

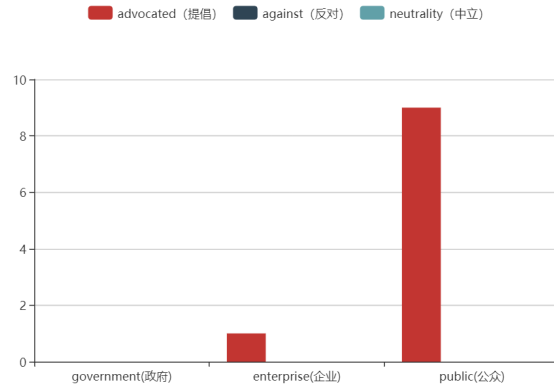
## 减盐-新闻

### Salt Reduction - News

今日 (2019-03-05) 共监测到10条资讯。请点击标题查看原文。

There are 10 articles monitored today 2019-03-05. 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

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

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No such articles!

##### 高血压 Hypertension

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决心工程 Resolve To Save Lives
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安徽  
Anhui

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高血压 Hypertension
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浙江  
Zhejiang

食物中的钠 Sodium in food
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决心工程 Resolve To Save Lives
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No such articles!

其他省份  
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">广东三批次食用盐不合格中盐两家公司上黑榜</a> <a href="#">Three batches of unqualified edible salt in Guangdong were blacklisted by two Chinese salt companies</a>	来源：中国质量报 Source: China Quality Daily	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:03:49 Time: 15:03:49
东莞市万和贸易有限公司购物广场销售的标称中盐长江盐化有限公司生产的加碘低钠盐（食用盐），氯化钾和碘不符合食品安全国家标准规定（经当地监管部门核实为假冒产品）。低钠盐是以食盐为主体，配比一定量钾盐、镁盐的多品种食盐。与普通食盐相比，低钠盐含钠低、含钾高，有助于人体钾钠平衡，降低高血压、心血管疾病的风险。这类产品较适合中老年人和患有高血压人群，但高钾药物服用者和肾功能不全者须遵医嘱，不适合心脏病有疾病人群。				
The iodized low sodium salt (edible salt) produced by Zhongyan Yangtze Salinization Co., Ltd. in the shopping plaza of Dongguan Wanhe Trading Co., Ltd. is not in conformity with the national food safety standards (it is a counterfeit product verified by the local regulatory authorities). Low sodium salt is a variety of salt with salt as the main component and a certain amount of potassium salt and magnesium salt as the proportion. Compared with common salt, low sodium salt has low sodium content and high potassium content, which helps to balance potassium and sodium and reduce the risk of hypertension and cardiovascular disease. These products are more suitable for middle-aged and elderly people and people with hypertension, but high potassium drug users and renal insufficiency patients must comply with doctor's advice, not suitable for people with heart disease.				

