

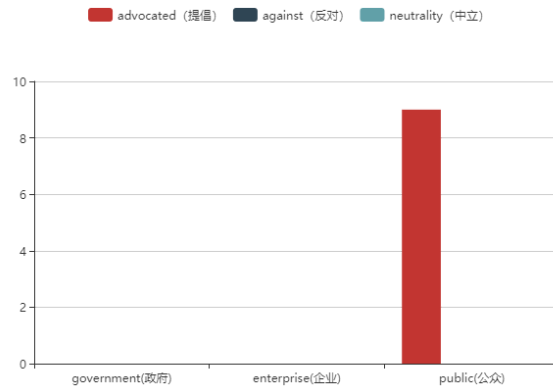
## 减盐-新闻

### Salt Reduction - News

今日 (2018-12-13) 共监测到9条资讯。请点击标题查看原文。

There are 9 articles monitored today 2018-12-13. 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

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!

安徽  
Anhui

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!

浙江  
Zhejiang

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!

其他省份  
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">爱吃腌制食品六旬爹爹患上胃癌</a> <a href="#">Daddy, who likes pickled food, suffers from gastric cancer</a>	来源：长江网 Source: Yangtze River Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:35:23 Time: 15:35:23
喜欢重口味，爱吃腌制品，不良的饮食习惯使即将退休的李爹爹(化名)查出晚期胃癌，令人惋惜。 年近六十的李爹爹住在沙湾村，他喜欢吃重口味的食物，做菜总爱放很多盐，又常吃咸鱼、腌肉等腌制品。前些年的一次体检，他曾查出幽门螺杆菌感染，虽然常常有上腹不适、嗝气、进食后饱胀等不适，医生也提醒他要注意饮食，但他多年的习惯总是改不了。直到近期，李爹爹总是感觉自己浑身没劲，越来越瘦，还发现大便发黑，这才引起警觉。				
Like heavy taste, love to eat preserved products, poor dietary habits so that retiring father Li (pseudonym) to detect advanced gastric cancer, it is regrettable. Nearly sixty years old, Dad Li lived in Shawan Village. He liked to eat heavy-tasting food. He always put a lot of salt in his cooking, and often ate salted fish, pickled meat and other salted products. In a physical examination in the past few years, he had been found to have Helicobacter pylori infection. Although he often suffered from upper abdominal discomfort, belching, fullness after eating and other discomforts, the doctor also reminded him to pay attention to diet, but his habits for many years are always unchangeable. Until recently, Dad Li always felt weak and thinner, and found his stool was black, which aroused alarm.				

