

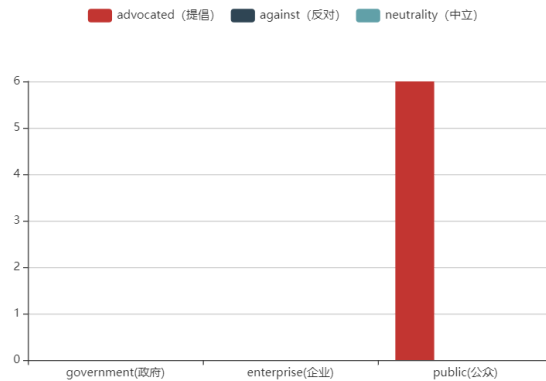
减盐-新闻

Salt Reduction - News

今日 (2018-12-31) 共监测到6条资讯。请点击标题查看原文。

There are 6 articles monitored today 2018-12-31. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food
没有相关文章!
No such articles!
高血压 Hypertension
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
没有相关文章!
No such articles!
综合健康信息 Comprehensive Health Information
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南

Henan

食物中的钠 Sodium in food
没有相关文章!
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决心工程

Resolve To Save Lives
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安徽
Anhui

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浙江
Zhejiang

食物中的钠 Sodium in food
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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
1. 专家提醒：要想身体健康，务必改掉这个习惯！ Experts warn: If you want to be healthy, you must break this habit!
来源：汉丰网 Source: Hanfeng network
主体：公众 Subject: public
态度：提倡 Attitude: advocate
时间： 15:13:19 Time: 15:13:19
40岁后，饮食忌“5过”。冷，不吃过冷。宣桂琪说：“二三十岁时，我偶尔吃吃冷饮，40岁以后，我就彻底戒掉了这个习惯，平时只喝温开水。有人说老外冬天也喝冰水，那时因为他们平时高热量食物吃得多，体质和我们不同，不能比较。” 40岁后不吃生冷是非常好的习惯。中医认为“胃肾喜温不喜凉”，冰冷食物对胃伤害大。人体的气血、五谷营养，都要靠脾胃来吸收运化，靠肾脏排除人体代谢毒素，所以保护好脾胃和肾脏。 其次，寒凉之物伤阳气，尤其是肾阳。要知道，肾只能补，不能泻。
After 40 years old, diet should not be over 5. Cold, do not eat too cold. Xuan Guiqi said, "When I was twenty or thirty years old, I occasionally ate cold drinks. After 40 years old, I completely quit this habit and only drank warm boiled water. Some people say that foreigners also drink ice water in winter, because they usually eat more high-calorie food, and their physique is different from ours, so they can not be compared. It's a good habit not to eat raw cold after 40. Traditional Chinese medicine believes that "the stomach and kidney like warmth but not cold". Cold food does great harm to the stomach. The body's qi, blood and grain nutrition are absorbed and transported by the spleen and stomach, and metabolic toxins are eliminated by the kidney, so the spleen and stomach and kidney are well protected. Secondly, cold things injure Yang qi, especially kidney yang. You know, the kidney can only be tonified, not diarrhea.
决心工程 Resolve To Save Lives
没有相关文章！
No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food
没有相关文章！
No such articles!
高血压