<div>2. <b>体内油脂多咋办？常吃这6种食物来刮油</b> <b>What about fat in the body? Often eat these six kinds of food to scrape oil</b></div>				
来源：手机网易网 Source: Mobile NetEase		主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：19:16:54 Time: 19:16:54
现代有些人不注重饮食健康，在平时喜欢吃高脂肪以及高热量的食物，就会导致肠道对油脂过多，容易形成肥胖，甚至会引起肠道疾病。所以大家在平时应该多吃蔬菜和水果，多吃一些能够给肠道刮油的食物，有利于减肥，而且能够保持肠道健康。 哪些食物能够给肠道刮油呢？ 食物一、洋葱。洋葱几乎不含脂肪，洋葱含有丰富的维生素，特别是前列腺素也相当丰富，能够降低血液粘稠度，可以降低外周血管的阻力，有利于降压降脂。				
Modern people do not pay attention to dietary health, usually like to eat high-fat and high-calorie food, will lead to intestinal excessive fat, easy to form obesity, and even cause intestinal diseases. Therefore, we should eat more vegetables and fruits in peacetime, eat more food that can scrape oil for intestinal tract, is conducive to weight loss, and can maintain intestinal health. What foods can scrape oil into the intestine? Food I. Onions. Onions are almost fat-free. Onions are rich in vitamins, especially prostaglandins, which can reduce blood viscosity, peripheral vascular resistance and blood pressure.				
<div>高血压 Hypertension</div>				
1. <b>学雷锋义诊活动受瑶胞欢迎</b> <b>Learning Lei Feng's free clinic is welcomed by Yao people</b>		来源：永州政府网 Source: Yongzhou Government Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate
为继承优良传统，弘扬雷锋精神，3月4日，江华瑶族自治县人民医院、县中医院、县妇幼保健院组织青年志愿者来到瑶族图腾园开展学雷锋义诊活动，解决群众就医问题，受到广大瑶胞的欢迎。当天上午9时，义诊现场一派繁忙，有的为瑶胞发放健康宣传资料，有的为居民测血压，有的为群众发放免费药品。“你患有高血压，要多运动，低盐低脂低糖饮食，尽量少饮酒，保持心情舒畅，睡眠要充足。”青年志愿者欧阳少琼在为76岁的居民张大爷看病后，叮嘱他要注意生活事项。				
In order to inherit the fine tradition and carry forward Lei Feng's spirit, on March 4, Jianghua Yao Autonomous County People's Hospital, County Traditional Chinese Medicine Hospital and County Maternal and Child Health Hospital organized young volunteers to study Lei Feng in the Yao totem garden to carry out free medical treatment activities to solve the medical problems of the masses, which was welcomed by the majority of Yao people. At 9:00 a.m. on the same day, the free clinic was busy. Some of them distributed health propaganda materials for Yao people, some measured blood pressure for residents, and some distributed free medicines for the masses. "You have high blood pressure, exercise more, eat a low-salt, low-fat and low-sugar diet, drink as little as possible, keep in a good mood, and get enough sleep." Ouyang Shaoqiong, a young volunteer, urged the 76-year-old resident, Uncle Zhang, to pay attention to his life after seeing a doctor.				
2. <b>高血压年轻化趋势，和肥胖关系大吗？</b> <b>Is the trend of hypertension younger age related to obesity?</b>		来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate
高血压年轻化趋势，和肥胖关系大吗？高血压是一种常见的心血管疾病，多见于中老年人。导致高血压因素也有很多，常见的就有遗传、生活习惯和环境、药物以及一些疾病等。肥胖就是导致高血压的因素之一，而肥胖引起高血压也不只是体重过重那么简单，而是在多种因素下共同作用的结果。肥胖者相较于体重正常的人，他们体内的血液总量通常要偏高，身体也更庞大，导致血液循环系统压力要高出体重正常的人。				
Is the trend of hypertension younger age related to obesity? Hypertension is a common cardiovascular disease, mostly in the elderly. There are many factors leading to hypertension, such as heredity, habits and environment, drugs and some diseases. Obesity is one of the factors leading to hypertension. Obesity is not only the result of overweight, but also the result of a combination of factors. Obese people tend to have higher blood volume and larger body size than normal-weight people, leading to higher blood pressure in the circulatory system than normal-weight people.				
3. <b>【雷锋精神温暖大连】志愿者上门义诊居民“坐享”健康</b> <b>[Lei Feng's Spirit Warms Dalian] Volunteers Come to Free Clinic and Residents "Sit and Enjoy" Health</b>		来源：大连天健网 Source: Dalian Tianjian Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate
为了让足不出户的空巢老人和大病家庭患者也能及时享受到义诊服务，3月5日，沙河口区李家街道绿波社区学雷锋志愿与绿波社区卫生服务中心医务人员兵分两组，分别走访了辖区7位困难党员和空巢老人。绿波社区卫生服务中心学雷锋志愿者深入到辖区困难党员家中把脉问诊、检查病情、测量血压、做心电图，免费发放各类药品，并叮嘱药物服用方法和注意事项；对检查中发现问题提出治疗意见，同时还宣传疾病预防知识和健康保健知识。				
In order to enable empty-nest elderly and seriously ill family patients to enjoy free clinic services in time, on March 5, Lei Feng volunteers of Lvbo Community School and medical staff of Lvbo Community Health Service Center in Lijia Street, Shahekou District were divided into two groups, and visited seven difficult Party members and empty-nest elderly in their respective jurisdictions. Lei Feng volunteers from the Green Wave Community Health Service Center went deep into the families of the Party members with difficulties in their jurisdiction to examine their pulse, check their condition, measure their blood pressure, make electrocardiograms, distribute all kinds of medicines free of charge, and advise them to take medicines and matters needing attention; put forward treatment opinions on the problems found in the examination, and publicize knowledge of disease prevention and health care.				
