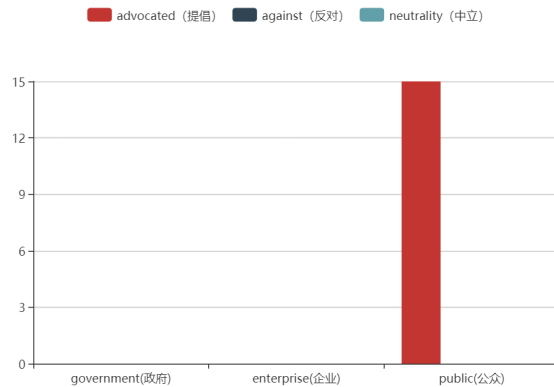


减盐-新闻

Salt Reduction - News

今日 (2018-10-30) 共监测到15条资讯。请点击标题查看原文。
There are 15 articles monitored today 2018-10-30. 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				
1. 一碗紫菜蛋花汤，引发的营养问答！	来源：中原网	主体：公众	态度：提倡	时间： 01:30:03
A bowl of laver egg drop soup, the nutrition quiz!	来源：中原网	Subject: public	Attitude: advocate	Time: 01:30:03
<p>紫菜，是餐桌中是再常见不过的一种制作汤菜的健康食材了，这不周末朋友来家里做客，烧了几个家常小菜，又做了一个紫菜蛋花汤。谁知这紫菜蛋花汤里的紫菜竟成了餐桌科普的焦点了。“食不言”看来真挺难！【提问：为啥紫菜的颜色有深有浅？我家买的紫菜颜色可深了！是不是染色的？】【回答：】有些紫菜确实看上去颜色发黑，那是因为紫菜的存放时间过久，导致紫菜的颜色发生了变化。紫菜的细胞中含有藻红素，所以紫菜在鲜活的时候呈现深浅不同的紫红色。但是藻红素降解的速度很快，紫菜在加工、储存和运输的过程中，就剩下了叶绿素，就会呈现出绿色。</p> <p>Porphyra, is the most common healthy ingredient for soup dishes in the dining table, this weekend friends come home to visit, cook a few home-made dishes, and make a laver egg soup. Who knows that the seaweed in the seaweed egg soup has become the focus of table science. It's hard to eat without speaking.Q: why is the color of laver deep and shallow? My home bought laver color is deep! Is it stained?][answer:]Some lavers do look dark because they have been stored for too long, causing a change in color. Porphyra cells contain phycocyanin, so Porphyra shows shades of purplish red when fresh. But the degradation rate of phycoerythrin is very fast. During the processing, storage and transportation of porphyra, chlorophyll is left and it will appear green.</p>				
高血压 Hypertension				
没有相关文章!				
No such articles!				
心血管健康 Cardiovascular health				
没有相关文章!				

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<div><div>综合健康信息</div><div>Comprehensive Health Information</div></div>
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<div><div>决心工程</div><div>Resolve To Save Lives</div></div>
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No such articles!

安徽

Anhui

<div><div>食物中的钠</div><div>Sodium in food</div></div>
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浙江

Zhejiang

<div><div>食物中的钠</div><div>Sodium in food</div></div>				
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<div><div>综合健康信息</div><div>Comprehensive Health Information</div></div>				
1. 饭前喝汤苗条健康? 那可得掐准时间	来源：浙江在线	主体：公众	态度：提倡	时间： 17:21:41
Drink soup before meals healthier?The available device must time	来源：浙江在线	Subject: public	Attitude: advocate	Time: 17:21:41
饭前喝汤苗条健康? 那可得掐准时间。吃饭是每天都要做的事情，一天三顿都不能少。民间一直流传着“饭前喝汤，苗条健康；饭后喝汤，越喝越胖”这样的说法。可事实上，真的如此吗？带着疑问，记者近日采访了杭州市中医院消化内科主治医师桑怡。桑怡告诉记者，所谓饭前喝汤，的确可以润滑口腔、食管，防止干硬食物刺激消化道黏膜，有利于食物和消化液的充分混合，促进营养的消化、吸收。				
Soup before meals, slim and healthy? That takes time.Eating is what we do every day. We can't eat less than three meals a day. People have been circulating the phrase "drink soup before meals, slim and healthy; drink soup after meals, the fatter the more you drink" such a statement. But in fact, is that really true? With questions, the reporter recently interviewed chief physician Sang Yi, Department of Gastroenterology, Hangzhou Traditional Chinese Medical Hospital.Sangyi told reporters that the so-called pre-meal soup, indeed can lubricate the mouth, esophagus, prevent dry and hard food stimulate the digestive tract mucosa, conducive to food and digestive juice fully mixed, promote the digestion and absorption of nutrition.				
2. 癌症疫苗离我们还有多远?防癌要记住这9点	来源：中国宁波网	主体：公众	态度：提倡	时间： 10:21:47
How far is the cancer vaccine?Cancer to remember this at 9 PM	来源：中国宁波网	Subject: public	Attitude: advocate	Time: 10:21:47
癌症疫苗离我们还有多远?防癌要记住这9点。白天属于工作，夜晚属于生活。日落之后，让我们去看看不一样的世界：太突然了！没想到著名主持人李咏患癌症去世了。10月29日上午，央视主持人李咏的太太、著名导演哈文发布微博，“在美国，经过17个月的抗癌治疗，2018年10月25日凌晨5点20分，永失我爱。”对此，网友们纷纷表示哀痛和不敢相信。“愿天堂里从此多里一个亦庄亦谐的声音：我是主持人李咏，下期节目再见！”李咏1968年5月生于乌鲁木齐，曾主持央视节目《非常6+1》《幸运52》，也多次主持央视春晚，是全国人民喜爱的主持人。				
How far does cancer away from us?				
<div><div>决心工程</div></div>				

Resolve To Save Lives
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No such articles!

