

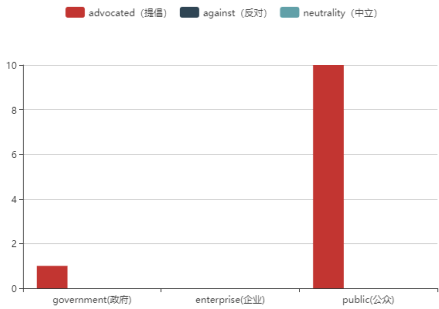
减盐-新闻

Salt Reduction - News

今日 (2018-12-26) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2018-12-26. 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
1. 心脑血管疾病恶性肿瘤成山东人头号“健康杀手” Malignant tumors of cardiovascular and cerebrovascular diseases become the number one "health killer" of Shandong people
来源: 新浪网 Source: Sina network
主体: 政府 Subject: government
态度: 提倡 Attitude: advocate
时间: 08:17:47 Time: 08:17:47
25日上午, 山东省政府新闻办举行新闻发布会, 通报山东省全人群全生命周期健康状况与卫生健康服务保障情况。记者获悉, 我省心脑血管疾病和恶性肿瘤死亡率较高, 疾病负担排名前三位的是呼吸系统疾病、循环系统疾病和消化系统疾病。山东省卫生健康委副主任马立新介绍, 我省心脑血管疾病和恶性肿瘤死亡率较高, 导致死亡率前三位的疾病为循环系统疾病(心脑血管疾病)、肿瘤、呼吸系统疾病, 其中男性总体死亡率高于女性。
On the morning of the 25th, the Press Office of the Shandong Government held a press conference to inform the whole population of Shandong Province of their life cycle health status and health service security. Reporters have learned that the death rate of cardiovascular and cerebrovascular diseases and malignant tumors in our province is relatively high. The top three diseases in the burden of diseases are respiratory diseases, circulatory diseases and digestive diseases. Ma Lixin, deputy director of Shandong Provincial Health Commission, said that the mortality rates of cardiovascular and cerebrovascular diseases and malignant tumors in Shandong Province were high. The top three diseases leading to mortality were circulatory system diseases (cardiovascular and cerebrovascular diseases), tumors and respiratory diseases, among which the overall mortality rate of males was higher than that of females.
综合健康信息 Comprehensive Health Information
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决心工程 Resolve To Save Lives
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河南

Henan

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安徽

Anhui

食物中的钠 Sodium in food
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高血压 Hypertension
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No such articles!

