

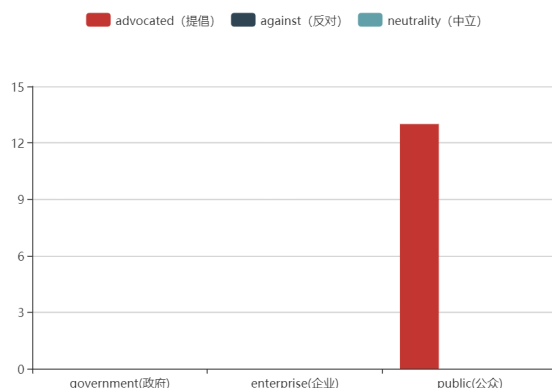
减盐-新闻

Salt Reduction - News

今日 (2018-12-18) 共监测到13条资讯。请点击标题查看原文。

There are 13 articles monitored today 2018-12-18. 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. 吃全麦可延年益寿! 吃对了长寿就不是梦

[Eating whole wheat can prolong life! Longevity is not a dream when you eat right](#)

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: 16:01:34
Time: 16:01:34

“民以食为天”。《本草纲目》也指出,“饮食者,人之命脉也。”今日,吃饭已经不仅仅是饱腹而已,如何吃得健康,吃得好成了我们吃饭的新标准。吃全麦可延年益寿 哈佛大学陈曾熙公共卫生学院研究指出,经常吃全麦等全谷食物有助于延年益寿。研究中,该学院研究员孙琦教授及其研究小组对已发表的12项相关研究的数据以及美国全国健康和营养调查的相关数据展开了梳理分析,涉及1970~2010年间加入研究的78万名参试者的相关数据。结果显示,每天摄入16克全谷食物的人群总体死亡率会下降7%,因心血管疾病死亡的风险降低9%,癌症死亡风险降低5%。

"Food is the soul of the people". "Compendium of Materia Medica" also points out that "dieters, people's lifeblood is also." Today, eating is more than just satiety. How to eat healthily and well has become a new standard for us to eat. Eating whole grains can prolong longevity, according to a study by Chen Zengxi School of Public Health, Harvard University. Frequent consumption of whole grains such as whole grains can help prolong longevity. In the study, Professor Sun Qi, a researcher of the institute, and his research team have combed and analyzed the data of 12 published studies and the data of the National Health and Nutrition Survey of the United States, involving 780,000 participants who participated in the study from 1970 to 2010. The results showed that the overall mortality rate of people who consumed 16 grams of whole grains per day decreased by 7%, the risk of death from cardiovascular diseases decreased by 9%, and the risk of cancer death decreased by 5%.

2. 16个健康警戒线全划出来了! 寿命长短由它们决定, 快对比一下你自己

[Sixteen health warning lines have been drawn out! Life span depends on them. Compare yourself quickly.](#)

来源: 半岛网
Source: Peninsula Network

主体: 公众
Subject: public

态度: 提倡
Attitude: advocate

时间: 18:01:59
Time: 18:01:59

凡事都有度, 过犹不及。想长寿、想健康, 也要把握住这个原则。这16条健康警戒线影响寿命长短, 不妨对照一下。如果超过了警戒线, 一定要提高警惕了! 1. 颈围警戒线: 35厘米 脖子粗, 血管差! 美国《临床内分泌学与代谢》杂志上的一篇研究就提出, 脖子越粗的人, 心血管疾病风险就越大, 数十年后患心血管疾病的比率也更高。双下巴、脖子短粗都可能是心脏不健康的信号。建议: 量量你的脖子, 最好别超过这个数: 男性颈围别超过39厘米, 女性颈围别超过35厘米。

Everything is spent, too much is too late. If you want to live a long life and be healthy, you should also grasp this principle. These 16 health warning lines affect life expectancy, you might as well compare them. If you exceed the warning line, you must be vigilant! 1. Neck circumference warning line: 35 cm thick neck, poor blood vessels! A study in the American Journal of Clinical Endocrinology and Metabolism suggests that the thicker the neck, the greater the risk of cardiovascular disease, and the higher the rate of cardiovascular disease in decades to come. Both jaws and necks may be signs of unhealthy hearts. Suggestion: Measure your neck, preferably not more than this number: male neck circumference should not exceed 39 cm, female neck circumference should not exceed 35 cm.

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!
<div>高血压 Hypertension</div>
没有相关文章!
No such articles!
<div>心血管健康 Cardiovascular health</div>
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>
没有相关文章!
No such articles!

