

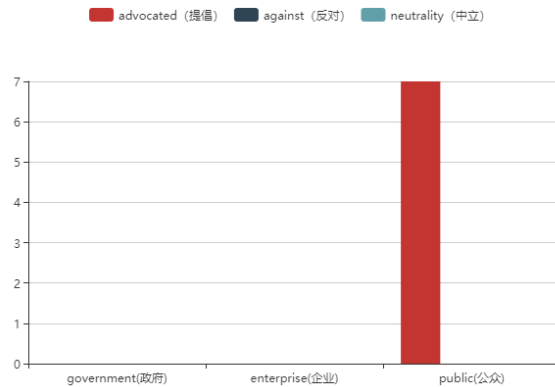
减盐-新闻

Salt Reduction - News

今日 (2018-12-05) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2018-12-05. 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

1. 天冷易发脑中风预防“法宝”有哪些

来源：中国新闻网

主体：公众

态度：提倡

时间：17:39:23

[What are the "magic weapons" for preventing cold-prone cerebral apoplexy.](#)

Source: China News Network

Subject: public

Attitude: advocate

Time: 17:39:23

脑中风是严重危害人类健康的常见疾病，病情严重者会丧失劳动力，生活不能自理。山东省济宁市中医院脑病科副主任医师张晓雪介绍，冬季是脑中风发病的高发时期，尤其在北方，昼夜及室内外温差变化大，该病的发病率明显高于其他季节。那么寒冷天气，如何预防脑中风？控制血压，张晓雪说，高血压是导致脑中风的最重要因素，因此，控制高血压是预防中风的重点。高血压病人要遵医嘱按时、坚持服用降压药物，不可自行停药，最好每日测1次血压，特别是在调整降压药物阶段，以保持血压稳定。每日可适当服用中药代茶饮，有助于预防血管痉挛引发血压阶段性升高。

Stroke is a common disease that seriously endangers human health. Those who are seriously ill will lose their labor force and cannot take care of themselves. Zhang Xiaoxue, deputy chief physician of encephalopathy Department of Jining Hospital of Traditional Chinese Medicine, Shandong Province, said that winter is the high incidence period of stroke, especially in the north, the temperature difference between day and night and indoor and outdoor changes greatly, and the incidence of the disease is significantly higher than other seasons. So how to prevent stroke in cold weather? Controlling blood pressure, Zhang Xiaoxue said, hypertension is the most important factor leading to stroke, so controlling hypertension is the key to prevent stroke. Hypertensive patients should take antihypertensive drugs on time according to doctor's instructions. They should not stop taking antihypertensive drugs by themselves. It is better to take blood pressure once a day, especially in the stage of adjusting antihypertensive drugs, in order to keep blood pressure stable. Taking Chinese herbal medicine instead of tea every day is helpful to prevent blood pressure from rising in stages caused by vasospasm.

心血管健康

Cardiovascular health

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No such articles!

综合健康信息

Comprehensive Health Information

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No such articles!

决心工程

Resolve To Save Lives

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No such articles!

河南

Henan

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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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
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No such articles!
高血压 Hypertension
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心血管健康 Cardiovascular health
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浙江
Zhejiang

食物中的钠 Sodium in food
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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 40岁以上的人，别再吃三种食物了，对肾脏的伤害真的很大 People over 40, stop eating three kinds of food. It really hurts the kidneys.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 22:33:26 Time: 22:33:26

40岁以上的人，别再吃三种食物了，对肾脏的伤害真的很大 有些食物会升高血脂，有些食物会升高血糖，有些食物会诱发癌症，还有些食物，则会伤害肾脏，对于40岁以上的人群，应该学会自我保护一下肾脏。第一，太咸的食物最好不要吃，很多人特别喜欢吃太咸的食物，如腌制和烟熏的食物，但是这些食物因为富含氯化钠，它们对肾脏的伤害很大，进食太多的盐，很容易导致钠水滞留，会加重肾脏的排盐负担。

People over 40 years old, stop eating three kinds of food, the damage to the kidney is really great. Some foods will increase blood lipid, some food will raise blood sugar, some food will induce cancer, and some food will damage the kidney. For people over 40 years old, we should learn to protect the kidney. First, too salty food is best not to eat, many people especially like to eat too salty food, such as salted and smoked food, but because these foods are rich in sodium chloride, they are very harmful to the kidney, eating too much salt, it is easy to lead to sodium retention, will increase the excretion burden of the kidney.

