

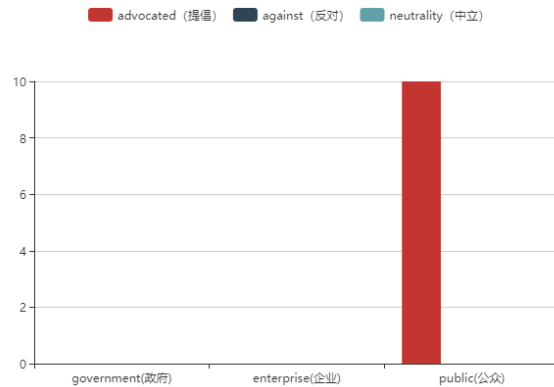
## 减盐-新闻

### Salt Reduction - News

今日 (2018-11-08) 共监测到10条资讯。请点击标题查看原文。

There are 10 articles monitored today 2018-11-08. 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. 巧用药膳强骨骼避免出现骨质疏松

来源: 新华网山东频道

主体: 公众

态度: 提倡

时间: 11:18:15

[Use opportunely medicinal food strong bones avoid osteoporosis](#)

来源: 新华网山东频道

Subject: public

Attitude: advocate

Time: 11:18:15

骨质疏松症是中老年人的常见病，它会使老年人在无创伤或者轻中度创伤的情况下，出现骨折。而骨折给老年人的身体健康和生活质量都会造成很大的影响。所以在日常生活中，为了增强骨骼强度，避免出现骨质疏松，有必要发挥中医传统药膳的优点，在日常饮食中合理使用药膳，达到补充营养、强化骨骼的目的。中医认为，肾主骨生髓，治疗骨质疏松要从补益肾气、填精生髓的方向着手，其中补肾类中药，何首乌、杜仲、补骨脂、熟地、仙灵脾等都有壮骨的作用。另外根据“以脏补脏”的原则，也可以选用猪腰、羊脊骨、羊肾等食物来强肾壮骨，用核桃、甲鱼、猪脊髓、龟肉等来填精补髓。

Osteoporosis is a common disease in middle-aged and elderly people. It can cause fracture in elderly people without trauma or mild or moderate trauma. Fracture has great impact on the health and quality of life of the elderly. Therefore, in daily life, in order to enhance bone strength and avoid osteoporosis, it is necessary to give full play to the advantages of traditional Chinese medicine diet, rational use of traditional Chinese medicine diet in daily diet, to achieve the purpose of supplementing nutrition and strengthening bone. Chinese medicine believes that kidney is the main bone and marrow, and the treatment of osteoporosis should start from the direction of tonifying kidney qi and essence. Among them, kidney-tonifying herbs, such as Polygonum multiflorum, Eucommia ulmoides, Psoralea corylifolia, Shudi, Xianling Spleen, have the effect of strengthening bone. In addition, according to the principle of "supplementing the viscera with the dirty," it can also use the food such as pig's waist, sheep bones, sheep's kidney \* to strengthen the kidney and strengthen bones, and fill the marrow with walnuts, turtle, pig's spinal cord and turtle meat.

##### 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

#### 1. 这7种食品已上“黑名单”！你给宝宝吃过几种

来源: 中原网

主体: 公众

态度: 提倡

时间: 06:21:51

[The seven kinds of food has been in the "blacklist"! You give the baby to eat some](#)

来源: 中原网

Subject: public

Attitude: advocate

Time: 06:21:51

小宝宝正处于快速发育时期，“吃”，可是有很大讲究的。很多食品不仅没营养，吃了还可能对宝宝造成很大的伤害！尤其是这7种食物已经被医生和营养师拉入黑名单！妈妈切记不要给宝宝吃哦。宝宝不能吃的7种食物。

The baby is in a period of rapid development. "Eat", but there is a lot of attention. Many foods are not only nutritious, but also possible to eat. Great harm to the baby! Especially these 7 kinds of food. Doctors and nutritionists have been blacklisted. Mom, remember not to eat the baby's 7 kinds of food that babies can't eat.

