

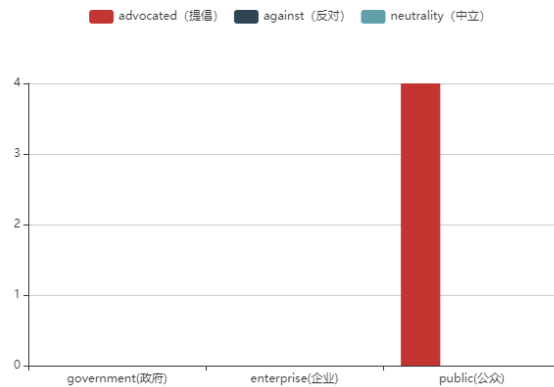
减盐-新闻

Salt Reduction - News

今日 (2019-02-16) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2019-02-16. 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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浙江
Zhejiang

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No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food	1. 这样吃汤圆不要太丰盛，补钙效果胜过生奶，抗衰老护血管 Don't eat dumplings in this way. The effect of calcium supplement is better than milk, anti-aging and blood vessel protection.	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 05:26:37 Time: 05:26:37
	现在生活真是好了，吃汤圆已经不能满足仅仅只是汤圆，总是要加些食材来丰富其口味。今日用银耳、百合、莲子和枸杞煮了一锅甜汤，然后将黑芝麻汤圆加入其中，又加了水果猕猴桃小丁，无论从视觉、口味，还是营养上都是非常的丰盛。特别值得一提的是黑芝麻，不单有大家熟悉的乌发效果，它的含钙量还特别的高，据说排行第一，钙含量远远大于我们日常饮用的牛奶。				
	Now life is really good, eating dumplings can not be satisfied just dumplings, always add some ingredients to enrich its taste. Today, we boiled a pot of sweet soup with tremella, lily, lotus seeds and wolfberry, then added black sesame dumplings into it, and added fruit kiwifruit Xiaoding, which is very rich in visual, taste and nutrition. Particularly noteworthy is the black sesame, not only has the familiar black hair effect, its calcium content is also particularly high, it is said to rank first, calcium content is far greater than our daily drinking milk.				
高血压					

Hypertension					
1. “三高”最不能做的10件事！否则吃再多药都白搭		来源：中工网	主体：公众	态度：提倡	时间：14:04:24
"Three High" can't do 10 things! Otherwise, no matter how many medicines you take, you will get nothing.		Source: China Industrial Network	Subject: public	Attitude: advocate	Time: 14:04:24
对于高血压、高血脂、高血糖的人来说，生活方式上的调整十分重要，如果生活中没有做好，吃再多药都可能没有效果！ 高血压不能做的十件事：喝浓茶、喝冷饮、喝酒、吃加工肉、吃味精、吃太咸、吃辛辣食物、熬夜、吸烟、发脾气。					
For people with high blood pressure, hyperlipidemia and hyperglycemia, lifestyle adjustment is very important. If life is not done well, taking more drugs may not be effective! _____ Ten things that hypertension can't do: drink strong tea, drink cold drinks, drink alcohol, eat processed meat, eat monosodium glutamate, eat too salty, eat spicy food, stay up late, smoke, lose temper.					
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. 宝宝多大能吃盐？儿科医生：早于这个时间，是在伤害孩子！		来源：搜狐	主体：公众	态度：提倡	时间：02:55:45
How old can a baby eat salt? Paediatrician: It's hurting children before this time!		Source: Sohu	Subject: public	Attitude: advocate	Time: 02:55:45
宝宝多大能吃盐？儿科医生：早于这个时间，是在伤害孩子！ 有些人口味偏咸，有些人则不同，口味要偏清淡些，但无论究竟怎样，我们生活里都离不开盐。盐虽必要，但是摄入过多对人体也不好，容易让水分滞留在体内无法正常排出，造成水肿。特别是对于未满三岁的小孩，要是是一个不小心吃了太多的盐，可是会威胁到身体健康，所以宝妈宝妈们在这方面一定要多留意。					
How old can a baby eat salt? Paediatrician: It's hurting children before this time! Some people taste salty, some people are different, the taste should be lighter, but in any case, we can not live without salt. Salt is necessary, but too much intake is not good for the human body, easy to leave water in the body can not be discharged normally, resulting in edema. Especially for children under the age of three, if a child accidentally eats too much salt, but it will threaten his health, so BMW must pay more attention to this aspect.					
2. 宝宝吃盐有讲究，你平时做对了吗？		来源：搜狐	主体：公众	态度：提倡	时间：20:35:49
The baby is good at salt. Are you doing it right?		Source: Sohu	Subject: public	Attitude: advocate	Time: 20:35:49
宝宝吃盐有讲究，你平时做对了吗？ 宝宝要添加辅食了，本来是一件很开心的事情，但是却被盐闹得异常苦恼。长辈总说孩子需要吃盐，不吃盐会走路不稳、没有力气，但是有一种说法是孩子不应该过早吃盐，饮食要清淡，那么，到底应该怎么做呢？根据《中国居民膳食指南(2007)》以及最新版的《中国居民膳食营养素参考摄入量》两本书中所言，婴儿1岁以内不建议吃含食盐的食物，最好选择吃原味食物。					
The baby is good at salt. Are you doing it right? Baby to add supplementary food, was originally a very happy thing, but was very distressed by salt. The elders always say that children need salt. If they don't eat salt, they will walk unsteadily and have no strength. But there is a saying that children should not eat salt too early and eat light food. So what should they do? According to the Dietary Guidelines for Chinese Residents (2007) and the latest edition of the Reference Intake of Dietary Nutrients for Chinese Residents, infants under 1 year of age are not advised to eat salt-containing food, and it is better to choose the original food.					
决心工程 Resolve To Save Lives					
没有相关文章！					
No such articles!					

