

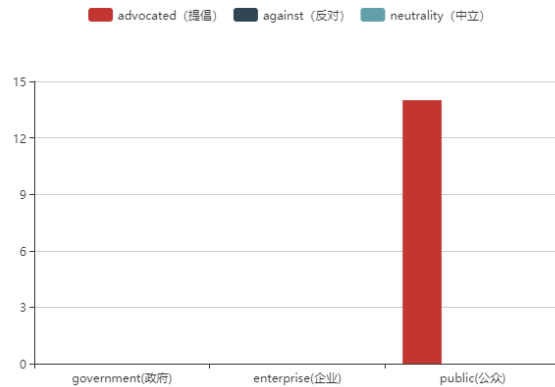
## 减盐-新闻

### Salt Reduction - News

今日 (2019-01-24) 共监测到14条资讯。请点击标题查看原文。

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### 山东

#### Shandong

##### 食物中的钠 Sodium in food

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##### 高血压 Hypertension

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##### 心血管健康 Cardiovascular health

1. [好血管都是养出来的! 这些伤血管行为少做](#)

[Good blood vessels are nourished! Do less of these vascular injuries](#)

来源: 新华网山东频道  
Source: Xinhua Shandong Channel

主体: 公众  
Subject: public

态度: 提倡  
Attitude: advocate

时间: 16:10:10  
Time: 16:10:10

血管作为人体营养输送的重要管道，遍布全身各处。一旦出现病变，会诱发各种疾病，严重时甚至会危及生命。人民健康网推出《“健”识早知道》专栏，专为你收集整理平时忽略的健康知识，做您的健康智库，今天就与你聊聊血管养护的话题。血管不好，从头伤到脚。

As an important channel for human nutrition transportation, blood vessels spread all over the body. Once pathological changes occur, they can induce various diseases, and even endanger life in serious cases. People's Health Network launched the column "Healthy" Knowing Early", which is designed to collect and sort out the health knowledge that you usually neglect, and to be your health think tank. Today, I will talk with you about the topic of vascular maintenance. The blood vessel is not good. It hurts from head to foot.

