

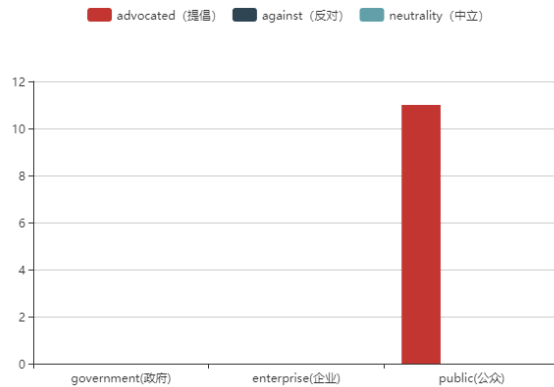
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-15) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2019-02-15. 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

1. [【健康养生】百草回生，百病易发！早春养生需要注意啥？](#)  
[Healthy health] Baicao rebirth, disease prone! What should we pay attention to in early spring?

来源：搜狐  
Source: Sohu

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间：19:39:34  
Time: 19:39:34

早春天气时冷时热，加上细菌活跃，很容易患上感冒导致旧病复发。山东省济宁市中医院治未病科主任医师王乐荣介绍，中医讲究“春夏养阳，秋冬养阴”，早春养生保健要注意万物始生和气候多变的特点，通过适当地调摄，使春阳之气得以宣达，代谢机能得以正常运行，从而达到健康养生、预防疾病的目的。

Cold and hot weather in early spring, coupled with active bacteria, can easily catch cold and lead to relapse of old diseases. Wang Lerong, chief physician of Preventive Disease Department of Jining Hospital of Traditional Chinese Medicine, Shandong Province, introduced that traditional Chinese medicine pays attention to "Yangyang in spring and summer, Yin in autumn and winter". Health care in early spring should pay attention to the characteristics of the birth of all things and the changeable climate. Through proper adjustment and intake, the Qi of Spring Yang can be conveyed and the metabolic function can operate normally, so as to achieve the goal of health preservation and disease prevention.

##### 决心工程 Resolve To Save Lives

没有相关文章!

No such articles!

### 河南

#### Henan

##### 食物中的钠 Sodium in food

没有相关文章!

No such articles!

##### 高血压 Hypertension

没有相关文章!

No such articles!

##### 心血管健康 Cardiovascular health

没有相关文章!

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

安徽  
Anhui

<div>食物中的钠 Sodium in food</div>
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<div>高血压 Hypertension</div>
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浙江  
Zhejiang

<div>食物中的钠 Sodium in food</div>
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<div>决心工程 Resolve To Save Lives</div>
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其他省份  
Other Provinces

<div>食物中的钠 Sodium in food</div>				
1. <a href="#">“节后三斤党”必看！贵州疾控专家给你来点“三减”干货！</a> <a href="#">"Three Kinds of Party after the Festival" must be seen! Guizhou disease control experts to give you some "three minus" dry goods!</a>	来源：红网 Source: Red Net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:47:20 Time: 11:47:20