<div>高血压</div> <div>Hypertension</div>				
1. <a href="#">介入手术助肾动脉闭塞患者摆脱透析省医院医生：高血压切忌自行诊断</a> <a href="#">Interventional surgery to help patients with renal artery occlusion get rid of dialysis hospital doctors: hypertension should not be self-diagnosis</a>	来源：四川在线 Source: Sichuan Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 20:02:52 Time: 20:02:52
<p>血压长期180 mmHg以上，左肾萎缩，右肾动脉闭塞，市民刘婆婆原本以为自己今后只能依靠血液透析维持生命了。令她和家人惊喜的是，在四川省人民医院进行了右侧肾动脉造影及支架置入手术后，右肾功能逐渐恢复，不用再依赖血液透析，血压也得到了控制。12月13日下午，在家人陪伴下，刘婆婆开心地办理了出院手续，面色红润、说话铿锵有力的她，丝毫看不出一周前的“高危”。</p> <p>With long-term blood pressure of more than 180 mmHg, atrophy of left kidney and obstruction of right renal artery, the citizen, Grandma Liu, thought she could only rely on hemodialysis to maintain her life in the future. To her surprise and her family, after the right renal artery angiography and stent implantation in Sichuan Provincial People's Hospital, the right renal function gradually recovered, and blood pressure was controlled without the need for hemodialysis. On the afternoon of December 13, accompanied by her family, Mrs. Liu happily went through the discharge procedures. Her face was ruddy and her voice was strong. She could not see the "high risk" a week ago.</p>				
2. <a href="#">有一种情怀叫“坚守”</a> <a href="#">There is a feeling called "perseverance"</a>	来源：汉丰网 Source: Hanfeng network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 20:32:26 Time: 20:32:26
<p>2001年11月以来，中国宋庆龄基金会在健康、教育、脱贫攻坚等方面定点帮扶彭阳县，累计投入扶持资金5794.45万元，其中为彭阳开发并捐赠总价值3012.68万元的“互联网+医疗健康”应用平台，涵盖了“智慧医疗”的全部应用。国家卫生健康委员会及国务院扶贫办联合发文对彭阳县运用“互联网+医疗健康”助力健康扶贫进行了表彰。一颗小鸡蛋，撬动大健康 1年，9500枚鸡蛋。这是彭阳县新集乡张化村卫生室医生马生武发给农民的奖品。</p> <p>Since November 2001, the Chinese Song Qingling foundation has been helping Pengyang County in health, education and poverty alleviation. It has invested 57 million 944 thousand and 500 yuan in support funds. It has developed and donated 30 million 126 thousand and 800 yuan worth of Internet plus medical health application platform for Pengyang, covering all applications of "intelligent medical treatment". The national health and Health Committee and the Poverty Alleviation Office of the State Council jointly issued a commendation on Pengyang county's application of "Internet plus medical health" to help health and poverty alleviation. A small egg, pry big healthy 1 year, 9500 eggs. This is a prize given to farmers by Ma Shengwu, a doctor in the clinic of Zhanghua Village, Xinji Township, Pengyang County.</p>				
3. <a href="#">高血压患者可选低盐肉汤缓解肠胃不适</a> <a href="#">Hypertensive patients can choose low-salt broth to relieve gastrointestinal discomfort</a>	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:53:24 Time: 18:53:24
<p>胃病或者某些食物可能会导致恶心、呕吐等胃部不适。除了吃药或者等待症状自行消失，调整饮食也有助于缓解这些不适。美国《健康》杂志载文，刊出乔治城大学医学院消化内科教授罗比·尼·朱特坎博士和密歇根州消化内科专家阿密特·巴恩博士总结出的9种有助缓解肠胃不适的食物，肠胃不好的人可以常吃。 1.香蕉。香蕉富含钾，这种矿物质对于呕吐或腹泻导致脱水的患者尤其重要。香蕉中的碳水化合物可以在进食不多的情况下补充体能，而且其甜度合适，通常不会导致恶心。</p> <p>Gastric diseases or certain foods may cause stomach discomfort such as nausea and vomiting. In addition to taking medicine or waiting for symptoms to disappear, adjusting diet can also help alleviate these discomforts. American "Health" magazine, published in Georgetown University School of Medicine, Professor of Digestive Medicine Dr. Robini Jutkan and Michigan Digestive Medicine Expert Dr. Amit Barn summed up 9 kinds of food to help alleviate gastrointestinal discomfort, gastrointestinal people can often eat. 1. bananas. Bananas are rich in potassium, a mineral that is especially important in patients with vomiting or diarrhea that causes dehydration. Carbohydrates in bananas can be used to supplement physical fitness in the absence of much food, and they are sweet enough to generally not cause nausea.</p>				
<div>心血管健康</div> <div>Cardiovascular health</div>				
1. <a href="#">天气骤冷每日盐摄入量应低于6克</a> <a href="#">Salt intake should be less than 6 grams per day in sudden cold weather</a>	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 19:20:09 Time: 19:20:09
<p>进入大雪节气，一年一度的严冬季节又将来临；我国大部分地区，尤其是北方多个省份，气温骤降，研究指出，寒冷天气的低气温和多风天气会引起皮肤血管收缩，增加心脏负荷，就可能诱发心梗。就此，本报记者采访了黑龙江省齐齐哈尔市中医医院脑病科主任、主任中医师乔虹，听他简要介绍了心梗预防保健要点。 预防三手段 乔虹强调指出，急性心梗病势汹汹，预防保健尤显重要，中医自古以来强调预防疾病的重要性。</p> <p>Entering the snowy season, the annual severe cold season will come again; in most parts of China, especially in many northern provinces, the temperature drops sharply. Studies have pointed out that low temperature and windy weather in cold weather can cause skin vasoconstriction and increase heart load, which may induce myocardial infarction. In this regard, our reporter interviewed Qiao Hong, director of encephalopathy department and chief physician of traditional Chinese medicine hospital in Qiqihar City, Heilongjiang Province, and listened to him briefly introduce the key points of myocardial infarction prevention and health care. Qiao Hong emphasized that the acute myocardial infarction is fierce, prevention and health care is particularly important, and traditional Chinese medicine has emphasized the importance of disease prevention since ancient times.</p>				