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#### Henan

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高血压 Hypertension

1. <a href="#">新年健康从这十条开始</a> <a href="#">New Year's Health Begins with Ten Rules</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:09:40 Time: 09:09:40
<p>“健康快乐”是每个人的愿望。美国医学会开年之际提出10项建议，希望人们新的一年里在生活方式、心理健康等方面做出积极调整，收获健康。《生命时报》记者根据国内情况，邀请多位专家进行了详细解读和指导。 1.了解患2型糖尿病的风险。在我国，每10人中就有1人患有2型糖尿病。很多2型糖尿病患者症状不明显，往往无法发现何时起病。中华医学会糖尿病学分会副主任委员邹大进表示，了解自身患病风险，早期监控干预，有助避免糖尿病。</p> <p>"Health and happiness" is everyone's wish. At the beginning of the new year, the American Medical Association put forward 10 suggestions, hoping that people will make positive adjustments in lifestyle, mental health and other aspects in the new year, so as to reap health. According to the domestic situation, the reporter of Life Times invited many experts to interpret and guide in detail. 1. Understand the risk of type 2 diabetes. In China, one in 10 people suffers from type 2 diabetes. Many patients with type 2 diabetes have no obvious symptoms and often cannot find out when they will start. Zou Dajin, deputy director of the Diabetes Society of the Chinese Medical Association, said that understanding the risk of diabetes and early monitoring and intervention would help avoid diabetes.</p>				
2. <a href="#">这病比癌症可怕有人卖了俩套房花130万没救回来</a> <a href="#">It's more terrible than cancer. Someone sold two apartments and spent 1.3 million dollars to save them.</a>	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:12:38 Time: 17:12:38
<p>脑溢血是脑科疾病中致死率最高的疾病，即使应用目前最先进、完善的治疗手段，仍有50%以上的幸存者，生活不能完全自理！而近年，因突发脑溢血不幸离世的悲痛案例，也给我们敲响了警钟。脑血管病发病的9个信号！如果出现这9个症状就需要小心！最好及时到医院进行系统检查，千万大意不得。</p> <p>Cerebral hemorrhage is the most lethal disease in brain diseases. Even with the most advanced and perfect treatment, there are still more than 50% of survivors who can not fully take care of themselves. In recent years, the sad cases of sudden cerebral hemorrhage and unfortunate death have also sounded an alarm bell for us. Nine signals of cerebrovascular disease! If these nine symptoms occur, you need to be careful! It's better to go to the hospital in time for a systematic check-up. It's never too careless.</p>				
3. <a href="#">慢性病患者，吃饭听康叔的，多活16岁！</a> <a href="#">Chronic disease patients, eat and listen to Uncle Kang, live 16 years more!</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：13:18:55 Time: 13:18:55
<p>在我国引起死亡的十大疾病中，如高血压、冠心病、糖尿病等，它们最终发展为致命的中风、心肌梗死、肾功能衰竭等，是一个长期的过程，可以用10年甚至20年的时间。“千里之堤，溃于蚁穴”，错误的饮食习惯就是亟须被正视的“蚁穴”，及时修正个人错误的用餐习惯，才能活得年轻、活得健康。健康与疾病是此消彼长的关系，人体越健康，疾病就越羸弱。健康，从改变错误的饮食习惯开始。 高血压患者，怎么吃？</p> <p>Among the ten diseases that cause death in our country, such as hypertension, coronary heart disease, diabetes and so on, they eventually develop into fatal stroke, myocardial infarction, renal failure and so on. It is a long-term process, which can take 10 or even 20 years. "Thousands of miles of levee, collapse in ant nest", the wrong eating habits are the "ant nest" which need to be faced up to urgently. Only by correcting the wrong eating habits of individuals in time, can we live young and healthy. The relationship between health and disease is one by one. The healthier the human body is, the weaker the disease will be. Health begins with changing the wrong eating habits. Hypertensive patients, how to eat?</p>				
4. <a href="#">汤要喝对才有营养这几类人喝汤注意这些原则</a> <a href="#">These principles should be paid attention to when people drink soup properly.</a>	来源：星岛环球网 Source: Star Island Global Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：07:23:54 Time: 07:23:54
<p>到了冬季有一部分人群会通过喝汤的方式来养生，不仅仅能够提高身体的温度，同时也可以吸收里面的营养，但是对于特殊的人群来说，如果不注意喝汤的话，有可能会带来健康隐患。 据网媒报道：到了冬季有一部分人群会通过喝汤的方式来养生，不仅仅能够提高身体的温度，同时也可以吸收里面的营养，但是对于特殊的人群来说，如果不注意喝汤的话，有可能会带来健康隐患。 哪些人群喝汤要谨慎？</p> <p>In winter, some people will drink soup to keep healthy. It can not only increase the body temperature, but also absorb the nutrition inside. But for special people, if they do not pay attention to the soup, it may bring health risks. According to online media reports: in winter, some people will drink soup to keep fit, not only to improve the body temperature, but also to absorb the nutrition, but for special people, if you do not pay attention to the soup, it may bring health risks. Which groups should be cautious when drinking soup?</p>				
<div>心血管健康 Cardiovascular health</div>				
1. <a href="#">佳节临近，心健康是送给自己和家人最好的礼物</a> <a href="#">Heart health is the best gift for yourself and your family as the festival approaches.</a>	来源：新广网 Source: New wide network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:14:26 Time: 10:14:26