安徽
Anhui

<div>食物中的钠 Sodium in food</div>
没有相关文章!
No such articles!
<div>高血压 Hypertension</div>
没有相关文章!
No such articles!
<div>心血管健康 Cardiovascular health</div>
没有相关文章!
No such articles!
<div>综合健康信息 Comprehensive Health Information</div>

1. 光吃素降不了三高	来源：合肥在线	主体：公众	态度：提倡	时间：16:10:00
It is not healthy to just eat vegetables.	Source: Hefei Online	Subject: public	Attitude: advocate	Time: 16:10:00

在“三高”的风险因素中，高脂饮食是重要一项。因此，不少人认为，只要坚持吃素，就能远离“三高”。火箭军特色医学中心内分泌风湿科主任李全民教授强调，这种说法其实是种误区，既不科学，更不利于健康。长期吃素容易引起体内B族维生素缺乏，特别是维生素B1、B2、B6等在蛋、奶、鱼、肉中含量丰富，若体内缺乏这些营养素，反而会影响糖、脂代谢及能量消耗，严重者还可能导致动脉硬化。此外，长期吃素会令体内缺乏蛋白质、铁、锌等，造成营养失衡。面对“三高”患者，医生都会建议清淡饮食，正确的饮食标准是少油、少盐、少糖，这不是完全吃素能够解决的。

Among the risk factors of "three high", high-fat diet is an important one. Therefore, many people believe that as long as we stick to vegetarian diet, we can stay away from the "three high". Professor Li Quan, Director of Endocrinology and Rheumatism Department of Rocket Army Special Medical Center, emphasized that this statement is actually a kind of misunderstanding, which is neither scientific nor harmful to health. Long-term vegetarian diet can easily lead to vitamin B deficiency in the body, especially vitamin B1, B2, B6, which are abundant in eggs, milk, fish and meat. If the body lacks these nutrients, it will affect sugar, lipid metabolism and energy consumption. Serious cases may also lead to atherosclerosis. In addition, a long-term vegetarian diet will lead to a lack of protein, iron, zinc and other nutrients, resulting in nutritional imbalance. Faced with "three high" patients, doctors will recommend light diet, the correct diet standard is less oil, less salt, less sugar, which is not completely vegetarian can solve.

<div>决心工程 Resolve To Save Lives</div>
没有相关文章!
No such articles!

浙江
Zhejiang

<div>食物中的钠 Sodium in food</div>
没有相关文章!
No such articles!
<div>高血压 Hypertension</div>

1. 吃盐越少就越健康? 盲目低盐饮食有危害	来源：温州网	主体：公众	态度：提倡	时间：11:21:38
The less salt you eat, the healthier you will be? Blind low-salt diet is harmful	Source: Wenzhou net	Subject: public	Attitude: advocate	Time: 11:21:38

健康组织长期以来都警告高盐对健康造成危害，摄入过多盐是高血压的重要原因之一，而高血压可进一步诱发心脏病和中风等更严重危害的发生。不知何时起，盐和糖、脂肪一样也被归为“坏分子”的行列。健康组织长期以来都警告高盐对健康造成危害，摄入过多盐是高血压的重要原因之一，而高血压可进一步诱发心脏病和中风等更严重危害的发生。因此，一般推荐每日不超过6克的食盐摄入量才有利于健康(具体推荐量上不同时间或不同国家略有差异，但都在6克左右)。然而，低盐就一定利于健康吗，关于这点尚未“盖棺定论”。

Health organizations have long warned that high salt is harmful to health. Excessive salt intake is one of the important causes of hypertension, which can further lead to more serious hazards such as heart disease and stroke. I don't know when salt, like sugar and fat, has been classified as "bad molecule". Health organizations have long warned that high salt is harmful to health. Excessive salt intake is one of the important causes of hypertension, which can further lead to more serious hazards such as heart disease and stroke.

Therefore, the recommended daily salt intake of no more than 6 grams is generally beneficial to health (specific recommended amount varies slightly at different times or in different countries, but all about 6 grams). However, is low salt conducive to health? There is no "final conclusion" on this.

心血管健康 Cardiovascular health				
1. 冬季常见病，如何不“中招”？ Winter common diseases, how not "recruit"?	来源：中国宁波网 Source: False	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：14:05:48 Time: 14:05:48
进入冬季之后，气温持续下降，气候干燥，又时常有冷空气频繁侵袭。这一时期的天气特征，正是引发心脑血管、呼吸系统等疾病的重要因素，稍不留神就会有各种疾病找上门来。对老人、小孩以及身体抵抗力较弱的人群而言，要想安然“过冬”，更需严阵以待。杜绝冬季疾病最好的就是从预防开始。在寒冷的冬天，如何才能不“中招”？让我们一起来看看冬季常见疾病及防治。大幅降温，心血管疾病进入高发期 入冬以来，气温大幅下降，心血管疾病的发病率却不断攀升。				
After entering winter, the temperature continues to drop, the climate is dry, and cold air often invades. The weather characteristics of this period are precisely the important factors that cause diseases such as cardiovascular, cerebrovascular and respiratory system. If you don't pay attention, you will find various diseases. For the elderly, children and people with weak physical resistance, it is even more important to wait for them to survive the winter safely. The best way to eradicate winter diseases is to start with prevention. In the cold winter, how can we not "win"? Let's take a look at the common diseases and prevention in winter. With the dramatic cooling down and the high incidence of cardiovascular diseases entering winter, the temperature has dropped dramatically, while the incidence of cardiovascular diseases has been rising.				
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!				

