

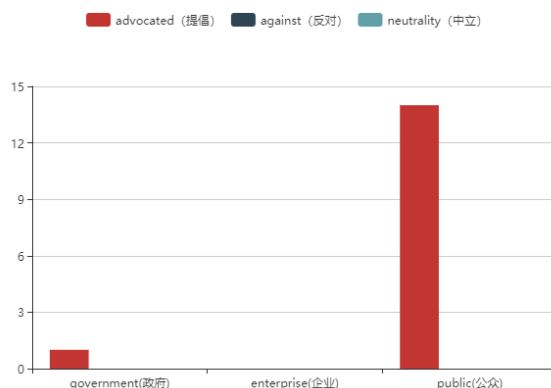
减盐-新闻

Salt Reduction - News

今日 (2018-11-16) 共监测到15条资讯。请点击标题查看原文。

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The original article is in Chinese only.



山东

Shandong

食物中的钠

Sodium in food

1. 临沂：谈味精就“色变”？来听听业内人士咋说的

[Linyi: talking about MSG is "color change"? Let's listen to what insiders say.](#)

来源：新华网山东频道

主体：公众

态度：提倡

时间：19:18:28

来源：新华网山东频道

Subject: public

Attitude: advocate

Time: 19:18:28

市民在超市选购调味品 随着山东省临沂市饮食习惯的改变，鸡精、蔬之鲜、味极鲜酱油等各种替代品渐渐成为家庭餐桌的“新宠”，味精曾是家庭餐桌烹饪必备调味品，眼下似乎越来越失宠，有销售商家感叹“卖十包鸡精，卖不了一包味精。”味精大有被“妖魔化”的趋势。味精真的有害无益吗？记者进行了调查。味精在很多家庭“退居”二线 致癌、脱发，对身体不好.....味精无疑是近年来备受争议的一种调味料。

With the change of people's dietary habits in Linyi, Shandong Province, people buy seasonings in supermarkets. Various substitutes such as chicken essence, fresh vegetable, and very delicious soy sauce have gradually become "new favorites" of family tables. MSG used to be a necessary condiment for family table cooking. Now it seems to be losing favor. Some sellers lament "selling 10 packages of chicken essence." I can't sell a package of MSG. Monosodium glutamate has been greatly demonized. Is monosodium glutamate really harmful? The reporter conducted an investigation. Monosodium glutamate in many families "retire" second line cancer, hair loss, bad for the body..... Monosodium glutamate is undoubtedly a controversial condiment in recent years.

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. 糖尿病呈现年轻化趋势专家呼吁关注家庭预防管理

[Diabetes is showing a younger trend and experts call for family prevention management.](#)

来源：新华网山东频道

主体：政府

态度：提倡

时间：11:10:07

来源：新华网山东频道

Subject: government

Attitude: advocate

Time: 11:10:07

11月14日是联合国糖尿病日，今年联合国糖尿病日的主题为“家庭与糖尿病”，为了传递科学的糖尿病防治知识，山东省烟台市疾控中心专家呼吁市民：关注家庭在糖尿病预防、管理等方面的重要作用。糖尿病患者自我管理是控制糖尿病病情的有效方法，血糖监测应在专业医生或护士的指导下开展。糖尿病患者采取措施降糖、降压、调整血脂和控制体重，纠正不良生活习惯如戒烟、限酒、控油、减盐可明显减少糖尿病并发症发生的风险。应对糖尿病，应积极行动起来，规范自己的生活，用健康的生活呵护我们的身体。关注糖尿病，关注健康，保持健康的生活方式，应该从现在开始做起。

November 14th is the United Nations Diabetes Day. This year's theme of the United Nations Diabetes Day is "Family and Diabetes". In order to convey scientific knowledge of diabetes prevention and control, experts from Yantai CDC in Shandong Province appealed to the public to pay attention to the important role of families in diabetes prevention and management. Self-management of diabetic patients is an effective way to control the condition of diabetes mellitus. Blood sugar monitoring should be carried out under the guidance of professional doctors or nurses. The risk of diabetic complications can be significantly reduced by taking measures to reduce blood sugar, blood pressure, adjust blood lipids and control body weight, and correcting bad habits such as smoking cessation, alcohol restriction, oil control and salt reduction. To cope with diabetes, we should take active action to standardize our lives and take care of our bodies with a healthy life. Pay attention to diabetes, pay attention to health, and maintain a healthy lifestyle. We should start from now.

