

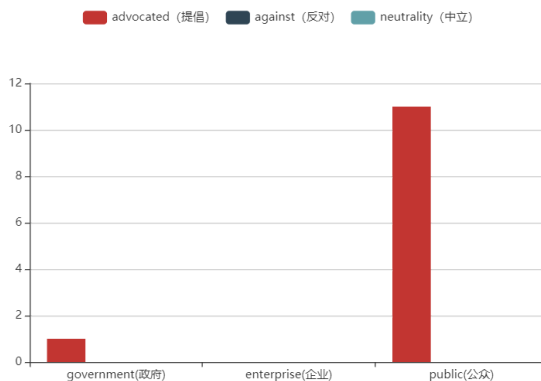
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-25) 共监测到12条资讯。请点击标题查看原文。

There are 12 articles monitored today 2019-02-25. 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

1. [海参不比鸡蛋强！青岛人速看，别再迷信这些“健康食品”了](#)

[Sea cucumbers are no better than eggs! Qingdao people are quick to see, don't be superstitious about these "healthy foods"](#)

来源：半岛网

Source: Peninsula Network

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：06:45:49

Time: 06:45:49

生活中，保健品花样和宣传方式层出不穷，功效也是吹得天花乱坠。而学生和中老年人是最容易上当的人群，他们往往被某一夸大功效给忽悠，结果花了一堆冤枉钱。下面为你科普一些被吹上天的食物，避免再上当了哦。儿童酱油：有害无益。儿童酱油的广告宣称“专为儿童健康研制的酿造低盐淡口酱油”，适合拌饭、清蒸食物等。一则起到开胃的作用，二则补充营养。实际上，专家提醒，儿童饮食完全不需要额外再用酱油来调味。正常饮食中含有的钠，已经足够满足儿童的生理需求。

In our daily life, health care products and propaganda methods emerge in endlessly, and their efficacy is blown to the skies. Students and middle-aged and elderly people are the most easily deceived people, they are often fooled by some exaggerated effect, resulting in spending a lot of money wrongly. Here are some foods that have been blown to the sky for your science popularization, so as to avoid being fooled again. Children's soy sauce: harmful and unhelpful. The advertisement of children's soy sauce declares that "brewing low salt and light soy sauce specially for children's health" is suitable for mixing rice, steaming food, etc. One serves as an appetizer and the other as a nutritional supplement. In fact, experts warn that children's diets don't need extra soy sauce to season at all. The normal diet contains enough sodium to meet the physiological needs of children.

##### 高血压

##### Hypertension

1. [枣矿集团枣庄医院启动“三减三健”健康宣教](#)

[Zaozhuang Hospital of Zaozhuang Zaozhuang Mining Group started health education of "three subtractions and three health care"](#)

来源：山东新闻网

Source: Shandong News Network

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：10:12:37

Time: 10:12:37

“您的血压偏高，平时要注意饮食清淡，多运动锻炼身体。”山东能源枣矿集团枣庄医院公共卫生科陈晓娟主任给一位高血压患者做宣教时关心的说。近日，为倡导和传播健康生活方式，该院公共卫生科发起开展了“三减三健”全民健康生活方式宣教活动。据了解，本次宣教活动分为院内宣教和学校、社区义诊宣教两种形式进行，活动通过发布微信文章、悬挂横幅、摆放宣传展板、设立咨询台、发放宣传资料等方式进行健康生活指导，广泛宣传生活与健康的关系。

"Your blood pressure is on the high side. You should pay attention to light diet and exercise more often." Chen Xiaojuan, director of Public Health Department of Zaozhuang Hospital of Shandong Energy Zaozhuang Mining Group, said that he was concerned when he gave a propaganda to a hypertensive patient. Recently, in order to advocate and disseminate the concept of healthy life, the public health department of the hospital launched a health lifestyle education campaign for the whole people. It is understood that the propaganda activities are divided into two forms: in-hospital propaganda and free clinic propaganda in schools and communities. The activities guide healthy life by publishing micro-letters, hanging banners, placing propaganda boards, setting up consulting desks and distributing propaganda materials, and widely publicize the relationship between life and health.

