight, to keep fit.

8.

昵称: 韩君衍

性别: 男

地区: 其他

生日: 天蝎座

认证: 无

Nickname: 韩君衍

Sex: male

Area: Other

Birthday: Scorpio

Identity: None

时间: 2018-10-15 10:36  
Time: 2018-10-15 10:36

来自: 荣耀4A 青春优等生  
Source: 荣耀4A 青春优等生

转发数: 0  
Repost: 0

评论数: 2  
Comment: 2

点赞数: 2  
Like: 2

每天脱水，控油，控盐三循环，心态爆炸2海口·海师桂林洋校区宿舍区  
Daily dehydration, oil control, salt control three cycle, mentality explosion 2 Haikou Hai Shi Gui Linyang campus dormitory area.

9.

昵称: 倒爷今天养猫了吗

性别: 女

地区: 海外

生日: 2000-11-18

认证: 无

Nickname: 倒爷今天养猫了吗

Sex: female

Area: overseas

Birthday: 2000-11-18

Identity: None

时间: 2018-10-15 22:33  
Time: 2018-10-15 22:33

来自: iPhone客户端  
Source: iPhone客户端

转发数: 0  
Repost: 0

评论数: 4  
Comment: 4

点赞数: 0  
Like: 0

我错了 我以后戒辣戒糖少油少盐坚持在家做饭 下班去健身房 睡前泡脚 10点睡觉 乖乖养生可以嘛  
I'm wrong. I'll give up spicy food, sugar, oil and salt and stick to cooking at home and going to the gym and soaking my feet before going to bed at 10:00.

10.

昵称: 小女巫请你喝可乐

性别: 女

地区: 香港

生日: 2018-08-11

认证: 无

Nickname: 小女巫请你喝可乐

Sex: female

Area: Hong Kong

Birthday: 2018-08-11

Identity: None

时间: 2018-10-15 22:22  
Time: 2018-10-15 22:22

来自: HUAWEI P20 Pro  
Source: HUAWEI P20 Pro

转发数: 1  
Repost: 1

评论数: 2  
Comment: 2

点赞数: 0  
Like: 0

对少盐最狠的诅咒,你再干嘛干嘛就瘦10斤  
he curse on salt is the most ruthless curse. Why do you lose 10 pounds?

#### 今日被转发最多的微博

#### The most widely reposted weibos today

1.

昵称: 世界卫生组织

性别: 女

地区: 北京

生日: 1948-04-07

认证: 政务

Nickname: 世界卫生组织

Sex: female

Area: Beijing

Birthday: 1948-04-07

Identity: Official

时间: 2018-10-15 17:01  
Time: 2018-10-15 17:01

来自: 微博 weibo.com  
Source: 微博 weibo.com

转发数: 10  
Repost: 10

评论数: 3  
Comment: 3

点赞数: 12  
Like: 12

【减盐小贴士】《中国居民膳食指南》建议，中国成人每天盐摄入量不超过6克。接下来的一周，让我们每天带你掌握一个小窍门，做个低盐美食达人吧！#盐不过6#[Salt Reduction Tips] The Dietary Guidelines for Chinese Residents recommend that Chinese adults should not consume more than 6 grams of salt per day. The next week, let's take you a little trick every day and make a low salt delicacy. #Salt no more than6#

2.

昵称: 实用干货

性别: 男

地区: 广东

生日: 0001-00-00

认证: 个人

Nickname: 实用干货

Sex: male

Area: Guangdong

Birthday: 0001-00-00

Identity: Person

时间: 2018-10-15 21:45  
Time: 2018-10-15 21:45

来自: 微博 weibo.com  
Source: 微博 weibo.com

转发数: 121  
Repost: 121

评论数: 28  
Comment: 28

点赞数: 132  
Like: 132

请记住身体这几个器官最怕什么肾：怕熬夜；怕肺脏：怕烟脏；怕油脂心脏：怕咸胰腺：怕暴饮暴食肠道：怕胡吃海喝眼睛：怕手机电脑眼囊：怕不吃早餐转给身边生活不规律的朋友！  
Remember what kidneys is most afraid of: staying up late at night, stomach, lung, liver, fat, heart, salty pancreas, intestine, sea, eyes, computer gallbladder, breakfast and irregular friends!

3.

