

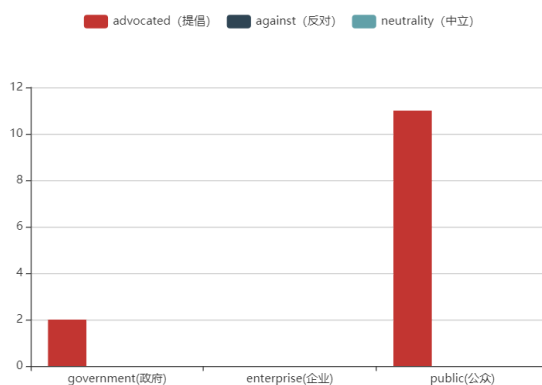
## 减盐-新闻

### Salt Reduction - News

今日 (2019-01-28) 共监测到13条资讯。请点击标题查看原文。

There are 13 articles monitored today 2019-01-28. 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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决心工程

Resolve To Save Lives
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安徽  
Anhui

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浙江  
Zhejiang

食物中的钠 Sodium in food			
没有相关文章!			
No such articles!			
高血压 Hypertension			
没有相关文章!			
No such articles!			
心血管健康 Cardiovascular health			
1. <a href="#">血栓当天会向你发送6个暗号，收到1个就能救命！为家人看一眼</a>			
<a href="#">Thrombosis will send you six signals on the same day, and receive one to save your life! Take a look at your family.</a>		来源：中国宁波网 Source: China Ningbo Network	主体：公众 Subject: public
		态度：提倡 Attitude: advocate	时间：09:32:24 Time: 09:32:24
<p>血栓，这个听起来就吓人的问题，其实离我们非常近！临床数据显示：在心脑血管疾病中，80%的病例是由于血管中形成血栓。国内外医学统计资料表明：脑血栓的致死率几乎占所有疾病的第一位，有人将其称为危害健康的“第一杀手”。那么，这么凶险的疾病，有没有什么先兆或者预防方法呢？今天，小妹就来告诉大家，在血栓发生之前，我们完全可以识破疾病发来的暗号，把突然的疾病遏制在萌芽之中！</p> <p>Thrombosis, which sounds scary, is actually very close to us! Clinical data show that 80% of cardiovascular and cerebrovascular diseases are caused by thrombosis in blood vessels. Medical statistics at home and abroad show that the mortality rate of cerebral thrombosis accounts for the first place in almost all diseases. Some people call it the "first killer" which endangers health. So, are there any precursors or preventive measures for such a dangerous disease? Today, the younger sister came to tell you that before the thrombosis, we can completely break the signal of the disease and contain the sudden disease in the bud!</p>			
综合健康信息 Comprehensive Health Information			
没有相关文章!			
No such articles!			
决心工程 Resolve To Save Lives			
没有相关文章!			
No such articles!			

其他省份  
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">吃味精虽无害但长期过量吃易发胖</a> <a href="#">Eating monosodium glutamate is harmless, but overeating for a long time is fattening</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:52:48 Time: 08:52:48
味精的主要成分是谷氨酸钠，谷氨酸钠是谷氨酸与钠结合成的盐，谷氨酸也是构成人体蛋白质的主要氨基酸，即使不吃味精，人体也能自身合成谷氨酸，参与蛋白质与糖的代谢，对大脑皮质与中枢神经系统的活动起到良好作用。谷氨酸钠在超过120℃时，容易转变成焦谷氨酸钠，但焦谷氨酸钠对人体无害，只是没有鲜味而已。味精加热到270℃时才会分解破坏，在一般食品的烹调温度条件下，味精是稳定的。				

