

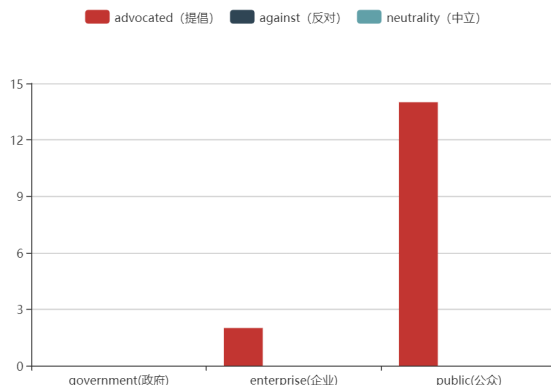
## 减盐-新闻

### Salt Reduction - News

今日 (2018-11-20) 共监测到16条资讯。请点击标题查看原文。

There are 16 articles monitored today 2018-11-20. 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

#### 1. 雀巢健康儿童全球计划走进青岛莱西

[Nestle healthy children's global plan enters Laixi, Qingdao](#)

来源: 青岛新闻网

来源: 青岛新闻网

主体: 企业

Subject: industry

态度: 提倡

Attitude: advocate

时间: 20:39:19

Time: 20:39:19

11月20日是联合国国际儿童日, 由中国营养学会主办, 雀巢(中国)有限公司支持的“中国儿童营养健康项目—雀巢健康儿童全球计划”走进青岛九联小学, 共同度过难忘愉快的联合国国际儿童日。联合国设立的国际儿童日, 旨在促进儿童保护、福利和教育等事业发展, 号召大家给予儿童更多关注, 在保障儿童权利、改善儿童生活等方面做出了不懈努力。减糖减盐, 让儿童吃得更健康。为庆祝联合国国际儿童日, 雀巢健康儿童在全球范围内拍摄并发布《它有多大?》视频影片, 影片通过向儿童提问“4吨糖有多大?”、“15000吨盐有多大?”, 展现出儿童丰富的想象力, 而每个问题背后真正的答案, 也表明了雀巢公司在关注儿童健康方面所做出的努力。

November 20 is the International Children's Day of the United Nations, sponsored by the Chinese Society of Nutrition and supported by Nestle (China) Limited, the "China Children's Nutrition and Health Education Project - Nestle Global Plan for Healthy Children" went into Qingdao Jiulian Primary School to celebrate the unforgettable and happy United Nations International Children's Day. The International Day for Children, established by the United Nations, aims to promote the development of child protection, welfare and education. It calls for more attention to children and makes unremitting efforts to protect children's rights and improve their lives. Reduce sugar and salt, so that children can eat healthier. To celebrate the United Nations International Children's Day, Nestle Healthy Children filmed and released "How Big Is It?" "How big is the 4 tons of sugar?" "How big is the 15000 tons of salt?" It demonstrates the imagination of children, and the real answer behind each question also demonstrates Nestle's efforts to focus on children's health.

##### 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

#### 1. 秋冬季预防感冒——养生篇

[Prevention of colds in autumn and winter](#)

来源: 中原网

来源: 中原网

主体: 公众

Subject: public

态度: 提倡

Attitude: advocate

时间: 13:45:55

Time: 13:45:55

冬天来了, 春天还会远吗? 冬天是一个让我们有童年回忆的时光, 堆雪球, 打雪仗等等, 都意味冬天的冷意。秋冬, 天气寒冷, 是感冒的多发季节。有不少人认为感冒是因为受凉引起的, 其实这种看法并不完全正确, 很多因素都可以诱发感冒。因此, 在日常生活中特别要注意以下细节。合理饮食: 研究表明, 感冒与饮食关系密切, 一些感冒是由于饮食不当而引起的。过多地食用肉类、乳制品等, 可降低体内免疫细胞的抗病毒能力, 引起感冒。过多地摄入高盐食物, 可导致唾液分泌减少, 使口腔内溶菌酶的含量相应减少。总之, 秋冬季让我们更加注意防寒, 让自己及家人有一个更好的身体, 毕竟身体是革命的本钱。

If winter comes, can spring be far behind? Winter is a time that reminds us of our childhood, making snowballs, playing snowball fights and so on. It means the cold of winter. Autumn and winter, cold weather, is a common cold season. Many people think that cold is caused by cold. In fact, this view is not entirely correct. Many factors can induce cold. Therefore, in the daily life, we should pay special attention to the following details. Reasonable diet: Studies have shown that colds are closely related to diet. Some colds are caused by improper diet. Excessive consumption of meat and dairy products can reduce the anti-virus ability of immune cells in vivo and cause colds. Excessive intake of high-salt

food can lead to a decrease in salivary secretion and a corresponding decrease in lysozyme content in the mouth. In short, autumn and winter let us pay more attention to cold prevention, so that they and their families have a better body, after all, the body is the capital of the revolution.

高血压  
Hypertension

1. <a href="#">高血压到底一天该吃多少盐？医生提醒：不用太精确，注意4点即可</a>	来源：中原网	主体：公众	态度：提倡	时间：14:37:57
<a href="#">How much salt should I eat in one day? The doctor reminded: do not be too precise, pay attention to 4 points.</a>	来源：中原网	Subject: public	Attitude: advocate	Time: 14:37:57

“大夫，以后除了按时吃降压药，吃饭有啥忌口吗？”今天新来就诊的患者老杨问到。“低盐饮食最重要，别的也没有绝对忌口的，啥都能吃，别太过就行。”王医生给老杨解释。老杨：低盐到底多低？王医生：按要求一个人一天不超过6g，最新指南推荐5g。低盐饮食，从6g减到5g，并不是让大家买个天平来称量5-6g盐。而是告诉大家低盐饮食是健康的；告诉大家我们每天吃的盐都超标了；告诉大家低盐是一种从小养成的习惯；告诉大家低盐是一种健康的生活态度；告诉大家低盐是一种健康的生活方式！医生并非无言以对，医生只是少盐行事！

"Doctor, will there be any food and drink in addition to taking the antihypertensive drugs on time?" Asked Lao Yang, a new patient today. "Low salt diet is the most important, and there is no absolute taboo, anything can be eaten, not too much on the line." Dr. Wang explained to Lao Yang. Lao Yang: how low is the low salt? Dr. Wang: as requested, one person does not exceed 6G a day. The latest guideline recommends 5g. The low salt diet, from 6G to 5g, is not to let everyone buy a balance to weigh 5-6G salt. It's about telling you that a low-salt diet is healthy; telling you that we eat too much salt every day; telling you that low-salt is a habit developed from childhood; telling you that low-salt is a healthy attitude to life; telling you that low-salt is a healthy lifestyle! Doctors are not speechless, doctors only do less salt.

