

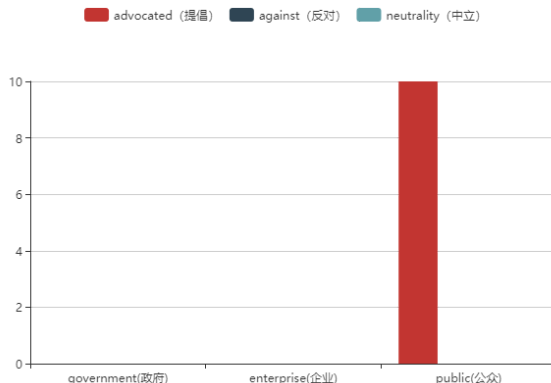
减盐-新闻

Salt Reduction - News

今日 (2018-11-18) 共监测到10条资讯。请点击标题查看原文。

There are 10 articles monitored today 2018-11-18. 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

1. 胶州人民医院走进阜安街道茶庵社区

[Jiaozhou people's Hospital into the Fuan Street Cha an community](#)

来源: 山东新闻网

来源: 山东新闻网

主体: 公众

Subject: public

态度: 提倡

Attitude: advocate

时间: 15:04:00

Time: 15:04:00

为了提高市民朋友的健康意识,普及健康知识,传播健康理念,构建和谐社会,连日来,胶州市人民医院开展健康讲座系列活动。11月14日下午,内分泌肾病内科毛军主任来到阜安街道茶庵社区为居民朋友们进行“糖尿病的药物治疗”健康知识专题讲座。毛军主任从糖尿病患者如何积极控制血糖、选择合理降糖药物、正确监测血糖等重要问题进行了深入浅出的讲解,并对广大糖尿病患者最关心的糖尿病饮食问题进行详细讲解,使居民朋友们更清楚地了解了糖尿病的相关知识。此次讲座进一步提高了居民朋友们对糖尿病的防治意识,普及了糖尿病的相关知识,受到了居民朋友们的肯定和称赞。

In order to improve the health awareness of citizens' friends, popularize health knowledge, disseminate health concepts and build a harmonious society, Jiaozhou People's Hospital has been carrying out a series of health lectures in recent years. On the afternoon of November 14, Director Mao Jun, Department of Endocrine Nephropathy Internal Medicine, came to Tea'an Community of Fuan Street to give a lecture on health knowledge of "medication for diabetes" for residents' friends. Director Mao Jun gave an in-depth explanation on how diabetic patients actively control blood sugar, choose reasonable hypoglycemic drugs, and monitor blood sugar correctly. He also gave a detailed explanation on the diabetic diet that most diabetic patients care about, so as to make residents' friends more clearly understand the relevant knowledge of diabetes. The lecture further improved the residents' awareness of the prevention and treatment of diabetes, popularized the relevant knowledge of diabetes, and was affirmed and praised by residents' friends.

决心工程

Resolve To Save Lives

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河南

Henan

食物中的钠

Sodium in food

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高血压

Hypertension

1. 早6~10点是人体的“魔鬼时段”,心脏和大脑最易崩溃

[6-10 in the morning is the "devil time" of the human body, the heart and brain are most vulnerable to collapse](#)

来源: 中原网

来源: 中原网

主体: 公众

Subject: public

态度: 提倡

Attitude: advocate

时间: 23:19:53

Time: 23:19:53

有人说,一个健康的早晨必做三件事:深呼吸、喝杯水、排便。但对很多人来说,这远远不够。流行病学调查显示,清晨6~10点,约有40%心肌梗死和29%心脏性猝死在此时发生,缺血性脑卒中的发生风险是其他时段的4倍.....这一切可能都是“清晨高血压”惹的祸。《生命时报》邀请权威专家,教你安全度过清晨这一高危时段。临床发现,心血管意外事件与血压的波动,特别是清晨血

压的升高密切相关，心肌梗死、心源性猝死、脑卒中等因此在清晨时段高发。 即使不会引发意外， 清晨血压长期过高也会带来很多严重危害。对绝大多数人来说，控制好清晨血压，就意味着控制好了全天24小时的血压。

Some people say that a healthy morning must do three things: take a deep breath, drink a glass of water and defecate. But for many people, this is far from enough. Epidemiological investigation shows that about 40% of myocardial infarction and 29% of sudden cardiac death occur at 6-10 am, and the risk of ischemic stroke is 4 times that of other periods. All this may be caused by "high blood pressure in the morning". Life times invites authoritative experts to teach you to pass the high-risk time in the early morning safely. Clinical findings show that cardiovascular accidents are closely related to the fluctuation of blood pressure, especially the rise of blood pressure in the early morning. Myocardial infarction, sudden cardiac death, stroke and so on are high incidence in the early morning. Even if there is no accident, early morning blood pressure will cause serious harm. For most people, controlling morning blood pressure means that the blood pressure is controlled 24 hours a day.