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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高血压
Hypertension

1. [3种食物是“升压王”，高血压患者要警惕，否则等肾衰竭就晚了](#)

[The 3 type of food is "boosting the king". Patients with hypertension should be vigilant, otherwise the renal failure will be late.](#)

来源：中原网

主体：公众

态度：提倡

时间：15:32:24

来源：中原网

Subject: public

Attitude: advocate

Time: 15:32:24

高血压作为常见的慢性疾病之一，我国的发病率高达25%以上，更可怕的是，还会引发多种并发症，让血压更加难以治疗，甚至有生命危险。高血压病友要打破“僵局”，避免并发症的损害，最重要还是维持血压稳定。除了坚持服用药物治疗，生活习惯的改善更不可少，尤其是饮食的调整。68岁的李大爷，已经与高血压“斗争”了20年，血压依然稳定且没有并发症。看看他是如何调整饮食，来保持血压稳定的？高血压主要是体内水钠出现代谢紊乱，严格控制含钠盐高的食物摄入，有助于稳定血压水平。

Hypertension, as one of the common chronic diseases, has a morbidity of more than 25% in China. What is more terrible is that it can also cause many complications, making blood pressure more difficult to treat and even life-threatening. To break the "deadlock" and avoid the damage of complications, the most important thing is to maintain blood pressure stability. In addition to insisting on medication, the improvement of daily living habits is indispensable, especially dietary adjustment. Uncle Li, 68, has been struggling with hypertension for 20 years. His blood pressure is still stable and there are no complications. Let's see how he adjusts his diet to keep his blood pressure stable. Hypertension is mainly due to the metabolic disorder of water and sodium in the body. Strict control of food intake with high sodium salt will help to stabilize blood pressure level.

心血管健康
Cardiovascular health

1. [医生苦劝，不论男女，四十五岁之后少碰4种食物，小心发生脑梗塞](#)

[Doctors advise, no matter men and women, after forty-five years of age, less than 4 kinds of food, careful cerebral infarction.](#)

来源：中原网

主体：公众

态度：提倡

时间：08:32:32

来源：中原网

Subject: public

Attitude: advocate

Time: 08:32:32

随着我国社会人口的老龄化，患血管疾病的人越来越多，其中就包括脑梗塞。根据不完全统计，大约有400万左右脑梗塞患者。脑梗塞是一种突发性的脑部疾病，发生非常的突然，具有高发频率、高死亡率、高复发率、高致残率等四高特点，患者轻则偏瘫，重则失去生命。而且可以发生在任何的年龄段，不过主要发生在45~70岁的中年老年人之间，是公认的中老年人健康“杀手”。脑梗塞是脑卒中的一种，又叫缺血性脑卒中。这个疾病主要是使得脑部血液供应出现障碍，使得大脑缺血、缺氧，从而使得脑组织缺血性坏死或软化。

With the aging of our social population, more and more people suffer from vascular diseases, including cerebral infarction. According to incomplete statistics, about 4 million of patients with cerebral infarction. Cerebral infarction is a sudden brain disease, which occurs very suddenly. It has four characteristics: high morbidity, high mortality, high recurrence rate and high disability rate. The patients suffer from hemiplegia, and lose their lives. It can occur at any age, but mainly among the middle-aged and old people aged 45 to 70. It is recognized as the "killer" of the health of the middle-aged and old people. Cerebral infarction is a kind of cerebral apoplexy, also called ischemic stroke. This disease is mainly caused by the brain blood supply disorders, making the brain ischemia, hypoxia, so that brain tissue ischemic necrosis or softening.

综合健康信息
Comprehensive Health Information

1. [中国“卒中带”被发现，原来这些地区都是高发地！要小心啦！](#)

[The "stroke belt" has been discovered in China. Be careful!](#)

来源：中原网

主体：公众

态度：提倡

时间：04:16:25

来源：中原网

Subject: public

Attitude: advocate

Time: 04:16:25

脑卒中，也就是我们常说的——中风，它可是国民第一位致死疾病！毕竟大脑是人体的“司令部”，所以卒中一旦发生，致死率和致残率不可小觑。而在我国，这些地区往往都是卒中的高发地区.....中国有个“卒中高发带” 南京大学医学院附属金陵医院神经内科徐格林教授带领其团队，找到了中国的“卒中高发带”，包括黑龙江、西藏、吉林、辽宁、新疆、河北、内蒙古、北京及宁夏等北部及西北部省市区。基本上都是集中在北方地区。高血压患病率呈“南低北高”分布。每日食盐摄入量高是北方高血压患病率较高的主要原因。冬季天气寒冷，导致北方居民户外活动量较少，因此超重和肥胖患病率也较高。

Stroke, also known as stroke, is the first fatal disease in China. After all, the brain is the "headquarters" of the human body, so once a stroke occurs, the mortality and disability rates can not be underestimated. In China, these areas are often high incidence areas of stroke. Professor Xu Green, Department of Neurology, Jinling Hospital Affiliated to Medical College of Nanjing University, led his team to find the "high incidence zone of stroke" in China, including Heilongjiang, Tibet, Jilin, Liaoning, Xinjiang, Hebei, Inner Mongolia, Beijing and Ningxia, and other northern and northwestern provinces and cities. Basically, they are concentrated in the north. The prevalence of hypertension was "low in the South and high in the north". High daily intake of salt is an important reason for the high prevalence of hypertension in the north. Cold weather in winter leads to fewer outdoor activities in northern residents, so the prevalence of overweight and obesity is higher.