##### 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

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<div>综合健康信息 Comprehensive Health Information</div>
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安徽  
Anhui

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浙江  
Zhejiang

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其他省份  
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">正月葱，二月韭：一根葱的《养生指南》</a> <a href="#">January onion, February leek: a green onion "Health Guide"</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:53:35 Time: 08:53:35
俗话说“正月葱，二月韭”，正月正是吃葱的好时候，而想要把有“中药名角”——葱吃的养生，其实真的很有讲究。一根大葱三味药 葱虽平常，却是中药中的名角，中医学认为葱，性味辛平、甘温。葱的全身，包括葱叶、葱白、葱根须和葱花，都可药用。从中医学来看，葱具有温阳作用，并不壮阳；从现代医学来看，葱的壮阳效果也没有科学依据。那么葱有哪些营养呢？				
As the saying goes, "Onion in the first month, leek in February", the first month is a good time to eat onions, and want to have a "famous Chinese medicine horn" - onion to eat health, in fact, it is very exquisite. A scallion with three traditional Chinese medicines, shallot, though common, is a famous role in traditional Chinese medicine. Chinese medicine believes that shallot has a spicy and mild taste. The whole body of onion, including onion leaves, onion white, onion root and onion flower, can be used medicinally. From the point of view of traditional Chinese medicine, onion has the function of warming yang, but not strengthening yang; from the point of view of modern medicine, the effect of strengthening yang of onion has no scientific basis. So what nutrition do onions have?				
高血压 Hypertension				
没有相关文章！				
No such articles!				
心血管健康 Cardiovascular health				
1. <a href="#">口臭别不当回事！小心慢性病缠上你2018年度国宇健康检查结果研究 ...</a> <a href="#">Don't take bad breath seriously! Beware of chronic diseases entangled in your National Health Examination results in 2018.</a>	来源：厦门网 Source: Xiamen net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:37:09 Time: 08:37:09
“今年你体检了吗”？时下，这句话已经成为亲朋好友之间的问候语。随着社会的进步，物质水平的提高，人们对于生活质量和健康的要求也随之增高，日常体检不仅仅是一种时尚，更成为人们一种身心需求。那么，体检发现异常率到底有多少？人们应该去哪里体检？为此，福建省国宇健康管理研究院、厦门市健康保健促进会、厦门国宇健康管理中心、厦门湖里国宇门诊部(以下简称国宇)和厦门大学公共卫生学院预防医学系联合发布《2018年度国宇健康检查结果研究分析报告》。				
"Have you had a physical examination this year"? Nowadays, this sentence has become a greeting between relatives and friends. With the progress of society and the improvement of material level, people's requirements for quality of life and health also increase. Daily physical examination is not only a fashion, but also a physical and mental need. So, what is the abnormal rate of physical examination? Where should people go for a medical examination? To this end, Fujian Guoyu Health Management Research Institute, Xiamen Health Care Promotion Association, Xiamen Guoyu Health Management Center, Xiamen Huli Guoyu Outpatient Department (hereinafter referred to as Guoyu) and the Department of Preventive Medicine of Xiamen University School of Public Health jointly released the "Research and Analysis Report on the Results of National Health Examination 2018".				
2. <a href="#">中国的冠心病人数高达1000万，医生说三种食物，再馋也最好别吃</a> <a href="#">The number of coronary heart disease patients in China is as high as 10 million. Doctors say that three kinds of food are best not to eat any more.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：23:11:40 Time: 23:11:40
中国的冠心病人数高达1000万，医生说三种食物，再馋也最好别吃。中国的冠心病人数高达1000万，而且这个数字还在不断上升，很多人认为癌症是威胁人类健康的头号杀手，却不知道，头把交椅一直被冠心病牢牢占据。在很多人看来，冠心病更像是一种富贵病。之所以出现冠心病，归根结底，还是长期不健康的饮食习惯所致。				
The number of coronary heart disease patients in China is as high as 10 million. Doctors say that three kinds of food are best not to eat. The number of coronary heart disease patients in China is as high as 10 million, and the number is rising. Many people think that cancer is the number one killer threatening human health, but do not know, the number one has been firmly occupied by coronary heart disease. In many people's eyes, coronary heart disease is more like a disease of wealth. The reason for the occurrence of coronary heart disease is, in the final analysis, the long-term unhealthy eating habits.				
综合健康信息 Comprehensive Health Information				
1. <a href="#">节后掀起“刮油风” 小心走入误区</a> <a href="#">After the festival set off the "oil wind" carefully into the misunderstanding</a>	来源：汉丰网 Source: Hanfeng network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：01:02:23 Time: 01:02:23
春节假期结束后，减肥“刮油”成为潮流。全素餐、水果餐、粗粮餐.....专家提醒，节后疯狂“刮油”小心走入误区。“早上只喝酸奶，中午、晚上只吃水煮菜。”春节后，成都市民林女士开启了疯狂“刮油”模式，但几天下来不仅体重纹丝不动，反而出现了胃痛、腹泻的症状。春节假期后，到成都市第三人民医院肥胖与代谢性疾病中心看病的患者明显增加，涨幅约为20%。				
