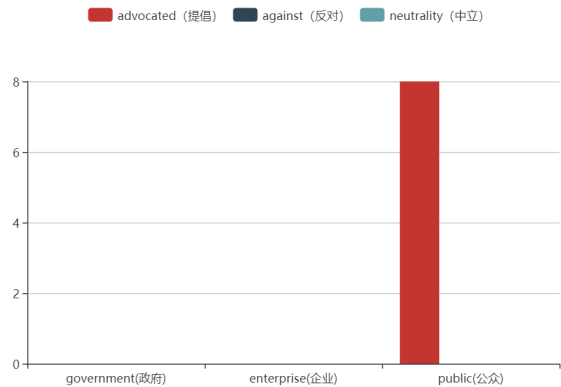


减盐-新闻

Salt Reduction - News

今日 (2018-11-27) 共监测到8条资讯。请点击标题查看原文。
There are 8 articles monitored today 2018-11-27. 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

食物中的钠 Sodium in food				
1. 大餐后的饮食 Diet after a big meal	来源: 中原网 来源: 中原网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:45:35 Time: 15:45:35
大餐后总会带来各种肚子问题和心血管问题等等, 今天就来介绍一些健康食物帮你过渡。 酸奶: 酸奶的益生菌可以帮你解决食用过多食物的腹胀问题, 乳酸菌平衡肠道菌群, 帮你清除肠道积累的食物。 香蕉: 高盐会导致血压飙升, 你可以通过食用香蕉, 补钾的同时缓解钠盐的影响, 帮助平衡血压。 麦片: 从清晨的燕麦早餐唤醒新的一天, 既可以补充纤维又有助于降低胆固醇。 绿茶: 一杯充满黄酮类化合物的绿茶可以帮你降低低密度脂蛋白及胆固醇水平, 这些都有助于使高血压恢复正常。				
After a big meal, there will always be a variety of stomach and cardiovascular problems, and so on. Today, let's introduce some healthy foods to help you transition. Yogurt: Probiotics of yogurt can help you solve the problem of stomach swelling caused by eating too much food. Lactobacillus can balance intestinal flora and help you remove food accumulated in the intestine. Banana: High salt can cause blood pressure to soar. You can help balance blood pressure by eating bananas, supplementing potassium and alleviating the effects of sodium salt. Oatmeal: Waking up for a new day from an early morning oat breakfast can both replenish fiber and help lower cholesterol. Green Tea: A cup of green tea full of flavonoids can help you reduce LDL and cholesterol levels, which help to restore hypertension to normal.				
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!				

No such articles!
<div>综合健康信息 Comprehensive Health Information</div>
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No such articles!
<div>决心工程 Resolve To Save Lives</div>
没有相关文章!
No such articles!

安徽
Anhui

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

其他省份
Other Provinces

<div>食物中的钠 Sodium in food</div>				
1. 准妈妈如何远离失眠？ How can expectant mothers stay away from insomnia?	来源：搜狐 来源：搜狐	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 00:13:22 Time: 00:13:22
准妈妈如何远离失眠？ 准妈妈在孕期这个特殊时期，精神和心理上都比较敏感，因此对于压力的耐受力会降低，通常情绪不太稳定，常会有忧郁和失眠等情形发生。 一般认为，怀孕期心情的转				

变，是因荷尔蒙变化所导致。另外，准妈妈的饮食习惯的改变，也会影响孕期睡眠品质的好坏。所以，均衡的饮食很重要。有些准妈妈在怀孕期口味有很大的变化，但是必须尽量避免引起压力的食品，比如咖啡、茶、油炸食品等。如何远离失眠？

How can expectant mothers stay away from insomnia? Expectant mothers are psychologically and psychologically sensitive during this special period of pregnancy, so their tolerance to stress will be reduced. Often, their emotions are not stable and they often suffer from depression and insomnia. It is generally believed that changes in mood during pregnancy are caused by hormonal changes. In addition, changes in the dietary habits of expectant mothers will also affect the quality of sleep during pregnancy. So a balanced diet is very important. Some expectant mothers have great changes in their taste during pregnancy, but they must try to avoid stressful foods, such as coffee, tea, fried food and so on. How to stay away from insomnia?

