

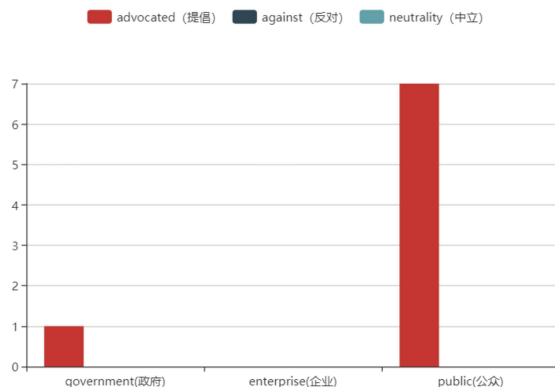
减盐-新闻

Salt Reduction - News

今日 (2018-10-07) 共监测到8条资讯。请点击标题查看原文。

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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

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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

1. [想要长寿, 吃饭要记住几个“不”!](#)

[Want to live a long life, have a meal to remember a few "no"!](#)

来源: 中原网

来源: 中原网

主体: 公众

Subject: public

态度: 提倡

Attitude: advocate

时间: 03:25:28

Time: 03:25:28

话说, 吃饭睡觉是人的本能, 不吃就饿, 不睡就困。但是, 就说吃饭这件小事, 很多人其实并没有做好, 因为吃饭不仅关乎你我的身体健康 (病从口入), 更与寿命有密切的联系呢! 比如, 想要长寿, 首先要记住几个“不”字! 想要长寿, 吃饭要记住几个“不”! 不要太饱: 说的是吃饭要吃到七八分饱, 毕竟吃的太多, 会加重消化系统的负担, 还会造成大脑供血降低, 使人犯困。再说了, 吃多了不消化, 过多的能量身体用不完只能存起来, 肥胖也就来了。不要吃太快: 就是细嚼慢咽, 不要暴饮暴食, 原因和上条类似, 食物经过口腔的咀嚼, 才经过食管进入胃肠, 在口腔咀嚼的越细, 胃肠的消化吸收负担越小。另外, 食物在空腔停留时间越久, 和食物一起进入胃的唾液就越多, 唾液里的蛋白质可以在胃里生成一种蛋白膜, 对胃起到保护作用

In other words, eating and sleeping is human's instinct. But when it comes to eating, many people don't do a good job, because eating is not only about your health and my health (from the mouth), but also closely related to life expectancy. For example, if you want to live a long life, you have to remember several "no" words first. If you want to live a long life, remember a few "no"! Don't be too full: that is to say to eat seven or eight full, after all, eat too much, will increase the burden of the digestive system, but also cause the brain to reduce blood supply, making people sleepy. Besides, eating too much does not digest, too much energy body can only save up, obesity will come. Do not eat too fast: that is, chew slowly, do not overeat, the reason is similar to the above, food chewed through the mouth, then through the esophagus into the gastrointestinal tract, chewing in the mouth the more fine, the gastrointestinal digestion and absorption burden is smaller. In addition, the longer the food stays in the cavity, the more saliva enters the stomach with the food, and the proteins in the saliva form a protein membrane in the stomach that protects the stomach.

高血压

Hypertension

没有相关文章!

No such articles!