Hypertension				
1. 爸妈有高血压? 请收下这波科普, 关键时刻能救命! Do parents have high blood pressure? Please accept this Popular Science Popularization, and save your life at the critical moment!	来源: 扬子晚报 Source: Yangtse Evening Post	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:53:34 Time: 08:53:34
<p>讲真, 得了高血压不可怕, 可怕的是父母对高血压的不以为然。更令人不寒而栗的是, 做儿女的你们也并没有引起重视, 对爸妈的监督仅仅停留在叮嘱上: 少吃盐、多吃芹菜木耳、按时吃药。然而, 爸妈只会满口答应, 坚决不执行。为什么高血压不能成功吸引你们的注意? 说到底, 都是无知造成的! 今天, 狗狗就来给大家科普一下, 彻底扫盲。我们将分为上下篇, 今天我们先来说说高血压的危害、病因、症状, 下周我们将讲述哪些习惯导致了高血压以及预防知识。</p> <p>To be honest, it's not terrible to get high blood pressure. What's terrible is that parents disapprove of it. More chilling is that you do not pay attention to children, parents only stay on the advice: eat less salt, eat more celery agaric, take medicine on time. Nevertheless, parents will only say yes and refuse to carry it out. Why can't hypertension attract your attention successfully? In the final analysis, it's all caused by ignorance! Today, the dog will come to give you a science popularization, complete literacy. We will divide it into two chapters. Today we will talk about the hazards, causes and symptoms of hypertension. Next week we will talk about which habits lead to hypertension and prevention knowledge.</p>				
心血管健康 Cardiovascular health				
1. 爱心护脑远离“伤心榜单” Keep your heart and mind away from the "sad list"	来源: 华龙网 Source: Hualong net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 07:01:34 Time: 07:01:34
<p>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, 而且动脉粥样硬化的进展是心肌梗死或脑梗死的根本原因。那么, 如何远离心脑血管疾病呢? 首先, 我们要看看您有没有以下这些恶习。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, 其中骑车上班族危险最大。因为这些人吸入的尾气最多、“受污染”最严重, 还要耗费一定体力脚踏自行车, 容易引发供血不足。拥堵的交通很容易让人紧张、焦虑, 也容易引发血压升高。</p> <p>Most cardiovascular events related to hypertension, such as myocardial infarction and cerebral infarction, are complications of atherosclerosis, and the progress of atherosclerosis is the root cause of myocardial infarction or cerebral infarction. So, how to keep away from cardiovascular and cerebrovascular diseases? First of all, let's see if you have the following bad habits. A study in the Lancet, an international academic journal, ranked the "last straw" that causes heart attacks for the first time. Let's look at this sad list. Number one: cycling in downtown areas. The main reason is air pollution, of which cyclists are the most dangerous. Because these people inhale the most exhaust gas and "polluted" the most serious, but also spend a certain amount of physical stamping on bicycles, easily lead to insufficient blood supply. Traffic congestion can easily make people nervous and anxious, and also easily lead to elevated blood pressure.</p>				
综合健康信息 Comprehensive Health Information				
1. 台商会邀专家谈饮食健康和静坐 Taiwanese Chamber of Commerce invites experts to talk about dietary health and meditation	来源: 大纪元 (新闻发布) Source: The Great Era (Press Release)	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 07:16:42 Time: 07:16:42
<p>12月15日下午, 新英格兰客家乡亲会和台湾商会在侨教中心举办健康讲座, 邀请新英格兰地区著名中医蔡坤喜博士和律师胡美惠, 分别讲解现代人应注意的饮食和行为健康, 以及静坐的益处和心得。注意饮食习惯和餐具 蔡坤喜医师提到, 除了少吃油、盐、糖之外, 现代人还要注意少用补品。因为现代人常常摄入过多的营养, 再服用过量补品, 易导致代谢速度过慢。尤其老人, 更不应摄入过量营养。</p> <p>On the afternoon of December 15, the New England Hakka Association and the Taiwan Chamber of Commerce held a health lecture at the Overseas Chinese Education Center. They invited Dr. Cai Kunxi, a renowned Chinese physician in New England, and Hu Meihui, a lawyer, to explain the dietary and behavioral health that modern people should pay attention to, as well as the benefits and experiences of meditation. Pay attention to dietary habits and tableware Dr. Cai Kunxi mentioned that besides eating less oil, salt and sugar, modern people should also pay attention to using fewer supplements. Because modern people often take too much nutrition, and then take too many supplements, easy to lead to slow metabolism. Especially for the elderly, they should not take in excessive nutrition.</p>				