高血压 Hypertension				
1. 初次高血压应当筛查泌尿疾病	来源：中国新闻网	主体：公众	态度：提倡	时间：15:18:47
Urinary diseases should be screened for primary hypertension	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 15:18:47

初次高血压应当筛查泌尿疾病。30岁不到的小刘身强力壮，但在一次例行体检中发现血压偏高。他认为父母没有高血压，自己可能是血压偶然升高，没什么问题，因此也没去医院就诊。过了几个月，小刘感到断断续续的头痛，全身没劲，胃口不好，眼睛也看不清东西，这才到医院检查。经测量，小王血压为200/130毫米汞柱，更让人痛心的是，血肌酐也超标十多倍。结合其他检查，小王被确诊为肾衰竭、高血压眼底病变，因此被安排进行血液透析治疗。医生告诉小刘，尽管他父母没有高血压，但他是由于其他疾病引起的高血压，而引发高血压继而导致肾衰竭、高血压眼底病变的“元凶”是泌尿系统疾病。

Urinary diseases should be screened for primary hypertension. Xiao Liu, who is under 30 years old, is strong, but his blood pressure is on the high side during a routine physical examination. He thought that his parents did not have high blood pressure, his blood pressure may accidentally rise, no problem, so he did not go to the hospital. After a few months, Xiao Liu felt intermittent headache, weak whole body, bad appetite, and his eyes could not see anything. Then he went to the hospital for examination. After measurement, Xiaowang's blood pressure was 200/130 mm mercury column. What's more distressing is that his creatinine level was more than ten times higher than the standard. In combination with other examinations, Xiaowang was diagnosed with renal failure and hypertension fundus lesions, so he was scheduled for hemodialysis treatment. The doctor told Xiao Liu that although his parents did not have high blood pressure, he was caused by hypertension caused by other diseases, which led to kidney failure and hypertension fundus lesions. The "culprit" was urinary system diseases.

2. 治疗高血压预防脑中风	来源：大纪元 (新闻发布)	主体：公众	态度：提倡	时间：14:54:36
Treatment of hypertension and prevention of stroke	来源：大纪元 (新闻发布)	Subject: public	Attitude: advocate	Time: 14:54:36

卫生福利部国民健康署统计台湾有三百多万民众患有高血压，其中有三分之一的民众不知自己是高血压患者。一半的中风患者是由高血压所引起。平均血压每增加10mmHg，中风的危险性即增加30%。天主教圣马尔定医院神经内科叶柏廷医师27日表示，高血压是个沉默的杀手，在门诊常遇到有点头晕但胃口、身体状况都还好，血压量起来却高达180。医师说明这是慢性的高血压，因为身体已经习惯血压增高的情形，所以不见得会有症状。必须使用血压计测量，非凭感觉决定。因此如何防止高血压形成脑中中风更是重要的课题。

According to the National Health Department of the Ministry of Health and Welfare, more than three million people in Taiwan suffer from hypertension, and one third of them do not know they are suffering from hypertension. Half of stroke patients are caused by hypertension. For every 10 mmHg increase in average blood pressure, the risk of stroke increased by 30%. Doctor Ye Baiyan, Department of Neurology, St. Martin's Catholic Hospital, said Tuesday that hypertension is a silent killer. He often encounters dizziness in outpatient clinics, but his appetite and physical condition are good. His blood pressure is up to 180. The doctor explained that this is chronic hypertension, because the body has become accustomed to the situation of increased blood pressure, so there are not necessarily symptoms. Blood pressure must be measured by a sphygmomanometer, not by feeling. Therefore, how to prevent the formation of hypertension cerebral apoplexy is an important issue.

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. 赶走“隐性饥饿” 营养型农业开出良方	来源：中国新闻网	主体：公众	态度：提倡	时间：04:06:38
Drive away the "recessive hunger" nutritional agriculture and find a good recipe	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 04:06:38

“我国居民已从吃饱转向吃好，更加关注营养。但同时，城市人口营养失衡、微量元素缺乏导致健康受损，贫困地区营养不良等问题迫切需要解决。”11月26日，中国作物营养强化项目副主任、中国农科院生物技术所研究员张春义告诉科技日报记者。日前，联合国粮食及农业组织等五大机构共同发布2018年《世界粮食安全和营养状况》报告，报告指出，粮食不安全状况恶化和各种形式营养不良问题高发的种种迹象令人担忧，明确提醒我们还需开展大量工作；中国在减少营养不良方面取得了长足的进步，但纵观全球，饥饿和营养不良仍在上升。

"Our residents have shifted from full to well-fed, paying more attention to nutrition. But at the same time, the unbalanced nutrition of urban population, the lack of trace elements lead to health damage, and malnutrition in poor areas need to be solved urgently. On November 26, Zhang Chunyi, deputy director of China Crop Nutrition Enhancement Project and researcher at the Institute of Biotechnology, Chinese Academy of Agricultural Sciences, told Sci-tech Daily. A few days ago, the Food and Agriculture Organization of the United Nations and other five major agencies jointly issued the 2018 World Food Security and Nutrition Report. The report pointed out that the deterioration of food insecurity and the high incidence of various forms of malnutrition were worrying, which clearly reminded us that we still needed to do a lot of work; China was reducing nutrition. Great progress has been made in the area of malnutrition, but worldwide, hunger and malnutrition are on the rise.

