

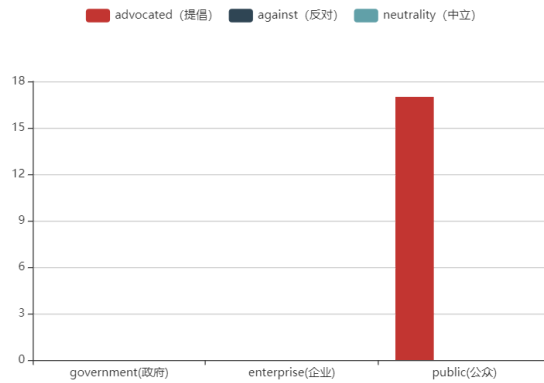
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-14) 共监测到17条资讯。请点击标题查看原文。

There are 17 articles monitored today 2019-02-14. Please click the title to view full information.

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### 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

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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

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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. <a href="#">京医通  身体7大脏器最怕你这么吃！现在改还来得及！</a>	来源：搜狐	主体：公众	态度：提倡	时间： 09:19:49
<a href="#">Jingyitong.  The seven organs of the body are most afraid of you eating like this! It's too late to change now!</a>	Source: Sohu	Subject: public	Attitude: advocate	Time: 09:19:49
中国人都知道“病从口入”的道理，包括癌症在内的很多慢性病的发生，都和饮食不当有一定关系。今天咱们就来说说各大脏器最怕什么样的饮食？破解方法又是什么？ 心脏：我怕咸。我们知道食盐的主要成分是氯化钠。如果钠摄取过多，人体又无法及时排出，它就会在人体内滞留，导致血压增高加重心脏的负担。长此以往，冠心病和中风的风险也会大幅度升高。 这些食物吃起来很咸，含盐量也确实很高。				

Chinese people all know the truth that "diseases come from the mouth". Many chronic diseases, including cancer, have something to do with inappropriate diet. Today let's talk about what kind of diet the major organs fear most? What is the cracking method? Heart: I'm afraid of salt. We know that the main ingredient of salt is sodium chloride. If too much sodium is ingested and the human body cannot discharge it in time, it will remain in the human body, leading to increased blood pressure and increasing the burden of the heart. In the long run, the risk of coronary heart disease and stroke will also increase substantially. The food tastes salty, and the salt content is really high.

2. [究竟脑梗塞是什么原因引起的？三个因素是关键](#)  
[What is the cause of cerebral infarction? Three factors are key.](#)

来源：胶东在线	主体：公众	态度：提倡	时间：09:50:07
Source: Jiaodong Online	Subject: public	Attitude: advocate	Time: 09:50:07

脑梗塞疾病的出现，是心血管疾病中比较多见的一种脑部疾病，这类疾病的出现对患者的伤害是比较严重的，平时的生活里，多熟悉了解一些脑梗塞的症状表现，及时的对症治疗是关键。那么，究竟脑梗塞是什么原因引起的？一、高血压与糖尿病。高血压疾病人群，出现脑梗塞疾病的情况会比正常人群高七倍以上。因此，需要平时的生活中，多留意控制血压数值在正常范围，避免出现脑梗塞的情况。

The emergence of cerebral infarction disease is a common brain disease in cardiovascular disease. The occurrence of such disease is more serious to patients. In ordinary life, more familiar with the symptoms and manifestations of cerebral infarction, timely symptomatic treatment is the key. So, what is the cause of cerebral infarction? 1. Hypertension and diabetes. The incidence of cerebral infarction in hypertensive patients is more than seven times higher than that in normal people. Therefore, we need to pay more attention to the control of blood pressure in the normal range in our daily life, so as to avoid the occurrence of cerebral infarction.

3. [推荐给四高患者的好食物](#)  
[Good Food Recommended to Four High Patients](#)

来源：人民网	主体：公众	态度：提倡	时间：08:50:25
Source: People's net	Subject: public	Attitude: advocate	Time: 08:50:25

高血糖（糖尿病）、高血压、高血脂（高胆固醇血症）、高尿酸（痛风）等慢性病的饮食调理都要从调整膳食结构、改变生活方式入手。众所周知，不能指望靠吃某一种食物来解决慢性病问题。但是，在这些慢性病的饮食调理中，有一些食物特别重要，推荐给有需要的朋友。

Dietary adjustment of chronic diseases such as hyperglycemia (diabetes), hypertension, hyperlipidemia (hypercholesterolemia), hyperuricemia (gout) should start with adjusting dietary structure and changing lifestyle. It is well known that chronic diseases cannot be solved by eating a certain kind of food. However, in the dietary management of these chronic diseases, some foods are particularly important and recommended to friends in need.

