

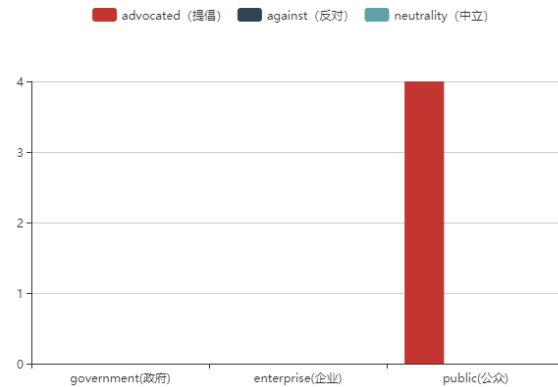
减盐-新闻

Salt Reduction - News

今日 (2019-01-06) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2019-01-06. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food

没有相关文章!

No such articles!

高血压 Hypertension

没有相关文章!

No such articles!

心血管健康 Cardiovascular health

没有相关文章!

No such articles!

综合健康信息 Comprehensive Health Information

没有相关文章!

No such articles!

决心工程 Resolve To Save Lives

没有相关文章!

No such articles!

河南

Henan

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安徽
Anhui

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浙江
Zhejiang

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No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 不同口味的食物含有营养素不同酸甜苦辣要尝尝 Different tastes of food contain different nutrients, different sour, sweets, bitters and spices to taste	来源: 扬州网 Source: Yangzhou net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 22:00:58 Time: 22:00:58
食物的口味不同, 说明里面所含有的营养元素不一样, 一种食物里面有可能会含有多种营养元素, 但是还有的量是不一样的, 不妨跟着小编来了解一下。 不同口味的食物含有营养素也不同, 酸甜苦辣要尝尝! 1、鲜味代表着蛋白质 鲜味代表在里面含有大量的蛋白质而且质量高, 我们可以在鲜味食品里面摄取优质的蛋白质。另外里面所含有大量的核苷酸以及无机盐, 能够促进组织细胞的再生及修复。				
The taste of food is different, indicating that the nutrients contained in it are different, a food may contain a variety of nutrients, but the amount is different, may as well follow the small knitting to understand. Different tastes of food contain different nutrients, sour, sweet, bitter and spicy to taste! 1. Flavor represents protein flavor, which means that it contains a lot of protein and has high quality. We can get high quality protein in delicious food. In addition, it contains a large number of nucleotides and inorganic salts, which can promote the regeneration and repair of tissue and cells.				

高血压
Hypertension

1. [冬春控血压做足四点才合格](#) 来源：南方网 主体：公众 态度：提倡 时间： 09:06:03
[It takes four o'clock for blood pressure control in winter and spring to qualify.](#) Source: Southern net Subject: public Attitude: advocate Time: 09:06:03

冬春季节要“既病防变”，气候应对、作息调整、饮食安排、吃药控制四方面都要注意。据估算，目前我国高血压患者有2.7亿人之多，相当于每五个人中就有一个高血压。心血管专家指出，如何做一“合格的高血压患者”是有讲究的，尤其是冬春季节要“既病防变”，气候应对、作息调整、饮食安排、吃药控制四方面都要注意。18岁以上人士，每年至少有一次测量血压，在排除休息不好的情况下，如心悸，耳鸣，头晕、睡眠差的情况时有发生，也要提防是否高血压在“作祟”，及时发现及时调控。

In winter and spring, attention should be paid to climate response, work and rest adjustment, diet arrangement and medication control. It is estimated that there are more than 270 million hypertensive patients in China, which is equivalent to one hypertension in every five people. Cardiovascular experts pointed out that how to be a "qualified hypertension patient" is exquisite, especially in winter and spring, "both disease prevention and change prevention", climate response, work and rest adjustment, dietary arrangements, medication control should be paid attention to four aspects. Persons over 18 years of age, at least once a year to measure blood pressure, in the exclusion of bad rest, such as palpitation, tinnitus, dizziness, poor sleep occasionally occur, but also to be aware of whether hypertension in the "cause of trouble", timely detection and control.

心血管健康
Cardiovascular health

没有相关文章!

No such articles!