After the Spring Festival holidays, weight loss "scraping oil" has become a trend. Vegetarian meal, fruit meal, coarse grain meal... Experts warn that after the festival crazy "scraping oil" carefully into the misunderstanding. "Drink only yogurt in the morning, and boil only at noon and evening." After the Spring Festival, Ms. Lin, a citizen of Chengdu, started the crazy "oil scraping" mode, but over the past few days, not only did her weight remain motionless, but she developed symptoms of stomach pain and diarrhea. After the Spring Festival holiday, the number of patients visiting the Center for Obesity and Metabolic Diseases in the Third People's Hospital of Chengdu increased by about 20%.				
2. <a href="#">猪年“开运” 减压法\精神健康促进会召集人陈仲谋医生</a> <a href="#">Decompression in the Year of Pigs Convenor of Mental Health Promotion Conference, Dr. Chen Zhongmou</a>	来源：大公网 Source: Grand public network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：04:02:24 Time: 04:02:24
如果各位读者记得对上一个专栏的内容（狗年最后的一篇），名为《概论玄学和心理学》，知道“开运”是玄学的用语，并没有科学根据。今次则以“开运”为题，一来紧接前文，即使正月十五已过，开运始终是引人兴趣的题目。其实，本文所谈论的问题，绝对和科学论证融合。笔者本着“礼多人怪、十月都是拜年时”的习惯，恭祝各位身心健康、龙马精神、万事如意。				
If you remember the last column of the Year of the Dog, entitled "Introduction to Metaphysics and Psychology", you know that "luck" is a metaphysical term and has no scientific basis. This time, the topic is "Shipping". First, it follows the preceding paragraph. Even after the 15th day of the first lunar month, Shipping has always been an interesting topic. In fact, the issues discussed in this paper are absolutely in harmony with scientific arguments. The author in line with the habit of "courtesy is not surprising, October is a New Year's greeting," wishes you good health, the spirit of Longma, everything goes well.				
3. <a href="#">清淡饮食五个原则</a> <a href="#">Five Principles of Light Diet</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:56:54 Time: 08:56:54
在营养门诊中，经常有人问我，到底什么是清淡饮食，就是不吃肉吗？答案当然是否定的。清淡饮食是相对于“肥甘厚味”而言，清指少油，淡指少盐，是一种健康的饮食习惯。从营养角度讲，清淡饮食是要求在食物多样化的基础上，合理搭配营养。其特点是尽量保持食物的原汁原味，味道清淡平和，营养丰富，容易消化，比较适合老人、小孩及口味清淡的人群，尤其是高血脂、肥胖、胃肠疾病、心脑血管疾病患者。什么样的饮食才算清淡饮食呢？				
In the nutrition clinic, people often ask me, what is a light diet, that is, do not eat meat? The answer, of course, is No. Light diet refers to less oil and less salt, which is a healthy eating habit compared with "fat, sweet and rich taste". From the nutritional point of view, light diet should be based on the diversification of food, reasonable nutrition. It is characterized by keeping the original taste of food as far as possible, light and calm taste, rich nutrition and easy digestion. It is more suitable for the elderly, children and people with light taste, especially for patients with hyperlipidemia, obesity, gastrointestinal diseases, cardiovascular and cerebrovascular diseases. What kind of diet is a light diet?				
4. <a href="#">香港推少盐少糖饮食文化堆“糖山” 展示减糖成果</a> <a href="#">"Sugar Hill" Shows Sugar Reduction Achievements in Hong Kong's Less Salt and Sugar Diet Culture Pile</a>	来源：中国新闻网 Source: China News Network	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间：11:24:39 Time: 11:24:39
据香港特区政府新闻公报，近日，香港食物及卫生局、食物环境卫生署食物安全中心，及降低食物中盐和糖委员会举办《少盐、少糖、少·确幸》活动，推动全港减盐减糖新饮食文化和新生活态度，活动现场还堆砌了一座“糖山”展示减糖成果。香港食物及卫生局局长陈肇始主持开幕仪式时表示，少盐少糖是保持健康的关键。				
According to the Hong Kong Special Administrative Region Government News Bulletin, recently, the Hong Kong Food and Health Bureau, the Food Safety Centre of the Food and Environmental Health Department and the Committee on Reducing Salt and Sugar in Food organized a "Less Salt, Less Sugar, Less Fortunately" campaign to promote a new dietary culture and attitude towards life of salt and sugar reduction in Hong Kong. A "sugar mountain" was also built to show the results of sugar reduction. Chen Zhaoshi, Director-General of the Food and Health Bureau of Hong Kong, at the opening ceremony, said that less salt and sugar were the key to maintaining health.				
5. <a href="#">国家发布全民减糖令！甜了嘴巴，毁了身体！五大危害影响生长发育！</a> <a href="#">The state has issued a nationwide sugar reduction order! Sweet mouth, destroy body! Five major hazards affect growth and development!</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：11:25:40 Time: 11:25:40
国家发布全民减糖令！甜了嘴巴，毁了身体！五大危害影响生长发育！甜甜蜜蜜，你笑得甜蜜蜜，甜蜜往往象征着幸福，但是，如果我们的嘴里经常甜蜜蜜的，身体可能就会亮起红灯！本月，国家卫健委正式发布全民“减糖”令，提出开展“减糖”专项行动。我们的生活将发生哪些变化？结合健康校园建设，中小学校及托幼机构限制销售高糖饮料和零食，食堂减少含糖饮料和高糖食品供应。				
The state has issued a nationwide sugar reduction order! Sweet mouth, destroy body! Five major hazards affect growth and development! Sweet, how sweet you laugh, sweet often				