心血管健康 Cardiovascular health				
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综合健康信息 Comprehensive Health Information				
1. 木糖醇是“无糖食品”可以随便吃? 糖友们别掉入这个误区! Xylitol is "sugar free food" can be eaten casually? Sugar friends do not fall into this misunderstanding!	来源: 中原网	主体: 公众	态度: 提倡	时间: 00:46:54
	来源: 中原网	Subject: public	Attitude: advocate	Time: 00:46:54

患了糖尿病 从此就要和甜味说再见了？ 不甘心的人们发现了木糖醇——一种常用的功能性甜味剂 因其对血糖值影响小、能量值低 受到糖尿友们普遍青睐 木糖醇食品甚至被称为“无糖食品”。那么糖尿病患者可以肆无忌惮地食用吗？什么是木糖醇？木糖醇是糖吗？木糖醇（C5H12O5），是一种五碳糖醇，是木糖代谢的中间产物，外形为白色粉末状晶体，极易溶于水，广泛存在于果品、蔬菜、谷类、菌类等食物和木材、稻草、玉米芯等植物中，是一种天然、健康的甜味剂。 其甜度与蔗糖十分相近，但与蔗糖相比具有热量低的优势，因此常常被作为代糖，受到糖尿病患者的青睐。

Have you ever had diabetes and say goodbye to sweetness?. Reluctant people have found xylitol, a commonly used functional sweetener, because of its small impact on blood sugar and low energy value, xylitol food is generally favored by diabetics and even known as "sugar-free food". So can diabetics eat unscrupulously? What is xylitol? Is xylitol a sugar? Xylitol (C5H12O5), a pentacarbonitol, is an intermediate product of xylose metabolism. It is a white powder crystal and soluble in water. It is widely found in fruits, vegetables, cereals, fungi and other foods, as well as in wood, straw, corncob and other plants. It is a natural and healthy sweetener. Its sweetness is very similar to sucrose, but it has the advantage of low calorie compared with sucrose, so it is often used as a sugar substitute and is favored by diabetic patients.

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Anhui

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高血压 Hypertension
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心血管健康 Cardiovascular health
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浙江
Zhejiang

