

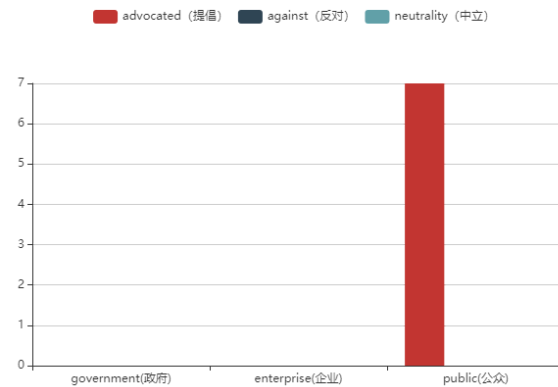
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-07) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2019-02-07. 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!

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决心工程 Resolve To Save Lives
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安徽  
Anhui

食物中的钠 Sodium in food
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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!

No such articles!

高血压  
Hypertension

1. 科普金华⑥ | 高血压只吃降压药还不够！这10件事一定要警惕

It's not enough to take only antihypertensive drugs for hypertension! We must be vigilant about these 10 things.

来源：浙江在线

Source: Zhejiang Online

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：08:43:27

Time: 08:43:27

高血压只吃降压药还不够！这10件事一定要警惕。科学普及与科技创新同等重要，弘扬科学精神，提高全民科学素养更需久久为功。除了规律吃药，我们还有哪些方法可以应对高血压？ 高血压吃降压药就行了？其它该吃就吃，该喝就喝？其实这是认识的误区。高血压被认为是遗传易感性和环境因素相互作用的结果。高血压在药物治疗的同时，改善生活行为方式也非常重要。

It's not enough for hypertension to take antihypertensive drugs only! These 10 things must be vigilant. Popularization of science is as important as innovation of science and technology. It will take a long time to carry forward the spirit of science and improve the scientific literacy of the whole people. Besides taking medicine regularly, what other ways can we cope with hypertension? Just take antihypertensive drugs for hypertension? What else should we eat or drink? In fact, this is a misunderstanding of understanding. Hypertension is considered to be the result of interaction between genetic susceptibility and environmental factors. It is also very important to improve the lifestyle of hypertension while treating it with drugs.

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!

