

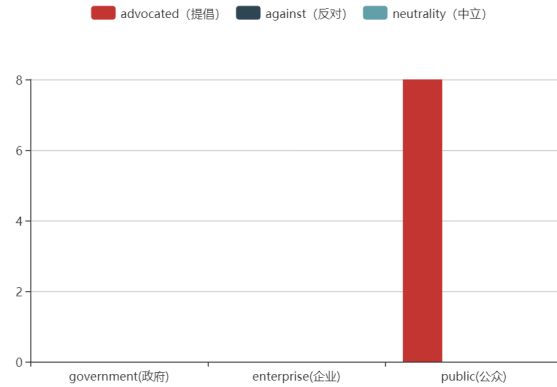
减盐-新闻

Salt Reduction - News

今日 (2019-02-08) 共监测到8条资讯。请点击标题查看原文。

There are 8 articles monitored today 2019-02-08. 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!

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!

安徽
Anhui

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!
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No such articles!
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!
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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
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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!
高血压 Hypertension

1. [油炸腌渍过年餐桌少不了，今年来点健康新“做”派!](#)
[Fried and pickled Chinese New Year dinner table is indispensable, this year to order a healthy new "do" pie!](#)

来源：新浪网
Source: Sina network

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 01:49:54
Time: 01:49:54

虽然各地过春节的习俗有差异，但“吃”必然都是重要项目。在全国的春节美食中，都少不了油炸和腌渍食品。油炸食品的高温制作可能会破坏食物营养成分，容易导致人体能量过剩，而腌渍食品也存在高糖高风险，但过年嘛，总得吃点。既然年年都得吃，今年不如这么吃!

