

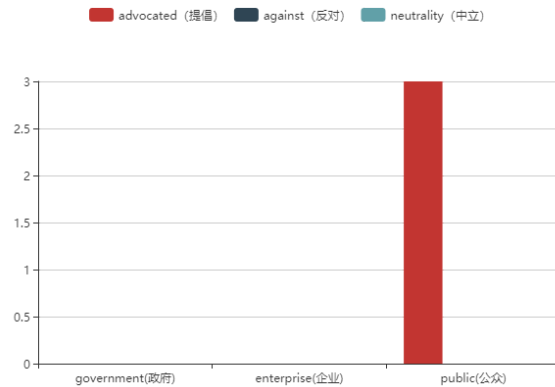
## 减盐-新闻

### Salt Reduction - News

今日 (2018-10-21) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2018-10-21. 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

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决心工程 Resolve To Save Lives
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安徽  
Anhui

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浙江  
Zhejiang

食物中的钠 Sodium in food
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No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

其他省份  
Other Provinces

食物中的钠 Sodium in food
没有相关文章!
No such articles!

<div>高血压</div> <div>Hypertension</div>				
1. <a href="#">老年人才会得高血压? 不注意生活方式的青年人也会得!</a>		来源: 新浪网	主体: 公众	态度: 提倡
<a href="#">The seniors will have high blood pressure?Don't pay attention to the way of life of young people will have to!</a>		来源: 新浪网	Subject: public	Attitude: advocate
老年人才会得高血压? 不注意生活方式的青年人也会得! 高血压, 指血压高于140/90mmHg, 对于老年人而言, 并不陌生。而对于青年人来说, 谈及高血压似乎总觉得言之过早。据统计, 我国人群高血压的患病率呈明显的上升趋势, 且越来越年轻化, 高血压病已不再是老年人的“专利”。那么, 年轻的人如果患了高血压, 该怎么办呢? 让北京友谊医院药学部药师郑英明, 给我们讲讲, 如何防治青年人得高血压。				
Older people will get high blood pressure? Young people who don’ t pay attention to lifestyle will also get it! High blood pressure means that blood pressure is higher than 140/90mmHg, which is no stranger to the elderly. For young people, it seems to be too early to talk about high blood pressure. According to statistics, the prevalence of hypertension in China has a clear upward trend, and it is getting younger and younger. Hypertension is no longer a “patent” for the elderly. So what should young people do if they have high blood pressure? Let Zheng Yingming, a pharmacist at the Pharmacy Department of Beijing Friendship Hospital, tell us how to prevent young people from getting high blood pressure.				
<div>心血管健康</div> <div>Cardiovascular health</div>				
没有相关文章!				
No such articles!				
<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
1. <a href="#">骨质疏松并非老年人专利专家义诊支招预防骨质疏松</a>		来源: 金羊网	主体: 公众	态度: 提倡
<a href="#">Osteoporosis is not the old patent experts yizhen action to prevent osteoporosis</a>		来源: 金羊网	Subject: public	Attitude: advocate
通讯员王建华摄影报道: 10月20日是“世界骨质疏松日”。为了提高公众对骨质疏松症的认知并了解其带来的危害, 从而积极采取正确的行动进行防范, 深圳市中西医结合医院当天举办大型骨质疏松义诊咨询活动, 为群众提供了专家义诊、健康养生咨询、免费测定超声骨密度、中医内外治疗等项目。记者现场获悉, 传统认为骨质疏松是“老年病”, 现在却发病年轻化, 一些20多岁的年轻人却已骨质多孔甚至疏松, 这在年轻白领女性中尤为常见, 而长期久坐、缺乏运动, 饮食不科学, 过度节食减肥等正是主因。义诊现场, 我国骨质疏松学领域的开创人, 目前任深圳市中西医结合医院骨质疏松科的学术顾问刘忠厚教授等7名专家向广大市民细致地普及了骨质疏松知识, 从建立良好的生活方式、中医药防治等方面制定个体化的骨质疏松治疗方案。医护人员还现场发放骨质疏松宣传防治知识资料, 向患者提供超声骨密度、血压检查, 赠送院内制剂滋肾健骨丸, 天癸散穴位贴敷等				
Correspondent Wang Jianhua's photo report: October 20th is "World Osteoporosis Day." In order to raise public awareness of osteoporosis and understand the harm caused by it, and actively take corrective action to prevent it, Shenzhen Traditional Chinese Medicine and Western Medicine Hospital held a large-scale osteoporosis clinic consultation on the same day to provide experts with expert consultation. Health and wellness consultation, free measurement of ultrasound bone density, internal and external treatment of Chinese medicine and other projects. The reporter was informed at the scene that osteoporosis is considered to be a “geriatric disease” , but now it is younger. Some young people in their 20s are already porous and even loose. This is especially common among young white-collar women, and they are sedentary for a long time. Lack of exercise, unscientific diet, excessive diet and weight loss are the main reasons.				
<div>决心工程</div> <div>Resolve To Save Lives</div>				
没有相关文章!				
No such articles!				

