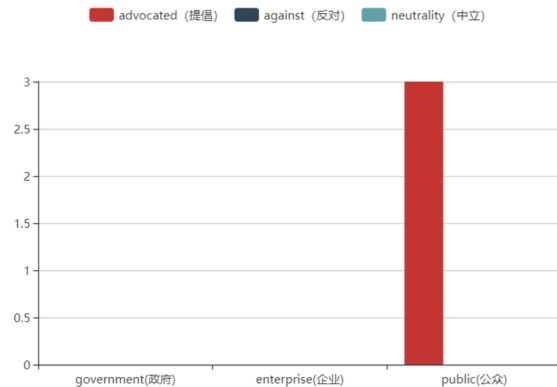


减盐-新闻 Salt Reduction - News

今日 (2018-10-02) 共监测到3条资讯。请点击标题查看原文。
There are 3 articles monitored today 2018-10-02. 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
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决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

安徽
Anhui

食物中的钠 Sodium in food
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高血压 Hypertension
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浙江
Zhejiang

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

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 华侨华人注意 10月实施的这些新规将影响你的生活	来源：中国侨网	主体：公众	态度：提倡	时间： 08:16:56
Overseas Chinese and pay attention to in October to implement these new rules will affect your life	来源：中国侨网	Subject: public	Attitude: advocate	Time: 08:16:56
中国侨网12月1日电 题 华侨华人注意！10月起实施的这些新规，将深刻影响你的生活！ 伴随着国内十一假期的开始，一大波新规“来袭”，事关方方面面！华侨华人快来看看，哪些与您生活息息相关的规定，已经发生改变？ 01 国内速递 个税起征点调为5000元 十三届全国人大常委会第五次会议31日表决通过了关于修改个人所得税法的决定。“起征点”提高至每月5000元等部分减税政策，将从2018年10月1日起先行实施。 决定还修改了今后应纳税所得额的计算方法：居民个人的综合所得，以每一纳税年度的收入额减除6万元以及专项扣除、专项附加扣除和依法确定的其他扣除后的余额，为应纳税所得额。非居民个人的工资、薪金所得，以每月收入额减除费用5000元后的余额为应纳税所得额；劳务报酬所得、稿酬所得、特许权使用费所得，以收入减除20%的费用后的余额为收入额，在此基础上，稿酬所得的收入额再减按70%计算，相当于打了五六折。 网络餐饮服务有新要求 国家市场监督管理总局7月23日发布新修订的《餐饮服务食品安全操作规范》，自今年10月1日起施行				
China Overseas Chinese net December 1 Xinhua overseas Chinese attention! These new regulations, which will be implemented in October, will profoundly affect your life.With the start of the eleven holiday in China,A new wave of "new regulations" is coming.It's all about every aspect.Look at the overseas Chinese.What are the rules that are closely related to				

your life?Has changed?01Domestic expressThe tax threshold is 5000 yuan.At the fifth meeting of the Standing Committee of the Thirteenth National People's Congress, the decision on Amending the Individual Income Tax Law was adopted by vote on the 31st. The "starting point" will be increased to 5,000 yuan per month and some other tax cuts will be implemented from October 1, 2008.The decision also revised the calculation method of future taxable income: the comprehensive income of individual residents, with the income of each tax year minus 60,000 yuan and the balance after special deduction, special additional deduction and other deductions determined according to law, shall be the taxable income.Income from wages and salaries of non-resident individuals shall be taxable on the basis of the balance of monthly income minus 5,000 yuan of expenses; income from remuneration for services, remuneration for manuscripts and royalties shall be taxable on the basis of the balance of income minus 20% of expenses, and the income from remuneration for manuscripts shall be reduced by 70%. When hit 44% off.New requirements for online catering servicesOn July 23, the State Administration of Market Supervision issued a newly revised Code of Practice for Food Safety in Catering Services, which will come into effect on October 1 this year

高血压
Hypertension

1. 高压145低压90算是高血压么? 平时没什么感觉, 应该怎么办
- 来源: 搜狐
- 主体: 公众
- 态度: 提倡
- 时间: 10:05:41
- High pressure low voltage 145 90 is high blood pressure?No feeling, at ordinary times, what should I do
- 来源: 搜狐
- Subject: public
- Attitude: advocate
- Time: 10:05:41