心血管健康 Cardiovascular health
没有相关文章!
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综合健康信息 Comprehensive Health Information
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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!				
No such articles!				
心血管健康 Cardiovascular health				
没有相关文章!				
No such articles!				
综合健康信息 Comprehensive Health Information				
1. “全国高血压日” 合肥疾控中心发布疾病提醒 鼓励患者开展自测血压 来源：万家热线主体：政府态度：提倡时间： 16:38				
“The national high blood pressure," hefei center for disease control and prevention released disease remind encourage patients to carry out the self-test of blood pressure 来源：万家热线Subject: governmentAttitude: advocateTime: 16:38				
10月8日是第21个“全国高血压日”，今年宣传主题是“知晓您的血压”。合肥市疾控中心专家提醒，高血压可防可控，知晓并监测自己的血压尤其重要;不要盲目相信小广告或伪科学宣传，不能用保健品、保健理疗或食疗替代降压药治疗。同时鼓励高血压患者在家庭开展自测血压和自我管理。》》》推荐阅读：诺如病毒今秋来犯 合肥市疾控中心：孩子出现呕吐腹泻需警惕 高血压可防可控不可轻信小广告或伪科学宣传 高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。据合肥市疾控中心专家介绍，高血压是可防可控的，知晓并监测自己的血压尤其重要				
October 8th is the twenty-first National Hypertension Day. The theme of this year's publicity is "know your blood pressure". Experts from Hefei CDC warned that hypertension can be prevented and controlled, and it is particularly important to know and monitor your own blood pressure; do not blindly believe in small advertisements or pseudo-scientific propaganda; do not use health products, health care physiotherapy or dietary therapy instead of antihypertensive drugs. At the same time, encourage hypertension patients to carry out self-test blood pressure and self-management in the family. Norovirus is coming to Hefei CDC this autumn. Children should be alert to vomiting and diarrheaPrevention and control of hypertension can not be credulous, small advertising or pseudo science propaganda.Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. According to experts from Hefei CDC, hypertension is preventable and controllable, and it is particularly important to know and monitor your own blood pressure.				
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				
1. 各路美食的养生功效“吃货”旅行不要暴食 The efficacy of preserve one's health of various food "version" travel not overeating	来源: 浙江在线	主体: 公众	态度: 提倡	时间: 20:31:56
	来源: 浙江在线	Subject: public	Attitude: advocate	Time: 20:31:56
<p>国庆假期期间，有人愿意宅在家中，有人选择出门旅行。而对于“吃货”来说，为了美食，路上的辛苦并不算什么。我国幅员辽阔，不同的地域衍生了各色美食，如北京烤鸭、河北驴肉火烧、湖南臭豆腐、重庆麻辣香锅等。一路走来一路吃是人生乐事一件，然而在吃的过程中，一定不能因贪吃而损害自身健康。出门之前不妨先了解一下各路美食的养生功效，以及哪些东西更适合自己的食用</p> <p>During the National Day holiday, some people are willing to stay at home and some people choose to travel. For the "eat goods", for the sake of food, hard work on the road is nothing. China has a vast territory, different regions derived from a variety of delicacies, such as Beijing roast duck, Hebei donkey roast, Hunan stinky tofu, Chongqing spicy saucepan and so on.Eating along the way is a joy in life, but in the process of eating, you must not be greedy and harm your health. Before you go out, you may want to know the health benefits of all kinds of delicacies and what are more suitable for your own consumption.</p>				
高血压 Hypertension				
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No such articles!				
心血管健康 Cardiovascular health				
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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 【澎湃问政】不吃早餐有害健康?搭配不合理还不如不吃呢!权威... 【rushing to ask zheng】don't eat breakfast is bad for your health? Unreasonable collocation is worse than not eating!The authority of _...	来源: 澎湃新闻	主体: 公众	态度: 提倡	时间: 10:06:55
	来源: 澎湃新闻	Subject: public	Attitude: advocate	Time: 10:06:55
早上，因为赖床、因为赶着上班而没能吃早饭的人，并不在少数。但大家心里总是会嘀咕：不吃早餐对身体不好吧？从合理膳食的角度，一日三餐都重要。至于不吃早饭，会得胆结石、会变笨、会变胖的传言，都没什么确切的证据，不必为此担忧。小布这里要强调的是：早餐搭配不合理，比不吃早饭更伤害健康！早餐要尽量提供丰富的营养，食物最好多样化，要有足量的糖分、优质蛋白质和充足的膳食纤维，这样有助于延长饱腹感，到午餐的时候也不会特别饿。想要一份好早餐，要做到“挑三减四”！一挑粗粮只吃大米、白面营养不太够，不如换一些粗粮，如杂粮粥、杂豆粥、小米粥、燕麦片、豆包、全麦馒头、全麦面包、红薯、鲜玉米等				
In the morning, there are not many people who can't eat breakfast because they are in bed, and because they rush to work. But everyone always whispers: "it's bad for you not to eat breakfast." From the perspective of reasonable diet, three meals a day are important. As for the rumor that you'll get gallstones, you'll get stupid, you'll get fat if you don't eat breakfast, there's no definite evidence to worry about. This is the reason for the lack of breakfast, which is more harmful than health without breakfast. Breakfast should be as nutritious as possible. It's best to diversify your diet, with plenty of sugar, high-quality protein and adequate dietary fiber. This will help prolong your satiety, and you won't be particularly hungry at lunch. If you want a good breakfast, choose three minus four. Choose coarse grains only to eat rice, white flour nutrition is not enough, it is better to change for some coarse grains, such as miscellaneous grain porridge, miscellaneous beans porridge, millet porridge, oatmeal, bean bags, whole wheat steamed bread, whole wheat bread, sweet potato, fresh corn, etc.				
2. 假期饮食不规律，节后该如何让肠胃“放松”呢？ Holiday eating disorders, after how to let intestines and stomach "relax"?	来源: 搜狐	主体: 公众	态度: 提倡	时间: 20:41:05
	来源: 搜狐	Subject: public	Attitude: advocate	Time: 20:41:05
原标题：假期饮食不规律，节后该如何让肠胃“放松”呢？关注我们 国庆假期期间，大家放松的方式有很多，有的人选择探亲访友，有的人选择出门旅游。但无论走到哪里，“吃”是不变的主题之一。假期期间的饮食，不是较油腻，就是不规律，这都对我们的肠胃有所影响。 今天小编就来跟您聊一聊，如何在节后调理好肠胃，让肠胃轻松减负。 来碗养胃粥 一碗热粥可以让肠胃得到滋养，还能补充营养，像南瓜粥、山药粥都是不错的选择				
Original title: Holiday diet is irregular, how to make the stomach relax after the festival?Pay attention to usDuring the National Day holiday, there are many ways to relax. Some people choose to visit their relatives and friends, others choose to travel. But wherever we go, eating is one of the themes that remain unchanged. During the holidays, the diet is not greasy or irregular, which has an impact on our stomachs.Today Xiaobian comes to chat with you, how to regulate the stomach and intestines after the festival, so that the stomach can lighten the burden easily.Bowl of stomach nourishing porridgeA bowl of hot porridge can nourish the stomach and intestines, but also can supplement nutrition, such as pumpkin porridge, yam porridge is a good choice				