<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
1. <a href="#">冠心病怎么治疗在生活中要注意什么</a> <a href="#">How to Treat Coronary Heart Disease and What Should We Pay Attention to in Life</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:37:46 Time: 08:37:46
<p>冠心病在生活中要注意什么？现在心脏病的患病人群越来越多了，而冠心病是心脏病中容易出现的疾病，得了冠心病怎么治疗好呢？我们都知道冠心病的患者在生活中要多注意，冠心病的注意事项是什么？冠心病怎么治疗 1、内科治疗，治疗冠心病的方式，现在有基本治疗和药物治疗，基本治疗就是在生活中多注意，控制饮食合理饮食，也要做一些适量的身体活动，增强体质，防止肥胖，纠正血脂，血压、血糖异常为主。 2、介入治疗，介入治疗是近几年比较受欢迎的一种治疗方式，这种治疗方式，主要是针对药物控制已经没有什么效果的患者，它的治疗方法有经皮腔内冠状动脉成行术、冠状动脉支架安置术、冠状动脉内斑块旋切术等。</p>				
<p>What should coronary heart disease pay attention to in life? Now more and more people are suffering from heart disease, and coronary heart disease is a disease that is easy to occur in heart disease. How to treat coronary heart disease? We all know that patients with coronary heart disease should pay more attention in life. What are the precautions for coronary heart disease? How to treat coronary heart disease? 1. Medical treatment, treatment of coronary heart disease, now there are basic treatment and drug treatment, basic treatment. It is in life to pay more attention to control diet and reasonable diet, but also to do some appropriate physical activities, enhance physical fitness, prevent obesity, correct blood lipids, blood pressure, blood sugar abnormalities. 2. Interventional therapy, interventional therapy is a popular treatment method in recent years. This treatment method is mainly aimed at patients who have no effect on drug control. Its treatment methods include endodermal coronary artery surgery, coronary stent placement, coronary atherosclerosis and so on.</p>				
2. <a href="#">多吃四类食物终生防癌</a> <a href="#">Eat Four Kinds of Food for Life to Prevent Cancer</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 19:49:30 Time: 19:49:30
<p>“癌”字中有三个“口”，可见饮食和癌症的关系有多密切。世界癌症研究基金会曾明确指出，每年因癌症死亡的人中有1/3和不良饮食习惯有关，30多种癌症由此而来。解放军总医院研究员、卫生部健康教育首席专家赵霖指出，受膳食因素影响最大的癌症包括两类：一类是消化系统癌症，包括食管癌、胃癌、肠癌；另一类是与激素水平相关的癌症，有乳腺癌、子宫内腺癌、卵巢癌、前列腺癌等。“可以说，管住嘴，把好吃食关，就能简单、有效地预防癌症，让患癌风险降低40%。” 本期《生命时报》记者采访多位专家，总结出饮食防癌的三大原则。</p>				
<p>There are three "mouths" in the word "cancer", which shows how close the relationship between diet and cancer is. The World Cancer Research Foundation (WCRF) has clearly pointed out that 1/3 of cancer deaths each year are related to poor dietary habits, resulting in more than 30 cancers. Zhao Lin, a researcher of PLA General Hospital and chief expert of health education of the Ministry of Health, pointed out that the cancers most affected by dietary factors include two types: one is digestive system cancers, including esophageal, gastric and intestinal cancers; the other is hormone-related cancers, including breast cancer, endometrial, ovarian and prostate cancer. "It can be said that keeping your mouth shut and eating well can prevent cancer simply and effectively and reduce the risk of cancer by 40%." This issue of "Life Times" reporter interviewed a number of experts, summed up the three principles of diet cancer prevention.</p>				
3. <a href="#">河北省组建家庭医生团队2.5万个</a> <a href="#">Establishment of 25,000 Family Doctor Teams in Hebei Province</a>	来源：新华网河北频道 Source: Xinhua Hebei Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:50:47 Time: 15:50:47
<p>我省组建家庭医生团队2.5万个 截至目前，全省已组建家庭医生团队2.5万个，服务签约居民3192万人，重点人群签约率69.8%，农村建档立卡贫困人口签约率99.8% 12月12日，记者从省卫生健康委获悉，截至目前，全省已组建家庭医生团队2.5万个，服务签约居民3192万人，重点人群签约率69.8%，农村建档立卡贫困人口签约率99.8%，越来越多的群众拥有了自己的“健康守门人”。开展家庭医生签约服务，是实现分级诊疗的关键。</p> <p>Up to now, 25,000 family doctor teams have been set up in our province. There are 31.92 million family doctor teams serving contracted residents, 69.8% of the key population and 99.8% of the poor people in rural archives. On December 12, the reporter learned from the Provincial Health and Health Commission that 25,000 family doctor teams have been set up in the province so far. 31.92 million service contracted residents are heavy. The signing rate of point population was 69.8%, and that of poor people in rural archives Lica was 99.8%. More and more people have their own "health gatekeepers". Developing family doctor contract service is the key to realize graded diagnosis and treatment.</p>				
4. <a href="#">6个月宝宝能吃盐吗？</a> <a href="#">Can babies eat salt for six months?</a>	来源：TOM Source: TOM	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:02:24 Time: 15:02:24

