

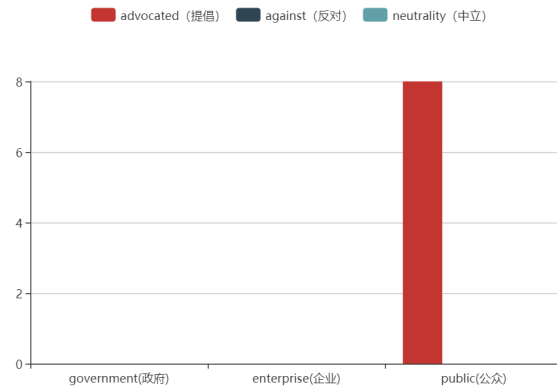
减盐-新闻

Salt Reduction - News

今日 (2018-12-06) 共监测到8条资讯。请点击标题查看原文。

There are 8 articles monitored today 2018-12-06. 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. [寒冷天气，如何预防脑中风？预防“法宝”有哪些](#)
[How to prevent stroke in cold weather? What are the magic weapons of prevention](#)

来源：紫荆网

主体：公众

态度：提倡

时间：09:14:38

Source: Bauhinia net

Subject: public

Attitude: advocate

Time: 09:14:38

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。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？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？

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. Winter is the high incidence period of cerebral apoplexy, especially in the north. The temperature difference between day and night and indoor and outdoor varies greatly. The incidence of cerebral apoplexy is obviously higher than other seasons. So how to prevent stroke in cold weather? 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?

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!
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!

浙江
Zhejiang

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!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 儿童食品陷阱多低盐、无盐可能都是商家的噱头 How low and salt-free children's food traps may be business gimmicks	来源: 四川在线 Source: Sichuan Online	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:48:51 Time: 09:48:51

随着人们对健康的重视，食品品质、食品安全显得尤为重要，特别是不少家长在为孩子选购食物时，更是格外重视。不仅要让孩子们吃饱，更要让他们吃好，营养健康更是不缺失。市面上各种各样的儿童食品不仅价格高昂，而且外包装上层出不穷的专业术语也是难倒了许多家长，让宝宝宝妈们挑花了眼，选昏了头。那么，这些所谓的儿童食品是否物有所值？天府早报记者实地走访了一番。儿童食品被放置于货架显眼处 为人父母都有一顆“望子成龙，望女成凤”的心，不能让自家孩子“输”在起跑线的心理更是被无限扩大了，早已不再单纯的指学习，而是扩大到跟孩子有关衣食住行各个方面。

With people's attention to health, food quality and food safety are particularly important, especially when many parents buy food for their children. Not only should children be satisfied, but also they should be well fed, and nutrition and health are not missing. All kinds of children's food on the market are not only expensive, but also the endless emergence of professional terms on the outer packaging is difficult for many parents, so that Bao Da and Bao Mom are dazzled by the choice. So, are these so-called children's food worth it? Tianfu Morning Post reporters visited on the spot. Children's food is placed on the shelf conspicuously. As parents, they have a heart of "looking forward to their children to become a dragon and a girl to become a phoenix". The mentality of not letting their children "lose" at the starting line has been expanded infinitely. It is no longer simply referring to learning, but expanding to all aspects of clothing, food, housing and transportation related to children.

高血压 Hypertension
没有相关文章!
No such articles!

心血管健康 Cardiovascular health				
1. Ann Med: 高盐分饮食或会增加心律失常的风险 Ann Med: A high-salt diet may increase the risk of arrhythmia	来源：生物谷 Source: Biological Valley	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:58:01 Time: 08:58:01

近日，一项刊登在国际杂志Annals of Medicine上的研究报告中，来自芬兰奥卢大学的科学家们通过研究首次发现，高盐分摄入或会增加个体患心律失常的风险，心率失常是一种常见的的心脏疾病，其在全球影响着数百万人的健康。心房颤动（AF，Atrial fibrillation）是一种最常见的心律失常疾病，仅在英国其就影响着100万人的健康，心房颤动患者的中风风险较高，而且在极端情况下，心房颤动常常会导致患者心力衰竭，因此，鉴别出高盐饮食是一种可避免的风险因素，或能帮助研究人员制定新型策略来预防人群患心房颤动及其它心血管疾病。