<p>The main component of monosodium glutamate is sodium glutamate. Sodium glutamate is the salt of glutamate combined with sodium. Glutamate is also the main amino acid that constitutes human protein. Even without monosodium glutamate, human body can synthesize glutamate by itself, participate in the metabolism of protein and sugar, and play a good role in the activities of cerebral cortex and central nervous system. Sodium glutamate is easily converted to sodium pyroglutamate when it is over 120 C. However, sodium pyroglutamate is harmless to human body, but it has no taste. Monosodium glutamate will decompose and destroy when heated to 270 C. It is stable at the cooking temperature of general food.</p>				
<div>高血压 Hypertension</div>				
1. <a href="#">血压高怎么预防？他的形成原因是什么？我们应该怎么做</a> <a href="#">How to prevent hypertension? What is the reason for his formation? What should we do?</a>	来源：中国江西新闻网 Source: China Jiangxi News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:34:35 Time: 08:34:35
<p>高血压这种疾病以前常出现在老年人的身上，但是随着各种转基因食物的出现，病发人群也越来越趋向年轻化，二十岁左右的青年也有可能换上高血压，高血压是一种慢性疾病，发病周期长，但是危害极大，平时如果血压升高后会感觉到头晕目眩，呕吐、头疼发热等情况，所以一点有了高血压一定要及时的注意。</p>				
<p>Hypertension is a chronic disease that often occurs in the elderly before, but with the emergence of a variety of genetically modified foods, the disease population tends to be younger and younger. Hypertension is a chronic disease with a long onset cycle, but it does great harm. Usually, if blood pressure rises, you will feel dizzy, vomiting, headache and fever. Wait for the situation, so when you have hypertension, you must pay attention to it in time.</p>				
2. <a href="#">原发性高血压已经诊断需终身控制</a> <a href="#">Essential hypertension has been diagnosed and needs lifelong control</a>	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： 03:38:05 Time: 03:38:05
<p>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。</p>				
<p>Hypertension is a clinical syndrome characterized by elevated systolic and/or diastolic arterial blood pressure (systolic blood pressure (&gt; 140 mm Hg) and diastolic blood pressure (&gt; 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.</p>				
3. <a href="#">小心面色红润也有可能是高血压引起的</a> <a href="#">Beware of reddish complexion. It may also be caused by hypertension.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:39:54 Time: 09:39:54
<p>小心面色红润也有可能是高血压引起的，很多时候高血压会来的“不明不白”。高血压这类的心血管疾病由于是慢性病，发生和形成的过程很慢，也不容易被察觉，所以不少人在高血压发病的道路上“越走越远”却还不自知，这里就给大家介绍一种我们平时比较容易忽略的高血压隐性症状。 很多人会以“红光满面”来形容一个人的气色好、状态好，但是有时候这红光也可能是高血压的征兆，我们要能够准确的分辨，如果不好把控，建议及时就医确认，早发现早治疗。</p>				
<p>Beware of ruddy complexion may also be caused by high blood pressure, many times high blood pressure will come "unknown". Because hypertension is a chronic disease, the process of occurrence and formation is very slow, and it is not easy to be detected, so many people on the road of hypertension incidence "go further and further" but do not know it. Here we introduce a kind of recessive symptoms of hypertension that we usually tend to overlook. Many people will use "red light" to describe a person's good looks and good state, but sometimes this red light may also be a sign of hypertension, we need to be able to accurately distinguish, if not well controlled, it is recommended that timely medical confirmation, early detection and treatment.</p>				
4. <a href="#">年前聚会烟酒牌“加码”老汉血管“爆仓”险丢命</a> <a href="#">Years ago, the old man who had gathered with the tobacco and alcohol brand "plus code" was in danger of losing his life when his blood vessel burst into a warehouse.</a>	来源：长江网 Source: Yangtze River Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:23:16 Time: 14:23:16
<p>年前亲朋聚会增多，六旬老汉烟、酒、牌样样“加码”，一场牌局后，突发偏瘫昏迷，到医院一查才知竟“累得”脑血管“爆仓”险丢命。66岁的季鹏身体健壮，每日一包烟、半斤白酒、一场麻将成了他退休后的日常生活。虽有十余年高血压病史，但按时服药血压控制得还算理想，季老也因此放松了警惕。如此彻底放飞自我后，血压也随之水涨船高。</p>				