综合健康信息
Comprehensive Health Information

1. [减一次不反弹的肥培养这些习惯就好](#) 来源：扬子晚报 主体：公众 态度：提倡 时间： 09:01:17
[Lose one non-rebound weight and develop these habits](#) Source: Yangtse Evening Post Subject: public Attitude: advocate Time: 09:01:17

几个月减几十斤很容易，市面上各种不靠谱的方法和产品都能帮你，所以说它们不靠谱，就是因为要么会伤害身体，要么就容易反弹。而健康地减一次不反弹的肥，却没有什么妙招或秘籍，只有靠一点一滴、循序渐进的养成科学生活方式，变瘦则是水到渠成的结果。所以2019年的肥不急着减，跟着谷老师来培养科学生活方式吧。1 正餐搭配篇，每顿饭必有主食，最少也要吃130克的米饭或70克的馒头。最好粗细搭配，并非是每顿饭都得做到粗细搭配，努力做就好。

It's easy to lose tens of kilograms in a few months. All kinds of unreliable methods and products on the market can help you. The reason why they are unreliable is that they can either hurt your body or rebound easily. However, there is no magic trick or secret to lose weight without rebounding. Only by developing a scientific lifestyle step by step, can we get thinner as a result. So don't rush to lose weight in 2019. Follow Gu to develop a scientific lifestyle. For dinner matching, there must be staple food for each meal, and at least 130 grams of rice or 70 grams of steamed bread should be eaten. It's better to match the meals carefully, not every meal must be matched carefully, just try to do it.

2. [怀孕7个月血压低怎么办?](#) 来源：TOM 主体：公众 态度：提倡 时间： 13:30:55
[What about low blood pressure in 7 months of pregnancy?](#) Source: TOM Subject: public Attitude: advocate Time: 13:30:55

怀孕7个月血压低怎么办？造成低血压的原因很多，因为原因不一样，所以低血压有生理性的和病理性的区别，比如身体瘦弱的老年人以及女性，就很容易出现不同程度的低血压，这属于原发性低血压病，除此之外，怀孕期间的女性是低血压的高发人群，针对孕妇出现的低血压问题，目前最主要的解决方法是饮食调理，具体做法如下。怀孕7个月血压低怎么办？1、在饮食方面、多吃些温补脾胃的食物，多吃易消化的蛋白食物，如鸡、蛋、鱼、乳酪、牛奶等，要少食多餐。

What about low blood pressure in 7 months of pregnancy? There are many reasons for hypotension, because the reasons are different, so there are physiological and pathological differences in hypotension. For example, thin elderly people and women, it is easy to have different degrees of hypotension, which belongs to primary hypotension disease. In addition, women during pregnancy are the high-risk group of hypotension. For pregnant women, the problem of hypotension appears most at present. The main solution is dietary conditioning, the specific approach is as follows. What about low blood pressure in 7 months of pregnancy? 1. In terms of diet, eat more food to warm the spleen and kidney, eat more digestible protein food, such as chicken, eggs, fish, cheese, milk and so on, and eat less and more meals.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2019-01-06, 共监测到555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 555 WeChat public articles were monitored in 2019-01-06. This page shows the top five articles by repeat number today.

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

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门文章-前五 Popular Articles - Top 5

- [1. 十大健康警戒线划出来了, 寿命长短都由它决定!](#) 重复数: 18 日期: 2019-01-06

[Unlike the Chinese who like to stir-fry, fry and other "heavy taste" cooking methods, Japanese cooking methods are mainly raw food or steamed, cold or boiled. In the Japanese diet, there is generally less oil, less salt, and less seasoning. The principle of eating is "light food", and try to keep all kinds of dietary materials as original.](#) Repeat Number: 18 Data: 2019-01-06

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克, 这6克, 相当于一个啤酒瓶盖大小。

Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage and accelerates osteoporosis. And if the salt intake is too much, the skin will also deteriorate. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap.
- [2. 为何日本人的平均寿命远超中国人15岁! 真相在这十条里, 发人深省!](#) 重复数: 6 日期: 2019-01-06

[Why the average life expectancy of the Japanese is far more than the Chinese 15 years old! The truth is in these ten articles. Thought-provoking!](#) Repeat Number: 6 Data: 2019-01-06

和中国人喜欢爆炒、煎炸等“重口味”的烹饪方式不同, 日本人的烹饪方式主要是生食或者清蒸、凉拌或水煮。在日本饮食中普遍少油、少盐、少调味品, 其饮食原则是“轻食”, 尽量使各种食材材料保持原味。

