

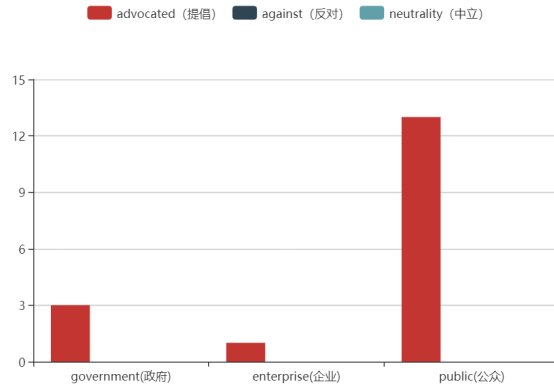
减盐-新闻

Salt Reduction - News

今日 (2018-10-17) 共监测到17条资讯。请点击标题查看原文。

There are 17 articles monitored today 2018-10-17. Please click the title to view full information.

The original article is in Chinese only.



新闻主体分类

Classification of news subject

政府 Government				
1. 市教育局中小学生卫生保健站举办“倡导三减三健打造健康生活”健康知识 ...	来源: 郑州教育信息网	类别: 健康中心	态度: 提倡	时间: 15:06:14
City bureau of education of primary and middle school students health seeks to hold the three minus three health advocate creating healthy life, "health knowledge...	来源: 郑州教育信息网	Category: health and wellness centers	Attitude: advocate	Time: 15:06:14
<p>为了推动开展全民健康生活方式行动, 10月16日下午, 郑州市中小学卫生保健站联合陇海社区在陇海社区活动室举办“倡导三减三健 打造健康生活”健康知识讲座, 来自辖区的居民群众50余人参加了此次活动。本次活动, 保健站邀请郑州市中医院副院长薛玉珠为大家讲解“三减+三健”健康知识。薛玉珠以各类食物的营养价值与合理饮食为切入点, 针对不健康饮食和日常活动不足等有问题题的生活方式, 详细讲解中国居民膳食指南和“三减三健”的具体要求, 倡导居民减盐、减油、减糖饮食, 定期体检, 保持健康口腔、健康体重和健康骨骼, 提高健康生活质量。最后, 保健站在为居民提供发放健康知识宣传折页、健康油壶, 同时对居民提出的肥胖、高血压、糖尿病等慢性病相关知识进行了答疑, 现场气氛活跃, 受到了社区群众的一致好评。此次活动, 旨在将服务型单位建设活动走进社区, 向辖区居民宣传健康生活方式, 引导居民养成健康生活方式, 让每个人都从自己做起, 摒弃不良生活习惯, 成为健康生活方式的受益者</p> <p>In order to promote the implementation of the National Healthy Lifestyle Action, on the afternoon of October 16, Zhengzhou City Primary and Secondary School Health Care Station and Bohai Community held a seminar on "Promoting Three Reductions and Three Health to Create a Healthy Life" in the Bohai Community Activity Room, from the jurisdiction. More than 50 residents of the masses participated in the event. In this activity, the health station invited Xue Yuzhu, vice president of Zhengzhou Chinese Medicine Hospital, to explain the health knowledge of "three reductions + three health". Xue Yuzhu takes the nutritional value and reasonable diet of various foods as the starting point, and explains the dietary requirements of the Chinese residents and the specific requirements of the "Three Reductions and Three Healths" for the problematic lifestyles such as unhealthy diet and daily activities. Salt, oil reduction, sugar-reducing diet, regular physical examination, maintain healthy mouth, healthy weight and healthy bones, improve the quality of healthy life. Finally, the health station provided residents with health promotion information leaflets and healthy oil pots. At the same time, they answered questions about chronic diseases such as obesity, hypertension and diabetes raised by residents. The atmosphere at the scene was active and was highly praised by the community. The activity aims to bring service-oriented unit construction activities into the community, promote healthy lifestyles to residents in the area, guide residents to develop healthy lifestyles, and let everyone start from themselves, abandon bad habits and become healthy lifestyles beneficiary.</p>				
2. 牟平区文化街道卫生中心开展全国高血压日宣传活动	来源: 水母网	类别: 高血压	态度: 提倡	时间: 09:21:27
Muping district culture street health center to carry out the national hypertension day campaign	来源: 水母网	Category: hypertension	Attitude: advocate	Time: 09:21:27
<p>牟平区文化街道卫生中心开展全国高血压日宣传活动 水母网10月16日讯 (通讯员 李静) 为了做好2018年全国高血压日的宣传工作, 进一步提高广大居民的的健康意识和水平, 根据区卫计局、区疾控中心开展2018年全国高血压日宣传活动的通知。近日, 牟平区文化街道社区卫生服务中心举办了主题为“知晓您的血压”的咨询宣传活动。通过活动广泛宣传高血压的防治知识及低盐饮食, 进一步加强居民健康教育和健康促进, 提高居民的健康教育意识和健康水平, 使居民知晓定期测量血压、低盐控压等核心知识。本次活动发放健康宣传印刷资料200多份。前来咨询居民100余人, 通过咨询与发放宣传资料, 使得居民加深了对高血压及健康生活方式理解、更加深了对低盐控压的认识, 受到了现场广大居民的一致好评, 取得了良好的社会效果, 达到了预期目的</p> <p>Muping district cultural street health center carries out nationwide publicity campaign on Hypertension Day Jellyfish Network, October 16 (correspondent Li Jing) In order to do a good job in the propaganda of the National Hypertension Day 2018, to further improve the health awareness and level of the general population, according to the District Health Planning Bureau, the District CDC launched the National Hypertension Day 2018 propaganda activities notice. Recently, Muping District Cultural Street Community Health Service Center held a consultation and publicity campaign on the theme of "Know Your Blood Pressure". Through activities to widely publicize the prevention and treatment of hypertension knowledge and low-salt diet, to further strengthen health education and health promotion, improve the awareness of health education and health level of residents, so that residents know the core knowledge of regular measurement of blood pressure, low-salt pressure control. More than 200 copies of health promotion and printing materials were issued. More than 100 residents were consulted. Through consulting and distributing propaganda materials, the residents have deepened their understanding of hypertension and healthy lifestyle, deepened their understanding of low salt and pressure control. They have received unanimous praise from the residents on the spot, and achieved good social results and achieved the desired goals.</p>				
3. 鄞城县阎什中心卫生院开展高血压日义诊活动	来源: 山东新闻网	类别: 高血压	态度: 提倡	时间: 18:28:00
Juancheng county yan shi central hospitals to develop high blood pressure, yizhen activities	来源: 山东新闻网	Category: hypertension	Attitude: advocate	Time: 18:28:00
<p>鲁网菏泽10月17日讯 10月8日, 全国第21个“高血压日”。鄞城县阎什中心卫生院组织开展了健康义诊活动。医务人员积极宣传党的各项惠民政策, 倡导健康的生活理念, 引导群众形成健康饮食的生活习惯, 科学预防并控制高血压, 不断促进健康生活素养水平。 “只有把群众的利益挂在心上, 真心实意地为老百姓办好事、办实事, 深深植根于人民群众之中, 老百姓才会满意”。活动期间, 省中医药大学附属二院下派业务院长任永才亲力亲为, 以良好的医术和耐心的诊疗、辅导宣传、解答居民问题, 深受居民的好评</p> <p>Lu net Heze October 17th hearing October 8th, the country's twenty-first "Hypertension Day". Yan County Central Hospital of Juancheng organized a health clinic. Medical staff actively publicize the Party's policies to benefit the people, advocate the concept of healthy living, guide the masses to form healthy eating habits, prevent and control hypertension scientifically, and constantly promote the level of healthy living quality. "Only when the interests of the masses are taken into account, and the people do good deeds and practical deeds sincerely and deeply rooted in the people, can the people be satisfied." During the activity, Ren Yongcai, the president of the Second Affiliated Hospital of the Provincial University of Chinese Medicine, was personally assigned to help the residents with good medical skills and patience in the diagnosis and treatment, counseling and publicity, and answering residents' questions.</p>				
企业 Industry				
1. 200余款高端高颜值产品迎客格兰仕广交会实力吸睛	来源: 中国经济网	类别: 健康中心	态度: 提倡	时间: 11:12:23
Over 200 high-end products with high level of appearance galanz Canton fair to welcome strength eyes	来源: 中国经济网	Category: health and wellness centers	Attitude: advocate	Time: 11:12:23
<p>第124届广交会在广州琶洲国际会展中心进行。作为中国制造的名片企业, 格兰仕已经参加超过40届广交会, 今年带来了200多款高品质产品。微蒸烤一体机、台嵌洗碗机、互联网冰箱、艺术空</p>				

调、迷你洗衣机、复古微波炉.....不仅产品数量创下格兰仕历届参展广交会之最，产品之高端品质、高颜值设计也让全球客商振奋不已。轻松健康的生活方式，日益成为全球家庭的共同追求。本届广交会，格兰仕打出了 Q5、Q6及Q8系列微蒸汽烤一体机的组合拳，满足更加细分市场需求的同时，也展示出“微蒸汽烤”行业的最高水准

The 124th Canton Fair is held at Pazhou International Convention and Exhibition Center in Guangzhou. As a business card manufacturer in China, Granz has participated in more than 40 Canton Fair, bringing more than 200 high-quality products this year. Microsteaming and baking machine, table-mounted dishwasher, Internet refrigerator, art air conditioning, mini washing machine, retro-microwave oven... Not only the number of products has reached the highest level of Granz's previous exhibition, but also the high-end quality and high-value design of products have inspired customers all over the world. The relaxed and healthy way of life has increasingly become the common pursuit of the global family. At the Canton Fair, Granz launched a combination of Q5, Q6 and Q8 series micro-steaming and baking machines to meet the needs of more market segments, while also showing the highest level of the "micro-steaming and baking" industry.

公众Public

1. 湖北居民人均摄盐摄油量均超标	来源：中国新闻网	类别：健康中心	态度：提倡	时间：17:05:04
Hubei per capita perturbation salt taken oil are overweight	来源：中国新闻网	Category: health and wellness centers	Attitude: advocate	Time: 17:05:04

“健康中国行”趣味科普燃爆江城 湖北居民人均摄盐摄油量均超标 武汉晚报讯（记者汪文琪 通讯员周芳 刘翔）10月16日下午，2018年湖北省暨武汉市“健康中国行”全民健康生活方式月“三减三健 全民行动”大型公益活动在青山江滩公园举行。根据《湖北省慢性病及其危险因素监测报告2013》显示，我省18岁以上居民家庭人均摄盐量为9.8克，人均每日烹调油摄入量为62.5克，均超过了《中国居民膳食指南2016》的推荐量。武汉疾控中心的医师们自编自导自演了一出大戏“不一样的餐馆”，现场教大家如何使用控油勺、控油壶，生动演绎如何科学营养搭配、烹调一日三餐。“有表演，有知识，还可以免费测血糖、血压。既是蛮好的娱乐活动，还涨了知识

"Healthy China" interest popular science burns JiangchengPer capita salt intake of Hubei residents exceeded the standard.Wuhan Evening News (Reporter Wang Wenqi correspondent Zhou Fang Liu Xiang) October 16 afternoon, 2018 Hubei Province and Wuhan City "Health China" National Health Lifestyle Month "three minus three sound people action" large-scale public welfare activities were held in Qingshan River Beach Park. According to the "Monitoring Report on Chronic Diseases and Risk Factors in Hubei Province 2013", the average salt intake per household aged 18 years and over is 9.8 grams, and the daily cooking oil intake per household is 62.5 grams, which exceeds the recommended amount of the "Dietary Guidelines for Chinese Residents 2016". Doctors from Wuhan CDC have compiled and directed a drama called "Different Restaurant" to teach people how to use salt spoons and oil kettles to vividly explain how to cook three meals a day."There are performances, knowledge, and you can also measure blood sugar and blood pressure for free. It is both a good entertainment and knowledge.

2. 老年营养饮食就差这份特别提示	来源：新华网广东频道	类别：健康中心	态度：提倡	时间：12:05:43
You sent this special nutrition diet old tip	来源：新华网广东频道	Category: health and wellness centers	Attitude: advocate	Time: 12:05:43

老年营养饮食 就差这份特别提示 有关老年营养的日常误区都被霍老师——解开。今天是重阳节的正日子，特将这份有关老年营养膳食的特别提示送给每位老年朋友，希望大家都能科学饮食，健康长寿。一半以上老年人受高血压困扰 讲座一开始，霍老师先展示了营养对我们最直接的影响。维生素B1缺乏导致的脚气病，缺碘导致的克汀病，缺乏尼克酸导致的癞皮病，叶酸缺乏导致的婴儿神经管畸形.....一张张因营养缺乏导致严重疾病的资料图让人触目惊心。而这些疾病都曾一定程度地在我国的部分地区暴发过，比如婴儿神经管畸形问题，在我国的吕梁地区，曾达到百分之二的发病率

Elderly nutrition diet is bad, this special tip.The daily misunderstandings about the nutrition of old people were solved by Mr. Huo one by one. Today is the first day of the Double Ninth Festival. I'd like to send this special tip about nutritional diet for the elderly to every old friend. I hope everyone can eat scientifically and live a long and healthy life.More than half of the elderly suffer from hypertension.At the beginning of the lecture, Mr. Huo first showed the most direct influence of nutrition on us. Beriberi caused by vitamin B1 deficiency, cretinism caused by iodine deficiency, ringworm caused by nicotinic acid deficiency, neural tube deformity caused by folic acid deficiency in infants... A picture of serious diseases caused by lack of nutrition is startling. And these diseases have been outbreaks in some parts of China to some extent, such as the infant neural tube malformation problem, in China's Lvliao region, has reached the incidence of 2%.

3. 儿童酱油“标签”多噱头大专家：孩子饮食不需要额外调味	来源：中国食品科技网	类别：食物中的钠	态度：提倡	时间：18:06:10
Children soy sauce "label" stunt more experts: children diet requires no extra flavor	来源：中国食品科技网	Category: sodium in food	Attitude: advocate	Time: 18:06:10

近日，江苏省消保委发布了酱油产品比较试验报告。120款酱油中，29个样品不符合国家相应标准，其中包括蟹园、李锦记、味美思等知名品牌。在送检样品中，还有5款儿童酱油样品，有3款添加了增鲜剂；检测营养成分后发现，5个样品的差异也比较大。特别是“加加”牌儿童酱油，比普通酱油钠含量还要高。芜湖市疾控中心的专家建议，儿童酱油往往名不副实，正常饮食即可满足孩子成长需要

Recently, the Jiangsu Provincial Consumer Protection Commission released a comparison test report on soy sauce products. Of the 120 types of soy sauce, 29 samples did not meet the corresponding national standards, including Crab Garden, Li Jinji, Weimei Si and other well-known brands.Among the samples, there were 5 children's soy sauce samples and 3 children's soy sauce samples were added with freshness enhancers. In particular, "Jiajia" brand children's soy sauce is higher than ordinary soy sauce sodium content. Experts from Wuhu CDC suggest that children's soy sauce is often unknown and that a normal diet can meet their growing needs.

