

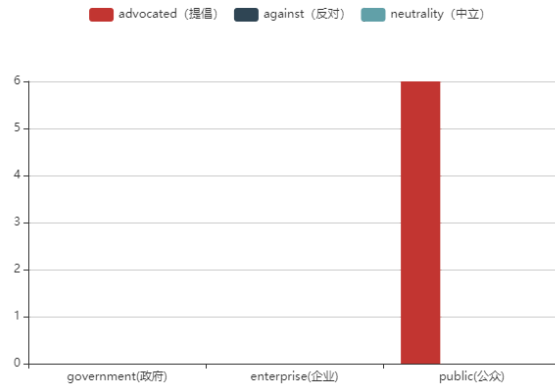
减盐-新闻

Salt Reduction - News

今日 (2019-02-24) 共监测到6条资讯。请点击标题查看原文。

There are 6 articles monitored today 2019-02-24. 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. [一周时间内杭州夫妻查出同种癌小心被它坑了全家](#)

[Within a week, couples in Hangzhou found out the same kind of cancer and were cautiously pitted by it.](#)

来源: 半岛网

Source: Peninsula Network

主体: 公众

Subject: public

态度: 提倡

Attitude: advocate

时间: 21:29:37

Time: 21:29:37

一周内夫妻双双查出肠癌，一家四口中母子三人患肝癌，这些曾经只在电视剧里出现的夸张桥段，近年来接二连三在现实生活中上演。2019年1月，国家癌症中心发布了最新的全国癌症统计数据：2015年全国恶性肿瘤发病约392.9万人，比2013年的358万有较大幅度增长。据统计，平均每天超过1万人被确诊为癌症，也就是每分钟有7.5个人被确诊为癌症。尤其是“家庭癌”、“夫妻癌”的频频出现，更加剧了大众对癌症的畏惧。

Within a week, both husband and wife found intestinal cancer, and three of the four mothers and sons in a family suffered from liver cancer. These exaggerated segments, which once appeared only in TV dramas, have been playing out in real life in succession in recent years. In January 2019, the National Cancer Center released the latest national cancer statistics: in 2015, the incidence of malignant tumors in China was about 3.929 million, a significant increase compared with 3.58 million in 2013. According to statistics, an average of more than 10,000 people are diagnosed with cancer every day, that is, 7.5 people are diagnosed with cancer every minute. Especially the frequent occurrence of "family cancer" and "husband and wife cancer" has exacerbated the public's fear of cancer.

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

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!
<div>综合健康信息 Comprehensive Health Information</div>
没有相关文章!
No such articles!
<div>决心工程 Resolve To Save Lives</div>
没有相关文章!
No such articles!

安徽
Anhui

<div>食物中的钠 Sodium in food</div>
没有相关文章!
No such articles!
<div>高血压 Hypertension</div>
没有相关文章!
No such articles!
<div>心血管健康 Cardiovascular health</div>
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没有相关文章!
No such articles!

浙江
Zhejiang

<div>食物中的钠 Sodium in food</div>
没有相关文章!
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没有相关文章!
No such articles!

其他省份
Other Provinces

<div>食物中的钠 Sodium in food</div>	来源：大纪元 (新闻发布) Source: The Great Era (Press Release)	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：05:45:51 Time: 05:45:51
1. 超商里的8大减肥食物让你饱腹又减肥 Eight Big Weight Loss Foods in Supermarket Make You Satiated and Lose Fat				

外食族也可以轻松吃饱又减肥，在便利超商里有一些不错的帮助减重的食物。24小时全年无休的超商，真的是最方便的好邻居，不管是早餐、午晚餐还是宵夜，都能在这里快速解决。虽然便利商店贩卖的几乎都是现成的食物，但还是有不少能帮助减肥的梦幻逸品。就让赵函颖营养师来告诉外食族的你，如何轻松吃出瘦体质！

Foreign eaters can also eat and lose weight easily. There are some good foods in convenience supermarkets to help them lose weight. The 24-hour, year-round supermarket is really the most convenient and good neighbor. Whether it's breakfast, lunch or night, it can be solved here quickly. Although convenience stores sell almost all ready-made food, there are still many fantasy products that can help lose weight. Let Zhao Hanying nutritionist tell you how to eat thin body easily!

