

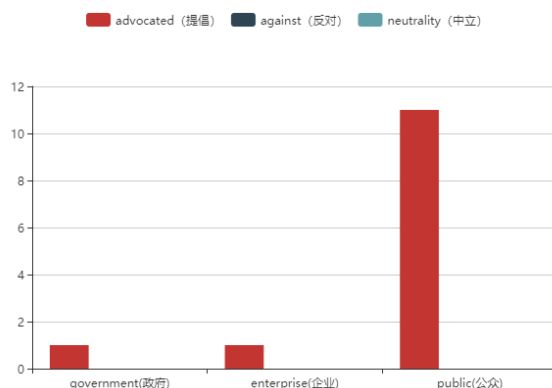
减盐-新闻

Salt Reduction - News

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1. [日本为什么是世界患癌率最低国家? 对比这3个餐桌, 答案一目了然](#)
[Why is Japan the lowest cancer rate in the world? Comparing these three tables, the answer is clear.](#)

来源: 中原网

主体: 公众

态度: 提倡

时间: 20:01:40

来源: 中原网

Subject: public

Attitude: advocate

Time: 20:01:40

近年来，我们身边认识的不认识的，患癌去世的越来越多，虽然现在全球都很关注人口老龄化，这个问题，但是还是有很多人年纪轻轻，50岁左右就生了重病。其实很多的病都离不开我们日常饮食和生活习惯。众所周知，日本是长寿老人最多的国家，他们这里人口的患癌率也是很低的，这令很多的中国人和美国人都匪夷所思，其实答案很简单，就藏在我们的餐桌上。在来看一下日本人的美食吧，看着一桌的菜就觉得很清淡了，他们喜欢吃一些清淡的饮食或者生食，而且处理手法很简单，更加注重食材的新鲜度和原汁原味。放盐少，腌制食物也很少。吃得这么养生，消化系统的负担小，不长寿才怪，你说，是吗？

In recent years, we do not know, more and more cancer deaths, although the global attention to population aging, this problem, but there are still many young people, about 50 years old, seriously ill. In fact, many diseases are inseparable from our daily diet and living habits. As we all know, Japan is the country with the largest number of longevity seniors, and the cancer rate of its population is very low, which makes many Chinese and Americans amazing. In fact, the answer is very simple. It's hidden on our dining table. Look at Japanese cuisine. Looking at a table, it feels very light. They like to eat some light food or raw food, and the handling method is simple. They pay more attention to the freshness and original taste of the food. There is little salt and little pickled food. Eat so healthy, digestive system burden is small, not long life is strange, you say, right?

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Anhui

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其他省份
Other Provinces

食物中的钠
Sodium in food

1. 22款高价、普通酱油对比测评报告：高档酱油真的值得买吗？	来源：东方财富网	主体：公众	态度：提倡	时间：15:45:11
22 high-priced, ordinary soy sauce comparative evaluation report: is high-grade soy sauce really worth buying?	来源：东方财富网	Subject: public	Attitude: advocate	Time: 15:45:11

在赤脚打酱油的年代，无非就那一罐酱油，几毛钱就打成满满的一瓶，做饭炒菜却不乏滋味。如今，第一道、头道、原酿、太油等等各种名字的酱油铺天盖地般涌向货架，少则十几块，多则一两百，但购买的人依然不少。那么，这些高价酱油真有如“头啖汤”那般物有所值吗？抑或只是“改头换脸，换汤不换药”的产品呢？2018年9月，《消费者报道》向第三方权威检测机构送检了11个品牌22款的高价及对应的普通酱油。

In the barefoot era of soy sauce, just that kind of soy sauce, a few cents on a full bottle, cooking and stir-frying is not without taste. Nowadays, soy sauces of various names, such as first course, first course, original brew, Tai oil and so on, are flooding into the shelves like heaps and heaps, less than a dozen pieces, more than one or two hundred, but there are still many people who buy them. So, are these high-priced soy sauces really worth the price as "headache soup"? Or is it just a product of "changing your face, soup and dressing"? In September 2018, Consumer Report sent 11 brands of 22 high-priced soy sauces and corresponding ordinary soy sauces to third-party authoritative testing institutions.

2. 几款冬季养生菜	来源：中国经济网	主体：公众	态度：提倡	时间：11:19:12
Several Winter Lettuce	来源：中国经济网	Subject: public	Attitude: advocate	Time: 11:19:12

如今，冬季早已不再只有大白菜的身影，人们可以根据食物的营养特性加以选择。下面，经济日报-中国经济网为你推荐几款适合冬季吃的养生蔬菜。黄瓜：黄瓜口感清甜，含水量绝对是蔬菜中的佼佼者。在干燥的冬季，多吃黄瓜有助于补水。黄瓜富含多种维生素，如B族维生素、维生素C等。红薯：红薯中的“第七营养素”——膳食纤维，能刺激胃肠蠕动，促进排泄通畅，有效预防便秘和肠癌；膳食纤维还能阻止糖分转化为脂肪。红薯是绝对的“高钾低钠”之王。研究发现，红薯等富钾食物可将中风的风险降低20%。

Nowadays, winter is no longer the only form of Chinese cabbage, people can choose according to the nutritional characteristics of food. Next, Economic Daily - China Economic Network will introduce you some healthy vegetables suitable for winter eating. Cucumber: Cucumber tastes sweet, water content is absolutely the best in vegetables. In dry winter, eating more cucumbers helps replenish water. Cucumber is rich in a variety of vitamins, such as B vitamins, vitamin C and so on. Sweet potato: The seventh nutrient in sweet potato, dietary fiber, can stimulate gastrointestinal peristalsis, promote smooth excretion, effectively prevent constipation and intestinal cancer; dietary fiber can also prevent sugar from converting into fat. Sweet potatoes are the absolute king of high potassium and low sodium. Studies have found that potassium-rich foods such as sweet potatoes can reduce the risk of stroke by 20%.

