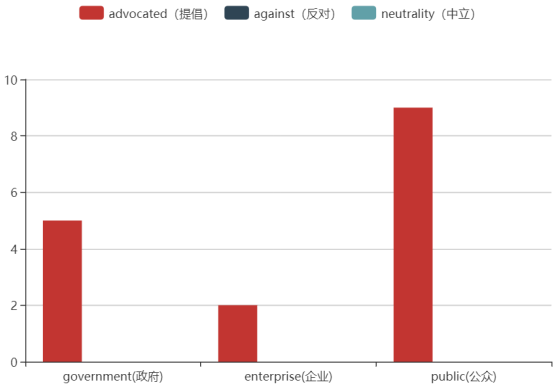


# 减盐-新闻

## Salt Reduction - News

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### 新闻主体分类

#### Classification of news subject

政府 Government				
1. <a href="#">湖北40%以上的成人超重或肥胖，习惯重口味如何减调味品？</a>	来源：长江网	类别：食物中的钠	态度：提倡	时间： 22:10:43
<a href="#">Hubei province more than 40% of adults are overweight or obese, habits, heavy taste how to cut condiments?</a>	来源：长江网	Category: sodium in food	Attitude: advocate	Time: 22:10:43
长江日报融媒体10月16日讯10月16日下午，2018年湖北省暨武汉市“健康中国行”全民健康生活方式月“三减三健 全民行动”大型公益活动在青山江滩公园举行。武汉疾控中心的医师们自编自导自演了一出大戏“不一样的餐馆”，现场教大家如何使用控盐勺、控油壶，生动演绎如何科学营养搭配、烹调一日三餐。活动现场“有表演，有知识，还可以免费测血糖、血压。我们这些退休老人有点娱乐活动蛮好的，还涨了知识。回去了我要严格控制控糖、盐的用量，让家里人都保持好身材				
Changjiang Daily Financial Media October 16 - In the afternoon of October 16, 2008 Hubei Province and Wuhan City "Healthy China Travel" National Healthy Lifestyle Month "Three Reduces Three Healthy People Action" large-scale public welfare activities were held in Qingshan River Beach Park. Doctors from Wuhan CDC have compiled and directed a drama called "Different Restaurant" to teach people how to use salt spoons and oil kettles to vividly explain how to cook three meals a day. There are performances, knowledge and free blood sugar and blood pressure. Our retirees are a bit of entertainments and have gained knowledge. I have to control the amount of sugar and salt and keep the family in good shape.				
2. <a href="#">蕉城疾控中心开展“三减三健”全民健康生活宣传活动</a>	来源：福建东南新闻网	类别：健康中心	态度：提倡	时间： 11:10:52
<a href="#">Manila city centers for disease control and prevention to carry out the "three minus three health" the healthy living campaign</a>	来源：福建东南新闻网	Category: health and wellness centers	Attitude: advocate	Time: 11:10:52
为进一步提高蕉城区居民个人健康知识和行为能力，推动疾病治疗向健康管理转变，深入开展“三减三健”（减盐、减油、减糖、健康口腔、健康体重、健康骨骼）、适量运动、控烟限酒和心理健康等专项行动，并向全区居民科学传播健康知识，广泛传授健康技能，大力倡导全民健康文明的生活方式。2018年10月13日，由蕉城区疾控中心主办，宁德市蕉城区户外徒步协会承办，宁德市慈善总会、宁德老区建设促进会、区旅游事业局等协办以“三减三健，全民行动”为主题的蕉城区全民健康生活方式日宣传活动暨第二阶段启动仪式在洋中镇林坂村红色广场隆重举行。蕉城区全民健康生活方式第二阶段启动仪式活动现场吸引了广大居民的积极参与，现场的工作人员认真细致地为咨询者讲解如何合理膳食、指导高血压与糖尿病人的饮食注意事项、宣传慢性病的防控和自我管理等健康知识。现场共设置拱门1座，横幅1幅，发放“三减三健、全民行动”宣传折页500余份。此次启动仪式还举行了全民健身徒步行走活动，490名参加徒步活动人员身着统一服饰，有序的排列在红色广场上，于10月13日上午09点30分徒步从洋中镇林坂村红色广场集中出发，沿水槽下战役遗址、十字路谈判遗址、亲母岭战役遗址、颜阿兰游击队练兵场遗址、开国将领雷应清、胡步福、宁德县委书记吴南启的故乡闽东地委诞生地地徒步走到霍童镇桃花溪村				
In order to further improve the health knowledge and behavior ability of residents in Jiaocheng District and promote the transformation of disease treatment into health management, special actions such as reducing salt, reducing oil, reducing sugar, healthy mouth, healthy weight, healthy skeleton, moderate exercise, smoking control, alcohol restriction and mental health were carried out and directed to residents in the whole district. Science disseminates health knowledge, extensively imparts health skills, and vigorously advocates a healthy and civilized lifestyle for all. On October 13, 2018, sponsored by the Jiaocheng Disease Control Center, Ningde Jiaocheng Outdoor Hiking Association, Ningde Charitable Association, Ningde Old District Construction Promotion Association, District Tourism Bureau and other co-sponsors with the theme of "three minus three health care, national action" Jiaocheng healthy lifestyle day publicity activities and the second phase of the launch of the ceremony The ceremony is held in the red square of Lin Ban village in Yang Zhong Zhen. The second stage of launching the national healthy lifestyle in Jiaocheng District The activity site attracted the active participation of the broad masses of residents, the site staff carefully explained to the consultants how to reasonable diet, guide hypertension and diabetes diet attention, publicize the prevention and control of chronic diseases and self-management and other health knowledge. A total of 1 arch and 1 banner were set up on the spot, and more than 500 folders were issued for the publicity of "Three Reductions, Three Health Care and National Action". The launching ceremony also held a nationwide fitness walking activity, 490 hikers dressed in uniform clothes, orderly arranged in the Red Square, on October 13, 09:30 a.m. from the Yangzhong Town Lin Bancun Red Square, set out on foot, along the sink of the battle site, cross road negotiation sites, the Battle of Mother's Ridge Site, Yan Alan Guerrilla Training Ground Site, Founding General Lei Yingqing, Hu Bufu, Ningde County Party Secretary Wu Nanqi's hometown, the birthplace of the East Fujian Provincial Committee, hiked to Taohuaxi Village, Huo Tong Town				
3. <a href="#">红桥区举办第四届健康膳食月活动</a>	来源：北方网	类别：健康中心	态度：提倡	时间： 10:11:53
<a href="#">Hongqiao district 4th on healthy diet activities</a>	来源：北方网	Category: health and wellness centers	Attitude: advocate	Time: 10:11:53
内容提要：为推进国家卫生区、天津市文明城区、全国健康促进区、天津市慢性病综合防控示范区创建工作，近日，红桥区卫生计生委联合区疾控中心、区商务委、区市场监管局和天津鹏欣水游城共同举办“健康一条街”揭牌暨第四届健康膳食月活动启动仪式。天津北方网讯：为推进国家卫生区、天津市文明城区、全国健康促进区、天津市慢性病综合防控示范区创建工作，近日，红桥区卫生计生委联合区疾控中心、区商务委、区市场监管局和天津鹏欣水游城共同举办“健康一条街”揭牌暨第四届健康膳食月活动启动仪式。副区长刘玉明出席活动。“健康一条街”的设置进一步丰富了红桥区健康支持性环境种类，在市民购物、餐饮和休闲的过程中融入健康元素，打造形式新颖、喜闻乐见的健康传播途径，通过倡导健康理念，引导市民养成健康生活方式，进一步提升健康素养。在活动现场，设置了观摩餐厅健康菜品、膳食月健康菜品制作评比及健康主题餐厅授牌等活动环节，让市民了解结构合理、营养均衡的健康膳食				
To promote the establishment of the National Health District, Tianjin Civilized City District, National Health Promotion Zone and Tianjin Demonstration Zone for Comprehensive Prevention and Control of Chronic Diseases, the Health and Family Planning Commission of Hongqiao District, the CDC, the District Commercial Committee, the Regional Market Supervision Bureau and the Pengxin Water Tour City of Tianjin jointly held the "Healthy Street" to unveil the brand recently. And the launching ceremony of the fourth healthy dietary month activity. In order to promote the establishment of the National Health Zone, Tianjin Civilized City District, National Health Promotion Zone, and Tianjin Demonstration Zone for Comprehensive Prevention and Control of Chronic Diseases, recently, the CDC of the Joint District of Hongqiao District Health and Family Planning Commission, the District Commerce Commission, the Regional Market Supervision Bureau and Tianjin Pengxinshui Tour City jointly organized the "Healthy Street" Unveiling and launching of the fourth healthy food month campaign. Vice mayor Liu Yuming attended the event. The establishment of "Healthy Street" has further enriched the types of healthy supportive environment in Hongqiao District, integrated health elements into the process of shopping, catering and leisure for the public, created a new form of health communication channels that are pleasant to hear and see, and guided the public to develop a healthy lifestyle and further enhance health by advocating health concepts. Accomplishment. In order to let the public know the healthy diet with reasonable structure and balanced nutrition, the activities of observing healthy dishes in restaurants, making and evaluating healthy dishes in monthly meals and awarding health theme restaurants were set up.				
4. <a href="#">食物的选择影响健康生活你知道吗？</a>	来源：汉房网	类别：健康中心	态度：提倡	时间： 09:41:02

研究表明，高血压、高血脂、糖尿病等诸多慢性疾病，以及某些常见肿瘤的发生都与不健康的饮食习惯密切相关。养成科学的饮食习惯，科学选择食物，做到既享受美食，又保持健康。云南省疾病预防控制中心专家提醒，以下的小知识也许对你促进健康有益。 1.食物多样化：食物多样化是实现平衡膳食的基本途径。“小分量”是实现食物多样化的关键，即每样食物吃少一点、种类多一点

Studies have shown that hypertension, hyperlipidemia, diabetes and many other chronic diseases, as well as the occurrence of some common tumors are closely related to unhealthy eating habits. Develop scientific eating habits, choose food scientifically, and enjoy both food and health. Experts from Yunnan Provincial Center for Disease Control and prevention remind you that the following little knowledge may be beneficial to your health.1. food diversification: food diversification is the basic way to achieve a balanced diet. "Small weight" is the key to achieving food diversification, that is, eat less and have a little more variety.

5. [广西居民膳食营养与健康状况报告显示饮食习惯亟待改变营养观念有待 ...](#)

来源：中国食品科技网

类别：健康中心

态度：提倡

时间：16:00:06
- [Guangxi residents dietary nutrition and health status report is of great importance to change eating habits nutrition concept needs to be...](#)

来源：中国食品科技网

Category: health and wellness centers

Attitude: advocate

Time: 16:00:06

随着生活水平的提高，人们对于饮食的要求也逐渐提升到了更高的层面，很多居民开始关心起营养与健康问题。多年来，广西疾病预防控制中心对居民营养与健康进行了系统的监测及调查研究分析，并于近日出版了《广西居民膳食营养与健康状况报告（2010—2015年）》。报告显示，近年来广西居民膳食营养状况有所改善，但居民不良生活方式有增无减，膳食结构仍不合理，营养与行为生活方式相关的慢性病增长迅速，饮食习惯亟待改变，营养观念有待提高。“吃”的调查：吃得“饱”但不够“好”“每次想起小时候那种想吃肉的感觉，就觉得很心酸，所以我基本上顿顿都给孩子买肉吃。”南宁市民周先生回想起小时候的日子，仍有“心理阴影”

With the improvement of living standards, people's dietary requirements have gradually increased to a higher level, many residents began to care about nutrition and health issues. Over the years, the Guangxi Center for Disease Control and Prevention has carried out systematic monitoring, investigation and analysis of residents' nutrition and health, and recently published a report on dietary nutrition and health status of Guangxi residents (2010-2015). The report shows that the dietary nutritional status of Guangxi residents has improved in recent years, but the unhealthy lifestyle of residents has increased, the dietary structure is still unreasonable, the growth of chronic diseases related to nutrition and behavioral lifestyle is rapid, the dietary habits need to be changed urgently, and the concept of nutrition needs to be improved.A survey of "eating": "enough to eat" but not good enough."Every time I think about the feeling when I was a child that I wanted to eat meat, I feel very sad, so I basically buy meat for my children all the time." Nanning citizen Zhou recalled the days when he was young, and he still had "psychological shadow".

- 企业  
Industry

1. [胶州人民医院走进大同社区宣讲健康知识](#)

来源：山东新闻网

类别：健康中心

态度：提倡

时间：17:19:03
- [People's hospital of jiaozhou into datong community about health knowledge](#)

来源：山东新闻网

Category: health and wellness centers

Attitude: advocate

Time: 17:19:03

鲁网青岛10月16日讯（记者 孙强 通讯员 马洪涛）为了提高市民朋友的健康意识，普及健康知识，传播健康理念，构建和谐社会，胶州市人民医院近日开展了一系列健康讲座活动。近日，胶州市人民医院内科陈敏医师来到阜安街道大同社区为居民朋友们进行“居民盐摄入量与高血压的关系”健康知识专题讲座。陈敏医师从什么是血压、什么是高血压、高血压的危险因素和危害、限盐对高血压防控的意义、限盐降压“药”相呼应等方面做了形象的讲解，使居民朋友们更清楚地了解了高血压的相关知识，并澄清了14个方面的高血压认识和治疗误区。讲座结束后，陈敏医师耐心解答了居民朋友们提出的问题，针对居民朋友们身体状况，也给出了许多建议，如正确用药、选择适合的运动方式等。此次讲座进一步提高了居民朋友们对“高血压”疾病的防治意识，受到了居民朋友们的肯定和称赞

LU NET, QINGDAO, Oct. 16 (Reporter Sun Qiang Correspondent Ma Hongtao) In order to improve the health awareness of public friends, popularize health knowledge, disseminate health concepts, and build a harmonious society, Jiaozhou People's Hospital recently launched a series of health lectures.Recently, Dr. Chen Min, Department of Cardiology, Jiaozhou People's Hospital, came to Datong Community in Fuan Street to give a lecture on the relationship between salt intake and hypertension. Doctor Chen Min gave a vivid explanation of what is blood pressure, what is hypertension, the risk factors and hazards of hypertension, the significance of limiting salt for prevention and control of hypertension, and the interaction of limiting salt and lowering blood pressure drugs, which made the residents' friends more clearly understand the relevant knowledge of hypertension, and clarified the understanding and harmfulness of 14 aspects of hypertension. Mistaken treatment.At the end of the lecture, Dr. Chen Min patiently answered the questions raised by the residents' friends. He also gave many suggestions on the physical condition of the residents' friends, such as the correct use of drugs, the choice of appropriate exercise methods and so on. The lecture further enhanced the residents' awareness of the prevention and treatment of "hypertension" and was praised by the residents' friends.

