

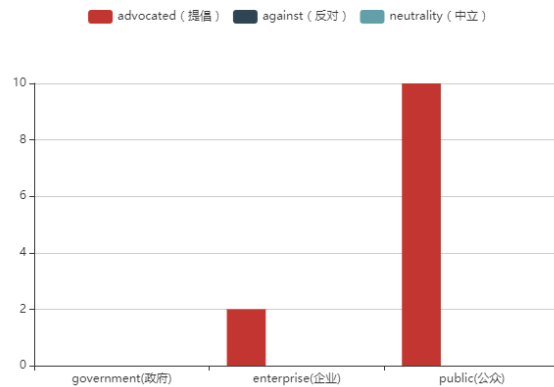
## 减盐-新闻

### Salt Reduction - News

今日 ( 2019-02-28 ) 共监测到12条资讯。请点击标题查看原文。

There are 12 articles monitored today 2019-02-28. Please click the title to view full information.

The original article is in Chinese only.



### 山东

#### Shandong

##### 食物中的钠 Sodium in food

没有相关文章！

No such articles!

##### 高血压 Hypertension

没有相关文章！

No such articles!

##### 心血管健康 Cardiovascular health

没有相关文章！

No such articles!

##### 综合健康信息 Comprehensive Health Information

没有相关文章！

No such articles!

##### 决心工程 Resolve To Save Lives

没有相关文章！

No such articles!

### 河南

#### Henan

##### 食物中的钠 Sodium in food

没有相关文章！

No such articles!

##### 高血压 Hypertension

没有相关文章！

No such articles!

##### 心血管健康 Cardiovascular health

没有相关文章！

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##### 综合健康信息 Comprehensive Health Information

没有相关文章！

No such articles!

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

安徽  
Anhui

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

浙江  
Zhejiang

食物中的钠  
Sodium in food

没有相关文章！

No such articles!

高血压  
Hypertension

没有相关文章！

No such articles!

心血管健康  
Cardiovascular health

没有相关文章！

No such articles!

综合健康信息  
Comprehensive Health Information

1. 海宁“拐杖医生”火了！脚上打着石膏还为病人看病  
Haining "crutch doctor" fire! Plaster on the feet and see the patient

来源：浙江在线  
Source: Zhejiang Online

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间：06:46:54  
Time: 06:46:54

海宁“拐杖医生”火了！脚上打着石膏还为病人看病。上周海宁被阴雨笼罩，连续十多天的雨水下得湿冷，甚至还影响心情。不过记者要说的这件事，可让人感到心头一暖。 2月22日，海宁市海昌街道社区卫生服务中心副院长董通雨给记者发来一张照片——照片上，一名头发花白、穿着白大褂的老医生正伏在桌上给一名患者写处方。而他自己，左腿上还打着石膏，架在一条木凳上.....

Haining "crutch doctor" fire! The patients were treated with plaster on their feet. Last week, Haining was covered by rains and clouds. The rainwater for more than ten days was wet and cold, even affecting her mood. But what the journalist wants to say is heartwarming. On February 22, Dong Tongyu, deputy director of Haichang Street Community Health Service Center in Haining City, sent a photograph to reporters showing an old doctor with gray hair and white coat writing a prescription to a patient on the table. And he himself, with plaster on his left leg, was standing on a wooden bench...

2. 揭秘戒毒人员餐桌：营养均衡有利于戒除毒瘾  
Revealing the Secrets of Drug Rehabilitation Personnel's Table: Nutritional Balance Helps Rehabilitate Drug Addiction

来源：扬州网  
Source: Yangzhou net

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间：14:53:56  
Time: 14:53:56

毒品，是危害人类身心健康的“危险杀手”，更会危及家庭乃至整个社会。对于“瘾君子”而言，能否摆脱毒品，影响着其余生的“幸福指数”。在外界看来十分神秘的戒毒所，高墙之内的戒毒人员过着怎样的生活？近日，记者走访浙江省温州市黄龙强制隔离戒毒所(以下简称黄龙戒毒所)，一探戒毒人员的餐桌。 “毒品危害身体健康，而且吸毒人员往往生活饮食作息不规律，其身体素质比较差。” 黄龙戒毒所生活卫生科副科长黄禧告诉记者，在戒毒人员的饮食方面，尽量做到营养均衡、合理配餐，从而帮助他们恢复体质、戒除毒瘾。

