

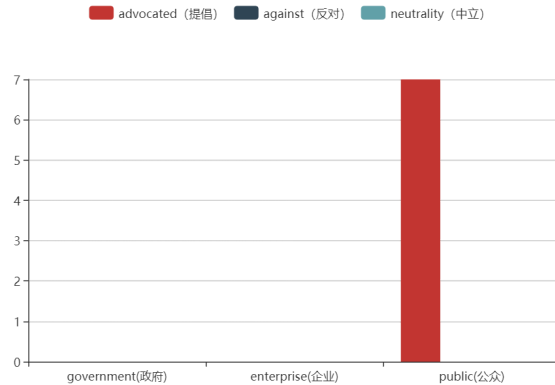
减盐-新闻

Salt Reduction - News

今日 (2018-12-04) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2018-12-04. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food

没有相关文章!

No such articles!

高血压 Hypertension

没有相关文章!

No such articles!

心血管健康 Cardiovascular health

没有相关文章!

No such articles!

综合健康信息 Comprehensive Health Information

没有相关文章!

No such articles!

决心工程 Resolve To Save Lives

没有相关文章!

No such articles!

河南

Henan

食物中的钠 Sodium in food

没有相关文章!

No such articles!

高血压 Hypertension

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决心工程 Resolve To Save Lives
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安徽
Anhui

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决心工程 Resolve To Save Lives
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浙江
Zhejiang

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没有相关文章!
No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 吃错盐也会患重病专家告诉您缘由	来源：多维新闻网	主体：公众	态度：提倡	时间： 00:08:17
Eating the wrong salt can also cause serious illness. Experts tell you why.	Source: Multidimensional News Network	Subject: public	Attitude: advocate	Time: 00:08:17
食盐是烹饪美味时必不可少的调味料，那么，你对它了解多少？近日，中国疾控营养与健康所何丽研究员做客央视《健康之路》栏目，为大家详细讲解用盐知识，告诉您怎样“吃盐”才更健康。四大“食盐误区” 1、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！				
Salt is an essential condiment in cooking. So, how much do you know about it? Recently, he Li, a researcher from China Institute of Disease Control, Nutrition and Health, visited CCTV's "Road to Health" column to explain salt knowledge in detail and tell you how to "eat salt" to be healthier. Four "salt misunderstandings". 1. Low sodium salt can increase the risk of hypertension by eating too much sodium. 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!

高血压
Hypertension

没有相关文章!

No such articles!

心血管健康
Cardiovascular health

1. [三大信号预示心衰须及时就医排查](#)

[Three major signals indicate that heart failure should be checked in time](#)

来源：南方网

Source: Southern net

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：08:04:56

Time: 08:04:56

如果患有心脑血管疾病，一段时间内突然发现体力下降厉害，动一动就气喘心慌，甚至还出现脚部水肿，这很可能提示出现心衰，务必尽早就医排查。调查显示，我国心衰患者预估超过千万。其中70岁以上老人中，每10个人可能就有1人患有心衰。75岁以上的人群中，更有一半以上伴有舒张性心力衰竭，其中尤以女性更为常见。但由于心衰知识普及率不高、民众对其普遍缺乏基本认知，致使很多患者错过了最佳诊疗时机。南方医科大学南方医院心力衰竭中心主任许顶立教授提醒，如果患有心脑血管疾病，一段时间内突然发现体力下降厉害，动一动就气喘心慌，甚至还出现脚部水肿，这很可能提示出现心衰，务必尽早就医排查。

If you suffer from cardiovascular and cerebrovascular diseases, you suddenly find that your physical strength drops sharply over a period of time, you feel short of breath and panic when you move, and even you have edema in your feet. This is likely to indicate the occurrence of heart failure. You must seek medical attention as soon as possible. Surveys show that the estimated number of heart failure patients in China exceeds 10 million. One in 10 people over the age of 70 may have heart failure. More than half of people over 75 years old have diastolic heart failure, especially women. However, due to the low prevalence of heart failure knowledge and the general lack of basic knowledge, many patients missed the best opportunity for diagnosis and treatment. Professor Xu Dingli, director of the Heart Failure Center of Southern Hospital of Southern Medical University, reminded us that if we suffer from cardiovascular and cerebrovascular diseases, we suddenly find that our physical strength has dropped sharply for a period of time, we will feel short of breath and panic when we move, and even suffer from foot edema. This is likely to prompt the occurrence of heart failure, so we must seek medical examination as soon as possible.