昵称: 德州环境

性别: 女

地区: 山东

生日: 无

认证: 政务

Nickname: 德州环境

Sex: female

Area: Shandong

Birthday: None

Identity: Official

时间: 2018-10-15 20:00  
Time: 2018-10-15 20:00

来自: 微博 weibo.com  
Source: 微博 weibo.com

转发数: 17  
Repost: 17

评论数: 10  
Comment: 10

点赞数: 11  
Like: 11

#有所不知#【吃火锅健康提示】1.火锅料如鱼饺、虾饺、各种丸子，含有高量油脂，糖尿病、高血压、高血脂的人要注意;2.火锅汤中有大量嘌呤，痛风病人不要喝;3.火锅汤中钠离子，肾脏病、高血压的人要小心;4.调味料如辣椒酱，对于肠胃刺激大;5.吃火锅时注意肉类与蔬菜水果均衡。  
Hot pot ingredients such as fish dumplings, shrimp dumplings, all kinds of pills, containing a high amount of fat, diabetes, hypertension, hyperlipidemia people should pay attention to; 2. Hot pot soup in a large number of purine, gout patients do not drink; 3. Hot pot soup sodium ions, kidney disease, hypertension people should be careful; 4. Seasoning such as chili sauce For stomach and stomach irritation; 5., when eating hot pot, pay attention to meat and vegetables and fruits.

#### 专业机构发布的微博

#### Weibos from Authorities

1.

昵称: 德州环境

性别: 女

地区: 山东

生日: 无

认证: 政务

Nickname: 德州环境

Sex: female

Area: Shandong

Birthday: None

Identity: Official

时间: 2018-10-15 20:00  
Time: 2018-10-15 20:00

来自: 微博 weibo.com  
Source: 微博 weibo.com

转发数: 17  
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2.

昵称: 辽宁卫生12320

性别: 女

地区: 辽宁

生日: 0001-00-00

认证: 政务

Nickname: 辽宁卫生12320

Sex: female

Area: Liaoning

Birthday: 0001-00-00

Identity: Official

时间: 2018-10-15 09:02  
Time: 2018-10-15 09:02

来自: 人民微管家  
Source: 人民微管家

转发数: 2  
Repost: 2

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

【有几个不良习惯，可能导致慢性病发病率居高不下】口重。盐的摄入量超标，导致高血压患病率居高不下。肉重。过多吃肉，摄入的热量过高，容易导致肥胖，而肥胖是很多慢性病的危险因素。烟重。吸烟是高血压、心脑血管疾病的危险因素。酒重。长期过量饮酒不仅会伤害血管，而且会造成慢性肝损伤。

There are several bad habits that may lead to a high incidence of chronic diseases. Excessive intake of salt leads to high prevalence of hypertension. The meat is heavy. Eating too much meat and eating too much calories can easily lead to obesity, which is a risk factor for many chronic diseases. The weight of the smoke. Smoking is a risk factor for hypertension and cardiovascular and cerebrovascular diseases. The wine is heavy. Chronic excessive drinking not only damages blood vessels, but also causes chronic liver damage.

3.

昵称: 世界卫生组织

性别: 女

地区: 北京

生日: 1948-04-07

认证: 政务

Nickname: 世界卫生组织

Sex: female

Area: Beijing

Birthday: 1948-04-07

Identity: Official

时间: 2018-10-15 17:01

来自: 微博 weibo.com

转发数: 10

评论数: 3

点赞数: 12

Time: 2018-10-15 17:01

Source: 微博 weibo.com

Repost: 10

Comment: 3

Like: 12

【减盐小贴士】《中国居民膳食指南》建议，中国成人每天盐摄入量不超过6克。接下来的一周，让我们每天带你掌握一个小窍门，做个低盐美食达人吧！#盐不过6# [Salt Reduction Tips] The Dietary Guidelines for Chinese Residents recommend that Chinese adults should not consume more than 6 grams of salt per day. The next week, let's take you a little trick every day and make a low salt delicacy. #Salt no more than6#

4.

昵称: 北京口腔医院

性别: 男

地区: 北京

生日: 0001-00-00

认证: 政务

Nickname: 北京口腔医院

Sex: male

Area: Beijing

Birthday: 0001-00-00

Identity: Official

时间: 2018-10-15 14:04

来自: 专业版微博

转发数: 0

评论数: 0

点赞数: 2

Time: 2018-10-15 14:04

Source: 专业版微博

Repost: 0

Comment: 0

Like: 2

【逐渐减少钠盐的摄入量】减盐需要一步步来，让您的味蕾感受 and 适应不同食物的自然风味。您对咸味的需求会随着时间的推移逐渐降低。 Reducing salt should take step by step, allowing your taste buds to feel and adapt to the natural flavors of different foods, and your need for salty flavors will gradually decrease over time.

5.