减盐-微信

Salt Reduction - WeChat

2019-02-16, 共监测到559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 559 WeChat public articles were monitored in 2019-02-16. 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. 生活中如何控盐? 揭秘吃盐“背后那些事”

[How to control salt in life? Revealing the things behind eating salt.](#)

重复数: 6

日期: 2019-02-16

Repeat Number: 6

Data: 2019-02-16

“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) Understanding the harm of high-salt diet. Excessive intake of salt can increase blood pressure and increase the risk of diseases such as stomach disease, 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. Older people over 65 should not exceed 5 grams.

2. 为何日本人寿命最长? 因为他们有10大法则, 我们真该学学!

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

重复数: 4

日期: 2019-02-16

Repeat Number: 4

Data: 2019-02-16

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 put salt after cooking, which will minimize salt intake. In contrast, the salt intake of Chinese 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.

3. 一家三口相继患癌, 竟跟长期吃这种食物有关! 很多人还在吃

[Three people in a family suffer from cancer one after another, which is related to the long-term consumption of this food! Many people are still eating it.](#)

重复数: 4

日期: 2019-02-16

Repeat Number: 4

Data: 2019-02-16

高盐的高渗透性会破坏胃黏膜, 所以长期以往食用重口味的食物, 就会造成诱发胃癌的风险。我国东北地区、西北地区以及沿海地区是胃癌的高发地区。因为他们喜欢吃腌制的食物, 还有海产品, 所以高盐饮食比清淡饮食的人, 胃病的相对发病率要增加接近两倍。

High salt and hyperosmotic can destroy the gastric mucosa, so eating heavy food in the past for a long time will lead to the risk of gastric cancer. Northeast China, northwest China and coastal areas are high incidence areas of gastric cancer. Because they like pickled food and seafood, the relative incidence of stomach disease in people who eat a high-salt diet is nearly double that in people who eat a light diet.

4. 血栓是吃出来的, 这四种食物一定要少吃或不吃

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

重复数: 4

日期: 2019-02-16

Repeat Number: 4

Data: 2019-02-16

咸香咸味, 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.

5. 吃得好不如吃得对! 这7个饮食误区, 却被很多人奉为“真理”...

[These 7 eating habits have been regarded as “truth” by many people.](#)

重复数: 3

日期: 2019-02-16

Repeat Number: 3

Data: 2019-02-16

酱油是家庭必备的调味品, 它能给食物提鲜、着色, 有人还喜欢拿酱油当食盐用。在提倡少盐的今天, 很多人觉得“少吃盐, 多来点酱油, 是聪明的做法”。其实, 烹调时用了酱油又加了盐, 往往会超过4克的用量, 甚至可能超过一天食盐摄入量上限——6克。

Soy sauce is a must-have condiment for the family, it can freshen and color the food. Some people also like to use soy sauce as salt. Today, when it comes to promoting less salt, many people think that it is smart to replace salt with soy sauce. In fact, cooking with soy sauce and salt, the intake will often exceed 4 grams, and may even exceed the maximum salt intake of 6 grams a day.

