

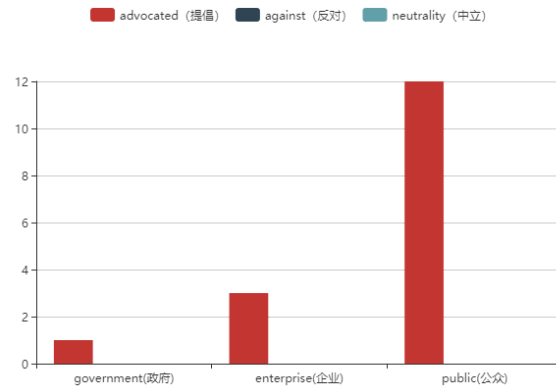
减盐-新闻

Salt Reduction - News

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安徽
Anhui

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浙江
Zhejiang

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1. 坚持做好这三件小事让健康从新年伊始便常伴身边	来源：浙江在线	主体：公众	态度：提倡	时间： 17:53:18
Adhere to these three small things so that health will always be around from the beginning of the New Year	Source: Zhejiang Online	Subject: public	Attitude: advocate	Time: 17:53:18
新年伊始，许多人通过登高的方式来祝愿自己在未来的一年可以身体健康。坚持登高、徒步等运动可以让身体保持健康，同时，生活中的一些健康习惯的保持也不容忽视。从现在开始坚持以下三件小事，一年以后或许会有意想不到的效果。 食：吃好每一顿早餐。人每一天的生活都是从早餐开始的，吃好一顿早餐才能让一天的工作、生活充满火力。尽量保证早餐有谷类、肉蛋、奶、果蔬四样。如今，社会节奏加快，很多人的早餐都是胡乱应付的。认真准备早餐、重视早餐营养的人现在少之又少，很多人甚至长期不吃早餐，这样对身体并无益处。				
At the beginning of the New Year, many people wish themselves good health by climbing high. Adhere to climbing, hiking and other sports can keep the body healthy, at the same time, the maintenance of some healthy habits in life can not be ignored. From now on, stick to the following three small things, a year later may have unexpected results. Eat: Eat every breakfast. Every day's life begins with breakfast. Only by eating a good breakfast can we make the work and life of the day full of fire. Make sure breakfast has cereals, eggs, milk, fruits and vegetables. Nowadays, the pace of society is speeding up, and many people are dealing with their breakfast at random. There are few people who seriously prepare breakfast and pay attention to breakfast nutrition.				
<div><div>决心工程</div><div>Resolve To Save Lives</div></div>				
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其他省份
Other Provinces

<div><div>食物中的钠</div><div>Sodium in food</div></div>				
1. 吃草莓补维生素C	来源：人民网	主体：公众	态度：提倡	时间： 08:59:09