综合健康信息
Comprehensive Health Information

1. [胃癌发出的两个信号，常常被人忽视，三类人最好去检查一下胃镜](#)

[Two signals from gastric cancer are often overlooked. Three types of people are better off to have a gastroscopy.](#)

来源：搜狐

Source: Sohu

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：06:41:10

Time: 06:41:10

胃癌发出的两个信号，常常被人忽视，三类人最好去检查一下胃镜 胃癌是一种常见的消化道肿瘤，但是出现胃癌的时候，身体常常会有哪些异常信号呢？我们不妨通过两个病例来看一下。 39岁的刘女士最近半年总是出现上腹痛，其实很早医院就建议她检查胃镜，大美女因为对胃镜检查一直有恐惧感，所以刘女士一直不愿意做，半年来她吃了不少的胃药，但腹痛的症状也是时好时坏，这一次终于下决心接受胃镜检查，但是一检查，却提示胃窦的位置有一个巨大溃疡，病检考虑为印戒细胞癌。

The two signals from gastric cancer are often overlooked. It is better for three groups of people to examine gastroscopic gastric cancer as a common digestive tract cancer. But when gastric cancer occurs, what abnormal signals do the body often have? We might as well look at two cases. The 39-year-old Liu always suffers from upper abdominal pain in the last six months. In fact, the hospital advised her to have a gastroscopy very early. The beauty was always afraid of gastroscopy, so she was reluctant to do it. She took a lot of gastric medicine in the past six months, but the symptoms of abdominal pain were good and bad. This time, she finally decided to undergo gastroscopy. Check, but a check, but the location of the gastric antrum has a huge ulcer, the examination considered signet ring cell cancer.

2. [香蕉最通便?吃猪血祛尘? 看来你对“吃”有些误解](#)

[Bananas are the most convenient? Eat pig blood to remove dust? It seems that you have some misunderstanding about "eating".](#)

来源：新快报

Source: new express

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：02:08:30

Time: 02:08:30

香蕉最通便?吃猪血祛尘? 看来你对“吃”有些误解 时间：2018-12-04 00:55 来源：新快报 ■廖木兴/图 坊间总流传不少所谓的健康“真理”，说得似乎在理，却又真假难辨。冷开水冲泡蜂蜜专治便秘，热开水冲蜂蜜喝就会加重便秘；吃酱油伤口会留疤；吃猪血祛尘？专家表示，这些说法很多都是谬论或未经证实的。误解1，吃酱油伤口会留疤。酱油是黑色的，于是有传言说吃了会留下色素沉淀、疤痕。广州固生堂主治中医师王惟恒称，吃酱油并不会导致黑色素沉淀，皮肤会否留下疤痕，取决于损伤的类型、损伤部位、伤口缝合情况以及个体差异等因素。要防止伤口色素沉淀应谨记防止伤口感染发炎及防晒。

Bananas are the most convenient? Eat pig blood to remove dust? It seems that you have some misunderstanding about "eating": 2018-12-04:55 Source: New Express *Liao Muxing/Tufang always spreads many so-called "health truth", which seems reasonable, but it is hard to tell the truth from the truth. Cold boiled water soaks honey specially for constipation, hot water soaks honey to drink will aggravate constipation; eating soy"sauce wounds will leave scars; eating pig blood to remove dust? Experts say that many of these statements are fallacious or unproven. Misunderstanding 1, eating soy sauce wounds will leave scars. Soy sauce is black, so there are rumors that eating will leave pigmentation, scars. Wang Weiheng, a doctor of traditional Chinese medicine in Gushengtang, Guangzhou, said that eating soy sauce does not lead to melanin deposition. Whether the skin will leave scars depends on the type of injury, the site of injury, the situation of wound suture and individual differences. To prevent wound pigmentation, we should remember to prevent wound infection, inflammation and sunscreen.