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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 孕妇能吃酱油豆腐吗 Can pregnant women eat soy sauce tofu?	来源: TOM 来源: TOM	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 14:30:16 Time: 14:30:16
酱油豆腐也就是豆腐乳，是一种在人们的日常生活中比较常见的一种小菜，也是受到很多人欢迎的一种食物。当然，豆腐乳是有着一定的营养价值的，但也因为有着一定含量的防腐剂，所以对于孕妇这个比较特殊的群体而言，是不能多吃的，另外，孕妇在吃腐乳的时候，也是有着一定的注意事项的！孕妇吃腐乳一定要适量，一次一小块即可。腐乳含盐和嘌呤量普遍较高，高血压、心血管病、痛风、肾病患者及消化道溃疡患者，宜少吃或不吃，以免加重病情。腐乳含盐量较高，孕期孕妇若摄入过多的盐分易导致浮肿或妊娠高血压症。				
Soy bean curd, also known as tofu, is a common dish in people's daily life, and is also a popular food for many people. Of course, tofu is of certain nutritional value, but also because there is a certain amount of preservatives, so for pregnant women this relatively special group, can not eat more, in addition, pregnant women eat furu, but also has certain precautions!Pregnant women must have a proper amount of fermented bean curd, one small piece at a time. Furu generally contains high salt and purine content. Patients with hypertension, cardiovascular disease, gout, nephropathy and gastrointestinal ulcer should eat less or not, in order to avoid aggravating the disease. The salt content of furu is relatively high. If pregnant women take too much salt during pregnancy, they will easily cause edema or pregnancy induced hypertension.				
2. 哺乳期可以吃青豆吗 Can you eat green beans during lactation?	来源: TOM 来源: TOM	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:30:48 Time: 10:30:48
青豆是一种不错的蔬菜，因为不仅可以将青豆拿来炒，还可以将青豆凉拌，并且将青豆榨成一些青豆汁，也是对女性能够起到很好的美容效果。但是青豆这种蔬菜不是每一个人都能吃的，因为青豆中含有的的一些物质对身体会起着影响，哺乳期的女性格外注重自己的饮食，所以哺乳期的女性可以吃青豆吗？慎吃。青豆中富含蛋白质、维生素、脂肪等多种营养物质，能够补气养身，防止便秘，还能促进乳汁分泌，但过量食用容易引起腹胀和消化不良。青豆是个好东西，不仅能够制作很多美味的菜肴，还能帮助补充很多的营养，因此青豆受到了很多家庭的欢迎！但是青豆不是你想吃就能吃，虽然说它的营养价值一级棒，但是并不意味着每个人都能放肆吃。				
Green beans are a good vegetable, because they can not only be fried, but also cold-mix green beans, and squeeze green beans into some green bean juice, which can also play a good cosmetic effect on women. But green beans are not a vegetable that everyone can eat, because some substances in green beans have an impact on the body, lactating women pay special attention to their diet, so lactating women can eat green beans? Eat carefully. Green beans are rich in protein, vitamins, fat and other nutrients, which can nourish the body, prevent constipation, and promote milk secretion, but excessive consumption can easily cause abdominal distension and indigestion. Green beans are a good thing, not only can make many delicious dishes, but also help to supplement a lot of nutrition, so green beans are welcomed by many families! But green beans are not what you want to eat, although its nutritional value is excellent, but it does not mean that everyone can eat freely.				
3. 哺乳期可以吃大米吗 Can you eat rice during lactation?	来源: TOM 来源: TOM	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 12:48:15 Time: 12:48:15
哺乳期可以吃大米吗？大米是不少地区人们的主要食物，因为大米中主要含有一些碳水化合物和淀粉，所以它具有很强的饱腹感，而且多吃大米能够增强人体热量。而且大米这种食物还可以促进人体消化和吸收，但是哺乳期的女性总会考虑自己的饮食情况，因为有很多食物她们都不能够吃，所以哺乳期的女性可以吃大米吗？哺乳期能吃大米吗哺乳期可以吃大米。米粥具有补脾、和胃、清肺功效。米汤有益气、养阴、润燥的功能，能刺激胃液的分泌，有助于消化，并对脂肪的吸收有促进作用，对产后瘦身有帮助作用。				
Can you eat rice during lactation? Rice is the main food for people in many areas, because rice mainly contains some carbohydrates and starch, so it has a strong sense of satiety, and eating more rice can enhance human calories. And rice can also promote human digestion and absorption, but lactating women always consider their own diet, because there are many foods they can not eat, so lactating women can eat rice? Lactation can eat rice? Rice gruel has the function of replenishing spleen, stomach and clearing lung. Rice soup has the functions of benefiting qi, nourishing yin and moistening dryness, stimulating secretion of gastric juice, helping digestion, promoting absorption of fat, and helping postpartum weight loss.				
高血压 Hypertension				
没有相关文章!				
No such articles!				
心血管健康 Cardiovascular health				
没有相关文章!				
No such articles!				
综合健康信息 Comprehensive Health Information				
1. 生活习惯习惯是糖尿病的“温床” Bad habits are the hotbeds of diabetes.	来源: 红网 来源: 红网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:14:14 Time: 09:14:14
常吃外卖和夜宵、熬夜睡眠不足、缺乏运动要小心了。血糖达标将直接影响患者并发症的发生和病情控制。血糖监测是糖尿病综合治疗“五驾马车”中的辨路之马。血糖监测、饮食控制、运动疗法、药物治疗、糖尿病教育、血糖监测是完整的血糖控制管理体系中的关键环节。是什么导致糖尿病高发？专家表示，糖尿病的病因和发病机制极为复杂，至今未完全阐明。总的来说，是由于遗传和环境因素共同引起的。环境因素就包括现代人膳食习惯。因为肥胖会直接导致“胰岛素抵抗”，这恰恰是Ⅱ型糖尿病的病理基础。更加细致地分析，糖尿病和饮食不当、缺乏运动、不良的生活习惯等都脱不了干系。				
Take care of takeaway and midnight snack, stay up late, lack of sleep, and lack of exercise. Glycemic control will directly affect the occurrence of complications and disease control.Blood glucose monitoring is the road to differentiation in the comprehensive treatment of diabetes.Blood sugar monitoring, diet control, exercise therapy, drug treatment, diabetes education and blood sugar monitoring are the key links in the complete blood sugar control management system. What causes high incidence of diabetes? Experts say the etiology and pathogenesis of diabetes are extremely complex and have not yet been fully elucidated. In general, it is due to genetic and environmental factors. Environmental factors include modern people's dietary habits. Because obesity can directly lead to "insulin resistance", which is exactly the pathological basis of type II diabetes. More detailed analysis shows that diabetes is closely related to inappropriate diet, lack of exercise and bad living habits.				
2. 产妇能吃鱿鱼吗 Can mothers eat squid?	来源: TOM 来源: TOM	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 14:18:54 Time: 14:18:54
鱿鱼是一种水产类生物，里面含有丰富的钙、磷、铁等营养元素，产妇适当食用有补血的功效，还有利于骨骼的发育，但是需要注意的是产妇不能大量食用鱿鱼，否则反而适得其反，对身体带来不良现象。另外烹饪过程中不要放置辣椒、胡椒、茴香等佐料，味精、鸡精等也要少放置一些。产妇在食用鱿鱼的时候最好不要放入辣椒、胡椒等刺激性食物，同时，尽量少盐少油，味精、酱油、鸡精等调味料少放，也不要放茴香。				
Squid is a kind of aquatic organism, which contains abundant calcium, phosphorus, iron and other nutrients. Maternal proper consumption has the effect of tonifying blood, and is conducive to bone development. However, it should be noted that the maternal can not eat squid in large quantities, otherwise it will be counterproductive and bring adverse effects to the body. In addition, do not put pepper, pepper, fennel and other condiments in the cooking process, monosodium glutamate, chicken essence and so on should be placed less. When eating squid, mothers had better not put in pepper, pepper and other irritating food, at the same time, try to reduce salt and oil, monosodium glutamate, soy sauce, chicken essence and other condiments, do not put fennel.				