原标题：高压145低压90算是高血压么？平时没什么感觉，应该怎么办 一个朋友打电话问华子，最近他体检，血压145/90mmHg。他想知道这样是不是也算是高血压？他现在要怎么办才好呢？华子说，我国的高血压诊断标准为收缩压大于等于140mmHg，或舒张压大于等90mmHg即可诊断为高血压。所以血压145/90mmHg已经是高血压了。但超标不多，比较轻微。 一、高血压是“沉默的杀手” 华子告诉朋友，虽然他血压超标不多，也没有觉得不舒服，但绝不能忽视高血压

Original title: high pressure 145 low 90 is hypertension? I don't feel much at all. What should I do?A friend called Hua Zi, who recently had a physical examination and had a blood pressure of 145/90mmHg. He wants to know if this is hypertension. What is he going to do now? Huazi said that China's diagnostic criteria for hypertension is systolic blood pressure greater than or equal to 140 mmHg, or diastolic blood pressure greater than or equal to 90 mmHg can be diagnosed as hypertension. So blood pressure 145/90mmHg is already high blood pressure. But there are not many of them.Hypertension is a silent killer.Hua Zi told his friends that although his blood pressure was not too high and he did not feel uncomfortable, he must not ignore hypertension.

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. 德兴开展“讲德堂”活动 助民众解难题
- 来源: 大江网
- 主体: 公众
- 态度: 提倡
- 时间: 11:17:09
- Dexing "DE tong" activities to help people solve problems
- 来源: 大江网
- Subject: public
- Attitude: advocate
- Time: 11:17:09

德兴开展“讲德堂”活动 助民众解难题 上饶新闻热线：15679322110 0793-8219110 网上爆料QQ：1500574292 站长：翁龙贵（18679326699） “我一直弄不明白，为什么去年秋天辛辛苦苦种的大棚辣椒没有出苗，今天有农技专家专门过来讲解秋后辣椒的种植，我要去看看。” 听闻有科技惠民实践活动，德兴市张村乡界田村贫困户罗胜利早早来到了该村专业合作社蔬菜种植基地的实践点。 近日，德兴市“新时代文明实践中心·讲德堂”科技惠民实践活动在此开展。虽是农忙时节，但收到“讲德堂”送农技下乡的消息后，不少村民还是放下了手上的农活，赶来“取经”。“秋季气候干燥，昼夜温差大，大棚辣椒育苗一定要特别注意，在出苗前一定要把苗床浇透，之后再用遮阳网全部遮盖，保持水份和温度适宜，这样辣椒才能出苗

Dexing launched the "Lecture hall" campaign to help people solve problems.Shangrao News Hotline: 15679322110793-8219110 QQ: 1500574292 Station Master: Weng Longgui (18679326699)"I have been wondering why last autumn's hard-working greenhouse pepper did not emerge, today there are agricultural experts come to explain the autumn pepper cultivation, I want to see it." Hearing of the practice of benefiting the people with science and technology, Luo Shengli, a poor household in Jietian Village, Zhangcun Township, Dexing City, came to the practice site of vegetable planting base of the village's professional cooperative early.Recently, Dexing "New Age Civilization Practice Center - Shuodetang" science and technology practice activities to benefit the people carried out here. Although it is a busy agricultural season, but after receiving the news that "Shuo De Tang" sent agricultural technology to the countryside, many villagers still put down their farm work and rushed to "get the classics".The autumn climate is dry, the temperature difference between day and night is big, the greenhouse pepper seedling must pay special attention to the seedling bed must be watered thoroughly before seedling emergence, and then covered with shading net to keep the water and temperature appropriate, so that pepper can emerge.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

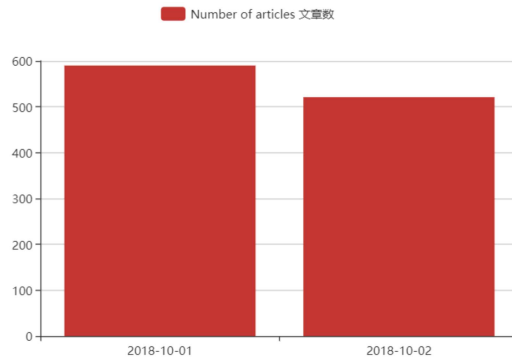
2018-10-02, 共监测到521篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 521 WeChat public articles were monitored in 2018-10-02. 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.