4. <b>脑梗的真凶找到了,神经内科医生给出明确答案: 就是这2个危险因素</b> <b>The real culprit of cerebral infarction was found, and neurologists gave a clear answer: these two risk factors</b>		来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate
医生指出：郭先生脑梗发作的真凶是高血压和高血同型半胱氨酸。高血压是脑梗的主要高危因素，这一点已经老生常谈，而且是国内外专家共同认可的。我国高血压发病率目前呈增加趋势，同时，脑梗发病率也每年增高，这值得重视并进行干预，一方面，要提高高血压认知率，我国相当一部分人不测量血压，不体检，导致自己高血压多年，直到产生并发症如脑梗、心梗等心脑血管疾病了才知道自己血压高。				
Doctors pointed out that the real culprits of Mr. Guo's cerebral infarction attack were hypertension and hyperhomocysteine. Hypertension is the main high-risk factor of cerebral infarction, which has become a cliché, and is recognized by experts at home and abroad. At present, the incidence of hypertension in our country is increasing, and the incidence of cerebral infarction is also increasing every year, which deserves attention and intervention. On the one hand, to improve the awareness of hypertension, a considerable number of people in our country do not measure blood pressure and do not take physical examination, leading to their own hypertension for many years, until complications such as cerebral infarction, myocardial infarction and other cardiovascular and cerebrovascular diseases occur, they do not know their own high blood pressure.				
<div>心血管健康 Cardiovascular health</div>				
1. <b>汤臣倍健新闻，携手《逆流而上的你》呼吁关爱老人！</b> <b>Tongchen Bejian News, joining hands with "You Up the Current" calls for caring for the elderly!</b>		来源：www.591hx.com Source: Www.591hx.com	主体：企业 Subject: industry	态度：提倡 Attitude: advocate
时间让老人的身体日益虚弱，一些疾病也会趁虚而入，为了不留有遗憾，我们一定要多关注老人的身体，尤其是注意以下疾病的预防和干预。汤臣倍健新闻，携手《逆流而上的你》呼吁关爱老人！一、心脑血管疾病。心血管疾病，又称为循环系统疾病，是一系列涉及循环系统的疾病，是指负责运输血管的器官和组织(心脏、血管)出现问题，具体包括高血压、高血脂、冠心病、心绞痛、心律失常、风湿性心脏病等等。				
Time makes the old man's body weaker and weaker, and some diseases will come in. In order not to leave any regrets, we must pay more attention to the old man's body, especially the prevention and intervention of the following diseases. Tongchen Bejian News, joining hands with "You Up the Countercurrent" calls for caring for the elderly! First, cardiovascular and cerebrovascular diseases. Cardiovascular diseases, also known as circulatory diseases, are a series of diseases involving the circulatory system. They refer to the problems of organs and tissues (heart and blood vessels) responsible for transporting blood vessels, including hypertension, hyperlipidemia, coronary heart disease, angina pectoris, arrhythmia, rheumatic heart disease and so on.				
<div>综合健康信息 Comprehensive Health Information</div>				
1. <b>大千分享掌握“肾利人生小撇步</b> <b>Daqian Shares and Masters the Kidney to Benefit Life</b>		来源：大纪元 (新闻发布) Source: The Great Era (Press Release)	主体：公众 Subject: public	态度：提倡 Attitude: advocate
根据美国肾脏登录系统2018年报统计，台湾洗肾人口的比率及每年新增加的洗肾人口比率都是全世界最高的，而且健保支出在洗肾的医疗费用更高达433亿元，是相当可观的数字。为配合世界肾脏日的到来并提醒民众肾脏保健的重要性，大千综合医院特于3月5举办“打击危险因子，掌握“肾”利人生”活动，邀请肾脏内科医师及营养师与民众分享，慢性肾脏病的危险因子以及肾脏病友的饮食小撇步，现场也由复健师带大家一起做养身健康操，帮助民众保肾顾健康。				
According to the United States Kidney Login System in 2018, Taiwan's rate of kidney-washing population and the annual increase in the rate of kidney-washing population are the highest in the world, and health care expenditure in kidney-washing medical costs up to 43.3 billion yuan, is a considerable figure. To coincide with the arrival of World Kidney Day and remind people of the importance of kidney health care, Daqian General Hospital held a campaign on March 5 to combat risk factors and grasp the benefits of kidney for life. Renal physicians and nutritionists were invited to share with the public. Risk factors of chronic kidney disease and dietary skipping of nephropathy patients were also brought together by rehabilitation practitioners. To help people to protect their kidneys and care for their health.				
2. <b>营养是抗癌关键全球研究实证: 这样吃远离癌症</b>		来源：大纪元 (新闻发布)	主体：公众	态度：提倡
时间：22:46:47				