2. “预防中风，立刻行动！”公益讲座举行专家教你提前辨别中风	来源：东莞时间网	主体：公众	态度：提倡	时间：22:00:09
"Take immediate action to prevent stroke!" Public benefit lectures are held to teach you how to identify stroke in advance	来源：东莞时间网	Subject: public	Attitude: advocate	Time: 22:00:09

中风，是脑卒中的俗称。有数据表明，卒中已成为世界人口的第二大死因，仅次于缺血性心脏病。我国每年新发中风患者超过240万人，发病率/死亡率位居第一，致残率高。11月24日，为进一步提高广大群众对卒中的认识，快速识别卒中，使卒中患者得到及时有效救治，减少致残率、死亡率，一场主题为“预防中风，立刻行动！”大型公益活动在莞城举行，活动吸引了近百名长者前来咨询与聆听。卒中中可防可控，如果预防得当，80%的卒中中可以避免。举办此次活动，就是为了在社会树立中风防治理念，倡导健康生活习惯，这也是作为企业应尽的社会责。

Stroke is the common name of stroke. Data show that stroke has become the second leading cause of death in the world, after ischemic heart disease. More than 2.4 million people suffer from new stroke every year in China, with the highest morbidity/mortality and high disability rate. November 24, in order to further improve the general public's understanding of stroke, identify stroke quickly, and enable stroke patients to receive timely and effective treatment, reduce disability and mortality, a theme is "Prevent stroke, take immediate action!" Large-scale public welfare activities were held in Guancheng, which attracted nearly 100 elders to come to consult and listen. Stroke can be prevented and controlled. If prevented properly, 80% of stroke can be avoided. The purpose of holding this event is to set up the concept of stroke prevention and control in society and to advocate healthy living habits, which is also the social responsibility of enterprises.

3. 盐一旦吃多，疾病就会“不请自来”！不能不当回事	来源：手机网易网	主体：公众	态度：提倡	时间：18:10:16
Once salt is eaten too much, diseases will come unasked! It can't be untrue.	来源：手机网易网	Subject: public	Attitude: advocate	Time: 18:10:16

对于“一天该吃多少盐”这个问题，小编猜测吃了大半辈子的盐的人，也说不出个准确答案。其实，一个中等体重的成年人，建议是在3~5克。具体来说，就是少于一个啤酒瓶盖的量。为啥要控制盐的摄入量呢？因为盐吃多了会导致血压增高，引发心血管疾病。为啥盐吃多了，血压会增高？大家可能不知道，我们人体摄入的食盐中的钠，通常会随着尿、粪、汗液等排出体内，其中尿独占90%左右。而一旦盐吃多了，通过尿排出的钠必然也会增多。但是，人体的排钠功能不是无限的，如果盐摄入过多，而人体又不能及时排出，就会导致钠在体内滞留。

For the question of "how much salt should we eat in a day", Xiaobian guessed that people who had eaten salt for most of their lives could not give an accurate answer. In fact, for a medium-weight adult, the recommendation is 3 to 5 grams. Specifically, less than one beer bottle cap. Why control salt intake? Because eating too much salt can lead to increased blood pressure and cardiovascular disease. Why does blood pressure rise when you eat too much salt? You may not know that sodium in the salt intake of our human body is usually excreted with urine, feces, sweat and so on, of which urine accounts for about 90%. Once salt is eaten too much, the amount of sodium excreted through urine is bound to increase. However, the function of sodium excretion in human body is not unlimited. If the salt intake is too much, and the human body can not discharge in time, it will lead to sodium retention in the body.

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

减盐-微信

Salt Reduction - WeChat

2018-11-27, 共监测到490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 490 WeChat public articles were monitored in 2018-11-27. This page shows the top five articles by repeat number today.