高血压 Hypertension
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安徽  
Anhui

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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. 中老年人补钙的“雷区”，你都避开了吗？ Senile calcium "minefield", you are avoided?	来源: cdstm 来源: cdstm	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:11:50 Time: 16:11:50
很多中老年人认为自己饮食合理，身体健康，不需要额外补钙。事实上，根据研究，我国居民普遍存在缺钙问题。我国居民每日通过正常饮食摄入的钙平均为300-400毫克，仅为人体需钙量的1/3左右。婴幼儿、青少年、孕妇、哺乳女性、老年人群体存在普遍的缺钙问题。对于这些群体，适当补钙、科学补钙是必要的				
Many middle-aged and elderly people think they have a reasonable diet and are healthy and do not need extra calcium supplements. In fact, according to the research, the problem of calcium deficiency is widespread in China. The average daily intake of calcium by Chinese residents through normal diet is 300-400 mg, which is only about one third of the human body's calcium requirement. There is widespread calcium deficiency among infants, adolescents, pregnant women, lactating women and the elderly. For these groups, proper calcium supplementation and scientific calcium supplementation are necessary.				
2. 央视曝光！不吃味精、鸡精的人都看看吧... CCTV exposure!Don't eat of MSG, chicken essence and have a look...	来源: 汉丰网 来源: 汉丰网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 19:11:51 Time: 19:11:51
央视曝光！不吃味精、鸡精的人都看看吧。最近几年，在生活中和网络上，关于吃味精有害的议论很多。有人说，味精是化工合成产品，吃味精有害，会得各种疾病。可是看了中央电视台 给味精“平反”的视频，才恍然大悟。原来如此！小编又涨知识了，好了关于味精“有害”的说法 总算真相大白了，大家做饭可以放心地放味精啦				
CCTV exposure! Anyone who doesn't eat MSG or chicken essence will have a look.In recent years, there are many discussions about the harmful effects of eating MSG in life and Internet. Some people say that MSG is a synthetic product of chemical industry, which is harmful to eating monosodium glutamate and will get various diseases.But look at CCTV.Video on monosodium glutamate.It suddenly dawned on me.I see!Xiao Bian has increased his knowledge.OK, about monosodium glutamate.Finally, the truth came out.You can safely put MSG in your cooking.				
3. 咸菜配稀饭并非好早餐 Pickles with porridge breakfast is not good	来源: 人民网 来源: 人民网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:26:04 Time: 09:26:04
一碗稀饭就着一碟咸菜，或者一碗豆浆配两根油条，这是我国北方最普遍的早餐形式。经过十几个小时的禁食，人体需要能量和营养补充，优质早餐可为我们一天的工作提供强大的营养支持，但偏爱咸菜和烫食的习惯，让早餐给大家的健康拖了后腿。曾有新闻报道，有一家四口相继患上食道癌。专家综合他们的生活习惯指出，饮食习惯是罪魁祸首。这家人喜欢喝烫粥吃咸菜，这样的早餐习惯大大增加了消化道癌变风险				
A bowl of porridge is accompanied by a plate of pickles, or a bowl of soybean milk with two fried sticks, which is the most common breakfast form in northern China. After more than a dozen hours of fasting, the human body needs energy and nutritional supplements. High-quality breakfast can provide strong nutritional support for our daily work, but the preference for salted vegetables and hot food habits, so that breakfast to everyone's health hindrance.There have been news reports that one of four families successively suffered from esophageal cancer. Experts combine their habits to point out that eating habits are the culprit. The family likes to eat hot porridge and pickled vegetables. This breakfast habit greatly increases the risk of digestive tract cancer.				
4. 7个最伤胃的坏习惯，医生劝你别再这样吃 7 the most hurt a stomach bad habits, the doctor told you don't like to eat	来源: 汉丰网 来源: 汉丰网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 17:26:05 Time: 17:26:05
7个最伤胃的坏习惯，医生劝你别再这样吃。俗话说「食为天，胃为先」，有个好胃很关键，否则吃不好啥都不好。胃部不适，很多人应该都体验过，例如胃胀、胃痛、反酸、嗝气等，都是很常见的胃部问题。其实，胃病靠养更靠防，有些食物和饮食习惯其实对胃很不好。今天，丁香医生就请来魏玮医生，和大家说说那些日常生活中会伤胃的坏习惯				
7 Worst habits that hurt your stomach, doctors advise you not to eat like this.As the saying goes, "food is the first and the stomach is the first". Having a good stomach is the key, otherwise it will not be good to eat well.Gastric discomfort, many people should have experienced, such as stomach distension, stomachache, acid reflux, belching and so on, are very common stomach problems.In fact, stomach disease is more dependent on nutrition, and some foods and eating habits are actually bad for the stomach.Today, Dr. Clove invited Dr. Wei Wei to talk to you about the bad habits that hurt your stomach in your daily life.				
5. 14种被吹上天却没什么用的食物：别再当冤大头了！ 14 day is nothing with food way: don't overpay!	来源: 东方网 来源: 东方网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:27:00 Time: 10:27:00
14种被吹上天却没什么用的食物：别再当冤大头了！生活中，保健品花样和宣传方式层出不穷，功效也是吹得天花乱坠。而学生和中老年人是最容易上当的人群，他们往往被某一夸大功效给忽悠，结果花了一堆冤枉钱。下面，小编为你科普一些被吹上天的食物，避免再上当了哦。				
14 kinds of food that are blown to heaven but no food: no more!In life, health care products and patterns of publicity are endless.Students and middle-aged and elderly people are the most easily deceived people, they are often fooled by some exaggerated effect, resulting in spending a lot of money wrongly.Below, Xiaobian is your popular science some food that is blown to heaven, avoid to be fooled again.				
高血压 Hypertension				
1. 推荐给四高患者的好食物 Recommended for four high in patients with good food	来源: 人民网 来源: 人民网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:25:46 Time: 08:25:46
高血糖（糖尿病）、高血压、高血脂（高胆固醇血症）、高尿酸（痛风）等慢性病的饮食调理都要从调整膳食结构、改变生活方式入手。众所周知，不能指望靠吃某一种食物来解决慢性病问题。但是，在这些慢性病的饮食调理中，有一些食物特别重要，推荐给有需要的朋友。				
Dietary adjustment of chronic diseases such as hyperglycemia (diabetes), hypertension, hyperlipidemia (hypercholesterolemia), hyperuricemia (gout) should start with adjusting dietary structure and changing lifestyle. As we all know, we can not rely on a certain kind of food to solve chronic diseases. However, in the dietary management of these chronic diseases, some foods are particularly important and recommended to friends in need.				
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. 带孩子在外吃，八项注意 Take children out to eat, eight note	来源: 人民网 来源: 人民网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:07:46 Time: 09:07:46
假期、周末，家长有了更多时间陪孩子外出享受快乐时光，但一想到在外面吃饭，有些妈妈难免不放心。今天就教大家几招。1.选择相对正规的餐厅。尽量选择自己熟悉、比较正规、知名度较高的餐厅。如果没有，可就近找一下，但注意观察餐厅整体卫生条件，厨房是否开放，人气是否比较高等				
On holidays and weekends, parents have more time to go out with their children and enjoy happy time, but some mothers can't help but feel relieved when they think about eating out. I'll teach you a few tricks today.1. choose a relatively regular restaurant. Try to choose restaurants that are familiar, formal and well known. If not, look for it nearby, but pay attention to the overall sanitary conditions of the restaurant, whether the kitchen is open, and whether the popularity is relatively high.				
2. 选盐不必那么多花样 Choose salt needn't so many tricks	来源: 人民网 来源: 人民网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:11:46 Time: 09:11:46
选盐不必那么多花样。如今，超市里可见各种“花式盐”，加碘盐、低钠盐、无碘盐、井盐、湖盐、海盐、岩盐、海藻盐、竹盐、玫瑰盐.....品种繁多，价格高低悬殊，反而让很多人不知道该怎么选了。食用盐有粗有细，细盐也就是精盐，经过纯化，杂质少、颗粒小。粗盐即天然盐，未经纯化，杂质多、颗粒大，比细盐含有更多的镁、钾、钙等，也因为含有氯化镁等杂质，在空气中易潮解。还有各种“花样”，井盐、湖盐、海盐、岩盐等，看起来很“高大上”，其实只是产地不同				
Salt needs not so many tricks.Nowadays, various "fancy salts" can be found in supermarkets, such as iodized salt, low sodium salt, iodine-free salt, well salt, Lake salt, sea salt, rock salt, algae salt, bamboo salt and rose salt. A wide variety, the price difference between the high and low, but let many people do not know how to choose.Edible salt has coarse, fine, fine salt, that is, refined salt. After purification, it has fewer impurities and smaller particles.Crude salt, namely natural salt, is not purified, with many impurities and large particles. It contains more magnesium, potassium, calcium and other impurities than fine salt. It is also easy to dehydrate in the air because of the impurities such as magnesium chloride.There are also various "patterns". Well salt, Lake salt, sea salt, rock salt, etc. look very "tall", but in fact they are of different origins.				

