

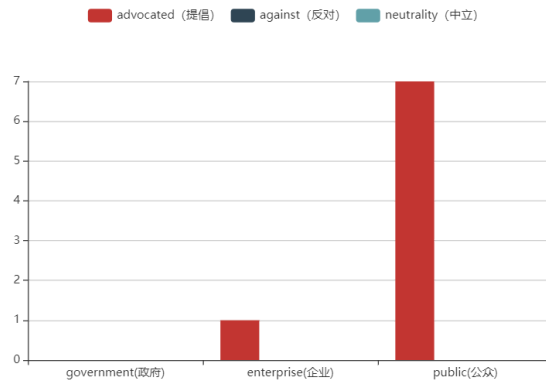
## 减盐-新闻

### Salt Reduction - News

今日 (2019-01-18) 共监测到8条资讯。请点击标题查看原文。

There are 8 articles monitored today 2019-01-18. 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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No such articles!

安徽  
Anhui

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No such articles!

浙江  
Zhejiang

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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

食物中的钠 Sodium in food				
没有相关文章!				
No such articles!				
高血压 Hypertension	1. <a href="#">口味越来越重？这“高盐值”的背后，随时给你致命一击！</a> <a href="#">The taste is getting heavier and heavier? Behind this "high salt value", always give you a lethal blow!</a>	来源：扬子晚报 Source: Yangtse Evening Post	主体：公众 Subject: public	态度：提倡 Attitude: advocate
	时间： 12:57:19 Time: 12:57:19			
	不仅在看脸的世界有颜值，在美食领域也有个“盐值”，不过这个“高盐值”就不仅不会给你带来好处，反而还会给你的健康带来危害！随着饮食文化的交融，很多口味也发生了变化，口味都变得越来越重，大家越来越喜欢入味儿的食物，追求味觉的刺激。可是，你是否知道食盐过多也许会让你患上各种疾病？高盐带来的四大疾病，严重威胁你的身体健康。			
	Not only in the world of looking at the face, but also in the field of food, there is a "salt value", but this "high salt value" will not only bring you benefits, but also bring harm to your			