高血压
Hypertension

没有相关文章！

No such articles!

心血管健康
Cardiovascular health

1. [心衰患者要限盐](#) [Salt restriction in patients with heart failure](#) 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：17:37:05 Time: 17:37:05

盐是百味之王，但过多摄入的盐会对心脏造成不良影响。过高的盐分会导致体内水分增加，引起心肌重构，即心脏大小、形状、结构和功能的改变，造成心脏功能减退，这是发生心力衰竭的关键环节。高盐还会导致交感神经兴奋性增强，使得心跳加快、心脏冠状动脉扩张、血压上升，进一步加重心脏负担。心衰病人普遍有钠水滞留的临床表现。钠在体内滞留越多，心衰越重，水肿问题也会越明显。因此，心衰病人，尤其是重度心衰患者限制钠盐摄入非常必要。

Salt is the king of all tastes, but too much salt can have a bad effect on the heart. Excessive salt can lead to the increase of water content in the body, and lead to myocardial remodeling, that is, changes in heart size, shape, structure and function, resulting in the decline of heart function, which is the key link in the occurrence of heart failure. High salt can also lead to increased sympathetic nerve excitability, making the heart beat faster, heart coronary artery dilatation, increased blood pressure, further aggravating the burden on the heart. Heart failure patients generally have clinical manifestations of water and sodium retention. The more sodium is retained in the body, the more serious heart failure is, and the more obvious the edema problem is. Therefore, it is necessary to limit sodium intake in patients with heart failure, especially in patients with severe heart failure.

综合健康信息
Comprehensive Health Information

1. [暖冬也要警惕中风牢记三个原则](#) [Warm winter should also be alert to stroke and remember three principles](#) 来源：人民网 Source: People's net 主体：公众 Subject: public 态度：提倡 Attitude: advocate 时间：08:56:24 Time: 08:56:24

“大雪”将至，冬季就快来了，广州几轮冷空气来袭，气温起伏比较大。虽然这几日气温较高，但医生提醒“暖冬”也不能掉以轻心，高血压、心脏病、房颤患者应警惕中风。中风常出现的5个早期信号 广东省第二人民医院神经内科主任刘新通指出，脑卒中在中国的发病率高，发病人群呈年轻化趋势。进入冬季后，气温降低，血管收缩，很容易导致脑梗死或者脑出血，引起脑卒中。如果发现自己或者家人出现以下5种症状，第一时间考虑中风。

"Heavy snow" is approaching, and winter is coming soon. Several rounds of cold air are coming in Guangzhou, and the temperature fluctuations are relatively large. Although the temperature is relatively high these days, doctors warn that "warm winter" should not be taken lightly. Patients with hypertension, heart disease and atrial fibrillation should be alert to stroke. Liu Xintong, director of Neurology Department of the Second People's Hospital of Guangdong Province, pointed out that the incidence of stroke in China is high and the population is younger. After entering winter, the temperature decreases and blood vessels contract, which can easily lead to cerebral infarction or cerebral hemorrhage, and cause stroke. If you find yourself or your family with the following five symptoms, consider stroke at the first time.

2. [北京健康体检机构数量逐年递增人群血脂异常多见](#) [Abnormal blood lipids are more common in the population with increasing number of health examination institutions in Beijing year by year.](#) 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：17:15:18 Time: 17:15:18

12月5日,《北京市2017年度体检统计报告》发布。杜燕 摄 中新网北京12月5日电 (记者 杜燕)截至2017年底,北京市具有开展健康体检资质的医疗机构(以下简称“健康体检机构”)由2013年的195家增至229家。2013年至2017年,北京市健康体检人数由323.44万人次增长至374.18万人次,近几年重大异常体征排名靠前的有血脂异常、超重肥胖等慢性非传染性疾病相关高危因素。健康体检机构逐年递增 5日,《北京市2017年度体检统计报告》发布,这是自2010年以来北京市体检中心第8次发布相关报告。

December 5, "Beijing 2017 Physical Examination Statistics Report" was released. BEIJING, Dec. 5 (Reporter Du Yan) By the end of 2017, the number of medical institutions qualified to carry out health examination in Beijing (hereinafter referred to as "health examination institutions") increased from 195 in 2013 to 229. From 2013 to 2017, the number of physical examinations in Beijing increased from 3.2344 million to 3.7418 million. In recent years, high risk factors related to chronic non-communicable diseases, such as dyslipidemia, overweight and obesity, ranked first among the major abnormal signs. The number of health check-up institutions increased by 5 days year by year, and the statistical report of physical examination in Beijing in 2017 was released. This is the eighth report issued by Beijing Physical Examination Center since 2010.