热门文章-前五 Popular Articles - Top 5

- | Rank | Article Title | Repeat Number | Date |
|--|---|---------------|------------|
| 1. | 2元一袋和10元一袋的盐到底差在哪? 终于清楚了...
Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag? At last it is clear. | 16 | 2018-10-02 |
| 对普通人而言, 首要目标是减少盐的摄取, 少盐就是少钠。无论是吃低钠盐、强化营养盐或精盐, 都应该少吃为妙, 降低用盐量是首要原则。 | | | |
| For ordinary people, the primary goal is to reduce salt intake. Less salt is less sodium. Whether you eat low sodium salt, fortified nutrient salt or refined salt, you had better eat less. Reducing the amount of salt is the first principle. | | | |
| 3. | 2元一袋和10元一袋的盐到底差在哪?
Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag? At last it is clear. | 5 | 2018-10-02 |
| 如果烹饪时早早的放盐, 盐就可能渗入食物中, 吃菜的时候把放的盐都吃到肚子里了, 等起锅时放盐, 多数还在菜的表面和汤汁中, 这样既能起到调味的作用, 又可以少摄入盐。 | | | |
| If you put salt during cooking, the salt may penetrate into the food, and the salt will be eaten in the stomach when you eat. Adding the salt after cooking, most of salt are still on the surface of the dish and in the soup, which can not only play a role in seasoning, but also reduce the intake of salt. | | | |
| 5. | 这5种食物, 高盐高钠, 吃多危害血管肾脏! 你有没有被“骗”了?
These five foods contain large amounts of salt and sodium. Eating a lot of these five kinds of food can harm blood vessels and kidneys! Have you been "scammed"? | 2 | 2018-10-02 |
| 人们都知晓过量摄入盐, 会对身体造成高血压、心血管病、肾病、骨质疏松, 等许多危害。所以不少人在日常饮食中, 非常注意控盐。 | | | |
| People know that excessive intake of salt can cause high blood pressure, cardiovascular disease, kidney disease, osteoporosis, and many other hazards. Therefore, many people pay great attention to salt control in their daily diet. | | | |
| 7. | 【健康】2元一袋和10元一袋的盐到底差在哪? 终于清楚了...
Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag? At last it is clear. | 2 | 2018-10-02 |
| 低钠盐虽然钠含量减少25%, 但咸味减少得并不多, 是比较理想的减盐方法。但要养成良好的饮食调味习惯, 烹饪时不能因为低钠盐不咸而多放些, 更不能因为低钠盐有好处就大把大把地用。 | | | |
| Although the sodium content of the low sodium salt is reduced by 25%, the salty taste is not reduced much, and it is an ideal salt reduction method. To develop good dieting habits, you should not add low-sodium salt in large quantities because of the taste and advantages of low sodium salt. | | | |
| 8. | 被重口味捣害的中国人
Chinese people who are seriously harmed by heavy taste | 2 | 2018-10-02 |
| 对于大多数吃盐过量的人来说, 减少食盐摄入刻不容缓, 对于身体还没有发育成熟的儿童, 每天最大盐摄入量相较成人低许多, 更应该在吃盐这个问题上“锱铢必较”。 | | | |
| For most people who eat too much salt, it is imperative to reduce salt intake. For children whose body is not yet mature, the maximum salt intake per day is much lower than that of adults, and it should be very cautious on the issue of salt. | | | |

减盐-微博

Salt Reduction - Weibo

2018-10-02, 共检测到1462条与“减盐”相关的微博。

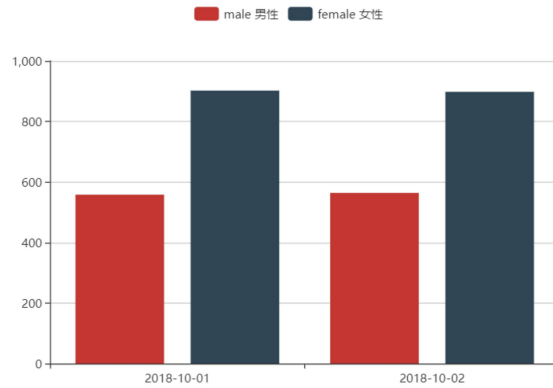
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 1462 weibos about salt reduction monitored on 2018-10-02.

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.



