

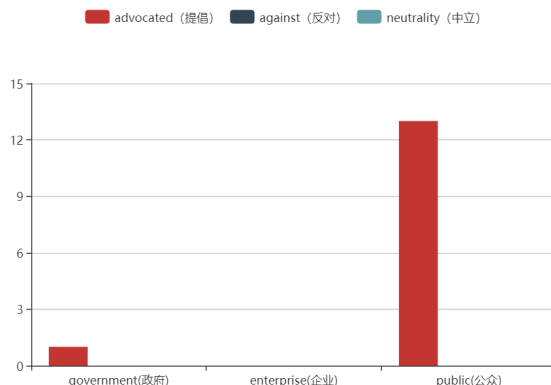
减盐-新闻

Salt Reduction - News

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山东

Shandong

食物中的钠

Sodium in food

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高血压

Hypertension

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心血管健康

Cardiovascular health

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综合健康信息

Comprehensive Health Information

1. 青岛市国民营养计划：2030年成人肥胖率下降8%	来源：信网 (新闻发布)	主体：政府	态度：提倡	时间：08:38:19
Qingdao National Nutrition Plan: Adult obesity rate decreased by 8% in 2030	Source: Telecom (News Release)	Subject: government	Attitude: advocate	Time: 08:38:19

近日，市卫生计生委组织专家起草了《关于印发青岛市国民营养计划(2018-2030年)的通知》(代拟稿)，以下简称《国民营养计划》，现对社会予以公示并征求意见。《国民营养计划》中提出，到2020年，0—6个月婴儿纯母乳喂养率达到85%以上，5岁以下儿童生长迟缓率控制在6%以下，学生肥胖率上升趋势减缓，成人肥胖率下降3%。到2030年，学生肥胖率上升趋势得到有效控制，成人肥胖率下降8%。

Recently, experts organized by the Municipal Health and Family Planning Commission drafted the Circular on the Issuance of Qingdao National Nutrition Plan (2018-2030), hereinafter referred to as the National Nutrition Plan, which is now publicized and consulted by the society. According to the National Nutrition Plan, by 2020, the exclusive breastfeeding rate of infants in 0-6 months will reach 85%, the growth retardation rate of children under 5 years old will be controlled below 6%, the rising trend of obesity rate of students will be slowed down, and the adult obesity rate will decrease by 3%. By 2030, the rising trend of obesity among students has been effectively controlled, and the adult obesity rate has dropped by 8%.

2. 焦虑心烦，6种食物抗焦虑	来源：山东新闻网	主体：公众	态度：提倡	时间：08:56:53
Anxiety, Six Foods Anti-Anxiety	Source: Shandong News Network	Subject: public	Attitude: advocate	Time: 08:56:53

现在的生活工作压力大,不少人患上了焦虑症,这也是一种心理疾病。焦虑症影响身心健康,如何才能抗焦虑呢?以下介绍了6种抗焦虑的食物。含B族维生素丰富的食品, B族维生素具有让人保持平静的作用,所以饮食中增加此类维生素可以有效减少焦虑发作机会。可以把B族维生素看做是安全的天然镇静剂,可帮助色氨酸转换为烟酸,以利神经传导,减少情绪波动。焦虑不宜吃的食物有: 盐, 机体摄入盐过多时,多余的盐会提高血压水平,并增加心脏负担。这会释放更多肾上腺素,让人更加紧张。

Nowadays, life and work are under great pressure. Many people suffer from anxiety disorder, which is also a psychological disease. Anxiety disorders affect physical and mental health. How can we fight anxiety? Here are six kinds of anti-anxiety foods. Foods rich in B vitamins, B vitamins have a calming effect, so increasing this vitamin in the diet can effectively reduce the chance of anxiety attacks. B vitamins can be regarded as a safe natural sedative, which can help tryptophan to convert to nicotinic acid, so as to facilitate nerve conduction and reduce emotional fluctuations. Anxiety should not eat food: salt, when the body ingests too much salt, excess salt will increase the level of hypertension, and increase the burden of the heart. This releases more adrenaline and makes people more nervous.

