

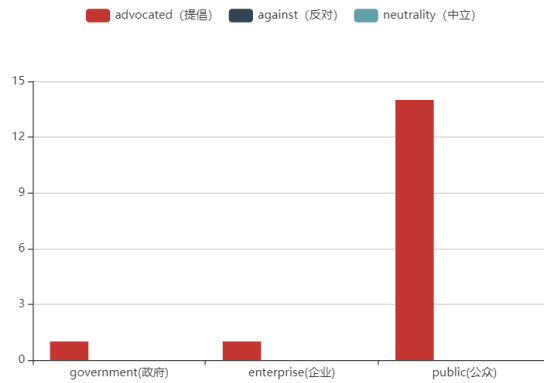
减盐-新闻

Salt Reduction - News

今日 (2019-02-18) 共监测到16条资讯。请点击标题查看原文。

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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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安徽
Anhui

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浙江
Zhejiang

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综合健康信息 Comprehensive Health Information				
1. 做好四点对节后综合征说“不” Four points to say "no" to postganglionic syndrome	来源：浙江在线 Source: Zhejiang Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:21:16 Time: 15:21:16
长假期间拜年、聚会、各种娱乐、旅途奔波，人们难免熬夜、暴饮暴食，平时的生活规律被打乱，身体不堪重负，很多人节后感觉提不起精神，工作效率低，甚至有不明原因的恶心、眩晕、肠道反应、焦虑等，医学上称之为节后综合征。也有一些人出现便秘、长痘痘、口腔溃疡、口腔溃疡等情况。 为何会出现这些情况呢？最大的原因就是“过度”。中医早在几千年前就提出了“生病起于过用”这个命题。				
During the long holidays, New Year's greetings, parties, all kinds of entertainment, travel, people inevitably stay up late, overeat, the usual life rules are disrupted, the body is overwhelmed, many people feel unable to lift the spirit after the holiday, low efficiency, and even have unknown causes of nausea, dizziness, intestinal reactions, anxiety, etc., medically known as post-holiday syndrome. There are also some people who have constipation, acne, ulceration of the corners of the mouth, oral ulcer and so on. Why is this happening? The biggest reason is "excessive". As early as thousands of years ago, Chinese medicine put forward the proposition that "illness begins from overuse".				
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. [每天摄入食盐别超这个量！这4种高盐食品，劝你少吃](#)
[Don't eat more salt every day! These four kinds of high salt food, advise you to eat less](#)

来源：手机网易网
Source: Mobile NetEase

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 11:50:22
Time: 11:50:22

上个周末，新妈妈小谭面对超市货架上琳琅满目的酱油犯起了难：是选择普通酱油给孩子做饭，还是选择价格要贵出几倍的儿童酱油。她曾经网购过宣称使用了减盐（钠）工艺的儿童酱油，为的就是能给孩子增加食欲，同时不至于盐（钠）摄入过量。而当她仔细对比这瓶儿童酱油与同品牌同系列普通酱油时，却发现儿童酱油的钠含量不低反高，类似的问题还存在于她购买的儿童面条上。

Last weekend, Xiao Tan, a new mother, was confronted with a dazzling array of soy sauces on the supermarket shelves: choosing ordinary soy sauce to cook for her children or

choosing children's soy sauce whose price is several times higher. She has purchased children's soy sauce online, claiming to use a salt-reducing (sodium) process, in order to increase appetite for children and avoid excessive salt (sodium) intake. When she carefully compared this bottle of children's soy sauce with the same series of common soy sauce, she found that the sodium content of children's soy sauce was not low but high. Similar problems still existed in the children's noodles she bought.

2. [每天摄入食盐别超这个量！这4种高盐食品，劝你少吃](#)
[Don't eat more salt every day! These four kinds of high salt food, advise you to eat less](#)

来源：手机网易网
Source: Mobile NetEase

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 12:19:01
Time: 12:19:01

食盐虽然在日常食物中的重要性不言而喻，但摄入量却非常有讲究。一般来说，每人每日食盐的摄入量应不超过6克，如果是糖尿病或高血压患者，食盐摄入量则不宜超过3克。但日常生活中，我们却很难去控制食盐的摄入量，往往是不知不觉中就摄入了过多盐分。常见的高盐食品 ①日常调料：如酱油、味精、鸡精、椒盐、辣椒酱等； ②加工肉制品：如腊肉、火腿、猪肉脯、鱼干等； ③腌制蔬菜：如泡菜、酸菜、榨菜、橄榄等； ④点心饼干：如含盐的饼干、薯片等。

Although the importance of salt in daily food is self-evident, the intake of salt is very particular. Generally speaking, the daily intake of salt per person should not exceed 6 grams, and in the case of diabetes or hypertension, the intake of salt should not exceed 3 grams. But in our daily life, it is very difficult to control the intake of salt. We often intake too much salt unconsciously. Common high-salt food: daily condiments such as soy sauce, monosodium glutamate, chicken essence, salt and pepper sauce; processed meat products such as bacon, ham, pork shop, dried fish; pickled vegetables such as pickles, pickles, pickles, olives; and dessert biscuits such as biscuits containing salt, potato chips, etc.

