

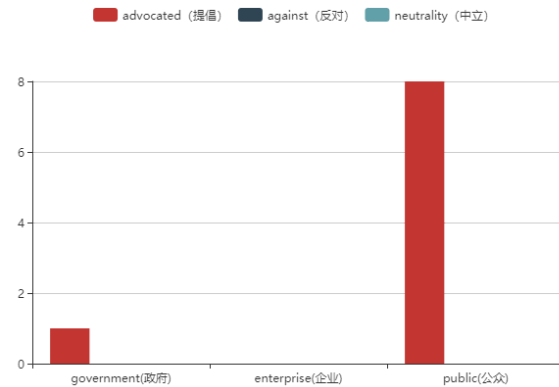
减盐-新闻

Salt Reduction - News

今日 (2018-10-12) 共监测到9条资讯。请点击标题查看原文。

There are 9 articles monitored today 2018-10-12. Please click the title to view full information.

The original article is in Chinese only.



新闻主体分类

Classification of news subject

政府 Government				
1. 海口日报数字报-海口网	来源: 海口晚报	类别: 高血压	态度: 提倡	时间: 09:01:58
Haikou journal Numbers, haikou network	来源: 海口晚报	Category: hypertension	Attitude: advocate	Time: 09:01:58
<p>10月8日是第21个全国高血压日,围绕“知晓您的血压”这一主题,海口市广泛开展宣传活动,向市民群众普及高血压防治知识,开展低盐膳食咨询,提高大众的健康意识和自我保健管理水平。</p> <p>“炒菜要注意低盐限油,多吃蔬果,少吃高热、高蛋白类食物,戒烟、避免酗酒和熬夜等不良生活习惯。”当天上午9时,龙华区在广场路摆起了宣传展台,工作人员为前来咨询的居民免费测血压,发放高血压防治宣传折页,耐心讲解高血压的疾病特点以及预防保健的生活常识。在府城三角池公园,市第四人民医院心血管专家告诉记者,高血压是指以体循环动脉血压增高为主要特征的疾病,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</p> <p>Oct. 8 is the 21st National Hypertension Day. Focusing on the theme of "Knowing Your Blood Pressure", Haikou City has launched a wide range of publicity activities to popularize the knowledge of hypertension prevention and control to the public, to carry out low-salt dietary counseling, and to improve public health awareness and self-care management."We should pay attention to low salt limit oil, eat more vegetables and fruits, eat fever, high protein foods, quit smoking, avoid alcohol and stay up late and other bad habits." At 9:00 a.m. in Longhua District, a propaganda booth was set up on Square Road. The staff provided free blood pressure measurements, pamphlets for the prevention and treatment of hypertension, and patiently explained the characteristics of hypertension and the common sense of prevention and health care.In Fucheng delta pool park, the city's fourth people's Hospital Cardiovascular experts told reporters that hypertension is a disease characterized by increased systemic arterial blood pressure, can be accompanied by heart, brain, kidney and other organs function or organic damage of the clinical syndrome. Hypertension is the most common chronic disease, and it is also the most important risk factor of cardiovascular and cerebrovascular diseases.</p>				
企业 Industry				
没有相关文章!				
No such articles!				
公众 Public				
1. 餐饮服务食品安全操作规范几大变化	来源: 黄河新闻网	类别: 心血管健康	态度: 提倡	时间: 11:01:21
Catering services food safety operation specification several big changes	来源: 黄河新闻网	Category: cardiovascular health	Attitude: advocate	Time: 11:01:21
<p>2018年7月20日,市场监管总局发布餐饮服务食品安全操作规范的公告〔2018年 第12号〕,食品伙伴网信息服务中心通过对新旧餐饮服务食品安全操作规范进行比对,主要体现了以下几大变化:一、术语和定义法规层面进行了统一 原《餐饮服务食品安全操作规范》在餐饮服务业态上,分成了六大类,包括餐馆(特大型餐馆、大型餐馆、中型餐馆、小型餐馆)、快餐店、小吃店、食堂、集体用餐配送单位、中央厨房。新规范直接分为餐饮服务经营者和单位食堂两个类别。这与《食品经营许可管理办法》中的分类是一致的(食品经营主体业态分为食品销售经营者、餐饮服务经营者、单位食堂)。这样使不同法规中提到的术语在法规层面进行了统一。