<p>春季临近，合家欢乐，但这却是一年中最考验中老年人朋友心脏健康的时刻。每年春节期间都是心血管疾病的高发期，对于有高血压病、糖尿病、高血脂症等病史的人群，尤其需要预防冠心病、急性心肌梗死的发作。春节期间走亲访友，应酬聚会多，容易暴饮暴食、吸烟饮酒，有时熬夜，精力、体力严重透支，抵抗力下降，都会引起血压升高、心脏负担加重，是导致春节期间心梗高发比较重要的原因。</p> <p>Spring is approaching and the family is happy, but this is the most test time of the year for the heart health of old people and friends. Every Spring Festival is a period of high incidence of cardiovascular diseases. For people with history of hypertension, diabetes, hyperlipidemia and other diseases, it is particularly necessary to prevent the onset of coronary heart disease and acute myocardial infarction. During the Spring Festival, visiting relatives and friends, more social gatherings, prone to overeating, smoking and drinking, sometimes staying up late, serious overdraft of energy and physical strength, decreased resistance, will cause increased blood pressure, increased heart burden, which is the more important reason for the high incidence of myocardial infarction during the Spring Festival.</p>				
2. <a href="#">别了，林清玄。原来他是因为这病突然离世！</a> <a href="#">Farewell, Lin Qingxuan. It turned out that he died suddenly because of his illness!</a>	来源：荆楚网 Source: Jingchu net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:11:01 Time: 17:11:01
<p>其实，我们身边有许多熟知的公众人物都是因为心肌梗塞而离世，所以心肌梗塞应引起足够的重视。那心梗出现第一时间我们该如何判断，日常生活中如何急救跟预防呢？什么是心肌梗塞？心肌梗塞是冠心病的一种严重形式，指冠状动脉急性、持续性缺血缺氧所引起的心肌坏死。我国每年约有54万人死于心肌梗塞，平均每分钟就有1人。以下几个部位痛，可能是急性心梗的信号，提醒长辈们千万要注意。</p> <p>In fact, there are many well-known public figures around us who died because of myocardial infarction, so myocardial infarction should be paid enough attention to. How do we judge the first time that myocardial infarction occurs, and how do we first aid and prevent it in our daily life? What is myocardial infarction? Myocardial infarction is a serious form of coronary heart disease, which refers to myocardial necrosis caused by acute and persistent ischemia and hypoxia of coronary artery. About 540,000 people die of myocardial infarction every year in China, with an average of 1 person per minute. Pain in the following areas may be a sign of acute myocardial infarction, which reminds elders to pay attention to.</p>				
3. <a href="#">55岁男子突发脑梗脑梗的祸根竟是生活习惯</a> <a href="#">The culprit of sudden cerebral infarction in a 55-year-old man is his habits.</a>	来源：手机网易网 Source: Mobile NetEase	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：19:15:02 Time: 19:15:02
<p>2019年1月13日上午9点，55岁吴先生吃完早餐，准备习惯性饭后点一支烟时，右手拿着的打火机竟然掉落在地上，他准备起身去捡时，发现自己右侧肢明显乏力，很困难才站起来行走，这时他喊妻子，喊妻子时只是喊出了名字3个字，之后的言语竟然无法连贯起来。妻子赶紧过来看看，见情况不好，赶紧呼叫120前往医院急诊看病。到了医院急诊，进入卒中（脑梗）绿色通道，测血压：128/80mmHg，头颅CT结果：考虑脑干脑梗塞可能，血常规、凝血、急诊生化未见明显异常。</p> <p>At 9:00 a.m. on January 13, 2019, Mr. Wu, 55, finished his breakfast and prepared to light a cigarette after a habitual meal. The lighter in his right hand fell to the ground. When he was ready to pick it up, he found that his right limb was obviously weak, and it was very difficult to stand up and walk. At this time, he shouted his wife and only shouted his name three words, but the following words could not be coherent. Wife hurried to see, see the situation is not good, hurry to call 120 to the hospital emergency treatment. To the hospital emergency, enter the green channel of stroke (cerebral infarction), measure blood pressure: 128/80mmHg, brain CT results: considering the possibility of brainstem infarction, blood routine, coagulation, emergency biochemical no obvious abnormalities.</p>				
4. <a href="#">佳节临近，心健康是送给自己和家人最好的礼物</a> <a href="#">Heart health is the best gift for yourself and your family as the festival approaches.</a>	来源：红网 Source: Red Net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：23:15:40 Time: 23:15:40
<p>春季临近，合家欢乐，但这却是一年中最考验中老年人朋友心脏健康的时刻。每年春节期间都是心血管疾病的高发期，对于有高血压病、糖尿病、高血脂症等病史的人群，尤其需要预防冠心病、急性心肌梗死的发作。春节期间走亲访友，应酬聚会多，容易暴饮暴食、吸烟饮酒，有时熬夜，精力、体力严重透支，抵抗力下降，都会引起血压升高、心脏负担加重，是导致春节期间心梗高发比较重要的原因。</p> <p>Spring is approaching and the family is happy, but this is the most test time of the year for the heart health of old people and friends. Every Spring Festival is a period of high incidence of cardiovascular diseases. For people with history of hypertension, diabetes, hyperlipidemia and other diseases, it is particularly necessary to prevent the onset of coronary heart disease and acute myocardial infarction. During the Spring Festival, visiting relatives and friends, more social gatherings, prone to overeating, smoking and drinking, sometimes staying up late, serious overdraft of energy and physical strength, decreased resistance, will cause increased blood pressure, increased heart burden, which is the more important reason for the high incidence of myocardial infarction during the Spring Festival.</p>				