高血压 Hypertension				
1. 广东超过1700万人患高血压,过半人还不知情 Guangdong more than 17 million people suffer from high blood pressure, more than half people don't know	来源: 金羊网	主体: 公众	态度: 提倡	时间: 18:07
	来源: 金羊网	Subject: public	Attitude: advocate	Time: 18:07
专家特别提醒，血压值在高于120/80且低于140/90mmHg的范围，已是高血压高危人群 金羊网记者丰西西 通讯员尹冬梅 2018年10月8日是第21届“全国高血压日”，今年的宣传主题是“知晓您的血压”。为了普及高血压的科学知识，提高群众自我防控高血压的意识，“全国高血压日”前夕，由深圳市卫生和计划生育委员会、广东省预防医学会主办，深圳市慢性病防治中心承办的广东省第21届“全国高血压日”主题宣传活动在深圳举行。记者从现场获悉，广东高血压防治形势严峻，据估算，全省高血压患者超过1700万人，可18岁以上人群的高血压知晓率却仅为44%，也就是说，过半高血压患者尚不知道自己已经得了高血压。 18岁以上居民高血压患病率为21.4% 根据2015年公布的广东省慢病危险因素监测结果显示，18岁以上居民高血压患病率21.4%，按此估算，全省高血压患者约有超过1700万人。此外，18岁以上高血压知晓率为44.0%，35岁以上高血压患者中，对自身患病的知晓率仅为47.9%；18岁以上成年人高血压患者中，高血压治疗率为33.0%，35岁以上居民中的高血压患者得到治疗的比例仅为36.9%；而18岁以上高血压患者中血压得到良好控制的比例仅为8.8%，35岁及以上居民高血压患者血压控制率为9.8%				
Experts particularly remind that the blood pressure value is above 120/80 and below 140/90 mmHg range, has been a high-risk group of hypertensionReporter Yin Dongmei, Feng Xi Xi, correspondent of Jinyang netOctober 8, 2018 is the 21st National Hypertension Day. This year's publicity theme is "Know Your Blood Pressure". In order to popularize the scientific knowledge of hypertension and raise the people's awareness of self-prevention and control of hypertension, on the eve of National Hypertension Day, the 21st National Hypertension Day in Guangdong Province was held in Shenzhen, sponsored by Shenzhen Health and Family Planning Commission and Guangdong Provincial Association of Preventive Medicine, and sponsored by Shenzhen Center for the Prevention and Treatment of Chronic Diseases. It is held in Shenzhen. Reporters learned from the scene that the situation of prevention and treatment of hypertension in Guangdong is grim. According to estimates, there are more than 17 million patients with hypertension in the whole province, but the awareness rate of hypertension in people over the age of 18 is only 44%. That is to say, more than half of the patients with hypertension do not know that they have hypertension.The prevalence rate of hypertension in residents over 18 years old was 21.4%.According to the results of chronic disease risk factors surveillance published in 2015 in Guangdong Province, the prevalence of hypertension among residents over 18 years old was 21.4%. According to this estimate, there were more than 17 million hypertension patients in the whole province. In addition, the awareness rate of hypertension over the age of 18 was 44.0%, and that of hypertension over the age of 35 was only 47.9%; among hypertension patients over the age of 18, the treatment rate of hypertension was 33.0%, and among hypertension patients over the age of 35 was only 36.9%; while among hypertension patients over the age of 18, the treatment rate of hypertension was only 36.9%. The rate of good blood pressure control was only 8.8%. The control rate of hypertension patients aged 35 and over was 9.8%.				
2. 高血压发病呈年轻化 The younger high blood pressure	来源: 新浪网	主体: 公众	态度: 提倡	时间: 15:40:09
	来源: 新浪网	Subject: public	Attitude: advocate	Time: 15:40:09
华商报讯（记者 李琳）最近，38岁的高先生总感觉莫名其妙的头晕，到医院一检查，被确诊为高血压，必须长期服药，从此进入慢性病人群。10月8日是第21个全国高血压日，主题为“知晓您的血压”。专家提醒，高血压的发病率逐年提升，全国4人中有1人是高血压，而作为北方省份，由于吃盐量高，陕西发病率还高于这一数字，因此，一定要进行自我血压监测。每个家庭都应自备血压计“高血压发病年轻化非常明显，门诊上三四十岁的高血压患者很常见，还有20多岁的。”陕西省人民医院心内科主任王军奎说，高血压发病是综合因素，与年龄、体重、生活习惯、精神压力等都有关，从年龄上说，男性45岁以上、女性55岁以上，血压呈显著上升趋势				
Chinese Business News (reporter Li Lin) Recently, 38-year-old Mr. Gao always feel puzzled dizziness, to a hospital check-up, was diagnosed with high blood pressure, must take long-term medication, from then on into chronic patients.October 8th is the twenty-first National Hypertension Day. The theme is "know your blood pressure". Experts reminded that the incidence of hypertension increased year by year, four people in the country, one person is hypertension, and as a northern province, because of high salt intake, the incidence of Shaanxi is still higher than this number, therefore, we must carry out self-monitoring of blood pressure.Every family should have their own sphygmanometer."The younger age of hypertension is very obvious. Hypertensive patients in their 30s and 40s are very common in outpatient clinics, and they are in their 20s." Wang Junkui, director of the Department of Cardiology, Shaanxi Provincial People's Hospital, said that hypertension is a comprehensive factor related to age, weight, living habits, mental stress and so on.				

