

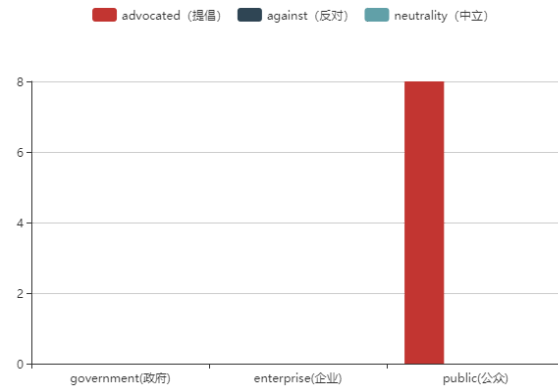
减盐-新闻

Salt Reduction - News

今日 (2019-01-27) 共监测到8条资讯。请点击标题查看原文。

There are 8 articles monitored today 2019-01-27. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food

没有相关文章!

No such articles!

高血压 Hypertension

没有相关文章!

No such articles!

心血管健康 Cardiovascular health

没有相关文章!

No such articles!

综合健康信息 Comprehensive Health Information

没有相关文章!

No such articles!

决心工程 Resolve To Save Lives

没有相关文章!

No such articles!

河南

Henan

食物中的钠 Sodium in food

没有相关文章!

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高血压 Hypertension

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安徽
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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. 格格：初次给宝宝添加辅食，家长容易走进这4个误区，早知早避免 Geiger: For the first time, parents can easily enter these four misunderstandings and avoid them as early as possible.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 23:59:46 Time: 23:59:46
宝宝最晚六个月大的时候就要添加辅食了，因为只喝母乳，母乳中的营养跟不上宝宝成长的需要了。初次给宝宝添加辅食要格外注意，毕竟孩子之前只喝母乳或奶粉的，宝宝的肠胃还很娇弱，再加上宝宝需要一些营养物质的及时补剂，所以给宝宝添加辅食时一定要避开一些误区，关键还有一些误区在有些人看来根本就没有任何毛病。				
Babies need to add supplementary food at the latest six months, because only breast milk, breast milk nutrition can not keep up with the baby's growth needs. The first time to add supplementary food to babies should pay special attention. After all, babies only drink breast milk or milk powder before, the baby's intestines and stomach are still very delicate, and the baby needs some nutritional supplements in time, so when adding supplementary food to babies, we must avoid some misunderstandings, the key is that some misunderstandings do not seem to have any problems at all in some people's eyes.				
高血压				