5. <a href="#">不想得动脉硬化5个饮食戒律要遵守</a> <a href="#">Do not want atherosclerosis 5 dietary precepts to follow</a>	来源：多维新闻网	主体：公众	态度：提倡	时间： 16:24:47
	Source: Multidimensional News Network	Subject: public	Attitude: advocate	Time: 16:24:47
动脉粥样硬化在临床中是相对常见一种疾病，尤其在中老年人中发病率较高。报道称，动脉粥样硬化指血管壁沉积有过多的脂质物质，造成管壁增厚，管腔狭窄。当供应心脏的冠状动脉发生狭窄甚至闭塞时，便会发生心绞痛和心肌梗死，尤其后者会有生命危险；当脑血管发生动脉粥样硬化引起血管狭窄后，可发生脑卒中，患者会发现一侧肢体偏瘫，语言障碍，若是主要血管堵塞的话，则会更危险，病人马上昏迷。				
Atherosclerosis is a relatively common disease in clinic, especially in the elderly. It is reported that atherosclerosis refers to the deposition of excessive lipid substances in the blood vessel wall, resulting in thickening of the wall and narrowing of the lumen. Angina pectoris and myocardial infarction occur when the coronary artery supplying the heart is narrowed or even occluded, especially when the latter is life-threatening; stroke can occur after the atherosclerosis of the cerebrovascular leads to the stenosis of the blood vessels, and the patient will find hemiplegia of one limb and language disorder. If the main blood vessels are blocked, it will be more dangerous and the patient will immediately coma.				
6. <a href="#">俄罗斯女歌手飙高音猝死，唱歌真的会引发心脏病吗？</a> <a href="#">Russian female singer died suddenly in high voice. Can singing really cause heart disease?</a>	来源：新民网	主体：公众	态度：提倡	时间： 16:35:32
	Source: Xinmin network	Subject: public	Attitude: advocate	Time: 16:35:32
根据外媒消息，近日俄罗斯女歌手菲妮娅·卡卢莉娜在演唱会上飙高音时突然倒地猝死，享年53岁。事后据医生透露，菲妮娅死于心脏病发作。这名女歌手的死让歌迷十分悲伤，飙高音真的会引起猝死吗？这可不是耸人听闻。复旦大学附属上海市公共卫生临床中心中心内科主任宋德明表示，尽管我们不是专业歌手，但唱歌作为一项适合全民的娱乐活动，并非“绝对安全”。				
According to foreign media reports, Russian singer Fenia Kalulina suddenly fell to the ground and died at the age of 53 when she was playing a high-pitched concert recently. Afterwards, according to doctors, Phenia died of a heart attack. The singer's death made her fans very sad. Does high-pitched voice really cause sudden death? This is not sensational. Song Deming, director of Cardiology of Shanghai Public Health Clinical Center affiliated to Fudan University, said that although we are not professional singers, singing as an entertainment suitable for the whole people is not "absolutely safe".				
<div>综合健康信息 Comprehensive Health Information</div>				
1. <a href="#">鱼香菜系多“三高”</a> <a href="#">Fish and coriander are more "three tall"</a>	来源：人民网	主体：公众	态度：提倡	时间： 09:12:04
	Source: People's net	Subject: public	Attitude: advocate	Time: 09:12:04
现在烧菜方式越来越多，其中鱼香茄条、鱼香肉丝、鱼香豆腐等因色泽红亮、咸甜酸辣兼备、葱姜蒜辛香突出备受人们喜爱。鱼香菜系具有鱼香味，但其味并不来自“鱼”，而是泡红辣椒、葱、姜、蒜、糖、盐、酱油等调味品调制而成，具有咸、甜、酸、辣、鲜、香等特点。从营养学角度看，鱼香菜系是典型高油、高糖、高盐的“三高”中国菜。				
Nowadays, there are more and more ways of cooking, among which fish and eggplant sticks, fish-flavored pork shreds, fish-flavored tofu and so on are popular because of their bright red color, salty, sweet, sour and hot, and the spicy aroma of onion, ginger and garlic. Fish coriander is a kind of fish flavor, but its flavor does not come from "fish", but from pickled red pepper, onion, ginger, garlic, sugar, salt, soy sauce and other condiments. It has salty, sweet, sour, spicy, fresh and fragrant characteristics. From the point of view of nutrition, fish and coriander is a typical Chinese dish with high oil, sugar and salt.				
2. <a href="#">成都高新区：慧吃慧动拥抱健康</a> <a href="#">Chengdu High-tech Zone: Hui Eat Hui Move embraces health</a>	来源：中国网滨海高新	主体：公众	态度：提倡	时间： 16:12:43
	Source: China Netshore High-tech	Subject: public	Attitude: advocate	Time: 16:12:43
1月22日，成都高新区石羊街道庆安社区与爱生活家社区合作社联合开展了以“慧吃慧动 拥抱健康”为主题的活动。活动中，国家高级公共营养师祝秀英介绍了大众人群膳食指南六条核心推荐基础上，从少量多餐细软、预防营养缺乏，主动足量饮水、积极户外活动，延缓肌肉衰减、维持适宜体重，摄入充足食物、鼓励陪伴进餐四个方面向现场居民朋友作了详细讲解。				
On January 22, Qing'an Community of Shiyang Street in Chengdu High-tech Zone and Living Home Community Cooperative jointly launched an activity with the theme of "eating wisely and embracing health". Zhu Xiuying, a senior national public nutritionist, introduced the six core recommendations of the dietary guidelines for the general public. On the basis of a small amount of meals and soft meals, prevention of nutritional deficiency, active and sufficient drinking water, active outdoor activities, delaying muscle attenuation, maintaining proper weight, adequate food intake and encouraging accompanying meals, she gave a detailed explanation to the residents' friends on the spot.				
3. <a href="#">春节期间如何养生？“十二字诀”送给你！</a> <a href="#">How to keep fit during the Spring Festival? "Twelve-character formula" for you!</a>	来源：南方网	主体：公众	态度：提倡	时间： 12:31:16
	Source: Southern net	Subject: public	Attitude: advocate	Time: 12:31:16
岁末年关，又是家人共聚一堂、其乐融融的时刻，平时难得相聚，春节可尽情享受亲情之喜、友情之乐、爱情之甜。但聚会吃喝玩乐怎么做到开心但又不伤身呢？春节期间如何养生呢？对此，惠州市第三人民医院门诊部主任李绪娴支招广大市民“养生十二字诀”——管住嘴、迈开腿、好好睡、心不累，“一年来的奔波劳碌，春节长假便是调整身心的好时机。”				
At the end of the year, it is also a time for family members to gather together and enjoy their happiness. It is rare to get together in peacetime. The Spring Festival can enjoy the joy of family, friendship and the sweetness of love. But how to have fun at a party without hurting your health? How to keep fit during the Spring Festival? In response, Li Xuxian, director of the outpatient department of the Third People's Hospital of Huizhou City, recruited the general public to "twelve-character health-preserving formula" - shut up, open legs, sleep well, and not tired. "For a year of hard work, the Spring Festival holiday is a good time to adjust the body and mind."				
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# 减盐-微信