心血管健康 Cardiovascular health
没有相关文章!
No such articles!

综合健康信息 Comprehensive Health Information				
1. 黄金周中国餐饮掀起“三减”行动 "Golden week" Chinese restaurant "three minus" action	来源：食品伙伴网	主体：公众	态度：提倡	时间：14:23
	来源：食品伙伴网	Subject: public	Attitude: advocate	Time: 14:23
<p>随着生活水平不断提高、人们健康观念加强，越来越多食客要求减少油脂、盐类、糖类摄入，不少饭店主动或被动地加入到“三减”的行列中。“刚参加工作时，每次吃面条最期待的就是在碗里加一块白花花的猪油，看着猪油一点点在面条里融化，当时绝对想不到现在面条里不仅不加猪油，连盐都要少放。”年过五旬的电气工程师何平在五年前被查出患高血压、高血糖后，开始奉行“三减”饮食。虽然无法像年轻时那样肆无忌惮地大块朵颐，但看着因健康饮食而小下去的腰围，何平连连表示“值得”。在“00后”大一学生宋情怡看来，国庆放假回家和亲戚、朋友、同学频繁的聚餐，已成为黄金周“甜蜜的负担”</p> <p>With the continuous improvement of living standards and the strengthening of people's health concept, more and more diners are demanding to reduce the intake of fat, salt and sugar. Many restaurants actively or passively join the ranks of "three subtractions". "When I first started working, what I expected most from eating noodles was to add a piece of white-flower lard to the bowl and watch the lard melt in the noodles a little bit. It was absolutely unexpected that there was no lard in the noodles, even less salt in the noodles." He Ping, a 50-year-old electrical engineer, was found to have high blood pressure and high blood sugar five years ago and began to follow a "three-minus" diet. He Pinglian said it was "worthwhile" to watch his waistline shrink from a healthy diet, though he could not eat as freely as he had when he was young. In the eyes of Song Qingyi, a freshman after 00, the frequent dinner with relatives, friends and classmates during the National Day holiday has become a "sweet burden" for the Golden Week.</p>				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信

