

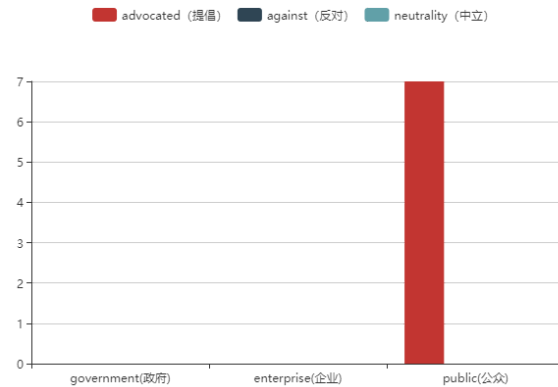
减盐-新闻

Salt Reduction - News

今日 (2018-12-22) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2018-12-22. 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

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综合健康信息 Comprehensive Health Information

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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!
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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
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高血压 Hypertension
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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. 预防骨质疏松，你以为补钙就够了？营养师说，还有3种食物不能少 Do you think that calcium supplementation can completely prevent osteoporosis? The nutritionist said that these three foods are also needed.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 05:33:38 Time: 05:33:38
预防骨质疏松，你以为补钙就够了？营养师说，还有3种食物不能少 骨质疏松症是中老年最常见的骨骼疾病，尤其是过了50岁之后的女性朋友，稍有不慎就会导致骨质疏松的发生。造成骨质疏松发生的原因主要是因为骨矿物质含量低下、骨结构破坏、骨强度降低导致的。很多人想到预防骨质疏松的办法就是补钙，其实是错误的，补钙不等于预防骨质疏松。 缺钙只是导致骨质疏松的其中一个原因而已，钙吃得多，未必吸收得就多，钙的吸收从不“坐享其成”，必须有充足的运动量，要晒足够的阳光。				
Do you think that calcium supplementation can completely prevent osteoporosis? The nutritionist said that these three foods are also needed. Osteoporosis is the most common bone disease in middle-aged and elderly people. Especially after a 50-year-old female friend, a little carelessness can lead to osteoporosis. The cause of osteoporosis is mainly caused by low bone mineral content, bone structure destruction, and decreased bone strength. Many people think that the way to prevent osteoporosis is to supplement calcium, which is actually wrong. Calcium supplementation does not mean prevention of osteoporosis. Calcium deficiency is just one of the causes of osteoporosis. Calcium eats a lot, not necessarily absorbed more, calcium absorption requires ample exercise and sunlight.				