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. 高血压最“怕”的3种食物，每天吃一点，有助于排毒降血压 <a href="#">The three most "scary" foods of hypertension, eat a little every day, help detoxify and lower blood pressure</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 23:27:34 Time: 23:27:34
高血压最“怕”的3种食物，每天吃一点，有助于排毒降血压。以前经常说高血压都是老人患的病，现在啊，由于人们的不良饮食习惯，高血压其实已经不再是老人的专利，而慢慢变得年轻化，许多年轻人也都出现了高血压的情况，虽然说高血压很常见，但其实对人体的伤害是很大的。那我们在日常生活中吃什么有助于降血压呢？				
High blood pressure most "fear" of three kinds of food, eat a little every day, help to detoxify and reduce blood pressure. It used to be said that hypertension is the disease of the elderly. Now, because of people's bad eating habits, hypertension is no longer the patent of the elderly, but gradually becoming younger. Many young people also have the situation of hypertension. Although hypertension is very common, in fact, it does great harm to the human body. So what do we eat in our daily life to help lower blood pressure?				
心血管健康 Cardiovascular health				
1. 春节是心脑血管疾病高发期，请收下这份医学专家提供的保养方案 <a href="#">Spring Festival is a period of high incidence of cardiovascular and cerebrovascular diseases. Please accept the maintenance plan provided by medical experts.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 07:45:35 Time: 07:45:35
春节是心脑血管疾病高发期，请收下这份医学专家提供的保养方案。春节是阖家团圆、普天同庆的日子，正因为时节的特殊，很多人的生活状态发生了变化，因此也让很多疾病钻了空子。近日，大河健康报邀请医院临床科室大咖出谋划策，为您的健康保驾护航。情绪大起大落，警惕脑血管病发作。				
Spring Festival is a period of high incidence of cardiovascular and cerebrovascular diseases. Please accept the maintenance plan provided by medical experts. The Spring Festival is a time for family reunion and celebration. Because of the special season, many people's living conditions have changed, so many diseases have been hollowed out. Recently, Dahe Health Daily invited the clinical department of the hospital to give advice to protect your health. Emotional ups and downs, alert to cerebrovascular disease.				
2. 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 <a href="#">Cardiologist's advice: The real culprit and accomplice of myocardial infarction have been found, and we should stay away from these two habits.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:25:22 Time: 08:25:22
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。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。胆固醇与冠心病的明确关系已被找到：总胆固醇水平每增加1%，冠心病危险性增加2%，因此可以说：低密度脂蛋白胆固醇是胡先生心梗发作的真凶！医生还指出：抽烟喝酒是心梗发作的帮凶。				
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. 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. The clear relationship between cholesterol and coronary heart disease has been found: for every 1% increase in total cholesterol level, the risk of coronary heart disease increases by 2%. Therefore, it can be said that low density lipoprotein cholesterol is the real culprit of Mr. Hu's attack of myocardial infarction! The doctor also pointed out that smoking and drinking were the accomplices of the attack of myocardial infarction.				
综合健康信息 Comprehensive Health Information				
1. 这9条烹饪经验教你避开健康隐患 <a href="#">These 9 cooking tips teach you to avoid health hazards</a>	来源：多维新闻网 Source: Multidimensional News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 03:59:18 Time: 03:59:18
如果炒菜的方式不正确，可能会使你在日积月累中吃坏身体。以下几条经验可以帮你做出既卫生又营养的家常菜。热锅冷油更健康。高油温，不仅会破坏菜中的维生素，还会产生很多对身体健康不利的物质，比如反式脂肪酸、苯并芘等，有些具有致癌性。正确做法应该是热锅冷油，先把锅烧热，再倒油，这时就可以炒菜了。				
If the cooking method is incorrect, it may cause you to eat bad body over time. Here are some tips to help you make a healthy and nutritious home-cooked dish. Hot pots and cold oil are healthier. High oil temperature not only destroys the vitamins in vegetables, but also produces many unhealthy substances, such as trans fatty acids, benzopyrene and so on, some of which are carcinogenic. The correct way is to heat the pan and then pour the oil. Then you can stir-fry the dishes.				
2. 有人说除夕不能吃这个，寓意不好，可做好怎么看都是喜气洋洋的呀 <a href="#">Some people say that you can't eat this on New Year's Eve. It means bad, but it's a joyful thing to do well.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 02:13:45 Time: 02:13:45
有人告诉我说大年三十晚上不要吃虾，不吉利！要不会虾米一年。哈哈哈，这也太迷信了呀，过了除夕总可以吃了吧。其实大虾红艳艳的多喜庆呀，哪里会不吉利。而且又是高蛋白，总比吃小猪佩奇健康吧，你说是不是。现在春节家里大鱼大肉一定都少不了，太油腻的反而吃不下，咱就不烹炒煎炸啦，简简单单、健健康康来个蒸大虾，少盐少油才是王道。				
Someone told me not to eat shrimp on New Year's Eve. It's unlucky! No shrimp or rice for a year. Haha, this is also superstitious. You can eat it after New Year's Eve. In fact, the red and gorgeous prawns are so festive that it's not lucky. And it's high protein, which is healthier than piggy page. Do you think so? Now the Spring Festival home big fish and meat must be indispensable, too greasy to eat on the contrary, we do not cook fried, simple, healthy to a steamed prawn, less salt and less oil is the kingdom.				
3. 健康女人一生要养生7个好习惯，哪怕只能做到1个，身体也会有改变 <a href="#">Healthy women need to develop seven good habits in their lifetime. Even if they can only do one, their bodies will change.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:50:07 Time: 11:50:07
健康女人一生要养生7个好习惯，哪怕只能做到1个，身体也会有改变。健康是一个永恒的话题，很多女性为了追求外在的美而忽略了健康本身，实际上女人最大的追求应该是拥有一个强健的身体，它会让你由内而外散发着光芒。女性一生要养成的7个好习惯，看看你占了几个？少吃盐：现在大多数人口味偏重，尤其是在外就餐，很容易导致食盐摄入超标。				
Healthy women need to develop seven good habits in their lifetime, even if they can only do one, their bodies will change. Health is an eternal topic. Many women neglect health itself in pursuit of external beauty. In fact, women's greatest pursuit should be to have a strong body, which will let you shine from inside to outside. How many of the seven good habits women need to develop in their lifetime? Eat less salt: Most people are overtasting now, especially when eating out, which can easily lead to excessive salt intake.				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				