3. 得癌症的人日渐增多，做好这11件事，才能逃过一劫！	来源：杭州网	主体：公众	态度：提倡	时间： 15:18:54
The number of people getting cancer is increasing. Do these 11 things well before we can get away with it.	来源：杭州网	Subject: public	Attitude: advocate	Time: 15:18:54

2018年10月，主持人李咏因癌症去世，终年50岁。你是否也有这种感觉，觉得身边得癌的人好像越来越多？根据国家癌症中心发布的《2017中国肿瘤登记年报》，我国每天约有1万人确诊癌症，相当于平均每1分钟就有7个人得了癌症！很多癌症的发生，都与不良生活方式有关系，而一些现代生活方式正在“助纣为虐”，比如吸烟、酗酒、缺乏运动、久坐、不良饮食习惯、熬夜、焦虑等。改变不良生活方式、养成良好健康的生活方式，能一定程度降低癌症的发病风险。

In October 2018, Li Yong, the host, died of cancer at the age of 50.Do you also have this feeling, and it seems that more and more people are getting cancer around them? According to the Annual Report of China Cancer Registration 2017 issued by the National Cancer Center, about 10,000 people are diagnosed with cancer every day in China, which is equivalent to an average of 7 people suffering from cancer every minute. Many cancers are related to bad lifestyles, and some modern lifestyles are "helping to abuse", such as smoking, drinking, lack of exercise, sedentary, bad eating habits, staying up late, anxiety and so on. Changing bad lifestyle and developing healthy lifestyle can reduce the risk of cancer to a certain extent.

