

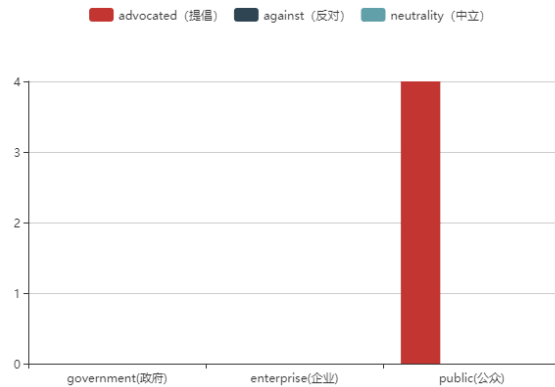
## 减盐-新闻

### Salt Reduction - News

今日 (2018-11-03) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2018-11-03. Please click the title to view full information.

The original article is in Chinese only.



### 山东

#### Shandong

食物中的钠 Sodium in food
没有相关文章!
No such articles!
高血压 Hypertension
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
没有相关文章!
No such articles!
综合健康信息 Comprehensive Health Information
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 河南

#### Henan

食物中的钠 Sodium in food				
1. <a href="#">挂面到底能不能经常吃? 对身体有何危害?</a>	来源: 中原网	主体: 公众	态度: 提倡	时间: 22:17:17
<a href="#">Can you often eat noodles?What is the harm to the body?</a>	来源: 中原网	Subject: public	Attitude: advocate	Time: 22:17:17
挂面, 一种非常简便的“面类食品”, 是很多家庭必备的一种方便主食。相比之下, 挂面的配料(小麦粉)和工艺比较简单, 看起来好像不存在什么问题, 但是现实生活中并不建议您常吃, 否则会对身体带来威胁。为何挂面不能常吃? 说到不建议您吃挂面, 主要是由于挂面当中含有较多的“盐”, 这个大家可以从挂面的食品标签中观察出来。每一种食品的《营养成分表》中都会标记着“钠元素”的含量, 我们可以从“钠元素”换算计算出食盐的含量。				
Vermicelli, a very simple "noodle food", is a necessary staple food for many families. In contrast, the ingredients (wheat flour) and processing of noodles are relatively simple, and it seems that there is no problem, but in real life, you are not recommended to eat often, otherwise it will pose a threat to your body.Why can noodles not often eat?When it comes to not recommending noodles, the main reason is that noodles contain more "salt", which can be observed from the food label of noodles.Every kind of food in the Nutritional Composition Table will be marked with "sodium element" content, we can calculate the salt content from "sodium element" conversion.				
高血压 Hypertension				
没有相关文章!				
No such articles!				
心血管健康 Cardiovascular health				
没有相关文章!				
No such articles!				

综合健康信息 Comprehensive Health Information					
1. <a href="#">它跟骨头抢钙、跟心脏抢寿命、致癌！你可能天天吃，趁早管住嘴</a> <a href="#">It goes with bone did to calcium, with heart life, cancer!You may eat every day, early tube shut up</a>		来源：中原网	主体：公众	态度：提倡	时间：13:08:28
		来源：中原网	Subject: public	Attitude: advocate	Time: 13:08:28
在哲学界，有3大终极问题：我是谁？我从哪里来？我要到哪里去？ 而我们生活中，也有3大“难题”：早上吃啥？中午吃啥？晚上吃啥？以往，我们把更多注意力放在“什么时候吃、吃什么”的问题上，常常忽略了一个很重要的问题——有没有吃得很重口味？比如，吃得太咸、太甜或太油腻。要知道，经常吃得很重口味，不仅身体会慢慢垮掉，各种疾病还会找上门！吃得太咸，对身体有啥危害？					
In philosophy, there are 3 Ultimate Questions: who am I? Where do I come from? Where am I going?And in our lives, there are 3 big problems: what to eat in the morning? What to eat at noon? What to eat at night?In the past, we paid more attention to the question of "when to eat and what to eat", often overlooking a very important question - did you eat very heavily?For example, eat too salty, too sweet or too greasy.You know, often eat very heavy taste, not only will the body slowly collapse, all kinds of diseases will also come to the door!What harm does eating too salty to the body?					