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 比方便面还“脏”的4种食物，医生从不吃，而你却当成美食吃！ Four kinds of food are dirty than instant noodles. Doctors never eat them, but you eat them as delicacies!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：11:12:22 Time: 11:12:22
比方便面还“脏”的4种食物，医生从不吃，而你却当成美食吃！比方便面还“脏”的4种食物，医生从不吃，而你却当成美食吃！1.果冻一直都是小孩子喜欢的零食之一，口感嫩滑，但其实里面有很多妨碍孩子吸收营养的物质。而且之前爆出来的工业明胶还让人心有余悸，还是让孩子少吃吧，有些比泡面还差。2.酸菜 现在的酸菜很多都是加了化学添加剂的，所以才会很快的变得有酸味，里面亚硝酸盐的含量很大，但酸菜却是年轻人的最爱。				
Four kinds of food are dirty than instant noodles. Doctors never eat them, but you eat them as delicacies! Four kinds of food are dirty than instant noodles. Doctors never eat them, but you eat them as delicacies! 1. Jelly has always been one of children's favorite snacks. It tastes delicate and smooth, but there are many substances that hinder children from absorbing nutrients. And before the explosion of industrial gelatin, people still have a lingering fear, let children eat less, some worse than instant noodles. 2. Sauerkraut is now a lot of added chemical additives, so it will soon become sour, which contains a large amount of nitrite, but sauerkraut is the favorite of young people.				
2. 不良饮食习惯成全球近1/5死亡诱因 Poor dietary habits have contributed to nearly one-fifth of global deaths	来源：东方网 Source: Dongfang net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:14:21 Time: 17:14:21
以前我们说“病从口入”主要是说吃得干净。如今，诸如高血压、糖尿病等呈上升趋势的慢性病也越来越适用这四个字。近日，2018版《全球营养报告》发布，报告显示，不良饮食习惯成了全球近1/5死亡的诱因。该报告主要作者、美国约翰斯·霍普金斯大学的杰茜卡·范佐教说：“饮食习惯成为全世界导致人们发病和死亡的最大风险因素之一，风险大过空气污染和吸烟。” 母乳喂养率低 婴儿抵抗力差 根据联合国儿童基金会、世界卫生组织最新联合发布的《全球母乳喂养数据》，全球仅有40%的6个月龄以下儿童获得纯母乳喂养；此外，仅有23个国家的纯母乳喂养率高于60%。				
In the past, we used to say that "illness comes from the mouth" mainly means that the food is not clean. Nowadays, such as hypertension, diabetes and other rising trend of chronic diseases are more and more applicable to these four words. Recently, the 2018 edition of the Global Nutrition Report published that poor dietary habits have become the cause of nearly one fifth of the world's deaths. "Dietary habits have become one of the world's greatest risk factors for morbidity and mortality, greater than air pollution and smoking," said Jessica Van Zoe, lead author of the report and a professor at Johns Hopkins University in the United States. According to the latest Global Breastfeeding Data published jointly by UNICEF and WHO, only 40% of children under 6 months of age in the world receive exclusive breastfeeding, and only 23 countries have exclusive breastfeeding rates higher than 60%.				

高血压 Hypertension				
1. 高血压怎么才能降下来？医生提醒：做好这8件事，降压一点不难 How can hypertension come down? Doctor reminds: Do these 8 things well, it is not difficult to reduce blood pressure at all.	来源：汉丰网 Source: Hanfeng network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：12:10:00 Time: 12:10:00
高血压怎么才能降下来？医生提醒：做好这8件事，降压一点不难。高血压真的是一件痛苦的事，遇到兴奋的事不能激动，遇到挫败的事不能紧张，情绪的波动简直和生命在挑战。除了药物的治标，怎么才能治本呢？那就得从生活这8件事下手：1. 保持好心态 心平气和的看待所有问题，只要忍住这激动的10分钟，生命就增加10分钟。2. 低强度运动 高血压患者不宜激烈运动，每天散步，快走半个小时，增强体质，降低血压。3. 多吃蔬菜 蔬菜是世上治疗百病的首选，在降压问题上，苦瓜、芹菜，胡萝卜，洋葱就是降压能手。				
How can hypertension come down? Doctor reminds: do these 8 things well, it is not difficult to reduce blood pressure at all. Hypertension is really a painful thing. You can't get excited when you meet excitement, you can't get nervous when you meet frustration. The fluctuation of your mood is just a challenge to your life. In addition to the treatment of drug symptoms, how can we cure the root cause? You have to start with eight things in life: 1. Keep a good mind and look at all the problems calmly. As long as you hold back the excitement for 10 minutes, your life will increase by 10 minutes. 2. Low-intensity exercise is not suitable for hypertensive patients to exercise vigorously, walk every day for half an hour, enhance physical fitness and reduce blood pressure. 3. Eat more vegetables and vegetables is the world's first choice for the treatment of 100 diseases, in the issue of blood pressure, balsam pear, celery, carrots, onions is a master of blood pressure.				

