

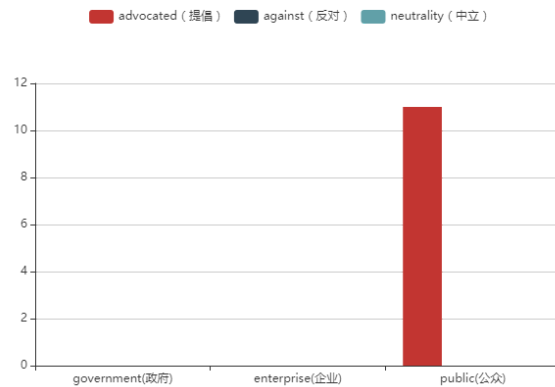
减盐-新闻

Salt Reduction - News

今日 (2019-02-19) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2019-02-19. 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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高血压 Hypertension

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

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！

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心血管健康
Cardiovascular health

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综合健康信息
Comprehensive Health Information

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No such articles!

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

浙江
Zhejiang

食物中的钠
Sodium in food

没有相关文章！

No such articles!

高血压
Hypertension

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心血管健康
Cardiovascular health

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Comprehensive Health Information

没有相关文章！

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决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 经常吃腐乳的人，身体会有什么变化，为了家人身体果断收藏 What changes will happen to people who eat Sufu regularly, for the sake of their families' bodies?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：16:33:42 Time: 16:33:42
腐乳也叫豆腐乳，至今已有一千多年的历史了，为我国特有的发酵制品之一。是中国流传数千年的特色传统民间美食，腐乳也被人们称为“中国芝士”，可做主食也可做辅食，它含有丰富的蛋白质，而且消化高，容易被人体吸收，食而补之，补而不燥，并具有清热凉血之功效。				
Tofu, also known as tofu, has a history of more than a thousand years and is one of the unique fermented products in China. It is a traditional folk delicacy that has been circulating for thousands of years in China. Sufu is also known as "Chinese cheese". It can be used as staple food or supplementary food. It is rich in protein and easy to be absorbed by human body. It can be supplemented by food, not dried, and has the effect of cooling heat and blood.				
2. 关于营养的6个谣言 Six Rumors about Nutrition	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：13:47:58 Time: 13:47:58
关于营养的6个谣言。客户的误区：本文教你用简洁明了的语言，帮助你的客户纠正常见的饮食误区。 你是否曾经给客户做过推荐，然后发现客户听到的却是完全不同的东西？或者她只接受了你的部分建议，而忽略了其余部分？比如有一次，我告诉我的客户浆果有益健康，后来发现他放弃了所有其他水果。这样摄取营养是错误的。导致这种情况也许是客户的全或无的想法，也许是我表达得不够清楚。				
Six rumors about nutrition. Customer misunderstandings: This article teaches you to use concise and clear language to help your customers correct common dietary misunderstandings. Have you ever made a recommendation to a customer and found that the customer hears something totally different? Or did she just accept some of your suggestions and ignore the rest? For example, I once told my client that berries were good for health, and later found out that he had given up all the other fruits. It is wrong to take nutrition in this way. This may be the result of all or none of the customer's ideas, perhaps I did not express clearly enough.				
高血压 Hypertension				
1. 半数老年人患有高血压，这3种食物别贪吃，吃越多对血管伤害越大 Half of the elderly suffer from hypertension. Don't be greedy about these three foods. The more you eat, the greater the damage to blood vessels.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：00:52:33 Time: 00:52:33
半数老年人患有高血压，这3种食物别贪吃，吃越多对血管伤害越大。高血压是目前常见发病率较高的慢性疾病之一，我国的高血压患者数量已经达到2.8亿，65岁以上的老年人当中，有50%的人有高血压。让高血压患者头痛、胸痛、心烦意乱、睡眠质量变的很差。所以在饮食方面更应该注意哪种食物不能吃，否则会让你的血压失控就晚了。				
Half of the elderly suffer from hypertension. Don't be greedy about these three foods. The more you eat, the greater the damage to blood vessels. Hypertension is one of the common chronic diseases with high incidence. The number of hypertensive patients in China has reached 280 million. Among the elderly over 65 years old, 50% of them have hypertension. Make hypertension patients headache, chest pain, distress, poor sleep quality. So in the diet should pay more attention to which kind of food can not be eaten, otherwise your blood pressure will be out of control late.				
心血管健康 Cardiovascular health				
1. 真正“坑爹”的误区：定期输液疏通血管 The Misconception of Real "Pit Dad": Regular infusion to dredge blood vessels	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：23:43:14 Time: 23:43:14