4. 科技促食用菌加工异军突起	来源：市场信息报	类别：食物中的钠	态度：提倡	时间：11:14:17
Science and technology promote the edible fungus processing industry	来源：市场信息报	Category: sodium in food	Attitude: advocate	Time: 11:14:17

经过十余年的耕耘，食用菌已成为继粮食、蔬菜、果树、油料之后的农业第五大产业。经济快速发展让传统的食用菌鲜食已不能满足市场需要，食用菌深加工产品因富含营养、具有调节人体多项生理功能和药用价值而逐渐成为“香饽饽”，这对加工科技发展提出了更高的要求。近年来，国家对农业及食用菌加工业不断加大投入，食用菌加工涌现出诸多生产技术，也让食用菌产品更加多样化、个性化，成为国民经济发展的“新兴产业”和新的经济“增长点”，有利于促进农业产业结构调整，拓展现代农业发展“新空间”。研发起步晚，能力明显不足 全球栽培食用菌产值约300亿~340亿美元，药用菌产品100亿~120亿美元，野生菌5亿美元，总计400亿~460亿美元。其中大部分作为蔬菜和食品食用，而食用菌的子实体、菌柄、菇脚、碎屑等均可作为加工原料

After more than ten years of cultivation, edible fungi have become the fifth largest agricultural industry after grain, vegetables, fruit trees and oilseeds. With the rapid development of economy, the traditional edible fungi and fresh food can not meet the needs of the market. The edible fungi deep-processed products are gradually becoming "fragrant baboon" because they are rich in nutrition and have many physiological functions and medicinal value to regulate the human body. This puts forward higher requirements for the development of processing technology.In recent years, the state has continuously increased investment in agriculture and edible fungi processing industry, and many production technologies have emerged in edible fungi processing, which has also made edible fungi products more diversified and individualized, and has become a "new industry" and a new economic "growth point" in the national economic development, which is conducive to promoting the restructuring of agricultural industry and expanding modern times. New space for agricultural development.Research and development started late, and capacity is obviously insufficient.The global market value of cultivated edible fungi is about US\$30 billion to US\$34 billion, medicinal fungi products are US\$10 billion to US\$12 billion, and wild fungi are US\$500 million, with a total of US\$40 billion to 46 billion. Most of them are eaten as vegetables and food, while fruiting bodies, stalks, mushroom feet, crumbs, etc. of edible fungi can be used as raw materials for processing.

5. 需警惕的7种做菜习惯？	来源：新浪网	类别：健康中心	态度：提倡	时间：10:21:13
Need to be mindful of 7 kinds of cooking habits?	来源：新浪网	Category: health and wellness centers	Attitude: advocate	Time: 10:21:13

Q：需警惕的7种做菜习惯？ A： 1、炒菜后不刷锅接着炒 2、油冒烟时才下锅 3、炒菜不开油烟机或炒完立马关掉 4、做菜时放很多调料.....还有哪些？ 浏览下文，一探究竟！ 炒菜后不刷锅接着炒 很多人为了省事或看锅比较干净，不刷锅就直接炒下一道菜，这样做也是错误的！ 因为看似干净的锅表面会附着油脂和食物残渣，当再次高温加热时，可能产生苯并芘等致癌物。而且不刷锅再接着炒菜的时候，你会发现食物残渣很容易烧焦，这也存在一定的致癌隐患。 建议：每做完一道菜，都应把锅清洗干净，再炒下一道菜。 油冒烟时才下锅 现在的食用油一般都经过了精炼，去除了大量容易“冒烟”的杂质，烟点比较高。 油锅冒烟时，油温很可能已经达到200℃以上，此时把菜下锅，不仅会破坏食物的营养，还可能让食物中的蛋白质、脂肪和碳水化合物发生变异，产生一些致癌物

Q: 7 kinds of cooking habits that need to be vigilant? A: 1. After stir-frying, do not brush the pan and then stir-fry 2, oil smoke when the pan 3, stir-fry does not open the cooking fume machine or immediately turn off 4, cooking a lot of spices... What else? Let's look at the following.After frying, do not fry and stir fry.Many people in order to save trouble or see the pot is relatively clean, do not brush the pot to fry a dish directly, this is also wrong!Because the seemingly clean surface of the pot will adhere to grease and food residue, when heated again at high temperature, may produce carcinogens such as benzopyrene. And when you do not brush the pan and then fry, you will find that food residue is easy to burn, which also has a certain risk of carcinogenesis.Suggestion: every time you finish a dish, you should clean the pot and stir fry the dish.Only when oil is smoked.Today's cooking oil is generally refined, removed a large number of easy to "smoke" impurities, smoke is relatively high.When the oil pan smokes, the oil temperature is likely to have reached more than 200 degrees Celsius, at this time the dishes, not only will destroy the nutrition of food, but also may food protein, fat and carbohydrates mutation, produce some carcinogens.

6. 今日重阳！祝申城480多万老年人节日快乐（附健康小贴士）	来源：东方网	类别：健康中心	态度：提倡	时间：08:27:39
Chongyang today!More than 480 old people a happy holiday wish shen (attached health tips)	来源：东方网	Category: health and wellness centers	Attitude: advocate	Time: 08:27:39

今日重阳！祝申城480多万老年人节日快乐（附健康小贴士） 原标题：今日重阳！祝申城480多万老年人节日快乐（附健康小贴士） 据上海发布，秋色渐浓，今天是农历九月初九，月、日两九相重，九为阳数，故称“重阳”，也是大自然盛衰转换的节点。经历了阳春和炎夏，到了重阳，秋高气爽，天宇朗彻，犹如上了年纪之人，阅历了人生，神清气定。今天小布邀请了两位专家专门讲讲老年人常见病——中风，告诉你为什么坚持服用阿司匹林还是会中风？三七粉等保健品到底能不能防治中风.....转给长辈送祝福！ 浦江郊野公园，摄影：鲍伶俐 节日介绍 “重阳”的称谓早在战国时期就已经形成，屈原《远游》就有“集重阳入帝宫兮”之句；到了汉代，重阳节渐渐盛行起来；至唐代，重阳正式成为民间的节日，沿袭至今。 孟浩然《过故人庄》 故人具鸡黍，邀我至田家。 绿树村边合，青山郭外斜

Today's Double Ninth Festival! Happy birthday to about 4800000 senior citizens in Shencheng city (with health tips)Original title: today's Double Ninth Festival! Happy birthday to about 4800000 senior citizens in Shencheng city (with health tips)According to Shanghai, autumn is getting denser and denser. Today is the ninth day of the ninth lunar month, with the moon and the sun overlapping each other and the ninth being the number of suns. Therefore, it is called the "Double Ninth" and it is also the turning point of the ups and downs of nature.Experienced the bright spring and hot summer, to the Chongyang, autumn, the sky is bright, like an elderly person, experienced life, calm.Today, Buffy invited two experts to talk about a common disease in the elderly, stroke, and tell you why you insist on taking aspirin or stroke? 37 can health care products such as powder prevent stroke? Send your blessing to your elders!Pujiang country park, photograph: Bao Ling LiHoliday introductionThe title of "Double Ninth Festival" had been formed as early as the Warring States Period. Qu Yuan's "Far Journey" had the phrase "Set the Double Ninth Festival into the Imperial Palace"; in the Han Dynasty, the Double Ninth Festival gradually became popular; in the Tang Dynasty, the Double Ninth Festival officially became a folk festival, which has been followed up to now.Meng Haoran's "old people's village"The old man has chicken millet and invited me to Tian Jia.The green tree village is closed, and the green hills and Kuo slopes.

7. 社区爱心义诊活动走进区光荣院	来源：汉丰网	类别：健康中心	态度：提倡	时间：15:29:04
Glorious institute community love yizhen activities into the area	来源：汉丰网	Category: health and wellness centers	Attitude: advocate	Time: 15:29:04

九九重阳节之际，开州区文峰街道社区卫生服务中心的医护人员来到光荣院开展爱心义诊活动，为老人提供免费的医疗服务。在义诊现场，医务志愿者详细询问老人们的情况，为他们进行了量血压、心肺听诊等常规检查，并针对老人年老体弱容易患病的特点，对老人的用药、保健、饮食给予了指导和叮嘱。医务志愿者不仅耐心地为老人讲解着病情和日常保健常识，还现场为老人们健全健康档案、做到跟踪随访，做到有病早治、无病早防。志愿者们认真对待每一位老人的咨询，针对老人们血压普遍偏高的问题提出了“饮食少盐、低脂、低糖”、“适量运动、戒烟限酒”等建议。在两个多小时的义诊活动中，医务志愿者的热情服务受到老人们的一致称赞，让老人们感受到了来自社会大家庭的温暖

On the occasion of the Double Ninth Festival of 1999, medical and nursing staff from the community health service center of Wenfeng Street in Kaizhou District came to the Glorious Hospital to carry out charity clinics to provide free medical services for the elderly.On the spot of free clinic, the medical volunteers inquired about the physical condition of the elderly in detail, carried out routine examinations such as blood pressure measurement, cardiopulmonary auscultation and so on, and directed and instructed the elderly in medication, health care and diet according to the characteristics of the elderly and frail. Medical volunteers not only patiently explain the condition and daily health care knowledge for the elderly, but also on-site for the elderly to improve health records, do follow-up follow-up, to achieve early treatment, disease-free early prevention. The volunteers took the counseling seriously and put forward suggestions such as "eating less salt, low fat, low sugar", "exercising moderately, quitting smoking and restricting alcohol" in view of the high blood pressure of the elderly.In more than two hours of free clinic activities, the warm service of medical volunteers received unanimous praise from the elderly, so that the elderly feel the warmth from the community family.

8. 品尝延庆美食享受舌尖盛宴	来源：光明网	类别：健康中心	态度：提倡	时间：10:37:08
Yanqing gourmet taste enjoy a feast with the tip of the tongue	来源：光明网	Category: health and wellness centers	Attitude: advocate	Time: 10:37:08

五彩斑斓的京郊大地，除了有如画的风景区，还有极其浓郁的特色地方乡宴，这些美味足以在日多之后还让你流连忘返。来京郊延庆赏美景，这些美食你一定要尝尝！火盆锅豆腐宴 延庆区柳沟村在传统火盆锅的基础上，创出“凤凰城—火盆锅—农家三色豆腐宴”。其特点是以素为主，荤素搭配，四周配以具有农家特色的三个辅锅，三个小碗，六个凉菜，取三羊开泰、四平八稳、六六大顺之意。订餐电话：13811502117 地址：井庄镇柳沟村燕柳园 石烹乡宴 延庆石峡村依然延续着用石头盖房的习惯。村子石头多，村民善于发掘石头的用途

The colorful suburbs of Beijing, in addition to picturesque scenic spots, also have a very strong local characteristics of the local banquet, these delicious enough to make you linger for many days to forget to return. To enjoy the beautiful scenery in the suburbs of Yanqing, you must try the delicious food.Pot dinner with bean curdOn the basis of traditional hot pot, Liugou Village of Yanqing District has created a "Phoenix City - hot pot - farmhouse tricolor bean curd banquet". Its characteristics are mainly vegetarian, meat-vegetarian collocation, surrounded by three auxiliary pots with farm characteristics, three small bowls, six cold dishes, take three goats Kaitai, four flat eight stable, six smooth.Reservation number: 13811502117Address: Willow garden, Liu Gou Village, Jing Zhuang TownStone banquetYanqing Shi Xia Village continues to use the habit of using stone to build houses. The village is full of stones, and the villagers are good at digging stones.

9. 重阳节，这样孝敬父母一定不会错	来源：新广网	类别：健康中心	态度：提倡	时间：12:39:21
The double ninth festival, so his father will not be wrong	来源：新广网	Category: health and wellness centers	Attitude: advocate	Time: 12:39:21

9月9日重阳节就要到了。重阳节也称老人节，对于不能陪父母的年轻人来说，过节总是在思念与愧疚中度过。若是父母身体欠安，那就更是挂念了。在南京上班的小李，看着父母年岁渐长，身体越来越不好，每次回老家看着双亲步伐蹒跚，听力下降到几乎不能正常对话，腰腿腿疼、各种止痛药片堆满床头，实在痛心不已。想接父母到自己家住，他们总是不习惯

The Double Ninth Festival is coming in September 9th. The Double Ninth Festival is also called the Elderly's Day. For young people who can't accompany their parents, the festival is always spent in remembrance and guilt. If parents are not in good health, then they are more worried.Xiao Li, who works in Nanjing, watches his parents grow older and worse. Every time he goes back to his hometown, he watches his parents stagger, his hearing drops to almost impossible to talk normally. He has a pain in his back and leg, and various painkiller pills piled up on his bed.They want to pick up their parents and live at home.

10. 防治胃癌，从筛查开始	来源：东方网	类别：健康中心	态度：提倡	时间：04:41:48
Prevention and treatment of gastric cancer, starting from the screening	来源：东方网	Category: health and wellness centers	Attitude: advocate	Time: 04:41:48

防治胃癌，从筛查开始 10月15日-21日，是2018全国早期胃癌防治宣传周，今年的主题是“防治胃癌，从筛查开始”。胃部恶性肿瘤作为我国发病率较高的癌症之一，总让人避之不及。因为发现时间早晚不同，最后的结局可能会有天壤之别。很多患者一经确诊就已经是晚期，对于这个问题，好像我们经常能听到这么一句话：“要是能早点发现就好了，那么胃癌能够早发现吗？”咨询热线：028-96111。早发现的重要性 96111健康热线专家王浩波表示：能，胃癌是起源于胃粘膜的病变，在胃镜下就可以被发现，这就是为什么我们一直强调胃镜检查的重要性

Prevention and treatment of gastric cancer begins with screeningOctober 15-21, is the national propaganda week of early gastric cancer prevention and treatment in 2018, this year's theme is "prevention and treatment of gastric cancer, starting with screening". Gastric cancer is one of the high incidence cancers in China. Because the discovery time is different sooner or later, the final outcome may be very different. Many patients are at advanced stage once they are diagnosed. It seems that we often hear the saying, "If only we could find it earlier, would gastric cancer be detected earlier?" Health consultation hotline: 028-96111.The importance of early detection96111 Health Hotline expert Wang Haobo said: Yes, gastric cancer is originated from gastric mucosa lesions, can be found under gastroscopy, which is why we have always stressed the importance of gastroscopy.