In a recent study published in the International Journal Annals of Medicine, scientists from the University of Oru, Finland, found for the first time that high salt intake may increase the risk of arrhythmia, a common heart disease that affects millions of people worldwide. Atrial fibrillation (AF) is the most common arrhythmia, affecting the health of one million people in the UK alone. Patients with atrial fibrillation have a higher risk of stroke. In extreme cases, AF often leads to heart failure. Therefore, identifying a high-salt diet is avoidable. Risk factors may help researchers develop new strategies to prevent atrial fibrillation and other cardiovascular diseases in the population.

综合健康信息 Comprehensive Health Information				
1. 寒潮来袭，增加中风风险！收好这十条锦囊 Cold wave, increase the risk of stroke! Put away these ten brocade bags	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：08:14:33 Time: 08:14:33

身体健康是革命的本钱”，但是，在繁忙的生活中，大家往往是忙于工作，急于应酬，却忽略了身体健康这块风水宝地。其实，平时稍加注意，提早预防，健康就在我们身边。人民健康网推出《“健”识早知道》专栏，专为你收集整理平时忽略的健康知识，做您的健康智库，同您一起将健康进行到底！寒潮来袭！更显著增加中风风险 近日，寒潮袭击我国各地，中央气象台12月5日06时继续发布寒潮蓝色预警，华北江南等部分地区降温8-10℃，复旦大学公共卫生学院闽海东教授课题组研究证明，极端气温(寒潮或热浪)可显著增加我国居民死于中风的风险!

Physical health is the capital of revolution ", but in the busy life, people are often busy with work and eager to get paid, but neglect the treasure land of physical health. In fact, we should pay more attention to early prevention and health is around us. People's Health Network launched the column "Healthy" Knowing Early", which is designed to collect and sort out the health knowledge that you usually neglect, to be your health think tank, and to carry on the health with you to the end! The cold wave is coming! More significantly increased the risk of stroke recently, the cold wave hit all parts of China. The Central Meteorological Station continued to issue the blue warning of cold wave at 0600 hours on December 5. The temperature in some areas such as the south of the Yangtze River in North China dropped by 8-10 degrees Celsius. The research team of Professor Kan Haidong, School of Public Health, Fudan University, has proved that extreme temperature (cold wave or heat wave) can significantly increase the death rate of Chinese residents. The risk of stroke!

2. 正在长身体的孩子哪些营养必不可少？ What nutrition is essential for growing children?	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:24:22 Time: 09:24:22
---	--------------------------------	--------------------------	-----------------------------	-------------------------------

人体需要的营养素主要有五大类，即蛋白质、脂类、碳水化合物、矿物质和维生素，任何营养素都不可或缺。然而，对于正在长身体的孩子，很多家长都很关心该补充哪些营养？如何吃才更健康。南方医科大学南方医院营养科主管营养师许会舒为你支招。补钙长高，要注意多种营养素的摄取 许会舒指出，正在长身体阶段的孩子，蛋白质、铁、锌、钙、维生素B1、维生素B2等的需求量较成年入高，很多家长为了孩子能长高，会加大营养的补充，许会舒对此指出，身高主要取决于遗传因素，但合理运动、充足营养也可以让孩子及时跟上生长高峰。

There are five main types of nutrients needed by the human body, namely protein, lipids, carbohydrates, minerals and vitamins. Any nutrient is indispensable. However, for growing children, many parents are very concerned about what kind of nutrition to supplement? How to eat is healthier. Xu Huishu, a nutritionist in charge of Nutrition Department of Nanfang Hospital, Southern Medical University, is recruiting for you. When supplementing calcium, we should pay attention to the intake of various nutrients. Xu Huishu pointed out that the demand of protein, iron, zinc, calcium, vitamin B1 and vitamin B2 in growing children is higher than that in adults. Many parents will increase nutritional supplement for their children to grow up. Xu Huishu pointed out that height mainly depends on bequest. However, reasonable exercise and adequate nutrition can also enable children to keep up with the growth peak in time.