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2018-11-08, 共监测到584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 584 WeChat public articles were monitored in 2018-11-08. This page shows the top five articles by repeat number today.

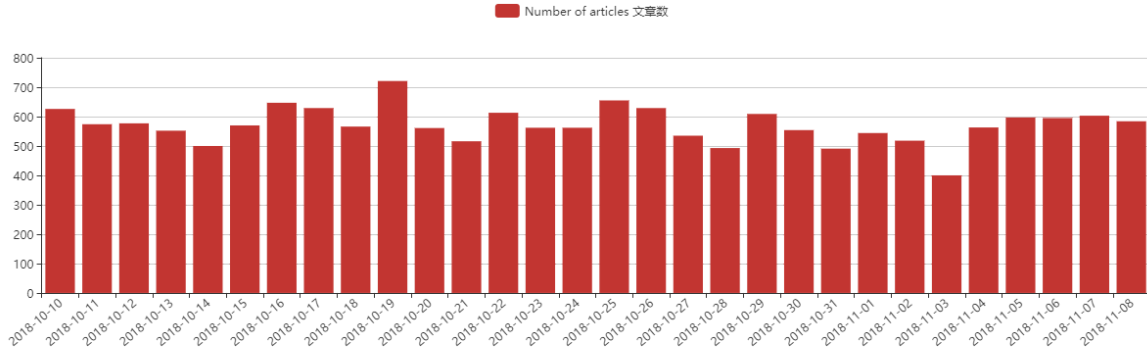
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [50%的高血压因高盐或高钠引起 如何科学减盐?](#)

重复数: 5

日期: 2018-11-08

Repeat Number: 5

Data: 2018-11-08

借鉴世界各国的减盐经验, 我国正制定“减盐工业指南” 世界各国在食品工业上的减盐行动早已开始。1979年芬兰就开始采取减盐行动, 通过设置高钠和低钠等标志的方法, 将国民的盐摄入量从1972年的14克降低到2002年的9克以下, 随之而来的是, 高血压率和脑卒中死亡率都有所下降, 成效非常明显。

Drawing on the experience of salt reduction in countries around the world, China is formulating a “Guidelines for Salt Reduction Industry”. The salt reduction actions of the countries in the food industry have already begun. In 1979, Finland began to take action to reduce salt. By setting high sodium and low sodium, the salt intake of the nationals was reduced from 14 grams in 1972 to less than 9 grams in 2002. The rate of hypertension and stroke mortality have all declined, and the results have been very obvious.

#### 2. [想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 4

日期: 2018-11-08

Repeat Number: 4

Data: 2018-11-08

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。健康人通过饮食摄取的最佳盐量, 每天吃盐应该不超过6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 salt intake for healthy people through diet should not exceed 6 grams per day.

#### 3. [【健康】立冬进补不盲目~ “健康三减” 记心上!](#)

重复数: 4

日期: 2018-11-08

Repeat Number: 4

Data: 2018-11-08

流行病学调查发现, 吃盐太多, 会升高血压, 而高血压会增加中风、心脏病的发生几率。高盐饮食也会增加胃病、骨质疏松、肾病等的患病风险。膳食指南建议, 每天摄入的盐不要超过6克。做饭的时候使用限盐勺, 帮助控制盐的摄入量, 也要少放酱油、鸡精、豆豉等调味品。

Epidemiological investigations have found that eating too much salt can raise blood pressure. High blood pressure increases the incidence of stroke and heart disease. A high-salt diet also increases the risk of stomach problems, osteoporosis, and kidney disease. The dietary guidelines recommend that the daily intake of salt should not exceed 6 grams. Use a salt-removing spoon when cooking to help control the intake of salt, and to add less seasonings such as soy sauce, chicken, and cardamom.

#### 4. [50%的高血压因高盐或高钠引起, 如何科学减盐?](#)

重复数: 3

日期: 2018-11-08

Repeat Number: 3

Data: 2018-11-08

盐是重要的调味品, 有调节细胞外液容量和渗透压、维持酸碱平衡和维持正常血压的功能, 以及参与能量代谢和有关的一些生理功能的维持。但盐的摄入过高后增加了高血压的发病风险已被证实。

Salt is an important flavoring that has the function of regulating extracellular fluid volume and osmotic pressure, maintaining acid-base balance and maintaining normal blood pressure, and participating in the maintenance of energy metabolism and related physiological functions. However, excessive salt intake increases the risk of developing hypertension.

#### 5. [别再给孩子乱吃了, 公认的第一类致癌物竟然是它! 打死都想不到!](#)

重复数: 2

日期: 2018-11-08

Repeat Number: 2

Data: 2018-11-08

我国普查资料证明, 在胃癌高发区, 人均每天摄入食盐50克; 而胃癌低发区, 人均食盐摄入量仅为 6克左右。一般认为, 正常人摄盐量应控制在每天6克以内, 给孩子做饭时, 也应该尽量少盐。

China's census data prove that in the high incidence area of gastric cancer, per capita intake of 50 grams of salt per day; and in low-incidence areas of gastric cancer, the per capita salt intake is only about 6 grams. It is generally believed that the salt intake of normal people should be controlled within 6 grams per day. When cooking for children, salt should be kept as little as possible.