浙江

Zhejiang

食物中的钠 Sodium in food
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其他省份

Other Provinces

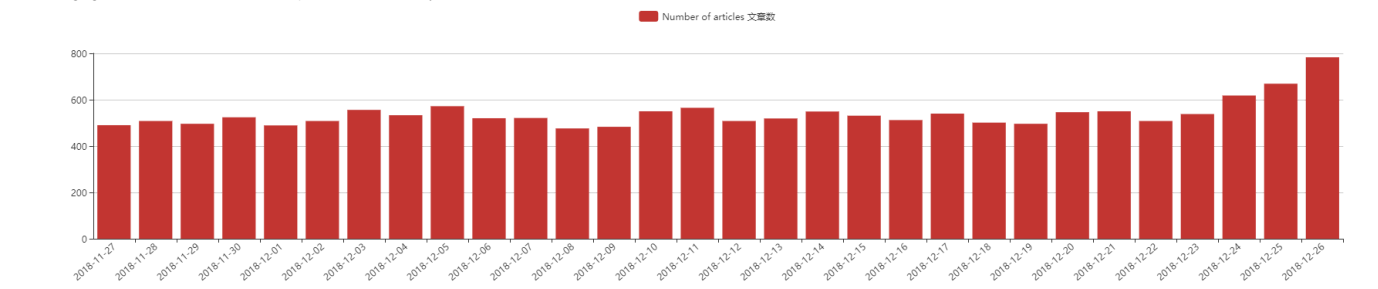
食物中的钠 Sodium in food				
没有相关文章!				
No such articles!				
高血压 Hypertension				
1. 爸妈有高血压? 请收下这波科普, 关键时刻能救命! Do parents have high blood pressure? Please accept this Popular Science Popularization, and save your life at the critical moment!	来源: 手机网易网 Source: Mobile NetEase	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:00:16 Time: 08:00:16
讲真, 得了高血压不可怕, 可怕的是父母对高血压的不以为然。 更令人不寒而栗的是, 做儿女的你们也并没有引起重视, 对爸妈的监督仅仅停留在叮嘱上: 少吃盐、多吃芹菜木耳、按时吃药。 然而, 爸妈只会满口答应, 坚决不执行。 为什么高血压不能成功吸引你们的注意? 说到底, 都是无知造成的! 今天, 狗狗就来给大家科普一下, 彻底扫盲。 我们将分为上下篇, 今天我们先来说说高血压的危害、病因、症状。				
To be honest, it's not terrible to get high blood pressure. What's terrible is that parents disapprove of it. More chilling is that you do not pay attention to children, parents only stay on the advice: eat less salt, eat more celery agaric, take medicine on time. Nevertheless, parents will only say yes and refuse to carry it out. Why can't hypertension attract your attention successfully? In the final analysis, it's all caused by ignorance! Today, the dog will come to give you a science popularization, complete literacy. We will divide it into two chapters. Today we will talk about the harm, cause and symptoms of hypertension.				
2. 垃圾食物导致儿童患高血压这些食物要远离 Junk food causes high blood pressure in children. Keep away from these foods	来源: 星岛环球网 Source: Star Island Global Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:33:02 Time: 10:33:02
据网媒报道: 由于饮食结构的变化, 现在很多一些过去以为只有成年人甚至中老年人才能有的疾病, 小孩子竟然也患上了, 这主要跟一些食物的不节制有很大关系。有一些垃圾食物, 家长们真的应该让孩子们少吃为妙: 儿童尽量远离这些垃圾食物。罐头的食品容易导致高血压产生, 尽量少吃些加工类的罐头食品, 否则会对孩子的肾脏造成影响, 也会导致高血压发病, 高血压会诱发多种心脑血管疾病, 由于孩子的肾脏功能尚未发育完善, 没有达到成熟的阶段, 所以要严格限制盐的摄入。				
According to online media reports: due to changes in dietary structure, many children who used to think that only adults and even middle-aged and elderly people could have diseases have children, which is mainly related to the uncontrollability of some foods, some junk food, parents really should let children eat less: children try to stay away from these junk food. Canned food is easy to cause hypertension. Eat less processed canned food. Otherwise, it will affect children's kidneys and lead to hypertension. Hypertension will induce a variety of cardiovascular and cerebrovascular diseases. Because children's kidney function has not yet developed and reached a mature stage, salt intake should be strictly restricted.				
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. 居家养老: 探索老有所养新路径 Home-based Old-age Care: Exploring a New Way to Support the Old	来源: 中工网 Source: China Industrial Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 07:58:38 Time: 07:58:38
“不让自己受委屈, 也不给儿女添麻烦, 老了还能有意思地生活就是有奔头的生活”。 居家养老: 探索老有所养新路径 12月12日早上9点半, 82岁的陈大爷和老伴带着起早到北京医院配的高血压药回到了位于北京东五环外的恭和家园。 “我要吃的五种药, 在这里能买到三种, 其他两种要去医院配。” 陈大爷告诉《工人日报》记者。 这里是两位老人住了半年的新家, 也是试点刚刚一周年的国内首个集中式居家养老社区。 陈大爷和老伴都是北京人, 卖掉了自己在三环边的一处房子后买了这里的一个两居室。				
"Don't let yourself be wronged, don't add trouble to children, old age can also be interesting life is a rush life". Old-age care at home: Exploring a new way to provide for the elderly at 9:30 a.m. on December 12, 82-year-old Mr. Chen and his wife returned to Gonghe home outside Beijing's East Five Ring Road with the hypertension medicine they dispensed early in the morning. "I want to eat five kinds of medicine, here can buy three kinds, the other two to go to the hospital to match." Uncle Chen told the Workers'Daily. This is the new home where two old people lived for half a year, and the first centralized home-based pension community in China just one year after the pilot project. Grandpa Chen and his wife, both from Beijing, sold their own house near the Third Ring Road and bought a two-bedroom apartment here.				