Eat strawberries to supplement vitamin C		Source: People's net	Subject: public	Attitude: advocate	Time: 08:59:09
草莓在欧洲享有“水果皇后”“神奇之果”的美誉，不仅色泽鲜艳、香郁可口，而且营养丰富。草莓属于低升糖指数食物，糖尿病患者可适量食用。草莓含有多种维生素，其中以维生素C含量丰富，47毫克/100克，所以吃一定量的草莓能够补充维生素C，而这种营养物质有助于预防坏血病和牙龈出血；促进胶原蛋白的合成，增加毛细血管的韧性，预防骨质疏松；促进胆固醇的代谢，预防动脉粥样硬化。草莓高钾低钠，适宜高血压和水肿型肾病患者食用。					
Strawberry enjoys the reputation of "Fruit Queen" and "Magic Fruit" in Europe. It has not only bright color, delicious fragrance, but also rich nutrition. Strawberry belongs to low glycemic index food, which can be eaten in moderation by diabetic patients. Strawberry contains a variety of vitamins, of which vitamin C content is rich, 47 mg/100g, so eating a certain amount of strawberry can supplement vitamin C, and this nutrient can help prevent scurvy and gingival bleeding; promote collagen synthesis, increase the toughness of capillaries, prevent osteoporosis; promote cholesterol metabolism, prevent atherosclerosis. Strawberry is high in potassium and low in sodium. It is suitable for patients with hypertension and edematous nephropathy.					
2. 女人掉发不要慌，多吃这菜，乌发润发，活血舒筋，简单省事快收藏		来源：搜狐	主体：公众	态度：提倡	时间： 01:59:25
Don't panic when a woman loses her hair. Eat more of this dish, moisturize her black hair, invigorate blood circulation and relax tendons. It's simple, easy and		Source: Sohu	Subject: public	Attitude: advocate	Time: 01:59:25
女人掉发不要慌，多吃这菜，乌发润发，活血舒筋，简单省事快收藏。小编最近就有这样的烦恼，头发掉的快，为什么？小编还挺着急，不能未老发先掉，于是小编就回去钻研了一番，终于有了些想法，自己尝试了一下，效果还是挺显著的，特此营养师大乔想告诉大家，女人掉发不要慌，多吃这菜，乌发润发，活血舒筋，简单省事快收藏。女生嘛，不会炒菜，也不想炒菜，安安静静的坐点烘焙，就特别好，小编会做这种麻薯包，所以小编做的是黑芝麻麻薯包。					
Don't panic when a woman loses her hair. Eat more of this dish. It moisturizes her dark hair, invigorates blood circulation and relaxes tendons. It's simple and easy to collect. Xiaobian has such trouble recently. Hair drops quickly. Why? Xiaobian is still very anxious, can't get rid of old hair first, so Xiaobian went back to study for a while, and finally got some ideas. He tried it himself, and the effect was quite remarkable. So Daqiao, a dietitian, wanted to tell you that women should not panic when they lose hair, eat more of this dish, moisturize their hair, invigorate their blood and relax their muscles, and collect simply and quickly. Girls, do not want to stir-fry, do not want to stir-fry, sit quietly baking, it is particularly good, Xiaobian can make this kind of sesame potato bag, so Xiaobian is made of black sesame potato					
3. 减少钠摄入量湖南盐业低钠盐让百姓吃健康盐		来源：北国网	主体：企业	态度：提倡	时间： 15:18:46
Reduce Sodium Intake Hunan Salt Industry Low Sodium Salt Let People Eat Healthy Salt		Source: Bei Guo LAN	Subject: industry	Attitude: advocate	Time: 15:18:46
盐业改革施行已有时日，我国全面放开食盐价格，允许现有定点生产企业进入流通过销领域，食盐批发企业可开展跨区域经营。如此一来，我们每天吃的盐正在悄悄发生着巨大的改变，超市货架上，海晶盐、井矿盐、湖盐等盐的种类迅速增多。哪种盐才是适合自己的?家用食用盐哪种好?市民陈先生在家附近的超市盐百货柜前站了一下，在浏览了众多品类的食用盐之后，陈先生拿了一包雪天低钠盐，并表示：“之前看新闻，说我们现在的饮食习惯导致钠的摄入量超标，钠过多会损害我们的健康，导致高血压等疾病。所以现在我都买低钠盐。”					
The reform of salt industry has been carried out for some time. China has fully liberalized the price of salt, allowed existing fixed-point production enterprises to enter the field of circulation and sales, and salt wholesale enterprises can carry out cross-regional operations. As a result, the salt we eat every day is quietly undergoing tremendous changes. On supermarket shelves, the types of salt such as sea crystal salt, well salt, lake salt are increasing rapidly. Which kind of salt is suitable for you? Which kind of household edible salt is good? Mr. Chen, a citizen, stood in front of the supermarket salt container near his home. After browsing many kinds of edible salt, Mr. Chen took a bag of snow-sky low sodium salt					
高血压 Hypertension					
1. 高血压怕怕！孕妈体重可别疯涨		来源：TOM	主体：公众	态度：提倡	时间： 15:45:44
High blood pressure fear! Don't go overboard with a pregnant woman's weight		Source: TOM	Subject: public	Attitude: advocate	Time: 15:45:44
今天，呱呱想跟你聊聊妊娠高血压，这个话题可能没有那么的有趣。呱呱之所以想跟你聊，是因为在我们国家，十个准妈妈里差不多就有一个患有妊娠高血压，它可能给你和宝宝带来一些不太好的影响。不过，你也不要怕，妊娠高血压是可以预防的。定期去正规医院做产检，就是很好的预防方式。因为每次产检的项目都包含称体重、量血压等常规项目，一旦出现体重增长过快或者高血压，医生都会提醒你，注意控制体重和血压。只要体重和血压控制得当，你基本上是不会遇上它的。					