2. [哈尔滨市第一医院走进老年公寓开展义诊活动](#)

来源：新华报业网

类别：健康中心

态度：提倡

时间：16:57:07
- [Harbin, the first hospital into the elderly apartment in clinic](#)

来源：新华报业网

Category: health and wellness centers

Attitude: advocate

Time: 16:57:07

哈尔滨市第一医院走进老年公寓开展义诊活动中新网黑龙江新闻10月16日电(安晨菲 安祈)10月16日重阳节前夕，为弘扬中华民族尊老、敬老的传统美德，营造爱老、助老的社会氛围，哈尔滨市第一医院医工部组织院内志愿者组成敬老医疗服务队，为香坊区春华德善老年公寓的老人们针对老年病、慢性病、冬季高发病等开义诊及健康宣讲活动，以仁心仁术展现了医务工作者高尚的医德医风，用温暖的大爱诠释了医者的爱心与温情。一大早，春华德善老年公寓的老人们就围坐在公寓大厅等待着志愿服务队专家们的到来。义诊开始后，来自心内科、神内科、针灸科、口腔科的4位专家们就为每一位前来问诊的老人们进行全面细致的身体检查，耐心询问老人们的日常身体状况和病史，根据每位老人的不同情况，结合冬季保健的注意事项，分别给予科学合理的治疗及养生建议。同时，医疗志愿者服务队还带去了电子血压计、心电图机为老人们免费测量，解答疑难问题，并根据测量结果，细心地叮嘱指标过高的老人应遵循荤素搭配、低盐低脂的饮食，专家们甚至将饮食意见反馈给公寓的工作人员，以备为老人日后更加合理的搭配营养餐。志愿者服务队在关注老人健康的同时，也将温情与关爱流淌在老人的生活中，为公寓的老人们送去了不锈钢保温饭盒及各类生活用品

The first hospital in Harbin entered the apartment for the elderly to conduct free clinic activitiesHeilongjiang News, October 16 (Anchen Fei An Qi) October 16, the eve of the Double Ninth Festival, in order to promote the Chinese nation's traditional virtues of respecting and respecting the elderly, to create a social atmosphere of loving and helping the elderly, the Medical Department of Harbin First Hospital organized in-hospital volunteers to form a medical service team for the elderly, for the elderly apartment Chunhuadshan Xiangfang District The elderly for the elderly, chronic diseases, winter high incidence of free clinics and health publicity activities, benevolence shows the noble medical ethics of medical workers, with warm love interpretation of the doctor's love and warmth.Early in the morning, the elderly in Chunhuadshan's apartment were sitting around the apartment hall waiting for the arrival of volunteer team experts. After the free clinic began, four experts from cardiology, psychiatry, acupuncture and stomatology carried out a comprehensive and meticulous physical examination for each of the elderly who came to the clinic. They patiently inquired about the daily physical condition and medical history of the elderly. According to the different conditions of each of the elderly, combined with winter health care matters needing attention, they were given separately. Scientific and reasonable treatment and health advice. At the same time, the medical volunteer service team also brought an electronic sphygmomanometer, electrocardiograph for the elderly free measurements, to answer difficult questions, and according to the results of the measurements, carefully advised the elderly with high indicators should follow a low-salt and low-fat diet, the experts even told the apartment staff dietary advice, in case. For the elderly, more reasonable collocation of nutritious meals. While paying close attention to the health of the elderly, the volunteer service team has also flowed warmth and care into the lives of the elderly. They have sent stainless steel insulated lunch boxes and various daily necessities to the elderly in their apartments.

- 公众  
Public

1. [儿童酱油“标签”多噱头大专家：孩子不需要额外调味](#)

来源：安徽网

类别：食物中的钠

态度：提倡

时间：15:10:36
- [Children soy sauce "label" stunt more experts: children don't need extra flavor](#)

来源：安徽网

Category: sodium in food

Attitude: advocate

Time: 15:10:36

超市里销售的儿童酱油 据大江晚报报道，近日，江苏省消保委发布了酱油产品比较试验报告。120款酱油中，29个样品不符合国家相应标准，其中包括蟹园、李锦记、味美思等知名品牌。在送检样品中，还有5款儿童酱油样品，有3款添加了增鲜剂；检测营养素后发现，5个样品的差异也比较大。特别是“加加加”牌儿童酱油，比普通酱油钠含量还要高。芜湖市疾控中心的专家建议，儿童酱油往往名不副实，正常饮食即可满足孩子成长需要

Children's soy sauce sold in supermarketsAccording to the Dajiang evening news, recently, the Jiangsu Provincial Consumer Protection Commission released a comparison test report on soy sauce products. Of the 120 types of soy sauce, 29 samples did not meet the corresponding national standards, including Crab Garden, Li Jinji, Weimei Si and other well-known brands.Among the samples, there were 5 children's soy sauce samples and 3 children's soy sauce samples were added with freshness enhancers. In particular, "Jiajia" brand children's soy sauce is higher than ordinary soy sauce sodium content. Experts from Wuhu CDC suggest that children's soy sauce is often unknown and that a normal diet can meet their growing needs.

2. [世卫组织发布全球四大慢病导致过早死亡地图：中国第80 位，与美国和 ...](#)

来源：搜狐

类别：健康中心

态度：提倡

时间：22:19:03
- [Who issued the world's top four slow disease lead to premature death map: 80th, China and the United States and...](#)

来源：搜狐

Category: health and wellness centers

Attitude: advocate

Time: 22:19:03

原标题：世卫组织发布全球四大慢病导致过早死亡地图：中国第80 位，与美国和英国并列被点名 慢性病控制欠佳国家代表：英国、美国、中国 在《柳叶刀》2016 年度全球非传染性疾病研究报告中，科学家分析了180 个国家的人民死于四大非传染性疾病癌症、心脏病、肺病和糖尿病的人数。这份世界死亡地图显示男性死亡率最高的国家为蒙古国，最低的为冰岛；女性死亡率... / 慢性病控制欠佳国家代表：英国、美国、中国 在《柳叶刀》2016 年度全球非传染性疾病研究报告中，科学家分析了180 个国家的人民死于四大非传染性疾病——癌症、心脏病、肺病和糖尿病的人数。这份世界死亡地图显示男性死亡率最高的国家为蒙古国，最低的为冰岛；女性死亡率最高的为塞拉利昂，最低的为韩国。从低至高排列，中国男性死亡率排在第80 位，女性排在第75 位。中国的情况要严峻很多，70 岁之前死于非传染性疾病的女性占14.1%，排在第75 位；男性占19.8%，排在第80 位

Original Title: WHO released a map of four major chronic diseases leading to premature death worldwide: China is 80th, named alongside the United States and BritainRepresentatives of countries with poor chronic disease control: The United Kingdom, the United States, China in the "Lancet" 2016 Global Report on Non-communicable Diseases, scientists analyzed the number of people in 180 countries died from four major non-communicable diseases: cancer, heart disease, lung disease and diabetes. This world

death map shows that Mongolia has the highest male mortality rate and Iceland the lowest; women have the highest mortality rate.Representative of chronic disease control poor countries: UK, USA and ChinaIn the Lancet's 2016 Global Study on Non-communicable Diseases, scientists analyzed the number of people dying from four major non-communicable diseases in 180 countries: cancer, heart disease, lung disease and diabetes. The world death map shows that Mongolia has the highest male mortality rate, Iceland the lowest, Sierra Leone the highest and South Korea the lowest. From low to high ranking, China's male mortality rate ranked eightieth, while women ranked seventy-fifth. The situation in China is much worse, with 14.1% of women dying of non-communicable diseases before the age of 70 ranking 75th, and 19.8% of men ranking 80th.				
3. <a href="#">心血管病进入高发季专家教你科学防范方法</a> <a href="#">Cardiovascular disease in high-risk season experts teach scientific prevention methods</a>	来源：新华报业网 来源：新华报业网	类别：心血管疾病 Category: None	态度：提倡 Attitude: advocate	时间：08:28:59 Time: 08:28:59
进入秋季以来，南京市第一医院收诊的各类心血管病患者人数涨幅达到约50%，发病患者的年龄以40-70岁为主。宋先生今年65岁，平时血压有些偏高，经常感到心慌、胸闷，早晨起床一下子坐起时，会感到胸部特别难受。干活劳累时，尤为明显。但每次只持续3-5分钟，由于症状较轻，宋先生以为年纪大了，难免会有些小毛病。昨天早上宋先生准备起床时，突感眩晕，并且伴有平衡失调、站立不稳及恶心、呕吐、面色苍白等现象				
Since the autumn, the number of patients with various cardiovascular diseases admitted to Nanjing First Hospital has increased by about 50%. The age of patients with cardiovascular diseases is mainly 40-70 years old.Mr. Song, 65 years old, usually has high blood pressure and often feels flustered and chest tightness. When he gets up in the morning and sits up, he feels very uncomfortable in his chest. When working hard, it is especially obvious. But each time lasts only 3-5 minutes, because the symptoms are relatively young, Mr. Song thought that old, there will inevitably be some minor problems. Yesterday morning, when Mr. Song was getting up, he suddenly felt dizzy, accompanied by imbalance, unstable standing, nausea, vomiting, paleness and so on.				
4. <a href="#">食堂重油重盐怎么办</a> <a href="#">Canteen heavy oil double salt</a>	来源：人民网 来源：人民网	类别：食物中的钠 Category: sodium in food	态度：提倡 Attitude: advocate	时间：09:35:12 Time: 09:35:12
饮食要少油少盐的观念已经深入人心，但有些人表示，食堂烹调重油重盐，怎么办？1.主食尽量不选油条、油饼以及炒饭类，如果选择，就要增加蔬菜比例；2.少选干煸、红烧、油炸、煎炸、香酥、水煮等烹制的菜肴，尤其是鱼、肉、蛋类尽量选择炖、炒等方式加工的；3.少吃甜点等“三高”零食；4.准备一碗白开水涮菜，减少油盐摄入。（责编：许心怡、许晓华）				
The idea of eating less oil and less salt has been deeply rooted in people's minds, but some people say that canteen cooking heavy oil and salt, how to do? 1. The staple food as far as possible do not choose fried dough sticks, pancakes and fried rice, if you choose, you will increase the proportion of vegetables; 2. Choose less dry-fried, red-boiled, fried, fried, crispy, boiled and other cooking dishes, especially fish, meat, eggs as far as possible to choose stew, fried and other processing methods; 3. Eat less desserts and other "three high" snacks; 4. Prepare a bowl of white. Rinse vegetables in boiling water to reduce oil and salt intake. It(Editor: Xu Xinyi, Xu Xiaohua)				
5. <a href="#">重阳节来了华西专家为老年人健康饮食做攻略</a> <a href="#">The double ninth festival to huaxi experts do guide for the elderly healthy eating</a>	来源：四川新闻网·攀枝花日报 来源：四川新闻网·攀枝花日报	类别：食物中的钠 Category: sodium in food	态度：提倡 Attitude: advocate	时间：15:36:18 Time: 15:36:18
对于儿女们来说，老人的健康是最让人牵挂的事情之一。父母吃得好不好，过得开不开心，都是儿女们最想了解的事情。事实上，老人的健康水平与日常饮食习惯密切相关，吃得好不好，在很大程度上决定了老人的身体健康状况和幸福指数。为此，在重阳节即将来临之际，四川大学华西医院临床营养科发布了老年人健康饮食攻略，专家就老年人饮食上的一些知识进行了介绍，供广大市民参考。清淡饮食≠无肉饮食 老人饮食要注意控油少盐 很多儿女在询问父母饮食情况时，老人们都会说吃得清淡，再仔细问，就是不吃或很少吃肉，还以为这样很健康，就是所谓的“老来瘦”				
For children, the health of the elderly is one of the most worrying things. Whether parents can eat well or not are unhappy things that children most want to know. In fact, the health level of the elderly is closely related to daily eating habits, eating well or not, to a large extent, determines the physical health of the elderly and happiness index. Therefore, on the eve of the Double Ninth Festival, the Department of Clinical Nutrition of West China Hospital of Sichuan University issued a health diet strategy for the elderly. Experts introduced some knowledge about the diet of the elderly for the reference of the public.A light diet, a meat free diet.Elderly diet should pay attention to oil and salt.When many children ask their parents about their diet, the old people will say that they eat light food, and then ask carefully, that is, they don't eat or eat very little meat, and think it is healthy, that is, the so-called "old thin"				
6. <a href="#">孕妇盐吃多了会怎么样</a> <a href="#">Pregnant women salt to eat many</a>	来源：TOM 来源：TOM	类别：食物中的钠 Category: sodium in food	态度：提倡 Attitude: advocate	时间：10:36:18 Time: 10:36:18
孕妇盐吃多了会怎么样 孕妇盐吃多了会怎么样？有些孕妈在饮食上的口味偏重，总喜欢吃咸的，这也就导致孕期盐的摄入量会出现超标的现象，那么，这孕妇盐吃多了会怎么样呢？下面本文给大家说一说相关知识。一、孕妇盐吃多了会怎样 1.引起孕妇水肿 孕期准妈妈吃盐多了，体内摄入的钠含量增加，这会引起组织内钠盐滞留，从而导致孕妇水肿，影响自身及胎儿的健康生长。 2、导致孕妇面部浮肿 孕妇吃太咸会打乱内分泌，所以常常出现水分代谢紊乱，如果长时间如此会经常出现水肿现象，所以建议怀孕期间清淡饮食。 3、引发高血压 孕妇经常吃太咸的食物，食物中盐分和碳水化合物含量过多，会增加肾脏的负担，排钠量相对减少，电解质失去平衡，容易引起血钾升高，导致心脏功能受损，血压增高，出现妊娠期高血压等疾病，对于大人和宝宝都是有危险的。 4、影响胎儿发育 孕妇吃盐多了还会影响胎儿头发健康，不仅容易造成营养代谢性脱发，还会让头发变得枯黄，甚至是秃顶的情况				
What happens if pregnant women eat too much salt?What happens if pregnant women eat too much salt? Some pregnant women in the diet on the side of heavy taste, always like to eat salty, which will lead to excessive salt intake during pregnancy, then, this pregnant women eat more salt will be how? Next, I want to tell you something about it.First, how much salt pregnant women eat?1. Cause edema in pregnant women.Pregnant expectant mothers eat too much salt, the body intake of sodium increased, which will lead to tissue sodium retention, leading to maternal edema, affecting the health of their own and fetal growth.2, causing facial swelling of pregnant womenPregnant women eat too salty will disrupt endocrine, so often appear water metabolism disorders, if such a long time will often appear edema phenomenon, so it is recommended to eat a light diet during pregnancy.3, triggering hypertensionPregnant women often eat too salty food, food containing too much salt and alkali substances, will increase the burden of the kidney, sodium excretion is relatively reduced, electrolyte imbalance, easy to cause elevated blood potassium, lead to impaired cardiac function, elevated blood pressure, pregnancy hypertension and other diseases, for adults and babies are dangerous.4, affecting fetal hairPregnant women eat too much salt will also affect the health of fetal hair, not only easy to cause nutritional and metabolic alopecia, but also can make hair withered and yellow, even bald.				
7. <a href="#">儿童酱油现原形:钠含量比普通酱油高海天曾被罚15万</a> <a href="#">Children of the soy sauce is: sodium Haitian was fined 150000 higher than ordinary soy sauce</a>	来源：新浪网 来源：新浪网	类别：食物中的钠 Category: sodium in food	态度：提倡 Attitude: advocate	时间：13:36:38 Time: 13:36:38
“儿童酱油”终于现了原形！两年多前，海天味业曾被罚款15万元 来源：中国消费者报 很多家长会出于让孩子 少吃盐少吃鲜吃得更营养的缘故 特地购买价格较高的儿童酱油 儿童酱油能达到家长的期望吗 江苏省消保委比较试验结果显示 儿童酱油 实测和普通酱油差不多 不少还加了增鲜剂 1 这款儿童酱油钠含量 比普通酱油都高 江苏省消保委近日公布的酱油产品比较试验结果显示，5款儿童酱油的样品中有3款添加了增鲜剂；检测营养元素后发现，5个样品的营养元素差异也比较大。 具体情况 由佛山市海天（高明）调味食品有限公司生产的妈爱宝宝酿造酱油，除了强化铁营养外，其他指标与普通酱油没有太大差异。 由恩光食品（厦门）有限公司生产的儿童酱油（B.B. 牌），指标总体与普通酱油也没有太大差异。 由加加食品集团股份有限公司生产的“加加”牌儿童酱油，比普通酱油钠含量还要高。 2 “儿童酱油”虚假宣传 欺诈骗消费者 海天味业被罚15万元 行政诉讼终审败诉 《中国消费者报》记者查阅中国裁判文书网发现，一份由吉林省吉林市中级人民法院作出的终审				
"Children's soy sauce" is finally showing its true shape. More than two years ago, Haitian flavor industry was fined 150 thousand yuan.Source: China Consumer NewsMany parents give up their children.Eat less salt, eat less, eat more nutritious reasons.Specially buy high price soy sauce for childrenCan children's soy sauce meet their parents' expectations? Comparison test results of Jiangsu Provincial Consumer Protection Commission showChildren's soy sauceMeasured is similar to ordinary soy sauce.Many have added fresh agents.OneThe sodium content of this sauce for childrenHigher than ordinary soy sauce.SuchThe comparative test results of soy sauce products announced by Jiangsu Provincial Committee of Consumer Protection showed that three of the five children's soy sauce samples were added with freshness enhancers.Specific circumstancesThe soy sauce produced by Foshan Haitian (Gaoming) Seasoning Food Co., Ltd. is not much different from ordinary soy sauce except for iron nutrition.The children's soy sauce (B. B. brand) produced by Enguang Food (Xiamen) Co., Ltd. is not much different from ordinary soy sauce in general.The children's soy sauce produced by Canada Food Group Co., Ltd. contains more sodium than ordinary soy sauce.TwoFalse propaganda of "children's soy sauce"Cheating consumersHaitian flavor industry was fined 150 thousand yuanFinal appeal of administrative litigationThe reporter of China Consumer Daily consulted China Judgment Document Network and found that a final judgment was made by Jilin Intermediate People's Court.				
8. <a href="#">血脂异常成为最隐蔽的“杀手”</a> <a href="#">Dyslipidemia become the hidden "killer"</a>	来源：红网 来源：红网	类别：健康中心 Category: health and wellness centers	态度：提倡 Attitude: advocate	时间：10:44:16 Time: 10:44:16
血脂异常成为最隐蔽的“杀手” 来源：长沙晚报 作者：唐江澎 编辑：李丽 长沙晚报记者 唐江澎 《中国成人血脂异常防治指南（2016年修订版）》显示，我国成人血脂异常总体患病率高达40.40%，较2002年大幅度上升。在日常生活中，我们的身体出现哪些预警信号，意味着可能血脂偏高？血脂偏高对身体有哪些潜在影响？昨日，记者采访了首届湘雅名医、中南大学湘雅二医院心血管内科一级主任医师赵永平教授。 现状 甘油三酯、胆固醇高检出频繁 从两年前开始，48岁的王先生隐约感觉右侧胳膊和腿有些麻木，最近这种感觉越发明显。近日，王先生前往中南大学湘雅二医院就诊，抽血化验结果显示血脂高，颈动脉B超发现有粥样斑块；头部CT检查发现，王先生出现了轻微脑梗塞。据王先生介绍，在近几年的体检中，他连续被查出甘油三酯增高，但没有特别明显的症状，他没有引起重视				
Dyslipidemia has become the most hidden killer.Source: Changsha evening news writer: Tang Jiangpeng editor: Li LiTang Jiangpeng, Changsha evening news reporterThe "Guidelines for the Prevention and Treatment of Adult Hyperlipidemia in China (2016 Revised Edition)" shows that the overall prevalence of adult dyslipidemia in China is as high as 40.40%, which is significantly higher than that in 2002. What warning signals do we have in our daily life, which means that we may have high blood lipids? What are the potential effects of high blood lipids on the body? Yesterday, the reporter interviewed the first famous doctor of Xiangya, Central South University Xiangya Second Hospital of Cardiovascular Medicine Professor Zhao Ping.The status of triglycerides and cholesterol is frequently detected.Since two years ago, Mr. Wang, 48, has had a vague feeling of numbness in his right arm and leg, which has recently become more apparent. Recently, Mr. Wang went to the Second Xiangya Hospital of Central South University. Blood tests showed high blood lipids, carotid artery B ultrasound found atherosclerotic plaques; head CT found that Mr. Wang had a slight cerebral infarction. According to Mr. Wang, in recent years in the physical examination, he was continuously found to increase triglycerides, but because there is no particularly obvious symptoms, he did not pay attention to				



