

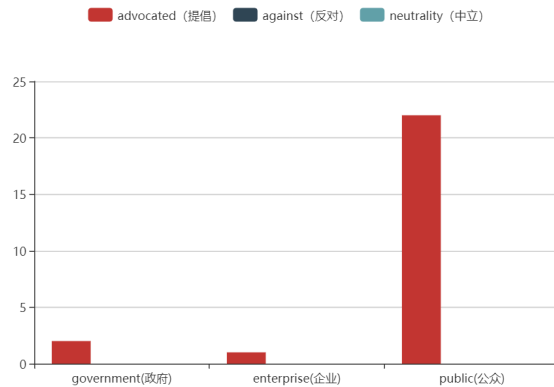
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-26) 共监测到25条资讯。请点击标题查看原文。

There are 25 articles monitored today 2019-02-26. 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

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#### 高血压

#### Hypertension

##### 1. 蓬莱卫生局: “三减四健”之“三减”篇

[Penglai Health Bureau: "Three Reductions and Four Kinds of Health"](#)

来源: 胶东在线

Source: Jiaodong Online

主体: 公众

Subject: public

态度: 提倡

Attitude: advocate

时间: 16:27:30

Time: 16:27:30

统计显示, 慢性病死亡在我国总死亡人数中的占比超过80%, 且慢性病患者呈年轻化的趋势。不健康的生活方式和行为, 如高盐、高油、不当膳食和缺少锻炼等, 是当前慢性病发生发展的主要因素。国家卫健委倡导人们形成健康生活方式, 防控慢性病发生。“三减四健”的健康生活方式, 即减盐、减油、减糖, 健康口腔、健康体重、健康骨骼、健康心理。今天我们先来科普一下什么是“三减”。

Statistics show that chronic disease deaths account for more than 80% of the total deaths in China, and chronic disease patients are younger. Unhealthy lifestyle and behavior, such as high salt, high oil, inappropriate diet and lack of exercise, are the main factors for the occurrence and development of chronic diseases. The National Health Commission advocates the formation of a healthy lifestyle to prevent and control the occurrence of chronic diseases. "Three minus four healthy" healthy lifestyle, that is, reducing salt, oil, sugar, healthy mouth, healthy weight, healthy bones, healthy psychology. Today, let's first come to science popularization and discuss what is "three subtractions".

#### 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. 枣矿集团枣庄医院启动“三减三健”健康宣教

[Zaozhuang Hospital of Zaozhuang Zaozhuang Mining Group started health education of "three subtractions and three health care"](#)

来源: 山东新闻网

Source: Shandong News Network

主体: 公众

Subject: public

态度: 提倡

Attitude: advocate

时间: 10:22:10

Time: 10:22:10

“您的血压偏高, 平时要注意饮食清淡, 多运动锻炼身体。”山东能源枣矿集团枣庄医院公共卫生科陈晓娟主任给一位高血压患者做宣教时关心的说。近日, 为倡导和传播健康生活理念, 该院公共卫生科发起开展了“三减三健”全民健康生活方式宣教活动。据了解, 本次宣教活动分为院内宣教和学校、社区义诊宣教两种形式进行, 活动通过发布微信文章、悬挂横幅、摆放宣传展板、设立咨询台、发放宣传资料等方式进行健康生活指导, 广泛宣传生活与健康的关系。

"Your blood pressure is on the high side. You should pay attention to light diet and exercise more often." Chen Xiaojuan, director of Public Health Department of Zaozhuang Hospital of Shandong Energy Zaozhuang Mining Group, said that he was concerned when he gave a propaganda to a hypertensive patient. Recently, in order to advocate and disseminate the concept of healthy life, the public health department of the hospital launched a health lifestyle education campaign for the whole people. It is understood that the propaganda activities are divided into two forms: in-hospital propaganda and free clinic propaganda in schools and communities. The activities guide healthy life by publishing micro-letters, hanging banners, placing propaganda boards, setting up consulting desks and distributing propaganda materials, and widely publicize the relationship between life and health.

##### 2. 丹阳街道卫计办开展基本公共卫生服务宣传活动

[Danyang Street Health Planning Office carries out publicity activities on basic public health services](#)

来源: 山东新闻网

Source: Shandong News Network

主体: 政府

Subject: government

态度: 提倡

Attitude: advocate

时间: 13:22:26

Time: 13:22:26

为了提高广大居民对国家基本公共卫生服务项目的知晓率、了解广大居民对基本公共卫生服务项目的满意度, 同时也为了提高辖区居民的预防保健意识。2月25日, 菏泽开发区丹阳卫计办在菏泽大剧院开展了以“享受基本公共卫生服务, 促进健康美好生活”为主题的基本公共卫生服务项目宣传活动。此次活动主要采取悬挂横幅、发放宣传折页、展板展示等方式, 积极向广大居民宣传和讲解国家基本公共卫生服务项目的内容, 引导居民支持和主动参与基本公共卫生服务。

In order to improve the awareness rate of the basic public health services and the satisfaction of the residents with the basic public health services, the awareness of prevention and health care of the residents in the jurisdiction is also raised. On February 25, Danyang Health Planning Office of Heze Development Zone launched a publicity campaign on the theme of "Enjoying basic public health services and promoting a healthy and beautiful life" in Heze Grand Theater. This activity mainly adopts the ways of hanging banners, issuing promotional folders and exhibition boards to actively publicize and explain the contents of national basic public health service projects to the general population, and guide residents to support and actively participate in basic public health services.

#### 决心工程

#### Resolve To Save Lives

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河南

Henan

食物中的钠 Sodium in food
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No such articles!
高血压 Hypertension
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
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综合健康信息 Comprehensive Health Information
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安徽