Today, Guquan wants to talk to you about pregnancy-induced hypertension. This topic may not be so interesting. Guquan wants to talk to you because almost one in ten expectant mothers in our country suffers from gestational hypertension, which may have some bad effects on you and your baby. But don't be afraid, pregnancy induced hypertension can be prevented. Regular visits to regular hospitals for maternity check-ups are a good way of prevention. Because every maternity check-up includes routine items such as weighing, blood pressure measurement, and so on. Once there is excessive weight gain or high blood pressure, doctors will remind you to pay attention to controlling weight and blood pressure. As long as you control your weight and blood pressure properly, you won't encounter it.					
2. 一个榴莲三只鸡！孕妇可以吃榴莲吗？		来源：TOM	主体：公众	态度：提倡	时间： 18:46:28
One durian and three chickens! Can pregnant women eat durian?		Source: TOM	Subject: public	Attitude: advocate	Time: 18:46:28
榴莲非常适合女性食用，因其活血驱寒，更是痛经女生的好伙伴。很多女性是榴莲的死忠粉，可是孕妇可以吃榴莲吗？吃榴莲的好处：榴莲是一种高营养的水果，它含有多种维生素和矿物质，还含有一些植物蛋白，平时人们食用以后可以快速把这些营养成分吸收和利用，能滋补身体，缓解体虚。预防治疗高血压。平时多吃一些榴莲可以预防高血压，它含有的微量元素钾可以促进钠盐代谢，而且它含有的其他微量元素则可以软化扩张血管，能促进血液循环可以让血压维持在正常状态，高血压人群食用榴莲以后则可以让过高的血压降下来。					
Durian is very suitable for women to eat, because it activates blood circulation to drive cold, is a good partner for girls with dysmenorrhea. Many women are loyal durian powder, but can pregnant women eat durian? Benefits of eating durian: Durian is a highly nutritious fruit, which contains a variety of vitamins and minerals, but also contains some plant proteins. Usually people can quickly absorb and use these nutrients after eating, can nourish the body, alleviate body deficiency. Prevention and treatment of hypertension. Usually eat more durian can prevent hypertension, it contains trace elements potassium can promote sodium salt metabolism, and it contains other trace elements can soften and dilate blood vessels, can promote blood circulation can keep blood pressure in normal state.					
心血管健康 Cardiovascular health					
1. 过了30岁需做3个改变		来源：中国新闻网	主体：公众	态度：提倡	时间： 16:32:56
Three changes need to be made after 30		Source: China News Network	Subject: public	Attitude: advocate	Time: 16:32:56
心脑血管是人的生命之河，但作为“三高”之一的高血脂，已经开始慢慢阻塞这条生命之河的畅通。人过了30岁，就应该有意识地改变原有的不良生活习惯。要控制血脂，首先要做到3个改变。改变1：戒烟。很多人知道吸烟对肺不好，但很少有人知道，吸烟也损坏心脏，破坏血脂平衡。研究发现，吸烟者总胆固醇水平比不吸烟者高，同时吸入的一氧化碳进入血液，会降低好胆固醇，升高坏胆固醇。改变2：减少饭局。在家吃健康食品能有效控制胆固醇的摄入，但去餐馆吃饭就不同了。餐馆里的食物通常富含饱和脂肪酸、高热量和高盐，即使再健康的选择也容易导致胆固醇超标。					
Cardiovascular and cerebrovascular are the life river of human body, but as one of the "three highs", hyperlipidemia has begun to slowly block the smooth flow of this life river. After 30 years old, people should consciously change their bad habits. To control blood lipids, three changes are needed first. Change 1: Quit smoking. Many people know that smoking is bad for the lungs, but few people know that smoking also destroys the heart and blood lipid balance. Studies have found that smokers have higher total cholesterol levels than non-smokers, and inhaled carbon monoxide into the blood can lower good cholesterol and raise bad cholesterol. Change 2: Reduce meals. Eating healthy foods at home can effectively control cholesterol intake, but eating in restaurants is different.					
综合健康信息 Comprehensive Health Information					
1. 惠州市民注意了：痛风年轻化年关聚餐多留心防痛风		来源：惠州日报	主体：公众	态度：提倡	时间： 01:37:46
People in Huizhou pay attention to gout: pay more attention to preventing gout in the meals of the younger and younger year		Source: Huizhou daily	Subject: public	Attitude: advocate	Time: 01:37:46
元旦假期刚过，春节脚步临近，亲朋好友、同事之间花样繁多的聚餐成了这个时候的主题。我们在大饱口腹之欲的同时，也要提防痛风来袭。痛风之“痛”，切勿大意。惠州市第三人民医院神经内科二区主任常保强称哪类人群是痛风易发群体、痛风的前兆以及如何缓解痛风发作频率、痛风患者的饮食与运动禁忌做出了专业的指导和建议。 为保健康多运动。 痛风发病急，发病群体年轻 据介绍，痛风是由于体内嘌呤代谢紊乱所引起的一类疾病，属于全身慢性代谢性疾病，由体内嘌呤代谢异常后引起血液中尿酸含量增高所致，往往因过多进食水产品等含嘌呤高的食物而诱发。					
New Year's Day holiday just passed, the Spring Festival is approaching, and a variety of dinners between relatives, friends and colleagues have become the theme of this time. While we are full of appetite, we should also guard against gout. Don't neglect the pain of gout. Chang Baoqiang, director of the Second District of Neurology Department of Huizhou Third People's Hospital, made professional guidance and suggestions on which groups of people are susceptible to gout, the precursor of gout, and how to alleviate the frequency of gout attacks, and the diet and exercise taboos of gout patients. Exercise for health Kangduo. It is reported that gout is a kind of disease caused by disorder of purine metabolism in the body. It belongs to chronic metabolic disease of the whole body.					
2. 食物是怎么变成致癌物的？这几件事就是罪魁祸首		来源：搜狐	主体：公众	态度：提倡	时间： 02:46:29
How does food become a carcinogen? These are the culprits.		Source: Sohu	Subject: public	Attitude: advocate	Time: 02:46:29

