

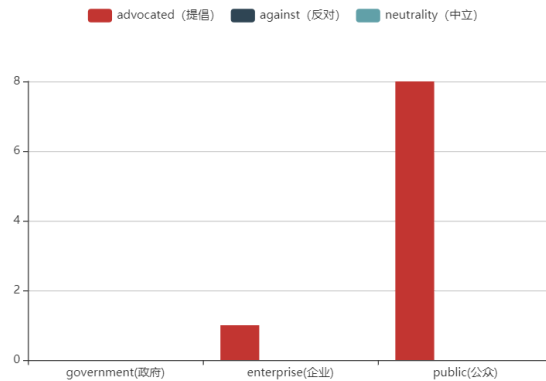
减盐-新闻

Salt Reduction - News

今日 (2018-12-28) 共监测到9条资讯。请点击标题查看原文。

There are 9 articles monitored today 2018-12-28. 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
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

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
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
没有相关文章！
No such articles!

浙江
Zhejiang

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
没有相关文章！
No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 天天吃酱拌挂面，身体很遭殃 Eating sauce-mixed noodles every day is very bad for your health.	来源：cdstm Source: Cdstm	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:29:21 Time: 11:29:21
家里备着挂面，可以“救急”。工作忙没时间、天气热没胃口，这时，一锅煮熟的挂面配上一点香油酱汁，或是豆瓣酱、牛肉酱，是很多人的快手餐，能快速填饱肚子。然而，酱拌挂面的吃法虽然方便，可不能天天吃、顿顿吃，否则身体很遭殃。挂面的含盐量，高得吓人 许多主妇都知道，除了加食用碱，在面中加点盐，做出来的面条也会更筋道。市售的挂面也不例外，而且加盐量很大手笔。据中国食物成分表（2009版）显示，挂面钠含量的平均值约为250毫克/100克。				
Hang noodles at home, can be "emergency". Busy work, hot weather, no appetite, at this time, a pot of cooked noodles with a little sauce sauce, or bean paste, beef sauce, is a fast food for many people, can quickly fill the stomach. However, although the method of eating sauce-mixed noodles is convenient, you can not eat them every day, or you will suffer a lot. The salt content of noodles is so high that many housewives know that in addition to adding alkali and salt in noodles, noodles will be more tenuous. The noodles sold in the market are no exception, and the amount of salt added is very large. According to the Chinese Food Composition Table (2009 edition), the average content of sodium in noodles is about 250 mg/100 G.				
高血压 Hypertension				