3. 面包里藏着多少盐面包为什么要加盐?	来源：新华网山东频道	主体：公众	态度：提倡	时间：15:35:39
How much salt is hidden in bread? Why salt?	Source: Xinhua Shandong Channel	Subject: public	Attitude: advocate	Time: 15:35:39

面包是大家日常早餐之一，上班族习惯面包加牛奶，或者面包配菜吃。而最近《营养学》杂志称，面包消费与墨西哥城镇居民血压升高相关，面包产品被确定为每日钠摄入量的主要来源之一。吃起来不太咸的面包，为什么会成为钠摄入主要来源呢？中国市场的面包钠含量如何呢？《生命时报》记者在北京市朝阳区一家物美超市调查看到，货架上面包种类丰富。阅读完营养成分表，记者发现，基本上面包钠含量都在300毫克以上，最低钠含量为211毫克。这些面包的钠含量算不算高呢？假如吃掉100克钠含量300毫克/100克的面包，相当于摄入762毫克盐，也就是每日推荐摄入量6克的13%。

Bread is one of everybody's daily breakfast, office workers are used to bread with milk, or bread with vegetables to eat. Bread consumption is associated with elevated blood pressure in Mexico City residents, and bread products have been identified as one of the main sources of daily sodium intake, according to a recent report in the Journal of Nutrition. Why is bread, which tastes less salty, the main source of sodium intake? What about the sodium content of bread in the Chinese market? Life Times reporter in Chaoyang District, Beijing, a Wumei supermarket survey found that there are many kinds of bread on the shelves. After reading the nutritional composition table, the reporter found that basically the sodium content of bread is more than 300 mg, and the lowest sodium content is 211 mg. Are these breads high in sodium? If you eat 100 grams of sodium 300 mg/100 grams of bread, it's equivalent to 762 mg of salt, or 13% of the recommended daily intake of 6 grams.

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Anhui

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浙江

Zhejiang

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1. 宁波持续阴雨孩子:呼吸道疾病激增老人:心血管疾病高发 Ningbo Children with Continuous Rain and Rain: Respiratory Diseases Increase in the Elderly: High Risk of Cardiovascular Diseases	来源：中国宁波网 Source: China Ningbo Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 07:53:18 Time: 07:53:18
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阴雨不断的天气已持续一个月，对广大市民的健康是一项不小的挑战。 记者昨日从市区各大医院了解到，持续的阴雨天气引发不少市民，特别是小孩子的呼吸道系统疾病高发，部分老人则因呼吸道疾病引发心衰等。 各位医生在接受采访时均表示，市民要积极应对，加强自身锻炼，提高免疫能力，同时主动调整情绪，多做自己喜欢做的事情，在阴冷的天气里努力保持一份好心情。 麻医生说，心衰病人既要注意保暖，预防感染，也要严格控制摄入的水量及盐量，避免过度劳累和精神刺激，要严格遵医嘱服药。

The continuous rainy weather has lasted for one month, which is a great challenge to the health of the general public. Reporters learned from major hospitals in the city yesterday that persistent rainy weather has caused a high incidence of respiratory diseases among many citizens, especially children, and some elderly people have heart failure caused by respiratory diseases. In an interview, doctors said that citizens should actively respond, strengthen their own exercise, improve immunity, and actively adjust their mood, do more things they like to do, and strive to maintain a good mood in the cold weather. Doctor Ma said that patients with heart failure should not only keep warm and prevent infection, but also strictly control the intake of water and salt, avoid excessive fatigue and mental stimulation, and take medicine strictly in accordance with doctor's advice.

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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 低钠盐被指是“送命盐” 专家这样解读	来源：多维新闻网	主体：公众	态度：提倡	时间：14:39:04
Low sodium salt is referred to as "life-giving salt" experts interpret this way.	Source: Multidimensional News Network	Subject: public	Attitude: advocate	Time: 14:39:04

盐作为五味之首，是日常饮食中不可或缺的重要调味品。但食盐过多是导致高血压高发的重要原因之一。因此，世界卫生组织推荐，健康成年人每天盐的摄入量不宜超过6克。其实限制盐摄入量的主要目的，就是为了限制钠的摄入，因此，低钠盐应运而生。 注意，有肾脏病的人不建议食用高钾低钠盐。低钠盐是以碘盐为原料，再添加一定量的氯化钾和硫酸镁，从而改善体内钠、钾、镁的平衡状态，预防高血压。

Salt, as the first of five flavors, is an indispensable and important condiment in daily diet. However, excessive salt is one of the important reasons for the high incidence of hypertension. Therefore, the World Health Organization recommends that healthy adults should not consume more than 6 grams of salt per day. In fact, the main purpose of limiting salt intake is to limit sodium intake, so low sodium salt came into being. Note that people with kidney disease are not advised to eat high potassium and low sodium salt. Low sodium salt is iodized salt as raw material, adding a certain amount of potassium chloride and magnesium sulfate, so as to improve the balance of sodium, potassium and magnesium in the body and prevent hypertension.