二、突破局限,灵活管理 原规范附录1《餐饮服务提供者场所布局要求》规定了不同餐饮业态的布局要求,包括切配烹饪场所面积、凉菜间面积、食品处理区与就餐场所面积比、食品处理区独立隔间等,新规范取消了这方面的要求</p> <p>On July 20, 2018, the General Administration of Market Supervision issued the announcement of Food Safety Standards for Catering Services (No. 12, 2018). The Food Partnership Network Information Service Center compared the new and old food safety standards for catering services, mainly reflecting the following major changes:First, the terms and definitions are unified at the regulatory level.The former Code of Practice for Food Safety in Food and Beverage Services is divided into six categories, including restaurants (super-large restaurants, large restaurants, medium-sized restaurants, small restaurants), fast food restaurants, snack shops, canteens, collective meal distribution units, central kitchens. The new regulation is directly divided into two categories: catering service operators and unit canteens. This is consistent with the classification in the Measures for the Administration of Food Business Licensing (the main business forms of food business are divided into food sales operators, catering service operators, unit canteens). In this way, the terminology mentioned in different regulations is unified at the legal level.Two, break through the limitations and manage flexibly.Appendix 1 of the original Code stipulates the layout requirements of different catering formats, including the area of cookplace, cold dish room, the area ratio between food processing area and dining place, and the independent compartment of food processing area. The new Code cancels the requirements in this regard.</p>				
2. “把健康带回家” 琅琊镇开展2018年健康关爱专项行动	来源: 大众网	类别: 健康中心	态度: 提倡	时间: 11:01:22
"Take a healthy home" reed (langya) town to carry out the special action of health care in 2018	来源: 大众网	Category: health and wellness centers	Attitude: advocate	Time: 11:01:22
<p>大众网青岛 10月11日讯 (记者 丁尊宝 通讯员 王暖国) 近日,琅琊镇计生服务中心联合镇卫生院,到流动人口较为集中的台西头村,借“新市民”中秋回乡之际,举办了一场以“为新市民搞一次健康查体,为新市民进行一次健康义诊,为新市民送一份温暖”的“三一”健康关爱专项行动。活动中,共为新市民进行健康查体 36人次,义诊25人次免费发放“健康包50”各个,现场为新市民免费量血压12人次,并进行了现场健康知识讲座一次。健康包里有:一个控油壶、一个腰围尺、一个控盐勺、一本健康宣传册。新市民在活动举办过程中详细询问了这些健康物品的用途,举办人员对此进行了专业的健康解答,新市民纷纷表示长知识、长见识,并对此次活动的举办表示感谢。</p> <p>Qingdao, Oct. 11 (Reporter Ding Zunbao correspondent Wang Nuoguo) Recently, Langya Town Family Planning Service Center United Town Health Center, to Taixi Tou Village, where the floating population is concentrated, took advantage of the Mid-Autumn Festival to return home, held a "for the new citizens to conduct a health examination, for the new citizens to conduct a health meaning To provide a warm "31" health care special action for the new city residents.During the activity, 36 physical examinations were conducted for the new citizens, 25 free medical examinations were given "health package 50" each, 12 free blood pressure measurements were given to the new citizens, and a lecture on health knowledge was given. The health package includes: an oil control pot, a waist ruler, a salt control spoon, and a health brochure. New citizens inquired about the use of these health products in detail during the event, and the organizers gave professional health answers. New citizens expressed their knowledge and insights, and thanked the event for its hosting.</p>				