1. 天寒地冻血压升高！想要平安过冬高血压患者做好这几点 The blood pressure rises in cold weather! Want to have a safe winter for hypertensive patients to do these things well	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 02:25:28 Time: 02:25:28
<p>天寒地冻血压升高！想要平安过冬 高血压患者做好这几点 27日至31日 一大波寒潮袭来 中央气象台继续发布 寒潮蓝色预警 局地降温超过14℃ 冷到发紫！ 普通人穿着棉裤、羽绒服 依然被冻得哆哆嗦嗦 更别说高血压患者 一到降温血压就不受控制 寒冷天气下 高血压患者如何控制血压？ 为什么降温会引起血压波动？ 根据热胀冷缩原理，寒冷时血管收缩，血压会跟着升高，会出现心慌气短、头晕目眩、颈项板紧、全身乏力等变化。从医学角度讲这不是自己的高血压病进展了，而是身体对外界环境的一个适应过程，一般来讲，血压会至少升高10-20mmHg。</p> <p>The blood pressure rises in cold weather! Want to have a safe winter for hypertensive patients to do a good job of these points 27-31 a wave of cold wave hit the Central Meteorological Observatory to continue issuing a blue warning cold wave local cooling over 14 degrees Celsius cold to purple! uuuuuu Ordinary people are still shivering with cold in cotton trousers and down clothes, let alone how to control the blood pressure of hypertensive patients in cold weather when the temperature and blood pressure are not controlled? Why does cooling cause blood pressure fluctuations? According to the principle of heat expansion and cold contraction, blood pressure will increase with the contraction of blood vessels during cold, and there will be changes such as shortness of breath, dizziness, tightness of neck plate and general fatigue. From a medical point of view, this is not their own progress in hypertension, but the body's adaptation to the external environment, generally speaking, blood pressure will increase by at least 10-20 mmHg.</p>				
<div>心血管健康 Cardiovascular health</div>				
没有相关文章！				
No such articles!				
<div>综合健康信息 Comprehensive Health Information</div>				
1. 吃火锅配不配米饭？微博阅读过亿，讨论10万+！到底如何健康吃火锅？ How to eat in a healthy way?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 01:28:36 Time: 01:28:36
<p>看这三位都惊讶于吃火锅配米饭，难道吃火锅不能配米饭吗？当然能。连高能量的烧饼都能配，这不加糖不加油的低能量米饭怎么就不能配了？只不过吃火锅时每个人来碗米饭，那价格更贵的肉、菜就消费的少了，这生意火锅店恐怕不太乐意做。再说了，像截图中的第二位吃火锅就是为了涮肉、涮毛肚、涮虾滑，连菜都不乐意多点，其它主食如面条、粉丝估计也点的很少，所以才会觉得配米饭不可思议。其实，吃火锅配啥都行，火锅店里实在没有，在家吃火锅时你可以配啊，米饭、包子、馒头.....你爱配啥配啥。只不过要把这火锅吃得健康在搭配和吃法上就很有讲究了。</p> <p>Look at these three people are surprised to eat hot pot with rice, can't eat hot pot with rice? Certainly. Even high-energy pancakes can be matched. Why can't low-energy rice be matched without sugar and oil? Only when everyone comes to a bowl of rice to eat hot pot, the more expensive meat and vegetables will be consumed less. I'm afraid this business hot pot shop is not very willing to do it. Besides, like the second person in the screenshot eating chafing dish is to rinse meat, rinse pork belly and shrimp, even the dishes are not willing to order more, other staple foods such as noodles, fans are estimated to order very few, so it will feel inconceivable to match rice. Actually, it's all right to eat chafing dish with anything. There's really no chafing dish in the chafing dish shop. You can eat chafing dish at home with rice, steamed buns and steamed buns. What do you like to match? Just to eat this hot pot healthy in the collocation and eating method is very exquisite.</p>				
2. 感冒了，除服药休息外还要调整饮食来缓解症状 If you have a cold, you should adjust your diet to relieve symptoms besides taking medicine and rest.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 01:39:02 Time: 01:39:02
<p>感冒了，除服药休息外还要调整饮食来缓解症状 提示： 冬天，天气干冷，气温下降，天气骤然变化，很容易患感冒。在感冒期间，除了对症服用药物和调整作息外，在饮食方面也要多加注意。 五类食物适当多吃些，清汤和清粥，感冒时，人的肠胃功能变差，清淡的粥和汤相对易消化，同时热汤和热粥可以起到发汗的作用，但发汗之后要注意水分的补充。 清蒸鸡和鱼 人体相对虚弱时，要注意优质蛋白的补充。 清蒸鸡和鱼， 人体相对虚弱时，要注意优质蛋白的补充。鸡肉和鱼肉中含有人体必需的多种氨基酸，且其蛋白质易于消化吸收，能增强机体对感冒病毒的抵抗力。</p> <p>Cold, in addition to taking medicine to rest, but also to adjust diet to alleviate symptoms prompt: winter, the weather is dry and cold, the temperature drops, the weather suddenly changes, easy to catch a cold. During the period of cold, besides taking medicines and adjusting work and rest, more attention should be paid to diet. Five kinds of food should be eaten more properly, clear soup and porridge. When people catch a cold, their intestinal and gastric functions deteriorate. The light porridge and soup are relatively easy to digest. At the same time, hot soup and porridge can play the role of sweating, but after sweating, we should pay attention to the water supplement. When steamed chicken and fish are relatively weak, attention should be paid to the supplementation of high-quality protein. Steamed chicken and fish, when the human body is relatively weak, we should pay attention to the supplementation of high-quality protein. Chicken and fish contain a variety of essential amino acids for human body, and their protein is easy to digest and absorb, which can enhance the body's resistance to cold virus.</p>				