减盐-微博

Salt Reduction - Weibo

2019-02-16, 共检测到1493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。

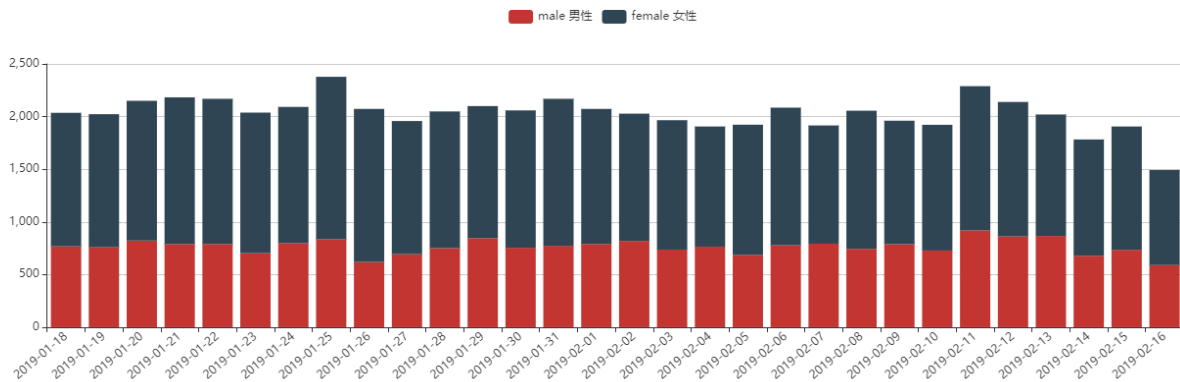
There are 1493 weibos about salt reduction monitored on 2019-02-16.

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!

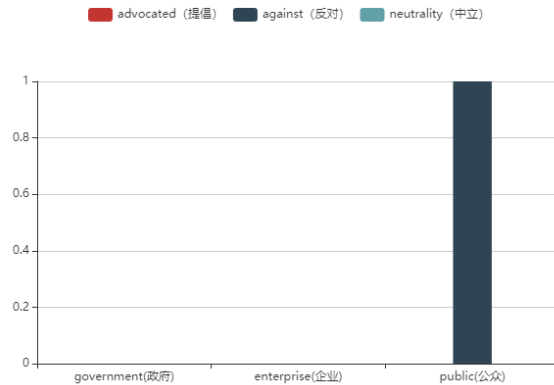
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-02-16) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-02-16. 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
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安徽

Anhui

反式脂肪酸 Trans fat
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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. 每天喝3升水身体会发生什么变化？这两位妹子尝试过后，有点吃惊... What happens to your body when you drink 3 liters of water a day? After the two girls tried, they were a little surprised.	来源：搜狐	主体：公众	态度：反对	时间： 13:21:34
	Source: Sohu	Subject: public	Attitude: against	Time: 13:21:34
近期有健友问过编辑关于脂肪摄入的许多问题，那今天编辑就给大家来谈一谈这个“脂肪”。为什么要摄入脂肪？脂肪是能量的主要来源，可以提供必需脂肪酸，促进脂溶性营养素的吸收，同时也是细胞膜结构与组织结构的一部分，可以储存能量，在肌肉工作时作为能量。如果你“谈脂色变”，恐惧脂肪，那你就剥夺了身体进行健康基础维护的必需营养素。				
Recently, a healthy friend asked the editor a lot of questions about fat intake, so today the editor will talk about this "fat". Why take in fat? Fat is the main source of energy, can provide essential fatty acids, promote the absorption of fat-soluble nutrients, but also a part of cell membrane structure and tissue structure, can store energy, as energy in muscle work. If you talk about lipid discoloration and fear fat, you deprive your body of essential nutrients for basic health maintenance.				
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

2019-02-16, 共监测到359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 359 WeChat public articles were monitored in 2019-02-16. This page shows the top five articles by repeat number today.

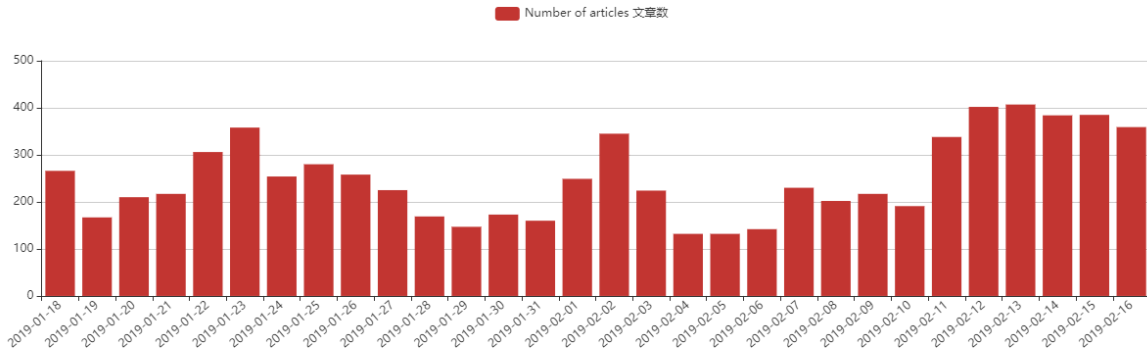
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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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. [大脑最爱的食物, 核桃只排第4名, 第1名谁都想不到!](#)

重复数: 67

日期: 2019-02-16

Repeat Number: 67

Data: 2019-02-16

油炸食品中含有大量的反式脂肪酸、膨松剂和色素, 进入人体后会对健康产生不利影响, 增加心脑血管疾病的危险; 也会导致必需脂肪酸的缺乏和抑制婴幼儿的生长发育。除了饮食上要注意之外, 养成良好的生活习惯也很重要。大脑健康才能越活越年轻哦!