2. 重口味、吃咸点医生为何这样叮嘱 Why does the doctor advise you to eat salty food?	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：10:13:16 Time: 10:13:16
王女士今年42岁，是个大学教师，平日饮食清淡，有时间也爬山锻炼，体重47kg，身体基本健康。就是血压偏低，会头晕，有时还很频繁。近日到南京市第二医院心血管内科就诊，副主任医师张晓峰接诊了她。检查之后张女士跟小王说头晕是低血压引起的，小王的血压只有82/55mmhg，目前不需用药，饮食上调理，张主任说：重口味，吃咸点！				
Ms. Wang, 42, is a university teacher. She eats light food on weekdays and has time to climb mountains. She weighs 47 kg and is basically healthy. It is low blood pressure, dizziness, and sometimes very frequent. Recently, she was visited by Zhang Xiaofeng, a deputy chief physician, in the Department of Cardiovascular Medicine of Nanjing Second Hospital. After the examination, Director Zhang told Xiaowang that dizziness was caused by hypotension. Xiaowang's blood pressure was only 82/55 mmhg. At present, there is no need for medication and dietary regulation. Director Zhang said: Heavy taste, eat salty food!				
3. 《保健》控制饮食+适当运动防三高 Control your diet and do exercises more often to prevent diseases.	来源：Yahoo奇摩新闻（新闻发布） Source: Yahoo Chimo News (press release)	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：00:30:57 Time: 00:30:57
時序入冬，三不五時寒流來襲，當氣溫降低或驟降時，容易引起血管平滑肌收缩、血壓突然上升，導致心肌梗塞或中風急性發作機率增加，甚至猝死！因此每到寒流來襲時，到急診室報到的心血管疾病病人就大大增加。現代人飲食西化，油膩、重口味，並且常常蔬菜水果攝取不足，加上生活作息不正常、壓力大、運動量不足...等，這些偏差飲食習慣和生活型態，都不利心血管健康，結果造就許多「三高族」（血糖高、血壓高、血脂高）。				
When the time sequence enters winter and the cold current comes at three or five o'clock, when the temperature drops or suddenly drops, it will easily cause the contraction of vascular smooth muscle and the sudden rise of blood pressure, which will increase the probability of acute attack of myocardial infarction or stroke, or even sudden death. As a result, the number of cardiovascular disease patients reported to the emergency room increases dramatically every time a cold spell strikes. Modern people's diet is westernized, greasy, heavy taste, and often inadequate intake of vegetables and fruits, coupled with abnormal work and rest, high pressure, inadequate exercise. These deviations in dietary habits and lifestyles are not conducive to cardiovascular health, resulting in a number of "three high races" (high blood sugar, high blood pressure, high blood lipids).				
4. 吃盐5大“雷区”，你中招了吗？ Eat salt 5 big "minefields". Did you get that?	来源：中工网 Source: China Industrial Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：13:18:27 Time: 13:18:27
厨房中朝夕相处 您可能并不了解食盐 吃盐应该注意啥？常见的用盐“雷区”您中招了吗？今天将为您揭秘吃盐“背后那些事” 吃盐有5大雷区 雷区一：低钠盐可以多吃。钠元素摄入过多，会增加患高血压的风险。低钠盐用氯化钾替代盐中的一部分氯化钠，从而降低人体钠元素的摄入量。低钠盐虽然钠元素减少了，但是也需要控制摄入量。并且不是所有人都适合低钠盐，肾功能不好或在服用利尿剂的人不适合吃低钠盐！				
In the kitchen, you may not know what salt should pay attention to? Are you successful in common salt minefields? Today we will reveal to you that there are five major minefields where salt is eaten: low sodium salt can be eaten more. Excessive sodium intake increases the risk of hypertension. Low sodium salt uses potassium chloride to replace part of sodium chloride in salt, so as to reduce the intake of sodium element in human body. Low sodium salts need to be controlled, although sodium is reduced. And not everyone is suitable for low sodium salt, people with poor kidney function or taking diuretics are not suitable for low sodium salt!				
5. 射洪县人民医院：开展脑卒中健康知识宣教活动 Shehong County People's Hospital: Developing Health Education Activities for Stroke	来源：四川在线 Source: Sichuan Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:20:15 Time: 15:20:15
为切实提高人民群众脑卒中防治知识知晓率，倡导健康生活方式，根据省卫计委印发的《四川省脑卒中综合防治工作方案》，12月19日，射洪县人民医院神经内科在县新世纪广场开展脑卒中健康知识宣教活动，此次活动发放脑卒中知识手册等宣传材料400余份。活动现场，县人民医院神经内科主任医师杜华为前来问诊的人员详细介绍脑卒中的早期识别、脑卒中的危害、诱发脑卒中的危险因素以及脑卒中的三级预防，并强调一旦发生脑卒中，要第一时间送往医院急救，及时有效的抢救可大大降低脑卒中的致死率及致死率。				
