

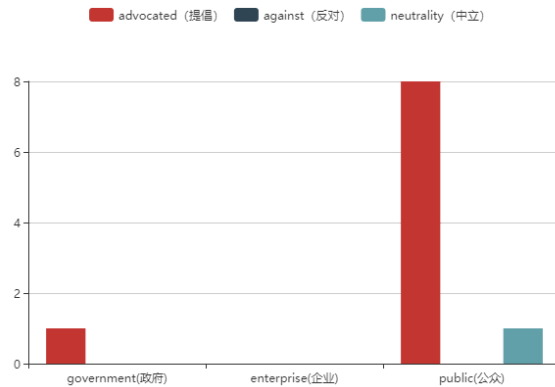
减盐-新闻

Salt Reduction - News

今日 (2018-10-05) 共监测到10条资讯。请点击标题查看原文。

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山东

Shandong

食物中的钠

Sodium in food

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No such articles!

高血压

Hypertension

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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. 事关你我! 实现“健康德州”, 今后将有这些大动作

来源: 山东新闻网

主体: 政府

态度: 提倡

时间: 06:12:45

[About you and me!Texas "health", the future will have the big one](#)

来源: 山东新闻网

Subject: government

Attitude: advocate

Time: 06:12:45

鲁网德州10月5日讯 记者从德州市政府网站获悉,根据《“健康山东2030”规划纲要》,结合德州实际,我市在大力推进全民健康行动、全面推进健康环境建设、深化医药卫生体制改革、全面提升健康服务水平、完善医疗保障机制、大力推进健康产业发展、加强健康保障与支撑建设等方面制定了详细的实施意见。德州市人民政府办公室关于贯彻落实《“健康山东2030”规划纲要》的实施意见各县(市、区)人民政府(管委会),市政府各部门、单位:为贯彻落实健康中国建设战略部署,深入推进健康德州建设,切实提高人民健康水平,根据《“健康山东2030”规划纲要》,结合德州实际,制定如下实施意见。一、总体思路(一)指导思想。以习近平新时代中国特色社会主义思想为指导,深入贯彻落实党的十九大精神,牢固树立和贯彻落实创新、协调、绿色、开放、共享的发展理念,坚持新时期卫生与健康工作方针,坚持“共建共享、全民健康”的战略主题,坚持健康优先、融入所有政策,坚持问题导向、深化改革创新,坚持公平公正、促进均衡发展,以普及健康生活、优化健康服务、完善健康保障、建设健康环境、发展健康产业为重点,深化健康理念引领,积极推进健康行动策略,构建政府主导、社会共建、公众参与的大卫生、大健康服务体系,着力形成有利于健康的体制机制、经济发展方式、社会治理模式和生产生活环境,全方位、全周期维护和保障人民健康,大幅提高健康水平,显著改善健康公平,为全力加快富民强市步伐、全面建成小康社会目标奠定坚实的健康基础。(二)战略目标 到2020年,全面建成覆盖城乡居民、符合德州特点的基本医疗卫生服务体系,形成全民参与、齐抓共管的健康管理模式,建立内涵丰富、结构合理的健康服务业体系,健康环境持续改善,全民健康素养水平显著提高

Lu net Dezhou October 5 news reporter from the Dezhou Municipal Government Web site learned that according to the "healthy Shandong 2030" program outline, combined with the actual situation of Dezhou, our city is vigorously promoting national health action, comprehensive promotion of healthy environment construction, deepening the reform of the medical and health system, comprehensively improving the level of health services, improving the medical security mechanism, large Detailed implementation suggestions have been formulated on promoting the development of healthy industries, strengthening health security and supporting construction. Opinions on Implementing and Implementing the Outline of "Healthy Shandong 2030" Plan by the Office of Dezhou Municipal People's Government The people's governments of various counties (cities and districts) (Guan Weihui), municipal government departments and units: In order to implement the strategic plan of healthy China construction, promote the construction of healthy Dezhou in depth, and improve the people's health level, according to the "Healthy Shandong 2030" planning outline, combined with the actual situation in Dezhou, the following implementation suggestions are formulated. I. General Thinking (1) guiding ideology. Guided by Xi Jinping's thought of socialism with Chinese characteristics in the new era, we should thoroughly implement the spirit of the 19th National Congress of the Communist Party of China, firmly establish and implement the development concept of innovation, coordination, green, opening up and sharing, adhere to the policy of health and health work in the new era, adhere to the strategic theme of "building and sharing, and the health of the whole people", and adhere to the principle of health excellence. Firstly, we should integrate all policies, adhere to the problem-oriented, deepen reform and innovation, adhere to fairness and justice, promote balanced development, focus on popularizing healthy life, optimizing health services, improving health security, building a healthy environment and developing healthy industries, deepen the guidance of health concepts, actively promote health action strategies, and construct government-led policies. The Davidson Health and Great Health Service System, which is built together by the society and participated by the public, has put forth great efforts to form a healthy system and mechanism, a mode of economic development, a mode of social governance and an ecological environment of production and life, to safeguard and safeguard people's health in an all-round and full-cycle manner, to raise the health level substantially, to improve health equity notably, and to accelerate the prosperity of the people and strengthen the country with all We must lay a solid foundation for building a well-off society in an all-round way. (two) strategic objectives By 2020, a basic medical and health service system covering urban and rural residents will be built in an all-round way, which is in line with the characteristics of Dezhou. A health management model with the participation of the whole people and joint management will be formed. A health service system with rich connotation and reasonable structure will be established. The health environment will be continuously improved and the health literacy level of the whole people will be significantly improved.