Drugs are "dangerous killers" that endanger the physical and mental health of human beings, and even endanger families and the whole society. For "addicts", whether they can get rid of drugs affects the "happiness index" of the rest of their lives. What kind of life do drug addicts live in what seems to be a very mysterious detoxification center outside? Recently, the reporter visited Huanglong compulsory isolation detoxification center (hereinafter referred to as Huanglong detoxification center) in Wenzhou City, Zhejiang Province, to explore the table of drug addicts. "Drugs endanger health, and drug addicts tend to live, eat, work and rest irregularly, and their physical fitness is relatively poor." Huang Xi, deputy director of the life Hygiene Department of Huanglong Drug Rehabilitation Center, told reporters that in the diet of drug addicts, they should try their best to achieve a balanced nutrition and reasonable meal preparation, so as to help them recover their constitution and get rid of drug addiction.

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

其他省份  
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">新研究称过量吃盐可能导致过敏性皮炎</a> <a href="#">New research suggests that excessive salt consumption may lead to allergic dermatitis</a>	来源：新华网 Source: Xinhua net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:07:12 Time: 09:07:12
众所周知吃盐太多会增加高血压风险。德国一项新研究发现，过量摄入食盐还有可能导致过敏性皮炎。过敏性皮炎又称特应性皮炎，常见症状包括皮肤发痒、红肿及皲裂等。德国慕尼黑理工大学领衔的科研团队在美国《科学·转化医学》杂志上报告说，食盐的主要成分是氯化钠，人体T细胞在氯化钠的作用下会转化成辅助性T细胞中的Th2细胞。				
It is well known that eating too much salt increases the risk of hypertension. A new German study has found that excessive salt intake may also lead to allergic dermatitis. Allergic dermatitis is also known as atopic dermatitis. Common symptoms include itching, swelling and chapped skin. The team led by Munich University of Technology in Germany reported in the American Journal of Science Translational Medicine that sodium chloride is the main ingredient of salt, and human T cells can be transformed into Th2 cells in helper T cells under the action of sodium chloride.				
2. <a href="#">终于找到尿毒症的元凶了，医生说三种食物，再馋也最好不吃</a> <a href="#">At last, the culprit of uremia was found. The doctor said that three kinds of food were better not to eat.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:28:22 Time: 17:28:22
终于找到尿毒症的元凶了，医生说三种食物，再馋也最好不吃。慢性肾病的发病率越来越高，而尿毒症，则是所有慢性肾病的最终转归，也就是我们所说的终末期肾病。一周前，我们接诊了这样一名患者，65岁的老唐，因为全身浮肿，尿量减少入院检查，肾功能检查提示，他已经属于终末期肾病，医生说，当慢性肾病发展为尿毒症的时候，医学上也没有更好的方法，只能进行血液透析或肾移植。				
Finally, the culprit of uremia was found. The doctor said that three kinds of food were better not to eat. The incidence of chronic kidney disease is getting higher and higher, and uremia is the ultimate outcome of all chronic kidney disease, which is what we call end-stage kidney disease. A week ago, we received a patient, Lao Tang, 65 years old, who was admitted to the hospital because of edema, reduced urine volume and renal function tests. He was diagnosed as end-stage kidney disease. Doctors said that when chronic kidney disease developed into uremia, there was no better way to treat it in medicine. He could only perform hemodialysis or kidney transplantation.				
高血压 Hypertension				
1. <a href="#">2019天津高考体检须知：时间+项目+影响+注意事项</a> <a href="#">Tips for Physical Examination of Tianjin College Entrance Examination in 2019: Time + Items + Impact + Notices</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：12:21:34 Time: 12:21:34
据悉，2019天津高考体检时间为3月-4月进行，具体时间由各地级市确定。考生根据学校的通知配合进行即可。那2019天津高考体检项目有哪些？注意事项是什么？如果检查结果有问题，会带来哪些影响？今天，天津新东方学校小编将为本届应考生解决这三个问题，同时希望大家能顺利通过体检。				