In order to improve people's awareness of stroke prevention and control knowledge and advocate healthy lifestyle, according to Sichuan Comprehensive Stroke Prevention and Control Work Program issued by the Provincial Health Planning Commission, on December 19, the Department of Neurology of Shehong People's Hospital launched a stroke health knowledge education campaign in the county's New Century Square, which distributed more than 400 propaganda materials such as stroke knowledge handbooks. On the scene of the activity, Du Hua, chief physician of psychiatry of the county people's hospital, introduced in detail the early identification of stroke, the hazards of stroke, the risk factors of inducing stroke and the three-level prevention of stroke. He emphasized that once a stroke occurred, the first aid should be sent to the hospital. Timely and effective rescue could greatly reduce the disability and mortality rate of stroke.				
6. 14亿中国人的“餐桌升级”来了！究竟怎么吃才更健康？ The "table upgrade" of 1.4 billion Chinese is coming! How on earth can you eat healthier?	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：18:21:01 Time: 18:21:01
民以食为天。对于每个中国人来说，吃绝对是天大的事。回顾40年来国人在膳食营养方面的变化，三天三夜也说不完。但直到近几年，我们才慢慢意识到营养与健康的膳食理念，并有人提出：“你的膳食(厨房、餐桌……)，需要一次质的改变。”然而，面对膳食结构不合理、营养不均衡的现状，我们该如何培养科学健康生活方式？我们又是否真正理解餐桌升级的意义？餐桌一直在升级，营养问题却依然存在。目前来说，在中国疾控中心营养与健康所的组织下，我国已经开展并完成了5次全国营养调查。				
Food is the essence of the people. For every Chinese, eating is absolutely a big thing. Looking back on the changes in dietary nutrition of Chinese people in the past 40 years, we can't finish three days and three nights. But it was only in recent years that we slowly realized the concept of nutrition and healthy diet, and some people put forward: "Your diet (kitchen, table... It needs a qualitative change. However, in the face of unreasonable dietary structure and unbalanced nutrition, how can we cultivate a scientific and healthy lifestyle? Do we really understand the significance of table upgrading? The table has been upgraded, but nutritional problems still exist. At present, under the organization of the Institute of Nutrition and Health of the CDC, China has carried out and completed five national nutrition surveys.				
7. 3岁前不同阶段宝宝饮食黑名单，你的宝宝中招没？ Did your baby get shot in the diet blacklist at different stages before the age of 3?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：16:23:05 Time: 16:23:05
3岁前不同阶段宝宝饮食黑名单，你的宝宝中招没？一岁以前宝宝饮食黑名单 1、鲜牛奶、大豆、鸡蛋清、带壳的海鲜 危害及建议：容易导致宝宝发生过敏。宝宝未发育成熟肠胃接受和消化不了鲜牛奶，1岁以前的宝宝应该以母乳或配方奶为主要营养来源。宝宝4到6个月开始添加辅食，应避免大豆、鸡蛋清、带壳海鲜等高致敏食物。 2、煮菜水 危害及建议：煮菜水里有安全问题，蔬菜表面的色素、化肥、农药会溶于水内，甚至有重金属，这些都会危害宝宝健康。				
Did your baby get shot in the diet blacklist at different stages before the age of 3? Black List 1, Fresh Milk, Soybean, Egg White, Shelled Seafood Hazards and Suggestions: Easy to cause baby allergies. Baby's immature intestines and stomach can not accept and digest fresh milk. Babies before the age of 1 should use breast milk or formula milk as the main source of nutrition. Babies should avoid high allergenic foods such as soybeans, egg white and shelled seafood when supplementary foods are added from 4 to 6 months. 2. The hazards and suggestions of cooking water: there are safety problems in cooking water, pigments, fertilizers, pesticides on vegetable surface will dissolve in water, and even heavy metals, which will endanger the health of babies.				
8. 2018食品安全谣言大盘点！你被忽悠了吗？ 2008 food safety rumors inventory! Have you been fooled?	来源：中国海洋食品网 Source: China Ocean Food Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：12:28:05 Time: 12:28:05
星巴克咖啡致癌，吃小龙虾得“哈夫病”，酸奶含糖比可乐高，.....这个2018，各种食品安全谣言层出不穷。小编盘点了其中的20大谣言，赶紧来看看，别再被忽悠了！1 谣言一：少年吃15袋辣条中毒昏迷 谣言：今年1月，湖南郴州一名15岁少年在食用辣条后昏迷。有网传这名男孩是因吃了15袋辣条导致的中毒昏迷。真相：经过医院检查，男孩患有糖尿病，确诊其为糖尿病酮症酸中毒，辣条只是诱因之一。				
Starbucks coffee is carcinogenic, crayfish is "Huff's disease", yogurt contains more sugar than cola.... This 2018, various food safety rumors emerge in endlessly. Xiaobian checked 20 of the rumors, and quickly came to see, don't be fooled again. 1 Rumor 1: Teenagers eat 15 bags of hot strips poisoning coma rumors: In January this year, a 15-year-old teenager in Chenzhou, Hunan Province, after eating hot strips coma. It was reported that the boy was in a coma due to poisoning caused by eating 15 bags of hot strips. Truth: After a hospital examination, the boy suffered from diabetes mellitus and was diagnosed as diabetic ketoacidosis. Hot sticks are only one of the causes.				
<div>决心工程 Resolve To Save Lives</div>				
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减盐-微信

