

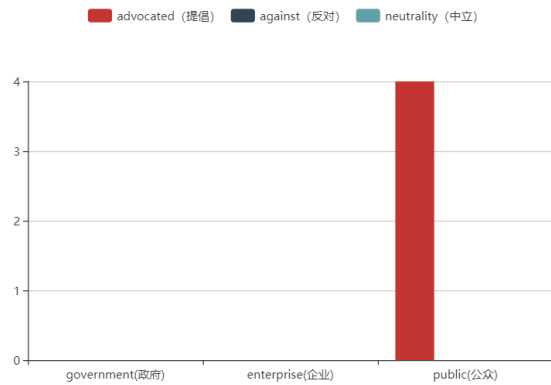
## 减盐-新闻

### Salt Reduction - News

今日 (2018-12-10) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2018-12-10. Please click the title to view full information.

The original article is in Chinese only.



#### 山东

#### Shandong

食物中的钠 Sodium in food
没有相关文章!
No such articles!
高血压 Hypertension
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
没有相关文章!
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!
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!

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！
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!

浙江  
Zhejiang

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

食物中的钠 Sodium in food
没有相关文章！
No such articles!
高血压 Hypertension
没有相关文章！
No such articles!
心血管健康 Cardiovascular health
没有相关文章！

No such articles!

综合健康信息  
Comprehensive Health Information

1. [喝汤好还是吃肉好? 这里有答案](#) 来源: 金羊网 主体: 公众 态度: 提倡 时间: 10:38:01  
[Soup or meat? Here is the answer.](#) Source: ycwbb Subject: public Attitude: advocate Time: 10:38:01

到底是汤营养好还是肉营养好, 网上对此一直争论不休。我们不妨通过以下两个问题一探究竟。 问: 鱼汤肉汤里没营养, 全是高脂肪、盐? 答: 鱼、肉的清汤中含有少量可溶性蛋白质、多种氨基酸、鲜味肽、肌酸、肉碱等小分子含氮物, 还有钾元素和可溶性的B族维生素, 非常容易被人体利用。的确, 汤是高水分含量食物, 蛋白质含量通常不超过2%; 和牛奶相比, 它的矿物质含量也差得很远。不过, 大多数人喝汤的主要目的并不是获得其中的蛋白质及其他营养成分, 而是品尝味道。所以, 消化能力正常的成年人大可不必扔掉汤中的“肉渣”。对大多数健康人而言, 喝汤时“去油减盐”是关键。

Whether soup nutrition is good or meat nutrition is good, which has been debated on the Internet. We may as well explore through the following two questions. Q: Fish soup broth is not nutritious. Is it all high in fat and salt? Answer: Fish and meat broth contains a small amount of soluble protein, a variety of amino acids, flavor peptides, creatine, carnitine and other small molecules containing nitrogen, as well as potassium and soluble B vitamins, which are very easy to be used by the human body. Indeed, soup is a high-moisture food, with protein content usually less than 2%, and its mineral content is far from that of milk. However, the main purpose of most people's soup is not to obtain protein and other nutrients, but to taste. Therefore, adults with normal digestive capacity do not have to throw away the "meat dregs" in the soup. For most healthy people, degreasing and reducing salt is the key when drinking soup.

2. [人过四十, 为什么就离不开这四种药?](#) 来源: 中国高新技术产业导报 主体: 公众 态度: 提倡 时间: 15:44:58  
[Why can't we live without these four drugs when we are over forty?](#) Source: Report on China's High-tech Industry Subject: public Attitude: advocate Time: 15:44:58

人过四十, 为什么就离不开这四种药? “人过四十, 天过午”。“四十岁以前人找病, 四十岁以后病找人。”两句警示性语言, 无疑是中年健康的写照。因为中年是承受事业压力、家庭压力、角色压力最多的阶段。作为家庭精神支柱和经济支柱的中年人, 一定要注意来自生理、心理和社会关系方面的“三大变化”。然而, 人到中年, 身体的“零件”已经不知不觉的发生了磨损, 开始走上了下坡路。据模糊医学理论观点称: 人的生命线可分为四个阶段: 35岁前为健康期, 35~45岁为疾病形成期, 45~55岁为疾病爆发期, 65岁后若无大的器质性病变, 便进入相对安全期。

Why can't a man live beyond forty without these four medicines? "When a man is over forty, it's after noon." "People before 40 seek illness, and people after 40 seek illness." Two warning words are undoubtedly a portrayal of middle-aged health. Because middle age is the stage that bears the most pressure from career, family and role. As the spiritual and economic pillar of the family, middle-aged people must pay attention to the "three major changes" in physiological, psychological and social relations. However, in middle age, the "parts" of the body have undergone wear and tear unconsciously, and began to go downhill. According to the viewpoint of fuzzy medical theory, human lifeline can be divided into four stages: healthy period before 35 years old, disease formation period between 35 and 45 years old, disease outbreak period between 45 and 55 years old, and relatively safe period after 65 years old without large organic lesions.