3. 新华区：超市设立减盐减油专柜 Xinhua District: Supermarket Sets up Salt Reduction and Oil Reduction Counter	来源：河北新闻网 Source: Hebei News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:24:24 Time: 17:24:24
--	--	--------------------------	-----------------------------	-------------------------------

2018年，新华区新建4个便民市场，包括赵化路菜市场、友谊北大街菜市场、果蔬佳生鲜超市、永辉超市高柱店。该区对市场执法人员和市场管理人员进行了12次专业知识培训，进一步提升食品安全管理水平，保障市场销售食用农产品质量安全。加大“双创”宣传力度，开展了形式多样的宣传活动，其中督导市场更新宣传栏50余个，发放“双创”宣传资料1300份。该区8家大型超市均设立了减盐减油专柜，8家大中型超市及9家食用农产品集中交易市场统一推行二维码溯源系统建设。

In 2018, four new convenience markets were built in Xinhua District, including Zhaotuo Road Vegetable Market, Youyi North Street Vegetable Market, Fresh and Fresh Fruits and Vegetables Supermarket and Gaozhu Shop of Yonghui Supermarket. The district has conducted 12 professional training for market law enforcement personnel and market managers to further improve the level of food safety management and ensure the quality and safety of edible agricultural products sold in the market. We intensified the propaganda of "Shuangchuang" and launched various propaganda activities, including more than 50 updated propaganda boards and 1 300 "Shuangchuang" propaganda materials. Eight supermarkets in this area have set up special counters for reducing salt and oil. Eight large and medium-sized supermarkets and nine centralized trading markets for edible agricultural products have unified the construction of two-dimensional code traceability system.

4. 控糖有“门道”：做菜油盐少放些 Sugar control has a "doorway": less cooking oil and salt	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：18:36:21 Time: 18:36:21
--	--	--------------------------	-----------------------------	-------------------------------

目前，我国20岁以上成年人中，糖尿病发病率已经达到了11.7%，也就是说，十名成年人就有一人是糖尿病患者。糖友饮食控制有“门道”，到底如何吃才能在享受美食的同时，既保持合理体重，又能控制好血糖呢？中山三院内分泌科蔡梦茵副教授来为病友支招。做好“12345” 轻松享受美食 蔡梦茵说，科学饮食是糖尿病治疗的基础，它可以协助血糖维持在理想水平，控制血脂、血压，降低心血管疾病的发生风险，同时减轻胰岛β细胞负担，帮助人体维持合理的体重。但是科学饮食不等于什么都不能吃不能喝，科学饮食的目的也是希望控制病情，最终能够享受美食。

At present, the incidence of diabetes has reached 11.7% among adults over 20 years old in China, that is to say, one in ten adults is a diabetic. Sugar pal diet control has a "doorway", in the end, how to eat in order to enjoy the food, while maintaining a reasonable weight, but also to control blood sugar? Associate Professor Cai Mengyin, Department of Endocrinology, Zhongshan Third Hospital, came to recruit patients. Cai Mengyin said that scientific diet is the basis of diabetes treatment. It can help maintain blood sugar at an ideal level, control blood lipids and blood pressure, reduce the risk of cardiovascular disease, reduce the burden of islet beta cells and help the body maintain a reasonable weight. But scientific diet does not mean that nothing can be eaten or drunk. The purpose of scientific diet is also to control illness and eventually enjoy delicious food.

5. 没有无缘无故的“癌” 致癌食物的几宗罪了解下 Understanding Several Crimes Without Unjustified "Cancer" Carcinogenic Food	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：17:05:13 Time: 17:05:13
--	---	--------------------------	-----------------------------	-------------------------------

科学研究显示，癌症的发病有明显的地域性、民俗性、饮食性和遗传性。据our world in data 网站显示，全球平均每6名死者中就有1人死于癌症。癌症已经成为人类健康的头号杀手。有研究指出：“大部分疾病的原因来自错误的饮食方式”，即高脂肪的肉食习惯。饮食习惯与癌症的相关性很早就被研究。而各国间特别的饮食习惯差异，使得不同癌症间的发生率差别很大。例如常吃生食及腌渍食物的日本人，胃癌发病率较高。世界知名的癌症学者杜尔和培托曾经针对美国癌症进行过大规模的研究，对于癌症发生原因做了以下的结论。