在上篇文章中，协和的博士们为大家总结了关于心血管病的常见五大致命误区：一、老年人才会得心血管病。二、没有症状就不用治疗。三、急性心肌梗死保守治疗好。四、放上支架就万事大吉。五、血压控制的目标值是低于140/90毫米汞柱。今天，我们继续讲后面的五大误区。六、降压药是通用的，“我用这个降压药效果特别好，你试试吧”，这是很多高血压患者之间时常听到的话，然而这存在很大的风险，小心“好心办坏事”！				
In the last article, Concorde's doctors summarized five common fatal misunderstandings about cardiovascular disease: first, the elderly will get cardiovascular disease. 2. No treatment is needed without symptoms. Third, the conservative treatment of acute myocardial infarction is good. Fourth, put on the bracket, everything will be all right. 5. The target value of blood pressure control is below 140/90 mm mercury column. Today, we continue to talk about the following five major misunderstandings. Sixth, antihypertensive drugs are universal, "I use this antihypertensive drug is particularly good, you try it", which is often heard among many hypertensive patients, but there is a great risk, be careful of "good intentions do bad things"!				
2. 心脏康复每天应该怎么吃和动 How to Eat and Move Every Day for Heart Rehabilitation	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：12:03:43 Time: 12:03:43
康复治疗，不少人多多少少有些概念；但是提到心脏康复，多数人都不知道在说些什么。世界卫生组织将其定义为，确保心脏病患者获得最佳体力、精神、社会功能的所有方法的总和，以便患者过一种主动的生活。心脏康复的短期获益是控制心脏病症状、改善心脏功能状态、限制由心脏疾病产生的心理和生理不利影响、促进心理和职业回归；长期获益为降低发病率和病死率，减低猝死和再梗死等心血管事件的风险，延缓动脉粥样硬化，预防支架术后再狭窄，提高生活质量。				
Rehabilitation treatment, many people more or less some concepts; but when it comes to heart rehabilitation, most people do not know what to say. The World Health Organization defines it as the sum of all ways to ensure that heart disease patients have the best physical, mental and social functions so that they can lead an active life. The short-term benefits of cardiac rehabilitation are to control the symptoms of heart disease, improve the state of cardiac function, limit the psychological and physiological adverse effects caused by heart disease, and promote psychological and occupational regression. The long-term benefits include reducing the incidence and mortality, reducing the risk of cardiovascular events such as sudden death and reinfarction, delaying atherosclerosis, preventing restenosis after stenting and improving the quality of life.				
综合健康信息 Comprehensive Health Information				
1. 反式脂肪，餐桌上的定时性弹 Trans Fat, Time Bomb on the Dinner Table	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:49:55 Time: 08:49:55
如今，反式脂肪有害健康的观念已经深入人心。据世卫组织公布，2018年底，全球已有23个国家法定限制工业生产的反式脂肪或禁用部分氢化油。世卫组织同时呼吁各国积极采取行动，到2023年从食品供应中消除工业生产的反式脂肪。我国进展如何呢？反式脂肪有多坏 反式脂肪也常被称为反式脂肪酸，是一大类含有反式双键的脂肪酸的简称。				
Nowadays, the idea that trans fats are harmful to people's health has been deeply rooted in people's minds. According to WHO, by the end of 2018, 23 countries worldwide had legally restricted trans fats or banned some hydrogenated oils from industrial production. WHO also calls on countries to take active action to eliminate industrial trans fats from the food supply by 2023. How is our country progressing? How bad are trans fats? Trans fats are also known as trans fats. They are short for a large group of fatty acids with trans double bonds.				
2. 每逢佳节胖三斤这个春节你长肉了吗？ Do you gain meat this Spring Festival?	来源：新华网山西频道 Source: Xinhua Shanxi Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:56:30 Time: 08:56:30
春节长假过后，很多人都感叹自己“每逢佳节胖三斤，仔细一看三公斤”，而减肥也提上了很多人的日程。3斤是怎么长出来的？减肥是很多人都在不断进行的事情，甚至有人称之为“女人一生的事业”，那么，人们在减肥过程中又有什么经验教训？专业人士又对节后减肥有什么建议呢？山西晚报记者进行了采访。				
After the Spring Festival holidays, many people lament that they "gain three kilograms every festival, look at three kilograms carefully", and weight loss has also been put on the agenda of many people. How did 3 jins grow? Losing weight is something that many people are constantly doing. Some people even call it "the career of a woman's life". So, what lessons do people have in the process of losing weight? What advice do professionals have for losing weight after the holidays? Shanxi Evening News reporters conducted interviews.				