高血压
Hypertension

1. 血压高的人这些食物应该少吃，快来看看吧	来源：搜狐	主体：公众	态度：提倡	时间： 20:19:25
People with high blood pressure should eat less of these foods. Come and have a look.	Source: Sohu	Subject: public	Attitude: advocate	Time: 20:19:25

血压高的人，往往不注意饮食方面的忌口。觉得无所谓，影响不大。一旦发现由于长期血压高引起的心脑血管病疾病，就感觉到严重了。昨天晚上和一些长辈们一起吃饭，8个人都有血压高。在点菜前他们不停地在那里嗑瓜子、吃兰花豆，我说你们少吃点，一会儿还得吃饭呢，再说了，你们都血压高，不适宜吃这些炒货。不仅盐分高，而且脂肪也不低。熊苗营养师给血压高的人总结了 一些少吃 的食物。以后请大家督促家人少吃这些食物。

People with high blood pressure often do not pay attention to dietary taboos. I don't think it matters much. Once you find cardiovascular and cerebrovascular diseases caused by long-term high blood pressure, you will feel serious. Last night, I had dinner with some elders. Eight of them had high blood pressure. Before ordering, they kept sipping melon seeds and eating orchid beans there. I said you should eat less and eat later. Besides, you all have high blood pressure and are not suitable to eat these fried goods. Not only is the salt high, but also the fat is not low. The bear seedling dietitian summed up some foods that people with high blood pressure eat less. In the future, please urge your family to eat less of these foods.

心血管健康
Cardiovascular health

1. 保护血管健康预防心肌梗塞	来源：NTDTV	主体：公众	态度：提倡	时间： 05:30:43
Protecting vascular health and preventing myocardial infarction	Source: NDTV	Subject: public	Attitude: advocate	Time: 05:30:43

二月份是美国的心脏健康月。我们邀请休斯顿心脏病专家施惠德医生，来和大家讲解冬季常见心脏病的预防。心脏病专家施惠德医生表示，最常见的心脏病是“心肌梗塞”，心脏的动脉突然出现阻塞的现象，引起心肌的坏死，因为心肌没有血液的供应。所有心肌梗塞是血管的问题，而不是心肌原发的问题。当血管无法供应血液的时候，心肌才出现被破坏的现象。

February is Heart Health Month in the United States. We invite Dr. Schmidt, a Houston cardiologist, to talk to you about the prevention of common heart diseases in winter. Cardiologist Dr. Schmidt said that the most common heart disease is "myocardial infarction". A sudden blockage of the heart's arteries causes myocardial necrosis because there is no blood supply to the myocardium. All myocardial infarction is a vascular problem, not a primary myocardial problem. When blood vessels cannot supply blood, the myocardium is destroyed.

综合健康信息
Comprehensive Health Information

1. 为何日本人不整容，皮肤也好？估计第3件事，你比别人晚做了10年	来源：搜狐	主体：公众	态度：提倡	时间： 13:10:25
Why don't Japanese have cosmetic surgery and skin? Estimate the third thing, you did 10 years later than others.	Source: Sohu	Subject: public	Attitude: advocate	Time: 13:10:25

在日本不流行整容，而女性的皮肤确是亚洲女性中较为出色的。小编自己也实地考察过，发现日本人的皮肤上面你很少会看到痘印、斑点等，她们的五官或许不出色，但皮肤却是甚好的。春节时，因游人邀约去日本游玩，发现日本街头的女性多数有着精致的妆容，而卸妆后皮肤也都很好。那么她们不整容皮肤也好，这是为何，大概与下面这三件事脱不开关系，而估计第3件事，你比别人晚做了10年。