Scientific research shows that the incidence of cancer has obvious regional, folk, dietary and hereditary characteristics. According to our world in data website, an average of one in six deaths worldwide die of cancer. Cancer has become the number one killer of human health. Studies have pointed out that "most of the causes of disease come from the wrong diet" - high fat meat eating habits. The relationship between dietary habits and cancer has long been studied. The special dietary habits of different countries make the incidence of

different cancers very different. For example, Japanese who often eat raw and pickled foods have a higher incidence of gastric cancer. Dull and Peto, world-renowned cancer scholars, have conducted large-scale studies on cancer in the United States. They have made the following conclusions about the causes of cancer.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2018-12-06，共监测到519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 519 WeChat public articles were monitored in 2018-12-06. 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. [“吃错盐”也会患重病? 中国疾控专家告诉您其中缘由~](#)

重复数: 7

日期: 2018-12-06

["Eating the wrong salt" can also cause serious illness? Chinese disease control experts tell you why.](#)

Repeat Number: 7

Data: 2018-12-06

“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. [常见的用盐“雷区” 您中招了吗?](#)

重复数: 7

日期: 2018-12-06

[Did you fall into the common "trap" of salt?](#)

Repeat Number: 7

Data: 2018-12-06

使用定量盐勺 少放5%-10%的盐并不会影响菜肴的口味。使用定量盐勺，尝试用辣椒、大蒜、醋和胡椒等为食物提味;少吃咸菜多食蔬果 少吃榨菜、咸菜和酱制食物。建议每餐都有新鲜蔬果;少吃高盐的包装食品 少吃熟食肉类或午餐肉、香肠和罐头食品，建议选择新鲜的肉类、海鲜和蛋类;逐渐减少钠盐摄入 减盐需要循序渐进，味觉对咸味的需求会随着时间的推移逐渐降低。

Use a quantitative salt spoon. Putting less than 5%-10% of the salt does not affect the taste of the dish. Try to season the food with pepper, garlic, vinegar and pepper. Eat less pickles, eat more fruits and vegetables, eat less mustard, pickles and sauces. It is recommended to have fresh fruits and vegetables for each meal. Eat less high-salt packaged foods. Eat less cooked meat or luncheon meat, sausages and canned food. Fresh meat, seafood and eggs are recommended. Gradually reduce sodium intake. Salt reduction needs to be gradual. The taste of salty taste will gradually decrease over time.

3. [想要健康长寿: 少吃三白，多吃三黑](#)

重复数: 4

日期: 2018-12-06

[Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.](#)

Repeat Number: 4

Data: 2018-12-06

长期高盐饮食很容易引起血压增高、血管硬化，并且多余的钠需要从肾脏排出，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.

4. [“盐多必失”，这7大疾病都跟盐有关](#)

重复数: 3

日期: 2018-12-06

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

Repeat Number: 3

Data: 2018-12-06

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。多吃盐需多喝水，多排尿，会加重肝肾的负担，血压越高肾功能损害越大，从而导致慢性疾病。高盐会损害胃黏膜，腌菜、盐渍食品中产生的亚硝酸盐在胃酸和细菌作用下会转变为致癌物亚硝胺，易致胃癌。

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 mix it with 0.9% "salt" to become a body fluid. Excess body fluid enters the blood vessel and the pressure on the vessel wall increases. Excess salt requires more water and more urination. This will increase the burden on the liver and kidney. The higher the blood pressure, the greater the damage of liver and kidney function, leading to chronic diseases. High salt can damage the gastric mucosa. The nitrite produced in pickles and salted foods will turn into carcinogenic nitrosamines under the action of stomach acid and bacteria, which may cause gastric cancer.