symbolizes happiness, but if our mouth is often sweet, the body may light a red light! This month, the National Health Commission officially issued a nationwide "sugar reduction" order, proposing to carry out a "sugar reduction" special action. What changes will take place in our lives? Combined with the construction of healthy campus, schools and kindergartens restrict the sale of high-sugar beverages and snacks, and canteens reduce the supply of sugary drinks and high-sugar foods.

6. [中国每一分钟就有七人确诊癌症，医生说七种坏习惯，再难也得戒掉](#)  
[Seven people in China are diagnosed with cancer every minute. Doctors say seven bad habits are hard to get rid of.](#)

来源：搜狐  
Source: Sohu

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间： 21:53:11  
Time: 21:53:11

中国平均每一分钟就有七人被确诊癌症，记得大约在两年前，这个数字还停留在五，也就是说，其实每年癌症的发病率都在不断提高。很多人会问，为什么现在的医疗水平这么高，依然有这么多人得了癌症？医疗水平虽然在不断进步，但是癌症却是一个潜伏高手，很多人即便罹患了癌症，但是在癌症早期，却可以一点症状都没有，因为不痛不痒，所以很少有人会想到，自己会罹患癌症。那么，癌症的发生究竟与生活中的哪些坏习惯有关呢？

On average, seven people are diagnosed with cancer every minute in China. I remember that about two years ago, the number remained at five. That is to say, the incidence of cancer is increasing every year. Many people will ask, why is the current level of health care so high, there are still so many people suffering from cancer? Although the level of medical care is improving, cancer is a latent master. Many people even suffer from cancer, but in the early stage of cancer, they can have no symptoms at all, because it is not painful and itchy, so few people would think that they will suffer from cancer. So what bad habits do cancer occur in life?

7. [孕妈妈吃宵夜的习惯好不好？](#)  
[Is it a good habit for pregnant mothers to eat supper?](#)

来源：搜狐  
Source: Sohu

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间： 21:24:57  
Time: 21:24:57

肚子里多了一个小生命之后，孕妈的食量也跟着变大起来，除了正餐外，半夜肚子饿的时候，更是要来份宵夜？宵夜怎么吃才健康呢？让营养师来告诉你！很多女性怀孕之后，常常担心自己吃得不够多，营养不足而影响宝宝的生长与健康，于是除了三餐丰富的饮食之外，还外加点心与宵夜，期待给宝宝最佳的营养。根据调查发现，很多孕妇都有吃宵夜的习惯。那么，究竟这个习惯好不好呢？

After a little extra life in the stomach, the pregnant mother's food intake also increased. Besides dinner, when she was hungry in the middle of the night, she had to have a midnight snack. How could she eat it healthy? Let the dietitian tell you! Many women are pregnant, they often worry that they don't eat enough, and lack of nutrition will affect the growth and health of their babies, so in addition to three meals of rich diet. In addition, snacks and midnight snacks are added to look forward to the best nutrition for the baby. According to the survey, many pregnant women have the habit of eating supper. So, is this habit good or not?