3. [康健园 | 既享口福还不发病，肾友应当怎么做？](#)
[Healthy Garden: What should Kidney Friends do if they enjoy good food and don't get sick?](#)

来源：新民网
Source: Xinmin network

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 17:19:12
Time: 17:19:12

新春正月与美酒佳肴密不可分。很多肾脏病患者一到逢年过节就犯难，肾友们如何在节日里做到美食与肾脏保健兼顾呢？结构合理，低盐和优质低蛋白饮食是肾科医师对大多数肾友饮食的基本要求。低盐饮食就是限制高钠食物摄入。高钠食物有两大类：一是食盐、味精、酱油等调味品，此类调味品在低盐饮食中每日摄入量应控制在5-6克食盐（氯化钠，中号牙膏盖为2克）或4-5克味精或10-15毫升酱油（单用），若同时食用则应酌量减少。

The first month of the Spring Festival is closely related to fine wine and delicacies. Many patients with kidney disease are in trouble as soon as the holidays are over. How can friends of kidneys give consideration to both food and kidney health care during the holidays? Reasonable structure, low salt and high quality low protein diet are the basic requirements for most nephrologists. A low-salt diet is to limit the intake of high-sodium foods. There are two kinds of high sodium food: one is salt, monosodium glutamate, soy sauce and other condiments. The daily intake of such condiments in low salt diet should be controlled at 5-6 grams of salt (sodium chloride, medium toothpaste cover is 2 grams) or 4-5 grams of monosodium glutamate or 10-15 milliliters of soy sauce (single use). If they are eaten at the same time, they should be reduced.

4. [用这两样蔬菜做饼干，营养健康无添加，不甜不腻，宝妈们学起来！](#)
[Making biscuits with these two vegetables is nutritious and healthy without adding sweet or greasy. Mothers learn!](#)

来源：搜狐
Source: Sohu

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 00:12:33
Time: 00:12:33

用这两样蔬菜做饼干，营养健康无添加，不甜不腻，宝妈们学起来！自从入了烘焙这个坑后，我家孩子吃的饼干几乎都不买市售的了。因为大部分市售的饼干，都有添加剂，比如防腐剂，增香剂等，其实除了添加剂还有隐藏在饼干里的高糖、高油、高钠，为保证饼干的酥脆和香甜，糖、油、盐都不少。长期食用高油脂、高糖分或高盐的饼干会让孩子额外摄入过多的能量，增加长胖的概率，过高的热量也影响正餐的食用量，过咸的饼干导致重口味，增加成年期疾患患高血压等疾病风险。

Making biscuits with these two vegetables is nutritious and healthy without adding, sweet or greasy. Mothers learn! Since entering the baking pit, almost none of our children's biscuits have been sold on the market. Because most of the biscuits sold in the market have additives, such as preservatives, flavor enhancers and so on. In fact, in addition to additives, there are also high sugar, high oil and high sodium hidden in the biscuits. In order to ensure the crispness and sweetness of biscuits, there are a lot of sugar, oil and salt. Long-term consumption of biscuits with high fat, sugar or salt will lead to excessive energy intake, increase the probability of fatness, and excessive calories will also affect the consumption of dinner. Salty biscuits lead to heavy taste and increase the risk of diseases such as hypertension in adulthood.

高血压 Hypertension

1. [节后社区医院迎来就诊潮看感冒、胃肠道疾病的不少](#)
[After the festival, community hospitals welcome a tide of visits to see a lot of cold and gastrointestinal diseases.](#)

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： 04:54:37
Time: 04:54:37

马国祥称，每年春节后，都有不少中老年人出现血压升高、心绞痛发作等情况。尤其这段时间普遍低温，寒冷天气加快血管收缩，血压容易出现波动。此外，暴饮暴食、过度饮酒、熬夜、劳累、感冒着凉等都容易诱发心脑血管疾病。此时高血压患者应密切监测血压，一旦发现血压控制不佳，应及时就医调整降压药物。冠心病患者应注意保暖，避免过度劳累或着凉，少量多餐，避免因为过饱饮食而加重心脏负荷，低脂低盐饮食，多吃水果蔬菜和粗粮，适当摄入鸡鸭鱼肉，少量米饭和面食，每餐七八分饱，适当饮酒。

Ma Guoxiang said that every year after the Spring Festival, there are many middle-aged and elderly people with elevated blood pressure, angina attacks and so on. Especially during this period of time, generally low temperature, cold weather accelerates vasoconstriction, blood pressure is prone to fluctuations. In addition, overeating, excessive drinking, staying up late, fatigue, cold and so on are easy to induce cardiovascular and cerebrovascular diseases. At this time, hypertensive patients should closely monitor blood pressure, once found that blood pressure control is not good, they should timely seek medical treatment to adjust antihypertensive drugs. Patients with coronary heart disease should pay attention to keeping warm, avoid overwork or cold, eat a small number of meals, avoid aggravating heart load due to overeating, eat low-fat and low-salt diet, eat more fruits and vegetables and coarse grains, eat chicken, duck, fish, a small amount of rice and pasta, eat seven or eight cents full each meal, and drink properly.