Anhui

食物中的钠 Sodium in food				
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心血管健康 Cardiovascular health				
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综合健康信息 Comprehensive Health Information				
1. <a href="#">顿顿外卖! 23岁小伙患上横纹肌溶解ICU抢救7天才脱险</a> <a href="#">Duntton takeout! A 23-year-old boy with rhabdomyolysis was rescued by ICU for 7 days before he was out of danger.</a>	来源: 人民网 Source: People's net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 06:13:28 Time: 06:13:28
据市场星报报道，顿顿外卖，竟然让在合肥工作的23岁小伙小阳（化名）突发横纹肌溶解，在安医大四附院ICU抢救了7天。昨日，回想此事，小阳既痛又悔：“我太不把自己的身体当回事了。”他希望，自己的教训能提醒其他有类似情况的年轻人，毕竟，没有健康，又如何打拼呢？23岁小伙顿顿外卖，突发横纹肌溶解。昨日上午，记者在病房见到了小阳，他看起来清瘦苍白，生活基本可以自理，但行动还有些不便。他说，能捡回一条命已经是万幸了。				
According to the Market Star, the 23-year-old Xiaoyang (pseudonym) who worked in Hefei was rescued by ICU in the Fourth Affiliated Hospital of Anyi Medical University for 7 days. Yesterday, in retrospect, Xiao Yang felt both pain and regret: "I don't take my body seriously." He hoped that his lessons would remind other young people in similar situations, after all, how to fight without health? A 23-year-old lad took out with a sudden rhabdomyolysis. Yesterday morning, the reporter saw Xiaoyang in the ward. He looked thin and pale. He could basically take care of himself, but his action was inconvenient. He said he was lucky to be able to recover a life.				
决心工程 Resolve To Save Lives				
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浙江

Zhejiang

食物中的钠 Sodium in food
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心血管健康

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No such articles!

综合健康信息

Comprehensive Health Information

1. [让天下确有免费午餐：雨花斋的“膳”与“善”](#)  
[Let the world really have free lunch: Yuhua Zhai's "meal" and "goodness"](#)

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：18:50:14  
Time: 18:50:14

一家免费的餐厅如何经营？能维持多久？作为杭州余杭雨花斋的发起人之一，章时灵最初的答案是未知的。如今看着就餐的人越来越多，她言语坚定，“雨花斋里的‘膳’与‘善’让我感动，餐厅会一直办下去。”雨花斋位于杭州余杭一小区内，开设至今已满三年。因全年无休供应免费午餐，被称为“中国最傻餐厅”。每天刚过11时，雨花斋就座无虚席了。食客们排队取餐说着“谢谢”，义工们深鞠躬呈上热菜.....

How does a free restaurant operate? How long will it last? As one of the founders of Yuhang Yuhua Zhai in Hangzhou, Zhang Shiling's initial answer is unknown. Nowadays, as more and more people are eating, her words are firm. "The food and kindness in the rainflower studio make me moved, and the restaurant will go on all the time." Yuhua Zhai is located in a small area of Yuhang, Hangzhou. It has been opened for three years. It is known as the "silliest restaurant in China" because it provides free lunch all year round. Every day just after 11 o'clock, Yuhua Zhai was seated. The diners lined up and said "Thank you." The volunteers bowed deeply and served hot dishes.

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. 假期吃多怎么办让雪天盐帮你调节饮食 How to eat more during the holidays? Let the snow salt help you adjust your diet	来源：北国网 Source: Bei Guo LAN	主体：企业 Subject: industry	态度：提倡 Attitude: advocate	时间：17:22:16 Time: 17:22:16
春季期间，拜年、聚会、各种娱乐、旅途奔波，人们难免熬夜、暴饮暴食，平时的生活规律被打乱，身体不堪重负，很多人节后感觉提不起精神，工作效率低，甚至有不明原因的恶心、眩晕、肠道反应、焦虑等，医学上称之为节后综合征。消化科医师表示，节日期间大油大荤，肠胃负担过重，因此节后第一件事，就是应该调整饮食，及时恢复清淡，减肉增菜，食用谷类粗粮和绿色蔬菜。				
During the Spring Festival, New Year's greetings, parties, various entertainments, travel, people inevitably stay up late, overeat, the usual life pattern is disturbed, the body is overwhelmed, many people feel unable to lift the spirit after the festival, inefficient work, and even have unknown causes of nausea, dizziness, intestinal reactions, anxiety, etc., medically known as post-festival syndrome. Digestive physicians said that during the festival, the heavy burden on the intestines and stomach was heavy, so the first thing after the festival was to adjust diet, restore light in time, reduce meat and vegetables, and eat cereals, coarse grains and green vegetables.				
2. 三岁前宝宝一定要做的8次身体检查，自己就可以先检查看看 Babies must have eight physical examinations before they are three years old, so they can check themselves first.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：11:30:54 Time: 11:30:54
三岁前宝宝一定要做的8次身体检查，自己就可以先检查看看。出生后第42天，肢体： 其小胳膊、小腿总是呈屈曲状态，两只小手握着拳。视力： 能注视较大的物体，双眼很容易追随手电筒光单方向运动。 生殖器： 男婴的睾丸此时应降入阴囊。 微量元素： 宝宝在6个月以内，每日需要钙600mg，而他从母乳或奶粉中只能摄取到300mg左右的钙。宝宝从出生后第15天就可以开始服用鱼肝油和钙片，易溶于水的钙剂吸收效果较好，要注意在医生指导下服用。				