3. [儿童冬季易患的3种常见疾病应注意饮食禁忌!](#) 来源: 星岛环球网 主体: 公众 态度: 提倡 时间: 11:50:11  
[Children's three common diseases in winter should pay attention to dietary taboos!](#) Source: Sing Tao World Wide Web Subject: public Attitude: advocate Time: 11:50:11

我们生活中孩子常见的疾病有腹泻、发热或者咳嗽, 饮食方面应该以清淡容易消化为主, 但是对于糖尿病患者或者是心力衰竭的患儿来说要控制盐的摄入量。据网媒报道: 我们生活中孩子常见的疾病有腹泻、发热或者咳嗽, 饮食方面应该以清淡容易消化为主, 但是对于糖尿病患者或者是心力衰竭的患儿来说要控制盐的摄入量。儿童冬季易患的3种常见疾病, 应注意饮食禁忌!

Children's common diseases in our lives are diarrhea, fever or cough. Eating should be light and easy to digest, but for diabetics or children with heart failure, salt intake should be controlled. According to the Internet media, children's common diseases in our life are diarrhea, fever or cough. Eating should be light and easy to digest, but for diabetics or children with heart failure, salt intake should be controlled. Children are susceptible to three common diseases in winter, we should pay attention to dietary taboos!

4. [选对食物, 远离负面情绪](#) 来源: 人民网 主体: 公众 态度: 提倡 时间: 10:57:29  
[Choose food and stay away from negative emotions](#) Source: People's net Subject: public Attitude: advocate Time: 10:57:29

现代人生活节奏快, 压力大, 很多人在日常生活与工作中, 很容易产生一些焦躁、烦恼、愤怒乃至抑郁等负面情绪, 尤其是本就患有一些基础疾病的患者。适当的运动及心理调节能减轻负面情绪的压力, 同时, 如果选对了日常摄取的食物, 也有助于我们战胜负面情绪, 还有一个轻松自信的自己。现代科学证明, 人心理的压力程度与所吃的食物之间有着密切的联系。当我们处于压力之下时, 体内的维生素C将会被大量消耗, 同时, 如果缺乏B族维生素可能导致脾气暴躁, 甚至不受自己控制。

Modern life rhythm is fast, pressure is high, many people in daily life and work, it is easy to produce some anxiety, worry, anger and even depression and other negative emotions, especially in patients with some basic diseases. Proper exercise and psychological adjustment can relieve the pressure of negative emotions. At the same time, if we choose the right food, it will help us overcome negative emotions, but also a relaxed and confident self. Modern science has proved that there is a close relationship between the degree of psychological stress and the food we eat. When we are under pressure, vitamin C in our body will be consumed a lot. At the same time, lack of B vitamins may lead to grumpy temper, even beyond our control.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

## 减盐-微信 Salt Reduction - WeChat

2018-12-10，共监测到549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 549 WeChat public articles were monitored in 2018-12-10. This page shows the top five articles by repeat number today.

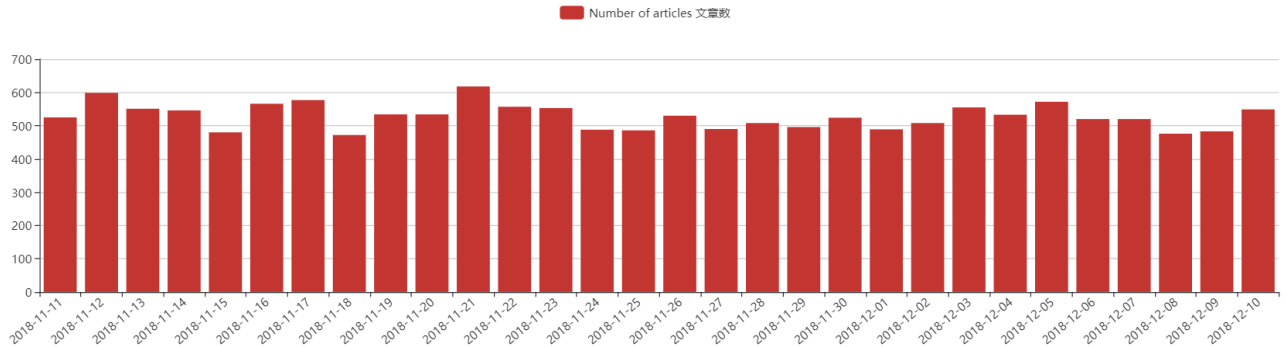
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门文章-前五 Popular Articles - Top 5