2. [专家提醒：初春乍暖还寒这些人应注意](#)
[Experts caution: These people should pay attention to the warmth and cold in the early spring.](#)

来源：环渤海新闻网
Source: Bohai News Network

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 08:54:56
Time: 08:54:56

不久前我出现胸闷、呼吸困难的症状，本以为是因感冒引发呼吸道疾病，没想到竟然是高血压引起的心衰。”日前，市民王女士拨打本报新闻热线，希望以自己的亲身经历提醒高血压患者换季时节注意控制血压。近日，36岁的王女士因胸闷、呼吸困难前往医院就医，被诊断为高血压引起的心衰。王女士告诉记者，近日她感冒咳嗽，不久后出现了胸闷的症状，自行服用药物后，胸闷症状未见减轻，甚至发展为呼吸困难。

Not long ago, I had chest tightness and dyspnea. I thought it was a respiratory disease caused by cold, but I didn't think it was heart failure caused by hypertension. A few days ago, Ms. Wang, a citizen, called the news hotline of our newspaper in the hope of reminding hypertension patients to pay attention to controlling their blood pressure during the seasonal change with her own experience. Recently, 36-year-old Ms. Wang went to the hospital for treatment because of chest tightness and dyspnea, and was diagnosed with heart failure caused by hypertension. Ms. Wang told reporters that in recent days, she had a cold and cough, and shortly afterwards she developed chest tightness. After taking medicine by herself, the symptoms of chest tightness did not decrease, and even developed into dyspnea.

心血管健康 Cardiovascular health

1. [心脏康复，每天怎么吃和动](#)
[Heart Rehabilitation, How to Eat and Move Every Day](#)

来源：人民网
Source: People's net

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 08:33:04
Time: 08:33:04

说起康复治疗，不少人多多少少有些概念；但是提到心脏康复，多数人都不知道在说些什么。世界卫生组织将其定义为，确保心脏病患者获得最佳体力、精神、社会功能的所有方法的总和，以便患者过一种主动的生活。心脏康复的短期获益是控制心脏病症状、改善心脏功能状态、限制由心脏疾病产生的心理和生理不利影响、促进心理和职业回归；长期获益为降低发病率和病死率，减低猝死和再梗死等心血管事件的风险，延缓动脉粥样硬化，预防支架术后再次狭窄，提高生活质量。

Speaking of rehabilitation therapy, many people have some concepts more or less; but when it comes to cardiac rehabilitation, most people don't know what they are talking about. The World Health Organization defines it as the sum of all ways to ensure that heart disease patients have the best physical, mental and social functions so that they can lead an active life. The short-term benefits of cardiac rehabilitation are to control the symptoms of heart disease, improve the state of cardiac function, limit the psychological and physiological adverse effects caused by heart disease, and promote psychological and occupational regression. The long-term benefits include reducing the incidence and mortality, reducing the risk of cardiovascular events such as sudden death and reinfarction, delaying atherosclerosis, preventing restenosis after stenting and improving the quality of life.

2. [天气寒冷心衰患者激增专家提醒心血管病人减少户外运动](#)
[Experts warn cardiovascular patients to reduce outdoor exercise](#)

来源：人民网
Source: People's net

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 08:37:28
Time: 08:37:28

天气寒冷，心血管病高发。记者从长沙市中心医院、湘雅三医院了解到，近期，医院收治的心血管疾病患者激增，其中不少为心衰患者。专家提醒，天气寒冷，患有心血管病的患者要注意休息，注意保暖，减少户外运动，避免诱发心衰。据湘雅三医院心血管病专家江凤林副教授介绍，心衰是指心力衰竭，是心血管疾病的终末阶段。冬春季是心衰的高发季。近期，医院收治的心衰病人激增，一些患者心衰发作与过年休息不好、暴饮暴食、寒冷空气刺激有关。

Cold weather, high incidence of cardiovascular disease. Reporters learned from Changsha Central Hospital and Xiangya Three Hospital that in recent years, the number of cardiovascular disease patients admitted to the hospital has increased dramatically, many of whom are heart failure patients. Experts warn that patients with cardiovascular diseases should pay attention to rest, keep warm, reduce outdoor exercise and avoid heart failure in cold weather. According to Professor Jiang Fenglin, an expert on cardiovascular diseases in the Third Xiangya Hospital, heart failure refers to heart failure, which is the final stage of cardiovascular diseases. Winter and spring are the high incidence seasons of heart failure. Recently, the number of patients with heart failure in hospitals has increased dramatically. Some patients have heart failure attacks related to bad rest during the New Year, overeating and cold air stimulation.