食物是怎么变成致癌物的？这几件事就是罪魁祸首。癌症（cancer）是目前导致人类死亡的三大疾病之一。我国城市居民35-60岁人群死亡原因中，约30%死于恶性肿瘤。流行病学的调查表明，癌症与我们的日常饮食有一定的关联。食物加工、烹调不当可增加胃癌，结肠癌等消化道癌症的危险度。下面几种做法，你可能常常用到，但它们正是使食物变为致癌物的元凶——加热食用油。烹饪少不了用油，而食用油在高温加热下会产生致癌物质。少吃红肉，避免食用加工肉制品 畜肉为红肉，禽鱼为白肉。				
How does food become a carcinogen? These are the culprits. Cancer is one of the three major diseases leading to human death. About 30% of the deaths of urban residents aged 35-60 years in China are caused by malignant tumors. Epidemiological studies have shown that cancer is associated with our diet. Food processing and improper cooking can increase the risk of gastric cancer, colon cancer and other gastrointestinal cancers. There are several ways that you may often use, but they are the culprits of turning food into carcinogens - heating cooking oil. Oil is indispensable for cooking, and cooking oil produces carcinogens when heated at high temperatures. Eat less red meat, avoid eating processed meat products, animal meat for red meat, poultry and fish for white meat.				
3. 不吃晚餐减肥？减下去的不是“肥”而是水 Lose weight without dinner? It's not fat that's going to be lost, it's water.	来源：新华报业网 Source: Xinhua News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：11:52:55 Time: 11:52:55
不吃晚餐减肥？减下去的不是“肥”而是水。如今，越来越多的人选择不吃晚餐来减肥。不吃晚餐的确会让体重减轻，然而不吃晚餐减下去的不是“肥”而是水。康复科专家指出，仅靠不吃晚饭，很难减掉脂肪，虽然体重是轻了，但接下来就是可怕的反弹。首先，长期不吃晚餐会影响健康。胃会不断分泌胃酸，不吃晚餐容易患上胃溃疡，得不偿失。其次，节食会降低基础代谢。基础代谢可以通俗的理解成，每天一个人消耗的最小热量值，降低基础代谢是自身的一个防御。				
Lose weight without dinner? It's not fat that's going to be lost, it's water. Nowadays, more and more people choose not to eat dinner to lose weight. It's true that not eating dinner can make you lose weight, but not "fat" but water. Rehabilitation experts point out that it's hard to lose fat by skipping dinner. Although the weight is light, the next step is a terrible rebound. First, skipping dinner for a long time can affect your health. The stomach will constantly secrete gastric acid, and it is easy to suffer from gastric ulcer without eating dinner. Secondly, dieting reduces basal metabolism. Basic metabolism can be generally understood as the minimum caloric value a person consumes every day. Reducing basic metabolism is one of his own defenses.				
4. 胖女孩半年来天天吃蔬菜也没瘦 Fat girls have eaten vegetables every day for six months without losing weight.	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：14:05:48 Time: 14:05:48
每天都在拼命吃蔬菜，23岁的女生不仅肥胖依旧，而且血脂也高。让她疑惑不解的是，营养师医生却说她蔬菜吃少了。近半年来，为了降脂，小凡姑娘每天主要吃蔬菜沙拉，平时最喜欢吃烧烤和火锅，也以烤、烫蔬菜为主。中午带着到单位吃，她自配的健康餐，要么是油光亮亮的菜羹，要么是裹着厚厚沙拉酱黄澄澄的水果。武汉协和医院营养科主任蔡红琳告诉她，这样吃蔬菜根本是“白”吃了。蔡红琳说，中国人吃绿叶蔬菜主要是两种做法：一是油炒，放很多油、盐，会降低绿叶菜的好处；二是焯烫，即使白灼也是要焯烫的，更不用说涮火锅。				
Every day, desperately eating vegetables, 23-year-old girls not only remain obese, but also have high blood lipids. To her confusion, the nutritionist said she had eaten less vegetables. In recent six months, in order to reduce fat, Xiaofan girl mainly eats vegetable salad every day. She likes barbecue and chafing dish most in peacetime, and mainly roasts and scalds vegetables. At noon, she brought her lunch to work. Her own healthy meal was either oily bolt or wrapped in thick salad dressing and yellow fruit. Cai Honglin, Director of Nutrition Department of Wuhan Union Medical College Hospital, told her that eating vegetables like this is "white" at all.				
5. 中国人中风危险全球最高，首批90后已成高发人群，预防刻不容缓！ The risk of stroke in China is the highest in the world. The first batch of post-90s has become a high-risk population, so prevention is urgent.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：20:12:14 Time: 20:12:14
中国中风危险全球最高，首批90后已成高发人群，预防刻不容缓！权威医学期刊《新英格兰医学杂志》最新发布的一项研究显示，全球25岁以上的人中，1/4 有中风风险，而中国人风险最高。这意味着，第一批90后已经是中风（脑卒中）高发人群了。这项名为《1990~2016年区域、国家和全球终身中风风险》的研究由华盛顿大学健康指标与评估研究所开展。研究人员根据 2016 年全球疾病负担研究，首次评估了全球25岁以上人群的缺血性中风和出血性中风终身累积风险。				
The risk of stroke in China is the highest in the world. The first batch of post-90s has become a high-risk population, so prevention is urgent. According to a new study published in the New England Journal of Medicine, a leading medical journal, one in four people over the age of 25 worldwide are at risk of stroke, while Chinese people are at the highest risk. This means that the first post-90s generation is already at high risk of stroke. The study, entitled Regional, National and Global Lifelong Stroke Risk 1990-2016, was conducted by the Institute of Health Indicators and Assessment at the University of Washington. Based on the 2016 Global Burden of Disease Study, researchers assessed for the first time the cumulative lifelong risk of ischemic and hemorrhagic strokes in people.				
