

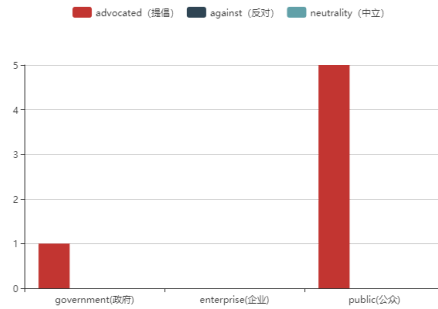
减盐-新闻

Salt Reduction - News

今日 (2018-11-10) 共监测到6条资讯。请点击标题查看全文。

There are 6 articles monitored today 2018-11-10. 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
1. 努力跑步却瘦不下来? 来查查自己犯了什么错 Try to run but not thin down?To check what mistake
来源: 中原网 来源: 中原网
主体: 公众 Subject: public
态度: 提倡 Attitude: advocate
时间: 11:07:40 Time: 11:07:40
作为一项简便易行的减肥运动, 跑步在常见的有氧运动中消耗的人体热量约为650卡/小时, 这比游泳 (550卡/小时)、跳绳 (600卡/小时)、打羽毛球 (450卡/小时) 都高。然而, 一些加入“跑团”奔着减肥目的而来的朋友无奈发现, 自己很努力地坚持着跑步, 却并没有瘦下来。这是为什么? 下面那为这样的朋友们找找原因。 姿势不对难保跑步质量。 正确的跑步姿势应该身体稍微前倾, 步幅不宜过大, 脚掌中部着地, 步子轻盈, 全身放松, 双臂自然摆动
As a simple weight loss exercise, running consumes about 650 calories per hour in common aerobic exercise, which is higher than swimming (550 calories per hour), rope skipping (600 calories per hour) and badminton (450 calories per hour).However, some friends who came to join the "running group" for the purpose of losing weight found that they were trying hard to keep running, but did not lose weight. Why is that? Next, look for the reasons for such friends.Posture is not good enough to ensure the quality of running.The correct running posture should be slightly forward, not too large stride, landing in the middle of the sole, light steps, relaxation of the whole body, natural swing of the arms.
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