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. <a href="#">吓人！吃栗子竟然吃出胃出血？很多人还在这样吃.....</a>	来源：中原网	主体：公众	态度：提倡	时间：02:14:35
<a href="#">Scary! Did chestnuts eat stomach bleeding? Many people are still eating this...</a>	来源：中原网	Subject: public	Attitude: advocate	Time: 02:14:35

又到了板栗飘香的季节，软软糯糯的板栗成为很多人的最爱，一吃起来就停不下嘴。25岁的刘女士特别喜欢吃零食，她每天都要买上一两斤板栗，一边追剧一边吃。一天晚上她吃完后开始打酸嗝，上腹部胀痛难忍，上吐下泻，而且呕吐物里有血丝。经检查，医生发现她出现了胃出血，而肇事元凶竟然正是她每天必备的零食——板栗。那么，为什么会出现这种情况？板栗还能不能吃了？怎样吃才最健康呢？今天，就为大家科普一下。其实，任何食物在食用的过程中都要权衡一个“量”的关系，食用过多无疑会给身体造成负担、甚至伤害。所以，对待这样的消息大可不必惊慌，正常、靠谱的食用没有问题。

In the season when chestnuts are fragrant, soft and waxy chestnuts become the favorite of many people, and they can't stop eating. Ms. Liu, 25, especially likes snacks. She buys a catty or two of chestnuts every day and eats them while chasing a play. One night she began to hiccup after eating. Her upper abdomen was bloated and painful. She vomited up and down, and there was blood in her vomit. After examination, the doctor found that she had stomach bleeding, and the culprit was actually her daily snack - chestnuts. So why is this happening? Can you still eat chestnuts? How to eat is the healthiest? Today, we will be popular science. In fact, any food in the process of eating must weigh a "quantity" relationship, eating too much will undoubtedly cause a burden on the body, or even harm. Therefore, there is no need to panic in dealing with such news. Normal and reliable consumption is no problem.

决心工程  
Resolve To Save Lives

没有相关文章！

No such articles!

安徽  
Anhui

食物中的钠  
Sodium in food

没有相关文章！

No such articles!

高血压  
Hypertension

没有相关文章！

No such articles!

心血管健康  
Cardiovascular health

没有相关文章！

No such articles!

综合健康信息  
Comprehensive Health Information

没有相关文章！

No such articles!

决心工程  
Resolve To Save Lives

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浙江  
Zhejiang

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！

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<div>心血管健康</div> <div>Cardiovascular health</div>
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其他省份

