

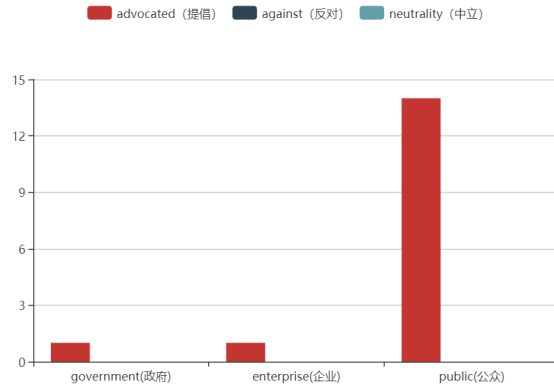
减盐-新闻

Salt Reduction - News

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山东

Shandong

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综合健康信息 Comprehensive Health Information				
1. 泰山区省庄卫生院圆满完成对辖区内餐饮单位减盐指导工作 The successful completion of the institutes in the area under its jurisdiction zhuang tai shan district province catering unit salt	来源: 山东新闻网	主体: 政府	态度: 提倡	时间: 17:06:03
	来源: 山东新闻网	Subject: government	Attitude: advocate	Time: 17:06:03
<p>省庄卫生院经过前期联合镇城管办、食药所、卫计办对辖区内餐饮单位排查走访, 根据实际开展辖区内餐饮单位减盐指导工作。现已全面圆满完成辖区内餐饮单位减盐指导工作。省庄卫生院、镇城管办、镇食药所、镇卫计办工作人员冒着酷暑、不怕炎热, 整日行走在餐饮单位集中区域进行减盐指导, 在餐饮单位公共场所悬挂低盐膳食有益健康每人每天6克盐减盐防控高血压提示牌, 同时向各经营业主发放限盐勺并说明使用方法, 2克的限盐勺每人每顿饭一勺盐, 在其吧台等醒目处摆放健康血压从“盐”要求桌牌, 向经营食品加工的业主耐心细致的讲解在食品加工中酱油、盐、味精等比例的用法, 这不但是对消费者的饮食负责, 也是对自己、对社会的负责, 只有大家共同树立良好的饮食观念, 才能保障我们有健康的体魄。经过卫生院、城管办、食药所、卫计办四家单位工作人员的共同努力, 全镇餐饮单位大部分完成减盐指导工作。减盐指导工作的开展, 将对减盐防控高血压起到积极推进作用, 为广大群众树立低盐膳食观念起到推波助澜作用!</p> <p>The Provincial Zhuang Hospital of Health has completed the salt reduction guidance of catering units in its jurisdiction completely and satisfactorily after the investigation and visit of catering units in its jurisdiction by the joint Town and City Administration Office, the Food and Drug Institute and the Health Planning Office in the earlier period, and carried out the salt reduction guidance of catering units in its jurisdiction according to the actual situation. Workers of provincial and village health centers, town administration offices, town food and pharmacy offices and town health planning offices brave the heat and fear the heat, walk all day in the concentrated areas of catering units for salt reduction guidance, hang low-salt meals in public places of catering units for good health, 6 grams of salt per person per day for salt reduction, prevention and control of hypertension, and issue them to business owners at the same time. Place a salt-limiting spoon and explain how to use it. 2 g salt-limiting spoon is one spoonful of salt for each meal. Place healthy blood pressure at the bar and other prominent places from the "salt" requirement tables. Patiently and meticulously explain the use of soy sauce, salt, monosodium glutamate and other proportions in food processing to the owners of food processing. This is not only responsible for the diet of consumers. It is also a responsibility to oneself and society. Only by establishing a good dietary concept together can we guarantee our healthy body. Through the joint efforts of the staff of the health center, city management office, food and Drug Institute and health planning office, most of the catering units in the town completed the salt reduction guidance work. The development of salt reduction guidance will play an active role in promoting salt reduction, prevention and control of hypertension, and promote the establishment of low-salt diet concept for the general public.</p>				
2. 长期日常饮食过于寡淡78岁老人因低钠陷昏迷 Long term because of a low sodium diet too slow 78 - year - old, trapped in a coma	来源: 半岛网	主体: 公众	态度: 提倡	时间: 17:15:21
	来源: 半岛网	Subject: public	Attitude: advocate	Time: 17:15:21
<p>长期日常饮食过于寡淡, 78岁老人因低钠陷昏迷。78岁的市民王爷爷(化名) 因患“支气管哮喘、慢性阻塞性肺疾病”, 是市立医院西院区呼吸内科的“常客”。今年10月初, 老人到其他医院住院治疗。出院当天, 老人出现发热、打喷嚏、流涕、咳嗽加重, 伴有畏寒、恶心、呕吐、精神不振、食欲下降, 体温最高可达39.0℃。起初发热, 家属以为是他出汗后着凉, 后来发现他出现嗜睡、意识不清、说话含糊, 再后来连人都不认了。</p> <p>Long term diet is too weak, 78 year old because of low sodium coma. Grandpa Wang, a 78-year-old citizen with a pseudonym of "bronchial asthma and chronic obstructive pulmonary disease", is a "frequent visitor" of the Department of Respiratory Medicine in the West Hospital of Municipal Hospital. In early October this year, the elderly were hospitalized in other hospitals. On the day of discharge, fever, sneezing, runny nose and expectoration were aggravated, accompanied by chills, nausea, vomiting, depression and loss of appetite. The highest body temperature was 39.0 C. At first he had a fever and his family thought he had caught a cold after sweating. Later, they found that he was sleepy, unconscious and vague. Later, even people did not recognize him.</p>				
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安徽
Anhui

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1. 癌症患者越来越年轻合肥医疗专家开出预防“药方” More and more young cancer patients in hefei medical experts on prevention "prescription" 来源：万家热线 主体：公众 态度：提倡 时间： 09:13:08
前央视主持人李咏50岁因癌症去世引发社会广泛关注，叹惋之余，癌症的防治再次成为大家关注的重点。10月31日，合肥在线记者探访合肥市第三人民医院肿瘤科时了解到，“早发现、早诊断、早治疗”是提高癌症治愈水平的关键。有相当一部分癌症有警示症状，只要保持警惕，及时就诊，就可以早期发现。通过早期发现和充分治疗，有三分之一的癌症可以治愈。
Former CCTV host Li Yong's 50-year-old death from cancer has aroused widespread concern in the society. Besides lamenting, the prevention and treatment of cancer has once again become the focus of attention. On October 31, an online reporter from Hefei visited the oncology department of Hefei Third People's Hospital and learned that "early detection, early diagnosis and early treatment" is the key to improving the level of cancer cure. A considerable number of cancers have warning symptoms. As long as they remain vigilant and see a doctor in time, they can be detected early. By early detection and adequate treatment, 1/3 of cancer can be cured.
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浙江
Zhejiang