5. [跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西](#)

重复数: 3

日期: 2018-12-06

[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

Repeat Number: 3

Data: 2018-12-06

盐是人人不可或缺的调料。但是一旦过量，对健康是百害而无一利的。高盐饮食有导致血压升高的作用，研究发现，每天食盐摄入量每增加0.5克，中风的风险就增加17%。盐吃多了会引起高血压，同时还会使血浆胆固醇升高，促使我们的血管变薄、变脆，这就是非常可怕的——动脉粥样硬化。如果心脏血管动脉硬化，那就会导致心肌梗死、冠心病的出现。如果是脑血管变脆、变薄，就会出现脑溢血、脑梗等。

Salt is an indispensable spice for everyone. But once it is excessive, it is harmful to health. A high-salt diet has the effect of raising blood pressure. The study found that for every 0.5 grams of salt intake per day, the risk of stroke increased by 17%. Eating too much salt can cause high blood pressure. It also raises plasma cholesterol, which causes our blood vessels to become thinner and more brittle. This is very terrible atherosclerosis. If the cardiovascular arteries are hardened, it can lead to myocardial infarction and coronary heart disease. If the cerebral blood vessels become brittle and thin, cerebral hemorrhage and cerebral infarction will occur.

减盐-微博

Salt Reduction - Weibo

2018-12-06, 共检测到1942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。

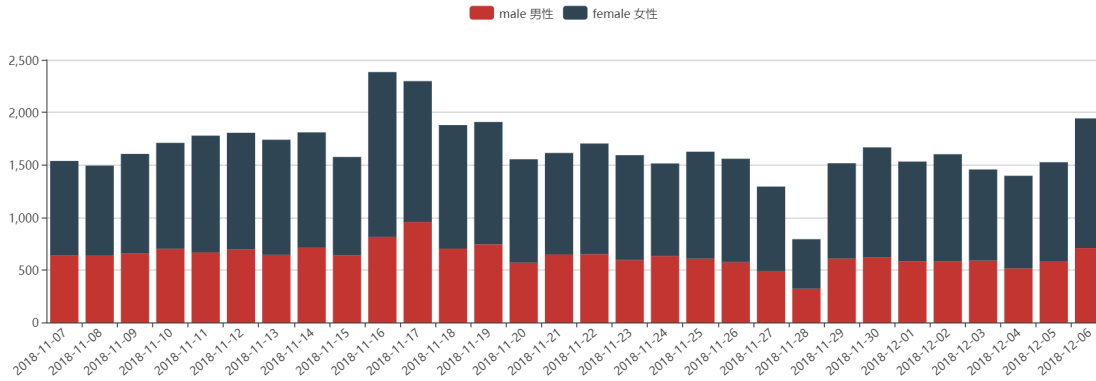
There are 1942 weibos about salt reduction monitored on 2018-12-06.

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: 贾老师营养健康ABC

地区: 北京

认证: 个人

Nickname: 贾老师营养健康ABC

Area: Beijing

Identity: Person

时间: 2018-12-06 13:44

来自: 微博weibo.com

转发数: 72

评论数: 72

点赞数: 63

Time: 2018-12-06 13:44

Source: 微博weibo.com

Repost: 72

Comment: 72

Like: 63

#贾老师课堂##健康一冬#通过DASH研究的结果,看看减盐对控制血压多么重要,只要食盐减少摄入就会有效降低血压,很好的预防慢病。最近的调研看到中国人的食盐摄入的主要来源是烹调用盐,(占到人均用盐量的77.5%)要想从根本做好控盐行动,从儿童教育做起,通过小手拉大手行动,建立儿童饮食(用盐)的好行为,帮助改善家庭用盐的生活方式,教育信息要简单,明确,好执行! @微博健康养生收起全文d