11. 杭州市中医院牵头成立中西医结合脑病专科联盟	来源：浙江在线	类别：心血管健康	态度：提倡	时间：15:52:24
Hangzhou hospital led combine traditional Chinese and western medicine encephalopathy junior coalition	来源：浙江在线	Category: cardiovascular health	Attitude: advocate	Time: 15:52:24

浙江在线-健康网10月17日讯（浙江在线 见习记者 沈昕雨 通讯员 徐允佳）当下，脑血管发病正呈现“井喷”态势。2017年《中国卒中防治报告》显示，我国40岁以上的人群现患和曾患脑卒中人数为1242万，每年新发脑卒中患者200余万人。全国每年死于脑卒中的患者达180万，大部分脑卒中存活患者因残疾而不能独立生活。为进一步促进脑血管疾病治疗规范化，10月16日，由杭州市中医院牵头，包括杭州市红十字会医院、余杭区中医院、淳安县中医院等在内共14家医院，共同成立了杭州市中西医结合脑病专科联盟。这是对浙江医联体建设工作的推动，也将进一步推进城市三级医疗优质资源下沉，夯实分级诊疗工作基础，深化市级公立医院综合改革和医养护一体化智慧医疗服务，为老百姓的卫生健康保驾护航。时间就是大脑：最短的溶栓时间 近两年来，杭州市中医院在以脑卒中为主的脑血管病、认知功能障碍疾病、帕金森病的中西医结合综合治疗上进行探索，脑卒中防治一体化建设取得了有效成绩

Zhejiang Online - Health Network, October 17 (Zhejiang online intern reporter Shen Yinyu correspondent Xu Youjia) at present, cerebrovascular disease is showing a "blowout" situation. According to the stroke prevention and treatment report of China in 2017, 12.42 million people over the age of 40 are now suffering from and have suffered from stroke, more than 2 million new stroke patients each year, and 1.8 million stroke patients die each year in China. Most stroke survivors can not live independently because of disability.In order to further promote the standardization of treatment of cerebrovascular diseases, on October 16, Hangzhou Hospital of Traditional Chinese Medicine led by Hangzhou, including Hangzhou Red Cross Hospital, Yuhang District Hospital, Chun'an County Hospital of Traditional Chinese Medicine, including a total of 14 hospitals, jointly established the Hangzhou Special Union of Integrative Chinese and Western Medicine encephalopathy.This will push forward the construction of Zhejiang Medical Union, further promote the sinking of high-quality medical resources at the city level, consolidate the basis of grading diagnosis and treatment, deepen the comprehensive reform of municipal public hospitals and the integrative intelligent medical service of medical care, and escort the health of the people.Time is the brain: the shortest thrombolysis time.In the past two years, Hangzhou Hospital of Traditional Chinese Medicine has explored the comprehensive treatment of cerebrovascular disease, cognitive impairment disease, Parkinson's disease and so on. The integration of prevention and treatment of stroke has achieved effective results.

12. 雨坛镇开展“扶贫日”义诊活动	来源：枞阳在线	类别：健康中心	态度：提倡	时间：21:53:56
The rain altar town "poverty alleviation" yizhen activities	来源：枞阳在线	Category: health and wellness centers	Attitude: advocate	Time: 21:53:56

10月17日，是第5个全国扶贫日，也是第26个国际消除贫困日，又是重阳节。当日上午，雨坛镇组织扶贫工作站、卫计办、民政办和卫生院开展为孤寡老人及贫困家庭义诊。“胃在饭后疼吗？”“老人家，你血压有一点高，平时要注意少吃盐。”“秋季天凉注意保暖。”在活动现场该镇卫生院医生耐心地为前来就诊的人员开展健康体检，认真询问孤寡老人和贫困户病史，详细解答群众健康咨询，讲解合理用药等健康知识和医学常识，为高血压、糖尿病等慢性病患者提供合理的治疗及预防措施，开具相关医药处方，并为初步检查出疾病的群众提出进一步检查建议和治疗方案

On October 17, the fifth National Day for Poverty Alleviation, the 26th International Day for Poverty Eradication, and the Double Ninth Festival. On the morning of the same day, Yutan Town organized poverty alleviation workstations, health planning offices, civil affairs offices and health centers to carry out voluntary clinics for the elderly, widows and poor families."Does the stomach hurt after meals?" "Elderly people, your blood pressure is a little high, usually pay attention to eat less salt." "Keep cool in autumn." At the scene of the activity, the doctors of the township health center patiently conducted physical examinations for the people who came to see the doctor, earnestly inquired about the medical history of the elderly and the poor, answered the public health consultation in detail, explained the health knowledge and medical knowledge such as rational drug use, and

provided reasonable treatment and preventive measures for the chronic diseases such as hypertension and diabetes mellitus. To formulate relevant medical prescriptions, and to propose further examination proposals and treatment options for people who have initially detected the disease				
13. 芝罘区600余人免费接受慢病危险因素筛查 Zhifu district more than 600 people receive slow disease risk factor screening for free	来源：水母网	类别：健康中心	态度：提倡	时间： 11:10:11
	来源：水母网	Category: health and wellness centers	Attitude: advocate	Time: 11:10:11
芝罘区600余人免费接受慢病危险因素筛查 日前，2018年的中国成人慢性病与营养监测调查在塔山居委会正式启动，至10月底，芝罘区将在奇山、只楚、芝罘岛街道办事处共6个居委会随机选取600余人进行慢性病危险因素筛查。筛查项目政府买单 昨日，芝罘区疾病预防控制中心慢性病与营养监测调查现场，记者看到，前来配合慢病调查的人，有各个年龄段的居民，他们都早早来到现场，手持尿管等待登记。据了解，这是芝罘区疾病预防控制中心承担慢性病相关调查项目的第十二个年头。芝罘区作为国家监测点之一，从2007年开始，每三年开展一次调查工作，以此来监测慢性病患病趋势变化和和相关危险因素的情况。通过样点调查，对全区来说，可以获得本区整体居民目前的身体状况，有利于合理安排医疗资源				
More than 600 people in Zhifu District receive free screening for risk factors for chronic diseases.A few days ago, the China Adult Chronic Disease and Nutrition Surveillance Survey was officially launched in Tashan Residential Committee in 2018. By the end of October, Zhifu District will randomly select more than 600 people from six neighborhood offices in Qishan, Chuzhi and Zhifu Island to screen for the risk factors of chronic diseases.Screening project government payYesterday, the Zhifu District Center for Disease Control and Prevention of chronic diseases and nutrition surveillance investigation site, reporters saw that the people came to cooperate with the investigation of chronic diseases, there are residents of all ages, they came to the scene early, holding a catheter waiting for registration. It is understood that this is the twelfth year that the Center for Disease Control and Prevention of Zhifu District undertook a chronic disease-related investigation project. As one of the national surveillance points, Zhifu District has carried out a survey every three years since 2007 to monitor the trend of chronic diseases and related risk factors. Through the sample survey, we can obtain the current physical condition of the whole residents in the district, which is conducive to the rational arrangement of medical resources.				

内容分类

Classification of Content

食物中的钠 Sodium in food				
1. 儿童酱油“标签”多噱头大专家：孩子饮食不需要额外调味 Children soy sauce "label" stunt more experts: children diet requires no extra flavor	来源：中国食品科技网	类别：食物中的钠	态度：提倡	时间： 18:06:10
	来源：中国食品科技网	Category: sodium in food	Attitude: advocate	Time: 18:06:10
近日，江苏省消保委发布了酱油产品比较试验报告。120款酱油中，29个样品不符合国家相应标准，其中包括蟹园、李锦记、味美思等知名品牌。 在送检样品中，还有5款儿童酱油样品，有3款添加了增鲜剂；检测营养成分后发现，5个样品的差异也比较大。特别是“加加”牌儿童酱油，比普通酱油钠含量还要高。芜湖市疾控中心的专家建议，儿童酱油往往名不副实，正常饮食即可满足孩子成长需要				
Recently, the Jiangsu Provincial Consumer Protection Commission released a comparison test report on soy sauce products. Of the 120 types of soy sauce, 29 samples did not meet the corresponding national standards, including Crab Garden, Li Jinji, Weimei Si and other well-known brands.Among the samples, there were 5 children's soy sauce samples and 3 children's soy sauce samples were added with freshness enhancers. In particular, "Jiajia" brand children's soy sauce is higher than ordinary soy sauce sodium content. Experts from Wuhu CDC suggest that children's soy sauce is often unknown and that a normal diet can meet their growing needs.				
2. 科技促食用菌加工异军突起 Science and technology promote the edible fungus processing industry	来源：市场信息报	类别：食物中的钠	态度：提倡	时间： 11:14:17
	来源：市场信息报	Category: sodium in food	Attitude: advocate	Time: 11:14:17
经过十余年的耕耘，食用菌已成为继粮食、蔬菜、果树、油料之后的农业第五大产业。经济快速发展让传统的食用菌鲜食已不能满足市场需要，食用菌深加工产品因富含营养、具有调节人体多项生理功能和药用价值而逐渐成为“香饽饽”，这对加工科技发展提出了更高的要求。 近年来，国家对农业及食用菌加工业不断加大投入，食用菌加工涌现出诸多生产技术，也让食用菌产品更加多样化、个性化，成为国民经济发展的“新兴产业”和新的经济“增长点”，有利于促进农业产业结构调整，拓展现代农业发展“新空间”。 研发起步晚，能力明显不足 全球栽培食用菌市值约300亿~340亿美元，药用菌产品100亿~120亿美元，野生菌5亿美元，总计400亿~460亿美元。其中大部分作为蔬菜和食品食用，而食用菌的子实体、菌柄、菇脚、碎屑等均可作为加工原料				

After more than ten years of cultivation, edible fungi have become the fifth largest agricultural industry after grain, vegetables, fruit trees and oilseeds. With the rapid development of economy, the traditional edible fungi and fresh food can not meet the needs of the market. The edible fungi deep-processed products are gradually becoming "fragrant baboon" because they are rich in nutrition and have many physiological functions and medicinal value to regulate the human body. This puts forward higher requirements for the development of processing technology.In recent years, the state has continuously increased investment in agriculture and edible fungi processing industry, and many production technologies have emerged in edible fungi processing, which has also made edible fungi products more diversified and individualized, and has become a "new industry" and a new economic "growth point" in the national economic development, which is conducive to promoting the restructuring of agricultural industry and expanding modern times. New space for agricultural development.Research and development started late, and capacity is obviously insufficient.The global market value of cultivated edible fungi is about US\$30 billion to US\$34 billion, medicinal fungi products are US\$10 billion to US\$12 billion, and wild fungi are US\$500 million, with a total of US\$40 billion to 46 billion. Most of them are eaten as vegetables and food, while fruiting bodies, stalks, mushroom feet, crumbs, etc. of edible fungi can be used as raw materials for processing.

高血压 Hypertension				
1. 牟平区文化街道卫生中心开展全国高血压日宣传活动 Muping district culture street health center to carry out the national hypertension day campaign	来源：水母网	类别：高血压	态度：提倡	时间： 09:21:27
	来源：水母网	Category: hypertension	Attitude: advocate	Time: 09:21:27
牟平区文化街道卫生中心开展全国高血压日宣传活动 水母网10月16日讯（通讯员 李静）为了做好2018年全国高血压日的宣传工作，进一步提高广大居民的的健康意识和水平，根据区卫计局、区疾控中心开展2018年全国高血压日宣传活动的通知。近日，牟平区文化街道社区卫生服务中心举办了主题为“知晓您的血压”的咨询宣传活动。 通过活动广泛宣传高血压的防治知识及低盐饮食，进一步加强居民健康教育和健康促进，提高居民的健康意识和健康水平，使居民知晓定期测量血压、低盐控压等核心知识。 本次活动发放健康宣传印刷资料200多份。前来咨询居民100余人，通过咨询与发放宣传资料，使得居民加深了对高血压及健康生活方式理解、更加深了低盐控压的认识，受到了现场广大居民的一致好评，取得了良好的社会效果，达到了预期目的				
Muping district cultural street health center carries out nationwide publicity campaign on Hypertension DayJellyfish Network, October 16 (correspondent Li Jing) In order to do a good job in the propaganda of the National Hypertension Day 2018, to further improve the health awareness and level of the general population, according to the District Health Planning Bureau, the District CDC launched the National Hypertension Day 2018 propaganda activities notice. Recently, Muping District Cultural Street Community Health Service Center held a consultation and publicity campaign on the theme of "Know Your Blood Pressure".Through activities to widely publicize the prevention and treatment of hypertension knowledge and low-salt diet, to further strengthen health education and health promotion, improve the awareness of health education and health level of residents, so that residents know the core knowledge of regular measurement of blood pressure, low-salt pressure control.More than 200 copies of health promotion and printing materials were issued. More than 100 residents were consulted. Through consulting and distributing propaganda materials, the residents have deepened their understanding of hypertension and healthy lifestyle, deepened their understanding of low salt and pressure control. They have received unanimous praise from the residents on the spot, and achieved good social results and achieved the desired goals.				
2. 郯城县阎什中心卫生院开展高血压日义诊活动 Juancheng county yan shi central hospitals to develop high blood pressure, yizhen activities	来源：山东新闻网	类别：高血压	态度：提倡	时间： 18:28:00
	来源：山东新闻网	Category: hypertension	Attitude: advocate	Time: 18:28:00
鲁网菏泽10月17日讯 10月8日，全国第21个“高血压日”。郯城县阎什中心卫生院组织开展了健康义诊活动。医务人员积极宣传党的各项惠民政策，倡导健康生活理念，引导群众形成健康饮食的生活习惯，科学预防并控制高血压，不断促进健康素养水平。 “只有把群众的利益挂在心上,真心实意地为老百姓办好事、办实事,深深植根于人民群众之中,老百姓才会满意”。活动期间，省中医药大学附属二院下派业务院长任永才亲力亲为，以良好的医技和耐心的诊疗、辅导宣传、解答居民问题，深受居民的好评				

Lu net Heze October 17th hearing October 8th, the country's twenty-first "Hypertension Day". Yan County Central Hospital of Juancheng organized a health clinic. Medical staff actively publicize the Party's policies to benefit the people, advocate the concept of healthy living, guide the masses to form healthy eating habits, prevent and control hypertension scientifically, and constantly promote the level of healthy living quality."Only when the interests of the masses are taken into account, and the people do good deeds and practical deeds sincerely and deeply rooted in the people, can the people be satisfied." During the activity, Ren Yongcai, the president of the Second Affiliated Hospital of the Provincial University of Chinese Medicine, was personally assigned to help the residents with good medical skills and patience in the diagnosis and treatment, counseling and publicity, and answering residents' questions.