食物中的钠 Sodium in food
1. 4种高发癌早期预警信号，为自己、为家人看一眼 Four kinds of high incidence of cancer early warning signal, look for himself and for his family 来源：浙江在线 主体：公众 态度：提倡 时间： 17:15:40
4种高发癌早期预警信号，为自己、为家人看一眼。 近日，主持人李咏的妻子发文称李咏因癌症去世。她写道“在美国，经过17个月的抗癌治疗，2018年10月25日凌晨5点20分，永失我爱。” 消息一出，网友们都表示太突然了，不敢相信。仔细想想，确实很久没看到李咏的消息了，上一次听说关于他的消息，还是今年4月因发型上了热搜。 在心痛惋惜之余，我们不难发现，近年来越来越多人因癌离世。
4 early warning signals for high incidence cancer, for yourself and for family members.Recently, the wife of Li Yong, the host, said that Li Yong had died of cancer. "In the United States, after 17 months of anti-cancer treatment, I lost my love at 5:20 a.m. on October 25, 2018," she wrote. As soon as the news came out, the netizens said they were too sudden to believe it. Think about it carefully. I haven't seen the news of Li Yong for a long time. The last time I heard about him, it was in April this year that he got a hot search for his hairstyle.After heartache, we can easily find that more and more people died of cancer in recent years.

高血压 Hypertension				
1. 控制血压有哪些诀窍请收好降压四个锦囊 Control of blood pressure what tips keep the step-down four kits, please	来源：中国宁波网 来源：中国宁波网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:31:27 Time: 10:31:27
控制血压有哪些诀窍，请收好降压四个锦囊。 现代人讲究养生食疗，如果是高血压，也能靠吃控制好血压吗？专家的意见是血压的管理不能只靠饮食。日常管理血压有哪些诀窍？不妨收好南医三院心血管内科周涓主任医师送出的降压四个锦囊。 健康生活+合理饮食。 周涓介绍说，健康的生活方式是治疗高血压的基础，应长期坚持。				
There are four tips to control blood pressure.				
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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 6件事做多了，肾就坏“透了”，希望你一件件改掉 Do six things much, kidney is bad "terrible", hope you change one by one	来源：汉丰网 来源：汉丰网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 20:26:33 Time: 20:26:33
6件事做多了，肾就坏“透了”，希望你一件件改掉。 肾脏是重要的身体器官之一，肾脏的作用除了代谢体内毒素，维持酸碱平衡，还有助生长发育，决定了身体的强弱状态。但是如今很多小年轻不注意身体，透支肾脏健康，人未老肾先虚。几个伤肾行为，你中招了吗？ 1.熬夜， 工作压力大熬夜，学习任务重熬夜，聚会狂欢熬夜，如今的人总有各种理由不睡觉，年轻人精力足，状态好，所以熬夜对他们来说不是什么大事。但是熬着熬着，你就把身体熬坏了。				
The 6 thing is too much, and the kidney is bad.Kidney is one of the important organs of the body. In addition to metabolizing toxins and maintaining acid-base balance, the function of kidney also helps growth and development, which determines the strength of the body.But now many young people do not pay attention to their bodies, overdraw their kidneys, and their old kidneys are empty. Have you done anything about kidney injury?1. stay up late,Nowadays, people have all kinds of reasons not to sleep. Young people are energetic and in good condition, so staying up late is not a big deal for them. But if you stay up, you will burn your body down.				

高血压 Hypertension				
1. 妊娠期高血压病过度限盐当心患上低钠血症 Gestational hypertension excessive limit salt, beware of a condition called hyponatremia	来源：东北网 来源：东北网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:15:00 Time: 11:15:00
笑笑(化名)是一名妊娠30周的孕妈妈，因在产检时检测出血压偏高，被诊断为妊娠期高血压病。笑笑认为不吃盐就可以将血压降下来，每日的饮食中几乎不放盐，也不吃任何有“滋味”的食物。近日，她总是感觉恶心并且经常呕吐，于是来到哈尔滨市红十字中心医院就诊，心内科医生经过一系列检查并根据临床表现，诊断其为低钠血症。 如今随着医学知识的普及，很多高血压患者普遍意识到高盐饮食对身体的危害，因此限制盐的摄入。对此，哈尔滨市红十字中心医院心内科兼ICU主任芦莹表示，虽然低盐饮食已经成为大家的共识，然而过犹不及，临床中总能遇到像笑笑一样的患者，虽然减少盐的摄入血压会下降一些，但是孕妇本身的高血压有另外的机制，即使严格限盐，血压下降的程度也是有限的，反倒是低钠血症的后果更严重。				

Xiaoxiao (a pseudonym) is a pregnant mother of 30 weeks of gestation. She was diagnosed as gestational hypertension because of the high blood pressure detected during the maternity examination. Smile thinks that blood pressure can be lowered without salt. There is almost no salt in the daily diet and no "tasty" food. Recently, she always felt nausea and vomiting, so she came to Harbin Red Cross Central Hospital to see a doctor, cardiologist after a series of examinations and according to the clinical manifestations, diagnosis of hyponatremia.Nowadays, with the popularization of medical knowledge, many hypertensive patients are generally aware of the harm of high salt diet to the body, so they limit salt intake. In response, Lu Ying, Director of Cardiology and ICU of Harbin Red Cross Central Hospital, said that although low-salt diet has become the consensus of all, it is too late to meet patients like laughing and laughing in clinic. Although reducing salt intake may decrease blood pressure, there are other mechanisms for hypertension in pregnant women, that is, high blood pressure in pregnant women. The degree of blood pressure reduction is limited by strict salt restriction, but the consequences of hyponatremia are more serious.				
2. 自带“降压光环”的两大运动除了吃药你还能这么做 Built-in step-down halo *two big sport besides take medicine can you do the same	来源：多维新闻网 来源：多维新闻网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 13:25:34 Time: 13:25:34