Other Provinces

<div>食物中的钠</div> <div>Sodium in food</div>				
没有相关文章!				
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<div>高血压</div> <div>Hypertension</div>				
1. <a href="#">预防心梗，从控制血压做起</a>	来源：新浪网	主体：公众	态度：提倡	时间： 15:38:16
<a href="#">Prevention of myocardial infarction starts with controlling blood pressure</a>	来源：新浪网	Subject: public	Attitude: advocate	Time: 15:38:16
寒冷的天气，会让血管收缩，从而导致血压升高。血压一旦过度升高，就会使心肌梗死、心力衰竭、脑血栓、脑出血的发病率大大增加，严重的活甚至可能导致死亡和残疾。 不想让血压 “忽上忽下” 怎么办？ 此外，高血压患者也需要注意劳逸结合，保证睡眠。 北京大学人民医院心血管内科主任张海澄特别提醒，近几年高血压患者大有年轻化的趋势，现在加班熬夜、久坐不动、三餐不规律的年轻人比比皆是，千万别以为为自己年轻什么都能扛过去，平时生活中，还是要尽量按时作息、用唱歌、跳舞、多参加社交活动等方式自我减压、增强锻炼才能远离疾病。				
Cold weather causes blood vessels to contract, resulting in increased blood pressure. Once the blood pressure increases excessively, the incidence of myocardial infarction, heart failure, cerebral thrombosis and cerebral hemorrhage will be greatly increased, and even death and disability may occur in severe cases. Do not want to let blood pressure "up and down" how to do? In addition, patients with hypertension also need to pay attention to work and rest to ensure sleep. Zhang Haicheng, Director of Cardiovascular Internal Medicine, Peking University People's Hospital, especially reminds us that in recent years, hypertensive patients have a tendency to become younger. There are many young people who work overtime, stay up late, sit still and eat irregular meals. Don't think they are young enough to carry everything. In normal life, they should try their best to work and rest on time. Sing, dance, participate in social activities and other ways of self decompression, strengthen exercise to keep away from disease.				
<div>心血管健康</div> <div>Cardiovascular health</div>				
1. <a href="#">减肥失败没关系，心脏会感谢你的</a>	来源：生物通	主体：公众	态度：提倡	时间： 08:40:15
<a href="#">It doesn't matter if you lose weight, your heart will thank you.</a>	来源：生物通	Subject: public	Attitude: advocate	Time: 08:40:15
根据《Nutrients》杂志上最新发表的一篇文章，心血管疾病的风险因素与饮食习惯的变化密切相关，即使只有短短的一个月。 曾经多次，我们立下flag，不减十斤不换头像。于是，每天默默跑步，控制饮食，结果当然是，头像又换了，体重还没变。。。 然而，即使体重没降下来，但心脏仍会感谢你的。因为根据《Nutrients》杂志上最新发表的一篇文章，心血管疾病的风险因素与饮食习惯的变化密切相关，即使只有短短的一个月。 普渡大学的营养学教授Wayne Campbell 表示：“如果你吃的东西在不断变化，那么你患上心血管疾病的风险因素也在不断波动。即使在短期内，你的食物选择也在影响你的健康风险。”				
According to a recent article in Nutrients magazine, cardiovascular risk factors are closely related to changes in dietary habits, even in a short month. How many times have we set up flag, do not lose ten jin, do not change head. So, every day running silently, diet control, the result is, of course, the head has changed, weight has not changed... However, even if the weight is not lowered, the heart will thank you. Because according to a recent article in Nutrients, cardiovascular risk factors are closely related to changes in dietary habits, even in a short month. Wayne Campbell, professor of nutrition at Purdue University, said: "If your food is changing, your risk factors for cardiovascular disease are also fluctuating. Even in the short term, your choice of food is also affecting your health risk.				
2. <a href="#">有人吃西红柿炒蛋得心梗，抢救无效死亡了！这些家常菜慎吃！</a>	来源：新浪网	主体：公众	态度：提倡	时间： 18:20:14
<a href="#">Someone who ate tomato and scrambled eggs had heart failure, and died of rescue. Eat these homely dishes!</a>	来源：新浪网	Subject: public	Attitude: advocate	Time: 18:20:14
西红柿炒鸡蛋是一道很常见的家常菜，酸甜而不腻的味道让人食欲大增，所以一直深受东莞人的喜爱。但是最近有人吃西红柿炒鸡蛋得心梗，抢救无效死亡了！患者之前最喜欢的一道菜是“西红柿炒鸡蛋”。这道菜在烹调时放入大量的糖、盐和油，一份相当于含有10勺油、20g糖！长期食用将危害血管健康。成为心梗猝死的元凶之一 “西红柿炒鸡蛋”中有两种危险因素。小编提醒大家注意均衡饮食，特别是有心血管疾病的朋友们，饮食上一定要注重少油少盐！				
Scrambled eggs with tomatoes is a very common home-cooked dish. The taste of sour, sweet and not greasy makes people appetite greatly increased, so it has been deeply loved by Dongguan people. But recently, someone had scrambled eggs and scrambled eggs and died. The favorite dish before the patient was "scrambled eggs with tomatoes". This dish contains a large amount of sugar, salt and oil when cooking. One is equal to 10 spoonfuls of oil and 20g sugar. Long term consumption will damage blood vessel health. There are two risk factors in the "tomato scrambled egg", one of the culprits of sudden death. Xiaobian reminds everyone to pay attention to balanced diet, especially friends with cardiovascular disease, diet must pay attention to less oil and salt!				
3. <a href="#">24岁小伙急性心梗，就医及时抢回一条命，心梗“偏爱”这几种人！</a>	来源：东莞时间网	主体：公众	态度：提倡	时间： 16:24:50
<a href="#">24 year old boy, acute myocardial infarction, seek medical treatment in time to retrieve a life... Myocardial infarction "preferences" these people!</a>	来源：东莞时间网	Subject: public	Attitude: advocate	Time: 16:24:50
平时工作压力大，常加班，你有没有过偶尔胸口闷，心还有点痛的经历？别以为这不碍事，可能是“心肌梗死”找上你了！今天（11月20日）是“中国心肌梗死救治日”，莞小卫就来和大家聊聊“心梗”那些事儿。市人民医院心血管内科科学带头人、主任医师叶健烽坦言，虽然医护人员努力抢救，可我国心肌梗死疾病的死亡率并没降低，关键是市民的自我防护意识没有跟上，出现胸痛症状不尽快去就医，耽误了救治时间，影响了救治效果。叶健烽说，很多心血管疾病是“堵”出来的。				
Usually work pressure, often work overtime, have you ever had chest stuffy, heart and a little pain experience? Don't think this is no harm. It may be "myocardial infarction" to find you! Today (Nov. 20) is "China Myocardial Infarction Rescue Day". Guan Xiaowei came to talk with you about "Myocardial Infarction". Ye Jianfeng, the leader and chief physician of Cardiovascular Internal Medicine Department of Municipal People's Hospital, confessed that although the medical staff tried hard to rescue, the mortality rate of myocardial infarction disease in China had not decreased. The key was that the citizens'self-protection consciousness did not keep up with it. They did not know how to seek medical treatment as soon as possible because of chest pain symptoms, which delayed the treatment time and affected the treatment. Effect. Ye Jianfeng said that many cardiovascular diseases are "blocked".				
4. <a href="#">哈医大二院心血管病医院举办2018“1120心梗救治日”主题活动</a>	来源：新华报业网	主体：公众	态度：提倡	时间： 14:25:21
<a href="#">No.2 Affiliated Hospital of Harbin Medical University cardiovascular disease hospital held 2018 "1120 heart infarction treatment day" theme activities</a>	来源：新华报业网	Subject: public	Attitude: advocate	Time: 14:25:21
哈医大二院心血管病医院举办2018“1120心梗救治日”主题活动。近年来，冠心病尤其是急性心肌梗死的发病率及死亡率逐年升高，全国每年有近70万例心肌梗死(简称心梗)发生，并呈现年轻化趋势，但是仅有3.5万例获得了及时规范的治疗。为提高公众对心梗严重性与防治重要性的认知，普及急性心肌梗死的规范化救治流程，2014年我国首次成立了“心梗救治日”，确定每年的11月20日为“1120中国心梗救治日”。于波教授提醒，年轻人一旦发生心肌梗死，危险性和致命性更高。所以无论是老年人还是年轻人都应该重视心梗的预防，保证作息规律，不要经常熬夜，保证休息；饮食健康，每天按时三餐、少盐少油，多吃水果蔬菜，不酗酒不大量吸烟；保持心情愉悦，适当运动，注意保暖。				

The cardiovascular disease hospital of No.2 Affiliated Hospital of Harbin Medical University held 2018 "1120 heart infarction treatment day" thematic activities. In recent years, the incidence and mortality of coronary heart disease, especially acute myocardial infarction, have increased year by year. Nearly 700,000 cases of myocardial infarction (MI) occur every year in China, and show a younger trend. However, only 35,000 cases have received timely and standardized treatment. In order to improve the public's awareness of the seriousness of myocardial infarction and the importance of prevention and treatment, and popularize the standardized treatment process of acute myocardial infarction, in 2014, China established the "Myocardial Infarction Treatment Day" for the first time, and designated November 20 as "1120 Chinese Myocardial Infarction Treatment Day". Professor Yu Bo reminds young people that once myocardial infarction occurs, the risk and mortality are even higher. Therefore, both the elderly and young people should pay attention to the prevention of myocardial infarction, ensure the regular work and rest, do not often stay up late, ensure rest; eat healthy, three meals a day on time, less salt and oil, eat more fruits and vegetables, do not drink and smoke a lot; keep a happy mood, exercise properly, pay attention to warmth.