## 减盐-微博 Salt Reduction - Weibo

2018-11-08, 共检测到1492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。

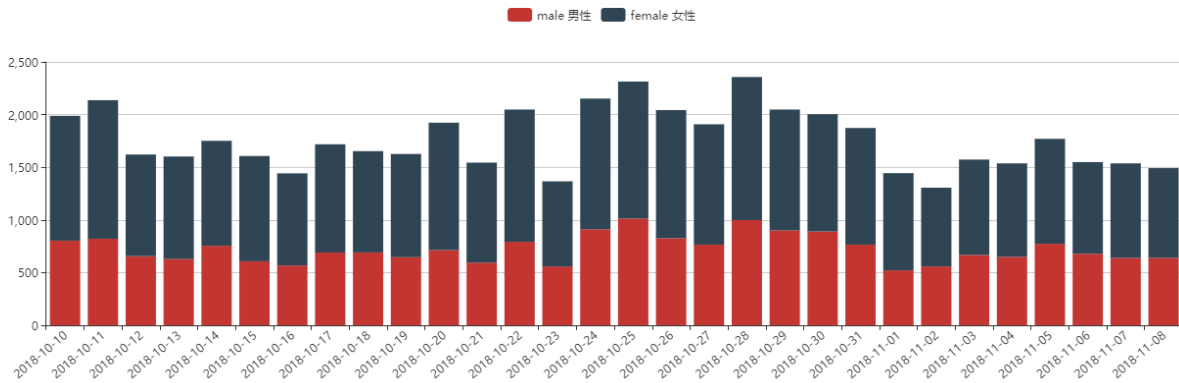
There are 1492 weibos about salt reduction monitored on 2018-11-08.

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!

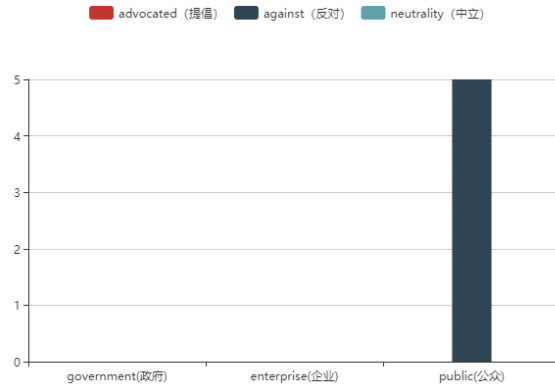
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-11-08) 共监测到5条资讯。请点击标题查看原文。

There are 5 articles monitored today 2018-11-08. Please click the title to view full information.

The original article is in Chinese only.



### 山东

#### Shandong

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### 河南

#### Henan

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### 安徽

#### Anhui

反式脂肪酸 Trans fat
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### 浙江

#### Zhejiang

反式脂肪酸 Trans fat
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其他省份
Other Provinces