营养饮食是抗癌防癌的关键，一份世界权威报告汇总7000多项研究，给出预防癌症的饮食建议。在抗癌这条路上，营养非常非常重要。我们吃的食物可以阻碍或促进我们的健康，这不是无的放矢。显而易见的，像癌症这样的重大疾病更需要患者注重饮食来促进身体健康。营养不良对癌症病人是一个很严重的问题。例如，对近两千名罹癌的成人所进行的一项观察研究发现，“91%的人营养不良，9%的人过度营养不良，43%的人有营养不良的风险，以及40%的人食欲不振！

Nutritional diet is the key to anti-cancer and cancer prevention. A world authoritative report summarizes more than 7000 studies and gives dietary recommendations for cancer prevention. Nutrition is very important in the fight against cancer. The food we eat can hinder or promote our health, which is not without aim. Obviously, major diseases such as cancer require patients to pay more attention to diet to promote their health. Malnutrition is a serious problem for cancer patients. For example, an observational study of nearly 2,000 adults with cancer found that "91% of people are malnourished, 9% are overnourished, 43% are at risk of malnutrition, and 40% have poor appetite!"

3. [延平区星光社区开展学雷锋志愿者便民服务活动](#)

来源：福建东南新闻网

主体：公众

态度：提倡

时间：18:12:34

[Starlight Community of Yanping District Develops Volunteer Service Activities of Learning Leifeng](#)

Source: Fujian Southeast News Network

Subject: public

Attitude: advocate

Time: 18:12:34

3月4日下午，延平区黄墩街道星光社区联合南平市城市公园管理处党员青年志愿者、南平市十创装饰志愿者、延平区文体新局志愿者、社区党员志愿者、巾帼志愿者在星光社区文化广场开展“扫黑除恶”宣传活动、“在职党员进社区”及“学雷锋志愿者便民服务活动”，共60余名志愿者参加了活动。活动包含家装咨询、义务理发、义诊、政策咨询、环境整治等服务，得到了广大居民的热烈欢迎。

On the afternoon of March 4, the Starlight Community of Huangdun Street in Yanping District joined forces with the youth volunteers of Nanping City Park Management Office, the Ten Creations Decoration Volunteers of Nanping City, the volunteers of Yanping District New Bureau of Culture and Sports, the volunteers of community members and the volunteers of towel-scarf to carry out the propaganda activities of "sweeping black and eliminating evil" in the cultural square of Xingguang Community, the "on-the-the-job Party members entering the community" and "learning Leifeng volunteers to More than 60 volunteers participated in the activity. The activities include home decoration consultation, voluntary haircut, free clinic, policy consultation, environmental renovation and other services, which are warmly welcomed by the majority of residents.

决心工程

Resolve To Save Lives

没有相关文章！

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-03-05, 共监测到533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 533 WeChat public articles were monitored in 2019-03-05. This page shows the top five articles by repeat number today.

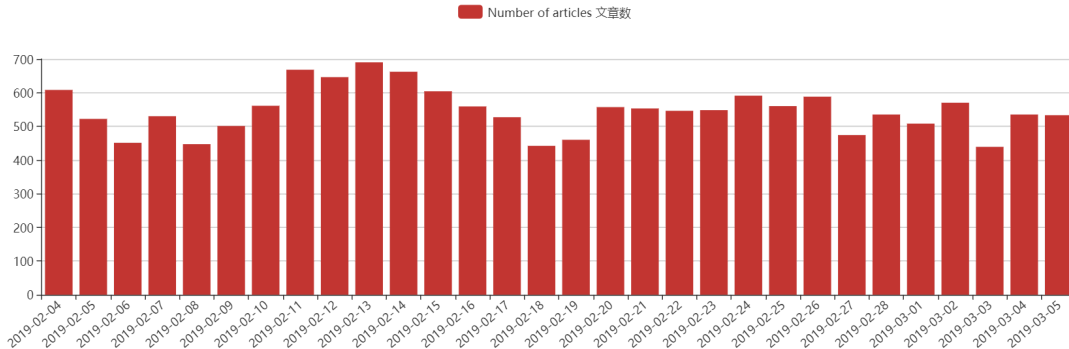
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 高血压的“隐形凶手”，除了盐还有它

重复数: 41

日期: 2019-03-05

[In addition to salt, it is also the "invisible murderer" of high blood pressure.](#)

Repeat Number: 41

Data: 2019-03-05

限糖同时，别忘限盐 食用盐的量限制在每天小于6克（也就是普通啤酒瓶盖去掉胶皮垫后水平装满的量），会有助于血压下降。同时补充一定量的钾和钙，还能促进体内钠的排泄。因此，在食盐的选择上，可以选择钠钾平衡盐，或者含钾量偏高、含钠量偏低的低钠盐。

At the same time, don't forget to limit salt consumption to less than 6 grams a day (that is, the amount of horizontally filled beer bottle caps after removing rubber pads) will help reduce blood pressure. At the same time, a certain amount of potassium and calcium can also promote the excretion of sodium in the body. Therefore, in the choice of salt, sodium-potassium equilibrium salt or low-sodium salt with high potassium content and low sodium content can be chosen.