综合健康信息 Comprehensive Health Information				
1. <a href="#">少盐+多乳，早亡风险降一成</a> <a href="#">less salt will decrease the risk of dying early.</a>	来源：The ChinaPress	主体：公众	态度：提倡	时间：08:04:10
	来源：The ChinaPress	Subject: public	Attitude: advocate	Time: 08:04:10

“欧美型”饮食多因高脂、高糖、高热量而不利健康，但是“好这一口”的也大有人在。最近，日本国立国际医疗研究中心和国立癌症研究中心的一项联合研究表明，“欧美型”饮食也可令早亡风险有一定的下降，关键在于怎么吃。北京《生命时报》报道，研究人员根据134种食品和饮料摄入量的不同，将该国居民饮食模式划分为“传统型”“健康型”和“欧美型”三类。他们历时15年，对8万45至74岁参与者进行了有关饮食模式和早亡风险关联性的追踪调查。研究人员分析指出，“欧美型”饮食较之“传统型”早亡风险更低，这一结果出乎许多人意料。其原因在于喜食“欧美型”餐饮的日本人，盐分摄入量较少，且偏爱富含优质蛋白的酸奶、乳酪等乳制品。

"European and American" diet is mostly unhealthy because of high fat, sugar and calorie, but there are many people who have "good" diet. Recently, a joint study by Japan's National Center for International Medical Research and the National Cancer Research Center showed that a "European-American" diet can also reduce the risk of premature death to a certain extent, the key is how to eat. According to 134 different kinds of food and beverage intake, the dietary patterns of Chinese residents were classified into three categories: traditional, healthy and European-American, the Beijing Life Times reported. They conducted a 15-year follow-up study on the association between dietary patterns and risk of premature death among 80,000 participants aged 45 to 74. Researchers found that "Euro-American" diets had a lower risk of premature death than "traditional" diets, which was unexpected for many people. The reason is that Japanese who like to eat "European and American" food have less salt intake and prefer yogurt, cheese and other dairy products rich in high quality protein.

2. <a href="#">小心七种原因让双眼变“肿泡”</a> <a href="#">Be careful of seven reasons to make your eyes swollen.</a>	来源：The ChinaPress	主体：公众	态度：提倡	时间：08:04:37
	来源：The ChinaPress	Subject: public	Attitude: advocate	Time: 08:04:37

很多人在早上起床后，眼睛会特别的浮肿，往往要经过很长时间才能慢慢消下去，那么，如何才能避免出现眼睛浮肿的情况呢？《经济日报》总结整理了导致眼睛浮肿的原因。睡前哭泣。睡前哭泣会引起眼睛结膜、眼睑充血，所以会出现眼睛的肿胀、疼痛等不适症状。睡前喝太多水。睡前喝的水越多，水肿的情况就越严重。长期吃高盐食物。食盐中含有丰富的钠，而钠会阻碍身体排出多余的水分。同时，摄入过多的盐会让人感到口渴，身体也因此会留住多余的水分。很多人都有这样的体验：晚上吃了含盐量较多的食物，第二天早晨醒来时眼睛就会浮肿。因此，少吃盐可以有效减少眼睛浮肿的情况出现。

Many people get up in the morning, the eyes will be particularly swollen, often take a long time to slowly disappear, then, how can we avoid the occurrence of eye edema? Economic Daily summed up the cause of eye edema. Cry before going to bed. Crying before bed can cause congestion of conjunctiva and eyelids, so there will be eye swelling, pain and other discomfort symptoms. Drink too much water before going to bed. The more water I drink before going to bed, the more serious the edema will be. Eat high salt food for a long time. Salt is rich in sodium, and sodium hinders the body from draining excess water. At the same time, excessive intake of salt will make people feel thirsty, so the body will retain excess moisture. Many people have the experience of eating salty food at night and waking up the next morning with swollen eyes. Therefore, eating less salt can effectively reduce the incidence of eye edema.

3. <a href="#">鲜蒸嫩格兰什D20蒸烤炉让你温暖一冬</a> <a href="#">Fresh steamed tender Galanz D20 oven to keep you warm all winter.</a>	来源：中国质量报	主体：企业	态度：提倡	时间：00:38:12
	来源：中国质量报	Subject: industry	Attitude: advocate	Time: 00:38:12

转眼已到冬天，天气也渐渐冷了起来。而冬季养生，也成为人们共同关注的话题。中医讲究立冬调养五脏，饮食养生宜滋阴潜阳、御寒去火，加之现代人生活节奏快，工作压力大，容易阴虚火旺，因此，立冬进补选择相应时令的食材很重要，而恰当的烹饪方式，更能让立冬养生事半功倍。格兰仕D20蒸烤炉，将传统蒸、古窑烤与现代科技创新相结合，更大程度的保留食物的味、形和原有的蛋白质、纤维素等营养成分，并且能脱脂减盐，养胃且不上火，也易于消化吸收，同时省心省力，轻松烹饪，不失为冬季养生电器首选。

It's winter now, and the weather is getting cold. And health preservation in winter has also become a topic of common concern. Chinese medicine pays attention to nourishing the five zang organs in the beginning of winter, nourishing yin and latent Yang in diet, resisting cold and eliminating fire. In addition, modern life rhythm is fast, work pressure is high and Yin deficiency and fire is easy to flourish. Therefore, it is very important to choose the appropriate seasonal food for the beginning of winter, and the proper cooking method can make the beginning of winter more effective than half the effort. Glanz D20 steamer combines traditional steaming and ancient cellar roasting with modern scientific and technological innovation to retain food flavor, shape, original protein, cellulose and other nutrients to a greater extent, and can degrease and reduce salt, nourish the stomach without fire, and is easier to digest and absorb, at the same time, it saves energy and cooks easily, so it can be nourished in winter. The first choice is electrical appliances.

