

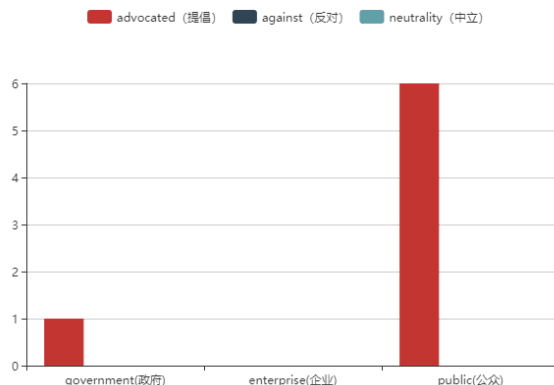
## 减盐-新闻

### Salt Reduction - News

今日 (2018-12-08) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2018-12-08. 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. 龙口东江街道着力提升居民健康水平

[Dongjiang Street, Longkou, Focus on Improving the Health Level of Residents](#) Source: Health News

主体: 政府

Subject: government

态度: 提倡

Attitude: advocate

时间: 01:03:43

Time: 01:03:43

去年以来, 山东省龙口市东江街道计生宣教中心坚持“将健康融入所有政策”的核心理念, 树立“人人健康、健康为人人”的健康价值观, 着力提高居民的健康意识和自我保健能力, 促进人民健康和环境协调发展。这个街道高度重视健康促进示范村创建工作, 成立了以党委副书记为组长、分管领导为副组长、计生宣教中心工作人员为成员的健康促进领导小组, 加强行政推动, 制定了《东江街道创建省级健康促进示范村实施方案》, 细化分解目标、任务和措施, 明确时间, 落实责任, 基本形成了“政府主导、部门联动、全社会参与”的创建工作机制。

Since last year, the Dongjiang Street Family Planning and Education Center in Longkou City, Shandong Province, has adhered to the core concept of "integrating health into all policies", established the health values of "everyone for health, health for everyone", made great efforts to improve residents' health awareness and self-health capacity, and promoted the coordinated development of people's health and environment. This Street attaches great importance to the establishment of health promotion demonstration villages. It has set up a health promotion leading group with the Deputy Secretary of the Party Committee as the group leader, the responsible leader as the Deputy Group leader, and the staff of the family planning and education center as members. It has strengthened administrative promotion. It has formulated the "Implementation Plan for Establishing Provincial Health Promotion Demonstration Villages in Dongjiang Street" and refined it. Decomposition of objectives, tasks and measures, clarification of time and implementation of responsibilities have basically formed the working mechanism of "government-led, department-linked, and whole society participation".

##### 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>
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<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>
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<div>心血管健康 Cardiovascular health</div>
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<div>综合健康信息 Comprehensive Health Information</div>
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<div>决心工程 Resolve To Save Lives</div>
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No such articles!

浙江  
Zhejiang

<div>食物中的钠 Sodium in food</div>
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<div>高血压 Hypertension</div>
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<div>决心工程 Resolve To Save Lives</div>
没有相关文章!
No such articles!