综合健康信息

Comprehensive Health Information				
1. 控糖有“门道” 水果米饭这样吃 Sugar control has "doorway" fruit and rice to eat like this	来源：东北网 Source: Northeast net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:18:40 Time: 08:18:40
<p>目前，我国20岁以上成年人中，糖尿病发病率已经达到了11.7%，也就是说，十名成年人就有一人是糖尿病患者。糖友饮食控制有“门道”，到底如何吃才能在享受美食的同时，既保持合理体重，又能控制好血糖呢？中山三院内分泌科蔡梦茵副教授来为病友支招。</p> <p>At present, the incidence of diabetes has reached 11.7% among adults over 20 years old in China, that is to say, one in ten adults is a diabetic. Sugar pal diet control has a "doorway", in the end, how to eat in order to enjoy the food, while maintaining a reasonable weight, but also to control blood sugar? Associate Professor Cai Mengyin, Department of Endocrinology, Zhongshan Third Hospital, came to recruit patients.</p>				
2. 健康火锅五大要素 Five Elements of Healthy Hotpot	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:32:13 Time: 08:32:13
<p>不知从什么时候开始，火锅被打上了“伤健康”的标签。其实，相对传统的点餐来说，吃火锅在食材选择和搭配上更加灵活方便。只要注意以下几点，就能健康与美味兼顾。底料少盐少油。吃火锅，少盐少油的清汤锅底或者菌汤锅底是首选。如果觉得它们味道不足，也可以选用番茄或者番茄酱熬制的锅底。如果喜欢麻辣口味的锅底，建议在煮食材之前，尽可能地撇掉上面的辣椒油。</p> <p>I don't know when the hot pot has been labeled "harmful to health". In fact, compared with the traditional order, eating hot pot is more flexible and convenient in the choice and collocation of food ingredients. As long as you pay attention to the following points, you can give consideration to both health and delicacy. The base material is less salt and less oil. Eat hot pot, less salt and less oil of clear soup pot bottom or fungus soup pot bottom is preferred. If they don't taste good enough, you can also use the bottom of a pot made of tomato or ketchup. If you like the spicy taste of the bottom of the pot, it is recommended that before cooking ingredients, as far as possible to skim off the capsicum oil above.</p>				
3. 春节长假后如何调状态 “四良方”帮你赶走不适 How to adjust the state after the Spring Festival holiday "Four Good Prescriptions" to help you get rid of discomfort	来源：新华网 Source: Xinhua net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:32:32 Time: 09:32:32
<p>春节期间,走亲访友避免不了聚餐饮酒,有人忙于聚会、暴饮暴食,打破了原先的饮食规律,引起肠胃不适、躯体失衡,担心是“节后综合征”找上了门。春节综合征—肠胃不适,臭屁不断。春节期间走亲串友避免不了频繁的聚餐饮酒,暴饮暴食对健康最直接的威胁就是带来肠胃疾病,大吃大喝会破坏肠道菌群平衡,肠道无法彻底分解大量摄入的脂肪等物质,肠胃就会出现问,导致消化吸收功能受损,进而影响人体对维生素的吸收。</p> <p>During the Spring Festival, visiting relatives and friends can not avoid gathering, dining and drinking. Some people are busy gathering, overeating, breaking the original dietary rules, causing gastrointestinal discomfort, physical imbalance, and fear that "post-holiday syndrome" has found the door. Spring Festival Syndrome I: gastrointestinal discomfort, stench constantly. During the Spring Festival, visiting relatives and friends can not avoid frequent gathering, dining and drinking. The most direct threat to health is gastrointestinal diseases. Heavy eating and drinking can destroy the balance of intestinal flora. The intestinal tract can not completely decompose large amounts of fat and other substances, which will cause gastrointestinal problems, resulting in impaired digestive and absorption functions, and then affect the absorption of vitamins by the human body.</p>				
4. 解读《健康口腔行动方案（2019-2025年）》 Interpretation of the Healthy Oral Action Plan (2019-2025)	来源：中国教育在线 Source: China Education Online	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间： 02:50:24 Time: 02:50:24
<p>日前，国家卫生健康委办公厅印发了《健康口腔行动方案(2019-2025年)》(以下简称《行动方案》)，这是落实《“健康中国2030”规划纲要》和《中国防治慢性病中长期规划(2017-2025年)》目标要求、切实维护群众口腔健康的重要举措，对推进健康中国建设具有重要意义。</p> <p>Recently, the General Office of the State Health and Health Commission issued the Health Oral Action Plan (2019-2025) (hereinafter referred to as the Action Plan), which is an important measure to implement the goals and requirements of the "Health China 2030" Program and the "China Medium-term and Long-term Plan for the Prevention and Treatment of Chronic Diseases (2017-2025)" and to effectively safeguard the oral health of the masses. It is of great significance to promote the construction of a healthy China.</p>				