3. 《重量级改变》第六期详解减重饮食如何搭配 The Sixth Issue of "Heavy Change" explains how to match weight-loss diet in detail	来源：TOM Source: TOM	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:56:01 Time: 11:56:01
<p>在《重量级改变》第五期节目中，胖胖们通过改变习惯就能人均轻松减重9斤多，让很多正在减重的观众恍然大悟，减重原来可以这么做。对很多观众来说，在减重的时候最难抗拒的就是美食诱惑，减重时期要怎么吃呢？根据专家科学建议而制定的主题——“营养”，将在12月29日周六晚22：00《重量级改变》第六期与观众见面，胖胖们将围绕美食展开任务，而这些任务也将为普通观众提供生活中健康饮食的指导。“民以食为天”，吃是人最基本的生存需求。</p> <p>In the fifth episode of "Heavy Change", fat people can easily lose more than 9 kilograms per capita by changing their habits, which makes many audience who are losing weight suddenly realize that weight loss can be done. For many viewers, the most difficult thing to resist when losing weight is the temptation of delicious food. How to eat when losing weight? Nutrition, one of the themes developed on the basis of expert scientific advice, will meet with the audience at 22:00 p.m. on Saturday, Dec. 29 in the sixth issue of "Heavy Change". Fat people will focus on food and these tasks will also provide healthy diet guidance for ordinary audiences. "Food is the most important thing for the people." Food is the most basic living needs of people.</p>				
4. 海底捞：创新不是为了“无人” Haidilao: Innovation is not for "nobody"	来源：福布斯中国 Source: Forbes China	主体：企业 Subject: industry	态度：提倡 Attitude: advocate	时间： 13:15:25 Time: 13:15:25
<p>海底捞再次给大树树了一个标准，创新的目的是不是‘无人’，智能餐厅后厨可以无人，但前台需要极致的服务。位于北京的海底捞首家智慧餐厅。图片来源：视觉中国 上市不久的海底捞出了新动作，10月28日，海底捞首家智慧餐厅在北京中骏世界城开业。 让外界得以了解张勇心目中的智能餐厅。据说这家智慧餐厅从设想到落地筹划了3年，投资高达一亿元。 其实，不止海底捞，许多传统餐饮品牌也开始发力智慧餐厅，甚至连阿里、碧桂园等跨行业巨头也马不停蹄赶来“夺食”，餐饮智能时代已经“杀到”！</p> <p>Haidilao has once again set a standard for everyone. The purpose of innovation is not "nobody". The back kitchen of intelligent restaurant can be nobody, but the front desk needs the best service. Haidilao is the first smart restaurant in Beijing. Photo Source: Visual China's soon-to-be-listed Haidilao has made a new move. On October 28, Haidilao's first smart restaurant opened in Zhongjun World City, Beijing. Let the outside world understand Zhang Yong's intelligent restaurant. It is said that this smart restaurant has been planned to land for three years and has invested up to 100 million yuan. Actually, not only Haidilao, but also many traditional restaurant brands have begun to exert their efforts to smart restaurants. Even cross-industry giants such as Ali and Biguiyuan have come to "grab food" all the time, and the era of smart catering has been "killed"!</p>				
5. 你是水肿，还是真胖？看看你到底“肿”了吗？ Are you edema or really fat? See if you're really "swollen"?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:15:49 Time: 18:15:49
<p>什么是水肿？ 水肿的原因：由于身体代谢功能不佳，钠离子滞留体内，导致水分滞留，而造成的身体肿大。水肿分两类，一种是病理性水肿，主要是由疾病引起的；而另一种则是生理性水肿，由于不良的生活习惯造成的水肿，还有就是由于生理反应（例如经期）而造成的水肿。 我们接下来讲的是生理性水肿，病理性水肿和水肿情况严重的就要去医院找医生对症下药了。 肥胖还是水肿？如何区分自己是水肿还是肥胖呢？</p> <p>What is edema? Causes of edema: due to poor body metabolic function, sodium ions retained in the body, leading to water retention, resulting in body swelling. There are two types of edema, one is pathological edema, which is mainly caused by diseases, the other is physiological edema, which is caused by bad living habits, and the other is edema caused by physiological reactions (such as menstruation). We are going to talk about physiological edema, pathological edema and edema. If the situation is serious, we should go to the hospital to find a doctor to prescribe the right medicine. Obesity or edema? How to distinguish between edema and obesity?</p>				
6. 女人皮肤早衰易长皱纹 Premature aging of women's skin tends to wrinkle	来源：星岛环球网 Source: Star Island Global Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:15:50 Time: 10:15:50
<p>美丽是女人一生的功课，皱纹是岁月留下的痕迹，皱纹的产生和年龄有关，但每个女人都渴望能永保年轻的面孔，于是根本不在乎价格，从而买各种昂贵的护肤品、以及胶原蛋白等保健品，但是千万不要忽略了生活习惯，从日常小事入手，对肌肤护理有着密切关系。 据网媒报道：美丽是女人一生的功课，皱纹是岁月留下的痕迹，皱纹的产生和年龄有关，但每个女人都渴望能永保年轻的面孔，于是根本不在乎价格，从而买各种昂贵的护肤品、以及胶原蛋白等保健品，但是千万不要忽略了生活习惯，从日常小事入手，对肌肤护理有着密切关系。</p> <p>Beauty is a woman's lifelong lesson, wrinkles are the traces left by the years. The generation of wrinkles is related to age. But every woman is eager to keep her young face forever. So she doesn't care about the price at all, so she can buy all kinds of expensive skin care products, collagen and other health care products. But don't neglect the habits of life. Starting from daily trifles, it has a close relationship with skin care. According to Internet media reports: Beauty is a woman's lifelong work, wrinkles are traces left by the years. The generation of wrinkles is related to age. But every woman is eager to keep her young face forever, so she doesn't care about the price at all, so she can buy all kinds of expensive skin care products, collagen and other health care products. But don't neglect the habits of life. Start with daily trifles and take care of the skin. There is a close relationship.</p>				