# 减盐-微信 Salt Reduction - WeChat

2019-02-07, 共监测到529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 529 WeChat public articles were monitored in 2019-02-07. 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 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. [身体出现这5个迹象, 提醒你吃盐太多了!](#)  
[These five signs remind you that you eat too much salt!](#)

重复数: 7  
Repeat Number: 7  
日期: 2019-02-07  
Data: 2019-02-07

当人体摄入了过多盐的时候, 人体的肾脏器官就会加班加点地工作, 才能把体内多余的盐排出体外, 这样就会造成小便量增多的问题。盐的主要成分是氯化钠, 是维持人体正常发育和新陈代谢不可缺少的物质。

When the human body intakes too much salt, the human kidney organs will work overtime to discharge excess salt from the body, which will cause the problem of increased urine volume. The main component of salt is sodium chloride, which is an indispensable substance to maintain the normal development and metabolism of human body.

2. [女性绝经后, 预防骨质疏松, 请少吃3种“偷钙”食物, 多做这3件事](#)  
[To prevent osteoporosis in postmenopausal women, please cut down on three kinds of "calcium stealing" foods and do three more things.](#)

重复数: 3  
Repeat Number: 3  
日期: 2019-02-07  
Data: 2019-02-07

盐是一种很爱偷钙的食物, 当你摄入过来的盐分后, 容易加快钙的流失, 同时, 会抑制机体对钙的吸收。同时, 当你摄入过多的盐分后, 容易造成细胞渗透压发生改变, 从而造成口渴的现象, 不断的喝水, 不断的排尿, 从而造成更多的钙被排泄出去。同时, 盐分食用过多, 还容易增加心血管疾病。

Salt is a kind of food that likes to steal calcium. When you take in the salt, it will accelerate the loss of calcium and inhibit the body's absorption of calcium. At the same time, when you ingest too much salt, it is easy to cause changes in cell osmotic pressure, resulting in thirst, constant drinking water, continuous urination, thus causing more calcium to be excreted. At the same time, too much salt can increase cardiovascular disease.

3. [2019一起来给健康添福气! 做好这10点, 健康一整年!](#)  
[In 2019, come together to add fortune to your health! Do these 10 points and be healthy for a whole year!](#)

重复数: 3  
Repeat Number: 3  
日期: 2019-02-07  
Data: 2019-02-07

高血压是引起各种心血管病和心血管事件的主要危险因素, 防控高血压, 要低盐饮食。建议成人每天的食盐摄入量不超过6克, 可使用限盐勺, 或用醋、柠檬汁、花椒等等调味料代替盐提味。高脂饮食会升高血液中的血脂含量, 大量血脂容易沉积在血管壁上, 造成动脉粥样硬化从而引起冠心病、高血压等疾病。

Hypertension is a major risk factor for cardiovascular diseases and cardiovascular events. To prevent and control hypertension, we should eat a low-salt diet. Adults are advised to consume no more than 6 grams of salt per day. Salt spoon or vinegar, lemon juice, pepper and other condiments can be used instead of salt to taste. High-fat diet can increase the blood lipid content, a large number of blood lipids easily deposited on the wall of blood vessels, causing atherosclerosis, leading to coronary heart disease, hypertension and other diseases.