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

安徽  
Anhui

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浙江  
Zhejiang

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

其他省份  
Other Provinces

食物中的钠 Sodium in food				
没有相关文章!				
No such articles!				
高血压 Hypertension				
1. <a href="#">医院里的美丽风景</a> <a href="#">The beautiful scenery in the hospital</a>	来源: 新民网	主体: 公众	态度: 提倡	时间: 20:07:21
	来源: 新民网	Subject: public	Attitude: advocate	Time: 20:07:21
<p>在生活的琐事中发现美很重要；但自己动手创造美更加重要。有一天我在华东医院春申路门诊部发现了一道美丽的风景。该门诊部有1号和2号发药窗口，平时配药的人大多是上了岁数的老人，排在我前面的是一位头发已完全花白的老爷爷，只见他用略微颤抖的手将社保卡递进了窗口。接卡的女药剂师没有刻意的微笑，但却神情舒坦，她先将社保卡插入阅读器，接着从一旁抽出一只塑料袋，并用戴着一只橡皮指套的手指拨开塑料袋口后递了出来，老爷爷随即将女药剂师送出的一盒盒药方便地装进了塑料袋。未了，女药剂师把老爷爷的社保卡放到了窗台上。</p>				
<p>It is important to find beauty in trivial matters of life, but it is more important to create beauty by yourself. One day, I found a beautiful landscape in Chunshen Road clinic of East China Hospital. The outpatient department has windows No. 1 and No. 2 for dispensing drugs. Most of the people dispensing drugs are elderly people. In front of me is an old man whose hair is completely grey. He passes the social security card into the window with a slightly shaking hand. The woman pharmacist who answered the card did not smile deliberately, but she looked comfortable. She first inserted the social security card into the reader, then pulled out a plastic bag from one side, and rubbed the plastic bag with her finger in a rubber glove. Then she handed it out. Grandpa put a box of medicine which the woman pharmacist had delivered into the plastic bag conveniently. Finally, the pharmacist put grandpa's social security card on the window ledge.</p>				
2. <a href="#">医生提醒：高血压最应该远离3个习惯，可惜很多人做不到！</a> <a href="#">Doctor remind: hypertension is the most should stay away from three habits, it's a pity that many people can't do!</a>	来源: 中国江西新闻网	主体: 公众	态度: 提倡	时间: 10:18:26
	来源: 中国江西新闻网	Subject: public	Attitude: advocate	Time: 10:18:26
<p>高血压是指以体循环动脉血压（收缩压和/或舒张压）增高为主要特征（收缩压<math>\geq</math>140毫米汞柱，舒张压<math>\geq</math>90毫米汞柱），可伴有心、脑、肾等器官的功能或器质性损害的临床综合征。高血压是最常见的慢性病，也是心脑血管病最主要的危险因素。正常人的血压随内外环境变化在一定范围内波动。在整体人群，血压水平随年龄逐渐升高，以收缩压更为明显，但50岁后舒张压呈现下降趋势，脉压也随之加大。近年来，人们对心血管病多重危险因素的作用以及心、脑、肾靶器官保护的认识不断深入，高血压的诊断标准也在不断调整，目前认为同一血压水平的患者发生心血管病的危险不同，因此有了血压分层的概念，即发生心血管病危险度不同的患者，适宜血压水平应有不同。</p>				
<p>Hypertension is a clinical syndrome characterized by elevated systolic and/or diastolic arterial blood pressure (systolic blood pressure (&gt; 140 mm Hg) and diastolic blood pressure (&gt; 90 mm Hg), which may be accompanied by functional or organic damage of heart, brain, kidney and other organs. Hypertension is the most common chronic disease, and it is also the most important risk factor of cardiovascular and cerebrovascular diseases. The blood pressure of normal people fluctuates within a certain range with the change of internal and external environment. In the population as a whole, blood pressure level gradually increases with age, especially systolic blood pressure, but after 50 years of age, diastolic blood pressure shows a downward trend, and pulse pressure also increases. In recent years, people have deepened their understanding of the role of multiple risk factors of cardiovascular disease and the protection of target organs of heart, brain and kidney, and the diagnostic criteria of hypertension have been constantly adjusted. At present, it is considered that patients with the same blood pressure level have different risks of cardiovascular disease. Therefore, the concept of blood pressure stratification has been developed, that is, cardiovascular disease occurs. Patients with different risk degrees should have different blood pressure levels.</p>				
心血管健康 Cardiovascular health				
没有相关文章!				
No such articles!				
综合健康信息 Comprehensive Health Information				
没有相关文章!				
No such articles!				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