昵称: 北京房山健康教育

性别: 女

地区: 北京

生日: 0001-00-00

认证: 政务

Nickname: 北京房山健康教育

Sex: female

Area: Beijing

Birthday: 0001-00-00

Identity: Official

时间: 2018-10-15 14:23

来自: 360安全浏览器

转发数: 1

评论数: 0

点赞数: 0

Time: 2018-10-15 14:23

Source: 360安全浏览器

Repost: 1

Comment: 0

Like: 0

【高血压人群五种养生法】1、高血压人群需控油、盐、糖的摄入：油、盐、糖都是厨房中经常用到的调味品，在做一些美食的时候用到的次数会相当多，而其中的盐是诱发高血压的主要原因之一，除了要少吃盐，油跟糖也都不能忽视，油食用过多会增加心脑血管疾病的发生危险。而吃糖超过了健康的范围50g，对于高血压人群最好控制在25g，将跟糖尿病有密切的关系。所以，高血压人群在控制这些调味品的时候，先要做到少放，后要做到用适合自己的调味品。可以食用低钠盐、植物油等。 High blood pressure people need to control the intake of oil, salt, sugar: oil, salt, sugar are often used in the kitchen seasoning, when doing some delicious food will be used quite a number of times, and salt is one of the main causes of hypertension, in addition to eating less salt, oil and sugar are also It can not be ignored. Eating too much oil increases the risk of cardiovascular disease, and eating sugar over the healthy range of 50g, for people with high blood pressure is best controlled at 25g, will be closely related to diabetes. Therefore, high blood pressure people in control of these condiments, first to do less, then to do with their own condiments, can eat low sodium salt, vegetable oil and so on.

6.

昵称: 道里发布

性别: 男

地区: 黑龙江

生日: 0001-00-00

认证: 政务

Nickname: 道里发布

Sex: male

Area: Heilongjiang

Birthday: 0001-00-00

Identity: Official

时间: 2018-10-15 17:45

来自: 政务直通车

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-15 17:45

Source: 政务直通车

Repost: 0

Comment: 0

Like: 0

【运动后吃香蕉】在运动的过程中身体会排出大量的汗液，很多矿物质随着汗水排出体外，特别是钾和钠。这两者中钠比较容易从食物中得到补充，但钾元素在体内含量较少，因此运动后补充含有丰富钾元素的食物非常必要。香蕉富含钾元素，是补充钾最理想的选择。 [Eating bananas after exercise] During exercise, the body expels a lot of sweat, and many minerals are expelled from the body with sweat, especially potassium and sodium. Sodium in these two foods is easier to get from the supplement, but potassium content in the body is less, so after exercise to supplement food rich in potassium is very necessary. Bananas are rich in potassium, which is the best choice to supplement potassium.

7.

昵称: 成华红会

性别: 女

地区: 四川

生日: 无

认证: 政务

Nickname: 成华红会

Sex: female

Area: Sichuan

Birthday: None

Identity: Official

时间: 2018-10-15 20:03

来自: 皮皮时光机

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-15 20:03

Source: 皮皮时光机

Repost: 0

Comment: 0

Like: 0

【油盐酱醋也会损药效】1、醋：醋是酸性调料，最忌与碱性药物同服，如抗胃酸类的药物，如胃舒平、达喜等。2、油：大量食用动物、植物油时，不宜服用铁剂或驱虫药。3、盐：如果服用治高血压药物时吃含盐量高的食物，会加重肾脏的负担，导致血压升高，甚至出现水肿。 Vinegar: Vinegar is an acidic condiment, most avoid taking with alkaline drugs, such as anti-gastric acid drugs, such as Weishuping, Daxi and so on. 2. oil: when eating large quantities of animal and vegetable oils, it is not appropriate to take iron or insect repellent. 3. Salt: If you take high-salt food when taking drugs to treat hypertension, it will aggravate the burden on the kidneys, resulting in elevated blood pressure, and even edema.

8.

昵称: 桐庐县城南街道

性别: 男

地区: 浙江

生日: 2014-07-29

认证: 政务

Nickname: 桐庐县城南街道

Sex: male

Area: Zhejiang

Birthday: 2014-07-29

Identity: Official

时间: 2018-10-15 05:34

来自: 皮皮时光机

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-15 05:34

Source: 皮皮时光机

Repost: 0

Comment: 0

Like: 0

【香蕉治病】钾离子有抑制钠离子收缩血管和损坏心血管的作用。吃香蕉可维持体内的钠钾平衡和酸碱平衡，使神经肌肉保持正常、心肌收缩协调，所以每日吃3~5根香蕉，对高血压及心脑血管疾病的患者有益。 [bananas] potassium ions inhibit sodium ions to constrict blood vessels and damage cardiovascular functions. Eating bananas can maintain sodium and potassium balance and acid-base balance in the body, so that nerves and muscles to maintain normal, myocardial contraction coordination, so eat 3 to 5 bananas a day, for hypertension and cardiovascular and cerebrovascular diseases in patients with beneficial.

9.