2. [天天吃黑木耳能给我们的身体带来什么好处？医生说了实话！](#)

[What advantages can black fungus bring to our body every day? The doctor told the truth!](#)

来源：中原网

主体：公众

态度：提倡

时间：15:32:45

来源：中原网

Subject: public

Attitude: advocate

Time: 15:32:45

王医生，我听说吃黑木耳，我的血管是不是就不会堵了？王医生问:谁能做到天天吃黑木耳？黑木耳最多是个配菜，就算我们每天吃的别的主菜也要全面多样化，而不能只吃一种菜。黑木耳是常见的食用菌类，富含丰富的B族维生素，膳食纤维及木耳多糖等。关于黑木耳可以清血管的传说主要来自于木耳多糖与膳食纤维。膳食纤维能够促进胃肠蠕动，防止便秘，有利于人体内有毒物质的及时清除和排出。研究表明木耳多糖能减少血脂，降低血液粘稠度和抗血小板凝集，具有疏通血管、清除血管中胆固醇的作用，所以能够降血糖、降血脂、防止血栓形成，预防脑血管疾病发生，对预防心脑血管疾病确有益处，同时木耳多糖可以分解体内肿瘤，提高免疫力，具有很好的抗癌作用。

Doctor Wang, I listen to eat black fungus, my blood vessels will not plug up? Dr. Wang asked, "who can eat black fungus every day?" Auricularia auricula is at most a side dish. Even if we eat other main dishes every day, we should have a comprehensive variety, not just one dish. Auricularia auricula is a common edible fungus, which is rich in B vitamins, dietary fiber and Auricularia polysaccharide. The legend of Auricularia auricula can clear blood vessels mainly comes from Auricularia auricula polysaccharides and dietary fiber. Dietary fiber can promote gastrointestinal peristalsis, prevent constipation, and facilitate the timely removal and discharge of toxic substances in the human body. Studies have shown that Auricularia auricula polysaccharides can reduce blood lipids, reduce blood viscosity and anti-platelet aggregation. It has the function of dredging blood vessels and removing cholesterol in blood vessels. So it can reduce blood sugar, reduce blood lipids, prevent thrombosis and prevent cerebrovascular diseases. It is beneficial to prevent cardiovascular and cerebrovascular diseases. At the same time, Auricularia auricula polysaccharides can also prevent cardiovascular and cerebrovascular It has a good anti-cancer effect by decomposing tumor in vivo and enhancing immunity.

决心工程
Resolve To Save Lives

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安徽
Anhui

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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浙江

Zhejiang

<div>食物中的钠</div> Sodium in food
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<div>高血压</div> Hypertension
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其他省份

Other Provinces

<div>食物中的钠</div> Sodium in food				
1. 素食肉并不健康！调查显示钠含量严重超标比海水还高	来源：人民网	主体：公众	态度：提倡	时间： 09:40:10
Vegetarian meat is not healthy! The survey shows that the sodium content is much higher than that of the sea.	来源：人民网	Subject: public	Attitude: advocate	Time: 09:40:10
<p>素食肉并不健康！调查显示钠含量严重超标比海水还高。据日本Livedoor新闻网11月14日报道，一项针对素食肉商品的调查数据显示，部分素食肉类食品食盐含量严重超标，甚至比海水中的含盐量还要高。研究者们对严格素食主义者以及一股素食主义者经常食用的素食培根、素食火腿、素食肉馅以及素食香肠等食品，向英国各大型超市的一般品牌类目中的15样素食肉类商品进行了抽样检查，结果显示，这些商品中的28%含盐量超标。减少钠盐摄入，可以有效避免高血压、脑瘫、心脏病、心血管疾病等疾病，世界卫生组织称，时刻注意1日食盐摄入量的行为，每年可挽救至少250万人的生命。</p>				
<p>Vegetarian meat is not healthy! The survey showed that the sodium content was much higher than that of the sea water. According to a survey of vegetarian meat products, the salt content of some vegetarian meat products is seriously over the standard, even higher than that of seawater, Livedoor News reported on November 14. Researchers sampled 15 vegetarian meat products from the general brand categories of major supermarkets in the UK, including vegetarian bacon, vegetarian ham, vegetarian meat stuffing and vegetarian sausage, which are often eaten by vegetarians and vegetarians in general. The results showed that 28% of these products contained excessive salt . Reducing sodium intake can effectively avoid diseases such as hypertension, cerebral palsy, heart disease and cardiovascular disease. The World Health Organization says that keeping an eye on salt intake for one day can save at least 2.5 million lives every year.</p>				
<div>高血压</div> Hypertension				
1. 不同的人怎么喝汤：高血压患者要控盐	来源：中国新闻网	主体：公众	态度：提倡	时间： 17:18:22
How do people drink soup?	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 17:18:22
<p>对中国人来说，鸡鸭鱼肉煮成的鲜汤在餐桌上一直占有重要地位，但特殊人群喝鲜汤有禁忌吗？本期，我来为大家讲解一下“不同人群应该怎么喝汤”。 高血压患者。高血压患者第一位的要求是控盐，所以鱼汤和肉汤都需要注意少盐。大部分人做汤时都会加盐，按0.5%盐的正常口味，一小碗(200毫升)汤中就含有1克盐。同时，超重肥胖的高血压患者也需要控制饱和脂肪和总脂肪量，肉汤要特别注意去油，降低饱和脂肪。</p>				
<p>For Chinese people, fresh soup made of chicken, duck and fish has always played an important role on the table, but is it taboo for special people to drink fresh soup? This time, I want to explain to you how different people should drink soup. Hypertensive patients. The first requirement of hypertension is salt control, so fish soup and broth should pay attention to less salt. Most people add salt when making soup. According to the normal taste of 0.5% salt, a small bowl (200 ml) of soup contains 1 gram of salt. At the same time, hypertensive patients with overweight and obesity also need to control the amount of saturated fat and total fat. Broth should pay special attention to oil and reducing saturated fat.</p>				
2. 咸鸭蛋、榨菜都有可能引发高血压，今天你吃的盐超标了么？	来源：搜狐	主体：公众	态度：提倡	时间： 08:40:10
Salted duck egg and pickled mustard tuber may cause hypertension. Do you eat too much salt today?	来源：搜狐	Subject: public	Attitude: advocate	Time: 08:40:10
<p>你知道你每天吃的盐超标了多少么？ 一项2010年—2012年的研究显示，中国成年人平均食盐摄入量为每天9.6克（每天3900毫克钠盐），其中农村居民每日食盐摄入量为10.2克，城市居民为9.0克，这些数据均远超世界卫生组织（WHO）建议的“每人每天食盐摄入量不超过5克”的标准。有研究估计，如果人们能将盐摄入量降至每日低于5克的推荐水平，每年可避免170万例死亡。盐超标增加心脑血管疾病风险。“钠盐过多会对整个神经和内分泌调节系统造成一系列负面影响，直接增加血压、增加心脏负担，同时提高脑卒中死亡风险。</p>				
<p>Do you know how much salt you eat every day? A 2010-2012 study showed that the average daily salt intake of Chinese adults was 9.6 grams (3,900 mg sodium salt per day), including 10.2 grams for rural residents and 9.0 grams for urban residents. These data far exceeded the World Health Organization (WHO) recommendation that "salt intake per person per day should not exceed 5 grams". The standard. Studies have estimated that 1.7 million deaths could be averted annually if people could reduce their salt intake below the recommended level of 5 grams per day. Excessive salt increases the risk of cardiovascular and cerebrovascular diseases. "Excessive sodium salt can have a series of negative effects on the whole nervous and endocrine regulatory system, directly increasing blood pressure, increasing the burden on the heart, and increasing the risk of death from stroke.</p>				
3. 如何准备较健康的沙拉	来源：联合早报	主体：公众	态度：提倡	时间： 09:48:25
How to prepare healthier salad?	来源：联合早报	Subject: public	Attitude: advocate	Time: 09:48:25