反式脂肪酸 Trans fat				
1. 中国第三代蛋糕奶油 “飞青花” 新品发布圆满落幕 China's third generation of cream cake "fly blue and white" launch a successful ending	来源: TOM	主体: 公众	态度: 反对	时间: 11:38:54
中国第三代蛋糕奶油 “飞青花” 新品发布圆满落幕。 2018年10月26日, 在众多烘焙业界同仁见证下, 海融科技·江南大学捐资助学签约暨健康烘焙食品研究院揭牌仪式, 以及“好奶油, 更安心”海融科技2018飞青花牌奶油新品发布会隆重举办。 中国焙烤食品糖制品工业协会、全国工商联烘焙业公会、中粮集团、行业专家学者、全国多家知名饼店负责人及中国食品报社等知名媒体记者共同出席见证了烘焙食品行业这一重要时刻。 上海海融食品科技股份有限公司与江南大学食品学院在基础研究与应用研究上一直保持着良好的合作与互动。此次双方共建健康烘焙食品研究院, 致力于解决产品研发、人才培养、社会服务三方面问题	来源: TOM	Subject: public	Attitude: against	Time: 11:38:54
China's third generation cake butter "flying blue and white" new product released successfully.On October 26, 2018, witnessed by many colleagues in the baking industry, Hairong Science and Technology Jiangnan University donated financial aid to the signing of the contract and the unveiling ceremony of the Institute of Healthy Baking Food, and Hairong Science and Technology Feiqinghua Brand Cream New Product Press 2018 were solemnly held.China Baked Food Sugar Industry Association, National Association of Industry and Commerce Baking Industry, China Food Group, industry experts and scholars, leaders of many well-known bakeries and well-known media journalists from China Food Newspaper jointly witnessed this important moment of baking food industry.Shanghai Hairong Food Science and Technology Co., Ltd. and Jiangnan University Food College have maintained good cooperation and interaction in basic research and applied research. This time, the two sides jointly established the Healthy Bakery Food Research Institute, which is dedicated to solving three problems: product research and development, personnel training and social services.				
2. 纤维是减肥好帮手10个快速减肥方法 10 fiber is a good helper to lose weight fast weight loss method	来源: pclady.com.cn	主体: 公众	态度: 反对	时间: 16:38:55
纤维是减肥好帮手, 10个快速减肥方法 “限制级” 减肥方案。1: 让音乐来帮你减肥。在你运动的时候, 带上你的MP3, 然后沉醉在美妙的音乐中吧!根据研究表明, 边听音乐边运动能增加脂肪的燃烧, 尤其是当你在听自己所喜爱的音乐时。这是因为听音乐能帮助你加长运动时间的同时还能让运动更加有趣, 从而有利于你长期坚持下去哦! “限制级” 减肥方案2: “口耳相传” 帮到你。你知道吗, 把你的减肥计划告诉身边的人就能帮助你减肥	来源: pclady.com.cn	Subject: public	Attitude: against	Time: 16:38:55
Fiber is a good weight loss helper, 10 fast weight loss methods "restricted" weight loss program. 1: let music help you lose weight. Take your MP3 player with you when you exercise, and then indulge in wonderful music. According to research, listening to music while exercising can increase fat burning, especially when you listen to your favorite music. This is because listening to music can help you increase your exercise time and make it more interesting, so that you can stick to it for a long time. Do you know that telling your people around your weight loss plan can help you lose weight?				
3. 双低菜籽油是食用油最佳选择 Double low rapeseed cooking oil is a best choice	来源: 红网	主体: 公众	态度: 反对	时间: 10:39:09
双低菜籽油是食用油最佳选择。 国家健康油脂产业科技创新联盟5日在此间宣告成立。 针对我国居民食用油消费中饱和脂肪酸摄入量过高的现状, 联盟专家表示, 好油不仅要做到色香味形俱佳, 更应讲究组分搭配合理, 有益于营养健康; 而优质双低菜籽油是目前最佳选择。 中国农科院油料所副所长、油料品质化学与营养创新团队首席科学家黄凤洪研究员指出, 食用油不科学摄入与高血压、血脂异常、肥胖和糖尿病等慢性疾病患病率大幅上升密切相关。他给出好的食用油的品质特征, 除了色香味形俱佳, 还应该是不饱和脂肪酸含量高, 脂肪酸ω6/ω3构成合理, 饱和脂肪酸含量低, 脂类伴随物 (脂溶性维生素、甾醇、脂溶性多酚等) 含量高, 风险因子 (重金属、农药残留、反式脂肪酸苯并芘、溶剂残留、生物毒素等) 少, 健康功效多 (结构脂OPO、甾醇酯等食药同源功能因子多)	来源: 红网	Subject: public	Attitude: against	Time: 10:39:09
Double low rapeseed oil is the best choice for cooking oil. The national science and technology innovation alliance of healthy oils and fats industry was set up 5 days here. In view of the high intake of saturated fatty acids in the consumption of edible oils by Chinese residents, experts from the alliance said that good oils should not only have good color, flavor and shape, but also pay attention to the rational composition, which is beneficial to nutrition and health; and high-quality double-low rapeseed oil is the best choice at present.Huang Fenghong, deputy director of the