It is reported that the physical examination time of Tianjin College Entrance Examination in 2019 is from March to April, and the specific time is determined by municipalities at all levels. Candidates can cooperate according to the school's notice. What are the physical examination items of Tianjin College Entrance Examination in 2019? What are the precautions? If there is a problem with the results, what impact will it have? Today, the minor edition of Tianjin New Oriental School will solve these three problems for the current candidates. At the same time, I hope you can pass the physical examination smoothly.				
心血管健康 Cardiovascular health				
1. <a href="#">年轻人脑溢血猝死发病率飙升六病因防病切忌</a> <a href="#">The Incidence of Sudden Death due to Cerebral Hemorrhage in Young People</a>	来源：扬州网 Source: Yangzhou net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：21:03:12 Time: 21:03:12
脑梗、脑出血等脑血管疾病曾经被认为是老年人的专利，而如今很多三四十岁的人也出现这类老百姓俗称的中风。前段时间，有个其他科室同事，才四十几岁，上班时发生脑室内出血，幸亏及时手术，目前恢复不错。为什么现在许多年轻人都容易患上脑血管疾病呢？工作压力大。如今不少生活在大城市年轻人，为生活打拼，工作压力巨大，加班熬夜是常态，交感神经长期处于兴奋状态，血管长期处于高压收缩状态。				
Cerebral infarction, cerebral hemorrhage and other cerebrovascular diseases were once considered the patent of the elderly, but nowadays many people in their 30s and 40s also suffer from such common people as stroke. Some time ago, there was a colleague in other departments who was only in his forties. He suffered from intraventricular hemorrhage at work. Thanks to timely operation, he has recovered well. Why are many young people susceptible to cerebrovascular diseases nowadays? Work under great pressure. Nowadays, many young people living in big cities are struggling for their lives and working under great pressure. It is normal to stay up late overtime. Sympathetic nerves are in a state of excitement for a long time and blood vessels are in a state of hypertensive contraction for a long time.				
综合健康信息 Comprehensive Health Information				
1. <a href="#">国家卫健委启动“减糖”专项行动你的孩子有“甜蜜依赖”吗？</a> <a href="#">Does your child have a "sweet dependence" when the National Health Commission launches the "sugar reduction" campaign?</a>	来源：中青网 Source: Zhongqing net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：22:43:23 Time: 22:43:23
最近发现学校小卖部的零食少了，她最喜欢的一款奶茶和一种软糖不见了。近日，国家卫健委办公厅印发的《健康口腔行动方案（2019—2025年）》提出，要开展“减糖”专项行动，结合健康校园建设，中小学校及托幼机构限制销售高糖饮料和零食，食堂减少含糖饮料和高糖食品供应。启动“减糖”专项行动的背后是近年来国人对糖的消耗量居高不下，吃糖的危害没有得到充分的重视。				
Recently, she found that there were fewer snacks in the school snack bar. Her favorite milk tea and a kind of fudge were missing. Recently, the Health Oral Action Plan (2019-2025), issued by the General Office of the State Health and Health Commission, proposed that special actions should be taken to reduce sugar. With the construction of healthy schools, schools and kindergartens should restrict the sale of high-sugar drinks and snacks, and canteens should reduce the supply of sugary drinks and high-sugar foods. Behind the launching of the special action of reducing sugar is the high consumption of sugar in recent years, and the harmfulness of eating sugar has not been paid enough attention.				
2. <a href="#">经期、更年期防止粉刺的6个小妙招</a> <a href="#">Six tips for preventing acne during menstruation and menopause</a>	来源：中国医药网 Source: China Pharmaceutical Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：07:44:40 Time: 07:44:40
即使过了青春期，也有很多人粉刺而烦恼。2017年有研究显示，治疗粉刺的人三分之一是25岁以上的女性。而且，寻求解决治疗方法的女性比男性多两倍。女性来说，原因在于经期前后和更年期过渡之间的荷尔蒙变化。另外，饮食和压力也是不可忽略的因素。那么，该怎样防治呢？粉刺的形成与年龄无关，包含皮脂腺的毛孔被堵塞后，容易引起细菌的滋生，就会出现痘痕。				
Even after adolescence, there are many people who are worried about acne. In 2017, a study showed that one third of acne patients were women over 25 years old. Moreover, there are twice as many women as men seeking solutions. For women, this is due to hormonal changes before and after menstruation and the transition to menopause. In addition, diet and stress are also important factors. So, how to prevent and cure it? The formation of acne has nothing to do with age. When the pore containing sebaceous gland is blocked, it is easy to cause bacterial growth and acne will occur.				