2. 营养品哪些是噱头哪些真有用? 专家解读来了 Which nutrients are gimmicks and which are really useful? Experts have come to interpret it.					来源: 人民网	主体: 公众	态度: 提倡	时间: 09:34:06
					Source: People's net	Subject: public	Attitude: advocate	Time: 09:34:06
营养品哪些是噱头哪些真有用? 专家解读来了 蛋白粉、葡萄籽胶囊、有机食品、高钙奶、鱼油、海参、解酒药、酵素、儿童酱油、养胃饼干、初产蛋、黑糖、黑枸杞.....这些东西完全没用吗?也不是! 蛋白粉: 如果日常能吃够鱼肉蛋奶, 的确不需要再加蛋白粉。 即便是去健身房增肌, 除非是健美运动员, 一般人只需比平常多吃一两瘦肉和一两个蛋就可以了。 不过, 蛋白粉也并非一无是处。膳食中蛋白质比例过低时, 人容易虚胖, 身体松软, 没力气, 怕冷, 消化能力弱, 容易浮肿。 特别是对肌肉本来就少、消化本来就差、食量本来就小的老年人来说, 保证蛋白质供应是必须的。								
Which nutrients are gimmicks and which are really useful? Experts have come to interpret it. Protein powder, grape seed capsules, organic foods, high calcium milk, fish oil, sea cucumber, hangover, enzymes, children's soy sauce, stomach biscuits, primiparous eggs, brown sugar, black cockroaches... Are these things completely useless? Protein powder: If you can eat enough fish and eggs every day, you don't need to add protein powder. Even if you go to the gym to gain muscle, unless you are a bodybuilder, the average person only needs to eat one or two lean meats and one or two eggs. However, protein powder is not completely useless. When the proportion of protein in the diet is too low, people are prone to puffiness, lack of strength, fear of cold, weak digestion, and edema. In particular, for the elderly who have little muscles, digested poorly, and have a small amount of food, it is necessary to ensure protein supply.								
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. 日本人为何寿命最长? 坚持3个长寿之道, 简单易易学 Why do Japanese people live the longest? Adhere to three longevity methods. It is simple and easy to learn.					来源: 搜狐	主体: 公众	态度: 提倡	时间: 08:14:37
					Source: Sohu	Subject: public	Attitude: advocate	Time: 08:14:37
日本人为何寿命最长? 坚持3个长寿之道, 简单易易学。说到哪国人最长寿, 很多人都会想到与我们隔海相望的国家-----日本。 的确, 据世界卫生组织在2016年发布一份《世界卫生统计》, 报告显示: 日本人的平均寿命最长, 达到83.7岁, 女性平均寿命为86.8岁, 世界第一; 而男性为80.5岁, 占据世界第三。 而我国的平均寿命达到76.1岁, 在全球范围来看, 这已是不长不短。与之前相比, 中国人的平均寿命已有很大的进展, 从1981年再到至今已增加了8.3岁。 虽说平均寿命不算低, 为何隔着一小片海, 中国人与日本人的平均寿命怎么相差那么大呢?								
Why do Japanese people live the longest? Adhere to three longevity methods. It is simple and easy to learn.When it comes to which people live the longest, many people will think of the country that faces us across the sea---Japan. Indeed, according to the World Health Organization's World Health Statistics released in 2016, the report shows that the average life expectancy of Japanese people is 83.7 years old; the average life expectancy of women is 86.8 years old, ranking first in the world; and the average life expectancy of men is 80.5 years old, which ranks third in the world. The average life expectancy in China is 76.1 years old. On a global scale, this is not long or short. Compared with before, the average life expectancy of Chinese people has made great progress, and has increased by 8.3 years since 1981. Although the average life expectancy is not low, why is the average life expectancy of Chinese and Japanese different from each other across a small piece of sea?								
2. 【今日冬至】节气小课堂开课萌宠“数九”过寒冬 [Today is winter solstice] small class of solar terms starts					来源: 胶东在线	主体: 公众	态度: 提倡	时间: 08:20:44
					Source: Jiaodong Online	Subject: public	Attitude: advocate	Time: 08:20:44
冬至这一天, 太阳黄经为270°,阳光几乎直射南回归线, 我们北半球白昼最短, 黑夜最长, 开始进入数九寒天。天文学上规定这一天是北半球冬季的开始。而冬至以后, 阳光直射位置逐渐向北移动, 北半球的白天就逐渐长了。 冬至是养生的大好时机, 主要是因为“气始于冬至”。因为从冬季开始, 生命活动开始由衰转盛, 由静转动。此时科学养生有助于保证旺盛的精力而防早衰, 达到延年益寿的目的。冬至时节饮食宜多样, 谷、果、肉、蔬合理搭配, 适当选用高钙食品。								
On the winter solstice, the celestial longitude is 270°. The sun is almost directly on the Tropic of Capricorn. The northern hemisphere has the shortest day, the longest night, and begins to enter the cold days. Astronomy stipulates that this day is the beginning of winter in the northern hemisphere. After the winter solstice, the direct sunlight moved gradually northward, and the daylight in the northern hemisphere gradually grew. The winter solstice is a good time to maintain health, mainly because "the gas begins in the winter solstice." Because from the beginning of winter, life activities began to change from decay to rotation. At this time, scientific health helps to ensure strong energy and prevent premature aging, and achieve the purpose of prolonging life. During the winter solstice season, the diet should be varied, and the valley, fruit, meat and vegetables should be properly matched, and high-calcium food should be used appropriately.								