Institute of Oil, Chinese Academy of Agricultural Sciences and chief scientist of the Innovation Team of Oil Quality Chemistry and Nutrition, pointed out that the unscentific intake of edible oil was closely related to the dramatic increase in the prevalence of chronic diseases such as hypertension, dyslipidemia, obesity and diabetes. He gave good quality characteristics of edible oil. Besides good color, flavor and shape, it should also have high content of unsaturated fatty acid, reasonable composition of fatty acid.6_/3, low content of saturated fatty acid, high content of fat-soluble vitamins, sterols, fat-soluble polyphenols, and risk factors (heavy metals, pesticide residues, trans-form). Fatty acid benzopyrene, solvent residues, biological toxins, etc.) are less, and health effects are more (structural lipid OPO, sterol esters and other food and drug homologous functional factors are more)				
4. 一家三口先后确诊肝癌, 医生: 炒菜放下面的“东西”, 失控 Three successively liver cancer diagnosis, doctor: cooking put down the "thing", out of control	来源: 搜狐	主体: 公众	态度: 反对	时间: 07:39:21
一家三口先后确诊肝癌, 医生: 炒菜放下面的“东西”, 失控。 30岁的啊美是一位平常的家庭主妇, 天天在家给老公孩子做饭收拾家务, 老公温柔体贴, 儿子乖巧听话, 日子过得很是幸福。可是就最近, 啊美有些烦恼, 她总是感觉有点不舒服, 不知道是不是天气的原因, 整个人胸口闷闷的, 特别难受。刚开始她觉得应该没什么大事, 也没跟老公说。一起和51养生网小编来看看吧	来源: 搜狐	Subject: public	Attitude: against	Time: 07:39:21
A family of three has successively diagnosed liver cancer, doctors: stir up the following "things", out of control.Ah Mei, 30, is an ordinary housewife. She cooks and tidies for her husband and children at home every day. Her husband is gentle and considerate. Her son is obedient and obedient. She lives happily. But recently, Ah Mei has some troubles. She always feels a little uncomfortable. I don't know whether it's the weather or not. The whole person's chest is stuffy, especially uncomfortable. At first, she thought there should be no big deal, nor did she tell her husband. Let's have a look at Xiaobian with 51 health nets.				
5. 江南大学金青哲: 食用油标准也应立足国情 Jiangnan university qing-zhe jin: cooking oil standard should be based on national conditions	来源: 中国食用油信息网	主体: 公众	态度: 反对	时间: 15:39:47
“产业标准化是一个科学问题。” 江南大学食品学院教授金青哲在接受《中国科学报》记者采访时表示, 而目前我国食用油及其制品分类标准不一, 无专门分类标准, 影响了食用油产业的健康有序发展。 无论是动物来源的猪、牛、鱼, 还是植物来源的大豆、花生、菜籽等, 皆可从中提取油脂。仅植物油方面, 国家农业农村部市场预警专家委员会近期预测, 2018/19年度的中国食用植物油产量将达到2617万吨, 消费量达到3363万吨。 那么, 食用油脂是怎么进行分类的呢? 金青哲介绍, 为规范食品添加剂使用, 我国《食品安全国家标准 食品添加剂使用标准》(GB2760-2014) 沿用国际食品添加剂通用法典标准CAC的分类方式, 在食品分类体系中建立了“脂肪, 油和乳化脂肪制品”类别, 涵盖 14小类	来源: 中国食用油信息网	Subject: public	Attitude: against	Time: 15:39:47
"Industrial standardization is a scientific issue." Jin Qingzhe, a professor at the Food College of Jiangnan University, told the Chinese Science Journal in an interview that at present, the classification standards of edible oils and their products in China are different and there is no special classification standard, which has affected the healthy and orderly development of the edible oil industry.* no matter animal origin pig, cow, fish, or plant origin soybeans, peanuts, rapeseed, etc., oil can be extracted from it. In vegetable oil alone, the State Agricultural and Rural Ministry's Market Early Warning Expert Committee recently predicted that China's edible vegetable oil production will reach 26.17 million tons and consumption will reach 33.63 million tons in 2018/19.How to classify edible oils and fats? Jin Qingzhe introduced that in order to standardize the use of food additives, China's National Food Safety Standards for the Use of Food Additives (GB2760-2014) followed the classification method of CAC standard of the International Code of Food Additives, and established the category of "Fat, Oil and Emulsified Fat Products" in the food classification system, covering 14 sub-categories.				
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