2. 糖尿病人下肢有这些信号要注意得了神经病变, 防治方法给您了! Diabetic lower limbs have these signals to pay attention to neuropathy, prevention and treatment methods for you!	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 01:54:09 Time: 01:54:09
<p>糖尿病人下肢有这些信号要注意得了神经病变, 防治方法给您了! 糖尿病已经悄然成为人类的第一大慢病, 慢慢的到来, 让人防不胜防, 但了糖尿病的人, 首先的问题就是防并发症, 怎么防呢? 当然就要提前了解相关知识, 今天我们讲一讲糖尿病人周围神经病变的预防知识! 今年59岁的李先生, 糖尿病史10余年, 期间一直口服二甲双胍治疗, 两年前出现双下肢麻、凉、痛, 他一直没有太在意, 血糖控制的忽高忽低, 半年前症状加重, 最后因一次剪指甲而引发了感染, 导致了足足大面积溃烂, 成了糖尿病足病。</p> <p>Diabetic lower limbs have these signals to pay attention to neuropathy, prevention and treatment methods for you! Diabetes mellitus has quietly become the first chronic disease of human beings. Slowly, people can not prevent it. But the first problem for people with diabetes mellitus is to prevent complications. How to prevent it? Of course, we need to know the relevant knowledge in advance. Today we will talk about diabetic peripheral neuropathy and prevention knowledge! Mr. Li, 59 years old, has a history of diabetes for more than 10 years. During the period of oral metformin treatment, two years ago, he suffered from anesthesia, cold and pain in both lower limbs. He had not paid much attention to it. His blood sugar was also controlled. His symptoms worsened half a year ago. Finally, an infection caused by nail clipping resulted in extensive ulceration of foot and foot, which became a diabetic foot disease.</p>				
3. 节日期间, 这四种吃法, 不生病才怪! During the festival, these four ways of eating are not strange unless you are sick! uuuuuuuuuu	来源: 汉丰网 Source: Hanfeng network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:51:37 Time: 09:51:37
<p>节日期间, 这四种吃法, 不生病才怪! 每次小长假一过, 医院总有一波就医高峰, 年年都如此, 医生也很无奈! 这次我们打个预防针, 提前列出“节日吃法黑名单”, 希望看过这篇文章的你, 不会出现在节后的诊室里! 1、吃太重。嫌犯: 雪花肥牛、水煮鱼、毛血旺、糖醋里脊 吃油多, 摄入过多的饱和脂肪, 热量高, 会导致血液里胆固醇增加, 加速血管变窄。吃太辣, 容易刺激胃黏膜, 严重时可能造成急性肠胃炎, 出现胃痛等。吃盐多, 可能升高血压, 也会让皮肤变差。 假日聚餐时常点的水煮鱼、毛血旺、糖醋里脊及雪花肥牛乖就是高油、高盐、高脂食物的典型。</p> <p>During the festival, these four ways of eating are not strange unless you are sick! uuuuuuuuuu Every little long vacation, the hospital always has a wave of peak medical treatment, year after year, the doctor is also helpless! uuuuuuuuuu This time we have a vaccination, in advance list "festival eating blacklist", I hope you have read this article, will not appear in the post-festival clinic! 1. Eat too heavy. Suspect: Snow fat cattle, boiled fish, hairy blood, sweet and sour ribs eat more oil, eat too much saturated fat, high calorie, will lead to increased blood cholesterol, accelerate the narrowing of blood vessels. Eat too spicy, easy to stimulate the gastric mucosa, serious can cause acute gastroenteritis, gastralgia and so on. Eating too much salt may raise blood pressure and make the skin worse. Boiled fish, hairy blood, sweet and sour ribs and snowflake fat cattle are typical of high-fat, high-salt and high-fat foods.</p>				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2018-12-31，共监测到577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 577 WeChat public articles were monitored in 2018-12-31. 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. 央视曝光！不吃味精、鸡精的看看吧！