其他省份

Other Provinces

食物中的钠 Sodium in food				
1. 李咏离世！做好这些筛查，别让癌症拖到晚期更重要	来源： 新浪网	主体： 公众	态度： 提倡	时间： 08:32:27
Li yong's death!Do a good job in the screening, don't let cancer is more important to late	来源： 新浪网	Subject: public	Attitude: advocate	Time: 08:32:27
<p>李咏因癌症逝世的噩耗，让网友们感叹不已，生命无常，癌症无情，健康的重量常常让我觉得沉重，我们不得不意识到肿瘤在中青年人群中发病率越来越高，那些即便年纪不大的人，也随时可能离开我们。这不禁让人开始怀疑：癌症可以预防吗？每年做体检，真的有用么？早筛查早治疗，永远是最有效的治疗方法。每年体检真的有用吗？答案显然是有用，但需要有针对性地做相应的癌症筛查。2017年美国癌症报告表明：过去20年，癌症总体病死率已经下降25%，癌症筛查的推广功不可没，这为中国的肿瘤筛查提供了信心。当然盲目的癌症筛查不可取，我们可以根据自身的情况判断，时刻警惕一些常见癌症的早期症状，做好体检筛查尤为重要，接下来给大家说说面对一些高发率的癌症，肿瘤筛查怎么做？哪些人群需要做肿瘤筛查？答案显然是有用！但需要有针对性地做相应的癌症筛查。</p>				
<p>The sad news of Li Yong's death from cancer makes netizens marvel at the uncertainty of life, the ruthlessness of cancer, and the weight of health often weigh heavily on me. We have to realize that the incidence of cancer in young and middle-aged people is getting higher and higher. Those who are young may leave us at the same time. It makes people wonder if cancer can be prevented. Is it really useful to do physical examination every year?Early screening and early treatment are always the most effective treatments.Is physical examination really useful every year? The answer is obviously useful, but targeted cancer screening is necessary. The 2017 U.S. Cancer Report shows that overall cancer mortality has fallen by 25% over the past 20 years, and the promotion of cancer screening has contributed greatly, providing confidence for cancer screening in China.Of course, blind cancer screening is not advisable, we can judge according to their own situation, always alert to some common early symptoms of cancer, do a good physical examination screening is particularly important, then tell us about some high incidence of cancer, how to do cancer screening? Which groups need cancer screening?The answer is obviously useful. However, targeted cancer screening is necessary.</p>				
2. 著名主持人李咏因癌症去世！人生下半场，拼的是健康。	来源： 搜狐	主体： 公众	态度： 提倡	时间： 06:32:47
The famous host li yong died of cancer.In the second half of life, spelling is healthy.	来源： 搜狐	Subject: public	Attitude: advocate	Time: 06:32:47
<p>“下期节目见，我是主持人李咏。” 年仅50岁的著名主持人李咏，因患癌治疗无效去世，却永远无法与观众朋友们下期再见，令人深感震惊与惋惜。最近这两年，身边患癌症的人越来越多，而且越来越年轻，这不得不引起我们对癌症的重视。由于种种原因，人们对于癌症的起因、防治存在不少成见和误解，影响了对癌症的早发现、早诊断、早治疗。我们非常有必要再进一步认识癌症，做到防患于未然。</p>				
<p>"I will be the host of the next programme, Li Yong."Li Yong, a well-known 50-year-old host, died of invalid treatment for cancer, but was never able to see his audience next time. It was shocking and regrettable.In the past two years, more and more people are suffering from cancer, and more and more young, which has to arouse our attention to cancer.Due to various reasons, there are many prejudices and misunderstandings about the cause and prevention of cancer, which affect the early detection, early diagnosis and early treatment of cancer.It is very necessary for us to further understand cancer and prevent it from happening.</p>				
3. 著名主持李咏患癌去世再引关注本网送上12条防癌攻略	来源： 扬州网	主体： 公众	态度： 提倡	时间： 08:35:32
The famous host li yong died of cancer on 12 cancer prevention strategy again to focus on our website	来源： 扬州网	Subject: public	Attitude: advocate	Time: 08:35:32
<p>昨天，著名节目主持人李咏，在美因患癌症去世，享年50岁。提起癌症，很多人“谈癌色变”。根据2017《中国肿瘤的现状和趋势》报告显示，不论城市还是农村，肿瘤都是中国居民的主要死亡原因。记者从我市城区一家医院肿瘤科了解到，一年确诊癌症病人超过8000人次，且患病年龄年轻化，其中肺癌和食道癌的患者最多。肺癌食道癌患者最多，呈年轻化趋势，男性略多。</p>				
<p>Yesterday, Li Yong, a famous program host, died in cancer in the United States at the age of 50. Mention cancer, many people "talk about cancer color change". Tumors are the leading cause of death in both urban and rural areas, according to the 2007 China Cancer Status and Trends Report.The reporter learned from the oncology department of a hospital in downtown area of our city that more than 8000 cancer patients were diagnosed a year, and the age of the disease was younger, of which lung cancer and esophageal cancer were the most common.Lung cancer is the most common type of esophageal cancer, with a younger trend.</p>				
4. 月经来了不能吃什么东西？	来源： pclady.com.cn	主体： 公众	态度： 提倡	时间： 01:41:56