4. [光吃不动谨防妊娠高血压等症](#)  
[Take precautions against pregnancy-induced hypertension and other symptoms](#)

来源：光明网	主体：公众	态度：提倡	时间：07:19:58
Source: Guangming net	Subject: public	Attitude: advocate	Time: 07:19:58

余建表示，备孕妇女的饮食很重要，需要维生素、矿物质及蛋白质的充足摄取。尽量不吃薯片、油炸食物等垃圾食品，因其低纤维、高能、高糖及高盐，会对孕妇及胎儿造成有害影响。补品也要少吃，因为体内高胆固醇和高甘油三酯会增加孕妇患心脏病、血栓疾病的风险；而体内葡萄糖和胰岛素含量处于较高水平，孕妇患2型糖尿病的风险增加；高盐可能导致高血压及肾损害的发生，这些疾病还可能传给胎儿。

Yu Jian said that the diet of pregnant women is very important and needs adequate intake of vitamins, minerals and proteins. Try not to eat junk food, such as potato chips, fried food, because of its low fiber, high energy, high sugar and high salt, will have a harmful impact on pregnant women and fetuses. Supplements should also be eaten less, because high cholesterol and triglyceride in the body will increase the risk of heart disease and thrombosis in pregnant women; while high levels of glucose and insulin in the body increase the risk of type 2 diabetes in pregnant women; high salt may lead to hypertension and kidney damage, these diseases may also be transmitted to the fetus.

### 心血管健康 Cardiovascular health

1. [担心春节看病“犯忌讳” 湖南一老人心衰险丧命](#)  
[A Hunan old man died of heart failure in fear of "taboo" in seeing a doctor during the Spring Festival](#)

来源：中国新闻网	主体：公众	态度：提倡	时间：18:03:04
Source: China News Network	Subject: public	Attitude: advocate	Time: 18:03:04

据长沙市中心医院介绍，从大年三十至正月初八，仅该院心血管内科一个病室就收治了50例心血管病患，其中心衰占了20余例。“一般来说，心衰患者可出现腹胀、恶心、呕吐、水肿、咳嗽咳痰、呼吸困难等症状。”李泽华提醒患者，务必要在医生指导下坚持用药，定期复查，由医生根据病情加减用药；要特别注意低盐饮食，少量多餐，避免刺激性食物，也不要过度劳累。

According to the introduction of Changsha Central Hospital, from the 30th of the New Year to the 8th day of the first lunar month, 50 patients with cardiovascular diseases were treated in one ward of the cardiovascular medicine department of Changsha Central Hospital, of which heart failure accounted for more than 20 cases. "Generally speaking, patients with heart failure may have abdominal distension, nausea, vomiting, edema, cough, sputum, dyspnea and other symptoms." Li Zehua reminds patients that they must adhere to medication under the guidance of doctors, periodically review, add or subtract medication according to their condition, pay special attention to low-salt diet, a small number of meals, avoid stimulating food, and do not overwork.

### 综合健康信息 Comprehensive Health Information

1. [调味品市场细分，“打酱油”也会挑花眼](#)  
[Seasoning market segmentation, "playing soy sauce" will also be eye-catching](#)

来源：新浪网	主体：公众	态度：提倡	时间：08:59:09
Source: Sina network	Subject: public	Attitude: advocate	Time: 08:59:09

调味品市场细分，“打酱油”也会挑花眼 调味料市场细分产品更加多样化，价格从数元到近百元不等。“小时候的酱油就一种，现在种类多得快数不清了，有生抽、老抽、鲜味汁，还有刺身酱油。”近日，网友“风中的厂长”晒出家中厨房里十种酱油的“大合影”，感慨调味料市场细分产品多样化：“每次烧菜都看花了”。三湘都市报记者走访长沙市场发现，调味料市场上的两大主要常用品类——酱油与醋，在近两年来不仅出现了市场细分趋势，价格也随之拉开差距，根据制作方法、原料和用途的不同，单瓶售价从数元到近百元不等。

Seasoning market segmentation, "playing soy sauce" will also pick the eye of the market segmentation products more diversified, the price varies from several yuan to nearly 100 yuan. "When I was a kid, there was only one kind of soy sauce. Now there are many kinds of soy sauce, such as raw soy sauce, old soy sauce, delicious sauce and sauce with thorns." Recently, netizens "factory director in the wind" sunned out the "big picture" of ten kinds of soy sauce in the kitchen at home, lamenting the diversification of the condiment market segmentation products: "Every time you cook, you see the flowers." The reporter of Sanxiang Metropolitan Daily visited Changsha market and found that soy sauce and vinegar, the two main common commodities in seasoning market, not only appeared the trend of market segmentation in recent two years, but also opened the gap. According to the different production methods, raw materials and uses, the price of a single bottle varies from several yuan to nearly 100 yuan.

2. [\[搞编稿件\] 给胃肠道减负于万别走极端](#)  
[Don't go to extremes to reduce the burden on the gastrointestinal tract](#)

来源：锦州新闻网	主体：公众	态度：提倡	时间：09:03:58
Source: Jinzhou News Network	Subject: public	Attitude: advocate	Time: 09:03:58

春节长假家人团聚吃喝喝是重头戏。上班后，不少人发现，肚子又圆了一圈，很少有饥饿感，肠胃也有点苦不堪言。广州市番禺区第二人民医院消化内科医生表示，此时应该让肠胃稍事休息为好，但别走极端，还是应该保持家常便饭，这样对胃才好。一周不吃饭减肥 减一次更会肥一次 长时间节食，不吃食物，很容易导致人体代谢模式的转变，使得人体几乎处于“休眠状态”，自身消耗热量也大大减少，节后高节奏的工作和学习何以应对？

The Spring Festival Holiday Family reunion eating and drinking is a major event. After going to work, many people found that their stomachs had been rounded again, and they seldom felt hungry. Their stomach and intestines were a little bitter. The digestive physician of the Second People's Hospital of Panyu District, Guangzhou, said that it was better to let the stomach rest for a little while, but don't go to extremes, or should maintain a home-cooked meal, so as to be good for the stomach. If you don't eat or lose weight once a week, you will lose weight for a long time. If you don't eat food, it will easily lead to the change of metabolic pattern of the human body, making the human body almost in a "dormant state" and consuming fewer calories. How can you cope with the high rhythm of work and learning after the rhythm?