食盐是日常饮食生活中最常见的调味品，也是每个家庭都必不可少的调料，现在人们的饮食口味比较重，很多人会出现吃盐量偏高的情况，要提醒广大父母们注意，在给宝宝制作辅食的时候，可以添加适量的盐，但一定要少放盐，如果宝宝吃盐多了危害会很大，那么六个月大的宝宝是否可以吃盐呢？6个月宝宝能吃盐吗？现如今，都是两代人一起照顾小宝宝。很多观念在育儿过程中就开始显现了，老年人总是觉得小孩子也得吃盐，这样才有力气。可是新手妈妈们看了很多的书籍，认为小宝宝吃盐会损害健康。

Salt is the most common condiment in daily diet and life, and it is also an essential condiment for every family. Now people's diet tastes are heavy. Many people will eat too much salt. We should remind parents that when making supplementary food for babies, we can add appropriate amount of salt, but we must put less salt. If babies eat too much salt, it will do great harm. Can six-month-old babies eat salt? Can babies eat salt for six months? Nowadays, two generations take care of the baby together. Many concepts begin to emerge in the process of child-rearing. Older people always feel that children have to eat salt, so that they have strength. But novice mothers read a lot of books and thought that babies eating salt would damage their health.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2018-12-13, 共监测到519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 519 WeChat public articles were monitored in 2018-12-13. This page shows the top five articles by repeat number today.

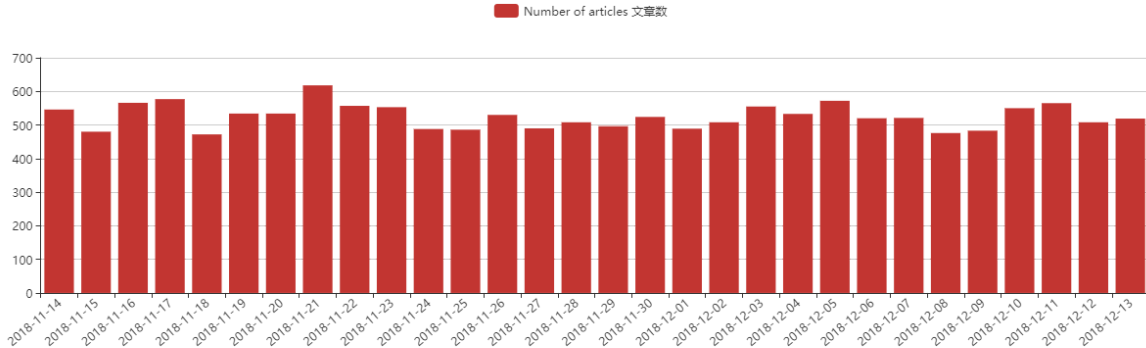
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [十大健康警戒线划出来了, 寿命长短都由它决定! 非常重要!](#)

重复数: 11

日期: 2018-12-13

Repeat Number: 11

Data: 2018-12-13

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

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

#### 2. [调味需谨慎! 小心“盐多必失”!](#)

重复数: 7

日期: 2018-12-13

Repeat Number: 7

Data: 2018-12-13

但是盐吃多了, 也有危害: 食盐过多会导致高血压的发生。高盐饮食的人群, 其高血压的发病率远远高于低盐饮食的人群。过多的盐会导致钙流失, 当您食盐过量时, 会将过多的钠随尿液排除体外。研究表明: 每排泄1000毫克的钠, 同时会损耗掉大约26毫克的钙。盐的摄入过多还会增加胃癌发生的几率。

Excessive salt intake is harmful: too much salt can cause high blood pressure. People with a high-salt diet have a much higher incidence of hypertension than people with a low-salt diet. Excessive salt can cause calcium loss. When you have too much salt, you will excrete excess sodium with your urine. Studies have shown that every 1000 mg of sodium is excreted and about 26 mg of calcium is lost. Excessive salt intake can increase the incidence of gastric cancer.