Although the custom of celebrating Spring Festival varies from place to place, eating must be an important item. Fried and pickled foods are indispensable to the national delicacies during the Spring Festival. The high temperature of fried food may destroy the nutritional ingredients of food and easily lead to excess energy of human body, while pickled food also has the risk of high sugar and salt, but in the New Year, we must eat some. Since we have to eat it every year, we might as well eat it this year.				
2. 健康过春节 春节的健康生活方式，请注意查收！ Healthy Spring Festival Healthy lifestyle of Spring Festival, please pay attention to check!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 05:27:05 Time: 05:27:05
春节是人们放松心情，走亲访友的好日子，亲戚朋友免不了要聚在一起吃吃喝喝。可是，对于患有高血压、糖尿病、心脏病、痛风等慢性病的患者来说，春节期间如果不注意控制饮食和作息，病情可能会加重。那么，这些慢性病患者在春节期间要如何做呢？ 高血压患者：春节期间宴请较多，往往是吃饭少、吃菜多，容易摄入更多的盐分。因此，高血压患者要比平日更注意饮食清淡，多吃粗粮、杂粮、新鲜蔬菜、水果、豆制品以及鱼等食物，少吃动物油脂、油腻食品以及辣椒等刺激性食物，少喝咖啡、浓茶，不饮酒，同时要避免吃得过饱。				
Spring Festival is a good day for people to relax and visit relatives and friends. Relatives and friends inevitably have to get together to eat, drink and eat. However, for patients with chronic diseases such as hypertension, diabetes, heart disease, gout and so on, if they do not pay attention to diet and rest during the Spring Festival, their condition may be aggravated. So, what should these chronic patients do during the Spring Festival? Hypertensive patients: During the Spring Festival, fewer meals, more vegetables and more salt are often eaten. Therefore, hypertension patients should pay more attention to light diet than usual, eat more coarse grains, miscellaneous grains, fresh vegetables, fruits, soybean products and fish, eat less animal fat, greasy food and pepper and other stimulating foods, drink less coffee, strong tea, do not drink alcohol, and avoid overeating.				
3. 补好心脏，血压下来！假期控血压做足这4点才算合格！ Heart repair, blood pressure down! Holiday blood pressure control to do enough of these four points is qualified!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:04:32 Time: 11:04:32
李先生患高血压20余年，5年前四肢活动不利落，入院诊断为脑梗。当时医生认为，脑梗是长期高血压引起的，经过相应治疗他基本康复了。但去年年底，因“言语不利伴右上肢无力”，他又来了医院，原来是脑梗再次发作，且出现了失语症状，患者和家属非常痛苦。 为何会再次发生脑梗？住院后，经过心脏彩超检查发现，李先生患有先天性心脏病（简称“先心病”）——室间隔缺损及卵圆孔未闭。				
Mr. Li suffered from hypertension for more than 20 years. Five years ago, he was not able to move his limbs. He was admitted to hospital and diagnosed as cerebral infarction. At that time, doctors believed that the cerebral infarction was caused by long-term hypertension, after the corresponding treatment, he basically recovered. But at the end of last year, he came to the hospital again because of "speech disadvantage accompanied by weakness of the right upper limb". It turned out that cerebral infarction had recurred and aphasia appeared. The patients and their families were very painful. Why does cerebral infarction occur again? After hospitalization, he was found to have congenital heart disease (hereinafter referred to as "congenital heart disease") - ventricular septal defect and patent foramen ovale by color Doppler echocardiography.				
<div>心血管健康 Cardiovascular health</div>				
1. 心内科医生忠告：心梗的真凶和帮凶找到了，要远离这2个生活习惯 Cardiologist's advice: The real culprit and accomplice of myocardial infarction have been found, and we should stay away from these two habits.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 00:27:24 Time: 00:27:24
心内科医生忠告：心梗的真凶和帮凶找到了，要远离这2个生活习惯。除夕清晨胡先生突发心梗。2019年2月4日，除夕早上6点，39岁胡先生因为突发胸闷胸痛从睡梦中惊醒，疼痛呈压榨样，位于胸口正中位置，仿佛有一块大石头压在胸口，没有恶心呕吐，没有头晕头痛，没有呼吸困难。胡先生平时应酬很多，每天大鱼大肉，还抽烟饮酒，每天抽烟2包，白酒2两。医生给胡先生诊断：急性心肌梗死；高血脂症。医生安排胡先生住院心内科治疗。				
Cardiologist's advice: The real culprit and accomplice of myocardial infarction have been found, and we should keep away from these two habits. On the morning of New Year's Eve, Mr. Hu had a sudden myocardial infarction. On February 4, 2019, at 6:00 a.m. on New Year's Eve, Mr. Hu, 39, woke up from his sleep with sudden chest tightness and chest pain. The pain was pressing like a big stone in the middle of his chest. It seemed that there was no nausea, vomiting, dizziness, headache and difficulty in breathing. Mr. Hu usually receives a lot of money. He also smokes and drinks alcohol every day. He smokes two packs of cigarettes and two packs of liquor every day. The doctor gave Mr. Hu a diagnosis: acute myocardial infarction; hyperlipidemia. The doctor arranged for Mr. Hu to be hospitalized in the Department of cardiology.				