高血压是生活中很常见的一种慢性疾病，会引发很多并发症，比如心脑血管疾病等，对健康危害极其严重，那么降压的方法到底有哪些？又有哪些运动适合高血压患者呢？ 常见的几种降压方法： 1、改善饮食， 高血压之所以出现概率越来越高，跟不良的生活习惯有关，因此想要降血压一定要将这些不良的生活习惯进行调理改善，还要多吃一些降压食物，比如芹菜、紫菜以及香蕉等。 在芹菜当中含有一种物质叫做芹菜素，这种物质可以帮助人体血管舒张，因此可以达到降血压的效果。除了可以多吃降压食物之外，患者在平常生活中还要少吃盐、少吃油腻以及脂肪含量高的食物。				
Hypertension is a very common chronic disease in life. It can cause many complications, such as cardiovascular and cerebrovascular diseases, which are extremely harmful to health. So what are the methods of lowering blood pressure? What sports are suitable for patients with hypertension?Common methods of lowering blood pressure:1, improve diet.The increasing probability of hypertension is related to bad habits, so if you want to reduce blood pressure, you must adjust and improve these bad habits, and eat more antihypertensive foods, such as celery, laver and bananas.Celery contains a substance called apigenin, which can help relax blood vessels and thus reduce blood pressure. In addition to eating more antihypertensive foods, patients in ordinary life also eat less salt, less greasy and high fat food.				

心血管健康 Cardiovascular health				
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综合健康信息 Comprehensive Health Information				
1. 让更多家庭拥有更健康的生活 Let more households have more healthy life	来源：瓯网 来源：瓯网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 12:06:04 Time: 12:06:04
健康龙湾·医路为你，龙湾区健康教育走进“家庭”。 自创建全国健康促进区以来，龙湾区依托社区，加强家庭健康促进与教育工作——通过发动社区力量调研推选，积极培育一批室内外环境整洁、生活方式科学、健康素养较高的示范家庭；通过服务医疗团队的指导，使居民个人、家庭掌握健康技能，更科学地管理健康；通过积极宣传，让更多的家庭关注健康，全面提高居民健康素养水平。 截至目前，龙湾区共建设成129户“健康示范家庭”，全面倡导“合理膳食、适量运动、戒烟限酒、心理平衡”的健康生活方式，让更多的家庭成为健康生活方式的实践者和受益者。 倡导健康生活，创建“健康示范家庭”。 为了营造良好的家庭健康氛围，进一步提高辖区居民的健康意识和健康素质，龙湾区积极创建“健康示范家庭”，倡导更健康的生活方式。				

Health Longwan, medical road for you, Longwan district health education into the "family".Since the establishment of the National Health Promotion Zone, Longwan District has relied on the community to strengthen family health promotion and education work. By mobilizing community forces for research and selection, it has actively nurtured a number of model families with clean indoor and outdoor environment, scientific lifestyle and high health literacy; and by serving the guidance of medical teams, it has made residents individual. Families should master health skills and manage health more scientifically. Through active propaganda, more families should pay attention to health and improve				
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residents'health literacy in an all-round way.Up to now, Longwan District has built 129 "healthy demonstration families", advocating a healthy lifestyle of "reasonable diet, moderate exercise, smoking cessation, alcohol restriction and psychological balance", so that more families can become practitioners and beneficiaries of a healthy lifestyle.Advocate healthy life and create "Healthy demonstration family".In order to create a good family health atmosphere and further improve the health awareness and quality of residents in Longwan District, Longwan District actively establishes a "healthy demonstration family" and advocates a healthier lifestyle.

2. 金秋敬老月，浓浓敬老情——燕园街道举办重阳“敬老月”系列活动	来源：新浪网	主体：公众	态度：提倡	时间：18:10:21
Autumn to respect, thick to respect love together - street of chongyang 'respect' series of activities	来源：新浪网	Subject: public	Attitude: advocate	Time: 18:10:21

秋风送爽，丹桂飘香，金秋十月，我们不仅迎来了一年一度的九九重阳节，也迎来了第九个全国“敬老月”。为弘扬中华民族爱老孝老的传统美德，进一步营造尊老敬老的社会氛围，北京大学燕园街道及各社区居委会携手北京大学学校医院、侨联、爱心社、睿搏社会工作事务所，以及剪纸艺术家郭海帆老师、张晓林老师等社会各界爱心人士，围绕健康宣传、技能培训和娱乐联欢等三大主题，为辖区内的老人举办了一系列丰富多彩的敬老活动，切实增强老年人的社区归属感和幸福感。义诊活动关注老人健康 在健康宣传方面，10月8日，燕东园社区居委会邀请北京大学校医院的医务人员开展了“健康义诊进社区”活动。医务人员为老年人免费测量血压，并从高血压水平的分类、危险分层、靶器官损害、规范降压治疗等方面讲解高血压防治的相关知识，希望大家都能够养成健康保健习惯，从控盐限油入手，控制体重，科学预防和控制高血压。活动结束后，社区老人们对于医务人员的热情服务给予了一致好评，并纷纷表示希望此类健康义诊活动能够多多开展，为老百姓服务。

The autumn breeze is refreshing and the sweet smell of Danguai is fragrant. In autumn and October, we not only ushered in the annual Double Ninth Festival, but also ushered in the ninth National "Respect for the Elderly Month". In order to carry forward the traditional virtues of the Chinese nation of loving and filial piety for the elderly and further create a social atmosphere of respecting and respecting the elderly, Yanyuan Street of Peking University and the neighborhood committees of various communities have joined hands with Peking University Hospital, Overseas Chinese Federation, Aixin Society, Ruibao Social Work Office, as well as paper-cut artist Guo Haifan and Zhang Xiaolin. People, focusing on the three themes of health promotion, skills training and entertainment, have organized a series of colorful activities for the elderly in their jurisdiction to enhance their sense of belonging and happiness in the community. On October 8, Yandongyuan Community Neighborhood Committee invited medical staff of Peking University Hospital to carry out the activity of "health free clinic into community". Medical staff measure blood pressure for the elderly free of charge, and explain the related knowledge of hypertension prevention and control from the classification of hypertension level, risk stratification, target organ damage, standardization of antihypertensive treatment and so on. I hope that everyone can develop health care habits, starting with salt and oil control, weight control, scientific prevention and control of hypertension. After the event, the elderly in the community gave unanimous praise to the enthusiastic service of medical staff, and expressed their hope that such health free clinic activities could be more carried out to serve the people.