#### 3. [跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西!](#)

重复数: 6

日期: 2018-12-13

Repeat Number: 6

Data: 2018-12-13

多吃一口盐, 伤害遍全身 无盐不成味, 作为“百味之首”, 盐是人人不可或缺的调料。但是一旦过量, 对健康是百害而无一利的。高盐饮食有导致血压升高的作用, 研究发现, 每天食盐摄入每增加0.5克, 中风的危险就增加17%。盐吃多了会引起高血压, 同时还会使血浆胆固醇升高, 促使我们的血管变薄、变脆, 这就是非常可怕的——动脉粥样硬化。

Eat a bite of salt and hurt the whole body. No salt, no taste, as the "first of the hundred flavors", salt is an indispensable spice for everyone. But once it is overdone, it is not good for health. High-salt diets have an effect on blood pressure, and the study found that for every 0.5 grams of salt intake per day, the risk of stroke increases by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and more brittle. This is terrible – atherosclerosis.

#### 4. [十大健康警戒线划出来了, 寿命长短都由它决定! 看一眼能保命](#)

重复数: 6

日期: 2018-12-13

Repeat Number: 6

Data: 2018-12-13

国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克, 这6克, 相当于一个啤酒瓶盖大小。建议: 烹调时尽可能用量具(如限盐勺等)称量用盐。做菜时, 加少量的醋, 就能突出盐的味道, 从而减低盐的食用量。注意隐形盐, 生活中的零食, 很多市民不认为其中有盐, 但其实, 它的含盐量触目惊心, 比如话梅、九制陈皮、饼干、爆米花等, 吃二两话梅, 就等于吃下了三天的食盐。

The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap. Recommendation: Weigh the salt as much as possible during cooking (eg salt spoon, etc.). When cooking, add a small amount of vinegar to highlight the taste of the salt, thus reducing the amount of salt consumed. Pay attention to the invisible salt. Many people do not think that there is salt in the snacks, but its salt content is shocking, such as plum, nine dried tangerine peel, biscuits, popcorn and so on. Eating 100 grams of plum is equivalent to eating salt for three days.

#### 5. [【健康】想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 6

日期: 2018-12-13

Repeat Number: 6

Data: 2018-12-13

长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要从肾脏排出, 加大肾脏负担。限盐建议: 健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。如果已经确诊高血压, 每天最好不要超过 3 克。

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.

# 减盐-微博

## Salt Reduction - Weibo

2018-12-13，共检测到1290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。

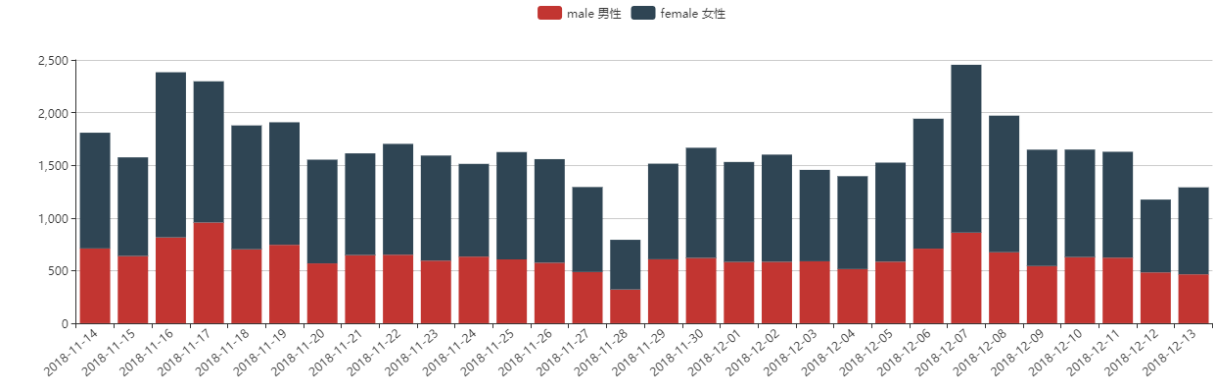
There are 1290 weibos about salt reduction monitored on 2018-12-13.