高血压 Hypertension				
1. 高血压老人冬季防范要则 Essential precautions for the elderly with hypertension in winter	来源：新华网 Source: Xinhua net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 05:41:57 Time: 05:41:57

进入农历腊月，高血压老人如何在日常生活中防范心脑血管并发症安全过冬呢？ 在此提出一系列防范要则—— 保暖防寒：冬季室内外温差加剧，待在室内的时间会较多，因此室内温度应当调高，安全使用取暖设施。能够活动的老人如果久坐不动或干脆窝在床上，容易发生血液循环不畅甚至形成血栓；如外出则需要戴好帽子围好围巾，穿得更暖和些，减少寒冷刺激导致心脑血管并发症。极端寒冷的天气减少外出或选择日照充足气温回升的时段外出，包括晨练的时间也应该因时调整。

Entering the lunar month, how to prevent cardiovascular and cerebrovascular complications in daily life for the elderly with hypertension? In this paper, a series of precautions are put forward, namely, keeping warm and preventing cold: in winter, the temperature difference between indoor and outdoor increases, and the time spent indoors will be more. Therefore, the indoor temperature should be raised appropriately and the heating facilities should be used safely. If the elderly who can move for a long time or simply nest in bed, they are prone to poor blood circulation and even thrombosis; if they go out, they need to wear a good hat and scarf, wear warmer, reduce the complications of cardiovascular and cerebrovascular caused by cold stimulation. Extremely cold weather reduces going out or chooses the time when sunshine is plentiful and temperature is rising. The time of morning exercise should also be adjusted according to time.

2. 螺旋藻的消化产物可以促进血管舒张，降低血压 Spirulina digestive products can promote vasodilation and reduce blood pressure	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 04:53:17 Time: 04:53:17
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去体检时，血压几乎是必测项目。长期高血压是冠状动脉疾病、中风、心力衰竭、房颤、周围血管疾病、视力下降、慢性肾病和痴呆的主要危险因素。而就在2018年年初，北京阜外医院团队在全国开展的45万人抽样调查显示，全国范围内的高血压患者已经多达2.44亿人。如果按照美国心脏协会（AHA）和美国心脏病学学会（ACC）在2017年公布的新版高血压临床指南，那么我国成年人中高血压患者已经超过5亿。 所幸，最近一项研究为我们带来了好消息。意大利科学家Carmine Vecchione带领的团队揭示了一种日渐风靡的“超级食品”——螺旋藻降血压的分子机制，起到降血压的作用。

When you go for a physical examination, blood pressure is almost a test item. Long-term hypertension is a major risk factor for coronary artery disease, stroke, heart failure, atrial fibrillation, peripheral vascular disease, visual impairment, chronic kidney disease and dementia. At the beginning of 2018, a sample survey of 450,000 people carried out by the Fuwai Hospital Team in Beijing showed that 244 million people suffered from hypertension nationwide. According to the new clinical guidelines for hypertension published by the American Heart Association (AHA) and the American Heart Association (ACC) in 2017, the number of adults with hypertension in China has exceeded 500 million. Fortunately, a recent study has brought us good news. A team led by Italian scientist Carmine Vecchione has revealed the molecular mechanism by which Spirulina lowers blood pressure, an increasingly popular "superfood".

心血管健康 Cardiovascular health
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1. 月经期可以减肥吗这几天坚持3件事 Can Menstruation Lose Weight?	来源：pclady.com.cn Source: Pclady.com.cn	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 01:48:11 Time: 01:48:11

在月经这几天坚持3件事，脂肪可能“溜走”！第一件事。 月经期间要做好保暖工作，月经才会减少疼痛，月经期不会紊乱，使月经正常的排出体外。将体内的垃圾排除干净。在月经期间可以用暖水袋，何时亮的姜糖水，不要触碰凉的东西，也不要吃辛辣凉刺激的食物。 第二件事。 月经期间要适量的运动，很多人害怕一活动就将月经量增多，其实在月经，前两天之后是可以，适当的运动的，这时运动可以加速肠道蠕动。尤其是在月经走后的七天里，这时运动时，还能将体内多余的脂肪代谢出体外。

In these days of menstruation adhere to three things, fat may "slip away"! First thing. During menstruation to do a good job in keeping warm, menstruation will reduce pain, menstruation will not be disordered, so that the normal discharge of menstruation outside the body. Clean up the garbage in your body. During menstruation, you can use warm water bags, when to light ginger syrup, don't touch cold things, and don't eat spicy and cool stimulating food. The second thing. During menstruation, a lot of people are afraid of increasing menstruation as soon as they move. In fact, during menstruation, after the first two days, they can exercise properly. At this time, exercise can accelerate intestinal peristalsis. Especially in the seven days after menstruation, when exercising, the body can also metabolize excess fat out of the body.