<p>The number of gatherings of relatives and friends increased in the past few years, and smoke, wine and brand of old men increased in sixty days. After a licensing game, a sudden hemiplegia coma occurred. Only after checking in the hospital did we know that the "tired" cerebrovascular "burst warehouse" was in danger of losing his life. Ji Peng, 66, is a strong man. A pack of cigarettes, half a jin of liquor and a game of mahjong have become his daily life after retirement. Although there is a history of hypertension for more than ten years, the blood pressure control of taking medicine on time is still ideal, so Ji Lao relaxed his vigilance. After such a thorough release of self, blood pressure also rises with the rise of the boat.</p>				
<div>心血管健康 Cardiovascular health</div>				
1. <a href="#">平安过大年哈尔滨市红十字中心医院送一份“健康锦囊”</a> <a href="#">Harbin Red Cross Central Hospital delivers a "health brocade" in the New Year of Peace</a>	来源：新华报业网 Source: Xinhua News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:13:20 Time: 14:13:20
<p>春节是阖家团圆的日子，在这个喜庆的节日里，很多人都在忙着准备年货、走亲访友，过度奔波让大家忽视了自己的健康。因此，哈尔滨市红十字中心医院多学科专家特在春节来临之际为您送上一份“健康锦囊”，希望您度过一个欢乐祥和、平安健康的新春佳节。 心内科：胸痛、胸闷,当心是急性心梗“前兆”。</p>				
<p>Spring Festival is a time for family reunion. In this festival, many people are busy preparing New Year's goods, visiting relatives and friends. Over-running makes people neglect their health. Therefore, experts from many departments of Harbin Red Cross Central Hospital will send you a "health brocade" on the occasion of the Spring Festival. I hope you will have a happy, peaceful, safe and healthy Spring Festival. Cardiology: Chest pain, chest tightness, be careful is the "precursor" of acute myocardial infarction.</p>				
2. <a href="#">乌鲁木齐市卫生健康委员会、市疾病预防控制中心发布预警</a> <a href="#">Urumqi Municipal Health Committee and Municipal Center for Disease Control and Prevention issued early warning</a>	来源：新浪网 Source: Sina network	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间： 22:21:48 Time: 22:21:48
<p>小年到，春节近，乌鲁木齐市卫生健康委员会、市疾病预防控制中心发布节假日期间防病预警信息，春节期间，除合理膳食、预防流感外，应注意防控心脑血管等慢性疾病，切勿暴饮暴食，健康幸福过大年。春节期间人们的饮食习惯与睡眠节奏往往会发生较大变化，大鱼大肉替代了清淡饮食，通宵娱乐替代了早睡早起。另外，由于冬季较为寒冷，会引起冠状动脉痉挛，很容易诱发一些冠状动脉的病变，导致心绞痛发作，甚至引发心肌梗死。</p>				
<p>During the Spring Festival, Urumqi Municipal Health Committee and the Municipal Center for Disease Control and Prevention issued early warning information on disease prevention during the holidays. During the Spring Festival, besides reasonable diet and prevention of influenza, attention should be paid to the prevention and control of chronic diseases such as cardiovascular and cerebrovascular diseases, and no overeating, healthy and happy New Year. During the Spring Festival, people's eating habits and sleep rhythm often change greatly. Big fish and big meat instead of light diet, and all-night entertainment instead of early bed and early rise. In addition, because of the cold winter, it can cause coronary artery spasm, easily induce some coronary artery lesions, lead to angina attack, and even trigger myocardial infarction.</p>				
<div>综合健康信息 Comprehensive Health Information</div>				
1. <a href="#">伤心、伤肾又致癌？这种食物，80%国人还在津津有味享受</a> <a href="#">Sadness, kidney injury and cancer? Eighty percent of the Chinese people still enjoy this kind of food.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:13:13 Time: 08:13:13
<p>正所谓：开门7件事---柴、米、油、盐、酱、醋、茶，而酱与醋，都是以咸鲜为主。正因如此，在中国人餐单里，咸味可是占非常重要地位。随着人类不断迁徙，以及饮食文化不断交融。原本属于“饮食清淡”的地方，也开始偏爱上各种各样重口味的食物，大江南北，五湖四海，大家都愈发喜爱“入味儿”。当我们正在追求味觉刺激的同时，这“重口味”也逐渐让我们不知不觉食盐超标。</p>				
<p>The so-called: open the door 7 things - firewood, rice, oil, salt, sauce, vinegar, tea, and sauce and vinegar, are mainly salty. Because of this, salty taste is very important in Chinese menu. With the continuous migration of human beings and the blending of dietary culture. Originally belongs to the "light diet" place, but also began to prefer a variety of heavy-tasting food, north and south, five lakes and the West Sea, everyone is more and more fond of "tasty". While we are pursuing the taste stimulation, this "heavy taste" gradually makes us unconsciously exceed the salt standard.</p>				
2. <a href="#">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</a> <a href="#">Geiger: For the first time, parents can easily enter these four misunderstandings and avoid them as early as possible.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 00:15:16 Time: 00:15:16
<p>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</p>				