4. 一家三代患病，1岁娃娃也控糖	来源：红网	主体：公众	态度：提倡	时间： 09:47:17
A family of three generation of sick, 1 year old dolls also control sugar.	来源：红网	Subject: public	Attitude: advocate	Time: 09:47:17

家族群发糖尿病很常见，家人的关心意义重大。11月14日是第11个世界糖尿病日，“蓝光行动”在全国各地开展。爷爷67岁时患上糖尿病，父亲49岁时患上糖尿病，而刚满27岁的左国强，也患上了糖尿病。妻子2年前怀孕期间，被诊断为妊娠期糖尿病……长沙的左国强一家老小先后都在湘雅医院内分泌科进行治疗。三湘都市报记者走访长沙市各大医院内分泌科发现，像这样一家子患糖尿病的情况，非常多见。这种情况不是由细菌、病毒的“传染”导致的，而是因为糖尿病具有很强的遗传性。专家表示，长期、共同的不良家庭生活方式，对糖尿病的发生影响巨大，家庭已成为防治糖尿病“主战场”。

Familial diabetes is very common and family members are of great concern. In November 14th, the eleventh World Diabetes Day, "Blu ray action" was launched throughout the country. Grandpa suffered from diabetes when he was 67, his father suffered from diabetes when he was 49, and Zuo Guoqiang, who just turned 27, also suffered from diabetes. His wife was diagnosed with gestational diabetes 2 years ago. Zuo Guoqiang and his family in Changsha have been treated in Department of Endocrinology, Xiangya Hospital. A reporter from Sanxiang Metropolitan Daily visited the Department of Endocrinology of major hospitals in Changsha City and found that diabetes in such a family was very common. This situation is not caused by the "infection" of bacteria and viruses, but because diabetes is highly hereditary. Experts said that the long-term and common bad family life style has a great impact on the occurrence of diabetes, and the family has become the "main battlefield" for the prevention and treatment of diabetes.

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-11-18, 共监测到470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 470 WeChat public articles were monitored in 2018-11-18. This page shows the top five articles by repeat number today.

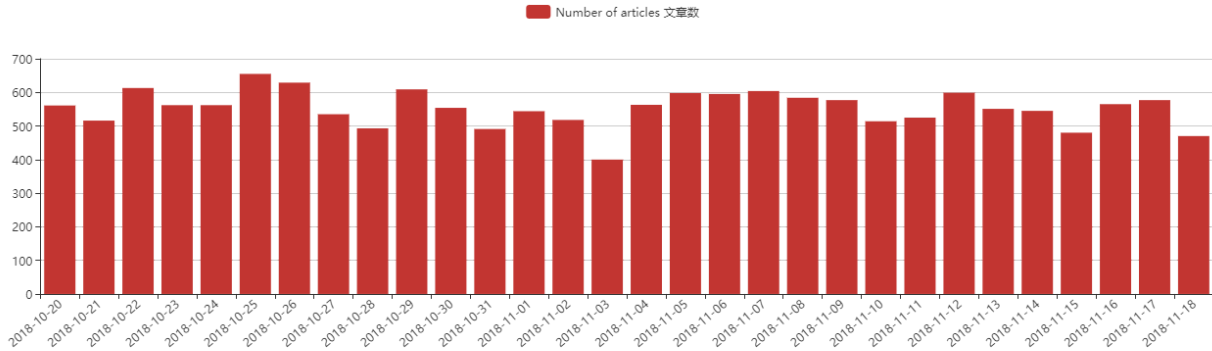
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 想要健康长寿: 少吃三白, 多吃三黑

重复数: 33

日期: 2018-11-18

[Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.](#)

Repeat Number: 33

Data: 2018-11-18

食盐, 被称为“百味之王”, 是烹饪中最常用的调味料。很多人在做菜的时候喜欢放很多盐, 觉得这样才入味, 但摄入过多的话, 对人体产生不利的影响! 长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要由肾脏排出, 加大肾脏负担。健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。如果已经确诊高血压, 每天最好不要超过3克。

Salt, known as the “king of the hundred flavors”, is the most commonly used seasoning in cooking. Many people like to put a lot of salt when cooking, and feel that it is so delicious. However, if you consume too much, it will have an adverse effect on the human body! Long-term high-salt diets can easily cause high blood pressure, hardening of the arteries, and excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. The optimal amount of salt that a healthy person can consume through the diet is no more than 6 grams per day, which is the amount of a common beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.

2. 日本医疗再次被评为全球第一, 中国位居第二

重复数: 6

日期: 2018-11-18

[Japan Medical was once again ranked first in the world, and China...](#)

Repeat Number: 6

Data: 2018-11-18

中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 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。

Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology of Zhongshan Hospital affiliated to Fudan University, pointed out that the relationship between salt and hypertension is very clear, which can cause cardiac hypertrophy and atherosclerosis. 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. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet.