Plastic surgery is not popular in Japan, and women's skin is indeed better among Asian women. Xiaobian himself has visited the field and found that you seldom see acne marks, spots and so on on Japanese skin. Their facial features may not be excellent, but their skin is very good. During the Spring Festival, tourists invited to visit Japan and found that most Japanese Street women have exquisite makeup, and after removing makeup, their skin is also very good. So it's okay if they don't have cosmetic skin. That's why, maybe, it's related to the following three things. And the third thing is estimated that you did 10 years later than others.

2. 真正有效的减脂饮食应该遵循以下四大饮食原则	来源：TOM	主体：公众	态度：提倡	时间： 22:19:26
The following four dietary principles should be followed in a truly effective diet for reducing fat	Source: TOM	Subject: public	Attitude: advocate	Time: 22:19:26

很多一开始减肥的人，总是想快速就能减肥，于是就找各种快速减肥方法，比如“十日速效瘦身法”“四大王天瘦身午餐”“七日瘦身餐”“21天减肥法”“食肉减肥法”等等。这些是有效的减脂饮食吗?肯定不了，这些都是节食减肥方法，常常恢复正常饮食后就慢慢胖回来了。如果你不能真正的一辈子节食，那就不要用这种不健康的节食减肥方法了。真正有效的减脂饮食，应该遵循以下四大饮食原则。

Many people who want to lose weight at the beginning always want to lose weight quickly, so they look for all kinds of fast ways to lose weight, such as "10-day quick-acting weight-loss method", "Four Kings' Day weight-loss lunch", "7-day weight-loss meal", "21-day weight-loss method", "meat-eating weight-loss method" and so on. Are these effective diets for reducing fat? No doubt not. These are all diet methods for losing weight. They often return to normal diet and gradually gain weight. If you can't really diet all your life, don't use this unhealthy diet to lose weight. A truly effective diet for reducing fat should follow the following four dietary principles.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-02-24, 共监测到501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 501 WeChat public articles were monitored in 2019-02-24. 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

- [日本人长寿全球第一! 10个秘诀中9个与吃有关!](#)
[Japanese longevity ranks first in the world! Nine of the 10 tips are about eating!](#)

重复数: 26
Repeat Number: 26

日期: 2019-02-24
Data: 2019-02-24

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

As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns. In recent years, we have only begun to encourage salt restriction and less salt. In addition, the Japanese pay great attention to salt control in all aspects of diet: for example, do not drink too much soup, do not drink soup when eating noodles; stir-fry, stew and finally put salt, so as to minimize salt intake.
- [身体出现这5个迹象, 提醒你吃盐太多了!](#)
[These five signs remind you that you eat too much salt!](#)

重复数: 9
Repeat Number: 9

日期: 2019-02-24
Data: 2019-02-24

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

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.
- [16个健康警戒线全划出来了, 寿命长短由它决定, 非常重要!](#)
[Sixteen health warning lines have been drawn out. Life expectancy is determined by them. It is very important!](#)

重复数: 7
Repeat Number: 7

日期: 2019-02-24
Data: 2019-02-24

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。建议一个啤酒瓶盖装满盐正好是6克的量。零食、酱菜、午餐肉等加工食品少吃。

Excessive salt intake is closely related to hypertension and cardiovascular diseases. It can also aggravate gastric mucosal damage and accelerate osteoporosis. Moreover, excessive salt intake can make skin worse. Whether for health or beauty, salt control is essential. It is recommended that a beer bottle cap be filled with exactly 6 grams of salt. Eat less snacks, pickles, lunch meat and other processed foods.
- [日本人平均寿命第一名, 长寿秘诀在于饮食, 医生直言: 我们差太多](#)
[The Japanese have the highest life expectancy and the secret of longevity lies in diet. The gap between China and Japan is too great in this respect.](#)