5. 浅谈“三减四健”之“健康体重” On "Healthy Weight" of "Three Losses and Four Kinds of Health"	来源：水母网 Source: Jellyfish net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:51:37 Time: 15:51:37
<p>“三减四健”的健康生活方式主题是“减盐、减油、减糖、健康口腔、健康体重、健康骨骼、健康心理”，倡导的是“合理膳食、适量运动、戒烟限酒、心理平衡”的健康生活方式。现给大家科普一下“健康体重”的有关知识。一、定期测量体质指数（BMI）。体重过高或过低都会影响健康。体重过低会造成营养不良、智力发育、肠胃疾病、免疫力低下，女性容易出现月经紊乱、闭经、气血虚，中老年人易患骨质疏松症。</p> <p>The theme of the healthy lifestyle of "Three Losses and Four Health" is "Salt Reduction, Oil Reduction, Sugar Reduction, Healthy Oral, Healthy Weight, Healthy Skeleton, Healthy Psychology". It advocates a healthy lifestyle of "reasonable diet, proper exercise, smoking cessation, alcohol restriction and psychological balance". Now I want to give you some knowledge about "healthy weight" in science popularization. Firstly, body mass index (BMI) was measured regularly. Excessive or low weight can affect health. Low body weight can lead to malnutrition, intellectual development, gastrointestinal diseases and low immunity. Women are prone to menstrual disorders, amenorrhea, Qi and blood deficiency, and middle-aged and elderly people are prone to osteoporosis.</p>				
6. 新春到，三件健康事值得你坚持一年 Spring Festival is coming. Three health issues are worth sticking to for a year.	来源：新华网云南频道 Source: Xinhua Yunnan Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:54:41 Time: 14:54:41
<p>猪年新春新气象，现在开始做对这些健康事，坚持一年，会有意想不到的效果。食——吃好每一顿早餐。北京大学公共卫生学院营养与食品卫生系教授马冠生指出，健康生活是从早餐开始的，希望大家新年天天吃好早餐。他强调：“吃好早餐才有精力和体力去工作和学习。这么多年，我都尽量保证早餐有谷类、肉蛋、奶、果蔬四样。如果时间太紧张，早餐就简单一点，一杯牛奶、一个包子、一个鸡蛋、几片生菜和水果。</p> <p>New Year of the Pig, Spring and New Year weather, now start to do these health's, adhere to a year, will have unexpected results. Eat --- Eat every breakfast. Ma Guansheng, a professor in the Department of Nutrition and Food Hygiene, School of Public Health, Peking University, pointed out that a healthy life begins with breakfast. I hope you will have a good breakfast every day in the New Year. He emphasized: "Breakfast is the only way to have energy and energy to work and study. Over the years, I've tried to make sure breakfast is made up of cereals, meat and eggs, milk, fruits and vegetables. If time is too tight, breakfast should be simple, a glass of milk, a steamed bun, an egg, a few pieces of lettuce and fruit.</p>				
7. 西式“吃草”刮走多余油脂 Western-style "grazing" scrapes away excess oil	来源：汉丰网 Source: Hanfeng network	主体：企业 Subject: industry	态度：提倡 Attitude: advocate	时间： 12:54:42 Time: 12:54:42
<p>2月14日下午4点，走进城北江扬路上的“罐子里的约会”，还未到饭点，预约订单早已排满。“今天是我们年后第一天营业，一些餐品的准备量并不大。”客服赵栋栋正忙着登记顾客订单，“午后准备的25份沙拉已经全部售罄。”据了解，越来越多的上虞年轻一代偏向选择节后吃点新鲜的沙拉来调整肠胃。“罐子里的约会”在春节假期期间就收到不少顾客询问节后营业时间的信息。</p> <p>At 4:00 p.m. on February 14, the appointment in the jar on the Yangtze Road of Chengbei River had not arrived at the dinner table yet, and the booking order was already full. "Today is our first day of business after the year, and some meals are not very ready." Customer service Zhao Dongdong is busy registering customer orders. "All 25 salads prepared in the afternoon have been sold out." It is understood that more and more young people in Shangyu prefer to eat fresh salad after the festival to adjust their stomach and intestines. During the Spring Festival holidays, "appointment in a jar" receives many customers'information about business hours after the festival.</p>				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2019-02-18, 共监测到427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 427 WeChat public articles were monitored in 2019-02-18. 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. 身体出现这5个迹象, 提醒你吃盐太多了!