9. <a href="#">重阳节，医生给老年人送上健康“大礼包”</a>	来源：上饶新闻网	类别：食物中的钠	态度：提倡	时间：10:44:59
<a href="#">The double ninth festival, the doctor gave the elderly health "package".</a>	来源：上饶新闻网	Category: sodium in food	Attitude: advocate	Time: 10:44:59

见习记者 陈令东 10月17日是重阳佳节，或许你已经为家中的老人精心准备了一份礼物，准备为他们送上节日的祝福？很多人上了年纪，“三高”、腰酸背痛、支气管炎、头晕乏力等一些疾病纷纷找上门，本该安享晚年却被病痛困扰。为此，我们采访了市立医院老年病科主任余为旺，与他聊了聊在日常诊疗中常见的一些“老年病”，他也对这些“老年病”提出了一些有针对性的建议，送上这份老年健康大礼包。预防“三高”，健康饮食是第一步 高血压、高血脂、高血糖，也就是我们俗称的“三高”在老年人群体重非常常见。“这三种疾病在发病原因上有不少相似的地方，他们都会受到遗传因素的影响，也会受到外界，尤其是饮食、运动习惯的影响。”余为旺介绍

Trainee reporter Chen LingdongOctober 17th is the Double Ninth Festival. Maybe you have prepared a gift for the old people in your family, ready to send them holiday wishes? A lot of people are getting older, "three high" and back pain, bronchitis, dizziness and fatigue and other diseases have come to the door, should have enjoyed their old age but suffered. To this end, we interviewed Yu Weiwang, the director of geriatrics department of the municipal hospital, and chatted with him about some common "geriatric diseases" in daily diagnosis and treatment. He also put forward some targeted suggestions for these "geriatric diseases" and presented this big gift bag for geriatric health.Prevention of "three high", healthy eating is the first step.Hypertension, hyperlipidemia, and hyperglycemia, commonly known as the "three high" in the elderly population is very common. "There are many similarities in the etiology of these three diseases. They are all affected by genetic factors and by the outside world, especially diet and exercise habits." Yu Weiwang introduced

内容分类

Classification of Content

<div>食物中的钠</div> <div>Sodium in food</div>				
1. <a href="#">儿童酱油“标签”多噱头大专家：孩子不需要额外调味</a>	来源：安徽网	类别：食物中的钠	态度：提倡	时间：15:10:36
<a href="#">Children soy sauce "label" stunt more experts: children don't need extra flavor</a>	来源：安徽网	Category: sodium in food	Attitude: advocate	Time: 15:10:36

超市里销售的儿童酱油 据大江晚报报道，近日，江苏省消保委发布了酱油产品比较试验报告。120款酱油中，29个样品不符合国家相应标准，其中包括蟹园、李锦记、味美思等知名品牌。在送检样品中，还有5款儿童酱油样品，有3款添加了增鲜剂；检测营养元素后发现，5个样品的差异也比较大。特别是“加加”牌儿童酱油，比普通酱油钠含量还要高。芜湖市疾控中心的专家建议，儿童酱油往往名不副实，正常饮食即可满足孩子成长需要

Children's soy sauce sold in supermarketsAccording to the Dajiang evening news, recently, the Jiangsu Provincial Consumer Protection Commission released a comparison test report on soy sauce products. Of the 120 types of soy sauce, 29 samples did not meet the corresponding national standards, including Crab Garden, Li Jinji, Weimeisi and other well-known brands.Among the samples, there were 5 children's soy sauce samples and 3 children's soy sauce samples were added with freshness enhancers. In particular, "Jiajia" brand children's soy sauce is higher than ordinary soy sauce sodium content. Experts from Wuhu CDC suggest that children's soy sauce is often unknown and that a normal diet can meet their growing needs.

2. <a href="#">湖北40%以上的成人超重或肥胖，习惯重口味如何减调味品？</a>	来源：长江网	类别：食物中的钠	态度：提倡	时间：22:10:43
<a href="#">Hubei province more than 40% of adults are overweight or obese, habits, heavy taste how to cut condiments?</a>	来源：长江网	Category: sodium in food	Attitude: advocate	Time: 22:10:43

长江日报融媒体10月16日讯10月16日下午，2018年湖北省暨武汉市“健康中国行”全民健康生活方式月“三减三健 全民行动”大型公益活动在青山江滩公园举行。武汉疾控中心的医师们自编自导自演了一出大戏“不一样的餐馆”，现场教大家如何使用控盐勺、控油壶，生动演绎如何科学营养搭配、烹调一日三餐。活动现场“有表演，有知识，还可以免费测血糖、血压。我们这些退休老人有点娱乐活动蛮好的，还涨了知识。回去了我要严格控制糖、盐的用量，让家里人都保持好身材

Changjiang Daily Financial Media October 16 - In the afternoon of October 16, 2008 Hubei Province and Wuhan City "Healthy China Travel" National Healthy Lifestyle Month "Three Reduces Three Healthy People Action" large-scale public welfare activities were held in Qingshan River Beach Park. Doctors from Wuhan CDC have compiled and directed a drama called "Different Restaurant" to teach people how to use salt spoons and oil kettles to vividly explain how to cook three meals a day. There are performances, knowledge and free blood sugar and blood pressure. Our retirees are a bit of entertainments and have gained knowledge. I have to control the amount of sugar and salt and keep the family in good shape.

3. <a href="#">食堂重油重盐怎么办</a>	来源：人民网	类别：食物中的钠	态度：提倡	时间：09:35:12
<a href="#">Canteen heavy oil double salt</a>	来源：人民网	Category: sodium in food	Attitude: advocate	Time: 09:35:12

饮食要少油少盐的观念已经深入人心，但有些人表示，食堂烹调重油重盐，怎么办？1.主食尽量不选油条、油饼以及炒饭类，如果选择，就要增加蔬菜比例；2.少选干煸、红烧、油炸、煎炸、香酥、水煮等烹制的菜肴，尤其是鱼、肉、蛋类尽量选择炖、炒等方式加工的；3.少吃甜点等“三高”零食；4.准备一碗白开水涮菜，减少油盐摄入。（责编：许心怡、许晓华）

The idea of eating less oil and less salt has been deeply rooted in people's minds, but some people say that canteen cooking heavy oil and salt, how to do? 1. The staple food as far as possible do not choose fried dough sticks, pancakes and fried rice, if you choose, you will increase the proportion of vegetables; 2. Choose less dry-fried, red-boiled, fried, fried, crispy, boiled and other cooking dishes, especially fish, meat, eggs as far as possible to choose stew, fried and other processing methods; 3. Eat less desserts and other "three high" snacks; 4. Prepare a bowl of white. Rinse vegetables in boiling water to reduce oil and salt intake. It(Editor: Xu Xinyi, Xu Xiaohua)

4. <a href="#">重阳节来了华西专家为老年人健康饮食做攻略</a>	来源：四川新闻网-攀枝花日报	类别：食物中的钠	态度：提倡	时间：15:36:18
<a href="#">The double ninth festival to huaxi experts do guide for the elderly healthy eating</a>	来源：四川新闻网-攀枝花日报	Category: sodium in food	Attitude: advocate	Time: 15:36:18

对于儿女们来说，老人的健康是最让人牵挂的事情之一。父母吃得好不好，过得开不开心，都是儿女们最想了解的事情。事实上，老人的健康水平与日常饮食习惯密切相关，吃得好不好，在很大程度上决定了老人的身体健康状况和幸福指数。为此，在重阳节即将来临之际，四川大学华西医院临床营养科发布了老年人健康饮食攻略，专家就老年人饮食上的一些知识进行了介绍，供广大市民参考。清淡饮食≠无肉饮食 老人饮食要注意控油少盐 很多儿女在询问父母饮食情况时，老人们都会说吃得清淡，再仔细问，就是不吃或很少吃肉，还以为这样很健康，就是所谓的“老来瘦”

For children, the health of the elderly is one of the most worrying things. Whether parents can eat well or not are unhappy things that children most want to know. In fact, the health level of the elderly is closely related to daily eating habits, eating well or not, to a large extent, determines the physical health of the elderly and happiness index. Therefore, on the eve of the Double Ninth Festival, the Department of Clinical Nutrition of West China Hospital of Sichuan University issued a health diet strategy for the elderly. Experts introduced some knowledge about the diet of the elderly for the reference of the public.A light diet, a meat free diet.Elderly diet should pay attention to oil and salt.When many children ask their parents about their diet, the old people will say that they eat light food, and then ask carefully, that is, they don't eat or eat very little meat, and think it is healthy, that is, the so-called "old thin"