6. 省疾控中心发布1月健康提示注意预防流感及出血热 Provincial CDC issued health tips for January to prevent influenza and haemorrhagic fever	来源：西部网 Source: Western Network	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间：17:12:58 Time: 17:12:58
新年伊始，又正值深冬时节，陕西省疾控中心发布1月健康提示，提醒广大群众警惕流行性感冒、流行性出血热、诺如病毒感染、冬季其他呼吸道传染病、非职业性一氧化碳中毒、慢性呼吸道疾病及心脑血管疾病等。注意预防流行性感冒，高峰期避免去人群密集场所。每年的10月份至次年的3月份是我省流感的主要流行季节，随着气温下降，进入1月份以后，我省流感病例数可能继续增加，疫情形势仍需重视。省疾控中心专家提醒广大群众，接种流感疫苗是预防流感最有效的手段。				
At the beginning of the new year and in the deep winter, Shaanxi CDC issued health tips in January, reminding the masses to be alert to influenza, epidemic hemorrhagic fever, norovirus infection, other respiratory infectious diseases in winter, non-occupational carbon monoxide poisoning, chronic respiratory diseases and cardiovascular and cerebrovascular diseases. Attention should be paid to the prevention of influenza and avoid going to crowded places during peak period. October to March of next year is the main season of influenza epidemic in our province. With the decrease of temperature, the number of influenza cases in our province may continue to increase after January, and the epidemic situation still needs attention.				
7. “沉默的杀手” - 骨质疏松症 Silent Killer	来源：水母网 Source: Jellyfish net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:18:54 Time: 17:18:54
随着年龄的增长患病风险增加，以及全球人口老龄化趋势，世界卫生组织（WHO）已将骨质疏松与糖尿病、心血管疾病共同列为危害中老年人健康的“三大杀手”。骨质疏松骨折的高致残致死率，对老年人及家庭造成了严重危害,骨质疏松已成为人类重要的健康问题。什么是骨质疏松症？骨质疏松症是最常见的骨骼疾病，是一种以骨量低、骨结构损坏、骨脆性增加、易发生骨折为特征的全身性骨病。				
With the increase of age and the trend of global population aging, the World Health Organization (WHO) has listed osteoporosis, diabetes mellitus and cardiovascular diseases as the "three killers" that endanger the health of the elderly. The high disability and mortality rate of osteoporotic fracture has caused serious harm to the elderly and their families. Osteoporosis has become an important health problem for human beings. What is osteoporosis? Osteoporosis is the most common skeletal disease, which is characterized by low bone mass, bone structure damage, increased bone fragility and prone to fracture.				
8. 对话花厨创始人Karen：从不想做网红餐厅 Dialogue Flower Kitchen founder Karen: Never want to be a net red restaurant	来源：经济观察网 Source: Economic Observation Network	主体：企业 Subject: industry	态度：提倡 Attitude: advocate	时间：22:31:34 Time: 22:31:34
对Karen的采访改期到了一个周末的清晨，接通电话时，她的声音略带沙哑，前一天半夜，她刚从上海回到北京。紧凑的行程，是广大创业者的日常，Karen也不例外，近来，她受邀看了华东和华南的不少场地，谨慎地思考着要以什么样的节奏把花厨开到北京之外的更多城市。2015年创立花厨时，Karen想要打造一个钢筋水泥丛林里的世外桃源。那时，就职于金融行业且刚刚有了宝宝的她，不论在公司还是家里，几乎没有一刻能感受到真正的放松，Karen在北京三里屯嘉铭中心的地下一层开了第一间花厨，希望用美食和花滋养像她一样的都市白领们，给她们一席身心自由之地。				
Shanghai to Beijing the night before. The compact journey is the daily life of entrepreneurs, Karen is no exception. Recently, she was invited to see many venues in East and South China, and carefully pondered what kind of rhythm to open flower kitchens to more cities outside Beijing. When Karen founded Flower Kitchen in 2015, he wanted to build a paradise in a reinforced concrete jungle. At that time, when she worked in the financial industry and had a baby, she could hardly feel real relaxation at home or in the company. Karen opened her first flower kitchen on the ground floor of Jiaming Center in Sanlitun, Beijing, hoping to nourish urban white-collar workers like her with delicious food and flowers and give them a place of physical and mental freedom.				
9. 康师傅六大难隐待解，如何不遭资本、消费者抛弃？ Master Kang's six difficult problems need to be solved. How can we not be abandoned by capital and consumers?	来源：搜狐 Source: Sohu	主体：企业 Subject: industry	态度：提倡 Attitude: advocate	时间：12:46:28 Time: 12:46:28
娱乐圈的锅，康师傅自然不用背，况且相比这些前代言人的舆论风波，康师傅的境遇也好不到哪去。资本层面，三季报的披露，让其股价创下20年来最大跌幅、机构的悲观论调也是不绝于耳;消费层面，方便面、饮料两大核心业务也面临市场、竞品、消费习惯的重重考验。由于一份方便面的分量不大且没有日常饮食中的大量配菜，要想吃饱往往需要增加进食的数量，结果是碳水化合物和脂肪摄入过多。科学研究发现，经常以方便面为食，会造成脂肪量、热量长期过多的摄入，从而引发肥胖症，并且提高心脏病、高血脂、糖尿病、高血压等与肥胖相关的疾病的发生几率。				
In the entertainment circle, Master Kang naturally does not need to recite. Moreover, compared with the public opinion storms of these former spokesmen, Master Kang's situation is not so good. At the capital level, the disclosure of the three quarterly reports has led to the biggest decline in stock prices in 20 years and the pessimistic views of the institutions. At the consumption level, the two core businesses of instant noodles and beverages are also facing the heavy test of market, competition and consumption habits. Because of the small amount of instant noodles and the lack of large portions in the daily diet, it is often necessary to increase the amount of food eaten to be full, resulting in excessive intake of carbohydrates and fat.				
决心工程				