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。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. Attention should be paid to the "invisible salt" in life, such as chicken essence, soy sauce, oyster sauce, including sauces, which contain salt, and reduce intake.				
<div>高血压Hypertension</div>				
1. <a href="#">高血压合并糖尿病，如何选择降压药？看看内科医生怎么说</a> <a href="#">Hypertension with diabetes mellitus, how to choose antihypertensive drugs? See what the physician says.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：13:05:43 Time: 13:05:43
高血压患者往往会合并糖尿病，据统计，我国门诊高血压患者中，24.3%的患者合并糖尿病诊断，这其实不难理解，高血压和糖尿病的发病都与生活方式有关，当一个人缺乏锻炼、抽烟喝酒时往往都是容易发生高血压或糖尿病的，值得关注的是，高血压和糖尿病对心血管等组织器官往往都有损伤作用，这样就导致患者双重打击，往往会导致严重心脏病或脑中风等疾病。				
Hypertensive patients often have diabetes mellitus. According to statistics, 24.3% of out-patients with hypertension in our country are diagnosed with diabetes mellitus, which is not difficult to understand. The incidence of hypertension and diabetes is related to lifestyle. When a person lacks exercise, smokes and drinks, they are prone to hypertension or diabetes. It is worth noting that hypertension and diabetes are related to heart. Vessels and other tissues and organs often have a damaging effect, which leads to a double blow to patients, often leading to serious heart disease or stroke and other diseases.				
<div>心血管健康Cardiovascular health</div>				
1. <a href="#">天气寒冷心衰患者激增专家提醒心血管病人减少户外运动</a> <a href="#">Experts warn cardiovascular patients to reduce outdoor exercise</a>	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：16:01:14 Time: 16:01:14
天气寒冷，心血管疾病高发。记者从长沙市中心医院、湘雅三医院了解到，近期，医院收治的心血管疾病患者激增，其中不少为心衰患者。专家提醒，天气寒冷，患有心血管疾病的患者要注意休息，注意保暖，减少户外运动，避免诱发心衰。据湘雅三医院心血管病专家江凤林副教授介绍，心衰是指心力衰竭，是心血管疾病的终末阶段。冬春季是心衰的高发季。				
Cold weather, high incidence of cardiovascular disease. Reporters learned from Changsha Central Hospital and Xiangya Three Hospital that in recent years, the number of cardiovascular disease patients admitted to the hospital has increased dramatically, many of whom are heart failure patients. Experts warn that patients with cardiovascular diseases should pay attention to rest, keep warm, reduce outdoor exercise and avoid heart failure in cold weather. According to Professor Jiang Fenglin, an expert on cardiovascular diseases in the Third Xiangya Hospital, heart failure refers to heart failure, which is the final stage of cardiovascular diseases. Winter and spring are the high incidence seasons of heart failure.				
2. <a href="#">心血管病也有“节后综合征” 专家教你这样做防护</a> <a href="#">Cardiovascular disease also has "post-festival syndrome" experts teach you to do this protection</a>	来源：红网 Source: Red Net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：12:12:25 Time: 12:12:25
春节假期走亲访友家庭聚餐，很容易暴饮暴食，增加心脏负担，长假过去，人们的心血管也会患上“节后综合征”，如果不及时干预，甚至会引发冠心病、心肌梗塞等心血管病。长假期间的生活习惯会给心脏带来哪些影响？如何做好心血管病“节后综合征”的防护？听北大医疗株洲恺德心血管病医院的专家怎么说。				
During the Spring Festival holidays, visiting relatives and friends for family dinner is easy to overeat, increase the burden of the heart. In the past, people's cardiovascular system will suffer from "post-holiday syndrome". If not intervened in time, it will even lead to cardiovascular diseases such as coronary heart disease, myocardial infarction and so on. What are the effects of long vacation habits on the heart? How to do a good job in the prevention of "postganglionic syndrome" of cardiovascular diseases? Listen to the experts of Zhuzhou Kaide Cardiovascular Hospital, Peking University Medical College.				
<div>综合健康信息Comprehensive Health Information</div>				
1. <a href="#">“甜魔”难抗拒趋势须加力</a> <a href="#">"Sweet Devil" is hard to resist and the trend needs to be strengthened</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：09:37:10 Time: 09:37:10