Hypertension				
1. 中风非老年人专利青壮三高族群都要留意 Attention should be paid to the non-elderly patent group of young and middle-aged people with apoplexy	来源：希望之声国际广播电台 Source: Voice of Hope Radio International	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:40:24 Time: 18:40:24
中风并非老年人专利，青壮三高族群都要留意。近日强烈冷气团报到，气温下探十度，天气冷、温差大正是中风的好发季节，罗东博爱医院在上月初接获二名未满三十岁年轻男性因中风而送医的案例，医师提醒，近来国人饮食和生活习惯不佳，中风已非老年人专利，年轻人亦有可能遭中风突袭，定期量血压是掌握身体状况的不二选择。				
Stroke is not a patent for the elderly, so the young, middle-aged and three-high ethnic groups should pay attention to it. Recently, a strong air-conditioning regiment reported that the temperature dropped by 10 degrees and the weather was cold and the temperature difference was the most frequent season for stroke. At the beginning of last month, Luodong Boai Hospital received two cases of young men under 30 who had been sent to hospital for stroke. Doctors warned that Chinese people's diet and living habits were not good recently. Stroke was not the patent of the elderly, and young people might be attacked by stroke. Regular blood pressure measurements were palms. There is no alternative to grasping your physical condition.				
2. 原发性高血压已经诊断需终身控制 Essential hypertension has been diagnosed and needs lifelong control	来源：中国经济网 Source: China Economic Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 13:53:01 Time: 13:53:01
高血压是指以体循环动脉血压（收缩压和/或舒张压）增高为主要特征（收缩压≥140毫米汞柱，舒张压≥90毫米汞柱），可伴有心、脑、肾等器官的功能或器质性损害的临床综合征。高血压是最常见的慢性病，也是心脑血管病最主要的危险因素。正常人的血压随内外环境变化在一定范围内波动。在整体人群，血压水平随年龄逐渐升高，以收缩压更为明显，但50岁后舒张压呈现下降趋势，脉压也随之加大。				
Hypertension is a clinical syndrome characterized by elevated systolic and/or diastolic arterial blood pressure (systolic blood pressure (> 140 mm Hg) and diastolic blood pressure (> 90 mm Hg), which may be accompanied by functional or organic damage of heart, brain, kidney and other organs. Hypertension is the most common chronic disease and the most important risk factor for cardiovascular and cerebrovascular diseases. Normal people's blood pressure fluctuates within a certain range with the changes of internal and external environment. In the population as a whole, blood pressure level gradually increases with age, especially systolic blood pressure, but after 50 years of age, diastolic blood pressure shows a downward trend, and pulse pressure also increases.				
心血管健康 Cardiovascular health				
1. 八类食物易减寿含糖饮料加速衰老 Eight Kinds of Food Easy to Reduce Life and Sugar Drinks Accelerate Aging	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:45:31 Time: 18:45:31
决定寿命的因素很多，其中饮食具有重要影响。近日，美国《读者文摘》网站总结8类吃多了会短寿的食物。含糖饮料。每天喝680克含糖饮料的成人，死于冠心病的风险是喝得最少的人(每天少于28克)的2倍。每天喝含糖饮料会在细胞层面加速衰老，常饮者寿命缩短4年半。人工甜味剂。美国普渡大学研究者发现，这种糖会增加患肥胖症、糖尿病和心脏病风险，还会让人患中风和痴呆症。				
There are many factors that determine life expectancy, among which diet plays an important role. Recently, Reader's Digest website in the United States summarized eight kinds of foods that would lead to a shorter life. Sugary drinks. Adults who drank 680 grams of sugary drinks a day were twice as likely to die from coronary heart disease as those who drank the least (less than 28 grams a day). Drinking sugary drinks every day accelerates aging at the cellular level and shortens the lifespan of regular drinkers by four and a half years. Artificial sweeteners. Purdue University researchers found that the sugar increases the risk of obesity, diabetes and heart disease, as well as stroke and dementia.				
2. 【健康过大年专家来支招】保护心脏科学过节 Protecting Heart Science Festival	来源：黄河新闻网 Source: Yellow River News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:05:12 Time: 16:05:12
春节假期即将到来，但由于日常饮食的不规律、病痛就医的不及时、日常健康知识认知的不足，加上节日期间聚会应酬，各种健康问题随之而来。那么，应该如何过一个健康快乐的春节呢？1月25日，记者在山西省卫生健康委召开的健康新闻通气会上采访了省内各医学领域的十位专家，分别从过节涉及的食品安全、糖尿病、高血压、心血管疾病、呼吸系统疾病、老年常见病以及急诊、儿科、妇产科、消化科等方面作出健康提示。记者将编发相关健康内容，提示大家如何健康过大年。				