心血管健康 Cardiovascular health				
1. 杭州市中医院牵头成立中西医结合脑病专科联盟 Hangzhou hospital led combine traditional Chinese and western medicine encephalopathy junior coalition	来源：浙江在线	类别：心血管健康	态度：提倡	时间： 15:52:24
	来源：浙江在线	Category: cardiovascular health	Attitude: advocate	Time: 15:52:24
浙江在线·健康网10月17日讯（浙江在线 见习记者 沈昕雨 通讯员 徐尤佳）当下，脑血管发病正呈现“井喷”态势。2017年《中国脑卒中防治报告》显示，我国40岁以上的人群现患和曾患脑卒中人数为1242万，每年新发脑卒中患者200余万人，全国每年死于脑卒中的患者达180万，大部分脑卒中存活患者因残疾而不能独立生活。 为进一步促进脑血管疾病治疗规范化，10月16日，由杭州市中医院牵头，包括杭州市红十字会医院、余杭区中医院、淳安县中医院等在内共14家医院，共同成立了杭州市中西医结合脑病专科联盟。 这是对浙江医联体建设工作的推动，也将进一步推进城				

市三级医疗优质资源下沉，夯实分级诊疗工作基础，深化市级公立医院综合改革和医养护一体化智慧医疗服务，为老百姓的卫生健康保驾护航。时间就是大脑：最短的溶栓时间 近两年来，杭州市中医院在以脑卒中为主的脑血管病、认知功能障碍疾病、帕金森病等的中西医结合综合治疗上进行探索，脑卒中防治一体化建设取得了有效成绩

Zhejiang Online - Health Network, October 17 (Zhejiang online intern reporter Shen Yinyu correspondent Xu Youjia) at present, cerebrovascular disease is showing a "blowout" situation. According to the stroke prevention and treatment report of China in 2017, 12.42 million people over the age of 40 are now suffering from and have suffered from stroke, more than 2 million new stroke patients each year, and 1.8 million stroke patients die each year in China. Most stroke survivors can not live independently because of disability. In order to further promote the standardization of treatment of cerebrovascular diseases, on October 16, Hangzhou Hospital of Traditional Chinese Medicine led by Hangzhou, including Hangzhou Red Cross Hospital, Yuhang District Hospital, Chun'an County Hospital of Traditional Chinese Medicine, including a total of 14 hospitals, jointly established the Hangzhou Special Union of Integrative Chinese and Western Medicine encephalopathy. This will push forward the construction of Zhejiang Medical Union, further promote the sinking of high-quality medical resources at the city level, consolidate the basis of grading diagnosis and treatment, deepen the comprehensive reform of municipal public hospitals and the integrative intelligent medical service of medical care, and escort the health of the people. Time is the brain: the shortest thrombolysis time. In the past two years, Hangzhou Hospital of Traditional Chinese Medicine has explored the comprehensive treatment of cerebrovascular disease, cognitive impairment disease, Parkinson's disease and so on. The integration of prevention and treatment of stroke has achieved effective results.

健康中心
Health and Wellness Centers

1. 湖北居民人均摄盐摄油量均超标	来源：中国新闻网	类别：健康中心	态度：提倡	时间：17:05:04
Hubei per capita perturbation salt taken oil are overweight	来源：中国新闻网	Category: health and wellness centers	Attitude: advocate	Time: 17:05:04

“健康中国行”趣味科普燃爆江城 湖北居民人均摄盐摄油量均超标 武汉晚报讯（记者汪文琪 通讯员周芳 刘翔）10月16日下午，2018年湖北省暨武汉市“健康中国行”全民健康生活方式月“三减三健 全民行动”大型公益活动在青山江滩公园举行。根据《湖北省慢性病及其危险因素监测报告2013》显示，我省18岁以上居民家庭人均摄盐量为9.8克，人均每日烹调油摄入量为62.5克，均超过了《中国居民膳食指南2016》的推荐量。武汉疾控中心的医师们自编自导自演了一出大戏“不一样的餐馆”，现场教大家如何使用控盐勺、控油壶，生动演绎如何科学营养搭配。烹调一日三餐，“有表演，有知识，还可以免费测血糖、血压。既是蛮好的娱乐活动，还涨了知识

"Healthy China" interest popular science burns Jiangcheng Per capita salt intake of Hubei residents exceeded the standard. Wuhan Evening News (Reporter Wang Wenqi correspondent Zhou Fang Liu Xiang) October 16 afternoon, 2018 Hubei Province and Wuhan City "Health China" National Health Lifestyle Month "three minus three sound people action" large-scale public welfare activities were held in Qingshan River Beach Park. According to the "Monitoring Report on Chronic Diseases and Risk Factors in Hubei Province 2013", the average salt intake per household aged 18 years and over is 9.8 grams, and the daily cooking oil intake per household is 62.5 grams, which exceeds the recommended amount of the "Dietary Guidelines for Chinese Residents 2016". Doctors from Wuhan CDC have compiled and directed a drama called "Different Restaurant" to teach people how to use salt spoons and oil kettles to vividly explain how to cook three meals a day. "There are performances, knowledge, and you can also measure blood sugar and blood pressure for free. It is both a good entertainment and knowledge.

2. 老年营养饮食就差这份特别提示	来源：新华网广东频道	类别：健康中心	态度：提倡	时间：12:05:43
You sent this special nutrition diet old tip	来源：新华网广东频道	Category: health and wellness centers	Attitude: advocate	Time: 12:05:43

老年营养饮食 就差这份特别提示 有关老年营养的日常误区都被霍老师——解开。今天是重阳节的正日子，特将这份有关老年营养膳食的特别提示送给每位老年朋友，希望大家都能科学饮食，健康长寿。一半以上老年人受高血压困扰 讲座一开始，霍老师先展示了营养对我们最直接的影响。维生素B1缺乏导致的脚气病，缺碘导致的克汀病，缺乏尼克酸导致的癞皮病，叶酸缺乏导致的婴儿神经管畸形……一张张因营养缺乏导致严重疾病的资料图让人触目惊心。而这些疾病都曾一定程度地在我国的部分地区暴发过，比如婴儿神经管畸形问题，在我国的吕梁地区，曾达到百分之二的发病率

Elderly nutrition diet is bad, this special tip. The daily misunderstandings about the nutrition of old people were solved by Mr. Huo one by one. Today is the first day of the Double Ninth Festival. I'd like to send this special tip about nutritional diet for the elderly to every old friend. I hope everyone can eat scientifically and live a long and healthy life. More than half of the elderly suffer from hypertension. At the beginning of the lecture, Mr. Huo first showed the most direct influence of nutrition on us. Beriberi caused by vitamin B1 deficiency, cretinism caused by iodine deficiency, ringworm caused by nicotinic acid deficiency, neural tube deformity caused by folic acid deficiency in infants... A picture of serious diseases caused by lack of nutrition is startling. And these diseases have been outbreaks in some parts of China to some extent, such as the infant neural tube malformation problem, in China's Liliang region, has reached the incidence of 2%.

3. 市教育局中小学生卫生保健站举办“倡导三减三健打造健康生活”健康知识 ...	来源：郑州教育信息网	类别：健康中心	态度：提倡	时间：15:06:14
City bureau of education of primary and middle school students health seeks to hold the three minus three health advocate creating healthy life, "health knowledge...	来源：郑州教育信息网	Category: health and wellness centers	Attitude: advocate	Time: 15:06:14

为了推动开展全民健康生活方式行动，10月16日下午，郑州市中小学卫生保健站联合陇海社区在陇海社区活动室举办“倡导三减三健 打造健康生活”健康知识讲座，来自辖区的居民群众50余人参加了此次活动。本次活动，保健站邀请郑州市中医院副院长薛玉珠为大家讲解“三减+三健”健康知识。薛玉珠以各类食物的营养价值与合理饮食为切入点，针对不健康饮食和日常活动不足等有问题 的生活方式，详细讲解中国居民膳食指南和“三减三健”的具体要求，倡导居民减盐、减油、减糖饮食，定期体检，保持健康口腔、健康体重和健康骨骼，提高健康生活质量。最后，保健站在为居民提供发放健康知识宣传折页、健康油壶，同时对居民提出的肥胖、高血压、糖尿病等慢性病相关知识进行了答疑，现场气氛活跃，受到了社区群众的一致好评。此次活动，旨在将服务型单位建设活动走进社区，向辖区居民宣传健康生活方式，引导居民养成健康生活方式，让每个人都从自己做起，摒弃不良生活习惯，成为健康生活方式的受益者

In order to promote the implementation of the National Healthy Lifestyle Action, on the afternoon of October 16, Zhengzhou City Primary and Secondary School Health Care Station and Bohai Community held a seminar on "Promoting Three Reductions and Three Health to Create a Healthy Life" in the Bohai Community Activity Room, from the jurisdiction. More than 50 residents of the masses participated in the event. In this activity, the health station invited Xue Yuzhu, vice president of Zhengzhou Chinese Medicine Hospital, to explain the health knowledge of "three reductions + three health". Xue Yuzhu takes the nutritional value and reasonable diet of various foods as the starting point, and explains the dietary requirements of the Chinese residents and the specific requirements of the "Three Reductions and Three Healths" for the problematic lifestyles such as unhealthy diet and daily activities. Salt, oil reduction, sugar-reducing diet, regular physical examination, maintain healthy mouth, healthy weight and healthy bones, improve the quality of healthy life. Finally, the health station provided residents with health promotion information leaflets and healthy oil pots. At the same time, they answered questions about chronic diseases such as obesity, hypertension and diabetes raised by residents. The atmosphere at the scene was active and was highly praised by the community. The activity aims to bring service-oriented unit construction activities into the community, promote healthy lifestyles to residents in the area, guide residents to develop healthy lifestyles, and let everyone start from themselves, abandon bad habits and become healthy lifestyles beneficiary.

4. 200余款高端高颜值产品迎客格兰仕广交会实力吸睛	来源：中国经济网	类别：健康中心	态度：提倡	时间：11:12:23
Over 200 high-end products with high level of appearance galanz Canton fair to welcome strength eyes	来源：中国经济网	Category: health and wellness centers	Attitude: advocate	Time: 11:12:23

第124届广交会在广州琶洲国际会展中心进行。作为中国制造的名片企业，格兰仕已经参加过40届广交会，今年带来了200多款高品质产品。微蒸烤一体机、台嵌洗碗机、互联网冰箱、艺术空调、迷你洗衣机、复古微波炉……不仅产品数量创下格兰仕历届参展广交会之最，产品之高品质、高颜值设计也让全球客商振奋不已。轻松健康的生活方式，日益成为全球家庭的共同追求。本届广交会，格兰仕打出了 Q5、Q6及Q8系列微蒸烤一体机的组合拳，满足更加细分市场需求的同时，也展示出“微蒸烤”行业的最高水准

The 124th Canton Fair is held at Pazhou International Convention and Exhibition Center in Guangzhou. As a business card manufacturer in China, Granz has participated in more than 40 Canton Fair, bringing more than 200 high-quality products this year. Microsteaming and baking machine, table-mounted dishwasher, Internet refrigerator, art air conditioning, mini washing machine, retro-microwave oven... Not only the number of products has reached the highest level of Granz's previous exhibition, but also the high-end quality and high-value design of products have inspired customers all over the world. The relaxed and healthy way of life has increasingly become the common pursuit of the global family. At the Canton Fair, Granz launched a combination of Q5, Q6 and Q8 series micro-steaming and baking machines to meet the needs of more market segments, while also showing the highest level of the "micro-steaming and baking" industry.

5. 需警惕的7种做菜习惯？	来源：新浪网	类别：健康中心	态度：提倡	时间：10:21:13
Need to be mindful of 7 kinds of cooking habits?	来源：新浪网	Category: health and wellness centers	Attitude: advocate	Time: 10:21:13

Q：需警惕的7种做菜习惯？ A： 1、炒菜后不刷锅接着炒 2、油冒烟时才下锅 3、炒菜不开油烟机或炒完立马关掉 4、做菜时放很多调料…… 还有哪些？ 浏览下文，一探究竟！ 炒菜后不刷锅接着炒 很多人为了省事或看锅比较干净，不刷锅就直接炒下一道菜，这样做也是错误的！ 因为看似干净的锅表面会附着油脂和食物残渣，当再次高温加热时，可能产生苯并比等致癌物。而且不刷锅再接着炒菜的时候，你会发现食物残渣很容易烧焦，这也存在一定的致癌隐患。 建议：每做完一道菜，都应把锅清洗干净，再炒下一道菜。 油冒烟时才下锅 现在的食用油一般都经过了精炼，去除了大量容易“冒烟”的杂质，烟点比较高。油锅冒烟时，油温很可能已经达到200℃以上，此时把菜下锅，不仅会破坏食物的营养，还可能让食物中的蛋白质、脂肪和碳水化合物发生异变，产生一些致癌物

Q: 7 kinds of cooking habits that need to be vigilant? A: 1. After stir-frying, do not brush the pan and then stir-fry 2, oil smoke when the pan 3, stir-fry does not open the cooking fume machine or immediately turn off 4, cooking a lot of spices... What else? Let's look at the following. After frying, do not fry and stir fry. Many people in order to save trouble or see the pot is relatively clean, do not brush the pot to fry a dish directly, this is also wrong! Because the seemingly clean surface of the pot will adhere to grease and food residue, when heated again at high temperature, may produce carcinogens such as benzopyrene. And when you do not brush the pan and then fry, you will find that food residue is easy to burn, which also has a certain risk of carcinogenesis. Suggestion: every time you finish a dish, you should clean the pot and stir fry the dish. Only when oil is smoked. Today's cooking oil is generally refined, removed a large number of easy to "smoke" impurities, smoke is relatively high. When the oil pan smokes, the oil temperature is likely to have reached more than 200 degrees Celsius, at this time the dishes, not only will destroy the nutrition of food, but also may food protein, fat and carbohydrates mutation, produce some carcinogens.