虽然我们提倡在家吃饭，但对工作党来说，每顿饭都自己做不现实。也不是每家公司都有食堂这么高级的配置，所以很多人每天至少一餐，甚至两餐、三餐都在外面吃。这当中，也包括很多怀孕的职场女性。孕期，既要保证营养，又要注意控制体重。今天咖啡豆就以孕期为例，讲讲外食如何吃得健康又营养？外卖很方便，但不容易保证营养。普遍来说，外卖主要有3大营养问题：1.重口味。重盐、重油、重糖 2.主食偏多。部分小吃，比如米线、米粉、拌面，基本上是纯淀粉。

Although we advocate eating at home, it is unrealistic for the working party to cook every meal by itself. Not every company has such a high-level canteen configuration, so many people eat at least one meal a day, even two or three meals outside. This includes many pregnant working women. During pregnancy, we should not only ensure nutrition, but also pay attention to weight control. Today, coffee beans take pregnancy as an example. How to eat healthy and nutritious food? Takeaway is convenient, but it is not easy to ensure nutrition. Generally speaking, takeaway has three major nutritional problems: 1. heavy taste. Heavy salt, heavy oil, heavy sugar 2. The staple food is too much. Some snacks, such as rice noodles, rice flour and noodles, are basically pure starch.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-12-28, 共监测到619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 619 WeChat public articles were monitored in 2018-12-28. 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. 吃盐5大“雷区”，你中招了吗？**
[Do you enter the five "forbidden areas" of eating salt?](#)

重复数: 37
Repeat Number: 37

日期: 2018-12-28
Data: 2018-12-28

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。中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克。65岁以上老年人应不超过5克。

Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach diseases, osteoporosis and obesity. Chinese residents' dietary guidelines recommend that healthy adults should not consume more than 6 grams of salt per person per day, no more than 2 grams for children aged 2-3, no more than 3 grams for children aged 4-6, and no more than 4 grams for children aged 7-10. The elderly over 65 years old should not exceed 5 grams.
- 2. 央视曝光! 不吃味精、鸡精的看看吧!**
[CCTV exposed it! The people who do not eat monosodium glutamate and chicken powder should take a look at it!](#)

重复数: 34
Repeat Number: 34

日期: 2018-12-28
Data: 2018-12-28

像控盐一样控味精 饮食以清淡为宜 与食盐一样, 味精中的主要成分谷氨酸钠中含有钠元素, 而过量摄入钠则会导致高血压等心脑血管疾病。因此, 要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。

Control the MSG like salt control. The diet should be light. Like salt, sodium glutamate, the main ingredient in MSG, contains sodium, and excessive intake of sodium can cause cardiovascular and cerebrovascular diseases such as high blood pressure. Therefore, it is necessary to control MSG as well as controlling salt intake. The dietary guidelines for residents in China advocate that the amount of salt per person per day should be less than 6 grams. However, the actual intake generally reaches about 10 grams.
- 3. 想要健康, 不妨少吃“三白”, 多吃“三黑”**
[If you want to be healthy, you might as well eat less Sanbai and more Sanhei.](#)

重复数: 29
Repeat Number: 29

日期: 2018-12-28
Data: 2018-12-28

盐摄入过多, 会对人体产生不利影响! 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, 平铺满一瓶盖量。如果已经确诊高血压, 每天最好不要超过3克。

Excessive salt intake will have adverse effects 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. The optimal amount of salt that a healthy person can consume through the diet is no more than 6 grams per day, 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. 癌症人体地图, 告诉你致癌真相!**
[The map of cancer body tells you the truth of carcinogenesis!](#)

重复数: 9
Repeat Number: 9

日期: 2018-12-28
Data: 2018-12-28

盐摄入量超标可导致胃癌。相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。前段时间JAMA发表过文章, 对中国人近10年来食盐摄入量进行了一个调查统计和回归分析, 结果相当不容乐观。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。

Excessive salt intake can lead to gastric cancer. Relevant survey data show that the daily intake of salt per person in China is about 8-10 grams. For those who love pickles, the daily intake of salt has reached more than 15 grams, far exceeding the standard of the required amount. Some time ago, JAMA published an article that conducted a survey and regression analysis on the salt intake of Chinese people in the past 10 years. The results are quite pessimistic. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.
- 5. 这5条常见的用盐“雷区”，您中招了吗？**
[Do you fall into the five traps of eating salt?](#)

重复数: 6
Repeat Number: 6

日期: 2018-12-28
Data: 2018-12-28

少吃咸菜多食蔬果 少吃榨菜、咸菜和酱制食物。建议每餐都有新鲜蔬果。少吃高盐的包装食品 少吃熟食肉类或午餐肉、香肠和罐头食品, 建议选择新鲜的肉类、海鲜和蛋类。逐渐减少钠盐摄入 减盐需要循序渐进, 味觉对咸味的需求会随着时间的推移逐渐降低。

Eat less pickles, more vegetables and fruits, less pickles and sauced food. Fresh vegetables and fruits are recommended for every meal. Eat less high-salt packaged food and less cooked meat or lunch meat, sausage and canned food. Fresh meat, seafood and eggs are recommended. Gradually reducing sodium intake and salt reduction need to be gradual, and the demand for salty taste will gradually decrease over time.