#### 1. [跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西](#)

[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

重复数: 27

日期: 2018-12-10

Repeat Number: 27

Data: 2018-12-10

多吃一口盐，伤害遍全身 无盐不成味，作为“百味之首”，盐是人人不可或缺的调料。但是一旦过量，对健康是百害而无一利的。高盐饮食有导致血压升高的作用，研究发现，每天食盐摄入每增加0.5克，中风的风险就增加17%。盐吃多了会引起高血压，同时还会使血浆胆固醇升高，促使我们的血管变薄、变脆，这就是非常可怕的——动脉粥样硬化。

Eat a bite of salt and hurt the whole body. No salt is not taste. As the "first of all tastes", salt is an indispensable spice for everyone. But once it is overdone, it is not good for health. A high-salt diet has the effect of raising blood pressure. The study found that for every 0.5 grams of salt intake per day, the risk of stroke increased by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and brittle. This is terrible atherosclerosis.

#### 2. [十大健康警戒线划出来了，寿命长短都由它决定！非常重要！](#)

[Ten health warning lines have been drawn out, and the length of life depends on it! Very important!](#)

重复数: 9

日期: 2018-12-10

Repeat Number: 9

Data: 2018-12-10

食盐过多摄入，与高血压、心血管疾病有着密切的关系，还会加重胃黏膜损伤、加速骨质疏松，而且盐摄入过多，皮肤也会变差。无论是为了健康还是美，控盐都是至关重要的。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。

Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage, accelerates osteoporosis, and results in excessive salt intake and poor skin. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the capacity of a beer bottle cap.

#### 3. [长寿有妙招！少吃三白，多吃三黑](#)

[Want health and longevity, eat!](#)

重复数: 6

日期: 2018-12-10

Repeat Number: 6

Data: 2018-12-10

长期高盐饮食很容易引起血压增高、血管硬化，并且多余的钠需要从肾脏排出，加大肾脏负担。限盐建议：健康人通过饮食摄取的最佳盐量，每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后，平铺满一瓶盖的量。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 for healthy people to eat through the diet is no more than 6 grams, 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.

#### 4. [盐是百病之源，营养师说：晚上频繁出现3种情况，说明你盐吃多了](#)

[Salt is the source of all diseases. Nutritionists say that there are three kinds of frequent occurrences in the evening, which means that you eat too much salt.](#)

重复数: 4

日期: 2018-12-10

Repeat Number: 4

Data: 2018-12-10

盐是百味之首，在人们最早的时候，就已经对盐实行了把控。即便它是每天都必放的调味料，缺谁都不能缺它。但它除了有百味之首的称号，还有着“百病之源”的说法。因此，每个国家都对食盐有严格限制的要求，在中国营养学会中建议我们：每天不能吃得过多，每个人要限制在6g以下，如果是一个家庭为单位，那么根据人头来算，3个人的话，在日常食用就别超过18g。

Salt is the king of the hundred flavors. At the earliest time, people had already controlled the salt. Even if it is a daily seasoning. However, in addition to the title of the first of the hundred flavors, there is also the saying that "the source of all diseases". Therefore, each country has strict restrictions on salt. The Chinese Nutrition Society recommends that we not eat too much salt every day; the salt intake of each person should be limited to 6g or less; if it is a family unit, 3 people should not exceed 18g in daily consumption.

#### 5. [常见的用盐“雷区”您中招了吗？](#)

[Are you falling into the common "trap" of salt?](#)

重复数: 3

日期: 2018-12-10

Repeat Number: 3

Data: 2018-12-10

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。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。

Understand the dangers of high-salt diets. Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach diseases, osteoporosis and obesity. Control salt intake. Chinese residents' dietary guidelines recommend that healthy adults should not consume more than 6 grams of salt per person per day, no more than 2 grams for children aged 2-3, no more than 3 grams for children aged 4-6, and no more than 4 grams for children aged 7-10. The elderly over 65 years old should not exceed 5 grams.