3. 去“病根” ,“助力拔”穷根”——临西县以精准健康服务推动扶贫脱贫调查 To "root", "power" QiongGen "- in the west county to pull accurate health services to promote poverty alleviation of poverty	来源：中国河北	类别：健康中心	态度：提倡	时间：10:01:37
	来源：中国河北	Category: health and wellness centers	Attitude: advocate	Time: 10:01:37

土灰色衬衣下面两颗纽扣敞着，一条红围巾紧紧托着右侧腹部一个足球大的包，临西县周楼村74岁的村民周汝芹因为肠道粘连引起疝气，已经4年不能弯腰、不能干活。不过，他很快就将甩掉这个“累赘”，“家庭医生已经给联系好，过几天就去县医院手术。”靠种几亩玉米过活的周汝芹，日子过得紧紧巴巴，按以前的政策，他拿不出那么多钱治病，只好一直拖着。现在，政府兜底为他治病，周汝芹没了后顾之忧。辛辛苦苦奔小康，一场大病全泡汤

Two buttons were open beneath the mud-grey shirt, a red scarf tightly holding a football bag in the right abdomen. Zhou Ruqin, a 74-year-old villager in Zhoulou Village, Linxi County, had been unable to bend down and work for four years because of a hernia caused by intestinal adhesion. However, he will soon get rid of this "burden," and "the family doctor has been contacted and will go to the county hospital in a few days.Zhou Ruqin, who lived by planting a few acres of corn, lived a tight life. According to the previous policy, he could not afford to spend so much money to cure the disease, so he had to drag on. Now, the government has taken care of him and Zhou Ruqin has no worries.Struggling for a comfortable life, a serious illness has gone to waste.

4. 全国高血压日控制血压 让“隐形杀手”无处遁形 The national high blood pressure, control blood pressure Let "invisible killer" nowhere to hide	来源：中国甘肃网	类别：高血压	态度：提倡	时间：11:01:50
	来源：中国甘肃网	Category: hypertension	Attitude: advocate	Time: 11:01:50

全国高血压日控制血压让“隐形杀手”无处遁形 每年的10月8日是全国高血压日，今年的宣传主题是“知晓您的血压”。现如今，高血压被人们称为“安静的杀手”，高血压患者可能没有症状，所以通常不会主动寻求检测与治疗。 据全国统计资料显示，我国高血压患者已突破3.3亿，每年有200万人的死亡与高血压有关。虽然高血压发病率较高，但它的知晓率、治疗率和控制达标率都令人担忧。 10月8日，就高血压病因及预防办法，记者采访了西峰区人民医院内科副主任医师赵敦祥

National Hypertension Day to control blood pressure, so that "invisible killer" nowhere to hide.October 8th is the national day of hypertension. The theme of this year's publicity is "know your blood pressure". Nowadays, hypertension is known as a "quiet killer," and people with high blood pressure may not have symptoms, so they usually do not actively seek detection and treatment.According to national statistics, the number of hypertensive patients in China has exceeded 330 million, and 2 million deaths are related to hypertension every year. Although the incidence of hypertension is high, its awareness rate, treatment rate and control compliance rate are all worrying.On October 8, the reporter interviewed Zhao Dunxiang, deputy director of internal medicine, Xifeng People's Hospital, on the etiology and prevention of hypertension

5. 莫让“隐形杀手”毁了健康路 《江淮晨报》多媒体数字报平台 Let "invisible killer" ruin the healthy way platform multimedia digital jianghuai morning post reported	来源：合肥晚报	类别：高血压	态度：提倡	时间：10:02:07
	来源：合肥晚报	Category: hypertension	Attitude: advocate	Time: 10:02:07