Babies must have 8 physical examinations before they are three years old, so they can have a look first. On the 42nd day after birth, the limbs: their small arms and legs are always flexed, and their hands are clenched with fists. Visual acuity: Can look at larger objects, eyes easily follow the torch light unidirectional movement. Genital organs: The testis of a boy should fall into the scrotum at this time. Elements: Within six months, the baby needs 600 mg of calcium per day, while he can only get about 300 mg of calcium from breast milk or milk powder. Babies can start taking cod liver oil and calcium tablets from the 15th day after birth. Calcium soluble in water has better absorption effect. We should pay attention to taking it under the guidance of doctors.				
3. 包装上带这六个字的零食一定要少吃！ Snacks with these six words on the package must be eaten less!	来源：东北网 Source: Northeast net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:51:53 Time: 09:51:53
薯片、碳酸饮料、糖果、酸奶、冰淇淋、炸鸡、巧克力.....各式各样的零食往往是孩子们的最爱，因为好吃啊！但带这几个字的零食还是要少吃，不仅可能影响孩子的身高，而且还可能惹上一身疾病。带“干”的零食。用糖或盐加工的果蔬干，如海苔片、苹果干、葡萄干、香蕉干等，虽挂水果的名，但营养已大打折扣，只能“适当食用”一下。吃太多油脂会增加肥胖发生的风险。血脂异常或需要减肥的朋友，就别吃太多了。				
Potato chips, carbonated drinks, candy, yogurt, ice cream, fried chicken, chocolate... All kinds of snacks are often children's favorite, because they are delicious! But snacks with these words should be eaten less, not only may affect the height of children, but also may cause a whole body disease. Snacks with "dry" snacks. Dried fruits and vegetables processed with sugar or salt, such as seaweed slices, dried apples, raisins, dried bananas and so on, although they are named fruits, their nutrition has been greatly reduced and they can only be eaten appropriately. Eating too much fat increases the risk of obesity. Don't eat too much if you have dyslipidemia or need to lose weight.				
4. 炒冬瓜减肥吗 Does Fried Winter Melon Lose Weight	来源：TOM Source: TOM	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：16:26:06 Time: 16:26:06
炒冬瓜吃的话是可以起到一定的减肥效果，不仅如此冬瓜当中还含有其他的营养物质，这样就可以达到很好的消肿利水的效果，要是感觉到自己身体当中有浮肿的话也是可以吃这种食材的，就连高血压和冠心病都是可以使用冬瓜这种食材来达到一个治疗的效果，所以说有很广泛的药用价值。冬瓜味甘、性寒，有清热、利水、消肿的功效。冬瓜含钠量较低，对动脉硬化症、肝硬化腹水、冠心病、高血压、肾炎、水肿膨胀等疾病有良好的辅助治疗作用。				
Stir-fried winter melon can play a certain weight loss effect, not only so that there are other nutrients in the winter melon, so that we can achieve a good effect of reducing swelling and diuresis. If you feel that there is swelling in your body, you can also eat this food. Even hypertension and coronary heart disease can use this food to achieve a therapeutic effect. So it has a wide range of medicinal value. Winter melon is sweet in taste and cold in nature. It has the functions of heat elimination, water diversion and swelling reduction. Wax gourd has a low sodium content, which has a good adjuvant therapeutic effect on atherosclerosis, cirrhosis ascites, coronary heart disease, hypertension, nephritis, edema and swelling.				
5. 宝宝多大能喝牛奶？关于牛奶你该知道的都在这里！ How old can a baby drink milk? All you know about milk is here!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：18:29:06 Time: 18:29:06
宝宝多大能喝牛奶？关于牛奶你该知道的都在这里！牛奶几乎已经成为家家户户的必需品，大家也都知道牛奶补钙，是好东西。但是现在市面上牛奶的品种好多，完全挑花眼，该如何选择呢？小宝宝又能不能喝牛奶呢？几岁可以喝？下面我就来具体说说吧，希望可以帮助到选择困难症的你们哦。牛奶到底有什么营养？				
How old can a baby drink milk? All you know about milk is here! Milk has almost become a necessity for every household. Everyone knows that milk supplement with calcium is a good thing. But now there are many varieties of milk on the market. They are completely eye-catching. How to choose them? Can the baby drink milk? How old can I drink? Now let me talk about it in detail. I hope it can help you to choose difficult diseases. What nutrition does milk have?				
高血压 Hypertension				
1. 青菜汤能不能喝？其实有营养，长期喝可能引起肥胖 Can I have green vegetable soup? In fact, there is nutrition. long-term drinking may cause obesity	来源：手机网易网 Source: Mobile NetEase	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：14:59:53 Time: 14:59:53
一般来说，青菜汤分为两种，一种是菜汁汤；另一种则是用青菜来煮的菜汤。但人们日常所说的青菜汤通常指前者，即菜汁汤。很多人都会有个疑惑，“青菜汤能不能喝？”喜欢喝的人会觉得，菜汤味美香浓，且蔬菜的营养都在汤里，不喝浪费。不喜欢喝的人会觉得菜汤喝了不利于身体健康。其实这两方的说法都没有问题。新鲜菜汤有营养，我们都 know，蔬菜里富含各种维生素、矿物质和膳食纤维等营养物质。				