2018-11-08, 共监测到353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 353 WeChat public articles were monitored in 2018-11-08. This page shows the top five articles by repeat number today.

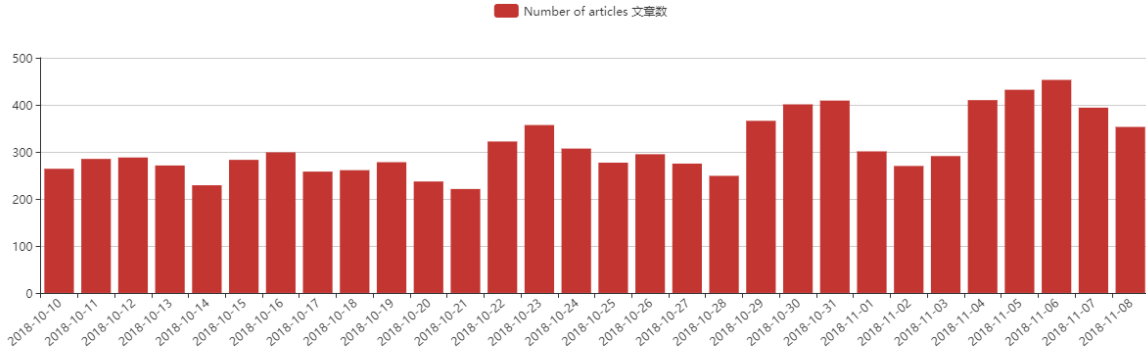
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 去超市购物, 先看懂这些再买! 没想到吃亏了这么多年

重复数: 14

日期: 2018-11-08

[Before go shopping in the supermarket, first read these and buy again! I didn't expect to suffer for so many years.](#)

Repeat Number: 14

Data: 2018-11-08

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled \"zero trans fatty acid\" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage.