## Salt Reduction - WeChat

2019-01-24, 共监测到425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 425 WeChat public articles were monitored in 2019-01-24. This page shows the top five articles by repeat number today.

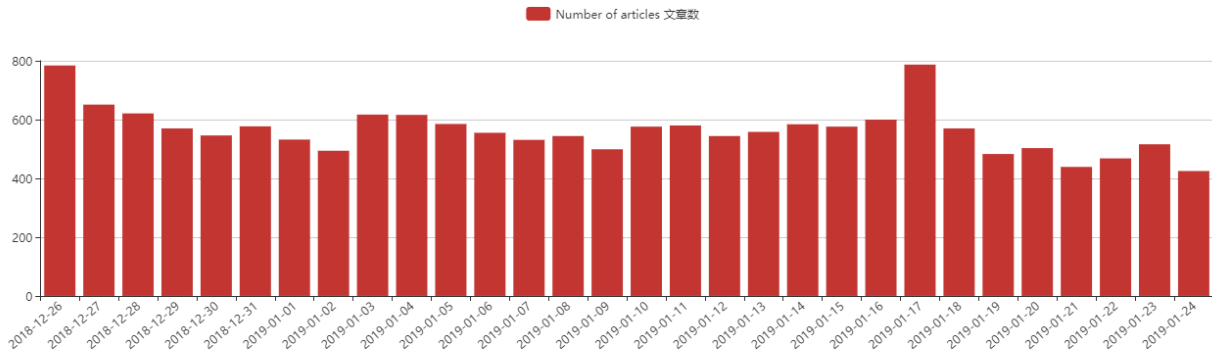
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 40岁后, 开始戒掉这些习惯, 因为关乎你的健康和寿命!

[After 40 years of age, you should start to quit these habits, because it's about your health and longevity!](#)

重复数: 7

日期: 2019-01-24

Repeat Number: 7

Data: 2019-01-24

《柳叶刀》发表了一篇关于吃盐的研究报告, 国人每日吃盐平均约12.5克, 远高于多数国家日均每人7.5~12.5克的食盐摄入量。高盐与高血压不无关系。研究表明, 每人每天摄入食盐增加2克, 收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。东北地区人均日食盐超过20克, 所以那里的高血压病人特别多。

The Lancet published a study on salt consumption. The average daily salt intake of Chinese people is about 12.5 grams, which is much higher than the average daily salt intake of 7.5-12.5 grams per person in most countries. High salt is not unrelated to hypertension. The results showed that the daily intake of salt increased by 2 grams per person, and the mean systolic and diastolic blood pressure increased by 2 mm Hg and 1.2 mm Hg, respectively. The average daily salt intake in Northeast China is more than 20 grams, so the number of hypertensive patients there is particularly high.

#### 2. 孩子被查出肾衰竭, 只因妈妈喜欢这种调料! 父母们长点心吧!

[The child was found to have kidney failure because the mother liked the dressing! Let's have some snacks for parents.](#)

重复数: 3

日期: 2019-01-24

Repeat Number: 3

Data: 2019-01-24

营养专家表示: 不足6个月的孩子, 每天盐的摄入量只有0.5g, 而儿童每天不能超过3g, 至于成人也只能摄入6g。虽然盐是日常的必需品, 不吃会没有力气, 但是吃太多会加重肾脏、心脏等器官的负担, 所以现如今都建议大家低钠少盐。《中国心血管病报告2014》显示, 在儿童高血压的危险因素中, 肥胖与其关系最为密切, 肥胖儿童中近三成患有高血压, 超过一半血脂异常。

Nutrition experts say that children who are less than 6 months old have a salt intake of only 0.5g per day, while children cannot exceed 3g per day, and adults can only consume 6g. Although salt is a daily necessities, not eating salt can cause the body to have no strength, but eating too much will increase the burden on the kidneys, heart and other organs, so nowadays it is recommended that everyone have low sodium and less salt. The China Cardiovascular Disease Report 2014 shows that among the risk factors for hypertension in children, obesity is most closely related. Nearly 30% of obese children have high blood pressure and more than half of them have abnormal blood lipids.