高血压 Hypertension				
1. 闻名世界的日本美食竟如此高“盐”值？	来源：中国新闻网	主体：公众	态度：提倡	时间：17:01:37
How could the world-famous Japanese cuisine be so high in salt value?	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 17:01:37

日本料理，主要分为两大类“日本和食”和“日本洋食”。当提到日本料理时，许多人会联想到寿司、生鱼片，这些日本人自己发明的食物就是“和食”，日本和食要求色自然、味鲜美、形多样、器精良，而且材料和调理注重季节感。另外，源自印度的日式咖喱、源自意大利的日式拿破里意大利面等等，这些就被称为日式“洋食”。但其实高难美味的日本料理却有着不为人知的危险陷阱，那就是严重超标的含盐量！在日本厚生劳动省2015年颁布的“日本人膳食摄取基准”中，提出了每日应摄入的盐分的标准。即成年男性应少于8g、成年女性应控制在7g以内。

Japanese cuisine can be divided into two main categories: Japanese food and Japanese food. When it comes to Japanese cuisine, many people associate sushi and sashimi. The food invented by the Japanese themselves is "harmony food". Japanese food requires natural color, delicious taste, variety, excellent utensils, and materials and conditioning methods attach importance to the sense of season. In addition, Japanese curry from India, Japanese Napoli spaghetti from Italy and so on are called Japanese "foreign food". But in fact, the elegant and delicious Japanese cuisine has an unknown dangerous trap, that is, the excessive salt content! In the Japanese Dietary Intake Standard promulgated by the Ministry of Health, Welfare and Labor in 2015, the standard of daily salt intake was put forward. That is to say, adult males should be less than 8g and adult females should be controlled within 7g.

2. 高血压并非老年人独有！这5类人更易患高血压	来源：手机网易网	主体：公众	态度：提倡	时间：14:13:17
Hypertension is not unique to the elderly! These five groups are more susceptible to hypertension	来源：手机网易网	Subject: public	Attitude: advocate	Time: 14:13:17

我国高血压患者人数非常之多，可以说在每10个成年人中，就有2个高血压患者，而且我国的高血压有着自己的特点：高患病率、高致残率、高死亡率、低知晓率、低服药率、低控制率。既然如此，希望大家能够了解一下哪些人群易患高血压，从而做好预防。高盐饮食者，一般建议每人每天摄入6克以内的盐，但是我国居民普遍盐量摄入过多，且北方高于南方，长期以来摄入过量盐，再加上高脂、高胆固醇食物的摄入，精神压力过大等，极易患上高血压。

The number of hypertensive patients in China is very large. It can be said that there are two hypertensive patients in every 10 adults. Moreover, hypertension in China has its own characteristics: high morbidity, high disability rate, high mortality rate, low awareness rate, low drug use rate and low control rate. In this case, I hope you can understand which groups of people are susceptible to hypertension, so as to do a good job of prevention. High-salt dieters generally recommend that each person take in less than 6 grams of salt per day, but the general salt intake of our residents is too much, and the northern part is higher than the southern part. Over a long period of time, the intake of high-fat, high-cholesterol food, excessive mental stress, etc., are very vulnerable to hypertension.

心血管健康 Cardiovascular health				
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综合健康信息 Comprehensive Health Information				
1. 控糖有“门道” 水果米饭这样吃	来源：新华网	主体：公众	态度：提倡	时间：06:22:09
Sugar control has "doorway" fruit and rice to eat like this	来源：新华网	Subject: public	Attitude: advocate	Time: 06:22:09

糖友饮食讲究粗细搭配，营养均衡。目前，我国20岁以上成年人中，糖尿病发病率已经达到了11.7%，也就是说，十名成年人就有一人是糖尿病患者。糖友饮食控制有“门道”，到底如何吃才能在享受美食的同时，既保持合理体重，又能控制好血糖呢？中山三院内分泌科蔡梦茵副教授来为病友支招。做好“12345”，轻松享受美食。蔡梦茵说，科学饮食是糖尿病治疗的基础，它可以协助血糖维持在理想水平，控制血脂、血压，降低心血管疾病的发生风险，同时减轻胰岛β细胞负担，帮助人体维持合理的体重。

Sugar pal diet emphasizes fine and coarse matching and balanced nutrition. At present, the incidence of diabetes has reached 11.7% among adults over 20 years old in China, that is to say, one in ten adults is a diabetic. Sugar pal diet control has a "doorway", in the end, how to eat in order to enjoy the food, while maintaining a reasonable weight, but also to control blood sugar? Associate Professor Cai Mengyin, Department of Endocrinology, Zhongshan Third Hospital, came to recruit patients. Do a good job of "12345" and enjoy delicious food easily. Cai Mengyin said that scientific diet is the basis of diabetes treatment. It can help maintain blood sugar at an ideal level, control blood lipids and blood pressure, reduce the risk of cardiovascular disease, reduce the burden of islet beta cells, and help the body maintain a reasonable weight.