#### 2. 世界减盐周！别让食物的“盐值”，成为全家人的“健康杀手”

重复数: 29

日期: 2019-03-05

[The World Salt Reduction Week. Do not let the "salt value" of food become the "health killer" of the whole family.](#)

Repeat Number: 29

Data: 2019-03-05

“盐值”过高影响全家健康 世界卫生组织建议成年人每人每天食盐摄入量不超过5克。《中国居民膳食指南》在评估我国居民食盐摄入量及饮食习惯等基础上提出成年人每天食盐摄入量不超过6克。而中国居民营养状况调查显示：我国居民实际每日盐摄入量在12克左右。食盐摄入过多可导致血压升高，并增加脑卒中、心脏病、胃癌、骨质疏松等疾病的患病风险。

The World Health Organization recommends that adults consume no more than 5 grams of salt a day. Based on the evaluation of salt intake and eating habits of Chinese residents, the Dietary Guidelines for Chinese Residents put forward that the daily salt intake of adults should not exceed 6 grams. The survey on nutritional status of Chinese residents shows that the actual daily salt intake of Chinese residents is about 12 grams. Excessive salt intake can lead to elevated blood pressure and increase the risk of stroke, heart disease, gastric cancer, osteoporosis and other diseases.

#### 3. 世界减盐周，主动“要”少盐

重复数: 24

日期: 2019-03-05

[World Salt Reduction Week](#)

Repeat Number: 24

Data: 2019-03-05

食盐摄入过多可导致血压升高，并增加脑卒中、心脏病、胃癌、骨质疏松等疾病的患病风险。科学研究表明，成年人对盐的生理需要量大约在每天1克左右，这与人们每天从天然食物或食材中摄入的盐量相当，多余的钠（盐）主要随尿液排出体外。世界卫生组织建议成年人每人每天食盐摄入量不超过5克。

Excessive salt intake can lead to increased blood pressure and increase the risk of stroke, heart disease, stomach cancer, osteoporosis and other diseases. Scientific research has shown that the physiological requirements of salt for adults are about 1 gram per day, which is equivalent to the amount of salt that people consume from natural foods or ingredients every day. Excess sodium (salt) is mainly excreted in the urine. The World Health Organization recommends that adults consume no more than 5 grams of salt per person per day.

#### 4. 【健康生活】身体出现这5个迹象，提醒你吃盐太多了！

重复数: 12

日期: 2019-03-05

[\[Healthy Life\] There are five signs in your body that remind you to eat too much salt!](#)

Repeat Number: 12

Data: 2019-03-05

如果你感觉就像吃了一团棉花球，这可能是吃盐过多的过错。在食用了含有大量钠的食物之后，身体会感觉盐和水的含量失衡了。为了恢复平衡，你需要多喝水。因此，大脑会发出口渴的信号，促使你狂饮。如果长期吃太多的盐，可能会导致人脱水。人一旦脱水的话，就不能清晰思考问题了

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.

#### 5. 日本长寿全球第一！10个秘诀中9个与吃有关！

重复数: 7

日期: 2019-03-05

[Japanese longevity ranks first in the world! Nine of the 10 tips are about eating!](#)

Repeat Number: 7

Data: 2019-03-05

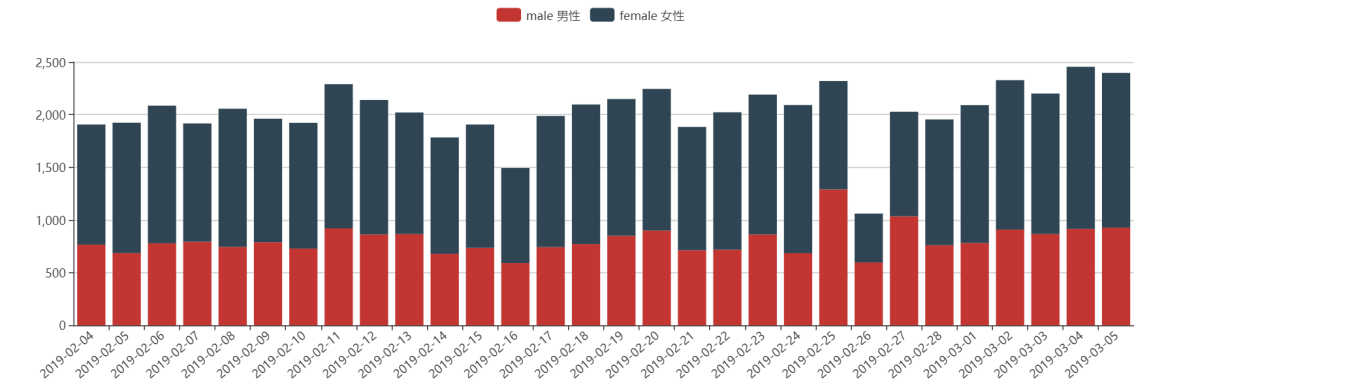
日本政府早在1975年就开始重视国民减盐问题，并发起了一系列减盐运动。而我们最近几年才开始鼓励限盐、少盐。此外，日本人非常注意从饮食的方方面面控盐：比如不喝太多的味噌汤，吃拉面时不喝汤；炒菜、炖菜时最后再放盐，这样能最大限度地减少盐的摄入量。