5. <a href="#">孕妇盐吃多了会怎么样</a>	来源：TOM	类别：食物中的钠	态度：提倡	时间：10:36:18
<a href="#">Pregnant women salt to eat many.</a>	来源：TOM	Category: sodium in food	Attitude: advocate	Time: 10:36:18

孕妇盐吃多了会怎么样 孕妇盐吃多了会怎么样？有些孕妈在饮食上的口味偏重，总喜欢吃咸的，这也就导致孕期盐的摄入量会出现超标的现象，那么，这孕妇盐吃多了会怎么样呢？下面本文给大家说一说相关知识。一、孕妇盐吃多了会怎样 1、引起孕妇水肿 孕期准妈妈吃盐多了，体内摄入的钠含量增加，这会引发组织内钠盐滞留，从而导致孕妇水肿，影响自身及胎儿的健康生长。2、导致孕妇面部浮肿 孕妇吃太咸会打乱内分泌，所以常常出现水分代谢紊乱，如果长时间如此会经常出现水肿现象，所以建议怀孕期间清淡饮食。3、引发高血压 孕妇经常吃太咸的食物，食物中盐分和碱类物质含量过多，会增加肾脏的负担，排钠量相对减少，电解质失去平衡，容易引起血钾升高，导致心脏功能受损，血压增高，出现妊娠期高血压等疾病，对于大人和宝宝都是有危险的。4、影响胎儿发质 孕妇吃盐多了还会影响胎儿头发健康，不仅容易造成营养代谢性脱发，还会让头发变得枯黄，甚至是秃顶的情况

What happens if pregnant women eat too much salt?What happens if pregnant women eat too much salt? Some pregnant women in the diet on the side of heavy taste, always like to eat salty, which will lead to excessive salt intake during pregnancy, then, this pregnant women eat more salt will be how? Next, I want to tell you something about it.First, how much salt pregnant women eat?1. Cause edema in pregnant women.Pregnant expectant mothers eat too much salt, the body intake of sodium increased, which will lead to tissue sodium retention, leading to maternal edema, affecting the health of their own and fetal growth.2, causing facial swelling of pregnant womenPregnant women eat too salty will disrupt endocrine, so often appear water metabolism disorders, if such a long time will often appear edema phenomenon, so it is recommended to eat a light diet during pregnancy.3, triggering hypertensionPregnant women often eat too salty food, food containing too much salt and alkali substances, will increase the burden of the kidney, sodium excretion is relatively reduced, electrolyte imbalance, easy to cause elevated blood potassium, lead to impaired cardiac function, elevated blood pressure, pregnancy hypertension and other diseases, for adults and babies are dangerous.4, affecting fetal hairPregnant women eat too much salt will also affect the health of fetal hair, not only easy to cause nutritional and metabolic alopecia, but also can make hair withered and yellow, even bald.

6. <a href="#">儿童酱油现原形:钠含量比普通酱油高海天曾被罚15万</a>	来源：新浪网	类别：食物中的钠	态度：提倡	时间：13:36:38
<a href="#">Children of the soy sauce is: sodium Haitian was fined 150000 higher than ordinary soy sauce</a>	来源：新浪网	Category: sodium in food	Attitude: advocate	Time: 13:36:38

“儿童酱油”终于现了原形！两年多前，海天味业曾被罚款15万元 来源：中国消费者报 很多家长会出于让孩子 少吃盐少吃鲜吃得更有营养的缘故 特地购买价格较高的儿童酱油 儿童酱油能达到家长的期望吗 江苏省消保委比较试验结果显示 儿童酱油 实测和普通酱油差不多 不少还加了增鲜剂 1 这款儿童酱油钠含量 比普通酱油都高 江苏省消保委近日公布的酱油产品比较试验结果显示，5款儿童酱油油的样品中有3款添加了增鲜剂；检测营养元素后发现，5个样品的营养元素差异也比较大。具体情况 由佛山市海天（高明）调味食品有限公司生产的妈爱宝宝酿造酱油，除了强化铁营养外，其他指标与普通酱油没有太大差异。 由恩光食品（厦门）有限公司生产的儿童酱油（B.B.牌），指标总体与普通酱油也没有太大差异。 由加加食品集团股份有限公司生产的“加加”牌儿童酱油，

比普通酱油钠含量还要高。 2 “儿童酱油” 虚假宣传 欺诈消费者 海天味业被罚15万元 行政诉讼终审败诉 《中国消费者报》记者查阅中国裁判文书网发现，一份由吉林省吉林市中级人民法院作出的终审

"Children's soy sauce" is finally showing its true shape. More than two years ago, Haitian flavor industry was fined 150 thousand yuan.Source: China Consumer NewsMany parents give up their children.Eat less salt, eat less, eat more nutritious reasons.Specially buy high price soy sauce for childrenCan children's soy sauce meet their parents' expectations? Comparison test results of Jiangsu Provincial Consumer Protection Commission showChildren's soy sauceMeasured is similar to ordinary soy sauce.Many have added fresh agents.OneThe sodium content of this sauce for childrenHigher than ordinary soy sauce.SuchThe comparative test results of soy sauce products announced by Jiangsu Provincial Committee of Consumer Protection showed that three of the five children's soy sauce samples were added with freshness enhancers.Specific circumstancesThe soy sauce produced by Foshan Haitian (Gaoming) Seasoning Food Co., Ltd. is not much different from ordinary soy sauce except for iron nutrition.The children's soy sauce (B. B. brand) produced by Enguang Food (Xiamen) Co., Ltd. is not much different from ordinary soy sauce in general.The children's soy sauce produced by Canada Food Group Co., Ltd. contains more sodium than ordinary soy sauce.TwoFalse propaganda of "children's soy sauce"Cheating consumersHaitian flavor industry was fined 150 thousand yuanFinal appeal of administrative litigationThe reporter of China Consumer Daily consulted China Judgment Document Network and found that a final judgment was made by Jilin Intermediate People's Court.

7. [重阳节，医生给老年人送上健康“大礼包”](#)来源：上饶新闻网类别：食物中的钠态度：提倡时间：10:44:59  
[The double ninth festival, the doctor gave the elderly health "package".](#)来源：上饶新闻网Category: sodium in foodAttitude: advocateTime: 10:44:59

见习记者 陈令东 10月17日是重阳佳节，或许你已经为家中的老人精心准备了一份礼物，准备为他们送上节日的祝福？很多人上了年纪，“三高”、腰酸背痛、支气管炎、头晕乏力等一些疾病纷纷找上门，本该安享晚年却被病痛困扰。为此，我们采访了市立医院老年病科主任余为旺，与他聊了聊在日常诊疗中常见的一些“老年病”，他也对这些“老年病”提出了一些有针对性的建议，送上这份老年健康大礼包。预防“三高”，健康饮食是第一步 高血压、高血脂、高血糖，也就是我们俗称的“三高”在老年人群体重非常常见。“这三种疾病在发病原因上有不少相似的地方，他们都会受到遗传因素的影响，也会受到外界，尤其是饮食、运动习惯的影响。”余为旺介绍

Trainee reporter Chen LingdongOctober 17th is the Double Ninth Festival. Maybe you have prepared a gift for the old people in your family, ready to send them holiday wishes? A lot of people are getting older, "three high" and back pain, bronchitis, dizziness and fatigue and other diseases have come to the door, should have enjoyed their old age but suffered. To this end, we interviewed Yu Weiwang, the director of geriatrics department of the municipal hospital, and chatted with him about some common "geriatric diseases" in daily diagnosis and treatment. He also put forward some targeted suggestions for these "geriatric diseases" and presented this big gift bag for geriatric health.Prevention of "three high", healthy eating is the first step.Hypertension, hyperlipidemia, and hyperglycemia, commonly known as the "three high" in the elderly population is very common. "There are many similarities in the etiology of these three diseases. They are all affected by genetic factors and by the outside world, especially diet and exercise habits." Yu Weiwang introduced

高血压  
Hypertension

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心血管健康  
Cardiovascular health

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健康中心  
Health and Wellness Centers

1. [蕉城疾控中心开展“三减三健”全民健康生活宣传活动](#)来源：福建东南新闻网类别：健康中心态度：提倡时间：11:10:52  
[Manila city centers for disease control and prevention to carry out the "three minus three health" the healthy living campaign](#)来源：福建东南新闻网Category: health and wellness centersAttitude: advocateTime: 11:10:52

为进一步提高蕉城区居民个人健康知识和行为能力，推动疾病治疗向健康管理转变，深入开展“三减三健”（减盐、减油、减糖、健康口腔、健康体重、健康骨骼）、适量运动、控烟限酒和心理健康等专项行动，并向全区居民科学传播健康知识，广泛传授健康技能，大力倡导全民健康文明的生活方式。2018年10月13日，由蕉城区疾控中心主办，宁德市蕉城区户外徒步协会承办，宁德市慈善总会、宁德老区建设促进会、区旅游事业局等协办以“三减三健，全民行动”为主题的蕉城区全民健康生活方式日宣传活动暨第二阶段启动仪式在洋中镇林板村红色广场隆重举行。蕉城区全民健康生活方式第二阶段启动仪式 活动现场吸引了广大居民的积极参与，现场的工作人员认真细致地为咨询者讲解如何合理膳食、指导高血压与糖尿病人的饮食注意事项、宣传慢性病的防控和自我管理等健康知识。现场共设置拱门1座，横幅1幅，发放“三减三健、全民行动”宣传折页500余份。此次启动仪式还举行了全民健身徒步行走活动，490名参加徒步活动人员身着统一服饰，有序的排列在红色广场上，于10月13日上午09点30分徒步从洋中镇林板村红色广场集中出发，沿水槽下战役遗址、十字路口谈判遗址、亲母岭战役遗址、颜阿兰游击队练兵场遗址、开国将领雷应清、胡步福、宁德县委书记吴南启的故乡闽东地委诞生地徒步行走走到霍童镇桃花溪村

In order to further improve the health knowledge and behavior ability of residents in Jiaocheng District and promote the transformation of disease treatment into health management, special actions such as reducing salt, reducing oil, reducing sugar, healthy mouth, healthy weight, healthy skeleton, moderate exercise, smoking control, alcohol restriction and mental health were carried out and directed to residents in the whole district. Science disseminates health knowledge, extensively imparts health skills, and vigorously advocates a healthy and civilized lifestyle for all. On October 13, 2018, sponsored by the Jiaocheng Disease Control Center, Ningde Jiaocheng Outdoor Hiking Association, Ningde Charitable Association, Ningde Old District Construction Promotion Association, District Tourism Bureau and other co-sponsors with the theme of "three minus three health care, national action" Jiaocheng healthy lifestyle day publicity activities and the second phase of the launch of the ceremony The ceremony is held in the red square of Lin Ban village in Yang Zhong Zhen.The second stage of launching the national healthy lifestyle in Jiaocheng DistrictThe activity site attracted the active participation of the broad masses of residents, the site staff carefully explained to the consultants how to reasonable diet, guide hypertension and diabetes diet attention, publicize the prevention and control of chronic diseases and self-management and other health knowledge. A total of 1 arch and 1 banner were set up on the spot, and more than 500 folders were issued for the publicity of "Three Reductions, Three Health Care and National Action".The launching ceremony also held a nationwide fitness walking activity, 490 hikers dressed in uniform clothes, orderly arranged in the Red Square, on October 13, 09:30 a.m. from the Yangzhong Town Lin Bancun Red Square, set out on foot, along the sink of the battle site, cross road negotiation sites, the Battle of Mother's Ridge Site, Yan Alan Guerrilla Training Ground Site, Founding General Lei Yingqing, Hu Bufu, Ningde County Party Secretary Wu Nanqi's hometown, the birthplace of the East Fujian Provincial Committee, hiked to Taohuaxi Village, Huo Tong Town

2. [红桥区举办第四届健康膳食月活动](#)来源：北方网类别：健康中心态度：提倡时间：10:11:53  
[Hongqiao district 4th on healthy diet activities](#)来源：北方网Category: health and wellness centersAttitude: advocateTime: 10:11:53

内容提要： 为推进国家卫生区、天津市文明城区、全国健康促进区、天津市慢性病综合防控示范区创建工作，近日，红桥区卫生计生委联合区疾控中心、区商务委、区市场监管局和天津鹏欣水游城共同举办“健康一条街”揭牌暨第四届健康膳食月活动启动仪式。天津北方网讯：为推进国家卫生区、天津市文明城区、全国健康促进区、天津市慢性病综合防控示范区创建工作，近日，红桥区卫生计生委联合区疾控中心、区商务委、区市场监管局和天津鹏欣水游城共同举办“健康一条街”揭牌暨第四届健康膳食月活动启动仪式。副区长刘玉明出席活动。“健康一条街”的设立进一步丰富了红桥区健康支持性环境种类，在市民购物、餐饮和休闲的过程中融入健康元素，打造形式新颖、喜闻乐见的健康传播途径。通过倡导健康理念，引导市民养成健康生活方式，进一步提升健康素养。在活动现场，设置了观摩餐厅健康菜品、膳食月健康菜品制作评比及健康主题餐厅授牌等活动环节，让市民了解结构合理、营养均衡的健康膳食

To promote the establishment of the National Health District, Tianjin Civilized City District, National Health Promotion Zone and Tianjin Demonstration Zone for Comprehensive Prevention and Control of Chronic Diseases, the Health and Family Planning Commission of Hongqiao District, the CDC, the District Commercial Committee, the Regional Market Supervision Bureau and the Pengxin Water Tour City of Tianjin jointly held the "Healthy Street" to unveil the brand recently. And the launching ceremony of the fourth healthy dietary month activity.In order to promote the establishment of the National Health Zone, Tianjin Civilized City District, National Health Promotion Zone, and Tianjin Demonstration Zone for Comprehensive Prevention and Control of Chronic Diseases, recently, the CDC of the Joint District of Hongqiao District Health and Family Planning Commission, the District Commerce Commission, the Regional Market Supervision Bureau and Tianjin Pengxinshui Tour City jointly organized the "Healthy Street" Unveiling and launching of the fourth healthy food month campaign. Vice mayor Liu Yuming attended the event.The establishment of "Healthy Street" has further enriched the types of healthy supportive environment in Hongqiao District, integrated health elements into the process of shopping, catering and leisure for the public, created a new form of health communication channels that are pleasant to hear and see, and guided the public to develop a healthy lifestyle and further enhance health by advocating health concepts. Accomplishment.In order to let the public know the healthy diet with reasonable structure and balanced nutrition, the activities of observing healthy dishes in restaurants, making and evaluating healthy dishes in monthly meals and awarding health theme restaurants were set up.