Generally speaking, there are two kinds of vegetable soup, one is vegetable juice soup, the other is vegetable soup boiled with vegetable. But what people usually call green vegetable soup refers to the former, namely vegetable juice soup. Many people will have a question, "Can you drink green vegetable soup?" People who like to drink will feel that the vegetable soup is delicious and fragrant, and the nutrition of vegetables in the soup, do not drink waste. People who don't like to drink vegetable soup will feel that it is harmful to their health. In fact, both sides have no problem with their statements. Fresh vegetable soup is nutritious. As we all know, vegetables are rich in vitamins, minerals and dietary fiber.				
2. <a href="#">新研究称过量吃盐可能导致过敏性皮炎</a> <a href="#">New research suggests that excessive salt consumption may lead to allergic dermatitis</a>	来源：新华网 Source: Xinhua net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 12:15:19 Time: 12:15:19
众所周知吃盐太多会增加高血压风险。德国一项新研究发现，过量摄入食盐还有可能导致过敏性皮炎。 过敏性皮炎又称特应性皮炎，常见症状包括皮肤发痒、红肿及皲裂等。德国慕尼黑理工大学领衔的科研团队在美国《科学 转化医学》杂志上报告说，食盐的主要成分是氯化钠，人体T细胞在氯化钠的作用下会转化成辅助性T细胞中的Th2细胞。				
It is well known that eating too much salt increases the risk of hypertension. A new German study has found that excessive salt intake may also lead to allergic dermatitis. Allergic dermatitis is also known as atopic dermatitis. Common symptoms include itching, swelling and chapped skin. The team led by Munich University of Technology in Germany reported in the American Journal of Science Translational Medicine that sodium chloride is the main ingredient of salt, and human T cells can be transformed into Th2 cells in helper T cells under the action of sodium chloride.				
3. <a href="#">孕期零食挑着吃，这4种零食多吃，有益于胎儿发育！</a> <a href="#">Pregnancy snacks to eat, these four snacks eat more, conducive to fetal development!</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:17:23 Time: 11:17:23
孕期零食挑着吃，这4种零食多吃，有益于胎儿发育！ 很多孕妇从怀孕开始，就受到家里的严重保护，吃什么东西之前都会严格把关。很多人会觉得孕妇不能吃零食，零食不健康等等之类的，今天小编和大家说说，不是所有的零食都是不能吃的，相反有些零食吃了还会有好处呢！一起来看看哪4种零食可以多吃吧！				
Pregnancy snacks to eat, these four snacks eat more, conducive to fetal development! Many pregnant women are heavily protected at home from the beginning of pregnancy, and they are strictly checked before they eat anything. Many people will think that pregnant women can not eat snacks, snacks are not healthy and so on. Today Xiaobian told you that not all snacks are not inedible, on the contrary, some snacks will be good! Let's see which four snacks can be eaten more!				
4. <a href="#">香蕉伤胃吗？</a> <a href="#">Do bananas hurt your stomach?</a>	来源：TOM Source: TOM	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:25:56 Time: 11:25:56
蕉是一种很香甜的水果，香蕉可以补充人体微量元素的同时对排便很给力，对于便秘的人来说可以经常吃点香蕉改善，对于胃不好的人来说平时要注意饮食，不能吃辣椒，冰凉，生冷，油腻等刺激的食物，平时饮食要有规律，很多人认为香蕉伤胃，香蕉伤胃吗？接下来我们一起来看看吧。 香蕉不伤胃。香蕉里富含钾，适量吃可以起到预防腿抽筋，使腿得到缓解。香蕉中钾离子含量多，能有效抑制钠离子所造成的血压上升和血管损伤，因此高血压和心脏病患者都适合吃香蕉。				
Banana is a very sweet fruit. Bananas can replenish human trace elements while at the same time it is very helpful for defecation. For constipated people, they can often eat some bananas for improvement. For those with bad stomach, they should always pay attention to diet, and can not eat chili, cold, cold, greasy and other foods that stimulate them. Next let's take a look. Bananas don't hurt the stomach. Bananas are rich in potassium. Eating in moderation can prevent leg cramps and alleviate leg cramps. Bananas contain a lot of potassium ions, which can effectively inhibit the rise of blood pressure and vascular damage caused by sodium ions. Therefore, bananas are suitable for patients with hypertension and heart disease.				
5. <a href="#">茄子洋芋怎么做好吃</a> <a href="#">How to Make Eggplant and Potato Taste</a>	来源：TOM Source: TOM	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:26:28 Time: 14:26:28
茄子是人们日常生活中很常见的一种食品，其不仅味道吃起来很棒，并且还有比较丰富的营养因此是人们日常生活中比较受欢迎的了。洋芋也叫土豆这也是人们日常生活中很常见的一种食品，这两种食品是可以搭配在一起来食用的，那么茄子和洋芋怎么做好吃呢?下面就来详细介绍一下。				
Eggplant is a very common food in people's daily life. It not only tastes great, but also has rich nutrition, so it is popular in people's daily life. Potatoes are also called potatoes, which is a common food in people's daily life. These two kinds of food can be eaten together. How do eggplants and potatoes taste good? Here's a detailed introduction.				
<div>心血管健康 Cardiovascular health</div>				
没有相关文章!				
No such articles!				
<div>综合健康信息 Comprehensive Health Information</div>				
1. <a href="#">看恐怖片可能会让你变胖：吃掉更多的爆米花和巧克力</a> <a href="#">Watching horror movies may make you fat: eat more popcorn and chocolate</a>	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:12:58 Time: 09:12:58
北京时间2月26日消息，据国外媒体报道，一项新研究指出，观看恐怖电影可能会让人更渴望吃点高热量的食物，从而导致体重增加。 暴力或紧张的电影已经被证明会让人感到压力，甚至有筋疲力尽的感觉。为了慰藉自己，人们往往会吃掉更多的零食。不过，观看浪漫喜剧或剧情片的人并没有表现出同样的情绪反应，他们吃掉的巧克力或薯片不像前者那么多。				
Beijing time, Feb. 26, according to foreign media reports, a new study suggests that watching horror movies may make people more eager to eat high-calorie foods, leading to weight gain. Violent or tense movies have proven to be stressful and even exhausting. In order to comfort themselves, people tend to eat more snacks. However, people who watched romantic comedies or dramas did not show the same emotional response. They did not eat as much chocolate or potato chips as the former.				
2. <a href="#">濂溪区市场监管局扎实开展开学季校园及周边食品安全大检查</a> <a href="#">Lianxi District Municipal Supervisory Bureau carries out a solid food safety inspection on campus and surrounding areas during the school season</a>	来源：九江新闻网 Source: Ji Jiang News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 17:22:18 Time: 17:22:18
为进一步做好春季开学期间学校及校园周边食品安全监管工作，保障广大师生“舌尖上的安全”，按照统一部署，2月26日，濂溪区市场监管局新港分局在辖区内开展开学季校园及周边食品安全大检查行动。此次检查以学校（含幼儿园）食堂为重点，主要检查学校（含幼儿园）食堂的资质证明，食品原料采购索证索票，从业人员健康检查，设施设备及餐饮具清洗消毒、留样，从业人员培训等制度落实情况，以及是否开展“减油、减盐、减糖”行动等。				
In order to further improve the supervision of food safety in schools and the periphery of the campus during the spring semester, and to ensure the "safety on the tongue tip" of teachers and students, according to the unified deployment, on February 26, the New Port Branch of Lianxi District Municipal Supervision Bureau launched a major inspection of food safety in the campus and periphery during the semester. The inspection focused on school canteens (including kindergartens). It mainly inspected school canteens' qualification certificates, food raw materials purchase claim tickets, health inspection of employees, cleaning and disinfection of facilities and equipment and catering utensils, sample retention, training of employees, and whether to carry out "oil, salt and sugar reduction" actions.				
3. <a href="#">胃不好难长寿！医生提醒：喝再多小米粥，不如做好5事更养胃</a> <a href="#">It's hard to live long without a good stomach! Doctor reminds: Drinking more millet porridge is better than doing 5 things to nourish stomach.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:25:18 Time: 08:25:18
养胃这个话题，是很多人感兴趣的一个话题。现实生活中，由于各种各样的原因，很多人总是感觉自己的胃不是很好，故而社会中就流传出小米粥、生姜、面条等养胃食物。这些食物真的可以养胃吗？对于养胃来说，怎样做会更加靠谱。言于养胃，你需要这样做。 其实，说到根本，何为养胃？说胃不好，其实一般代表患上了某种胃病，患胃病的人不在少数，所以大家对这个问题比较感兴趣。				
Nurturing stomach is a topic that many people are interested in. In real life, because of various reasons, many people always feel that their stomach is not very good, so the community has spread millet porridge, ginger, noodles and other stomach food. Can these foods really nourish the stomach? For stomach nourishment, how to do will be more reliable. To nourish your stomach, you need to do so. In fact, when it comes to fundamentals, what is to nourish the stomach? Say the stomach is not good, in fact, the general representative suffered from some kind of stomach disease, the people suffering from stomach disease are not a few, so we are more interested in this issue.				
4. <a href="#">吃辣明明可以瘦，你却用它来长肉！</a> <a href="#">Spicy food can be thin, but you use it to grow meat!</a>	来源：手机网易网 Source: Mobile NetEase	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:26:07 Time: 14:26:07
去年美国《力量与调节杂志》上发表的一项研究还发现，辣椒素可以 增强运动耐力，让运动更轻松。 真正能让你瘦的不是「吃辣」，而是辣椒里的「辣椒素」。 辣椒素还有刺激食欲的作用...这种「重油重盐」辣菜吃多了，肚子可不就一点点起来了嘛。 辣椒中的香辛类物质，大多不溶于水，只溶于油一类的有机溶剂。一把辣椒一把油的，自然脂肪含量爆表。				
A study published last year in the American Journal of Strength and Regulation also found that capsaicin can increase exercise endurance and make exercise easier. It's capsaicin in hot peppers that really makes you thin. Capsaicin also stimulates appetite. This kind of "heavy oil, heavy salt" spicy dish eats too much, but the stomach can be ordered a little.				