## 减盐-微博 Salt Reduction - Weibo

2018-12-10, 共检测到1649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。

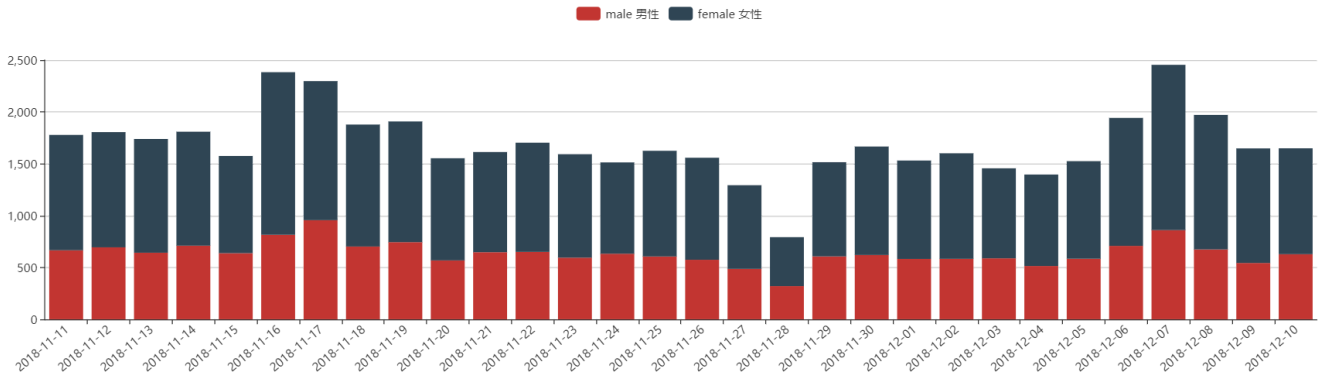
There are 1649 weibos about salt reduction monitored on 2018-12-10.

Weibos whose repost number is greater than 50 are listed in this page.

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

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门微博 Hot Weibos

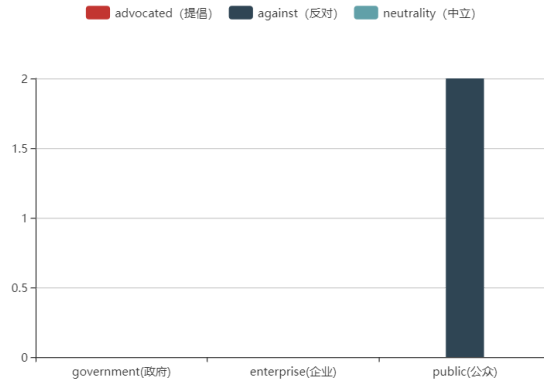
1. 没有相关微博!  
No such weibos!

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2018-12-10) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-12-10. Please click the title to view full information.

The original article is in Chinese only.



### 山东 Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 河南 Henan

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 安徽 Anhui

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 浙江 Zhejiang

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!

No such articles!