6. 今日重阳! 祝申城480多万老年人节日快乐 (附健康小贴士) Chongyang today!More than 480 old people a happy holiday wish shen (attached health tips)	来源: 东方网	类别: 健康中心 Category: health and wellness centers	态度: 提倡 Attitude: advocate	时间: 08:27:39 Time: 08:27:39
今日重阳! 祝申城480多万老年人节日快乐 (附健康小贴士) 原标题: 今日重阳! 祝申城480多万老年人节日快乐 (附健康小贴士) 据上海发布, 秋色渐浓, 今天是农历九月初九, 月、日两九重, 九为阳数, 故称“重阳”, 也是大自然盛衰转捩的节点。经历了阳春和炎夏, 到了重阳, 秋高气爽, 天宇朗彻, 犹如上了年纪之人, 阅历了人生, 神清气定。今天小布邀请了两位专家专门讲讲老年人常见病—中风, 告诉你为什么坚持服用阿司匹林还是会中风? 三七粉等保健品到底能不能防治中风.....转给长辈送祝福! 浦江郊野公园, 摄影: 鲍伶俐 节日介绍 “重阳”的称谓早在战国时期就已经形成, 屈原《远游》就有“集重阳入帝宫兮”之句; 到了汉代, 重阳节渐渐盛行起来; 至唐代, 重阳正式成为民间的节日, 沿袭至今。孟浩然《过故人庄》 故人们鸡黍, 邀我至田家。绿树村边合, 青山郭外斜				
Today's Double Ninth Festival! Happy birthday to about 4800000 senior citizens in Shencheng city (with health tips)Original title: today's Double Ninth Festival! Happy birthday to about 4800000 senior citizens in Shencheng city (with health tips)According to Shanghai, autumn is getting denser and denser. Today is the ninth day of the ninth lunar month, with the moon and the sun overlapping each other and the ninth being the number of suns. Therefore, it is called the "Double Ninth" and it is also the turning point of the ups and downs of nature.Experienced the bright spring and hot summer, to the Chongyang, autumn, the sky is bright, like an elderly person, experienced life, calm.Today, Buffy invited two experts to talk about a common disease in the elderly, stroke, and tell you why you insist on taking aspirin or stroke? 37 can health care products such as powder prevent stroke? Send your blessing to your elders!Pujiang country park, photograph: Bao Ling LiHoliday introductionThe title of "Double Ninth Festival" had been formed as early as the Warring States Period. Qu Yuan's "Far Journey" had the phrase "Set the Double Ninth Festival into the Imperial Palace"; in the Han Dynasty, the Double Ninth Festival gradually became popular; in the Tang Dynasty, the Double Ninth Festival officially became a folk festival, which has been followed up to now.Meng Haoran's "old people's village"The old man has chicken millet and invited me to Tian Jia.The green tree village is closed, and the green hills and Kuo slopes.				
7. 社区爱心义诊活动走进区光荣院 Glorious institute community love yizhen activities into the area	来源: 汉丰网	类别: 健康中心 Category: health and wellness centers	态度: 提倡 Attitude: advocate	时间: 15:29:04 Time: 15:29:04
九九重阳节之际, 开州区文峰街道社区卫生服务中心的医护人员来到光荣院开展爱心义诊活动, 为老人提供免费的医疗服务。在义诊现场, 医务志愿者详细询问老人们的情况, 为他们进行了量血压、心肺听诊等常规检查, 并针对老人年老体弱容易患病的特点, 对老人的用药、保健、饮食给予了指导和叮嘱。医务志愿者不仅耐心地为老人讲解着病情和日常保健常识, 还现场为老人们健全健康档案、做到跟踪随访, 做到有病早治、无病早防。志愿者们认真对待每一位老人的咨询, 针对老人们血压普遍偏高的问题提出了“饮食少盐、低脂、低糖”、“适量运动、戒烟限酒”等建议。在两个多小时的义诊活动中, 医务志愿者的热情服务受到老人们的一致好评, 让老人们感受到了来自社会大家庭的温暖				
On the occasion of the Double Ninth Festival of 1999, medical and nursing staff from the community health service center of Wenfeng Street in Kaizhou District came to the Glorious Hospital to carry out charity clinics to provide free medical services for the elderly.On the spot of free clinic, the medical volunteers inquired about the physical condition of the elderly in detail, carried out routine examinations such as blood pressure measurement, cardiopulmonary auscultation and so on, and directed and instructed the elderly in medication, health care and diet according to the characteristics of the elderly and frail. Medical volunteers not only patiently explain the condition and daily health care knowledge for the elderly, but also on-site for the elderly to improve health records, do follow-up follow-up, to achieve early treatment, disease-free early prevention. The volunteers took the counseling seriously and put forward suggestions such as "eating less salt, low fat, low sugar", "exercising moderately, quitting smoking and restricting alcohol" in view of the high blood pressure of the elderly.In more than two hours of free clinic activities, the warm service of medical volunteers received unanimous praise from the elderly, so that the elderly feel the warmth from the community family.				
8. 品尝延庆美食享受舌尖盛宴 Yanqing gourmet taste enjoy a feast with the tip of the tongue	来源: 光明网	类别: 健康中心 Category: health and wellness centers	态度: 提倡 Attitude: advocate	时间: 10:37:08 Time: 10:37:08
五彩斑斓的京郊大地, 除了有如画的风景名胜区, 还有极其浓郁的特色地方乡宴, 这些美味足以在 multiday 之后还让你流连忘返。来京郊延庆赏美景, 这些美食你一定要尝尝! 火盆锅豆腐宴 延庆区柳沟村在传统火盆锅的基础上, 创出“凤凰城—火盆锅—农家三色豆腐宴”。其特点是以素为主, 荤素搭配, 四周配以具有农家特色的三个辅锅, 三个小碗, 六个凉菜, 取三羊开泰、四平八稳、六六大顺之意。 订餐电话: 13811502117 地址: 井庄镇柳沟村燕柳园 石泉乡宴 延庆石峡村依然延续着用石头盖房的习惯。村子石头多, 村民善于发掘石头的用途				
The colorful suburbs of Beijing, in addition to picturesque scenic spots, also have a very strong local characteristics of the local banquet, these delicious enough to make you linger for many days to forget to return. To enjoy the beautiful scenery in the suburbs of Yanqing, you must try the delicious food.Pot dinner with bean curdOn the basis of traditional hot pot, Liugou Village of Yanqing District has created a "Phoenix City - hot pot - farmhouse tricolor bean curd banquet". Its characteristics are mainly vegetarian, meat-vegetarian collocation, surrounded by three auxiliary pots with farm characteristics, three small bowls, six cold dishes, take three goats Kaitai, four flat eight stable, six smooth.Reservation number: 13811502117Address: Willow garden, Liu Gou Village, Jing Zhuang TownStone banquetYanqing Shi Xia Village continues to use the habit of using stone to build houses. The village is full of stones, and the villagers are good at digging stones.				
9. 重阳节, 这样孝敬父母一定不会错 The double ninth festival, so his father will not be wrong	来源: 新广网	类别: 健康中心 Category: health and wellness centers	态度: 提倡 Attitude: advocate	时间: 12:39:21 Time: 12:39:21
9月9日重阳节就要到了。重阳节也称老人节, 对于不能陪父母的年轻人来说, 过节总是在思念与愧疚中度过。若是父母身体欠安, 那就更是挂念了。在南京上班的小李, 看着父母年岁渐长, 身体越来越不好, 每次回老家看着双亲步履蹒跚, 听力下降到几乎不能正常对话, 腰疼腿疼、各种止痛药片堆满床头, 实在痛心不已。 想接父母到自己家住, 他们总是不习惯				
The Double Ninth Festival is coming in September 9th. The Double Ninth Festival is also called the Elderly's Day. For young people who can't accompany their parents, the festival is always spent in remembrance and guilt. If parents are not in good health, then they are more worried.Xiao Li, who works in Nanjing, watches his parents grow older and worse. Every time he goes back to his hometown, he watches his parents stagger, his hearing drops to almost impossible to talk normally. He has a pain in his back and leg, and various painkiller pills piled up on his bed.They want to pick up their parents and live at home.				
10. 防治胃癌, 从筛查开始 Prevention and treatment of gastric cancer, starting from the screening	来源: 东方网	类别: 健康中心 Category: health and wellness centers	态度: 提倡 Attitude: advocate	时间: 04:41:48 Time: 04:41:48
防治胃癌, 从筛查开始 10月15日-21日, 是2018全国早期胃癌防治宣传周, 今年的主题是“防治胃癌, 从筛查开始”。胃部恶性肿瘤作为我国发病率较高的癌症之一, 总让人避之不及。因为发现时间早晚不同, 最后的结局可能会有天壤之别。很多患者一经确诊就已是晚期, 对于这个问题, 好像我们经常能听到这么一句话: “要是能早点发现就好了,那么胃癌能够早发现吗?” 健康咨询热线: 028-96111。早发现的重要性 96111健康热线专家王浩波表示, 胃癌是起源于胃粘膜的病变, 在胃镜下就可以被发现, 这就是为什么我们一直强调胃镜检查的重要性				
Prevention and treatment of gastric cancer begins with screeningOctober 15-21, is the national propaganda week of early gastric cancer prevention and treatment in 2018, this year's theme is "prevention and treatment of gastric cancer, starting with screening". Gastric cancer is one of the high incidence cancers in China. Because the discovery time is different sooner or later, the final outcome may be very different. Many patients are at advanced stage once they are diagnosed. It seems that we often hear the saying, "If only we could find it earlier, would gastric cancer be detected earlier?" Health consultation hotline: 028-96111.The importance of early detection96111 Health Hotline expert Wang Haobo said: Yes, gastric cancer is originated from gastric mucosa lesions, can be found under gastroscopy, which is why we have always stressed the importance of gastroscopy.				
11. 雨坛镇开展“扶贫日”义诊活动 The rain altar town "poverty alleviation" yizhen activities	来源: 枞阳在线	类别: 健康中心 Category: health and wellness centers	态度: 提倡 Attitude: advocate	时间: 21:53:56 Time: 21:53:56
10月17日, 是第5个全国扶贫日, 也是第26个国际消除贫困日, 又是重阳节。当日上午, 雨坛镇组织扶贫工作站、卫计办、民政办和卫生院开展为孤寡老人及贫困家庭义诊。“胃在饭后疼吗?” “老人家, 你血压有一点高, 平时要注意少吃盐。” “秋季天凉注意保暖。” 在活动现场该镇卫生院医生耐心地前来就诊的人员开展健康体检, 认真询问孤寡老人和贫困户病史, 详细解答群众健康咨询, 讲解合理用药等健康知识和医学常识, 为高血压、糖尿病等慢性病患者提供合理的治疗及预防措施, 开具相关医药处方, 并为初步检查出疾病的群众提出进一步检查建议和治疗方案				
On October 17, the fifth National Day for Poverty Alleviation, the 26th International Day for Poverty Eradication, and the Double Ninth Festival. On the morning of the same day, Yutan Town organized poverty alleviation workstations, health planning offices, civil affairs offices and health centers to carry out voluntary clinics for the elderly, widows and poor families."Does the stomach hurt after meals?" "Elderly people, your blood pressure is a little high, usually pay attention to eat less salt." "Keep cool in autumn." At the scene of the activity, the doctors of the township health center patiently conducted physical examinations for the people who came to see the doctor, earnestly inquired about the medical history of the elderly and the poor, answered the public health consultation in detail, explained the health knowledge and medical knowledge such as rational drug use, and provided reasonable treatment and preventive measures for the chronic diseases such as hypertension and diabetes mellitus. To formulate relevant medical prescriptions, and to propose further examination proposals and treatment options for people who have initially detected the disease				
12. 芝罘区600余人免费接受慢病危险因素筛查 Zhifu district more than 600 people receive slow disease risk factor screening for free	来源: 水母网	类别: 健康中心 Category: health and wellness centers	态度: 提倡 Attitude: advocate	时间: 11:10:11 Time: 11:10:11
芝罘区600余人免费接受慢病危险因素筛查 日前, 2018年的中国成人慢性病与营养监测调查在塔山居委会正式启动, 至10月底, 芝罘区将在奇山、只楚、芝罘岛街道办事处共6个居委会随机选取600余人进行慢性病危险因素筛查。 筛查项目政府买单 昨日, 芝罘区疾病预防控制中心慢性病与营养监测调查现场, 记者看到, 前来配合慢病调查的人, 有各个年龄段的居民, 他们都早早来到现场, 手持尿管等待登记。据了解, 这是芝罘区疾病预防控制中心承担慢性病相关调查项目的第十二个头。芝罘区作为国家监测点之一, 从2007年开始, 每三年开展一次调查工作, 以此来监测慢性病患病趋势变化和和相关危险因素的情况。通过样点调查, 对全区来说, 可以获得本区整体居民目前的身体状况, 有利于合理安排医疗资源				

More than 600 people in Zhifu District receive free screening for risk factors for chronic diseases.A few days ago, the China Adult Chronic Disease and Nutrition Surveillance Survey was officially launched in Tashan Residential Committee in 2018. By the end of October, Zhifu District will randomly select more than 600 people from six neighborhood offices in Qishan, Chuzhi and Zhifu Island to screen for the risk factors of chronic diseases.Screening project government payYesterday, the Zhifu District Center for Disease Control and Prevention of chronic diseases and nutrition surveillance investigation site, reporters saw that the people came to cooperate with the investigation of chronic diseases, there are residents of all ages, they came to the scene early, holding a catheter waiting for registration. It is understood that this is the twelfth year that the Center for Disease Control and Prevention of Zhifu District undertook a chronic disease-related investigation project. As one of the national surveillance points, Zhifu District has carried out a survey every three years since 2007 to monitor the trend of chronic diseases and related risk factors. Through the sample survey, we can obtain the current physical condition of the whole residents in the district, which is conducive to the rational arrangement of medical resources.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

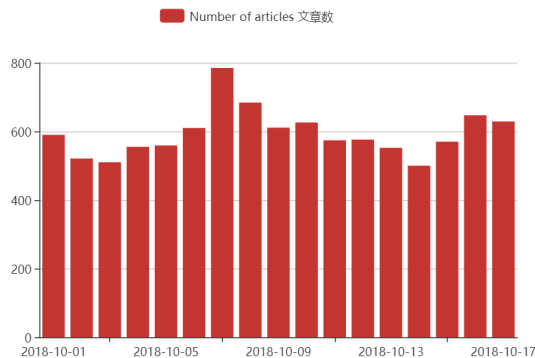
2018-10-17, 共监测到629篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 629 WeChat public articles were monitored in 2018-10-17. 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.



热门文章-前五 Popular Articles - Top 5

1. [南方人比北方人更长寿的原因, 终于找到了, 没想到竟然是...](#)

重复数: 6

日期: 2018-10-17

Repeat Number: 6

Data: 2018-10-17

[The reason why the southerners live longer than the north is finally found.](#)

我国人均耗盐量居世界第一, 高血压和胃病发病率都和吃盐多有关。一般情况下, 南方人饮食相对比较清淡, 北方人则口味比较重, 高血压患病率明显高于南方。

China's per capita salt consumption ranks first in the world, and the high incidence of hypertension and stomach disease is related to eating more salt. Under normal circumstances, the southerners' diet is relatively light, while the northerners have a higher taste. Therefore, the prevalence of hypertension in northerners is significantly higher than in the south.

2. [七成家庭日摄盐超标! 5种方法教你正确减盐](#)

重复数: 3

日期: 2018-10-17

Repeat Number: 3

Data: 2018-10-17

[Seventy percent family exceed the standard of salt intake everyday. There are five methods teaching you how to reduce salt.](#)

一项涉及全国75个大中城市的调查显示, 以《中国膳食指南(2016)》中每人食盐不超过6g的推荐摄入量标准计算, 有58.2%的居民食盐量偏高。

According to a survey of 75 large and medium-sized cities across the country, 58.2% of the population consumed more than 6 grams of salt per person recommended by the "China Dietary Guidelines (2016)".

3. [健身饮食除了少油少盐, 这些你也必须知道!](#)

重复数: 3

日期: 2018-10-17

Repeat Number: 3

Data: 2018-10-17

[In addition to less oil and less salt in fitness diet, you must know this!](#)

吃盐过多, 人体感到渴, 于是会多喝水, 这些水分子很快进入血液, 被血液里的盐吸引, 使血管膨胀, 血压升高, 身体水肿。长期有经前期综合征(情绪不稳、疲劳无力)的女性, 在经期前应注意控盐。

If you eat too much salt, your body will feel thirsty, so you will drink more water. These water molecules quickly enter the bloodstream and are attracted by the salt in the blood, causing the blood vessels to swell, the blood pressure to rise, and the body to edema. Women who have long-term premenstrual syndrome (emotional instability, fatigue, weakness) should pay attention to salt control before menstruation.

4. [每五人就有一人高血压! 吃惯了重口味 如何减盐、减油、减糖?](#)

重复数: 2

日期: 2018-10-17

Repeat Number: 2

Data: 2018-10-17

[Every five people have hypertension! How to reduce salt, oil and sugar?](#)

《中国居民膳食指南》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, 每一平均食盐量为2克。

The Dietary Guidelines for Chinese Residents recommend that 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 avoid eating too much salt, it is recommended to use a quantitative salt spoon which can holds 2 grams of salt accurately.