3. [不吃晚餐能减肥吗？长期不吃晚餐有这3个变化](#)

[Can you lose weight without dinner? There are three changes in the long-term absence of dinner](#)

来源：扬州网

Source: Yangzhou net

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：15:46:16

Time: 15:46:16

早、中、晚一日三餐一直是我们正常的饮食习惯。但在这在减肥人群的眼中，可能有点“不成立”，因为他们往往通过不吃晚餐来控制饮食的摄入，达到减肥的目的。然而，不吃晚餐真的可以减肥吗？南方医科大学珠江医院内分泌代谢科副主任医师孙嘉表示，长期不吃晚餐会对身体带来伤害，即使短时间内体重会减轻，也很容易出现反弹。长期不吃晚餐 身体会有3个变化 俗话说， “早上要吃好，中午要吃饱，晚上要吃少。”大多数人晚上能量消耗少，理论上是可以减少摄入，但是吃得少并不代表是完全不吃。所谓吃少是指相对午餐，晚餐可以适当减少，实际上，正常人三餐安排的热量比例也是如此。

Eating three meals a day early, middle and late has always been our normal eating habits. But in the eyes of people who lose weight, it may be a little "unsustainable", because they often control their diet intake by not eating dinner, so as to achieve the goal of losing weight. But can you really lose weight without dinner? Sun Jia, deputy director of the Department of Endocrinology and Metabolism, Pearl River Hospital, Southern Medical University, said that long-term absence of dinner would cause harm to the body, even if the weight would be reduced in a short time, it would easily rebound. Long-term non-dinner body will have three changes as the saying goes, "Eat well in the morning, eat full at noon, eat less at night." Most people consume less energy at night, theoretically reducing their intake, but eating less does not mean not eating at all. The so-called "eat less" refers to the relative lunch, dinner can be reduced appropriately, in fact, the proportion of calories arranged for three meals in normal people is the same.

4. [五大“现代病”你得了几个？专家建议健康生活方式和饮食习惯](#)

[How many of the five "modern diseases" did you get? Experts recommend healthy lifestyles and eating habits](#)

来源：新民网

Source: Xinmin network

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：18:50:08

Time: 18:50:08

日前，由上海市健康教育协会、上海市营养学会等主办的“健康美力中国行”公益活动在上海启动。来自慢性病预防与控制专业、营养学领域的专家们，在会上发布了相关慢性病数据及《现代生活方式与健康问题调查》。中国疾病预防控制中心营养与健康所所长丁钢强的报告显示，近几年心血管、前列腺、乳腺、脂肪肝和近视眼这五大现代健康问题不仅比例呈逐年上升的趋势，更有年轻化的迹象，一些疾病的发病年龄明显提前。我国有4亿多近视患者，青少年是近视发病“重灾区”。现代人 unhealthy 的生活方式与饮食习惯成为不容忽视的诱因。

Recently, the public welfare activities of "Healthy Beauty China Travel" sponsored by Shanghai Health Education Association and Shanghai Nutrition Society were launched in Shanghai. Experts from the field of prevention and control of chronic diseases and nutrition released data on chronic diseases and Survey of Modern Lifestyle and Health Problems at the conference. Ding Gangqiang, director of the Institute of Nutrition and Health of the Center for Disease Control and Prevention of China, reported that in recent years, the proportion of cardiovascular, prostate, breast, fatty liver and myopia, the five major modern health problems, not only increased year by year, but also showed signs of younger age, and the onset age of some diseases was significantly earlier. There are more than 400 million myopic patients in China, and adolescents are the "disaster areas" of myopia. Modern people's unhealthy lifestyle and dietary habits have become incentives that can not be ignored.

5. [暖冬也要警惕中风](#)

[Warm Winter Should Be Wary of Stroke](#)

来源：新华网广东频道

Source: Xinhua Guangdong Channel

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：17:56:49

Time: 17:56:49

大雪”将至，冬季就快来了，广州几轮冷空气来袭，气温起伏比较大。虽然这几日气温较高，但医生提醒“暖冬”也不能掉以轻心，高血压、心脏病、房颤患者应警惕中风。 中风常出现的5个早期信号 广东省第二人民医院神经内科主任刘新通指出，脑卒中在中国的发病率高，发病人群呈年轻化趋势。进入冬季后，气温降低，血管收缩，很容易导致脑梗死或者脑出血，引起脑卒中。如果发现自己或者家人出现以下5种症状，第一时间考虑中风。

Heavy snow is coming. Winter is coming soon. There are several rounds of cold air coming from Guangzhou. The temperature fluctuates greatly. Although the temperature is relatively high these days, doctors warn that "warm winter" should not be taken lightly. Patients with hypertension, heart disease and atrial fibrillation should be alert to stroke. Liu Xintong, director of Neurology Department of the Second People's Hospital of Guangdong Province, pointed out that the incidence of stroke in China is high and the population is

younger. After entering winter, the temperature decreases and blood vessels contract, which can easily lead to cerebral infarction or cerebral hemorrhage, and cause stroke. If you find yourself or your family with the following five symptoms, consider stroke at the first time.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

2018-12-04, 共监测到533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 533 WeChat public articles were monitored in 2018-12-04. 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: 29

日期: 2018-12-04

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

Repeat Number: 29

Data: 2018-12-04

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.