health! With the blending of dietary culture, many tastes have changed. The taste has become heavier and heavier. People are more and more fond of delicious food and pursue the stimulation of taste. But do you know that too much salt may cause you to suffer from various diseases? The four major diseases caused by high salt seriously threaten your health.				
2. <a href="#">脑出血真凶找到了! 神内医生: 高血压有这些症状不要硬扛, 应当第一...</a> <a href="#">Brain hemorrhage was found! Shen Nei Doctor: if hypertension has these symptoms, don't carry them hard. It should be the first one.</a>	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:18:22 Time: 15:18:22
上午10点, 58岁的黄阿姨突然感觉头痛, 程度较剧烈, 同时伴有呕吐症状, 没有肢体抽搐症状, 也没有肢体乏力或肢体麻木等异常。医生给黄阿姨的诊断是脑出血, 高血压, 赶紧安排她住院治疗, 并指出高血压导致脑血管破裂是脑出血原因! 神经内科医生指出: 高血压的人有这些症状一定要警惕! 高血压、高血糖、高血脂是脑出血公认的危险因素, 其中高血压是最危险的因素, 据统计, 约三分之一以上的脑出血患者有高血压。				
At 10 a.m., Aunt Huang, 58 years old, suddenly felt headache, severe degree, accompanied by vomiting symptoms, no limb twitching symptoms, no limb weakness or numbness and other abnormalities. Aunt Huang's diagnosis was cerebral hemorrhage and hypertension. She was hospitalized as soon as possible. She pointed out that rupture of cerebral hemangioma caused by hypertension was the cause of cerebral hemorrhage. Neurologists point out that people with hypertension must be alert to these symptoms. Hypertension, hyperglycemia and hyperlipidemia are recognized risk factors for cerebral hemorrhage, among which hypertension is the most dangerous factor. According to statistics, about one third of patients with cerebral hemorrhage have hypertension.				
<div>心血管健康</div> <div>Cardiovascular health</div>				
没有相关文章!				
No such articles!				
<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
1. <a href="#">知道吗? 辣子鸡丁、毛血旺热量比洋快餐还高! 这些烹饪方式更健康</a> <a href="#">Do you know? Spicy chicken and hairy blood have more calories than foreign fast food! These ways of cooking are healthier</a>	来源: 新华报业网 Source: Xinhua News Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:38:17 Time: 09:38:17
《英国医学期刊》发表的一项研究发现, 辣子鸡丁和毛血旺, 热量远远高于麦当劳的巨无霸汉堡+中薯套餐。科研人员研究比较了巴西、中国、芬兰、加纳、印度和美国6个国家223种食物的热量。结果显示, 在中国100多种广受大众欢迎的菜中, 热量最高的是辣子鸡丁和毛血旺, 远远高于麦当劳的巨无霸+中薯套餐。排在高热量排行榜前列的还有鱼香肉丝、小炒肉、干炸带鱼、糖醋排骨、风味茄子、蛋黄南瓜等。				
A new study published in the British Medical Journal found that spicy chicken and hairy blood, the heat is much higher than McDonald's Big Mac burger + medium potato package. Researchers have compared the calories of 223 foods in six countries in Brazil, China, Finland, Ghana, India and the United States. The results show that among the more than 100 popular dishes in China, the highest calorie is the spicy chicken and hairy blood, which is much higher than the McDonald's Big Mac + Medium Potato. In the forefront of the high-calorie list, there are fish-flavored pork, small fried meat, dried fried fish, sweet and sour pork ribs, flavored eggplant, and egg yolk pumpkin.				
2. <a href="#">宝宝的辅食添加你做对了吗?</a> <a href="#">Did you do the right thing to add baby's complementary food?</a>	来源: 新浪网 Source: Sina network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:52:41 Time: 08:52:41
多家长都知道, 当宝宝长到4-6个月左右就要开始给他添加辅食了, 但是辅食具体什么时候开始添加比较合适, 怎么添加, 很多家长却是走进了各种误区中。那么, 宝宝的辅食添加, 你做对了吗? 宝宝的辅食要在什么时候添加比较合适? 一般来说, 母乳喂养的宝宝在6月就可以开始添加辅食了, 太早添加, 容易因吸收不良而增加宝宝患腹泻、过敏等的风险, 太晚添加, 则可能因营养供给不足而影响宝宝的正常发育。				
Many parents know that when the baby grows up to 4 - 6 months or so, they will begin to add supplementary food to him. But when and how to add supplementary food is more appropriate, many parents have entered various misunderstandings. So, did you do the right thing to add baby food? When should baby's complementary food be added? Generally speaking, breast-fed babies can start to add supplementary food in June, too early to add, easy to increase the risk of diarrhea, allergies and other babies due to poor absorption, too late to add, can affect the normal development of babies due to inadequate nutritional supply.				
3. <a href="#">“健康饮食”跻身年味关键词 格兰仕微蒸烤系列成品质消费明星</a> <a href="#">"Healthy diet" has become a star in the annual flavor keyword Grand Steamed Barbecue Series</a>	来源: 中国质量报 Source: China Quality Daily	主体: 企业 Subject: industry	态度: 提倡 Attitude: advocate	时间: 17:14:34 Time: 17:14:34
随着消费升级的持续深入, 健康烹饪也成为了“健康饮食”的重要组成部分, 购买健康烹饪的家用电器, 也成为越来越多人的选择。对于众多讲究生活品质的饮食达人来说, 大油大火的煎炸方式绝对是拒绝的, 不仅是不够健康, 而且极高的热量分分钟让体重飙升。蒸, 凭借着非油煎炸的烹饪方式, 以及对食材营养的高度保留, 成为了品质生活的“新宠”。为满足消费者对于“吃得健康”的迫切需求, 国民家电品牌格兰仕在产品研发上下足了功夫, 走在了行业前列。				