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一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.				
3. <a href="#">郑州：红红火火迎新春欢天喜地过大年 Zhengzhou: Spring Festival</a>	来源：新华网河南频道 Source: Xinhua Henan Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:16:15 Time: 08:16:15
红红灯笼挂起来，璀璨彩灯亮起来，如织客流迎进来.....今天是农历小年，郑州各大商场、超市、旅游景区、公园广场以及火车站、机场、地铁都将迎来客流接待高峰。为给市民春节出行、消费、出游提供帮助，记者近日兵分几路，采访了交通、旅游、商务、园林、工商等多个部门，希望能为市民欢天喜地过大年提供指南。				
Red and red lanterns are hung up, bright and colorful lights are lit up, such as weavers coming in... Today is the Lunar New Year, Zhengzhou's major shopping malls, supermarkets, tourist attractions, Park squares and railway stations, airports, subway will usher in the peak reception of passengers. In order to help citizens travel, consume and travel during the Spring Festival, reporters have interviewed transportation, tourism, business, gardens, industry and Commerce and other departments in recent days, hoping to provide guidance for citizens to celebrate the Spring Festival happily.				
4. <a href="#">过量食用糖和盐，身体会有什么变化，或许和你想的不太一样 If you eat too much sugar and salt, how will your body change? Maybe not what you think.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:38:36 Time: 16:38:36
过量食用糖和盐，身体会有什么变化，或许和你想的不太一样 我们经常强调抽烟伤肺、酗酒伤肝，但即使有不少人生活习惯非常好，既不抽烟也不喝酒，却仍然落下了一身各种各样的毛病，这种奇怪的现象具体有哪些原因呢？其实，比抽烟、酗酒更致命的是我们日常饮食当中的糖和盐，倘若我们过量食用糖分和盐的话，对身体的伤害是很大的，他们在我们漫长的日常的生活中，损伤我们的身体于无形之中。那么在饮食中过量食用糖和盐到底对人体有多大损伤呢？				
We often emphasize that smoking hurts the lung and alcohol hurts the liver. But even though many people have very good living habits, neither smoking nor drinking, they still suffer from a variety of illnesses. What are the specific reasons for this strange phenomenon? In fact, more lethal than smoking and drinking is the sugar and salt in our daily diet. If we eat too much sugar and salt, it will do great harm to our body. They will damage our body in the invisible in our long daily life. So how harmful is excessive sugar and salt in your diet?				
5. <a href="#">北京市卫健委印发市农村居民健康素养提升行动方案 Beijing Municipal Health and Health Commission issued the action plan for improving the health literacy of rural residents in Beijing</a>	来源：千龙网 Source: qianlong	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间： 15:52:56 Time: 15:52:56
北京市卫生健康委近日印发北京市农村地区居民健康素养提升行动方案，要求向农村家庭发放限盐勺、控油壶、腰围尺等实用性健康干预工具，帮助居民养成健康的生活习惯。北京市农村地区居民健康素养提升行动方案提出，计划到2020年，以行政村为单位，全市农村地区实现健康教育全覆盖和健康教育骨干队伍培训全覆盖；各涉农区的居民健康素养水平达到24%及以上，已达到24%的区较2018年提高10%以上。				
Beijing Municipal Health Commission recently issued an action plan to improve the health literacy of residents in rural areas of Beijing, requiring that practical health intervention tools such as salt spoon, oil kettle and waist scale be distributed to rural families to help residents develop healthy living habits. Beijing rural residents health literacy improvement action plan proposed that by 2020, the administrative village as a unit, the city's rural areas to achieve full coverage of health education and health education backbone team training coverage; the level of health literacy of residents in various agricultural-related areas reached 24% and above, has reached 24% of the district than in 2018 increased by more than 10%.				
<div>决心工程 Resolve To Save Lives</div>				
没有相关文章！				
No such articles!				