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.	昵称: 人人视频 <b>Nickname: 人人视频</b> 时间: 2018-12-13 08:32 Time: 2018-12-13 08:32	地区: 北京 <b>Area: Beijing</b> 来自: 微博云剪 Source: 微博云剪	转发数: 498 Repost: 498	评论数: 129 Comment: 129 点赞数: 316 Like: 316
吃盐过多的九大迹象你知道吗? 1.总是口渴; 2.经常去厕所; 3.总想吃垃圾食品; 4.非老人和运动员却频繁抽筋; 5.疲劳和头痛是常客; 6.肾经常有痛感; 7.高血压; 8.你的身体某些部位会肿胀; 9.有些时候不能清晰的思考.....如果有这些迹象, 请注意摄入适量的盐分~L人人视频的秒拍视频 Do you have the nine signs of eating too much salt? 1. Always thirsty; 2. Always go to the toilet; 3. Always want to eat junk food; 4. Not old people or athletes but frequent cramps; 5. Frequent fatigue and headache; 6. Kidney often feels pain; High blood pressure; 8. Some parts of your body are swollen; 9. Sometimes you can't think clearly... If you have these signs, please pay attention to the proper intake of salt.				
2.	昵称: 新浪新闻 <b>Nickname: 新浪新闻</b> 时间: 2018-12-13 23:01 Time: 2018-12-13 23:01	地区: 北京 <b>Area: Beijing</b> 来自: 专业版微博平台 Source: 专业版微博平台	转发数: 261 Repost: 261	评论数: 68 Comment: 68 点赞数: 409 Like: 409
#深夜大白白#吃盐过多的九大迹象你知道吗? 1.总是口渴; 2.经常去厕所; 3.总想吃垃圾食品; 4.非老人和运动员却频繁抽筋; 5.疲劳和头痛是常客; 6.肾经常有痛感; 7.高血压; 8.你的身体某些部位会肿胀; 9.有些时候不能清晰的思考.....如果有这些迹象, 请注意摄入适量的盐分~L人人视频的秒拍视频 Do you have the nine signs of eating too much salt? 1. Always thirsty; 2. Always go to the toilet; 3. Always want to eat junk food; 4. Not old people or athletes but frequent cramps; 5. Frequent fatigue and headache; 6. Kidney often feels pain; High blood pressure; 8. Some parts of your body are swollen; 9. Sometimes you can't think clearly... If you have these signs, please pay attention to the proper intake of salt.				
3.	昵称: 观察者网 <b>Nickname: 观察者网</b> 时间: 2018-12-13 12:40 Time: 2018-12-13 12:40	地区: 上海 <b>Area: Shanghai</b> 来自: 微博weibo.com Source: 微博weibo.com	转发数: 114 Repost: 114	评论数: 75 Comment: 75 点赞数: 121 Like: 121
吃盐过多的九大迹象你知道吗? 1.总是口渴; 2.经常去厕所; 3.总想吃垃圾食品; 4.非老人和运动员却频繁抽筋; 5.疲劳和头痛是常客; 6.肾经常有痛感; 7.高血压; 8.你的身体某些部位会肿胀; 9.有些时候不能清晰的思考.....如果有这些迹象, 请注意摄入适量的盐分~L人人视频的秒拍视频 Do you have the nine signs of eating too much salt? 1. Always thirsty; 2. Always go to the toilet; 3. Always want to eat junk food; 4. Not old people or athletes but frequent cramps; 5. Frequent fatigue and headache; 6. Kidney often feels pain; High blood pressure; 8. Some parts of your body are swollen; 9. Sometimes you can't think clearly... If you have these signs, please pay attention to the proper intake of salt.				
4.	昵称: 新闻晨报 <b>Nickname: 新闻晨报</b> 时间: 2018-12-13 21:32 Time: 2018-12-13 21:32	地区: 上海 <b>Area: Shanghai</b> 来自: 微博weibo.com Source: 微博weibo.com	转发数: 76 Repost: 76	评论数: 16 Comment: 16 点赞数: 79 Like: 79
吃盐过多的九大迹象你知道吗? 1.总是口渴; 2.经常去厕所; 3.总想吃垃圾食品; 4.非老人和运动员却频繁抽筋; 5.疲劳和头痛是常客; 6.肾经常有痛感; 7.高血压; 8.你的身体某些部位会肿胀; 9.有些时候不能清晰的思考.....如果有这些迹象, 请注意摄入适量的盐分~(人人视频) L人人视频的秒拍视频 Do you have the nine signs of eating too much salt? 1. Always thirsty; 2. Always go to the toilet; 3. Always want to eat junk food; 4. Not old people or athletes but frequent cramps; 5. Frequent fatigue and headache; 6. Kidney often feels pain; High blood pressure; 8. Some parts of your body are swollen; 9. Sometimes you can't think clearly... If you have these signs, please pay attention to the proper intake of salt.				
5.	昵称: 中科体检 <b>Nickname: 中科体检</b> 时间: 2018-12-13 18:38 Time: 2018-12-13 18:38	地区: 江西 <b>Area: Jiangxi</b> 来自: 皮皮时光机 Source: 皮皮时光机	转发数: 71 Repost: 71	评论数: 4 Comment: 4 点赞数: 14 Like: 14
【五个方法减掉小肚子】①减盐, 饮食清淡, 少吃加工食品; ②多吃膳食纤维, 如橙子、蘑菇、西兰花等; ③远离甜味剂, 少吃带有“山梨糖醇”、“木糖醇”等字样的食品; ④多喝水; ⑤避免增加消化压力, 多吃全谷食物 (Five Ways to Reduce Belly) 1) Reduce salt, eat light diet and eat less processed food; 2) Eat more dietary fiber, such as oranges, mushrooms, broccoli, etc.; 3) Keep away from sweeteners and eat less food with the words "sorbitol", "xylitol"; (4) Drink more water; 5) Avoid increasing digestive pressure and eat more whole grain food.				