4. [40岁后, 开始戒掉这些习惯, 因为关乎你的健康和寿命!](#)  
[After 40 years of age, you should start to quit these habits, because it's about your health and longevity!](#)

重复数: 3  
Repeat Number: 3  
日期: 2019-02-07  
Data: 2019-02-07

《柳叶刀》发表了一篇关于吃盐的研究报告, 国人每日吃盐平均约12.5克, 远高于多数国家日均每人7.5~12.5克的食盐摄入量。高盐与高血压不无关系。研究表明, 每人每天摄入食盐增加2克, 收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。东北地区人均日食盐超过20克, 所以那里的高血压病人特别多。

The Lancet published a study on salt consumption. The average daily salt intake of Chinese people is about 12.5 grams, which is much higher than the average daily salt intake of 7.5-12.5 grams per person in most countries. High salt is not unrelated to hypertension. The results showed that the daily intake of salt increased by 2 grams per person, and the mean systolic and diastolic blood pressure increased by 2 mm Hg and 1.2 mm Hg, respectively. The average daily salt intake in Northeast China is more than 20 grams, so the number of hypertensive patients there is particularly high.

5. [终于发现脑梗“真凶”! 医生: 大脑最怕3样食物, 戒掉一个就增寿~](#)  
[The brain is afraid of three kinds of food. If you quit one, you will live longer.](#)

重复数: 3  
Repeat Number: 3  
日期: 2019-02-07  
Data: 2019-02-07

现在人们吃了太多的好东西, 所以对于食物的感觉变得并没有那么明显, 所以这也导致大家每天摄入的盐分越来越多, 而且很多地区还喜欢吃腌菜或者腊肉等特色食物, 这些都属于高盐高钠食物。过量地摄入高盐高钠食物, 不仅会增加肾脏的过滤负担, 还会造成血管的弹性降低, 血管内部压力增加, 也就增加患心脑血管疾病的危险。

Nowadays people eat too many good things, so the feeling of food has not become so obvious, which also leads to more and more salt intake every day. And many areas also like to eat pickled vegetables or bacon and other specialty foods, these are high-salt and high-sodium foods. Excessive intake of high-salt and high-sodium foods will not only increase the filtration burden of the kidneys, but also reduce the elasticity of blood vessels. Increased internal pressure of the blood vessels increases the risk of cardiovascular and cerebrovascular diseases.

## 减盐-微博 Salt Reduction - Weibo

2019-02-07, 共检测到1916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。

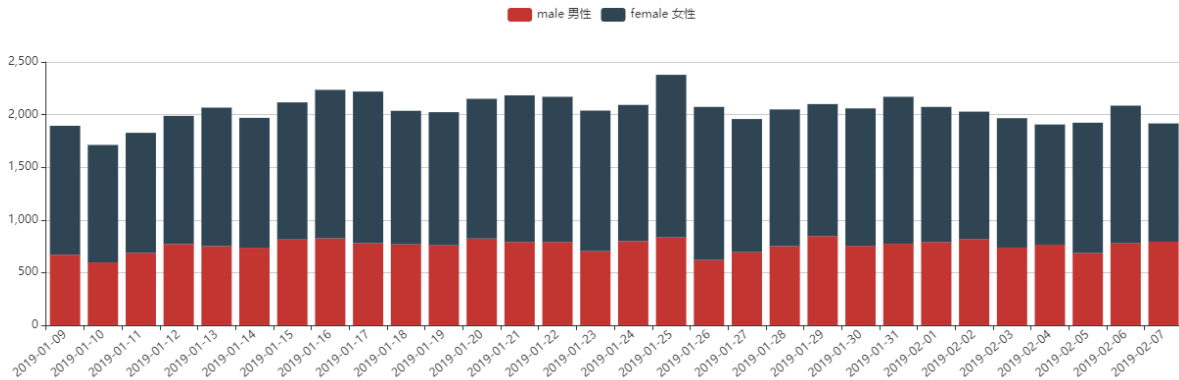
There are 1916 weibos about salt reduction monitored on 2019-02-07.