## 减盐-微信 Salt Reduction - WeChat

2018-11-03, 共监测到400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 400 WeChat public articles were monitored in 2018-11-03. This page shows the top five articles by repeat number today.

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

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



### 热门文章-前五 Popular Articles - Top 5

- [洗错盐毁健康? 2块和60元一包的盐有啥区别? 大吃一惊!](#)  
[Will the wrong salt be ruined? What is the difference between the salt of 2 and 60 yuan? Surprised!](#)

重复数: 2  
Repeat Number: 2

日期: 2018-11-03  
Data: 2018-11-03

《中国居民膳食指南(2016)》中新修改了盐的推荐量, 不再是6克, 而是小于6克, 不是建议每天吃6克, 而是吃得越少越好!

In the Dietary Guidelines for Chinese Residents (2016), the recommended amount of salt has been revised. It is no longer 6 grams, but less than 6 grams. It is not recommended to eat 6 grams a day, but the less you eat, the better!
- [九大权威机构联合倡议: 推动食品行业“减盐、减油、减糖”, 共筑健康明天!](#)  
[The joint initiative of the nine major authorities: to promote the food industry to "reduce salt, oil and sugar" to build a healthy tomorrow!](#)

重复数: 1  
Repeat Number: 1

日期: 2018-11-03  
Data: 2018-11-03

过量的盐、油、糖摄入是慢性疾病的重要危险因素。为促进人民健康, 2017年4月, 原国家卫生计生委、全国总工会等五部门联合发布的《全民健康生活方式行动方案(2017-2025年)》中提出要深入开展“三减三健”(减盐、减油、减糖, 健康口腔、健康体重、健康骨骼)专项行动

Excessive salt, oil, and sugar intake are important risk factors for chronic diseases. In order to promote people's health, in April 2017, the "National Healthy Lifestyle Action Plan (2017-2025)" issued by the National Health and Family Planning Commission and the National Federation of Trade Unions and other five departments proposed to carry out the special actions of "three reductions and three health" for reducing salt, reducing oil, reducing sugar, healthy mouth, healthy weight, and healthy bones.
- [【家庭医生】6克盐, 享受美味的同时又保持健康!](#)  
[\[Family doctor\] Keep 6 grams of salt a day, enjoy delicious while staying healthy!](#)

重复数: 1  
Repeat Number: 1

日期: 2018-11-03  
Data: 2018-11-03

吃盐多的时候, 由于渗透压的作用, 身体组织的水分会减少, 排出身体的水分会增加, 不利于皮肤保水。胃不好的人盐分过大的食物会降低胃中保护性黏液的黏度, 使它对胃壁的保护作用下降。钠摄入量过多的时候, 身体会努力排钠, 同时会增加尿钙的排出量。