Salt Reduction - WeChat

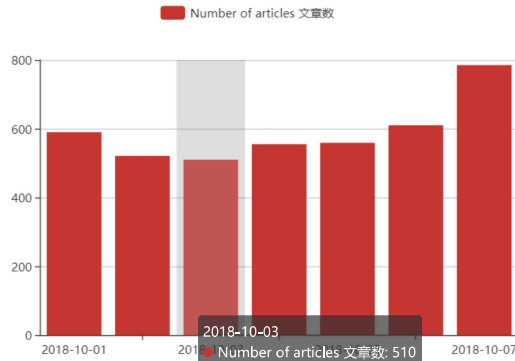
2018-10-07, 共监测到785篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 785 WeChat public articles were monitored in 2018-10-07. 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. [南方人比北方人更长寿的原因, 终于找到了, 没想到竟然是...](#)
[The reason why the southerners live longer than the north is finally found.](#)

重复数: 11

日期: 2018-10-07

Repeat Number: 11

Data: 2018-10-07

南方饮食清淡, 北方饮食多盐。我国人均耗盐量居世界第一, 高血压和胃病发病率都和吃盐多有关。一般情况下, 南方人饮食相对比较清淡, 北方人则口味比较重, 高血压患病率明显高于南方。

The southern diet is light, and the northern diet is salty. China's per capita salt consumption ranks first in the world, and the high incidence of hypertension and stomach disease is related to eating more salt. Under normal circumstances, the southerners' diet is relatively light, while the northerners have a higher taste. Therefore, the prevalence of hypertension in northerners is significantly higher than in the south.

2. [2元一袋和10元一袋的盐到底差在哪? 终于清楚了...](#)
[Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag? At last it is clear.](#)

重复数: 5

日期: 2018-10-07

Repeat Number: 5

Data: 2018-10-07

低钠盐虽然钠含量减少25%, 但咸味减少得并不多, 是比较理想的减盐方法。但要养成良好的饮食调味习惯, 烹饪时不能因为低钠盐不咸而多放些, 更不能因为低钠盐有好处就大把大把地用。

Although the sodium content of the low sodium salt is reduced by 25%, the salty taste is not reduced much, and it is an ideal salt reduction method. To develop good dieting habits, you should not add low-sodium salt in large quantities because of the taste and advantages of low sodium salt.

3. [身体一旦出现这5个迹象, 是在提醒你吃盐过多了, 望重视!](#)
[Once these five signs appear in the body, they are reminding you to eat too much salt. I hope you can value it!](#)

重复数: 3

日期: 2018-10-07

Repeat Number: 3

Data: 2018-10-07

若是长期吃过咸的食物, 容易使人血压升高, 这是因为盐中含有大量的钠离子, 当过多的钠离子进入身体内血液中的时候, 就会使血管内渗透压升高, 而导致更多的水分进入血管, 从而就会导致发生高血压的情况。

If you eat salty food for a long time, it is easy to raise blood pressure. This is because the salt contains a lot of sodium ions. When too much sodium ions enter the blood in the body, the intravascular osmotic pressure will increase. This causes more water to enter the blood vessels, which can lead to high blood pressure.

4. [生活|2元一袋和10元一袋的盐到底差在哪? 终于清楚了...](#)
[Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag? At last it is clear.](#)

重复数: 2

日期: 2018-10-07

Repeat Number: 2

Data: 2018-10-07

低钠盐虽然钠含量减少25%, 但咸味减少得并不多, 是比较理想的减盐方法。但要养成良好的饮食调味习惯, 烹饪时不能因为低钠盐不咸而多放些, 更不能因为低钠盐有好处就大把大把地用。

Although the sodium content of the low sodium salt is reduced by 25%, the salty taste is not reduced much, and it is an ideal salt reduction method. To develop good dieting habits, you should not add low-sodium salt in large quantities because of the taste and advantages of low sodium salt.