2. 中国糖尿病患者超亿人专家支招防控及诊疗技术创新	来源：中国新闻网	主体：公众	态度：提倡	时间：20:52:34
Technological innovation of prevention, control, diagnosis and treatment of diabetes mellitus in China	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 20:52:34

据国际糖尿病联盟最新数据，2017年全球约4.25亿成人患糖尿病。其中，中国是患病人数最多的国家，2017年患病人数达到1.14亿。国内知名专家汇聚北京，就中国基层糖尿病的防控策略、糖尿病诊疗技术创新、糖尿病并发症的综合诊疗等话题展开探讨。今天，记者从第三届华夏糖尿病诊疗与健康管理高峰论坛上了解到，2017年国际糖尿病联合会出版的IDF糖尿病地图集8版估计，在这一年中，中国的糖尿病患者人数为1.14亿，相当于全世界超过1/4的糖尿病患者(全球共4.25亿)来自中国。

According to the latest data from the International Diabetes Federation, about 425 million adults worldwide suffered from diabetes in 2017. Among them, China is the country with the largest number of cases, with the number of cases reaching 114 million in 2017. Famous domestic experts gathered in Beijing to discuss the prevention and control strategy of diabetes at the grass-roots level in China, the innovation of diabetes diagnosis and treatment technology, and the comprehensive diagnosis and treatment of diabetic complications. Today, the reporter learned from the Third Summit Forum on Diabetes Diagnosis, Treatment and Health Management that the eighth edition of IDF Diabetes Atlas published by the International Diabetes Federation in 2017 estimated that the number of diabetic patients in China was 114 million in that year, equivalent to more than one fourth of the world's diabetic patients (425 million worldwide). China.

3. 寒冬季节这五类人群需要预防心衰	来源：金羊网	主体：公众	态度：提倡	时间：15:55:02
These five groups of people need to prevent heart failure in winter	来源：金羊网	Subject: public	Attitude: advocate	Time: 15:55:02

11月26日是“全国心衰日”，中国医师协会联合南方医院心力衰竭中心举办了患者教育和义诊活动。心力衰竭中心主任许顶立教授接受记者采访时指出，冬季是心衰的高发季节，寒冷、呼吸道感染、疲劳、情绪激动等均是心衰的诱发因素，已患有冠心病、高血压、心脏瓣膜病、糖尿病和扩张性心脏肌病的这五类人群尤其要注意预防急性心衰的发生。寒冷天气急性心衰的患者明显增多，心衰，是心力衰竭的简称。南方医院心内科教研室主任许顶立说，心衰是冠心病、高血压病、心脏病等所有心血管疾病的严重阶段，此时心脏的泵血功能衰退，就像弹性减退的“皮球”，输出的血量不能满足全身代谢需要，继而出现缺氧和淤血的表现。

November 26 is the National Heart Failure Day. The Chinese Medical Association and the Heart Failure Center of Southern Hospital organized patient education and free clinic activities. Professor Xu Dingli, Director of Heart Failure Center, told reporters that winter is the season of high incidence of heart failure. Cold, respiratory tract infection, fatigue and

emotional excitement are all the inducers of heart failure. Those five groups of people with coronary heart disease, hypertension, valvular heart disease, diabetes and dilated cardiomyopathy should pay special attention to them. To prevent the occurrence of acute heart failure. The number of patients with acute heart failure in cold weather increased significantly. Heart failure is abbreviated as heart failure. Xu Dingli, director of the Department of Cardiology, Southern Hospital, said that heart failure is a serious stage of all cardiovascular diseases, such as coronary heart disease, hypertension and cardiomyopathy. At this time, the pump function of the heart declines, just like a "skin ball" with decreased elasticity. The output of blood can not meet the needs of systemic metabolism, and then hypoxia and congestion appear.

4. “崇礼菜单” 明年10月底前完成研发	来源：人民网	主体：政府	态度：提倡	时间： 13:01:04
Chongli Menu will be completed by the end of October next year	来源：人民网	Subject: government	Attitude: advocate	Time: 13:01:04

近日，河北省商务厅、省冬奥办联合主办北京2022年冬奥会和冬残奥会张家口赛区餐饮业务领域赛会服务“崇礼菜单”首期研修班，标志着“崇礼菜单”研发任务正式启动。同时签订了《“崇礼菜单”研发任务协议书》，确定2019年10月底前完成研发任务，向冬奥签约酒店、全省乃至全国推广。“崇礼菜单”秉承“传承经典、融合创新；技艺高超、操作简便；营养科学、轻油少盐；结构合理、本土多元”的理念，坚持以河北区域内食品原材料为基础，结合河北餐饮文化传承内涵，打造餐饮业冀字号品牌，推动河北餐饮“走出去”。

Recently, the Hebei Business Department and the Provincial Winter Olympics Office jointly sponsored the first seminar on "Chongli Menu" for catering service in Zhangjiakou District of Beijing 2022 Winter Olympics and Winter Paralympic Games, marking the official launch of the research and development task of "Chongli Menu". At the same time, the "Chongli Menu" R&D Task Agreement was signed to complete the R&D task by the end of October 2019, and to promote it to the hotel contracted for the Winter Olympics, the whole province and even the whole country. "Chongli Menu" upholds the concept of "inheriting classics, integrating innovation; superb skills, simple operation; nutrition science, light oil and less salt; reasonable structure, local diversity", and adheres to the basis of food raw materials in Hebei region, combined with the connotation of Hebei catering culture inheritance, to create a brand of Hebei catering industry and promote Hebei catering industry. Drink out.

5. 老年人怎么补钙? 少吃盐，多吃乳制品、五谷杂粮	来源：华夏经纬	主体：企业	态度：提倡	时间： 17:01:17
How do the elderly supplement calcium? Eat less salt and more dairy products and cereals	来源：华夏经纬	Subject: industry	Attitude: advocate	Time: 17:01:17

钙是骨骼健康最基本的原料，科学研究表明，人到35岁以后骨钙的含量就会开始降低，随年龄增大，骨流失大于骨生成，长此以往，易发生骨质疏松，尤其是老年人，钙质流失严重。那么老年人钙怎么补钙呢，今天胶原软骨素钙片来告诉大家如何更科学地补钙! 老年人怎么补钙? 少吃盐，多吃乳制品、五谷杂粮、胶原软骨素钙片! 少吃盐 少吃盐即多补钙绝非虚言，因为肾脏在排出钠的同时会排出更多的钙。日常做菜时，老人由于味觉退化可能会无意识多放一些盐，却很少去补充钙质，这样就会导致骨钙流失加快。