要你一下子吃十四粒方糖，你可能觉得这是变态虐待，不过把这十四粒方糖化成一杯抹茶拿铁的成分，不少人却感到十分滋味，试完再试。消费者委员会和食物安全中心合作的最新测试报告，就揭露风靡香港的台式饮品内藏痴肥陷阱。吃糖太多容易肥，已是常识，可是愈来愈多人仍然抵受不住甜味诱惑，成为嗜甜一族。				
You may think it is abnormal abuse to eat fourteen cubes of sugar at once, but many people feel very tasty when they saccharify the fourteen cubes into a cup of tea latte, and try again. The latest test report by the Consumer Council in collaboration with the Food Safety Center reveals the "fat trap" in the popular desktop drinks in Hong Kong. Eating too much sugar is easy to fatten, which is common sense, but more and more people still can not resist the temptation of sweetness and become a sweet-loving group.				
2. <a href="#">顾名思义一APP在掌握健康</a> <a href="#">As the name suggests, an APP holds health in hand</a>	来源：中国报 (新闻发布) Source: China Daily (Press Release)	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：18:39:31 Time: 18:39:31
一场指尖上的健康革命正在席卷全球！现代人生活离不开手机，聪明选用医疗健康相关Apps，让手机成为你的专属健康顾问。盘点几大类实用健康App，把健康“掌”握在自己手中！全球行动数据分析平台Flurry曾在去年的报告中指出，健康管理和运动两大类App，未来将会有很大的成长空间，相关App的使用率也会不断提高！				
A health revolution at the fingertips is sweeping the globe! Modern people can't live without mobile phones. Smart choice of health-related Apps makes mobile phones your exclusive health consultant. Inventory of several categories of practical health Apps, health "palm" in their hands! Flurry, a global action data analysis platform, pointed out in last year's report that health management and sports apps will have a lot of room for growth in the future, and the utilization of related apps will continue to improve!				
3. <a href="#">做好四点对节后综合征说“不”</a> <a href="#">Four points to say "no" to postganglionic syndrome</a>	来源：中国经济网 Source: China Economic Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：11:40:09 Time: 11:40:09
长假期间拜年、聚会、各种娱乐、旅途奔波,人们难免熬夜、暴饮暴食,平时的生活规律被打乱,身体不堪重负,很多人节后感觉提不起精神,工作效率低,甚至有不明原因的恶心、眩晕、肠道反应、焦虑等,医学上称之为节后综合征。也有一些人出现便秘、长痘痘、口角溃烂、口腔溃疡等情况。为何会出现这些情况呢?最大的原因就是“过度”。				
During the long holidays, New Year's greetings, parties, all kinds of entertainment, travel, people inevitably stay up late, overeat, the usual life rules are disrupted, the body is overwhelmed, many people feel unable to lift the spirit after the holiday, low efficiency, and even have unknown causes of nausea, dizziness, intestinal reactions, anxiety, etc., medically known as post-holiday syndrome. There are also some people who have constipation, acne, ulceration of the corners of the mouth, oral ulcer and so on. Why does this happen? The biggest reason is "excessive".				
4. <a href="#">吃多了它长胖的风险高25%，还会让你变瘦变丑！</a> <a href="#">Eating too much will increase your risk of getting fat by 25%, and make you silly and ugly!</a>	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:55:46 Time: 09:55:46
对于很多人来说，也许就在某些瞬间突然觉得自己老了。曾经一边作死、一边朋克养生的90后已经注重饮食，规律锻炼，不敢造次了。80后也戒掉了烟，放下了酒，吃饭控制热量，低糖低脂，管住了嘴，迈开了腿，小心翼翼的游走在健康的边缘。一抬头，发现头顶还是悬着一把大剑，你可能会说，什么！我都如此小心了，你还要我怎样~要怎样~。。。今天我们就来抓出你身边的健康内鬼，盐！				
For many people, they may suddenly feel old in some moments. The post-90s, who once died while punk kept fit, have paid attention to diet and exercised regularly, so they dare not make a second attempt. The post-80s also quit smoking, put down alcohol, eat to control calories, low sugar and low fat, hold their mouths, open their legs, and carefully walk on the edge of health. As soon as you look up, you can see that there is still a big sword hanging over your head. You may say, what! I'm so careful. What do you want from me? Today we're going to catch the healthy inner ghost around you, salt!				
5. <a href="#">专家提醒：节后掀起“刮油风” 小心走入误区</a> <a href="#">Experts remind: after the festival set off the "oil wind" carefully into the misunderstanding</a>	来源：新华网 Source: Xinhua net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:55:47 Time: 15:55:47
春节假期结束后，减肥“刮油”成为潮流。全素食、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%.