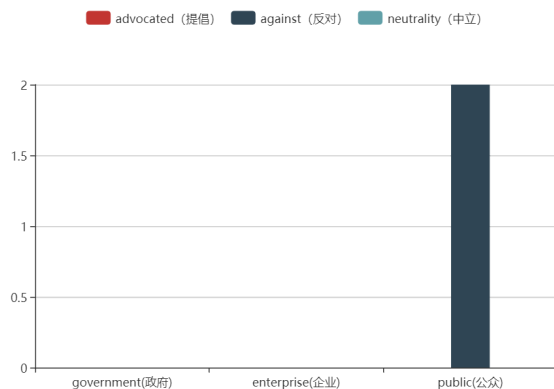
Through the results of the DASH study, we can see the importance of salt reduction in controlling blood pressure. As long as the intake of salt is reduced, it will effectively lower blood pressure and prevent chronic diseases. Recent research has shown that the main source of Chinese salt intake is cooking salt (accounting for 77.5% of the per capita salt). In order to do a good job of salt control, we need to start with children's education. Through the activity of small hands and big hands, establish a good behavior of children's diet (using salt) to help improve the lifestyle of family salt. Education information should be simple, clear, and good to implement!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-12-06) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-12-06. 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

No such articles!

反式脂肪酸
Trans fat

戒糖者自称不饿肚子减肥30斤 戒糖真能变瘦变年轻？ 原标题：戒糖者自称不饿肚子减肥30斤，戒糖真能变瘦变年轻？ 今年4月，英国加入法国、挪威等国家的行列，正式开始征收“糖税”，希望以此能遏制英国日益增加的儿童肥胖和二型糖尿病。美国权威专家在《自然》杂志上公开提出，糖是世界历史上最大的公共健康危机；它好比另一种烟草，摄入多了如同慢性自杀。你有没有注意到周围的朋友圈也开始掀起浩浩荡荡的“戒糖”运动。糖真的是“万恶之源”吗？戒糖到底是戒掉什么？到底如何才能健康饮食？

中国古代养生讲究“顺应自然”，现代生活中人体也有它最完美的节奏和规律。陆峻《生命时报》综合中国国内外专家观点，告诉你最健康的一天是什么样，每个人都可以参考，设计出最适合自己的健康作息。

5时-6时：醒了也要多睡会儿 很多中老年人“睡不着，醒得早”，但美国注册营养师劳拉说，只有睡眠充足，大脑得到充分休息，才能保证你过上一高质量的一天。如果你在清晨五六点就早早醒来，不妨尽量让自己多睡会儿，实在睡不着可以闭目养神，或躺在床上按摩腹部、揉搓双手，有助于保证一天精神百倍。

决心工程
Resolve To Save Lives

No such articles!

反式脂肪酸-微信 Transfat - WeChat

2018-12-06, 共监测到346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 346 WeChat public articles were monitored in 2018-12-06. This page shows the top five articles by repeat number today.

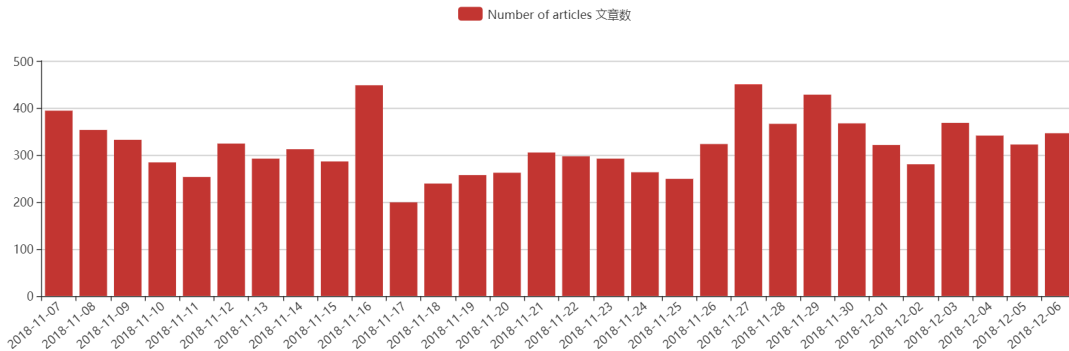
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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: 6

日期: 2018-12-06

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

Repeat Number: 6

Data: 2018-12-06

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; 烘烤食品中的饼干、泡芙、薄脆饼、蛋糕、蛋黄派或草莓派等

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, and shortbread in fried foods; biscuits, puffs, wafers, cakes, egg yolks, or strawberry pies in baked goods.

2. 可怕, 原来这些都是高脂肪食物, 居然隐藏这么深!