With the continuous deepening of consumption upgrading, healthy cooking has become an important part of "healthy diet", and the purchase of household appliances for healthy cooking has become the choice of more and more people. For many quality-of-life dieters, the frying method of big oil fires is absolutely rejected. It is not only unhealthy, but also extremely high calorie minute to let the weight soar. Steaming, by virtue of non-frying cooking methods and high retention of food nutrients, has become the "new favorite" of quality life. In order to meet the urgent needs of consumers for "eating healthy", the national household appliances brand Glanz has made great efforts in product research and development, and has been in the forefront of the industry.				
4. <a href="#">顾名思医 国人肥胖冠东南亚儿童肥胖不是福</a> <a href="#">As the name suggests, Chinese people are obese. Children in Southeast Asia are not blessed with obesity.</a>	来源: 中国报 (新闻发布) Source: China Daily (Press Release)	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 19:05:06 Time: 19:05:06
小时了了, 大未必佳, 但小时肥胖, 长大绝对惹祸上身! 你家也有胖小孩吗? 别再以为肥胖是福气, 认清肥胖危机, 才能让孩子赢在健康起跑点! 世界卫生组织 (简称WHO) 文告指出, 儿童肥胖症是21世纪最严重的公共卫生挑战之一, 2016年, 全球5岁以下超重儿童已超过4100万, 其中一半在亚洲。如果目前的趋势持续, 到了2025年时, 全球就会有超过7000万名儿童超重或肥胖。联合国粮农组织 (简称FAO) 也发出警告, 超重和肥胖已成为一种全球性的“流行病”, 在发达国家和发展中国家中均有蔓延趋势, 而亚太地区儿童肥胖症患者更是增长迅速。				
Hours are not necessarily good, but when they are obese, growing up is absolutely disastrous! Do you have fat children in your family? Don't think that obesity is luck any more. Only by recognizing the obesity crisis, can children win at the starting point of their health! uuuuuuuuuu According to the World Health Organization (WHO) report, childhood obesity is one of the most serious public health challenges in the 21st century. In 2016, more than 41 million overweight children under five years old worldwide, half of them in Asia, were overweight. If current trends continue, by 2025, more than 70 million children worldwide will be overweight or obese. The Food and Agriculture Organization of the United Nations (FAO) has also warned that overweight and obesity have become a global "epidemic" and are spreading in both developed and developing countries, while children with obesity in the Asia-Pacific region are growing rapidly.				
5. <a href="#">27岁女孩查出癌症晚期!常吃这东西!父亲痛悔:她每天晚上要...</a> <a href="#">The 27-year-old girl found out that she had terminal cancer! She often eats it! Her father regretted that she had to eat it every night.</a>	来源: 中工网 Source: China Industrial Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 13:09:23 Time: 13:09:23
27岁女子胃痛月余, 一直竟患胃癌晚期。福建医科大学附属二院消化内科副主任医师陈江水告诉记者, 两三个月前, 泉州一27岁的女子小希因胃痛1个多月到他们医院就医。当时门诊医生考虑她可能是慢性胃炎或者胃十二指肠溃疡, 建议做胃镜明确诊断, 但小希因害怕做胃镜难受, 不愿意做, 所以医生就建议她先做彩超、抽血等无创检查, 结果彩超提示肝内多发占位、抽血CEA (癌胚抗原) 很高, 考虑胃肠肿瘤导致的肝转移。				
A 27-year-old woman suffered from stomachache for more than a month and had advanced gastric cancer. Chen Jiangmu, deputy director of digestive medicine of the Second Affiliated Hospital of Fujian Medical University, told reporters that two or three months ago, a 27-year-old woman in Quanzhou, Xiao Xiyin, came to their hospital for more than one month with stomachache. At that time, the outpatient doctor considered that she might be chronic gastritis or gastroduodenal ulcer, and suggested to make a definite diagnosis by gastroscopy. But Xiao Xiyin was afraid of suffering from gastroscopy and was unwilling to do it. So the doctor suggested that she should do non-invasive examinations such as color Doppler ultrasound and blood drawing first. The results showed that color Doppler ultrasound indicated that multiple intrahepatic space occupancy and high CEA (carcinoembryonic antigen) were induced by gastrointestinal tumors, and liver metastasis was considered.				
6. <a href="#">黄轶委员: 外卖行业需要规范化管理</a> <a href="#">Member Huang Yi: Takeaway industry needs standardized management</a>	来源: 人民网北京视窗 Source: People's Network Beijing Windows	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:21:50 Time: 16:21:50
外卖行业需要规范化管理 相信大多数人都曾点过外卖。刚刚过去的2018年, 中国线上餐饮暨外卖行业超过2000亿元规模, 每天外卖突破6000万单, 保持18.4%的增速。全国外卖骑手有约1000万人。外卖行业爆发式发展创造了一个新兴产业, 也制造了大量社会问题。政协委员黄轶建议, 解决这些问题需要对外卖行业进行规范化管理。黄轶委员说, 外卖行业的爆发式发展首先带来的问题就是食品安全、包装污染, 以及交通安全问题。				
Takeaway industry needs standardized management. I believe most people have ordered takeaway. In the past 2018, China's online catering and takeout industry has exceeded 200 billion yuan in scale, with daily takeout exceeding 60 million units, maintaining an 18.4% growth rate. There are about 10 million takeout riders across the country. The explosive development of takeaway industry has created a new industry, but also created a lot of social problems. Huang Yi, a member of the CPPCC, suggested that standardized management				