减盐-微博 Salt Reduction - Weibo

2018-12-28, 共检测到1391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。

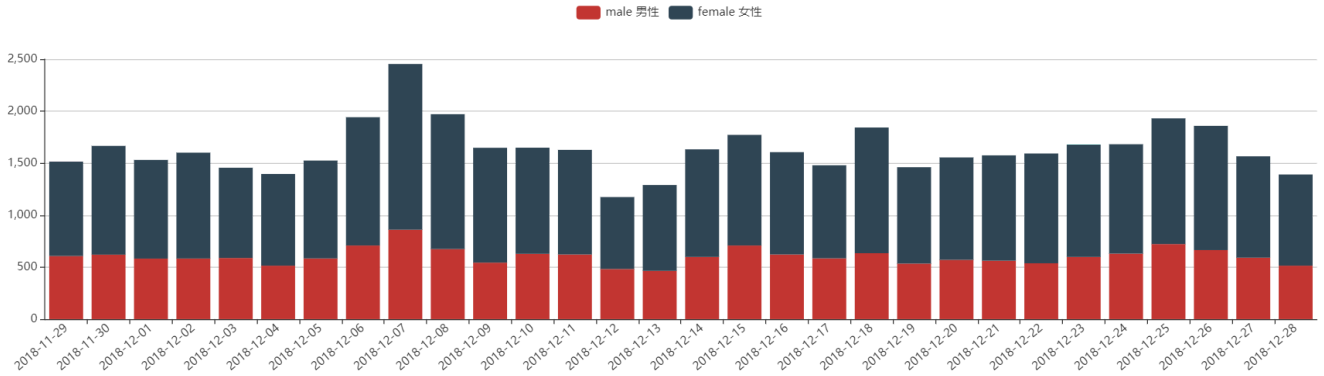
There are 1391 weibos about salt reduction monitored on 2018-12-28.

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!

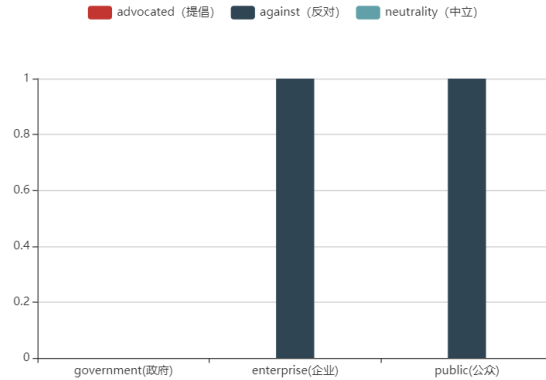
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-28) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-12-28. 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. 每分钟有7人得癌症？营养师：4种致癌食物要远离，你可能天天吃 Seven people get cancer every minute? Nutritionist: Keep away from four carcinogenic foods. You may eat them every day.	来源：搜狐	主体：公众	态度：反对	时间： 19:41:03
	Source: Sohu	Subject: public	Attitude: against	Time: 19:41:03
<p>每分钟有7人得癌症？当前，随着社会经济的发展和水平的提高，各种癌症也进入了多发期。其实，癌症的发病与饮食习惯有着很密切的关系，因此预防癌症，除了要多吃有防癌抗癌作用的食物以外，避免经常食用易致癌的食物也同样重要。但是哪些常见的食物容易致癌呢？我们一起来看看。 每分钟有7人得癌症？营养师：4种致癌食物要远离，你可能天天吃！加工肉制品：加工肉制品包括火腿肠、腊肉这些经过熏制、腌制的食物，很多人都喜欢买这类食品吃，不仅方便，吃起来也是十分美味，但是美味的背后可是会增加癌症的危险啊。</p>				
<p>Seven people get cancer every minute? Nowadays, with the development of social economy and the improvement of living standards, various cancers have entered a period of multiple occurrences. In fact, the incidence of cancer and dietary habits have a very close relationship, so prevention of cancer, in addition to eating more anti-cancer and anti-cancer effect of food, avoid eating often carcinogenic food is equally important. But what common foods are prone to carcinogenesis? Let's have a look. Seven people get cancer every minute? Nutritionist: Keep away from four carcinogenic foods. You may eat them every day! Processed meat products: Processed meat products including ham sausage, bacon, smoked and cured food, many people like to buy this kind of food to eat, not only convenient, but also very delicious, but behind the delicious can increase the risk of cancer ah.</p>				
2. 健康饮品市场潜力无限，你要错过仙磨坊吗？ Healthy drinks have unlimited market potential. Are you going to miss Xian Mill?	来源：北国网	主体：企业	态度：反对	时间： 18:41:09
	Source: Bei Guo LAN	Subject: industry	Attitude: against	Time: 18:41:09
<p>健康饮品市场潜力无限，你要错过仙磨坊吗？ 随着近几年来健康意识的不断推广，消费者的健康意识日渐觉醒，市面上打着“健康” “营养” 作为招牌的食品越来越多，在饮品市场，消费者的理念逐渐由“好喝” 升级为“喝好”， 对健康营养类饮品的需求也在不断增加，健康类饮品已成为商机新蓝海。 豆浆粉作为能补充植物蛋白的饮品，而受到很多人的喜爱。毕竟现在工作生活很繁忙，没有过多的时间去获得豆浆的营养，排队买豆浆，一排队等待就需要很长的时间。今天要说的就是仙磨坊益生元豆浆粉，一匹豆浆粉市场的黑马！</p>				
<p>Healthy drinks have unlimited market potential. Are you going to miss Xian Mill? With the continuous promotion of health awareness in recent years, consumers'health awareness is gradually awakening, and more and more foods with "health" and "nutrition" as signs are on the market. In the beverage market, the concept of consumers is gradually upgraded from "good to drink". The demand for healthy nutritional drinks is also increasing. Health drinks have become a new blue sea of business opportunities. Soybean milk powder, as a beverage that can supplement vegetable protein, is loved by many people. After all, work and life are very busy now. There is not much time to get the nutrition of soybean milk. It takes a long time to queue up to buy soybean milk. What I want to talk about today is Xian Mill probiotic soybean milk powder, a black horse in soybean milk powder market!</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