# 减盐-微信

## Salt Reduction - WeChat

2019-01-28, 共监测到502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 502 WeChat public articles were monitored in 2019-01-28. 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: 8

日期: 2019-01-28

Repeat Number: 8

Data: 2019-01-28

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.

#### 2. 想要健康长寿: 少吃三白, 多吃三黑!

重复数: 3

日期: 2019-01-28

Repeat Number: 3

Data: 2019-01-28

长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要从肾脏排出, 加大肾脏负担。限盐建议: 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。

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 for healthy people to eat through the diet is no more than 6 grams, 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.

#### 3. 1岁孩子被查出肾衰竭, 只因妈妈喜欢这种调料! 父母们长点心吧!

重复数: 3

日期: 2019-01-28

Repeat Number: 3

Data: 2019-01-28

营养专家表示: 不足6个月的孩子, 每天盐的摄入量只有0.5g, 而儿童每天不能超过3g, 至于成人也只能摄入6g。虽然盐是日常的必需品, 不吃会没有力气, 但是吃太多会加重肾脏、心脏等器官的负担, 所以现如今都建议大家低钠少盐。我们再看这个数据: 《中国心血管病报告2014》显示, 在儿童高血压的危险因素中, 肥胖与其关系最为密切, 肥胖儿童中近三成患有高血压, 超过一半血脂异常。

Nutrition experts say that children who are less than 6 months old have a salt intake of only 0.5g per day, while children cannot exceed 3g per day, and adults can only consume 6g. Although salt is a daily necessities, not eating salt can cause the body to have no strength, but eating too much will increase the burden on the kidneys, heart and other organs, so nowadays it is recommended that everyone have low sodium and less salt. The China Cardiovascular Disease Report 2014 shows that among the risk factors for hypertension in children, obesity is most closely related. Nearly 30% of obese children have high blood pressure and more than half of them have abnormal blood lipids.

#### 4. 尿毒症患者越来越多! 医生劝你: 4种食物尽量少吃

重复数: 3

日期: 2019-01-28

Repeat Number: 3

Data: 2019-01-28

盐可以说是生活中必不可少的调味品, 若是正常摄入盐分, 对身体是有好处的。但是现代人饮食口味普遍偏重, 导致吃盐远远超过每日正常推荐量。吃得过咸, 增加了肾脏负担, 加之摄入过多的钠会导致体内电解质失衡, 体内水分不易排出, 进一步增加肾脏负担。

Salt can be said to be an essential condiment in life. If it is normal salt intake, it is good for the body. However, the taste of modern people's diet is generally biased, resulting in salt intake far exceeding the daily recommended amount. Eating too salty increases the burden on the kidneys. Excessive intake of sodium can cause electrolyte imbalance in the body. The body's moisture is not easily discharged, further increasing the burden on the kidneys.