3. 讲究传统“君臣佐使”配伍的皇族养心堂好用吗？	来源：TOM	主体：企业	态度：提倡	时间：13:18:30
Pay attention to the traditional "fujin made" compatibility of royal yangxin hall to use?	来源：TOM	Subject: industry	Attitude: advocate	Time: 13:18:30

讲究传统“君臣佐使”配伍的皇族养心堂好用吗？近年来，从健身、少油少盐的饮食、酵素等保健品火热畅销中，不难看出，大众目光更偏向于养生及内调外养。毕竟，现代生活节奏紧凑，实际上环境、气候、个体行为习惯等内外因素，都会潜移默化地影响肌肤健康，很多时候，敏感肌的干痒红肿症状说来就来，痘痘肌的粉刺痘痘顽固的难以消除。若没有透过适当的护理，很可能造成肌肤问题反覆出现，甚至提前老化。曾在厨房中占有很大席位的一些食材，目前登陆护肤领域，其中独头蒜、白果、酸枣仁现在就被广泛应用。近期，获得瑞丽美容大赏人气单品的皇族养心堂RFB小棕油，优选21种草本植物炮制萃取，也有添加其为萃取成分。

Do you care about the traditional royal family hall, which is compatible with traditional officials?In recent years, health products such as fitness, diet with less oil and salt, enzymes and so on have become popular. It is not difficult to see that the public's attention is more focused on health preservation and internal and external nutrition.After all, the compact rhythm of modern life, in fact, the environment, climate, individual behavior habits and other internal and external factors, will subtly affect skin health, many times, the itching red swelling symptoms of sensitive muscles come, acne acne stubborn acne acne is difficult to eliminate. Without proper care, skin problems may occur repeatedly, or even premature aging.Some of the ingredients that once occupied a large position in the kitchen are now landing in the field of skin care, among which garlic, white fruit and Zizyphus spinosa are now widely used.Recently, the Royal Yangxintang RFB small brown oil, which is a popular product of Ruili Beauty Appreciation, was obtained. Twenty-one herbal plants were selected for processing and extracting, and some were added as extracting ingredients.

4. 吃坚果的正确方式get一下	来源：新浪网	主体：公众	态度：提倡	时间：14:19:53
Eat nuts, the right way to get it	来源：新浪网	Subject: public	Attitude: advocate	Time: 14:19:53

由于坚果中脂肪含量较多，对于那些肥胖的人群，一定要严格控制。瓜子、核桃、榛子、夏威夷果、碧根果、松子、开心果、巴旦木等坚果陆续上市。有的人认为坚果是健康零食的代表，也有人担心坚果里有很多油脂，吃多了会发胖？这些不同的坚果中，究竟含有哪些营养元素？对人的身体有什么好处？新京报记者专门请来解放军第309医院营养科主任左小霞为大家解惑。富含多种维生素和矿物质。“在谈营养之前，首先我们要知道坚果主要分为两类，一类是偏淀粉性的，一类是偏油性的。

Because nuts contain a lot of fat, they must be strictly controlled for those who are obese.Nuts such as melon seeds, walnuts, hazelnuts, Hawaiian nuts, Bigen nuts, pine nuts, pistachios and Padan trees have been on the market one after another. Some people think that nuts are the representative of healthy snacks. Others worry that nuts contain a lot of fat. If they eat too much, they will gain weight.What nutrients do these different nuts contain? What are the benefits to the human body? The Beijing News reporter specially invited Zuo Xiaoxia, director of the Nutrition Department of the 309th Hospital of the PLA, to dispel doubts.Rich in vitamins and minerals.“Before we talk about nutrition, first of all, we need to know that nuts are mainly divided into two categories, one is starchy, the other is oily.

5. 影响男人健康的坏习惯有哪些？这5大坏习惯会折寿！	来源：中国医药网	主体：公众	态度：提倡	时间：10:22:25
What are the bad habits affect a man's health?The five big bad habits will shorten their lives!	来源：中国医药网	Subject: public	Attitude: advocate	Time: 10:22:25

影响男人健康的坏习惯有哪些？这5大坏习惯会折寿！从生命的平均年龄来说，男性比女性平均年龄要短六年左右，每个人都希望能够延年益寿，但是不良的生活习惯会折寿。哪些不良习惯会让男性折寿？1、吃饭速度过快 高血压，所以 男性 要养成 健康的 饮食习惯，营养上要注意均衡，多吃些大蒜，豆制品，鱼类等，控制盐的摄入量。如果男性吃精白细软的淀粉类食物太快的话就会让血糖快速升高，增加了胰岛素的压力，不容易控制血糖，另外也会增加患上糖尿病、脂肪肝以及高血脂的风险。如果不合理的摄入营养，会增加男性患上癌症，糖尿病以及心脏病风险，因为男性的生活节奏比较快，总是忙于工作，大量的吃垃圾食品，暴饮暴食，大量的吸烟喝酒会让体重超标，诱发高血糖，高血脂以及，所以要养成的饮食习惯，营养上要注意均衡，多吃些大蒜，豆制品，鱼类等，控制盐的摄入量。2、不吃早餐、总是吸烟 运动 等会折寿，所以一定要戒掉烟。

What are the bad habits that affect men's health? These 5 bad habits will last!As far as the average age of life is concerned, the average age of men is about six years shorter than that of women. Everyone hopes to prolong their life, but bad habits will lead to death. What bad habits will make men lose their lives? 1. Eating too fast and high blood pressure, so men should develop healthy eating habits, pay attention to balanced nutrition, eat more garlic, soybean products, fish, etc., to control salt intake. If men eat starchy foods too fast, they will increase blood sugar, increase insulin pressure, make it difficult to control blood lipids, and increase the risk of diabetes, fatty liver and high blood lipids. Unreasonable intake of nutrients will increase the risk of cancer, diabetes and heart disease in men, because men have a faster pace of life, are always busy with work, eat a lot of junk food, overeat, smoke and drink a lot of alcohol will lead to overweight, induce hyperglycemia, hyperlipidemia and, therefore, to develop. Dietary habits, nutrition should pay attention to balance, eat more garlic, soybean products, fish and so on, control salt intake. 2. do not eat breakfast, always smoking, sports and so on, so they must quit smoking.