Spring Festival holidays are coming, but due to the irregular diet, untimely medical treatment, inadequate knowledge of daily health, as well as the festival party, all kinds of health problems follow. So, how should we have a healthy and happy Spring Festival? On January 25, the reporter interviewed ten experts in various medical fields in Shanxi Province at the health news ventilation meeting held by Shanxi Health Commission. They gave health tips from food safety, diabetes mellitus, hypertension, cardiovascular diseases, respiratory diseases, common diseases of the elderly and emergency, paediatrics, gynecology and obstetrics, digestive diseases, etc. Reporters will edit and distribute health-related content to remind you how to be healthy.				
3. 近40%中国人可能中风英国医学期刊揭真相 Nearly 40% of Chinese may have a stroke. British medical journals reveal the truth	来源：多维新闻网 Source: Multidimensional News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 19:20:24 Time: 19:20:24
知名医学期刊《新英格兰医学杂志》(NEJM)于2018年12月发表了全球疾病负担2016中风终生风险项目组的一项报告。该报告称认为从全球来看，25岁及以上的人，一个人一生中患中风的风险为24.9%；而中国人的风险预计最高，达39.3%，区分性别的话，中国男性的风险同样位居世界第一，达到41.1%，女性则为36.7%，在总体男女没有明显差异的情况下，中国两性之间的中风风险差异在各国中也是最大的，不过，男女的风险率结论都远高于以往类似研究。				
The New England Journal of Medicine (NEJM), a well-known medical journal, published a report from the Global Burden of Disease 2016 Life-long Risk of Stroke Project in December 2018. Globally, the risk of stroke is 24.9% for people aged 25 and over, and 39.3% for Chinese people, according to the report. The risk of stroke is also the highest for men, 41.1% for women and 36.7% for women. In the absence of significant differences between men and women, the risk of stroke varies between men and women in China. China is also the largest country, but both men and women's risk rate conclusions are far higher than similar studies in the past.				
4. 近40%的中国人可能会中风，男性中风风险居世界第一 Nearly 40% of Chinese may suffer stroke, with men ranking first in the world in stroke risk	来源：长江网 Source: Yangtze River Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 13:32:23 Time: 13:32:23
最新研究显示，从全球范围看，25岁以上的人一生中患中风的风险接近四分之一，而中国人的中风风险最高，达39.3%，其中中国男性的风险高达41.1%，造成这一现象背后的原因是什么呢？中风，学名脑卒中，分为缺血性和出血性，前者是由于血管阻塞以至血液不能流入大脑，常称做“脑梗”，而后者是指脑部血管破裂出血，也就是俗称的“脑溢血”，由于发生在脑部这个敏感部位，发病后对身体影响较大。				
The latest research shows that, globally, people over the age of 25 are at nearly a quarter of the risk of stroke in their lifetime, while Chinese people have the highest risk of stroke (39.3%). Among them, Chinese men have a high risk of 41.1%. What is the reason behind this phenomenon? Stroke, the scientific name of stroke, is divided into ischemic and hemorrhagic, the former is due to vascular obstruction and blood can not flow into the brain, often known as "cerebral infarction", while the latter refers to cerebral vascular rupture and hemorrhage, commonly known as "cerebral haemorrhage", because it occurs in this sensitive part of the brain, the impact on the body after the onset of the disease is greater.				
综合健康信息 Comprehensive Health Information				
1. 相比张柏芝减肥餐单这些明星的餐单更易服用 These celebrities' diets are easier to take than Cecilia Cheung's diet.	来源：人民网广东视窗 Source: People's Network Guangdong Windows	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 17:44:17 Time: 17:44:17
再过多一周，就要过年了。按惯例，小哥哥小姐姐们肯定免不了大吃大喝，节后又陷入自我责备继而减肥的循环中。普通人尚且有“羞耻心”，总是被镜头审视的明星就更不能有一丝一毫的松懈。就在昨天，“张柏芝减肥午餐”登上热搜榜。在围观了这位刚生产没多久的女明星餐单后，网友无不感叹：只要想减肥，没有什么克服不了的。其实，同样是明星，有不少人会选择用少食多餐、吃素或健身的办法来“赶走”肥肉。				
In another week, it will be New Year's Day. Traditionally, younger brothers and sisters are bound to eat and drink heavily, and then fall into the cycle of self-blame and weight loss after the festival. Ordinary people still have a sense of shame, and stars who are always under camera scrutiny should not have any slack. Just yesterday, "Cecilia Cheung Weight Loss Lunch" was on the hot search list. After watching the menu of the actress who had just been in production for a short time, netizens all sighed that nothing could be overcome if they wanted to lose weight. In fact, the same stars, many people will choose to eat less and eat more meals, vegetarian or fitness methods to "drive away" fat.				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2019-01-27, 共监测到433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 433 WeChat public articles were monitored in 2019-01-27. 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. 央视曝光! 不吃味精, 鸡精的人都看看吧...