5. [7个方法控制轻度高血压](#)

重复数: 2

日期: 2018-10-17

Repeat Number: 2

Data: 2018-10-17

[7 ways to control mild hypertension](#)

正常情况下, 人体对钠的生理需要量每天仅为2~3克, 但实际膳食中含盐量高达10~15克, 高血压患者每日食盐量以不超过5克为宜, 太低了患者很难接受。实践证明, 在高血压的早期或轻型高血压患者, 单纯限盐就可能使血压恢复正常。而对中、重度高血压患者, 限制盐的摄入量, 不仅可提高其他降压药物的疗效, 还可使降压药物的剂量减少, 这样可大大的减少降压药物的副作用和药品费用

Under normal circumstances, the physiological needs of the human body for sodium is only 2 to 3 grams per day. However, the actual salt content in the diet is as high as 10 to 15 grams, and the daily salt intake of hypertensive patients is not more than 5 grams. Practice has shown that in patients with early hypertension or mild hypertension, simply limiting salt may return blood pressure to normal. For patients with moderate to severe hypertension, limiting salt intake can not only improve the efficacy of other antihypertensive drugs, but also reduce the dose of antihypertensive drugs. It can greatly reduce the side effects and drug costs of antihypertensive drugs.

减盐-微博

Salt Reduction - Weibo

2018-10-17, 共检测到1718条与“减盐”相关的微博。

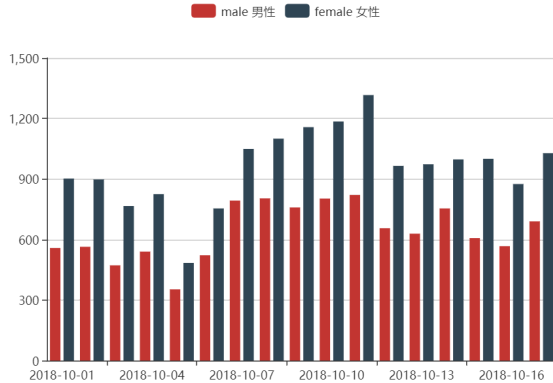
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 1718 weibos about salt reduction monitored on 2018-10-17.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

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



最热原创微博-前10 Hottest original weibos - Top 10

- 昵称: Fitpics** **性别: 女** **地区: 海外** **生日: 无** **认证: 个人**
Nickname: Fitpics **Sex: female** **Area: overseas** **Birthday: None** **Identity: Person**
时间: 2018-10-17 15:18 来自: 微博 weibo.com 转发数: 55 评论数: 8 点赞数: 37
Time: 2018-10-17 15:18 Source: 微博 weibo.com Repost: 55 Comment: 8 Like: 37
36天不这样, 减月旨增肌便当。少油少盐简调料, 鸡胸肉鱼肉白质。
The 36 day is not the same. Less oil and less salt, simple seasoning, chicken breast meat and white meat.
- 昵称: 会吃饭的王小潮** **性别: 女** **地区: 北京** **生日: 2018-01-01** **认证: 个人**
Nickname: 会吃饭的王小潮 **Sex: female** **Area: Beijing** **Birthday: 2018-01-01** **Identity: Person**
时间: 2018-10-17 16:45 来自: iPhone客户端 转发数: 0 评论数: 7 点赞数: 49
Time: 2018-10-17 16:45 Source: iPhone客户端 Repost: 0 Comment: 7 Like: 49
今日午餐, 少油少盐, 少吃糖
For lunch today, less oil, less salt and less sugar.
- 昵称: 世界卫生组织** **性别: 女** **地区: 北京** **生日: 1948-04-07** **认证: 政务**
Nickname: 世界卫生组织 **Sex: female** **Area: Beijing** **Birthday: 1948-04-07** **Identity: Official**
时间: 2018-10-17 21:00 来自: 微博 weibo.com 转发数: 11 评论数: 4 点赞数: 11
Time: 2018-10-17 21:00 Source: 微博 weibo.com Repost: 11 Comment: 4 Like: 11
【减盐小贴士】选择低钠调味品, 如低钠盐或替代盐。目前市场上, 已有许多减盐、低钠品种的调味品, 如低盐酱油、低盐酱、低盐咸菜等。#盐不过6#
[salt reducing tips] choose low sodium condiments, such as low sodium or salt instead. At present, there are many kinds of condiments with reduced salt and low sodium on the market, such as low salt soy sauce, low salt soy sauce, low salt pickle and so on. #Salt no more than 6#
- 昵称: 睿智沉香** **性别: 女** **地区: 辽宁** **生日: 无** **认证: 无**
Nickname: 睿智沉香 **Sex: female** **Area: Liaoning** **Birthday: None** **Identity: None**
时间: 2018-10-17 11:58 来自: iPhone客户端 转发数: 0 评论数: 0 点赞数: 6
Time: 2018-10-17 11:58 Source: iPhone客户端 Repost: 0 Comment: 0 Like: 6
少盐更健康? 这句话坑了多少人, 高血压更应该关注钠钾平衡。
Less salt and healthier? How many people are there in this sentence? Hypertension should pay more attention to sodium potassium balance.
- 昵称: 乐动力** **性别: 女** **地区: 北京** **生日: 0001-00-00** **认证: 机构**
Nickname: 乐动力 **Sex: female** **Area: Beijing** **Birthday: 0001-00-00** **Identity: Institution**
时间: 2018-10-17 11:30 来自: 微博 weibo.com 转发数: 0 评论数: 1 点赞数: 4
Time: 2018-10-17 11:30 Source: 微博 weibo.com Repost: 0 Comment: 1 Like: 4
#减脂餐打卡#5款健康早餐食谱分享给你餐对减肥实在太重要了, 但外面很难买到好吃、少盐少油、热量低的健康早餐。减重懒人来跟我一起做, 5分钟即可完成, 无难度的哦。L乐动力的秒拍视频
Five healthy breakfast recipes to share with you are really important for losing weight, but it's hard to buy a healthy breakfast with less salt, less oil and less calories outside. Weight loss lazy people to do with me, 5 minutes to complete, with no difficulty.
- 昵称: VIP小心灵** **性别: 女** **地区: 上海** **生日: 1995-06-01** **认证: 无**
Nickname: VIP小心灵 **Sex: female** **Area: Shanghai** **Birthday: 1995-06-01** **Identity: None**
时间: 2018-10-17 18:29 来自: 贝贝微助手 转发数: 0 评论数: 2 点赞数: 2
Time: 2018-10-17 18:29 Source: 贝贝微助手 Repost: 0 Comment: 2 Like: 2
【高血压应限制盐的摄入量】每日摄入盐的量应逐渐减至6g以下, 即普通啤酒盖去掉胶垫后, 一平盖食盐约为6g。这量指的是食盐量包括烹调用盐及其他食物中所含钠折合成食盐的总量。适当的减少钠盐的摄入有助于降低血压, 减少体内的钠水滞留。
[Hypertension should limit salt intake] The daily intake of salt should be gradually reduced to less than 6 g, that is, a flat cover of salt is about 6 g after the rubber pad is removed from the ordinary beer. This amount refers to the total amount of salt, including the amount of sodium in cooking salt and other foods converted into salt. Proper reduction of sodium intake can help reduce blood pressure and reduce sodium retention in the body.
- 昵称: 晋江公安龙湖派出所** **性别: 男** **地区: 福建** **生日: 01-01** **认证: 政务**

Nickname: 晋江公安龙湖派出所

时间: 2018-10-17 16:03

Time: 2018-10-17 16:03

Sex: male

来自: iPhone客户端

Source: iPhone客户端

Area: Fujian

转发数: 1

Repost: 1

Birthday: 01-01

评论数: 0

Comment: 0

Identity: Official

点赞数: 2

Like: 2

#今天重阳#【健康生活从我做起】“三减三健，全民行动”“三减三健”，即减盐、减油、减糖，健康口腔、健康体重、健康骨骼，我院开展“三减三健，全民行动”活动，旨在动员辖区居民关注“三减三健”健康生活方式，少盐、少油有益健康，@晋江公安龙湖派出所蜀黍提醒广大群众：倡导“每个人是自己健康第一责任人”理念，宣传健康生活方式相关知识，从而提高全辖区居民的健康素养，以实际行动推进健康中国建设。@杨保廷的微博@晋江公安英林派出所@泉州公安@sunny加惠@eoping Today, Chongyang Healthy Living Starts from Me The "Three Decreases Three Health Cares, National Action" and "Three Decreases Three Health Cares", namely, reducing salt, oil and sugar, healthy mouth, healthy weight and healthy skeleton, our hospital launched the "Three Decreases Three Health Cares, National Action" campaign to mobilize residents in the jurisdiction to pay attention to the "Three Decreases Three Health Cares" healthy lifestyle. Less salt, less oil is beneficial to health, @ Jinjiang Longhu police station maize remind the masses: advocate "everyone is the first person responsible for their own health" concept, publicize healthy lifestyle related knowledge, so as to improve the health literacy of the whole town residents, with practical action to promote the construction of a healthy China. @ Yang Bao Ting's micro-blog @ Jinjiang public security Ying Lin police station @ @ Quanzhou public security @sunny plus Hui @eoping

8. 昵称: 街角ノL仁

时间: 2018-10-17 00:58

Time: 2018-10-17 00:58

性别: 女

来自: 小米手机5

Source: 小米手机5

地区: 福建

转发数: 1

Repost: 1

生日: 无

评论数: 1

Comment: 1

认证: 个人

点赞数: 0

Like: 0

【经常测量血压】欧洲研究显示，高血压是早亡和多种疾病的头号风险因素。有高血压家族病史者，生活方式不健康人群以及中老年人应特别关注血液变化情况。吃盐过多、锻炼不足、身体肥胖、压力过大以及抽烟酗酒等都会增加高血压风险。专家建议，经常测量血压，定期看医生，可防患于未然。 [Regular measurement of blood pressure] European studies have shown that hypertension is the leading risk factor for premature death and multiple diseases. People with family history of hypertension, people with unhealthy lifestyle and middle-aged and elderly people should pay special attention to blood changes. Too much salt, inadequate exercise, obesity, stress, smoking and drinking all increase the risk of high blood pressure. Experts suggest that regular measurement of blood pressure, regular visits to doctors can take preventive measures.

9. 昵称: 胖姐要减肥

时间: 2018-10-17 11:30

Time: 2018-10-17 11:30

性别: 女

来自: 微博 weibo.com

Source: weibo.com

地区: 四川

转发数: 1

Repost: 1

生日: 01-01

评论数: 0

Comment: 0

认证: 无

点赞数: 1

Like: 1

36天不同样，减月旨增肌便当。少油少盐简调料，鸡胸肉鱼肉白质。 The 36 day is not the same. Less oil and less salt, simple seasoning, chicken breast meat and white meat.

10. 昵称: 寰店健康教育

时间: 2018-10-17 11:03

Time: 2018-10-17 11:03

性别: 男

来自: 360安全浏览器

Source: 360安全浏览器

地区: 北京

转发数: 1

Repost: 1

生日: 狮子座

评论数: 0

Comment: 0

认证: 无

点赞数: 1

Like: 1

10月20日是“世界骨质疏松日”。骨质疏松是中老年最常见的骨骼疾病，全球每3秒钟就有一个骨质疏松性骨折发生。近年来年轻都市女性中患骨质疏松的人越来越多，乱减肥、怕日晒、少运动是主要原因。“预防骨质疏松，促进骨骼健康”是全民健康生活方式行动的主要内容之一。“三减三健”：减盐、减油、减糖，健康口腔、健康体重、健康骨骼。 October 20th is the world Osteoporosis Day. Osteoporosis is the most common bone disease in the middle-aged and elderly, and one osteoporotic fracture occurs every three seconds in the world. In recent years, more and more young urban women suffer from osteoporosis. Losing weight, fear of the sun and less exercise are the main reasons. "Preventing osteoporosis and promoting bone health" is one of the main contents of the National Healthy Lifestyle Action. "Three reduction of three health": salt, oil and sugar reduction, healthy mouth, healthy weight, healthy bones.

今日被转发最多的微博

The most widely reposted weibos today

1. 昵称: 世界卫生组织

时间: 2018-07-11 20:00

Time: 2018-07-11 20:00

性别: 女

来自: 微博 weibo.com

Source: 微博 weibo.com

地区: 北京

转发数: 11800

Repost: 11800

生日: 1948-04-07

评论数: 106

Comment: 106

认证: 政务

点赞数: 215

Like: 215

今日被转发数: 2

【谁说身体要补盐?】对大多数人来说，通常情况下，排汗带来的盐分损失很少。又潮又热的天气里，记得要充分补水，但不是补盐哦！剧烈运动或大量排汗的情况下，请咨询医生，按需补充电解质。加入@演员马可，我们减盐在行动！#盐不过6#@时尚健康 Who says the body needs salt? For most people, sweating usually causes little salt loss. In the hot and hot weather, remember to replenish water, but not salt. Consult a doctor and supplement electrolytes on demand if you exercise or sweat heavily. Join the @ actor mark, let's reduce salt in action! However, 6#@ is fashionable and healthy.

2. 昵称: 世界卫生组织

时间: 2018-10-16 21:00

Time: 2018-10-16 21:00

性别: 女

来自: 微博 weibo.com

Source: 微博 weibo.com

地区: 北京

转发数: 13

Repost: 13

生日: 1948-04-07

评论数: 5

Comment: 5

认证: 政务

点赞数: 29

Like: 29

今日被转发数: 2

【减盐小贴士】善用替代品。用洋葱、香草、香料、陈皮、胡椒、辣椒等增加食物味道，减少用盐。#盐不过6# [salt reduction tips] make good use of alternatives. Use onion, vanilla, spices, tangerine peel, pepper, chili and so on to increase the taste of food and reduce salt. #Salt no more than 6#

3. 昵称: 许俊堂

时间: 2012-09-12 09:51

Time: 2012-09-12 09:51

性别: 男

来自: 好大夫在线

Source: 好大夫在线

地区: 北京

转发数: 39

Repost: 39

生日: 无

评论数: 15

Comment: 15

认证: 个人

点赞数: 1

Like: 1

今日被转发数: 1

回复了【高血压过高，】不一定需要吃药，应该通过改善生活方式等措施，如少吃盐、多运动、适当休息，看血压是否恢复正常。如果还高，建议去医院综合检查，由医生决定是否用药和使用何种药物。O网页链接 Respond to [high blood pressure.] do not necessarily need to take medicine, should improve lifestyle and other measures, such as less salt, more exercise, appropriate rest, to see if blood pressure returns to normal. If it is still high, it is recommended to go to the hospital for a comprehensive examination and decide whether to take medicine or what drugs to use.