of the takeover industry be needed to solve these problems. Huang Yi said that the explosive development of takeaway industry first brought about problems such as food safety, packaging pollution and traffic safety.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-01-18, 共监测到569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 569 WeChat public articles were monitored in 2019-01-18. 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. [28岁男子, 凌晨突发心梗离世, 医生劝告: 心梗最爱找上这2类人](#)

重复数: 13

日期: 2019-01-18

[The 28-year-old man died of a sudden heart attack in the early morning. The doctor reminded these two people that they are most likely to have a heart attack.](#)

Repeat Number: 13

Data: 2019-01-18

吃得太咸, 摄入过多钠, 进入血液, 易引起水钠潴留, 使血容量增加、血压上升, 增加心脑血管疾病的风险。所以, 生活中, 要注意少盐, 除了炒菜食用盐, 还是注意酱菜、咸菜、咸鸭蛋等过咸食物的摄取。此外, 食用调料, 如耗油、酱油等, 也有一定盐分, 要注意用这类调味品时, 要适当减少食盐的用量。

Eat too salty and will consume too much sodium. Excess sodium enters the bloodstream, which can cause water and sodium retention, increase blood volume, increase blood pressure, and increase the risk of cardiovascular and cerebrovascular diseases. Therefore, in life, we must pay attention to controlling salt intake. In addition to the cooking salt used in cooking, you should also pay attention to the intake of salty food such as pickles, pickles, and salted duck eggs. In addition, edible seasonings, such as fuel consumption, soy sauce, etc., also contain a certain amount of salt. When using such seasonings, the amount of salt should be appropriately reduced.

#### 2. [【健康】糖尿病、高血压?! 想要健康生活? “三减三健”来帮你](#)

重复数: 8

日期: 2019-01-18

[\[Health\] Diabetes, Hypertension?! Do you want a healthy life? "Three Reductions and Three Health" may help you](#)

Repeat Number: 8

Data: 2019-01-18

不健康的生活方式, 是导致慢性病高发的重要原因。其中, 因为高盐、高油和高糖所引起的不健康的膳食习惯, 也成为威胁我国国民健康的重要危险因素。为此, 我们要: 减盐 减油 减糖 健康口腔 健康体重 健康骨骼

Unhealthy lifestyle is an important cause of high incidence of chronic diseases. Among them, unhealthy dietary habits caused by high salt, oil and sugar have also become an important risk factor threatening our national health. We should: reduce salt, oil and sugar and have a healthy oral weight and skeleton.

#### 3. [这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近!](#)

重复数: 7

日期: 2019-01-18

[These 5 kinds of foods are super-damaged! However, we eat them every day. The more you eat, the more susceptible to uremia!](#)

Repeat Number: 7

Data: 2019-01-18

肾病的饮食禁忌, 主要是低盐、低脂、低磷、低钾。其中, 低盐的重要性位居第一, 因为几乎所有的肾病患者都需要低盐饮食; 而且食盐摄入超标的危害极大, 会带来一系列负面影响: 吃盐多→高钠血症→高血压→加重尿蛋白、肾衰竭→尿毒症、心血管疾病→死亡风险升高。膳食指南建议普通人每日食盐摄入量6克(一啤酒瓶盖); 肾病患者建议每日食盐摄入3-6克, 以3克为最佳。

The dietary contraindications of kidney disease are mainly low salt, low fat, low phosphorus and low potassium. Among them, the importance of low salt ranks first, because almost all patients with kidney disease need a low-salt diet; and the excessive intake of salt is extremely harmful, which will bring a series of negative effects: eating too much salt will cause high sodium blood Symptoms, high blood pressure, increased urinary protein, kidney failure, uremia, and cardiovascular disease ultimately lead to an increased risk of death. The dietary guidelines recommend 6 grams of normal salt intake per person (one beer bottle cap); patients with kidney disease are advised to consume 3-6 grams of salt per day, and 3 grams is the best.