6. <a href="#">天寒地冻孕妇暖：春节中，妇幼保健工作者辛勤工作</a>	来源：红网	主体：公众	态度：提倡	时间： 15:21:30
<a href="#">Frozen pregnant women warm in cold weather: during the Spring Festival, maternal and child health workers work hard</a>	Source: Red Net	Subject: public	Attitude: advocate	Time: 15:21:30

妇幼保健工作长年累月，做得多，不“显”形。记者春节跟班而行，记录妇幼保健工作者的辛劳——天寒地冻孕妇暖。2月13日，岳麓区妇幼保健所的工作人员上门为高危孕产妇做检查。2月13日，农历正月初九，下着小雨，气温很低。长沙市岳麓区妇幼保健所的工作人员，照样出发。

Maternal and child health care work for many years, do more, not "obvious" shape. Reporters follow their classes during the Spring Festival, recording the hard work of maternal and child health workers - pregnant women warm in cold weather. On Feb. 13, the staff of Yuelu Maternal and Child Health Center visited the home to check for high-risk pregnant and lying-in women. On February 13, on the ninth day of the first lunar month, there was a light rain and the temperature was very low. The staff of the Maternal and Child Health Center in Yuelu District of Changsha City shall proceed in the same way.

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-02-15, 共监测到605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 605 WeChat public articles were monitored in 2019-02-15. 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: 33

日期: 2019-02-15

Repeat Number: 33

Data: 2019-02-15

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. If you eat too much salt for a long time, it may lead to dehydration. Once a person is dehydrated, he can't think clearly.

#### 2. 生活中如何控盐? 揭秘吃盐“背后那些事”

[How to control salt in life? Revealing the things behind eating salt.](#)

重复数: 8

日期: 2019-02-15

Repeat Number: 8

Data: 2019-02-15

“减盐”核心信息 (一) 认识高盐饮食的危害 食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。 (二) 控制食盐摄入量 中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克。65岁以上老年人应不超过5克。

Core information of “salt reduction” (1) Understand the hazards of high-salt diet. Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach disease, osteoporosis and obesity. (2) Control salt intake. Chinese residents' dietary guidelines recommend that healthy adults should not consume more than 6 grams of salt per person per day, no more than 2 grams for children aged 2-3, no more than 3 grams for children aged 4-6, and no more than 4 grams for children aged 7-10. Older people over 65 should not exceed 5 grams.

#### 3. 高血压的“祸根”不是盐 而是3种蔬菜 很多人吃错

[The “curse” of hypertension is not salt, but three kinds of vegetables.](#)

重复数: 4

日期: 2019-02-15

Repeat Number: 4

Data: 2019-02-15

高血压的出现跟我们的饮食不健康有很大的关系, 很多人以为会患上高血压是因为吃的东西太咸了, 也就是食盐摄入过多。其实, 高血压的罪魁祸首不是食盐, 而是钠元素。食盐吃得太多容易导致高血压, 是因为食盐中含有钠元素。不仅食盐中含有钠元素, 很多食物的钠元素含量也不低。

The emergence of high blood pressure has a lot to do with the unhealthy diet. Many people think that they will suffer from high blood pressure because the food is too salty, that is, too much salt intake. In fact, the chief culprit of high blood pressure is not salt, but sodium. Eating too much salt can easily lead to high blood pressure because the salt contains sodium. Not only does the salt contain sodium, but many foods have a low sodium content.

#### 4. 吃三七能清理血管? 大错特错! 真正能通血管的是这3件事情

[Can you clean the blood vessels by eating Sanqi? Big mistake! It's these three things that really clean the blood vessels.](#)

重复数: 3

日期: 2019-02-15

Repeat Number: 3

Data: 2019-02-15

人体的正常运转过程中, 心脏通过血管泵出血液时会产生一定量的氧化氮, 从而就会使得我们的血管适当放松, 促进血流顺畅程度。如果食盐摄入过多, 本身就会抑制一氧化氮的释放, 从而就会妨碍血管的扩张能力, 这样还会增加患动脉硬化的风险。压力过大是现代人群的“通病”, 同时它也是血管健康的一大威胁因素; 如果您的压力过大, 而且长期得不到缓解, 那就容易诱发高血压等心脑血管疾病

During normal operation of the human body, the heart will produce a certain amount of carbon monoxide when pumping blood through the blood vessels, which will make our blood vessels relax properly and increase the smoothness of blood flow. If too much salt is consumed, it will inhibit the release of carbon monoxide, which will hinder the ability of the blood vessels to expand, which will increase the risk of arteriosclerosis. Excessive stress is a common problem in modern people. It is also a major threat to vascular health. If your stress is too high and you don't get relief for a long time, it will easily induce cardiovascular and cerebrovascular diseases such as high blood pressure.