#### 5. 这病比癌症可怕, 有人花了130万没救回来! 有这些症状要注意了!

重复数: 2

日期: 2019-01-28

Repeat Number: 2

Data: 2019-01-28

控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、蚝油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. For example, MSG, ketchup, fuel consumption, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, instant noodles, etc. all contain a lot of sodium, and patients with high blood pressure should avoid it in time.

## 减盐-微博 Salt Reduction - Weibo

2019-01-28, 共检测到2049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。

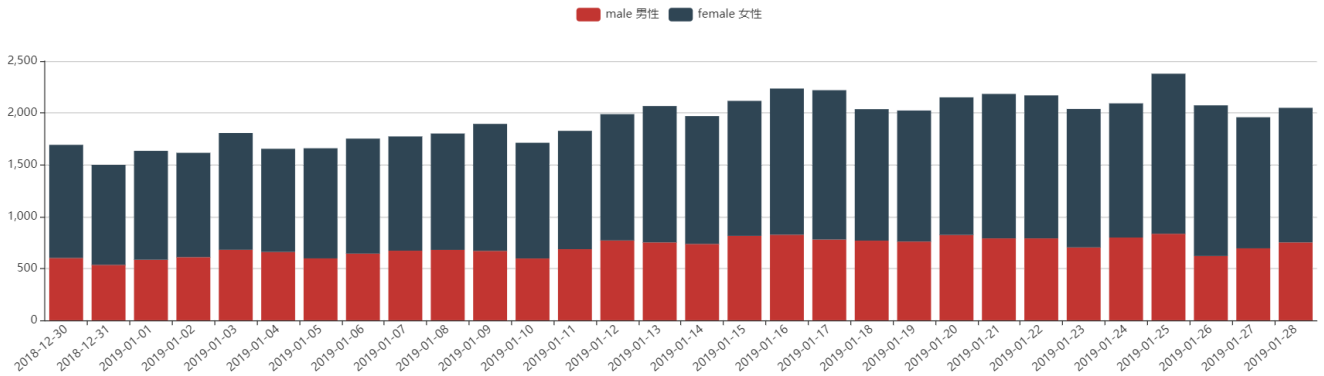
There are 2049 weibos about salt reduction monitored on 2019-01-28.

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!

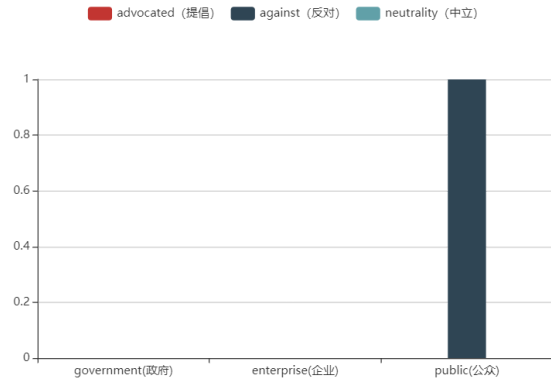
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-01-28) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-28. 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. [过年挑糖果学问大](#)  
[New Year's Candy Selection](#)

来源：人民网  
Source: People's net

主体：公众  
Subject: public

态度：反对  
Attitude: against

时间：08:05:59  
Time: 08:05:59

年关将至，家家都会备些糖果以宴宾客，但超市糖果种类繁多、无从选择。本期《生命时报》邀请中国农业大学食品科学与营养工程学院高级工程师刘毅和中国农业大学食品科学与营养工程学院副教授范志红，为大家介绍不同糖果的学问。糖分最高糖类—硬糖和软糖。硬糖糖含量都在90%以上，有的甚至达到98%。刘毅告诉记者，硬糖是白砂糖与水按比例溶解，与淀粉糖浆混合经过滤、浓缩、冷却后成型的。

As the year is approaching, families will prepare some candies to feast guests, but supermarkets have many kinds of candies to choose from. This issue of Life Times invites Liu Yi, Senior Engineer, School of Food Science and Nutrition Engineering, China Agricultural University, and Fan Zhihong, Associate Professor, School of Food Science and Nutrition Engineering, China Agricultural University, to introduce the knowledge of different candies. The highest sugar is hard sugar and soft sugar. Hard sugar content is more than 90%, some even up to 98%. Liu Yi told reporters that hard sugar is white granulated sugar dissolved in proportion to water, mixed with starch syrup, filtered, concentrated and cooled to form.