2. 不吃盐能减肥？有关吃盐的学问哪个是对的？	来源：新浪网	主体：公众	态度：提倡	时间： 09:02:10
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不吃盐能减肥？低盐饮食就是犯罪？“盐论”很多，如何分辨？营养专家解读到底如何吃盐。中国疾病预防控制中心营养与健康所副研究员徐维盛告诉记者，其实，不吃食盐，不代表不摄入钠，因为钠在食物中天然存在。并且目前很多预包装食品（有固定包装且体积和重量都固定化的食品）都属于高盐（钠）食品。减肥核心不在于吃不吃盐，而应是以7天为一周期，以饮食和运动为两大要点。减肥饮食的核心原则是低能量，低于每日人体能量消耗量，产生能量“负平衡”。

Can you lose weight without salt? Is a low-salt diet a crime? There are many salt theories. How to distinguish them? Nutrition experts explain exactly how to eat salt. Xu Weisheng, an associate researcher at the Institute of Nutrition and Health, China Center for Disease Control and Prevention, told reporters that in fact, not eating salt does not mean not taking sodium, because sodium naturally exists in food. At present, many pre-packaged foods (food with fixed packaging and immobilized volume and weight) belong to high salt (sodium) food. The core of weight loss is not to eat no salt, but to 7 days as a cycle, with diet and exercise as the two main points. The core principle of weight loss diet is low energy, lower than the daily human energy consumption, resulting in energy "negative balance".

3. [关注全民营养健康2018年度“营养大事件”发布](#)

来源：中国新闻网

主体：公众

态度：提倡

时间：12:22:19
- [Focusing on the National Nutrition and Health Issue of "Nutrition Event" in 2018](#)

Source: China News Network

Subject: public

Attitude: advocate

Time: 12:22:19

近日，“健康中国2018年度营养大事件回顾媒体高层研讨会”在北京召开。会议由中国营养学会主办，达能营养中心支持。现场的专家学者与媒体代表，通过热烈的现场讨论，结合媒体的视角和专家学者的专业知识，最终评选出“2018年度营养大事件”，其中涵盖国家政策、学界要事和百姓关注等关系营养健康的重大新闻及事件。《中国食品工业减盐指南》发布，首次提出了各类食品分阶段减盐目标 减盐行动已经成为全球控制慢性疾病的共识，我国首次提出食品工业减盐策略。

Recently, "Healthy China 2018 Annual Nutrition Event Review Media High-level Seminar" was held in Beijing. The conference was sponsored by the Chinese Society of Nutrition and supported by Danone Nutrition Center. Through heated on-site discussions, combined with media perspective and professional knowledge of experts and scholars, experts and representatives of the media on-site finally selected the "nutrition event of 2018", which covers major news and events related to nutrition and health, such as national policies, important issues in academia and concerns of the people. The "Guidelines for Salt Reduction in China's Food Industry" has been issued. It is the first time that the action of reducing salt by stages has become a global consensus to control chronic diseases. China has put forward the strategy of reducing salt in food industry for the first time.

4. [美团大数据:常州人喜甜嗜辣, 全年有49573单备注加辣](#)

来源：中国常州网

主体：公众

态度：提倡

时间：12:25:43
- [Big data of American League: Changzhou people like sweet and spicy food. There are 49573 single notes for spicy food in the whole year.](#)

Source: China Changzhou Network

Subject: public

Attitude: advocate

Time: 12:25:43

“民以食为天”，“药补不如食补”，“病从口入”……中国人对健康的概念始终和“吃”脱不开干系。吃的问题映射出我们这个时代诸多社会问题，许多人不是被疾病打败，而是受困于无知，受累于不健康的生活方式。据中国健康传媒集团健康大数据中心、舆情中心的监测数据显示：养生、外卖、减肥位列2018年十大热点前五位。为此，本报记者联系了四位本地专家来讲讲，这三个和吃有关的热点问题，为您解答吃的正确姿态。

"Food is the God of the people", "medicine is better than food", "illness comes from the mouth"... Chinese people's concept of health has always been closely related to "eating". The problem of eating reflects many social problems of our time. Many people are not defeated by disease, but are trapped in ignorance and unhealthy lifestyle. According to the monitoring data of Health Data Center and Public Opinion Center of China Health Media Group, health preservation, takeout and weight loss rank among the top five hot spots in 2018. To this end, our reporter contacted four local experts to talk about the three hot issues related to eating, to interpret the correct attitude of eating for you.