其他省份  
Other Provinces

<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. 寒潮来袭，增加中风风险：清淡、少盐、少脂肪 <a href="#">Cold Waves Increase Stroke Risk: Light, Low Salt, Low Fat</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：17:28:52 Time: 17:28:52
冷易发脑中风，预防“法宝”有哪些？山东省济宁市中医院脑病科副主任医师张晓雪介绍，冬季是脑中风发病的高发时期，尤其在北方，昼夜及室内外温差变化大，该病的发病率明显高于其他季节。那么寒冷天气，如何预防脑中风？控制血压，高血压是导致脑中风的最重要因素，因此，控制高血压是预防中风的重点。高血压病人要遵医嘱按时、坚持服用降压药物，不可自行停药，最好每日测1次血压，特别是在调整降压药物阶段，以保持血压稳定。				
Cold prone to stroke, what are the "magic weapons" to prevent it? Zhang Xiaoxue, deputy chief physician of encephalopathy Department of Jining Hospital of Traditional Chinese Medicine, Shandong Province, said that winter is the high incidence period of stroke, especially in the north, the temperature difference between day and night and indoor and outdoor changes greatly, and the incidence of the disease is significantly higher than other seasons. So how to prevent stroke in cold weather? Control of blood pressure, hypertension is the most important factor leading to stroke, therefore, control of hypertension is the focus of stroke prevention. Hypertensive patients should take antihypertensive drugs on time according to doctor's instructions. They should not stop taking antihypertensive drugs by themselves. It is better to take blood pressure once a day, especially in the stage of adjusting antihypertensive drugs, in order to keep blood pressure stable.				
<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. 孩子常吃的这4种垃圾食品，坏处你都清楚吗？ <a href="#">由着他吃才是害了他</a> <a href="#">Do you know the disadvantages of the four kinds of junk food that children often eat? It was he who ate that hurt him.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：01:32:04 Time: 01:32:04
孩子常吃的这4种垃圾食品，坏处你都清楚吗？由着他吃才是害了他。很多孩子都非常喜欢吃零食，而宝妈们则非常不喜欢孩子吃零食。因为我们常见的零食中，很多都是垃圾食品，它们对孩子有着很大的诱惑力，但是其中含有很多不健康成分，让宝妈们望而生畏。但是在孩子和宝妈这场关于零食的大战中，很多宝妈总是认输，因为不忍心一再对孩子说不，加上自己也觉得吃这些东西应该也没什么，最后就会由着孩子的性子，买回家很多垃圾食品。那我们就来看看，这些垃圾食品具体有什么危害，相信看了这些，你就不会再放任孩子整天吃垃圾食品了。				
Do you know the disadvantages of the four kinds of junk food that children often eat? It was he who ate that hurt him. Many children are very fond of snacks, while BMWs are very fond of snacks. Because many of our common snacks are junk food, they have a great temptation to children, but they contain many unhealthy ingredients, so that BMWs fear. But in the battle between children and BMW about snacks, many of them always admit defeat, because they can't bear to say no to their children again and again, and they think it's OK to eat these things. Finally, they will buy a lot of junk food home by their children's nature. Then let's see what harm these junk foods do. I believe that after reading these, you won't let your children eat junk food all day long.				
2. 北京健康体检机构数量逐年递增提倡低脂低盐低糖低卡的膳食模式 <a href="#">The number of health examination institutions in Beijing is increasing year by year, advocating a low-fat, low-salt, low-sugar and low-calorie diet model</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：17:13:05 Time: 17:13:05
截至2017年底，北京市具有开展健康体检资质的医疗机构(以下简称“健康体检机构”)由2013年的195家增至229家。2013年至2017年，北京市健康体检人数由323.44万人次增长至374.18万人次，近几年重大异常体征排名靠前的有血脂异常、超重肥胖等慢性非传染性疾病相关高危因素。健康体检机构逐年递增 5日，《北京市2017年度体检统计报告》发布，这是自2010年以来北京市体检中心第8次发布相关报告。与往年相比，报告新增加了2013年至2017年的体检数据趋势分析等内容。报告涉及的健康体检的受检人群为18岁以上成年人，采集了北京市179家机构的健康体检数据。				
By the end of 2017, the number of medical institutions qualified to carry out health examination in Beijing (hereinafter referred to as "health examination institutions") had increased from 195 in 2013 to 229. From 2013 to 2017, the number of physical examinations in Beijing increased from 3.2344 million to 3.7418 million. In recent years, high risk factors related to chronic non-communicable diseases, such as dyslipidemia, overweight and obesity, ranked first among the major abnormal signs. The number of health check-up institutions increased by 5 days year by year, and the statistical report of physical examination in Beijing in 2017 was released. This is the eighth report issued by Beijing Physical Examination Center since 2010. Compared with previous years, the report adds new contents such as trend analysis of physical examination data from 2013 to 2017. The health examination population involved in the report was adults over 18 years old. The health examination data of 179 institutions in Beijing were collected.				