Menstruation comes what cannot eat?	来源： pclady.com.cn	Subject: public	Attitude: advocate	Time: 01:41:56
<p>月经来了不能吃什么。 1、月经来了不能吃酸辣刺激食品。 月经其间的女士感到特别疲劳,消化功能减弱,胃口欠佳,因此,饮食上应注意食物的清淡和易于消化吸收,避免食用过酸和刺激性较大的食品,如山植、酸菜、食醋、辣椒、芥末、胡椒等。 2、月经来了不能喝含气饮料。 不少喜欢喝含气饮料的女性,在月经期会出现疲乏无力和精神不振的现象,这是铁质缺乏的表现。</p>				
<p>When menstruation comes, you can't eat anything.1, menstruation can not eat spicy spicy food.During the menstrual period, women feel particularly tired, weakened digestive function, poor appetite, therefore, food should pay attention to light and easy to digest and absorb, avoid eating more acidic and stimulating food, such as Shanzhi, pickled cabbage, vinegar, pepper, mustard, pepper and so on.2, menstruation is not allowed to drink gas drinks.Many women who like to drink air-filled drinks will experience fatigue, weakness and mental retardation during menstruation, which is a sign of iron deficiency.</p>				
5. 儿童食品“低盐”陷阱你能过几关？	来源： 新华网	主体： 公众	态度： 提倡	时间： 15:08:39
Children's food "low salt" you will be able to trap a few?	来源： 新华网	Subject: public	Attitude: advocate	Time: 15:08:39
<p>上个周末，新妈妈小谭面对超市货架上琳琅满目的酱油犯起了难：是选择普通酱油给孩子做饭，还是选择价格要贵出几倍的儿童酱油。她曾经网购过宣称使用了减盐（钠）工艺的儿童酱油，为的就是能给孩子增加食欲，同时不至于盐（钠）摄入过量。而当她仔细对比这瓶儿童酱油与同品牌同系列普通酱油时，却发现儿童酱油的钠含量不低反高，类似的问题还存在于她购买的儿童面条上。儿童要少吃盐（钠）——在世界卫生组织和国家卫健委的建议下，这一观念已经深入人心。“低盐”“淡盐”“少盐”“减盐”“无盐”，也已成为儿童食品中常见的营销标签，它们往往不会出现在食品包装上，只会出现在网购网站长长的商品描述中、展示图片上和导购的话语中。</p>				
<p>Last weekend, the new mother, Tan, was confronted with a myriad of soy sauces on supermarket shelves: ordinary soy sauce for her children to cook, or children's soy sauce that cost several times more. She once online purchased soy sauce for children who claimed to use the salt-reducing process in order to increase appetite and avoid excessive salt intake. When she carefully compared this bottle of children's soy sauce with the same brand of common soy sauce, but found that the sodium content of children's soy sauce is not low but high, similar problems still exist in the children's noodles she bought.Children need to eat less salt (sodium) - a concept that has gained popularity at the suggestion of the World Health Organization and the National Health Service. "Low Salt", "Low Salt", "Low Salt", "Low Salt", "Low Salt", "Reduced Salt" and "No Salt" have also become common marketing labels in children's food. They do not appear on food packaging, but only in long product descriptions, display pictures and guided purchases on online shopping websites.</p>				
6. 主持人李咏患癌离世，你必须知道的防癌知识	来源： 搜狐	主体： 公众	态度： 提倡	时间： 21:36:05
The host li yong cancer death, you must know knowledge of cancer	来源： 搜狐	Subject: public	Attitude: advocate	Time: 21:36:05
<p>肿瘤离我们真的不远，央视著名主持人 李咏 因癌症于10月25日凌晨去世， 年仅50岁。李咏在全世界医疗最发达的美国 治疗了17个月 最终 还是离世 让我们再一次看到癌症的可怕。 逝者安息！生者更应珍惜，疾病面前没有特权。预防癌症的 主动权 掌握在每个人自己手里，为家人、为自己， 防癌知识请从现在开始。根据《2017中国肿瘤登记年报》中显示，作为人类健康领域最大威胁之一，与2012年相比，癌症新发人数继续上升，从358万增加到368万，增幅3%；同年，世界新发病例约1409万。</p>				
<p>The tumor is not far away from us.CCTV hostLi YongDied of cancer in the early morning of October 25th.It is only 50 years old.Li Yong is the most developed American in the world.The treatment lasted for 17 months.FinalOr the death of the worldLet's once again see the horror of cancer.The dead rest in peace!The living should cherish.There is no privilege in front of disease.Cancer preventionInitiativeIt's in everyone's hands.For family members, for myself.Please learn from cancer now.As one of the greatest threats to human health, the number of new cancer cases continued to rise from 3.58 million to 3.68 million in 2012, a 3% increase, according to the China Cancer Registry Annual Report 2017. In the same year, about 14.09 million new cases were reported worldwide.</p>				
高血压 Hypertension				
1. 高血压的福音：4大饮食原则大揭秘！	来源： 中原网	主体： 公众	态度： 提倡	时间： 06:42:17
High blood pressure: the Gospel of 4 big diet principles revealed!	来源： 中原网	Subject: public	Attitude: advocate	Time: 06:42:17
<p>高血压的福音：4大饮食原则大揭秘！ 高血压是一种严重危害人类健康的常见心血管疾病，同时又是导致其他很多心血管疾病的重要危险因素。高血压已成为 全球迫切需要应对的 重大公共卫生问题。根据很多科学研究的成果，以及我们身体的钠钾代谢的生理机制——低钠高钾的饮食， 将是预防高血压的重要措施之一。 在日常生活中我们可以采用以下方法来做到低钠高钾饮食。</p>				