Fried foods contain a large amount of trans fatty acids, leavening agents and pigments. When they enter the human body, they will have adverse effects on health and increase the risk of cardiovascular and cerebrovascular diseases. They will also lead to the deficiency of essential fatty acids and inhibit the growth and development of infants and young children. In addition to paying attention to diet, it is also important to develop good habits.

2. [奶茶, 正在毁掉我们下一代](#)

重复数: 15

日期: 2019-02-16

Repeat Number: 15

Data: 2019-02-16

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.

3. [奶茶, 正在毁掉中国的三代人! 奶茶界黑幕!](#)

重复数: 14

日期: 2019-02-16

Repeat Number: 14

Data: 2019-02-16

结果检测发现一杯奶茶, 就超过三天的量了! 也就是说原料是不健康的! 蛋白质偏低和反式脂肪酸含量偏高的问题尤其突出。对此, 专家分心认为, 这两项指标失衡, 说明商家可能并没有用“真材实料”, 牛奶的原料上很可能用了奶精之类的代替。对此, 消保委提醒商家, 应对原材料严格把关, 了解加工工艺的效果, 标明奶茶的成分含量及不适用人群。

The results showed that the content of a certain component of a cup of milk tea exceeded the normal three-day intake, which indicates that the raw materials of the milk tea are unhealthy! The problem of low protein and high trans fatty acid content is particularly acute. In this regard, experts pointed out that the imbalance between these two indicators indicates that the business may not use "real material." Milk is probably replaced with creamer.

4. [脸要穷养, 脚要富养; 心要穷养, 肺要富养 \(深度好文\)](#)

重复数: 13

日期: 2019-02-16

Repeat Number: 13

Data: 2019-02-16

心要穷养: 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。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.

5. [被奶茶毁掉的中国姑娘](#)

重复数: 11

日期: 2019-02-16

Repeat Number: 11

Data: 2019-02-16

所谓的奶精, 主要成分是氢化植物油, 是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说: 别看有植物两字, 其实含的饱和脂肪酸比猪油还多! 经过人工氢化处理之后, 还会产生大量的反式脂肪酸! 反式脂肪酸对人体危害极大, 不仅会增加心血管疾病和糖尿病的风险, 还会影响儿童神经系统发育。

The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Don't look at the name of the plant, which contains more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

反式脂肪酸-微博 Transfat - Weibo

2019-02-16, 共检测到59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。

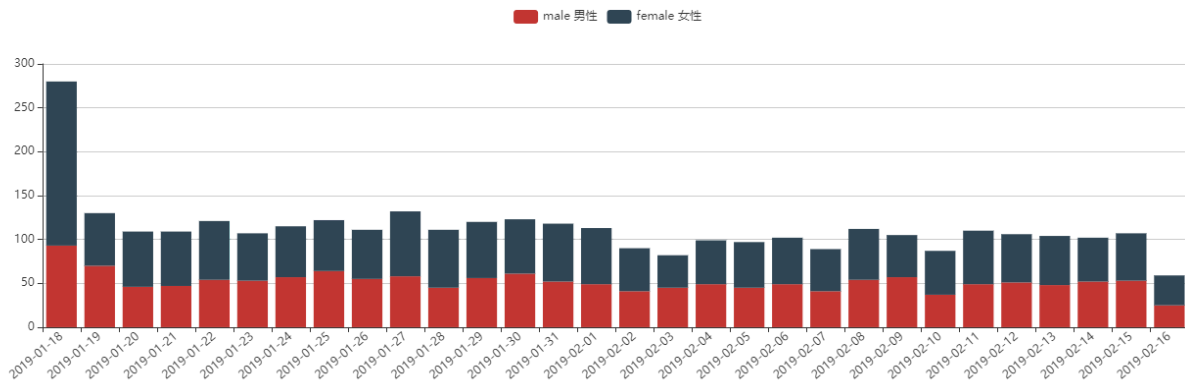
There are 59 weibos about transfat reduction monitored on 2019-02-16.

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!