3. 吃素未必健康，“粗茶淡饭”很可能营养不良 Vegetarian is not necessarily healthy, and "rough tea and light rice" is likely to be malnourished.	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:23:31 Time: 09:23:31
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如今，越来越多的人选择吃素，理由也是五花八门：有人认为吃素能预防各种疾病，有人觉得能少摄入脂肪帮助减肥，还有人认为是一种潮流。那么，吃素真如自己想象的那么健康吗？“素”到底该怎么吃呢？“粗茶淡饭”会增加营养不良风险。吃素并不是一个简单的问题，会吃素的人能吃出好身体，不会吃的人还会吃出疾病。

Nowadays, more and more people choose to eat vegetarian for a variety of reasons: some people think that vegetarian diet can prevent various diseases, some people think that eating less fat can help lose weight, and others think that it is a trend. So is vegetarianism really as healthy as you think? How to eat vegetarian food? "Coarse tea and light rice" increases the risk of malnutrition. Vegetarianism is not a simple problem. People who can eat vegetarians can eat a good body, and people who can not eat will eat diseases.

4. 牟平文化街道社区卫生服务中心健康扶贫落实到人精准到病 Health Poverty Alleviation in Community Health Service Center of Muping Cultural Street	来源：水母网 Source: Jellyfish net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:50:15 Time: 16:50:15
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为推动健康扶贫政策措施落实落细，进一步提升贫困群众获得感，春节刚过，牟平区文化街道社区卫生服务中心组织15个家庭医生签约服务团队走村入户对患有高血压、糖尿病、结核病、严重精神障碍及患有脑血管病、冠心病、慢阻肺、类风湿、关节炎、重型老年慢性支气管炎等慢性病的贫困人口逐户、逐人进行家庭医生签约服务工作，同时宣传贯彻健康扶贫政策，发放有针对性的简明易懂的健康教育材料，落实“一家一张明白纸”，开展形式多样的培训，让每个家庭有一个成员掌握基本的健康素养知识和技能。

In order to promote the implementation of Health Poverty Alleviation Policies and measures and further enhance the sense of access of poor people, just after the Spring Festival, Muping District Cultural Street Community Health Service Center organized 15 family doctors'contracted service teams to go to villages to treat elderly people with hypertension, diabetes, tuberculosis, severe mental disorders and cerebrovascular diseases, coronary heart disease, chronic obstructive pulmonary disease, rheumatoid arthritis, and severe senility. The poverty-stricken people with chronic diseases such as chronic bronchitis carry out the work of family doctor contracting service one by one. At the same time, they publicize and implement the health poverty alleviation policy, distribute targeted, concise and understandable health education materials, implement "one piece of clear paper" and carry out various forms of training so as to enable each family member to master basic health literacy knowledge and skills.

5. 【标准与规范】中国糖尿病肾脏疾病防治临床指南 [Standards and Specifications] Clinical Guidelines for the Prevention and Treatment of Diabetic Kidney Diseases in China	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:54:19 Time: 18:54:19
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糖尿病肾脏疾病（diabetic kidney disease，DKD）是指由糖尿病所致的慢性肾脏疾病（chronic kidney disease，CKD），是糖尿病主要的微血管并发症之一。DKD是CKD的重要病因。国外研究资料显示，糖尿病患者发展为终末期肾病（end-stage renal disease，ESRD）的发生率约为10/1 000人年，合并大量白蛋白尿者ESRD的发生率接近60/1 000人年。

Diabetic kidney disease (DKD) is a chronic kidney disease (CKD) caused by diabetes mellitus, which is one of the major microvascular complications of diabetes. DKD is an important cause of CKD. According to foreign research data, the incidence of end-stage renal disease (ESRD) in diabetic patients is about 10/1 000 person-years, and the incidence of ESRD in patients with massive albuminuria is close to 60/1 000 person-years.