Calcium is the most basic raw material for bone health. Scientific research shows that the content of bone calcium will begin to decrease after 35 years old. With the increase of age, bone loss is greater than bone formation. In the long run, osteoporosis is prone, especially in the elderly, and the loss of calcium is serious. So how to supplement calcium for the elderly? Today, collagen chondroitin calcium tablets tell us how to supplement calcium more scientifically! How to supplement calcium for the elderly? Eat less salt, eat more dairy products, cereals, collagen chondroitin calcium tablets! Eat less salt, eat less salt, that is to say, more calcium is not empty words, because the kidney will discharge more calcium at the same time of sodium. Daily cooking, the elderly may unconsciously put more salt due to taste deterioration, but rarely to supplement calcium, which will lead to faster bone calcium loss.

6. 长春生修堂严格执行市物价局收费标准	来源：知音网	主体：公众	态度：提倡	时间： 17:01:38
Changchun Shengxiu Hall Strictly Implements the Charge Standard of the Municipal Price Bureau	来源：知音网	Subject: public	Attitude: advocate	Time: 17:01:38

长春生修堂中医院提示:高血压如果没有得到及时、正确的治疗,会破坏肾脏血管,导致肾脏血液供应不足,引起肾脏功能的损坏。当肾功能完全丧失的时候,就患上了肾衰竭。所以高血压肾病的保健室刻不容缓的。那么高血压肾病该怎么样保健呢? 长春生修堂中医院健康提示: 1、高血压肾病患者不宜长时间伏案疾书,因为这样会使大脑过于紧张,极易诱发血压升高。 2、起床宜缓慢,早晨醒后不应立即下床,先仰卧片刻,活动一下头颈部和上肢,以适应起床时的体位变化。 3、切忌屏气用力排便,否则有引发脑出血的危险。大便秘时蹲位易疲劳,坐便最适宜。 4、早餐宜清淡,如1杯牛奶或豆浆、1个鸡蛋、1片面包。

Changchun Shengshuitong Hospital of Traditional Chinese Medicine suggests that if hypertension is not treated promptly and correctly, it will destroy kidney blood vessels, lead to insufficient blood supply of kidney, and cause damage to kidney function. When kidney function is completely lost, kidney failure occurs. Therefore, the health room of hypertensive nephropathy is urgent. So how to care for hypertensive nephropathy? Health tips of Changchun Shengshuitong Hospital of Traditional Chinese Medicine: 1. Patients with hypertensive nephropathy should not stay in hospital for a long time, because this will make the brain too tense and easily induce hypertension. 2. Get up slowly. Don't get out of bed immediately after waking up in the morning. First lie on your back for a moment. Move your head, neck and upper limbs to adapt to the change of body position when you get up. 3. Do not hold your breath and defecate forcefully, otherwise there is a risk of cerebral hemorrhage. Squatting is easy to fatigue when defecating, and sitting is the most suitable. 4. Breakfast should be light, such as 1 cup of milk or soy milk, 1 egg and 1 piece of bread.

7. 防不胜防有些食物是专偷营养的“贼”	来源：多维新闻网	主体：公众	态度：提倡	时间： 16:01:46
It's impossible to guard against thieves who steal nutrients from some foods.	来源：多维新闻网	Subject: public	Attitude: advocate	Time: 16:01:46

你知道吗? 有一些“小偷”天天跟在你身边，让你防不胜防，它偷走的东西连警察都找不回来。原来，这些“小偷”专偷营养。盐：偷钙专业户 吃得越咸，喝水就会越多、排尿就会越多，人体通过尿液排出的钙就会越多。这样，久而久之，骨密度越来越低，轻轻松松就能让你患上骨质疏松。要想防住盐这个小偷，做好日常的“盐”管理很重要。比如，烹饪时多用酸味来代替咸味，这样一方面可以做到减少盐的摄入量，另一方面又使得饭菜具有香味。此外，还要做到少吃腌制品、酱类以及各种加工零食等，因为它们都是食物中隐形盐的重灾区。

You know what? There are some "thieves" who follow you every day, so that you can't defend against them. Even the police can't find what they stole. Originally, these "thieves" steal nutrition. Salt: The saltier the professional calcium stealer eats, the more water he drinks, the more urine he urinates, and the more calcium he expels from his urine. In this way, over time, the bone density is getting lower and lower, and relaxation can make you suffer from osteoporosis. In order to prevent the thieves of salt, it is very important to do a good job of daily "salt" management. For example, when cooking, acid is often used instead of salty, which can reduce salt intake on the one hand, and make the food fragrant on the other. In addition, we should also reduce the consumption of pickled products, sauces and various processed snacks, because they are the hardest hit areas of invisible salt in food.

8. 冬天为什么更易患脑血栓? 4个小妙招来预防!	来源：星岛环球网	主体：公众	态度：提倡	时间： 12:15:02
Why is cerebral thrombosis more common in winter? Four tricks to prevent!	来源：星岛环球网	Subject: public	Attitude: advocate	Time: 12:15:02

脑血栓是困扰着老年人的健康疾病，经常出现在五十岁以上的人群中。据网媒报道：脑血栓是困扰着老年人的健康疾病，经常出现在五十岁以上的人群中。对老年人来说，脑血栓主要是由大脑的血液循环受到阻碍造成的，容易导致脑缺血、脑缺氧，甚至脑坏死，还有可能导致许多症状出现，尤其是在寒冷的冬天，非血栓形成更严重。那么，冬天为什么更易患脑血栓? 在寒冷的冬天，其实脑血栓的发病率还是较高得，所以我们在冬天采取全面的防治措施，减少脑血栓的发生。随着天气逐渐变冷，越来越多的人因为脑血栓的出现而入院，所以在寒冷的冬天往往是脑血栓形成的高发季节。