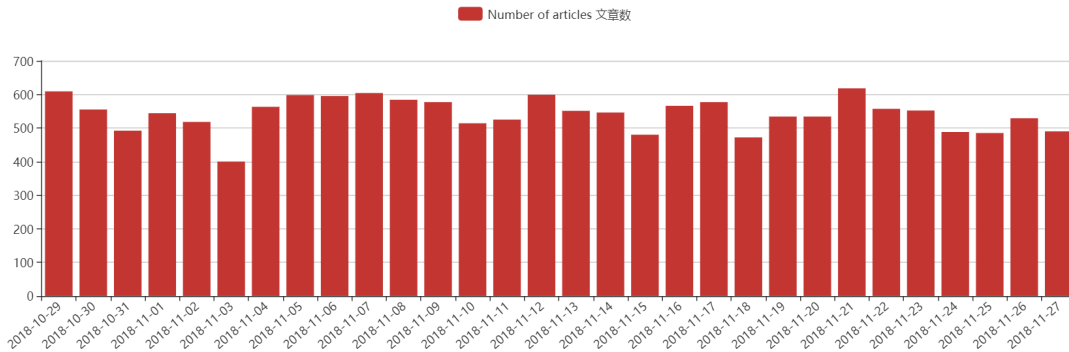
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [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: 15

日期: 2018-11-27

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

Repeat Number: 15

Data: 2018-11-27

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. 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. In contrast, the salt intake of Chinese 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.

2. [想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 14

日期: 2018-11-27

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

Repeat Number: 14

Data: 2018-11-27

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.

3. [每日超过5g盐, 心血管疾病找上门! 8个妙招教你减盐](#)

重复数: 3

日期: 2018-11-27

[If your daily salt intake exceeds 5g, you are susceptible to cardiovascular disease! 8 coups teach you to reduce salt.](#)

Repeat Number: 3

Data: 2018-11-27

To reduce high blood pressure and related diseases, China has set a goal of reducing average salt intake by 20% in 2016 in Healthy China 2030. The former National Health and Family Planning Commission and other countries have formulated the "National Healthy Lifestyle Action Plan (2016-2025)" and set up a "three reductions and three health" special actions, namely "salt reduction, oil reduction, sugar reduction, healthy oral and healthy" . Weight, healthy bones." Implementing a salt reduction campaign will not only reduce the prevalence rate, but also effectively save health care costs.

4. [颠覆三观: 低盐饮食的医生应该被关进监狱?](#)

重复数: 3

日期: 2018-11-27

[Subversion of three views: doctors with low-salt diets should be jailed?](#)

Repeat Number: 3

Data: 2018-11-27

The scientific salt intake is about 5 grams per person per day according to the regulations of the World Health Organization. If you are a hypertensive patient, you should not exceed this limit. A little lower is not a big deal, but it should not be too low. Excessive salt restriction can cause illness. Experts explained that simply eating salt can indeed cause cardiovascular problems. The main component of salt is sodium chloride. The salt enters the body to hydrolyze into sodium ions and chloride ions. The sodium ions can maintain the body's blood volume and osmotic pressure of the body, and play an important role in maintaining life activities.

5. [“心脏”出问题, 为何“邻居”也遭殃?](#)

重复数: 2

日期: 2018-11-27

[When the "heart" is out of order, why is its "neighbor" also suffering?](#)

Repeat Number: 2

Data: 2018-11-27

Salt can really make the food more palatable, but too much salt in the diet can cause fluid retention, and eating too much salt can aggravate the symptoms. The average salt intake of our country's residents is 10-12g per day, far exceeding the recommended amount recommended by the dietary guidelines. Therefore, it is necessary to control the amount of salt used in cooking at home.

减盐-微博 Salt Reduction - Weibo

2018-11-27, 共检测到1293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。

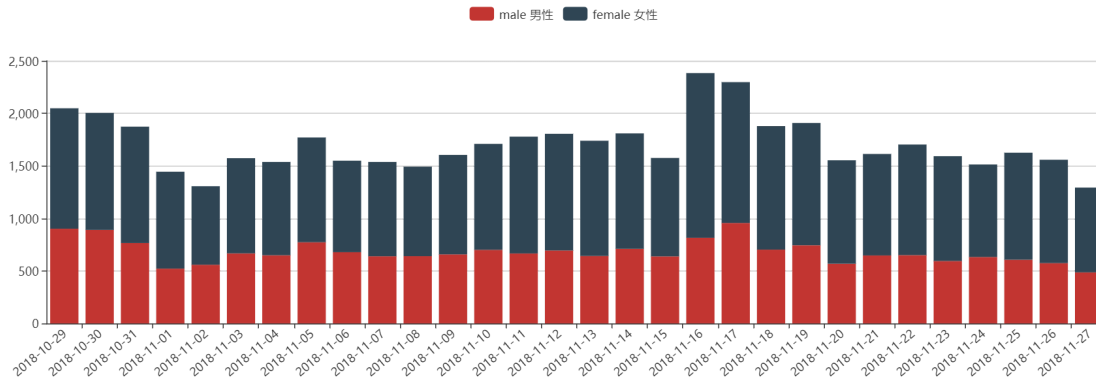
There are 1293 weibos about salt reduction monitored on 2018-11-27.