重复数: 4
Repeat Number: 4

日期: 2019-02-24
Data: 2019-02-24

日本人在盐摄入量方面是比较严格的, 日本政府早在1975年就重视国民减盐的问题, 并发起了一系列的减盐运动, 宣传减盐带来的健康好处, 让减少食盐摄入有利健康的观念深入人心。而我国则是最近几年才开始鼓励限盐、少盐的, 还有很长一段路要走。

The Japanese people are strict in salt intake. As early as 1975, the Japanese government paid attention to the problem of national salt reduction and launched a series of salt reduction campaigns to publicize the health benefits of salt reduction, so that the concept of reducing salt intake is beneficial to health is deeply rooted in people's hearts. However, in recent years, China has begun to encourage salt restriction and less salt. There is still a long way to go.
- [国务院发布国民营养计划: 这3样东西要少吃了!](#)
[The State Council issued the National Nutrition Plan: these three things should be eaten less!](#)

重复数: 3
Repeat Number: 3

日期: 2019-02-24
Data: 2019-02-24

《黄帝内经》讲“多食咸, 则脉凝泣而色变”, 意思是咸味偏胜, 导致血脉凝涩而颜色变黯。这一点现在在西医也证实了, 简单来说, 盐吃多了, 血管会加速硬化。但危害远不仅于此, 食盐摄入过多是高血压的三大危险因素之一、可增加胃病、骨质疏松、肥胖、癌症等疾病的患病风险。

"The Huang Di's Canon" mentions that "a salty diet can cause blood vessels to coagulate and the color becomes awkward." This is now confirmed by Western medicine. In short, if the salt is eaten more, the blood vessels will accelerate hardening. However, the harm is far more than this. Excessive salt intake is one of the three major risk factors for hypertension, which can increase the risk of diseases such as stomach diseases, osteoporosis, obesity and cancer.

减盐-微博 Salt Reduction - Weibo

2019-02-24, 共检测到2091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。

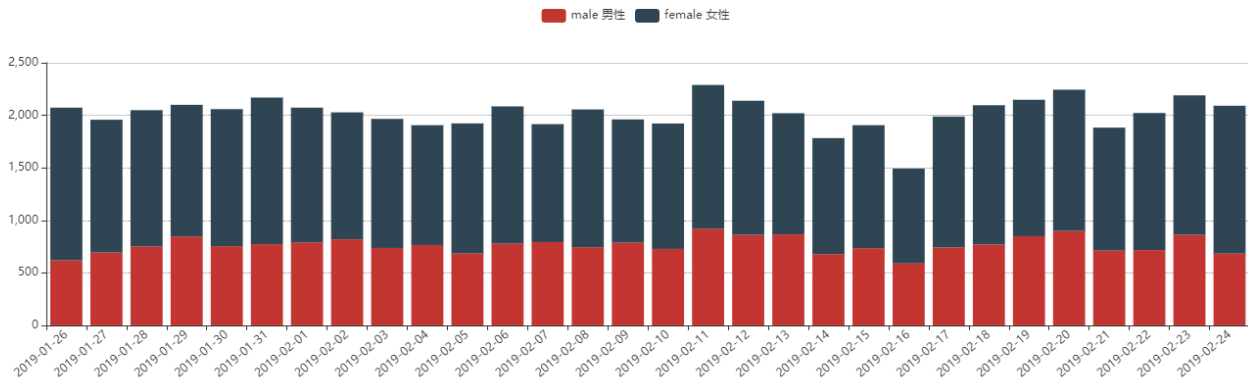
There are 2091 weibos about salt reduction monitored on 2019-02-24.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门微博 Hot Weibos