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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 国庆节后综合征怎么破?这些妙招让你“满血复活” After the National Day break syndrome?These tips let you "full of blood resurrection"	来源：大众网	主体：公众	态度：提倡	时间： 11:27:44
	来源：大众网	Subject: public	Attitude: advocate	Time: 11:27:44
<p>编者按：国庆假期不知不觉中即将画上句号，大部分人很快就要正式投入到学习、工作中。也许还有些人觉得假期没有休息够，没心情上班，甚至还有茶饭不思、身心俱疲等状况，其实，这就是所谓的“节后综合征”，马上回归工作的你，也有过这种情况吗？如何摆脱“节后综合征”，看小编给你支招。【饮食篇】营养膳食多吃深色蔬菜 十一期间，很多人饮食不规律，大鱼大肉一开吃就停不下来，聚会时如果饮酒过度，还会进一步加剧胃肠负担。专家建议，节后饮食应遵循多样性原则，因为单一食物的营养肯定是不全面的，可以适当减少肉类的摄入，多吃谷类食物和绿色蔬菜。与浅色蔬菜相比，深颜色蔬菜含有更丰富的B族维生素和矿物质，专家建议可以注意增加深颜色蔬菜的比例</p>				
<p>Editor's note: The National Day holiday is coming to an end unconsciously, and most people will soon formally devote themselves to their studies and work. Maybe some people don't have enough rest during the holidays, don't feel in the mood to go to work, and even have a lack of food and tea, physical and mental fatigue and other conditions, in fact, this is the so-called "post-holidays syndrome", immediately back to work, you also have this situation? How to get rid of "postganglionic syndrome"?[diet]Nourishment and eat dark vegetables.During the Eleventh Five-Year Plan period, many people had an irregular diet and could not stop eating big fish and meat as soon as they started. If they drank too much at parties, they would further aggravate the gastrointestinal burden. Experts suggest that after-holiday diet should follow the principle of diversity, because the nutrition of a single food is certainly not comprehensive, can be appropriate to reduce meat intake, eat more cereals and green vegetables. Dark-colored vegetables are richer in B vitamins and minerals than light-colored ones, and experts recommend increasing the proportion of dark-colored vegetables.</p>				
2. 没有垃圾食品 只有“垃圾吃法” Not only junk eat junk food	来源：昆明日报	主体：公众	态度：提倡	时间： 01:27:52
	来源：昆明日报	Subject: public	Attitude: advocate	Time: 01:27:52
<p>近日，一份号称世卫组织发布的“十大垃圾食品名单”在朋友圈被人们频频转发。名单将油炸、烧烤、方便面、罐头、冷冻甜点、加工肉类、碳酸饮料、腌制食品、奶油制品、蜜饯类十类食品列为垃圾食品。垃圾食品是现代人所熟知的一个词汇。含有大量糖分、脂肪以及盐分、高能量等成分的加工食物，常常被称为垃圾食品。事实真是这样吗？“其实营养界并无垃圾食品的说法，世卫组织也从来没有发布过垃圾食品分类</p>				
<p>A list of the top 10 junk food items published by the World Health Organization has been repeatedly forwarded among friends. The list lists fried, barbecued, instant noodles, canned, frozen desserts, processed meat, carbonated beverages, pickled food, butter products, preserved foods as junk food.Junk food is a familiar term for modern people. Processed foods containing a lot of sugar, fat, salt, high energy and other ingredients are often called junk food. Is this really the case?"There's no such thing as junk food in nutrition, and the WHO has never published a junk food category.</p>				
3. 关于吃盐的真相 你了解多少? How much do you know about the truth of the salt?	来源：新华网	主体：公众	态度：中立	时间： 08:27:56
	来源：新华网	Subject: public	Attitude: neutrality	Time: 08:27:56
<p>图集 有人说，宝宝在3岁之前不能吃盐。原因是婴幼儿肾脏发育并不完全，所以摄入盐分很可能加重肾脏负担。小编听后觉得似乎不无道理，但是宝宝在3岁之前真的完全不能吃盐吗？小编决定来科普一下真相！食盐是人体不可或缺的食物，其所含的氯、钠等成分，对维持人体神经、肌肉、心脏正常功能作用很大。但是任何事都应有限度，如果盐吃多了，就会由利转弊，招来疾病。对于婴幼儿来说，少盐是总原则</p>				
<p>atlasSome people say that babies can't eat salt before they are 3 years old. The reason is that the kidneys are not fully developed in infants and young children, so salt intake is likely to aggravate the burden of kidneys.After listening to Xiaobian, it seems that there is no reason why, but before the age of 3, the baby can not eat salt at all. Xiaobian decided to come up with the truth of science.Salt is an indispensable food for human body. It contains chlorine, sodium and other components, which play a great role in maintaining the normal function of human nerve, muscle and heart. But everything should have a degree. If salt eats too much, it will turn from bad to bad and attract diseases. For infants and young children, less salt is the general principle.</p>				