5. [世锦赛·冠军总决赛备赛健身器材全解读](#)

来源：搜狐

主体：公众

态度：提倡

时间：14:27:15
- [Interpretation of Fitness Equipment for World Championship and Championship Finals](#)

Source: Sohu

Subject: public

Attitude: advocate

Time: 14:27:15

刚落幕的“舒华杯”2018年CBBA全国健美健身冠军总决赛(以下简称“冠军总决赛”)上,来自全国各地的优秀健美健身运动员,为国内外热爱这项运动的观众们奉献了一次国家级的较量,也向全社会展示了国内最好身材、最完美肌肉。冠军总决赛的舞台上人才济济,当然也少不了精良的备赛装备和完善服务。从运动员入住的酒店、到比赛场馆的热身区,全程都有来自舒华的专业器材与服务助力。对于健美健身运动员们而言,备赛训练要求都极为严格苛刻,不仅在饮食上要控水、控糖、控油、控盐,还要经历一系列严酷的备赛训练,专业的健身器材和相关设备自然必不可少。

The newly concluded "Shuhua Cup" CBBA National Fitness Championship Final in 2018 (hereinafter referred to as the "Championship Final"), excellent bodybuilders from all over the country, dedicated a national contest for the audience who love this sport at home and abroad, also showed the best body shape and the most perfect muscle to the whole society. The stage of the championship finals is full of talented people, of course, there is no lack of excellent preparatory equipment and perfect service. From the hotel where the athletes live to the warm-up area of the competition venues, there are professional equipment and service assistance from Shuhua. For bodybuilders, the requirements of preparation training are extremely stringent. They not only need to control water, sugar, oil and salt in their diet, but also undergo a series of rigorous preparation training. Professional fitness equipment and related equipment are naturally indispensable.

6. [宁强通过国家慢性病综合防控示范区复审为全市唯一](#)

来源：西部网

主体：公众

态度：提倡

时间：17:28:00
- [Ningqiang is the only one in Ningqiang through the review of the National Demonstration Area for Comprehensive Prevention and Control of Chronic Diseases](#)

Source: Western Network

Subject: public

Attitude: advocate

Time: 17:28:00

日前，国家卫生健康委员会办公厅公布了2018年度国家慢性病综合防控示范区复审结果，宁强县被重新确认为国家慢性病综合防控示范区，是全市唯一通过复审的县区。自2012年成功创建为“第二批国家慢性病综合防控示范区”后，宁强县将慢病综合防控与脱贫攻坚、医药卫生体制改革相结合，多举措巩固创建成果，群众健康水平稳步提升。宁强县坚持把慢病综合防控作为改善民生、深化医改、共享健康的重要内容，成立了以县长为组长、分管副县长为副组长，县政府办、卫计、财政等部门为成员的慢病综合防控领导小组，下设办公室，负责防控工作的统筹协调。

Recently, the General Office of the National Health Commission announced the results of the review of the National Demonstration Area for Comprehensive Prevention and Control of Chronic Diseases in 2018. Ningqiang County was reconfirmed as the National Demonstration Area for Comprehensive Prevention and Control of Chronic Diseases, which is the only county in the city that has passed the review. Since the successful establishment of "the second batch of national demonstration zones for comprehensive prevention and control of chronic diseases" in 2012, Ningqiang County has combined the comprehensive prevention and control of chronic diseases with poverty alleviation and the reform of medical and health system, taken various measures to consolidate the achievements and steadily improve the health level of the masses. Ningqiang County insists on the comprehensive prevention and control of chronic diseases as an important part of improving people's livelihood, deepening medical reform and sharing health. It has established a leading group of comprehensive prevention and control of chronic diseases, with the county head as the group leader, the deputy county head in charge as the Deputy Group leader, and the county government office, health planning and finance departments as members. It has an office under it, which is responsible for overall coordination of prevention and control work.

7. [正在长身体的孩子哪些营养必不可少？](#)

来源：新浪网

主体：公众

态度：提倡

时间：21:31:58
- [What nutrition is essential for growing children?](#)

Source: Sina network

Subject: public

Attitude: advocate

Time: 21:31:58

人体需要的营养素主要有五大类，即蛋白质、脂类、碳水化合物、矿物质和维生素，任何营养素都不可或缺。然而，对于正在长身体的孩子，很多家长都很关心该补充哪些营养？如何吃才更健康。南方医科大学南方医院营养科主管营养师许会舒为你支招。补钙长高，要注意多种营养素的摄取。许会舒指出，正在长身体阶段的孩子，蛋白质、铁、锌、钙、维生素B1、维生素B2等的需求量较成年人高，很多家长为了孩子能长高，会加大营养的补充，许会舒对此指出，身高主要取决于遗传因素，但合理运动、充足营养也可以让孩子及时跟上生长高峰。

There are five main types of nutrients needed by the human body, namely protein, lipids, carbohydrates, minerals and vitamins. Any nutrient is indispensable. However, for growing children, many parents are very concerned about what kind of nutrition to supplement? How to eat is healthier. Xu Huishu, a nutritionist in charge of Nutrition Department of Nanfang Hospital, Southern Medical University, is recruiting for you. Calcium supplement is long and high, we should pay attention to the intake of various nutrients. Xu Huishu pointed out that the demand for protein, iron, zinc, calcium, vitamin B1 and vitamin B2 in growing children is higher than that of adults. Many parents will increase nutritional supplements for their children to grow up. Xu Huishu pointed out that height mainly depends on genetic factors, but reasonable exercise and adequate nutrition can also keep children up with the growth peak in time.