<div>综合健康信息 Comprehensive Health Information</div>				
1. 春节假期，这份“健康秘笈”请收好！ During the Spring Festival holidays, please keep this "Health Secret"!	来源：华龙网 Source: Hualong net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 06:47:52 Time: 06:47:52
春节是阖家团圆、普天同庆的日子，也是走亲访友、大开荤饮的时候，很多人的饮食、作息自动切换成“过节模式”，亲友欢聚多了，吃喝玩乐停不了，这对于我们的身体也是一个大考验！为了健康，春节期间的饮食要注意哪些呢？小编给您带来了“健康秘笈”，一起来看看。				
The Spring Festival is a time for family reunion and celebration. It is also a time for visiting relatives and friends and enjoying meat and drink. Many people's diet and work and rest are automatically switched to "festival mode". Families and friends gather too much to stop eating, drinking and having fun. This is also a big test for our bodies. For health, what should we pay attention to during the Spring Festival? Xiaobian has brought you the "Health Secret". Let's take a look.				
2. 每逢佳节胖三斤这个“魔咒”怎么破？ How do you break the magic spell of gaining three kilograms every festival?	来源：新华网河北频道 Source: Xinhua Hebei Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 03:51:30 Time: 03:51:30
家人团聚、亲友聚餐、同学聚会，春节进入吃吃喝喝的模式。美食虽好，健康更重要。假日里体重增加、血脂血糖升高者比比皆是。如何才能享受盛宴的同时保持健康？如何才能“只吃不胖”身材不走样呢？这份“秘籍”请收好。坚果好吃别过量。优选原味、无添加。坚果含有多种不饱和脂肪酸、矿物质、维生素E和B族，推荐每天摄入10克左右为宜。最好选用原味，无额外添加盐、糖和油脂的坚果。				
Family reunion, family reunion, friends reunion, classmates reunion, Spring Festival into the mode of eating, drinking and drinking. Good food, health is more important. During the holidays, people who gain weight and have elevated blood lipids and blood sugar are everywhere. How can we keep healthy while enjoying the feast? How can we "only eat not fat" figure not out of shape? Please keep this secret book. Don't overeat nuts. Optimize the original flavor without adding. Nuts contain a variety of unsaturated fatty acids, minerals, vitamin E and B. It is recommended to take about 10 grams a day. It's best to choose the original flavor without extra salt, sugar and fat.				
3. 咸鱼腊肉配洋葱芹菜 Salted fish and bacon with onion and celery	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:06:52 Time: 11:06:52
在不少地方，咸鱼腊肉一直被视为年味的象征，招待亲朋好友也会来上一盘。但近些年，有关咸鱼腊肉致癌的新闻让很多人开始担心，这些食物到底还能不能吃。做到以下几点，就能放心吃。烹调前煮一煮。这样做可减少盐分摄入，亚硝酸盐会溶解在水中，避免与胺类物质结合生成致癌物。而且，咸鱼腊肉大都是家里纯手工制作的，很难符合卫生标准，水煮刚好可以利用高温杀死致病菌。				
In many places, salted fish and bacon have always been regarded as a symbol of the year's flavor, and friends and relatives will be invited to a plate. But in recent years, news about the carcinogenicity of salted fish and bacon has caused many people to worry about whether these foods can still be eaten. Do the following, you can eat at ease. Boil before cooking. This reduces salt intake, and nitrite dissolves in water, avoiding the combination with amines to form carcinogens. Moreover, salted fish and bacon are mostly hand-made at home, which is difficult to meet the hygienic standards. Water boiling can kill pathogenic bacteria by high temperature.				
4. 假期担心患上“美食综合征” 这样吃才健康！ Holiday worries about "gourmet syndrome" to eat healthy!	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： 14:07:58 Time: 14:07:58
春节假期，亲朋好友相聚，很多人的饮食作息启动“假期模式”，开始变得不规律，美酒佳肴、暴饮暴食都成了健康的“无形杀手”。春节假期，亲朋好友相聚，很多人的饮食作息启动“假期模式”，开始变得不规律，美酒佳肴、暴饮暴食都成了健康的“无形杀手”。那么，怎样才能假期吃出健康？小编给您支几招，假期饮食记住这8个饮食注意事项，助您健康过大年。				
During the Spring Festival holidays, relatives and friends gather together. Many people's diet and rest start the "holiday mode" and begin to become irregular. Good wine, delicious food and overeating have become healthy "invisible killers". During the Spring Festival holidays, relatives and friends gather together. Many people's diet and rest start the "holiday mode" and begin to become irregular. Good wine, delicious food and overeating have become healthy "invisible killers". So, how can we eat healthy during the holidays? Xiaobian gives you a few tips, holiday diet to remember these eight dietary precautions, to help you healthy over the New Year.				
<div>决心工程 Resolve To Save Lives</div>				
没有相关文章！				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2019-02-08, 共监测到447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 447 WeChat public articles were monitored in 2019-02-08. 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. 最便宜的高血压处方, 医生都在用, 一看就会, 值得收藏!