4. 长假里胃最累! 该给它减减负啦 Long vacation in the stomach is the most tired!The give it load	来源：人民网	主体：公众	态度：提倡	时间： 00:30:00
	来源：人民网	Subject: public	Attitude: advocate	Time: 00:30:00
<p>原标题：长假里胃最累！该给它减减负啦 长假家人团聚吃吃喝喝是重头戏。节后上班，不少人发现，一方面肚胀见长了，另一方面胃口却难开动，爱喝酒的人也经常感觉酒气难消。此刻该让胃肠减减负 有什么简单易行的办法可让胃肠道尽快减负，恢复日常的正常“工作”？佛山市中医院营养科副主任潘永开开出几条食疗方。山楂芒果核水解油膩一节日的餐桌上总少不了鸡鸭鱼等大鱼大肉，很多菜肴都经过油炸的工序，吃多了易腹胀呕吐，食欲下降，并出现油膩“上火”症状。可用山楂芒果核煮水当茶饮，能增加胃酸分泌，提高消化酶的活性，消食化积，行气散瘀，尤长于消肉积，开胃降脂</p>				
<p>Original title: the most tired stomach in long holidays! It should be reduced and negative.Long holidays, family reunion, eating and drinking is the highlight. After the festival to work, many people find that on the one hand, the belly has grown, on the other hand, the appetite is difficult to move, drinkers also often feel difficult to get rid of alcohol.Now we should reduce the burden of the stomach and intestines.What simple and easy way to reduce the gastrointestinal tract as soon as possible, to restore the normal daily "work"? Foshan Hospital of Traditional Chinese Medicine, deputy director of the Department of Nutrition Pan Yong prescribed several dietary treatments.Hawthorn and mango kernel hydrolysis greasy - the festival table can not be less than chicken, duck, fish and other large fish, many dishes are fried through the process, eating more prone to abdominal distention and vomiting, loss of appetite, and greasy "fire" symptoms. Hawthorn and mango pit water can be used as tea, can increase gastric acid secretion, improve the activity of digestive enzymes, digestion and accumulation, Xingqi Sanyu, especially long in Xiaomeat volume, appetizing and reducing fat</p>				
5. 黄金周中国餐饮掀起“三减”行动 "Golden week" Chinese restaurant "three minus" action	来源：大众网	主体：公众	态度：提倡	时间： 15:19
	来源：大众网	Subject: public	Attitude: advocate	Time: 15:19
<p>中新社成都10月5日电（记者 贺劲清 徐杨◆）“除了回锅肉、麻婆豆腐、鱼香茄子这几个经典川菜名，国庆节我点菜单上写得最多的字就是‘减油’‘减盐’‘减糖’和‘不要味精’。”国庆长假期间，杜秋菊开在成都杜甫草堂外的川菜店迎来了一年中生意最好的时间。每当顾客下单并要求清淡饮食后，她都会走进热火朝天的后厨，不厌其烦地叮嘱厨师。随着生活水平不断提高、人们健康观念加强，越来越多食客要求减少油脂、盐类、糖类摄入，不少饭店主动或被动地加入到“三减”的行列中。“刚参加工作时，每次吃面条最期待的就是在碗里加一块白花花的猪油，看着猪油一点点在面条里融化，当时绝对想不到现在面条里不仅不加猪油，连盐都要少放</p>				
<p>China news agency, Chengdu, October 5 (Reporter He Shaoqing, Xu Yang Li t) "In addition to the return pot meat, Mapo tofu, fish-flavored eggplant, these classic Sichuan dishes, the National Day I ordered the most written words are "oil", "salt", "sugar" and "do not MSG." During the National Day holiday, Du Qiuju opened a Sichuan restaurant outside Du Fu's Caochang in Chengdu and ushered in the best business time of the year. Every time a customer orders and asks for a light meal, she goes into the hot back kitchen and tells the chef all the time.With the continuous improvement of living standards and the strengthening of people's health concept, more and more diners are demanding to reduce the intake of fat, salt and sugar. Many restaurants actively or passively join the ranks of "three subtractions". "When I first started working, what I expected most from eating noodles was to add a piece of white-flower lard to the bowl and watch the lard melt in the noodles a little bit. It was absolutely unexpected that there was not only no lard in the noodles, but also less salt in the noodles.</p>				
6. 生活一点通:瓜子、味精都高盐?当心食物中的“隐形盐” First whiff of life: melon seeds, high salt monosodium glutamate?Beware of the "invisible" salt in food	来源：江苏网络广播电视台	主体：公众	态度：提倡	时间： 20:52
	来源：江苏网络广播电视台	Subject: public	Attitude: advocate	Time: 20:52
<p>大家一直说，人一天只能吃6g盐，6g到底是多少呢？把家里的啤酒盖拿出来，将它塞满，大概就是6g左右的量。但就算是严格按照勺子中的量来吃，依然可能会盐超标，因为生活中隐藏着太多高盐食物。比如被很多朋友当作零食来吃的瓜子，原味的瓜子，每100克里面含有8毫克的钠，而调味瓜子，它含有的钠会达到800多毫克，含钠量足足高出了100倍。人一天当中如果摄入盐的量过高，会给人体造成什么影响呢？南京市第一医院营养师徐殿松表示，摄入太多盐分，钠离子摄入过高，就会引起原发性高血压。钠离子摄入过高会导致细胞缺水，其实带来最大的感觉就是大脑反射中枢会告诉你口渴</p>				