3. [想让宝宝长高一点? 盐要少吃](#) [Want your baby to grow taller? Salt should be eaten less.](#) 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：17:49:04 Time: 17:49:04

最近婆婆经常跟我提及宝宝身高的问题：“小明的年龄没我们宝宝大，但身高却比我们高，有点失落” “小亮的年龄比我们宝宝大，但身高却没我们高，得意”其实这种情况并不只我婆婆有，很多家长都想让自己的宝宝长高一点、再高一点。那么，究竟什么决定了我们的身高？又如何能让宝宝长得更高呢？基因决定身高吗？毋庸置疑，遗传基因对身高确实很重要，占了约2/3的比例，而剩下的1/3则是靠后天努力来决定的。 让我们先来看看长高路上都有哪些绊脚石：1.营养类保健品 有些保健食品可能为孩子提供了身体所需的微量元素、营养素等，但大多数并无促进身高增长的效果。

Recently, my mother-in-law often mentioned to me about the baby's height: "Xiaoming is not as old as our baby, but he is taller than us, a little lost", "Xiaoliang is older than our baby, but he is not taller than us, proud"... In fact, this situation is not only my mother-in-law, many parents want their babies to grow taller and taller. So what determines our height? How can you make your baby grow taller? Does Gene Determine Height? There is no doubt that heredity is really important for height, accounting for about two-thirds of the proportion, while the remaining one-third is determined by the efforts of the day after tomorrow. Let's first look at the stumbling blocks on the Changgao Road: 1. Nutritional health products. Some health foods may provide trace elements and nutrients for children's body, but most of them have no effect on promoting height growth.

4. [坚果好吃不能贪避免盐炒、糖焗](#) [Nuts are delicious and can not be greedy to avoid stir-frying with salt and baking with sugar.](#) 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：17:56:06 Time: 17:56:06

电视节目中曾有专家指出，一盘素菜松仁玉米的热量是640千卡，肉菜红烧鸡翅却只有458千卡。为啥一盘素菜的热量比肉菜还高？其实，里边的松仁起了关键作用。生活中还有不少素菜，如腰果西芹、水煮花生米等，热量也不低，都是因为其中的坚果热量高。中国疾病预防控制中心营养与健康所副研究员张双庆告诉《生命时报》记者，坚果营养高，但脂肪含量也都很高，用“一口坚果半口油”来形容毫不夸张，因此要限量吃。《中国居民膳食指南2016》建议，每周吃坚果50~70克，即每天10克左右。

Experts on TV programs have pointed out that a dish of vegetable pine kernels and corn has 640 kilocalories, while broiled chicken wings are only 458 kilocalories. Why is a vegetarian dish more calorie than a meat dish? In fact, the inside pine nuts played a key role. There are many vegetable dishes in life, such as cashew celery, boiled peanuts and rice, and the calories are not low, because of the high calories of nuts. Zhang Shuangqing, an associate researcher at the Institute of Nutrition and Health of the China Center for Disease Control and Prevention, told the Life Times that nuts are nutritious, but they also have high fat content. It is no exaggeration to describe them as "one bite of nuts and half of oil", so we should limit our consumption. The Dietary Guidelines for Chinese Residents 2016 recommends eating 50 to 70 grams of nuts a week, or about 10 grams a day.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-12-05, 共监测到572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 572 WeChat public articles were monitored in 2018-12-05. This page shows the top five articles by repeat number today.