The gospel of hypertension: the 4 major dietary principles are revealed!Hypertension is a common cardiovascular disease that seriously endangers human health. It is also an important risk factor for many other cardiovascular diseases.Hypertension has becomeThe world urgently needs to deal with it.Major public health problems.According to the results of many scientific researches, and the physiological mechanism of sodium potassium metabolism in our body,Low sodium and high potassium diet.It will be one of the important measures to prevent hypertension.In daily life, we can use the following methods to achieve low sodium and high potassium diet.

2. 高血压患者定期测血压遵循“生活疗法”可防控	来源：新华报业网	主体：公众	态度：提倡	时间：16:13:52
Patients with high blood pressure measuring blood pressure regularly to follow the "therapy" life can be control	来源：新华报业网	Subject: public	Attitude: advocate	Time: 16:13:52

高血压患者定期测血压遵循“生活疗法”可防控。高血压不仅是一种疾病，更是很多严重心脑血管疾病的危险因素。高血压已成为现代人的健康杀手。近日，中国疾病预防控制中心专家特别提醒，高血压是可防可控的。防控的第一步就是要认识这个病，知晓自己的血压，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。

Patients with hypertension regularly monitor their blood pressure according to "life therapy".Hypertension is not only a disease, but also a risk factor for many serious cardiovascular and cerebrovascular diseases. Hypertension has become a modern health killer.Recently, experts from CDC warned that hypertension can be prevented and controlled. The first step of prevention and control is to know the disease, know their own blood pressure, only regular monitoring of blood pressure, in order to timely detect the seedlings of hypertension, early prevention, early treatment.

心血管健康
Cardiovascular health

1. 七招预防秋冬季心脑血管病	来源：北方网	主体：公众	态度：提倡	时间：09:44:13
Seven for prevention of qiu dong season cardio-cerebrovascular disease	来源：北方网	Subject: public	Attitude: advocate	Time: 09:44:13

冬季是心脑血管疾病的高发期。本期“老年养生”栏目关注秋冬季预防心脑血管病的话题，桃花源养老院院长赵宏伟告诉读者，老年人要预防秋冬季心脑血管疾病应该注意哪些事项。首先，要先弄清形成心脑血管疾病的主要原因，通常有三个方面。一是骤降的气温会造成体表湿度下降，血管收缩，血黏度增高。寒冷的刺激，还可使交感N兴奋，肾上腺皮质激素分泌增多，从而使小动脉痉挛收缩，外围阻力增加，使血压升高，进而容易导致脑血管破裂出血；寒冷还可使纤维蛋白原的含量增加，引起制备性心脑血管疾病的发生。

Winter is a high incidence of cardiovascular and cerebrovascular diseases. This issue of "Health Care for the Elderly" column focuses on the topic of prevention of cardiovascular and cerebrovascular diseases in autumn and winter. Zhao Hongwei, Dean of Taohuayuan Nursing Home, told readers what should be paid attention to in preventing cardiovascular and cerebrovascular diseases in winter for the elderly.First of all, we should first clarify the main causes of cardiovascular and cerebrovascular diseases, usually in three aspects. First, the sudden drop of temperature will cause the body surface humidity to decrease, the blood vessels to contract and the blood viscosity to increase. Cold stimulation can also excite sympathetic N and increase the secretion of adrenocortical hormones, which can cause spasm contraction of small arteries, increase peripheral resistance, and increase blood pressure, which can easily lead to cerebral vascular rupture and bleeding; cold can also increase the content of fibrinogen, causing the occurrence of preparative cardiovascular diseases.