4. <a href="#">广州中小学将推广健康烹饪模式和营养均衡配餐</a> <a href="#">Primary and secondary schools in Guangzhou will promote healthy cooking and balanced nutrition.</a>	来源：新华网广东频道	主体：公众	态度：提倡	时间：08:54:45
	来源：新华网广东频道	Subject: public	Attitude: advocate	Time: 08:54:45

广州中小学将推广健康烹饪模式和营养均衡配餐。广州市政府办公厅近日印发了《广州市国民营养计划（2018—2030年）实施方案》（以下简称《实施方案》）。《实施方案》透露，广州将在托幼机构、中小学校、大专院校推广健康烹饪模式和营养均衡配餐。实施方案分2020年和2030年两个阶段提出了广州市国民营养计划的具体目标。具体而言，到2020年，广州将降低人群贫血率，5岁以下儿童贫血率低于10%，孕妇贫血率低于15%，老年人贫血率低于10%；0—6个月婴儿纯母乳喂养率高于50%；农村中小学生学习迟缓率低于4%，城乡学生身高差别缩小，学生肥胖率上升趋势减缓等。

Primary and secondary schools in Guangzhou will promote healthy cooking and balanced nutrition. The General Office of Guangzhou Municipal Government recently issued the Implementation Plan of Guangzhou National Nutrition Plan (2018-2030) (hereinafter referred to as the Implementation Plan). According to the Implementing Plan, Guangzhou will promote healthy cooking mode and nutritional balanced meals in kindergartens, primary and secondary schools, colleges and universities. The implementation plan puts forward the specific objectives of Guangzhou National Nutrition Plan in two stages, 2020 and 2030. Specifically, by 2020, Guangzhou will reduce the anaemia rate of the population. The anaemia rate of children under 5 years old is less than 10%, that of pregnant women is less than 15%, and that of the elderly is less than 10%. The pure breastfeeding rate of infants in 0-6 months is higher than 50%. The growth retardation rate of rural primary and secondary school students is less than 4%. The height difference between urban and rural students is reduced, and the obesity rate of students is reduced. The upward trend is slowing down.

5. <a href="#">三亚创建9家健康餐厅12家健康食堂倡导健康生活</a> <a href="#">Sanya creates 9 healthy restaurants, 12 healthy canteens promoting healthy life</a>	来源：新华报业网	主体：公众	态度：提倡	时间：18:07:11
	来源：新华报业网	Subject: public	Attitude: advocate	Time: 18:07:11

顾客到“健康餐厅”和“健康食堂”就餐可以点低盐少油的菜，菜谱上要标注每一道菜摄入的能量，有条件的餐厅可标注各类营养成分.....11月15日，三亚日报记者从市食药监局了解到，为倡导和传播健康生活方式理念，引导餐厅、集体食堂提供健康营养膳食，该局开展了创建全民健康生活方式行动健康餐厅、健康食堂工作，要求“健康餐厅”“健康食堂”至少有1名健康生活方式指导员，有1至2名专职或兼职营养配餐员，厨师至少能够制作5种低盐少油菜品。目前，全民健康已上升到国家战略的高度，国务院颁布的《“健康中国2030”规划纲要》中要求普及全民健康生活方式。

Customers can order low-salt and low-oil dishes when they go to "Healthy Restaurant" and "Healthy Restaurant". The energy intake of each dish should be marked on the menu. Restaurants with conditions can be marked with various nutrients... On November 15, a reporter from Sanya Daily learned from the Municipal Food and Drug Administration that in order to advocate and disseminate the concept of healthy lifestyle and guide restaurants and collective canteens to provide healthy and nutritious meals, Sanya Daily carried out the work of creating healthy restaurants and healthy canteens for the whole people, requiring at least 1 "healthy restaurant" and "healthy canteen". There are 1 to 2 full-time or part-time nutrition cooks, who can produce at least five low-salt and low-rape products. At present, the national health has risen to the height of the national strategy. The State Council promulgated the Outline of the "Healthy China 2030" Plan, which calls for the popularization of the healthy lifestyle of the whole people.

6. <a href="#">糖尿病人不想得并发症，这6种肉要少吃！</a> <a href="#">Diabetic patients do not want complications. These 6 kinds of meat should be eaten less.</a>	来源：中国医药网	主体：公众	态度：提倡	时间：14:25:45
	来源：中国医药网	Subject: public	Attitude: advocate	Time: 14:25:45

很多人都知道糖尿病的发生并不可怕，可怕的是它的并发症。有些糖尿病人长期的血糖不稳而导致身体的一些器官部位发生病变，进而引起相关的疾病，而有时候也正是因为这些并发症而导致身体受到危害。因此很多糖尿病人都怕自己发生并发症，怕并发症的出现危害到自己的性命。其实糖尿病人如果不想自己发生糖尿病并发症，在平时就要注意这六种肉类要远离。糖尿病人不想得并发症，应该少吃哪些肉类？温馨提示，糖尿病人要要知道如果想避免自己出现并发症，在平时的上就要特别注意。只要避免一些胆固醇过高以及脂肪过高的食物摄入，才能够防止自己的血液粘稠度增加，而引发一系列心脑血管疾病。

Many people know that the occurrence of diabetes is not terrible. The terrible complication is diabetes. Some diabetic patients suffer from long-term blood sugar instability, which leads to pathological changes in some organs and parts of the body, leading to related diseases. Sometimes, these complications lead to physical hazards. Therefore, many people with diabetes are afraid of their own complications, fear that the occurrence of complications endanger their lives. In fact, if diabetic patients do not want to have diabetic complications, they should pay attention to these six kinds of meat to stay away in normal times. Diabetic patients do not want to get complications. What kind of meat should they eat less? Warm reminders, diabetics should know that if you want to avoid complications, you should pay special attention to them in normal times. Only by avoiding some food intake with excessive cholesterol and fat can we prevent the increase of blood viscosity and lead to a series of cardiovascular and cerebrovascular diseases.