2. “吃错盐”也会患重病? 中国疾控专家告诉您其中缘由~

重复数: 11

日期: 2018-12-04

["Eating the wrong salt" can also cause serious illness? Chinese disease control experts tell you why ~](#)

Repeat Number: 11

Data: 2018-12-04

减盐”核心信息 (一) 认识高盐饮食的危害 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。(二) 控制食盐摄入量 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。

Core information of salt reduction (1) Understand the harm of high-salt diet. Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach disease, osteoporosis and obesity. (2) Control salt intake 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.

3. 【健康】常见的用盐“雷区”您中招了吗?

重复数: 9

日期: 2018-12-04

[Did you fall into the common "trap" of salt?](#)

Repeat Number: 9

Data: 2018-12-04

吃高盐的包装食品 少吃熟肉类或午餐肉、香肠和罐头食品, 建议选择新鲜的肉类、海鲜和蛋类。逐渐减少钠盐摄入 减盐需要循序渐进, 味觉对咸味的需求会随着时间的推移逐渐降低。阅读营养成分表 在超市购买食品时, 尽可能选择钠盐含量较低的包装食品, 和具有“低盐”、“少盐”、或“无盐”标识的食品。外出就餐选择低盐菜品 尽可能减少外出就餐, 主动要求餐馆少放盐, 尽量选择低盐菜品。

Eat less high-salt packaged foods. Eat less cooked meat or luncheon meat, sausages and canned food. Fresh meat, seafood and eggs are recommended. Gradually reduce sodium intake. Salt reduction needs to be gradual. The taste of salty taste will gradually decrease over time. Read the Nutrition Facts list. When purchasing food at the supermarket, choose a packaged food with a lower sodium salt content and a food with a "low salt", "less salt", or "no salt" logo. Choose a low-salt dish for dining out. Minimize eating out. Proactively ask the restaurant to put less salt, try to choose low-salt dishes.

4. 跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西

重复数: 7

日期: 2018-12-04

[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

Repeat Number: 7

Data: 2018-12-04

盐是人人不可或缺的调料。但是一旦过量, 对健康是百害而无一利的。高盐饮食有导致血压升高的作用, 研究发现, 每天食盐摄入每增加0.5克, 中风的风险就增加17%。盐吃多了会引起高血压, 同时还会使血浆胆固醇升高, 促使我们的血管变薄、变脆, 这就是非常可怕的——动脉粥样硬化。如果心脏血管动脉硬化, 那就会导致心肌梗死、冠心病的出现。如果是脑血管变脆、变薄, 就会出现脑溢血、脑梗等。

Salt is an indispensable spice for everyone. But once it is overdone, it is not good for health. High-salt diets have an effect on blood pressure, and the study found that for every 0.5 grams of salt intake per day, the risk of stroke increases by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and brittle. This is terrible atherosclerosis. If the cardiovascular arteries are hardened, it can lead to myocardial infarction and coronary heart disease. If the cerebral blood vessels become brittle and thin, cerebral hemorrhage and cerebral infarction will occur.

5. 为何日本人寿命全球最长? 因为他们有10大法则, 我们真该学学!