Unlike the Chinese who like to stir-fry, fry and other "heavy taste" cooking methods, Japanese cooking methods are mainly raw food or steamed, cold or boiled. In the Japanese diet, there is generally less oil, less salt, and less seasoning. The principle of eating is "light food", and try to keep all kinds of dietary materials as original.
- [3. 18张癌症人体地图, 揭秘致癌真相.....](#) 重复数: 5 日期: 2019-01-06

[Eighteen human maps of cancer revealing the truth of carcinogenesis...](#) Repeat Number: 5 Data: 2019-01-06

盐摄入量超标可导致胃癌。相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。

Excessive salt intake can lead to gastric cancer. According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the required amount. standard. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.
- [4. 血栓是吃出来的, 这四种食物一定要少吃或不吃](#) 重复数: 5 日期: 2019-01-06

[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#) Repeat Number: 5 Data: 2019-01-06

咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。

Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.
- [5. 央视曝光! 不吃味精、鸡精的看看吧!](#) 重复数: 4 日期: 2019-01-06

[CCTV exposed it! The people who do not eat monosodium glutamate and chicken powder should take a look at it!](#) Repeat Number: 4 Data: 2019-01-06

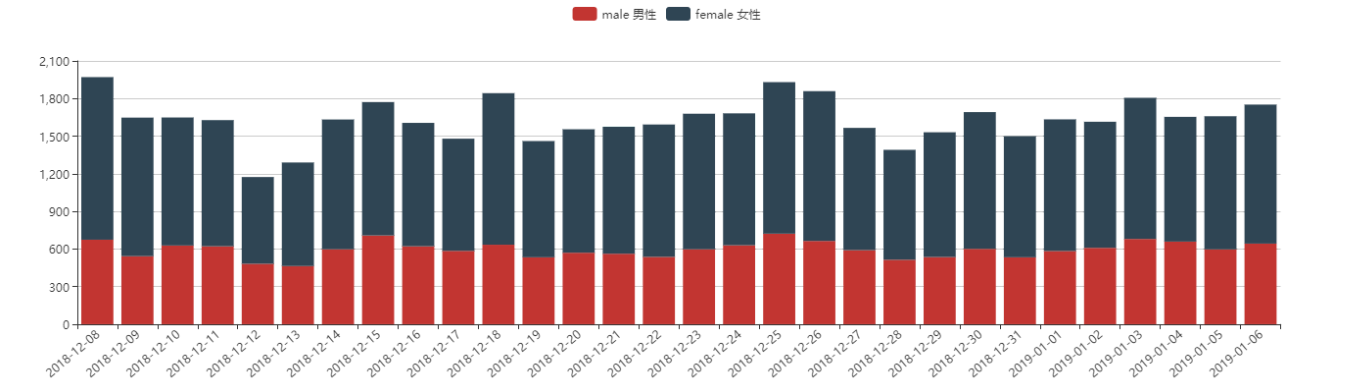
饮食以清淡为宜, 与食盐一样, 味精中的主要成分谷氨酸钠中含有钠元素, 而过量摄入钠则会导致高血压等心脑血管疾病。因此, 要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。如果再加上味精中的钠, 就会更多。

The diet should be talked about. Like salt, sodium glutamate, the main ingredient in MSG, contains sodium, and excessive intake of sodium can cause cardiovascular and cerebrovascular diseases such as high blood pressure. Therefore, it is necessary to control MSG as well as controlling salt intake. The dietary guidelines for residents in China advocate that the amount of salt per person per day should be less than 6 grams. However, the actual intake generally reaches about 10 grams. If you add sodium in MSG, it will be more.

减盐-微博

Salt Reduction - Weibo

2019-01-06, 共检测到1752条与“减盐”相关的微博。
本页面列出转发量超过50的微博。
点击微博内容可查看微博原文。
There are 1752 weibos about salt reduction monitored on 2019-01-06.
Weibos whose repost number is greater than 50 are listed in this page.
Click the content of each weibo, and you can see the detail information.
下图展示了最近30天的数据获取量。
The following figure shows the amount of data acquired in the last 30 days.