3. 冬天零食不离嘴体重狂涨想缩胃，专家：冬季保持体重等于减肥 <a href="#">Snacking in winter is like losing weight. Experts: Keeping weight in winter equals losing weight.</a>	来源：长江网 Source: Yangtze River Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:14:12 Time: 15:14:12
冬天零食不离嘴体重狂涨想缩胃，专家：冬季保持体重等于减肥。小裘刚刚硕士研究生毕业，找到了一份心仪工作，1米70的她本来只有55公斤，入冬以来她就放开了吃。不料，从立冬到现在才一个月，她的体重呼呼地往上窜，长到了62公斤。听闺蜜们议论有一种“缩胃”的手术，能让人吃一点就饱了，小裘去向医生咨询，医生告诉她，此手术虽然可以帮助患者大大减少食量，但手术后体重并非必然会自然下降，如果不加以节制饮食，食量也会回升，患者也有机会复肥。科学控制体重才是正道。				
Snacks in winter are not separated from mouth weight crazy want to shrink stomach, experts: winter to maintain weight is equivalent to weight loss. Xiaoqiu has just graduated from Master's degree and found a desirable job. She was only 55 kilograms in 1.70 meters. She has been free to eat since winter. Unexpectedly, only a month from Lidong to now, her weight has been hurtling up to 62 kilograms. Listening to my girlfriends talk about a kind of "stomach contraction" operation, which can make people eat a little and be full, Xiaoqiu went to the doctor to consult, the doctor told her that although this operation can help patients greatly reduce the amount of food, but the weight after surgery will not necessarily drop naturally, if you do not control the diet, the amount of food will rise, patients also have the opportunity. Compound fertilizer. Scientific weight control is the right way.				
4. 骨质疏松症：减少用盐量及减少吃腌制食物 <a href="#">Osteoporosis: Reducing salt use and eating salted foods</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：17:21:19 Time: 17:21:19
骨质疏松症是常见的骨骼疾病，是一种以骨量低、骨组织微结构损坏，导致骨脆性增加，易发生骨折为特征的全身性骨病。骨质疏松离我们有多远？2003年至2006年全国性大规模流行病学调查：年龄超过50岁的人群，以椎体和股骨颈骨密度为基础的骨质疏松症总患病率为：女性20.7%，男性14.4%；据估算，2006年全国50岁以上人群中约有约6944万人患有骨质疏松症，约2亿1千万人存在骨量减少。骨质疏松症基金会主持的一项最新研究显示：我国骨质疏松的总患病率为6.6%~19.3%，平均为13%。根据我国2013年人口普查，超过60岁的老人约为2.02亿，推测至2050年，这一数字可能上升至4亿，中国骨质疏松症或低骨量患者将达到2.12亿。骨质疏松症对你有何影响？				
Osteoporosis is a common bone disease. It is a systemic bone disease characterized by low bone mass and damage of bone tissue micro-structure, resulting in increased bone fragility and prone to fracture. How far is osteoporosis from us? National large-scale epidemiological survey from 2003 to 2006: the total prevalence of osteoporosis based on vertebral and femoral neck bone mineral density among people over 50 years old is 20.7% for women and 14.4% for men; it is estimated that in 2006, about 69.44 million people over 50 years old in China suffered from osteoporosis, and about 210 million people existed. Osteopenia. A new study sponsored by the Osteoporosis Foundation shows that the total prevalence of osteoporosis in China ranges from 6.6% to 19.3%, with an average of 13%. According to China's 2013 census, the number of elderly people over 60 years old is about 202 million. It is speculated that by 2050, this number may rise to 400 million, and the number of osteoporosis or low bone mass patients in China will reach 212 million. How does osteoporosis affect you?				
5. 明明白白吃大虾：应少盐少油 <a href="#">Clearly eat prawns freely: less salt and less oil</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：16:35:58 Time: 16:35:58
上海海洋大学食品学院水产品加工及贮藏工程系主任教授 陈舜胜 编者的话：营养丰富、味道鲜美的虾是餐桌上的常客。然而，你真的吃对虾了吗？本期，《生命时报》特邀上海海洋大学食品学院水产品加工及贮藏工程系主任教授陈舜胜为大家答疑解惑，让你明明白白吃虾。挑选有光泽新鲜度高的。虾大体分为几类？一般来说，虾分为海水虾和淡水虾两大类。海水虾和淡水虾哪个好？其实海水虾和淡水虾的营养价值没有太大差别。如果追求鲜美的味道，建议选海水虾，但是价格较贵。				
Editor Chen Shunsheng, Professor, Department of Aquatic Products Processing and Storage Engineering, School of Food, Shanghai Ocean University, said: Shrimp with rich nutrition and delicious taste is a frequent customer on the dining table. But do you really eat prawns? In this issue, Life Times invites Professor Chen Shunsheng, Head of the Department of Aquatic Products Processing and Storage Engineering, School of Food, Shanghai Ocean University, to answer questions and make you understand that shrimp is freely eaten. Choose those with high luster and freshness. How many kinds of shrimp are there? Generally speaking, shrimp can be divided into two categories: seawater shrimp and freshwater shrimp. Which is better, seawater shrimp or freshwater shrimp? In fact, the nutritional value of seawater shrimp and freshwater shrimp is not very different. If the pursuit of delicious taste, it is recommended to choose seawater shrimp, but the price is more expensive.				
<div>决心工程 Resolve To Save Lives</div>				