重复数: 5

日期: 2018-12-06

[Terrible, these are all high-fat foods!](#)

Repeat Number: 5

Data: 2018-12-06

奶油糖更要警惕 它添加的都不是真的奶油 而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 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

Be alert to the creamy sugar. It does not add real cream, but a vegetable cream made from hydrogenated vegetable oil. It contains half of saturated fat and may contain trans fatty acids. Excessive intake of trans fatty acids can increase blood cholesterol and increase the risk of cardiovascular disease.

3. 胡歌深夜微博48小时后, 评论区留下了20000条脏话

重复数: 3

日期: 2018-12-06

[After 48 hours of Hu Ge's late-night microblog, 20,000 dirty words were left in the comment area.](#)

Repeat Number: 3

Data: 2018-12-06

减少食用油炸食品、加工食品。这类食物中含有反式脂肪酸, 无法被人体吸收, 甚至会阻止身体使用健康的不饱和脂肪酸。如: 精制的植物油、人造黄油、油炸膨化食品等。

Reduce consumption of fried foods and processed foods. These foods contain trans fatty acids that are not absorbed by the body and may even prevent the body from using healthy unsaturated fatty acids. Such as: refined vegetable oil, margarine, fried puffed food, etc.

4. 喜欢吃番茄炒蛋, 心梗猝死: 你以为是健康食品, 却是隐形杀手

重复数: 3

日期: 2018-12-06

[Eating too much scrambled eggs with tomatoes may cause sudden death of myocardial infarction : The food you think is health may be a invisible killer.](#)

Repeat Number: 3

Data: 2018-12-06

人造反式脂肪酸, 远为奇妙 脂肪热量高, 每克脂肪含有9千卡的热量, 蛋白质和碳水化合物每克才4千卡! 可见, 长期高脂肪饮食, 热量摄入过多, 体内脂肪集聚过多, 会引发一系列健康问题, 高血压、肥胖、心脏病等毛病, 很快就找上门来。

Keep away from trans fatty acids. The fat is high in calories and contains 9 kilocalories per gram of fat. However, protein and carbohydrates are only 4 kcal per gram! Long-term high-fat diets can lead to excessive calorie intake and excessive body fat accumulation, which can lead to a range of health problems such as high blood pressure, obesity, and heart disease.

5. 脸要穷养, 脚要富养; 心要穷养, 肺要富养.....

重复数: 3

日期: 2018-12-06

[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

Repeat Number: 3

Data: 2018-12-06

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. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

反式脂肪酸-微博 Transfat - Weibo

2018-12-06, 共检测到68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。

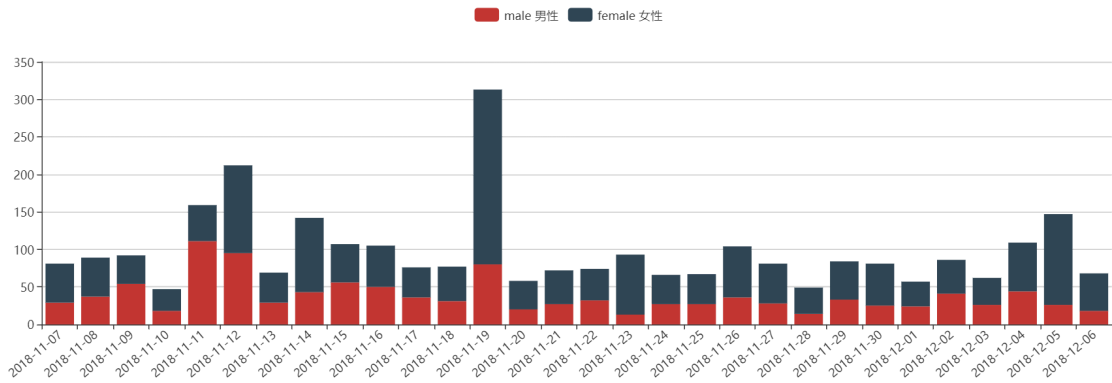
There are 68 weibos about transfat reduction monitored on 2018-12-06.

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!