# 减盐-微信

## Salt Reduction - WeChat

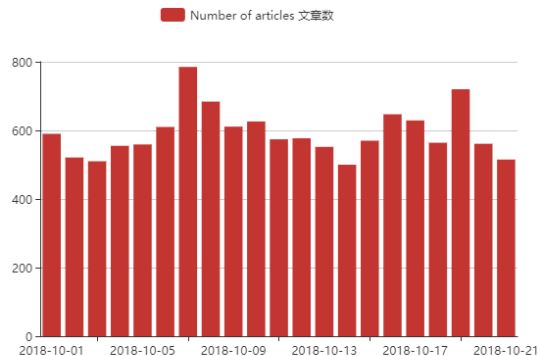
2018-10-21, 共监测到515篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 515 WeChat public articles were monitored in 2018-10-21. 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. 降压三宝、降脂三宝、降糖三宝! 治疗三高的小妙方, 中老年人需要知**  
[Middle and old people need to know the three magic weapons of blood pressure, lipid-lowering and hypoglycemic, which are small recipes for treating three highs.](#)

重复数: 4 日期: 2018-10-21  
Repeat Number: 4 Data: 2018-10-21

限定钠盐的摄入。饮食应以油腻为宜, 少吃咸食。吃盐过多, 会使血管硬化和血压降低。天天吃盐应在5克以下为宜。

Limit the intake of sodium salt. Diet should be greasy and eat less salty food. Eating too much salt can harden the blood vessels and lower blood pressure. It is advisable to eat salt below 5 grams every day.
- 2. 想要身体健康: 少吃三白, 多吃三黑!**  
[Want to be healthy: eat less three kinds of white food and eat more three kinds of black food.](#)

重复数: 4 日期: 2018-10-21  
Repeat Number: 4 Data: 2018-10-21

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.
- 3. 为何日本人寿命最长、心脏最健康?**  
[Why do Japanese people have the longest life span and the healthiest heart?](#)

重复数: 2 日期: 2018-10-21  
Repeat Number: 2 Data: 2018-10-21

日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。

As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet.
- 4. 同时患上高血压和糖尿病怎么办?**  
[What should I do if I have high blood pressure and diabetes?](#)

重复数: 2 日期: 2018-10-21  
Repeat Number: 2 Data: 2018-10-21

虽说盐可以让人增加食欲, 但是钠盐摄入过多会引起高血压。合并高血压的糖友每日食盐不能超过5克。但是我们生活中也有许多隐形盐需要注意, 比如味精、鸡精等含钠作料, 同时要坚决拒绝腌制食品, 如咸菜、腌肉等。松花蛋、海产品的含盐量也较高, 要尽量少吃。

Although salt can increase appetite, excessive intake of sodium can cause high blood pressure. Diabetic patients with high blood pressure should not consume more than 5 grams of salt per day. However, there are many invisible salts in our lives that need attention, such as MSG, chicken essence and other sodium-containing ingredients, and we must resolutely refuse pickled foods, such as pickles, cured meats, etc. The salt content of pine eggs and seafood is also high, so try to eat as little as possible.
- 5. 瓜子、味精都高盐? 当心食物中的“隐形盐”**  
[Do melon seeds and monosodium contain a large amount of salt? Beware of the "invisible salt" in food.](#)

重复数: 2 日期: 2018-10-21  
Repeat Number: 2 Data: 2018-10-21

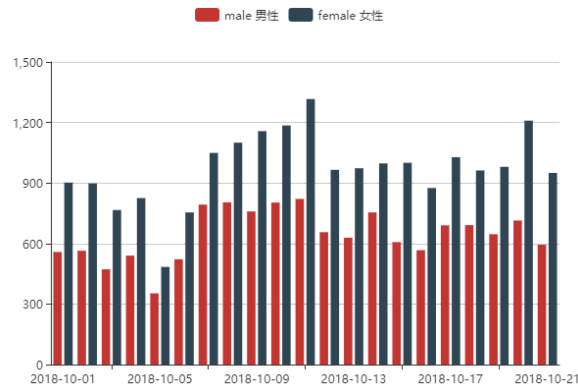
看来生活中真的有很多容易被我们忽略的高盐食物, 一不小心就会盐超标, 所以大家在购买食物的时候一定要多看包装袋的成分标签, 烹饪的时候尽量少放些调味品, 养成一个清淡饮食的习惯, 这样也会有一个健康的好身体哦!

It seems that life really has a lot of high-salt food which is easy to be ignored by us. If you are not careful, you will exceed the standard of salt. So when you buy food, you must look at the ingredient label of the package. When you cook, try to put less condiments, and form a light diet habit. So you will be healthy.