重复数: 6

日期: 2019-01-27

[CCTV exposed it! The people who do not eat monosodium glutamate and chicken powder should take a look at it!](#)

Repeat Number: 6

Date: 2019-01-27

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。

Controls MSG like salt control. 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.

2. 孩子被查出肾衰竭, 只因妈妈喜欢这种调料! 父母们长点心吧!

重复数: 5

日期: 2019-01-27

[The child was found to have kidney failure because the mother liked the dressing!](#)

Repeat Number: 5

Date: 2019-01-27

宝宝的抵抗能力非常弱, 吃盐会引起宝宝唾液分泌过少, 细菌吸附在宝宝的呼吸道上。同时盐具有渗透作用, 可以杀死正常细菌, 使病菌乘机“兴风作浪”, 引起上呼吸道感染。吃盐不当影响钙吸收 容易让身体的钠离子的浓度过高, 影响钙的吸收

The baby's resistance is very weak, eating salt will cause the baby's saliva secretion too little. Bacteria are absorbed in the baby's respiratory tract. At the same time, the salt has an osmotic effect and can kill normal bacteria. Pathogens can cause upper respiratory tract infections. Improper salt intake affects calcium absorption, which tends to cause the body's sodium ion concentration to be too high, affecting calcium absorption.

3. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 4

日期: 2019-01-27

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

Repeat Number: 4

Date: 2019-01-27

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.

4. 央视发出警告: 别吃得太过清淡, 好多人出问题了!

重复数: 3

日期: 2019-01-27

[CCTV warned: Don't eat too light, many people have problems with their health!](#)

Repeat Number: 3

Date: 2019-01-27

高脂食物不但会引起肥胖, 长期食用还会堵塞动脉血管, 损害大脑的功能。饮食过咸则容易引发骨质疏松、高血压, 长期饮食过咸还可导致中风和心脏病。而腌制食品不仅含盐量高, 还含有大量的亚硝酸盐, 它和黄曲霉素、苯丙芘是世界上公认的三大致癌物质。参考《中国居民膳食指南》, 每人每天食盐不超过6克。

High-fat foods not only cause obesity, but also block the arteries and damage the function of the brain. Eating too salty can easily lead to osteoporosis and high blood pressure. Long-term diet can cause stroke and heart disease. The preserved food not only contains a high amount of salt, but also contains a large amount of nitrite. It and aflatoxin and phenylpropanoid are recognized as three major cancerous substances in the world. Refer to the "Chinese Dietary Guidelines", each person's salt does not exceed 6 grams per day.

5. 日本医疗再次被评为全球第一, 中国位居第二.....

重复数: 3

日期: 2019-01-27

[Japan's medical service is once again ranked the first in the world, and China ...](#)

Repeat Number: 3

Date: 2019-01-27

目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。比如, 不喝太多味噌汤, 吃拉面时别喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。相比之下, 我国居民盐摄入量严重超标, 是世界卫生组织推荐量的2.4倍。

As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns. Under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet. For example, don't drink too much flavored soup, don't drink soup when you eat ramen, and finally put salt when cooking and stewing, which will minimize salt intake. In contrast, the salt intake of Chinese residents is seriously exceeded, which is 2.4 times the recommended amount of the World Health Organization. The large number of patients with cardiovascular and cerebrovascular diseases and hypertension in China is closely related to the high salt diet.

减盐-微博

Salt Reduction - Weibo

2019-01-27, 共检测到1958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。

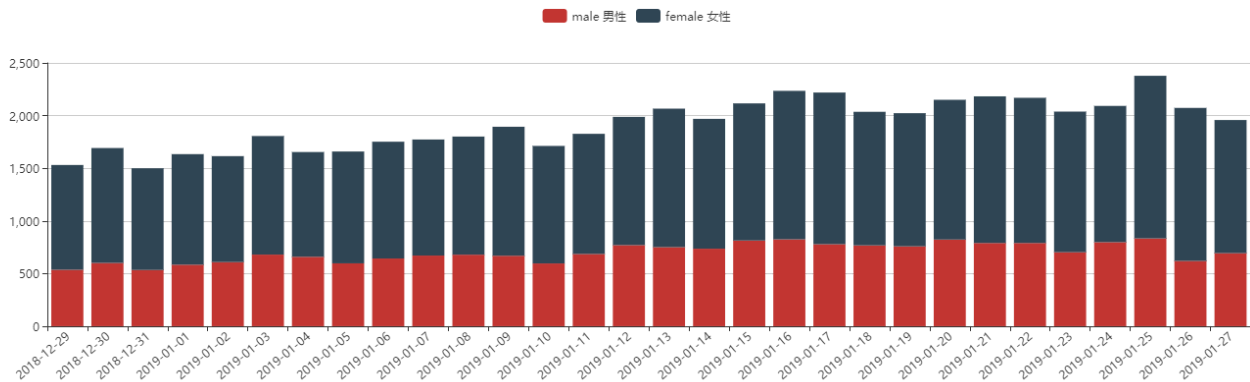
There are 1958 weibos about salt reduction monitored on 2019-01-27.