Cerebral thrombosis is a health disease that plagues the elderly, often occurring in people over the age of 50. Brain thrombosis is a health problem that plagues the elderly, often occurring in people over 50 years old, according to Internet media reports. For the elderly, cerebral thrombosis is mainly caused by the obstruction of the blood circulation of the brain, which can easily lead to cerebral ischemia, cerebral hypoxia, and even brain necrosis. It may also lead to many symptoms, especially in cold winter, non-thrombosis is more serious. So why is cerebral thrombosis more common in winter? In cold winter, in fact, the incidence of cerebral thrombosis is still high, so we must take comprehensive preventive measures in winter to reduce the incidence of cerebral thrombosis. With the gradual cooling of the weather, more and more people are hospitalized because of the emergence of cerebral thrombosis, so in the cold winter is often the high incidence season of cerebral thrombosis.

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

减盐-微信

Salt Reduction - WeChat

2018-11-29, 共监测到495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 495 WeChat public articles were monitored in 2018-11-29. This page shows the top five articles by repeat number today.

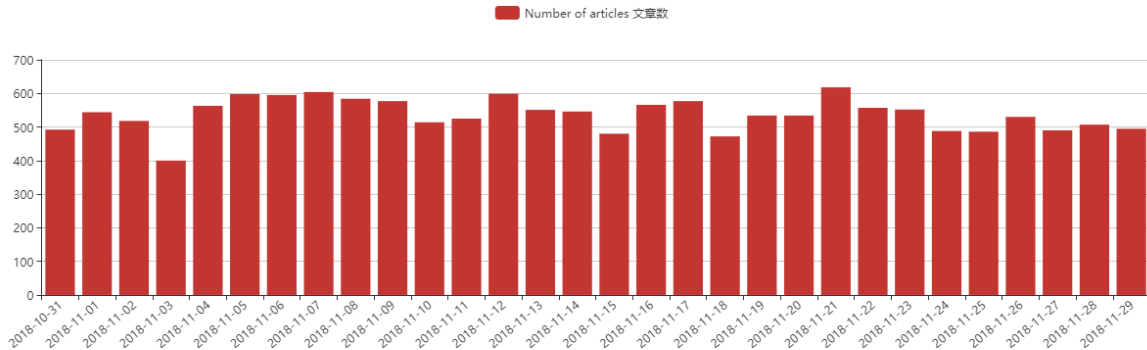
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 想要健康长寿: 少吃三白, 多吃三黑

重复数: 15

日期: 2018-11-29

[Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.](#)

Repeat Number: 15

Data: 2018-11-29

长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要由肾脏排出, 加大肾脏负担。健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。如果已经确诊高血压, 每天最好不要超过 3 克。

Long-term high-salt diet can easily lead to increased blood pressure and hardening of the arteries. And excess sodium needs to be excreted from the kidneys, which increases the burden on the kidneys. The optimal amount of salt that a healthy person can consume through the diet is no more than 6 grams per day, which is the amount of a common beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.

2. “吃错盐”也会患重病? 中国疾控权威专家告诉您其中缘由

重复数: 5

日期: 2018-11-29

["Eating the wrong salt" can also cause serious illness. China's authoritative disease control experts tell you the reason.](#)

Repeat Number: 5

Data: 2018-11-29

小朋友不能吃盐。根据《中国居民膳食指南》的严格规定, 孩子半岁开始加辅食, 一岁前的所有辅食是不需要加盐、味精、鸡精、酱油等调味料的。因为一岁前孩子需要的钠元素很少, 奶类以及辅食中的钠元素就可以满足孩子的需要。在孩子肾功能还没有发育成熟时, 添加过量的盐会导致孩子无法代谢, 对身体造成危害!

Children can't eat salt. According to the strict regulations of the Chinese Dietary Guidelines, children begin to eat complementary foods when they are half a year old. All the complementary foods for children before the age of one year do not need to add salt, MSG, chicken essence, soy sauce and other seasonings. Because children need very little sodium before they are one year old. The sodium in the milk and complementary foods can meet the needs of the child. When the child's kidney function is not yet mature, adding too much salt can cause the child to be unable to metabolize and cause harm to the body!

3. 为何日本人寿命全球最长? 因为他们有10大法则, 我们真该学学!

重复数: 5

日期: 2018-11-29

[Why do Japanese people live the longest in the world? Because they have 10 rules, we really should learn!](#)

Repeat Number: 5

Data: 2018-11-29

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心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。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。比如, 不喝太多味噌汤, 吃拉面时别喝汤; 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。

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, and 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. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet. For example, don't drink too much flavored soup, don't drink soup when you eat ramen, and finally put salt when cooking and stewing, which will minimize salt intake.

4. 《一图了解“三减三健”》之减盐篇

重复数: 4

日期: 2018-11-29

["A picture to understand the "three reductions and three health" salt reduction articles](#)

Repeat Number: 4

Data: 2018-11-29

《中国居民膳食指南(2016)》提到, 我国多数居民的食盐摄入量, 而过多的盐摄入与高血压、胃癌和脑卒中有关, 因此要降低食盐的摄入量。

The Chinese Dietary Guidelines (2016) mentions that most residents in China have excessive salt intake, and excessive salt intake is associated with high blood pressure, stomach cancer and stroke, so it is necessary to reduce salt intake.