6. 警惕“倒春寒”~预防季节病 Beware of "Late Spring Cold" to Prevent Seasonal Diseases	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 22:15:37 Time: 22:15:37
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春天是一系列疾病的高发期，特别是2~4月份。“倒春寒”的冷空气是促发心绞痛、心梗等心血管疾病的罪魁祸首，要特别注意。1. 预防感冒，注意保暖。我国民间“春捂秋冻，到老不生病”的说法，是千百年来人们顺应四时的养生经验。春天乍暖还寒，故冷暖变化大，出门不忘添衣，脱棉衣不要太早，注意保暖，多“捂一捂”。尤其是患有高血压、心脏病的中老年人，更应注意防寒保暖，以防防心绞痛、急性心梗等病的发生。

Spring is a high incidence period of a series of diseases, especially in February to April. Cold air in late spring is the main cause of cardiovascular diseases such as angina pectoris and myocardial infarction. Special attention should be paid to it. 1. Prevent colds and keep warm. The folk saying that "spring covers autumn frozen, old age does not get sick" in our country has been people's health-preserving experience of adapting to the four seasons for thousands of years. Spring is warm and cold at first, so the change of cold and warm is great. Don't forget to add clothes when you go out. Don't take off your cotton clothes too early. Pay attention to keeping warm and cover up more. Especially middle-aged and old people with hypertension and heart disease should pay more attention to cold prevention and warmth preservation in order to prevent angina pectoris, acute myocardial infarction and other diseases.

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

减盐-微信

Salt Reduction - WeChat

2019-02-19, 共监测到459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 459 WeChat public articles were monitored in 2019-02-19. This page shows the top five articles by repeat number today.

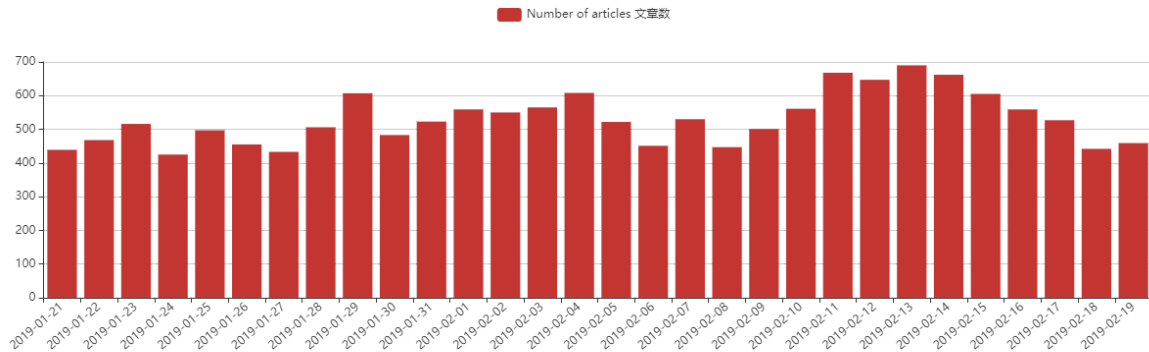
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

- [身体出现这5个迹象, 提醒你吃盐太多了!](#) 重复数: 8 日期: 2019-02-19
[These five signs remind you that you eat too much salt!](#) Repeat Number: 8 Data: 2019-02-19

5个迹象提醒你盐吃多了。1、嘴干 2、反应变慢 3、手指变粗 4、头痛 5、总想排尿。当人体摄入了过多盐的时候, 人体的肾脏器官就会加班加点地工作, 才能把体内多余的盐排出体外, 这样就会造成小便量增多的问题。

5 signs remind you that salt is eating too much. 1. Dry mouth 2. Slow reaction 3. Thick fingers 4. Headache 5. Always want to urinate. When the body ingests too much salt, the kidneys of the human body will work overtime to remove excess salt from the body, which will cause an increase in the amount of urine.
- [降血压成本最低的方法: 握毛巾! 全球1/3的人都要学习](#) 重复数: 8 日期: 2019-02-19
[The lowest cost of lowering blood pressure: twist the towel! One third of the world has to learn](#) Repeat Number: 8 Data: 2019-02-19

调控及预防高血压可以通过减肥、限盐、充足睡眠、多运动。成年人每天盐摄入量不超过6克。

Regulation and prevention of hypertension can be achieved through weight loss, salt restriction, adequate sleep and more exercise. Adults consume no more than 6 grams of salt a day.
- [【健康】三高人群最佳食谱](#) 重复数: 7 日期: 2019-02-19
[\[Health\] The Best Diet for the Three High Groups](#) Repeat Number: 7 Data: 2019-02-19