We have been saying that people can only eat 6G salt a day. How much is 6G? Take the beer cover out of your house and fill it up. It's about 6G. But even if you eat exactly the amount of salt in a spoon, you may still be oversalt, because there's too much salt in your life. For example, many friends snack to eat melon seeds, the original flavor of melon seeds, every 100 kernels of sodium containing 8 mg, and seasoning melon seeds, it contains more than 800 mg of sodium, sodium content is 100 times higher. If the amount of salt consumed is too high in a day, what will it do to the human body? Xu Diansong, a nutritionist at Nanjing First Hospital, said that if you take too much salt and too much sodium, you will have essential hypertension. Excessive sodium intake can lead to water shortage in cells, but the biggest sensation is that the brain's reflex center tells you thirst.

7. 胃不好，“远四怕，饮三水，记二事，做一操”胃会越来越好！ The stomach is bad, "four afraid, sanshui, remember two things, do a fuck stomach will be better and better!"	来源：中国江西新闻网	主体：公众	态度：提倡	时间：20:47:31
	来源：中国江西新闻网	Subject: public	Attitude: advocate	Time: 20:47:31

中医认为“脾胃乃后天之本”，脾胃的强弱可以决定寿命长短！十人九胃病，生活中，有胃病的人很多，大家都习以为常了。胃，被称为“喇叭器官”，当它感觉不适，就会出现胃痛、胃酸、胃胀等症状。胃不好，“远四怕，饮三水，记二事，做一操”胃会越来越好！胃不好，胃有四怕，要远离：1. 胃怕“腌”但凡是腌制食物，都会对胃形成刺激，尤其是患有胃炎、胃溃疡之人，长期吃，会导致溃疡加重，胃粘膜不易愈合，很可能会恶变成癌症。 主要是因为腌制食物中含有大量的亚硝酸盐，在人体胃内，经过细菌消化分解，会产生亚硝胺，这是一种致癌物，能够导致胃癌的发生。2、胃怕“快”吃饭时，吃得太快，食物不能充分咀嚼，唾液淀粉酶分泌也会受限，“大块”的食物直接进入胃部，会增加胃部的消化负担