5. [按这几条做, 就能帮你远离慢性病, 留住健康!](#)
[By doing these, you can stay away from chronic diseases and stay healthy!](#)

重复数: 2

日期: 2018-10-07

Repeat Number: 2

Data: 2018-10-07

大量研究证明, 吃盐过多不仅可能引起动脉血压升高, 还会直接损伤肾和心血管组织, 导致心脑血管和肾疾患的不断恶化。

A large number of studies have proved that excessive salt intake may not only cause elevated arterial blood pressure, but also directly damage the kidney and cardiovascular tissue, leading to the deterioration of cardiovascular and cerebrovascular diseases and kidney disease.

减盐-微博

Salt Reduction - Weibo

2018-10-07, 共检测到1842条与“减盐”相关的微博。

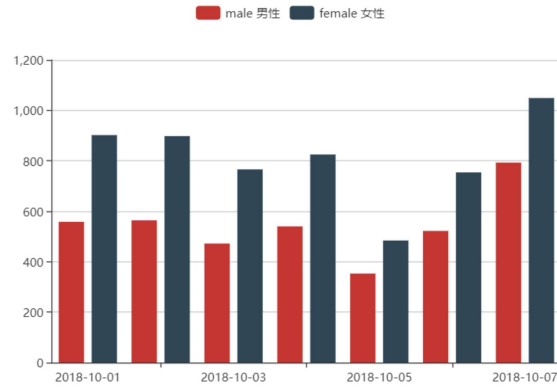
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 1842 weibos about salt reduction monitored on 2018-10-07.

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. 昵称: 健康美容减肥养生

地区: 北京

认证: 个人

Nickname: 健康美容减肥养生

Area: Beijing

Identity: Person

时间: 2018-10-07 16:56

来自: 微博 weibo.com

转发数: 226

评论数: 36

点赞数: 171

Time: 2018-10-07 16:56

Source: 微博 weibo.com

Repost: 226

Comment: 36

Like: 171

#健康#都错了! 高血压的罪魁祸首不是盐, 而是~

#Health#All wrong! The chief culprit of high blood pressure is not salt, but ~

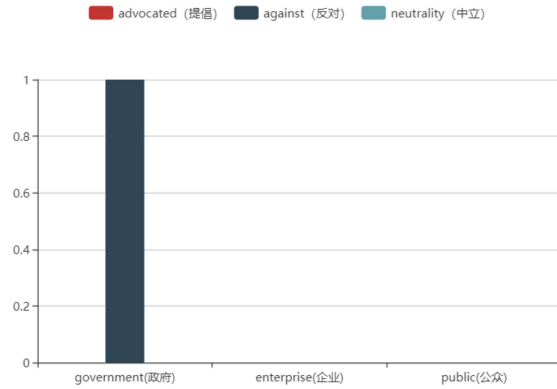
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-07) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-07. 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. [青海：推动双低油菜多功能利用为创造高品质生活助力](#)
[Qinghai: promote double low rapeseed multifunctional use for creating high quality life](#)

来源：中国食用油信息网

主体：政府

态度：反对

时间：22:53:30

来源：中国食用油信息网

Subject: government

Attitude: against

Time: 22:53:30

2018-10-08 青海日报 我国植物油对外依存度超过60%，严重威胁粮油安全。我国年产菜籽油占国产植物油总量的41%，在国内食用油市场中具有举足轻重的地位。双低(低芥酸、低硫甾)菜籽油是一种营养价值极高的食用植物油，被美国糖尿病协会、美国膳食指南委员会等多个健康组织推荐。因此，大力发展双低油菜，对保障我国食用油安全、提高人民的健康水平具有重要的意义。除了油用功能，双低油菜还有菜用、花用、蜜用、饲用和肥用等功能，通过合理开发油菜的多功能用途，可以大幅度提高油菜的种植效益和人民的生活品质

2018-10-08Qinghai dailyChina's vegetable oil has a dependency ratio of more than 60%, which seriously threatens grain and oil safety. The annual yield of rapeseed oil in China accounts for 41% of the total domestic vegetable oil, which plays an important role in the domestic edible oil market. Double low (low erucic acid, low glucoside) rapeseed oil is a kind of edible vegetable oil with high nutritional value. It is recommended by many health organizations such as American Diabetes Association, American Dietary Guidelines Committee and so on. Therefore, it is of great significance to develop double-low rapeseed vigorously to ensure the safety of edible oil and improve people's health. In addition to the function of oil, double-low rapeseed also has the function of vegetable, flower, honey, feeding and fertilizer. By reasonably exploiting the multi-functional use of rapeseed, the planting benefit and people's life quality of rapeseed can be greatly improved.