As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns. In recent years, we have only begun to encourage salt restriction and less salt. In addition, the Japanese pay great attention to salt control in all aspects of diet: for example, do not drink too much soup, do not drink soup when eating noodles; stir-fry, stew and finally put salt, so as to minimize salt intake.

# 减盐-微博

## Salt Reduction - Weibo

2019-03-05，共检测到2396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 2396 weibos about salt reduction monitored on 2019-03-05.  
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. 昵称: 养生健康讲座

地区: 甘肃

认证: 个人

Nickname: 养生健康讲座

Area: Gansu

Identity: Person

时间: 2019-03-05 14:45

来自: 微博weibo.com

转发数: 316

评论数: 104

点赞数: 112

Time: 2019-03-05 14:45

Source: 微博weibo.com

Repost: 316

Comment: 104

Like: 112

吃盐越少就越健康? 未必! 盲目低盐饮食有隐患, 摄入过多盐是高血压的重要原因之一, 因此, 一般推荐每日不超过6克的食盐摄入量才有利于健康 (具体推荐量上不同时间或不同国家略有差异, 但都在6克左右)。然而, 低盐就一定利于健康吗? 关于这点尚未“盖棺定论”。低盐饮食则存在发生低血钠风险, 而钠离子本身的无可替代性又造成相关代谢障碍的发生, 进一步损伤健康, 最终得不偿失。收起全文d

The less salt you eat, the healthier you are? not necessarily! There are hidden dangers in the blind low-salt diet. Excessive salt intake is one of the important reasons for high blood pressure. Therefore, a daily intake of no more than 6 grams of salt is good for health (the specific recommended amount is slightly different at different times or in different countries, but both are around 6 grams). However, must low salt be good for health? This point has not yet been "concluded." Low-salt diets present a risk of hyponatremia. The irreplaceability of sodium ions itself causes the occurrence of related metabolic disorders, which will further damage health.

2. 昵称: 营养师顾中一

地区: 北京

认证: 个人

Nickname: 营养师顾中一

Area: Beijing

Identity: Person

时间: 2019-03-05 12:36

来自: 天天蹭热搜日日有光

转发数: 200

评论数: 231

点赞数: 193

Time: 2019-03-05 12:36

Source: 天天蹭热搜日日有光

Repost: 200

Comment: 231

Like: 193

#看完绿皮书就想吃炸鸡#哪些食物营养价值低应该少吃? 不新鲜的、高饱和脂肪、高糖、高钠的, 比如: 1烧烤食物以及加工肉类, 如火腿肠、培根、各种肉类罐头等。2反复煎炸的食物, 如路边摊的油条、油饼、煎饼薄脆、炸鸡排等3腌制食物, 如咸鱼、腌菜。4含有过多反式脂肪酸的食物, 比如廉价的街头奶茶、糕点。5甜食, 如甜饮料、果味饮料、饼干、蛋糕、冰激凌等。6果脯类。7膨化食品。收起全文d

What foods with low nutritional value should be eaten less? Non-fresh, high-saturated fat, high-sugar, high-sodium foods, including: 1 barbecue food and processed meat, such as ham, bacon, canned meat and so on. 2 repeatedly fried food, such as roadside stalls fritters, oil cakes, pancakes crisp, fried chicken chops. 3 pickled foods, such as salted fish, pickles. 4 foods containing too much trans fatty acids, such as cheap street tea, pastries. 5 sweets, such as sweet drinks, fruit drinks, biscuits, cakes, ice cream, etc. 6 fruit mites. 7 puffed food.