Salt Reduction - WeChat

2018-12-26, 共监测到783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 783 WeChat public articles were monitored in 2018-12-26. 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. 吃盐5大“雷区”，你中招了吗？ The five "forbidden zones" of eating salt.	重复数: 65 Repeat Number: 65	日期: 2018-12-26 Data: 2018-12-26
识高盐饮食的危害 食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克。65岁以上老年人应不超过5克。 Know the dangers of high salt diet. Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach diseases, osteoporosis and obesity. Chinese residents' dietary guidelines recommend that healthy adults should not consume more than 6 grams of salt per person per day, no more than 2 grams for children aged 2-3, no more than 3 grams for children aged 4-6, and no more than 4 grams for children aged 7-10. The elderly over 65 years old should not exceed 5 grams.		
2. 健康之路 20张癌症人体地图，告诉你致癌真相！ Path to Health 20 maps of cancer human body tell you the truth of carcinogenesis!	重复数: 19 Repeat Number: 19	日期: 2018-12-26 Data: 2018-12-26
相关调查资料显示，我国目前每人每日食盐的摄入量均在8-10克左右，而爱吃咸菜的人，每日食盐的摄入量达到了15克以上，远远超过需要量的标准。前段时间JAMA发表过文章，对中国人近10年来食盐摄入量进行了一个调查统计和回归分析，结果相当不容乐观。除了癌症之外，过量摄入盐对心血管和代谢类疾病有不弱于糖的贡献。看来除了控糖，控盐也应该被重视起来。 Relevant survey data show that the daily intake of salt per person in China is about 8-10 grams. For those who love pickles, the daily intake of salt has reached more than 15 grams, far exceeding the standard of the required amount. Some time ago, JAMA published an article on the investigation and statistics of the Chinese people's salt intake in the past 10 years. The result is quite pessimistic. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.		
3. 央视曝光！不吃味精，鸡精的看看吧！ CCTV exposed it! People who don't eat MSG or chicken powder should pay attention to it!	重复数: 17 Repeat Number: 17	日期: 2018-12-26 Data: 2018-12-26
饮食以清淡为宜，与食盐一样，味精中的主要成分谷氨酸钠中含有钠元素，而过量摄入钠则会导致高血压等心脑血管疾病。因此，要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。如果再加上味精中的钠，就会更多。 The diet should be light. Like salt, sodium glutamate, the main ingredient in MSG, contains sodium. Excessive intake of sodium can lead to 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.		
4. 血栓是吃出来的，这四种食物一定要少吃或不吃 Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.	重复数: 13 Repeat Number: 13	日期: 2018-12-26 Data: 2018-12-26
咸香咸香，咸能提味，这让很多人都贪食咸味，但过多的吃高盐食物，血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关，与 10.4% 的冠心病死亡，21.4% 的高血压性心脏病死亡，10.7% 的卒中死亡密切相关。除了食盐，像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防，减少它们的摄入量。 Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.		
5. 吃盐5大“雷区”，快来看看你中招了吗？ Do you enter the five "forbidden areas" of eating salt?	重复数: 8 Repeat Number: 8	日期: 2018-12-26 Data: 2018-12-26
中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克，2-3岁幼儿不超过2克，4-6岁幼儿不超过3克，7-10岁儿童不超过4克。65岁以上老年人应不超过5克。少放5%-10%的盐并不会影响菜肴的口味。使用定量盐勺，尝试用辣椒、大蒜、醋和胡椒等为食物提味。 The dietary guidelines for Chinese residents recommend that healthy adults consume no more than 6 grams of salt per day, 2-3-year-olds no more than 2 grams, 4-6-year-olds no more than 3 grams and 7-10-year-olds no more than 4 grams. Older people over 65 should not exceed 5 grams. Reducing salt by 5% to 10% does not affect the taste of dishes. Using a quantitative salt spoon and try to flavor the food with pepper, garlic, vinegar and pepper.		

减盐-微博 Salt Reduction - Weibo

2018-12-26, 共检测到1859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。

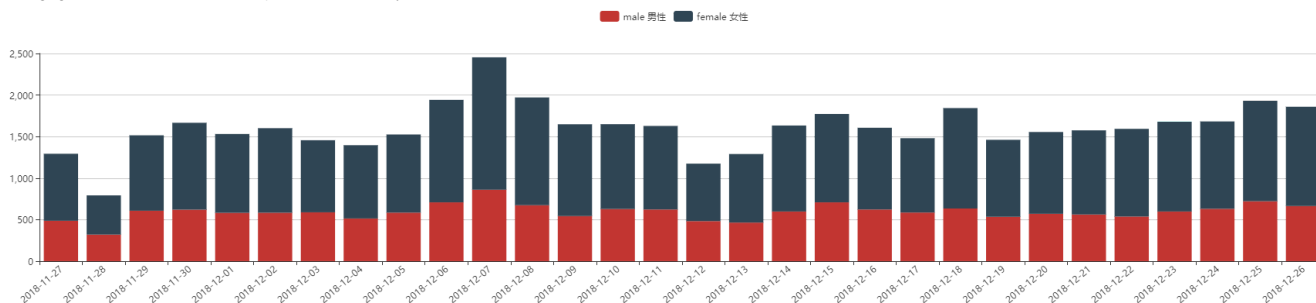
There are 1859 weibos about salt reduction monitored on 2018-12-26.

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.



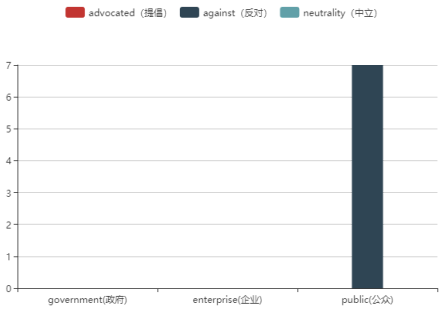
热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日（2018-12-26）共监测到7条资讯。请点击标题查看原文。
There are 7 articles monitored today 2018-12-26. 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. 危险食物清单来了！营养学家眼中的最危险食物竟是它 Here comes the dangerous food list! It's the most dangerous food in the eyes of nutritionists.	来源： 人民网 Source: People's net	主体： 公众 Subject: public	态度： 反对 Attitude: against	时间： 09:40:50 Time: 09:40:50
危险食物清单来了！营养学家眼中的最危险食物竟是它 俄罗斯卫星通讯社报道，最近俄罗斯营养学家列出一份“危险食物”清单，以提高人们对饮食问题的警惕。营养学家们称，腊肠和以肉制品为基础的香肠对健康的危害最大。其价格越低，肉含量就越少，同时致癌物质含量也越高。与此同时，营养学家们解释说，由于存在高含量的磷酸盐和反式脂肪酸，廉价的熟食在“危险食物”清单中位列第二，最好避免食用。				
Here comes the dangerous food list! The most dangerous food in the eyes of nutritionists is reported by Russian Satellite News Agency. Recently, Russian nutritionists made a list of "dangerous food" to raise people's awareness of dietary problems. Nutritionists say sausages and meat-based sausages are the most harmful to health. The lower the price, the less meat and the higher the carcinogen content. Meanwhile, nutritionists explain that cheaper cooked foods rank second on the list of "dangerous foods" because of high levels of phosphate and trans fatty acids, and it's best to avoid eating them.				