女性生产之后，都是需要坐月子的，饮食上一定要多注意，酱油是生活中很常见的调味品，不过在月子期间最好是少吃酱油，而且尽量不要吃太多的调料，饮食上尽量以清淡为主，可以多吃一些新鲜的蔬菜和水果，这样对身体恢复是有好处的，月子期间最好不要剧烈的运动，不然是不利于身体恢复的。坐月子能吃酱油吗？哺乳期是营养供求是比较严格的，我们要挑选一些清淡的食物，多吃一些鱼类或者鸡汤跟蔬菜，这样对你们的身体恢复才会比较快，可以适当的吃一些下奶的食物，对于宝宝的奶水供求是很好的。可以吃。哺乳期要注意饮食清淡，但饮食清淡不是不能用调料，可以少放一些，适当的调味能促进妈妈的食欲。

After the production of women, they need to sit in the moon. They must pay more attention to their diet. Soy sauce is a very common condiment in life. But during the month, it is better to eat less soy sauce, and try not to eat too many condiments. The diet should be as light as possible. You can eat more fresh vegetables and fruits, which is good for your health. Restoration is beneficial. It is better not to exercise vigorously during the month, otherwise it is not conducive to the recovery of the body. Can I eat soy sauce in confinement? Nutrition supply and demand are relatively strict during lactation. We should choose some light food, eat more fish or chicken soup and vegetables, so that you can recover faster. We can eat some milk food appropriately, which is very good for the baby's milk supply and demand. You can eat it. Breast-feeding should pay attention to light diet, but light diet is not to use condiments, can put less, appropriate condiments can promote the mother's appetite.

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No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2018-11-20, 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 2018-11-20. This page shows the top five articles by repeat number today.

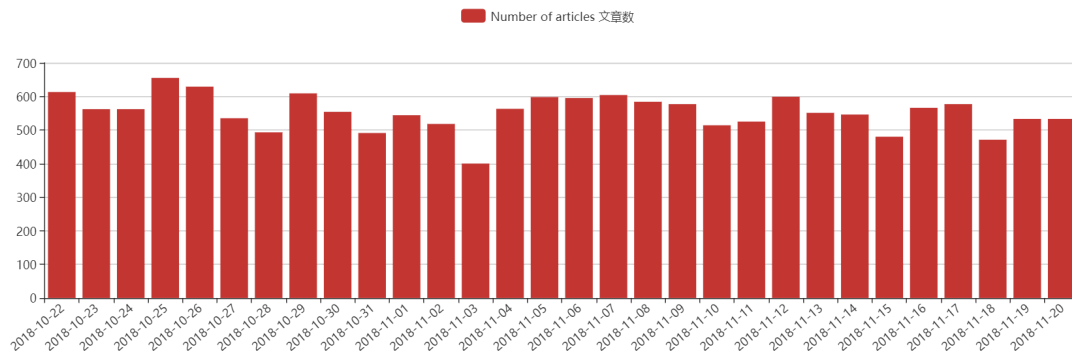
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 想要健康长寿: 少吃三白, 多吃三黑

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

重复数: 20

日期: 2018-11-20

Repeat Number: 20

Data: 2018-11-20

Long-term high-salt diet can easily lead to increased blood pressure and hardening of the arteries. Excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. It is recommended that the optimal salt intake for healthy people through diet should not exceed 6 grams per day, which equals to the capacity of a regular beer bottle cap. If hypertension has been diagnosed, it is best not to exceed 3 grams a day.

#### 2. 跟心脏抢寿命, 跟骨头抢钙, 还致癌...就是你天天吃的这个东西

[The thing you eat every day will reduce the life of the heart, the calcium content of the bones, and also cause cancer...](#)

重复数: 19

日期: 2018-11-20

Repeat Number: 19

Data: 2018-11-20

High-salt diets have an effect on blood pressure, and for every 0.5 grams of salt intake per day, the risk of stroke increases by 17%. Eating more salt can cause high blood pressure and increase plasma cholesterol. Thus our blood vessels become thinner and brittle, which is a terrible atherosclerosis. If the cardiovascular arteries are hardened, it can lead to myocardial infarction and coronary heart disease. If the cerebral blood vessels become brittle and thin, cerebral hemorrhage and cerebral infarction will occur.

#### 3. 15种“自然降压法”辅助降血压, 原来降压可以这么简单

[15 "natural blood pressure reduction methods" assist in lowering blood pressure. Lowering blood pressure can be as simple as that.](#)

重复数: 13

日期: 2018-11-20

Repeat Number: 13

Data: 2018-11-20

Many studies have shown that eating too much salt leads to elevated blood pressure and cardiovascular events. Therefore, controlling salt intake in the diet is very important for controlling blood pressure. When cooking, if the salt is reduced, many people will feel that the dishes are tasteless. It can be used to replace some of the salt with a relatively healthy seasoning such as vinegar, spices, lemon juice, onion ginger and garlic. In addition to the visible salt, the "hidden salt" in seasonings and processed foods needs more attention. For example, soy sauce, yellow sauce, fermented bean curd, bacon, cheese, ham, mustard, plum, potato chips, salt peanuts, etc. are all hiding places of "hidden salt".

#### 4. 吃多了它, 父亲中风、哥哥高血压、妹妹爆肥! 家家都用, 千万注意了

[If you eat it in excess, your father may have a stroke, your brother may have high blood pressure, and your sister may get fat! Everyone uses it, pay attention to it.](#)

重复数: 6

日期: 2018-11-20

Repeat Number: 6

Data: 2018-11-20

Soy sauce does contain a lot of essential amino acids, sugars, vitamins and various trace elements needed by the human body, but the salt is the most abundant. Salt eats more damage to your health, and everyone should be familiar. If you eat salt in moderation, it can balance nutrition and add flavor to food. Once consumed in excess, it can cause high uric acid, high blood pressure, and kidney damage.

#### 5. 7个妙招教你减盐

[7 tips to teach you how to reduce salt.](#)

重复数: 4

日期: 2018-11-20

Repeat Number: 4

Data: 2018-11-20

Change the cooking method, reduce the amount of salt used, and use less seasonings with high salt content. Pepper, aniseed, pepper, curry, pepper, mushroom, dried tangerine peel can produce other pleasant flavors, but do not require a lot of salt. Try to eat less or not eat more salty foods. Reduce the consumption of traditional pickled products such as bacon, bacon, salted fish, pickles and canned food. When adding salt to cooking, it is best to use a container with a measuring unit, such as a salt spoon.