3. [拼颜值拼实力都不如拼健康，不看对不起自己！  
Beauty value and strength are better than health, do not look sorry for themselves!](#)

来源：中工网  
Source: China Industrial Network

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间： 16:55:09  
Time: 16:55:09

春节真的过去了，离开了母亲的精致餐桌，回归“自我喂养”。“今天吃什么？”成为上班族的每日灵魂拷问。对当代人来说，吃饱是初级需求，吃好是二级要求，吃得健康才是终极追求。那么，我们真的吃得健康么？应该如何达到营养均衡呢？这份科普帖或许能帮到大家，不妨先get起来。

The Spring Festival is really over, leaving her mother's delicate table and returning to "self-feeding". "What to eat today?" became the daily soul torture of office workers. For contemporary people, satiety is the primary requirement, eating well is the secondary requirement, and eating healthy is the ultimate pursuit. So, are we really eating healthy? How to achieve nutritional balance? This popular science post may help you. Get it first.

4. [荷兰哪些母婴用品品牌值得推荐，荷兰母婴用品品牌分析点评！  
Which brands of Dutch maternal and infant products are worth recommending, the analysis and comment of Dutch maternal and infant products brand!](#)

来源：北国网  
Source: Bei Guo LAN

主体：企业  
Subject: industry

态度：提倡  
Attitude: advocate

时间： 16:59:16  
Time: 16:59:16

宝宝的成长过程中需要用到各种类型的母婴用品，如今婴儿用品市场鱼龙混杂，各种婴儿用品品牌层出不穷，很多妈妈都对婴儿用品品牌的选择非常纠结。近些年，由于国内奶粉质量事件、劣质疫苗问题、食品安全事件频发，很多妈妈都比较关注国外的一些母婴用品品牌。小编在母婴领域从业多年，对国外母婴用品品牌比较了解，经常会有妈妈咨询关于国外母婴用品品牌选择的问题，荷兰是妈妈选择母婴用品是比较青睐的一个国家，在妈妈圈中，荷兰的母婴产品品牌都有着不俗的口碑。

Babies need to use various types of maternal and infant products in the growth process. Nowadays, the market of infant products is mixed up, and various brands of infant products emerge in endlessly. Many mothers are very entangled about the choice of brand of infant products. In recent years, due to the frequent occurrence of milk powder quality incidents, poor quality vaccines and food safety incidents in China, many mothers pay more attention to some foreign brands of maternal and infant products. Xiaobian has been working in the field of mother and infant for many years. She knows more about the brand of foreign mother and infant products. Mothers often consult about the brand choice of foreign mother and infant products. The Netherlands is a country where mothers choose mother and infant products. In the circle of mothers, the brand of Dutch mother and infant products has a good reputation.