综合健康信息
Comprehensive Health Information

1. 健康科普 预防癌症，你一定要知道的“黄金十条”！	来源：搜狐	主体：公众	态度：提倡	时间：21:20:52
Health science cancer prevention, you must know that the article "golden decade" of!	来源：搜狐	Subject: public	Attitude: advocate	Time: 21:20:52

突然之间，一条微博刷遍朋友圈，原央视春晚导演哈文发微博称，丈夫李咏因癌症逝世。很多人对李咏的印象是在电视上拿着一个锤子问 砸金蛋还是砸银蛋。夸张的花衬衫和尖头皮鞋，极具感染力的笑容，轻松活泼的气氛，成为很多人记忆中最美好的一幕。2017年8月9日 李咏的妻子哈文曾发文 表示期待癌症疫苗：艾滋病疫苗都有了，癌症疫苗还远吗？那时，李咏已确认患上了喉癌。喉癌是什么？知识点：喉癌分原发性和继发性两种。

All of a sudden, a micro-blog brushes around the circle of friends.The former CCTV Spring Festival Gala director, havin micro Bo said.Husband Li Yong died of cancer.Many people's impression of Li Yong isAsked with a hammer on TV.Smashing golden eggs or smashing silver eggs.Exaggerated flower shirts and pointed shoes.An infectious smile.A relaxed atmosphere.Become the most beautiful scene in many people's memory.August 9, 2017Li Yong's wife, havin Ceng FawenExpressing expectations of cancer vaccines:AIDS vaccines are available. Are cancer vaccines still far away?At that time, Li Yong had confirmed that he had suffered from laryngeal cancer.What is laryngeal cancer?Knowledge points:Laryngeal carcinoma is divided into two types: primary and secondary.

2. 浙江20多人做胃镜，2人当场确诊胃癌，个个都是胃炎！专家都感叹...	来源：汉丰网	主体：公众	态度：提倡	时间：14:21:46
Do gastroscopy zhejiang more than 20 people, 2 people on the spot diagnosis of gastric cancer, everyone is gastritis!Experts all sigh...	来源：汉丰网	Subject: public	Attitude: advocate	Time: 14:21:46

浙江20多人做胃镜，2人当场确诊胃癌，个个都是胃炎！专家都感叹：触目惊心！“一上午做了20多个胃镜，几乎个个都是严重的萎缩性胃炎（临床上认定的癌前病变情况之一），其中有2个当场就被确诊是胃癌。”近日，浙江省医学会消化学会主委、浙江省中医院消化内科专家吕宾教授跟钱报记者感叹自己触目惊心的天台之行。据介绍，中国是世界上公认的胃癌高发国之一，胃癌在我国十大高发恶性肿瘤中排名第二，而浙江省又位列国内四大胃癌高发地区之内，其中又以岱山、天台、仙居最突出。省中医院自2016年开始在省内开展胃癌筛查，到目前为止此活动已走进安吉、松阳、海宁、平湖、天台等16个县（市、区），为7万多人完成了胃癌筛查，但当专家们走进天台时，还是被胃镜下一个个糟糕的景象给惊到了。目前的研究认为，胃癌的发生与幽门螺杆菌感染有关，而饮食上喜高盐、油炸、烟熏、腌制等也是高致癌因素之一。

Zhejiang more than 20 people do gastroscopy, 2 people diagnosed stomach cancer on the spot, all are gastritis! Experts sigh: shocking!"More than 20 endoscopes were done in the morning, almost all of them were severe atrophic gastritis (one of the precancerous lesions clinically identified), and two of them were diagnosed as gastric cancer on the spot."Recently, Professor Lu Bin, chairman of the digestive society of Zhejiang Medical Association and an expert in digestive medicine of Zhejiang Hospital of Traditional Chinese Medicine, lamented with Qian Bao's reporter his stunning trip to the rooftop.According to reports, China is recognized as one of the world's high incidence of gastric cancer, gastric cancer in China's top 10 high incidence of malignant tumors ranked second, and Zhejiang Province is also ranked among the four high incidence areas of gastric cancer, Daishan, Tiantai, Xianju are the most prominent.The Provincial Hospital of traditional Chinese medicine has been carrying out gastric cancer screening in Anji, Songyang, Haining, Pinghu, Tiantai and other 16 counties (cities and districts) since 2016. More than 70,000 people have been screened for gastric cancer. But when the experts entered the rooftop, they were still shocked by a bad scene under gastroscopy.Current studies suggest that gastric cancer is associated with Helicobacter pylori infection, and dietary preference for high salt, frying, smoking, curing, etc. is also one of the high carcinogenic factors.

3. 胃不好，远离3物，常饮2水，坚持3件事，胃会一点点变好！	来源：汉丰网	主体：公众	态度：提倡	时间：15:10:16
The stomach is bad, away from the 3, often drink water 2, insist on three things, the stomach will be a little bit better!	来源：汉丰网	Subject: public	Attitude: advocate	Time: 15:10:16

胃不好，远离3物，常饮2水，坚持3件事，胃会一点点变好！胃不好的人，身体也不会强，寿命也难长。现代人很多都有胃病等问题。养胃从小就要做起。胃怕生冷刺激，又怕辛辣，更怕你暴饮暴食。胃也怕你过量喝酒，怕你吃得过咸过油腻。

The stomach is not good, away from 3 things, drink 2 water frequently, insist on 3 things, the stomach will change a little bit better!A person with a bad stomach will not be strong enough to live long.Many modern people have stomach problems. Nourishing the stomach starts from childhood. The stomach is afraid of cold stimulation, and also is afraid of spicy and spicy. The stomach is also afraid that you drink too much, for fear that you may eat too salty and greasy.