Chinese medicine holds that "spleen and stomach are the foundation of the acquired". The strength of the spleen and stomach can determine the length of life.Ten people nine stomach disease, life, there are many people with stomach disease, everyone is used to it.The stomach, known as the "horn organ," when it feels uncomfortable, it will appear stomach pain, stomach acid, stomach distension and other symptoms.The stomach is not good, "four fears, drink three water, remember two things, do one exercise" stomach will be better and better!The stomach is bad, the stomach has four fears.1, the stomach is afraid of "pickling".But any pickled food, will form stimulation to the stomach, especially those suffering from gastritis, gastric ulcer, long-term eating, will lead to ulcer aggravation, gastric mucosa is not easy to heal, is likely to turn malignant into cancer.Mainly because the pickled food contains a lot of nitrite, in the human stomach, after bacterial digestion and decomposition, will produce nitrosamines, which is a carcinogen, can lead to the occurrence of gastric cancer.2, the stomach is afraid of "quick".Eat too fast, food can not chew enough, salivary amylase secretion will be limited, "large" food directly into the stomach, will increase the digestive burden of the stomach.

高血压 Hypertension				
1. 全国高血压日将至 这么多专家在粉巷为你义诊 The national high blood pressure, to so many experts in the powder lane free clinic for you	来源：腾讯网	主体：公众	态度：提倡	时间：15:24
	来源：腾讯网	Subject: public	Attitude: advocate	Time: 15:24

高血压是危害人类健康的最主要的慢性病。它涉及到的面很广，危害严重，它不仅仅是一个健康医学问题，也对社会产生重大的影响。据全国统计资料显示，中国成人高血压患病率达27.9%，患者人数达2.7亿，每年与高血压有关的死亡人数达200万例。 为提高广大群众对高血压危害健康严重性的认识，引起各级政府、各个部门和社会各界对高血压工作的重视，动员全社会都来参与高血压预防和控制工作，普及高血压防治知识，增强全民的自我保健意识，卫生部决定自1998年起，将每年的10月8日定为全国高血压日。 2018年10月8日，恰逢第二十一个全国高血压日，今年的主题是“知晓您的血压”，为此西安市第一医院心血管病院将组织开展一系列福利活动，报名即有机会获得以下福利： 1、报名前10名可获免费血脂、血糖检测一次

Hypertension is the most important chronic disease that endangers human health. It involves a wide range of serious harm, it is not only a health medical problem, but also a major impact on society. According to national statistics, the prevalence of hypertension in Chinese adults is 27.9%, the number of patients is 270 million, and the number of deaths related to hypertension is 2 million every year.In order to raise the public's awareness of the seriousness of the danger of hypertension to health, arouse the attention of governments at all levels, departments and all walks of life to the work of hypertension, mobilize the whole society to participate in the work of hypertension prevention and control, popularize the knowledge of hypertension prevention and control, and enhance the awareness of self-care of the whole people, the Ministry of Health has decided to start from 1998. The year October 8th will be national hypertension day.October 8, 2018, coincides with the 21st National Hypertension Day, this year's theme is "Know Your Blood Pressure." For this reason, the Cardiovascular Hospital of Xi'an First Hospital will organize a series of welfare activities, registration will have the opportunity to obtain the following benefits:1. The top 10 applicants will be given free blood fat and blood glucose test once.