#### 4. [【用药知多D】按时吃降压药, 血压还是升高? 这篇文章可以帮助你!](#)

重复数: 7

日期: 2019-01-18

[If you take antihypertensive drugs on time, blood pressure is still rising? This article can help you!](#)

Repeat Number: 7

Data: 2019-01-18

原发性高血压可能跟遗传、年龄和生活习惯等有关。如果能够养成良好的生活习惯, 是可以预防和降低血压的, 建议健康人每人每日食盐用量不超过6克, 高血压患者不超过3克, 这是预防和治疗高血压的花费最小的有效办法。

Essential hypertension may be related to heredity, age and habits. If good living habits can be developed, blood pressure can be prevented and lowered. It is suggested that the daily salt consumption of healthy people should not exceed 6 grams per person and that of hypertensive patients should not exceed 3 grams, which is the least effective way to prevent and treat hypertension.

#### 5. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 7

日期: 2019-01-18

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

Repeat Number: 7

Data: 2019-01-18

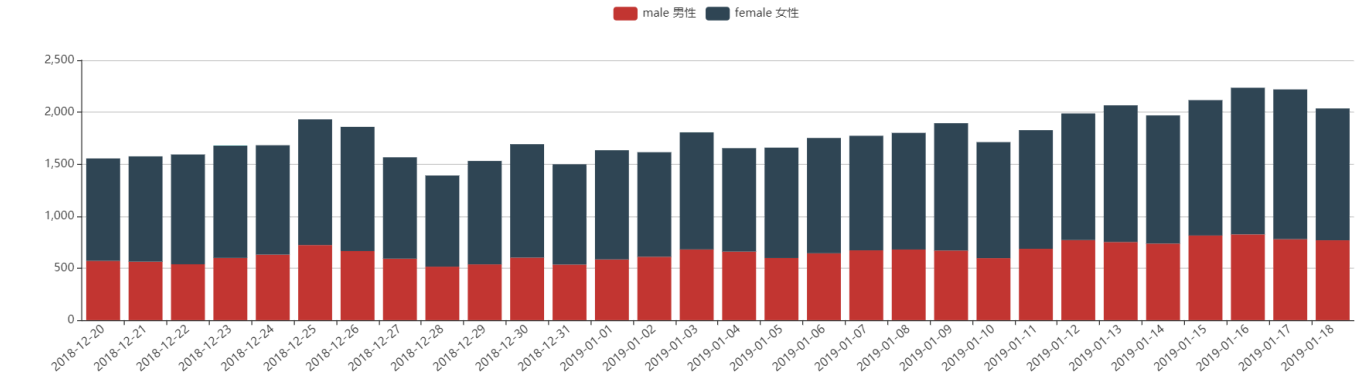
咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。

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

2019-01-18, 共检测到2036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 2036 weibos about salt reduction monitored on 2019-01-18.  
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

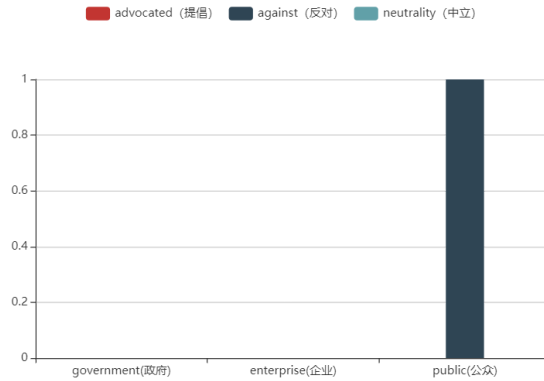
1. 没有相关微博!  
No such weibos!