决心工程

Resolve To Save Lives

没有相关文章！

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-02-25, 共监测到560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 560 WeChat public articles were monitored in 2019-02-25. This page shows the top five articles by repeat number today.

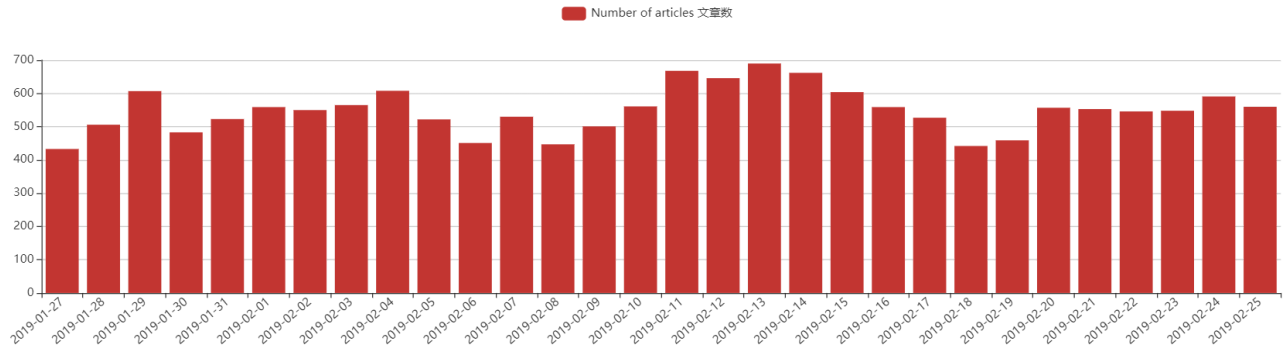
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [日本长寿全球第一! 10个秘诀中9个与吃有关!](#)

重复数: 27

日期: 2019-02-25

[Japanese longevity ranks first in the world! Nine of the 10 tips are about eating!](#)

Repeat Number: 27

Data: 2019-02-25

日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而我们最近几年才开始鼓励限盐、少盐。此外, 日本人非常注意从饮食的方方面面控盐: 比如不喝太多的味增汤, 吃拉面时不喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。

As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns. In recent years, we have only begun to encourage salt restriction and less salt. In addition, the Japanese pay great attention to salt control in all aspects of diet: for example, do not drink too much soup, do not drink soup when eating noodles; stir-fry, stew and finally put salt, so as to minimize salt intake.

#### 2. [身体出现这5个迹象, 提醒你吃盐太多了!](#)

重复数: 15

日期: 2019-02-25

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

Repeat Number: 15

Data: 2019-02-25

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, 使你你狂饮。2、反应变慢 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. 2. Slow reaction, if you eat too much salt for a long time, may lead to dehydration. Once a person is dehydrated, he can't think clearly.

#### 3. [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: 6

日期: 2019-02-25

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

Repeat Number: 6

Data: 2019-02-25

常吃黑芝麻可以帮助人们预防和治疗胆结石, 同时还有延年益寿、健脑益智的作用。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。

Eating black sesame seeds can help people prevent and treat gallstones, and it also has the effect of prolonging life. Keeping your brain healthy and eating less In addition to the above-mentioned foods that are good for the brain, 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 damage the blood-brain barrier structure, accelerate cognitive function and memory degradation.

#### 4. [终生不得癌症的铁律, 你能守住几条?](#)

重复数: 4

日期: 2019-02-25

[How many rules of cancer prevention can you follow?](#)

Repeat Number: 4

Data: 2019-02-25

高盐饮食与胃癌的发生有着密切关系。日本癌症中心研究所针对4万名中年人进行为期11年的随访发现, 对男性而言, 食盐多者患胃癌风险比食盐少者高一倍, 而在女性中, 食盐多者患胃癌风险也显著高于食盐少的人。研究者表示, 这是因为人体食用过量高盐食物后, 食盐的高渗透压会对胃黏膜造成直接损害, 随之发生一系列病理改变。

High salt diet is closely related to the occurrence of gastric cancer. An 11-year follow-up of 40,000 middle-aged people by the Japan Cancer Center Institute found that for men, the risk of stomach cancer was twice as high for those who ate more salt as for those who ate less salt, while for women, the risk of stomach cancer was significantly higher for those who ate more salt than for those who ate less salt. Researchers say this is because the high osmotic pressure of salt causes direct damage to the gastric mucosa and a series of pathological changes occur after people eat too much high-salt food.