Most of the spices in Capsicum are insoluble in water and only soluble in organic solvents such as oil. A handful of chili peppers and a handful of oil, natural fat content burst the table.				
5. <a href="#">提出了一生积蓄这两口变得贫穷还是富有?</a> <a href="#">Did the old couple become poor or rich after donating their life savings?</a>	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: 17:26:52 Time: 17:26:52
在“感动中国·2018年度人物”颁奖仪式上,一对耄耋老人捐款千万元的善举备受关注。老人说,这是他们每天早上必备的早餐,几个土豆,一杯牛奶。而主食多是煮:把几种菜切好,放在锅里一起煮,再放点盐,这既是冷盘又是“热炒”。常年这么简单甚至是清淡的饮食,营养够吗?我们问。两位老人笑着说:“我们是医生,吃得虽然简单,但摄入量能够满足身体的基本需求,再说少吃一些油盐或者大鱼大肉,反而有利于身体健康。你看我们都80多岁了,身体还不错吧。”				
At the awarding ceremony of "Moving China's Persons of the Year 2018", a pair of elderly people donated tens of millions of yuan to the charitable deeds of great concern. The old man said that this was their breakfast every morning, a few potatoes, a glass of milk. And the main meal is mostly boiling: Cut several dishes well, cook them together in a pot, then add some salt, which is both cold dish and "hot fried". Is there enough nutrition for such a simple or even light diet all year round? We asked. The two old people laughed and said, "We are doctors. Although we eat simply, our intake can meet the basic needs of the body. Besides, eating less oil and salt or big fish and meat is beneficial to our health. You see, we are all over 80 years old, and we are in good health.				
6. <a href="#">做到这四点,帮助你减轻熬夜的伤害</a> <a href="#">Do these four things to help you alleviate the harm of staying up late.</a>	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 20:26:54 Time: 20:26:54
从中医的角度来讲,熬夜耗伤肝血肾阴,不利于身体健康。但是很多需要值班的工作必须熬夜,我们今天要说的是如何正确养生,减轻熬夜对身体的伤害。熬夜的人群吃什么? 简单来说,就是富含蛋白质维生素的食物,如果从中医角度来说呢,熬夜容易伤阴生虚火,所以,应该多吃滋阴润燥的食物。需要熬夜时,晚餐应该吃富含B族维生素和蛋白质的食物,比如动物的肝脏、瘦肉、牛奶、鱼类、豆制品,绿色蔬菜、水果等。如果要吃宵夜,推荐全麦面包,各种粥类。少吃高糖高盐的甜食、饼干、西式快餐等食物。				
From the perspective of traditional Chinese medicine, staying up late consumes liver, blood and kidney yin, which is not conducive to health. But many of the work that needs to be on duty must stay up late. What we want to talk about today is how to keep fit correctly and reduce the harm to the body caused by staying up late. What do the people who stay up late eat? Simply put, is rich in protein and vitamins food, if from the point of view of traditional Chinese medicine, staying up late is easy to injure Yin and create deficiency fire, so, should eat more nourishing Yin moist dry food. When you need to stay up late, you should eat foods rich in B vitamins and protein, such as animal liver, lean meat, milk, fish, soy products, green vegetables, fruits and so on. Whole wheat bread and porridge are recommended for supper. Eat less sugar and salt sweets, biscuits, western fast food and other foods.				
7. <a href="#">健康:出现这5个迹象,说明你盐吃多了!</a> <a href="#">Health: There are five signs that you eat too much salt!</a>	来源: 中工网 Source: China Industrial Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 21:35:18 Time: 21:35:18
“我吃的盐比你吃的饭还多!”这话经常从家里长辈们口中听到。但是,盐吃多了可真不好。一项调查显示,中国人平均每人每年大概要吃掉约6.5千克的盐,平均每天18克,如果按照一袋盐400克来计算,一个人一年就相当于吃掉了16袋盐。食盐,被称为“百味之王”,是生活中不可缺少的调味品。那么,身体出现哪种信号提醒着盐吃多了呢? 5个迹象提醒你盐吃多了。				
"I eat more salt than you eat!" This is often heard from the elders of the family. But it's bad to eat too much salt. According to a survey, the average Chinese person eats about 6.5 kilograms of salt a year, an average of 18 grams a day. If you count a bag of 400 grams of salt, a person eats 16 bags of salt a year. Salt, known as the "king of all tastes", is an indispensable condiment in life. So what kind of signal does the body show that it's eating too much salt? Five signs remind you that you eat too much salt.				
8. <a href="#">初家街道:健康义诊进乡村贴心服务暖民心!</a> <a href="#">First Street: Healthy free clinic into the countryside intimate service to warm the hearts of the people!</a>	来源: 大众网 Source: Volkswagen network	主体: 政府 Subject: government	态度: 提倡 Attitude: advocate	时间: 16:35:45 Time: 16:35:45
2月21日上午八点,莱山区卫计局带领公共卫生队伍联合初家街道计划生育宣教中心开展义诊活动,组成团队走进宋家庄村委,直接将服务送到“家门口”。义诊团队一到现场便受到了村居百姓们的热烈欢迎,他们纷纷排队等候检查。为了配合义诊中空腹检测血糖这一项,他们大多都特意没有吃早餐,医护人员们迅速准备好了检测设备,投入到了紧张有序的义诊活动中。				
At 8:00 a.m. on February 21, Laishan District Health and Planning Bureau led the public health team to join Chujia Street Family Planning Education Center to carry out free clinic activities, forming a team to enter the Songjiazhuang Village Committee and directly deliver the service to the "home gate". As soon as the free clinic team arrived at the scene, they were warmly welcomed by the villagers, who were waiting in line for inspection. In order to cooperate with the fasting blood sugar test in free clinic, most of them did not eat breakfast deliberately. Medical staff quickly prepared the testing equipment and devoted themselves to the intensive and orderly free clinic activities.				
9. <a href="#">顺产奶水不足怎么办</a> <a href="#">How to deal with the shortage of natural milk</a>	来源: TOM Source: TOM	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 14:52:32 Time: 14:52:32
胎儿在下生之后是因为其肠胃未发育健全消化系统还不能正常的运行,因此不能够直接食用那些成年人所食用的食品,需要靠母乳来补充每天所需要的营养。而有许多顺产的宝妈出现有奶水不足这种情况,面对这种情况需要人们能够及时的采取措施来调理,那么下面就来详细介绍一下顺产奶水不足怎么办?				
After the birth of the fetus, because its intestines and stomach are not well developed digestive system can not function properly, so it can not directly eat the food that adults eat, need to rely on breast milk to supplement the nutrition needed every day. And there are many natural-born babes who have insufficient milk. Faced with this situation, people need to take timely measures to adjust, so let's introduce in detail how to deal with the shortage of natural-born milk.				
10. <a href="#">高陵镇中心卫生院健康扶贫冬季暖心服务</a> <a href="#">Healthy and Poverty Alleviation Winter Warm Heart Service of Gaoling Town Central Health Hospital</a>	来源: 水母网 Source: Jellyfish net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 14:01:06 Time: 14:01:06
为贯彻落实党的十九大精神 and 党中央、国务院脱贫攻坚决策部署,推动健康扶贫政策措施落实落细,进一步提升贫困群众获得感,春节刚过,高陵镇中心卫生院组织 15个家庭医生签约服务团队走村入户对患有高血压、糖尿病、结核病、严重精神障碍及患有脑血管病、冠心病、慢阻肺、类风湿、关节炎、重型老年慢性支气管炎等慢性病的贫困人口逐户、逐人进行家庭医生签约服务工作,同时宣传贯彻健康扶贫政策,发放有针对性的简明易懂的健康教育材料,落实“一家一明白纸”。				
In order to implement the spirit of the Nineteenth National Congress of the Communist Party of China and the resolute policy of the Central Committee of the Party and the State Council in fighting poverty, promote the implementation of Health Poverty Alleviation Policies and measures in detail, and further enhance the sense of access of the poor, just after the Spring Festival, the Central Hospital of Gaoling Town organized 15 family doctors'contracted service teams to go to villages and enter homes for patients with hypertension, diabetes, tuberculosis, severe mental disorders and cerebrovascular diseases Poor people with chronic diseases such as coronary heart disease, chronic obstructive pulmonary disease, rheumatoid disease, arthritis and severe senile chronic bronchitis should sign family doctor's contract services one by one. At the same time, they should publicize and implement the health poverty alleviation policy, distribute targeted, concise and understandable health education materials, and implement "one piece of clear paper for one".				
<div>决心工程 Resolve To Save Lives</div>				
没有相关文章!				
No such articles!				