[These five signs remind you that you eat too much salt!](#)

重复数: 13

日期: 2019-02-18

Repeat Number: 13

Data: 2019-02-18

如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水的含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂饮。如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.

2. 16个健康警戒线全划出来了, 寿命长短由它决定, 非常重要!

[Sixteen health warning lines have been drawn out. Life expectancy is determined by them. It is very important!](#)

重复数: 7

日期: 2019-02-18

Repeat Number: 7

Data: 2019-02-18

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。建议 一个啤酒瓶盖装满盐正好是6克的量。零食、酱菜、午餐肉等加工食品少吃。

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. It is recommended to consume 6 grams of salt per day. Eat less processed foods such as snacks, pickles, and luncheon meat.

3. "三高"最不能做的10件事! 否则吃再多药都白搭

[10 things that people with "three highs" can't do! Otherwise, it will be useless to eat more medicine.](#)

重复数: 6

日期: 2019-02-18

Repeat Number: 6

Data: 2019-02-18

吃味精 味精的主要成分是谷氨酸钠, 如果平时钠的含量已经达到阈值, 再多吃味精, 显然会增高钠的摄入量, 从而不利于高血压的控制。吃盐太多, 会导致血管管腔变细, 血流阻力增加, 血压升高。同时也会加重肾脏负担, 造成排钠障碍, 升高血压。

The main ingredient of MSG is sodium glutamate. If the sodium content has reached the threshold, eating MSG will obviously increase the intake of sodium, which is not conducive to the control of high blood pressure. Eating too much salt can cause the lumen of the blood vessels to become thinner, the blood flow resistance to increase, and the blood pressure to rise. At the same time, it will also increase the burden on the kidneys, causing sodium deficiency disorders and raising blood pressure.

4. 日本医疗再次被评为全球第一, 中国位居第64, 差距在哪里?

[Japan's health care is once again ranked the first in the world. China ranks 64th. Where is the gap?](#)

重复数: 5

日期: 2019-02-18

Repeat Number: 5

Data: 2019-02-18

日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。比如, 不喝太多味增汤, 吃拉面时别喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。相比之下, 我国居民盐摄入量严重超标, 是世界卫生组织推荐量的2.4倍。

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. Moreover, 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 put salt after cooking, 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.

5. 生活中如何控盐? 揭秘吃盐“背后那些事”

[How to control salt in life? Revealing the things behind eating salt](#)

重复数: 4

日期: 2019-02-18

Repeat Number: 4

Data: 2019-02-18

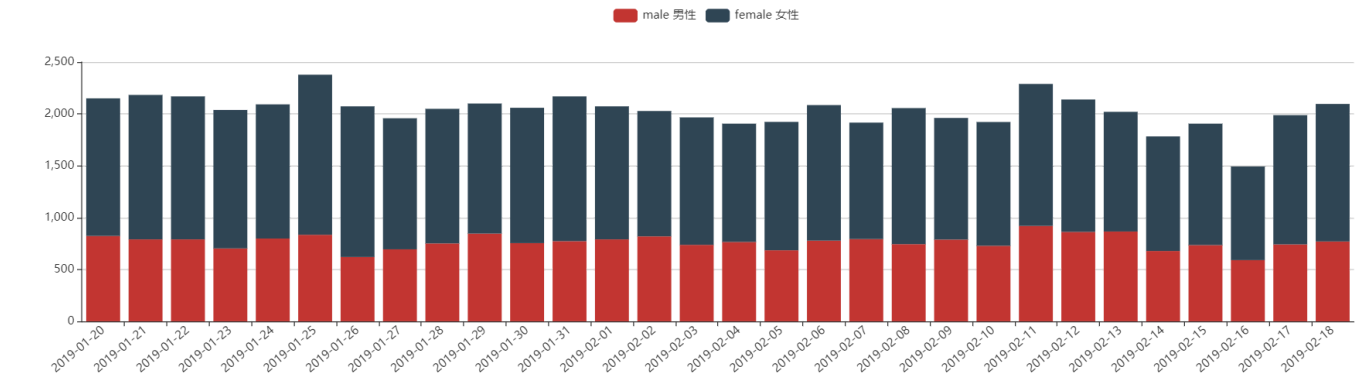
“减盐”核心信息 (一) 认识高盐饮食的危害 食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。 (二) 控制食盐摄入量 中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克。65岁以上老年人应不超过5克。

Core information of "salt reduction" (1) Understand the hazards of high-salt diet. Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach disease, osteoporosis and obesity. (2) Control salt intake. Chinese residents' dietary guidelines recommend that healthy adults should not consume more than 6 grams of salt per person per day, no more than 2 grams for children aged 2-3, no more than 3 grams for children aged 4-6, and no more than 4 grams for children aged 7-10. Older people over 65 should not exceed 5 grams.