3. 协和医院: 三高不用愁, 只用一个“字”全搞定, 40岁以后都需要!

重复数: 5

日期: 2018-11-18

[Concord Hospital: People with three highs don't have to worry about it. A "word" can solve all problems. People over the age of 40 need it!](#)

Repeat Number: 5

Data: 2018-11-18

饮食降血压的第一点就是要少吃盐, 食盐中的“钠”能引起水钠潴留, 导致外周血管阻力增大, 引起血压升高。世界上对盐与高血压已研究了100多年, 发现高盐摄入可引起血压升高。流行病学调查发现: 居住在北极的爱斯基摩人摄盐量较低, 血压也低, 多在140/90毫米汞柱以下。

The first point of diet to lower blood pressure is to eat less salt. “Sodium” in salt can cause sodium retention, leading to increased peripheral vascular resistance and elevated blood pressure. The world has been studying salt and hypertension for more than 100 years and found that high salt intake can cause blood pressure to rise. Epidemiological surveys found that Eskimos living in the Arctic had lower salt intake and lower blood pressure. Their blood pressure is mostly below 140/90 mm Hg.

4. 1块钱和10块钱的盐, 到底有什么区别? 小心吃错了惹一身病!

重复数: 5

日期: 2018-11-18

[What is the different between the salt of 1 yuan a bag and the salt of 10 yuan a bag? Be careful of eating salt or you may get sick.](#)

Repeat Number: 5

Data: 2018-11-18

盐虽然是炒菜必不可少的调味料, 但一个成年人一天摄入的盐最好不要超过6克(大概就是一满勺的量), 吃太多盐反而对身体有害。盐吃多了, 钠的摄入就多了, 人体通过尿液排出多余的钠, 排尿的同时, 钙质也会损失一部分, 所以盐吃的越多钙流失的也越多。食盐中的钠离子摄入过多会引起肾上腺和脑组织释放一种因子, 这种因子会使血压升高, 盐吃的越多患高血压的可能性就越大。

Although salt is an essential seasoning for cooking, it is best for an adult to consume no more than 6 grams of salt a day (probably a full spoonful). Eating too much salt is harmful to the body. When the salt is eaten more, the intake of sodium is much higher. The human body will discharge excess sodium through the urine, and at the same time, calcium will lose a part. Therefore, the more salt you eat, the more calcium is lost. Excessive intake of sodium ions in salt causes a release of a factor in the adrenal gland and brain tissue, which increases blood pressure. The more salt you eat, the more likely you are to have high blood pressure.

5. 央视曝光! 承德不吃味精的人都看看吧!

重复数: 1

日期: 2018-11-18

[CCTV exposed it! People who don't eat MSG should pay attention to it!](#)

Repeat Number: 1

Data: 2018-11-18

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。

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

2018-11-18, 共检测到1877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。

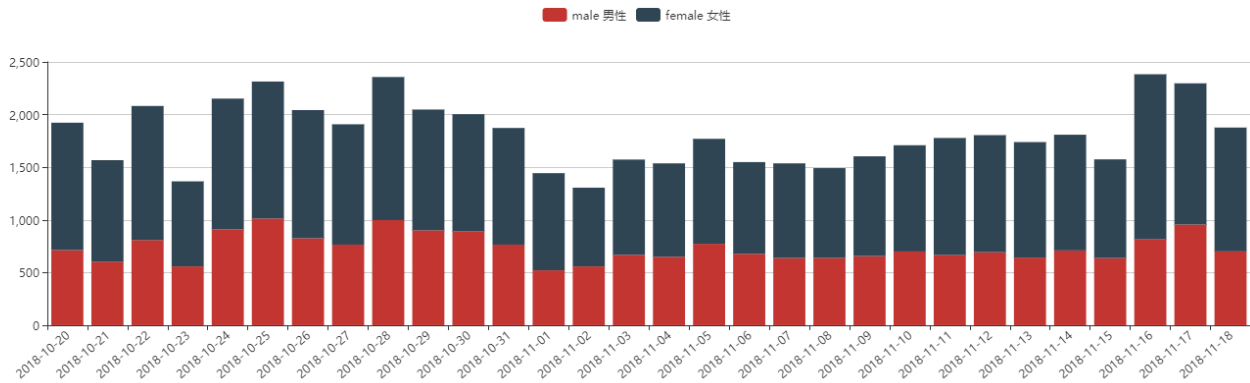
There are 1877 weibos about salt reduction monitored on 2018-11-18.