昵称: 北京怀柔长哨营健康教育

性别: 男

地区: 北京

生日: 无

认证: 政务

Nickname: 北京怀柔长哨营健康教育

Sex: male

Area: Beijing

Birthday: None

Identity: Official

时间: 2018-10-15 15:01

来自: 微博 weibo.com

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-15 15:01

Source: 微博 weibo.com

Repost: 0

Comment: 0

Like: 0

一、“减盐”（二）食盐推荐摄入量《中国居民膳食指南（2016）》推荐健康成年人每人每天食盐摄入量不超过6克，2-3岁幼儿摄入量不超过2克，4-6岁幼儿摄入量不超过3克,7-10岁儿童不超过4克，65岁以上老年人不超过5克

1. Salt Reduction (2) Recommended Salt Intake The Dietary Guidelines for Chinese Residents (2016) recommend that healthy adults should not consume more than 6 grams of salt per day, children aged 2-3 should not consume more than 2 grams, children aged 4-6 should not consume more than 3 grams, children aged 7-10 should not exceed 4 grams, and elderly people aged over 65 should not exceed 5 grams.

10.

昵称: 北京怀柔长哨营健康教育

性别: 男

地区: 北京

生日: 无

认证: 政务

Nickname: 北京怀柔长哨营健康教育

Sex: male

Area: Beijing

Birthday: None

Identity: Official

时间: 2018-10-15 15:01

来自: 微博 weibo.com

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-15 15:01

Source: 微博 weibo.com

Repost: 0

Comment: 0

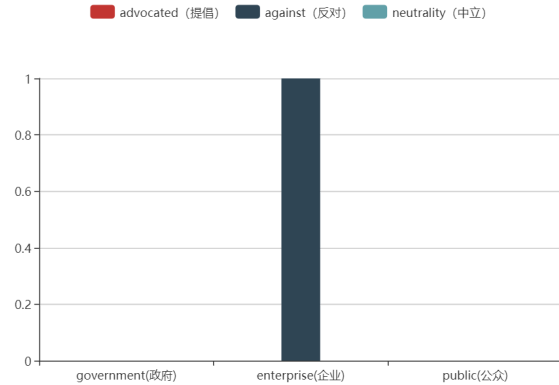
Like: 0

什么是“三减三健”减盐、减油、减糖、健康口腔、健康体重、健康骨骼 What is "three minus three health"? Salt, oil, sugar, healthy mouth, healthy weight, healthy bones.

# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-10-15) 共监测到1条资讯。请点击标题查看原文。  
There are 1 articles monitored today 2018-10-15. Please click the title to view full information.  
The original article is in Chinese only.



### 新闻主体分类

#### Classification of news subject

政府 Government				
没有相关文章!				
No such articles!				
企业 Industry				
1. <a href="#">音乐节还能这么玩小浣熊带你一起嗨</a>	来源: 汉丰网	类别: 反式脂肪酸	态度: 反对	时间: 12:06:47
<a href="#">Festival also can play small raccoon so hi together with you</a>	来源: 汉丰网	Category: trans fat	Attitude: against	Time: 12:06:47
网易汽车地方站10月15日报道 国庆结束后的第一个周末, 山东泉城欧乐堡度假区再一次陷入 “不安分”, 10月13-14日, 万众期待的2018齐鲁热波音乐节在这里火热开演。现场大咖众多, 不仅有不同流派的歌手, 还有 “北美巨星” 统一小浣熊, 给这一场音乐盛典注入无限 “萌动原力”。 本次音乐节共有超过20组艺人参与演出, 豪华阵容闪耀泉城。首日下午, 在重量级音乐人的歌声中, 拉开了音乐节的序幕, 乐迷们席地而坐, 享受音乐的盛宴。 在众多的音乐表演中, 还有一位特殊的北美巨星——曾经爬纽约25层楼的小浣熊				
Netease Auto Station reported on October 15 that the first weekend after the end of the National Day, Shandong Quancheng Olebao Resort once again fell into "unease", October 13-14, the expected 2018 Qilu Rebo Music Festival here to kick off. The number of live cafes, not only singers of different genres, but also "North American superstar" unified raccoon, injected infinite "germination force" into this music festival. There are over 20 groups of entertainers in this festival, and the bright lineup is shining. On the afternoon of the first day, the festival began with the singing of the heavyweight musicians. The fans sat down and enjoyed the music feast. Among the many musical performances, there is a special North American superstar, the little raccoon who once climbed 25 floors in New York.				
公众 Public				
没有相关文章!				
No such articles!				