2018-12-28, 共监测到362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 362 WeChat public articles were monitored in 2018-12-28. This page shows the top five articles by repeat number today.

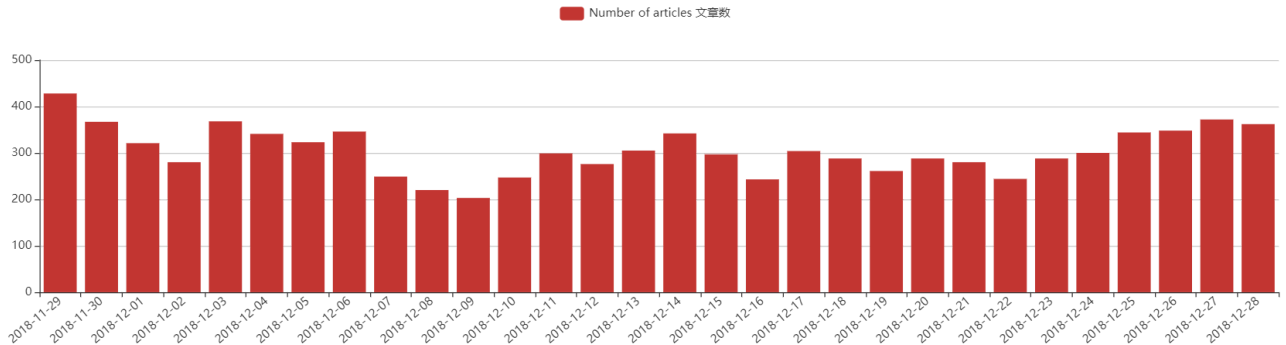
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 此物每年致死50万人, 已被世卫组织呼吁停用!](#) [It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#) 重复数: 7 日期: 2018-12-28
Repeat Number: 7 Data: 2018-12-28

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!” 这个害人不少的东西, 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.
- [2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!](#) [Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#) 重复数: 6 日期: 2018-12-28
Repeat Number: 6 Data: 2018-12-28

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.
- [3. 少吃人造的, 多吃神造的! 这句话一定要记住](#) [Eat less man-made food and more God-made food! This sentence must be remembered.](#) 重复数: 6 日期: 2018-12-28
Repeat Number: 6 Data: 2018-12-28