其他省份  
Other Provinces

反式脂肪酸 Trans fat				
1. <a href="#">鱼汤越浓不代表越有营养</a> <a href="#">The thicker the fish soup, the less nutritious it is.</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 18:10:08 Time: 18:10:08
<p>鱼汤越浓不代表越有营养。提到鱼汤，很多人都觉得奶白色最好，认为只有这种颜色的汤，喝下去才会有营养。其实，事实的真相却大不相同。郑州市中医院营养师朱绍英表示，鱼汤的颜色与其营养价值没有丝毫的关系，很多人喝汤不吃肉的做法很大程度上造成了营养的流失，食材本身的营养物质并不会因为烹饪加工而完全溶于汤中，且熬鱼汤的时间过长，温度过高，还会破坏食材里面的营养元素。汤越浓，脂肪含量越高。朱绍英介绍，煮鱼汤的时候，通常先把鱼用油炸一下，再放水熬，这时锅里含有大量油脂。</p> <p>The thicker the fish soup, the less nutritious it is. When it comes to fish soup, many people think that milky white is the best. They think that only the soup of this color can be nourished if it is drunk. In fact, the truth is quite different. Zhu Shaoying, a nutritionist at Zhengzhou Traditional Chinese Medicine Hospital, said that the color of fish soup had no relationship with its nutritional value. Many people drank soup without eating meat, which resulted in the loss of nutrients to a large extent. The nutrients of the food itself would not be completely dissolved in the soup because of cooking and processing, and the time of boiling fish soup was too long and the temperature was too high. It also destroys nutrients in food. The thicker the soup, the higher the fat content. Zhu Shaoying introduced that when cooking fish soup, fish are usually fried first and then boiled in water. At this time, the pot contains a lot of fat.</p>				
2. <a href="#">想拥有不老肌肤从摒弃不健康食物开始</a> <a href="#">To have ageless skin, start by abandoning unhealthy foods.</a>	来源：手机网易网 Source: Mobile NetEase network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 19:12:47 Time: 19:12:47
<p>爱美是女人的天性，而衰老则是女性的天敌。虽然我们无法阻止变老的过程，但了解哪些食物对皮肤有害，坚持正确饮食，可延缓皱纹的出现！身体中的弹性蛋白和胶原蛋白可使我们的皮肤保持健康和美丽。随着年龄的增长，这两种蛋白的再生速度会显著降低，而且日照和不正确的饮食也会使这两种蛋白遭到破坏。只要胶原蛋白纤维受损，皮肤上就会产生细小的皱纹。虽说紫外线辐射是影响皮肤年轻的外部威胁，但是这种辐射可以通过防护避免。糖化过程是胶原蛋白和弹性蛋白的隐藏敌人，皮肤学家称这复杂的化学反应为“老化”。不正确的饮食对皮肤的损害不亚于太阳辐射。</p> <p>Love of beauty is a woman's nature, and aging is the natural enemy of women. Although we can't stop the aging process, knowing which foods are harmful to our skin and sticking to the right diet can delay the appearance of wrinkles! Elastin and collagen in our body can keep our skin healthy and beautiful. The rate of regeneration of these two proteins decreases significantly with age, and both proteins are damaged by sunshine and incorrect diet. As long as collagen fibers are damaged, fine wrinkles will appear on the skin. Although ultraviolet radiation is an external threat to young skin, it can be avoided by protection. Glycation is the hidden enemy of collagen and elastin, a complex chemical reaction dermatologists call "aging". Improper diet can damage skin as much as solar radiation.</p>				
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

2018-12-10, 共监测到247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 247 WeChat public articles were monitored in 2018-12-10. This page shows the top five articles by repeat number today.

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

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



## 热门文章-前五 Popular Articles - Top 5

1. [这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!](#) 重复数: 8 日期: 2018-12-10  
[These six kinds of milk are absolutely not for children to drink, and the second one you may buy every day!](#) Repeat Number: 8 Data: 2018-12-10

很多宝宝都喜欢奶香浓郁的奶片, 妈妈们也都觉得奶片是“固体的牛奶”, 不止奶片, 还有一些奶酪片、酸奶干、牛奶球等。仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不利于宝宝健康, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。

Many babies like milk. Mothers also think that the milk piece is "solid milk." Not only milk tablets, but also some cheese slices, dried yogurt, milk balls, etc. In addition to milk powder and white sugar, the ingredient list also contains non-fat, which contains trans fatty acids, which is not only harmful to children's health, but also affects mental development. And most of the milk tablets are added with flavor, and excessive consumption will affect the health of the child.

2. [这几种油千万别给孩子吃! 多吃油? 怎么吃? 看过来...](#) 重复数: 3 日期: 2018-12-10  
[Don't give your children these oils! How old can a child eat oil? how to eat? Look...](#) Repeat Number: 3 Data: 2018-12-10

氢化植物油、人造黄油: 这类油主要是制作糕点、膨化食品的, 零食并非一点不能吃, 但是一定要控制量和频率。因为零食中的氢化植物油和人造黄油等反式脂肪, 有导致肥胖, 提高患心脏疾病的几率。

Hydrogenated vegetable oils, margarine: These oils are mainly used in the production of cakes and puffed foods. You can eat snacks, but be sure to control the amount and frequency. Because trans fats such as hydrogenated vegetable oil and margarine in snacks can cause obesity and increase the risk of heart disease.

3. [肠道最怕5种食物! 哪个是你的最爱?](#) 重复数: 3 日期: 2018-12-10  
[The intestine fears five kinds of food! Which is your favorite?](#) Repeat Number: 3 Data: 2018-12-10

反式脂肪酸会让食物变得松软可口, 但是过多的反式脂肪酸对肠道健康有损伤作用。人造反式脂肪的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、能增添食品酥脆口感、易于长期保存等优点, 因此被大量运用于市售包装食品、餐厅的煎炸食品中。含有反式脂肪酸的食物包括油炸食品中的炸鸡、薯条、薯片、方便面、麻花、油酥饼等

Trans fatty acids can make food soft and delicious, but too much trans fatty acids can damage the intestinal health. The main source of artificial trans fats is partially hydrotreated vegetable oils. Partially hydrogenated oils have the advantages of high temperature resistance, non-deterioration, crispy mouthfeel, and long-term preservation. Therefore, they are widely used in commercially available packaged foods and fried foods in restaurants. Foods containing trans fatty acids include fried chicken, French fries, potato chips, instant noodles, twists, and shortbread in fried foods.