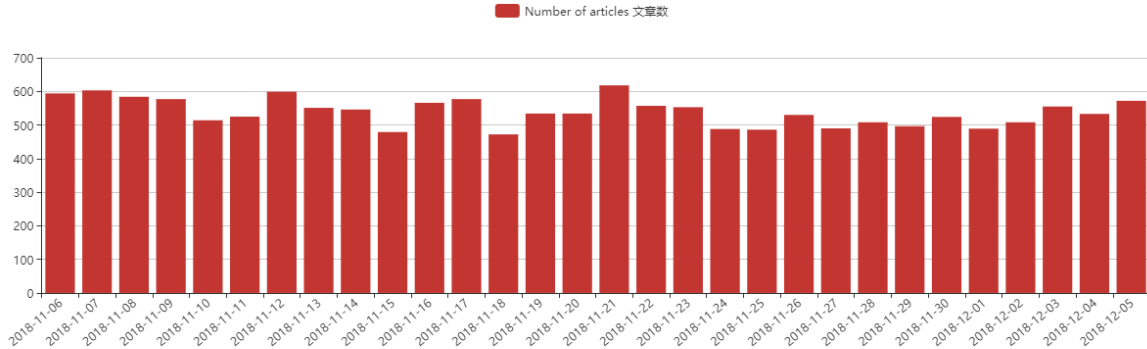
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain url, 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?](#)

重复数: 16

日期: 2018-12-05

[Are you falling into the common "trap" of salt?](#)

Repeat Number: 16

Data: 2018-12-05

“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 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 2-3, no more than 3 grams for children aged 4-6, and no more than 4 grams for children aged 7-10. The elderly over 65 years old should not exceed 5 grams.

2. [“盐多必失”, 这7大疾病都跟盐有关](#)

重复数: 8

日期: 2018-12-05

["Excessive salt consumption is harmful to the body." These seven diseases are related to salt.](#)

Repeat Number: 8

Data: 2018-12-05

盐吃多了, 不仅会让你“变丑”, 身体也很“受伤”。吃盐过量会怎样 高血压:食盐摄入量高的人群, 高血压的发病率也高。每多吃1克食盐, 就需喝入110毫升水与之配成0.9%的“生理盐水”成为体液, 多余的体液进入血管, 血管壁受到的压力也随之增大。

Eating too much salt will not only make you "ugly" but also hurt your body. What happens when you eat too much salt? In people with high salt intake, the incidence of high blood pressure is also high. For every 1 gram of salt you eat, you need to drink 110 ml of water and make 0.9% of "normal saline" to become a body fluid. The excess body fluid enters the blood vessels, and the pressure on the blood vessel wall increases.

3. [【健康贴士】“吃错盐”也会患重病? 中国疾控专家告诉您其中缘由~](#)

重复数: 6

日期: 2018-12-05

[\[Health Tips\] Does "eating wrong salt" also cause serious illness? Chinese disease control experts tell you why.](#)

Repeat Number: 6

Data: 2018-12-05

一岁前孩子需要的钠元素很少, 奶类以及辅食中的钠元素就可以满足孩子的需要。在孩子肾功能还没有发育成熟时, 添加过量的盐会导致孩子无法代谢, 对身体造成危害! 根据孩子年龄的不同 所需要摄入的盐量也会有一定差异

Children need less sodium at the age of one year, and sodium in the milk and food supplements can meet the needs of the child. When the child's kidney function is not yet mature, adding too much salt can cause the child to be unable to metabolize and cause harm to the body! Depending on the age of the child, there will be some differences in the amount of salt that needs to be ingested.

4. [少吃三白, 多吃三黑](#)

重复数: 6

日期: 2018-12-05

[Eat less three kinds of white food and eat more three kinds of black food.](#)

Repeat Number: 6

Data: 2018-12-05

长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要由肾脏排出, 加大肾脏负担。限盐建议: 健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。如果已经确诊高血压, 每天最好不要超过 3 克。

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. The optimal amount of salt for healthy people to eat through the diet is no more than 6 grams, which is the amount of a common beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.

5. [为何日本人寿命全球最长? 因为他们有10大法则, 我们真该学学!](#)

重复数: 5

日期: 2018-12-05

[Why do Japanese live the longest in the world? Because they have 10 rules and we really should learn them!](#)

Repeat Number: 5

Data: 2018-12-05

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。比如, 不喝太多味增汤, 吃拉面时别喝汤; 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。相比之下, 我国居民盐摄入量严重超标, 是世界卫生组织推荐量的2.4倍。我国数量庞大的心脑血管疾病和高血压患者群体, 与高盐饮食关系密切。

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. For example, don't drink too much flavored soup, don't drink soup when you eat ramen, and finally put salt when cooking and stewing, which will minimize salt intake. In contrast, the salt intake of our residents is seriously exceeded, which is 2.4 times the recommended amount of the World Health Organization. The large number of patients with cardiovascular and cerebrovascular diseases and hypertension in China is closely related to the high salt diet.