5. [台湾女性10大死因慢性病占7项改掉小习惯可预防  
Seven of the top 10 causes of death among women in Taiwan are chronic diseases, which can be prevented by changing small habits.](#)

来源：中国新闻网  
Source: China News Network

主体：公众  
Subject: public

态度：提倡  
Attitude: advocate

时间： 15:01:45  
Time: 15:01:45

据台湾“中央社”报道，根据台湾“健康署”统计，女性10大死因当中，慢性病就占了7项，肥胖、高血脂等代谢症候群，是导致慢性病的主因，建议饮食上少油、盐、糖，多吃天然蔬果，并利用通勤时间养成运动习惯。资料图：健身的民众。中新社 记者 殷立勤 摄 根据台湾“健康署”统计，2017年台湾女性10大死因中，慢性病就占了7项，包括心脏疾病、糖尿病、脑血管疾病、高血压性疾病、肾炎、肾病症候群及肾病变，其中高血压、高血糖、高血脂等三高疾病，正是这些慢性疾病的共同危险因子。

According to Taiwan's "Central News Agency", according to Taiwan's "Health Department", chronic diseases account for 7 of the top 10 causes of death among women. Obesity, hyperlipidemia and other metabolic symptoms are the main causes of chronic diseases. It is recommended to eat less oil, salt and sugar, eat more natural vegetables and fruits, and use commuting time to develop exercise habits. Data map: fitness people. According to statistics from Taiwan's Health Department, in 2017, chronic diseases accounted for 7 of the top 10 causes of death among Taiwanese women, including heart disease, diabetes, cerebrovascular disease, hypertension, nephritis, nephrotic syndrome and nephropathy, among which hypertension, hyperglycemia and hyperlipidemia are the common risk factors for these chronic diseases.

6. [英国婴幼儿营养辅食食品品牌Annabel Karmel 打造宝宝健康成长第一步  
Annabel Karmel, British Nutrition Supplementary Food Brand for Infants and Young Children](#)

来源：TOM  
Source: TOM

主体：企业  
Subject: industry

态度：提倡  
Attitude: advocate

时间： 19:05:20  
Time: 19:05:20

在宝宝的成长过程中，饮食、喂养、营养元素的补充等，每一步都影响着宝宝的健康生长情况，也时时刻刻牵动着家长们的心。怎样才能做到健康科学的喂养，这也成为了每个家长的必修课程之一。其中辅食作为宝宝生长发育过程中必不可少的食物，家长们在品牌选择和种类选择上要慎之又慎，要根据宝宝生长发育过程中所需的营养和自身情况合理安全搭配，才能做到科学健康喂养。

In the process of baby's growth, diet, feeding, nutritional supplements and so on, each step affects the healthy growth of the baby, but also affects the hearts of parents at all times. How to achieve health science feeding, which has become one of the compulsory courses for every parent. Among them, supplementary food is an indispensable food in the growth and development of babies. Parents should be cautious in choosing brand and type. Only when the nutrition and self-condition of babies are reasonably and safely matched, can they achieve scientific and healthy feeding.

决心工程  
Resolve To Save Lives

没有相关文章！  
No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-02-28, 共监测到533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 533 WeChat public articles were monitored in 2019-02-28. This page shows the top five articles by repeat number today.

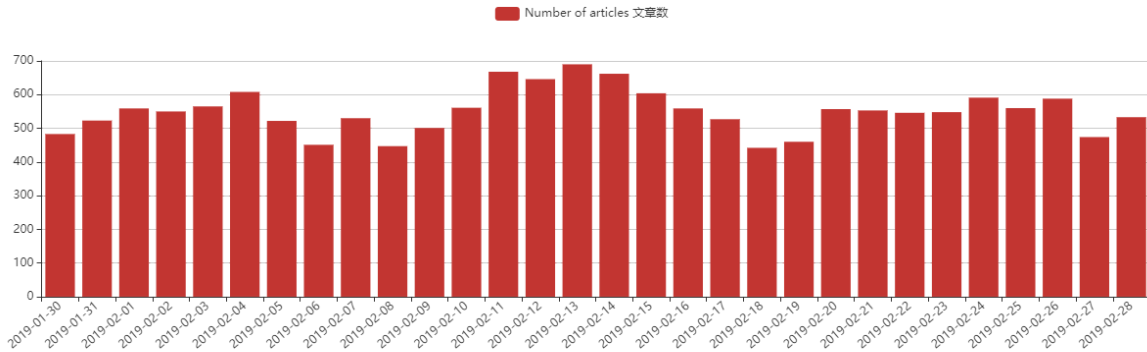
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