3. [胶州人民医院走进大同社区宣讲健康知识](#)来源：山东新闻网类别：健康中心态度：提倡时间：17:19:03  
[People's hospital of jiaozhou into datong community about health knowledge](#)来源：山东新闻网Category: health and wellness centersAttitude: advocateTime: 17:19:03

鲁网青岛10月16日讯（记者 孙强 通讯员 马洪涛）为了提高市民朋友的健康意识，普及健康知识，传播健康理念，构建和谐社会，胶州市人民医院近日开展了一系列健康讲座活动。近日，胶州市人民医院内科陈敬医师来到阜安街道大同社区为居民朋友们进行“居民盐摄入量与高血压的关系”健康知识专题讲座。陈敬医师从什么是血压、什么是高血压、高血压的危险因素和危害、限盐对高血压防控的意义、限盐降压“药”相呼应等方面做了形象的讲解，使居民朋友们更清楚地了解了高血压的相关知识，并澄清了14个方面的高血压认识和治疗误区。讲座结束后，陈敬医师耐心解答了居民朋友们提出的问题，针对居民朋友们身体状况，也给出了许多建议，如正确用药、选择适合的运动方式等。此次讲座进一步提高了居民朋友们对“高血压”疾病的防治意识，受到了居民朋友们的肯定和称赞

LU NET, QINGDAO, Oct. 16 (Reporter Sun Qiang Correspondent Ma Hongtao) In order to improve the health awareness of public friends, popularize health knowledge, disseminate

health concepts, and build a harmonious society, Jiaozhou People's Hospital recently launched a series of health lectures.Recently, Dr. Chen Min, Department of Cardiology, Jiaozhou People's Hospital, came to Datong Community in Fuan Street to give a lecture on the relationship between salt intake and hypertension. Doctor Chen Min gave a vivid explanation of what is blood pressure, what is hypertension, the risk factors and hazards of hypertension, the significance of limiting salt for prevention and control of hypertension, and the interaction of limiting salt and lowering blood pressure drugs, which made the residents' friends more clearly understand the relevant knowledge of hypertension, and clarified the understanding and harmfulness of 14 aspects of hypertension. Mistaken treatment.At the end of the lecture, Dr. Chen Min patiently answered the questions raised by the residents' friends. He also gave many suggestions on the physical condition of the residents' friends, such as the correct use of drugs, the choice of appropriate exercise methods and so on. The lecture further enhanced the residents' awareness of the prevention and treatment of "hypertension" and was praised by the residents' friends.

4. <a href="#">世卫组织发布全球四大慢病导致过早死亡地图：中国第80位，与美国和... Who issued the world's top four slow disease lead to premature death map: 80th, China and the United States and...</a>	来源：搜狐	类别：健康中心	态度：提倡	时间：22:19:03
	来源：搜狐	Category: health and wellness centers	Attitude: advocate	Time: 22:19:03

原标题：世卫组织发布全球四大慢病导致过早死亡地图：中国第80位，与美国和英国并列被点名 慢性病控制欠佳国家代表：英国、美国、中国 在《柳叶刀》2016 年度全球非传染性疾病研究报告中，科学家分析了180 个国家的人民死于四大非传染性疾病癌症、心脏病、肺病和糖尿病的人数。这份世界死亡地图显示男性死亡率最高的国家为蒙古国，最低的为冰岛；女性死亡率... / 慢性病控制欠佳国家代表：英国、美国、中国 在《柳叶刀》2016 年度全球非传染性疾病研究报告中，科学家分析了180 个国家的人民死于四大非传染性疾病——癌症、心脏病、肺病和糖尿病的人数。这份世界死亡地图显示男性死亡率最高的国家为蒙古国，最低的为冰岛；女性死亡率最高的为塞拉利昂，最低的为韩国。从低到高排列，中国男性死亡率排在第80 位，女性排在第75 位。中国的情况要严峻很多，70 岁之前死于非传染性疾病的女性占14.1%，排在第75 位；男性占19.8%，排在第80 位

Original Title: WHO released a map of four major chronic diseases leading to premature death worldwide: China is 80th, named alongside the United States and BritainRepresentatives of countries with poor chronic disease control: The United Kingdom, the United States, China in the "Lancet" 2016 Global Report on Non-communicable Diseases, scientists analyzed the number of people in 180 countries died from four major non-communicable diseases: cancer, heart disease, lung disease and diabetes. This world death map shows that Mongolia has the highest male mortality rate and Iceland the lowest; women have the highest mortality rate.Representative of chronic disease control poor countries: UK, USA and ChinaIn the Lancet's 2016 Global Study on Non-communicable Diseases, scientists analyzed the number of people dying from four major non-communicable diseases in 180 countries: cancer, heart disease, lung disease and diabetes. The world death map shows that Mongolia has the highest male mortality rate, Iceland the lowest, Sierra Leone the highest and South Korea the lowest. From low to high ranking, China's male mortality rate ranked eightieth, while women ranked seventy-fifth. The situation in China is much worse, with 14.1% of women dying of non-communicable diseases before the age of 70 ranking 75th, and 19.8% of men ranking 80th.

5. <a href="#">食物的选择影响健康生活你知道吗？ Food choices affect healthy life you know?</a>	来源：汉丰网	类别：健康中心	态度：提倡	时间：09:41:02
	来源：汉丰网	Category: health and wellness centers	Attitude: advocate	Time: 09:41:02

研究表明，高血压、高血脂、糖尿病等诸多慢性疾病，以及某些常见肿瘤的发生都与不健康的饮食习惯密切相关。养成科学的饮食习惯，科学选择食物，做到既享受美食，又保持健康。云南省疾病预防控制中心专家提醒，以下的小知识也许对你促进健康有益。 1.食物多样化：食物多样化是实现平衡膳食的基本途径。“小分量”是实现食物多样化的关键，即每样食物吃少一点、种类多一点

Studies have shown that hypertension, hyperlipidemia, diabetes and many other chronic diseases, as well as the occurrence of some common tumors are closely related to unhealthy eating habits. Develop scientific eating habits, choose food scientifically, and enjoy both food and health. Experts from Yunnan Provincial Center for Disease Control and prevention remind you that the following little knowledge may be beneficial to your health.1. food diversification: food diversification is the basic way to achieve a balanced diet. "Small weight" is the key to achieving food diversification, that is, eat less and have a little more variety.

6. <a href="#">血脂异常成为最隐蔽的“杀手” Dyslipidemia become the hidden “killer”</a>	来源：红网	类别：健康中心	态度：提倡	时间：10:44:16
	来源：红网	Category: health and wellness centers	Attitude: advocate	Time: 10:44:16

血脂异常成为最隐蔽的“杀手” 来源：长沙晚报 作者：唐江澎 编辑：李丽 长沙晚报记者 唐江澎 《中国成人血脂异常防治指南（2016 年修订版）》显示，我国成人血脂异常总体患病率高达40.40%，较2002年大幅度上升。在日常生括中，我们的身体出现哪些预警信号，意味着可能血脂偏高？血脂偏高对身体有哪些潜在影响？昨日，记者采访了首届湘雅名医、中南大学湘雅二医院心血管内科一级主任医师赵水教授。 现状 甘油三酯、胆固醇高检出频繁 从两年前开始，48岁的王先生隐约感觉右侧胳膊和腿有些麻木，最近这种感觉越发明显。近日，王先生前往中南大学湘雅二医院就诊，抽血化验结果显示血脂高，颈动脉B超发现有粥样斑块；头部CT检查发现，王先生出现了轻微脑梗塞。据王先生介绍，在近几年的体检中，他连续被查出甘油三酯增高，但因为没有特别明显的症状，他没有引起重视

Dyslipidemia has become the most hidden killer.Source: Changsha evening news writer: Tang Jiangpeng editor: Li LiTang Jiangpeng, Changsha evening news reporterThe "Guidelines for the Prevention and Treatment of Adult Hyperlipidemia in China (2016 Revised Edition)" shows that the overall prevalence of adult dyslipidemia in China is as high as 40.40%, which is significantly higher than that in 2002. What warning signals do we have in our daily life, which means that we may have high blood lipids? What are the potential effects of high blood lipids on the body? Yesterday, the reporter interviewed the first famous doctor of Xiangya, Central South University Xiangya Second Hospital of Cardiovascular Medicine Professor Zhao Ping.The status of triglycerides and cholesterol is frequently detected.Since two years ago, Mr. Wang, 48, has had a vague feeling of numbness in his right arm and leg, which has recently become more apparent. Recently, Mr. Wang went to the Second Xiangya Hospital of Central South University. Blood tests showed high blood lipids, carotid artery B ultrasound found atherosclerotic plaques; head CT found that Mr. Wang had a slight cerebral infarction. According to Mr. Wang, in recent years in the physical examination, he was continuously found to increase triglycerides, but because there is no particularly obvious symptoms, he did not pay attention to

7. <a href="#">哈尔滨市第一医院走进老年公寓开展义诊活动 Harbin, the first hospital into the elderly apartment in clinic</a>	来源：新华报业网	类别：健康中心	态度：提倡	时间：16:57:07
	来源：新华报业网	Category: health and wellness centers	Attitude: advocate	Time: 16:57:07

哈尔滨市第一医院走进老年公寓开展义诊活动 中新网黑龙江新闻10月16日电(安晨菲 安析)10月16日重阳节前夕，为弘扬中华民族尊老、敬老的传统美德，营造爱老、助老的社会氛围，哈尔滨市第一医院医工部组织院内志愿者组成敬老医疗服务队，为香坊区春华德善老年公寓的老人们针对老年病、慢性病、冬季高发病等开义诊及健康宣讲活动，以仁心仁术展现了医务工作者高尚的医德医风，用温暖的大爱诠释了医者的爱心与温情。 一大早，春华德善老年公寓的老人们就围坐在公寓大厅等待着志愿服务队专家们的到来。义诊开始后，来自心内科、神内科、针灸科、口腔科的4位专家们就为每一位前来问诊的老人们进行全面细致的身体检查，耐心询问老人们的日常身体状况和病史，根据每位老人的不同情况，结合冬季保健的注意事项，分别给予科学合理的治疗及养生建议。同时，医疗志愿者们还带去了电子血压计、心电机为老人们免费测量，解答疑难问题，并根据测量结果，细心地叮嘱指标过高的老人应遵循荤素搭配、低盐低脂的饮食，专家们甚至将饮食意见告诉给公寓的工作人员，以备为老人日后更加合理的搭配营养餐。志愿者们服务队在关注老人健康的同时，也将温情与关爱流淌在老人的生活中，为公寓的老人们送去了不锈钢保温饭盒及各类生活用品

The first hospital in Harbin entered the apartment for the elderly to conduct free clinic activitiesHeilongjiang News, October 16 (Anchen Fei An Qi) October 16, the eve of the Double Ninth Festival, in order to promote the Chinese nation's traditional virtues of respecting and respecting the elderly, to create a social atmosphere of loving and helping the elderly, the Medical Department of Harbin First Hospital organized in-hospital volunteers to form a medical service team for the elderly, for the elderly apartment Chunhuadshan Xiangfang District The elderly for the elderly, chronic diseases, winter high incidence of free clinics and health publicity activities, benevolence shows the noble medical ethics of medical workers, with warm love interpretation of the doctor's love and warmth.Early in the morning, the elderly in Chunhuadshan's apartment were sitting around the apartment hall waiting for the arrival of volunteer team experts. After the free clinic began, four experts from cardiology, psychiatry, acupuncture and stomatology carried out a comprehensive and meticulous physical examination for each of the elderly who came to the clinic. They patiently inquired about the daily physical condition and medical history of the elderly. According to the different conditions of each of the elderly, combined with winter health care matters needing attention, they were given separately. Scientific and reasonable treatment and health advice. At the same time, the medical volunteer service team also brought an electronic sphygmomanometer, electrocardiograph for the elderly free measurements, to answer difficult questions, and according to the results of the measurements, carefully advised the elderly with high indicators should follow a low-salt and low-fat diet, the experts even told the apartment staff dietary advice, in case. For the elderly, more reasonable collocation of nutritious meals. While paying close attention to the health of the elderly, the volunteer service team has also flowed warmth and care into the lives of the elderly. They have sent stainless steel insulated lunch boxes and various daily necessities to the elderly in their apartments.

8. <a href="#">广西居民膳食营养与健康状况报告显示饮食习惯亟待改变营养观念有待... Guangxi residents dietary nutrition and health status report is of great importance to change eating habits nutrition concept needs to be...</a>	来源：中国食品科技网	类别：健康中心	态度：提倡	时间：16:00:06
	来源：中国食品科技网	Category: health and wellness centers	Attitude: advocate	Time: 16:00:06

随着生活水平的提高，人们对于饮食的要求也逐渐提升到了更高的层面，很多居民开始关心起营养与健康问题。多年来，广西疾病预防控制中心对居民营养与健康进行了系统的监测及调查研究分析，并于近日出版了《广西居民膳食营养与健康状况报告（2010—2015年）》。报告显示，近年来广西居民膳食营养状况有所改善，但居民不良生活方式有增无减，膳食结构仍不合理，营养与行为生活方式相关的慢性病增长迅速，饮食习惯亟待改变，营养观念有待提高。“吃”的调查：吃得“饱”但不够“好” “每次想起小时候那种想吃肉的感觉，就觉得很心酸，所以我基本上顿顿都给孩子买肉吃。”南宁市民周先生回想起小时候的日子，仍有“心理阴影”

With the improvement of living standards, people's dietary requirements have gradually increased to a higher level, many residents began to care about nutrition and health issues. Over the years, the Guangxi Center for Disease Control and Prevention has carried out systematic monitoring, investigation and analysis of residents' nutrition and health, and recently published a report on dietary nutrition and health status of Guangxi residents (2010-2015). The report shows that the dietary nutritional status of Guangxi residents has improved in recent years, but the unhealthy lifestyle of residents has increased, the dietary structure is still unreasonable, the growth of chronic diseases related to nutrition and behavioral lifestyle is rapid, the dietary habits need to be changed urgently, and the concept of nutrition needs to be improved.A survey of "eating": "enough to eat" but not good enough."Every time I think about the feeling when I was a child that I wanted to eat meat, I feel very sad, so I basically buy meat for my children all the time." Nanning citizen Zhou recalled the days when he was young, and he still had "psychological shadow".

决心工程  
Resolve To Save Lives

没有相关文章！

No such articles!