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2019-01-03, 共监测到616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 616 WeChat public articles were monitored in 2019-01-03. 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. [【健康】吃盐5大“雷区”，你中招了吗？](#)

重复数: 62

日期: 2019-01-03

Repeat Number: 62

Data: 2019-01-03

“减盐”核心信息: 1 认识高盐饮食的危害 食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。2 控制食盐摄入量 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岁以上老年人不超过5克。

Core information of "salt reduction": 1. Understanding the dangers of high salt diet, excessive salt intake can increase blood pressure, increase the risk of stomach disease, osteoporosis, obesity and other diseases. 2 The Chinese dietary guidelines for salt intake control recommends that healthy adults consume no more than 6 grams of salt per day, 2-3-year-olds do not exceed 2 grams, 4-6-year-olds do not exceed 3 grams, 7-10-year-olds do not exceed 4 grams. Older people over 65 do not exceed 5 grams.

2. [日本医疗再次被评为全球第一，中国位居第二……](#)

重复数: 10

日期: 2019-01-03

Repeat Number: 10

Data: 2019-01-03

日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。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。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。

The Japanese eat very little salt, and the daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear, and salt can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet.

3. [少吃三白，多吃三黑，健康身体，愿你我都有](#)

重复数: 10

日期: 2019-01-03

Repeat Number: 10

Data: 2019-01-03

[If you want to be healthy, you should eat less "Sanbai" and eat more "Sanhei".](#)

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。限盐建议: 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。

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. The optimal amount of salt for healthy people to eat through the diet is no more than 6 grams, which is the amount of a common beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.

4. [36岁男子突然不停口吐鲜血！医生提醒：这个小习惯，关键时刻能保命](#)

重复数: 10

日期: 2019-01-03

Repeat Number: 10

Data: 2019-01-03

[A 36-year-old man suddenly kept spitting blood! Doctors remind that this little habit can save your life at the critical moment.](#)

高盐饮食应避免, 当心“隐形盐” 冬季火锅、腌肉、腊肠、咸鱼盛行, 这些食品无疑增加了饮食当中的“隐形盐”。高盐饮食是医学界公认的心血管病危险因素, 与高血压、动脉硬化、心力衰竭等密切相关。中国营养学会推荐健康成人每天食盐摄入量不超过6克(相当于是一个普通啤酒瓶盖去胶垫盛满盐后抹平), 高血压患者则要求更低一些。

A high-salt diet should be avoided. Beware of "invisible salt." Hot pot, bacon, sausage, and salted fish are popular in winter, and these foods undoubtedly increase the "invisible salt" in the diet. The high-salt diet is a recognized cardiovascular risk factor in the medical community and is closely related to hypertension, arteriosclerosis, and heart failure. The Chinese Nutrition Society recommends that healthy adults consume no more than 6 grams of salt per day, and salt intake of high blood pressure are required to be lower.

5. [精盐、低钠盐、加钙盐哪种更健康？小心吃错了惹一身病！](#)

重复数: 6

日期: 2019-01-03

Repeat Number: 6

Data: 2019-01-03

[What is the most healthy salt among refined salt, low sodium salt and calcium salt? Be careful to it!](#)

白癜风患者不宜吃的过咸 白癜风患者摄入过多的盐会令水分代谢紊乱, 水分停留在体内会出现浮肿的现象, 长此以往可能会使免疫力降低, 加重白癜风病情。因此, 白癜风患者在日常饮食中要以清淡为主, 不要摄入过多的盐, 同时主要不要吃强刺激性的食物。

Patients with vitiligo should not eat too salty. Excessive intake of salt in patients with vitiligo can cause water metabolism disorders. Moisture in the body can cause edema. In the long run, it may reduce immunity and aggravate the condition of vitiligo. Therefore, patients with vitiligo should maintain a light diet, do not consume too much salt, and do not eat irritating food.

减盐-微博 Salt Reduction - Weibo

2019-01-03, 共检测到1806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。

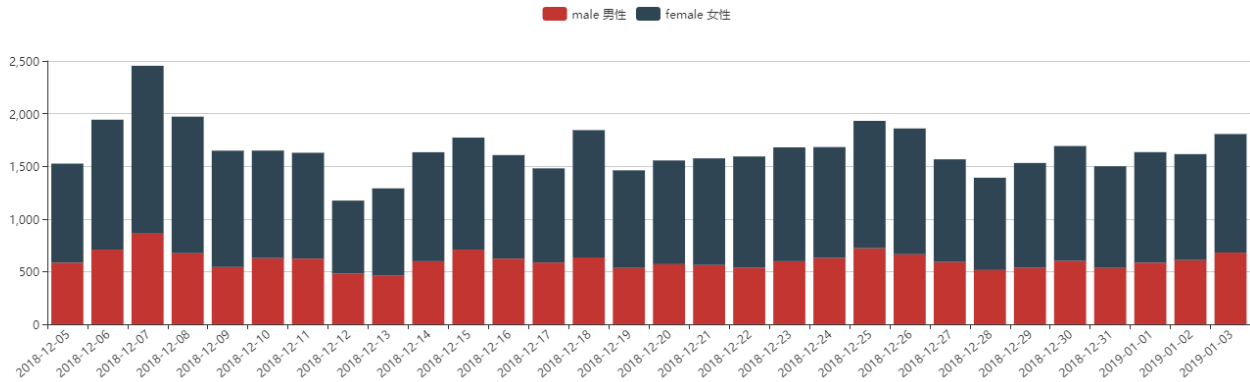
There are 1806 weibos about salt reduction monitored on 2019-01-03.