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

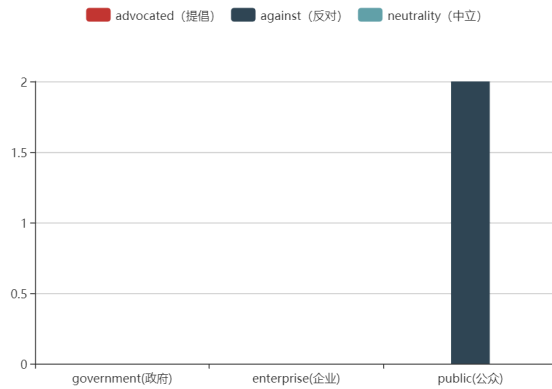
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-11-27) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-11-27. 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!
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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. 爱喝奶茶常熬夜高中生患心肌炎	来源：海峡都市报 (讽刺) (新闻发布)	主体：公众	态度：反对	时间： 19:34:33
High school students who like milk tea often stay up late suffer from myocarditis	来源：海峡都市报 (讽刺) (新闻发布)	Subject: public	Attitude: against	Time: 19:34:33
福州一位16岁高二女生日前突发心肌炎，曾经是校游泳队主力的她今后一学年都无法再上体育课了。而导致她患上心肌炎的原因，可能与常喝奶茶及熬夜有关。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。王主任告诉记者，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，诱发血管硬化，增加心脏病、脑血管意外的危险。				
A 16-year-old high school girl in Fuzhou recently suffered from myocarditis. She was once the main player of the school swimming team. She will not be able to take PE classes for the next school year. The cause of her myocarditis may be related to drinking milk tea and staying up late. Experts from the Public College of Nutrition, Fujian Medical University, said that there was an inevitable link between food and health. The effect of trans fatty acids (contained in the ingredients for making milk tea and vegetable fat powder) on cardiovascular and cerebrovascular diseases was clear in the medical community. Teenagers and pregnant women were not suitable for drinking milk tea. Director Wang told reporters that the current scientific community recognized that hydrogenated vegetable oil production process will produce trans fatty acids, this substance has greater harm to the human body, can increase low density lipoprotein in human blood, reduce high density lipoprotein, induce vascular sclerosis, increase the risk of heart disease, cerebrovascular accident.				
2. 全民健康潮流来袭！掘金千亿，蛋白类产品强势崛起	来源：中国食品科技网	主体：公众	态度：反对	时间： 14:35:15
The tide of national health is coming! Nuggets Billion, Protein Products Rise Strongly	来源：中国食品科技网	Subject: public	Attitude: against	Time: 14:35:15
随着消费者健康意识的不断提升，近几年来，蛋白类产品进入受众视野，标榜着高蛋白、低糖、无糖的等产品，开拓了消费者的健康消费需求。有人预计，这是一个呈增长式的千亿级市场。多元化的健康消费场景 随着千禧一代成为消费者主力军，关乎身体健康方面的营养食品，存在着巨大的购买空间，其实这也缘于健康消费场景及群体变得更加多元化。全民健身运动，带来蛋白质需求者的增多。一方面，是健身人群对于增肌的需要，因为增肌最核心的，便是要补充蛋白质；另一方面，减肥人士由于减脂的需求，为避免摄入高油脂、高糖等食品，他们更多是采用高蛋白食物来替代。				
With the continuous improvement of consumers'health awareness, in recent years, protein products have entered the audience's horizon, flaunting high-protein, low-sugar, sugar-free products and other products, opening up consumers' health consumption needs. It is estimated that this is a growth market of 100 billion. Diversified health consumption scenarios with the Millennium generation as the main force of consumers, health-related nutritional food, there is a huge buying space, in fact, this is also due to the health consumption scenarios and groups become more diversified. The national fitness campaign has brought about an increase in the number of protein demanders. On the one hand, it is the need of the fitness crowd for muscle-building, because the core of muscle-building is to supplement protein; on the other hand, because of the need to reduce fat, in order to avoid eating high fat, high sugar and other foods, they are more using high-protein food to replace.				
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

2018-11-27, 共监测到450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 450 WeChat public articles were monitored in 2018-11-27. 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. 常吃番茄炒蛋致心梗猝死! 这些你喜欢的食物, 竟是隐形杀手!