3. [春季控糖多吃“青”](#)  
[Control Sugar and Eat Green in Spring](#)

来源：人民网	主体：公众	态度：提倡	时间：09:08:48
Source: People's net	Subject: public	Attitude: advocate	Time: 09:08:48

春季控糖多吃“青”。新鲜蔬菜是平衡膳食的重要组成部分，武警总医院营养科主任李卉建议糖尿病患者一般每日至少要摄入400克的蔬菜，以便更好的控制血糖，春季，大量的青菜正新鲜上市，糖友们不妨趁着青菜鲜嫩多选择几种来吃。

Eat more "green" sugar control in spring. Fresh vegetables are an important part of a balanced diet. Li Hua, director of Nutrition Department of the Armed Police General Hospital, suggests that diabetic patients should take at least 400 grams of vegetables a day in order to better control blood sugar. In spring, a large number of vegetables are fresh on the market. Sugar pals may as well choose several kinds of vegetables while the vegetables are fresh and tender.

4. [消化不良，吃肉三个讲究](#)  
[Poor digestion, three fastidious meat](#)

来源：人民网	主体：公众	态度：提倡	时间：09:18:06
Source: People's net	Subject: public	Attitude: advocate	Time: 09:18:06

对于消化不良的人群来说，肉类是他们想吃却不敢吃的食物。然而，肉类除了美味，还是优质蛋白质、维生素B12、欧米加3多不饱和脂肪酸、铁、锌等营养素的重要来源，长期不吃肉，容易引发营养不良、贫血、免疫力降低等问题。此外，缺营养还可能进一步加重消化不良，形成恶性循环。其实，消化不良的人只要做到以下3点，就可以放心吃肉。

For people with indigestion, meat is the food they want but dare not eat. However, meat is not only delicious, but also an important source of high-quality protein, vitamin B12, omega-3 polyunsaturated fatty acids, iron, zinc and other nutrients. Long-term non-eating of meat can easily lead to malnutrition, anemia, immunity decline and other problems. In addition, nutrition deficiency may further aggravate indigestion and form a vicious circle. In fact, people with poor digestion can eat meat at ease if they do the following three points.

5. [“节后三斤党”必看！贵州疾控专家给你来点“三减”干货！](#)  
[Three Kinds of Party after the Festival" must be seen! Guizhou disease control](#)

来源：胶东在线	主体：公众	态度：提倡	时间：02:22:59
Source: Jiaodong Online	Subject: public	Attitude: advocate	Time: 02:22:59