决心工程
Resolve To Save Lives

没有相关文章！
No such articles!

减盐-微信

Salt Reduction - WeChat

2018-10-30, 共监测到553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 553 WeChat public articles were monitored in 2018-10-30. 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. 【健康】想要健康, 不妨少吃“三白”, 多吃“三黑”!
If you want to be healthy, you may eat less "three white" and eat more "three black"!](#)

重复数: 2 日期: 2018-10-30
Repeat Number: 2 Data: 2018-10-30

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。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, eat no more than 6 grams of salt per day, which is the amount of the lid of a regular beer bottle cover after the rubber pad is covered. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.
- [2. 八成中国家庭吃油超标 怎么吃油才健康?
Eighty percent of Chinese household oil intake exceeded the standard. How to eat oil healthily?](#)

重复数: 2 日期: 2018-10-30
Repeat Number: 2 Data: 2018-10-30

中国人对于盐的摄入量过高已经成为一个严重的问题。世界卫生组织建议成年人每日食盐摄入量应低于5克, 中国居民膳食指南里提出的是6克, 而现在国人的实际摄入水平是10.5克左右, 要想从当前的水平降低到世卫组织或中国居民膳食指南建议的标准是非常困难的。

Chinese people's excessive intake of salt has become a serious problem. The World Health Organization recommends that the daily salt intake of adults should be less than 5 grams. The Chinese residents' dietary guidelines are 6 grams, and the actual intake of Chinese people is about 10.5 grams. It is very difficult to reduce the current level to the standards recommended by the WHO or Chinese residents' dietary guidelines.
- [3. 儿童食品“低盐”陷阱: 名称添加“儿童”身价倍增
"Low salt" trap for children's food: The price of foods with "children" in their names has doubled.](#)

重复数: 2 日期: 2018-10-30
Repeat Number: 2 Data: 2018-10-30

在世界卫生组织和国家卫生部门的建议下, 这一观念已经深入人心。“低盐”“淡盐”“少盐”“减盐”“无盐”, 也已成为儿童食品中常见的营销标签, 它们往往不会出现在食品包装上, 只会出现在网购网站长长的商品描述中、展示图片上和导购的话语中。

Thanks to the recommendations of the World Health Organization and the National Health Service, this concept has been deeply rooted in the hearts of the people. "Low salt", "light salt", "less salt", "salt reduction" and "no salt" have also become common marketing labels in children's food. They often do not appear on food packaging, but only appear in long product descriptions on online shopping sites, on display images, and in shopping guides.
- [4. 儿童食品“低盐”陷阱 你能过几关?
Can you pass the "low salt" trap of children's food?](#)

重复数: 2 日期: 2018-10-30
Repeat Number: 2 Data: 2018-10-30

儿童要少吃盐(钠)——在世界卫生组织和国家卫生部门的建议下, 这一观念已经深入人心。“低盐”“淡盐”“少盐”“减盐”“无盐”, 也已成为儿童食品中常见的营销标签, 它们往往不会出现在食品包装上, 只会出现在网购网站长长的商品描述中、展示图片上和导购的话语中。

Thanks to the recommendations of the World Health Organization and the National Health Service, the concept of children eating less salt (sodium) has been deeply rooted in the hearts of the people. "Low salt", "light salt", "less salt", "salt reduction" and "no salt" have also become common marketing labels in children's food. They often do not appear on food packaging, but only appear in long product descriptions on online shopping sites, on display images, and in shopping guides.
- [5. 培养清淡口味, 逐渐做到量化用盐用油
Cultivate light taste and gradually quantify the amount of salt and oil.](#)

重复数: 1 日期: 2018-10-30
Repeat Number: 1 Data: 2018-10-30

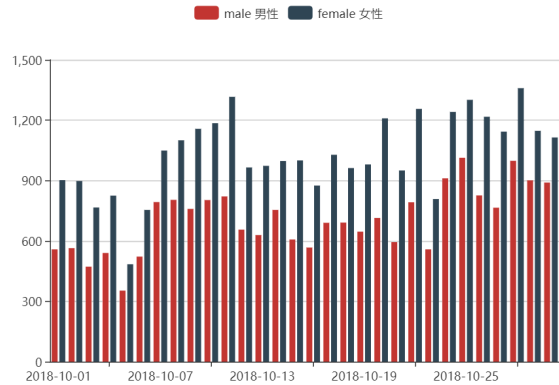
按照目前每天食盐和烹调油的个人用量, 设定减盐控油的目标, 循序渐进, 逐渐降低摄入量, 最终达到每人每天的食盐用量不超过6g, 烹调油应控制在30g以内。尤其要重点培养儿童的清淡饮食, 在家庭烹饪时推荐使用定量盐勺, 或用量具量出, 每餐按量放入菜肴。

According to the current daily consumption of salt and cooking oil, set the goal of reducing salt and controlling oil. Gradually reduce the intake, and finally reach a salt consumption of no more than 6g per person per day, and the cooking oil should be controlled within 30g. In particular, it is important to cultivate a light diet for children. It is recommended to use a quantitative salt spoon when cooking at home, or to measure the amount. Salt should be added to each meal in a certain amount.