3. 昵称: 植发教授杨志祥

地区: 北京

认证: 个人

Nickname: 植发教授杨志祥

Area: Beijing

Identity: Person

时间: 2019-03-05 16:22

来自: 360安全浏览器

转发数: 83

评论数: 0

点赞数: 54

Time: 2019-03-05 16:22

Source: 360安全浏览器

Repost: 83

Comment: 0

Like: 54

#看完绿皮书就想吃炸鸡#哪些食物营养价值低应该少吃? 不新鲜的、高饱和脂肪、高糖、高钠的, 比如: 1烧烤食物以及加工肉类, 如火腿肠、培根、各种肉类罐头等。2反复煎炸的食物, 如路边摊的油条、油饼、煎饼薄脆、炸鸡排等3腌制食物, 如咸鱼、腌菜。4含有过多反式脂肪酸的食物, 比如廉价的街头奶茶、糕点。5甜食, 如甜饮料、果味饮料、饼干、蛋糕、冰激凌等。6果脯类。7膨化食品。辛辣刺激油炸食物对于脱发人群来说还是少吃! 会比较健康! 早睡早起! 良好的生活作息! 收起全文d

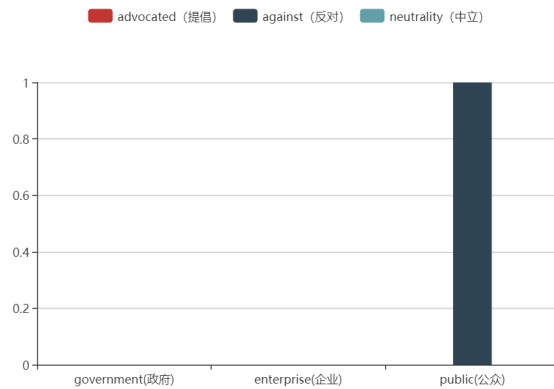
What foods with low nutritional value should be eaten less? Non-fresh, high-saturated fat, high-sugar, high-sodium foods, including: 1 barbecue food and processed meat, such as ham, bacon, canned meat and so on. 2 repeatedly fried food, such as roadside stalls fritters, oil cakes, pancakes crisp, fried chicken chops. 3 pickled foods, such as salted fish, pickles. 4 foods containing too much trans fatty acids, such as cheap street tea, pastries. 5 sweets, such as sweet drinks, fruit drinks, biscuits, cakes, ice cream, etc. 6 fruit mites. 7 puffed food. Spicy and stimulating fried foods should be eaten less for hair loss! Go to bed early and get up early, and develop a good life!

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2019-03-05) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-03-05. 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!
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. 饱和和不饱和脂肪酸都是什么 | 每日涨营养姿势971  
What are saturated and unsaturated fatty acids?

来源：搜狐  
Source: Sohu

主体：公众  
Subject: public

态度: 反对  
Attitude: against

时间: 13:23:25  
Time: 13:23:25

脂肪酸按照饱和程度可以分为饱和脂肪酸、单不饱和脂肪酸、和多不饱和脂肪酸。不同脂肪酸的生理功能和健康效应具体表现为：1、饱和脂肪酸。饱和脂肪酸是导致血脂胆固醇升高的主要脂肪酸，其中以豆蔻酸作用最强，其次为棕榈酸和月桂酸。饱和脂肪酸可以通过抑制低密度脂蛋白胆固醇受体活性、提高血浆低密度脂蛋白胆固醇水平而导致动脉粥样硬化。因此，日常膳食中应减少饱和脂肪酸的摄入。

Fatty acids can be divided into saturated fatty acids, monounsaturated fatty acids and polyunsaturated fatty acids according to their saturation degree. The physiological functions and health effects of different fatty acids are as follows: 1. Saturated fatty acids. Saturated fatty acids are the main fatty acids that lead to elevated blood cholesterol. Among them, myristic acid has the strongest effect, followed by palmitic acid and monthly silicic acid. Saturated fatty acids can cause atherosclerosis by inhibiting LDL cholesterol receptor activity and increasing plasma LDL cholesterol level. Therefore, the daily diet should reduce the intake of saturated fatty acids.

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

2019-03-05, 共监测到363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 363 WeChat public articles were monitored in 2019-03-05. This page shows the top five articles by repeat number today.

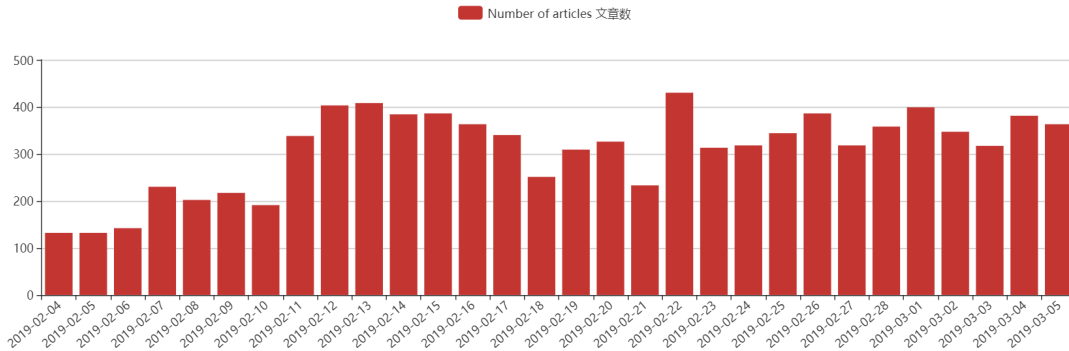
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [“被奶茶毁掉的中国姑娘”](#) ["Chinese Girls Destroyed by Milk Tea"](#)

重复数: 25

日期: 2019-03-05

Repeat Number: 25

Data: 2019-03-05

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 its name containing plants, but actually contain 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.