减盐-微博

Salt Reduction - Weibo

2018-12-05, 共检测到1525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。

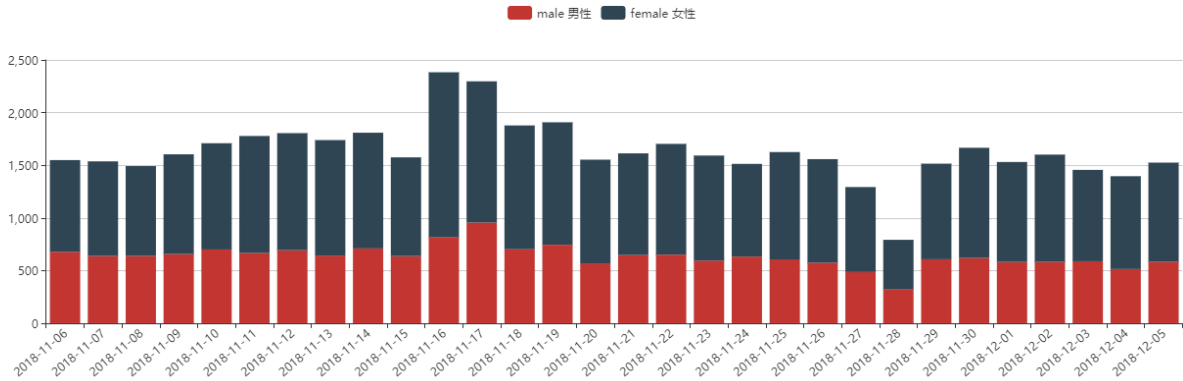
There are 1525 weibos about salt reduction monitored on 2018-12-05.

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!

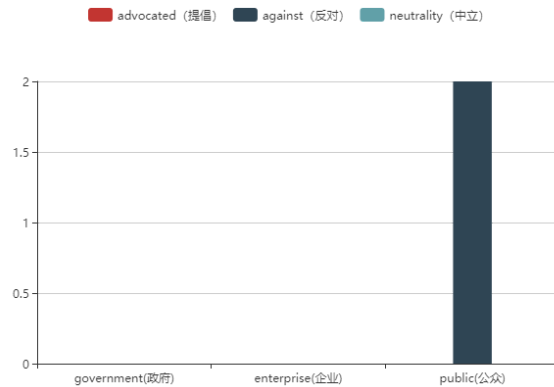
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-05) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-12-05. 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!
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决心工程 Resolve To Save Lives
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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!
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决心工程 Resolve To Save Lives
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反式脂肪酸 Trans fat
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其他省份
Other Provinces

反式脂肪酸 Trans fat				
1. 反覆加热过的油为什么不宜食用？ Why is it unfit to eat oil that has been repeatedly heated?	来源：中国食用油信息网 Source: China Edible Oil Information Network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 00:11:20 Time: 00:11:20
<p>反覆加热过的油会产生饱和与不饱和醛酮类、多环芳烃、反式脂肪酸等，影响身体健康。 诸如炸油条、炸薯条的油锅里的油，如果不及时更换，那就成了酱油般颜色的老油。老油不宜食用，是因为食用油在反覆加热的过程中，发生了一系列的化学变化，产生了许多不利于人体健康的化合物。 食用油的化学成分，主要就是甘油三酯。甘油三酯水解后变成甘油（约10%）和脂肪酸（约90%）。在油炸时，食用油的温度升到180℃ ~ 200℃，在高温之下，食用油就会发生「劣变」。</p> <p>Repeatedly heated oil can produce saturated and unsaturated aldehydes and ketones, polycyclic aromatic hydrocarbons, trans fatty acids and so on, affecting health. If the oil in the frying pan, such as fries and French fries, is not replaced in time, it becomes the old soy sauce-like oil. Old oils are not suitable for consumption because a series of chemical changes have taken place in the process of heating repeatedly, resulting in many compounds that are not conducive to human health. The chemical composition of edible oil is mainly triglyceride. Triglycerides are hydrolyzed to glycerol (about 10%) and fatty acids (about 90%). When frying, the temperature of edible oil rises to 180 ~200 C. Under high temperature, the edible oil will deteriorate.</p>				
2. 冬季暖心便利店最近出了哪些好吃的新品？ What delicious new products have come out of Winter Heart Convenience Store recently?	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 16:20:21 Time: 16:20:21
<p>下班了逛便利店，是件非常解压的事情。从办公室楼下走到地铁站，能把全家罗森711撸全，从冰箱到冷柜都细细逛一圈，再挑几个喜欢的带回家，诶，就是说不出的安全感。便利店里，冷柜是上新频率最高的地方，便当甜品小饮料，时时逛，时时都有惊喜。我们每隔一段时间都去便利店扫荡新品，这个帖子今后也会定期更新，这应该是你手边必备的便利店月更指南。全家、罗森、711 本期新品大起底，红黑榜交上！</p> <p>Shopping at convenience stores after work is a very stressful thing. Walking downstairs from the office to the subway station, you can take the whole family Rosen 711, walk around from the refrigerator to the freezer, and pick out a few favorites to take home, which is an unspeakable sense of security. In convenience stores, refrigerators are the places with the highest frequencies of refrigeration. They serve as desserts and drinks, and they are always visiting and surprising. We go to convenience stores every once in a while to clean up new products, and this post will be updated regularly in the future. This should be a monthly guide for convenience stores that you have at hand. The whole family, Rosen, 711 new products have come to the bottom, and the red and black list is handed in!!</p>				
决心工程 Resolve To Save Lives				
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反式脂肪酸-微信 Transfat - WeChat