5. “盐多必失”是知易行难的家常事! 这7大疾病都跟盐有关

重复数: 3

日期: 2018-11-29

[It is well known that excessive salt consumption is harmful to the body! These 7 major diseases are related to salt.](#)

Repeat Number: 3

Data: 2018-11-29

食盐摄入量高的人群, 高血压的发病率也高。每多吃1克食盐, 就需喝110毫升水与之配成0.9%的“生理盐水”成为体液, 多余的体液进入血管, 血管壁受到的压力也随之增大。多吃盐需多喝水, 多排尿, 会加重肝肾的负担, 血压越高肝肾功能损害越大, 从而导致慢性疾病。高盐会损害胃黏膜, 腌菜、盐渍食品中产生的亚硝酸盐在胃酸和细菌作用下会转变为致癌物亚硝胺, 易致胃癌。

The incidence of hypertension is also high in people with high salt intake. For every 1 gram of salt you eat, you need to drink 110 ml of water and mix it with 0.9% "salt" to become a body fluid. Excess body fluid enters the blood vessel and the pressure on the vessel wall increases. Excessive salt intake requires more water and more urination, which will increase the burden on the liver and kidney. The higher the blood pressure, the greater the damage to the liver and kidney, leading to chronic diseases. High salt can damage the gastric mucosa. The nitrite produced in pickles and salted foods will turn into carcinogenic nitrosamines under the action of stomach acid and bacteria, which may cause gastric cancer.

减盐-微博

Salt Reduction - Weibo

2018-11-29, 共检测到1515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。

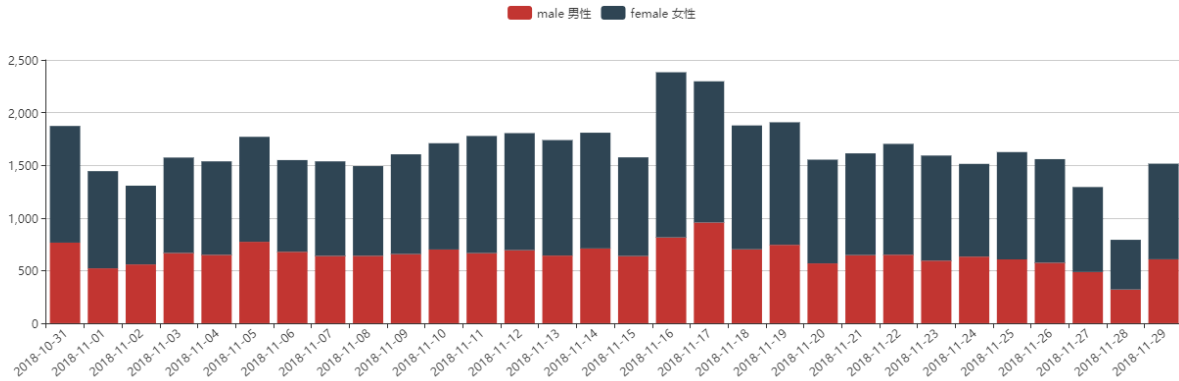
There are 1515 weibos about salt reduction monitored on 2018-11-29.

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. 昵称: 中国新闻网

地区: 北京

认证: 机构

Nickname: 中国新闻网

Area: Beijing

Identity: Institution

时间: 2018-11-29 12:30
Time: 2018-11-29 12:30

来自: 微博weibo.com
Source: 微博weibo.com

转发数: 119
Repost: 119

评论数: 114
Comment: 114

点赞数: 188
Like: 188

#健康时间# 【外卖仅有卫生隐患? 专家告诉你为什么要少吃外卖】你以为外卖只有卫生隐患吗? 专家指出, 外卖为了味道好, 往往多油多盐, 长期食用会增加高血压高血脂的风险。即便年轻人也很容易患上心血管的慢性病, 尤其是不少上班族久坐缺乏锻炼, 生活不规律, 容易成为亚健康状态。(记者单璐) @中新视频L中新视频的秒拍视频收起全文d [The takeaway has health hazards. Experts tell you why you should eat less takeaways] Do you think there is only a health hazard in takeaway? Experts pointed out that in order to taste good, merchants often add a lot of oil and salt to the take-away food. Long-term consumption of this food will increase the risk of high blood pressure and high blood fat. Even young people are prone to chronic cardiovascular diseases, especially many office workers who are sedentary for lack of exercise and irregular life, and are likely to become sub-healthy.

2. 昵称: 江西反邪教

地区: 江西

认证: 政务

Nickname: 江西反邪教

Area: Jiangxi

Identity: Official

时间: 2018-11-29 17:45
Time: 2018-11-29 17:45

来自: 微博weibo.com
Source: 微博weibo.com

转发数: 58
Repost: 58

评论数: 54
Comment: 54

点赞数: 58
Like: 58

【#高校食堂推6元养生面#学生挤爆排队: 求治愈脱发】11月27日, @南阳理工学院南苑餐厅二楼一窗口推出养生面, 6元一碗, 深受学生欢迎。工作人员介绍, 养生面无糖、少油、少盐、零添加, 用蔬菜和豆制品作为原材料。学生说味道不错, 如果能改善脱发的话会天天来吃。L哪校园的秒拍视频 [# college canteen is promoting 6 yuan of health noodles # students line up to buy: seeking cure hair loss] On November 27, the 6 yuan a bowl of health noodles launched by the second floor of Nanyang Institute of Technology was welcomed by students. According to the staff, the nourishing noodles are sugar-free, less oily, less salty, zero-added, and vegetables and soy products are used as raw materials. The students said that the taste was good. If it can improve hair loss, they will eat it every day.