#### 5. [糖! 盐! 我们天天吃的调味品, 这些不可以忽略~](#)

重复数: 4

日期: 2019-02-25

[Sugar! Salt! The condiments we eat every day can't be ignored.](#)

Repeat Number: 4

Data: 2019-02-25

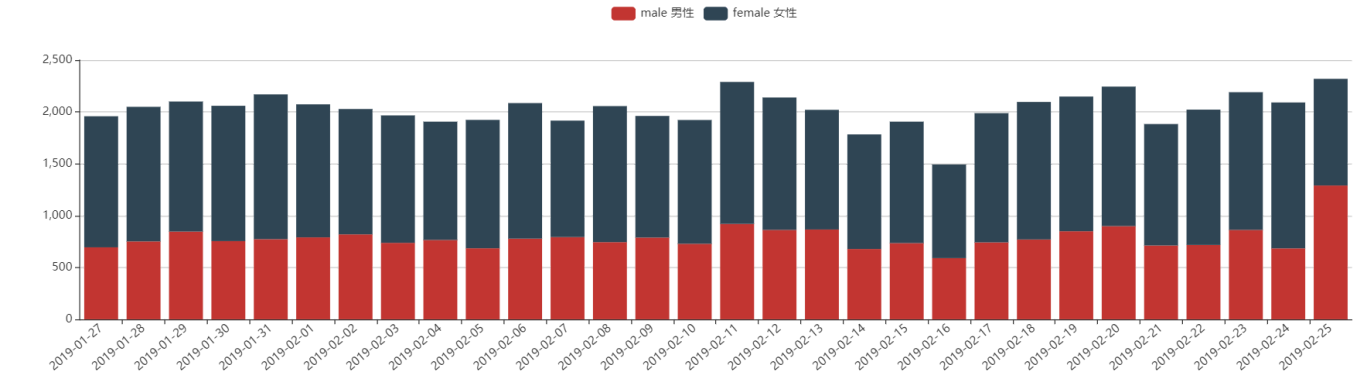
盐被誉为“百味之首”, 大部分菜你可以只放盐, 却不能不放盐。不仅如此, 食盐所提供的钠离子和氯离子维持着细胞外液的渗透压和酸碱平衡, 在保持神经和肌肉的应激性、调理生理功能等方面都起着重要作用。但据资料显示, 中国人食盐超标人数高达75%! 《中国居民膳食指南》上建议, 健康的成年人一天食盐的摄入量应该不超过6g, 但实际上, 我国居民每人每天平均食盐的摄入量已超过10g。

Salt is known as "the first of all tastes", most dishes you can only put salt, but not without salt. Moreover, sodium and chloride ions provided by salt maintain the osmotic pressure and acid-base balance of extracellular fluid, and play an important role in maintaining nerve and muscle stress and regulating physiological functions. But according to the data, the number of Chinese salt exceeding the standard is as high as 75%. According to the Dietary Guidelines for Chinese Residents, healthy adults should consume no more than 6G of salt a day, but in fact, the average daily salt intake per person in China has exceeded 10g.

# 减盐-微博

## Salt Reduction - Weibo

2019-02-25, 共检测到2319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 2319 weibos about salt reduction monitored on 2019-02-25.  
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!

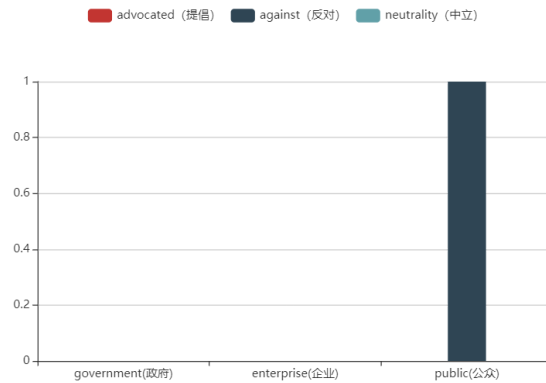
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-02-25) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-02-25. 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. [孕妈妈吃宵夜的习惯好不好?  
Is it a good habit for pregnant mothers to eat supper?](#)

来源：搜狐  
Source: Sohu

主体：公众  
Subject: public

态度：反对  
Attitude: against

时间： 21:26:45  
Time: 21:26:45

肚子里多了一个小生命之后，孕妈咪的食量也跟着变大起来，除了正餐外，半夜肚子饿的时候，更是要来份宵夜?宵夜怎么吃才健康呢?让营养师来告诉你! 很多女性怀孕之后，常常担心自己吃得不够多，营养不足而影响宝宝的生长与健康，于是除了三餐丰富的饮食之外，还外加点心与宵夜，期待给宝宝最佳的营养。根据调查发现，很多孕妇都有吃宵夜的习惯。那么，究竟这个习惯好不好呢?