## 减盐-微信 Salt Reduction - WeChat

2019-02-26, 共监测到587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 587 WeChat public articles were monitored in 2019-02-26. This page shows the top five articles by repeat number today.

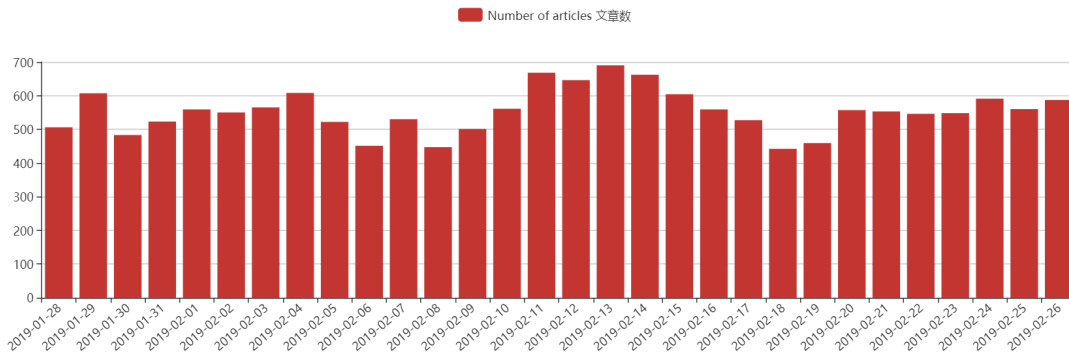
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [日本入长寿全球第一! 10个秘诀中9个与它有关](#)

重复数: 80

日期: 2019-02-26

Repeat Number: 80

Data: 2019-02-26

[Japanese longevity ranks first in the world! Nine of the 10 tips are related to it](#)

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: 比如不喝太多的味增汤, 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.

#### 2. [身体出现这5个迹象, 提醒你吃盐太多了!](#)

重复数: 10

日期: 2019-02-26

Repeat Number: 10

Data: 2019-02-26

[These five signs remind you that you eat too much salt!](#)

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.

#### 3. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 6

日期: 2019-02-26

Repeat Number: 6

Data: 2019-02-26

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

咸香咸香, 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.

#### 4. [16个健康警戒线全划出来了, 寿命长短由它决定, 非常重要!](#)

重复数: 6

日期: 2019-02-26

Repeat Number: 6

Data: 2019-02-26

[Sixteen health warning lines have been drawn out. Life expectancy is determined by them. It is very important!](#)

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。建议 一个啤酒瓶盖装满盐正好是6克的量。零食、酱菜、午餐肉等加工食品少吃。

Excessive salt intake is closely related to hypertension and cardiovascular diseases. It can also aggravate gastric mucosal damage and accelerate osteoporosis. Moreover, excessive salt intake can make skin worse. Whether for health or beauty, salt control is essential. It is recommended that a beer bottle cap be filled with exactly 6 grams of salt. Eat less snacks, pickles, lunch meat and other processed foods.

#### 5. [高糖VS高盐, 到底哪个对人体的杀伤力更强?](#)

重复数: 4

日期: 2019-02-26

Repeat Number: 4

Data: 2019-02-26

[High sugar VS high salt, which is more lethal to human body?](#)

盐被誉为“百味之首”, 大部分菜你可以只放盐, 却不能不放盐。不仅如此, 食盐所提供的钠离子和氯离子维持着细胞外液的渗透压和酸碱平衡, 在保持神经和肌肉的应激性、调理生理功能等方面都起着重要作用。但据资料显示, 中国人食盐超标人数高达75%!