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. 【健康】晚餐吃不好，结石、肠癌追着跑，吃好晚餐记住“1884”！ [health] dinner is not good, running calculi, colorectal, eat good dinner remember "1884"!	来源：搜狐	主体：公众	态度：提倡	时间：18:09:10
	来源：搜狐	Subject: public	Attitude: advocate	Time: 18:09:10

原标题：【健康】晚餐吃不好，结石、肠癌追着跑，吃好晚餐记住“1884”！都知道健康的饮食应是“早吃好，午吃饱，晚吃好”，但大多数人白天两顿都是随便对付，而晚餐也未必吃得“好”。若说白天没时间讲究，这晚餐可不能将就。晚餐吃得不合理，对身体健康十分不利。晚餐最佳时间 晚餐最佳时间18点左右 吃8分饱 晚餐后4小时内别睡觉 有研究表明，晚餐少吃睡得香。正确的晚餐应该吃8分饱，以自我感觉不饿为度

Original title: [health] dinner is not good, stone, colon chase run, eat a good dinner remember "1884"!It is well known that a healthy diet should be "good for breakfast, full for lunch, good for dinner" but most people have a casual two meals during the day, and dinner is not necessarily "good". If you don't have time to pay attention during the day, you can't afford the dinner. Improper eating of dinner is bad for your health.Best time for dinnerThe best time for dinner is around 18.Eat 8 minutesDon't sleep in 4 hours after dinner.Studies have shown that eating less and having a good night's sleep is good. The right dinner should be 8 full, with a sense of hunger.

决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				

减盐-微信

Salt Reduction - WeChat

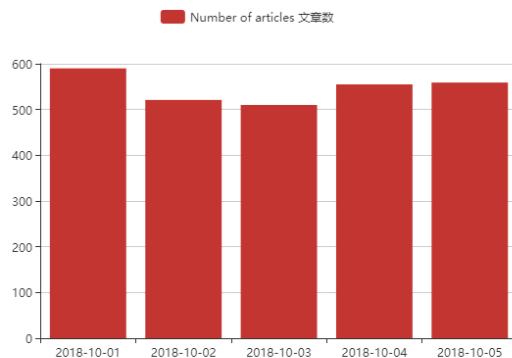
2018-10-05, 共监测到559篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 559 WeChat public articles were monitored in 2018-10-05. 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.



热门文章-前五 Popular Articles - Top 5

1. [湖南人爱吃的豆腐乳、臭豆腐、豆豉会致癌吗? 真相是...](#)
[Can bean curd, stinky tofu, and cardamom cause cancer?](#)

重复数: 3

日期: 2018-10-05

Repeat Number: 3

Data: 2018-10-05

豆豉加工中会加入很多盐分, 所以如菜肴中已加入豆豉, 则应减少烹调用盐量, 以免摄入盐分过多, 从而降低患高血压、心脏病和中风的风险。

A lot of salt is added to the processing of soybean meal. Therefore, if the cardamom has been added to the dish, the amount of salt used for cooking should be reduced to avoid excessive salt intake, thereby reducing the risk of high blood pressure, heart disease and stroke.

2. [2元一袋和10元一袋的盐到底差在哪? 终于清楚了...](#)

重复数: 2

日期: 2018-10-05

Repeat Number: 2

Data: 2018-10-05

[Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag? At last it is clear.](#)

对普通人而言, 无论是吃低钠盐、强化营养盐或精盐, 都应该少吃为妙, 降低用盐量是首要原则。

For ordinary people, the primary goal is to reduce salt intake. Less salt is less sodium. Whether you eat low sodium salt, fortified nutrient salt or refined salt, you had better eat less. Reducing the amount of salt is the first principle.

3. [可怕的现实: 年轻人正在被“网红美食”祸害](#)

重复数: 2

日期: 2018-10-05

Repeat Number: 2

Data: 2018-10-05

[There is a terrible reality. Young people are being harmed by "internet celebrity food"](#)

世界盐与健康行动组织的研究显示, 膳食中的盐太多, 会增加肾结石的风险。吃太多盐会导致尿液中的蛋白质含量增加, 这是肾脏疾病的一个重要风险因素。盐吃多了, 还有可能损伤大脑, 有作者在《美国心脏病学会杂志》指出, 高盐摄入可能会对大脑产生负面影响。多吃的盐会导致交感神经系统对压力情况过度反应, 从而产生长期高水平的压力荷尔蒙。

Research by the World Salt and Health Action Organization has shown that too much salt in the diet increases the risk of kidney stones. Eating too much salt can cause an increase in the amount of protein in the urine, which is an important risk factor for kidney disease. Eating a lot of salt can also damage the brain. Some authors in the American College of Cardiology magazine pointed out that high salt intake may have a negative impact on the brain. A large amount of salt can cause the sympathetic nervous system to overreact to stress conditions, resulting in long-term high levels of stress hormones.

