

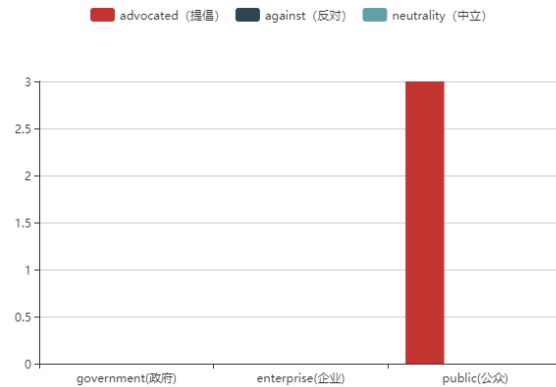
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-10) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-02-10. 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

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

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##### 高血压 Hypertension

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决心工程 Resolve To Save Lives
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安徽  
Anhui

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No such articles!

浙江  
Zhejiang

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

1. <a href="#">原创同是“地平”为什么不能联用？高血压如何联合应用降压药？</a> <a href="#">Why can't the original "horizon" be used together? How to use antihypertensive drugs in combination with hypertension?</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：23:56:41 Time: 23:56:41
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同是“地平”为什么不能联用？高血压如何联合应用降压药？今天有人问华子，血压控制不好，硝苯地平控释片与苯磺酸左旋氨氯地平可以联用么？华子告诉他，不可以。他有些奇怪，这两个药不都是“地平”么，为什么不能一起吃？华子说，硝苯地平为第一代钙通道阻滞剂，左旋氨氯地平为第三代钙通道阻滞剂，两者降压的作用机理相同，联合用药后产生的降压效果提高有限，而副作

用会加大，所以硝苯地平控释片与苯磺酸左旋氨氯地平不能联用。

Why can't the same "horizon" be used together? How to use antihypertensive drugs in combination with hypertension? Today, some people asked Huazi, blood pressure control is not good, nifedipine controlled release tablets and Levamlodipine besylate can be combined? Huazi told him, No. He is a little strange, these two medicines are not "horizon". Why can't they be taken together? Huazi said that nifedipine is the first generation of calcium channel blocker and levoamlodipine is the third generation of calcium channel blocker. Both of them have the same antihypertensive mechanism. The antihypertensive effect of the combination of nifedipine and levoamlodipine besylate is limited, but the side effects will increase. Therefore, the controlled release tablets of nifedipine and levoamlodipine besylate can not be used together.

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. [袁咏仪俩月怒瘦18斤，跟吴镇宇同框宛如两代人！她踩过的这些减肥误区 ...](#)

来源： 搜狐

主体： 公众

态度： 提倡

时间： 18:51:26
- [Yuan Yongyi, angry and thin for two months, is like two generations with Wu Zhenyu. She's stepped on these weight loss errors.](#)

Source: Sohu

Subject: public

Attitude: advocate

Time: 18:51:26

想要减肥，一定要从食物和生活习惯这些小事做起，今天就跟海报君一起看看那些减肥不减胸的日常好习惯都有什么吧！吃饭细嚼慢咽，吃七分饱就放下筷子，再好吃的摆在前面也不为所动。三餐饮食以清淡为主，属于少油少盐少糖的那种，但营养均衡，碳水化合物、蛋白质、脂肪的比例为：6：2：2。

If you want to lose weight, you must start with such trifles as food and living habits. Today, let's see with poster gentleman what are the good daily habits of losing weight and not losing your chest. Eat slowly and chew carefully, then put down your chopsticks when you're seven minutes full, and then put the delicious food in front of you. The three meals are light and light, which belongs to the type of less oil, less salt and less sugar, but the nutrition is balanced. The proportion of carbohydrate, protein and fat is 6:2:2.