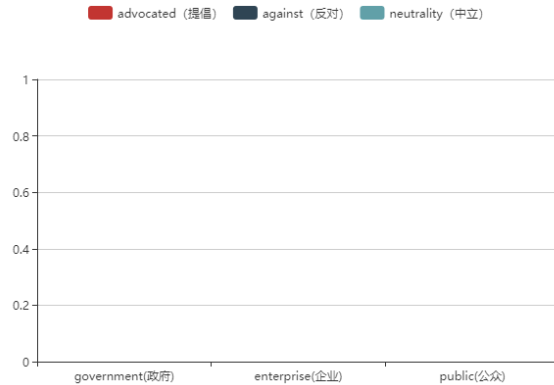
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-12-13) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-12-13. 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
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!



# 反式脂肪酸-微信 Transfat - WeChat

2018-12-13, 共监测到305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 305 WeChat public articles were monitored in 2018-12-13. This page shows the top five articles by repeat number today.

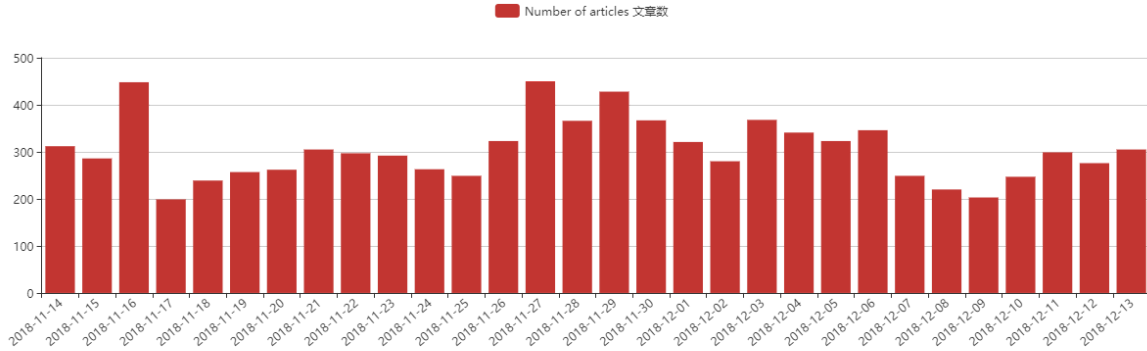
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain url, 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. [此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里](#) 重复数: 61 日期: 2018-12-13  
[It kills 500,000 people a year and has been called off by WHO, which is hidden in the food you eat every day.](#) Repeat Number: 61 Data: 2018-12-13

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人不浅的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

2. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#) 重复数: 12 日期: 2018-12-13  
[Thrombosis is related to diet. Be sure to eat less or not eat these four foods.](#) Repeat Number: 12 Data: 2018-12-13

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 be unfamiliar to everyone, but in fact we may be eating every day. It hides in egg yolk pies, cream cakes, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation of vegetable oils. It raises low-density lipoprotein cholesterol while lowering high-density lipoprotein cholesterol. Low-density lipoprotein cholesterol is the culprit in cardiovascular diseases such as elevated blood pressure and arteriosclerosis.