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.

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!

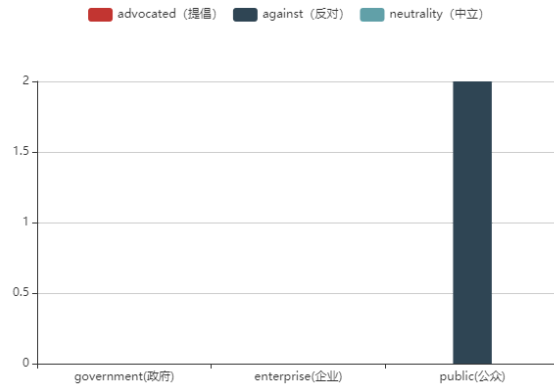
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-02-07) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-02-07. 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. 食品企业说的“健康”，可能跟你理解的不一样Comments>>  
Food companies may say "health" differently from what you understand.

来源：songshuhui.net  
Source: Songshuhui.net

主体：公众  
Subject: public

态度：反对  
Attitude: against

时间：06:44:46  
Time: 06:44:46

年初的时候跟一位年销售额达到几十亿元，在那个小众行业内也算标杆的企业老总聊天。我说：你们的产品通常被作为“不健康”食品的代表，而现在消费者对健康的期望越来越高，你们是否会往健康的方向去转型呢？他说：“大健康是一个消费趋势，在谈论的时候每个人都说要吃健康的食品。但是在购买的时候，大多数人还是选择好吃和便宜的。一个企业要做大，必然是针对大多数的消费者，所以我们的产品，首先是要味道好、便宜，在这个基础上才尽量追求健康。”

At the beginning of the year, I chatted with a business owner with annual sales of billions of yuan, who is also a benchmark in that small industry. I said: Your products are usually regarded as the representative of "unhealthy" food, and now consumers have higher and higher expectations of health. Will you change to a healthy direction? He said: "Big health is a consumption trend. Everyone talks about eating healthy food. But when buying, most people still choose to eat good and cheap. If an enterprise wants to be big, it must be aimed at the majority of consumers, so our products, first of all, need to be tasty and cheap. Only on this basis can we pursue health as far as possible.

2. 这9条烹饪经验教你避开健康隐患  
These 9 cooking tips teach you to avoid health hazards

来源：多维新闻网  
Source: Multidimensional News Network

主体：公众  
Subject: public

态度：反对  
Attitude: against

时间：04:10:47  
Time: 04:10:47

如果炒菜的方式不正确，可能会使你在日积月累中吃坏身体。以下几条经验可以帮你做出既卫生又营养的家常菜。热锅冷油更健康。高油温，不仅会破坏菜中的维生素，还会产生很多对身体健康不利的物质，比如反式脂肪酸、苯并芘等，有些具有致癌性。正确做法应该是热锅冷油，先把锅烧热，再倒油，这时就可以炒菜了。

If the cooking method is incorrect, it may cause you to eat bad body over time. Here are some tips to help you make a healthy and nutritious home-cooked dish. Hot pots and cold oil are healthier. High oil temperature not only destroys the vitamins in vegetables, but also produces many unhealthy substances, such as trans fatty acids, benzopyrene and so on, some of which are carcinogenic. The correct way is to heat the pan and then pour the oil. Then you can stir-fry the dishes.

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

2019-02-07, 共监测到230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 230 WeChat public articles were monitored in 2019-02-07. 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 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. 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: 7

日期: 2019-02-07

Repeat Number: 7

Data: 2019-02-07

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. 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: 4

日期: 2019-02-07

Repeat Number: 4

Data: 2019-02-07

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, 不仅不利于孩子健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响孩子的健康。

Looking closely at the ingredient list, you will find that besides milk powder, sugar, there are also the most terrible fat powder, which contains a large number of junk food standard - trans fatty acids, not only harmful to children's health, but also affect intellectual development, and most of the milk tablets are added flavor, eating too much will affect children's health.