减盐-微博

Salt Reduction - Weibo

2018-10-30, 共检测到2004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 2004 weibos about salt reduction monitored on 2018-10-30.
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.



热门微博

Hot Weibos

1. 昵称: 草塔镇政务

地区: 浙江

认证: 政务

Nickname: 草塔镇政务

Area: Zhejiang

Identity: Official

时间: 2018-10-30 12:22
Time: 2018-10-30 12:22

来自: 告别不快vivo V3Max
Source: 告别不快vivo V3Max

转发数: 100
Repost: 100

评论数: 1
Comment: 1

点赞数: 52
Like: 52

【划重点! 如何预防脑中风?】①健康的生活方式: 饮食低脂低盐, 多吃水果蔬菜, 戒烟戒酒, 避免肥胖, 每天运动半小时; ②定期体检: 提前发现危险因素, 及时控制情况; ③控制已有疾病: 患有高血压、高血脂、糖尿病、心脏病、动脉粥样硬化的人更易发生脑中风, 控制好这些疾病是预防的关键。

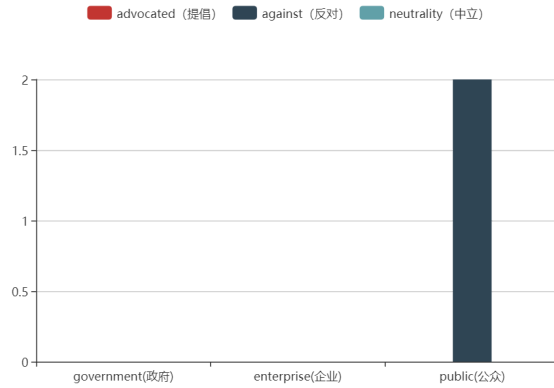
[Targeting! How to prevent strokes?] 1 healthy lifestyle: diet should be low in fat and low in salt. Eat more fruits and vegetables. Quit smoking and alcohol. Avoid obesity. Exercise for half an hour every day. 2 regular physical examination: risk factors are found in advance. Control the situation in a timely manner. 3 control of existing diseases: people with high blood pressure, high blood lipids, diabetes, heart disease, atherosclerosis are more likely to have a stroke, and controlling these diseases is the key to prevention.

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-10-30) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-10-30. 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
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No such articles!

安徽 Anhui

反式脂肪酸 Trans fat
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No such articles!
决心工程 Resolve To Save Lives
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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. 宝贝计划 备孕期丈夫吃点啥好呢？饮食上有什么禁忌？	来源：搜狐	主体：公众	态度：反对	时间： 05:54:57
Baby plan for pregnancy husband eat a point what good?What is there in the diet taboo?	来源：搜狐	Subject: public	Attitude: against	Time: 05:54:57
<p>备孕妻子对饮食一定要重视，而对丈夫的饮食也不能忽视。那么你知道准备怀孕前丈夫吃什么才对孩子更好吗?吃什么有助于备孕呢？备孕男性饮食禁忌： 一．奶茶，珍珠奶茶多是用奶精制成，而奶精主要成分氢化植物油，是一种反式脂肪酸。反式脂肪酸会减少男性荷尔蒙的分泌，对精子的活跃性产生负面影响，中断精子在身体内的反应过程。 二．啤酒， 孕前准备爸爸需要保护好肾脏，如果已经患了肾脏方面的疾病，又无限制地大量喝啤酒，会使尿酸沉积导致肾小管阻塞，造成肾脏衰竭，不利于受孕。 三．猪腰，很多人都喜欢吃动物内脏，尤其是吃烧烤时，“腰子”更是成为很多男人的最爱。</p>				
<p>Pregnant wives should pay attention to diet, while husbands' diet should not be ignored. Do you know what your husband is going to eat before he is pregnant? Is it better for your child?Gestational male diet taboo:1. Milk tea.Pearl milk tea is usually refined from milk, and the main ingredient of milk essence hydrogenated vegetable oil, is a trans fatty acid. Trans fatty acids reduce the secretion of male hormones and have a negative impact on sperm activity, interrupting sperm response in the body.Two. Beer.Pre-pregnancy expectant father needs to protect the kidneys, if already suffering from kidney disease, and unlimited drinking of beer, uric acid deposition will lead to renal tubular obstruction, resulting in kidney failure, not conducive to pregnancy.Three. Pig waist.Many people like to eat animal guts, especially when eating barbecue.ny men.</p>				
2. 营养加餐新蓝海，优茁系列产品抢先发力	来源：TOM	主体：公众	态度：反对	时间： 12:38:26
Meat nutrition new blue ocean, optimal freely series products with first	来源：TOM	Subject: public	Attitude: against	Time: 12:38:26
<p>近年来，随着居民消费水平的提升，大众对健康、品质等越来越重视，在健康零食领域，一个隐性的细分市场正在逐步成型，它就是营养加餐市场。专注健康零食领域的食品专家优茁品牌创始人赵天星认为，加餐市场拥有庞大的高净值消费群体，但是购买力却未得到有效释放，行业入局者稀少，尚处于创业蓝海。 营养加餐消费需求亟待全面释放。 据了解，对加餐高需求的人群包括上班族、儿童和学生族、孕妈妈、对身材管理有要求的年轻女性群体等。在高强度、快节奏的繁忙工作中，很多上班族都需要在工作之余依靠加餐食品补充能量，可是从家带或买主食类食品可操作性不大，各色零食虽然方便快捷但是又有发胖危机；而儿童、学生族们由于正处于黄金生长期，对营养的需求旺盛，正常一日三餐很难满足日常能量所需；孕妈妈处于特殊阶段容易饿，对加餐食品的健康性要求也很高。</p>				
<p>In recent years, with the improvement of residents'consumption level, people pay more and more attention to health, quality and so on. In the field of healthy snacks, a hidden market segmentation is gradually forming, which is the nutrition plus meal market. Zhao Tianxing, founder of the health snack brand, believes that the Canadian food market has a large number of high net value consumers, but the purchasing power has not been effectively released, the industry has few entrants, is still in the blue sea of entrepreneurship.Nutrition and meal consumption needs to be released in full.It is understood that the high demand for Canadian meals include working people, children and students, pregnant mothers, young women who have requirements for body management and so on. In high-intensity, fast-paced busy work, many workers need to rely on extra meals to supplement energy after work, but from home or buyer food is not feasible, colorful snacks although convenient and fast but there is a risk of obesity; and children, students are in the golden growth period, nutrition. Demand is strong, and it is difficult to meet the daily energy needs of three meals a day; pregnant mothers are prone to starvation at a special stage, and have high health requirements.y foods.</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