减盐-微博

Salt Reduction - Weibo

2019-02-18, 共检测到2096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 2096 weibos about salt reduction monitored on 2019-02-18.
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

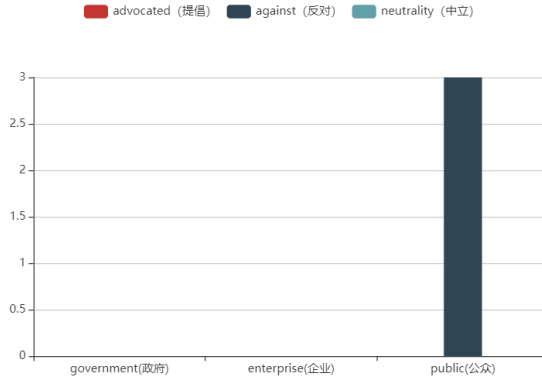
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-18) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-02-18. 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				
1. 元宵佳节将至! 医生: 这样吃汤圆既营养又健康..... Lantern Festival is coming! Doctor: It's nutritious and healthy to eat Tangyuan in this way.	来源: 浙江在线 Source: Zhejiang Online	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 07:24:44 Time: 07:24:44
元宵节不仅是一个重要的中国传统节日, 还是中国春节年俗中最后一个重要节令, 俗话说, 过完了元宵节, 才算是过完了年. 自古以来都有在这天出门赏月、喜猜灯谜、共食汤圆的习俗, 到处一派火树银花的景象, 颇为热闹. 汤圆起源于宋朝, 因它煮在锅里又浮又沉, 又叫“浮圆子”, 后改为汤圆, 有团圆美满之意. 很多人喜欢吃汤圆, 汤圆虽味美, 但并不是人人都适宜吃, 食用汤圆要因人而				

异。
Lantern Festival is not only an important traditional Chinese festival, but also the last important festival in Chinese Spring Festival customs. As the saying goes, it is the end of the year after the Lantern Festival. Since ancient times, there has been the custom of going out to enjoy the moon, guessing riddles and eating dumplings together on this day. Everywhere there is a scene of fireworks and honeysuckles, which is quite lively. Tangyuan originated in the Song Dynasty, because it boiled in the pot floating and sinking, also known as "floating round son", later changed to Tangyuan, with the idea of happy reunion. Many people like to eat dumplings. Although they are delicious, they are not suitable for everyone. The consumption of dumplings varies from person to person.
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. 肚子赘肉太多? 10种方法教你应对腹部脂肪 Too much belly fat? 10 Ways to Deal with Abdominal Fat	来源: 人民网 Source: People's net	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 08:28:16 Time: 08:28:16
随着生活水平的提高, 健康成为我们最关注的话题。什么才是健康的食品? 生活中如何预防身体的疾病? 这都成为了大家关注的焦点。人民健康网推出《金台养生园》栏目, 每周为您盘点最养生的生活方式, 带您走进健康园地。 腹部赘肉太多? 这些饮食习惯能让你越吃越瘦。人体腹部是最容易堆积脂肪的部位之一, 若想快速减掉腹部赘肉, 重新拥有完美曲线, 正确的饮食习惯很重要。				
With the improvement of living standards, health has become our most concerned topic. What is healthy food? How to prevent physical diseases in life? This has become the focus of attention. People's Health Network launched "Jintai Health Garden" column, weekly inventory of the most healthy lifestyle for you, take you into the health garden. Too much abdominal fat? These eating habits can make you leaner and leaner. The human abdomen is one of the most easy parts to accumulate fat. If you want to lose abdominal fat quickly and have a perfect curve again, correct eating habits are very important.				
2. 即食燕麦和普通燕麦哪种更好? 很多人都买错了, 糖尿病患者要小心 Which is better, ready-to-eat oats or ordinary oats? Many people have bought it wrong. Diabetics should be careful.	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 18:30:54 Time: 18:30:54
即食燕麦和普通燕麦哪种更好? 很多人都买错了, 糖尿病患者要小心。大家都知道燕麦的营养值非常高, 每天早上煮个燕麦牛奶, 可谓是极好的。可是, 上班族早上时间太紧张了, 没时间在家里煮燕麦, 通常都是去超市买那种即食燕麦, 到单位一冲就好了。大家可别弄错了, 即食燕麦跟普通燕麦并不一定是一种, 选购时一定要擦亮眼睛。燕麦的三个误区, 今天告诉你。				
Which is better, ready-to-eat oats or ordinary oats? Many people have bought it wrong. Diabetics should be careful. Everyone knows that oats have very high nutritional value. It is very good to boil oat milk every morning. However, office workers are too nervous in the morning to cook oats at home. Usually, they go to the supermarket to buy ready-to-eat oats. Just rush to the office. Don't make a mistake, ready-to-eat oats and ordinary oats are not necessarily one kind of oats, you must polish your eyes when you buy them. Three misunderstandings of oats, tell you today.				
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

2019-02-18, 共监测到249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 249 WeChat public articles were monitored in 2019-02-18. 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. 大脑最爱的食物, 核桃只排第4名, 第1名谁都想不到!