Salt is known as "the first of all tastes", most dishes you can only put salt, but not without salt. Moreover, sodium and chloride ions provided by salt maintain the osmotic pressure and acid-base balance of extracellular fluid, and play an important role in maintaining nerve and muscle stress and regulating physiological functions. But according to the data, the number of Chinese salt exceeding the standard is as high as 75%.

## 减盐-微博 Salt Reduction - Weibo

2019-02-26, 共检测到1060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。

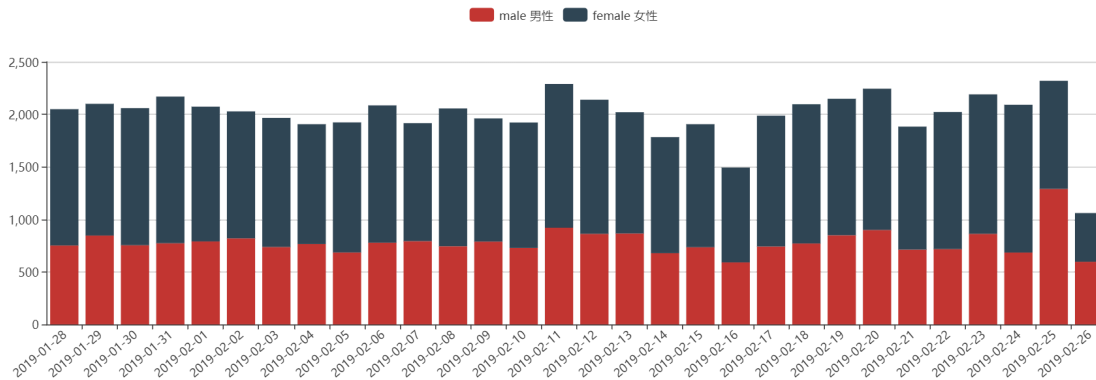
There are 1060 weibos about salt reduction monitored on 2019-02-26.

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!

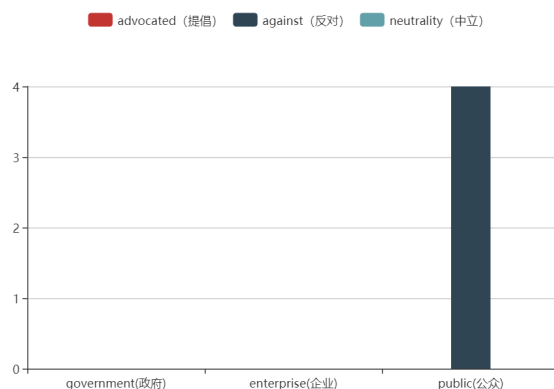
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-02-26) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2019-02-26. 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. <a href="#">包装上带这六个字的零食一定要少吃！ Snacks with these six words on the package must be eaten less!</a>	来源：东方网	主体：公众	态度：反对	时间： 09:25:39
	Source: Dongfang net	Subject: public	Attitude: against	Time: 09:25:39
薯片、碳酸饮料、糖果、酸奶、冰淇淋、炸鸡、巧克力.....各式各样的零食往往是孩子们的最爱，因为好吃啊！但带这几个字的零食还是要少吃，不仅可能影响孩子的身高，而且还可能惹上一身疾病。带“干”的零食。用糖或盐加工的果蔬干，如海苔片、苹果干、葡萄干、香蕉干等，虽挂水果的名，但营养已大打折扣，只能“适当食用”一下。吃太多油脂会增加肥胖发生的风险。血脂异常或需要减肥的朋友，就别吃太多了。				
Potato chips, carbonated drinks, candy, yogurt, ice cream, fried chicken, chocolate... All kinds of snacks are often children's favorite, because they are delicious! But snacks with these words should be eaten less, not only may affect the height of children, but also may cause a whole body disease. Snacks with "dry" snacks. Dried fruits and vegetables processed with sugar or salt, such as seaweed slices, dried apples, raisins, dried bananas and so on, although they are named fruits, their nutrition has been greatly reduced and they can only be eaten appropriately. Eating too much fat increases the risk of obesity. Don't eat too much if you have dyslipidemia or need to lose weight.				
2. <a href="#">一天卖出1000袋只做吐司的长宁这家店为啥这么火 Why is Changning such a hot shop that sells 1000 bags of toast a day?</a>	来源：东方网	主体：公众	态度：反对	时间： 15:32:30
	Source: Dongfang net	Subject: public	Attitude: against	Time: 15:32:30
长宁又多一家“网红店”！首家店就开到了金茂大厦，一开业就“被网红”，这家一天能卖1000袋吐司的“烘焙龙吐司专卖店”第十家分店在世贸商城开业啦！本周五前，还可以享受第二件半价的优惠活动哦！烘焙龙吐司专门店创立于2016年11月，一直坚持制作过程不添加防腐剂，面粉改良剂，人工香精色素，坚持使用优质的食材，坚持使用优良的工艺技术，它可是大众点评上海吐司排行榜第一名！				
Changning has another "net red shop"! The first store opened in Jinmao Tower, and was "networked red" as soon as it opened. The tenth branch of the "Baking Long Toast" store, which can sell 1000 bags of toast a day, opened in the World Trade Center. Before this Friday, you can also enjoy the second half-price concessions! The roast dragon toast special shop was founded in November 2016. It has always insisted on the production process without adding preservatives, flour improver, artificial flavoring pigment, insisting on the use of high quality ingredients, and insisting on the use of excellent technology, but it is the first of the public comment on the Shanghai toast rankings.				
3. <a href="#">反式脂肪（Trans Fats）的困惑：符合健康标准的替代品在哪里？ Trans Fats'puzzle: Where are the health-standard alternatives?</a>	来源：加拿大国际广播中文网站(博客)	主体：公众	态度：反对	时间： 06:35:44
	Source: Canadian International Broadcasting Chinese Website (Blog)	Subject: public	Attitude: against	Time: 06:35:44
加拿大食品工业将从今年9月份起禁用人造反式脂肪，大食品工业和小型烘焙店在过去一些年里都在寻找最合理的替代品。但事实是，替代品实在没有多少可选择，许多小型烘焙店已经转向老爷爷奶奶辈的老办法，也就是黄油或猪油，这是人造反式脂肪发明之前的烘焙重头原料。人造反式脂肪曾被认为是20世纪食品工业的一大突破性发明，它是通过对植物油进行氢化处理，使之凝固而获得的产品。其特点是廉价，耐高温，不易变质，所以被食品工业广泛用于制作糕点和油炸食品。				
The Canadian food industry will ban artificial trans fats from September this year. Large food industries and small bakeries have been looking for the most reasonable alternatives in the past few years. But the fact is that there are few alternatives. Many small bakeries have turned to the old ways of grandparents, that is, butter or lard, which were the heavy baking ingredients before the invention of artificial trans fats.* Artificial trans fats have been considered as a breakthrough invention in the food industry in the 20th century. They are products obtained by hydrogenating vegetable oils to solidify them. It is characterized by low cost, high temperature resistance, not easy to deteriorate, so it is widely used in the food industry to make cakes and fried food.				
4. <a href="#">喝奶茶续命？127批次茶饮大抽查！看完不敢喝..... Drink milk tea to renew your life? 127 batches of tea drinking big spot check! I dare not drink after reading it.</a>	来源：中工网	主体：公众	态度：反对	时间： 19:38:38
	Source: China Industrial Network	Subject: public	Attitude: against	Time: 19:38:38
怕胖就喝无糖奶茶？可少糖或者无糖的奶茶，真的没问题吗？近日，香港消费者委员会与食品安全中心检测了市面上127款非预先包装调制茶类饮品的糖含量，以及部分样本的能量值。检测发现：5款产品含糖超每日摄入上限，其中1款超出上限4成，喝一杯相当于摄入14粒方糖。8种茶类饮品样本中，以珍珠奶茶的平均能量值最高。78款原味样本中，能量值最高为1款芋香奶茶的样本，饮用一杯，等同于一餐所需摄取能量的9成。				
Drink sugar-free milk tea for fear of being fat? Is there really no problem with sugar-free or sugar-free milk tea? Recently, the Hong Kong Consumer Council and the Food Safety Centre tested the sugar content of 127 unpackaged tea drinks on the market, as well as the energy values of some samples. The results showed that five products contained more sugar than the daily intake limit, one of which exceeded the upper limit by 40%. Drinking a cup was equivalent to 14 cubes of sugar. Pearl milk tea had the highest average energy value among the eight tea drinks. Among 78 samples of original flavor, the highest energy value was a sample of taro fragrant milk tea, drinking a cup, equal to 90% of the energy required for a meal.				
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