重复数: 4

日期: 2019-02-08

[The cheapest prescription for hypertension is used by doctors. It's worth collecting!](#)

Repeat Number: 4

Data: 2019-02-08

饮食上必须秉持“五味不过”原则: 1 食物不过咸: 限盐。健康成年人每天盐的摄入量不宜超过6克, 其中包括通过酱油、咸菜、味精等调味品摄入盐的量。2 食物不过甜: 限糖。含糖高的食品主要是米、面、糕点等。建议主食要粗细搭配, 如玉米、小米、豆类、荞麦、薯类等。

The diet must adhere to the "five flavors" principle: 1 food should not be too salty: limit salt. The intake of salt per day for healthy adults should not exceed 6 grams, including the amount of salt ingested through soy sauce, pickles, monosodium glutamate and other condiments. 2 Food should not be too sweet: limit sugar. Foods high in sugar are mainly rice, noodles, and cakes. It is recommended that the staple food be thick and thin, such as corn, millet, beans, buckwheat, and potatoes.

2. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 4

日期: 2019-02-08

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

Repeat Number: 4

Data: 2019-02-08

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.

3. 孩子被查出肾衰竭, 只因妈妈喜欢这种调料! 父母们长点心吧!

重复数: 3

日期: 2019-02-08

[The child was found to have kidney failure because the mother liked the seasoning!](#)

Repeat Number: 3

Data: 2019-02-08

营养专家表示: 不足6个月的孩子, 每天盐的摄入量只有0.5g, 而儿童每天不能超过3g, 至于成人也只能摄入6g。虽然盐是日常的必需品, 不吃会没有力气, 但是吃太多会加重肾脏、心脏等器官的负担, 所以现如今都建议大家低钠少盐。我们再来看这个数据: 《中国心血管病报告2014》显示, 在儿童高血压的危险因素中, 肥胖与其关系最为密切, 肥胖儿童中近三成患有高血压, 超过一半血脂异常。

Nutrition experts say that children who are less than six months old can only consume 0.5 g of salt a day, while children can't exceed 3 g a day, and adults can only consume 6 G. Although salt is a daily necessities, do not eat will have no strength, but eat too much will increase the burden of kidneys, heart and other organs, so now we recommend low sodium and less salt. Let's look at this data again: China Cardiovascular Disease Report 2014 shows that obesity is the most closely related risk factor for hypertension in children. Nearly 30% of obese children have hypertension, and more than half have dyslipidemia.

4. 吃三七能清理血管? 大错特错! 真正能通血管的是这3件事情

重复数: 3

日期: 2019-02-08

[Can you clean the blood vessels by eating Sanqi? It's these three things that really clean the blood vessels.](#)

Repeat Number: 3

Data: 2019-02-08

人体的正常运转过程中, 心脏通过血管泵出血液时会产生一定量的氧化氮, 从而就会使得我们的血管适当放松, 促进血流顺畅程度。如果食盐摄入过多, 本身就会抑制氧化氮的释放, 从而就会妨碍血管的扩张能力, 这样还会增加患动脉硬化的风险。

During the normal operation of the human body, the heart pumps blood through the blood vessels to produce a certain amount of carbon monoxide, which will make our blood vessels relax properly and promote the smooth degree of blood flow. If too much salt is ingested, it will inhibit the release of carbon monoxide itself, which will hinder the ability of blood vessels to expand, which will also increase the risk of atherosclerosis.

5. 晚上吃它等于慢性自杀, 第一个你就经常吃, 还不快看!