2. 如何读懂预包装食品用植物油标签 How to read the label of pre-packaged edible vegetable oil	来源: 新浪网 Source: Sina network	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 10:42:01 Time: 10:42:01
预包装食品, 指预先定量包装或者制作在包装材料、容器中的食品, 预包装食品用植物油是其中的一种。为帮助广大消费者科学选购、食用和贮存预包装食品用植物油, 国家市场监督管理总局特做如下消费提示。 一、食用植物油种类繁多 食用植物油是以食用植物油料或植物原油为原料制成的食用油脂。生活中常见的如大豆油、菜籽油、花生油、芝麻油、食用植物调和油等。				
Pre-packaged food refers to food that is pre-packaged quantitatively or made in packaging materials and containers. Pre-packaged edible vegetable oil is one of them. In order to help consumers purchase, eat and store pre-packaged edible vegetable oils scientifically, the State Administration of Market Supervision and Administration has made the following consumption tips. 1. Various kinds of edible vegetable oils are edible oils made from edible vegetable oils or vegetable crude oils. Common in life, such as soybean oil, rapeseed oil, peanut oil, sesame oil, edible plant blending oil and so on.				
3. 《保健》控制飲食+適當運動防三高 Control your diet and do exercises more often to prevent the diseases.	来源: Yahoo奇摩新聞 (新聞發布) Source: Yahoo Chimo News (press release)	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 00:43:14 Time: 00:43:14
時序入冬, 三不五時寒流來襲, 當氣溫降低或驟降時, 容易引起血管平滑肌收缩、血壓突然上升, 導致心肌梗塞或中風急性發作機率增加, 甚至猝死! 因此每到寒流來襲時, 到急診室報到的心血管疾病病人就大大增加。現代人飲食西化, 油膩、重口味, 並且常常蔬菜水果攝取不足, 加上生活作息不正常、壓力大、運動量不足...等, 這些偏差飲食習慣和生活型態, 都不利心血管健康, 結果造就了許多「三高族」(血糖高、血壓高、血脂高)。				
When the time sequence enters winter and the cold current comes at three or five o'clock, when the temperature drops or suddenly drops, it will easily cause the contraction of vascular smooth muscle and the sudden rise of blood pressure, which will increase the probability of acute attack of myocardial infarction or stroke, or even sudden death. As a result, the number of cardiovascular disease patients reported to the emergency room increases dramatically every time a cold spell strikes. Modern people's diet is westernized, greasy, heavy taste, and often inadequate intake of vegetables and fruits, coupled with abnormal work and rest, high pressure, inadequate exercise. These deviations in dietary habits and lifestyles are not conducive to cardiovascular health, resulting in a number of "three high races" (high blood sugar, high blood pressure, high blood lipids).				
4. 冬天食欲失控吃太油濃茶解膩回甘少負擔 Eating too oily tea to relieve boredom and reduce burdens in winter	来源: Yahoo奇摩新聞 (新聞發布) Source: Yahoo Chimo News (press release)	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 10:43:33 Time: 10:43:33
冬天氣溫低, 一般人为了增加熱量, 嘴巴像是藏了大食怪, 食欲容易失控! 尤其愛吃高油脂、重口味的食物, 像是愛嗆一鍋熱呼呼的麻辣鴨血鍋、一碗香氣四溢的牛肉麵, 或是一份加熱滷味等, 嘴巴就是停不住。吃多了這一些高油脂食物, 不但會感覺膩口, 再好吃的美食也可能食不下嚥! 想要解膩該怎麼做呢? 來聽聽營養師怎麼說。 吃多了高油脂食物, 不但會感覺膩口, 再好吃的美食也可能食不下嚥!				
In winter, the temperature is low. In order to increase calories, the mouth of ordinary people seems to be hiding a big eccentric, and their appetite is easy to get out of control. Especially like to eat high fat, heavy taste food, such as a hot pot of spicy duck blood pot, a bowl of aromatic beef noodles, or a hot brine, mouth is unable to stop. If you eat too much of these high-fat foods, you will not only feel satiated, but you may not be able to swallow any more delicious food! What should I do if I want to get bored? Let's hear what the nutritionist says. If you eat too much high-fat food, you will not only feel satiated, but also you may not be able to swallow any delicious food!				
5. 2018食品安全谣言大盘点! 你被忽悠了吗? 2008 food safety rumors inventory! Have you been fooled?	来源: 中国海洋食品网 Source: China Ocean Food Network	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 12:31:29 Time: 12:31:29
星巴克咖啡致癌, 吃小龙虾得“哈夫病”, 酸奶含糖比可乐高, 这个2018, 各种食品安全谣言层出不穷。小编盘点了其中的20大谣言, 赶紧来看看, 别再次被忽悠了! 1 谣言一: 少年吃15袋辣条中毒昏迷 谣言: 今年1月, 湖南郴州一名15岁少年在食用辣条后昏迷。有网传这名男孩是因吃了15袋辣条导致的中毒昏迷。真相: 经过医院检查, 男孩患有糖尿病, 确诊其为糖尿病酮症酸中毒, 辣条只是诱因之一。				
Starbucks coffee is carcinogenic, crayfish is "Huff's disease", yogurt contains more sugar than cola,... This 2018, various food safety rumors emerge in endlessly. Xiaobian checked 20 of the rumors, and quickly came to see, don't be fooled again. 1 Rumor 1: Teenagers eat 15 bags of hot strips poisoning coma rumors: In January this year, a 15-year-old teenager in Chenzhou, Hunan Province, after eating hot strips coma. It was reported that the boy was in a coma due to poisoning caused by eating 15 bags of hot strips. Truth: After a hospital examination, the boy suffered from diabetes mellitus and was diagnosed as diabetic ketoacidosis. Hot sticks are only one of the causes.				
6. 九种食物会悄然伤害大脑 Nine foods can quietly damage the brain	来源: 汉丰网 Source: Hanfeng network	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 22:31:36 Time: 22:31:36
九种食物会悄然伤害大脑 你可能听说过一些食物能提高智商, 但一些不太健康的食物选择实际上会损伤大脑的认知功能。糖 吃糖不仅会增粗腰围, 它还会损伤大脑功能。美国加州大学洛杉矶分校的研究者用老鼠进行的动物实验发现, 喂食果糖溶液的老鼠在迷宫中导航困难, 这是学习能力和记忆力减退的迹象。另一组老鼠同时服用了果糖溶液和欧米伽-3脂肪酸, 它们就没有表现出类似的迹象。				
Nine foods can quietly damage the brain. You may have heard that some foods can improve IQ, but some unhealthy food choices can actually damage the cognitive function of the brain. Sugar not only increases waist circumference, but also impairs brain function. Researchers at the University of California, Los Angeles, found that rats fed fructose solution had difficulty navigating the maze, which was a sign of learning and memory impairment. Another group of mice took fructose solution and omega-3 fatty acids at the same time, and they showed no similar signs.				
7. 20款圣诞巧克力对比测评: 黑巧克力不“低卡” 用来减肥成笑话! 20 kinds of Christmas chocolate comparative evaluation: dark chocolate is not "low calorie" used to lose weight into a joke!	来源: 东方财富网 Source: Oriental Wealth Network	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 13:31:44 Time: 13:31:44
巧克力原料, 最初来源于中美洲热带雨林中野生可可树的果实可可豆, 当时古代印第安人用焙炒过的可可豆制成带着苦味和泡泡的一种可可饮料, 这算是人类首次食用巧克力。 作为天生浪漫的代言人, 人们都愿意将巧克力作为传递情感的信物。然而, 由于将巧克力制成固体需要加入糖分和脂肪, 为此巧克力也被贴上了高热量的标签。 你爱吃的巧克力真的是“热量炸弹”吗?				
Chocolate was originally derived from the fruit of wild cacao trees in the rainforests of Central America. At that time, the ancient Indians made a bitter and bubbly cocoa drink from roasted cocoa beans, which was the first time that human beings had eaten chocolate. As a natural spokesman of romance, people are willing to use chocolate as a token of affection. However, chocolate is also labeled high calorie because it needs sugar and fat to make solid chocolate. Is your favorite chocolate really a "heat bomb"?				