4. [3岁前不能吃盐? 关于吃盐的真相, 你了解多少?](#)

重复数: 2

日期: 2018-10-05

Repeat Number: 2

Data: 2018-10-05

[Can children before 3 years old not eat salt? How much do you know about the truth about eating salt?](#)

其实, 不仅是宝宝, 成人吃盐过量也会引起许多健康问题。饮食过咸是导致高血压的直接危险因素, 高血压又是造成动脉粥样硬化、冠心病、脑卒中等心脑血管疾病的元凶。研究显示, 全球每年因为吃盐过多引发的心血管疾病致死病例多达165万。

In fact, not only the baby, adult eating too much salt can cause many health problems. Eating too salty is a direct risk factor for hypertension. Hypertension is the culprit in cardiovascular and cerebrovascular diseases such as atherosclerosis, coronary heart disease and stroke. Studies have shown that there are as many as 1.65 million cases of cardiovascular deaths caused by excessive salt intake each year worldwide.

5. [减盐、减油、减糖.....你会距离健康更近一步!](#)

重复数: 1

日期: 2018-10-05

Repeat Number: 1

Data: 2018-10-05

[Salt reduction, oil reduction, sugar reduction... You will be closer to your health!](#)

《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。

The Dietary Guidelines for Chinese Residents recommend that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old.

减盐-微博

Salt Reduction - Weibo

2018-10-05, 共检测到837条与“减盐”相关的微博。

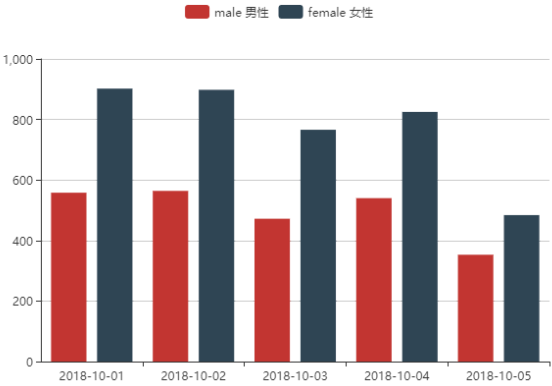
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 837 weibos about salt reduction monitored on 2018-10-05.

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.



热门微博

Hot Weibos

1. 没有相关微博!
No such weibos!

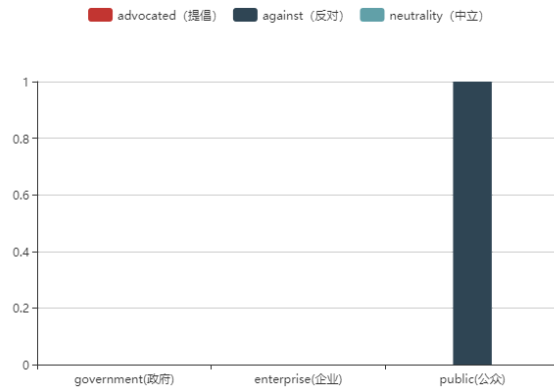
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-05) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-05. 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. 網紅減肥咖啡含違禁藥品 售價69元成本不足4元	来源：人民网	主体：公众	态度：反对	时间： 08:29:38
網紅減肥咖啡含違禁藥品 售價69元成本不足4元	来源：人民网	Subject: public	Attitude: against	Time: 08:29:38
一邊享受著喝咖啡的樂趣，一邊就能減肥瘦身，聽上去是不是很有吸引力？最近江蘇的朱女士就買了這樣一種號稱能減肥的咖啡，沒想到卻引出了一起添加違禁藥品的案件。減肥咖啡含禁藥 喝完心發慌 江蘇淮安的消費者朱女士前不久購買了一款網紅減肥咖啡，可是喝了才不到三天，不但沒減肥，還喝出了問題。消費者 朱女士：有點想吐，頭感覺很重，昏昏沉沉的。回想就是從喝了咖啡王就感覺身體有點不舒服。淮安市食品藥品檢驗所對這款卡芭娜左旋肉鹼咖啡王進行了檢測				
While enjoying the pleasure of coffee, losing weight and losing weight, does it sound attractive? Recently, Ms. Zhu in Jiangsu Province bought such a kind of coffee that she claims can lose weight, but unexpectedly led to a case of adding prohibited drugs.Slimming coffee contains forbidden medicine, and the heart is flurried.Zhu, a consumer in Huai'an, Jiangsu Province, recently purchased a net red weight loss coffee, but she drank it for less than three days. Not only did she not lose weight, she also drank a problem.Ms Zhu: a little bit of a puke. I feel heavy and dizzy. Looking back, I felt a little sick from the coffee king.Huaian city food and Drug Testing Center for this carbara L-carnitine Coffee King was tested.				
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