高血脂的人一定要吃得清淡, 多做运动。对于高血压患者, 则要注意限酒、限盐、限油, 尽量少喝酒, 清淡饮食, 少吃油腻的食物。

People with high blood fat must eat light and exercise more. For patients with hypertension, we should pay attention to limit alcohol, salt and oil, drink as little as possible, eat light food and eat less greasy food.
- [高血压的罪魁祸首不是盐, 而是它!](#) 重复数: 7 日期: 2019-02-19
[The main culprit of hypertension is not salt, but it!](#) Repeat Number: 7 Data: 2019-02-19

诱发高血压的真正凶手不是盐, 而是钠! 钠! 钠! 重要的事情说三遍: 钠! 钠! 钠! 很多人以为食用盐是引发高血压的元凶, 其实真正的元凶是食用盐中的钠。

The real killer of hypertension is not salt, but sodium! Say the important thing three times: sodium! Sodium! Sodium! Many people think that salt is the main cause of hypertension, but the real culprit is sodium in salt.
- [轻松吃掉三高! 很多医生也都在用, 不看太亏了!](#) 重复数: 6 日期: 2019-02-19
[Easy to solve three high! Many doctors are also using it. If you don't look at it, you will lose a lot!](#) Repeat Number: 6 Data: 2019-02-19

少盐、少油 十个高血压, 九个死于盐。预防高血压, 尤其是高血压患者在饮食上要“少盐”。这是因为吃盐过多, 会导致外周血管阻力增大, 引起血压升高。世界卫生组织建议正常人群每日食盐量为6-8克, 也就是一小啤酒瓶盖。高血压患者应控制在4克以下。

Ten high blood pressure, nine died of salt. Hypertensive patients should have "less salt" in their diet. Eating too much salt can cause peripheral vascular resistance to increase, causing blood pressure to rise. The World Health Organization recommends that the normal population have a daily salt intake of 6-8 grams, which is the amount of a small beer bottle cap. Hypertensive patients should be controlled below 4 grams.

减盐-微博

Salt Reduction - Weibo

2019-02-19, 共检测到2148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。

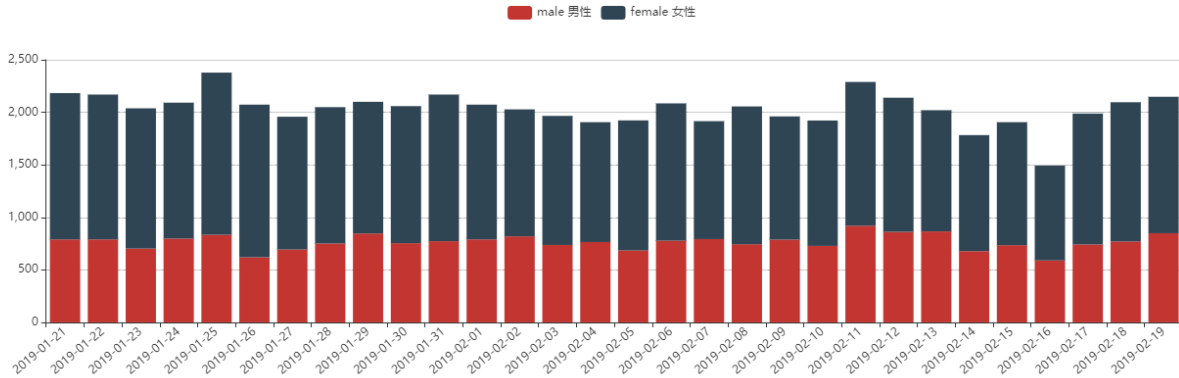
There are 2148 weibos about salt reduction monitored on 2019-02-19.