春节小长假过后，不少朋友变成了“胖友”，那么如何解决节后胖三斤的难题？如何让我们的肠胃从过节的“油腻模式”回归到正常模式？贵州疾控专家给出了几条减盐、减油、减糖的“健康三减”小提示。 1.生活中要注意“隐形盐”，比如调味料里的鸡精、酱油、蚝油，包括酱类，都是含有盐分的，要减少摄入。				
After the Spring Festival, many friends have become "fat friends". So how to solve the problem of "three pounds of fat" after the Spring Festival? How to make our stomach and intestines return from the "greasy mode" of the festival to the normal mode? Experts on disease control in Guizhou gave several tips on reducing salt, oil and sugar. 1. Attention should be paid to the "invisible salt" in life, such as chicken essence, soy sauce, oyster sauce, including sauces, which contain salt, so as to reduce intake.				
6. <a href="#">“三减四健”之“三减”篇</a> <a href="#">The "Three Reductions" of "Three Reductions and Four Kinds of Health"</a>	来源：水母网 Source: Jellyfish net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:02:26 Time: 16:02:26
统计显示，慢性病死亡在我国总死亡人数中的占比超过80%，且慢性病患者呈年轻化的趋势。不健康的生活方式和行为，如高盐、高油、不当膳食和缺少锻炼等，是当前慢性病发生发展的主要因素。国家卫健委倡导人们形成健康生活方式，防控慢性病发生。“三减四健”的健康生活方式，即减盐、减油、减糖，健康口腔、健康体重、健康骨骼、健康心理。今天我们先来科普一下什么是“三减”。				
Statistics show that chronic disease deaths account for more than 80% of the total deaths in China, and chronic disease patients are younger. Unhealthy lifestyle and behavior, such as high salt, high oil, inappropriate diet and lack of exercise, are the main factors for the occurrence and development of chronic diseases. The National Health Commission advocates the formation of a healthy lifestyle to prevent and control the occurrence of chronic diseases. "Three minus four healthy" healthy lifestyle, that is, reducing salt, oil, sugar, healthy mouth, healthy weight, healthy bones, healthy psychology. Today, let's first come to science popularization and discuss what is "three subtractions".				
7. <a href="#">90%孕妈都会遇到的孕晚期问题，越早知道越好</a> <a href="#">90% of pregnant mothers will encounter late pregnancy problems, the sooner they know, the better</a>	来源：胶东在线 Source: Jiaodong Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:09:00 Time: 15:09:00
进入孕晚期，芸芸(化名)开始整夜的睡不好觉，而且随着肚子的增大，胃口也越来越差，此外困扰她的还有便秘.....这些越来越多的不适症状渐渐取代她期待宝宝降临的美好，让她想赶紧“卸货”。爱丽美妇产医院妇产科尹秀兰医生表示，怀孕是一个辛苦的过程，在整个孕期，孕妇身体都会出现不同的变化，每个阶段都不一样。从28周开始孕妇就进入孕晚期，随着肚子的增大，身体也会出现一些不适症状，早一点了解这些症状，可以通过预防及一些措施来缓解。				
In the third trimester of pregnancy, Yun Yun (pseudonym) began to sleep hard all night, and with the increase of her stomach, her appetite became worse and worse, besides constipation, which troubled her. These more and more discomfort symptoms gradually replaced her expectation of the arrival of the baby, so that she wanted to quickly "unload". Doctor Yin Xiulan, Department of Obstetrics and Gynecology, Alimei Obstetrics and Gynecology Hospital, said that pregnancy is a hard process. During the whole pregnancy period, pregnant women's body will change differently, and each stage is different. Since 28 weeks of gestation, pregnant women have entered the third trimester of pregnancy. With the increase of the abdomen, some uncomfortable symptoms will appear in the body. Knowing these symptoms earlier can be alleviated by prevention and some measures.				
8. <a href="#">一年12个月该怎么吃？最实用的饮食养生日历来了</a> <a href="#">How to eat 12 months a year? The most practical diet health calendar has come up</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:11:44 Time: 18:11:44
一年12个月该怎么吃？最实用的饮食养生日历来了。新的一年，健康时报送你一份2019年最实用的农历饮食养生月历。希望在新的一年里我们每个人都能健康饮食，远离疾病，为健康做一份长期规划。正月里来尝尝野。饮食原则：肉类食物，悠着点。春节期间，亲朋好友欢聚少不了吃吃喝喝，肉类吃的偏多。肉吃得过多，会增加脂肪的摄入，总能量摄入也会增加。为避免出现“每逢佳节胖三斤”，要适量而止。				
How to eat 12 months a year? The most practical diet health calendar has come. In the new year, the Health Times will send you the most practical Chinese calendar for diet and health preservation in 2019. In the new year, we hope that each of us can eat healthily, stay away from diseases and make a long-term plan for health. Come and have a taste in the first month. Dietary principles: Meat food, relax. During the Spring Festival, relatives and friends can not get together without eating, drinking, and eating more meat. Overeating meat increases fat intake and total energy intake. In order to avoid the occurrence of "three kilograms of fat every festival", we should stop at an appropriate amount.				
9. <a href="#">坐月子坚持这10条原则，后半辈子少遭罪！</a> <a href="#">Sit on the moon to adhere to these 10 principles, less suffering in the latter half of life!</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:18:00 Time: 10:18:00
自从中西思想开始碰撞融合之后，在很多方面都有着争执不下的问题，就治病来说也要时不时地辩驳一下是中医好还是西医好，其实是真没必要。每个人的体质都是不一样的，有人适合精细调养，有的则适合行之即有效的治疗，对于坐不坐月子这个事情也是这样。什么是坐月子？				
Since the collision and integration of Chinese and Western thoughts, there have been disputes in many aspects. As for the treatment of diseases, it is not necessary to argue from time to time whether traditional Chinese medicine is good or western medicine is good. Everyone's physique is different. Some people are suitable for fine care, others are suitable for effective treatment, and the same is true for sitting or not sitting in the moon. What is sitting on the moon?				
10. <a href="#">你离胃癌没多远防胃癌记住20个字</a> <a href="#">You're not far away from stomach cancer. Remember 20 words about stomach cancer</a>	来源：多维新闻网 Source: Multidimensional News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:21:26 Time: 16:21:26
在中国，每年有将近430万人被诊断为癌症，其中280万人因癌症死亡。在所有的癌症中，胃癌的发病率及死亡率一直稳居前三位。这个与人们饮食习惯密切相关的恶性疾病，正在中国引起越来越多的人的关注。作为人体消化系统的一种恶性疾病，胃癌的发生与幽门螺旋杆菌有直接关系，而不良的生活习惯和饮食习惯，又加大了人体感染幽门螺旋杆菌的几率。				
In China, nearly 4.3 million people are diagnosed with cancer every year, of which 2.8 million die from cancer. Among all cancers, the incidence and mortality of gastric cancer have been in the top three steadily. This malignant disease, which is closely related to people's eating habits, is attracting more and more attention in China. As a malignant disease of human digestive system, the occurrence of gastric cancer is directly related to Helicobacter pylori, and bad living habits and dietary habits increase the probability of Helicobacter pylori infection.				
11. <a href="#">安倩老师：10种最常见增肥食物盘点</a> <a href="#">Teacher Anqian: Inventory of 10 most common fattening foods</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:22:11 Time: 10:22:11
10种最常见增肥食物盘点。TOP10、奶酪和黄油。别以为中国人黄油吃得就比老外少，它们隐藏在很多常见食品中，所以在吃之前一定要看好食品配料表。哈佛大学研究显示，经常吃黄油的人比没有这种习惯的人，每年体重能上涨0.2公斤左右。但有一个例外的脂肪食品酸奶。它不会让你的体重出现明显上涨的情况。TOP9、果汁。看上去很美，听上去很健康，但100%果汁里糖的成分相当高。每天喝果汁的话，每年体重可以上涨0.3公斤左右。				
Inventory of 10 most common fattening foods. TOP10, cheese and butter. Don't think that Chinese people eat less butter than foreigners. They hide in many common foods, so before eating, we must look at the food ingredients list. Harvard University research shows that people who eat butter regularly gain about 0.2 kilograms a year compared with people who don't. But there is an exception to fat food yogurt. It won't make a significant increase in your weight. TOP9, fruit juice. It looks beautiful and sounds healthy, but the sugar content in 100% juice is quite high. If you drink fruit juice every day, you can gain about 0.3 kilograms of weight every year.				
12. <a href="#">想要长寿，早餐尤为重要，这两件事是长寿路上的“绊脚石”！</a> <a href="#">Breakfast is especially important for longevity. These two things are "stumbling blocks" on the road to longevity.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:34:05 Time: 11:34:05
想要长寿，首先需要养好的是胃，而想要养胃，每天规律的三餐必不可少，其中，早餐尤为重要。有句话说得好，“早餐要吃好，午餐要吃饱，晚餐要吃少”，这也就说明了早餐的重要性。但日常生活的很多人，为了早上能多睡会，掐着时间点起床，早餐也是在外随便买点吃的对付着。我们睡一觉后，身体进行正常运作的能量都被消耗了，这时候，需要的是一顿健康营养的早餐来补充能量，而不是随便应付了事，这也是长寿的重要因素。				
For longevity, the stomach is the first thing to be nourished. To nourish the stomach, three regular meals a day are indispensable. Breakfast is especially important. A good saying goes, "Eat a good breakfast, eat a full lunch and eat less dinner." This also shows the importance of breakfast. But many people in daily life, in order to get more sleep in the morning, pinch the time to get up, breakfast is also out to buy something to eat. After we have slept, the energy of the body's normal operation is consumed. At this time, what we need is a healthy and nutritious breakfast to replenish energy, not to deal with things casually, which is also an important factor in longevity.				
<div>决心工程</div> <div>Resolve To Save Lives</div>				
没有相关文章！				
No such articles!				