心血管健康 Cardiovascular health				
1. 注意身体这三个部位发硬，是心脑血管疾病发出的预警信号 Pay attention to the hardening of the three parts of the body, which is an early warning signal from cardiovascular and cerebrovascular diseases.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：01:22:12 Time: 01:22:12
随着人们总体生活水平的提高，许多人在平常都会有有一些暴饮暴食的习惯，而且日常生活中也缺乏健身运动，再加上中老年人本身心脑血管功能性会衰弱，所以就会导致心脑血管疾病的患病率越来越高。其实心脑血管疾病如果做到早发现早治疗，还是可以降低心脑血管疾病发生的风险的，还能避免严重的并发症发生。那么，怎么发现这些疾病的早期症状呢？身体这3个位置变僵硬，心脑血管疾病发出的预警信号。				
With the improvement of people's overall living standard, many people have the habit of overeating and drinking, and lack of physical exercise in daily life. In addition, the function of cardiovascular and cerebrovascular in middle-aged and old people will be weakened, so the incidence of cardiovascular and cerebrovascular diseases will be higher and higher. In fact, early detection and treatment of cardiovascular and cerebrovascular diseases can reduce the risk of cardiovascular and cerebrovascular diseases and avoid serious complications. So, how to find the early symptoms of these diseases? The three positions of the body become stiff, and the early warning signals of cardiovascular and cerebrovascular diseases are sent out.				
综合健康信息 Comprehensive Health Information				
1. 这些食物吃错了会致癌！一定要告诉家人！ These foods can cause cancer if they are eaten incorrectly! Be sure to tell your	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：07:11:52 Time: 07:11:52

family!

这些食物吃错了会致癌！一定要告诉家人！一瞄见好吃的，吃货的抵抗力都归零了，战斗力倒是嗷嗷上涨。可话说回来，只有身体健康了，才能吃得更长久。要不然以后有新的美食诞生了，却疾病缠身，无福享受，可不是亏大了？有的伙伴说：啥健康，啥致癌，我们都清楚啊 真清楚？你确定？如何知道一种食物是否会引起癌症？哪些食物是应该少吃，或者不吃？这些事啊，老妹儿还得不放心的和您念叨念叨呢，是否致癌，有专业机构评估，有这么一个幕后法官，会对生活中形形色色的东西，进行致癌作用的评估。

These foods can cause cancer if they are eaten incorrectly! uuuuuuuuuu Be sure to tell your family! As soon as you see the delicious food, your resistance to food is zero and your fighting power is rising. But in other words, only when you are healthy can you eat longer. Otherwise, there will be new delicacies born later, but the disease is wrapped up, no happiness to bear, is not a big loss? Some partners said: what health, what carcinogenic, we all know ah... Really clear? Are you sure? How do you know if a food can cause cancer? Which foods should be eaten less or not? These things, my sister and I still have to worry about talking to you about whether they are carcinogenic or not. There are professional organizations to assess whether they are carcinogenic or not. There is such a judge behind the scenes who will evaluate the carcinogenicity of all kinds of things in life.

2. 想健康长寿吗吃饭养成10个习惯	来源：多维新闻网	主体：公众	态度：提倡	时间： 15:10:03
Want to live a long and healthy life?	Source: Multidimensional News Network	Subject: public	Attitude: advocate	Time: 15:10:03

长寿的秘诀层出不穷，到底哪些才是最简单可行的呢？专家表示，只要养成以下10个习惯，长寿对你来说也许不是一件遥不可及的事。饭要稀一点。综合媒体12月17日报道，把饭做成粥，不但软硬适口、容易消化，而且多具有健脾养胃、生津润燥的效果，对益寿延年有益。但也不能因此而顿顿喝粥，毕竟粥以水为主，“干货”极少。在胃容量相同的情况下，同体积的粥在营养上和馒头、米饭相差很多，长此以往，可能会营养不良。饭菜香一点。

The secrets of longevity emerge endlessly. What are the simplest and most feasible ones? Experts say that as long as you develop the following 10 habits, longevity may not be a distant thing for you. Dinner should be thinner. Comprehensive media reported on December 17 that making rice porridge is not only soft, hard and palatable, easy to digest, but also has the effect of invigorating the spleen and stomach, nourishing body and moistening dryness, which is beneficial to longevity and longevity. But we can't stop eating porridge because of this. After all, porridge is mainly water, and "dry goods" are very few. With the same stomach volume, porridge of the same volume differs greatly in nutrition from steamed bread and rice. In the long run, it may be malnourished. The food is a little fragrant.