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. 昵称：营养师Steven李珈贤

地区：北京

认证：个人

Nickname：营养师Steven李珈贤

Area：Beijing

Identity：Person

时间：2019-02-19 13:07

来自：超话

转发数：58

评论数：46

点赞数：131

Time：2019-02-19 13:07

Source：超话

Repost：58

Comment：46

Like：131

#营养师一日三餐#今日午餐关键词：营养全面、优质蛋白#跟着营养师一起玩转营养师#●午餐是三餐中非常重要的一餐，很多人没时间好好吃早餐，因此午餐必须要保证全面的营养。●健康的午餐应包括主食、配合大量的蔬菜，适量的肉类、蛋类或鱼类、豆类，并尽量减少油、盐、糖。●尽量少吃方便食品代替午餐，例如方便面、西式快餐、汉堡等，这些食品能量高、营养含量低，常吃对身体没有益处。□李珈贤健康频道□生机天天健康生活□全食物日记营养师□全食物日记健康厨房□做自己的营养管家@微博健康养生@微博健康生活@微博营养师健康收起全文d
Keywords for today's lunch: comprehensive nutrition, high quality protein. 1. Lunch is a very important meal in three meals. Many people don't have time to have breakfast, so lunch must be guaranteed. 2. A healthy lunch should include staple food, a large amount of vegetables, moderate amount of meat, eggs or fish, beans, and minimize oil, salt and sugar. 3. Try not to use convenient food instead of lunch, such as instant noodles, Western-style fast food, burgers, etc. These foods have high energy and low nutrient content, and eating them often has no benefit to the body.

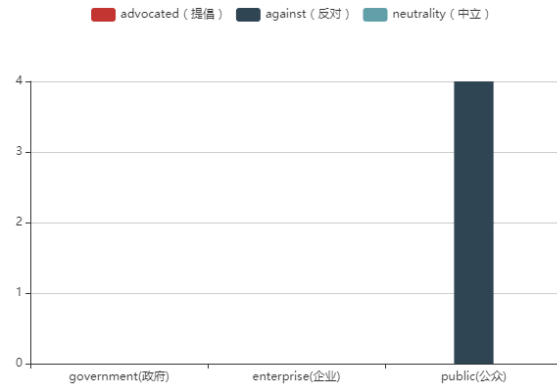
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-02-19) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2019-02-19. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

反式脂肪酸
Trans fat

没有相关文章！

No such articles!

决心工程
Resolve To Save Lives

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河南

Henan

反式脂肪酸
Trans fat

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安徽

Anhui

反式脂肪酸
Trans fat

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浙江

Zhejiang

反式脂肪酸
Trans fat

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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. 反式脂肪，餐桌上的定时炸弹 Trans Fat, Time Bomb on the Dinner Table	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间：08:18:51 Time: 08:18:51
如今，反式脂肪有害健康的观念已经深入人心。据世卫组织公布，2018年底，全球已有23个国家法定限制工业生产的反式脂肪或禁用部分氢化油。世卫组织同时呼吁各国积极采取行动，到2023年从食品供应中消除工业生产的反式脂肪。我国进展如何呢？反式脂肪有多坏？反式脂肪也常被称为反式脂肪酸，是一大类含有反式双键的脂肪酸的简称。				
Nowadays, the idea that trans fats are harmful to people's health has been deeply rooted in people's minds. According to WHO, by the end of 2018, 23 countries worldwide had legally restricted trans fats or banned some hydrogenated oils from industrial production. WHO also calls on countries to take active action to eliminate industrial trans fats from the food supply by 2023. How is our country progressing? How bad is trans fat? Trans fats, also known as trans fatty acids, are short for a large group of fatty acids containing trans double bonds.				
2. 山楂茯苓茶健脾消脂 Hawthorn Poria Cocos Tea for Strengthening Spleen and Eliminating Lipid	来源：pclady.com.cn Source: Pclady.com.cn	主体：公众 Subject: public	态度：反对 Attitude: against	时间：01:19:57 Time: 01:19:57
不健康的零食大多含有防腐剂、人工味素、色素、香料等，以及添加了反式脂肪酸的油脂；口感虽好但都太油、太咸、太重口味。挑选健康零食重食材，饼干最好用天然面粉，花生、坚果类须通过黄曲霉毒素的检查，不用反式脂肪酸的油脂，以免心血管的疾病增加。以及尽量减少添加膨松剂。 中医认为，由于热量没有办法控制，而摄取过多的热量跟油脂，会造成身体“痰湿夹杂”的体质。				
Unhealthy snacks mostly contain preservatives, artificial flavors, pigments, spices, and oils with trans fatty acids; they taste good but are too oily, salty and heavy. Choose healthy snacks with heavy ingredients. Biscuits should be made of natural flour. Peanuts and nuts should be tested for xanthotoxin, and trans fatty acids should not be used to prevent cardiovascular diseases from increasing. And to minimize the addition of bulking agent. Traditional Chinese medicine believes that because the heat can not be controlled, and the intake of excessive heat and fat, will cause the body "phlegm and dampness with blood stasis" constitution.				
3. 汤圆怎么吃才健康？ How to eat Tangyuan healthy?	来源：大江网 Source: Great river network	主体：公众 Subject: public	态度：反对 Attitude: against	时间：10:22:46 Time: 10:22:46
今天就是元宵佳节啦！圆滚滚的“汤圆君”是不是已经准备被端上你家的餐桌。不过，汤圆的外表虽然呆萌，但却根本不是可以任性吃的食物。元宵节，怎么吃汤圆更健康呢？汤圆=高糖、高脂、高热量，汤圆的外皮由糯米制成，相较之日常吃的大米，同样的粮食量，糯米比大米需要加的水少，烹调之后体积小。据有关资料显示，3个元宵所用的糯米粉就相当于1两米饭所用的米。				
Today is the Lantern Festival! Are you ready to be served at your table? However, although the appearance of Tangyuan is dull, it is not a food that can be eaten willfully at all. Lantern Festival, how to eat Tangyuan more healthy? Tangyuan = high sugar, high fat, high calorie. The skin of Tangyuan is made of glutinous rice. Compared with rice eaten everyday, glutinous rice needs less water than rice, and its volume is smaller after cooking. According to relevant data, the glutinous rice flour used in the three Lantern Festivals is equivalent to one or two rice.				
4. 糯米食品好不好消化 Glutinous rice food is not good to digest	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间：09:26:30 Time: 09:26:30
正月十五前后，关于元宵和汤圆的话题重新热闹起来。有人说，汤圆和元宵难消化，肠胃差的人不能吃；也有人表示，古人说糯米健脾，那就说明好消化，自己吃了感觉也很舒服.....糯米食品到底好不好消化呢？按国内外的研究结果，刚出锅的热糯米饭，血糖反应的确非常高，超过白糖，更高于普通糯米。酶解实验也证明，与粳米相比，糯米中所含的支链淀粉比例更大，容易与淀粉酶作用，葡萄糖分子释放的速度更快。				