2018-12-05, 共监测到322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 322 WeChat public articles were monitored in 2018-12-05. This page shows the top five articles by repeat number today.

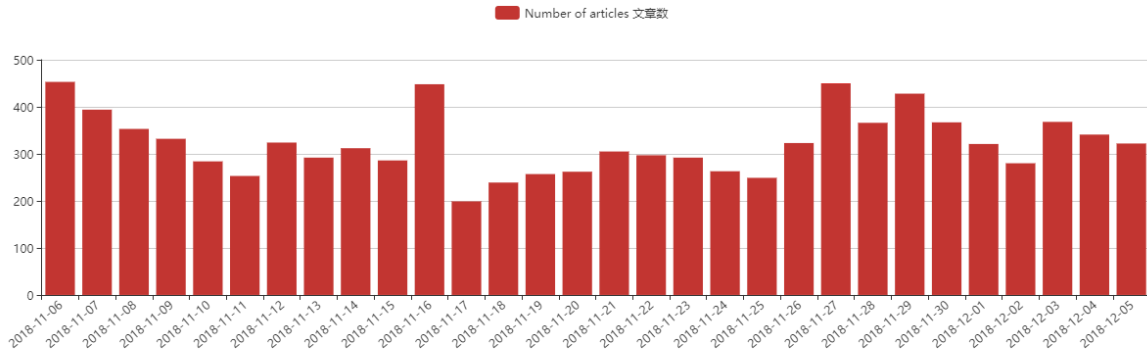
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 肠道最怕5种食物! 哪个是你的最爱?

重复数: 8

日期: 2018-12-05

[The intestine fears five kinds of food! Which is your favorite?](#)

Repeat Number: 8

Data: 2018-12-05

反式脂肪酸会让食物变得松软可口, 但是过多的反式脂肪酸对肠道健康有损伤作用。人造反式脂肪的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、能增添食品酥脆口感、易于长期保存等优点, 因此被大量运用于市售包装食品、餐厅的煎炸食品中。含有反式脂肪酸的食物包括油炸食品中的炸鸡、薯条、薯片、方便面、麻花、油酥饼等

Trans fatty acids can make food soft and delicious, but too much trans fatty acids can damage the intestinal health. The main source of artificial trans fats is partially hydrotreated vegetable oils. Partially hydrogenated oils have the advantages of high temperature resistance, non-deterioration, crispy mouthfeel, and long-term preservation. Therefore, they are widely used in commercially available packaged foods and fried foods in restaurants. Foods containing trans fatty acids include fried chicken, French fries, potato chips, instant noodles, twists, shortbread, etc.

2. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!

重复数: 8

日期: 2018-12-05

[These six kinds of milk are absolutely not for children to drink, and the second kind of them you may buy every day!](#)

Repeat Number: 8

Data: 2018-12-05

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.

3. 今年, 圣诞老人来的有点早啊!