# 减盐-微信

## Salt Reduction - WeChat

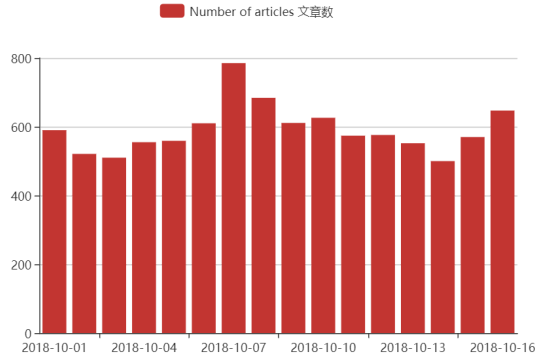
2018-10-16, 共监测到647篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 647 WeChat public articles were monitored in 2018-10-16. 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. [一半国人正在迈向糖尿病! 不想得病, 这几句话一定记牢!](#)

重复数: 4

日期: 2018-10-16

Repeat Number: 4

Data: 2018-10-16

除了炒菜时少放盐以外, 你还应该时刻警惕生活中那些含“隐形盐”较多的食物。例如: 鸡精, 酱油, 酱豆腐、腐乳、榨菜等咸菜, 火腿、培根等加工肉制品, 奶酪, 果脯, 切片面包, 挂面, 果冻等等。

Besides putting less salt in your cooking, you should always be alert to foods that contain more "invisible salt" in your life. For example: chicken essence, soy sauce, soy bean curd, bean curd, pickle and other pickles, ham, bacon and other processed meat products, cheese, preserved fruit, sliced bread, noodles, jelly and so on.

#### 2. [七成家庭日摄盐超标! 5种方法教你正确减盐](#)

重复数: 3

日期: 2018-10-16

Repeat Number: 3

Data: 2018-10-16

研究证实, 多吃盐可能与头痛密切相关, 无论具体吃哪种食物, 只要吃盐的量多, 都会有同样的反应。经常有头痛烦恼的朋友, 不妨试试少吃盐。

Studies have confirmed that eating more salt may be closely related to headaches. No matter which kind of food you eat, you will have the same reaction as long as you eat more salt. People who have frequent headaches may wish to try to eat less salt.

#### 3. [南方人比北方人更长寿的原因, 终于找到了, 没想到竟然是...](#)

重复数: 3

日期: 2018-10-16

Repeat Number: 3

Data: 2018-10-16

南昌大学二附院心血管内科主任医师 李萍介绍, 盐的摄入量 and 高血压的发生率成正比, 如果血液里的盐分过高, 需要更多的血液来冲淡, 血液容量过多会增加心脏负担, 血压也会随之升高。

Li Ping, chief physician of cardiovascular medicine at the Second Affiliated Hospital of Nanchang University, said that salt intake was directly proportional to the incidence of hypertension. If the salt content in the blood was too high, more blood was needed to dilute it. Excessive blood volume would increase the burden on the heart, and blood pressure would also increase.

#### 4. [减盐、减油、减糖.....你会距离健康更近一步!](#)

重复数: 2

日期: 2018-10-16

Repeat Number: 2

Data: 2018-10-16

我们对于食盐的量比较模糊, 也不便于量化, 只是凭感觉或者口味添加食盐, 即使知道每日食盐摄入量, 做饭时也不可能用天平或者秤称量。为了防止吃太多盐, 一直建议使用定量盐勺, 使用2克定量盐勺时, 每一平勺食盐量为2克。

We are vague about the amount of salt, and it is not easy to quantify, just add salt by feeling or taste. Even if you know the daily salt intake, it is impossible to weigh with a balance or scale when cooking. In order to prevent eating too much salt, it is always recommended to use a quantitative salt spoon. When using a 2 gram quantitative salt spoon, the amount of salt per plate is 2 grams.

#### 5. [想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 2

日期: 2018-10-16

Repeat Number: 2

Data: 2018-10-16

食盐, 被称为“百味之王”, 是烹饪中最常用的调味料。很多人在做菜的时候喜欢放很多盐, 觉得这样才入味, 但摄入过多的话, 对人体会产生不利的影响! 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。

Salt, known as the "king of the hundred flavors", is the most commonly used seasoning in cooking. Many people like to put a lot of salt when cooking, and feel that it is so delicious. However, if you consume too much, it will have an adverse effect on the human body! 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.



# 减盐-微博

## Salt Reduction - Weibo

2018-10-16，共检测到1442条与“减盐”相关的微博。

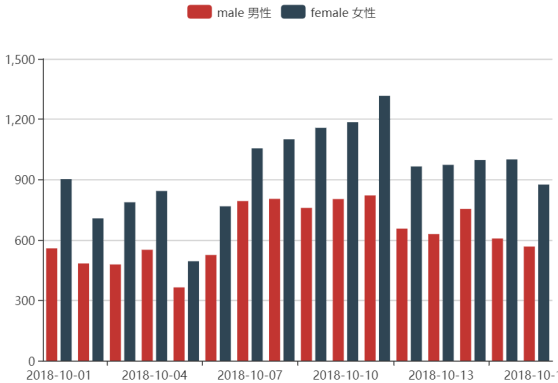
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 1442 weibos about salt reduction monitored on 2018-10-16.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail information.



### 最热原创微博-前10 Hottest original weibos - Top 10

1.

昵称: 养生精萃

Nickname: 养生精萃

时间: 2018-10-16 06:05  
Time: 2018-10-16 06:05

性别: 男

Sex: male

来自: 皮皮时光机  
Source: 皮皮时光机

地区: 湖南

Area: Hunan

转发数: 35  
Repost: 35

生日: 无

Birthday: None

评论数: 1  
Comment: 1

认证: 无

Identity: None

点赞数: 18  
Like: 18

【请告诉高血压的父母】①每天走路6000步; ②翻日记, 看看让你高兴的往事, 保持血压平衡; ③保持每天吃4瓣大蒜; ④多吃芹菜; ⑤少喝含糖饮料; ⑥多吃土豆茄子补充钾; ⑦每天喝牛奶补钙; ⑧一定要戒烟戒酒⑨每天不超过5克盐; ⑩吃柠檬补充维生素c.

[1. please tell hypertension parents walk every day 6000; the double diary, make you happy to see the past, keeping blood pressure balance; keep every day to eat 4 garlic; eat more celery; and drink sugary drinks; and eat more potatoes and eggplant added potassium; calcium, drink milk every day; we must no more than a day to give up smoking and drinking 5 grams of salt; eat lemon to supplement vitamin C.
2.

昵称: 世界卫生组织

Nickname: 世界卫生组织

时间: 2018-10-16 21:00  
Time: 2018-10-16 21:00

性别: 女

Sex: female

来自: 微博 weibo.com  
Source: 微博 weibo.com

地区: 北京

Area: Beijing

转发数: 7  
Repost: 7

生日: 1948-04-07

Birthday: 1948-04-07

评论数: 4  
Comment: 4

认证: 政务

Identity: Official

点赞数: 24  
Like: 24

【减盐小贴士】善用替代品。用洋葱、香草、香料、陈皮、胡椒、辣椒等增加食物味道, 减少用盐。#盐不过6#

[salt reduction tips] make good use of alternatives. Use onion, vanilla, spices, tangerine peel, pepper, chili and so on to increase the taste of food and reduce salt. #Salt no more than 6#
3.

昵称: 养生精选

Nickname: 养生精选

时间: 2018-10-16 15:56  
Time: 2018-10-16 15:56

性别: 男

Sex: male

来自: 即刻笔记  
Source: 即刻笔记

地区: 北京

Area: Beijing

转发数: 20  
Repost: 20

生日: 无

Birthday: None

评论数: 0  
Comment: 0

认证: 无

Identity: None

点赞数: 15  
Like: 15

【怎样不生病? 8点建议给忙碌的你! 】身体才是革命的本钱, 没时间休息的人早晚要花时间生病。少油少盐, 按时就餐, 戒烟限酒, 男性腰围别超过90CM.....快转给你爱的TA!

How do you not get sick? 8 suggestions for busy you! The body is the capital of revolution. People who do not have time to rest will spend time sick sooner or later. Less oil, less salt, time for meals, smoking cessation, alcohol limit, men's waistline not more than 90CM.... Quickly transferred to your loved one!
4.

昵称: 西雅图的楠哥

Nickname: 西雅图的楠哥

时间: 2018-10-16 20:46  
Time: 2018-10-16 20:46

性别: 男

Sex: male

来自: 微博 weibo.com  
Source: 微博 weibo.com

地区: 海外

Area: overseas

转发数: 7  
Repost: 7

生日: 无

Birthday: None

评论数: 6  
Comment: 6

认证: 个人

Identity: Person

点赞数: 13  
Like: 13

大部分甲状腺问题不是什么问题, 不用担心, 注意复查就是了。需要明白的是, 少吃加工禽类, 少吃加碘盐, 少吃来路不明添加香精的食品, 对健康肯定是好的。

Most thyroid problems are not a problem. Don't worry. It is necessary to understand that eating less processed poultry, eating less iodized salt and eating less food with unknown flavors are good for health.
5.

昵称: 酥梨iiii

Nickname: 酥梨iiii

时间: 2018-10-16 21:04  
Time: 2018-10-16 21:04

性别: 男

Sex: male

来自: iPhone客户端  
Source: iPhone客户端

地区: 北京

Area: Beijing

转发数: 0  
Repost: 0

生日: 摩羯座

Birthday: Capricorn

评论数: 5  
Comment: 5

认证: 无

Identity: None

点赞数: 6  
Like: 6

和妈妈一起做哈面馒头 下午用酸奶机自制无糖酸奶 傍晚下过雨天上出现了彩虹 明天早上准备把剥好的石榴和雪梨一起榨汁 爸爸买了好吃的苹果 可以做妈妈喜欢的香蕉苹果沙拉 早餐是鸡蛋燕麦牛奶和三黑粉 每天的加餐有核桃和红枣 最近的饮食一直坚持少盐少油少糖少精制主食 不熬夜 偶尔运动 给家里进行了彻底大清洁 买了好多可爱的绿植 爱 就是这平凡生活里的一蔬一饭 生气和烟火吧💕

On the afternoon, I use yogurt machine making homemade yoghurt without sugar in the evening rain a rainbow appeared in the sky tomorrow morning to peel the pomegranate and Sydney juice together dad bought a delicious apple can make a banana apple salad for breakfast mom love is egg oat milk and three of black powder with walnut meal every day And red dates diet recently has always insisted on less salt less oil and less refined sugar food do not stay up late occasionally exercise home to conduct a thorough cleansing and bought a lot of lovely plants is love the ordinary life in the center of a meal and fireworks.
6.

昵称: 飞飞飞吧大喜鹊

Nickname: 飞飞飞吧大喜鹊

时间: 2018-10-16 09:30  
Time: 2018-10-16 09:30

性别: 女

Sex: female

来自: iPhone 8 Plus  
Source: iPhone 8 Plus

地区: 北京

Area: Beijing

转发数: 0  
Repost: 0

生日: 0001-00-00

Birthday: 0001-00-00

评论数: 9  
Comment: 9

认证: 无

Identity: None

点赞数: 1  
Like: 1

昨天的减肥历程.....早上没吃, 中午吃菜和一小块玉米, 食堂重油盐恐怕效果不好; 晚上一大锅水煮菜无主食, 不知道吃了多少菜, 我觉得最起码两斤吧减肥, 减来减去基本维持体重而已, 昨天看了一篇写大S的专稿, 说她也是减不下来, 有点失去信心了🙄

Yesterday's weight loss process... The morning did not eat at noon, eat vegetables and a small piece of corn, oil salt effect is not good I am afraid the canteen at night; a pot of boiled vegetables without food, do not know how much to eat vegetables, I feel at least a couple of pounds, weight loss, reduced to less basic weight maintenance, yesterday, saw an article written for s release, said she also can not losing weight and she lost confidence.

7.	昵称: 淳安发布	性别: 男	地区: 浙江	生日: 2014-06-16	认证: 政务
	Nickname: 淳安发布	Sex: male	Area: Zhejiang	Birthday: 2014-06-16	Identity: Official
	时间: 2018-10-16 20:30 Time: 2018-10-16 20:30	来自: 政务直通车 Source: 政务直通车	转发数: 3 Repost: 3	评论数: 1 Comment: 1	点赞数: 2 Like: 2

【学龄儿童合理选择零食】学龄儿童选择卫生、营养丰富的食物作为零食，比如水果和能生吃的新鲜蔬菜、奶制品、大豆及其制品或坚果。油炸、高盐或高糖的食物不要作为零食。少量多次饮水，每天800～1400毫升，首选白开水，一个小时左右喝一次，每次200毫升左右。千万不要感到口渴时再喝。建议不喝或少喝含糖饮料。  
[school-age children of school-age children choose reasonable choice of snacks] health, nutritious food as a snack, such as fruit and raw vegetables, dairy products, soy products and nuts. Fried, high salt or high sugar foods should not be snack. A small number of drinking water, daily 800 to 1400 ml, preferred white boiling water, about an hour to drink once every 200 ml, don't feel thirsty to drink. It is recommended not to drink or drink less sugar drinks.

8.	昵称: 北京康宝莱减肥8	性别: 女	地区: 北京	生日: 1987-05-25	认证: 无
	Nickname: 北京康宝莱减肥8	Sex: female	Area: Beijing	Birthday: 1987-05-25	Identity: None
	时间: 2018-10-16 07:42 Time: 2018-10-16 07:42	来自: 贝贝呀iPhone XS Max Source: 贝贝呀iPhone XS Max	转发数: 1 Repost: 1	评论数: 0 Comment: 0	点赞数: 3 Like: 3

●为什么要减盐②摄入盐过多会对人体 造成危害，可能导致高血压●为什么要减油②造成高血脂症和肥胖，糖尿病和高血压随之而来●为什么要减糖②糖多了以后会造成我们能量储备也可以转化成脂肪，造成心血管病的危险无论你是谁健康才是最硬的底牌其实生活很简单~我是大贝贝□减肥瘦身奶昔#石景山康宝莱#□康宝莱奶昔减肥□丰台康宝莱2北京  
Why salt reduction excessive salt intake will cause harm to the human body, can cause high blood pressure why reducing oil cause hyperlipidemia and obesity, diabetes and hypertension with why to reduce sugar sugar much will cause our energy reserves can turn into fat, causing the risk of cardiovascular disease No matter who you are healthy is the most hard. Actually the life is very simple ~ I'm Justin slimming milkshake # Shijingshan # Herbalife weight loss Herbalife shakes Herbalife Fengtai 2 Beijing

9.	昵称: 老中医中药减肥	性别: 女	地区: 吉林	生日: 0001-00-00	认证: 无
	Nickname: 老中医中药减肥	Sex: female	Area: Jilin	Birthday: 0001-00-00	Identity: None
	时间: 2018-10-16 19:06 Time: 2018-10-16 19:06	来自: 皮皮时光机 Source: 皮皮时光机	转发数: 2 Repost: 2	评论数: 0 Comment: 0	点赞数: 2 Like: 2

【饮食防癌记住5个字】1.淡：少吃高脂食品，适当控制盐摄入。2.素：多吃新鲜蔬果。3.杂：平衡膳食，荤素搭配，忌吃过多燥热及寒凉食物。4.少：食物摄入总量、糖、蛋白质、脂肪的摄入量均应有所节制。5.粗：植物纤维具有清洗肠道功能。  
(diet, cancer prevention, remember 5 words) 1. light: eat less high-fat foods, and properly control salt intake. 2. Vegetarian: eat more fresh fruits and vegetables. 3. miscellaneous: balanced diet, meat and vegetable mix, avoid too much hot and cold food. 4. less: the total intake of food, sugar, protein and fat should be moderated. 5. coarse: plant fiber has the function of cleaning the intestines.