重复数: 6

日期: 2018-12-31

[CCTV exposed it! The people who do not eat monosodium glutamate and chicken powder should take a look at it!](#)

Repeat Number: 6

Data: 2018-12-31

控盐一样控味精 饮食以清淡为宜 与食盐一样，味精中的主要成分谷氨酸钠中含有钠元素，而过量摄入钠则会导致高血压等心脑血管疾病。因此，要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。如果再加上味精中的钠，就会更多。

Controls MSG like salt control. The diet should be talked about. Like salt, sodium glutamate, the main ingredient in MSG, contains sodium, and excessive intake of sodium can cause cardiovascular and cerebrovascular diseases such as high blood pressure. Therefore, it is necessary to control MSG as well as controlling salt intake. The dietary guidelines for residents in China advocate that the amount of salt per person per day should be less than 6 grams. However, the actual intake generally reaches about 10 grams. If you add sodium in MSG, it will be more.

2. 【健康】想要健康，不妨少吃“三白”，多吃“三黑”

重复数: 6

日期: 2018-12-31

[\[Health\] If you want to be healthy, you might as well eat less Sanbai and more Sanhei.](#)

Repeat Number: 6

Data: 2018-12-31

长期高盐饮食很容易引起血压增高、血管硬化，并且多余钠需要由肾脏排出，加大肾脏负担。限盐建议：健康人通过饮食摄取最佳盐量，每天吃盐不超过6克——就是普通啤酒瓶盖盖胶垫后，平铺满一瓶盖量。如果已经确诊高血压，每天最好不要超过3克。

Long-term high-salt diets can easily cause high blood pressure, hardening of the arteries, and excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. The optimal amount of salt that a healthy person can consume through the diet is no more than 6 grams per day, which is the amount of a common beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.

3. 吃盐5大“雷区”，你中招了吗？

重复数: 5

日期: 2018-12-31

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

Repeat Number: 5

Data: 2018-12-31

“减盐”核心信息 （一）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。（二）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岁以上老年人应不超过5克。

Core information of "salt reduction" (1) Understanding the dangers of high salt diet. Excessive salt intake can increase blood pressure and increase the risk of stomach diseases, osteoporosis, obesity and other diseases. (2) The Chinese Dietary Guidelines for the Control of Salt Intake recommends that healthy adults consume no more than 6 grams of salt per day, children aged 2-3 years do not exceed 2 grams, children aged 4-6 years do not exceed 3 grams and children aged 7-10 years do not exceed 4 grams. Older people over 65 should not exceed 5 grams.

4. 40岁后，我就戒掉了这个习惯，身体健康比什么都强！

重复数: 5

日期: 2018-12-31

[After 40 years old, I quit this habit, and my health is stronger than anything else!](#)

Repeat Number: 5

Data: 2018-12-31

美国《新英格兰医学杂志》13日刊登的一项新研究说，吃盐过多会引发心血管疾病，全球每年约165万人因此死亡。我们知道：一般人体血液总量为4000毫升，如果一个人吃太多的盐（每天超过6克），血液内的盐分就会提高，为了平衡盐的比例，人体组织里的水分就会渗进血液，4000毫升的血液可能会变成4300毫升~4600毫升，血液过多就会加重心脏负担，并增加对血管壁的冲击，从而慢慢导致高血压。

A new study published in the New England Journal of Medicine on the 13th said that eating too much salt can cause cardiovascular disease, which kills about 1.65 million people worldwide every year. We know that the total amount of human blood is 4,000 ml. If a person eats too much salt (more than 6 grams per day), the salt in blood will increase. In order to balance the proportion of salt, water in human tissues will permeate into the blood, 4,000 ml of blood will probably become 4,300 ml to 4,600 ml. Too much blood will increase the burden on the heart and increase the impact on the blood vessel wall. It slowly leads to high blood pressure.

5. 10大健康警戒线划出来了，寿命都由它决定！看一眼能保命

重复数: 4

日期: 2018-12-31

[Ten health warning lines have been drawn out, and life expectancy is determined by them! It may help you.](#)