6. 消除“隐性饥饿”不能光靠吃饱	来源：www.qstheory.cn	主体：公众	态度：提倡	时间：09:26:33
Eliminating the "hidden hunger" can't eat alone	来源：www.qstheory.cn	Subject: public	Attitude: advocate	Time: 09:26:33

近日有媒体刊文称，当你吃饱喝足、将吃剩的菜品打包离开饭馆时，是否意识到：也许你并没有真正吃“饱”，仍处于“隐性饥饿”状态？原来，人体保持健康不仅需要碳水化合物、脂类、蛋白质等大量营养素，还需要铁、锌、硒、碘等16种矿物元素，以及维生素A、维生素E、叶酸等13种维生素。而目前我国在线订餐用户规模接近3亿人次，上班族为了节省时间，常常选择外卖订餐解决一日三餐。吃饱只是消除了饥饿感。人饿了会吃东西，一旦摄入碳水化合物、脂肪、蛋白质等能量营养素，即能消除饥饿感，这是显性饥饿。然而，食物中还存在一些微量营养素，人体每日需求量很低，即使吃不够也不觉得饥饿，世界卫生组织将这种营养素摄入不足或营养失衡的状况称之为隐性饥饿。

Recently, a media article said that when you eat and drink enough and pack the leftovers out of the restaurant, do you realize that maybe you are still "recessive hunger" when you are not really "full"? Originally, human health needs not only carbohydrates, lipids, proteins and other nutrients, but also 16 mineral elements such as iron, zinc, selenium, iodine, and 13 vitamins such as vitamin A, vitamin E, folic acid. At present, the number of online ordering users in China is close to 300 million. In order to save time, office workers often choose take-out to order meals to solve three meals a day.Satiate just eliminates hunger.People will eat when they are hungry. Once they take in energy nutrients such as carbohydrates, fats and proteins, they can eliminate hunger. This is dominant hunger. However, there are still some micronutrients in food. The daily demand of human body is very low. Even if we don't eat enough, we don't feel hungry. The World Health Organization calls this situation of inadequate intake of nutrients or nutritional imbalance as recessive hunger.

7. 腿脚发凉?腿疼乏力?别以为就是缺钙!当心是这类血管病作祟!	来源：市场信息报	主体：公众	态度：提倡	时间：17:29:43
Ability to cold?Leg pain fatigue?Don't think that is short of calcium.Beware of is this kind of vascular disease work!	来源：市场信息报	Subject: public	Attitude: advocate	Time: 17:29:43

在日常的生活中，许多老年人出现腿脚发凉，或者出现走一段路程以后腿疼乏力，坐下休息片刻后，仍可继续行走，再走一段时间后，上述过程和状态再度出现的症状，很多老年人会误认为是缺钙或是受凉所致，这其实是一种错误的判断，并不仅是年纪大的问题，很有可能是下肢动脉硬化硬化闭塞症所导致的。那么，到底什么是下肢动脉硬化闭塞症呢?下肢动脉硬化闭塞症的发生与什么有关呢?下面，就让我们一起来看看吧。什么是下肢动脉硬化闭塞症? 下肢动脉硬化是全身动脉硬化的一部分，如同水管长了水锈，当血脂沉积在下肢动脉内膜上，内膜面向管腔内突起，造成管腔狭窄，通往下肢的血流减少。病情一旦恶化，管腔越来越狭窄甚至堵塞，当血流供应不能满足肢体运动时对氧的需求，就会出现相应的症状。特别是进入冬季，冷空气刺激血管收缩加剧，是下肢缺血的高发期。

In daily life, many elderly people have cold legs and feet, or leg pain and fatigue after a long walk. After sitting down and resting for a moment, they can still continue walking. After another period of time, the above process and state of symptoms appear again. Many elderly people will be mistaken for calcium deficiency or cold, which is actually a kind of symptoms. Misjudgement is not only a matter of age, but also of lower extremity atherosclerosis obliterans. So, what is lower extremity arteriosclerosis obliterans? What is the

relationship between the occurrence of lower extremity arteriosclerosis obliterans? Next, let's take a look at it.What is lower extremity arteriosclerosis obliterans?Lower extremity atherosclerosis is a part of systemic atherosclerosis, as water rust grows in the water pipe. When blood lipid deposits on the lower extremity arterial intima, the intima protrudes towards the lumen, resulting in lumen stenosis and reduced blood flow to the lower extremity. Once the condition deteriorates, the lumen becomes narrower and narrower, even blocked. When the blood supply can not meet the demand for oxygen during limb movement, the corresponding symptoms will appear.Especially in winter, cold air stimulates vasoconstriction, which is a high incidence of lower limb ischemia.

8. 四川省营养学会老年营养进社区活动走进金牛区肖家村社区	来源：四川在线	主体：公众	态度：提倡	时间： 20:31:18
Nutrition society of sichuan province elderly nutrition into the community activities into the thesis XiaoGu Village community	来源：四川在线	Subject: public	Attitude: advocate	Time: 20:31:18

11月1日，记者从四川省营养学会获悉，日前，“健康每一天，最美夕阳红”老年营养进社区活动走进金牛区荷花池肖家村社区，这是今年5月18日在成都市金牛宾馆正式启动的老年营养进社区系列活动第七站，也是四川省营养学会今年举行的第三场重阳节活动。 本场活动由四川省营养学会、成都市金牛区疾病预防控制中心、成都市金牛区荷花池肖家村社区卫生服务站主办，中国五冶集团有限公司医院承办，成都德亲生物技术有限公司、云南绿A生物工程有限公司协办。 此次活动特邀四川省营养学会老年营养分会委员、四川大学体育学院副院长韩海军教授做题为“慧吃慧动健康血压”科普讲座，韩教授说，维持健康血压要“慧吃”、“慧动”，疾病的“根”在不良生活方式，控制疾病必须要“釜底抽薪”，而不是“扬汤止沸”。在饮食上，食盐、烹调油和脂肪摄入过多是高血压等慢性病发病率居高不下的重要因素，按照“中国居民平衡膳食宝塔(2016)”进餐，每天摄入食盐不超过6克，烹调油25~30g,；在运动上，推荐老年人快走和散步，选择适合自己的运动，每天活动不低于6000步，运动强度以“运动时微微出汗、无气不接下气的感觉，运动中能说话，但无法唱歌”为宜。韩教授还介绍了最新发布的《2018中国高血压防治指南》，并与现场的老年朋友们进行互动、耐心回答他们的问题。