[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.](#)

重复数: 124

日期: 2018-11-27

Repeat Number: 124

Data: 2018-11-27

Long-term high-fat diet, excessive calorie intake, excessive body fat accumulation, will lead to a series of health problems, such as high blood pressure, obesity, heart disease and so on. As we all know, fat is a triglyceride formed by fatty acids and glycerol. Fatty acids are divided into cis fatty acids and trans fatty acids. The most harmful to the human body is the notorious artificial trans fatty acid. Snacks containing non-dairy creamer, hydrogenated vegetable oil, margarine, cocoa butter, creamer, shortening, etc. contain artificial trans fatty acids!

2. 又是奶茶惹的祸! 福州16岁女生突发心肌炎, 连走路都喘!

[It's milk tea again! Fuzhou 16-year-old girl suddenly suffered from myocarditis, even wheezing when walking!](#)

重复数: 14

日期: 2018-11-27

Repeat Number: 14

Data: 2018-11-27

In addition to caffeine content, another important ingredient in milk tea that affects health is the non-dairy creamer. Director Wang told reporters that it is recognized in the scientific community that trans fatty acids are produced in the production of hydrogenated vegetable oil, which is harmful to the human body. It can increase low-density lipoprotein in human blood and reduce high-density lipoprotein. It can also induce hardening of the arteries and increase the risk of heart disease and cerebrovascular accidents.

3. 八种食物是“催老剂”, 点进来, 看看你一天吃几种~

[The eight foods are "aging agents". Come in and see how many of you eat one day.](#)

重复数: 9

日期: 2018-11-27

Repeat Number: 9

Data: 2018-11-27

Margarine is no less harmful than fried foods. The trans fat affects the synthesis and utilization of water in the human body, causing the appearance of water loss and wrinkles and accelerating aging. Corrupt or moldy foods can also accelerate the body's aging. Mildew foods contain a lot of mold and toxins, such as aflatoxins produced by legumes can cause cancer.

4. 喜欢吃番茄炒蛋, 心梗猝死: 你以为的健康食品, 却是隐形杀手

[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.](#)

重复数: 5

日期: 2018-11-27

Repeat Number: 5

Data: 2018-11-27

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.

5. 奶茶!! 正在毁掉这一代人...

[Tea with milk!! It's ruining this generation.](#)

重复数: 3

日期: 2018-11-27

Repeat Number: 3

Data: 2018-11-27

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. The daily intake of trans fatty acids should not exceed 2g. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

反式脂肪酸-微博 Transfat - Weibo

2018-11-27, 共检测到81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。

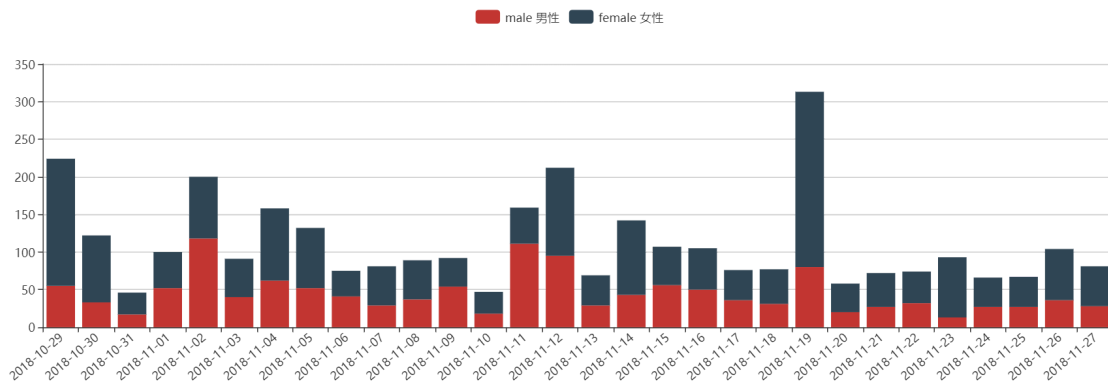
There are 81 weibos about transfat reduction monitored on 2018-11-27.

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!