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2018-12-08, 共监测到476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 476 WeChat public articles were monitored in 2018-12-08. This page shows the top five articles by repeat number today.

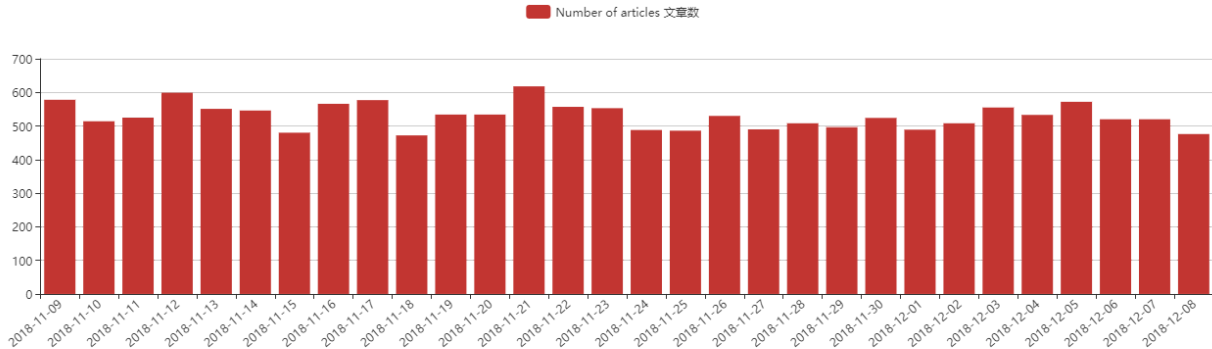
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [招来糖尿病的一个坏习惯, 很多人天天在重复](#)

重复数: 12

日期: 2018-12-08

[A bad habit that causes diabetes is repeated by many people every day.](#)

Repeat Number: 12

Data: 2018-12-08

长期吃太多盐, 长期口味太重。研究发现, 其他生活方式相似的前提下, 吃盐多的人, 得糖尿病的风险会增加 2 倍。原因是: 过多的盐会使体内一种名为「饥饿素」的物质增多。这种物质会抑制胰岛素分泌, 让人体「抵抗」胰岛素, 并直接削弱胰岛素的降糖能力。

Eating too much salt for a long time causes the taste of the diet to be too heavy. The study found that people who eat more salt have a twofold increase in the risk of diabetes if other lifestyles are similar. The reason is: Excessive salt will increase the amount of substances in the body called "ghrelin". This substance inhibits insulin secretion, allowing people to "resist" insulin and directly impair insulin's ability to lower glucose.