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

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

下图展示了最近30天的数据获取量。

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



热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

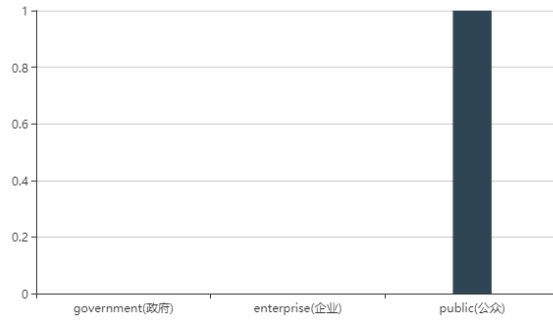
反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-27) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-27. Please click the title to view full information.

The original article is in Chinese only.

advocated (提倡) against (反对) neutrality (中立)



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
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No such articles!

安徽 Anhui

反式脂肪酸
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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. 八类食物易减寿含糖饮料加速衰老	来源：中国新闻网	主体：公众	态度：反对	时间：19:06:36
Eight Kinds of Food Easy to Reduce Life and Sugar Drinks Accelerate Aging	Source: China News Network	Subject: public	Attitude: against	Time: 19:06:36
决定寿命的因素很多，其中饮食具有重要影响。近日，美国《读者文摘》网站总结8类吃多了会短寿的食物。含糖饮料。每天喝680克含糖饮料的成人，死于冠心病的风险是喝得最少的人(每天少于28克)的2倍。每天喝含糖饮料会在细胞层面加速衰老，常饮者寿命缩短4年半。人工甜味剂。美国普渡大学研究者发现，这种糖会增加患肥胖症、糖尿病和心脏病风险，还会让人患中风和老痴症。				
There are many factors that determine life expectancy, among which diet plays an important role. Recently, Reader's Digest website in the United States summarized eight kinds of foods that would lead to a shorter life. Sugary drinks. Adults who drank 680 grams of sugary drinks a day were twice as likely to die from coronary heart disease as those who drank the least (less than 28 grams a day). Drinking sugary drinks every day accelerates aging at the cellular level and shortens the lifespan of regular drinkers by four and a half years. Artificial sweeteners. Purdue University researchers found that the sugar increases the risk of obesity, diabetes and heart disease, as well as stroke and dementia.				
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反式脂肪酸-微信 Transfat - WeChat

2019-01-27, 共监测到225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 225 WeChat public articles were monitored in 2019-01-27. This page shows the top five articles by repeat number today.

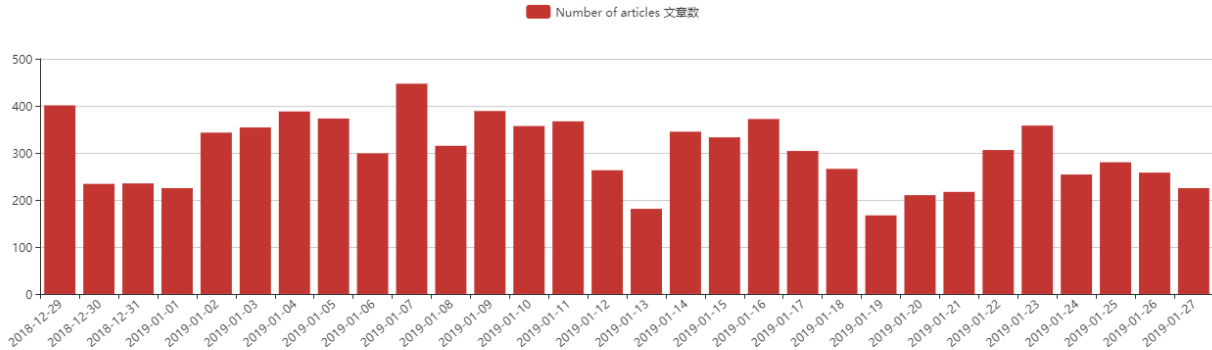
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!](#)

重复数: 44

日期: 2019-01-27

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich!](#)

Repeat Number: 44

Data: 2019-01-27

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

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

2. [年货黑名单: 这八类千万不要买!](#)

重复数: 8

日期: 2019-01-27

[Blacklist of New Year's Goods: Never buy these eight categories!](#)