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-01-08, 共监测到542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 542 WeChat public articles were monitored in 2019-01-08. This page shows the top five articles by repeat number today.

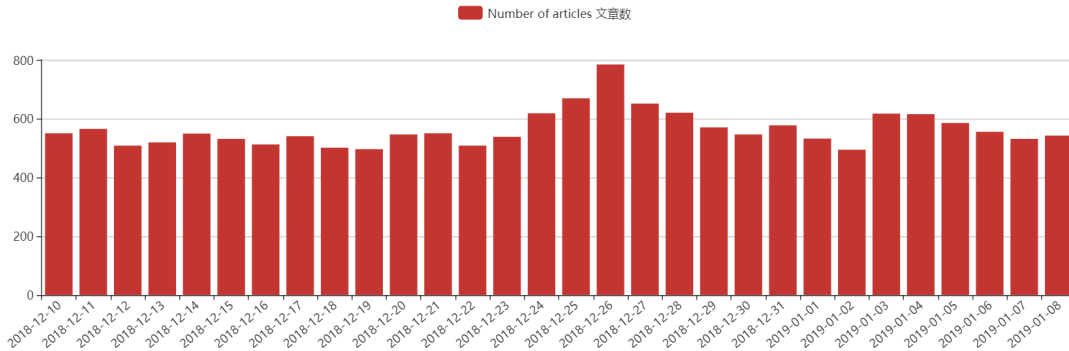
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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】吃盐5大“雷区”，你中招了吗？](#)

重复数: 6

日期: 2019-01-08

[Do you enter the five "forbidden areas" of eating salt?](#)

Repeat Number: 6

Data: 2019-01-08

“减盐”核心信息 1 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。2 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岁以上老年人不超过5克。

Core information of "salt reduction" 1 Understanding the dangers of high-salt diets Excessive intake of salt can increase blood pressure and increase the risk of diseases such as stomach diseases, 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 to 3 years, no more than 3 grams for children aged 4 to 6 years, 7 to 10 years old. Children do not exceed 4 grams. Older people over 65 years old do not exceed 5 grams.

2. [日本医疗再次被评为全球第一, 中国位居第二](#)

重复数: 3

日期: 2019-01-08

[Japan's medical service is once again ranked the first in the world, and China...](#)

Repeat Number: 3

Data: 2019-01-08

日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院心内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。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。

The Japanese eat very little salt, and the daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear, it can cause cardiac hypertrophy and atherosclerosis. 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.

3. [七个妙招教你减盐](#)

重复数: 2

日期: 2019-01-08

[Seven tips for reducing salt](#)

Repeat Number: 2

Data: 2019-01-08

自英国实行减盐规划以来, WHO数据显示, 人口平均盐摄入量从每日9.5克减少到每日约8.1克, 估计预防了9000多例过早死亡, 并每年节省15英镑的卫生保健费用和其他费用。国疾病预防控制中心营养所的研究员何丽提出, 日常生活中改变烹饪方法, 减少用盐量, 少用含盐高的调料。比如说用胡椒、大料、花椒、咖喱、辣椒、蘑菇、陈皮可以产生别的宜人风味, 但是不需要那么多盐。少吃或不吃含盐多的食品。减少咸肉、腊肉、咸鱼、咸菜和罐头等腌制品。

Since the implementation of the salt reduction plan in the UK, WHO data shows that the average salt intake of the population has decreased from 9.5 grams per day to about 8.1 grams per day. It is estimated that more than 9,000 premature deaths have been prevented and £15 in health care costs and other costs have been saved. He Li, a researcher at the National Center for Disease Control and Prevention's Nutrition Institute, proposed changing cooking methods in daily life, reducing the amount of salt used, and using less salty seasonings. For example, pepper, aniseed, pepper, curry, pepper, mushroom, dried tangerine peel can produce other pleasant flavors, but do not need so much salt. People should eat less or not eat more salty foods. Reduce the consumption of salted meat, bacon, salted fish, pickles and canned foods.