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



### 热门文章-前五

#### Popular Articles - Top 5

#### 1. [【健康】常见的用盐“雷区” 您中招了吗?](#) [Do you fall into the trap of salt?](#)

重复数: 17

日期: 2019-02-28

Repeat Number: 17

Data: 2019-02-28

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

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

#### 2. [日本长寿全球第一! 10个秘诀中9个与吃有关!](#)

重复数: 15

日期: 2019-02-28

[Japanese longevity ranks first in the world! Nine of the 10 tips are about eating!](#)

Repeat Number: 15

Data: 2019-02-28

日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而我们最近几年才开始鼓励限盐、少盐。此外, 日本人非常注意从饮食的方方面面控盐: 比如不喝太多的味增汤, 吃拉面时不喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。

As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns. In recent years, we have only begun to encourage salt restriction and less salt. In addition, the Japanese pay great attention to salt control in all aspects of diet: for example, do not drink too much soup, do not drink soup when eating noodles; stir-fry, stew and finally put salt, so as to minimize salt intake.

#### 3. [身体出现这5个迹象, 提醒你吃盐太多了!](#)

重复数: 8

日期: 2019-02-28

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

Repeat Number: 8

Data: 2019-02-28

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

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

#### 4. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 7

日期: 2019-02-28

[Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.](#)

Repeat Number: 7

Data: 2019-02-28

咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。

Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

#### 5. [16个健康警戒线全划出来了, 寿命长短由它决定, 非常重要!](#)

重复数: 5

日期: 2019-02-28

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

Repeat Number: 5

Data: 2019-02-28

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重肾脏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。建议 一个啤酒瓶盖装满盐正好是6克的量。零食、酱菜、午餐肉等加工食品少吃。

Excessive salt intake is closely related to hypertension and cardiovascular diseases. It can also aggravate gastric mucosal damage and accelerate osteoporosis. Moreover, excessive salt intake can make skin worse. Whether for health or beauty, salt control is essential. It is recommended that a beer bottle cap be filled with exactly 6 grams of salt. Eat less snacks, pickles, lunch meat and other processed foods.

## 减盐-微博 Salt Reduction - Weibo

2019-02-28, 共检测到1954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。

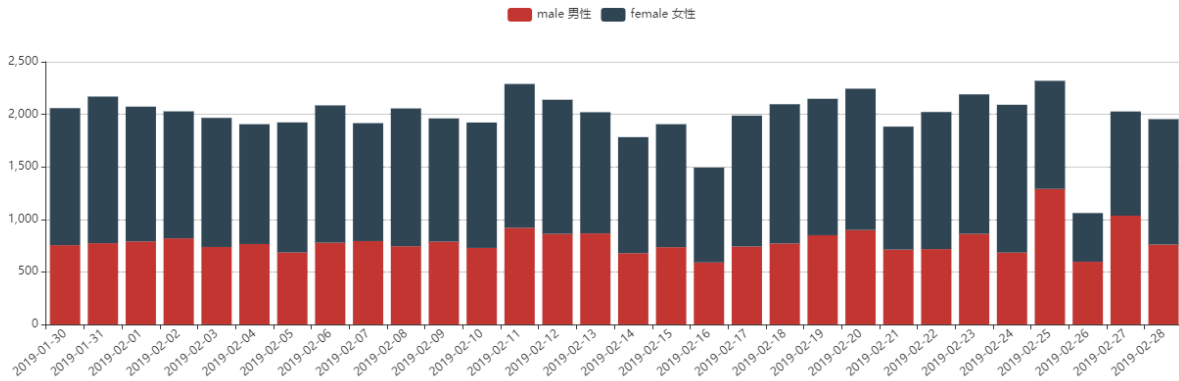
There are 1954 weibos about salt reduction monitored on 2019-02-28.