### 2. [脸要穷养, 脚要富养; 心要穷养, 肺要富养](#)

重复数: 20

日期: 2019-03-05

Repeat Number: 20

Data: 2019-03-05

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

### 3. [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: 20

日期: 2019-03-05

Repeat Number: 20

Data: 2019-03-05

[Among the brain's favorite foods, walnuts rank only 4th, the first one is unexpected!](#)  
常吃黑芝麻可以帮助人们预防和治疗胆结石, 同时还有延年益寿、健脑益智的作用。除了上面介绍的这些对大脑有益的食物, 还有一些常见的食物可能会对大脑健康发展有不健康的影响。保持大脑健康少吃这些 这些食物中含有大量的饱和脂肪、反式脂肪或是糖, 容易造成血脑屏障构造受损, 加速认知功能以及记忆力的退化。

Often eating black sesame can help people prevent and treat gallstones, but also has the effect of prolonging life, brain and intelligence. In addition to these brain-friendly foods mentioned above, there are some common foods that may have unhealthy effects on brain health. Keeping the brain healthy and eating less of these foods contain a lot of saturated fat, trans fat or sugar, which can easily cause damage to the blood-brain barrier structure, accelerate cognitive function and memory degradation.

### 4. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 9

日期: 2019-03-05

Repeat Number: 9

Data: 2019-03-05

[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#)  
反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

### 5. [面包好吃却五毒俱全, 家里有孩子的都看看!! 吃前请三思!](#)

重复数: 8

日期: 2019-03-05

Repeat Number: 8

Data: 2019-03-05

[The bread is delicious but full of poisons. The family should take a look!! Think twice before you eat!](#)  
纯正的天然黄油一般靠进口, 需要1万多一吨, 可人造黄油只要6000左右。人造黄油中含有大量的反式脂肪酸。反式脂肪酸会增加人患糖尿病、心脑血管疾病的风险, 还更容易使人发胖。有“酥油、起酥油、植物起酥油、植物脂肪、人造黄油、麦淇淋、植脂末、奶精”等字眼的统统不要买。

Pure natural butter is generally imported, its price is more than 10,000 yuan per ton, and the price of margarine is only about 6,000 yuan. Margarine contains a lot of trans fatty acids. Trans fatty acids increase the risk of diabetes, cardiovascular and cerebrovascular diseases, and are more likely to make people fat. Do not buy foods such as "ghee, shortening, vegetable shortening, vegetable fat, margarine, margarine, non-dairy creamer, creamer" on the package.

## 反式脂肪酸-微博 Transfat - Weibo

2019-03-05, 共检测到153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。

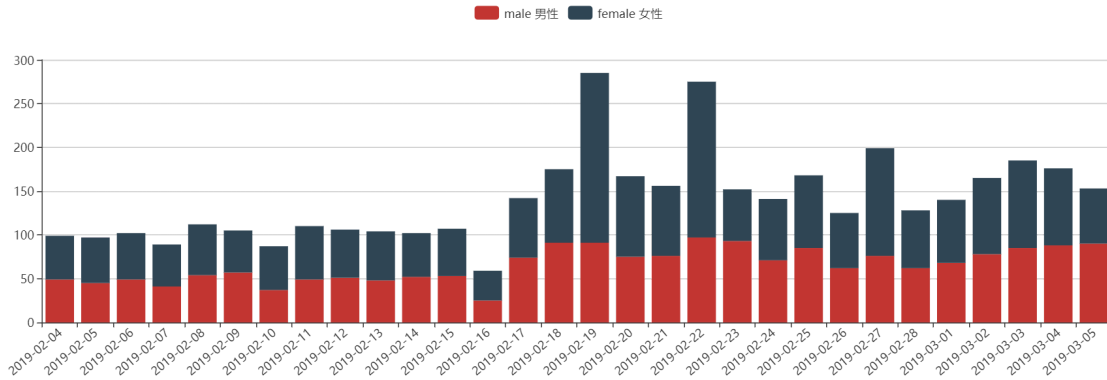
There are 153 weibos about transfat reduction monitored on 2019-03-05.

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!