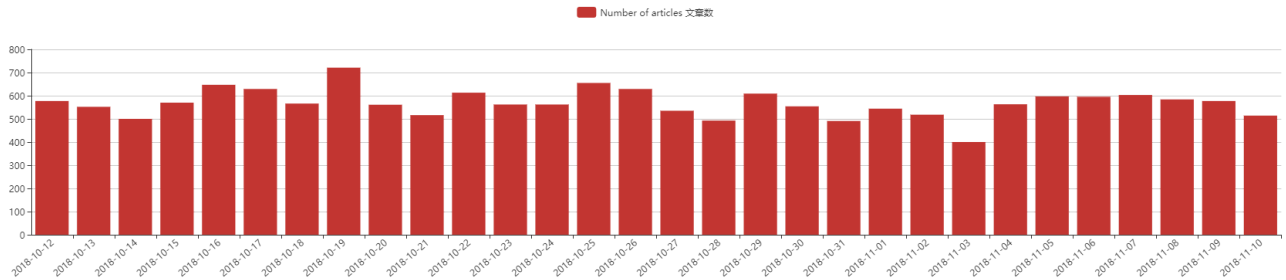
食物中的钠 Sodium in food					
1. 营养师的“双11”囤食清单费了好大力气整理出来 Nutritionist "double 11" hoarding food list with great effort to organize	来源: 人民网 来源: 人民网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:07:05 Time: 10:07:05	
马上就是“双11”了，不管是超市里还是网络平台上，食物都会有各种大小不等的折扣，可以趁此稍微囤一点食物。营养师会囤什么呢，一起来看看他们的“双11”囤食清单。方便面制品，一定要选钠含量低的。山东省济宁医学院附属医院营养科续慧超：如果没时间做手工面，可少买点方便的面制品。方便面制品，除了常见的方便面和挂面，还有刀削面、面片、蝴蝶面，甚至莜面窝窝等，买回来可以直接煮着吃，做打卤面、汤面、炒面、拌面					
It's Shuang11. Whether it's in the supermarket or on the Internet platform, there will be discounts of different sizes for food, so you can stock up a little food. What do dietitians store up to see their "double 11" stockpile list?Instant noodle products must be low in sodium contentXu Huichao, Department of Nutrition, Affiliated Hospital of Jining Medical College of Shandong Province: If you don't have time to make handmade noodles, you can spare some convenient noodles.Instant noodle products, in addition to the common instant noodles and noodles, there are knife-cut noodles, noodles, butterfly noodles, even naked noodles nests, etc., bought back can be directly boiled to eat, to make brine noodles, soup noodles, fried noodles, mixed noodles.					
高血压 Hypertension					
1. 动脉粥样硬化患者饮食应注意什么？ Atherosclerosis in patients with diet should pay attention to?	来源: 新华网 来源: 新华网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:16:18 Time: 09:16:18	
随着人们生活方式的变化和人口老龄化，心血管疾病的发病人数逐渐增加，已成为致人死亡的重要原因之一。动脉粥样硬化是潜伏在心血管系统中的隐形“杀手”，发病率及致死致残率较高。特别是动脉粥样硬化斑块，在不断进展过程中容易引起动脉狭窄，进而导致一系列譬如急性心梗、脑卒中、下肢坏疽等恶性血管事件，严重影响人们的生活质量，危害生命健康。如何抗击动脉粥样硬化？					
With the change of people's lifestyle and the aging of the population, the number of cardiovascular diseases has gradually increased, which has become one of the important causes of death.Atherosclerosis is an invisible killer latent in the cardiovascular system, with a high morbidity and mortality. Especially atherosclerotic plaque is prone to cause arterial stenosis in the process of continuous progress, which leads to a series of malignant vascular events such as acute myocardial infarction, stroke, gangrene of lower limbs, which seriously affects people's quality of life and endangers life and health.How to fight atherosclerosis?					
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. 茂名举行全民健康生活方式宣传活动 Maoming hold a healthy lifestyle campaign	来源：南方网	主体：政府	态度：提倡	时间：14:06:28
	来源：南方网	Subject: government	Attitude: advocate	Time: 14:06:28
9日，由市卫计局主办的茂名市全民健康生活方式行动启动仪式暨婚育新风进万家活动在市中心城区文化广场举行，活动宣传主题为“和谐我生活，健康中国人”。“三减三健，减盐、减油、减糖、健康口腔、健康体重、健康骨骼。”“优生优育优教，利国利民利家。弘扬家庭美德，塑造良好家风。”这些朗朗上口的倡议标语，将伴随着全民健康生活方式行动走进茂名的千家万户				
On the 9th, the launching ceremony of Maoming National Health Lifestyle Action, sponsored by the Municipal Bureau of Health and Planning, was held in the Cultural Square of downtown area. The theme of the event was "Harmonious My Life, Healthy Chinese". "Three reduce three health, reduce salt, reduce oil, reduce sugar, healthy mouth, healthy weight, healthy bones." "Good health and good education", "benefit the country, benefit the people and benefit the family". Carry forward family virtues and create good family traditions. These catchy advocacy slogans will be accompanied by the nationwide healthy lifestyle action into the thousands of households in Maoming				
2. 坐月子注意事项月子期间吃的月子餐能加盐吗 During the nursing considerations confined confined meal can add salt to eat	来源：TOM	主体：公众	态度：提倡	时间：17:16:49
	来源：TOM	Subject: public	Attitude: advocate	Time: 17:16:49
坐月子注意事项，月子期间吃的月子餐能加盐吗？关于坐月子其实是有很多注意事项的，月子期间的饮食更是需要多加的注意。网上也有很多妈妈在问：“月子期间吃的月子餐能加盐吗？”其实加盐是肯定的，只是多少的问题。像平时生活中的话也有好多人说少吃盐，饮食要清淡，更别说是坐月子的妈妈了。因为如果说饮食中盐分太多的话是会造成体内收水分的滞留，从而加重水肿的，所以还是要少盐				
Attentions for confinement, can you add salt to your monthly meal during the month?Actually, there are a lot of things to note about confinement. The monthly diet needs more attention. Many mothers on the Internet are asking, "can salt be eaten during the confinement period?"In fact, adding salt is certain, but just how many problems. Like in ordinary life, there are many people who say that they should eat less salt and eat light food, let alone mothers sitting on mothers. Because if there is too much salt in the diet, it will cause the retention of water in the body, which will aggravate edema, so we still need less salt.				