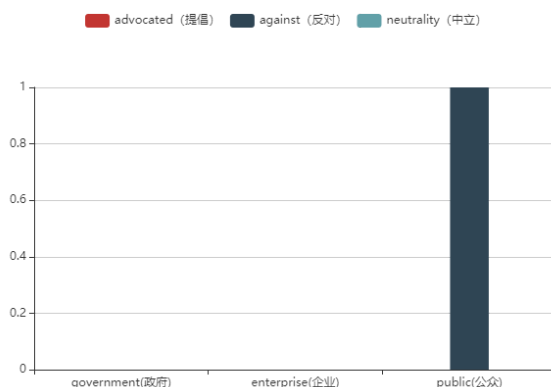
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-24) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-02-24. 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. [保护血管健康预防心肌梗塞](#)
[Protecting vascular health and preventing myocardial infarction](#)

来源：NTDTV
Source: NDTV

主体：公众
Subject: public

态度：反对
Attitude: against

时间： 05:51:57
Time: 05:51:57

二月份是美国的心脏健康月。我们邀请休斯顿心脏病专家施惠德医生，来和大家讲解冬季常见心脏病的预防。心脏病专家施惠德医生表示，最常见的心脏病是“心肌梗塞”，心脏的动脉突然出现阻塞的现象，引起心肌的坏死，因为心肌没有血液的供应。所有心肌梗塞是血管的问题，而不是心肌原发的问题。当血管无法供应血液的时候，心肌才出现被破坏的现象。

February is Heart Health Month in the United States. We invite Dr. Schmidt, a Houston cardiologist, to talk to you about the prevention of common heart diseases in winter. Cardiologist Dr. Schmidt said that the most common heart disease is "myocardial infarction". A sudden blockage of the heart's arteries causes myocardial necrosis because there is no blood supply to the myocardium. All myocardial infarction is a vascular problem, not a primary myocardial problem. When blood vessels cannot supply blood, the myocardium is destroyed.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

反式脂肪酸-微信 Transfat - WeChat

2019-02-24, 共监测到331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 331 WeChat public articles were monitored in 2019-02-24. This page shows the top five articles by repeat number today.

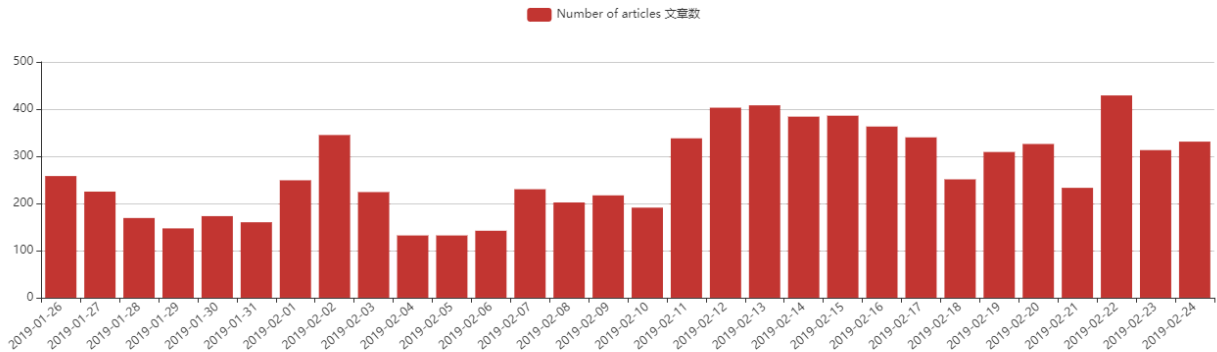
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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热门文章-前五 Popular Articles - Top 5

1. 大脑最爱的食物, 核桃只排第4名, 第1名谁都想不到!