Around the 15th day of the first lunar month, the topic of Lantern Festival and Tangyuan became lively again. Some people say that Tangyuan and Lantern Festival are difficult to digest, and people with poor intestines and stomach can not eat them. Others say that the ancients said glutinous rice is good for spleen, that means good digestion, and they feel very comfortable when they eat it. Is glutinous rice good for digestion? According to the research results at home and abroad, the blood sugar response of hot glutinous rice just out of the pot is really very high, which is higher than that of white sugar and ordinary japonica rice. Enzymatic hydrolysis experiments also showed that compared with japonica rice, glutinous rice contained a larger proportion of amylopectin, easy to interact with amylase, and the release rate of glucose molecules was faster.

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

反式脂肪酸-微信 Transfat - WeChat

2019-02-19, 共监测到309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 309 WeChat public articles were monitored in 2019-02-19. 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. 大脑最爱的食物, 核桃只排第4名, 第1名谁都想不到!

重复数: 56

日期: 2019-02-19

[Among the brain's favorite foods, walnuts rank only 4th, and the 1st is unexpected!](#)

Repeat Number: 56

Data: 2019-02-19

保持大脑健康少吃这些 除了上面介绍这些对大脑有益的食物, 还有一些常见的食物, 可能会对大脑健康发展有不健康的影响, 这些食物中含有大量的饱和脂肪, 反式脂肪或是糖, 容易造成血脑屏障构造受损, 加速认知功能以及记忆力的退化。

Keep your brain healthy and eat less of these..... In addition to the food mentioned above, there are some common foods that may have unhealthy effects on the healthy development of the brain. These foods contain a lot of saturated fat, trans fat or sugar, which can easily cause damage to the blood-brain barrier structure, accelerate cognitive function and memory degradation.

2. 北京知名医生揭露: 一辈子都不能碰的东西, 你却还傻傻吃.....

重复数: 10

日期: 2019-02-19

[Well-known doctors in Beijing have revealed that you are eating the things that you can't touch all your life.](#)

Repeat Number: 10

Data: 2019-02-19

人造奶油广泛存在我们日常饮食中, 例如奶油蛋糕、奶茶中都含有人造奶油。长期超量食用人造奶油除了可能导致心脏病, 还有可能诱发肿瘤。

Margarine is widely found in our daily diet, such as butter cakes and milk tea, which contain margarine. Excessive consumption of margarine over a long period of time may not only cause heart disease, but also induce cancer.