### 内容分类

#### Classification of Content

反式脂肪酸  
Trans fat

1. [音乐节还能这么玩小浣熊带你一起嗨](#)

[Festival also can play small raccoon so hi together with you](#)

来源: 汉丰网

类别: 反式脂肪酸

态度: 反对

时间: 12:06:47

来源: 汉丰网

Category: trans fat

Attitude: against

Time: 12:06:47

网易汽车地方站10月15日报道 国庆结束后的第一个周末, 山东泉城欧乐堡度假区再一次陷入 “不安分”, 10月13-14日, 万众期待的2018齐鲁热波音乐节在这里火热开演。现场大咖众多, 不仅有不同流派的歌手, 还有“北美巨星”统一小浣熊, 给这一场音乐盛典注入无限“萌动原力”。本次音乐节共有超过20组艺人参与演出, 豪华阵容闪耀泉城。首日下午, 在重量级音乐人的歌声中, 拉开了音乐节的序幕, 乐迷们席地而坐, 享受音乐的盛宴。 在众多的音乐表演中, 还有一位特殊的北美巨星——曾经爬纽约25层楼的小浣熊

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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

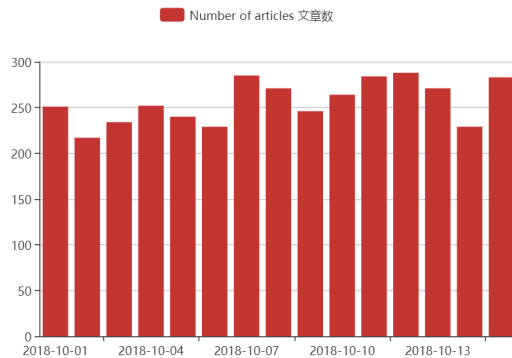
2018-10-15, 共监测到283篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 283 WeChat public articles were monitored in 2018-10-15. 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. 中国人的身体, 迟早被这些“网红美食”玩坏了.....

重复数: 6

日期: 2018-10-15

[Sooner or later, the Chinese body is damaged by these "internet celebrity foods".](#)

Repeat Number: 6

Data: 2018-10-15

反式脂肪酸是一种人体很难代谢的物质, 会增加人们罹患心血管疾病的概率。同时增加肾脏代谢的负担, 可能影响儿童智力发育, 对糖尿病患者和儿童的危害尤其大。

Trans fatty acids are substances that are difficult to metabolize in humans and increase the probability of cardiovascular disease. At the same time, it will increase the burden of kidney metabolism, which may affect children's mental development, especially for diabetic patients and children.

#### 2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!

重复数: 6

日期: 2018-10-15

[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

Repeat Number: 6

Data: 2018-10-15

心脏的一大杀手是反式脂肪酸, 尤其是人造的油炸食物、各种“酥”, 都要少吃。保养要点: 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. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.

#### 3. 奶茶, 正在毁掉中国年轻人的健康

重复数: 3

日期: 2018-10-15

[Milk tea is destroying the health of Chinese young people.](#)

Repeat Number: 3

Data: 2018-10-15

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. 这10种危害宝宝成长的食物, 90%的孩子都爱吃!

重复数: 3

日期: 2018-10-15

[These 10 kinds of foods harm the baby's growth. Ninety percent of children love to eat it!](#)

Repeat Number: 3

Data: 2018-10-15

本着珍爱生命的原则, 购买食品时注意看好食品标签上反式脂肪酸的含量, 尽量选择不含反式脂肪酸或反式脂肪酸含量低的食物, 仔细要先查看食物成分表, 最显而易见的就是看有没有“trans fat”这个字眼, 然而只看表面是远远不够的, 成分表还有很多陷阱。比如配方料中, 反式脂肪标注量为0, 也千万不要认为万事大吉了。因为我国《预包装食品营养标签通则》中规定, 当100g视

频中的反式脂肪量低于0.3g时就可将反式脂肪标注为0。

In the principle of cherishing life, pay attention to the content of trans fatty acids on food labels when purchasing food, and try to choose foods that do not contain trans fatty acids or low trans fatty acids. Carefully check the food ingredient list first. It is not enough to read the word "trans fat". There are still many traps in the ingredient list. For example, in the formula, the trans fat is labeled as 0, and don't think that everything is fine. Because China's "Prepackaged Video Nutrition Labels General Principles" stipulates that when the trans fat content in 100g food is less than 0.3g, the trans fat can be marked as 0.

#### 5. 奶茶真的正在“毁掉”年轻人健康吗? 言过其实

重复数: 2

日期: 2018-10-15

[Is milk tea really destroying young people's health? Exaggerate](#)

Repeat Number: 2

Data: 2018-10-15

新华网也表示, 反式脂肪酸对健康的危害是长期积累的结果, 只要不多吃, 对健康的风险是可控的, 关键是要控制量。

Xinhuanet also said that the health hazard of trans-fatty acids is the result of long-term accumulation. As long as it is eaten less, the risk to health is controllable. The key is to control the amount.