3. 20项可预防疾病和健康问题达成共识	来源：云南网	主体：公众	态度：提倡	时间： 11:11:47
Consensus on 20 preventable diseases and health issues	Source: Yunnan net	Subject: public	Attitude: advocate	Time: 11:11:47

近日，中国工程院在京召开“未来20年我国可预防的重大疾病和健康问题研究” 报告发布会。中国工程院院士徐建国在会上介绍，这项以中国工程院医药卫生学部院士为主、由205名专家组成的团队开展的咨询工作，对未来20年我国前20项可预防重大疾病和健康问题达成共识。 研究显示，未来20年，我国前20项可预防重大疾病和健康问题为：糖尿病，高血压，冠心病/心肌梗死，空气污染，肺癌，卒中，吸烟，病毒性肝炎，水污染，艾滋病，新发突发传染病，肝癌，老年痴呆，不健康饮食（高盐，高脂，少蔬菜水果等），抑郁症，道路交通伤害，农药、激素及抗生素等残留，超重肥胖，乳腺癌和肺结核。

Recently, the Chinese Academy of Engineering held a press conference in Beijing on the study of major preventable diseases and health problems in China in the next 20 years. Xu Jianguo, academican of the Chinese Academy of Engineering, introduced the consultation work carried out by a team of 205 experts, mainly academicians of the Ministry of Medicine and Health of the Chinese Academy of Engineering, and reached consensus on the first 20 major preventable diseases and health issues in the next 20 years. Research shows that in the next 20 years, the top 20 major preventable diseases and health problems in China are: diabetes, hypertension, coronary heart disease/myocardial infarction, air pollution, lung cancer, stroke, smoking, viral hepatitis, water pollution, AIDS, new outbreaks of infectious diseases, liver cancer, Alzheimer's disease, unhealthy diet (high salt, high fat, less vegetables and fruits), depression, roads, etc. Toxicity, pesticide, hormone and antibiotic residues, overweight and obesity, breast cancer and tuberculosis.

4. 若跑者出现这9个症状可能是吃盐过量	来源：手机网易网	主体：公众	态度：提倡	时间： 11:18:24
If a runner has these nine symptoms, it may be that he eats too much salt.	Source: Mobile NetEase	Subject: public	Attitude: advocate	Time: 11:18:24

食盐被称为“百味之王”，是烹饪中最常用的调味料。也正因为如此，大部分人的食盐摄入量都超出了合理范围。那么，哪些信号意味着你摄入的食盐过量呢？极度口渴，跑者跑步后因为出汗缺水会引起口渴，如果摄入了过多的食盐，同样会引起口渴。食盐中的钠在平衡体液方面扮演着重要角色，当钠过多时，大脑就会对此作出反应，引起强烈的口渴感。此时需要喝水来稀释钠的浓度。高血压，钠过多会导致体内的水分增加，同时增加的还有血流量。过多的血液对血管施加压力就会导致高血压。

Salt, known as the "king of all kinds of flavors", is the most commonly used seasoning in cooking. Because of this, most people's salt intake is beyond the reasonable range. So what signals mean you're eating too much salt? Extremely thirsty, runners will be thirsty after running because of sweating and lack of water. If they eat too much salt, they will also cause thirst. Sodium in salt plays an important role in balancing body fluids. When sodium is excessive, the brain reacts to it, causing a strong thirst. Drinking water is needed to dilute the concentration of sodium. Hypertension, too much sodium can lead to increased water in the body, as well as increased blood volume. Excessive blood pressure on blood vessels can lead to high blood pressure.

决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

减盐-微信 Salt Reduction - WeChat

2018-12-18, 共监测到501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 501 WeChat public articles were monitored in 2018-12-18. 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. 吃盐越少就越健康? 未必! 盲目低盐饮食有危害, 快看!

[The less salt you eat, the healthier you will be? Not necessarily! Keeping low salt diet blindly is harmful. Look!](#)

重复数: 20

日期: 2018-12-18

Repeat Number: 20

Data: 2018-12-18

健康组织长期以来都警告高盐对健康造成危害, 摄入过多盐是高血压的重要原因之一, 而高血压可进一步诱发心脏病和中风等更严重危害的发生。因此, 一般推荐每日不超过6克的食盐摄入量才有利于健康 (具体推荐量上不同时间或不同国家略有差异, 但都在6克左右)。

Health organizations warn that high salt poses a health hazard. Excessive salt intake is one of the important reasons for high blood pressure. High blood pressure can further induce more serious hazards such as heart disease and stroke. Therefore, it is generally recommended that a salt intake of no more than 6 grams per day is beneficial to health (the specific recommended amount is slightly different at different times or in different countries, but both are around 6 grams).

2. 你天天吃的这个调料, 跟心脏抢寿命、跟骨头抢钙、还致癌.....