3. 老人家佳节大餐食物应切小块 Old people's festive feast should be cut into small pieces					来源: 联合早报	主体: 公众	态度: 提倡	时间: 09:33:38
					Source: Lianhe Zaobao	Subject: public	Attitude: advocate	Time: 09:33:38
佳节期间, 不少家庭爱吃大餐庆祝。老年人若和家人一起享用美食欢度佳节, 需要注意什么? 且听本地老年病科顾问医生和营养师的建议。 谈到佳节期间老年人想要大快朵颐所需留意的事项, 莱佛士内科医疗中心内科及老年病科顾问医生诺法涵接受《活得好》访问时指出, 随着年纪增长, 我们下颚的肌力会减少, 因此老年人可能难以咀嚼较硬的食物, 如肉类。 提醒! 在这种情况下, 应把食物切成较小块, 减少哽着风险。另外, 老年人通常胃口不好, 食量少, 若和亲朋好友一起用餐, 温馨的气氛或者可鼓励他们多吃。								
During the holiday season, many families like to eat big meals to celebrate. What do older people need to pay attention to if they enjoy food with their families? We need to take advice from local senior counselors and dietitians. When talking about the things that older people should pay attention to during the festival, Nofhan, a medical and geriatric consultant at Raffles Medical Center, accepted an interview with Good Live and pointed out that as we grow older, our jaw muscle strength will decrease. So older people may have difficulty chewing more unpalatable foods, such as meat. remind! In this case, the food should be cut into smaller pieces to reduce the risk of squatting. In addition, the elderly usually have a bad appetite and less food. If you dine with friends and family, the warm atmosphere may encourage them to eat more.								
4. 肥胖是“百病之源”, 医生建议: 这3类常见食物, 尽量少吃! Obesity is the "source of all diseases". The doctor suggests that should eat these three kinds of common food as less as possible !					来源: 汉书网	主体: 公众	态度: 提倡	时间: 17:55:06
					Source: Hanfeng network	Subject: public	Attitude: advocate	Time: 17:55:06
肥胖是“百病之源”, 医生建议: 这3类常见食物, 尽量少吃! 如今, 困扰中国的疾病, 除了癌症, 还有肥胖。中国癌症人群位居全球第一。而肥胖人群的排名也位居前列。 中国发展很快, 生活水平提高, 而营养过剩等原因, 导致肥胖大军突起。 肥胖影响的不仅是身材、体型, 还威胁到自身健康。不仅是成年人肥胖人群居多, 小孩肥胖人群也是相当高。 有数据统计发现, 中国肥胖人数超过9000万, 其中儿童就有1800万, 儿童时期不注重健康跟体重, 以后会是三高等疾病的光顾者。								
Obesity is the "source of all diseases". The doctor suggests that should eat these three kinds of common food as less as possible ! Today, diseases that plague China are not only cancer but also obesity. China's cancer population ranks first in the world. The ranking of obese people is also in the forefront. China has developed rapidly and its living standards have improved. Overnutrition leads to obesity. Obesity affects not only the body but also its own health. Not only are there more obese people in adults, but there are also many obese people in children. Statistics show that there are more than 90 million obese people in China, including 18 million children. If children do not pay attention to health and weight, they will be the patrons of the three high diseases in the future.								
5. 人民日报权威发布70个健康新知识, 很多常识我们错了一辈子了! People's Daily authority issued 70 new health knowledge. We have been wrong about a lot of common sense for a lifetime!					来源: 搜狐	主体: 公众	态度: 提倡	时间: 14:59:37
					Source: Sohu	Subject: public	Attitude: advocate	Time: 14:59:37
人民日报权威发布70个健康新知识, 很多常识我们错了一辈子了! 人民日报权威发布70个健康小知识, 每个都超级实用, 关系到我们每个人的健康, 赶快来了解一下吧! 就医篇 1.首次就诊不用挂专家号 首诊主要是询问病史、开具相关检验检查, 挂普通号就可以。 2.不管服用任何药物, 都要忌吸烟 烟中含有的盐碱会加快肝脏降解药物的速度, 导致血液中药物浓度下降。 3.乳腺增生不用治一个体检下来, 10个女性8个有“乳腺增生”问题, 绝大多数是良性的, 注意定期复查即可。								
The People' s Daily authoritatively publishes 70 healthy little knowledge, each of which is very practical and related to the health of each of us. Come and find out! Medical treatment 1. No need to hang expert number for the first visit. The first consultation is mainly to ask about the medical history, issue related inspections, and hang the ordinary number. 2. Do not smoke if you take any medicine. The salt and alkali contained in the smoke will speed up the degradation of the drug by the liver, resulting in a decrease in the concentration of the drug in the blood. 3. Breast hyperplasia does not need to be treated. Eight of the 10 women had "mammary hyperplasia" problems, and the vast majority were benign. You just need to pay attention to regular review.								
决心工程 Resolve To Save Lives								