2. [怀孕的注意了，这4种食物对胎儿发育不利，嘴再馋也别碰](#)

来源： 搜狐

主体： 公众

态度： 提倡

时间： 21:29:10
- [Attention to pregnancy, these four foods are not conducive to the development of the fetus, no matter how greedy your mouth is, don't touch it.](#)

Source: Sohu

Subject: public

Attitude: advocate

Time: 21:29:10

每个女人怀孕的时候，最关注的就是饮食问题了，饮食的营养搭配对于胎儿的健康发育来说非常的重要，其实孕期准妈妈们平时吃的东西大多都是健康的，很少说有不健康的食物。今天就给大家介绍4种不适合怀孕期间吃的食物，可能会影响胎儿的大脑发育。

When every woman is pregnant, the most important thing is the diet. The nutrition of the diet is very important for the healthy development of the fetus. In fact, most of the things that the expectant mothers usually eat during pregnancy are healthy, and seldom say that they have unhealthy food. Today, I will introduce four kinds of foods that are not suitable for pregnant women, which may affect the brain development of the fetus.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

## 减盐-微信 Salt Reduction - WeChat

2019-02-10, 共监测到563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 563 WeChat public articles were monitored in 2019-02-10. 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. [【健康】身体出现这5个迹象, 提醒你吃盐太多了!](#)

重复数: 12

日期: 2019-02-10

[\[Health\] There are five signs in your body that remind you to eat too much salt!](#)

Repeat Number: 12

Data: 2019-02-10

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。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 cause dehydration. Once a person is dehydrated, he can't think clearly.

#### 2. [终于发现脑梗“真凶”!医生:大脑最怕3样食物,戒掉一个就增寿~](#)

重复数: 9

日期: 2019-02-10

[Doctor: The brain is afraid of three kinds of food. If you quit one, you will live longer.](#)

Repeat Number: 9

Data: 2019-02-10

现在人们吃了太多的好东西, 所以对于食物的感觉变得并没有那么明显, 所以这也导致大家每天摄入的盐分越来越多, 而且很多地区还喜欢吃腌菜或者腊肉等特色食物, 这些都属于高盐高钠食物。过量地摄入高盐高钠食物, 不仅会增加肾脏的过滤负担, 还会造成血管的弹性降低, 血管内部压力增加, 也就增加患心脑血管疾病的危险。

Nowadays people eat too many good things, so the feeling of food has not become so obvious, which also leads to more and more salt intake every day. And many areas also like to eat pickled vegetables or bacon and other specialty foods, these are high-salt and high-sodium foods. Excessive intake of high-salt and high-sodium foods will not only increase the filtration burden of the kidneys, but also reduce the elasticity of blood vessels. Increased internal pressure of the blood vessels increases the risk of cardiovascular and cerebrovascular diseases.

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

重复数: 7

日期: 2019-02-10

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

Repeat Number: 7

Data: 2019-02-10

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 also eat very little salt, and their 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, Zhongshan Hospital Affiliated to Fudan University, pointed out that this is crucial. At present, the relationship between salt and hypertension is very clear, which can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns.

#### 4. [这个病比癌症可怕, 有人花了130万没能救命! 你需要这么防](#)

重复数: 6

日期: 2019-02-10

[As for middle-aged and old people, this disease is more terrible than cancer. Someone spent 1.3 million yuan and could not save his life! You need to prevent it in this way.](#)