#### 2. [【分 享】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: 6

日期: 2018-12-08

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

Repeat Number: 6

Data: 2018-12-08

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, 不喝太多味增汤, 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。相比之下, 我国居民盐摄入量严重超标, 是世界卫生组织推荐量的2.4倍。我国数量庞大的心脑血管疾病和高血压患者群体, 与高盐饮食关系密切。

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 put salt after cooking, which can minimize salt intake. In contrast, the salt intake of our residents is seriously exceeded, which is 2.4 times the recommended amount of the World Health Organization. The large number of patients with cardiovascular and cerebrovascular diseases and hypertension in China is closely related to the high salt diet.

#### 3. [天然的“降压药”找到了, 一日三杯, 血管软化, 高血压降低了!](#)

重复数: 4

日期: 2018-12-08

[The natural "antihypertensive drug" was found. Three cups a day can soften blood vessels and lower blood pressure!](#)

Repeat Number: 4

Data: 2018-12-08

盐分过多容易导致血压升高, 国内外报道较多。研究人员发现, 北极爱斯基摩人和太平洋岛屿的一些土著人, 很少吃盐, 几乎找不到高血压患者。而我国北方居民的用盐量比南方普遍要高, 高血压患病率也明显高于南方。

Excessive salt can easily lead to elevated blood pressure. The researchers found that the Arctic Eskimos and some indigenous people in the Pacific Islands seldom eat salt and almost no one suffers from high blood pressure. The salt content of residents in northern China is higher than that in the south, and the prevalence of hypertension is also significantly higher than that in the south.

#### 4. [【12.8】想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 4

日期: 2018-12-08

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

Repeat Number: 4

Data: 2018-12-08

很多人在做菜的时候喜欢放很多盐, 觉得这样才入味, 但摄入过多的话, 对人体会产生不利的影响! 长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要从肾脏排出, 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。

Many people like to put a lot of salt in their cooking. They think it tastes good, but if they eat too much, it will have a negative impact on the human body. Long-term high-salt diets can easily cause high blood pressure, hardening of the arteries, and excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. The optimal amount of salt for healthy people to eat through the diet is no more than 6 grams, 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.

#### 5. [十大健康警戒线划出来了, 寿命长短都由它决定! 非常重要!](#)

重复数: 4

日期: 2018-12-08

[Ten health warning lines have been drawn out, and the length of life depends on it! Very important!](#)

Repeat Number: 4

Data: 2018-12-08

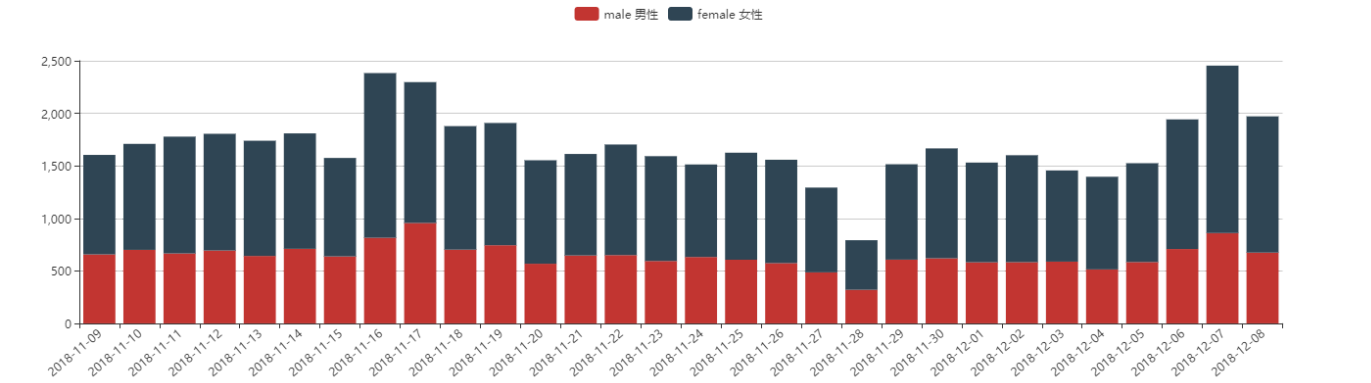
食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克, 这6克, 相当于一个啤酒瓶盖大小。

Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage and accelerates osteoporosis. And if you eat too much salt, your skin will get worse. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap.