[This condiment you eat every day reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

重复数: 11

日期: 2018-12-18

Repeat Number: 11

Data: 2018-12-18

据英国《独立报》报道称, 科学家在经过12年的研究, 最终得出的结果是, 高盐饮食会显著增加心脏衰竭的风险。这份研究中指出, 人们每天摄入的氯化钠超过13.7克, 心力衰竭的速度会翻倍。

According to the British "Independent" report, after 12 years of research, scientists finally concluded that a high-salt diet can significantly increase the risk of heart failure. The study pointed out that people consume more than 13.7 grams of sodium chloride per day, and the rate of heart failure doubles.

3. 盐吃多了诱发糖尿病? 有个吃饭习惯, 让很多人血压、血糖一起升高

[Does eating too much salt induce diabetes? There is a eating habit that makes people's blood pressure and blood sugar rise together.](#)

重复数: 7

日期: 2018-12-18

Repeat Number: 7

Data: 2018-12-18

俗话说, 盐多必失, 食盐吃多了对身体的伤害是非常大的。调查发现, 我国城市地区, 食盐量已经高达10.5g / 天。《中国居民膳食指南》推荐, 成年人每人每天的食盐摄入量不超过6g, 也就是二啤酒瓶盖那么多。可见, 很多人的食盐摄入都是超标的。大家都知道, 盐吃多了会增加高血压、心血管疾病的发生风险, 但你知道吗? 盐吃多了同样会导致糖尿病的发生。

Eating too much salt is very harmful to the body. The survey found that the amount of salt in urban areas of China has reached 10.5g / day. According to the Dietary Guidelines for Chinese Residents, the daily salt intake of adults is no more than 6g, which is as much as a beer bottle cap. It can be seen that many people's salt intake is excessive. Everyone knows that eating too much salt will increase the risk of high blood pressure and cardiovascular disease, but do you know? Eating too much salt can also cause diabetes.

4. 【健康】血压比正常值高一点点, 怎么办?

[\[Health\] Blood pressure is a little higher than normal. What should we do?](#)

重复数: 5

日期: 2018-12-18

Repeat Number: 5

Data: 2018-12-18

盐摄入越多, 血压水平越高, 严格限盐可有效降低血压。中国营养学会推荐, 健康成人每日食盐摄入量不宜超过6克, 限制钠盐的摄入是预防高血压花费成本最小化的有效措施。

The more salt intake, the higher blood pressure level. Strict salt restriction can effectively reduce blood pressure. The Chinese Society of Nutrition recommends that healthy adults should not consume more than 6 grams of salt per day. Limiting sodium intake is an effective measure to minimize the cost of preventing hypertension.

5. 跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西

[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

重复数: 3

日期: 2018-12-18

Repeat Number: 3

Data: 2018-12-18

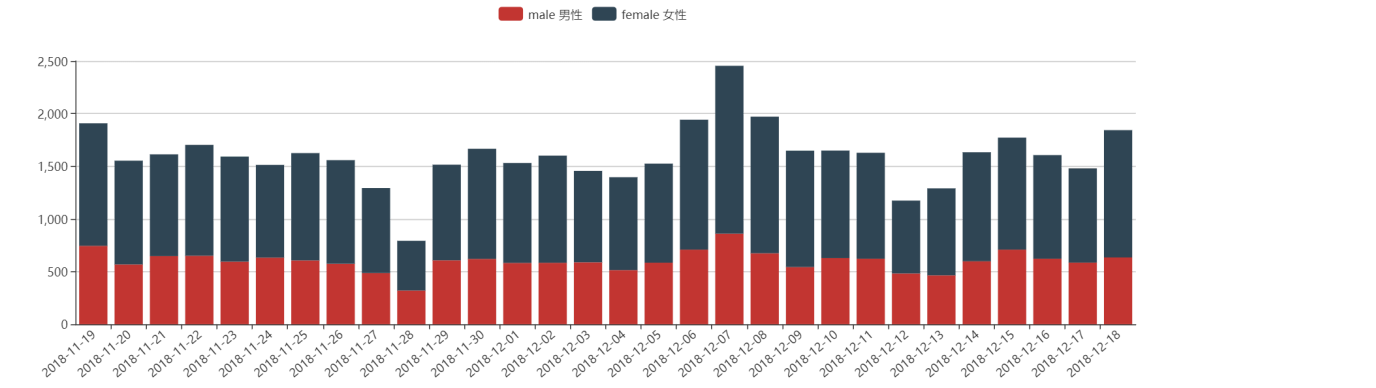
盐的主要成分是钠, 一般而言, 人体的肾会将每天多余的钠排出体外, 每排泄1000毫克钠, 会同时耗损26毫克钙。人体摄入的钠越多, 需要排出体外的钠就越多, 而钙的消耗也就越大。导致“骨头变脆”, 患上骨质疏松也就不足为奇了。

The main ingredient of salt is sodium. Generally speaking, the kidney of the human body will excrete excess sodium from the body every day. Every 1000 mg of sodium is excreted, and 26 mg of calcium is consumed at the same time. The more sodium the human body consumes, the more sodium it needs to expel from the body, and the more calcium it consumes. It is not surprising that osteoporosis can lead to "brittle bones".