## 减盐-微信 Salt Reduction - WeChat

2019-02-14, 共监测到662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 662 WeChat public articles were monitored in 2019-02-14. This page shows the top five articles by repeat number today.

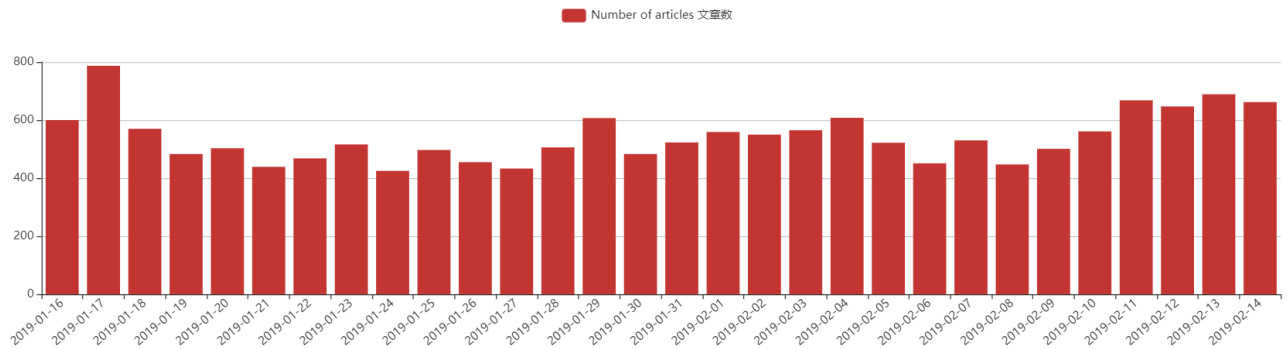
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 身体出现这5个迹象, 提醒你吃盐太多了!

[These five signs remind you that you eat too much salt!](#)

重复数: 41

日期: 2019-02-14

Repeat Number: 41

Data: 2019-02-14

如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水的含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂欢。如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.

#### 2. 健康吃菜少放盐, 控盐用这6招, 个个都实用

[Eat vegetables healthily and put less salt in them. These six strategies are practical.](#)

重复数: 3

日期: 2019-02-14

Repeat Number: 3

Data: 2019-02-14

在中国, 北方的高血压发病率明显高于南方, 其中一个重要原因是北方的饮食偏咸。我国居民膳食指南建议: 成人每天食盐摄入量不宜超6克。其中有2克左右的盐是人们日常吃进去的食物所包含的盐量, 实际一天炒菜用盐量应是4克, 4克盐相当于把一个普通啤酒瓶盖铺平的量。

In China, the incidence of hypertension in the north is significantly higher than in the south, and one of the important reasons is that the diet in the north is salty. Recommendations for dietary guidelines for residents in China: The intake of salt per day for adults should not exceed 6 grams. Among them, about 2 grams of salt is the amount of salt that people eat every day. The actual amount of salt used for cooking should be 4 grams per day. 4 grams of salt is equivalent to the amount of a common beer bottle cap.