# 减盐-微博

## Salt Reduction - Weibo

2018-12-08, 共检测到1971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 1971 weibos about salt reduction monitored on 2018-12-08.  
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!

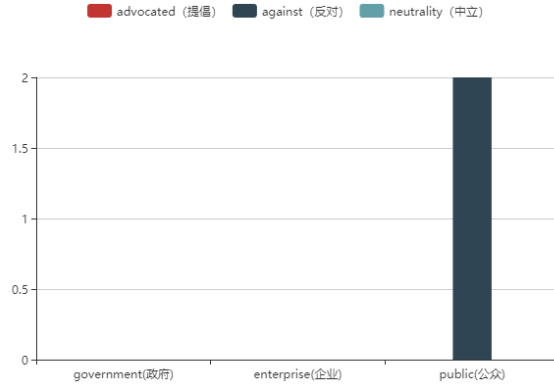
No such weibos!

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2018-12-08) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-12-08. Please click the title to view full information.

The original article is in Chinese only.



### 山东 Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 河南 Henan

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 安徽 Anhui

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 浙江 Zhejiang

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程

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

其他省份  
Other Provinces

反式脂肪酸 Trans fat				
1. <a href="#">冬天零食不离嘴体重狂涨想缩胃，专家：冬季保持体重等于减肥</a> <a href="#">Snacking in winter is like losing weight. Experts: Keeping weight in winter equals losing weight.</a>	来源：长江网	主体：公众	态度：反对	时间： 15:07:41
	Source: Yangtze River Network	Subject: public	Attitude: against	Time: 15:07:41
<p>冬天零食不离嘴体重狂涨想缩胃，专家：冬季保持体重等于减肥。小裘刚刚硕士研究生毕业，找到了一份心仪工作，1米70的她本来只有55公斤，入冬以来她就放开了吃。不料，从立冬到现在才一个月，她的体重呼呼地往上窜，长到了62公斤。听闺蜜们议论有一种“缩胃”的手术，能让人吃一点就饱了，小裘去向医生咨询，医生告诉她，此手术虽然可以帮助患者大大减少食量，但手术后体重并非必然会自然下降，如果不加以节制饮食，食量也会回升，患者也有机会复肥。科学控制体重才是正道。</p>				
<p>Snacks in winter are not separated from mouth weight crazy want to shrink stomach, experts: winter to maintain weight is equivalent to weight loss. Xiaoqiu has just graduated from Master's degree and found a desirable job. She was only 55 kilograms in 1.70 meters. She has been free to eat since winter. Unexpectedly, only a month from Lidong to now, her weight has been hurtling up to 62 kilograms. Listening to my girlfriends talk about a kind of "stomach contraction" operation, which can make people eat a little and be full, Xiaoqiu went to the doctor to consult, the doctor told her that although this operation can help patients greatly reduce the amount of food, but the weight after surgery will not necessarily drop naturally, if you do not control the diet, the amount of food will rise, patients also have the opportunity. Compound fertilizer. Scientific weight control is the right way.</p>				
2. <a href="#">北京健康体检机构数量逐年递增提倡低脂低盐低糖低卡的膳食模式</a> <a href="#">The number of health examination institutions in Beijing is increasing year by year, advocating a low-fat, low-salt, low-sugar and low-calorie diet model</a>	来源：中国新闻网	主体：公众	态度：反对	时间： 17:08:02
	Source: China News Network	Subject: public	Attitude: against	Time: 17:08:02
<p>截至2017年底，北京市具有开展健康体检资质的医疗机构(以下简称“健康体检机构”)由2013年的195家增至229家。2013年至2017年，北京市健康体检人数由323.44万人次增长至374.18万人次，近几年重大异常体征排名靠前的有血脂异常、超重肥胖等慢性非传染性疾病相关高危因素。健康体检机构逐年递增 5日，《北京市2017年度体检统计报告》发布，这是自2010年以来北京市体检中心第8次发布相关报告。与往年相比，报告新增加了2013年至2017年的体检数据趋势分析等内容。报告涉及的健康体检的受检人群为18岁以上成年人，采集了北京市179家机构的健康体检数据。</p>				
<p>By the end of 2017, the number of medical institutions qualified to carry out health examination in Beijing (hereinafter referred to as "health examination institutions") had increased from 195 in 2013 to 229. From 2013 to 2017, the number of physical examinations in Beijing increased from 3.2344 million to 3.7418 million. In recent years, high risk factors related to chronic non-communicable diseases, such as dyslipidemia, overweight and obesity, ranked first among the major abnormal signs. The number of health check-up institutions increased by 5 days year by year, and the statistical report of physical examination in Beijing in 2017 was released. This is the eighth report issued by Beijing Physical Examination Center since 2010. Compared with previous years, the report adds new contents such as trend analysis of physical examination data from 2013 to 2017. The health examination population involved in the report was adults over 18 years old. The health examination data of 179 institutions in Beijing were collected.</p>				
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