10.	昵称: ��快乐是福	性别: 男	地区: 湖南	生日: 无	认证: 个人
	Nickname: ��快乐是福	Sex: male	Area: Hunan	Birthday: None	Identity: Person
	时间: 2018-10-16 14:33 Time: 2018-10-16 14:33	来自: Weico.Android Source: Weico.Android	转发数: 2 Repost: 2	评论数: 1 Comment: 1	点赞数: 0 Like: 0

【如何减掉小肚子】①减盐：饭菜清淡，少吃加工食品；②多吃膳食纤维：避免便秘导致的大肚腩；③远离甜味剂：少吃带有“山梨糖醇”、“乳糖醇”等字样的食品；④避免增加消化压力：选择全谷类食物和清蒸蔬菜等清淡饮食。  
[How to Lose Stomach] 1. Reduce salt: Eat light meals, eat less processed food; 2. Eat more dietary fiber: avoid constipation caused by belly fat; 3. away from sweeteners: eat less with "sorbitol", "lactosol" and other words of food; 4. avoid increasing digestive pressure: choose whole grains and steamed vegetables, such as light Diet.

今日被转发最多的微博  
The most widely reposted weibos today

1.	昵称: 世界卫生组织	性别: 女	地区: 北京	生日: 1948-04-07	认证: 政务	今日被转发数: 3
	Nickname: 世界卫生组织	Sex: female	Area: Beijing	Birthday: 1948-04-07	Identity: Official	Repost Today: 3
	时间: 2018-07-11 20:00 Time: 2018-07-11 20:00	来自: 微博 weibo.com Source: 微博 weibo.com	转发数: 11798 Repost: 11798	评论数: 106 Comment: 106	点赞数: 215 Like: 215	

【谁说身体要补盐？】对大多数人来说，通常情况下，排汗带来的盐分损失很少。又潮又热的天气里，记得要充分补水，但不是补盐哦！剧烈运动或大量排汗的情况下，请咨询医生，按需补充电解质。加入@演员马可，我们减盐在行动！#盐不过6#@时尚健康  
Who says the body needs salt? For most people, sweating usually causes little salt loss. In the hot and hot weather, remember to replenish water, but not salt. Consult a doctor and supplement electrolytes on demand if you exercise or sweat heavily. Join the @ actor mark, let's reduce salt in action! #salt no more than 6# @时尚健康

2.	昵称: 德州环境	性别: 女	地区: 山东	生日: 无	认证: 政务	今日被转发数: 1
	Nickname: 德州环境	Sex: female	Area: Shandong	Birthday: None	Identity: Official	Repost Today: 1
	时间: 2018-10-15 20:00 Time: 2018-10-15 20:00	来自: 微博 weibo.com Source: 微博 weibo.com	转发数: 24 Repost: 24	评论数: 13 Comment: 13	点赞数: 13 Like: 13	

#有所不知#【吃火锅健康提示】1.火锅料如鱼饺、虾饺、各种丸子，含有高量油脂、糖尿病、高血压、高血脂的人要注意;2.火锅汤中有大量嘌呤，痛风病人不要喝;3.火锅汤中钠离子，肾脏病、高血压的人要小心;4.调味料如辣椒酱，对于胃肠道刺激大;5.吃火锅时注意肉类与蔬菜水果均衡。  
#The things that you do not know# [tips] 1. healthy eating Hot pot Hot pot material such as fish and shrimp dumplings, all kinds of balls, containing high levels of fat, diabetes, hypertension, high blood fat people should pay attention to; there are a lot of purine 2. Hot pot soup, gout patients do not drink; sodium 3. Hot pot soup, hypertension, kidney disease, people be careful; 4. seasonings such as chili sauce For stomach and stomach irritation; 5., when eating hot pot, pay attention to meat and vegetables and fruits.

专业机构发布的微博  
Weibos from Authorities

1.	昵称: 世界卫生组织	性别: 女	地区: 北京	生日: 1948-04-07	认证: 政务
	Nickname: 世界卫生组织	Sex: female	Area: Beijing	Birthday: 1948-04-07	Identity: Official
	时间: 2018-10-16 21:00 Time: 2018-10-16 21:00	来自: 微博 weibo.com Source: 微博 weibo.com	转发数: 7 Repost: 7	评论数: 4 Comment: 4	点赞数: 24 Like: 24

【减盐小贴士】善用替代品。用洋葱、香草、香料、陈皮、胡椒、辣椒等增加食物味道，减少用盐。#盐不过6#  
[salt reduction tips] make good use of alternatives. Use onion, vanilla, spices, tangerine peel, pepper, chili and so on to increase the taste of food and reduce salt. #Salt no more than 6#

2.	昵称: 淳安发布	性别: 男	地区: 浙江	生日: 2014-06-16	认证: 政务
	Nickname: 淳安发布	Sex: male	Area: Zhejiang	Birthday: 2014-06-16	Identity: Official
	时间: 2018-10-16 20:30 Time: 2018-10-16 20:30	来自: 政务直通车 Source: 政务直通车	转发数: 3 Repost: 3	评论数: 1 Comment: 1	点赞数: 2 Like: 2

【学龄儿童合理选择零食】学龄儿童选择卫生、营养丰富的食物作为零食，比如水果和能生吃的新鲜蔬菜、奶制品、大豆及其制品或坚果。油炸、高盐或高糖的食物不要作为零食。少量多次饮水，每天800～1400毫升，首选白开水，一个小时左右喝一次，每次200毫升左右。千万不要感到口渴时再喝。建议不喝或少喝含糖饮料。  
[school-age children of school-age children choose reasonable choice of snacks] health, nutritious food as a snack, such as fruit and raw vegetables, dairy products, soy products and nuts. Fried, high salt or high sugar foods should not be snack. A small number of drinking water, daily 800 to 1400 ml, preferred white boiling water, about an hour to drink once every 200 ml, don't feel thirsty to drink. It is recommended not to drink or drink less sugar drinks.

3.	昵称: 宜昌市中心人民医院	性别: 男	地区: 湖北	生日: 0001-00-00	认证: 政务
	Nickname: 宜昌市中心人民医院	Sex: male	Area: Hubei	Birthday: 0001-00-00	Identity: Official

时间: 2018-10-16 21:30  
Time: 2018-10-16 21:30

来自: 皮皮时光机  
Source: 皮皮时光机

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

【**减盐小贴士**】《中国居民膳食指南》建议，中国成人每天盐摄入量不超过6克。接下来的一周，让我们每天带你掌握一个小窍门，做个低盐美食达人吧！#盐不过6#  
[Salt Reduction Tips] The Dietary Guidelines for Chinese Residents recommend that Chinese adults should not consume more than 6 grams of salt per day. The next week, let's take you a little trick every day and make a low salt delicacy. #Salt no more than 6#

4.

昵称: 大杜社卫生院健康教育

Nickname: 大杜社卫生院健康教育

性别: 女

Sex: female

地区: 北京

Area: Beijing

生日: 2008-09-01

Birthday: 2008-09-01

认证: 政务

Identity: Official

时间: 2018-10-16 14:02  
Time: 2018-10-16 14:02

来自: 360安全浏览器  
Source: 360安全浏览器

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

高血压是一种可防可控的疾病，对血压130~139/85~89mmHg正常高值阶段、超重/肥胖、长期高盐饮食、过量饮酒者应进行重点干预，定期健康体检，积极控制危险因素。针对高血压患者，应定期随访和测量血压，尤其注意清晨血压的管理，积极治疗高血压（药物治疗与生活方式干预并举），减缓靶器官损害，预防心脑血管并发症的发生，降低致残率及死亡率。  
Hypertension is a preventable and controllable disease. It is necessary to intervene in patients with normal high blood pressure of 130-139/85-89mmHg, overweight/obesity, long-term high-salt diet and excessive drinking, and to take regular physical examination to control the risk factors. For hypertensive patients, regular follow-up and measurement of blood pressure, especially early morning blood pressure management, active treatment of hypertension (medication and lifestyle interventions at the same time), slow down target organ damage, prevent the occurrence of heart, brain and kidney complications, reduce disability and mortality.

5.

昵称: 凤凰街道凤凰二村社区

Nickname: 凤凰街道凤凰二村社区

性别: 女

Sex: female

地区: 江苏

Area: Jiangsu

生日: 01-01

Birthday: 01-01

认证: 政务

Identity: Official

时间: 2018-10-16 21:32  
Time: 2018-10-16 21:32

来自: iPhone客户端  
Source: iPhone客户端

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

学龄儿童合理选择零食：学龄儿童选择卫生、营养丰富的食物作为零食，比如水果和能生吃的新鲜蔬菜、奶制品、大豆及其制品或坚果。油炸、高盐或高糖的食物不要作为零食。少量多次饮水，每天800~1400毫升，首选白开水，一个小时候左右喝一次，每次200毫升左右。千万不要感到口渴时再喝。建议不喝或少喝含糖饮料。  
Reasonable snacks for school-age children: School-age children choose healthy, nutritious foods as snacks, such as fruits and raw vegetables, dairy products, soybeans and their products or nuts. Fried, high salt or high sugar foods should not be snack. Drink a small amount of water many times a day 800 ~ 1400 ml, preferred boiled water, one hour or so to drink, each time around 200 ml, do not feel thirsty when drinking again. It is recommended not to drink or take drinks with less sugar.

6.

昵称: 阅江楼街道唐山路社区

Nickname: 阅江楼街道唐山路社区

性别: 男

Sex: male

地区: 江苏

Area: Jiangsu

生日: 0001-00-00

Birthday: 0001-00-00

认证: 政务

Identity: Official

时间: 2018-10-16 18:31  
Time: 2018-10-16 18:31

来自: 皮皮时光机  
Source: 皮皮时光机

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

【**少吃盐有助降低胃癌风险**】世界癌症研究基金会称，大量减少食盐量可降低患上胃癌的风险。一个人每天摄入的食盐量不宜超过6克。盐分摄取过多，会损坏胃黏膜屏障，增加对致癌物质的易感性，导致胃癌风险增高。过多食用盐对血压不好，可致心脏病、中风等疾病。  
[Eating less salt can help reduce the risk of stomach cancer] The World Cancer Research Foundation says a large reduction in salt intake can reduce the risk of developing stomach cancer, and a person should not consume more than six grams of salt a day. Excessive salt intake will damage the gastric mucosal barrier, increase the susceptibility to carcinogens, leading to an increased risk of gastric cancer. Too much salt is bad for blood pressure, which can cause heart disease, stroke and other diseases.

7.

昵称: 佛山疾控

Nickname: 佛山疾控

性别: 男

Sex: male

地区: 广东

Area: Guangdong

生日: 无

Birthday: None

认证: 政务

Identity: Official

时间: 2018-10-16 17:08  
Time: 2018-10-16 17:08

来自: 微博 weibo.com  
Source: 微博 weibo.com

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

【**全国高血压日，如何预防与治疗高血压？这些地方提供高血压、糖尿病管理服务**】2018年10月8日是第21个“全国高血压日”宣传主题是“知晓您的血压、健康血压”。高血压，是一种典型的生活方式病，引发高血压的危险因素包括高盐饮食、超重（肥胖）、过量饮酒、缺乏运动、吸烟、长期精神紧张和遗传等。如果不进行干预，健康的人就会发展为易患人群，在“易患人群→高血压患者→心脑血管病患者”这一链条上逐步进展，治疗的效果也会越来越差。因此，一定要重视高血压的预防和治疗。高血压如何预防？O全国高血压日，如何预防与治疗高血压？这些地方提供高血压、糖尿病管理服务  
[National Hypertension Day] how to prevent and treat hypertension? The theme of the 21st National Hypertension Day, October 8, 2018, is "Know Your Blood Pressure, Healthy Blood Pressure." Hypertension is a typical lifestyle disorder. Risk factors for hypertension include high salt diet, overweight (obesity), excessive drinking, lack of exercise, smoking, chronic stress and heredity. Without intervention, healthy people will develop into susceptible groups, and progress will be made in the "susceptible population hypertension cardiovascular disease" chain, and the effect of treatment will be worse and worse. Therefore, we must pay attention to the prevention and treatment of hypertension. How to prevent hypertension? O National Hypertension Day, how to prevent and treat hypertension? These places provide hypertension and diabetes management services.

8.

昵称: 健康雨花

Nickname: 健康雨花

性别: 男

Sex: male

地区: 湖南

Area: Hunan

生日: 0001-00-00

Birthday: 0001-00-00

认证: 政务

Identity: Official

时间: 2018-10-16 17:41  
Time: 2018-10-16 17:41

来自: 360安全浏览器  
Source: 360安全浏览器

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

2018年9月6日，东山街道卫计办、东山街道卫生服务中心、南雅社区邀请长沙市中心医院医生王特在凤凰佳园4栋法制中心集中开展“减盐一小步 健康一大步”宣传教育活动。  
On September 6, 2018, Dongshan Street Health Planning Office, Dongshan Street Health Service Center, and Nanya Community invited Doctor Wang Te of Changsha Central Hospital to carry out publicity and education activities on "one step for reducing salt, one step for improving health" in four legal centers of Fenghuang Jiayuan.



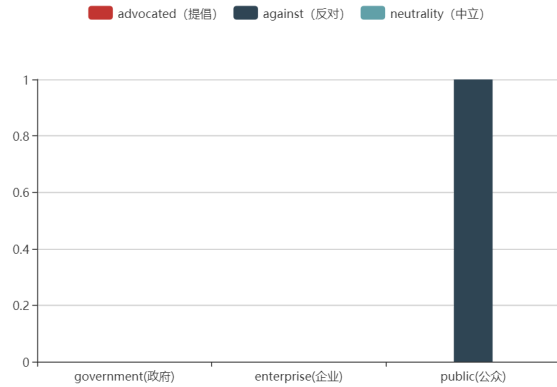
## 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-10-16) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-16. Please click the title to view full information.