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

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

下图展示了最近30天的数据获取量。

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



### 热门微博 Hot Weibos

1. 没有相关微博！  
No such weibos!

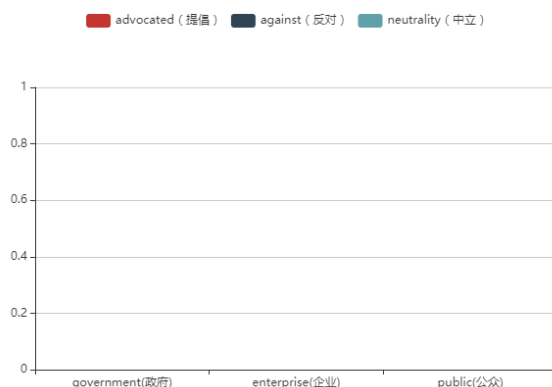
# 反式脂肪酸-新闻

## Trans Fat - News

今日 ( 2019-02-28 ) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2019-02-28. Please click the title to view full information.

The original article is in Chinese only.



### 山东

#### Shandong

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

### 河南

#### Henan

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

### 安徽

#### Anhui

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

### 浙江

#### Zhejiang

反式脂肪酸 Trans fat
没有相关文章！
No such articles!

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

其他省份  
Other Provinces

反式脂肪酸 Trans fat
没有相关文章！
No such articles!

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



# 反式脂肪酸-微信 Transfat - WeChat

2019-02-28, 共监测到358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 358 WeChat public articles were monitored in 2019-02-28. This page shows the top five articles by repeat number today.

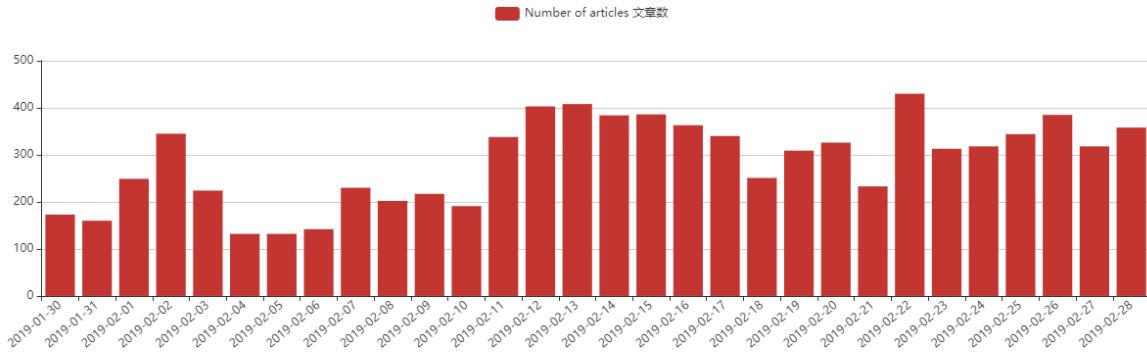
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

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



## 热门文章-前五 Popular Articles - Top 5

### 1. 动物奶油VS植物奶油 你平时吃的是哪种？

[Animal Cream VS Vegetable Cream What do you usually eat?](#)

重复数：42

日期：2019-02-28

Repeat Number : 42

Data : 2019-02-28

植物奶油近几年频繁登入各大报纸头条, 因为它含有大量反式脂肪酸, 不易被人体吸收, 会诱发心血管疾病, 对人体有大量危害! 味道 动物奶油: 因为动物奶油是天然的, 含乳量高, 所以奶香味会更自然。 植物奶油: 植物奶油则闻起来比较“香甜”, 因为含有根据大众口味调配成的人工合成香精。

In recent years, vegetable butter has frequently appeared in the headlines of major newspapers, because it contains a large number of trans fatty acids, which are not easily absorbed by the human body, will induce cardiovascular diseases, and do a lot of harm to the human body! Taste of animal butter: Because animal butter is natural and has high milk content, the fragrance of milk will be more natural. Vegetable butter: plant butter is smells sweet, because it contains artificial flavors made up of popular flavors.