When eating too much salt, the water in the body tissue will decrease due to the osmotic pressure. The amount of water that is expelled from the body increases, causing the skin to become dehydrated. For people with bad stomachs, foods with too much salt will reduce the viscosity of the protective mucus in the stomach and reduce its protective effect on the stomach wall. When the sodium intake is too much, the body will try to drain sodium and increase the amount of urinary calcium.
- [养生 | 年纪越大口越重, 可重口味成“三高”啊, 咋办? 几招让调料量减味不减!](#)  
[The older the taste, the heavier the taste. Heavy taste will lead to "three highs", what should I do? There are a few tricks to reduce the amount of seasoning!](#)

重复数: 1  
Repeat Number: 1

日期: 2018-11-03  
Data: 2018-11-03

食盐的建议摄入量是每人每天6g, 大约为一个啤酒瓶盖的量。然而, 2012年中国居民营养与健康状况监测结果显示, 我们每人每天实际的摄入量为10.5g, 超过建议摄入量近1倍。

The recommended intake of salt is 6g per person per day, which is about the amount of a beer bottle cap. However, the results of the monitoring of nutrition and health status of Chinese residents in 2012 showed that the actual daily intake of each of us was 10.5g, which was nearly double the recommended intake.
- [宝宝多大开始吃盐? 关于盐的问题都在这儿!](#)  
[How old does the baby start eating salt? The problem of salt is here.](#)

重复数: 1  
Repeat Number: 1

日期: 2018-11-03  
Data: 2018-11-03

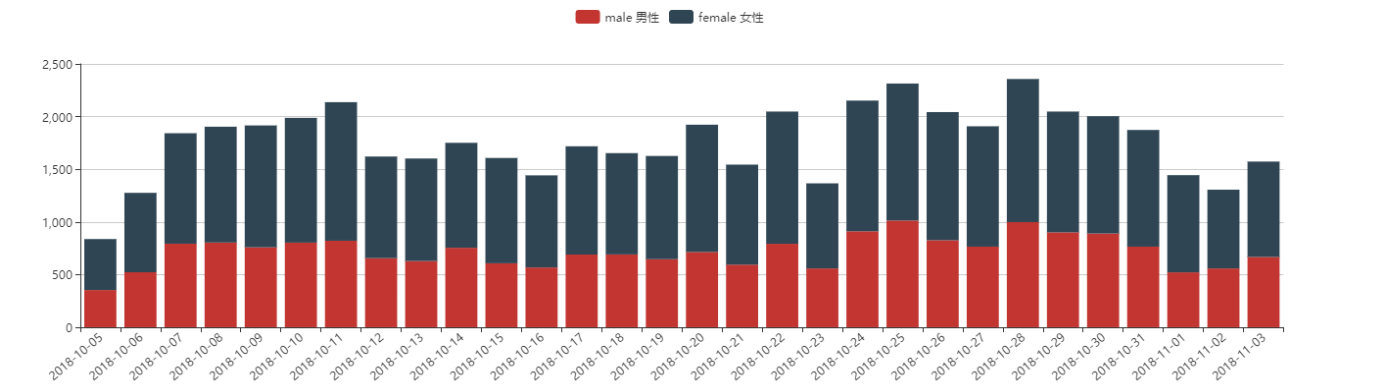
长期重口味饮食, 会让宝宝逐渐丧失对天然食物的喜好, 之后想恢复清淡饮食就会变得非常困难。咱们吃的盐都是经过肾脏处理, 会随着尿液排出。但1岁内的宝宝肾脏功能还比较弱, 无法处理过量的盐。过早接触食盐或重口味饮食, 不仅会增加宝宝的肾脏负担, 造成肾脏功能紊乱, 还可能增加日后患高血压的风险

Long-term heavy-tasting diets will gradually delay your baby's preference for natural foods, and then it will be very difficult to restore a light diet. The salt we eat is treated by the kidneys and will be excreted with the urine. However, the baby's kidney function is still weak in 1 year old and cannot handle excessive salt. Premature exposure to salt or heavy-duty diets will not only increase your baby's kidney burden, cause kidney dysfunction, but also increase the risk of future high blood pressure.