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

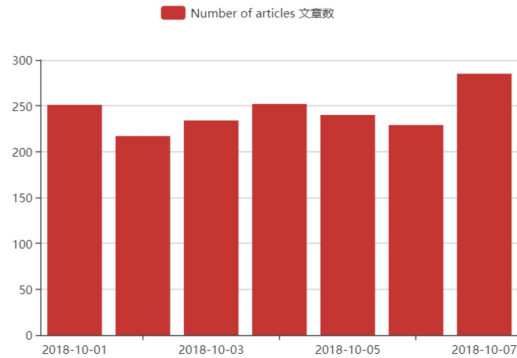
2018-10-07, 共监测到285篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 285 WeChat public articles were monitored in 2018-10-07. 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.



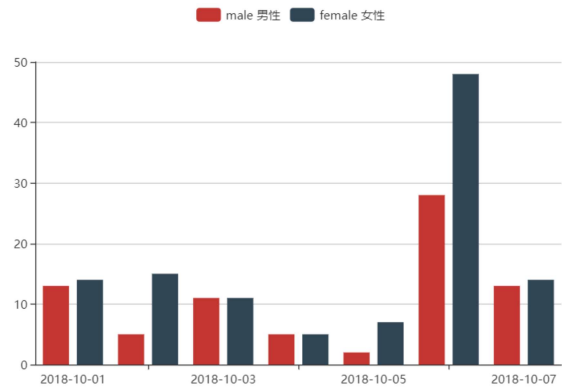
热门文章-前五 Popular Articles - Top 5

- | 热门文章-前五
Popular Articles - Top 5 | 重复数: 6
Repeat Number: 6 | 日期: 2018-10-07
Data: 2018-10-07 |
|---|----------------------------|------------------------------------|
| <p>1. 脸要穷养, 脚要富养; 心要穷养, 肺要富养!
Keep your face poor, your feet rich, your heart poor, your lungs rich.</p> <p>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。</p> <p>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.</p> | | |
| <p>2. 味精、鸡精是“害人精”? 这些真相现在知道还不晚
Is MSG and chicken essence "harmful"? It's not too late to know the truth.</p> <p>一般的奶精是从植物脂肪里提取氢化植物油而成, 跟奶并没有什么关系。而氢化植物油含有反式脂肪酸, 被认为对心脑血管有损害。</p> <p>Generally, the cream is derived from hydrogenated vegetable oil from vegetable fat, and has nothing to do with milk. Hydrogenated vegetable oils contain trans fatty acids, which are thought to damage the heart and brain vessels.</p> | 重复数: 3
Repeat Number: 3 | 日期: 2018-10-07
Data: 2018-10-07 |
| <p>3. 吃素也要有技术含量, 吃的不对, 再素也白搭!
People should eat plants scientifically. If you don't choose the right food, vegetarian food is not good for your health!</p> <p>实际上, 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。</p> <p>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.</p> | 重复数: 2
Repeat Number: 2 | 日期: 2018-10-07
Data: 2018-10-07 |
| <p>4. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好
Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.</p> <p>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。</p> <p>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.</p> | 重复数: 2
Repeat Number: 2 | 日期: 2018-10-07
Data: 2018-10-07 |
| <p>5. 小心! 你吃掉的这些食物, 正在毁掉你的大脑
Look out! The food you eat is destroying your brain.</p> <p>真正应该减少摄入的是坏脂肪, 比如, 反式脂肪。这种脂肪简直一无是处, 它们会增加动脉硬化、心脏病、糖尿病和炎症的风险。然而, 反式脂肪却相当常见, 它的来源包括起酥油、人造黄油、油炸食品, 甜甜圈、饼干和点心等烘焙食品里也有很多。</p> <p>What really should be reduced is bad fat, such as trans fat. This fat is not beneficial to the body and they increase the risk of arteriosclerosis, heart disease, diabetes and inflammation. However, trans fats are quite common, and there are many sources of baked goods such as shortening, margarine, fried foods, doughnuts, biscuits and snacks.</p> | 重复数: 1
Repeat Number: 1 | 日期: 2018-10-07
Data: 2018-10-07 |

反式脂肪酸-微博

Transfat - Weibo

2018-10-07, 共检测到27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 27 weibos about transfat reduction monitored on 2018-10-07.
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!