3. 脑梗患者怎么吃才能预防再次发作? How to eat to prevent cerebral infarction patients attack again?	来源：搜狐	主体：公众	态度：提倡	时间：06:17:15
	来源：搜狐	Subject: public	Attitude: advocate	Time: 06:17:15
脑梗患者怎么吃才能预防再次发作？脑梗患者预防再次脑梗发作，需要抗血小板药物，有些情况需要抗凝药物，同时要控制其它危险因素，靠饮食是不能完成这一重大健康使命的，但是，饮食方面需要注意，健康的饮食能够有利于药物发挥抗血栓功效，反之，如果饮食不当，会诱发血栓形成导致脑梗复发。预防脑梗形成，建议参考以下方案选择食物。				
How can cerebral infarction patients eat to prevent recurrence?In order to prevent the recurrence of cerebral infarction, patients with cerebral infarction need antiplatelet drugs. In some cases, anticoagulant drugs are needed. At the same time, other risk factors should be controlled. Diet can not accomplish this important health mission. However, dietary aspects need to pay attention to the fact that a healthy diet can be conducive to the antithrombotic effect of drugs. On the contrary, such as Improper diet can induce thrombosis and cause recurrence of cerebral infarction.To prevent cerebral infarction, it is recommended to choose food according to the following plan.				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2018-11-10, 共监测到514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 514 WeChat public articles were monitored in 2018-11-10. 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 url, 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. 协和医院三高不用愁 只用一个“字”全搞定 40岁以后都需要! Union Hospital: If you have three highs, don't worry. Use a "word" to solve the problem, and people after the age of 40 need it!	重复数: 14 Repeat Number: 14	日期: 2018-11-10 Data: 2018-11-10
世卫组织建议: 正常人每日食盐量为6-8克, 就是一小啤酒瓶盖。高血压患者4克以下。介绍一个粗略估算方法: 比如你买500克盐, 记录下购买食盐的日期, 当这500克食盐吃完后, 再记下日期, 那么你就知道这500克食盐吃了多少天, 用所吃盐量除以吃盐天数, 再除以就餐人数, 就可得出人均粗略的食盐摄入量。		
WHO recommends that normal people eat 6-8 grams of salt per day, which is the amount of a small beer bottle cap. The salt intake of hypertensive patients should be controlled below 4 grams. Introduce a rough estimation method: For example, if you buy 500 grams of salt, record the date of salt purchase. When the 500 grams of salt is eaten, write down the date, then you know how many days this 500 grams of salt has been eaten. The amount of salt divided by the number of days of salt eaten and then divided by the number of people eating, you can get a rough intake of salt per capita.		
2. 18张癌症人体地图, 揭秘致癌真相 18 cancer maps, revealing the truth of cancer	重复数: 3 Repeat Number: 3	日期: 2018-11-10 Data: 2018-11-10
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. According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the required amount. standard. 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.		
3. 每五人就有一人高血压! 吃惯了重口味 如何减盐、减油、减糖? Every five people have a high blood pressure! For people who are used to heavy tastes, how to reduce salt, oil and sugar?	重复数: 1 Repeat Number: 1	日期: 2018-11-10 Data: 2018-11-10
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。为了防止吃太多盐, 建议使用定量盐勺, 使用2克定量盐勺时, 每一平勺食盐量为2克。		
The salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old. In order to prevent eating too much salt, it is recommended to use a quantitative salt spoon. When using a 2 g quantitative salt spoon, the salt consumption per tablespoon is 2 g.		
4. 央台发出警告: 别再吃得太过淡了! The central station warned: don't eat too lightly!	重复数: 1 Repeat Number: 1	日期: 2018-11-10 Data: 2018-11-10
饮食过咸则容易引发骨质疏松、高血压, 长期饮食过咸还可导致中风和心脏病。而腌制食品不仅含盐量高, 还含有大量的亚硝酸盐, 它和黄曲霉素、苯丙比是世界上公认的三大致癌物质。参考《中国居民膳食指南》, 每人每天食盐不超过6克。高血压患者或有高血压病家族史的人, 每天食盐的摄入量要在4克以内。		
Eating too salty can easily lead to osteoporosis and high blood pressure. A long-term salty diet can also cause stroke and heart disease. The preserved food not only contains a high amount of salt, but also contains a large amount of nitrite. It is a recognized three major cancerous substances in the world with aflatoxin and phenylpropanoid. Refer to the "Chinese Dietary Guidelines", the salt per person per day does not exceed 6 grams. Hypertensive patients or people with a family history of hypertension should control their salt intake to less than 4 grams per day.		
5. 【健康科普】18张癌症人体地图, 揭秘致癌真相 [Health Science] 18 cancer map of human body, revealing the truth of carcinogenesis	重复数: 1 Repeat Number: 1	日期: 2018-11-10 Data: 2018-11-10
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。		
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.		