4. [18张癌症人体地图, 揭秘致癌真相](#)

重复数: 2

日期: 2019-01-08

[Eighteen human maps of cancer, revealing the truth of carcinogenesis...](#)

Repeat Number: 2

Data: 2019-01-08

盐摄入量超标可导致胃癌。相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。

Excessive salt intake can lead to gastric cancer. According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the required amount. standard. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.

5. [不吃盐能减肥? 有关吃盐的学问哪个是对的?](#)

重复数: 2

日期: 2019-01-08

[Can you lose weight without salt? Which is right about salt?](#)

Repeat Number: 2

Data: 2019-01-08

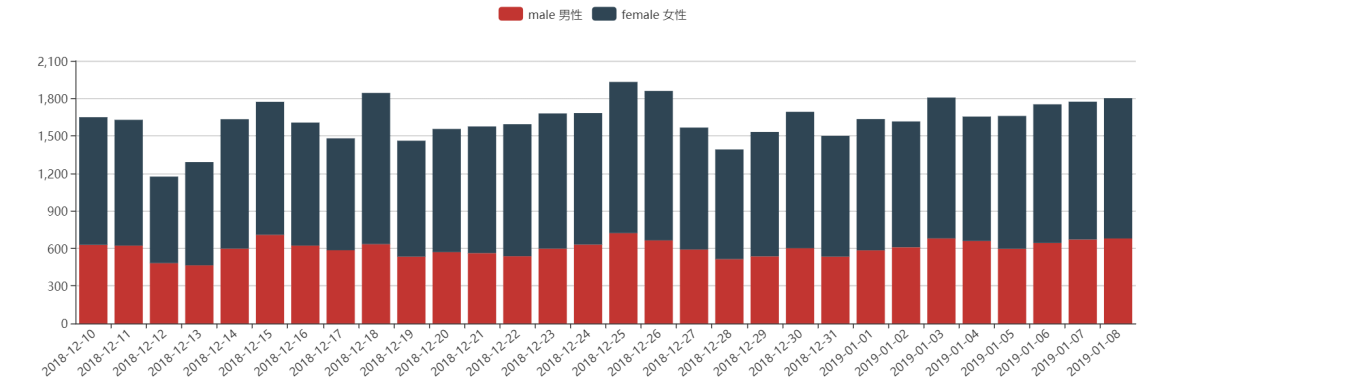
正是基于摄入过多盐会导致高血压、心脑血管等多种慢性病, 目前减盐行动已经成为全球控制慢性疾病的共识。2013年, 世界卫生大会正式将“到2025年将盐摄入量相对降低30%”作为预防控制非传染性疾病的9个自愿性全球目标之一。2017年7月, 我国国务院办公厅印发《国民营养计划(2017-2030年)》, 提出到2030年, 实现全国人均每日食盐摄入量降低20%的目标。

Excessive salt intake can lead to a variety of chronic diseases such as high blood pressure, cardiovascular and cerebrovascular diseases. The current salt reduction initiative has become the global consensus on controlling chronic diseases. In 2013, the World Health Assembly officially stated that "the salt intake will be reduced by 30% by 2025" as one of the nine voluntary global targets for the prevention and control of noncommunicable diseases. In July 2017, the General Office of the State Council issued the National Nutrition Plan (2017-2030), proposing to achieve a 20% reduction in per capita daily salt intake by 2030.

减盐-微博

Salt Reduction - Weibo

2019-01-08, 共检测到1801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 1801 weibos about salt reduction monitored on 2019-01-08.
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

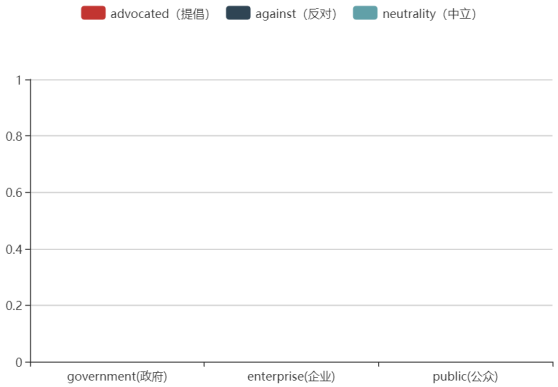
1. 没有相关微博!

No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-08) 共监测到0条资讯。请点击标题查看原文。
There are 0 articles monitored today 2019-01-08. 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

2019-01-08, 共监测到315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 315 WeChat public articles were monitored in 2019-01-08. 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. 每年致死50万人, 已被世卫组织呼吁停用! 就藏在我们每天吃的食物里...