热门微博
Hot Weibos

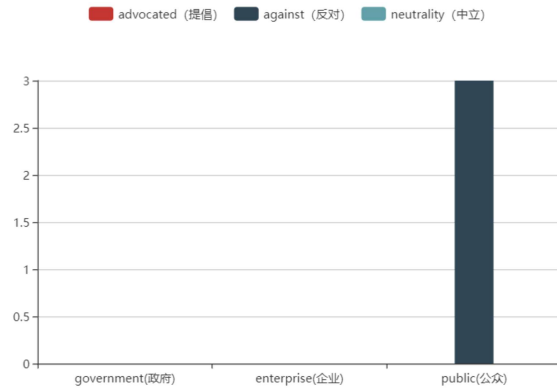
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-10-02) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2018-10-02. 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
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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. 网红减肥咖啡含违禁药品 售价69元成本不足4元 Web celebrity weight loss coffee contains illegal drugs cost price 69 yuan less than 4 yuan	来源: 新浪	主体: 公众	态度: 反对	时间: 08:18:50
	来源: 新浪	Subject: public	Attitude: against	Time: 08:18:50
一边享受着喝咖啡的乐趣，一边就能减肥瘦身，听上去是不是很有吸引力？最近江苏的朱女士就买了这样一种号称能减肥的咖啡，没想到却引出了一起添加违禁药品的案件。 减肥咖啡含禁药 喝完心慌 江苏淮安的消费者朱女士前不久购买了一款网红减肥咖啡，可是喝了才不到三天，不但没减肥，还喝出了问题。 消费者 朱女士：有点想吐，头感觉很重，昏昏沉沉的。回想就是从喝了咖啡王就感觉身体有点不舒服。 淮安市食品药品检验所对这款卡芭娜左旋肉碱咖啡王进行了检测				
While enjoying the coffee and enjoying weight loss, does it sound attractive? Recently, Ms. Zhu in Jiangsu Province bought such a kind of coffee that she claims can lose weight, but unexpectedly led to a case of adding prohibited drugs.Slimming coffee contains forbidden medicine, and the heart is flurried.Zhu, a consumer in Huai'an, Jiangsu Province, recently purchased a net red weight loss coffee, but she drank it for less than three days. Not only did she not lose weight, she also drank a problem.Ms Zhu: a little bit of a puke. I feel heavy and dizzy. Looking back, I felt a little sick from the coffee king.Huaian city food and Drug Testing Center for this carbara L-carnitine Coffee King was tested.				
2. 伤不起的“减肥咖啡”：非法添加违禁药 严重可致死亡 Can't afford to injury "weight loss coffee" : add drugs illegally Serious can cause death	来源: 中青在线	主体: 公众	态度: 反对	时间: 11:18:51
	来源: 中青在线	Subject: public	Attitude: against	Time: 11:18:51
江苏淮安的消费者朱女士购买了一款网红减肥咖啡，可是喝了才不到三天，不但没减肥，还喝出了问题。 消费者 朱女士：我有点想吐，头感觉很重，昏昏沉沉的。自己又回想，就是从喝了咖啡王这个东西（后），感觉自己有点身体不舒服那种症状。 淮安市食品药品检验所对这款标称的卡芭娜左旋肉碱咖啡王进行了检测。结果显示这款所谓的左旋肉碱咖啡王不但根本不含左旋肉碱，竟然还检出了违禁药物成分盐酸西布曲明和酚酞				
Zhu, a consumer in Huai'an, Jiangsu Province, purchased a net red weight loss coffee, but she drank it for less than three days. Not only did she not lose weight, but she also drank something wrong.Ms. Zhu: I feel a little sick, and I feel heavy and dizzy. I recalled feeling a little uncomfortable after drinking the coffee queen.The Huaian city food and drug testing institute has tested the name Cabana's L-carnitine Coffee King. The results showed that the so-called L-carnitine Coffee King did not contain L-carnitine at all, but also detected illicit drugs such as sibutramine hydrochloride and phenolphthalein.				
3. 警惕!这款“网红减肥咖啡”含禁药 喝完心慌或致中风 Alert!The "red net weight loss coffee" containing drug drink flustered or stroke	来源: 新浪广东站	主体: 公众	态度: 反对	时间: 08:18:51
	来源: 新浪广东站	Subject: public	Attitude: against	Time: 08:18:51
“不用节食、不用运动，只需要喝点咖啡就能减肥”。真有这么好的东西？江苏的朱女士就买了这种号称能减肥的网红咖啡，没想到却引出一一起添加违禁药品的案件。。。				
"No dieting, no exercise, just a little coffee to lose weight." Is there such a good thing? Ms. Zhu in Jiangsu bought the so-called weight loss coffee online, but unexpectedly led to a case of adding illegal drugs.				
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