After a little extra life in the stomach, the pregnant mother's food intake also increased. Besides dinner, when she was hungry in the middle of the night, she had to have a midnight snack. How could she eat it healthy? Let the dietitian tell you! Many women are pregnant, they often worry that they don't eat enough, and lack of nutrition will affect the growth and health of their babies, so in addition to three meals of rich diet. In addition, snacks and midnight snacks are added to look forward to the best nutrition for the baby. According to the survey, many pregnant women have the habit of eating supper. So, is this habit good or not?

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

2019-02-25, 共监测到344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 344 WeChat public articles were monitored in 2019-02-25. This page shows the top five articles by repeat number today.

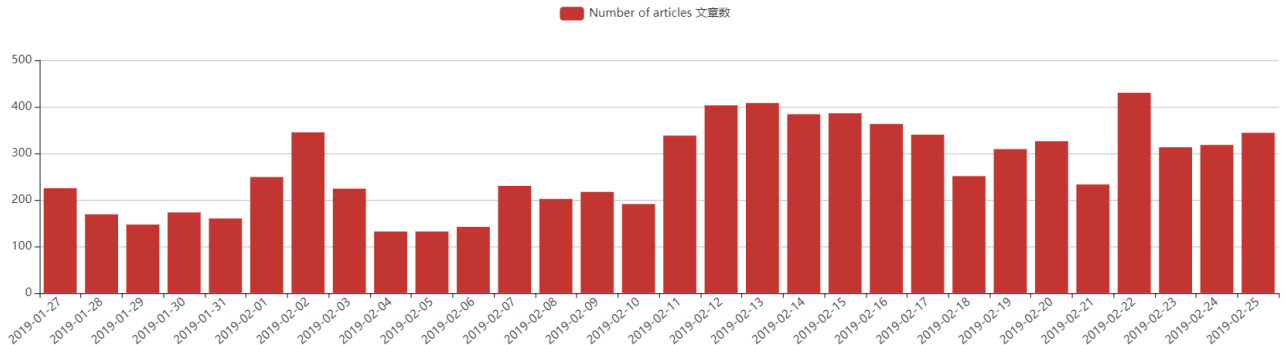
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 被奶茶毁掉的中国姑娘

重复数: 33

日期: 2019-02-25

[Chinese girl destroyed by milk tea](#)

Repeat Number: 33

Data: 2019-02-25

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 its name containing plants, but actually contain 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.

### 2. 饼干里也有“致癌物”? 原来真相是这样...

重复数: 20

日期: 2019-02-25

[Are there carcinogens in biscuits? It turned out that this was the truth.](#)

Repeat Number: 20

Data: 2019-02-25

反式脂肪酸是一种人体非必需脂肪酸, 摄入过多会增加血液粘稠度, 容易引发动脉粥样硬化和血栓形成。在制作各类饼干点心的原材料中, 包括植物性奶油、人造黄油、起酥油、沙拉酱、代可可脂等都含有反式脂肪酸, 患有高脂血症的人群不应多吃。

Trans fatty acid is a kind of non-essential fatty acid in human body. Too much intake of trans fatty acid can increase blood viscosity and easily cause atherosclerosis and thrombosis. Trans-fatty acids are found in raw materials for cookies and snacks, including vegetable butter, margarine, shortening, salad dressing and cocoa butter. People with hyperlipidemia should not eat more.