#### 3. 这个病比癌症可怕, 有人花了130万没能救命! 你需要这么预防

[This disease is more terrible than cancer. Someone spent 1.3 million yuan and could not save his life! You need to prevent it in this way.](#)

重复数: 3

日期: 2019-01-24

Repeat Number: 3

Data: 2019-01-24

控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、耗油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. For example, MSG, ketchup, fuel consumption, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, instant noodles, etc. all contain a lot of sodium, and patients with high blood pressure should avoid it in time.

#### 4. 全国“尿毒症”患者上百万, 医生忠告: 3种食物, 会让肾“报废”

[There are millions of uremic patients in the country. Doctors advise that three kinds of food will cause kidney to be scrapped.](#)

重复数: 3

日期: 2019-01-24

Repeat Number: 3

Data: 2019-01-24

我国仅35%的成年居民食盐摄入量低于每天6g, 34%的居民食盐摄入量超过了每天10g。营养监测表明, 每标准人钠的总摄入量为5706.7mg/d, 其中盐的摄入量为10.5g, 提供钠4127mg, 即膳食中盐提供的钠占72%。食盐的只要成分是钠, 钠主要通过肾脏排出体外, 吃盐过多增加肝肾代谢负担。高盐膳食会增加肾脏负担, 导致肾脏损伤, 可能会加大患肾脏疾病的风险。

Only 35% of the adult residents in China consume less salt than 6 g per day, while 34% consume more salt than 10 g per day. Nutrition monitoring showed that the total intake of sodium per standard person was 5706.7 mg/d, of which salt intake was 10.5 g and sodium supply was 4127 mg, i.e. 72% of sodium was supplied by salt in diet. The main ingredient of salt is sodium. Sodium is mainly excreted from the body through the kidney, and excessive salt consumption increases the metabolic burden of liver and kidney. High salt diet can increase the burden of kidney, which can lead to kidney damage and may increase the risk of kidney disease.

#### 5. 7个方法控制轻度高血压

[Seven methods to control mild hypertension](#)

重复数: 2

日期: 2019-01-24

Repeat Number: 2

Data: 2019-01-24

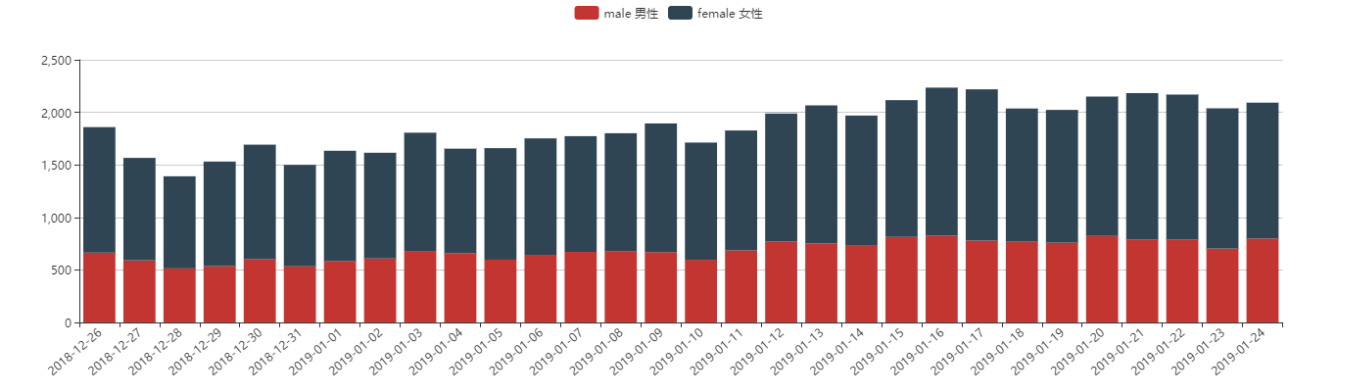
正常情况下, 人体对钠的生理需要量每天仅为2~3克, 但实际膳食中含盐量高达10~15克, 高血压患者每日食盐量以不超过5克为宜, 太低了患者很难接受。实践证明, 在高血压的早期或轻型高血压患者, 单纯限盐就可能使血压恢复正常。

Under normal circumstances, the physiological requirements of the human body for sodium are only 2 to 3 grams per day, but the actual dietary salt content is as high as 10 to 15 grams, and the daily salt intake of hypertensive patients is not more than 5 grams. If it is too low, it is difficult for patients to accept. Practice has shown that in the early stages of hypertension or in patients with mild hypertension, simply limiting salt may return blood pressure to normal.