大多数人以为沙拉是健康食物，可以尽情吃，但营养师提醒，并非所有沙拉是健康的。有些沙拉含高糖高脂肪，会造成体重增加，对健康无益。本期《活得好》，高级营养师分享如何准备较健康的沙拉。国立大学综合诊疗所高级营养师吴美玲说，沙拉是否健康，取决于所选用的食材和酱料。提醒！应限制使用烟熏三文鱼或熏鸭，因为含盐量高，也含有致癌物质。高盐饮食一般会引致高血压，大量吃含致癌物质的食物会增加患癌的风险。

Most people think that salads are healthy food and can be eaten as much as they like, but nutritionists warn that not all salads are healthy. Some salads contain high sugar and high fat, which can cause weight gain and are not good for health. In this live well, senior nutritionists share how to prepare healthier salads. Wu Meiling, a senior nutritionist at the National University Comprehensive Clinic, said that the health of salad depends on the choice of food and sauces. Remind! Smoked salmon or smoked ducks should be restricted because of high salt content and carcinogenic substances. High salt diet generally leads to high blood pressure. A large amount of food containing carcinogenic substances will increase the risk of cancer.

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. [糖尿病前期要警惕！控制饮食中盐的摄入](#)
[Beware of pre diabetes. Control salt intake in diet.](#)

来源：中国新闻网

主体：公众

态度：提倡

时间：17:10:10

来源：中国新闻网

Subject: public

Attitude: advocate

Time: 17:10:10

北京市糖尿病研究所所长、北京同仁医院内分泌科主任杨金奎教授在接受采访时表示，在我国每三个成年人中间就有一个人处于糖尿病前期，意味着身体对血糖的调节能力出现了障碍，需要尽早干预，避免发展为糖尿病。什么是糖尿病前期 糖尿病前期是指血糖已经升高，但还没达到糖尿病诊断标准，血糖水平介于正常与糖尿病之间的一种状态，即空腹血糖维持在6.1～7.0mmol/L之间，餐后2小时血糖在7.8～11.1mmol/L之间。在这种情况下，如果不采取措施进行干预，大约有三分之一的人会发展为2型糖尿病。

Professor Yang Jinkui, Director of Beijing Diabetes Research Institute and Director of Endocrinology Department of Beijing Tongren Hospital, said in an interview that one out of every three adults in China is in pre-diabetes, which means that the body's ability to regulate blood sugar has been hampered, and it needs early intervention to avoid developing into diabetes. What is pre-diabetes is that blood sugar has increased, but it has not reached the diagnostic criteria for diabetes. The blood sugar level is between normal and diabetes. That is, the fasting blood sugar is maintained between 6.1 and 7.0 mmol/L, and the blood sugar is between 7.8 and 11.1 mmol/L two hours after meals. In this case, if no intervention is taken, about one third of the population will develop type 2 diabetes.