2018-12-08, 共监测到220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 220 WeChat public articles were monitored in 2018-12-08. This page shows the top five articles by repeat number today.

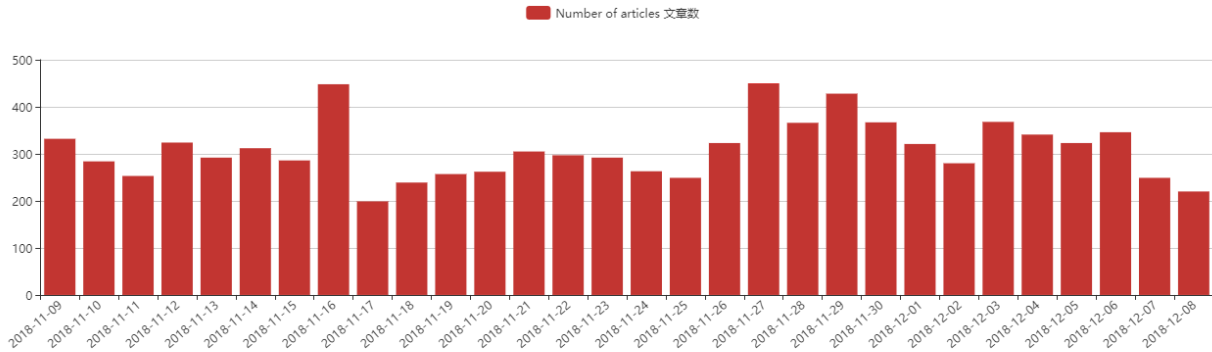
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [【养生】肠道最怕5种食物! 哪个是你的最爱?](#)

重复数: 3

日期: 2018-12-08

Repeat Number: 3

Data: 2018-12-08

反式脂肪酸会让食物变得松软可口, 但是过多的反式脂肪酸对肠道健康有损伤作用。人造反式脂肪的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、能增添食品酥脆口感、易于长期保存等优点, 因此被大量运用于市售包装食品、餐厅的煎炸食品中。

Trans fatty acids can make food soft and delicious, but too much trans fatty acids can damage the intestinal health. The main source of artificial trans fats is partially hydrotreated vegetable oils. Partially hydrogenated oils have the advantages of high temperature resistance, non-deterioration, crispy mouthfeel, and long-term preservation. Therefore, they are widely used in commercially available packaged foods and fried foods in restaurants.

### 2. [每年致死50万人, 世卫组织已呼吁停用, 你常吃的食物中就有它](#)

重复数: 3

日期: 2018-12-08

Repeat Number: 3

Data: 2018-12-08

反式脂肪每年导致50多万人 死于心血管疾病 近日, 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪, 以降低患心血管疾病的风险。统计数据显示, 反式脂肪每年在全球导致50多万人死于心血管疾病。人造反式脂肪在我们日常饮食中很常见, 比如我们吃的零食、烘焙食品和油炸食品往往都含有人造反式脂肪。

Trans fat causes more than half a million people to die from cardiovascular disease each year. Recently, the World Health Organization issued a call for countries to completely eliminate artificial trans fats in foods within five years to reduce the risk of cardiovascular disease. Statistics show that trans fat causes more than half a million people worldwide to die of cardiovascular disease each year. Artificial trans fats are common in our daily diet. Snacks, baked goods and fried foods we eat often contain artificial trans fats.