热门微博

Hot Weibos

1. 昵称: 每日健康百科

Nickname: 每日健康百科

时间: 2019-01-06 19:05

来自: 微博weibo.com

Source: 微博weibo.com

地区: 江苏

Area: Jiangsu

转发数: 53

Repost: 53

评论数: 0

Comment: 0

认证: 个人

Identity: Person

点赞数: 35

Like: 35

【身体护理六招】1清肺:多吃苹果,苹果皮中的果胶和抗氧化物能减轻肺部的炎症反应。2清肠:多吃香蕉等水果,多吃粗粮。3清胃:不熬夜;少吃过甜咸辣酸冷烫食物。4清肝:每天运动10分钟。5清胆囊:多吃芹菜、谷物、红薯等高纤维食物。少吃动物内脏、蛋黄等富含胆固醇的食物。6清肾脏:少吃盐,多喝水。#每日健康百科

[6 methods of body care] 1 clearing lungs: eat more apples. Pectin and antioxidants in apple skin can reduce the inflammatory response in the lungs. 2 clearing intestines: eat more fruits such as bananas, eat more coarse grains. 3 clearing stomach: do not stay up late; eat less sweet, salty, spicy and cold food. 4 clearing liver: Exercise for 10 minutes a day. 5 clearing gallbladder: eat more high-fiber food such as celery, cereals, sweet potatoes. Eat less cholesterol-rich foods such as animal offal and egg yolk. 6 clearing kidney: eat less salt and drink plenty of water.

2. 昵称: 中科体检

Nickname: 中科体检

时间: 2019-01-06 11:24

来自: 皮皮时光机

Source: 皮皮时光机

地区: 江西

Area: Jiangxi

转发数: 52

Repost: 52

评论数: 7

Comment: 7

认证: 机构

Identity: Institution

点赞数: 13

Like: 13

【钾】天然降压药。高钾膳食对于因钠摄入太多而导致的高血压有一定作用。钾通过扩张血管,降低血管阻力来降低血压,还能增加尿钠的排泄,从而起到降压作用,能降低心脏病、中风等疾病的风险。钾的推荐摄入量是3500毫克/天。最好的补钾来源有蔬菜,尤其是绿色叶菜、菌藻类和薯类,以及水果和豆类。

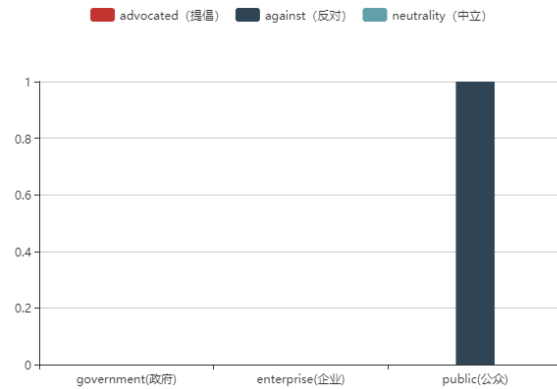
Potassium is a natural antihypertensive drug. High potassium diets have a role in high blood pressure caused by too much sodium intake. Potassium lowers blood pressure by dilating blood vessels and lowering vascular resistance. It also increases the excretion of urinary sodium, thereby reducing blood pressure. It can reduce the risk of diseases such as heart disease and stroke. The recommended intake of potassium is 3500 mg/day. The best sources of potassium are vegetables, especially green leafy vegetables, algae and potatoes, as well as fruits and beans.

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-06) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-06. Please click the title to view full information.

The original article is in Chinese only.



山东 Shandong

反式脂肪酸
Trans fat

没有相关文章!

No such articles!

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

河南 Henan

反式脂肪酸
Trans fat

没有相关文章!

No such articles!

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

安徽 Anhui

反式脂肪酸
Trans fat

没有相关文章!

No such articles!

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

浙江 Zhejiang

反式脂肪酸
Trans fat

没有相关文章!

No such articles!

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

其他省份
Other Provinces

反式脂肪酸
Trans fat

1. [“人造肉”将被端上餐桌，你吃还是不吃?](#)
[Artificial meat will be served to the table. Do you eat it or not?](#)

来源：新浪网
Source: Sina network

主体：公众
Subject: public

态度：反对
Attitude: against

时间：10:48:32
Time: 10:48:32

人类对于肉类的喜爱，是亘古不变的，现如今随着发展，肉类也成为餐桌上必不可少的食物。曾有科学家做过研究，若按照这样的需求计算，全球需要每年宰杀700亿只动物，而饲养这些动物需要占用全球大约70%的农业用地，耗费全球约60%的谷物资源。除了耗费地球资源之外，禽畜养殖还对环境造成极大压力，这对地球的生态平衡造成极大的负担。随着细胞培育技术的兴起，科学家们设想并发明了一种“人造肉”技术，据说可以大大增加肉类产量且不会对生态环境造成过大压力。