2. [母子控糖效果为何有天壤之别：儿子饮食多油、多盐、不规律](#)
[Why mother and son control sugar effects are very different: son's diet is oily and salt, irregular.](#)

来源：中国新闻网

主体：公众

态度：提倡

时间：16:18:28

来源：中国新闻网

Subject: public

Attitude: advocate

Time: 16:18:28

对于糖尿病的治疗，相对于医生为糖尿病患者进行血糖调控而言，患者在家的自我管理更加重要。自我管理是控制血糖的关键。对于糖尿病患者而言，控制血糖目前主要有五大原则，即通常所说的“五驾马车”：糖尿病教育、控制饮食、适度锻炼、血糖监测和药物治疗。就血糖监测来说，不少糖尿病患者认为只要自己没有明显症状，就不需要监测血糖。可是等出现症状时，血糖值往往较高。良好的血糖控制和维持需要长期坚持综合治疗。

For the treatment of diabetes mellitus, the self-management of patients at home is more important than that of doctors who regulate blood sugar for diabetic patients. Self management is the key to controlling blood sugar. For diabetic patients, there are five main principles to control blood sugar at present, which are commonly referred to as the "five carriages": diabetes education, diet control, moderate exercise, blood sugar monitoring and drug treatment. As far as blood sugar monitoring is concerned, many diabetic patients think that as long as they have no obvious symptoms, they do not need to monitor blood sugar. But when symptoms appear, the blood glucose level tends to be higher. Good glycemic control and maintenance need long-term adherence to comprehensive treatment.

3. [儿童少年每天要吃三种以上蔬菜吃清淡少盐膳食](#)
[Children and adolescents should eat more than three kinds of vegetables a day, eat light and less salt diet.](#)

来源：中国新闻网

主体：公众

态度：提倡

时间：17:25:38

来源：中国新闻网

Subject: public

Attitude: advocate

Time: 17:25:38

国家卫生计生委近期发布了《老年人不良风险评估》等推荐性卫生行业标准，其中包括《老年人不良风险评估》《学生餐营养指南》《脑卒中患者膳食指导》等。为此，我们请参与制订标准的相关专家分6期为读者——解读。近年来，许多调查表明，我国城市学龄儿童肥胖与贫困农村地区儿童营养不良并存。《学生餐营养指南》旨在引导学校食堂及供餐单位提供科学合理、营养均衡的学生餐，是保证学生获得均衡膳食、促进健康的重要途径，具体做法有以下几点。

The National Health and Family Planning Commission recently issued some recommended health industry standards, such as "Assessment of the Adverse Risks of the Elderly", including "Assessment of the Adverse Risks of the Elderly", "Guidelines for Nutrition of Student Meals" and "Dietary Guidance for Stroke Patients". For this reason, we invite the relevant experts involved in the formulation of standards to divide into 6 phases for readers to interpret one by one. In recent years, many surveys have shown that obesity in urban school-age children coexists with malnutrition in poor rural areas. The Nutrition Guide for Student Meals aims to guide school canteens and catering units to provide students with a scientific, rational and balanced diet. It is an important way to ensure that students get a balanced diet and promote health. The specific measures are as follows.

4. [手脚麻木是危险信号！饮食要清淡、少盐](#)
[Numbness of hands and feet is a dangerous sign!](#)

来源：中国新闻网

主体：公众

态度：提倡

时间：15:32:06

来源：中国新闻网

Subject: public

Attitude: advocate

Time: 15:32:06

手脚麻木是很多老人的常见现象，有些人没有重视。中国人民解放军火箭军总医院内分泌风湿科主任李全民提醒，老人手脚麻木是个危险信号，总结起来有7大原因。臂神经受压。睡眠中如果姿势不正，颈项倾斜或手臂受压，就会引起手发麻。这时只要换姿势睡，活动一下手臂，麻木感便可消除。药物副作用。呋喃唑酮、氧氟沙星等抗菌剂可能导致肢体麻木，这种麻木通常从手脚开始，逐渐向上蔓延，常伴有过敏或感觉异常。因此服用这些药物应严格控制剂量。营养不良。长期胃肠功能障碍或食物摄入减少易导致身体缺乏蛋白质和维生素，引起周围神经炎和神经根损害，从而造成手脚麻木。

Numbness of hands and feet is a common phenomenon among many elderly people. Li Renmin, Director of Endocrinology and Rheumatism Department of the General Hospital of the Chinese People's Liberation Army Rocket Army, warned that numbness of the hands and feet of the elderly is a dangerous signal, and summed up there are seven major reasons. Brachial nerves were compressed. If your posture is not right, your neck deflection or arm pressure will cause numbness in your sleep. At this point, as long as changing posture to sleep, arm movements, numbness can be eliminated. Side effects of drugs. Antimicrobial agents such as furazolidone and ofloxacin may cause limb numbness, which usually starts from the hands and feet and gradually spreads upward, often accompanied by allergies or sensory abnormalities. Therefore, these drugs should be strictly controlled dose. Innutrition. Long-term gastrointestinal dysfunction or reduced food intake can easily lead to a lack of protein and vitamins in the body, resulting in peripheral neuritis and nerve root damage, resulting in numbness of hands and feet.