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

2018-12-26, 共监测到347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 347 WeChat public articles were monitored in 2018-12-26. This page shows the top five articles by repeat number today.

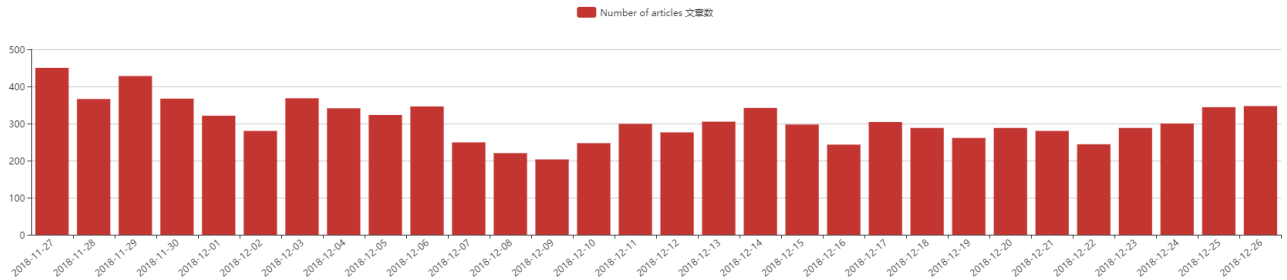
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里

[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

重复数: 20

日期: 2018-12-26

Repeat Number: 20

Data: 2018-12-26

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

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

2. 血栓是吃出来的, 这四种食物一定要少吃或不吃

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

重复数: 7

日期: 2018-12-26

Repeat Number: 7

Data: 2018-12-26

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.