## 减盐-微博

### Salt Reduction - Weibo

2018-11-20, 共检测到1553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。

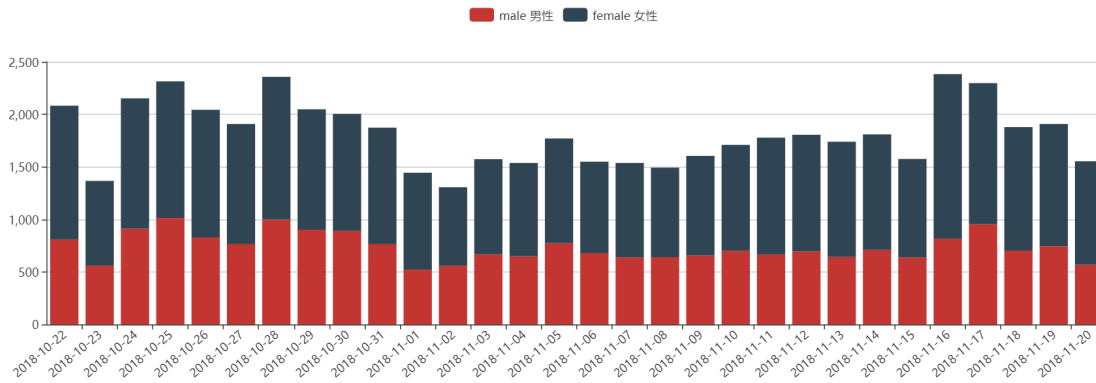
There are 1553 weibos about salt reduction monitored on 2018-11-20.

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!

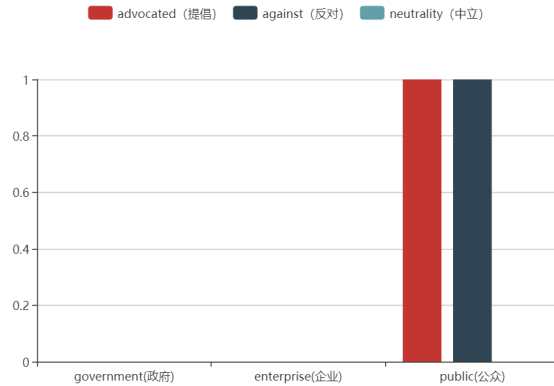
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-11-20) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-11-20. Please click the title to view full information.

The original article is in Chinese only.



### 山东

#### Shandong

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没有相关文章!
No such articles!

### 河南

#### Henan

反式脂肪酸 Trans fat				
1. <a href="#">为什么要让孩子三分饥与寒，很多家长不知道！</a>	来源：中原网	主体：公众	态度：反对	时间： 17:18:15
<a href="#">Why should we let children three points hungry and cold, many parents do not know!</a>	来源：中原网	Subject: public	Attitude: against	Time: 17:18:15
古语讲：若要小儿安，三分饥与寒。为什么要这样科学喂养，饥是因为宝宝脏腑娇嫩，寒是因为宝宝纯阳之体。今天我们先从脏腑娇嫩讲起。有人说，孩子就是缩小的大人，其实这种说法是错误的，孩子并非简单的缩小的大人，孩子是有着他自己的生理特点的。小孩子有什么特点？中医认为：小孩阶段太特殊了，从生下开始到长到十来岁之前是有自己的生理特点的，叫：脏腑娇嫩、形气未充、生长迅速。所以，给孩子的食品，要尽量是天然的，尽量是多样的，同时必须是均衡适度的，这是原则。				
As the old saying goes, if you want children to be safe, three points are hungry and cold. Why is it so scientific to feed, the hunger is because the baby's viscera is tender and cold because of the pure Yang body of the baby. Today, let's start with the delicate viscera. Some people say that children are shrinking adults. In fact, this is wrong. Children are not simply shrinking adults. Children have their own physiological characteristics. What are the characteristics of children? Traditional Chinese medicine holds that the stage of children is too special. It has its own physiological characteristics from birth to the age of ten. It is called: delicate viscera, insufficient body and spirit, and rapid growth. Therefore, food for children should be as natural as possible, as diverse as possible, and at the same time, it must be balanced and moderate, which is the principle.				
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### 安徽

#### Anhui

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### 浙江

#### Zhejiang



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其他省份

Other Provinces

反式脂肪酸 Trans fat				
1. <a href="#">脸要穷养脚要富养</a> <a href="#">A poor face needs a rich foot.</a>	来源：新浪网 来源：新浪网	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 05:43:46 Time: 05:43:46
教育子女，穷养可磨炼意志，富养能丰富内心世界。其实，我们的身体器官也有穷养、富养之分，你都养对了吗？脸要穷养：不必过度清洁 有的人特别喜欢洗脸，时不时怕脸部脏了，其实未经保养的颈部皮肤不比面部差，面部清洗得太干净会慢慢破坏天然的皮脂膜。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。				
To educate children, poverty can cultivate their will and enrich their inner world. In fact, our body organs also have poor nutrition and rich nutrition. Do you have all right? Facial poverty: Some people do not need to be excessively clean, especially like to wash their faces, sometimes afraid of dirty face, in fact, the unmaintained neck skin is no worse than the face, face cleaning too clean will slowly destroy the natural sebum film. Want to be poor: One of the biggest killers of eating less processed food is trans fatty acids, especially artificial fried food, all kinds of "crispy", we should eat less. Maintenance Points: Eat less man-made food and eat more natural food. When words such as hydrogenation, refining and man-made appear in the ingredient list, we should be vigilant. It may be trans fats. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.				
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

2018-11-20, 共监测到262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 262 WeChat public articles were monitored in 2018-11-20. This page shows the top five articles by repeat number today.