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

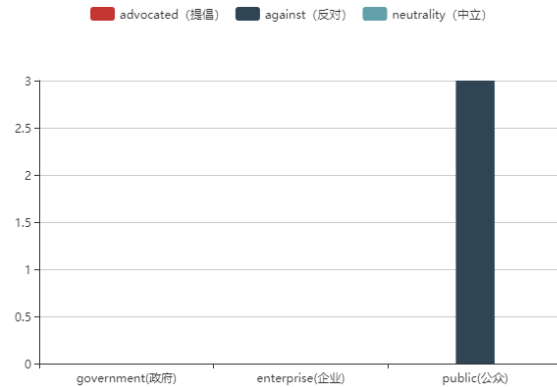
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-03) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-01-03. 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. 喝牛奶的困惑 Bewilderment of Drinking Milk	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 00:07:23 Time: 00:07:23
<p>牛奶是我们常见的食品之一，其营养价值在各类食物中也属于佼佼者，但由于其属于动物性食品，又含有胆固醇和脂肪，尤其是脂肪中饱和脂肪含量较多，故此，一方面相关专家鼓励大家喝牛奶，另一方面，又不断地告诫人们牛奶中含有“可恶”的胆固醇和饱和脂肪，建议人们喝低脂奶或脱脂奶，认为这样才叫“健康饮食”。于是，由于这样的宣传，导致人们在饮食方面的很多困惑，牛奶就是困惑较大的食品之一。牛奶的困惑点主要集中在胆固醇和饱和脂肪上，常见一些专家们推荐大家喝低脂奶或脱脂奶，特别是对一些血脂异常的患者，更是绝对不能饮用全脂奶了。</p> <p>Milk is one of our common foods, and its nutritional value is among the best in all kinds of foods. But because it belongs to animal food, and contains cholesterol and fat, especially saturated fat in fat, on the one hand, experts encourage people to drink milk, on the other hand, they constantly warn people that milk contains "odious" cholesterol and saturated fat. Fat, it is suggested that people drink low-fat milk or skim milk, which is called "healthy diet". So, because of such publicity, people are confused about diet. Milk is one of the most confused foods. The confusion of milk is mainly concentrated on cholesterol and saturated fat. Common experts recommend that people drink low-fat milk or skim milk, especially for patients with dyslipidemia, and absolutely not to drink full-fat milk.</p>				
2. 18条食品安全谣言：辣条排第一，星巴克味精草莓都上榜 18 Food Safety Rumors: Spicy Bars Top, Starbucks MSG Strawberries Top	来源: The ChinaPress Source: The ChinaPress	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 06:07:36 Time: 06:07:36
<p>18条食品安全谣言：辣条排第一，星巴克味精草莓都上榜——食品安全谣言层出不穷。29日，据《中国消费者报》报道，过去的2018年各种食品安全谣言层出不穷。例如星巴克咖啡致癌、吃小龙虾得“哈夫病”、味精加热后有毒……谣言一：少年吃15袋辣条中毒昏迷。谣言：今年1月，湖南郴州一名15岁少年在食用辣条后昏迷。有网传这名男孩是因吃了15袋辣条导致的中毒昏迷。真相：经过医院检查，男孩患有糖尿病，确诊其为糖尿病酮症酸中毒，辣条只是诱因之一。</p> <p>Eighteen food safety rumors: Spicy sticks ranked first, and Starbucks MSG strawberries were on the list - food safety rumors emerged in endlessly. Various food safety rumors have sprung up in the past 2018, China Consumer Daily reported Wednesday. For example, Starbucks coffee is carcinogenic, crayfish is "Huff's disease" and monosodium glutamate is poisonous when heated. Rumor No. 1: 15 bags of hot sticks poisoned teenagers and coma. Rumor: In January of this year, a 15-year-old boy in Chenzhou, Hunan, was unconscious after eating hot sticks. It was reported that the boy was in a coma due to poisoning caused by eating 15 bags of hot strips. Truth: After a hospital examination, the boy suffered from diabetes mellitus and was diagnosed as diabetic ketoacidosis.</p>				
3. 这7种食品少碰！台湾名医：一堆人吃到洗肾 Don't touch these seven kinds of food! Taiwanese renowned doctor: a bunch of people eat kidney washing	来源: 华夏经纬 Source: Chinese latitude and longitude	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 17:13:54 Time: 17:13:54
<p>许多食品添加剂被医学界认定会影响人体健康，台湾肾脏科名医江守山更直指，即使是合法添加物也一样不安全，除了香肠、火腿等烟熏食品要少碰之外，包含面条、米粉、豆腐、豆干、番薯粉、酱油等众多加工过的食品，若是加了黑心添加物，都有可能危害人体，一堆人因为这样吃到洗肾。根据《每日健康》报导，江守山列出7种对健康有疑虑的添加物，呼吁大家少碰：1.去水醋酸钠：是奶酪、人造奶油中常见的防腐剂，有可能导致畸胎。2. BHA、BHT：常用于方便面、口香糖、奶油中的抗氧化剂，有研究显示恐有致癌性。</p> <p>Many food additives have been recognized by the medical community as affecting human health. Jiang Shoushan, a renowned doctor of nephrology in Taiwan, points out that even legal additives are unsafe. Besides smoked foods such as sausages and ham, there are many processed foods such as noodles, rice flour, tofu, tofu, dried beans, sweet potato flour and soy sauce. If black heart additives are added, they may endanger human health. A bunch of people eat kidney wash because of this. According to the Daily Health report, Jiang Shoushan listed seven additives with health concerns and appealed to everyone to avoid touching: 1. Sodium acetate dehydrate: a common preservative in cheese and margarine, which may cause teratosis. 2. BHA, BHT: Antioxidants commonly used in instant noodles.</p>				
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

2019-01-03, 共监测到354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 354 WeChat public articles were monitored in 2019-01-03. This page shows the top five articles by repeat number today.