Repeat Number: 8

Data: 2019-01-27

事实上奶糖并不以牛奶为主, 甚至压根儿就没有奶的成分。大部分奶糖产品含糖达85%左右, 脂肪达6%, 蛋白质只有2%。大部分奶糖中所添加的都是氢化植物油制成的植物奶油, 其中饱和脂肪占一半左右, 并可能含有反式脂肪酸。吃这类糖果, 相当于吃白糖+植物奶油。

In fact, milk sugar is not based on milk, and even no milk ingredients. Most of the toffee products contain about 85% sugar, 6% fat, and only 2% protein. Most of the toffee is added to the vegetable cream made from hydrogenated vegetable oil, which accounts for about half of the saturated fat and may contain trans fatty acids. Eating this kind of candy is equivalent to eating white sugar and plant butter.

3. [健康过年 | 知否, 知否, 春节健康饮食知多少](#)

重复数: 2

日期: 2019-01-27

[Healthy Spring Festival](#)

Repeat Number: 2

Data: 2019-01-27

各种花色主食, 如酥香小点、炒饭、抛饼、油炸点心等替代米饭和面条, 虽带有时尚感, 但其中油脂含量大大高于米饭面条, 特别是酥点类和抛饼类, 油脂高达30%以上, 甚至还有较高比例的饱和脂肪。如果使用了植物奶油和起酥油, 还会带来对心脏健康极为不利的“反式脂肪酸”。

Although the crispy pastry, fried rice, tossed cakes, fried snacks and other foods have a fashionable sense, but the oil content is much higher than rice noodles. In particular, crispy and tossed cakes, fats up to 30%, and even a higher proportion of saturated fat. If you use vegetable cream and shortening, it also brings "trans fatty acids" that are extremely detrimental to your heart health.

4. [超市买回来的食物, 千万看这个字! 没想到这亏吃了这么多年...](#)

重复数: 2

日期: 2019-01-27

[When shopping in the supermarket, you should understand these firstly and then decide wether to buy it! I didn't expect to lose so many years.](#)

Repeat Number: 2

Data: 2019-01-27

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

Some breads sold on the market contain artificial colors, spices, hydrogenated oils (containing large amounts of trans fatty acids) and preservatives. Large amounts of oil and additives can enhance the taste of food, but increase the risk of cardiovascular disease. Therefore, when buying whole wheat bread, the simpler the ingredients, the better.

5. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)

重复数: 1

日期: 2019-01-27

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

Repeat Number: 1

Data: 2019-01-27

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.

反式脂肪酸-微博 Transfat - Weibo

2019-01-27, 共检测到132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。

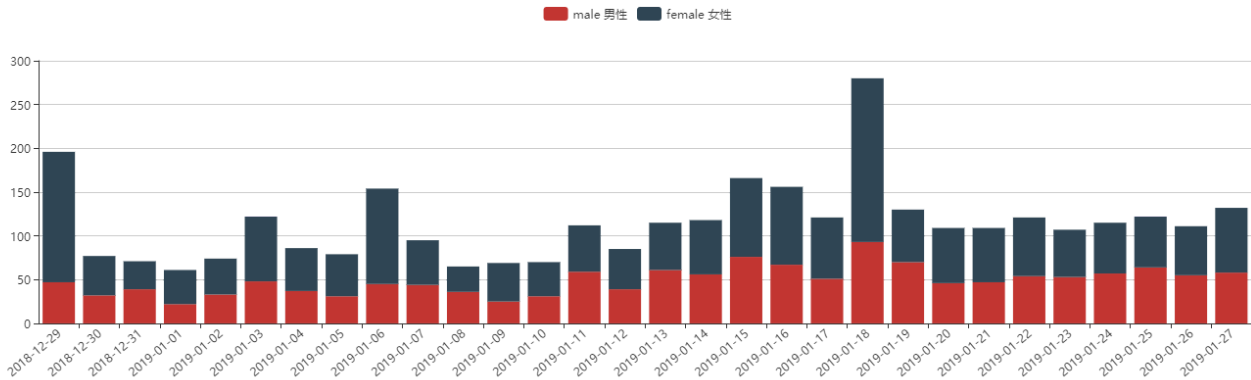
There are 132 weibos about transfat reduction monitored on 2019-01-27.

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!