重复数: 3

日期: 2019-02-08

[Eating it in the evening is tantamount to chronic suicide.](#)

Repeat Number: 3

Data: 2019-02-08

养生最关键在于少油少盐, 白天要少吃, 晚上更要忌口。油炸类食物、奶油制品、动物内脏胆固醇含量极高, 晚上经常吃这些食物会加重胰腺、肝、胆、胃的工作负担, 提高心血管疾病的发病风险, 长期大量摄入更会致癌。

The key to maintaining health is to reduce oil and salt, to eat less during the day, and to avoid it at night. Deep-fried foods, cream products, and animal internal organs have extremely high cholesterol levels. Regular consumption of these foods at night will increase the burden of pancreas, liver, gallbladder, and stomach, and increase the risk of cardiovascular disease. Long-term intake will cause cancer.

减盐-微博 Salt Reduction - Weibo

2019-02-08, 共检测到2056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。

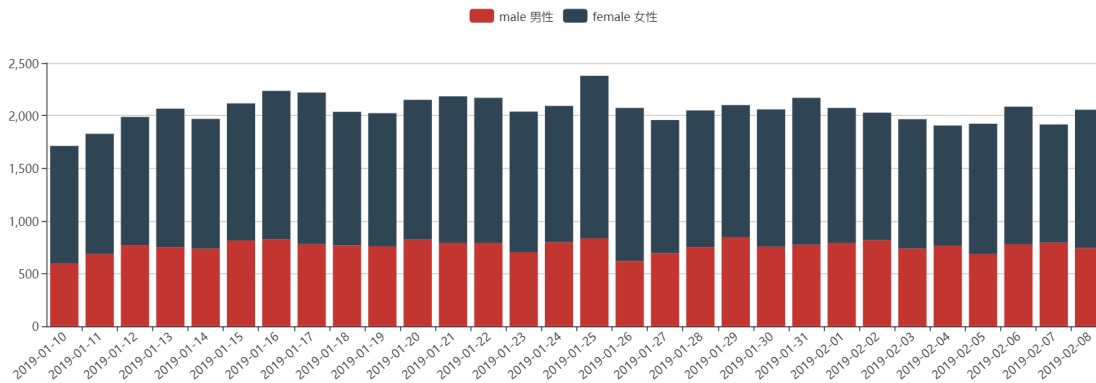
There are 2056 weibos about salt reduction monitored on 2019-02-08.

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. 昵称: 养生之道

地区: 广东

认证: 个人

Nickname: 养生之道

Area: Guangdong

Identity: Person

时间: 2019-02-08 13:59

来自: 即刻笔记

转发数: 78

评论数: 4

点赞数: 33

Time: 2019-02-08 13:59

Source: 即刻笔记

Repost: 78

Comment: 4

Like: 33

【九多九少轻松长寿】1、少肉多豆; 2、少盐多醋; 3、少衣多浴; 4、少食多嚼; 5、少药多练; 6、少车多步; 7、少欲多施; 8、少虑多笑; 9、少言多行。看起来简单, 做起来难! 每天努力改掉一个坏习惯, 给自己储存一份健康保险!

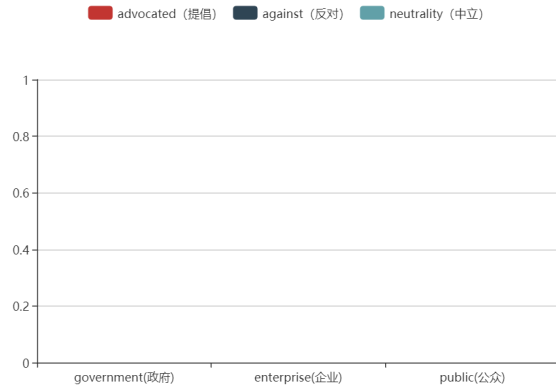
1, less meat and more beans; 2, less salt and more vinegar; 3, less clothes and more bath; 4, eat less and chew; 5, less medicine and more practice; 6, less car more walking 7, less desire more dedication; 8, less worry and more laugh; 9, less words and more behavior. It looks simple but hard to do! Try to get rid of a bad habit every day and save yourself a health insurance!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-08) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2019-02-08. 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!
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浙江 Zhejiang