### 3. 脸要穷养, 脚要富养; 心要穷养, 肺要富养

[Facial need to be poor, feet need to be rich; Heart need to be poor, lungs need to be rich.](#)

重复数: 4

日期: 2019-02-07

Repeat Number: 4

Data: 2019-02-07

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.

### 4. 年货黑名单: 这八类千万不要买!

[Blacklist of New Year's Goods: Never buy these eight categories!](#)

重复数: 4

日期: 2019-02-07

Repeat Number: 4

Data: 2019-02-07

事实上奶糖并不以牛奶为主, 甚至压根儿就没有奶的成分。大部分奶糖产品含糖达85%左右, 脂肪达6%, 蛋白质只有2%。大部分奶糖中所添加的都是氢化植物油制成的植物奶油, 其中饱和脂肪占一半左右, 并可能含有反式脂肪酸。吃这类糖果, 相当于吃白糖+植物奶油。

In fact, milk sugar is not based on milk, and even contains no milk. Most of the toffee products contain about 85% sugar, 6% fat, and only 2% protein. Most of the toffee is added to the vegetable cream made from hydrogenated vegetable oil, which accounts for about half of the saturated fat and may contain trans fatty acids. Eating this kind of candy is equivalent to eating white sugar and vegetable cream.

### 5. 此物每年致死50万人, 世卫组织已呼吁停用! 就藏在你每天的食物里

[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.](#)

重复数: 4

日期: 2019-02-07

Repeat Number: 4

Data: 2019-02-07

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不但对人体没什么害处, 还有部分研究显示其可减少脂肪堆积, 因此可以放心食用。第二类则是人造反式脂肪, 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 falls into two categories. The first is natural trans fats, which are mainly found in dairy products such as beef, mutton and milk. These natural trans fats are not only harmless to the human body, but also some studies have shown that they can reduce fat accumulation, so they can be safely eaten. The second category is artificial trans fats, mainly from incompletely treated hydrogenated vegetable oils, which are generally produced in the cooking of oils and fats.



## 反式脂肪酸-微博 Transfat - Weibo

2019-02-07, 共检测到89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。

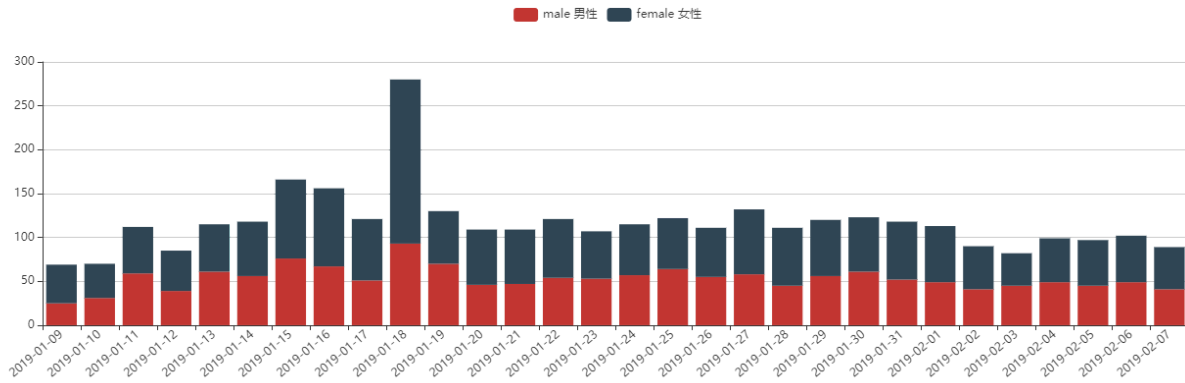
There are 89 weibos about transfat reduction monitored on 2019-02-07.

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.

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!