Nov. 1, the reporter learned from the Sichuan Nutrition Society that a few days ago, "healthy every day, the most beautiful sunset red" elderly nutrition into the community activities into the lotus pond Xiaojiacon community in Jinniu District, which is the seventh stop of the series of activities officially launched in Chengdu Jinniu Hotel on May 18 this year, and also the Sichuan Nutrition Society. The third Double Ninth Festival held this year.The event was sponsored by Sichuan Nutrition Society, Chengdu Jinniu District Center for Disease Control and Prevention, Chengdu Jinniu District Lotus Chi Xiaojiacon Community Health Service Station, China Wuye Group Hospital, Chengdu Deben Biotechnology Co., Ltd., and Yunnan Green A Bioengineering Co., Ltd.Professor Han Jun, member of the Geriatric Nutrition Branch of Sichuan Nutrition Society and deputy dean of the College of Physical Education of Sichuan University, was invited to give a science lecture entitled "Intelligent Eating, Intelligent Moving and Healthy Blood Pressure". Professor Han said that maintaining healthy blood pressure requires "Intelligent Eating" and "Intelligent Moving". The "root" of the disease lies in the unhealthy Instead of "trying to stop it". In diet, excessive intake of salt, cooking oil and fat is an important factor in the high incidence of chronic diseases such as hypertension. According to the "Balanced Dietary Pagoda for Chinese Residents (2016)", the daily intake of salt is no more than 6 grams, and cooking oil is 25-30g. In sports, the elderly are recommended to walk fast and choose their own transportation. Motion, no less than 6000 steps a day, exercise intensity to "slightly sweating, breathless feeling, exercise can speak, but can not sing" is appropriate. Professor Han also introduced the newly published "Guidelines for the Prevention and Treatment of Hypertension in China 2018", and interacted with elderly friends on the spot to answer their questions patiently.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2018-11-01, 共监测到544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 544 WeChat public articles were monitored in 2018-11-01. 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

- [2元、5元和10元的盐, 到底有啥不同?](#)
[What is the difference among 2 yuan a pack of salt, 5 yuan a pack of salt and 10 yuan a pack of salt?](#)

重复数: 3
Repeat Number: 3

日期: 2018-11-01
Data: 2018-11-01

世界卫生组织最新食盐摄入量指南, 健康人通过饮食摄入的最佳盐量是: 每人每日不超过6克。如果每个人每天能把食盐量降低到6g以下, 至少可以多活10年。

The World Health Organization's latest salt intake guidelines, the optimal salt intake for healthy people through the diet is: no more than 6 grams per person per day. If everyone can reduce the amount of salt to less than 6g per day, the life expectancy can be increased by at least 10 years.
- [为一包盐我和老婆大吵! 2元、5元和10元的盐, 到底有啥不同?](#)
[For a pack of salt, I have a big fight with my wife! What is the difference among the salt of 2 yuan per pack, 5 yuan per pack and 10 yuan per pack?](#)

重复数: 3
Repeat Number: 3

日期: 2018-11-01
Data: 2018-11-01

虽然是一包盐引发的争斗, 但对于普通人群, 无论是2元的还是10元的, 普通盐还是低钠盐, 为了健康起见, 都要少吃盐!

Although it is a pack of salt-induced fighting, for the general population, whether it is 2 yuan or 10 yuan, ordinary salt or low sodium salt, you must eat less salt for your health!
- [给四高人群划重点: 8种食物堪称餐桌上的好“处方”!](#)
[Focus on four high people: 8 kinds of food can be called "good prescription" on the table.](#)

重复数: 2
Repeat Number: 2

日期: 2018-11-01
Data: 2018-11-01

低钠盐, 也称低钠高钾盐, 就是增加了钾, 减少了钠的食盐, 其钠含量比普通食盐减少30%以上, 同时钾含量明显增加。因为其咸度与普通盐相仿, 所以烹调时使用方法相同, 无需增加用量, 却可以减少钠的摄入量, 达到限制食盐(每人每天<6克)的目的, 再加上高钾的优势, 对控制高血压十分有益。

Low sodium salt, also known as low sodium and high potassium salt, is a salt that increases the potassium content and reduces the sodium content. Its sodium content is reduced by more than 30% compared with common salt, and the potassium content is significantly increased. Because its saltiness is similar to that of ordinary salt, it is used in the same way when cooking. It does not need to increase the dosage, but it can reduce the sodium intake and achieve the purpose of limiting salt (<6 grams per person per day). Coupled with the advantages of high potassium, it is very beneficial to control high blood pressure.
- [九大权威机构联合倡议: 推动食品行业“减盐、减油、减糖”, 共筑健康明天!](#)
[Joint initiative of the nine major authorities: to promote the food industry to reduce the amount of salt, oil, and sugar, and build a healthy tomorrow!](#)

重复数: 1
Repeat Number: 1

日期: 2018-11-01
Data: 2018-11-01

减盐减油又减糖, 谓之“三减”! 食品行业关乎国计民生, 食品行业的“三减”对于引导科学消费, 养成清淡的饮食生活习惯具有重要作用。

Reduce the amount of salt oil and sugar, which is called "three reductions"! The food industry is related to the national economy and people's livelihood. The "three reductions" in the food industry play an important role in guiding scientific consumption and developing light eating habits.
- [好盐 好竹 好滋味](#)
[Good salt, good bamboo, good taste.](#)