5. [跨过人生的5个“寿命坎” 你就会长寿](#)
[You will live longer than the 5 "life span" of life.](#)

来源：多维新闻网

主体：公众

态度：提倡

时间：11:32:58

来源：多维新闻网

Subject: public

Attitude: advocate

Time: 11:32:58

随着年龄的增长，身体器官的衰老不可避免，但是我们却可以让它的衰老来得晚一些。下面是一人生易高发的五个“疾病关卡”，以及“闯关”建议，跨过这些“寿命坎”，便可健康长寿了。30岁至50岁：肠胃疾病关 据世界卫生组织（WHO）统计，胃病的发病率高达80%，且发病呈年轻化趋势。不良的生活习惯都会破坏胃肠道的正常功能，增加癌变几率。因此，这一年龄段的人应该尤其其保护肠胃。建议：饮食规律，坚持“早吃好、午吃饱、晚吃少”的原则，少吃或不吃腌菜、烟熏和油煎食物，戒烟限酒，多吃新鲜蔬果和粗粮等，还要适量运动。

With age, the aging of body organs is inevitable, but we can make it age later. Following are five "disease checkpoints" that are prone to high incidence in one's life, as well as "breaking through" suggestions. If you cross these "lifespan barriers", you will live a long and healthy life. Ages 30 to 50: According to the World Health Organization (WHO), the incidence of gastrointestinal diseases is as high as 80%, and the incidence is younger. Bad habits will destroy the normal function of the gastrointestinal tract and increase the chance of canceration. Therefore, people of this age group should especially protect their intestines and stomach. Suggestions: Dietary rules, adhere to the principle of "eat well early, eat full lunch, eat less late", eat less or no pickles, smoked and fried food, stop smoking and limit alcohol, eat more fresh vegetables and fruits and coarse grains, and exercise moderately.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-11-16, 共监测到565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 565 WeChat public articles were monitored in 2018-11-16. 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](#)

重复数: 33

日期: 2018-11-16

Repeat Number: 33

Data: 2018-11-16

食盐, 被称为“百味之王”, 是烹饪中最常用的调味料。很多人在做菜的时候喜欢放很多盐, 觉得这样才入味, 但摄入过多的话, 对人体会产生不利的影响! 长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要从肾脏排出, 加大肾脏负担。

Salt, known as the "king of the hundred flavors", is the most commonly used seasoning in cooking. Many people like to put a lot of salt when cooking, and feel that it is so delicious. However, if you consume too much, it will have an adverse effect on the human body! Long-term high-salt diets can easily cause high blood pressure, hardening of the arteries, and excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys.

2. [咸鸭蛋、榨菜都有可能引发高血压, 今天你吃的盐超标了么?](#)

重复数: 7

日期: 2018-11-16

Repeat Number: 7

Data: 2018-11-16

一项2010年—2012年的研究显示, 中国成年人平均食盐摄入量为每天9.6克(每天3900毫克钠盐), 其中农村居民每日食盐摄入量为10.2克, 城市居民为9.0克, 这些数据均远超世界卫生组织(WHO)建议的“每人每天食盐摄入量不超过5克”的标准。有研究估计, 如果人们能将盐摄入量降至每日低于5克的推荐水平, 每年可避免170万例死亡。

A 2010-2012 study showed that the average salt intake of Chinese adults was 9.6 grams per day (3900 milligrams of sodium per day), with 10.4 grams of salt per day for rural residents and 9.0 grams for urban residents. These data are far above the standard recommended by the World Health Organization (WHO) for "no more than 5 grams of salt per person per day". Studies have estimated that if people can reduce their salt intake to a recommended level of less than 5 grams per day, 1.7 million deaths per year can be avoided.

3. [要健康, 少吃“三白”, 多吃“三黑”!](#)

重复数: 3

日期: 2018-11-16

Repeat Number: 3

Data: 2018-11-16

健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖盖去胶垫后, 平铺满一瓶盖的量。如果已经确诊高血压, 每天最好不要超过 3 克。

The optimal amount of salt that a healthy person can consume through the diet is no more than 6 grams per day - that is, the amount of a common beer bottle cap is flattened. If you have already diagnosed high blood pressure, the daily salt intake should not exceed 3 grams.