Repeat Number: 4

Data: 2018-12-31

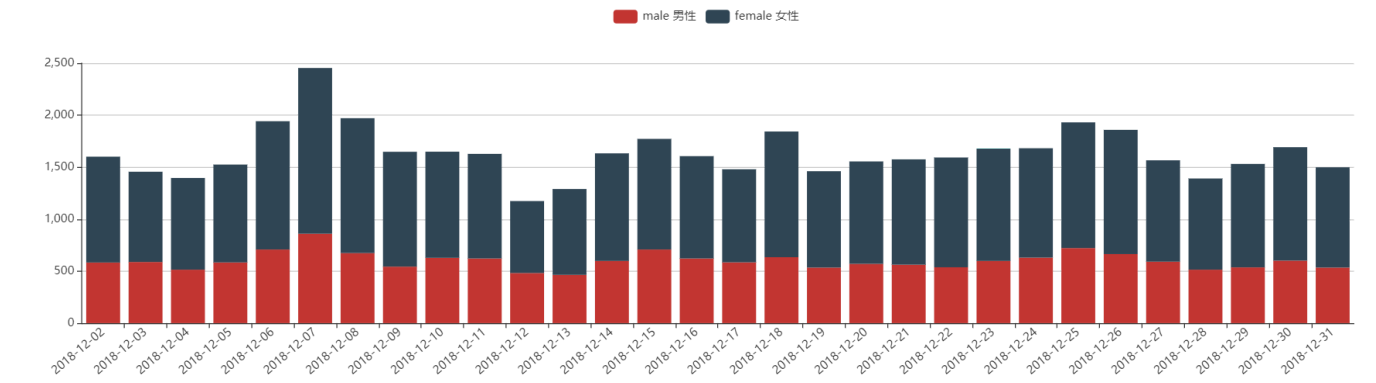
国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克，这6克，相当于一个啤酒瓶盖大小。建议：烹调时尽可能用量具(如限盐勺等)称量用盐。做菜时，加少量的醋，就能突出盐的味道，从而减低盐的食用量。注意隐形盐，生活中的零食，很多市民不认为其中有盐，但其实，它的含盐量触目惊心，比如话梅、九制陈皮、饼干、爆米花等，吃二两话梅，就等于吃下了三天的食盐。

The "Dietary Guidelines for Chinese Residents (2016)" issued by the State Health Planning Commission stipulates that adults should eat no more than 6 grams of salt a day, which is equivalent to the size of a beer bottle cap. When cooking, use as much as possible (such as salt spoon, etc.) to weigh the salt. When cooking, add a small amount of vinegar to highlight the taste of the salt, thus reducing the amount of salt consumed. Pay attention to the invisible salt. Many people do not think that there is salt in snacks, but in fact, its salt content is shocking, such as plum, preserved mandarin peel, biscuits, popcorn, etc. Eating 100g preserved plums is equivalent to eating three days of salt.

减盐-微博

Salt Reduction - Weibo

2018-12-31, 共检测到1500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 1500 weibos about salt reduction monitored on 2018-12-31.
Weibos whose repost number is greater than 50 are listed in this page.
Click the content of each weibo, and you can see the detail information.
下图展示了最近30天的数据获取量。
The following figure shows the amount of data acquired in the last 30 days.



热门微博

Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

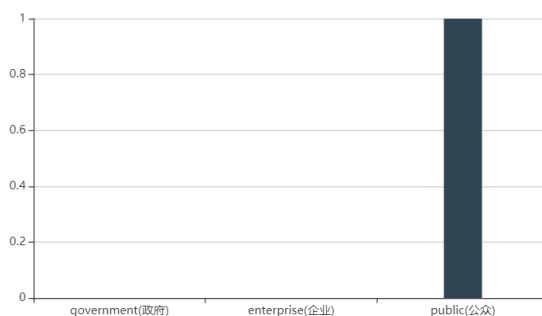
Trans Fat - News

今日 (2018-12-31) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-12-31. Please click the title to view full information.

The original article is in Chinese only.

advocated (提倡) against (反对) neutrality (中立)