3. “好脂肪” VS “坏脂肪” 有害脂肪

重复数: 5

日期: 2019-02-19

[Good Fat VS Bad Fat](#)

Repeat Number: 5

Data: 2019-02-19

人造反式脂肪具有耐高温、不易变质、存放久等优点, 但它们对健康有害, 易引起人体内胆固醇 (即低密度脂蛋白胆固醇) 的水平升高, 增加心脏病、中风和2型糖尿病的风险。根据世卫组织统计, 每年有50万人死于人造反式脂肪酸引起的疾病, 而这是完全可能避免的。

Artificial trans fats have the advantages of high temperature resistance, non-deterioration and long storage time. However, they are harmful to health and can cause the increase of bad cholesterol (low density lipoprotein cholesterol) in human body, and increase the risk of heart disease, stroke and type 2 diabetes. According to WHO statistics, 500,000 people die each year from diseases caused by artificial trans fatty acids, which are entirely possible to avoid.

4. 欢乐健康闹元宵, 元宵饮食小贴士

重复数: 3

日期: 2019-02-19

[Have a happy and healthy Lantern Festival. There are some tips for Lantern Festival's diet.](#)

Repeat Number: 3

Data: 2019-02-19

汤圆和元宵的馅料中不仅含有糖, 通常也含较多脂肪, 例如, 芝麻、花生、坚果仁、巧克力等都是高脂肪的食材原料, 拌馅的油脂如猪油、黄油或氢化植物油等也含有较多饱和脂肪。目前市场上的汤圆和元宵品种繁多, 具体的脂肪含量因品种而异。

The fillings of Yuyuan and Yuanxiao not only contain sugar, but usually also contain more fat. For example, sesame, peanuts, nuts, and chocolate are all high-fat ingredients. The fat in the filling, such as lard, butter or hydrogenated vegetable oil, also contains more saturated fat. At present, there are many varieties of dumplings and glutinous rice on the market, and the specific fat content varies depending on the variety.

5. 无印良品饼干致癌? 购物者需警惕这两种致癌物

重复数: 3

日期: 2019-02-19

[Is the biscuit sold by MUJI carcinogenic? Shoppers need to be alert to these two carcinogens](#)

Repeat Number: 3

Data: 2019-02-19

总体来说, 考虑到环氧丙醇和丙烯酰胺容易在油脂高温精炼过程中产生, 而使用起酥油或氢化植物油的产品, 环氧丙醇的含量更高, 所以消费者在购买食物时一定要注意配料表中是否有添加起酥油或氢化植物油, 并谨慎选择。

Generally speaking, considering that propylene oxide and acrylamide are easy to be produced in the high temperature refining process of oils and fats, and the content of propylene oxide is higher in products using shortening or hydrogenated vegetable oil, consumers must pay attention to whether there is shortening or hydrogenated vegetable oil in the ingredient list when purchasing food, and choose carefully.

反式脂肪酸-微博 Transfat - Weibo

2019-02-19, 共检测到285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。

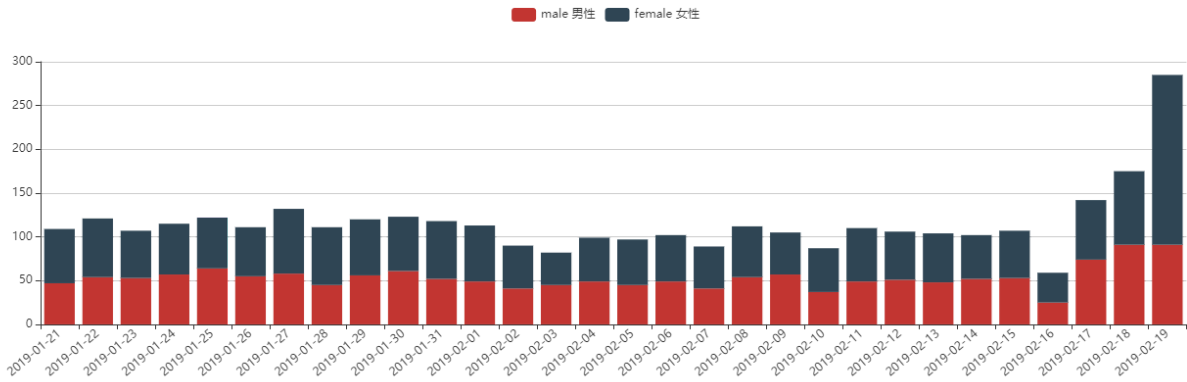
There are 285 weibos about transfat reduction monitored on 2019-02-19.

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!