由于人造黄油涂抹方便, 口感也细腻, 很快就代替了传统的黄油。人造黄油也是反式脂肪酸, 对心血管的危害比天然黄油的饱和脂肪酸还要厉害, 会显著增加心血管疾病以及糖尿病的发病率, 并影响婴幼儿的发育。中国农业大学食品安全系胡小松教授指出, 每天也不可避免地食用含反式脂肪酸的食品, 像饼干、面包、巧克力派、沙拉酱、冰淇淋、珍珠奶茶等都是反式脂肪酸的“重灾区”。

Because the margarine is easy to apply and the taste is delicate, it quickly replaces the traditional butter. Margarine is also a trans-fatty acid, which is more harmful to the cardiovascular than the saturated fatty acids of natural butter, which can significantly increase the incidence of cardiovascular disease and diabetes, and affect the development of infants and young children. Professor Hu Xiaosong, Department of Food Safety, China Agricultural University, pointed out that it is inevitable to consume foods containing trans fatty acids, such as biscuits, bread, chocolate pie, salad dressing, ice cream, and pearl milk tea. These foods are the "hardest hit" of trans fatty acids.
- [4. 血栓是吃出来的, 这四种食物一定要少吃或不吃](#) [Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.](#) 重复数: 5 日期: 2018-12-28
Repeat Number: 5 Data: 2018-12-28

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.
- [5. 食安科普 | 食用植物油标签里的这些秘密, 你知道吗?](#) [Do you know these little secrets in the label of edible vegetable oil?](#) 重复数: 4 日期: 2018-12-28
Repeat Number: 4 Data: 2018-12-28

若使用了营养强化剂, 应标示强化后油品中该营养成分的含量值及其占营养素参考值的百分比。若生产过程中使用氢化或部分氢化油脂, 应标示出反式脂肪(酸)的含量。看生产日期、保质期和贮存条件 保质期是食用植物油在标签注明的贮存条件下保持产品品质的期限。

If a nutrient fortifier is used, the value of the nutrient in the fortified oil and its percentage of nutrient reference value should be indicated. If hydrogenated or partially hydrogenated fats are used in the production process, the content of trans fat (acid) should be indicated. See the date of manufacture, shelf life and storage conditions. Shelf life is the period during which the edible vegetable oil retains its product quality under the storage conditions specified in the label.

反式脂肪酸-微博 Transfat - Weibo

2018-12-28, 共检测到53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。

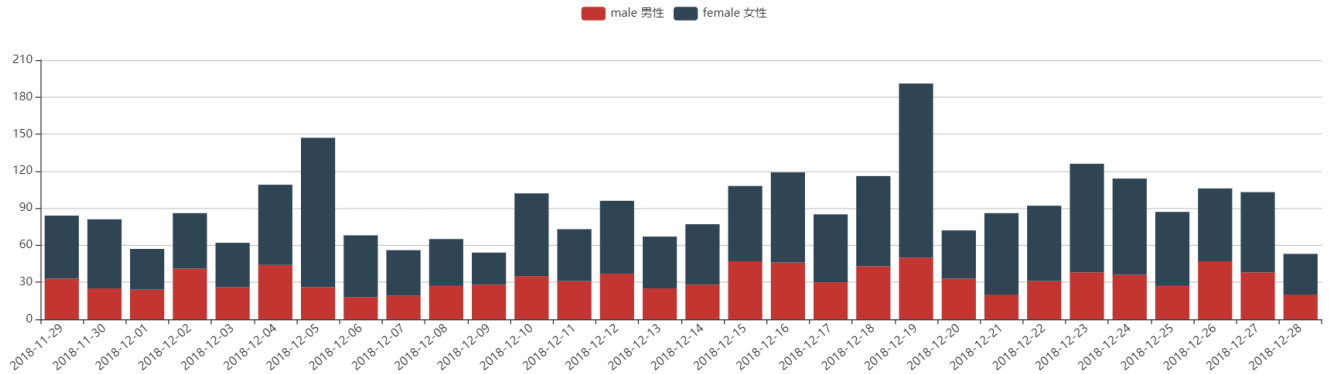
There are 53 weibos about transfat reduction monitored on 2018-12-28.

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 imformation.

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!