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2018-12-22, 共监测到507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 507 WeChat public articles were monitored in 2018-12-22. This page shows the top five articles by repeat number today.

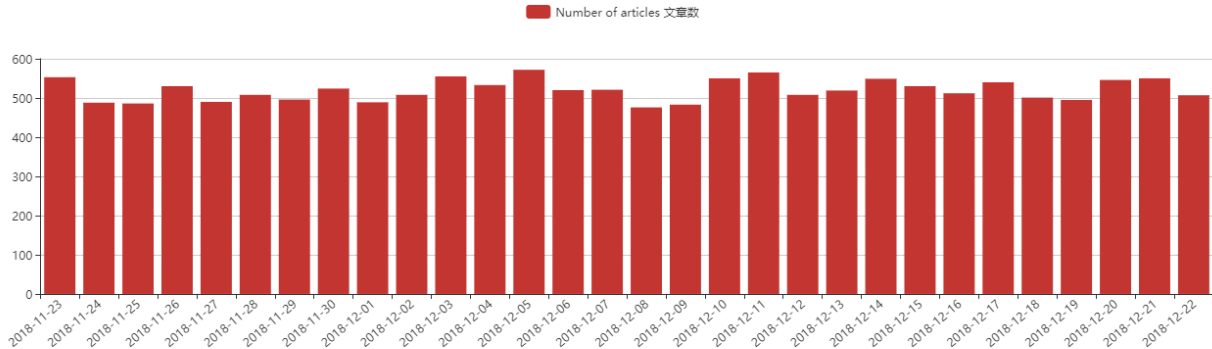
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [十大健康警戒线划出来了, 寿命长短都由它决定! 非常重要!](#)

重复数: 15

日期: 2018-12-22

[Ten health warning lines have been drawn out, and the length of life depends on it! It is very important!](#)

Repeat Number: 15

Data: 2018-12-22

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。国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克, 这6克, 相当于一个啤酒瓶盖大小。

Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage and accelerates osteoporosis. And if the salt intake is too much, the skin will also deteriorate. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap.

2. [你天天吃的这个调料, 跟心脏抢寿命、跟骨头抢钙, 还致癌.....](#)

重复数: 13

日期: 2018-12-22

[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

Repeat Number: 13

Data: 2018-12-22

盐的主要成分是钠, 一般而言, 人体的肾会将每天多余的钠排出体外, 每排泄1000毫克钠, 会同时耗损26毫克钙。人体摄入的钠越多, 需要排出体外的钠就越多, 而钙的消耗也就越大。导致“骨头变脆”, 患上骨质疏松也就不足为奇了。

The main component of the salt is sodium. In general, the kidneys of the human body will excrete excess sodium every day. Each discharge of 1000 mg of sodium will consume 26 mg of calcium at the same time. The more sodium you consume, the more sodium you need to excrete, and the more calcium you consume. It's not surprising that the bones become brittle and suffer from osteoporosis.

3. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 9

日期: 2018-12-22

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

Repeat Number: 9

Data: 2018-12-22

咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。

Salty can enhance the taste, which makes many people gluttony. But eating too much salty food is harmful to blood vessels. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths.

4. [18张癌症人体地图, 揭秘致癌真相...](#)

重复数: 3

日期: 2018-12-22

[Eighteen human maps of cancer reveal the truth of carcinogenesis.](#)

Repeat Number: 3

Data: 2018-12-22

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。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 salt intake of each person in our country is about 8-10 grams, while the salt intake of people who like pickles has reached more than 15 grams per day, far exceeding the requirement standard. Except for cancer, excessive salt intake contributes more to cardiovascular, cerebrovascular and metabolic diseases than sugar. It seems that besides sugar control, salt control should also be taken seriously.

5. [16个健康警戒线全划出来了, 寿命长短由它们决定, 非常重要!](#)

重复数: 3

日期: 2018-12-22

[Sixteen health warning lines have been drawn out. Life expectancy depends on them. It's very important!](#)

Repeat Number: 3

Data: 2018-12-22

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 intake of salt can cause high blood pressure and cardiovascular disease, and it can also aggravate gastric mucosal damage and accelerate osteoporosis. And if the salt intake is too much, the skin will also deteriorate. Whether for health or beauty, salt control is vital. 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.

减盐-微博

Salt Reduction - Weibo

2018-12-22, 共检测到1593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。

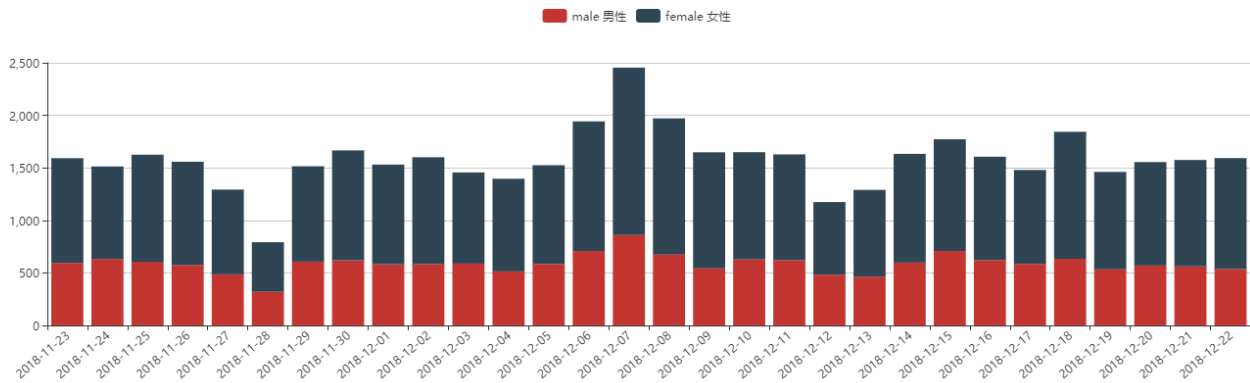
There are 1593 weibos about salt reduction monitored on 2018-12-22.

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

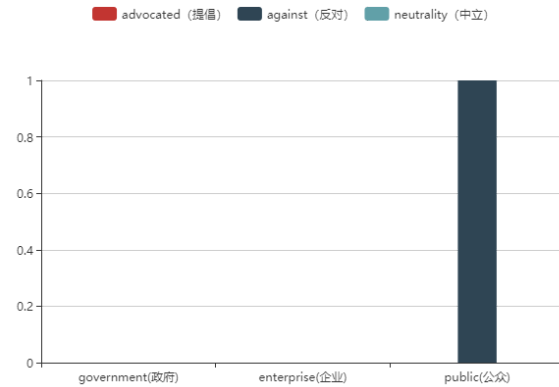
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-12-22) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-12-22. 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!