### 3. [奶茶, 正在毁掉中国的三代人。](#)

重复数: 1

日期: 2018-12-08

Repeat Number: 1

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.

### 4. [急性咽炎千万不能拖, 小心病变慢性咽炎](#)

重复数: 1

日期: 2018-12-08

Repeat Number: 1

Data: 2018-12-08

急性咽炎千万不能拖, 小心病变慢性咽炎 减少食用含部分氢化植物油的食物, 来降低饮食中的反式脂肪含量 使用液态植物油和软性人造黄油来替代固态脂肪 限制食用由部分氢化或饱和脂肪制作的蛋糕、饼干、脆饼、糕点、馅饼、松饼、面包圈和薯条

Acute pharyngitis should be treated promptly, otherwise it may become chronic pharyngitis. Reduce the consumption of foods containing partially hydrogenated vegetable oils to reduce the trans fat content of the diet. Use liquid vegetable oil and soft margarine to replace solid fat. Limit the consumption of cakes, biscuits, shortbread, pastries, pies, muffins, bagels and chips made from partially hydrogenated or saturated fat.

### 5. [脸要穷养, 脚要富养; 心要穷养, 肺要富养.....](#)

重复数: 1

日期: 2018-12-08

Repeat Number: 1

Data: 2018-12-08

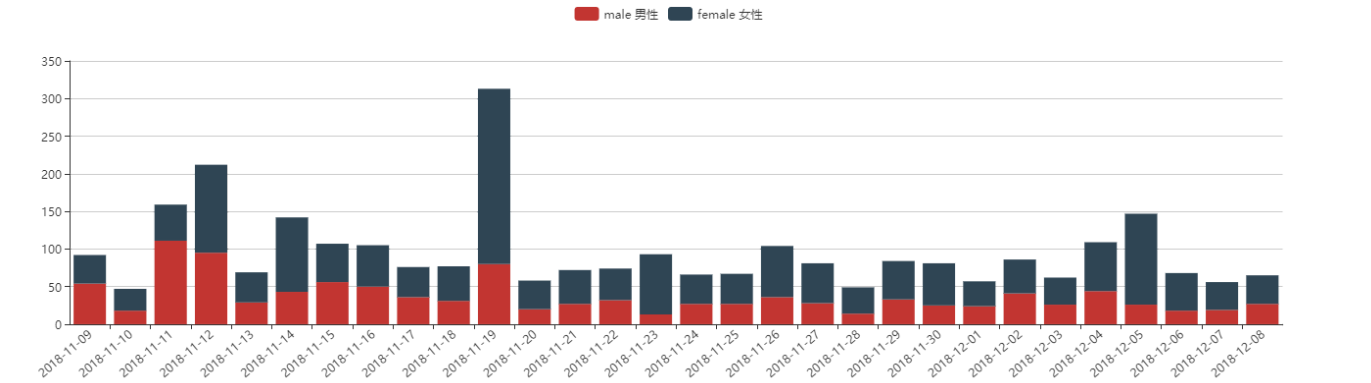
少吃人造多吃天然食品, 配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。肺要富养: 保证干净的生活环境 健康的肺离不开干净卫生的生活环境。除了远离烟草, 厨房中的油烟也要尽量避免, 否则就会吸入大量致癌物。

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. Keep your lungs healthy: Keep your living environment clean. Healthy lungs are inseparable from a clean and healthy living environment. In addition to staying away from tobacco, the fumes in the kitchen should be avoided as much as possible, otherwise a large number of carcinogens will be inhaled.

# 反式脂肪酸-微博

## Transfat - Weibo

2018-12-08, 共检测到65条与“反式脂肪酸”相关的微博。  
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热门微博  
Hot Weibos

1. 没有相关微博!  
No such weibos!