重复数: 57

日期: 2019-02-24

Repeat Number: 57

Data: 2019-02-24

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

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

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

2. “被奶茶毁掉的中国姑娘” “Chinese Girls Destroyed by Milk Tea”

重复数: 18

日期: 2019-02-24

Repeat Number: 18

Data: 2019-02-24

所谓的奶精, 主要成分是氢化植物油, 是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说: 别看有植物两字, 其实含的饱和脂肪酸比猪油还多! 经过人工氢化之后, 还会产生大量的反式脂肪酸! 反式脂肪酸对人体危害极大, 不仅会增加心血管疾病和糖尿病的风险, 还会影响儿童神经系统发育。

The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Don't look at its name containing plants, but actually contain more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

3. 生活 | 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文) | Keep your face poor, your feet rich, your heart poor, your lungs rich.

重复数: 12

日期: 2019-02-24

Repeat Number: 12

Data: 2019-02-24

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

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

4. 饼干里也有“致癌物”? 原来真相是这样... Are there carcinogens in biscuits? It turned out that this was the truth.

重复数: 11

日期: 2019-02-24

Repeat Number: 11

Data: 2019-02-24

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

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

5. 一口它=七口油? 伤心又损脑, 世卫组织计划2023年前消除它, 你却天天吃

重复数: 11

日期: 2019-02-24

[Taking a bite is equal to eating seven oils? It is harmful to the heart and brain. WHO plans to eliminate it by 2023, but you eat it every day.](#)

Repeat Number: 11

Data: 2019-02-24

反式脂肪又称反式脂肪酸, 是一大类含有反式双键的脂肪酸的简称。它分为两类: ① 第一类是天然反式脂肪 主要存在于牛羊肉和牛奶等奶制品中。这类天然的反式脂肪对人体没什么害处, 但仍要注意控制用量。世界卫生组织倡议每天的热量摄入中来自反式脂肪的热量不应超过1%, 以降低患心血管疾病的风险。

Trans fat, also known as trans fatty acid, is the abbreviation for a large class of fatty acids containing trans double bonds. It is divided into two categories: The first category is natural trans fat, which is mainly found in dairy products such as beef, mutton and milk. This type of natural trans fat is not harmful to the human body, but it is still necessary to pay attention to the amount of control. The World Health Organization recommends that calories from trans fats should not exceed 1% of calorie intake per day to reduce the risk of cardiovascular disease.

反式脂肪酸-微博 Transfat - Weibo

2019-02-24, 共检测到141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。

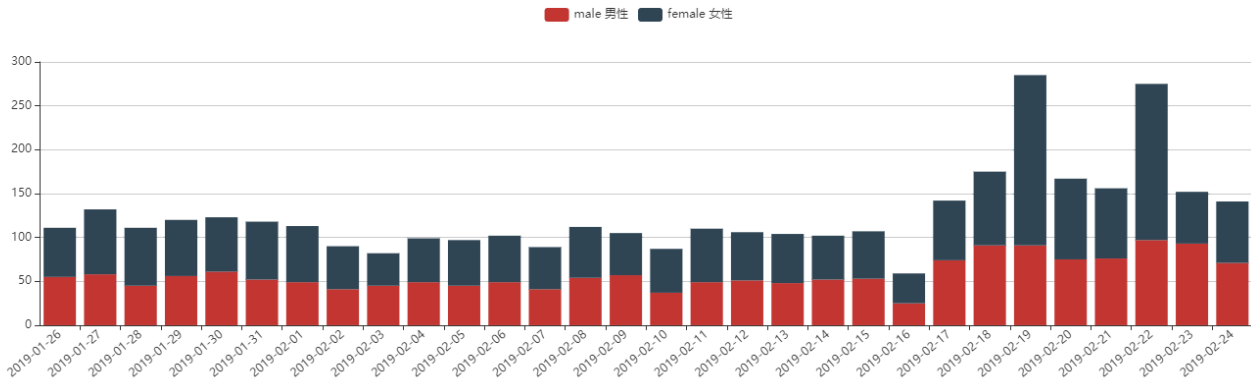
There are 141 weibos about transfat reduction monitored on 2019-02-24.

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!