重复数: 6

日期: 2018-12-04

[Why do Japanese live the longest in the world? Because they have 10 rules, and we really should learn them!](#)

Repeat Number: 6

Data: 2018-12-04

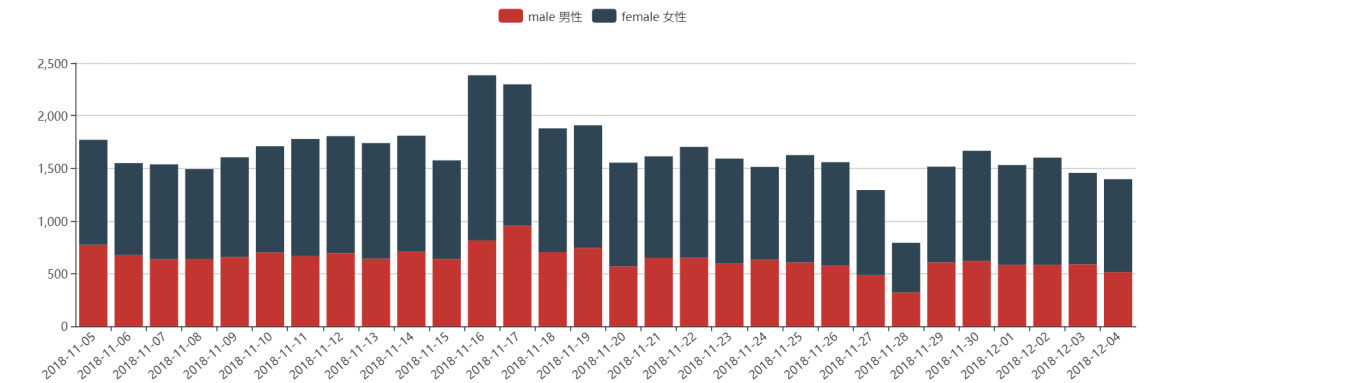
日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。

The Japanese eat very little salt, and the daily salt intake is less than half that of the Chinese. 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, and it 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.

减盐-微博

Salt Reduction - Weibo

2018-12-04, 共检测到1396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 1396 weibos about salt reduction monitored on 2018-12-04.
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. 昵称: 熊叔厨房

地区: 北京

认证: 个人

Nickname: 熊叔厨房

Area: Beijing

Identity: Person

时间: 2018-12-04 18:00

来自: 微博weibo.com

转发数: 454

评论数: 2

点赞数: 552

Time: 2018-12-04 18:00

Source: 微博weibo.com

Repost: 454

Comment: 2

Like: 552

#熊叔厨房#宝宝也想吃鸡? 这道少盐少油的儿童黄焖鸡可以说是最健康的黄焖鸡了, 加入彩椒颜色更丰富宝宝更喜欢大吉大利, 今晚吃鸡~#超级体验官#生活的模样

Does the baby want to eat chicken too? This braised chicken for children with less salt and less oil can be said to be the healthiest braised chicken. Winner winner chicken dinner!

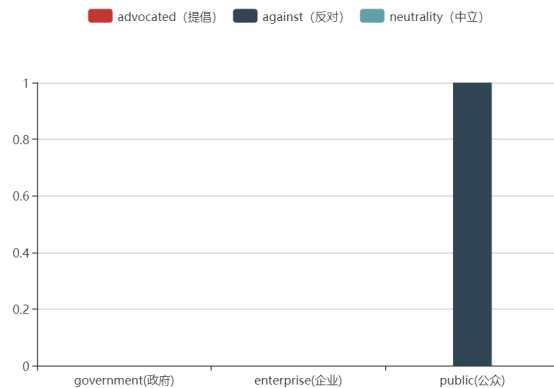
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-04) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-12-04. 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. 为地球“减负”诞生的人造肉将端上餐桌你会吃吗	来源：新浪网	主体：公众	态度：反对
Artificial meat born to "lighten the burden" of the earth will be served on the table. Will you eat it?	Source: Sina network	Subject: public	Attitude: against
为地球“减负”诞生的“人造肉”将端上餐桌，你会吃吗？美国农业部和食品药品监督管理局（FDA）最近联手发布了针对“细胞培育食品”的监管方案，而这种听起来有些科幻感的食物，其实就是“人造肉”。美国《科学》杂志近日报道称，实验室培育的“人造肉”，将很快出现在美国人的餐桌上。美国农业部和美国食品药品监督管理局则表示，他们将联合对这种肉类的生产进行监督，以便其可以被安全地出售给全国各地的消费者。一小块肌肉组织可培养出一万公斤肉 在荷兰，马斯特里赫特大学生理学教授马克·波斯特正努力在实验室培育出可食用肉，这项创新技术可能会掀起一场餐桌上的革命。			
Artificial meat, which was born to reduce the burden of the earth, will be served at the table. Will you eat it? The U.S. Department of Agriculture and the Food and Drug Administration (FDA) recently jointly launched a regulatory program for "cell-cultured foods", which sounds like a sci-fi food, but is actually "artificial meat". Laboratory-grown "artificial meat" will soon appear on American dining tables, according to a recent report in the American Journal of Science. The U.S. Department of Agriculture and the Food and Drug Administration said they would jointly monitor the production of the meat so that it could be safely sold to consumers across the country. A small piece of muscle tissue can produce 10,000 kilograms of meat in the Netherlands. Mark Post, a professor of physiology at Maastricht University, is trying to produce edible meat in the laboratory. This innovative technology may revolutionize the dining table.			
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