重复数: 1
Repeat Number: 1

日期: 2018-11-01
Data: 2018-11-01

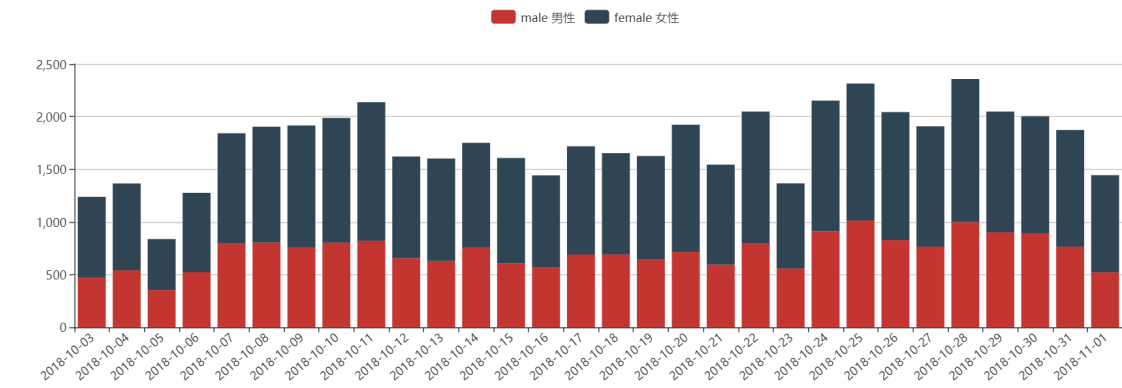
精盐具有渗透压, 进入血液, 具有收缩性, 促使体内水分流失产生口渴的反应。而渗透压的作用恰巧使得呈酸性的精盐充分被血液吸收, 被患病人群原酸性体质的人吸收从而酸上加酸, 日积月累病情悄无声息加重。因而国家认识到精盐对现代文明社会造成的不可忽视的危害, 每年都在提倡全民减盐, 不可多食, 每天不得超过6克盐。

The refined salt has an osmotic pressure, and when it enters the blood, it will cause the body to lose water and produce a thirsty reaction. The effect of osmotic pressure happens to make the acidic salt fully absorbed by the blood, and if it is absorbed by the patient with the original acidic body, the condition is quietly aggravated. Therefore, the state recognizes the harm that refined salt can cause in modern civilized society. Every year, people are recommended to reduce salt. Do not eat more salt. Do not exceed 6 grams of salt per day.

减盐-微博

Salt Reduction - Weibo

2018-11-01，共检测到1444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 1444 weibos about salt reduction monitored on 2018-11-01.
Weibos whose repost number is greater than 50 are listed in this page.
Click the content of each weibo, and you can see the detail information.
下图展示了最近30天的数据获取量。
The following figure shows the amount of data acquired in the last 30 days.



热门微博

Hot Weibos

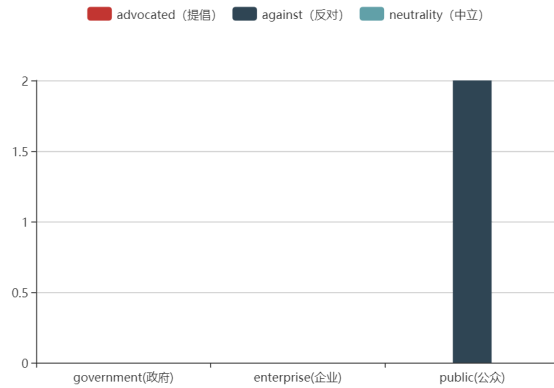
- 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-11-01) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-11-01. 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
1. 摆脱肥宅从拒绝奶茶开始20181101期第A5版: A5_体坛报

来源: 浙江在线

主体: 公众

态度: 反对

时间: 16:33:05

摆脱肥宅，从拒绝奶茶开始。 对于爱喝奶茶的胖子来说，他也许不介意你说他胖，却非常介意听到：少喝这个，容易发胖！然而，喝奶茶仅仅是发胖的事吗？研究表明，奶茶中的反式脂肪酸超标3倍！除了奶茶之外，蛋糕、面包、冰淇淋都含有它，可能很多人早有耳闻，不过这只是冰山一角。 脂肪酸是一种化学物质，存在于油脂中。在油脂的化学结构中，按照脂肪酸的空间结构分类，其联结到双键两端碳原子上的两个氢原子都在链的同侧，称为顺序脂肪酸。反之，氢原子在两侧，称为反式脂肪酸。

Get rid of fat houses and start with rejecting milk tea.For a fat man who likes milk tea, he may not mind that you say he is fat, but he really cares to hear: drink less of this, easy to get fat! However, is drinking tea merely a matter of gaining weight? Studies have shown that the trans fatty acids in milk tea exceed 3 times the standard. In addition to milk tea, cakes, bread and ice cream contain it, which may have been heard by many people, but this is only the tip of the iceberg.Fatty acids are chemical substances that exist in oils and fats. In the chemical structure of oils and fats, according to the spatial structure of fatty acids, two hydrogen atoms linked to carbon atoms at both ends of double bonds are on the same side of the chain, which is called sequential fatty acids. On the contrary, hydrogen atoms are called trans fatty acids on both sides.

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其他省份
Other Provinces

反式脂肪酸
Trans fat

1. 咖啡真相| 云无心：喝咖啡到底减肥还是长肉？
Coffee truth | cloud centerless: drink coffee to lose weight or meat?

来源：搜狐
来源：搜狐

主体：公众
Subject: public

态度：反对
Attitude: against

时间： 08:38:40
Time: 08:38:40

咖啡真相 | 云无心：喝咖啡到底减肥还是长肉？ 常喝咖啡会不会变胖一直是难解之谜。正方言之菌菌：食物能量表显示 “一杯咖啡热量抵一顿饭”。反方也振振有词：咖啡使人兴奋，促进能量消耗，肯定是减肥的。到底喝咖啡是减肥还是长肉？ 搜狐健康的记者向美国普度大学农业与生物系食品工程专业博士、知名科普专家云无心进行了求证，云无心表示：想弄明白这个问题，首先要 把 “咖啡” 跟 “含有咖啡饮料” 做明确区分。它们对健康的影响是完全不同的。

The truth of coffee is unwitting: does coffee lose weight or is it long?It's always a mystery to drink coffee regularly. In the dialect, the food energy meter shows that "one cup of coffee is worth one meal". The opposite is also true: coffee makes people excited and promotes energy consumption. Do you drink coffee or lose weight?Sohu Healthy reporter to the Department of Agriculture and Biology of Purdue University, the United States, Dr. Food Engineering, well-known popular science experts Yun inadvertently verified, Yun inadvertently said: to understand this problem, first of all, "coffee" and "coffee drinks" to make a clear distinction. Their effects on health are quite different.