2019-02-26, 共监测到385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 385 WeChat public articles were monitored in 2019-02-26. 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. 大脑最爱的食物, 核桃只排第4名, 第1名谁都想不到!

[Among the brain's favorite foods, walnuts rank only 4th, the first one is unexpected!](#)

重复数: 44

日期: 2019-02-26

Repeat Number: 44

Data: 2019-02-26

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. The health of the brain can be more and more lively.

### 2. 被奶茶毁掉的中国姑娘

[Chinese girl destroyed by milk tea](#)

重复数: 27

日期: 2019-02-26

Repeat Number: 27

Data: 2019-02-26

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.

### 3. 饼干里也有“致癌物”? 原来真相是这样...

[Are there carcinogens in biscuits? It turned out that this was the truth.](#)

重复数: 8

日期: 2019-02-26

Repeat Number: 8

Data: 2019-02-26

反式脂肪酸是一种人体非必需脂肪酸, 摄入过多会增加血液粘稠度, 容易引起动脉粥样硬化和血栓形成。在制作各类饼干点心的原材料中, 包括植物性奶油、人造黄油、起酥油、沙拉酱、代可可脂等都含有反式脂肪酸, 患有高脂血症的人群不应多吃。

Trans fatty acid is a kind of non-essential fatty acid in human body. Too much intake of trans fatty acid can increase blood viscosity and easily cause atherosclerosis and thrombosis. Trans-fatty acids are found in raw materials for cookies and snacks, including vegetable butter, margarine, shortening, salad dressing and cocoa butter. People with hyperlipidemia should not eat more.

### 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 eat less or not eat these four kinds of foods.](#)

重复数: 8

日期: 2019-02-26

Repeat Number: 8

Data: 2019-02-26

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. 科普 | 动物奶油VS植物奶油 你平时吃的是哪种?

[What kind of butter do you usually eat?](#)

重复数: 8

日期: 2019-02-26

Repeat Number: 8

Data: 2019-02-26

植物奶油: 植物奶油近几年频繁登各大报纸头条, 因它含有大量反式脂肪酸, 不易被人体吸收, 会诱发心血管疾病, 对人体有大量危害! 味道 动物奶油: 因为动物奶油是天然的, 含乳量高, 所以奶香味会更自然。植物奶油: 植物奶油则闻起来比较“香甜”, 因为含有根据大众口味调配成的人工合成香精。

Vegetable butter has frequently appeared in the headlines of major newspapers in recent years, because it contains a large number of trans fatty acids, not easy to be absorbed by the human body, will induce cardiovascular disease, a lot of harm to the human body! Because animal butter is natural and has high milk content, the fragrance of milk will be more natural. Vegetable butter: plant butter smells sweet, because it contains artificial flavors made up of popular flavors.

## 反式脂肪酸-微博 Transfat - Weibo

2019-02-26, 共检测到125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。

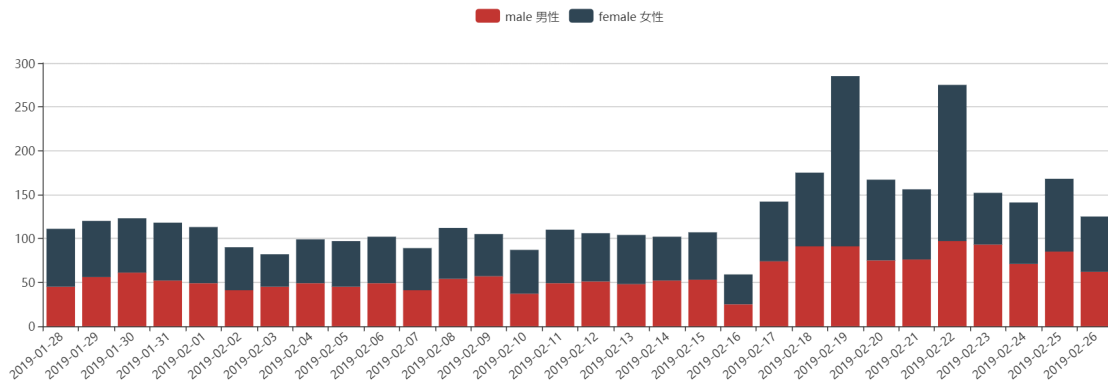
There are 125 weibos about transfat reduction monitored on 2019-02-26.

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!