3. 脸要穷养, 脚要富养, 心要穷养, 肺要富养, 养好身体才好!

[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

重复数: 3

日期: 2018-12-26

Repeat Number: 3

Data: 2018-12-26

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

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

4. VMESHOU: 肥胖食物大盘点, 一口就可能让你的减肥白费!

[VMESHOU: Taking a bite of these foods may make your weight loss in vain!](#)

重复数: 3

日期: 2018-12-26

Repeat Number: 3

Data: 2018-12-26

脏脏奶茶、黑糖奶茶, 各种网红奶茶总让很多人愿意排上3-4个小时的队, 它已经成为许多人下午茶中不可或缺的一部分。可是, 奶茶中糖分较多, 一杯500毫升的奶茶热量就高达262大卡, 属于名副其实的高热量食物。而且里面还可能含有植脂末等反式脂肪, 难以被人体代谢, 不仅是导致肥胖的重要原因, 吃多了还会令大脑加速衰老, 并增加心脑血管疾病的患病几率, 所以大家还是少碰为妙。

Dirty milk tea, black sugar milk tea and all kinds of net red milk tea always make many people willing to queue for 3-4 hours. It has become an indispensable part of many people's afternoon tea. However, milk tea has a high sugar content. A cup of 500 ml of milk tea has a calorie capacity of 262 kcal, which is a veritable high-calorie food. Moreover, it may contain trans fats such as non-dairy cream, which are difficult to be metabolized by the human body. It is not only an important cause of obesity, but also accelerates aging of the brain and increases the risk of cardiovascular and cerebrovascular diseases. So everyone should still drink less.

5. 每年致死50万人, 已被世卫组织呼吁停用! 就藏在我们每天吃的食物里...

[It kills 500,000 people every year and has been called out by the WHO to stop using it! It's hidden in the food you eat every day....](#)

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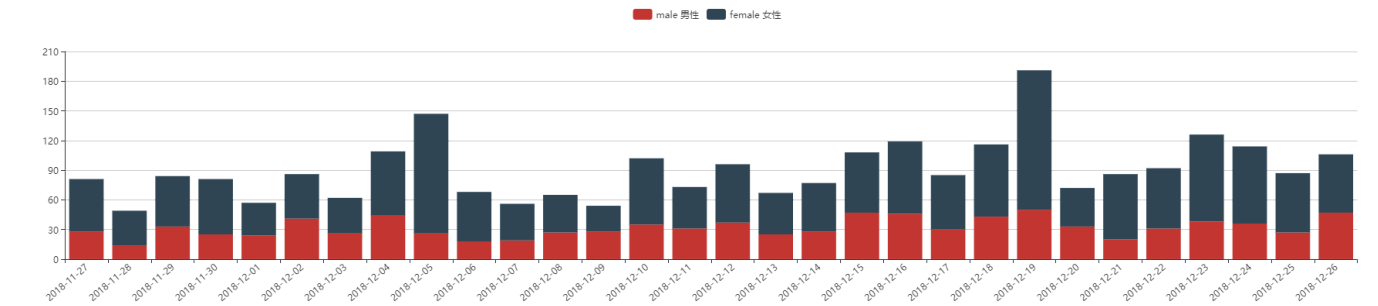
反式脂肪又称反式脂肪酸, 是一大类含有反式双键的脂肪酸的简称。它分为两类。第一类是天然反式脂肪, 主要存在于牛羊肉和牛奶等奶制品中。这类天然的反式脂肪不但对人体没什么害处, 还有部分研究显示其可减少脂肪堆积, 因此可以放心食用。第二类则是人造反式脂肪, 主要来源于处理不完全的氢化植物油, 一般在油脂的加工烹调中产生。

Trans fat, also known as trans fatty acid, is the abbreviation for a large class of fatty acids containing trans double bonds. It is divided into two categories. The first type is natural trans fat, which is mainly found in dairy products such as beef, mutton and milk. This kind of natural trans fat is not only harmful to the human body, but some studies have shown that it can reduce fat accumulation, so it can be safely consumed. The second type is artificial trans fat, which is mainly derived from incompletely treated hydrogenated vegetable oil, which is generally produced in the processing and cooking of oils and fats.

反式脂肪酸-微博

Transfat - Weibo

2018-12-26, 共检测到106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 106 weibos about transfat reduction monitored on 2018-12-26.
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!