Repeat Number: 6

Data: 2019-02-10

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

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

#### 5. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 5

日期: 2019-02-10

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

Repeat Number: 5

Data: 2019-02-10

咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。

Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

## 减盐-微博 Salt Reduction - Weibo

2019-02-10, 共检测到1922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。

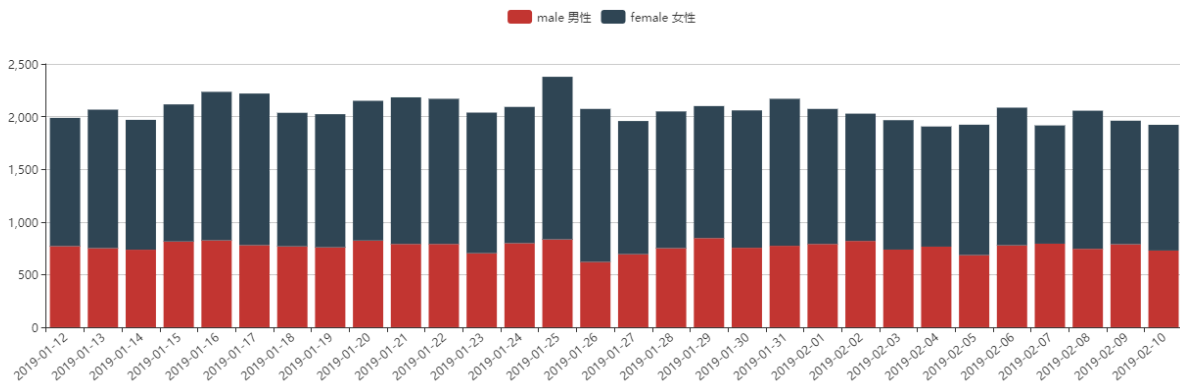
There are 1922 weibos about salt reduction monitored on 2019-02-10.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门微博 Hot Weibos

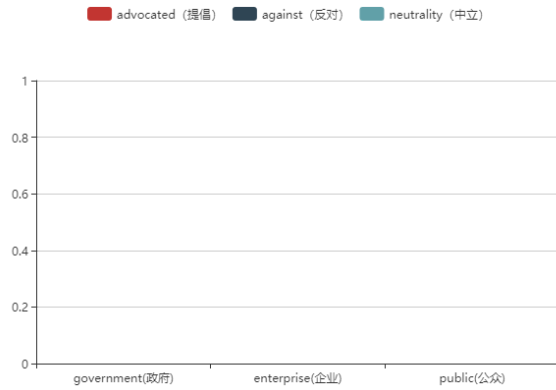
1. 没有相关微博!  
No such weibos!

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-10) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2019-02-10. 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

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

2019-02-10, 共监测到182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 182 WeChat public articles were monitored in 2019-02-10. This page shows the top five articles by repeat number today.

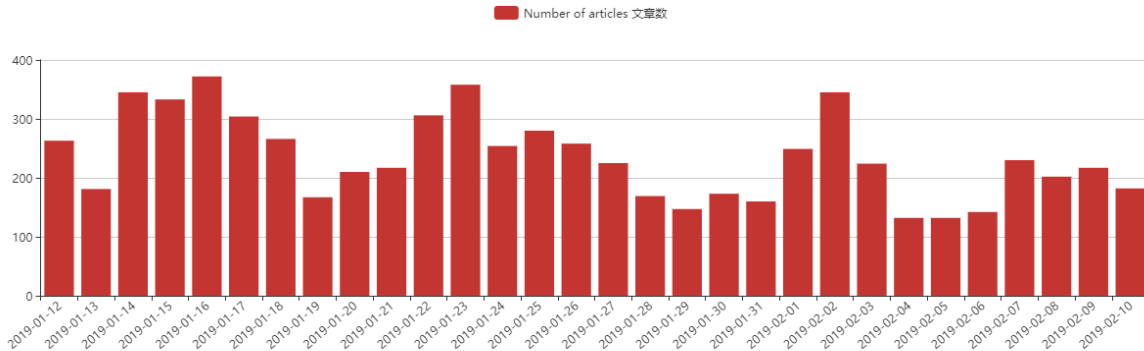
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 奶茶, 正在毁掉中国的三代人! 奶茶界黑幕!

[Milk tea is destroying three generations in China!](#)

重复数: 22

日期: 2019-02-10

Repeat Number: 22

Data: 2019-02-10

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.