#### 3. 为您健康 | 三分钟读懂“三减三健”, 迈向健康生活

[Three minutes to read "three minus three health" and move towards a healthy life](#)

重复数: 2

日期: 2019-02-14

Repeat Number: 2

Data: 2019-02-14

三减: 减盐、减油、减糖 适量控制盐、油、糖, 让慢病无缝可入 减盐——成人每天不要超过6克 吃太多盐, 会升高血压, 而大量科学证据证明, 高血压会增加中风、心脏病的发生概率。高盐饮食也会增加胃病、骨质疏松、肾病等疾病的患病风险。目前我国18岁及以上居民平均每日盐摄入量约为10.5克, 远高于中国居民膳食指南中成人食盐每日小于6克的推荐量。

Three reductions include salt reduction, oil reduction, and sugar reduction. Control salt, oil and sugar in moderation to prevent chronic diseases. Adults should not exceed 6 grams per day. Eating too much salt will raise your blood pressure. A large amount of scientific evidence proves that high blood pressure increases the incidence of stroke and heart disease. A high-salt diet also increases the risk of diseases such as stomach problems, osteoporosis, and kidney disease. At present, the average daily salt intake of residents aged 18 and over in China is about 10.5 grams, which is much higher than the recommended amount of less than 6 grams of adult salt per day in the dietary guidelines of Chinese residents.

#### 4. 【健康】难道要吃“草”才行?

[\[Health\] Should we eat "grass"?](#)

重复数: 2

日期: 2019-02-14

Repeat Number: 2

Data: 2019-02-14

清淡饮食要学会控盐, 要有意识的少吃盐。成人每日摄入量不可超过6克, 6克盐相当于两个啤酒盖。但控盐不等于不吃盐, 而是指少吃盐。高盐饮食会导致高血压, 并且盐和癌症也有“亲戚”关系, 所以日常生活中要注意适量。

Light diet should learn to control salt and consciously eat less salt. Adults should not consume more than 6 grams of salt a day, which is equivalent to two beer caps. However, salt control does not mean not to eat salt, but to eat less salt. High salt diet can lead to high blood pressure, and salt and cancer also have a relationship, so we should pay attention to the appropriate amount of salt in daily life.

#### 5. 春节后, 你应该这么吃

[After the Spring Festival, you should eat like this.](#)

重复数: 2

日期: 2019-02-14

Repeat Number: 2

Data: 2019-02-14

清淡饮食要学会控盐, 要有意识的少吃盐。成人每日摄入量不可超过6克, 6克盐相当于两个啤酒盖。但控盐不等于不吃盐, 而是指少吃盐。高盐饮食会导致高血压, 并且盐和癌症也有“亲戚”关系, 所以日常生活中要注意适量。

Light diet should learn to control salt and consciously eat less salt. Adults should not consume more than 6 grams of salt a day, which is equivalent to two beer caps. However, salt control does not mean not to eat salt, but to eat less salt. High salt diet can lead to high blood pressure, and salt and cancer also have a relationship, so we should pay attention to the appropriate amount of salt in daily life.

## 减盐-微博

### Salt Reduction - Weibo

2019-02-14, 共检测到1783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。

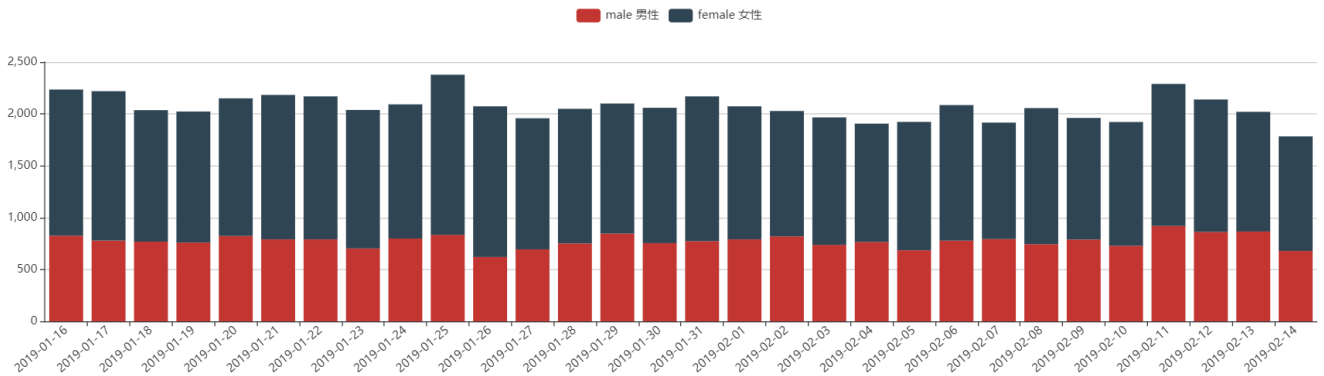
There are 1783 weibos about salt reduction monitored on 2019-02-14.