# 减盐-微博

## Salt Reduction - Weibo

2019-01-24, 共检测到2092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 2092 weibos about salt reduction monitored on 2019-01-24.  
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!

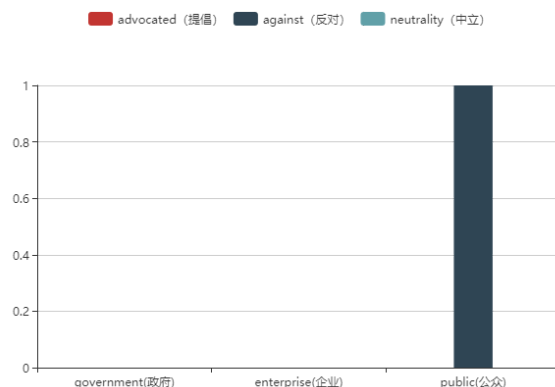
## 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-01-24) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-24. 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="#">王尔惠——中国油脂与植物蛋白的开拓者</a> <a href="#">Wang Erhui, a pioneer of oil and vegetable protein in China</a>	来源：科学时报 (博客) Source: Science Times (Blog)	主体：公众 Subject: public	态度：反对 Attitude: against
时间： 09:57:09 Time: 09:57:09			
王尔惠——中国油脂与植物蛋白的开拓者 王尔惠先生是新中国培养的第一批油脂工程技术人员，在我国油脂与植物蛋白行业一干就是60年。时至今日，九十高龄的王尔惠教授级高级工程师还在为我国油脂与植物蛋白质的科学研究、产品开发、新工艺、新设备和新技术，一直奋斗着、探索着、追求着。			
Mr. Wang Erhui, the pioneer of oil and vegetable protein in China, is the first group of oil engineering technicians trained in China. He has been working in the oil and vegetable protein industry for 60 years. Up to now, Professor Wang Erhui, a 90-year-old senior engineer, is still struggling, exploring and pursuing for the scientific research, product development, new technology, new equipment and new technology of oil and vegetable protein in China.			
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

2019-01-24, 共监测到254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 254 WeChat public articles were monitored in 2019-01-24. This page shows the top five articles by repeat number today.

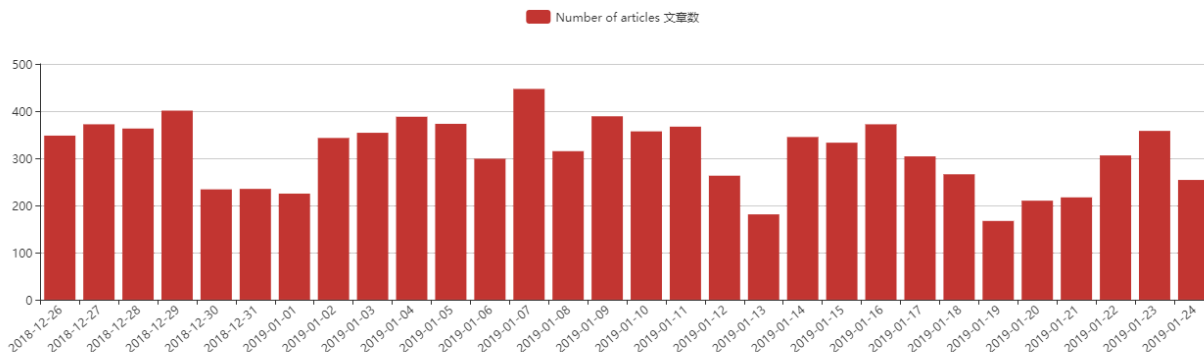
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## 热门文章-前五 Popular Articles - Top 5

### 1. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

重复数: 46

日期: 2019-01-24

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

Repeat Number: 46

Data: 2019-01-24

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。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. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

### 2. 你喝的奶茶, 比地沟油还恶心, 正在毁掉中国的三代人

重复数: 6

日期: 2019-01-24

[The milk tea you drink is more disgusting than the gutter oil and is destroying three generations of Chinese people.](#)

Repeat Number: 6

Data: 2019-01-24

奶精这玩意, 成本低, 口味近似牛奶, 但不像牛奶有很多蛋白质, 没太大营养价值, 而且, 生产奶精, 过程中会不可避免产生反式脂肪酸。而反式脂肪酸, 会诱发血管硬化, 增加心脏病、脑血管疾病的发病危险。《中国居民膳食指南》建议, 每日摄入量不超过2克。虽然有些奶精号称反式脂肪酸为0, 但这绝对不可能。

The creamer has a low cost and tastes similar to milk, but it has little nutritional value compared to milk. Moreover, trans fatty acids are inevitably produced during the production of creamers. Trans fatty acids can induce hardening of the arteries and increase the risk of heart disease and cerebrovascular diseases. The Chinese Dietary Guidelines recommends that the daily intake should not exceed 2 grams. Although some creamers claim to be zero in trans fatty acids, this is absolutely impossible.