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

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

下图展示了最近30天的数据获取量。

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



热门微博 Hot Weibos

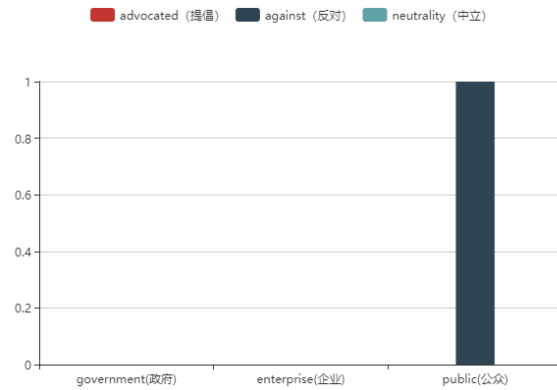
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-11-18) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-11-18. 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. 86斤的唐嫣和94斤的迪丽热巴撞衫，结果你自己看吧	来源：搜狐	主体：公众	态度：反对	时间： 14:02:08
86 kilograms of Tang Yan and 94 kilograms of Di Ali Gerba crash suits, you can see for yourself.	来源：搜狐	Subject: public	Attitude: against	Time: 14:02:08

今天来说说胖，到底为啥同样是靠食物维持生命，为啥你就胖了呢？那么想要减掉脂肪前，需要先了解下脂肪是怎么形成的，才能更好的对症下药。很简单，脂肪是能量过剩形成的，所进食的食物，油脂类，糖类和蛋白质类如果人体使用不完，均会形成脂肪储存起来，脂肪是一种能量的存在方式，就如同银行存款是财富的一种方式一样。人体正常情况下的能量供应，75%来自于糖，15%来自于蛋白质，10%来自于脂肪，脂肪的储存和分解过程都较慢，较复杂，所以累积程度也很高，造成肥胖。最讨厌的其实是反式脂肪酸，它不仅与心脏病和其他健康问题有很大关系，还严重影响着美观，所以最该除掉的就是它了！

Today, let's talk about fat. Why do we live on food? Why are you fat? So before you want to lose fat, you need to understand how fat is formed, in order to better suit the case. Simply, fat is formed by excess energy. Foods, fats, sugars and proteins eaten will form fat storage if the human body can not use them. Fat is a way of energy existence, just as bank deposits are a way of wealth. Under normal circumstances, 75% of the energy supply comes from sugar, 15% from protein and 10% from fat. The storage and decomposition of fat are slow and complex, so the accumulation of fat is also high, resulting in obesity. The most disgusting thing is trans fatty acid, which is not only related to heart disease and other health problems, but also seriously affects the beauty, so it should be removed most!

决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

反式脂肪酸-微信 Transfat - WeChat

2018-11-18, 共监测到239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 239 WeChat public articles were monitored in 2018-11-18. 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. [这6种牛奶坚决不能给孩子喝, 第2种你可能天天在买!](#)

重复数: 2

日期: 2018-11-18

Repeat Number: 2

Data: 2018-11-18

n很多宝宝都喜欢奶香浓郁的奶片, 妈妈们也都觉得奶片是“固体的牛奶”, 不止奶片, 还有一些奶酪片、酸奶干、牛奶球等。n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, 不仅不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。

Many babies like milk. Mothers also think that the milk piece is "solid milk." Looking closely at the ingredients list, you will find that in addition to milk powder and white sugar, there is the most terrible non-dairy creamer, which contains a lot of trans fatty acids contained in junk food, which is not only bad for your baby's health, but also affects mental development. Flavors are added to most milk tablets, and overeating can affect your baby's health.