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-18) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-18. 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. [吃什么油对血脂好? 心血管专家说了, 这6种油坚决不能吃!](#)  
[What oil is good for blood lipid? Cardiovascular experts said that these six oils should not be eaten!](#)

来源: 搜狐  
Source: Sohu

主体: 公众  
Subject: public

态度: 反对  
Attitude: against

时间: 15:03:29  
Time: 15:03:29

吃什么油对血脂好? 心血管专家说了, 这6种油坚决不能吃! 油脂, 无论是动物油脂还是植物油脂, 应该是我们每个人每天都会有摄入(吃)的一种食材; 而且, 现如今油脂的摄入和我们的身体健康息息相关; 不靠谱吃油、油脂摄入过多都容易增加肥胖以及各种心脑血管疾病的发病概率; 如何吃油? 吃什么样的油? 谨以此文和大家简单聊聊。

What oil is good for blood lipid? Cardiovascular experts said that these six oils should not be eaten! Fat, whether animal oil or vegetable oil, should be a kind of food that every one of us will take in every day; moreover, nowadays, the intake of fat is closely related to our physical health; eating oil unreliably and excessive fat can easily increase the incidence of obesity and various cardiovascular and cerebrovascular diseases; how to eat oil? What kind of oil do you eat? With this article, I would like to have a brief talk with you.

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

2019-01-18, 共监测到265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 265 WeChat public articles were monitored in 2019-01-18. This page shows the top five articles by repeat number today.

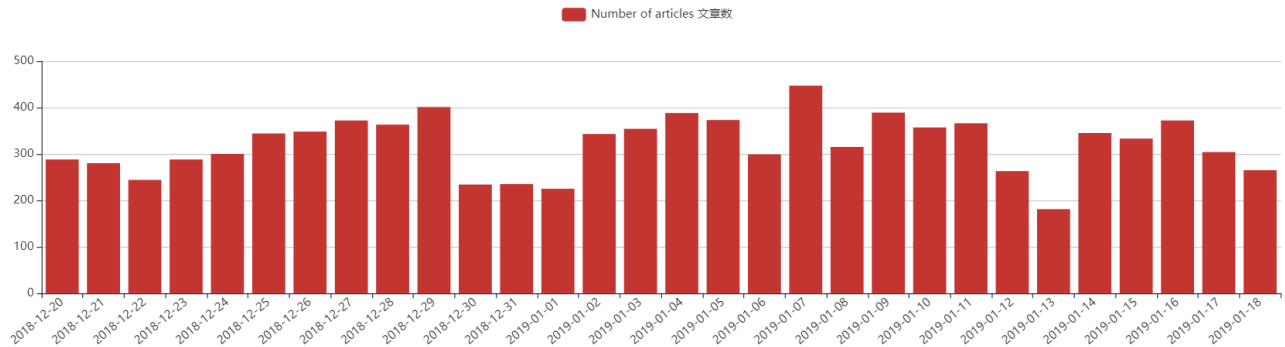
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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】为什么自己做的面包没有面包店的好吃? 竟是因为...](#)

重复数: 7

日期: 2019-01-18

[\[Health\] Why is homemade bread not as good as bakery bread? It's because...](#)

Repeat Number: 7

Data: 2019-01-18

人造黄油含有大量的反式脂肪酸 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 过多摄入可使血液胆固醇增高 反式脂肪酸有很多名字, 注意辨别: 人造奶油、人造黄油、植脂末、起酥油、植物奶油、植物起酥油、奶精、酥油等等 选购时需要仔细看产品配料表 看到这些别称, 尽量不要购买

Margarine contains a lot of trans fatty acids and is known as the "time bomb on the table". Its main source is partially hydrotreated vegetable oil. Excessive intake of it can increase blood cholesterol. Trans fatty acids come in many names, including margarines, margarines, non-dairy creamers, shortenings, vegetable creams, vegetable shortenings, creamers, and ghee. When purchasing, you need to look carefully at the product ingredients list. When you see these nicknames, try not to buy these foods.

### 2. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 4

日期: 2019-01-18

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

Repeat Number: 4

Data: 2019-01-18

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.