减盐-微博

Salt Reduction - Weibo

2018-11-10, 共检测到1709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。

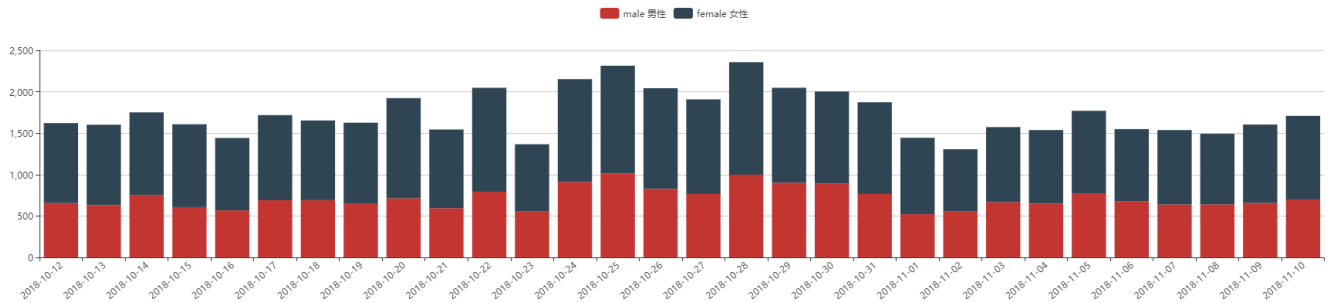
There are 1709 weibos about salt reduction monitored on 2018-11-10.

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: Silk_River_Research

地区: 北京

认证: 个人

Nickname: Silk_River_Research

Area: Beijing

Identity: Person

时间: 2018-11-10 11:08

来自:

转发数: 75

评论数: 24

点赞数: 41

Time: 2018-11-10 11:08

Source:

Repost: 75

Comment: 24

Like: 41

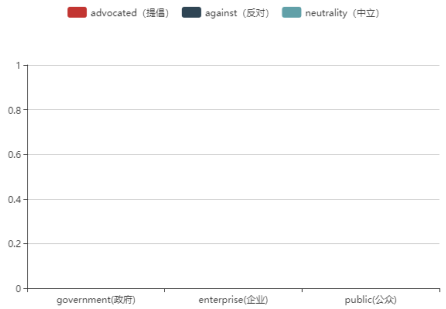
【低盐饮食的心脏病风险】刚才飞快地找了一下低盐饮食的对健康的影响。那个对消化系统影响的研究没发现，发现了另一个比较靠谱的研究。美国心脏健康协会AHA对每天盐摄入量的建议是每天1500毫克，否则会带来高血压和心脑血管疾病的后果。但是加拿大McMaster大学医学院的流行病学和生物统计学家Andrew Mente的统计研究发现，对非高血压患者，低盐饮食会增加26%的心脏病和中风状况，而对高血压患者，则会提高34%。所以Mente说，除非你已经有高血压，普通人不需要低盐饮食。Andrew Mente认为，如果你盐摄入过低，身体会激活维持血压和体液平衡的肾素-血管紧张素系统(renin-angiotensin system)，其结果是增加了心脑血管的风险。这个研究发表在2016年的柳叶刀杂志上，这等于说AHA的结论和推荐是错的，所以心脏协会立即反驳说这个研究是有瑕疵的。不过McMaster医学院并非草鸡学校，在北美也算一流医学院。癌症和流行病学研究都很不错，反而AHA倒是有很多利益相关方，也没具体提出哪里deficiency无论如何，科学结论并非终极真理，大家还是多看看。