# 反式脂肪酸-微博

## Transfat - Weibo

2018-10-15, 共检测到50条与“反式脂肪酸”相关的微博。

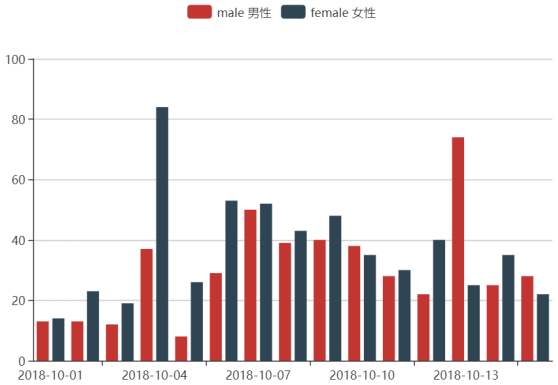
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 50 weibos about transfat reduction monitored on 2018-10-15.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail information.



### 最热原创微博-前10

#### Hottest original weibos - Top 10

1.

昵称: 木臂阿童铁\_

Nickname: 木臂阿童铁\_

时间: 2018-10-15 08:24

Time: 2018-10-15 08:24

性别: 男

Sex: male

来自: iPhone客户端

Source: iPhone客户端

地区: 天津

Area: Tianjin

转发数: 0

Repost: 0

生日: 射手座

Birthday: Sagittarius

评论数: 2

Comment: 2

认证: 个人

Identity: Person

点赞数: 2

Like: 2
- 突然发现自己越来越注重健康了主动吃起了小时候坚决不碰的南瓜🍠菠菜和胡萝卜🥕...而且早上吃东西图省事,吃了两块好朋友派和玉米肠,边吃边想,嗯...好朋友派太甜摄入糖分过多容易引发心血管疾病不都是色素,玉米肠简直就是吃玉米味的亚硝酸盐和防腐剂。喝了一杯速溶咖啡都是氢化植物油...一早上吃了那么多营养添加剂喂.....吃好了,美好的一天开始了。真香

Suddenly found himself more and more attention to health initiative to eat a child resolutely do not touch the pumpkin, spinach and carrots. And in the morning, it's easy to eat and eat two Orion pie and corn sausage. Too much sugar in a good friend's pie can easily lead to cardiovascular disease. Corn gut is like eating corn-flavored nitrite and preservatives. A cup of instant coffee is hydrogenated vegetable oil. I eat so many nutritious additives in the morning, um... Having eaten, a beautiful day has begun.
2.

昵称: -ShenAn

Nickname: -ShenAn

时间: 2018-10-15 08:57

Time: 2018-10-15 08:57

性别: 女

Sex: female

来自: 前后2000万 OPPO R11

Source: 前后2000万 OPPO R11

地区: 江苏

Area: Jiangsu

转发数: 0

Repost: 0

生日: 无

Birthday: None

评论数: 0

Comment: 0

认证: 无

Identity: None

点赞数: 1

Like: 1
- 我原来是超级不喜欢喝茶的人(到现在好像也不怎么喜欢),但是每次出去都会忍不住在奶茶店里买一杯果茶或者拿铁,纯牛奶做的那种,不是植脂末,本来很喜欢一点点的四季奶青,但自从知道也是植脂末之后就很少会喝了,而且我一向拒绝奶霜奶盖,所以奶盖茶除非特殊情况绝对不会点的(特殊情况是指去打卡奈雪和喜茶那些风声很大的网红产品),然后我一般都喜欢要无糖的,不是因为怕胖,就是喜欢茶味重一点口味淡一点的(虽然有一小部分原因是我在戒糖.....)然后我就非常多次被人吐槽了有一次和爸妈还有我哥在吾悦广场那的宽窄巷子吃完火锅,出来有一家一点点,我和我哥一致认为连火锅都吃了难道还会怕多喝一杯奶茶么!于是我们就去排了.....我买了一杯乌龙拿铁(+波霸和燕麦简直是我的心头爱!!),在店员小姐姐问我糖分的时候,本来想要三分甜但还是顺口说了要无糖,买完给我哥尝一口我的点单秘籍,就被吐槽“你喝的是奶茶么?”我???当时就很郁闷了然而就在昨天,还是一点点,我买了杯四季奶青之后遇到了同学,给他喝了一口之后也被疯狂吐槽不是人喝的,我特么#!&我一直觉得一点点的糖分很奇怪,你要无糖会很淡,遇到奶青和奶绿还有拿铁这一类茶味重的还会很涩,但是只要一个三分甜就会感觉特别甜,这导致我很久没有敢去尝试过半糖和全糖,所以每次纠结选无糖还是三分甜的时候我都会下意识去选无糖,因为我是很喜欢加料的人,一点点家的料其实并不怎么甜(和其他连锁奶茶店比起来),但加进去还是会有甜味,我喜欢波霸和燕麦,配上无糖拿铁会感觉刚刚好,口感也很丰富(疯狂喜欢燕麦的口感了)。我觉得糖分这种东西还是要看个人口味吧,真的不怎么喜欢别人评价自己的口味,味道自己尝到的就是自己的了,真的很讨厌别人看到我选无糖的时候阴阳怪气地说什么“你奶茶都喝了干嘛要在意那么一点糖分啊?”拜托我要是不选一个适合自己的糖分我就会浪费一整杯奶茶的好么奶茶真的不是什么好东西,但是真香如果可以抛开一切顾虑,真的很希望可以每天一杯吊着,还要尝遍世界各地所有奶茶还有奶茶味的零食哈哈哈哈哈哈