4. [协和医院:三高不用愁, 只用一个“字”全搞定, 40岁以后都需要!](#)

重复数: 3

日期: 2018-11-16

[Concord Hospital: People with three highs don't have to worry about it. A "word" can solve all problems, and people over the age of 40 need it!](#)

Repeat Number: 3

Data: 2018-11-16

饮食降血压的第一点就是要少吃盐, 食盐中的“钠”能引起水钠潴留, 导致外周血管阻力增大, 引起血压升高。世界上对盐与高血压已研究了100多年, 发现高盐摄入可引起血压升高。流行病学调查结果发现: 居住在北极的爱斯基摩人摄盐量较低, 血压也低, 多在140 / 90毫米汞柱以下。

The first point of lowering blood pressure through diet is to eat less salt. "Sodium" in salt can cause sodium retention, leading to increased peripheral vascular resistance and elevated blood pressure. The world has been studying salt and hypertension for more than 100 years and found that high salt intake can cause blood pressure to rise. Epidemiological surveys found that Eskimos living in the Arctic had lower salt intake and lower blood pressure. Most people there have blood pressures below 140/90 mm Hg.

5. [“减盐”益于健康, 这些生活中的“隐形盐”要注意!](#)

重复数: 2

日期: 2018-11-16

Repeat Number: 2

Data: 2018-11-16

虽然钠是维持人体机能正常运作的必需元素, 但过犹不及, 钠摄入量过高(>2克/天, 相当于食盐>5克/天)也会导致高血压, 增加心脏病和脑卒中风险。世界卫生组织(WHO)建议成年人每日盐摄入量应少于5克, 儿童则应更少一些。然而, 几乎所有国家的钠摄入量都远高于WHO的推荐量, 我国人民每天钠摄入量是推荐量的2倍还多

Although sodium is an essential element in maintaining the proper functioning of the human body, excessive consumption is harmful to the body. Excessive sodium intake (>2 g/day, equivalent to salt >5 g/day) can also lead to high blood pressure and increase the risk of heart disease and stroke. The World Health Organization (WHO) recommends that adults should have a daily salt intake of less than 5 grams and children should have fewer. However, sodium intake in almost all countries is much higher than the recommended amount of WHO. The daily intake of sodium in our country is more than twice the recommended amount.

减盐-微博 Salt Reduction - Weibo

2018-11-16, 共检测到2383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。

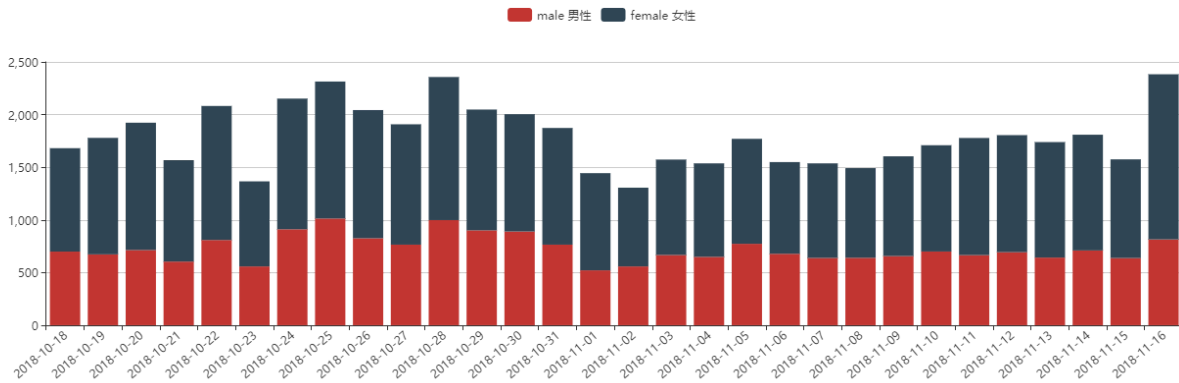
There are 2383 weibos about salt reduction monitored on 2018-11-16.

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!

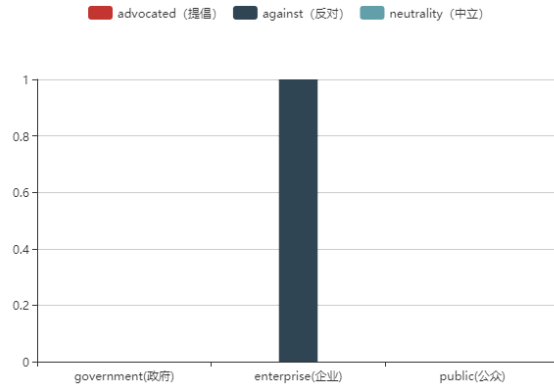
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-16) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-11-16. 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. Kissmoon潮流烘焙：爱你“乳”此讲究 Kissmoon trend baking: love your "milk" this exquisite.	来源：北国网 来源：北国网	主体：企业 Subject: industry	态度：反对 Attitude: against	时间： 15:55:36 Time: 15:55:36
Kissmoon潮流烘焙：爱你“乳”此讲究 随着蛋糕烘焙遍布世界各地，大到工厂、加盟店，小到私家烘焙，可以说蛋糕、马卡龙、可丽饼、面包等法式甜品已经是人们日常生活中不可或缺的一部分。对所有甜品爱好者来说，这些甜品所带来的香甜能让他们更加开心、幸福，因此为了能随时随地品尝到自己想要的味道，都纷纷前往专业的法式烘焙学院学习烘焙，而kissmoon潮流烘焙学院就是业内被选择较多的一家法式烘焙学院。现在的奶油主要分为动物奶油和植物奶油两种，它们的颜色有略微不同，动物奶油呈乳白色，而植物奶油是白色。植物奶油含有反式脂肪酸，而且还添加奶油香精，长期食用不仅会发胖，还容易引发高血压、高血脂、动脉硬化等心脑血管疾病及糖尿病。				
Kissmoon Trend Baking: Love your "milk". With cake baking all over the world, from factories and franchise stores to private baking, it can be said that French desserts such as cakes, macarons, Cocoas and breads have become an indispensable part of people's daily life. For all dessert enthusiasts, the sweetness of these desserts can make them happier and happier, so in order to enjoy the flavor they want anytime and anywhere, they all go to the professional French Baking College to study baking, and kissmoon Fashion Baking College is one of the French Baking Colleges that has been chosen more in the industry. . Currently, butter is mainly divided into animal butter and vegetable butter. Their colours are slightly different. Animal butter is creamy white, while vegetable butter is white. Vegetable butter contains trans fatty acids, and it also adds cream flavor. Long term consumption will not only make you fat, but also cause hypertension, hyperlipidemia, arteriosclerosis and other cardiovascular and cerebrovascular diseases and diabetes.				
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