2. [去超市购物, 先看懂这些再买! 没想到吃错了这么多年](#)

重复数: 2

日期: 2018-11-18

Repeat Number: 2

Data: 2018-11-18

[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.](#)

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

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

3. [一点点、幸福侯彩播、鹿角巷.....嘉兴抽检8家网红奶茶店的结果来了!](#)

重复数: 1

日期: 2018-11-18

Repeat Number: 1

Data: 2018-11-18

反式脂肪酸含量差别明显, 同一品牌同一类别奶茶也不相同, 不排除制作过程、制作手法等因素。奶茶中反式脂肪酸的含量与原料植脂末等氢化植物油中反式脂肪酸的含量成正比, 原料中的反式脂肪酸含量越高导致成品奶茶中的反式脂肪酸含量也越高。不过, 随着现代氢化合成技术的改进, 反式脂肪酸的含量是可以得到控制的。

The trans fatty acid content is significantly different. The same brand of milk tea of the same category is not the same, and does not rule out the production process, production techniques and other factors. The content of trans fatty acids in milk tea is directly proportional to the content of trans fatty acids in hydrogenated vegetable oils such as the non-dairy creamer. The higher the trans fatty acid content in the raw material, the higher the trans fatty acid content in the finished milk tea. However, with the improvement of modern hydrogenation synthesis technology, the content of trans fatty acids can be controlled.

4. [RFit小知识 | 为脂肪正名! 关于脂肪和锻炼你需要知道的10件事](#)

重复数: 1

日期: 2018-11-18

Repeat Number: 1

Data: 2018-11-18

反式脂肪是由室温下呈液态的不饱和脂肪被氢化后形成的固态物质。这种制造工艺延长了食品的保质期, 这就是为什么很多包装食品里都含有较高的反式脂肪。然而, 由于反式脂肪改变了脂肪的化学结构, 所以它和心脏类疾病以及低密度脂蛋白 (LDL) 水平升高相关。

Trans fat is a solid substance formed by hydrogenation of an unsaturated fat which is liquid at room temperature. This manufacturing process extends the shelf life of the food, which is why many packaged foods contain high trans fats. However, since trans fat changes the chemical structure of fat, it is associated with heart disease and elevated levels of low density lipoprotein (LDL).

5. [做一个家庭营养师](#)

重复数: 1

日期: 2018-11-18

Repeat Number: 1

Data: 2018-11-18

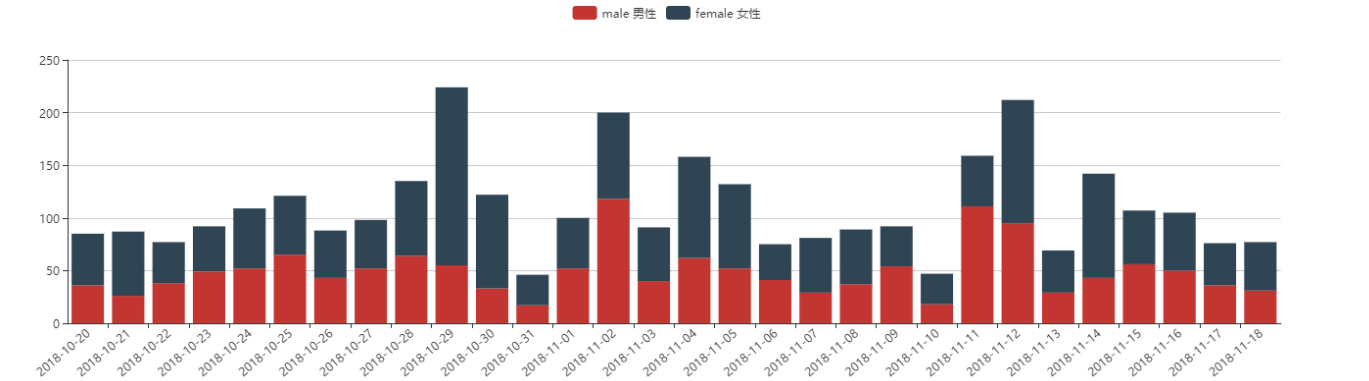
虽然从营养学角度讲没有所谓的坏脂肪, 但是天然脂肪的加工过程会让好事变成坏事。例如氢化脂肪, 也叫反式脂肪。经常出现在以下的食物当中: 糖果、薯条、饼干、油炸快餐食品等。

Although there is no such thing as bad fat from a nutritional point of view, the processing of natural fats can turn good things into bad things. For example, hydrogenated fat, also known as trans fat, often appears in the following foods: candy, French fries, biscuits, fried snack foods, etc.

反式脂肪酸-微博

Transfat - Weibo

2018-11-18, 共检测到77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 77 weibos about transfat reduction monitored on 2018-11-18.
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!