2018-12-04，共监测到341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 341 WeChat public articles were monitored in 2018-12-04. This page shows the top five articles by repeat number today.

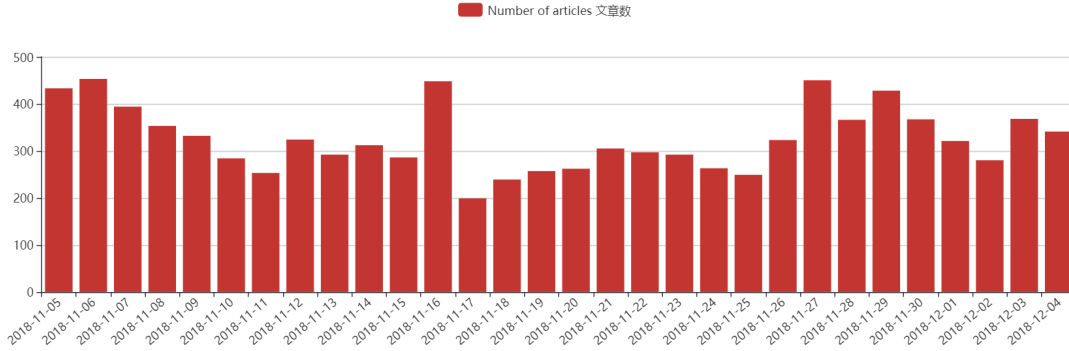
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

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. 又一位“翘臀姐”火了，在她转身的那一刻，网友：深蹲一定没少练

[Another "feature hip sister" became famous. At the moment she turned back, the netizen thought she must have practiced deep squat for a long time.](#)

重复数: 6

日期: 2018-12-04

Repeat Number: 6

Data: 2018-12-04

减少食用油炸食品、加工食品。这类食物中含有反式脂肪酸，无法被人体吸收，甚至会阻止身体使用健康的不饱和脂肪酸。如：精制的植物油、人造黄油、油炸膨化食品等。脂肪的摄入量 脂肪的摄入量应占总热量的20%~35%，其中饱和脂肪应少于10%。

Reduce consumption of fried foods and processed foods. These foods contain trans fatty acids that are not absorbed by the body and may even prevent the body from using healthy unsaturated fatty acids. Such as: refined vegetable oil, margarine, fried puffed food, etc. Fat intake should account for 20% to 35% of total calories, of which saturated fat should be less than 10%.

2. 喜欢吃番茄炒蛋，心梗猝死：你以为是健康食品，却是隐形杀手

[Eating too much scrambled eggs with tomatoes may cause sudden death of myocardial infarction : The food you think is health may be a invisible killer.](#)

重复数: 5

日期: 2018-12-04

Repeat Number: 5

Data: 2018-12-04

人造反式脂肪酸这玩意，不容易被消化，很容易累积在腹部，形成肥胖；还会增加血液粘稠度，形成导致血栓。首都医科大学的研究人员秦书琪：“近年来，大量研究表明，过量摄入含反式脂肪酸的食物易导致动脉粥样硬化、冠心病、糖尿病等慢性疾病的发生。”

Artificial trans fatty acids are not easily digested and easily accumulate in the abdomen, forming obesity; they also increase blood viscosity and lead to thrombosis. Qin Shuqi, a researcher at Capital Medical University, said: "In recent years, a large number of studies have shown that excessive intake of foods containing trans fatty acids can lead to chronic diseases such as atherosclerosis, coronary heart disease, and diabetes."