#### 5. 日本医疗再次被评为全球第一, 中国位居第64, 差距在哪里?

[Japan's health care is once again ranked the first in the world. China ranks 64th. Where is the gap?](#)

重复数: 3

日期: 2019-02-15

Repeat Number: 3

Data: 2019-02-15

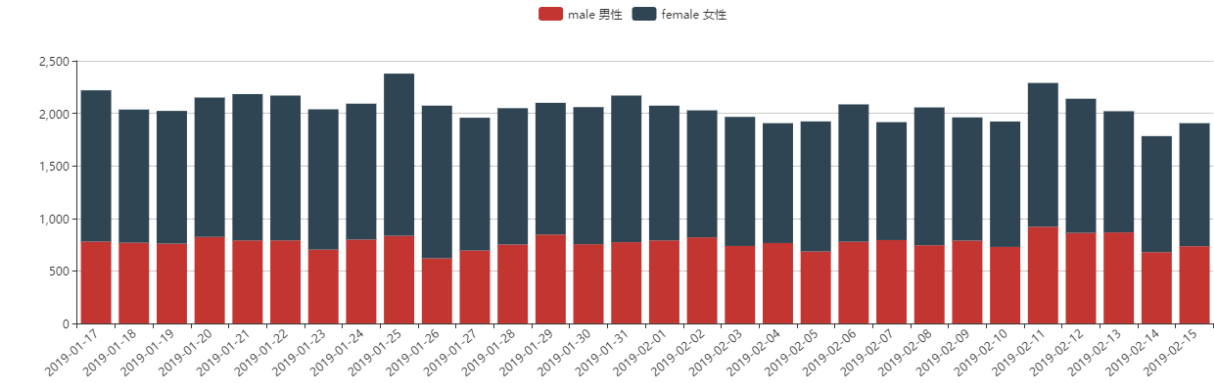
日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。

The Japanese eat very little salt, and the daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear, it can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns.

# 减盐-微博

## Salt Reduction - Weibo

2019-02-15, 共检测到1906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 1906 weibos about salt reduction monitored on 2019-02-15.  
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

- 没有相关微博!  
No such weibos!

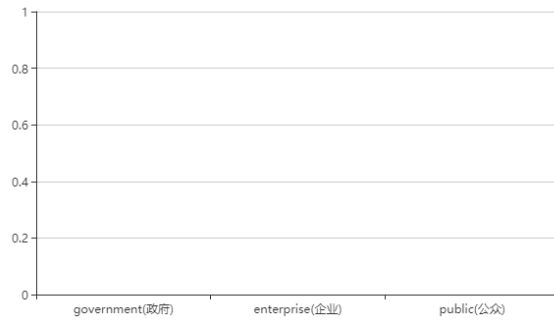
## 反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-15) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2019-02-15. Please click the title to view full information.

The original article is in Chinese only.

advocated (提倡) against (反对) neutrality (中立)



### 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

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!



## 反式脂肪酸-微信 Transfat - WeChat

2019-02-15, 共监测到385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 385 WeChat public articles were monitored in 2019-02-15. 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

- [被奶茶毁掉的中国姑娘](#)  
[Chinese girl destroyed by milk tea](#)

重复数: 16  
Repeat Number: 16

日期: 2019-02-15  
Data: 2019-02-15

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 plants in its name. In fact, there are 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.
- [奶茶, 正在毁掉中国的三代人!](#)  
[Milk tea is destroying three generations in China!](#)

重复数: 13  
Repeat Number: 13

日期: 2019-02-15  
Data: 2019-02-15

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.
- [身体器官竟然也有穷养、富养之分, 你都养对了吗?](#)  
[Body organs are also divided into rich and poor. Are you right?](#)