[The risk of heart disease in a low-salt diet] I just quickly found out the health effects of a low-salt diet. The study of the effects of the digestive system was not found and another more reliable study was discovered. The American Heart Association's AHA recommends a daily intake of 1,500 mg per day, which can lead to high blood pressure and cardiovascular and cerebrovascular diseases. But a statistical study by the epidemiologist and biostatistician Andrew Mente of McMaster University School of Medicine in Canada found that for non-hypertensive patients, a low-salt diet would increase heart disease and stroke by 26%. For patients with hypertension, it will increase by 34%. So Mente says that unless you already have high blood pressure, ordinary people don't need a low-salt diet. Andrew Mente believes that if your salt intake is too low, the body activates the renin-angiotensin system, which maintains blood pressure and fluid balance, which increases the risk of cardiovascular and cerebrovascular disease. The study was published in the 2016 Lancet magazine. This is equivalent to saying that the conclusions and recommendations of the AHA are wrong. So the Heart Association immediately retorted that the study was flawed. However, the McMaster School of Medicine is not a bad school, and it is also a top medical school in North America. Its research on cancer and epidemics is very good. Instead, AHA has a lot of stakeholders. In any case, scientific conclusions are not the ultimate truth. Everyone should still wait and see.

反式脂肪酸-新闻

Trans Fat - News

今日（2018-11-10）共监测到0条资讯。请点击标题查看原文。
There are 0 articles monitored today 2018-11-10. 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
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!

反式脂肪酸-微信 Transfat - WeChat

2018-11-10, 共监测到284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 284 WeChat public articles were monitored in 2018-11-10. This page shows the top five articles by repeat number today.

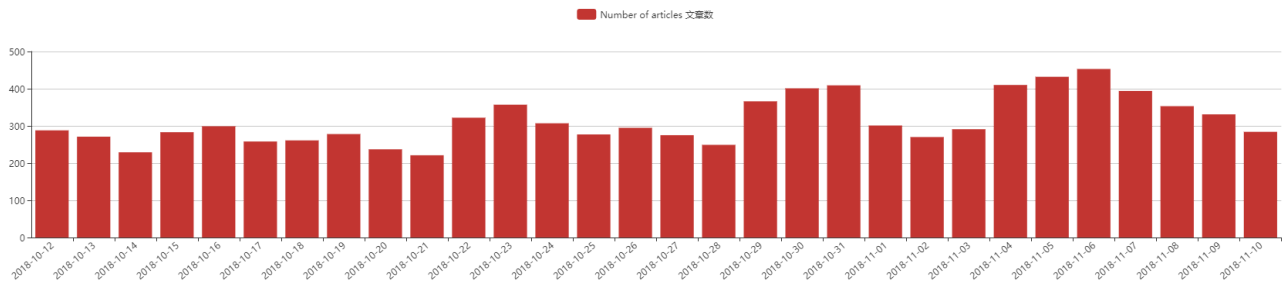
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 去超市购物, 先看懂这些再买! 没想到吃亏了这么多年](#) 重复数: 16 日期: 2018-11-10
[When shopping in the supermarket, first understands these and then decide wether to buy it. I didn't expect to lose so many years.](#) Repeat Number: 16 Data: 2018-11-10