# 减盐-微博

## Salt Reduction - Weibo

2018-11-03, 共检测到1573条与“减盐”相关的微博。  
本页面列出转发量超过50的微博。  
点击微博内容可查看微博原文。  
There are 1573 weibos about salt reduction monitored on 2018-11-03.  
Weibos whose repost number is greater than 50 are listed in this page.  
Click the content of each weibo, and you can see the detail imformation.  
下图展示了最近30天的数据获取量。  
The following figure shows the amount of data acquired in the last 30 days.



热门微博  
Hot Weibos

1. 昵称: Cindy营养课堂

Nickname: Cindy营养课堂

时间: 2018-11-03 09:15  
Time: 2018-11-03 09:15

地区: 上海

Area: Shanghai

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

认证: 无

Identity: None

转发数: 318  
Repost: 318

评论数: 72  
Comment: 72

点赞数: 485  
Like: 485

【十大生活方式降血压】1.每天走6000步; 2.每天每人不超过5克盐; 3.戒烟限酒; 4.每天喝1斤奶补钙; 5.吃土豆、茄子补钾; 6.吃柠檬补充维生素C; 7.少喝含糖饮料; 8.吃芹菜稳定血压; 9.每天吃4瓣大蒜; 10.每天想三样让你高兴的事。

[Ten lifestyles to lower blood pressure] 1. Take 6000 steps per day; 2. No more than 5 grams of salt per person per day; 3. Stop smoking and limit alcohol; 4. Drink 1 kg of milk per day; 5. Eat potatoes, eggplant and potassium. 6. Eat lemon supplement vitamin C; 7. Drink less sugary drinks; 8. Eat celery to stabilize blood pressure; 9. Eat 4 cloves of garlic a day; 10. Think three things that make you happy every day.

2. 昵称: 老中医健康养生堂

Nickname: 老中医健康养生堂

时间: 2018-11-03 19:30  
Time: 2018-11-03 19:30

地区: 广东

Area: Guangdong

来自: 皮皮时光机  
Source: 皮皮时光机

认证: 个人

Identity: Person

转发数: 75  
Repost: 75

评论数: 3  
Comment: 3

点赞数: 66  
Like: 66

【八个排毒的好方法】1、肝排毒: 胡萝卜和葡萄; 2、肾排毒: 黄瓜; 3、润肠: 魔芋、黑木耳、海带、猪血、糯米、蔬菜、杂粮等; 4、适当多喝水: 早晨起床, 下午3点, 晚上9点三个时间喝水时间佳; 5、每周吃一天全素食; 6、少吃盐; 7、适当补充一些维生素; 8、细嚼慢咽可助排毒

[Eight methods of detoxification] 1. liver detoxification: carrots and grapes; 2. kidney detoxification: cucumber; 3. Runchang: konjac, black fungus, kelp, pig blood, brown rice, vegetables, miscellaneous grains, etc.; Drinking water: The three best time to drink water is the time to get up in the morning, 3 pm, and 9 pm; 5. Eat a vegetarian diet a week; 6. Eat less salt; 7. Add some vitamins; 8. chewing slowly can help detoxification

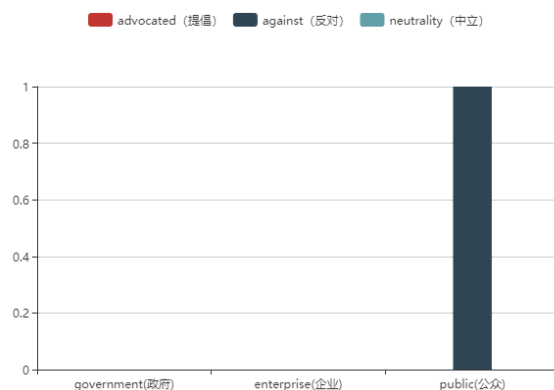
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-11-03) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-11-03. Please click the title to view full information.

The original article is in Chinese only.



### 山东

#### Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

### 河南

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No such articles!