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反式脂肪酸-微信 Transfat - WeChat

2019-02-08, 共监测到202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 202 WeChat public articles were monitored in 2019-02-08. 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. 奶茶, 正在毁掉中国的三代人! 奶茶界黑幕!](#)
[Milk tea is destroying three generations in China!](#)

重复数: 24
Repeat Number: 24

日期: 2019-02-08
Data: 2019-02-08

反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

Trans fatty acids, known as “time bombs on the table”, are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.
- [2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 \(深度好文\)](#)
[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

重复数: 19
Repeat Number: 19

日期: 2019-02-08
Data: 2019-02-08

少吃加工食品 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.
- [3. 脸要穷养, 脚要富养; 心要穷养, 肺要富养.....你都养对了吗?](#)
[Facial need to be poor, feet need to be rich, heart need to be poor, lung need to be rich... Are you all right?](#)

重复数: 7
Repeat Number: 7

日期: 2019-02-08
Data: 2019-02-08

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.
- [4. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!](#)
[These six kinds of milk are absolutely not for children to drink, the second kind you may buy every day!](#)

重复数: 2
Repeat Number: 2

日期: 2019-02-08
Data: 2019-02-08

仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不仅不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。

In addition to milk powder and white sugar, the ingredient list also contains non-fat, which contains trans fatty acids, which is not only harmful to children's health, but also affects mental development. And most of the milk tablets are added with flavor, and excessive consumption will affect the health of the child.
- [5. 千万别让“伪粗粮”毁掉你的健康](#)
[Don't let "false roughage" destroy your health](#)

重复数: 2
Repeat Number: 2

日期: 2019-02-08
Data: 2019-02-08

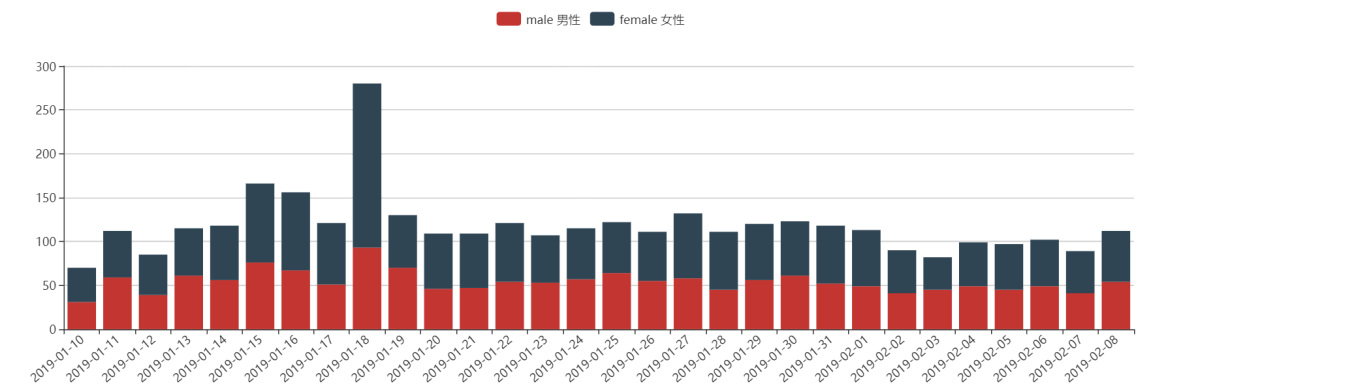
我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为商家会在制作过程中加入大量饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高, 所以吃的时候一定要控制好量。

The whole grain biscuits we eat are mostly crispy. This is because merchants add a lot of saturated and trans fatty acids to enhance the taste during the production process. This also tends to result in higher fat content in coarse grain biscuits than in regular biscuits, so be sure to control the amount when eating. The grain drink not only loses nutrients after the coarse grain is polished, but may also be added with a large amount of sugar, which may cause obesity if it is excessively ingested.

反式脂肪酸-微博

Transfat - Weibo

2019-02-08, 共检测到112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 112 weibos about transfat reduction monitored on 2019-02-08.
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!