### 2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!

[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

重复数: 9

日期: 2019-02-10

Repeat Number: 9

Data: 2019-02-10

心要穷养, 肺要富养 心要穷养: 少吃加工食品 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。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。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of “crisps,” which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

### 3. 奶茶.....正在毁掉中国的三代人! 奶茶界黑幕!

[Milk tea is destroying three generations in China!](#)

重复数: 5

日期: 2019-02-10

Repeat Number: 5

Data: 2019-02-10

结果检测发现 一杯奶茶, 就超过三天的量了 也就是说 原料是不健康的! 蛋白质偏低和反式脂肪酸含量偏高的问题尤其突出 对此, 专家分心认为, 这两项指标失衡, 说明商家可能并没有用“真材实料”, 牛奶的原料上很可能用了奶精之类的代替。对此, 消保委提醒商家, 应对原材料严格把关, 了解加工工艺的效果, 标明奶茶的成分含量及不适用人群。

The results showed that the content of a certain component of a cup of milk tea exceeded the normal three-day intake, which indicates that the raw materials of the milk tea are unhealthy! The problem of low protein and high trans fatty acid content is particularly acute. In this regard, experts pointed out that the imbalance between these two indicators indicates that the business may not use “real material.” Milk is probably replaced with creamer.

### 4. 血栓是吃出来的, 这四种食物一定要少吃或不吃

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

重复数: 5

日期: 2019-02-10

Repeat Number: 5

Data: 2019-02-10

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.

### 5. 在国外卖不掉的这种咖啡, 霸占了国内84%的市场...

[This kind of coffee, which can not be sold abroad, occupies 84% of the domestic market.](#)

重复数: 3

日期: 2019-02-10

Repeat Number: 3

Data: 2019-02-10

所谓植脂末, 是一种常见食品添加剂, 常见于奶茶等饮品中, 生产过程中会产生“反式脂肪酸”。反式脂肪酸, 能够增加心脏病、脑血管意外的危险。也有研究认为, 考虑到目前中国居民的反式脂肪酸摄入量总体较低, 它对普通人的身体健康尚未构成威胁。但糖和植脂末对健康的影响不应忽视, 速溶咖啡每天最好不要喝超过3杯。

The so-called non-dairy creamer is a common food additive, which is commonly found in milk tea and other beverages. It produces “trans fatty acids” during the production process. Trans fatty acids can increase the risk of heart disease and cerebrovascular accidents. Some studies also believe that considering the current low intake of trans fatty acids in Chinese residents, it does not pose a threat to the health of ordinary people. But the health effects of sugar and non-dairy cream should not be ignored. It is best not to drink more than 3 cups of instant coffee per day.



## 反式脂肪酸-微博 Transfat - Weibo

2019-02-10, 共检测到87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。

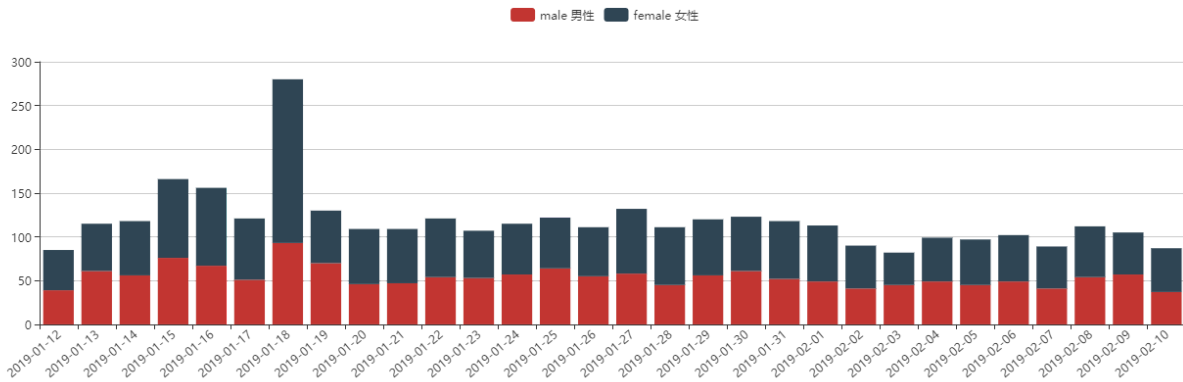
There are 87 weibos about transfat reduction monitored on 2019-02-10.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail imformation.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门微博 Hot Weibos

1. 没有相关微博!  
No such weibos!