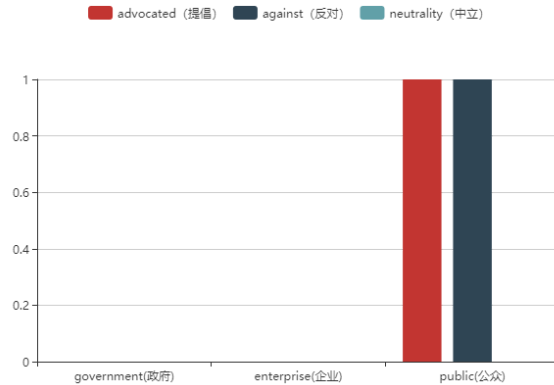
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-29) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-11-29. 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. 老式爆米花真的是低卡解馋好零食？ Is old-fashioned popcorn really a low-calorie snack?				
来源：健康报		主体：公众	态度：反对	时间： 16:29:40
来源：健康报		Subject: public	Attitude: against	Time: 16:29:40
一些有减脂想法的朋友经常面对着这样的纠结：减肥可以吃零食吗？路边的老式爆米花能不能吃？新版爆米花又甜又香，估计热量特别高，但老式的爆米花的原料只有普通玉米和糖精，没有奶油，没有糖，应当是热量比较低的食物吧？而且是不是也比较健康呢？其实不一定。首先，小转炉的炉体含有铅，所谓爆米花铅过多有害健康，说的就是在高温下微量的铅转移到玉米花里面，造成铅污染。而用不锈钢锅和爆裂玉米做出来的新式爆米花就没有这个铅污染问题了。				
Some friends who have the idea of losing weight often face such a tangle: can you eat snacks to lose weight? Can old-fashioned popcorn be eaten by the roadside? The new version of popcorn is sweet and fragrant. It is estimated that the calories are very high. But the raw materials of the old-fashioned popcorn are only ordinary corn and saccharin. There is no butter and sugar. It should be a food with low calories. And is it healthier? Not necessarily. First of all, the small converter contains lead. The so-called excessive lead in popcorn is harmful to health. It means that trace lead is transferred to cornflower at high temperature, causing lead pollution. New popcorn made from stainless steel pots and popcorn has no lead pollution problem.				
2. 防不胜防有些食物是专偷营养的“贼” It's impossible to guard against thieves who steal nutrients from some foods.				
来源：多维新闻网		主体：公众	态度：提倡	时间： 16:29:40
来源：多维新闻网		Subject: public	Attitude: advocate	Time: 16:29:40
你知道吗？有一些“小偷”天天跟在你身边，让你防不胜防，它偷走的东西连警察都找不回来。原来，这些“小偷”专偷营养。反式脂肪：心血管健康偷走，反式脂肪主要生活在于氢化植物油配料的食物中，比如曲奇、蛋挞、油炸食品、冷饮、咖啡伴侣等人们最爱的零食中。而反式脂肪最喜欢做的事就是干扰体内正常的脂肪酸平衡，降低对人体有益的高密度脂蛋白水平，要知道，这是会增加心脑血管病的风险的。要想远离反式脂肪，首先要减少食用加工食品和预包装食品，尽量在家做饭，避免油温过高和反复煎炒烹炸。				
You know what? There are some "thieves" who follow you every day, so that you can't defend against them. Even the police can't find what they stole. Originally, these "thieves" steal nutrition. Trans fats: Cardiovascular health is stolen. Trans fats are mainly found in foods with hydrogenated vegetable oil ingredients, such as cookies, egg tarts, fried foods, cold drinks, coffee partners and other favorite snacks. The most favorite thing trans fats do is interfere with the normal balance of fatty acids in the body, reduce the beneficial level of high density lipoprotein, you know, this will increase the risk of cardiovascular and cerebrovascular diseases. To stay away from trans fats, we should first reduce the consumption of processed and pre-packaged foods, try to cook at home, and avoid high oil temperature and repeated frying and frying.				
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

2018-11-29, 共监测到427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 427 WeChat public articles were monitored in 2018-11-29. 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. 隔一天喝一大杯奶茶! 16岁女生突发心肌炎, 连走路都喘! 医生: 这两种人不要喝! | 重复数: 24 | 日期: 2018-11-29 |
| Drink a large cup of milk tea every other day! A 16-year-old girl suffers from sudden myocarditis and wheezes even when she walks! Doctor: Don't drink them! | Repeat Number: 24 | Data: 2018-11-29 |

专家介绍, 植脂末就是植物奶油, 也叫氢化植物油, 含反式脂肪酸, 而反式脂肪酸对心脑血管疾病的影响在医学界是明确的, 所以世界卫生组织推荐我们膳食脂肪中反式脂肪酸的供能比不超过百分之一。

According to experts, the vegetable cream is plant butter, also called hydrogenated vegetable oil, containing trans fatty acids. The effect of trans fatty acids on cardiovascular and cerebrovascular diseases is clear in the medical community, so the World Health Organization recommends that the energy supply of trans fatty acids in our dietary fat should not exceed one percent.

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| 2. 隔一天喝一大杯! 16岁女生突发心肌炎 医生: 这两种人不要喝 | 重复数: 13 | 日期: 2018-11-29 |
| Have a big drink every other day! A 16-year-old girl is wheezing even when she walks! The doctors recomend these two kinds of people do not drink them! | Repeat Number: 13 | Data: 2018-11-29 |

一杯奶茶中会含多少咖啡因与反式脂肪酸呢? 我们举两个例子: 一点点布丁奶茶 (不加糖) 约500ml奶茶中咖啡因含量可达到334mg/L相当喝了6罐多红牛或者2罐多monster功能饮料。经检测发现, 幸福侯彩福的牛魔王黑砖奶茶 (无糖) 一杯500ml的反式脂肪酸含量达6.4g。国内标准显示, 每天摄入反式脂肪酸不应超过2.2g, 过多摄入有害健康, 可能导致血液胆固醇增高, 从而增加心血管疾病发生的风险。

How much caffeine and trans fatty acids are there in a cup of milk tea? Let's take two examples: a little pudding milk tea (without sugar) about 500ml milk tea can have a caffeine content of 334mg / L, which is quite a drink of 6 cans of red cattle or 2 cans of multi-monster functional drinks. After testing, it was found that the happy devil's cow demon king black brick milk tea (no sugar) has a 500ml trans fatty acid content of 6.4g. Domestic standards show that daily intake of trans fatty acids should not exceed 2.2g. Excessive intake of harmful health may lead to an increase in blood cholesterol, which increases the risk of cardiovascular disease.