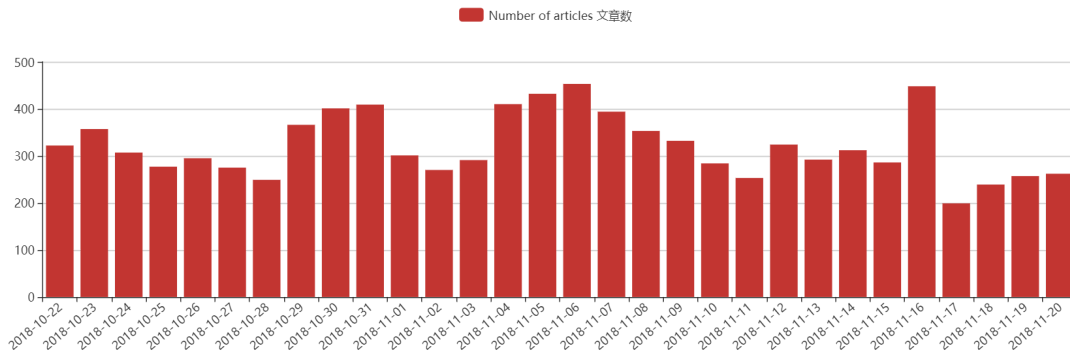
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [【实用】去超市购物, 先看懂这些再买! 没想到吃亏了这么多年](#)

[When shopping in the supermarket, you should understand these firstly and then decide wether to buy it! I didn't expect to lose so many years.](#)

重复数: 3

日期: 2018-11-20

Repeat Number: 3

Data: 2018-11-20

Some breads sold on the market contain artificial colors, spices, hydrogenated oils (containing large amounts of trans fatty acids) and preservatives. Large amounts of oil and additives can enhance the taste of food, but increase the risk of cardiovascular disease. So when you buy wholemeal bread, the simpler the ingredients, the better.

### 2. [一女子长期喝咖啡, 一个月后竟然.....太奇妙了!](#)

[A woman drank coffee for a long time. After a month, it turned out to be a miracle.](#)

重复数: 3

日期: 2018-11-20

Repeat Number: 3

Data: 2018-11-20

Instant coffee itself is almost "junk coffee". Instant coffee is mixed with sugar and coffee partners. Coffee partners contain trans fatty acids that are harmful to health and increase the risk of heart disease and diabetes. Many coffee products consciously avoid "trans fatty acids" and are labeled with other ingredients. Beware of foods that contain hydrogenated vegetable oil (including hydrogenated palm oil, etc.), refined vegetable oil (including refined palm oil), shortening, refined shortening, cocoa butter, vegetable butter, margarine and creamer in the ingredients list, which may contain trans fatty acids.

### 3. [食安科普 | 你需要知道的反式脂肪](#)

[The trans fat you need to know](#)

重复数: 2

日期: 2018-11-20

Repeat Number: 2

Data: 2018-11-20

Common expressions of trans fats in the labeling ingredient list include the following: hydrogenated vegetable oils, partially hydrogenated vegetable oils, hydrogenated palm oil, hydrogenated soybean oil, vegetable shortenings, margarines, and the like. It is generally found in fried foods, crispy bread, potato chips, instant noodles, coffee mate, pearl milk tea and other foods. Therefore, when purchasing packaged foods, we should pay more attention to food labels and try to choose foods that do not contain trans fatty acids or low trans fatty acids.

### 4. [如何吃出健康的心脏? 来自美国家庭医生的经验](#)

[How to make your heart healthy through diet? Experience from family doctors in the United States](#)

重复数: 1

日期: 2018-11-20

Repeat Number: 1

Data: 2018-11-20

Trans fats can dramatically increase "bad" cholesterol, low-density lipoprotein cholesterol (LDL-C), and lower the level of "good" cholesterol in the blood, high-density lipoprotein cholesterol (HDL-C). So you should try to avoid foods rich in trans fats in your daily diet. When buying food, you should learn to read the label of the ingredients in the food and pay attention to whether there is trans fat and its content. Trans fats are found in margarines and in many processed foods made from shortening or partially hydrogenated or hydrogenated vegetable oils, such as fast food fried foods, baked goods sold in stores, biscuits, crackers, potato chips, and many snack foods.

### 5. [怎样吃才算健康? 最新共识: 多摄入不饱和脂肪与全谷物](#)

[What kind of diet is healthy? The latest consensus: Eat more unsaturated fat and whole grains in your diet.](#)

重复数: 1

日期: 2018-11-20

Repeat Number: 1

Data: 2018-11-20

In general, replacing saturated fat with natural unsaturated fat is good for health. Industrially produced trans fats are harmful and should be avoided. The metabolism of saturated fat may be different from the diet that limits carbohydrates. This is a problem that needs to be studied.

## 反式脂肪酸-微博 Transfat - Weibo

2018-11-20, 共检测到58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。

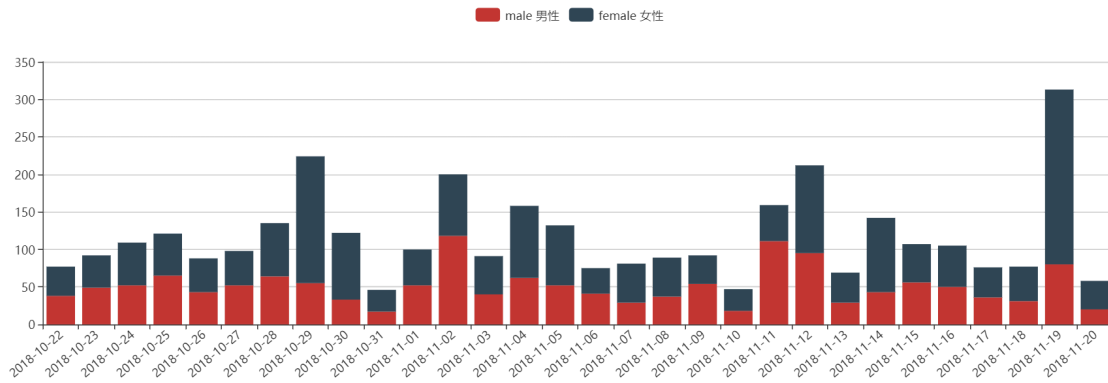
There are 58 weibos about transfat reduction monitored on 2018-11-20.

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!