3. [每年致死50万人, 已被世卫组织呼吁停用! 就藏在每天吃的食物里...](#) 重复数: 8 日期: 2018-12-13  
[It kills 500,000 people every year and has been called out by the WHO to stop using it! It's hidden in the food you eat every day....](#) Repeat Number: 8 Data: 2018-12-13

躲开反式脂肪的方法很简单: 1、老老实实地自己买菜做饭, 自己动手, 丰衣足食。新鲜的蔬菜水果、粮食谷物、肉蛋奶中, 不含有反式脂肪。多用蒸煮炖等传统烹调方法, 避免炒菜时油温过高, 避免反复煎炒烹炸, 就不会产生明显的反式脂肪。2、在超市买食品时, 记得看一眼反式脂肪的含量, 尽量选不含反式脂肪或含量少的食物。

The way to avoid trans fats is simple: 1. Buy food and cook by yourself. Fresh vegetables, fruits, grains, and egg milk do not contain artificial trans fats. Use traditional cooking methods. Avoid excessive oil temperature and repeated frying and frying during cooking, so that no obvious trans fat will be produced. 2, when buying food in the supermarket, remember to look at the content of trans fat, try to choose foods that do not contain trans fat or less.

4. [肠道最怕5种食物! 哪个是你的最爱?](#) 重复数: 4 日期: 2018-12-13  
[The intestine fears five kinds of food! Which is your favorite?](#) Repeat Number: 4 Data: 2018-12-13

反式脂肪酸会让食物变得松软可口, 但是过多的反式脂肪酸对肠道健康有损伤作用。人造反式脂肪的主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、能增添食品酥脆口感、易于长期保存等优点, 因此被大量运用于市售包装食品、餐厅的煎炸食品中。

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

5. [脸要穷养, 脚要富养; 心要穷养, 肺要富养](#) 重复数: 4 日期: 2018-12-13  
[Facial need to be poor, feet need to be rich; Heart need to be poor, lungs need to be rich.](#) Repeat Number: 4 Data: 2018-12-13

肺要富养 心要穷养: 少吃加工食品 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。保养要点: 少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

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.

## 反式脂肪酸-微博 Transfat - Weibo

2018-12-13, 共检测到67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。

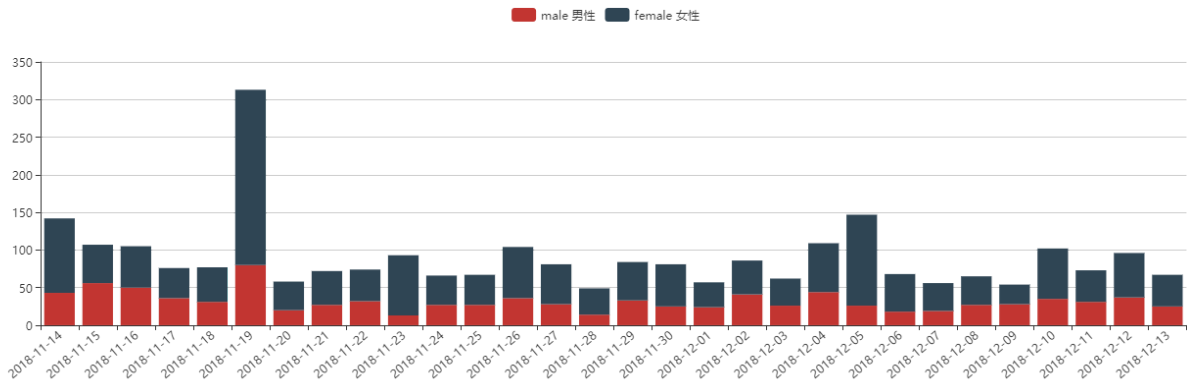
There are 67 weibos about transfat reduction monitored on 2018-12-13.

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!