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

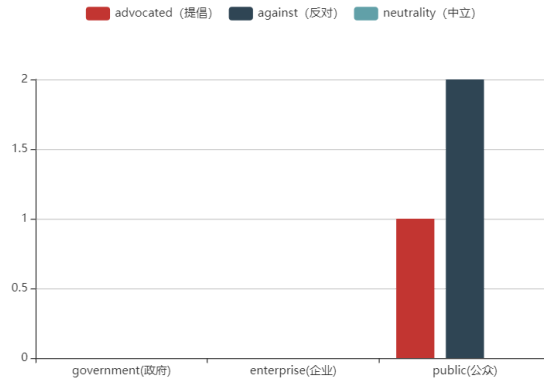
1. 没有相关微博!  
No such weibos!

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-14) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-02-14. 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="#">迎祥  范志红： 如何让一颗精子在情人节发挥最大作用</a> <a href="#">Yingxiang   Fan Zhihong: How to Make a Sperm Make the Most of Valentine's Day</a>				
在情人节这个浪漫的节日，多少男人跃跃欲试，想要让老婆怀上一个猪宝宝。那么，如何让一颗精子在情人节发挥最大作用呢？也许当晚的大餐就是关键。对此，北京食品营养与人类健康高精尖创新中心岗位科学家、中国农业大学食品科学与营养工程学院副教授范志红表示：日常饮食确实会影响精子质量，情人节大餐要有讲究。				
On Valentine's day this romantic holiday, how many men are eager to try, want to let the wife bear a pig baby. So, how to make a sperm play the most important role on Valentine's Day? Maybe the big meal that night was the key. In response, Fan Zhihong, a scientist at Beijing Food Nutrition and Human Health Innovation Center and an associate professor at the School of Food Science and Nutrition Engineering, China Agricultural University, said: Daily diet does affect sperm quality. Valentine's Day meals should be fastidious.				
2. <a href="#">想长寿先养心！一套“护心经” 强心护健康</a> <a href="#">If you want to live a long life, nourish your heart first! A set of "Heart-protecting Jing" to strengthen the heart and protect health</a>				
《黄帝内经》中讲到：“心为君主之官，主明则下安，以此养生则寿。”也就是说，只有保护好心脏才能长寿。而护心重在细节，只要日常生活中做出点滴改变，就能有效降低心脏病发作的风险。人民健康网推出《金台养生园》栏目，为您盘点最养生的生活方式，今天与你聊聊护心的话题，为你的心脏健康送去贴心问候。				
"The Yellow Emperor's Internal Classic" said: "The heart is the official of the monarch, and the master will settle down, so as to maintain health and longevity." That is to say, only by protecting the heart can we live a long life. Care for the heart focuses on the details, as long as the daily life to make a little change, can effectively reduce the risk of heart attack. People's Health Network launched "Jintai Health Garden" column, for you to inventory the most healthy lifestyle, today to talk with you about the topic of heart care, for your heart health to send intimate greetings.				
3. <a href="#">反式脂肪的风险被高估了吗？</a> <a href="#">Is the risk of trans fats overestimated?</a>				
反式脂肪是尽人皆知的东西，很多人唯恐避之不及。据世界卫生组织估计，全球每年有50多万人因摄入反式脂肪而死于心血管疾病。最近，世卫组织推出了英文简称为“REPLACE”（取代）的指导意见，计划逐步在全球食品供应中停用工业生产的反式脂肪，并制定了审查、立法、评估等措施。也许很多人会拍手称快，以为反式脂肪将一去不复返。				
Trans fats are well known and many people are afraid to avoid them. The World Health Organization estimates that more than half a million people worldwide die from cardiovascular diseases every year from trans fats. Recently, WHO has launched a guideline in English abbreviated as "REPLACE". It plans to phase out industrial trans fats in the global food supply and formulates measures for review, legislation and evaluation. Maybe many people will clap their hands and say that trans fats will never come back.				
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

2019-02-14, 共监测到384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 384 WeChat public articles were monitored in 2019-02-14. This page shows the top five articles by repeat number today.

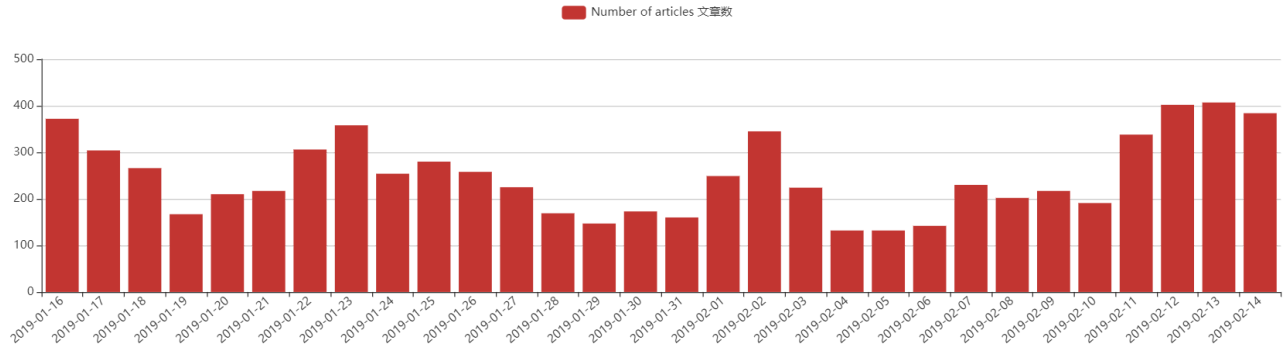
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 奶茶, 正在毁掉中国的三代人!