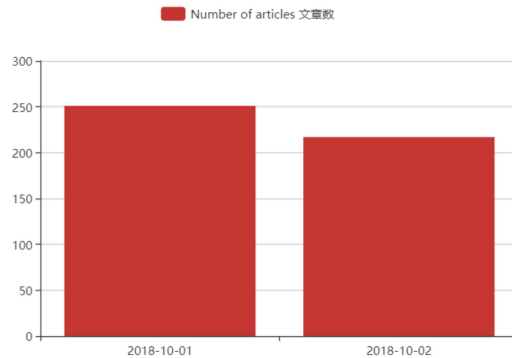
2018-10-02, 共监测到217篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 217 WeChat public articles were monitored in 2018-10-02. 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.



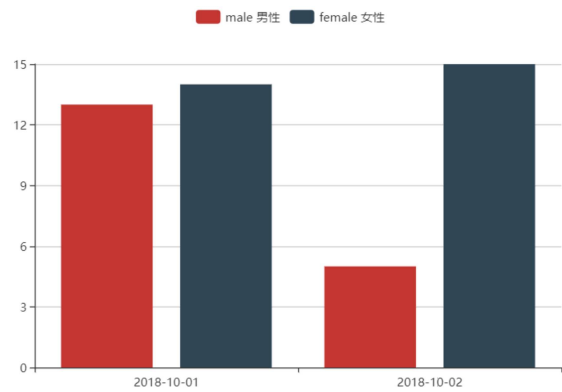
热门文章-前五 Popular Articles - Top 5

- | | | |
|--|----------------------------|------------------------------------|
| 1. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!
These 6 kinds of milk must not be given to children. Second kinds of milk may be bought every day! | 重复数: 5
Repeat Number: 5 | 日期: 2018-10-02
Data: 2018-10-02 |
| <p>仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不仅不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。</p> <p>Looking closely at the ingredient list, you will find that besides milk powder, sugar, there are also the most terrible fat powder, which contains a large number of junk food standard - trans fatty acids, not only harmful to children's health, but also affect intellectual development, and most of the milk tablets are added flavor, eating too much will affect children's health .</p> | | |
| 2. “奶茶, 正在毁掉中国的三代人”
"Milk tea is destroying the three generation of China". | 重复数: 2
Repeat Number: 2 | 日期: 2018-10-02
Data: 2018-10-02 |
| <p>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。</p> <p>Trans fatty acids, known as "time bombs on the table," are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods because of its high temperature resistance, non-deterioration and long storage. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.</p> | | |
| 3. 奶茶, 正在毁掉中国二代人的健康
Milk tea is destroying the health of the two generation of China. | 重复数: 2
Repeat Number: 2 | 日期: 2018-10-02
Data: 2018-10-02 |
| <p>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。</p> <p>Trans fatty acids, known as "time bombs on the table," are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods because of its high temperature resistance, non-deterioration and long storage. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.</p> | | |
| 5. 奶茶, 正在毁掉中国的三代人!
Milk tea is destroying three generations of China. | 重复数: 1
Repeat Number: 1 | 日期: 2018-10-02
Data: 2018-10-02 |
| <p>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。</p> <p>Trans fatty acids, known as "time bombs on the table," are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods because of its high temperature resistance, non-deterioration and long storage. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.</p> | | |
| 5. 奶茶, 正在毁掉中国三代人
Milk tea is destroying three generations of China. | 重复数: 1
Repeat Number: 1 | 日期: 2018-10-02
Data: 2018-10-02 |
| <p>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。专家分析认为, 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。</p> <p>The raw materials of milk tea are unhealthy! The problem of low protein and high trans fatty acid content is particularly acute. According to expert analysis, the imbalance between these two indicators indicates that the merchant may not use "real material", and the raw materials of milk may be replaced by creamer.</p> | | |

反式脂肪酸-微博

Transfat - Weibo

2018-10-02, 共检测到20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 20 weibos about transfat reduction monitored on 2018-10-02.
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.



热门微博

Hot Weibos

1. 没有相关微博!
- No such weibos!