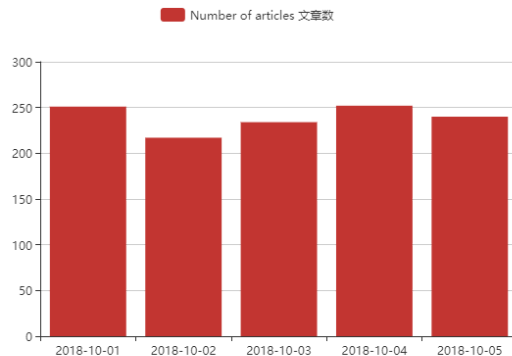
2018-10-05, 共监测到240篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 240 WeChat public articles were monitored in 2018-10-05. 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.



热门文章-前五 Popular Articles - Top 5

1. [吃素也要有技术含量, 吃的不对, 再素也白搭!](#) 重复数: 9 日期: 2018-10-05
[People should eat plants scientifically. If you don't choose the right food, vegetarian food is not good for your health!](#) Repeat Number: 9 Data: 2018-10-05

实际上, 针对人们对素食和植物性食品的青睐, 一些产品甚至以使用“植物奶油”、“植物起酥油”等为宣传卖点, 而就对血脂的影响而言, 这类“素油”比动物油更糟糕。已经有多项研究证实, 这些产品中所含“反式脂肪酸”, 会大大增加人们罹患心血管疾病和糖尿病的风险, 还可能危害大脑的健康。

In fact, in response to the popularity of vegetarian and vegetable foods, some products even use "vegetable butter" and "vegetable shortening" as promotional selling points, and in terms of the impact on blood lipids, such "vegetable oil" is worse than animal oil. A number of studies have confirmed that trans fatty acids in these products can greatly increase the risk of cardiovascular disease and diabetes, and possibly harm the health of the brain.

2. [味精, 鸡精是“害人精”? 这些真相现在知道还不晚](#) 重复数: 6 日期: 2018-10-05
[MSG, chicken essence is "harmful"? It's not too late to know the truth.](#) Repeat Number: 6 Data: 2018-10-05

一般的鸡精是从植物脂肪里提取氢化植物油而成, 跟奶并没有什么关系。氢化植物油含有反式脂肪酸, 被认为对心脑血管有损害。

Generally, the cream is derived from hydrogenated vegetable oil from vegetable fat, and has nothing to do with milk. Hydrogenated vegetable oils contain trans fatty acids, which are thought to damage the heart and brain vessels.

3. [脸要穷养, 脚要富养; 心要穷养, 肺要富养!](#) 重复数: 4 日期: 2018-10-05
[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#) Repeat Number: 4 Data: 2018-10-05

保养要点: 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。

Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

4. [奶茶, 正在毁掉中国三代人](#) 重复数: 1 日期: 2018-10-05
[Milk tea is destroying three generations of China.](#) Repeat Number: 1 Data: 2018-10-05

反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

Trans fatty acids, known as "time bombs on the table," are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods because of its high temperature resistance, non-deterioration and long storage. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

4. [脸要穷养, 脚要富养; 心要穷养, 肺要富养.....](#) 重复数: 4 日期: 2018-10-05
[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#) Repeat Number: 4 Data: 2018-10-05

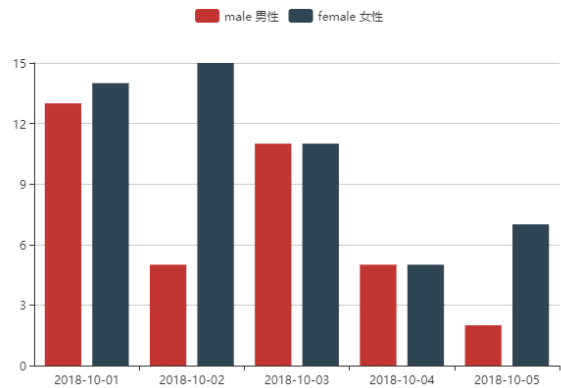
心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造多吃天然食品, 配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

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. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.

反式脂肪酸-微博

Transfat - Weibo

2018-10-05, 共检测到9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 9 weibos about transfat reduction monitored on 2018-10-05.
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.



热门微博

Hot Weibos

1. 没有相关微博!
No such weibos!