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

2019-01-28, 共监测到168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 168 WeChat public articles were monitored in 2019-01-28. This page shows the top five articles by repeat number today.

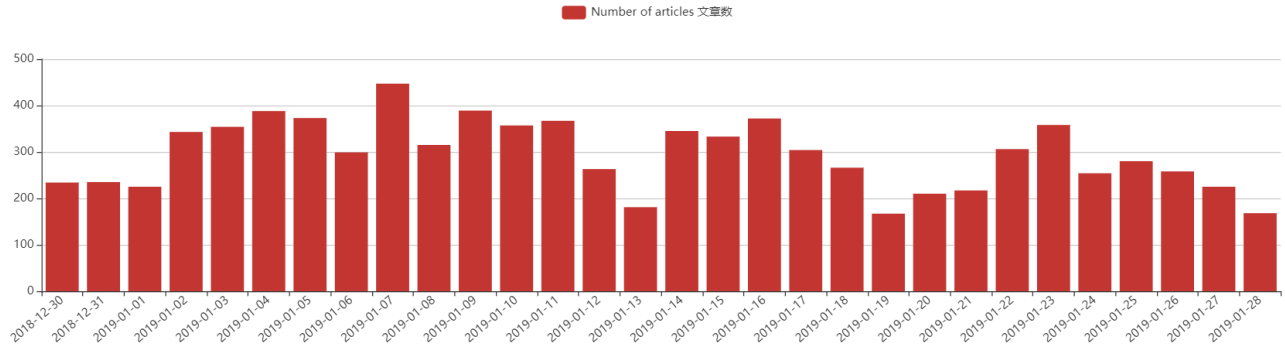
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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, 都记住了!!](#)

重复数: 29

日期: 2019-01-28

Repeat Number: 29

Data: 2019-01-28

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. [奶茶, 正在毁掉三代人!](#)

重复数: 2

日期: 2019-01-28

Repeat Number: 2

Data: 2019-01-28

[Milk tea is destroying three generations!](#)

反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

Trans fatty acids, known as "time bombs on the table", are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. The daily intake of trans fatty acids should not exceed 2g. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

#### 3. [生什么病, 就忌什么口, 这些诀窍留着有用, 要收好哦!](#)

重复数: 2

日期: 2019-01-28

Repeat Number: 2

Data: 2019-01-28

[Whatever illness you have, you should avoid the food respectively. These tips are useful!](#)

忌暴饮暴食, 高胆固醇, 太咸食物。忌炸鱼, 经过高温加热后, 会产生大量“坏脂肪”(反式脂肪), 对心脏有害无益。忌浓茶, 含有较多的咖啡因, 可能导致心率加快。忌红烧肉, 其中含有的“中链饱和脂肪酸”较高, 升血脂、胆固醇水平的能力很强。忌蛋黄派, 蛋黄派等口感靠使用“起酥油”来达到, 起酥油的主要成分是“部分氢化植物油”, 对心血管极其有害。

Avoid overeating, high cholesterol and too salty food. Due to the high temperature heating, fried fish will produce a lot of "bad fat" (trans fat), which is harmful to the heart. Strong tea contains more caffeine, which may lead to an increase in heart rate. Braised pork contains higher "medium chain saturated fatty acids", which can lead to elevated blood lipids and cholesterol levels. The taste of the egg yolk pie is achieved by the use of "shortening oil". The main ingredient of the shortening is "partially hydrogenated vegetable oil", which is extremely harmful to the cardiovascular system.