4. 昵称: 世界卫生组织

时间: 2018-07-12 20:00

Time: 2018-07-12 20:00

性别: 女

来自: 微博 weibo.com

Source: 微博 weibo.com

地区: 北京

转发数: 99

Repost: 99

生日: 1948-04-07

评论数: 53

Comment: 53

认证: 政务

点赞数: 36

Like: 36

今日被转发数: 1

【盐多必失】钠是身体的必要营养素，但却不是越多越好。食盐中含钠39%，盐吃多了钠也就多了，患高血压、进而其他心血管疾病的风险也就高了。盐多必伤身，为了健康，和@营养师顾中一起，做#盐不过6#的倡导者吧！@时尚健康 Sodium is the essential nutrient of the body, but not the more, the better. Salt contains 39 percent of sodium, which increases the risk of high blood pressure and other cardiovascular diseases. More salt will hurt your body, for health, and @ nutritionist Gu Zhong, together, be the champion of 6#@_fashion health

专业机构发布的微博

Weibos from Authorities

1. 昵称: 世界卫生组织

时间: 2018-10-17 21:00

Time: 2018-10-17 21:00

性别: 女

来自: 微博 weibo.com

Source: 微博 weibo.com

地区: 北京

转发数: 11

Repost: 11

生日: 1948-04-07

评论数: 4

Comment: 4

认证: 政务

点赞数: 11

Like: 11

【减盐小贴士】选择低钠调味品，如低钠盐或替代盐。目前市场上，已有许多减盐、低钠品种的调味品，如低盐酱油、低盐酱、低盐咸菜等。#盐不过6#[salt reducing tips] choose low sodium condiments, such as low sodium or salt instead. At present, there are many kinds of condiments with reduced salt and low sodium on the market, such as low salt soy sauce, low salt soy sauce, low salt pickle and so on. #Salt no more than 6#

2.

昵称：大渡口发布

性别：女

地区：重庆

生日：0001-00-00

认证：政务

Nickname：大渡口发布

Sex：female

Area：Chongqing

Birthday：0001-00-00

Identity：Official

时间：2018-10-17 15:23
Time：2018-10-17 15:23

来自：微博 weibo.com
Source：微博 weibo.com

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

【开展健康讲座 预防心脑血管疾病】近日，大渡口区茄子溪街道康丰社区联合社区卫生服务站在二楼会议室，开展了一场高血压健康知识讲座。提醒大家合理膳食、健康用盐和科学锻炼。数百名中老年居民参加了此次讲座。详情戳O大渡口报数字报纸
Health lectures on prevention of cardiovascular and cerebrovascular diseases A lecture on hypertension health was held recently at the meeting room of the second floor of Huifeng Community Health Service Station, Qiaozixi Street, Dadukou District. Remind everyone to have a reasonable diet, healthy salt and scientific exercise. Hundreds of middle-aged and elderly residents attended the lecture. Details stamp O Dadukou digital report

3.

昵称：北京西城健康教育

性别：女

地区：北京

生日：0001-00-00

认证：政务

Nickname：北京西城健康教育

Sex：female

Area：Beijing

Birthday：0001-00-00

Identity：Official

时间：2018-10-17 13:26
Time：2018-10-17 13:26

来自：微博 weibo.com
Source：微博 weibo.com

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

#不负责任的谣传#吃盐多少跟血压无关？此前，发表于《美国高血压》杂志上的文章说，科学家分析8670名法国成年人的健康数据后发现，虽然高血压患者的食盐摄入量的确比普通人高，但盐的摄入量和血压之间没有直接联系。真相：“减少食盐摄入量是最廉价和简单的降压方，每人每天如果能减少6克盐，对我国而言，每年可以避免约36万人因脑卒中和冠心病而死亡。”@北京12320在聆听@西城健康@健康时报
2320在聆听@西城健康@健康时报 How much salt is there for irresponsible rumors? Previously, an article published in the American Journal of Hypertension said scientists analyzed the health data of 8,670 French adults and found that although salt intake was higher in patients with hypertension than in the general population, there was no direct link between salt intake and blood pressure. Truth: "Reducing salt intake is the cheapest and easiest way to reduce blood pressure. If you can reduce 6 grams of salt per person per day, about 360,000 people in China can be saved from dying from stroke and coronary heart disease every year." @北京12320

4.

昵称：晋江市公安局金井派出所

性别：男

地区：福建

生日：无

认证：政务

Nickname：晋江市公安局金井派出所

Sex：male

Area：Fujian

Birthday：None

Identity：Official

时间：2018-10-17 15:56
Time：2018-10-17 15:56

来自：iPhone客户端
Source：iPhone客户端

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

#全民健身生活方式日# “要想身体好，三减三健要知道”，大家一起学起来啦！身体好，心情棒。三减三健我知道。健康秘诀人人夸。幸福传递到万家。点点头，拍拍手，少吃甜食多饮水，烹饪减盐别太油。清淡饮食益处多。健康三减记心上。弯弯腰，压压腿。体态匀称心情美。早晚刷牙勤漱口。适量运动筋骨强。健康三健不能忘。转个圈，开步走。科学运动少喝酒。爱惜身体不吸烟。笑口常开促健康。心态乐观正能量。跟我学，跟我跳。三减三健天天唱。生活方式同自律。全民健康富国强。Healthy Lifestyle Day for All # "If you want to be in good health, three minus three health care to know", we have to learn together! Good health, good mood. Three minus three, I know. The secret of health is everybody's praise. Happiness passes to thousands of families. Nod your head and clap your hands. Eat less sweets and drink more water. Cooking salt instead of too much oil. Light diet has many benefits. Health three is reduced to mind. Bend your waist and press your legs. The body is symmetrical and the mood is beautiful. Brush your teeth and rinse your mouth sooner or later. Moderate exercise and strong physique. Health three health should not be forgotten. Turn around and walk. Science sports drink less. Take good care of your body and do not smoke. Laughter keeps improving health. Optimistic attitude is positive energy. Learn from me and jump with me. Three minus three health every day. Lifestyle and self-discipline. The whole nation is healthy and rich.

5.

昵称：健康青羊

性别：女

地区：四川

生日：0001-00-00

认证：政务

Nickname：健康青羊

Sex：female

Area：Sichuan

Birthday：0001-00-00

Identity：Official

时间：2018-10-17 20:43
Time：2018-10-17 20:43

来自：微博 weibo.com
Source：微博 weibo.com

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

为推动全民健身生活方式行动深入开展，切实提高群众健康保健意识和健康生活方式行力能力，近日，大升社区卫生服务中心在社区院落（顺城大街212号）开展了以“三减三健，全面行动”（“三减”即减盐、减油、减糖；“三健”即健康口腔、健康体重、健康骨骼）为主题的公众健康咨询活动。Recently, Taisheng Community Health Service Center has launched a comprehensive action to reduce salt, oil and sugar in the community courtyard (No. 212 Shuncheng Avenue) in order to promote the healthy lifestyle action of the whole people and improve the people's health awareness and healthy lifestyle behavior ability. Three healthy. "oral health, healthy weight, healthy bones" as the theme of public health consultation activities.

6.

昵称：晋江公安龙湖派出所

性别：男

地区：福建

生日：01-01

认证：政务

Nickname：晋江公安龙湖派出所

Sex：male

Area：Fujian

Birthday：01-01

Identity：Official

时间：2018-10-17 16:03
Time：2018-10-17 16:03

来自：iPhone客户端
Source：iPhone客户端

转发数：1
Repost：1

评论数：0
Comment：0

点赞数：2
Like：2

#今天重阳#【健康生活从我做起】“三减三健，全民行动”“三减三健”，即减盐、减油、减糖，健康口腔、健康体重、健康骨骼，我院开展“三减三健，全民行动”活动，旨在动员辖区居民关注“三减三健”健康生活方式，少盐、少油有益健康，@晋江公安龙湖派出所蜀黍提醒广大群众：倡导“每个人是自己健康第一责任人”理念，宣传健康生活方式相关知识，从而提高全辖区居民的健康素养，以实际行动推进健康中国建设。@杨保廷的微博@晋江公安英林派出所@泉州公安@sunny加惠@eoping Today, Chongyang Healthy Living Starts from Me The "Three Decreases Three Health Cares, National Action" and "Three Decreases Three Health Cares", namely, reducing salt, oil and sugar, healthy mouth, healthy weight and healthy skeleton, our hospital launched the "Three Decreases Three Health Cares, National Action" campaign to mobilize residents in the jurisdiction to pay attention to the "Three Decreases Three Health Cares" healthy lifestyle. Less salt, less oil is beneficial to health. @ Jinjiang Longhu police station maize remind the masses: advocate "everyone is the first person responsible for their own health" concept, publicize healthy lifestyle related knowledge, so as to improve the health literacy of the whole town residents, with practical action to promote the construction of a healthy China. @ Yang Bao Ting's micro-blog @ Jinjiang public security Ying Lin police station @ @ Quanzhou public security @sunny plus Hui @eoping

7.

昵称：北京怀柔九渡河健康教育

性别：女

地区：北京

生日：0001-00-00

认证：政务

Nickname：北京怀柔九渡河健康教育

Sex：female

Area：Beijing

Birthday：0001-00-00

Identity：Official

时间：2018-10-17 14:54
Time：2018-10-17 14:54

来自：微博 weibo.com
Source：微博 weibo.com

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

【高血压非药物治疗措施有四个重点】一、合理膳食5、限制盐的摄入量。一般不超过6g（约普通啤酒盖一平盖量）。6、多吃新鲜蔬果。There are four key points in the treatment of hypertension: first, a reasonable diet of 5, and limiting the intake of salt. Generally no more than 6G (about a normal beer cover), 6, eat more fresh fruits and vegetables.

8.

昵称：北京怀柔九渡河健康教育

性别：女

地区：北京

生日：0001-00-00

认证：政务

Nickname：北京怀柔九渡河健康教育

Sex：female

Area：Beijing

Birthday：0001-00-00

Identity：Official

时间：2018-10-17 14:49
Time：2018-10-17 14:49

来自：微博 weibo.com
Source：微博 weibo.com

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

【高血压治疗5大常见误区，可能你正在做！】误区三：过分依靠药物高血压的治疗需要坚持健康的生活方式。药物治疗，应该建立在健康生活方式的基础之上，积极控制和改正吸烟、过量饮酒、高盐饮食等不良习惯，对药物的治疗效果有辅助作用。There are 5 common mistakes in treating hypertension. Maybe you are doing it. Myth three: too much dependence on drugs and high blood pressure requires a healthy lifestyle. Drug therapy should be based on a healthy lifestyle, and actively control and correct bad habits such as smoking, excessive drinking, high salt diet, etc. to supplement the therapeutic effect of drugs.

9.

昵称：北京怀柔九渡河健康教育

性别：女

地区：北京

生日：0001-00-00

认证：政务

Nickname：北京怀柔九渡河健康教育

Sex：female

Area：Beijing

Birthday：0001-00-00

Identity：Official

时间：2018-10-17 14:53
Time：2018-10-17 14:53

来自：微博 weibo.com
Source：微博 weibo.com

转发数：0
Repost：0

评论数：0
Comment：0

点赞数：0
Like：0

【高血压非药物治疗措施有四个重点】一、合理膳食4、多吃钠低、钾钙高的食品，如豆类、茄子、海带、牛奶等；少吃动物内脏、老火汤类，否则容易促进体内血液中的尿酸增加，加重脏器的负担。[Hypertension non-drug treatment measures have four key points] 1. Reasonable diet 4. Eat more food with low sodium and high potassium and calcium, such as beans, eggplant, kelp, milk and so on; Eat less animal viscera, Laohuo soup, otherwise easy to promote the increase of uric acid in the body's blood, increase the burden of multiple organs.

10. 昵称：北京怀柔九渡河健康教育 性别：女 地区：北京 生日： 0001-00-00 认证： 政务

Nickname: 北京怀柔九渡河健康教育 Sex: female Area: Beijing Birthday: 0001-00-00 Identity: Official

时间： 2018-10-17 14:53 来自： 微博 weibo.com 转发数： 0 评论数： 0 点赞数： 0

Time: 2018-10-17 14:53 Source: 微博 weibo.com Repost: 0 Comment: 0 Like: 0

【高血压非药物治疗措施有四个重点】一、合理膳食3、适量摄入优质蛋白。高血压病人每日蛋白质摄入量以每公斤体重1g为宜，每周食用2-3次鱼类，可改善血管弹性和通透性，增加尿钠排除，从而降低血压，如合并肾功能不全时，应进一步限制蛋白质摄入。

There are four key points in the treatment of hypertension: first, a reasonable diet of 3 and adequate intake of high quality protein. The dietary protein intake of hypertension patients should be 1 g per kg of body weight. 2-3 times a week of fish intake can improve vascular elasticity and permeability, increase urinary sodium excretion, and thus reduce blood pressure. If complicated with renal insufficiency, protein intake should be further restricted.

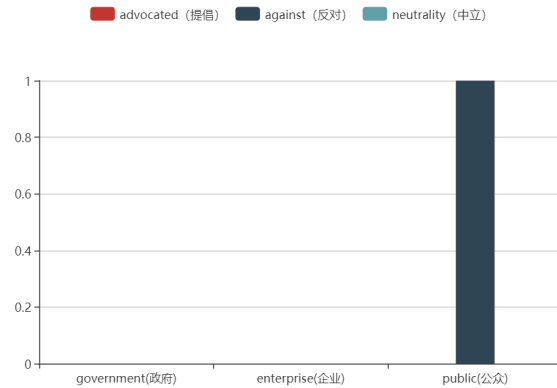
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-17) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-17. Please click the title to view full information.

The original article is in Chinese only.