[Milk tea is destroying three generations in China!](#)

重复数: 13

日期: 2019-02-14

Repeat Number: 13

Data: 2019-02-14

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 has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

### 2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

重复数: 10

日期: 2019-02-14

Repeat Number: 10

Data: 2019-02-14

心要穷养: 少吃加工食品 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。保养要点: 少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

### 3. 医生告诫: 生病千万别吃它, 后果不堪设想

[Doctors warn: Never eat it when you are sick. The consequences are unimaginable.](#)

重复数: 8

日期: 2019-02-14

Repeat Number: 8

Data: 2019-02-14

炸鱼的油经过高温加热后, 会产生大量“坏脂肪”(反式脂肪), 对心脏有害无益。浓茶。含有较多的咖啡因, 可能导致心率加快。红烧肉。含有的“中链饱和脂肪酸”较高, 升血脂、胆固醇水平的能力很强。蛋黄派。蛋黄派等口感靠使用“起酥油”来达到, 起酥油的主要成分是“部分氢化植物油”, 对心血管极其有害。

When the fish oil is heated at a high temperature, it will produce a lot of "bad fat" (trans fat), which is harmful to the heart. Strong tea contains more caffeine, which may lead to an increase in heart rate. Braised pork contains a higher "medium chain saturated fatty acid" and is highly capable of raising blood lipids and cholesterol levels. The taste of the egg yolk pie is achieved by using "shortening oil". The main component of the shortening is "partially hydrogenated vegetable oil", which is harmful to the cardiovascular system.

### 4. 要一个情人节之夜的宝宝, 如何让一颗精子发挥最大作用

[When you want a baby on Valentine's Day, how to make a sperm work the most](#)

重复数: 5

日期: 2019-02-14

Repeat Number: 5

Data: 2019-02-14

还有研究发现, 反式脂肪酸摄入过多, 健康男性的精子数量越少(Jorge E, 2014)。人造反式脂肪酸的食物来源包括人造奶油、派、蛋挞、酥脆饼干、起酥面包、甜味奶茶等各种含油氢化植物油原料的食物。没有经过氢化的植物油经过长时间的油炸也会产生少量反式脂肪酸。当然, 即便没有反式脂肪酸, 这些食物也都是高脂、高糖、高热量的代表, 还是少吃为好。

Other studies have found that excessive trans fatty acid intake leads to fewer sperm counts in healthy men (Jorge E, 2014). Food sources of synthetic trans fatty acids include margarine, pies, egg tarts, crisp biscuits, crisp bread, sweet milk tea and other oily hydrogenated vegetable oil raw materials. Vegetable oils without hydrogenation also produce small amounts of trans fatty acids after long frying. Of course, even without trans fats, these foods are high in fat, sugar and calories, so it's better to eat less.

### 5. 被奶茶毁掉的中国姑娘

[Chinese girl destroyed by milk tea](#)

重复数: 4

日期: 2019-02-14

Repeat Number: 4

Data: 2019-02-14

所谓的奶精, 主要成分是氢化植物油, 是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说: 别看有植物两字, 其实含的饱和脂肪酸比猪油还多! 经过人工氢化处理之后, 还会产生大量的反式脂肪酸! 反式脂肪酸对人体危害极大, 不仅会增加心血管疾病和糖尿病的风险, 还会影响儿童神经系统发育。

The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Don't look at the name of the plant, it contains more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

## 反式脂肪酸-微博 Transfat - Weibo

2019-02-14, 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。

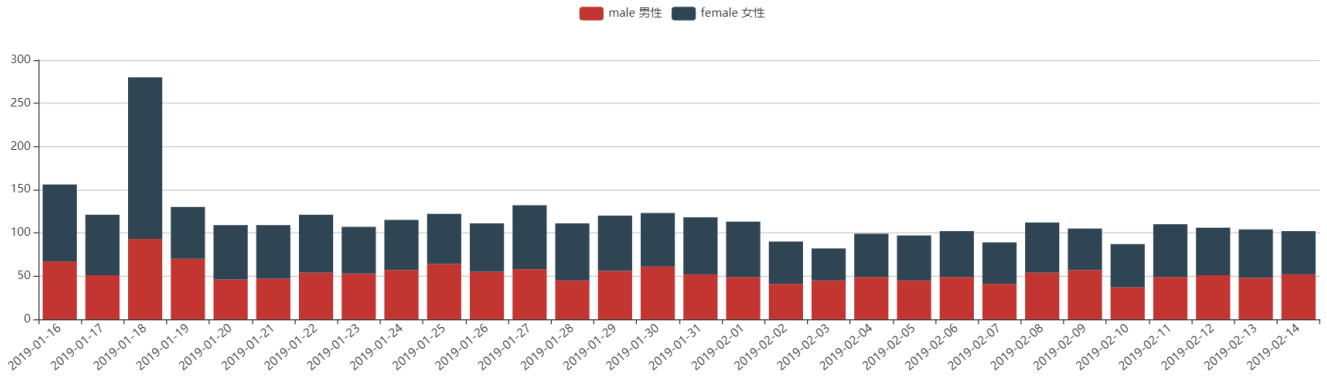
There are 102 weibos about transfat reduction monitored on 2019-02-14.

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.

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!