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. 怀孕喝奶茶有什么影响 What's the effect of drinking milk tea during pregnancy?	来源：TOM Source: TOM	主体：公众 Subject: public	态度：反对 Attitude: against	时间：14:33:35 Time: 14:33:35
奶茶是现代非常人非常喜欢的一种饮品，而在奶茶中主要加入了牛奶奶精和其他物质成分，大多数奶茶都是偏甜的，所以有糖尿病的或者身体上有其他疾病的人是不适宜喝奶茶的。但是奶茶也是一种容易上瘾的东西，不少人喝上了奶茶就停不下来，因为奶茶中含有一定的咖啡因。可是一位孕妇在怀孕期间喝了奶茶，会有怎样的后果呢？怀孕了能喝奶茶吗？孕妇是不能喝奶茶的，因为一些奶茶中含有的红茶成分，会影响到胎儿的发育。红茶中含有2%—5%的咖啡因，每500毫升浓红茶中大约含咖啡因0.06毫克，咖啡因具有兴奋作用，会刺激胎儿增加胎动，甚至危害胎儿的生长发育。				
Milk tea is one of the most popular drinks in modern times. Milk essence and other substances are mainly added to milk tea. Most milk tea is sweet, so people with diabetes or other diseases are not suitable for drinking milk tea. But milk tea is also an addictive thing, many people can not stop drinking milk tea, because milk tea contains certain caffeine. But what will happen if a pregnant woman drinks milk tea during pregnancy? Can she drink milk tea when she is pregnant? Pregnant women can not drink milk tea, because some milk tea contains black tea ingredients, will affect the development of the fetus. Black tea contains 2%-5% caffeine, and about 0.06 mg of caffeine per 500 ml of strong black tea. Caffeine has exciting effect, which can stimulate the fetus to increase fetal movement and even endanger the growth and development of the fetus.				
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

2018-12-31，共监测到235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 235 WeChat public articles were monitored in 2018-12-31. This page shows the top five articles by repeat number today.

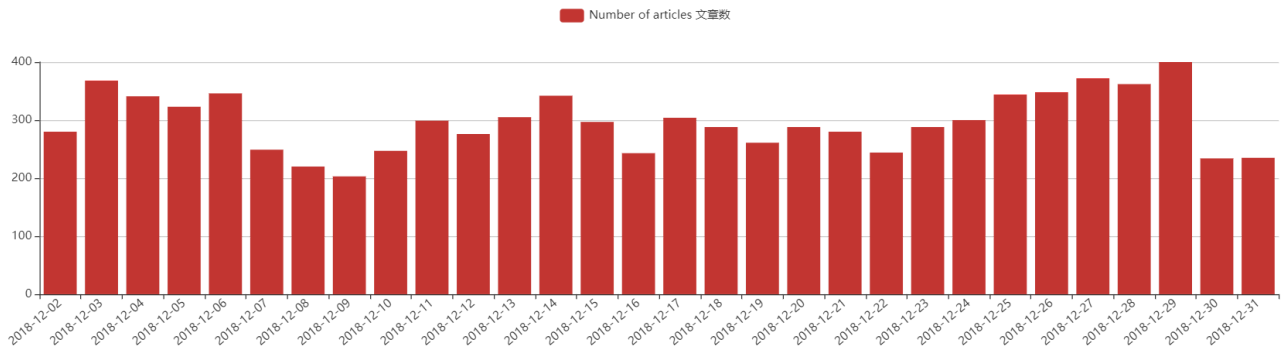
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

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. 此物每年致死50万人，已被世卫组织呼吁停用！就藏在你吃的食物里

[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

重复数: 11

Repeat Number: 11

日期: 2018-12-31

Data: 2018-12-31

在很多食品中还有一种常见物质，“吃一口就等于吃了7口油！”这个害人匪浅的东西，就叫：反式脂肪！世界卫生组织发布呼吁各国：5年内彻底停用食品中的人造反式脂肪！据世卫组织估计，每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

2. 血栓是吃出来的，这四种食物一定要少吃或不吃

[Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.](#)

重复数: 8

Repeat Number: 8

日期: 2018-12-31

Data: 2018-12-31

咸香咸香，咸能提味，这让很多人都贪食咸味，但过多的吃高盐食物，血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关，与 10.4% 的冠心病死亡，21.4% 的高血压性心脏病死亡，10.7% 的卒中死亡密切相关。除了食盐，像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防，减少它们的摄入量。

Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

3. 每分钟有7人得癌症？营养师：4种致癌食物要远离，你可能天天吃

[Seven people get cancer every minute? Nutritionist: Keep away from four carcinogenic foods. You may eat them every day.](#)

重复数: 2

Repeat Number: 2

日期: 2018-12-31

Data: 2018-12-31

黄油常常被加入到奶制品当中，还有面包中也大量存在，其中会用到也是上面提到过的氢化植物油，同时，它也是一种反式脂肪酸，对身体健康不利，容易诱发心脑血管疾病，甚至是癌细胞的产生。

Butter is often added to dairy products, and there is also a large amount of bread. It is also the hydrogenated vegetable oil mentioned above. At the same time, it is also a trans fatty acid, which is not good for your health. It is easy to induce cardiovascular and cerebrovascular diseases, even the production of cancer cells.