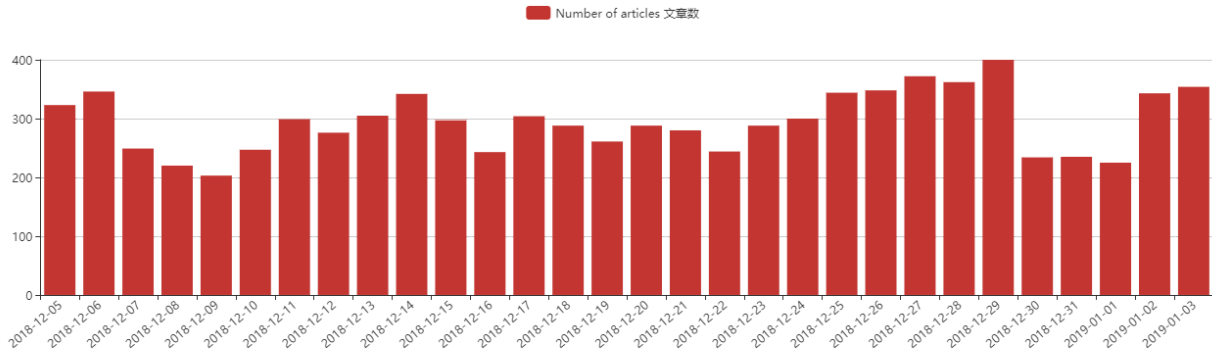
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 8

日期: 2019-01-03

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

Repeat Number: 8

Data: 2019-01-03

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

2. 此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里

重复数: 5

日期: 2019-01-03

[It kills 500,000 people every year and has been called out by the WHO to stop using it! It's hidden in the food you eat every day....](#)

Repeat Number: 5

Data: 2019-01-03

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人匪浅的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

3. 吃1口=7口油, 伤心损脑! 世卫组织说2023年前消除它, 你却天天吃

重复数: 5

日期: 2019-01-03

[Eating a bite of it equals to eating 7 bites of oil and it is harmful for heart and brain. WHO says it will be eliminated by 2023, but you eat it every day.](#)

Repeat Number: 5

Data: 2019-01-03

2015年6月16日, 美国食品与药物管理局(FDA)做出了一项裁定, 确定反式脂肪酸禁止进入国家食品供应列表, 该裁定旨在改变美国加工食物类现状。近日, 世界卫生组织发布方案, 呼吁各国5年内彻底消除食品中的人造反式脂肪。而更可怕的是, 这种严重危害身体的东西很多人却每天都在吃!

On June 16, 2015, the Food and Drug Administration (FDA) issued a ruling banning trans fatty acids from entering the national food supply list, which aims to change the status of processed foods in the United States. Recently, the World Health Organization issued a plan calling on countries to completely eliminate artificial trans fats in food within five years. What's more terrible is that many people eat this kind of food which seriously endangers their health every day.

4. 去购物, 先看懂这些再买, 不吃亏!

重复数: 4

日期: 2019-01-03

[When shopping in the supermarket, you should understand these firstly and then decide whether to buy it!](#)

Repeat Number: 4

Data: 2019-01-03

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. Therefore, when buying whole wheat bread, the simpler the ingredients, the better.

5. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!

重复数: 3

日期: 2019-01-03

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

Repeat Number: 3

Data: 2019-01-03

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。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. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

反式脂肪酸-微博 Transfat - Weibo

2019-01-03, 共检测到122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。

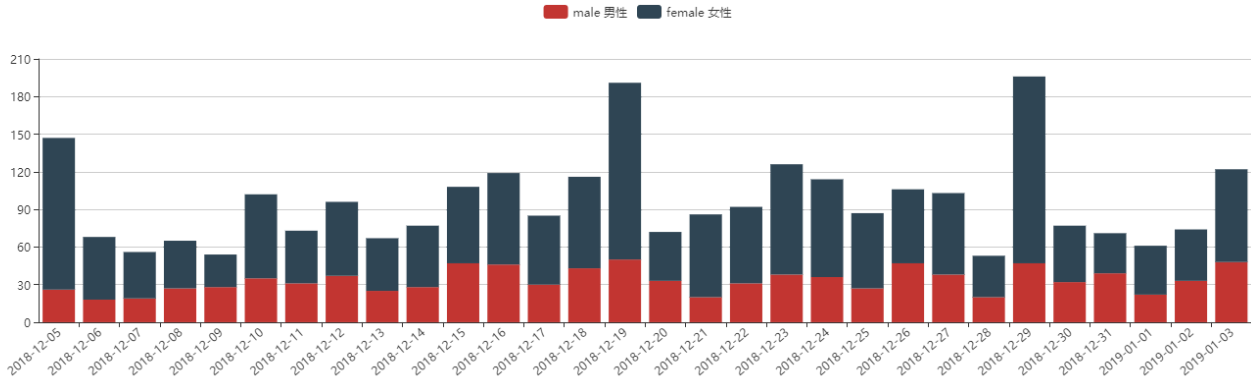
There are 122 weibos about transfat reduction monitored on 2019-01-03.

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!