### 3. 烘焙食材科普大全 (建议收藏)

重复数: 12

日期: 2019-02-25

[Baked ingredients science](#)

Repeat Number: 12

Data: 2019-02-25

人造黄油俗称植物黄油, 其实并非真正的黄油, 是从植物种子中提取的油 (与色拉油类似) 经过氢化, 降低不饱和度, 成为固态的脂肪, 再加入黄色素和奶油香料配制而成为外观、味道都很像黄油的人造黄油。麦淇淋的价格要比黄油低, 会产生反式脂肪酸 (跟植物奶油同理), 尤其对心血管的危害极大。

Margarine, commonly known as vegetable butter, is not really butter. It is made from the oil extracted from plant seeds (similar to salad oil), which is hydrogenated, reduces the unsaturation and becomes solid fat. It is also made up of yellow pigments and butter spices to form margarine which looks and tastes like butter. McCream is cheaper than butter and produces trans fatty acids (the same as vegetable butter), which are especially harmful to the cardiovascular system.

### 4. 早餐“黄金”搭配, 这样吃才健康!

重复数: 6

日期: 2019-02-25

[Breakfast needs a "golden" match. It is healthy to eat like this!](#)

Repeat Number: 6

Data: 2019-02-25

不要选择添加奶精、植脂末、植物油的产品, 这类燕麦片含有较多的反式脂肪酸和饱和脂肪酸, 反而会增加罹患心血管疾病的风险。选择燕麦在成分表中排在首位的产品, 因为此类产品的燕麦含量一般都会在50%以上。小贴士: 尽管有些麦片中会显示添加了钙、铁等营养素, 但若是燕麦比例较小也不推荐购买。

Do not choose products that contain cream, fat powder and vegetable oil. Oatmeals of this type contain more trans and saturated fatty acids, but increase the risk of cardiovascular disease. Oats were chosen as the first product in the ingredient list, because the oat content of these products is usually more than 50%. Tip: Although some cereals may show the addition of calcium, iron and other nutrients, but if the proportion of oats is small, it is not recommended to buy.

### 5. 为什么自己做的面包没有面包店的好吃? 竟是因为...

重复数: 6

日期: 2019-02-25

[Why is homemade bread not as good as bakery bread? It's because...](#)

Repeat Number: 6

Data: 2019-02-25

人造黄油含有大量的反式脂肪酸 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 过多摄入可使血液胆固醇增高 反式脂肪酸有很多名字, 注意辨别: 人造奶油、人造黄油、植脂末、起酥油、植物奶油、植物起酥油、奶精、酥油等等 选购时需要仔细看产品配料表 看到这些别称, 尽量不要购买

Margarine contains a large number of trans fatty acids known as "time bomb on the dining table". The main source is that excessive intake of partially hydrogenated vegetable oil can increase blood cholesterol. There are many names for trans fatty acids. Attention should be paid to distinguishing: margarine, margarine, vegetable butter, vegetable butter, cream, butter and so on. Look at the product ingredient list, see these nicknames, and try not to buy.

## 反式脂肪酸-微博 Transfat - Weibo

2019-02-25, 共检测到168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。

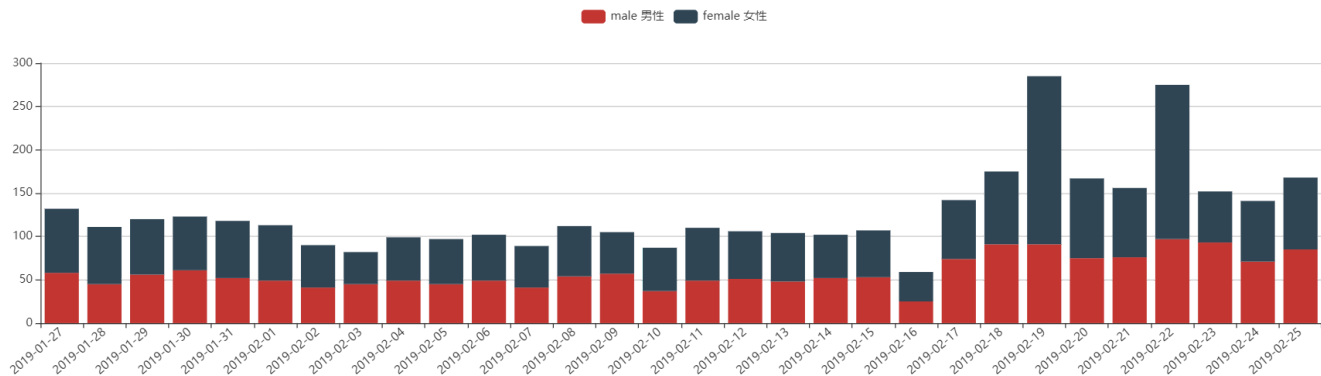
There are 168 weibos about transfat reduction monitored on 2019-02-25.

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!