其他省份  
Other Provinces

反式脂肪酸 Trans fat				
1. <a href="#">喜欢喝奶茶不如自己做！口感好成本低还健康</a> <a href="#">Like to drink milk tea is better than yourself!Low cost also health, taste good</a>		来源：人民网	主体：公众 Subject: public	态度：反对 Attitude: against
		来源：人民网		时间： 09:35:14 Time: 09:35:14
市面上的奶茶无论从口感还是成本角度出发，很少用牛奶和茶叶调制，取而代之的是植脂末、茶粉、糖等成分。想喝奶茶可以试着自己做。 第一种最简单。锅里的水开后放适量珍珠(淀粉圆子)，看到珍珠颜色变深全部漂浮上来后关火，捞起来用凉水冲一下备用。凉水烧开，加入红茶，三分钟后捞起茶包。				
Milk tea on the market, no matter from the point of taste or cost, seldom uses milk and tea to make it. It is replaced by vegetable fat powder, tea powder, sugar and other ingredients. If you want to drink milk tea, you can try to do it yourself.The first is the simplest. After boiling the water in the pot, put some pearls (starch round), see the color of the pearls darken and float up. Turn off the fire, pick them up and flush them with cold water. Boil the cold water, add black tea, and pick up the tea bag in three minutes.				
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

2018-11-03, 共监测到291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 291 WeChat public articles were monitored in 2018-11-03. This page shows the top five articles by repeat number today.

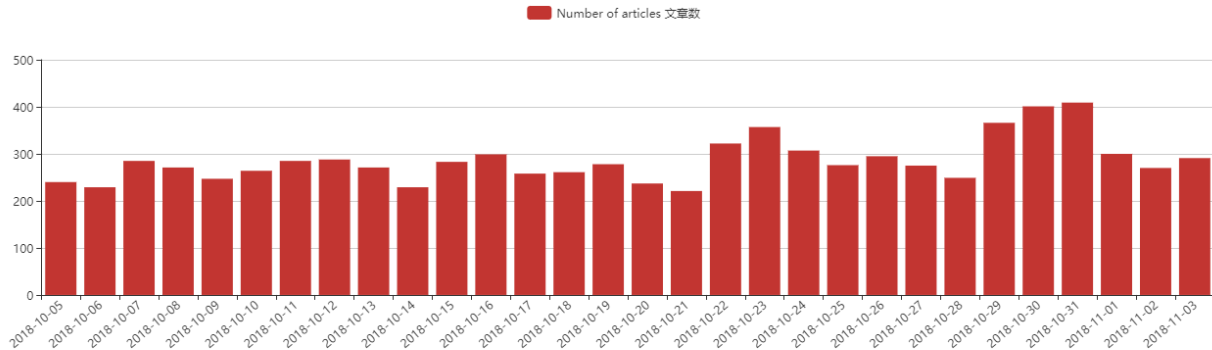
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



## 热门文章-前五 Popular Articles - Top 5

- [去超市购物, 这些你注意了吗? 先看懂这些再买!](#)  
[Do you pay attention to this when shopping at the supermarket? First understand these and buy again!](#)

重复数: 16  
Repeat Number: 16

日期: 2018-11-03  
Data: 2018-11-03

世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。也就是说, 有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。

The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage. That is to say, some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids.
- [李咏抗癌17个月去世! 心痛惋惜的同时, 这24条防癌建议一定要了解](#)  
[Li Wei died of cancer in 17 months! At the same time, the 24 anti-cancer recommendations must be understood.](#)

重复数: 8  
Repeat Number: 8

日期: 2018-11-03  
Data: 2018-11-03

控制油脂摄入。少吃高脂食物, 特别是动物性脂肪较多的食物。植物油也应适量, 且应选择含单不饱和脂肪并且氢化程度较低的植物油; 建议: 优先选择鱼和禽。每天烹调油25-30g, 每日反式脂肪酸摄入量不超过2g。