4. [最易瘦身食物 vs 最易致胖的食物, 你可能都吃反了!](#) 重复数: 3 日期: 2018-12-10  
[The most slimming food vs. the most fattening food. You may eat wrong.](#) Repeat Number: 3 Data: 2018-12-10

一杯奶茶 = 405 千卡 = 慢跑1 小时 奶茶真的是很难拒绝啊, 对不对? 但是热量太高了, 一杯加了糖的奶茶热量高达 400 多卡, 脂肪基本在 10g 以上。而且有些奶茶添加了含有反式脂肪酸的奶精, 真的不宜多喝啊!

A cup of milk tea = 405 kcal = jogging for 1 hour. Milk tea is really hard to refuse, right? But its heat is too high. A cup of sugared milk tea has a calorie of more than 400 calories and a fat content of more than 10 g. And some milk teas add a creamer containing trans fatty acids, so we really shouldn't drink too much!

5. [中国人的健康大数据出来了, 惨不忍睹, 反思吧!](#) 重复数: 2 日期: 2018-12-10  
[The big data of Chinese people's health is coming out. It's hard to see. Reflect on it.](#) Repeat Number: 2 Data: 2018-12-10

减少食用油炸食品、加工食品。这类食物中含有反式脂肪酸, 无法被人体吸收, 甚至会阻止身体使用健康的饱和脂肪酸。如: 精制的植物油、人造黄油、油炸膨化食品等。脂肪的摄入量 脂肪的摄入量应占总热量的20%~35%, 其中饱和脂肪应少于10%。一般健身者每天每公斤体重摄入0.5~1g的脂肪。

Reduce consumption of fried foods and processed foods. These foods contain trans fatty acids that are not absorbed by the body and may even prevent the body from using healthy unsaturated fatty acids. Such as: refined vegetable oil, margarine, fried puffed food, etc. Fat intake should account for 20% to 35% of total calories, of which saturated fat should be less than 10%. Fitness workers consume 0.5 to 1 g of fat per kilogram of body weight per day.



## 反式脂肪酸-微博 Transfat - Weibo

2018-12-10, 共检测到102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。

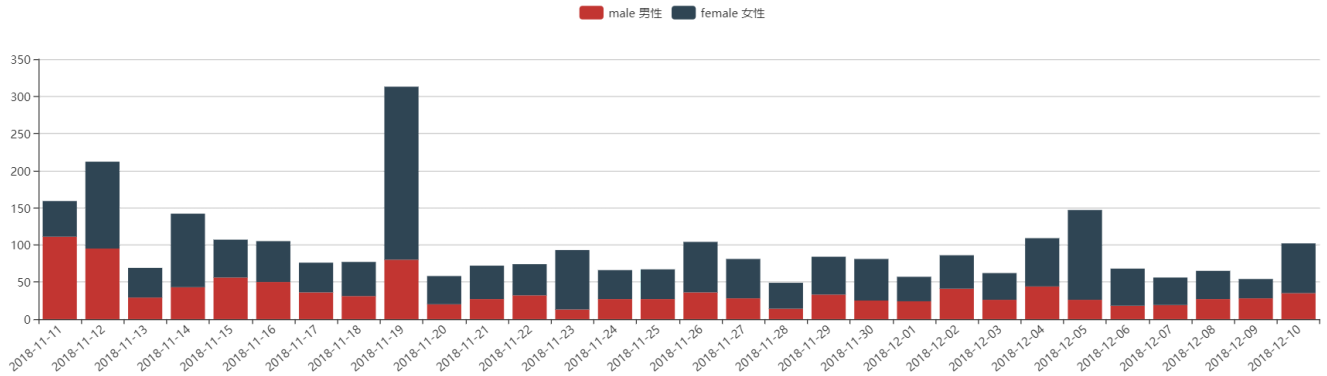
There are 102 weibos about transfat reduction monitored on 2018-12-10.

Weibos whose repost number is greater than 50 are listed in this page.

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

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门微博 Hot Weibos

1. 没有相关微博!  
No such weibos!