3. 奶茶，看完你还敢喝吗？

[Do you dare to drink milk tea after reading it?](#)

重复数: 3

日期: 2018-12-04

Repeat Number: 3

Data: 2018-12-04

奶精主要含有人工制造反式脂肪酸（TFA），人工制造TFA是在植物油进行氢化改变性质过程中产生的一种不饱和脂肪酸（改变后的油也称氢化油）。长期食用氢化加工产生的TFA可引起人体血脂代谢异常，增加心血管疾病的发生风险。美国、瑞典等国家已宣布禁止在食品中使用人造TFA，以降低心血管等疾病的发病风险。

Creamers mainly contain artificially produced trans fatty acids (TFAs). Artificially manufactured TFA is an unsaturated fatty acid produced in the process of hydrogenation of vegetable oils (the altered oil is also called hydrogenated oil). Long-term consumption of TFA produced by hydrogenation can cause abnormal blood lipid metabolism and increase the risk of cardiovascular disease. Countries such as the United States and Sweden have banned the use of artificial TFA in food to reduce the risk of cardiovascular diseases.

4. 脸要穷养，脚要富养；心要穷养，肺要富养.....

[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

重复数: 3

日期: 2018-12-04

Repeat Number: 3

Data: 2018-12-04

心要穷养，肺要富养 心要穷养：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。●保养要点：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。

Keep your face poor, your feet rich, your heart poor, your lungs rich and eat less produced food. 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.

5. 胡歌深夜微博48小时后，评论区留下了20000条脏话

[After 48 hours of Hu Ge's late-night microblog, 20,000 dirty words were left in the comment area.](#)

重复数: 2

日期: 2018-12-04

Repeat Number: 2

Data: 2018-12-04

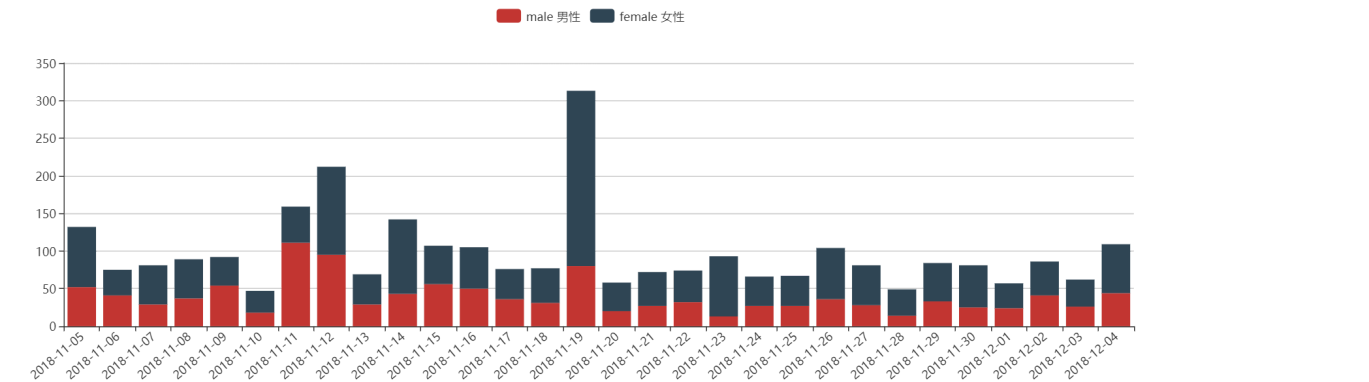
深海鱼油中EPA和DHA能健脑益智，保护心血管。减少食用油炸食品、加工食品。这类食物中含有反式脂肪酸，无法被人体吸收，甚至会阻止身体使用健康的不饱和脂肪酸。如：精制的植物油、人造黄油、油炸膨化食品等。脂肪的摄入量 脂肪的摄入量应占总热量的20%~35%，其中饱和脂肪应少于10%。一般健身者每天每公斤体重摄入0.5~1g的脂肪。

EPA and DHA in deep-sea fish oil can brain and protect the cardiovascular. Reduce consumption of fried foods and processed foods. These foods contain trans fatty acids that are not absorbed by the body and may even prevent the body from using healthy unsaturated fatty acids. Such as: refined vegetable oil, margarine, fried puffed food, etc. Fat intake should account for 20% to 35% of total calories, of which saturated fat should be less than 10%. In general, the bodybuilder consumes 0.5 to 1 g of fat per kilogram of body weight per day.

反式脂肪酸-微博

Transfat - Weibo

2018-12-04, 共检测到109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 109 weibos about transfat reduction monitored on 2018-12-04.
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!