2018-11-16, 共监测到448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 448 WeChat public articles were monitored in 2018-11-16. 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. 和心血管最舒服的相处方式: 喂它吃这几种“红色”食物

重复数: 3

日期: 2018-11-16

[The most comfortable way to get along with the cardiovascular system: feed it on these "red" foods.](#)

Repeat Number: 3

Data: 2018-11-16

脂肪提供热量, 分为饱和脂肪、不饱和脂肪和反式脂肪3类, 需要区分好坏。人造反式脂肪 (部分氢化植物油) 是坏脂肪, 常见于烘焙食品和加工食品中, 会导致LDL-C水平增高。

Fat provides heat. It is divided into three categories: saturated fat, unsaturated fat and trans fat, which need to be distinguished. Artificial trans fats (partially hydrogenated vegetable oils) are bad fats that are commonly found in baked and processed foods and cause elevated levels of LDL-C.

2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

重复数: 3

日期: 2018-11-16

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

Repeat Number: 3

Data: 2018-11-16

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

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

3. 去超市购物, 先看懂这些再买! 没想到吃亏了这么多年...

重复数: 3

日期: 2018-11-16

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

Repeat Number: 3

Data: 2018-11-16

市场上售卖的面包, 有些含有人工色素、香料、氢化油 (含有大量反式脂肪酸) 以及防腐剂。大量的油脂、添加剂虽可提升食物的味道, 但会增加心血管疾病的发生风险。因此, 购买全麦面包时, 成分越简单越好。

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.

4. 课堂 | 燃烧我的卡路里? 你先得读懂包装上的英语营养成分表

重复数: 1

日期: 2018-11-16

[Burning my calories? First, you should read the English nutrition list on the package.](#)

Repeat Number: 1

Data: 2018-11-16

反式脂肪: 我们食用的反式脂肪大多来自氢化程序所产生的部分氢化植物油。反式脂肪可以增加体内的胆固醇 LDL, 而且肝脏无法代谢反式脂肪, 也是高血脂和脂肪肝的主要原因之一。

Trans fats: Most of the trans fats we eat come from some of the hydrogenated vegetable oils produced by the hydrogenation process. Trans fats can increase bad cholesterol LDL in the body, and the liver can not metabolize trans fats, which is also one of the main reasons for hyperlipidemia and fatty liver.

反式脂肪酸-微博 Transfat - Weibo

2018-11-16, 共检测到105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。

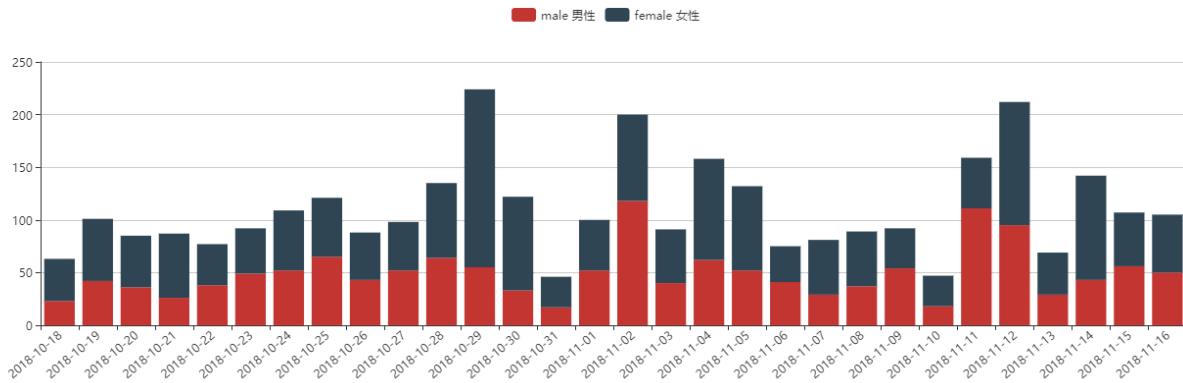
There are 105 weibos about transfat reduction monitored on 2018-11-16.

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!