### 3. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 5

日期: 2019-01-24

[Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.](#)

Repeat Number: 5

Data: 2019-01-24

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

### 4. 这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近!

重复数: 3

日期: 2019-01-24

[These 5 kinds of foods are super-damaged! However, we eat them every day. The more you eat, the more susceptible to uremia!](#)

Repeat Number: 3

Data: 2019-01-24

肾病患者需要低盐、低脂、高维生素饮食, 但方便面则是反其道而行之, 属于高盐、高脂、低维生素食物。除高盐外, 方便面中的人造脂肪(反式脂肪酸), 同样对心血管的伤害很大。方便面还有防腐剂和香精, 伤害肝肾。挂面在制作过程中必须加盐, 这样才能提升面的强度, 让挂面更有弹性、吃起来更劲道。

Patients with kidney disease need a low-salt, low-fat, high-vitamin diet, but instant noodles are the opposite, which belong to high-salt, high-fat, low-vitamin food. In addition to high salt, artificial fat (trans fatty acids) in instant noodles is also very harmful to the cardiovascular. Instant noodles also contain preservatives and flavors, which damage the liver, kidney and stomach. In order to enhance the strength of noodles and make them more elastic and strong to eat, salt must be added in the process of making noodles.

### 5. 营养师: 并非所有脂肪都是坏东西, 有类好脂肪对血管健康有帮助

重复数: 2

日期: 2019-01-24

[Nutritionist: Not all fats are bad. Good fats are good for vascular health.](#)

Repeat Number: 2

Data: 2019-01-24

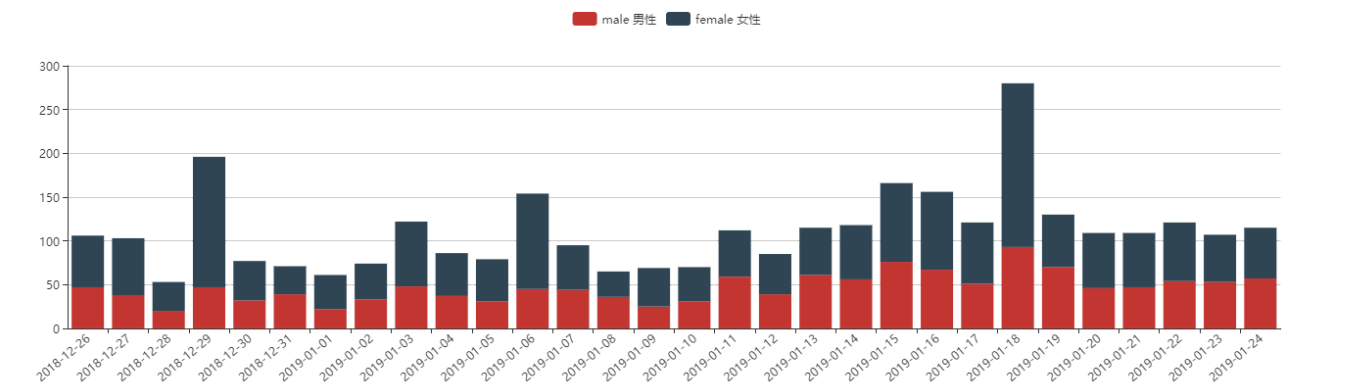
常见一些人造的黄油当中的反式脂肪, 在一些甜品、蛋糕等里面含有。还有一些红肉, 如猪、牛羊肉中的饱和脂肪。这一类脂肪, 如果摄入的过多或者超标, 就会增加冠心病、糖尿病、肥胖等疾病的风险。避免反式脂肪, 少吃饱和脂肪, 选择优质脂肪。选择适量的全脂奶, 少吃红肉, 多吃白肉, 减少精加工油炸类食物的摄入, 多选择天然食物的摄入, 也就是新鲜的蔬菜水果, 原味的坚果类食物。

Some desserts, cakes, etc. contain trans fats from some common artificial butters. Some red meats, such as pigs, beef and mutton, contain saturated fat. If you eat too much of this type of fat, it will increase the risk of diseases such as coronary heart disease, diabetes, and obesity. Avoid trans fats, eat less saturated fat, and choose good quality fat. Choose the right amount of whole milk, eat less red meat, eat more white meat, reduce the intake of refined fried foods, choose more natural food intake, that is, fresh vegetables and fruits, original nut foods.

# 反式脂肪酸-微博

## Transfat - Weibo

2019-01-24, 共检测到115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 115 weibos about transfat reduction monitored on 2019-01-24.  
Weibos whose repost number is greater than 50 are listed in this page.  
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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!