### 3. [惠东人办年货注意! 香港多款曲奇酥饼测出致癌物, 不乏元朗、美心等大牌](#)

重复数: 3

日期: 2019-01-18

[Huidong people should pay attention when shopping! Many cookies in Hong Kong have been detected to contain carcinogens, including Yuen Long and Maxim.](#)

Repeat Number: 3

Data: 2019-01-18

酥油是曲奇和蛋卷等零食的主要配料之一。起酥油的制造通常是将植物油经半氢化后, 转化为半固体及固体状脂肪, 过程中会产生人工反式脂肪酸。反式脂肪酸提高胆固醇浓度, 并使胆固醇浓度下降, 因而增加患上冠心病的风险。

Ghee is one of the main ingredients in snacks such as cookies and egg rolls. Shortening is produced by semi-hydrogenating vegetable oils into semi-solid and solid fats, which produce artificial trans fatty acids. Trans fatty acids increase the concentration of bad cholesterol and lower the concentration of cholesterol, thereby increasing the risk of coronary heart disease.

### 4. [可怕! 奶茶, 正悄悄毁掉这代年轻人!](#)

重复数: 3

日期: 2019-01-18

[Terrible! Milk tea is quietly destroying this generation of young people!](#)

Repeat Number: 3

Data: 2019-01-18

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 test found that the raw materials of milk tea are unhealthy! The problem of low protein and high trans fatty acid content is particularly acute. In this regard, experts distracted that these two indicators are out of balance, indicating that the business may not use "real material." Milk is probably replaced with creamer. In this regard, the Consumer Protection Committee reminded the merchants to strictly control the raw materials, understand the effect of the processing technology, and indicate the composition of the milk tea and the non-applicable people.

### 5. [世界卫生组织最新推荐: 2019年“健康饮食五原则”](#)

重复数: 3

日期: 2019-01-18

[World Health Organization's latest recommendation: Five Principles of Healthy Diet in 2019](#)

Repeat Number: 3

Data: 2019-01-18

油脂也是健康饮食的必要组成, 但吃太多油会增加肥胖、心脏病和中风的风险。反复煎炸的油也含有较多反式脂肪酸, 这些都应该避免食用。含反式脂肪酸多的食物包括: 炸薯条、炸鸡腿、油炸条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。

Grease is also an essential component of a healthy diet. But eating too much oil increases the risk of obesity, heart disease and stroke. Repeatedly frying oil also contains more trans fatty acids, which should be avoided. Foods containing more trans fatty acids include: French fries, fried chicken legs, fried dough sticks, various pastries containing hydrogenated vegetable oil, chocolate, salad dressings, and instant noodle sauces.

## 反式脂肪酸-微博 Transfat - Weibo

2019-01-18, 共检测到280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。

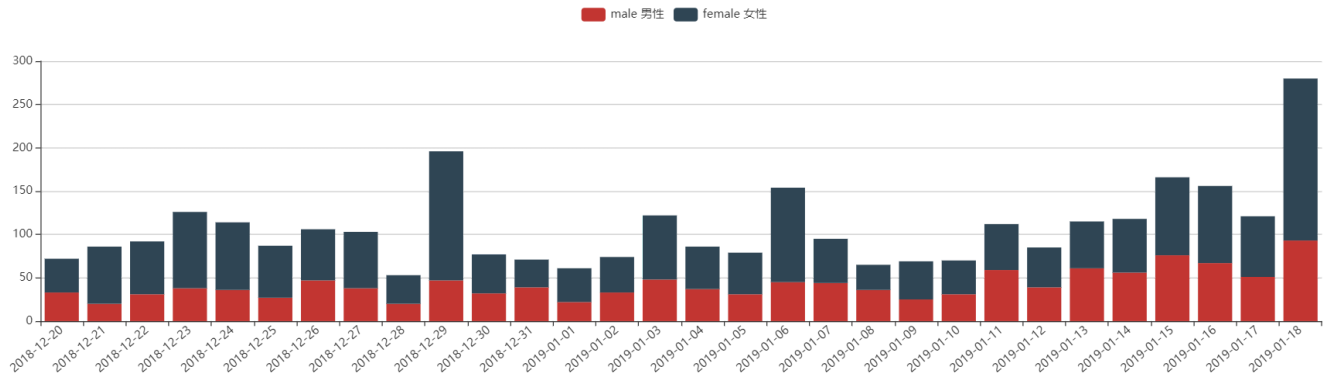
There are 280 weibos about transfat reduction monitored on 2019-01-18.

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.

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### 热门微博 Hot Weibos

1. 没有相关微博!  
No such weibos!