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

Some breads sold on the market contain artificial colors, spices, hydrogenated oils (containing large amounts of trans fatty acids) and preservatives. Large amounts of oil and additives can enhance the taste of food, but increase the risk of cardiovascular disease. So when you buy wholemeal bread, the simpler the ingredients, the better.
- [2. 去超市买东西, 看清这个字再买! 没想到这亏吃了这么多年...](#) 重复数: 5 日期: 2018-11-10
[When shopping in the supermarket, first understands these and then decide wether to buy it. I didn't expect to lose so many years.](#) Repeat Number: 5 Data: 2018-11-10

些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. The foods of which the ingredient list contains hydrogenated oil, hydrogenated fat, shortening, margarine, and non-fat cream are more likely to contain trans fatty acids and are not suitable for purchase.
- [3. 【实用】去超市购物, 先看懂这些再买! 没想到吃亏了这么多年](#) 重复数: 3 日期: 2018-11-10
[\[practical\] When shopping in the supermarket, first understands these and then decide wether to buy it. I didn't expect to lose so many years.](#) Repeat Number: 3 Data: 2018-11-10

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled "zero trans fatty acid" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage.
- [4. 还在喝速溶咖啡? 每天都早起的你应该对自己好一点](#) 重复数: 2 日期: 2018-11-10
[Are you still drinking instant coffee? You should be better for yourself when you get up early every day.](#) Repeat Number: 2 Data: 2018-11-10

2018年5月, 世界卫生组织宣布计划未来5年在世界范围内全面消除食物中的人造反式脂肪。反式脂肪酸会使人体血液中的低密度脂蛋白增加, 高密度脂蛋白减少, 进而诱发血管硬化, 增加心脏病、脑血管意外的风险。

In May 2018, the World Health Organization announced plans to eliminate artificial trans fats from food worldwide in the next five years. Trans fatty acids can increase LDL in human blood and decrease HDL, which can induce vascular sclerosis and increase the risk of heart disease and cerebrovascular accident.
- [5. 这7种食品已上“黑名单”! 你给宝宝吃过几种?](#) 重复数: 2 日期: 2018-11-10
[These 7 foods have been included in the "blacklist"! How many have you given your baby?](#) Repeat Number: 2 Data: 2018-11-10

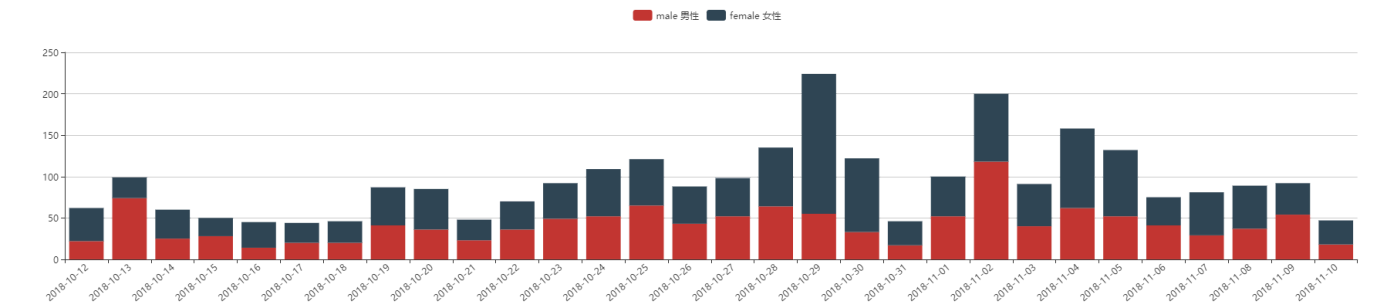
人造奶油, 人造奶油在制造过程中产生反式脂肪酸。反式脂肪酸对宝宝的心血管健康和神经系统发育危害极大, 蛋糕制作时还使用大量油脂, 多是饱和脂肪酸, 可能会让血脂升高。

Margarine, margarine produces trans fatty acids during the manufacturing process. Trans fatty acids are extremely harmful to your baby's cardiovascular health and nervous system development. The cake is also made with a lot of oil, mostly saturated fatty acids, which may increase blood lipids.

反式脂肪酸-微博

Transfat - Weibo

2018-11-10, 共检测到47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 47 weibos about transfat reduction monitored on 2018-11-10.
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!