重复数: 3

日期: 2018-12-05

[This year, Santa Claus came early!](#)

Repeat Number: 3

Data: 2018-12-05

营养师陈培毅老师这样说: 反式脂肪酸对人体危害巨大, 给身体健康造成很大隐患 它在人体里面的代谢周期高达51天! 我们平常吃的糕点饼干里面多数都含有反式脂肪酸 它是以什么形式存在的呢? 氢化植物油!

The nutritionist Chen Peiyi said this: Trans fatty acids are harmful to the human body and cause great health problems. The metabolic cycle in the human body is as high as 51 days! Most of the pastry biscuits we usually eat contain trans fatty acids. What form does it exist? Hydrogenated vegetable oil!

4. 爱吃甜品的小姐姐们看过来! 涨知识时间

重复数: 2

日期: 2018-12-05

[Girls who love desserts look over! It's time to expand your knowledge.](#)

Repeat Number: 2

Data: 2018-12-05

植物奶油中富含大量氢化油。而氢化油是反式脂肪酸中的一种。反式脂肪酸不是人体所需要的营养物质, 人体消化反式脂肪酸的速度十分慢。一旦人体摄入过多的, 就有极大的概率患上高血压, 冠心病等病。反式脂肪酸导致人们肥胖的能力是普通脂肪的七倍。

Plant cream is rich in hydrogenated oil. Hydrogenated oil is one of the trans fatty acids. Trans fatty acids are not the nutrients that the body needs. The body digests trans fatty acids very slowly. Once the body ingests too much, there is a great probability of suffering from high blood pressure, coronary heart disease and other diseases. Trans fatty acids cause people to be obese seven times more than normal fat.

5. 孩子多大能吃油? 可以吃哪些油? 看这一篇就够了

重复数: 2

日期: 2018-12-05

[How old can a child eat oil? What kind of oil can children eat? That's enough to read this article.](#)

Repeat Number: 2

Data: 2018-12-05

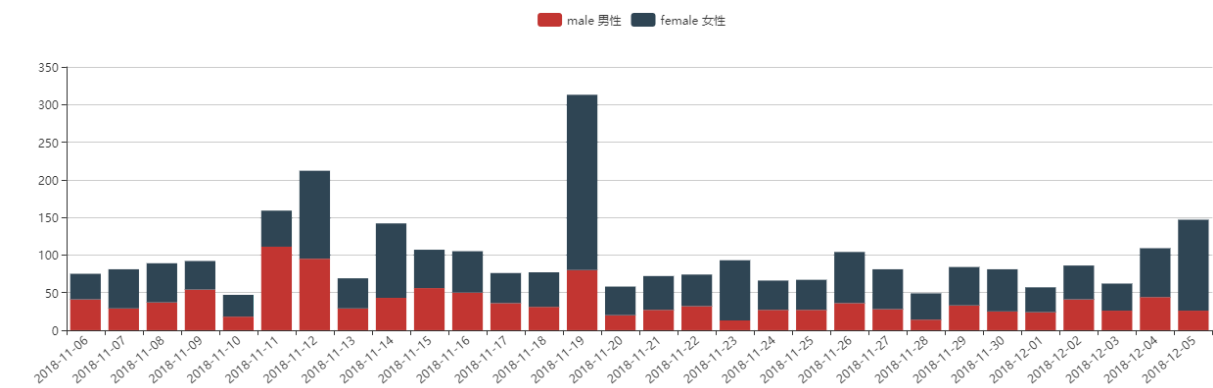
黄油、猪油、奶油不建议吃 这三种油都是以饱和脂肪为主, 其中人造奶油还可能含有反式脂肪酸, 过多摄入都会增加不良健康风险。各国指南都建议限制摄入, 小宝宝自然更要限制摄入。不要在辅食中过量加油 过多摄入脂肪极易造成小宝宝消化不良, 可能引起腹泻。

Butter, lard, and cream are not recommended for people to eat. All three oils contain large amounts of saturated fat. Among them, margarine may also contain trans fatty acids, and excessive intake of it may increase health risks. National guidelines recommend limiting intake, and it is natural for small babies to limit their intake. Do not use oil excessively in food supplements. Excessive intake of fat can easily cause digestion and malabsorption of small babies, which may cause diarrhea.

反式脂肪酸-微博

Transfat - Weibo

2018-12-05, 共检测到147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 147 weibos about transfat reduction monitored on 2018-12-05.
 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!