4. 爱吃番茄炒蛋，心梗猝死：这些你常吃的食物，竟是隐形杀手！

[Eating too much scrambled eggs with tomatoes may cause sudden death of myocardial infarction: The food you think is health may be a invisible killer.](#)

重复数: 2

Repeat Number: 2

日期: 2018-12-31

Data: 2018-12-31

美国加州大学圣地亚哥分校的研究人员发现，饮食中反式脂肪酸含量越多，越容易发生记忆功能衰减。还有美国研究人员发现，大量食用反式脂肪酸的老年人，容易患上老年痴呆症。鉴于反式脂肪酸有这么害处，就在今年5月4日，世界卫生组织宣布了一项计划，准备在5年内，在世界范围内全面消除食物中的人造反式脂肪酸。

Researchers at the University of California, San Diego, found that the more trans fatty acids in the diet, the more susceptible to memory loss. There are also researchers in the United States who find that older people who consume large amounts of trans-fatty acids are prone to Alzheimer's disease. In view of the harm of trans-fatty acids, on May 4 this year, the World Health Organization announced a plan to completely eliminate artificial trans-fatty acids in foods within five years.

5. 血管不是“突然”堵塞，若身体有4种表现，趁早就医，能救命

[The blood vessels are not "suddenly" blocked. If the body has four manifestations, timely medical treatment can save lives.](#)

重复数: 2

Repeat Number: 2

日期: 2018-12-31

Data: 2018-12-31

奶油，常见更多的是“人造奶油”，主要是成本低。人造奶油含大量反式脂肪酸，是一种人体很难消耗的脂肪酸，同时被称为“餐桌上的炸弹”，会增加动脉粥样硬化的发生，诱发血管堵塞。

The more common in our lives is "margarine", which has a lower cost. Margarine contains a lot of trans fatty acids, a fatty acid that is difficult to consume by the human body. It is also called "bomb on the table", which increases the incidence of atherosclerosis and induces vascular blockage.

反式脂肪酸-微博 Transfat - Weibo

2018-12-31, 共检测到71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。

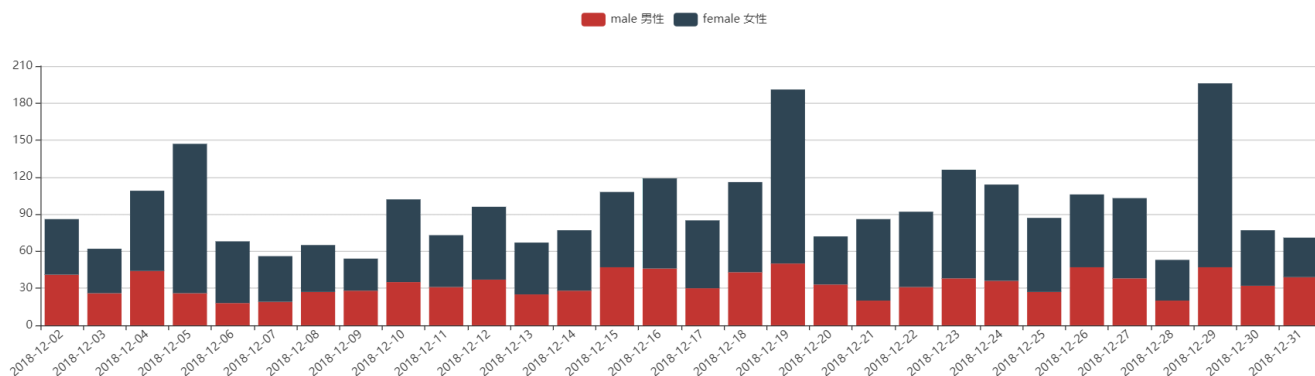
There are 71 weibos about transfat reduction monitored on 2018-12-31.

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!