新闻主体分类

Classification of news subject

政府 Government				
没有相关文章!				
No such articles!				
企业 Industry				
没有相关文章!				
No such articles!				
公众 Public				
1. 减少油腻摄入轻饮食更健康	来源：山东周刊	类别：反式脂肪酸	态度：反对	时间：17:13:58
To reduce fat intake to light more healthful diet	来源：山东周刊	Category: trans fat	Attitude: against	Time: 17:13:58
<p>目前，我国居民烹调油摄入量过多，脂肪提供能量的比例过大。沈阳市健康教育中心专家李涵表示，过多脂肪摄入会增加慢性病的患病风险，减少烹调油用量是必然选择。烹调油包括植物油和动物油，是人体必需脂肪酸和维生素E的主要来源，也有助于食物中脂溶性维生素的吸收利用。有人觉得少用油做出来的菜就不好吃了。李涵说：“饮食习惯是可以培养的，美味不一定油多，推荐成人每天烹调油25～30克</p>				
<p>At present, the consumption of cooking oil in China is excessive, and the proportion of fat to provide energy is too large. Li Han, an expert from Shenyang Health Education Center, said that excessive fat intake would increase the risk of chronic diseases and reducing cooking oil consumption was an inevitable choice. Cooking oils, including vegetable and animal oils, are the main source of essential fatty acids and vitamin E, and also contribute to the absorption and utilization of fat-soluble vitamins in foods. Some people think that cooking with less oil will not taste good. Li Han said: "Dietary habits can be cultivated, delicious not necessarily oil, recommended cooking oil for adults 25 to 30 grams a day</p>				

内容分类

Classification of Content

反式脂肪酸
Trans fat

1. [减少油腻摄入轻饮食更健康](#)

来源：山东周刊

类别：反式脂肪酸

态度：反对

时间：17:13:58

[To reduce fat intake to light more healthful diet](#)

来源：山东周刊

Category: trans fat

Attitude: against

Time: 17:13:58

目前, 我国居民烹调油摄入量过多, 脂肪提供能量的比例过大。沈阳市健康教育中心专家李涵表示, 过多脂肪摄入会增加慢性病的患病风险, 减少烹调油用量是必然选择。烹调油包括植物油和动物油, 是人体必需脂肪酸和维生素E的主要来源, 也有助于食物中脂溶性维生素的吸收利用。有人觉得少用油做出来的菜就不好吃了。李涵说: “饮食习惯是可以培养的, 美味不一定油多, 推荐成人每天烹调油25 ~ 30克

At present, the consumption of cooking oil in China is excessive, and the proportion of fat to provide energy is too large. Li Han, an expert from Shenyang Health Education Center, said that excessive fat intake would increase the risk of chronic diseases and reducing cooking oil consumption was an inevitable choice.Cooking oils, including vegetable and animal oils, are the main source of essential fatty acids and vitamin E, and also contribute to the absorption and utilization of fat-soluble vitamins in foods.Some people think that cooking with less oil will not taste good. Li Han said: "Dietary habits can be cultivated, delicious not necessarily oil, recommended cooking oil for adults 25 to 30 grams a 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

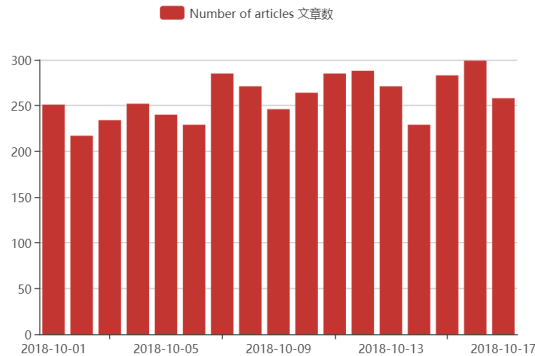
2018-10-17, 共监测到258篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 258 WeChat public articles were monitored in 2018-10-17. 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.



热门文章-前五 Popular Articles - Top 5

1. 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

Repeat Number: 6

日期: 2018-10-17

Data: 2018-10-17

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造多吃天然食品, 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. Keeping waist circumference, the incidence of cardiovascular diseases will also decline.

2. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!

[These 6 kinds of milk must not be given to children. Second kinds of milk may be bought every day!](#)

重复数: 4

Repeat Number: 4

日期: 2018-10-17

Data: 2018-10-17

仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不仅不利于孩子健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响孩子的健康。

In addition to milk powder and white sugar, the ingredient list also contains non-fat, which contains trans fatty acids, which is not only harmful to children's health, but also affects mental development. And most of the milk tablets are added with flavor, and excessive consumption will affect the health of the child.

3. 减脂遇到了瓶颈怎么办? 知道这些还不算晚

[What should we do if the fat loss encounters a bottleneck? It is not too late to know this.](#)

重复数: 3

Repeat Number: 3

日期: 2018-10-17

Data: 2018-10-17

不饱和脂肪酸主要食物来源有鱼肉、虾肉、植物油、坚果、牛油果等。还有一点要注意的是反式脂肪酸, 一般常见于加工食品中, 常用词为氢化植物油、人造黄油等, 对心血管疾病是有很大威胁的。

The main food sources of unsaturated fatty acids are fish, shrimp, vegetable oil, nuts, avocado and the like. Another point to note is the trans fatty acids, which are commonly found in processed foods. The commonly used words are hydrogenated vegetable oils, margarines, etc., which pose a great threat to cardiovascular disease.

4. 吃素也要有技术含量, 吃的不对, 再素也白搭!

[People should eat plants scientifically. If you don't choose the right food, vegetarian food is not good for your health!](#)

重复数: 3

Repeat Number: 3

日期: 2018-10-17

Data: 2018-10-17

实际上, 针对人们对素食和植物性食品的青睐, 一些产品甚至以使用“植物奶油”、“植物起酥油”等为宣传卖点, 而就对血脂的影响而言, 这类“素油”比动物油更糟糕。已经有多项研究证实, 这些产品中所含“反式脂肪酸”, 会大大增加人们罹患心血管疾病和糖尿病的风险, 还可能危害大脑的健康。

In fact, in response to the popularity of vegetarian and vegetable foods, some products even use "vegetable butter" and "vegetable shortening" as promotional selling points, and in terms of the impact on blood lipids, such "vegetable oil" is worse than animal oil. A number of studies have confirmed that trans fatty acids in these products can greatly increase the risk of cardiovascular disease and diabetes, and possibly harm the health of the brain.

5. 中国人的身体, 迟早被这些“网红美食”玩坏了.....

[Sooner or later, the Chinese body is damaged by these "internet celebrity foods".](#)

重复数: 3

Repeat Number: 3

日期: 2018-10-17

Data: 2018-10-17

人造奶油是由植物油氢化而成的人造油脂, 目的是替代昂贵的天然黄油, 大大降低了食品的成本。但低档的人造奶油中可能含有人工色素、香精、防腐剂等添加剂, 植物油氢化过程中会产生大量反式脂肪酸。反式脂肪酸是一种人体很难代谢的物质, 会增加人们罹患心血管疾病的概率。同时增加肾脏代谢的负担, 可能影响儿童智力发育, 对糖尿病患者和儿童的危害尤其大。

Margarine is an artificial oil that is hydrogenated from vegetable oils. It is designed to replace expensive natural butter and greatly reduce the cost of food. However, low-grade margarine may contain artificial colors, flavors, preservatives and other additives, and a large amount of trans fatty acids are produced during the hydrogenation of vegetable oils. Trans fatty acids are substances that are difficult to metabolize in humans and increase the probability of cardiovascular disease. At the same time, it will increase the burden of kidney metabolism, and affect children's intellectual development, especially for diabetic patients and children.

反式脂肪酸-微博

Transfat - Weibo

2018-10-17, 共检测到44条与“反式脂肪酸”相关的微博。

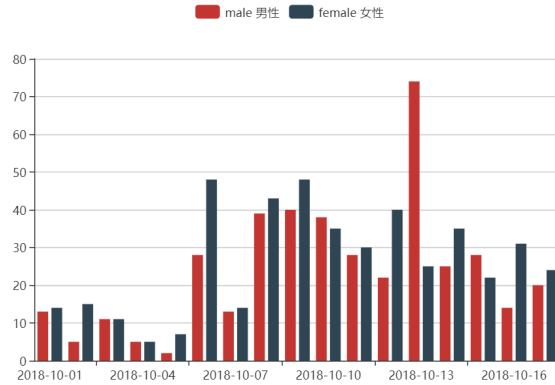
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 44 weibos about transfat reduction monitored on 2018-10-17.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

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



最热原创微博-前10 Hottest original weibos - Top 10

- 昵称: 整形医生黄主任** **性别: 男** **地区: 四川** **生日: 1965-06-01** **认证: 个人**
Nickname: 整形医生黄主任 **Sex: male** **Area: Sichuan** **Birthday: 1965-06-01** **Identity: Person**
时间: 2018-10-17 11:15 来自: 微博 weibo.com 转发数: 0 评论数: 1 点赞数: 0
Time: 2018-10-17 11:15 Source: weibo.com Repost: 0 Comment: 1 Like: 0

吸脂#减肥小知识#喝杯奶茶胖几斤你知道吗? 奶茶中用了大量的奶精, 奶精主要成分是氢化植物油, 这是一种反式脂肪酸。反式脂肪酸容易使人发胖, 它让人长胖的能力可是正常脂肪的7倍之多, 还会参与人体脂肪酸的代谢, 所以减肥的人, 少喝奶茶。
Do you know the weight loss of a cup of milk tea? Milk tea uses a lot of milk essence, the main ingredient of milk essence is hydrogenated vegetable oil, which is a trans fatty acid. Trans fatty acids are easy to make people fat. They can make people fat seven times as much as normal fat. They also participate in the metabolism of human fatty acids, so people who lose weight should drink less milk tea.
- 昵称: 小清新的购物笔记** **性别: 女** **地区: 安徽** **生日: 2018-09-28** **认证: 无**
Nickname: 小清新的购物笔记 **Sex: female** **Area: Anhui** **Birthday: 2018-09-28** **Identity: None**
时间: 2018-10-17 22:19 来自: OPPO R9 转发数: 0 评论数: 0 点赞数: 1
Time: 2018-10-17 22:19 Source: OPPO R9 Repost: 0 Comment: 0 Like: 1

这个玩偶是我前两天刚吃的奶油蛋糕上的装饰~刚才刷养生新闻时看到~新闻上说, 人造奶油是心脏病的元凶~惊吓~L小清新的购物笔记的秒拍视频
This doll is the decoration on the cream cake I just ate the other day~I saw it on the health news just now~The news says margarine is the culprit of heart disease.
- 昵称: 小白小小颖** **性别: 女** **地区: 其他** **生日: 无** **认证: 无**
Nickname: 小白小小颖 **Sex: female** **Area: Other** **Birthday: None** **Identity: None**
时间: 2018-10-17 09:22 来自: iPhone客户端 转发数: 1 评论数: 0 点赞数: 0
Time: 2018-10-17 09:22 Source: iPhone客户端 Repost: 1 Comment: 0 Like: 0

day5早餐.....吃了2/3包饼干, 有110g左右。。。不过值得高兴的是: 1、体会到了零食这种东西只有前三口是好吃的, 后面再吃真的难受2、这次停下来了3、零食里有大量的人造奶油, 是反式脂肪, 对身体有害4、受不了这种甜食了5、酸奶真甜, 真难喝午餐: 半碗米+两个菜(六分饱) 晚餐: 一根香蕉
Day5 breakfast... I eat 2/3 bag biscuits, about 110g. But it is gratifying to know that the first three bites of snacks are delicious, and then eat really uncomfortable 2. this stop 3. snacks contain a lot of margarine, is trans fat, harmful to the body 4. can not stand this sweet 5. yogurt is really sweet, really bad to drink lunch: half a bowl of rice + two dishes (Six minutes full) dinner: a banana.
- 昵称: 营养师李慧** **性别: 女** **地区: 辽宁** **生日: 1968-11-25** **认证: 无**
Nickname: 营养师李慧 **Sex: female** **Area: Liaoning** **Birthday: 1968-11-25** **Identity: None**
时间: 2018-10-17 20:45 来自: iPhone客户端 转发数: 0 评论数: 0 点赞数: 0
Time: 2018-10-17 20:45 Source: iPhone客户端 Repost: 0 Comment: 0 Like: 0

【营养小贴士】按照《预包装食品营养标签通则》规定, 在配料表中如果使用了氢化植物油, 在营养成分表中需要标注反式脂肪酸含量, 但是反式脂肪酸含量小于等于0.3克/100克固体食物或100毫升液体食品时, 可以标注反式脂肪酸为0。
[Nutrition Tips] According to the General Principles for Nutrition Labelling of Prepackaged Foods, trans fats should be labeled on the ingredient list if hydrogenated vegetable oils are used, but when trans fatty acids are less than or equal to 0.3 g/100 g of solid food or 100 ml of liquid food, trans fats can be labeled without acid
- 昵称: 的米无敌策3** **性别: 女** **地区: 四川** **生日: 1995-10-02** **认证: 无**
Nickname: 的米无敌策3 **Sex: female** **Area: Sichuan** **Birthday: 1995-10-02** **Identity: None**
时间: 2018-10-17 20:39 来自: 小米5X 拍人更美 转发数: 0 评论数: 0 点赞数: 0
Time: 2018-10-17 20:39 Source: 小米5X 拍人更美 Repost: 0 Comment: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定, 可以使食品外观更好看, 口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高, 买食品前看配料表和营养标签, 植物起酥油、代可可能、氢化植物油这些名字, 都是反式脂肪酸的代名词。
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.
- 昵称: 出可精彩芳** **性别: 男** **地区: 云南** **生日: 1991-10-14** **认证: 无**
Nickname: 出可精彩芳 **Sex: male** **Area: Yunnan** **Birthday: 1991-10-14** **Identity: None**
时间: 2018-10-17 20:22 来自: 小米手机4s 转发数: 0 评论数: 0 点赞数: 0
Time: 2018-10-17 20:22 Source: 小米手机4s Repost: 0 Comment: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定, 可以使食品外观更好看, 口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高, 买食品前看配料表和营养标签, 植物起酥油、代可可能、氢化植物油这些名字, 都是反式脂肪酸的代名词。

Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

7. 昵称: 读学花园怡6888

性别: 男

地区: 安徽

生日: 1996-03-14

认证: 无

Nickname: 读学花园怡6888

Sex: male

Area: Anhui

Birthday: 1996-03-14

Identity: None

时间: 2018-10-17 14:40

来自: Android客户端

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-17 14:40

Source: Android客户端

Repost: 0

Comment: 0

Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。

Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

8. 昵称: 几三爰生活琼

性别: 女

地区: 江苏

生日: 1980-03-13

认证: 无

Nickname: 几三爰生活琼

Sex: female

Area: Jiangsu

Birthday: 1980-03-13

Identity: None

时间: 2018-10-17 14:07

来自: 小米MIX概念手机

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-17 14:07

Source: 小米MIX概念手机

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【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定，可以使食品外观更好看，口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高，买食品前看配料表和营养标签，植物起酥油、代可可脂、氢化植物油这些名字，都是反式脂肪酸的代名词。

Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

9. 昵称: 千杯不醉的猴子3543

性别: 男

地区: 山西

生日: 1990-03-16

认证: 无

Nickname: 千杯不醉的猴子3543

Sex: male

Area: Shanxi

Birthday: 1990-03-16

Identity: None

时间: 2018-10-17 13:50

来自: HUAWEI Mate S

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-17 13:50

Source: HUAWEI Mate S

Repost: 0

Comment: 0

Like: 0

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10. 昵称: 用户6768554458

性别: 男

地区: 陕西

生日: 1987-06-11

认证: 无

Nickname: 用户6768554458

Sex: male

Area: Shaanxi

Birthday: 1987-06-11

Identity: None

时间: 2018-10-17 11:31

来自: 前后2000万 OPPO R11

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-17 11:31

Source: 前后2000万 OPPO R11

Repost: 0

Comment: 0

Like: 0

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性别: 女

地区: 海外

生日: 无

认证: 个人

今日被转发数: 3

Nickname: 育儿美食团

Sex: female

Area: overseas

Birthday: None

Identity: Person

Repost Today: 3

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Repost: 148

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#一起家庭教育##超级体验官#【含有这几个字的食物，妈妈别给宝宝吃！】作为亲妈，真的应该即刻停止让宝宝吃含有反式脂肪的食物~妈妈给宝宝选择食物时，一定要选择天然、安全的食物，关注宝宝饮食安全，让宝宝健康成长。

As a parent, you should stop letting your baby eat foods containing trans fats right away. When choosing foods for your baby, you must choose natural and safe foods, pay attention to the safety of your baby's diet and let him grow up healthily.

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1. 没有相关微博!
- No such weibos!