减盐-微博

Salt Reduction - Weibo

2018-12-18, 共检测到1843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 1843 weibos about salt reduction monitored on 2018-12-18.
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!

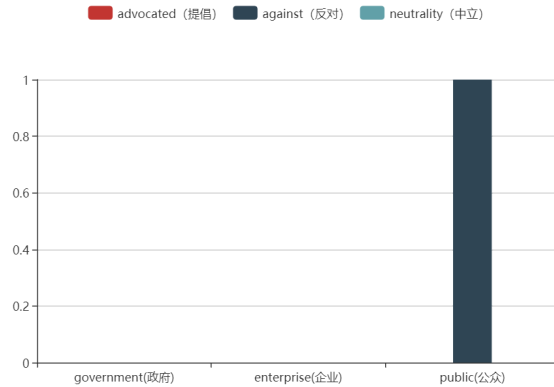
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-18) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-12-18. 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				
1. 轻度脂肪肝, 饮食注意七点 Mild Fatty Liver, 7 Points for Dietary Attention	来源: 合肥在线 Source: Hefei Online	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 16:31:50 Time: 16:31:50
经常有人问, 体检查出轻度脂肪肝, 饮食上应该注意啥呢? 1.控制饱和脂肪酸摄入量。饱和脂肪酸的食物来源有: 牛肉、猪肉、羊肉、全脂奶制品、奶酪、椰子油、动物油等。2.尽量避免氢化植物油里的反式脂肪酸摄入。3.保持每日食物的多样性: 包括谷类、动物性食品、蔬菜和水果、豆类制品、奶类制品和油脂, 以达到平衡膳食, 才能满足人体各种营养需要。4.摄入适量的优质蛋白。来源有深海鱼、虾、脱脂奶制品、大豆类制品和少量坚果。5.保持健康体重, 控制能量摄入: 对于脂肪肝患者能量供给不宜过高。				
Often people ask, physical examination found mild fatty liver, diet should pay attention to what? 1. Control the intake of saturated fatty acids. Food sources of saturated fatty acids include beef, pork, mutton, whole-fat dairy products, cheese, coconut oil, animal oil, etc. 2. Avoid trans fatty acids in hydrogenated vegetable oils as much as possible. 3. Maintain the diversity of daily foods, including cereals, animal foods, vegetables and fruits, legumes, dairy products and oils, in order to achieve a balanced diet, in order to meet the various nutritional needs of the human body. 4. Intake appropriate amount of high-quality protein. Sources include deep-sea fish, shrimp, skimmed dairy products, soybean products and a small amount of nuts. 5. Maintain healthy weight and control energy intake: For patients with fatty liver, the energy supply should not be too high.				
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

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

2018-12-18, 共监测到288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 288 WeChat public articles were monitored in 2018-12-18. This page shows the top five articles by repeat number today.

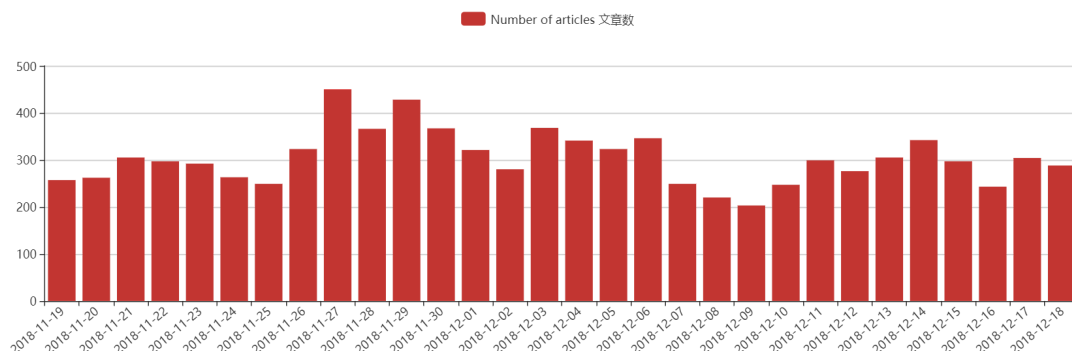
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里](#)

重复数: 31

日期: 2018-12-18

[It kills 500,000 people every year and has been called out by the WHO to stop using it! It's hidden in the food you eat every day....](#)

Repeat Number: 31

Data: 2018-12-18

据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。而更可怕的是, 这种反人类的物质几乎无处不在! 反式脂肪藏在哪儿? 都在你常吃的食物里 反式脂肪又称反式脂肪酸, 是一大类含有反式双键的脂肪酸的简称。

According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake. What is even more terrifying is that this anti-human material is almost everywhere! Where is the trans fat hidden? They are all in the food you often eat. Trans fat, also known as trans fatty acid, is the abbreviation for a large class of fatty acids containing trans double bonds.

2. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 20

日期: 2018-12-18

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

Repeat Number: 20

Data: 2018-12-18

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.

3. [眼看国内面包惊人现状, 她辞掉外企高管, 做出0添加健康面包](#)

重复数: 8

日期: 2018-12-18

[After founding the astonishing situation of domestic bread, she quit the executives of foreign enterprises and made 0-plus healthy bread.](#)

Repeat Number: 8

Data: 2018-12-18

反式脂肪酸, 吃一口等于七口肥肉, 滞留在人体血管内52天才能代谢完全。可怕的是, 人体只有在血管堵塞超过70%时才会有感觉。过多食用反式脂肪酸不但会使人发胖, 还会造成记忆力衰退, 对青少年中枢神经系统的生长发育造成不良影响; 怀孕期或哺乳期妇女, 过量摄入还会影响胎儿的健康。

Eating a trans fatty acid is equivalent to eating seven oils. It stays in the blood vessels of the human body for 52 days before it can be completely metabolized. The scary thing is that the body only feels uncomfortable when the blood vessels are blocked more than 70%. Excessive consumption of trans-fatty acids not only causes people to gain weight, but also causes memory loss, which adversely affects the growth and development of the central nervous system of adolescents. For pregnant or lactating women, excessive intake may also affect the health of the fetus.

4. [记住心血管专家的7句话, 活不到90岁, 那是你的错!](#)

重复数: 8

日期: 2018-12-18

[Keep in mind the seven words of a cardiovascular expert. It's your fault if you can't live to be 90 years old.](#)

Repeat Number: 8

Data: 2018-12-18

反式脂肪是人造的,反式脂肪酸会导致动脉硬化, 还会使记忆力减退、认知功能受损。注意: 酥皮点心、炸鸡腿、炸鸡翅、汉堡包、冰激凌等都是反式脂肪藏身地。

Trans fats are artificial. Trans fats can cause atherosclerosis, memory loss and cognitive impairment. Note: Crispy pastries, fried chicken legs, fried chicken wings, hamburgers, ice cream and so on all contain trans fats.

5. [每年致死50万人, 已被世卫组织呼吁停用! 就藏在每天吃的食物里....](#)

重复数: 5

日期: 2018-12-18

[It kills half a million people each year and have been called off by WHO! It's hidden in the food you eat every day...](#)

Repeat Number: 5

Data: 2018-12-18

害人不少的反式脂肪 每年50万人死于反式脂肪 1.心脏病风险大幅上升! 反式脂肪会促进动脉硬化、诱导血栓形成, 让心脏病的危险大幅度上升。既往研究发现, 反式脂肪在膳食总能量中的比例每上升2% (相当于每天吃4g), 冠心病的危险就会上升25%。

Half a million people die of trans fats every year. The risk of heart disease rises dramatically. Trans fats can promote atherosclerosis, induce thrombosis, and significantly increase the risk of heart disease. Previous studies have found that every 2% increase in trans fats in total dietary energy (equivalent to 4 g a day) increases the risk of coronary heart disease by 25%.

反式脂肪酸-微博 Transfat - Weibo

2018-12-18, 共检测到116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。

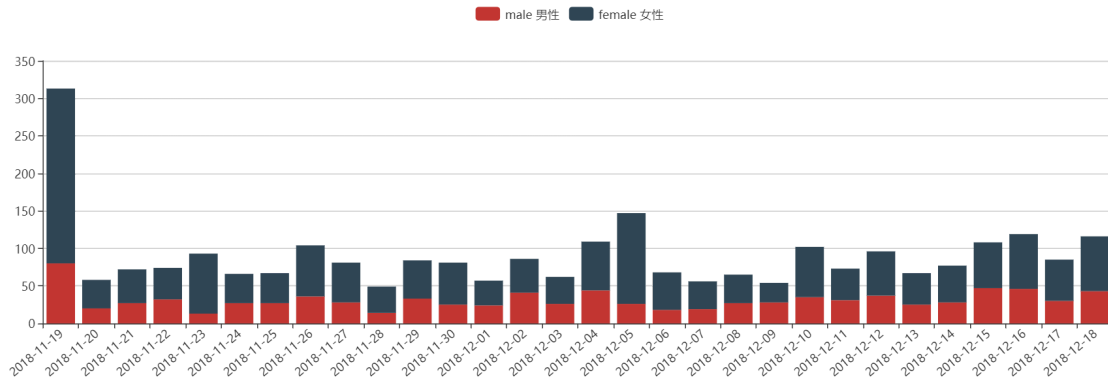
There are 116 weibos about transfat reduction monitored on 2018-12-18.

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!