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| 3. 喜欢吃番茄炒蛋, 心梗猝死: 你以为是健康食品, 却是隐形杀手 | 重复数: 11 | 日期: 2018-11-29 |
| Eating too much scrambled eggs with tomatoes may cause sudden death of myocardial infarction : The food you think is health may be a invisible killer. | Repeat Number: 11 | Data: 2018-11-29 |

首都医科大学的研究人员秦书琪: “近年来, 大量研究表明, 过量摄入含反式脂肪酸的食物易导致动脉粥样硬化、冠心病、糖尿病等慢性疾病的发生。” 据报道, 每年有50多万人因摄入反式脂肪酸而死于心脑血管疾病。(来源: BTV新闻) 美国加州大学圣地亚哥分校的研究人员发现, 饮食中反式脂肪酸含量越多, 越容易发生记忆功能衰减。还有美国研究人员发现, 大量食用反式脂肪酸的老年人, 容易患上老年痴呆症。

Qin Shuqi, a researcher at Capital Medical University: “In recent years, a large number of studies have shown that excessive intake of foods containing trans fatty acids can lead to chronic diseases such as atherosclerosis, coronary heart disease, and diabetes.” It is reported that there are more than 50 per year. Ten thousand people died of cardiovascular and cerebrovascular diseases due to the intake of trans fatty acids. (Source: BTV News) Researchers at the University of California, San Diego found that the more trans fatty acids in the diet, the more likely the memory function to decay. There are also researchers in the United States who find that older people who consume large amounts of trans-fatty acids are prone to Alzheimer's disease.

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| 4. 隔一天喝一大杯! 16岁女生连走路都喘! 医生: 这两种人不要喝! | 重复数: 8 | 日期: 2018-11-29 |
| Have a big drink every other day! A 16-year-old girl is wheezing even when she walks! The doctors recomend these two kinds of people do not drink them! | Repeat Number: 8 | Data: 2018-11-29 |

福建医科大学营养公共学院专家表示, 食品与健康存在必然的联系, 反式脂肪酸 (制作奶茶的配料植脂末中含有) 对心脑血管疾病的影响在医学界是明确的, 青少年及孕妇不适合喝奶茶。

Experts from the Nutrition Public College of Fujian Medical University said that there is an inevitable connection between food and health. The impact of trans-fatty acids on cardiovascular and cerebrovascular diseases is clear in the medical field. Adolescents and pregnant women are not suitable for drinking milk tea.

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| 5. 又出事! 16岁少女因喝奶茶引致突发心肌炎? 这两种人要慎喝! | 重复数: 7 | 日期: 2018-11-29 |
| A 16-year-old girl is wheezing even when she walks! The doctors recomend these two kinds of people do not drink them! | Repeat Number: 7 | Data: 2018-11-29 |

除了咖啡因含量, 奶茶中另外一个影响健康的重要成分就是植脂末。(植脂末又称奶精, 是以精制植物油或氢化植物油、酪蛋白等为主要原料的新型产品。) 目前科学界公认的是, 氢化植物油的生产过程中会产生反式脂肪酸, 这种物质对人体有较大危害, 可以使人体血液中的低密度脂蛋白增加, 高密度脂蛋白减少, 诱发动脉硬化, 增加心脏病、脑血管意外的危险。

In addition to caffeine content, another important ingredient in milk tea that affects health is the non-dairy creamer. Creamer, also known as creamer, is a new product based on refined vegetable oil or hydrogenated vegetable oil and casein. It is now recognized in the scientific community that trans fatty acids are produced during the production of hydrogenated vegetable oils. This kind of substance has great harm to the human body, can increase the low-density lipoprotein in the human blood, reduce the high-density lipoprotein, induce hardening of the arteries, and increase the risk of heart disease and cerebrovascular accident.

反式脂肪酸-微博 Transfat - Weibo

2018-11-29, 共检测到84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。

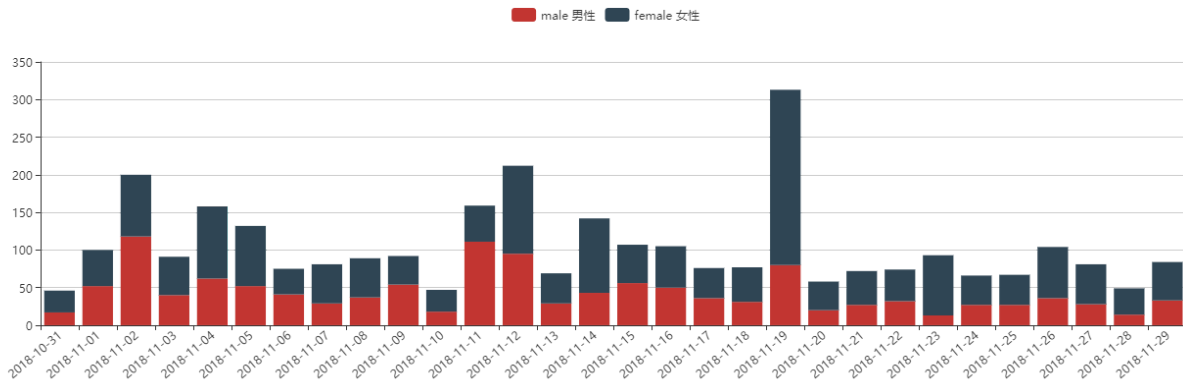
There are 84 weibos about transfat reduction monitored on 2018-11-29.

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!