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浙江 Zhejiang

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其他省份

Other Provinces

反式脂肪酸
Trans fat

1. [1950年，长津湖！吃生玉米粒的志愿军打败了吃巧克力的美军](#)
[1950 in Changjin Lake! Volunteers who ate raw corn beat the American army who ate chocolate.](#)

来源：搜狐
Source: Sohu

主体：公众
Subject: public

态度：反对
Attitude: against

时间： 01:43:43
Time: 01:43:43

1950年，长津湖！吃生玉米粒的志愿军打败了吃巧克力的美军 有人说，现代战争打得就是后勤。二战期间，德军战俘看到美军吃的巧克力只是前天才在美国本土生产出来的，就哀叹这仗德国必败。当6年后，美军在东方和一个新生的大国发生激烈碰撞时，双方的后勤保障能力的差距大得令人心酸。以著名的长津湖战役为例，如果将德军换过去，不知道会不会因为后勤太差而直接投降。拥有强大运输能力的美军只需一天，就能将物资运往世界各地。

It has been said that logistics is the most important thing in modern warfare. During World War II, when German prisoners of war saw that the US military was eating chocolate produced in the United States, they lamented that Germany would be defeated. When the war between the US military and a new big country in the East occurred six years later, the gap in logistical support between the two sides was very large. If the Germans are replaced in the famous Changjin Lake campaign, they may surrender directly because of poor logistics. The US military with its powerful transportation capacity can transport materials to the world in just one day.

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

2018-12-22, 共监测到244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 244 WeChat public articles were monitored in 2018-12-22. This page shows the top five articles by repeat number today.

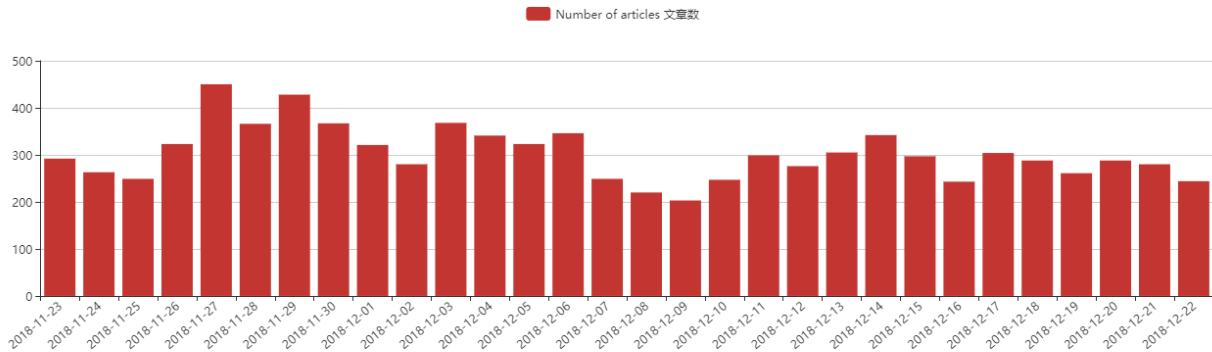
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

- [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 not eat or eat less these four kinds of foods.](#)

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.

重复数: 39
Repeat Number: 39

日期: 2018-12-22
Data: 2018-12-22
- [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](#)
[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.](#)

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.

重复数: 7
Repeat Number: 7

日期: 2018-12-22
Data: 2018-12-22
- [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.](#)

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.