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反式脂肪酸-微信 Transfat - WeChat

2018-11-01, 共监测到299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 299 WeChat public articles were monitored in 2018-11-01. This page shows the top five articles by repeat number today.

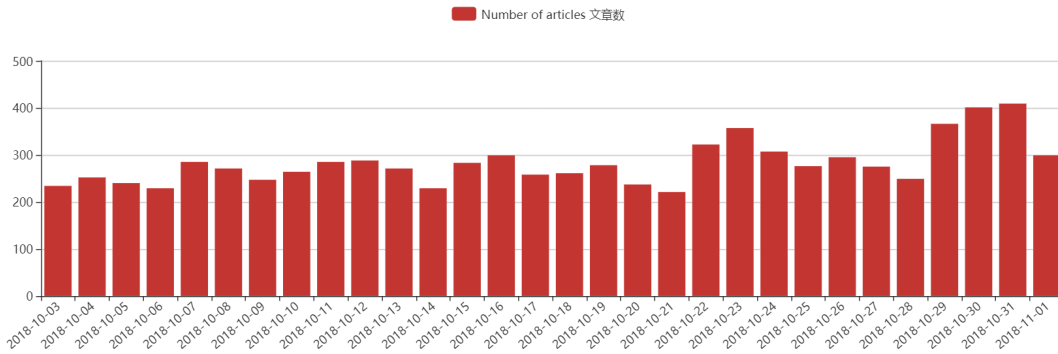
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 脸要穷养, 脚要富养; 心要穷养, 肺要富养!](#)
[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

重复数: 3
Repeat Number: 3

日期: 2018-11-01
Data: 2018-11-01

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。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。

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.
- [2. 最新24条防癌建议 一定要了解](#)
[The latest 24 cancer prevention suggestions must be understood.](#)

重复数: 1
Repeat Number: 1

日期: 2018-11-01
Data: 2018-11-01

少吃高脂食物, 特别是动物性脂肪较多的食物。植物油也应适量, 且应选择含单不饱和脂肪并且氢化程度较低的植物油; 《中国居民膳食指南(2016)》建议: 优先选择鱼和禽。每天烹调油25-30g, 每日反式脂肪酸摄入量不超过2g。

Eat low-fat foods, especially those that contain more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oil containing monounsaturated fat and low degree of hydrogenation should be selected; "Chinese Dietary Guidelines (2016)" suggests: fish and poultry should be preferred. The daily cooking oil is controlled at 25-30 g, and the daily trans fatty acid intake does not exceed 2 g.
- [3. 24条防癌建议](#)
[24 recommendations for cancer prevention](#)

重复数: 1
Repeat Number: 1

日期: 2018-11-01
Data: 2018-11-01

控制油脂摄入。少吃高脂食物, 特别是动物性脂肪较多的食物。植物油也应适量, 且应选择含单不饱和脂肪并且氢化程度较低的植物油; 《中国居民膳食指南(2016)》建议: 优先选择鱼和禽。每天烹调油25-30g, 每日反式脂肪酸摄入量不超过2g。

Control oil intake. Eat low-fat foods, especially those that contain more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oil containing monounsaturated fat and low degree of hydrogenation should be selected; "Chinese Dietary Guidelines (2016)" suggests: fish and poultry should be preferred. The daily cooking oil is controlled at 25-30 g, and the daily trans fatty acid intake does not exceed 2 g.
- [4. 49种病症应该遵守的忌口, 有你需要的吗?](#)
[Are there any taboos that should be observed in 49 diseases?](#)

重复数: 1
Repeat Number: 1

日期: 2018-11-01
Data: 2018-11-01

忌暴饮暴食, 高胆固醇, 太咸食物。忌炸鱼, 经过高温加热后, 会产生大量“坏脂肪”(反式脂肪), 对心脏有害无益。

Avoid overeating, high cholesterol, too salty food. Avoid fried fish, after heating at high temperature, it will produce a lot of "bad fat" (trans fat), which is harmful to the heart.
- [5. 蛋糕为什么一定要用动物奶油?](#)
[Why must cake be made with animal cream?](#)

重复数: 1
Repeat Number: 1

日期: 2018-11-01
Data: 2018-11-01

反式脂肪酸像饱和脂肪酸一样, 能提高低密度脂蛋白胆固醇(一种有害的胆固醇)。它比饱和脂肪酸更有害, 能降低高密度胆固醇(一种有益胆固醇)。

Like saturated fatty acids, trans fatty acids can increase LDL cholesterol (a harmful cholesterol). It is more harmful than saturated fatty acids and can reduce high-density cholesterol (a beneficial cholesterol).

反式脂肪酸-微博 Transfat - Weibo

2018-11-01, 共检测到100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。

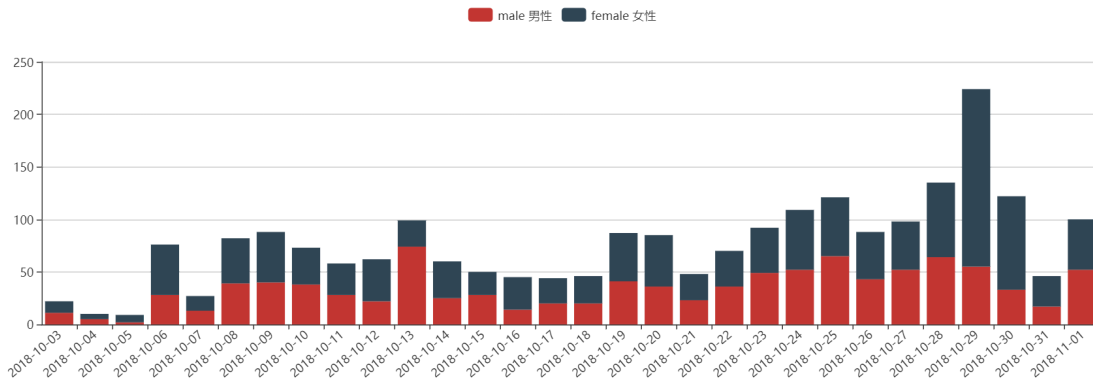
There are 100 weibos about transfat reduction monitored on 2018-11-01.

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!