I used to be a super tea drinker (and I don't seem to like it very much now), but every time I go out I can't help but buy a cup of fruit tea or latte in a milk tea shop. The kind made from pure milk, not cream, originally likes a little bit of four seasons milk green, but since I know it is also cream, I seldom drink it. And I've always refused cream cream covers, so milk-covered tea is never ordered unless it's a special case. And then I generally like to be sugar-free, either because I'm afraid of fat or because I like tea that tastes a little heavier and tastes a little lighter (though a small part of it is because I'm giving up sugar... Then I have been tucking up many times. Once I ate hot pot with my parents and my brother in Kuan Alley and Zhai Alley of my pleasure square. There was a little family. My brother and I agreed that even if the hot pot was eaten, would they be afraid of drinking a cup of milk tea? So we went to row... I bought a cup of Oolong latte (+ Bobo and oats, that's my heart's love!) When the salesgirl asked me for sugar, she wanted to have three cents sweet, but she said it was sugar free. After buying my brother's name, she was tucking out. "Do you drink milk tea?" I??? It was very depressed at that time. But yesterday, it was still a little bit. After I bought a cup of milk and green tea, I met my classmate and gave him a drink. After that, he was also mad to vomit the trough. I've always thought that a little sugar is strange. If you don't have sugar, it will be very light. When you meet with milk green, milk green and latte, it will be very astringent, but as long as a three-point sweetness will feel particularly sweet, which leads me to a long time did not dare to try half sugar and whole sugar, so every time I choose sugar-free or three-point sweetness. I'll always subconsciously choose sugar-free because I'm a big fan of spices. A little bit of home cooking isn't really sweet (compared to other dairy chains), but it still tastes sweet. I like Boba and oats, and a sugar-free latte just feels good and tastes good (crazy like the taste of oats)... I think it depends on personal taste. I really don't like other people to judge my taste. It's my own taste. I really hate it when people see me choose sugar-free. They say, "Why do you care so much about sugar when you drink your milk tea?" If I didn't choose the right sugar, I'd waste a whole cup of milk tea. It's really not a good thing, but if I could put aside all my worries, I'd really like to hang one cup a day and try all the milk tea and milk tea-flavored snacks all over the world.
3.

昵称: 轧机自动化

Nickname: 轧机自动化

时间: 2018-10-15 12:41

Time: 2018-10-15 12:41

性别: 男

Sex: male

来自: 亚马逊中国

Source: 亚马逊中国

地区: 湖南

Area: Hunan

转发数: 0

Repost: 0

生日: 1982-02-22

Birthday: 1982-02-22

评论数: 0

Comment: 0

认证: 无

Identity: None

点赞数: 0

Like: 0
- O网页链接"研究发现,合成色素如柠檬黄等会妨碍锌的吸收,而酥脆食品中的明矾和氢化植物油等原料不利于智力发育。总之,家长应当尽可能不给两岁以下幼儿吃任何含有添加剂的食品,包括彩色的糖果、甜味饮料以及添加味精和膨化食品(使用了明矾)。" 分享自@Kindle中国

Studies have found that synthetic pigments such as lemon yellow interfere with zinc absorption, while raw materials such as alum and hydrogenated vegetable oil in crisp foods are unfavorable for intellectual development. In short, parents should try not to give children under two years of age any food containing additives, including colored candy, sweet drinks, MSG and puffed food (using alum). "Sharing from @Kindle中国
4.

昵称: 遗忘的时好珊52

Nickname: 遗忘的时好珊52

时间: 2018-10-15 22:21

Time: 2018-10-15 22:21

性别: 男

Sex: male

来自: 小米MIX概念手机

Source: 小米MIX概念手机

地区: 安徽

Area: Anhui

转发数: 0

Repost: 0

生日: 1999-07-06

Birthday: 1999-07-06

评论数: 0

Comment: 0

认证: 无

Identity: None

点赞数: 0

Like: 0

Time: 2018-10-15 22:21

Source: 小米MIX概念手机

Repost: 0

Comment: 0

Like: 0

【**哪些食物暗藏反式脂肪**】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

5.