# 减盐-微博

## Salt Reduction - Weibo

2018-10-21, 共检测到1544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 1544 weibos about salt reduction monitored on 2018-10-21.  
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.



### 热门微博

#### Hot Weibos

1. 没有相关微博!  
No such weibos!

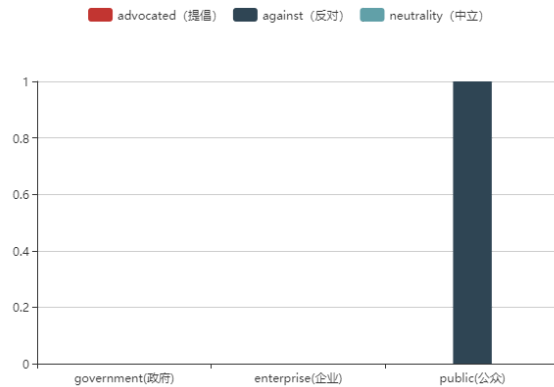
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-10-21) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-21. 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				
1. <a href="#">吃薯类五个提醒</a> <a href="#">Eat potato five reminders</a>	来源：人民网	主体：公众	态度：反对	时间： 09:29:27
	来源：人民网	Subject: public	Attitude: against	Time: 09:29:27
<p>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</p>				
<p>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.</p>				
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

2018-10-21, 共监测到221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 221 WeChat public articles were monitored in 2018-10-21. 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. 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!](#) 重复数: 5 日期: 2018-10-21  
[The six shady scenes at breakfast bakery. People should never eat this kind of bread anymore, especially children!](#) Repeat Number: 5 Data: 2018-10-21

面包工坊推出的面包中配料注明: “植物奶油”或“精致奶油”成分的, 艾叔都不建议购买。因为植物奶油中含有“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。

It is not recommended to buy the bread marked "vegetable butter" or "refined butter" in its ingredients list. Because plant butter contains "time bomb on the table" - artificial trans fatty acids. Artificial trans fatty acid vegetable butter is harmful to health, leading to obesity, increased risk of heart disease, cardiovascular and cerebrovascular diseases, Alzheimer's disease.
- [2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!](#) 重复数: 4 日期: 2018-10-21  
[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#) Repeat Number: 4 Data: 2018-10-21

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.
- [3. 吃素也要有技术含量, 吃的不对, 再素也白搭!](#) 重复数: 2 日期: 2018-10-21  
[People should eat plants scientifically. If you don't choose the right food, vegetarian food is not good for your health!](#) Repeat Number: 2 Data: 2018-10-21

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.
- [4. 超市买回来的食物, 千万看这个字! 没想到这亏吃了这么多年...](#) 重复数: 1 日期: 2018-10-21  
[Look at this word when you buy food from supermarkets! I did not expect that we have been suffering losses for so many years.](#) Repeat Number: 1 Data: 2018-10-21

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。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. In addition, the list of ingredients with hydrogenated oil, hydrogenated fat, shortening, margarine, vegetable fat and other words, containing trans fatty acids more likely, is not suitable for purchase.
- [5. 此油美国已禁止食用, 有致病风险, 我却在超市里发现有6成食品都用了它](#) 重复数: 1 日期: 2018-10-21  
[This oil has been banned in the United States and poses a risk of disease. But I found that 60% of the food in the supermarket used it.](#) Repeat Number: 1 Data: 2018-10-21

正是因为反式脂肪酸对人体可能造成的种种危害, 美国FDA (美国食品与药品管理局) 在2105年发布声明表示, 三年后, 将全面禁止在食品加工等领域使用人造反式脂肪酸。

Because of the possible harm caused by trans-fatty acids to the human body, the US Food and Drug Administration issued a statement in 2105 that three years later, the use of artificial trans-fatty acids in food processing and other fields will be completely banned.



## 反式脂肪酸-微博 Transfat - Weibo

2018-10-21, 共检测到48条与“反式脂肪酸”相关的微博。

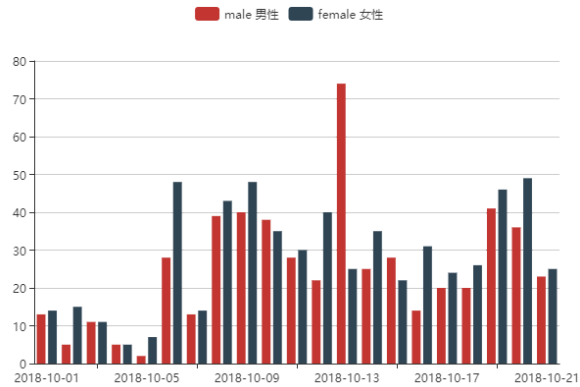
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 48 weibos about transfat reduction monitored on 2018-10-21.

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.



### 热门微博 Hot Weibos

1. 没有相关微博!  
No such weibos!