2018-10-30, 共监测到401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 401 WeChat public articles were monitored in 2018-10-30. 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

- [脸要穷养, 脚要富养; 心要穷养, 肺要富养!](#)
[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

重复数: 3
Repeat Number: 3

日期: 2018-10-30
Data: 2018-10-30

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。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。

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.
- [李咏抗癌17个月去世! 惋惜的同时, 这24条防癌建议一定要了解](#)
[Li Wei died of cancer in 17 months! At the same time, these 24 anti-cancer recommendations must be understood.](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-30
Data: 2018-10-30

《中国居民膳食指南(2016)》建议: 优先选择鱼和禽。每天烹调油25-30g, 每日反式脂肪酸摄入量不超过2g。

The Chinese Dietary Guidelines (2016) suggest: Fish and poultry should be preferred. The amount of cooking oil per day is controlled at 25-30g. Daily trans fatty acid intake does not exceed 2g.
- [奶茶, 正在毁掉中国三代人](#)
[Milk tea is destroying three generations of China.](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-30
Data: 2018-10-30

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.
- [【健康知识】反式脂肪酸咋就变成了“全民公敌”](#)
[\[health knowledge\] trans fatty acids turned into a "public enemy".](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-30
Data: 2018-10-30

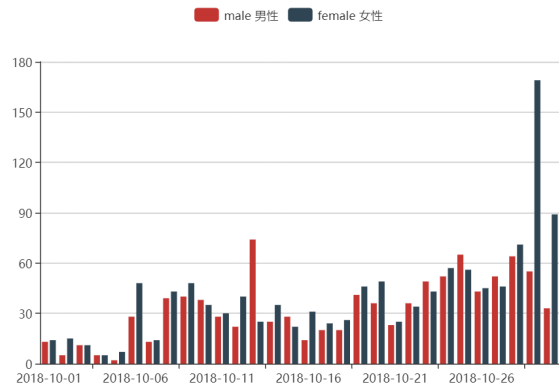
为避免过量摄入反式脂肪酸带来的健康风险, 2003年, 世界卫生组织建议, 膳食反式脂肪酸提供的供能应低于总能量摄入的1%。2010年, 联合国粮农组织将反式脂肪酸的可耐受最高摄入量定为反式脂肪酸提供的能量小于总能量摄入的1%。近年来欧美国家相继出台相关法律, 限制食品中加工来源的反式脂肪酸含量, 或通过膳食指南建议消费者减少反式脂肪酸的摄入。

To avoid the health risks associated with excessive intake of trans fatty acids, in 2003, the World Health Organization recommended that dietary trans fatty acids provide less than 1% of total energy intake. In 2010, the UN Food and Agriculture Organization defined the highest tolerable intake of trans fatty acids as trans fatty acids providing less than 1% of total energy intake. In recent years, European and American countries have introduced relevant laws to limit the trans-fatty acid content of processed sources in food, or to recommend consumers to reduce trans-fatty acid intake through dietary guidelines.

反式脂肪酸-微博

Transfat - Weibo

2018-10-30, 共检测到122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 122 weibos about transfat reduction monitored on 2018-10-30.
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 imformation.



热门微博

Hot Weibos

1. 没有相关微博!
No such weibos!