#### 4. [年货黑名单: 这八类千万不要买!](#)

重复数: 2

日期: 2019-01-28

Repeat Number: 2

Data: 2019-01-28

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

油炸食品特点是油多、高脂肪、高盐, 油炸的过程中可能产生反式脂肪酸。长期吃高脂肪的油炸食品, 容易导致肥胖, 反式脂肪酸的体内代谢缓慢, 中国居民膳食指南建议成人每日摄入油脂25克左右, 一盒薯片的油脂含量在30克左右, 超出了成人一天的油脂摄入量。薯片偶尔吃一次也无妨, 不建议长期大量食用。

Fried foods are characterized by high oil, high fat and high salt. Trans fatty acids may be produced during frying. Long-term consumption of high-fat fried foods can easily lead to obesity. Trans fatty acids are slowly metabolized in the body. The dietary guidelines for Chinese residents recommend that adults consume about 25 grams of fat per day. The fat content of a box of potato chips is about 30 grams, which exceeds the fat intake of adults for one day. It is fine to eat potato chips occasionally, but it is not recommended for long-term consumption.

#### 5. [【健康生活】2019年“健康饮食五原则”](#)

重复数: 1

日期: 2019-01-28

Repeat Number: 1

Data: 2019-01-28

[Five Principles of Healthy Diet in 2019](#)

油脂也是健康饮食的必要组成, 但吃太多油会增加肥胖、心脏病和中风的风险。反复煎炸的油也含有较多反式脂肪酸, 这些都应该避免食用。含反式脂肪酸多的食物包括: 炸薯条、炸鸡腿、炸鸡条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。

Oil is also a necessary component of a healthy diet, but eating too much oil increases the risk of obesity, heart disease and stroke. Repeated frying oil also contains more trans fatty acids, which should be avoided. Foods rich in trans fatty acids include French fries, fried chicken legs, fried fries, cakes containing hydrogenated vegetable oil, chocolate, salad dressing, instant noodle sauce and so on.

## 反式脂肪酸-微博 Transfat - Weibo

2019-01-28, 共检测到111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。

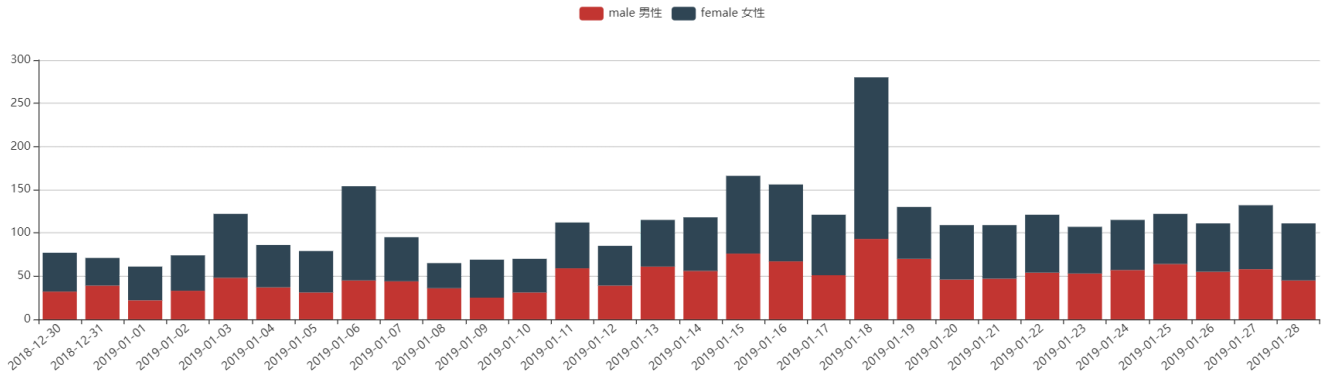
There are 111 weibos about transfat reduction monitored on 2019-01-28.

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!