Control oil intake. Eat low-fat foods, especially those that contain more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oil containing monounsaturated fat and low degree of hydrogenation should be selected; It is recommended that fish and poultry should be preferred. The daily cooking oil is controlled at 25-30 g, and the daily trans fatty acid intake does not exceed 2 g.
- [去超市买东西, 看清这个字再买! 没想到这亏吃了这么多年...](#)  
[When you buy something in the supermarket, read the word and decide whether to buy it! I did not expect this loss for so many years...](#)

重复数: 8  
Repeat Number: 8

日期: 2018-11-03  
Data: 2018-11-03

世界卫生组织则表示: 人们每天不宜食用超过 2 克反式脂肪酸, 以免对心血管造成伤害。也就是说: 有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。

The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage. That is to say, some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids.
- [硬淡粗才是好面包](#)  
[Hard, light, and whole grain bread is good bread.](#)

重复数: 5  
Repeat Number: 5

日期: 2018-11-03  
Data: 2018-11-03

如果用的是氢化植物油、起酥油、植物奶油等油脂, 就可能含有反式脂肪酸, 更要少买或不买。因此, 购买面包时, 手感“硬”的面包要优先选择。

Foods made with oils such as hydrogenated vegetable oils, shortenings, and vegetable creams may contain trans fatty acids, which should be purchased less or not. Therefore, when buying bread, the "hard" bread should be preferred.
- [反式脂肪酸真的有那么可怕吗?](#)  
[Is trans fatty acid really scary?](#)

重复数: 4  
Repeat Number: 4

日期: 2018-11-03  
Data: 2018-11-03

反式脂肪又名反式脂肪酸, 在牛肉、羊肉和牛奶、乳制品中都含有少量的反式脂肪酸, 这属于其天然来源。非天然的部分主要来自于植物油的氢化、精炼过程。

Trans fat is also known as trans fatty acid. A small amount of trans fatty acids are found in beef, lamb and milk, and dairy products, which are natural sources. The non-natural part is mainly derived from the hydrogenation and refining process of vegetable oil.



## 反式脂肪酸-微博 Transfat - Weibo

2018-11-03, 共检测到91条与“反式脂肪酸”相关的微博。

本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

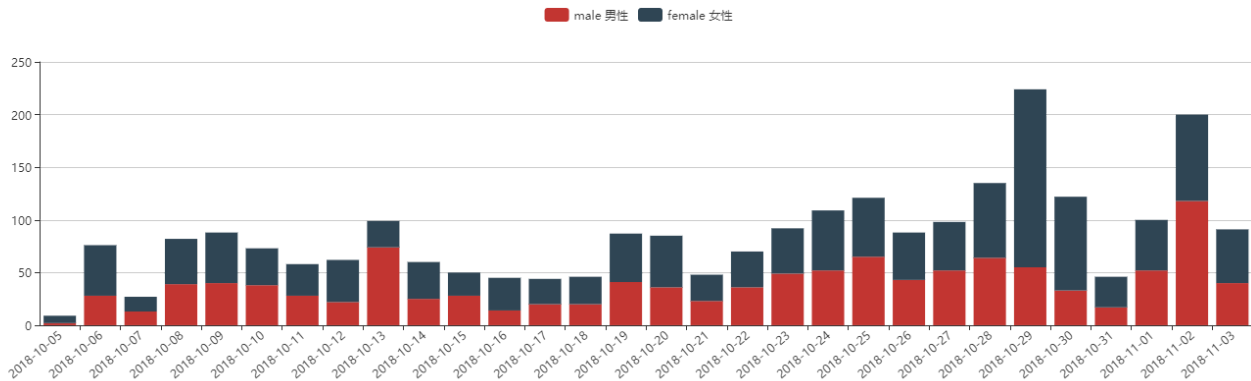
There are 91 weibos about transfat reduction monitored on 2018-11-03.

Weibos whose repost number is greater than 50 are listed in this page.

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

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### 热门微博 Hot Weibos

1. 没有相关微博!  
No such weibos!