The original article is in Chinese only.



### 新闻主体分类

#### Classification of news subject

政府 Government				
没有相关文章!				
No such articles!				
企业 Industry				
没有相关文章!				
No such articles!				
公众 Public				
1. <a href="#">每天二两、尽量清蒸吃薯类五个提醒</a> <a href="#">Every day two, try to eat steamed potato five reminders</a>	来源：人民网 来源：人民网	类别：反式脂肪酸 Category: trans fat	态度：反对 Attitude: against	时间：10:07:18 Time: 10:07:18
时下，正值红薯、山药、芋头等薯类大量上市，它们营养丰富，美味可口，非常适合秋季食用，但要注意以下几点。烹调方式尽量简单。增加薯类的摄入有助预防便秘，但油炸薯条和薯片则没有上述作用，反而会带来发胖风险。同时，随着加热温度升高，植物油中反式脂肪酸的含量也不断增加。因此，烹调薯类应尽量选择清蒸方式				
Nowadays, sweet potatoes, yams, taro and other potatoes are on the market in large quantities. They are rich in nutrition, delicious and very suitable for autumn consumption, but the following points should be noted.The cooking is as simple as possible. Increased intake of potatoes can help prevent constipation, but fries and chips do not have the same effect, which can lead to a risk of obesity. At the same time, as the heating temperature increased, the content of trans fatty acids in vegetable oils increased. Therefore, the choice of steaming method should be chosen as far as possible.				

### 内容分类

#### Classification of Content

反式脂肪酸  
Trans fat

1. [每天二两、尽量清蒸吃薯类五个提醒](#)  
[Every day two, try to eat steamed potato five reminders](#)

来源：人民网

类别：反式脂肪酸

态度：反对

时间：10:07:18

来源：人民网

Category: trans fat

Attitude: against

Time: 10:07:18

时下, 正值红薯、山药、芋头等薯类大量上市, 它们营养丰富, 美味可口, 非常适合秋季食用, 但要注意以下几点. 烹调方式尽量简单. 增加薯类的摄入有助预防便秘, 但油炸薯条和薯片则没有上述作用, 反而会带来发胖风险. 同时, 随着加热温度升高, 植物油中反式脂肪酸的含量也不断增加. 因此, 烹调薯类应尽量选择清蒸方式

Nowadays, sweet potatoes, yams, taro and other potatoes are on the market in large quantities. They are rich in nutrition, delicious and very suitable for autumn consumption, but the following points should be noted. The cooking is as simple as possible. Increased intake of potatoes can help prevent constipation, but fries and chips do not have the same effect, which can lead to a risk of obesity. At the same time, as the heating temperature increased, the content of trans fatty acids in vegetable oils increased. Therefore, the choice of steaming method should be chosen as far as possible.

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

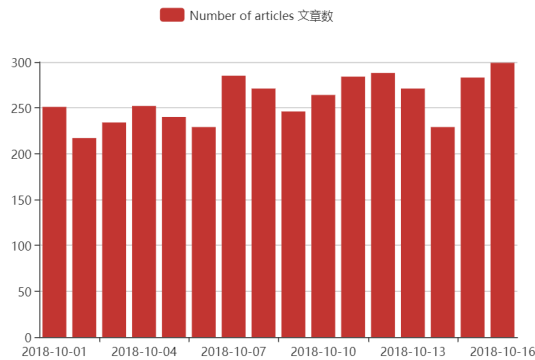
2018-10-16, 共监测到299篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 299 WeChat public articles were monitored in 2018-10-16. 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. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!

[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

重复数: 6

日期: 2018-10-16

Repeat Number: 6

Data: 2018-10-16

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. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.

### 2. 吃素也要有技术含量, 吃的不对, 再素也白搭!

[People should eat plants scientifically. If you don't choose the right food, vegetarian food is not good for your health!](#)

重复数: 5

日期: 2018-10-16

Repeat Number: 5

Data: 2018-10-16

实际上, 针对人们对素食和植物性食品的青睐, 一些产品甚至以使用“植物奶油”、“植物起酥油”等为宣传卖点, 而就对血脂的影响而言, 这类“素油”比动物油更糟糕。已经有多项研究证实, 这些产品中所含“反式脂肪酸”, 会大大增加人们罹患心血管疾病和糖尿病的风险, 还可能危害大脑的健康。

In fact, in response to the popularity of vegetarian and vegetable foods, some products even use "vegetable butter" and "vegetable shortening" as promotional selling points, and in terms of the impact on blood lipids, such "vegetable oil" is worse than animal oil. A number of studies have confirmed that trans fatty acids in these products can greatly increase the risk of cardiovascular disease and diabetes, and possibly harm the health of the brain.

### 3. 减脂遇到瓶颈了吗? 知道这些还不算晚

[Is there any bottleneck in reducing fat? It's not too late to know.](#)

重复数: 4

日期: 2018-10-16

Repeat Number: 4

Data: 2018-10-16

还有一点要注意的是反式脂肪酸, 一般常见于加工食品中, 常用词为氢化植物油、人造黄油等, 对心血管疾病是有很大威胁的。

Another point to note is the trans fatty acids, which are commonly found in processed foods. The commonly used words are hydrogenated vegetable oils, margarines, etc., which pose a great threat to cardiovascular disease.

### 4. 脸要穷养, 脚要富养; 心要穷养, 肺要富养!

[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

重复数: 3

日期: 2018-10-16

Repeat Number: 3

Data: 2018-10-16

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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. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.

### 5. 早餐面包店的6个黑幕, 千万不要再吃这种面包了, 特别是孩子!

[The six shady scenes at breakfast bakery. People should never eat this kind of bread anymore, especially children!](#)

重复数: 3

日期: 2018-10-16

Repeat Number: 3

Data: 2018-10-16

植物奶油中含有“餐桌上的定时炸弹”——人造反式脂肪酸。人造反式脂肪酸的植物奶油对健康有害无益, 会导致肥胖、提高患心脏病、心脑血管疾病、阿尔茨海默氏症的几率。

Plant cream contains "time bombs on the table" - artificial trans fatty acids. Plant butter with artificial trans fatty acids is harmful to health and can lead to obesity and increase the risk of heart disease, cardiovascular and cerebrovascular diseases, and Alzheimer's disease.

## 反式脂肪酸-微博 Transfat - Weibo

2018-10-16, 共检测到45条与“反式脂肪酸”相关的微博。

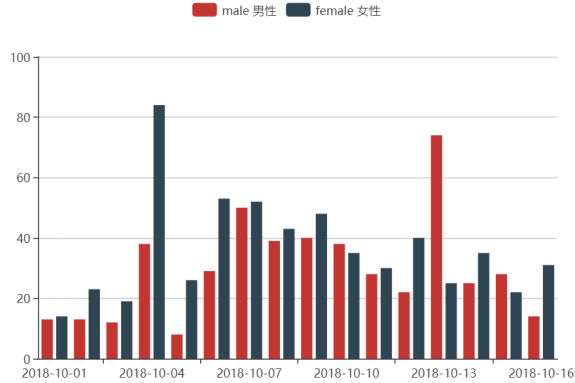
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 45 weibos about transfat reduction monitored on 2018-10-16.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail information.



### 最热原创微博-前10 Hottest original weibos - Top 10

- 昵称: 吃饱喝足懒羊羊** **性别: 女** **地区: 其他** **生日: 无** **认证: 无**  
**Nickname: 吃饱喝足懒羊羊** **Sex: female** **Area: Other** **Birthday: None** **Identity: None**  
时间: 2018-10-16 18:32 来自: WeiboIntl 转发数: 0 评论数: 5 点赞数: 2  
Time: 2018-10-16 18:32 Source: WeiboIntl Repost: 0 Comment: 5 Like: 2  
从前的我, 不规律饮食, 一日两餐甚至一餐, 大部分时间拒绝一切高糖高热量现代工业精加工食品。今天的我, 饿到出了公司头晕发昏, 扶着墙进了最近的凯司令, 忙不择路地买了一块人造奶油蛋糕压血糖。果然上班使人发胖  
I used to eat irregularly, eat two or even one meal a day, and most of the time I refused all the high-sugar, high-calorie, modern industrial refined foods. Today, I was so hungry that I went out of the company dizzy, helped the wall into the nearest commander Cassie, and desperately bought a margarine cake for blood sugar. It is for sure that too much work will make people fat.
- 昵称: 定君心** **性别: 女** **地区: 其他** **生日: 射手座** **认证: 无**  
**Nickname: 定君心** **Sex: female** **Area: Other** **Birthday: Sagittarius** **Identity: None**  
时间: 2018-10-16 19:37 来自: 微博 HTML5 版 转发数: 0 评论数: 0 点赞数: 3  
Time: 2018-10-16 19:37 Source: 微博 HTML5 版 Repost: 0 Comment: 0 Like: 3  
当你把棕榈油/氢化植物油加入观察之后, 你逛超市的乐趣会下降80%, 可选的食物会下降60%by一个丧气的青团  
When you add palm oil / hydrogenated vegetable oil to your observation, the pleasure of going to the supermarket drops by 80%, the choice of food drops by 60% by a frustrated Youth League.
- 昵称: Bryant中** **性别: 男** **地区: 其他** **生日: 无** **认证: 无**  
**Nickname: Bryant中** **Sex: male** **Area: Other** **Birthday: None** **Identity: None**  
时间: 2018-10-16 00:31 来自: iPhone 转发数: 0 评论数: 0 点赞数: 1  
Time: 2018-10-16 00:31 Source: iPhone Repost: 0 Comment: 0 Like: 1  
1 早上买早饭遇到一个玩得来的皇院的朋友, 因懒得和他计划去德国, 正在准备德语考试。真的很有想法呀2 今天的咖啡配方和往年相比, 加了双倍的糖, 三倍的植脂末, 终于不像抗病毒药剂了3 刷完第二本填空, 正确率真不到70%天呐我快救救自己吧4 今天是晴天, 一大早我把那床一直让我流鼻涕的被子丢出去晒, 中午回来哇真的有那种阳光的味道  
1. When I buying breakfast in the morning, I met a friend of Wuyuan who could enjoy himself. He chatted and learned that he planned to go to Germany and was preparing for the German test. Really have a lot of ideas ah 2 today's Coffee Recipe and compared to the past days, with double sugar, triple fat powder, finally unlike the anti-virus powder 3 washed out the second book fill in the blanks, less than 70% correct and frank. I quickly rescue myself 4 today is sunny, early in the morning I put the bed has been my runny nose quilt out in the sun, Coming back in the afternoon, wow, there really is the smell of sunshine.
- 昵称: 可爱多不算香** **性别: 女** **地区: 海南** **生日: 1994-05-08** **认证: 无**  
**Nickname: 可爱多不算香** **Sex: female** **Area: Hainan** **Birthday: 1994-05-08** **Identity: None**  
时间: 2018-10-16 17:33 来自: Android客户端 转发数: 0 评论数: 0 点赞数: 0  
Time: 2018-10-16 17:33 Source: Android客户端 Repost: 0 Comment: 0 Like: 0  
【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定, 可以使食品外观更好看, 口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高, 买食品前看配料表和营养标签, 植物起酥油、代可可脂、氢化植物油这些名字, 都是反式脂肪酸代名词。  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.
- 昵称: 用户6714295698** **性别: 女** **地区: 福建** **生日: 1995-11-03** **认证: 无**  
**Nickname: 用户6714295698** **Sex: female** **Area: Fujian** **Birthday: 1995-11-03** **Identity: None**  
时间: 2018-10-16 16:21 来自: 小米5X 拍人更美 转发数: 0 评论数: 0 点赞数: 0  
Time: 2018-10-16 16:21 Source: 小米5X 拍人更美 Repost: 0 Comment: 0 Like: 0  
【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定, 可以使食品外观更好看, 口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高, 买食品前看配料表和营养标签, 植物起酥油、代可可脂、氢化植物油这些名字, 都是反式脂肪酸代名词。  
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- 昵称: 用户6688414437** **性别: 男** **地区: 福建** **生日: 1990-12-12** **认证: 无**  
**Nickname: 用户6688414437** **Sex: male** **Area: Fujian** **Birthday: 1990-12-12** **Identity: None**



时间: 2018-10-16 11:46  
Time: 2018-10-16 11:46

来自: 小米5X 拍人更美  
Source: 小米5X 拍人更美

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。  
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7.

昵称: 用户6687792388

性别: 女

地区: 湖北

生日: 1986-03-24

认证: 无

Nickname: 用户6687792388

Sex: female

Area: Hubei

Birthday: 1986-03-24

Identity: None

时间: 2018-10-16 08:53  
Time: 2018-10-16 08:53

来自: OPPO R9s  
Source: OPPO R9s

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。  
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8.

昵称: 冰冰糖水的幸福时光

性别: 女

地区: 重庆

生日: 1993-06-02

认证: 无

Nickname: 冰冰糖水的幸福时光

Sex: female

Area: Chongqing

Birthday: 1993-06-02

Identity: None

时间: 2018-10-16 08:14  
Time: 2018-10-16 08:14

来自: 未通过审核应用  
Source: 未通过审核应用

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

牛角包内含有黄油或“起酥油”，这样的牛角包饱和脂肪和热量含量多，对于减肥人士来说是不能多吃的事物，而且可能含有对心血管健康不利的“反式脂肪酸”，吃这样的面包最好一周别超过一个，减肥人士们最好少吃为妙。  
Croissants contain butter or shortening, which is high in saturated fat and calories, and may contain "trans fatty acids" that are unfavorable to cardiovascular health. It's best to eat no more than one bread a week, and it's best for dieters to eat less.

9.

昵称: 带中万岁亚3399

性别: 女

地区: 福建

生日: 1995-07-05

认证: 无

Nickname: 带中万岁亚3399

Sex: female

Area: Fujian

Birthday: 1995-07-05

Identity: None

时间: 2018-10-16 05:25  
Time: 2018-10-16 05:25

来自: HUAWEI Mate S  
Source: HUAWEI Mate S

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

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Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

10.

昵称: 憨厚的小地美68

性别: 男

地区: 上海

生日: 1995-10-02

认证: 无

Nickname: 憨厚的小地美68

Sex: male

Area: Shanghai

Birthday: 1995-10-02

Identity: None

时间: 2018-10-16 01:40  
Time: 2018-10-16 01:40

来自: OPPO R11s Plus  
Source: OPPO R11s Plus

转发数: 0  
Repost: 0

评论数: 0  
Comment: 0

点赞数: 0  
Like: 0

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今日被转发最多的微博

The most widely reposted weibos today

1. 没有相关微博!  
No such weibos!

专业机构发布的微博

Weibos from Authorities

1. 没有相关微博!  
No such weibos!