Human's love for meat is unchanged from time immemorial. Nowadays, with the development, meat has become an indispensable food on the table. Scientists have done research. According to such demand, the world needs to kill 70 billion animals every year. Raising these animals takes up about 70% of the world's agricultural land and consumes about 60% of the world's grain resources. In addition to consuming the earth's resources, livestock farming also causes great pressure on the environment, which imposes a great burden on the ecological balance of the earth. With the rise of cell culture technology, scientists have conceived and invented a "artificial meat" technology, which is said to greatly increase meat production without putting too much pressure on the ecological environment.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

反式脂肪酸-微信 Transfat - WeChat

2019-01-06, 共监测到299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 299 WeChat public articles were monitored in 2019-01-06. This page shows the top five articles by repeat number today.

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

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门文章-前五 Popular Articles - Top 5

- [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)
[Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.](#)

重复数: 5
Repeat Number: 5

日期: 2019-01-06
Data: 2019-01-06

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

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.
- [脸要穷养, 脚要富养; 心要穷养, 肺要富养。](#)
[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

重复数: 3
Repeat Number: 3

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少吃加工食品 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。少吃人造多吃天然食品, 配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats. Maintaining waist circumference also reduces the incidence of cardiovascular disease.
- [每年致死50万人, 已被世卫组织呼吁停用! 就藏在我们每天吃的食物里...](#)
[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

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

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.
- [喝茶可以减肥, 喝这种茶却增肥!](#)
[Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.](#)

重复数: 2
Repeat Number: 2

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少吃那些反式脂肪酸含量高的食物 培养良好的饮食习惯, 少吃少买反式脂肪酸含量高的食物。多吃新鲜食物。新鲜蔬菜、水果、粮食、谷物、肉、蛋当中, 不含有反式脂肪。研究表明: 女性若将反式脂肪酸摄入量降低到总能量的2%, 可使冠心病的危险性下降53%。

Eat less foods with high levels of trans fatty acids and develop good eating habits. Eat less and buy less foods with high levels of trans fatty acids. Eat more fresh food. Fresh vegetables, fruits, grains, meat, and eggs do not contain artificial trans fats. Studies have shown that women who reduce their trans fatty acid intake to 2% of total energy can reduce the risk of coronary heart disease by 53%.
- [脸要穷养, 脚要富养; 心要穷养, 肺要富养.....你都养对了吗?](#)
[Facial need to be poor, feet need to be rich, heart need to be poor, lung need to be rich...](#)

重复数: 2
Repeat Number: 2

日期: 2019-01-06
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心与四时之夏相顺应。心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

反式脂肪酸-微博 Transfat - Weibo

2019-01-06, 共检测到154条与“反式脂肪酸”相关的微博。

本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

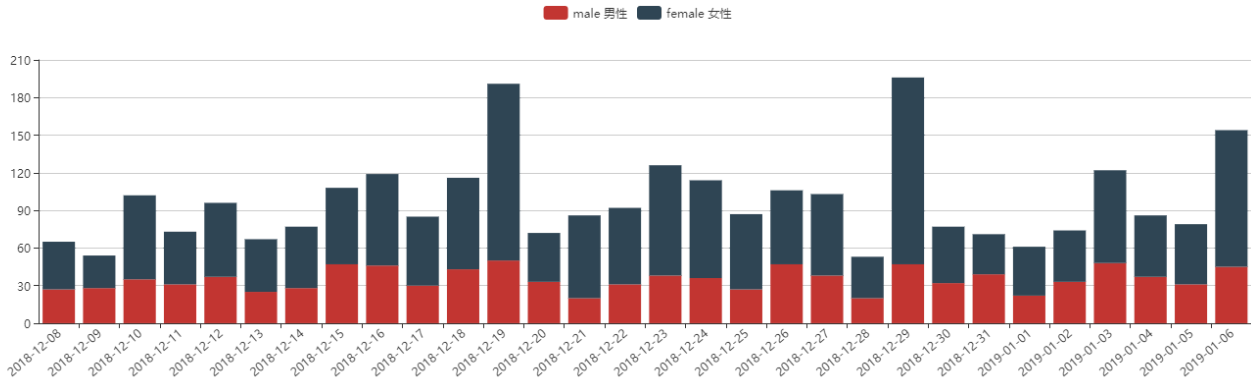
There are 154 weibos about transfat reduction monitored on 2019-01-06.

Weibos whose repost number is greater than 50 are listed in this page.

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

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!