### 2. 还在喝速溶咖啡? 每天都早起的你应该对自己好一点

重复数: 8

日期: 2018-11-08

[Still drinking instant coffee? You should be nice for yourself when you get up early every day.](#)

Repeat Number: 8

Data: 2018-11-08

2018年5月, 世界卫生组织宣布计划未来5年在世界范围内全面消除食物中的人造反式脂肪。反式脂肪酸会使人体血液中的低密度脂蛋白增加, 高密度脂蛋白减少, 进而诱发血管硬化, 增加心脏病、脑血管意外的风险。

In May 2018, the World Health Organization announced that they plan to eliminate artificial trans fats in foods worldwide in the next five years. Trans fatty acids increase the density of low-density lipoproteins in the human body, reduce high-density lipoproteins, and induce hardening of the arteries, increasing the risk of heart disease and cerebrovascular accidents.

### 3. 去超市购物, 先看懂这些再买!

重复数: 4

日期: 2018-11-08

[When shopping in the supermarket, you should understand these and then decide weather to buy it!](#)

Repeat Number: 4

Data: 2018-11-08

世界卫生组织则表示: 人们每天不宜食用超过 2 克反式脂肪酸, 以免对心血管造成伤害。有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage. That is to say, some foods labeled \"zero trans fatty acids\" may actually contain a small amount of trans fatty acids.

### 4. 食品标签上不得不说的秘密, 以后上超市别乱买了~

重复数: 4

日期: 2018-11-08

[The secret that has to be said on the food label, don't buy it in the supermarket later~](#)

Repeat Number: 4

Data: 2018-11-08

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.

### 5. 世卫组织宣战反式脂肪! 炸鸡、饼干、蛋糕还能不能吃? 真相是...

重复数: 2

日期: 2018-11-08

[WHO declares war on trans fats! Can fried chicken, biscuits and cakes be eaten? The truth is...](#)

Repeat Number: 2

Data: 2018-11-08

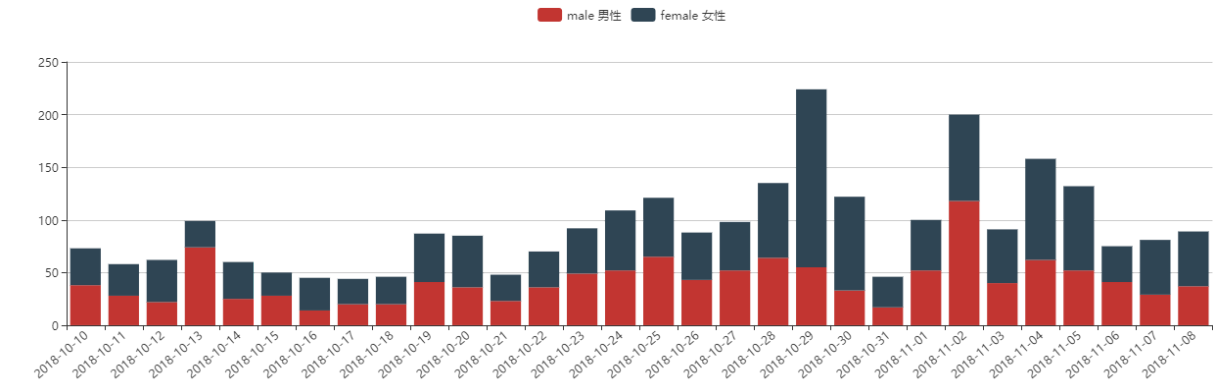
由于植物油除了在氢化及精炼过程会产生反式脂肪酸, 在烹炸过程中由于油温过高、烹炸时间过长也会产生少量的反式脂肪酸。所以, 日常家庭应控制好植物油的用量, 建议每人每天最好不要超过30克。

In addition to the production of trans fatty acids in the hydrogenation and refining process, vegetable oils produce small amounts of trans fatty acids during cooking due to excessive oil temperatures and long cooking times. Therefore, the family should control the amount of vegetable oil. It is recommended that each person should not exceed 30 grams per day.

# 反式脂肪酸-微博

## Transfat - Weibo

2018-11-08, 共检测到89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 89 weibos about transfat reduction monitored on 2018-11-08.  
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 imformation.  
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!