重复数: 13

日期: 2019-01-08

[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

Repeat Number: 13

Data: 2019-01-08

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人不少的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

2. 一口它=七口油, 伤心又损脑

重复数: 12

日期: 2019-01-08

[Eating one bite of it equals to eating seven bites of oil and it is harmful to heart and brain.](#)

Repeat Number: 12

Data: 2019-01-08

反式脂肪又称反式脂肪酸, 是一大类含有反式双键的脂肪酸的简称。它分为两类: 第一类: 是天然反式脂肪。主要存在于牛羊油和牛奶等奶制品中。这类天然的反式脂肪对人体没什么害处, 但仍要注意控制用量。世界卫生组织倡议每天的热量摄入中来自反式脂肪的热量不应超过1%, 以降低患心血管疾病的风险。 第二类: 是人造反式脂肪。主要来源于处理不完全的氢化植物油, 一般在油脂的加工烹调中产生。

Trans fats, also known as trans fatty acids, are short for a large group of fatty acids containing trans double bonds. It can be divided into two categories: the first is natural trans fats. It mainly exists in dairy products such as beef, mutton and milk. This kind of natural trans fat is harmless to human body, but we should pay attention to the dosage control. The World Health Organization (WHO) advocates that trans fats should not exceed 1% of daily calorie intake in order to reduce the risk of cardiovascular disease. The second category: artificial trans fats. The main source is incomplete hydrogenated vegetable oils, which are generally produced in the cooking of oils and fats.

3. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 3

日期: 2019-01-08

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

Repeat Number: 3

Data: 2019-01-08

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.

4. 别让宝宝泡在糖水里, 孕妇记住这8点, 让你轻松降血糖!

重复数: 3

日期: 2019-01-08

[Don't let your baby soak in sugar water. Pregnant women remember these 8 points to reduce your blood sugar!](#)

Repeat Number: 3

Data: 2019-01-08

认识“隐性脂肪”和反式脂肪酸含量高的食物, 避免过量摄入。鱼油、牛奶等中存在“隐性脂肪”常常被忽略, 应将这部分能量计算在总热量中, 而像一些起酥油、人造黄油或奶油等制作的饼干、糕点中反式脂肪酸较高, 要尽量避免摄入。

Know "hidden fat" and foods with high levels of trans fatty acids. The "hidden fat" present in fish oil, milk, etc. is often overlooked and should be calculated in total calories. Try to avoid eating biscuits and pastries made with shortening, margarine or cream, which have higher trans fatty acids.

5. 全是干货, 羡慕别人吃不胖, 这些东西一定要掌握!

重复数: 3

日期: 2019-01-08

[If you envy others who are not fat, these things must be mastered!](#)

Repeat Number: 3

Data: 2019-01-08

事实上, 食物影响的不仅仅是我们的身材, 更和整体健康状态息息相关。比如说, 摄入热量过剩会导致肥胖; 钠(食盐)摄入过多会显著增加高血压风险; 脂肪的摄入, 特别是反式脂肪的摄入, 和心血管疾病相关.....

In fact, food affects not only our body shape, but also our overall health. For example, excessive calorie intake can lead to obesity; excessive sodium (salt) intake can significantly increase the risk of hypertension; fat intake, especially trans fat intake, is associated with cardiovascular disease...

反式脂肪酸-微博 Transfat - Weibo

2019-01-08, 共检测到65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。

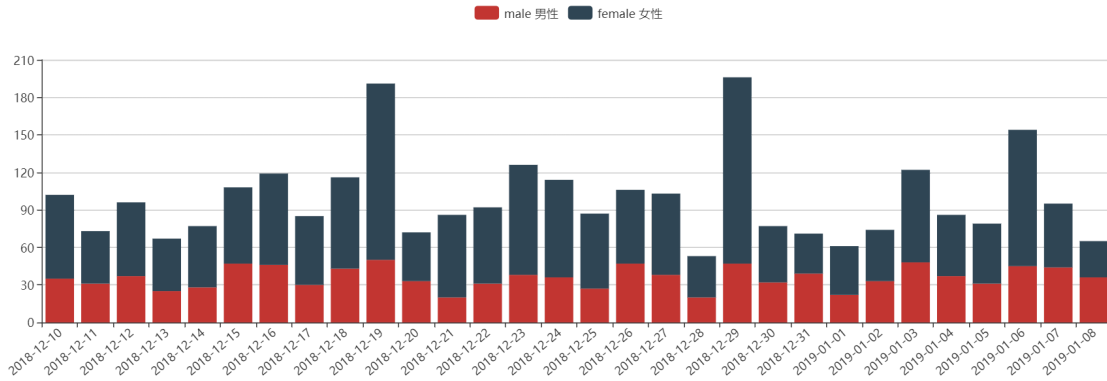
There are 65 weibos about transfat reduction monitored on 2019-01-08.

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!