重复数: 8  
Repeat Number: 8

日期: 2019-02-15  
Data: 2019-02-15

心要穷养: 少吃加工食品 反式脂肪酸对心脏的危害很大, 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, 可能是反式脂肪酸。保持正常腰围, 也可以让心血管疾病的发生率下降。

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.
- [血脂高是省出来的! 专家提醒: 这3类食物, 无论多不舍得都要扔掉](#)  
[Experts remind: these three types of food should be thrown away.](#)

重复数: 2  
Repeat Number: 2

日期: 2019-02-15  
Data: 2019-02-15

植物脂肪中由于本身并不含有饱和脂肪酸, 而为了追求口感, 在制作过程中加入了氢分子来提高油脂的硬度与口感, 这样原本缺少饱和脂肪的植物奶油却具有“反式脂肪”, 这种人造脂肪破坏了人体原来所具有的脂质代谢机制, 造成的心血管疾病的风险比动物性脂肪更大, 所以说, 动物性奶油不宜多吃, 而植物性奶油更不宜多吃。

In vegetable fat, since it does not contain saturated fatty acids, in order to pursue the taste, hydrogen molecules are added during the production process to improve the hardness and taste of the oil. The vegetable cream that originally lacks saturated fat has "trans fat", which destroys the lipid metabolism mechanism originally possessed by the human body and causes a greater risk of cardiovascular disease than animal fat. Therefore, animal cream and vegetable cream should not be eaten.
- [常吃粗粮好处多, 但你真的适合吃吗? 别让“伪粗粮”毁掉健康](#)  
[It's good to eat coarse grains often, but are you really fit to eat? Don't let "false coarse food" destroy health](#)

重复数: 2  
Repeat Number: 2

日期: 2019-02-15  
Data: 2019-02-15

我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为一些商家会在制作的过程中加入大量的饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高, 所以在摄入的时候一定要控制好量。谷物饮料也是一样, 先不说将粗粮打磨后养分丢失了, 在制作的过程中可能还会添加大量的糖, 吃多了容易引起肥胖。

The whole grain biscuits we eat are mostly crispy. This is because merchants add a lot of saturated and trans fatty acids to enhance the taste during the production process. This also tends to result in higher fat content in coarse grain biscuits than in regular biscuits, so be sure to control the amount when eating. The grain drink not only loses nutrients after the coarse grain is polished, but may also be added with a large amount of sugar, which may cause obesity if it is excessively ingested.

## 反式脂肪酸-微博 Transfat - Weibo

2019-02-15, 共检测到107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。

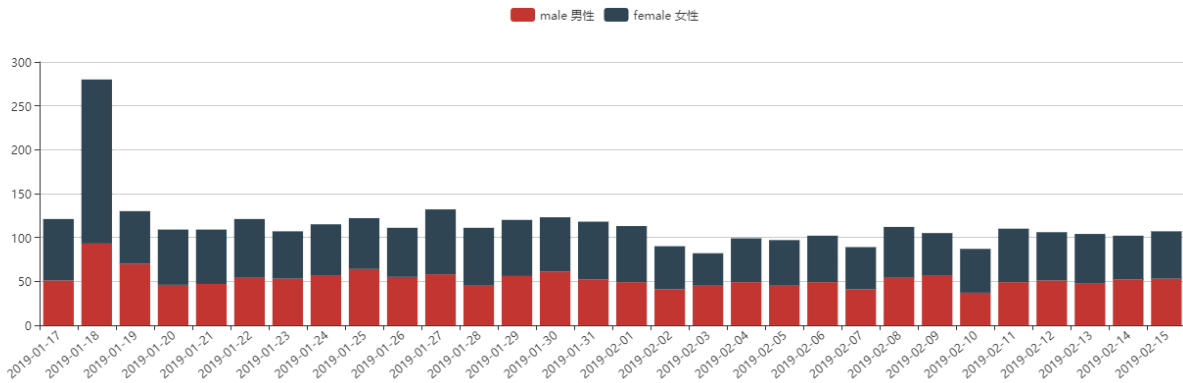
There are 107 weibos about transfat reduction monitored on 2019-02-15.

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!