昵称: 用户6770361717

Nickname: 用户6770361717

时间: 2018-10-15 22:14  
Time: 2018-10-15 22:14

性别: 女

Sex: female

来自: vivo X20全面屏手机  
Source: vivo X20全面屏手机

地区: 宁夏

Area: Ningxia

转发数: 0  
Repost: 0

生日: 1992-04-10

Birthday: 1992-04-10

评论数: 0  
Comment: 0

认证: 无

Identity: None

点赞数: 0  
Like: 0

【**哪些食物暗藏反式脂肪**】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。  
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6.

昵称: lovely九们碗

Nickname: lovely九们碗

时间: 2018-10-15 19:27  
Time: 2018-10-15 19:27

性别: 男

Sex: male

来自: OPPO R9s  
Source: OPPO R9s

地区: 陕西

Area: Shaanxi

转发数: 0  
Repost: 0

生日: 1990-09-21

Birthday: 1990-09-21

评论数: 0  
Comment: 0

认证: 无

Identity: None

点赞数: 0  
Like: 0

【**哪些食物暗藏反式脂肪**】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。  
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7.

昵称: 流浪的打算婼52

Nickname: 流浪的打算婼52

时间: 2018-10-15 18:51  
Time: 2018-10-15 18:51

性别: 女

Sex: female

来自: Android客户端  
Source: Android客户端

地区: 内蒙古

Area: Inner Mongolia

转发数: 0  
Repost: 0

生日: 1981-08-13

Birthday: 1981-08-13

评论数: 0  
Comment: 0

认证: 无

Identity: None

点赞数: 0  
Like: 0

【**哪些食物暗藏反式脂肪**】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸代名词。  
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8.

昵称: 用户6736124647

Nickname: 用户6736124647

时间: 2018-10-15 18:39  
Time: 2018-10-15 18:39

性别: 男

Sex: male

来自: Android客户端  
Source: Android客户端

地区: 福建

Area: Fujian

转发数: 0  
Repost: 0

生日: 1985-07-05

Birthday: 1985-07-05

评论数: 0  
Comment: 0

认证: 无

Identity: None

点赞数: 0  
Like: 0

【**哪些食物暗藏反式脂肪**】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸代名词。  
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9.

昵称: black声根芳201810

Nickname: black声根芳201810

时间: 2018-10-15 13:20  
Time: 2018-10-15 13:20

性别: 男

Sex: male

来自: vivo X20全面屏手机  
Source: vivo X20全面屏手机

地区: 吉林

Area: Jilin

转发数: 0  
Repost: 0

生日: 1982-03-24

Birthday: 1982-03-24

评论数: 0  
Comment: 0

认证: 无

Identity: None

点赞数: 0  
Like: 0

【**哪些食物暗藏反式脂肪**】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。  
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10.

昵称: 撩人八学枫

Nickname: 撩人八学枫

时间: 2018-10-15 09:16  
Time: 2018-10-15 09:16

性别: 男

Sex: male

来自: vivo X20全面屏手机  
Source: vivo X20全面屏手机

地区: 江苏

Area: Jiangsu

转发数: 0  
Repost: 0

生日: 1990-03-10

Birthday: 1990-03-10

评论数: 0  
Comment: 0

认证: 无

Identity: None

点赞数: 0  
Like: 0

【**哪些食物暗藏反式脂肪**】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸代名词。  
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1.

昵称: 微桂林

Nickname: 微桂林

时间: 2018-10-13 08:55  
Time: 2018-10-13 08:55

性别: 男

Sex: male

来自: iPhone 6  
Source: iPhone 6

地区: 广西

Area: Guangxi

转发数: 4  
Repost: 4

生日: 无

Birthday: None

评论数: 2  
Comment: 2

认证: 无

Identity: None

点赞数: 0  
Like: 0

今日被转发数: 4

Repost Today: 4

昨天在桂林面包第一连锁大家庭买的，忽然觉得很难过@打呼噜的可爱，可爱老师，面包店用的是酥油，这些影响健康的食品，其实桂林到处都是，昨天还逛了万达一个进口食品店，看了下都是东南亚的食品，买的心情都没有  
Yesterday in Guilin bread chain first big family bought, suddenly feel sad @ snoring cute, lovely teacher, bakery used butter, these health effects of food, in fact, Guilin is everywhere, yesterday also visited a Wanda imported food store, looked at all the food in Southeast Asia, I am not in the mood of buying it at all.

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1.

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