[Among the brain's favorite foods, walnuts rank only 4th, and the 1st is unexpected!](#)

重复数: 80

日期: 2019-02-18

Repeat Number: 80

Data: 2019-02-18

常吃黑芝麻可以帮助人们预防和治疗胆结石, 同时还有延年益寿、健脑益智的作用。保持大脑健康少吃这些 除了上面介绍这些对大脑有益的食物, 还有一些常见的食物可能会对大脑健康发展有不健康的影响。这些食物中含有大量的饱和脂肪、反式脂肪或是糖, 容易造成血脑屏障构造受损, 加速认知功能以及记忆力的退化。

Eating black sesame seeds can help people prevent and treat gallstones, and it also has the effect of prolonging life and brain and brain. Keep your brain healthy and eat less of these foods. In addition to the above-mentioned foods that are good for the brain, there are some common foods that may have unhealthy effects on the healthy development of the brain. These foods contain a lot of saturated fat, trans fat or sugar, which can easily damage the blood-brain barrier structure, accelerate cognitive function and memory degradation.

2. 被奶茶毁掉的中国姑娘

[Chinese girl destroyed by milk tea](#)

重复数: 22

日期: 2019-02-18

Repeat Number: 22

Data: 2019-02-18

大多数奶茶样品 都是用奶精粉冲兑 再添加各种奶精、添加剂制成 根本没有牛奶 有人说廉价就廉价吧 又不影响好喝 关键是它不仅廉价还对人有害 所谓的奶精 主要成分是氢化植物油 是植物油经过人工氢化处理做成的 反式脂肪酸对人体危害极大 不仅会增加心血管疾病和糖尿病的风险 还会影响儿童神经系统发育 这样的奶茶 越喝越受伤

Most milk teas are made by mixing the creamer powder with various creamers and additives. It does not contain milk at all. Some people say that it is cheap but delicious. The key is that it is not only cheap but also harmful to people. The main component of the so-called creamer is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Trans fatty acids are extremely harmful to humans. They not only increase the risk of cardiovascular disease and diabetes, but also affect the development of the nervous system in children. The more you drink milk tea, the worse your body.

3. 奶茶, 正在毁掉中国的三代人

[Milk tea is destroying three generations in China](#)

重复数: 7

日期: 2019-02-18

Repeat Number: 7

Data: 2019-02-18

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。

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. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

4. 奶茶, 正在毁掉三代人! !

[Milk tea is destroying three generations!!](#)

重复数: 6

日期: 2019-02-18

Repeat Number: 6

Data: 2019-02-18

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 results showed that the content of a certain component of a cup of milk tea exceeded the normal three-day intake, which indicates that the raw materials of the milk tea are unhealthy! The problem of low protein and high trans fatty acid content is particularly acute. In this regard, experts pointed out that the imbalance between these two indicators indicates that the business may not use "real material." Milk is probably replaced with creamer.

5. 年轻人, 别再喝奶茶了!

[Young man, stop drinking milk tea!](#)

重复数: 3

日期: 2019-02-18

Repeat Number: 3

Data: 2019-02-18

所谓的奶精, 主要成分是氢化植物油, 是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说: 别看有植物两字, 其实含的饱和脂肪酸比猪油还多! 经过人工氢化处理之后, 还会产生大量的反式脂肪酸! 反式脂肪酸对人体危害极大, 不仅会增加心血管疾病和糖尿病的风险, 还会影响儿童神经系统发育。

The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Although there are plants in its name, it contains more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

反式脂肪酸-微博 Transfat - Weibo

2019-02-18, 共检测到175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。

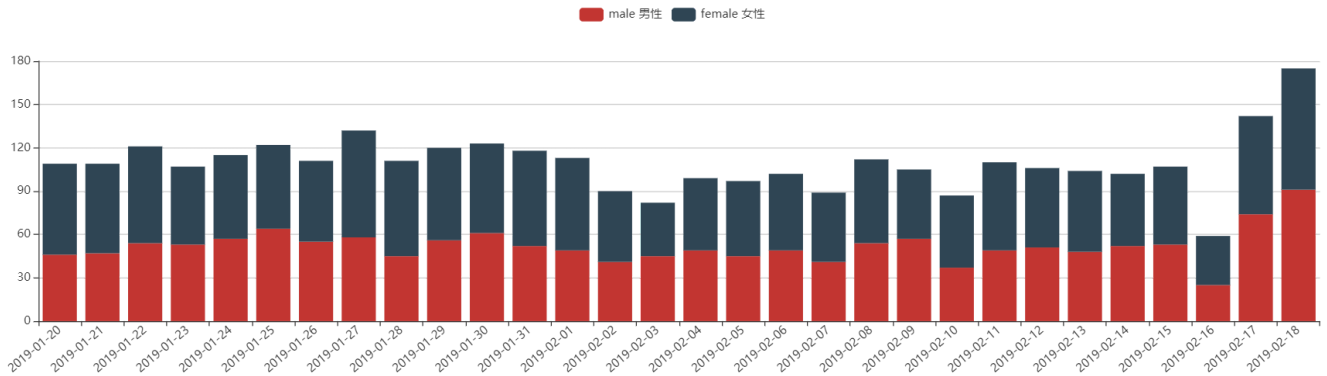
There are 175 weibos about transfat reduction monitored on 2019-02-18.

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.

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!