重复数: 4
Repeat Number: 4

日期: 2018-12-22
Data: 2018-12-22
- [被奶茶毁掉的女大学生](#)
[The female collage student destroyed by milk tea](#)

奶精中的氢化植物油, 是一种反式脂肪酸。反式脂肪酸, 被称为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

Hydrogenated vegetable oil in milk essence is a trans fatty acid. Trans fatty acids, known as "time bombs on the table", are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

重复数: 3
Repeat Number: 3

日期: 2018-12-22
Data: 2018-12-22
- [【警】“人造反式脂肪”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](#)
[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.](#)

害人不浅的反式脂肪 每年50万人死于反式脂肪。反式脂肪会促进动脉硬化、诱导血栓形成, 让心脏病的危险大幅度上升。既往研究发现, 反式脂肪在膳食总能量中的比例每上升2% (相当于每天吃4g), 冠心病的危险就会上升25%。

500,000 people die each year from trans fats. Trans fat promotes arteriosclerosis, induces thrombosis, and increases the risk of heart disease. Previous studies have found that for every 2% increase in trans fat's total dietary energy (equivalent to 4g per day), the risk of coronary heart disease increases by 25%.

重复数: 3
Repeat Number: 3

日期: 2018-12-22
Data: 2018-12-22

反式脂肪酸-微博

Transfat - Weibo

2018-12-22, 共检测到92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。

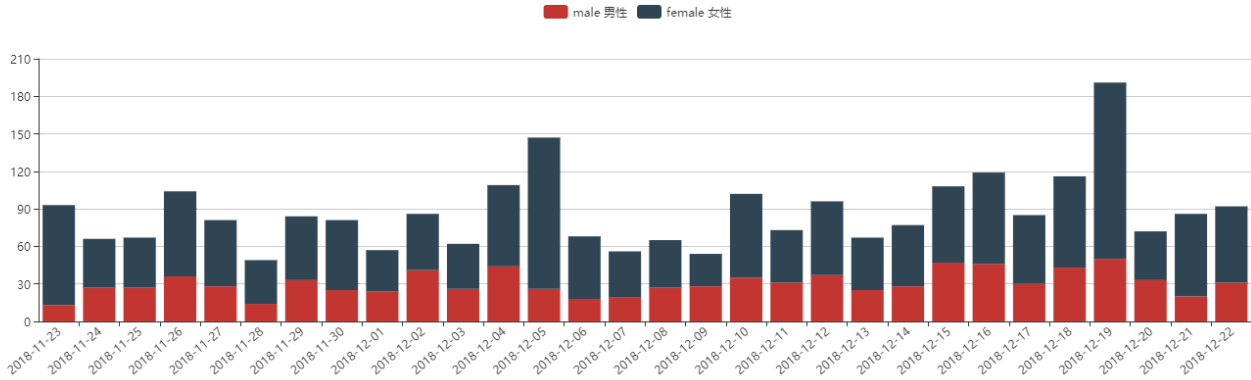
There are 92 weibos about transfat reduction monitored on 2018-12-22.

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. 昵称: 春涧生活派

地区: 上海

认证: 个人

Nickname: 春涧生活派

Area: Shanghai

Identity: Person

时间: 2018-12-22 10:03

来自: 微博weibo.com

转发数: 334

评论数: 81

点赞数: 530

Time: 2018-12-22 10:03

Source: 微博weibo.com

Repost: 334

Comment: 81

Like: 530

【消灭肚臍4妙招】①吃橙色果蔬: 橙色果蔬富含维生素C和β-胡萝卜素, 避免腹部脂肪堆积; ②补充硒: 硒可抗癌, 还能降低腹部肥胖发生率; ③多吃鱼和蛋: 吃鱼和蛋等优质蛋白易产生饱腹感, 有利减肥; ④吃合适的脂肪: 多吃橄榄油、亚麻籽油、核桃油、豆腐, 少食含反式脂肪的食物如人造奶油奶茶。
[4 tips to eliminate the intestines] 1 Eat orange fruits and vegetables: orange fruits and vegetables are rich in vitamin C and β-carotene, which can avoid abdominal fat accumulation; 2 supplement selenium: selenium can fight cancer and reduce the incidence of abdominal obesity; Eat more fish and eggs: eating high-quality protein such as fish and eggs is easy to produce satiety, and is beneficial to lose weight; 4 eat the right fat: eat more olive oil, linseed oil, walnut oil, tofu; eat less food containing trans fat such as margarine milk tea.