### 2. 被奶茶毁掉的中国姑娘

[Chinese girl destroyed by milk tea](#)

重复数：8

日期：2019-02-28

Repeat Number : 8

Data : 2019-02-28

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

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

### 3. 饼干里也有“致癌物”? 原来真相是这样...

[Are there carcinogens in biscuits? It turned out that this was the truth.](#)

重复数：5

日期：2019-02-28

Repeat Number : 5

Data : 2019-02-28

反式脂肪酸是一种人体必需脂肪酸, 摄入过多会增加血液粘稠度, 容易引起动脉粥样硬化和血栓形成。 在制作各类饼干点心的原材料中, 包括植物性奶油、人造黄油、起酥油、沙拉酱、代可可脂等都含有反式脂肪酸, 患有高脂血症的人群不应多吃。

Trans fatty acid is a kind of non-essential fatty acid in human body. Too much intake of trans fatty acid can increase blood viscosity and easily cause atherosclerosis and thrombosis. Trans-fatty acids are found in raw materials for cookies and snacks, including vegetable butter, margarine, shortening, salad dressing and cocoa butter. People with hyperlipidemia should not eat more.

### 4. 血栓是吃出来的, 这四种食物一定要少吃或不吃

[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#)

重复数：4

日期：2019-02-28

Repeat Number : 4

Data : 2019-02-28

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。 反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

### 5. 脸要穷养, 脚要富养; 心要穷养, 肺要富养.....你都养对了吗?

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

重复数：3

日期：2019-02-28

Repeat Number : 3

Data : 2019-02-28

心, 在五行属火, 为阳中之阳脏, 主血脉, 藏神志, 为五脏六腑之大主、生命之主宰。心与四时之夏相通应。 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。少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

## 反式脂肪酸-微博 Transfat - Weibo

2019-02-28, 共检测到128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。

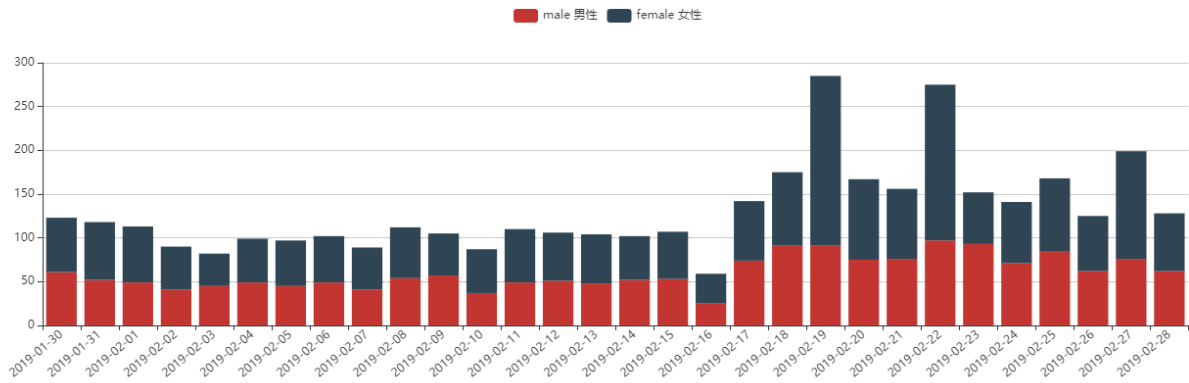
There are 128 weibos about transfat reduction monitored on 2019-02-28.

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

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

下图展示了最近30天的数据获取量。

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



### 热门微博 Hot Weibos

1. 没有相关微博！  
No such weibos!