10月8日是第21个“全国高血压日”，今年的宣传主题是“知晓您的血压”。记者从合肥市三院获悉，高血压是危害人类健康的最主要的慢性病。“很多人对高血压认识不足，不明白其危害。”三院心血管内科主任潘文博建议市民要及时知晓并监测自己的血压。 现状： 全省高血压患病率总体都呈增高趋势 高血压是最常见的慢性疾病之一，中国高血压调查最新数据显示，2012年-2015年我国18岁及以上居民高血压患病率为27.9%（标化率23.2%），与1958年-1959年、1979年-1980年、1991年、2002年和2012年进行过的5次全国范围内的高血压抽样调查相比，虽然各次调查总人数、年龄和诊断标准不完全一致，但患病率总体呈增高的趋势

October 8th is the twenty-first "National Hypertension Day". This year's theme is "know your blood pressure". The reporter learned from Hefei three hospitals that hypertension is the most important chronic disease that endangers human health. "Many people do not know enough about hypertension and do not understand its harm." Pan Wenbo, director of the cardiovascular department of the three hospitals, suggested that the public should know and monitor their blood pressure in time.Status quo: the prevalence of hypertension in the whole province is increasing.Hypertension is one of the most common chronic diseases. The latest data from the China Hypertension Survey show that the prevalence of hypertension among Chinese residents aged 18 years and over is 27.9% (standardized rate 23.2%) from 2012 to 2015, compared with five nationwide hypertension sampling surveys conducted from 1958 to 1959, 1979 to 1980, 1991, 2002 and 2012. In comparison, although the total number, age and diagnostic criteria of each survey were not entirely consistent, the overall prevalence rate was on the rise.

6. 应对高血压 记住这五点 Remember the five response to high blood pressure	来源：和讯科技	类别：高血压	态度：提倡	时间：01:02:10
	来源：和讯科技	Category: hypertension	Attitude: advocate	Time: 01:02:10

我国高血压的患病率逐年增高，目前已接近20%。如果出现不明原因的头晕，就要警惕血压的变化。尤其是中老年人一旦血压升高，血管收缩，血管承受不了压力容易破裂。如果预防措施不当，会引起脑溢血、中风的风险。 如果成年人血压140mmHg和（或）90mmHg就是高血压

The prevalence of hypertension in China has increased year by year, and now it is close to 20%. If there is an unknown cause of dizziness, we should be vigilant against the change of blood pressure. Especially in the elderly, once blood pressure rises, blood vessels contract, blood vessels can not withstand pressure and easily break. If the preventive measures are improper, it will cause the risk of cerebral hemorrhage and stroke.If adult blood pressure 140mmHg and / or 90mmHg are hypertension.

7. 高血压病的生活方式治疗 Lifestyle treatment of hypertension	来源：重庆晨报	类别：高血压	态度：提倡	时间：10:02:16
	来源：重庆晨报	Category: hypertension	Attitude: advocate	Time: 10:02:16

健康的生活方式，在任何时候对高血压患者（包括正常高值血压），都是有效的治疗方法。 1、控制体重 保持BMI < 24kg/m2；腰围，男性 < 90cm，女性 < 85cm。最有效的减重措施是控制能量摄入和增加体力活动。在饮食方面要遵循平衡膳食的原则；在运动方面，规律的、中等强度的有氧运动是控制体重的有效方法。减重的速度因人而异，通常以3-6个月减重3-5公斤；6-12个月减重5公斤以上，或接近正常体重为宜

Healthy lifestyles are effective treatments for hypertension at all times, including normal high blood pressure.1. Weight controlMaintain BMI < 24kg/m2; waist circumference, male < 90cm, female < 85CM. The most effective weight reduction measures are to control energy intake and increase physical activity. In diet, we should follow the principle of balanced diet; in exercise, regular, moderate intensity of aerobic exercise is an effective way to control body weight. The rate of weight loss varies from person to person, usually 3-5 kg for 3-6 months, 5 kg for 6-12 months, or close to normal weight.

8. 感冒期间 哪几类食物不宜食用? During the cold What kind of food is unfavorable edible?	来源：中国经济网	类别：食物中的钠	态度：提倡	时间：11:02:31
	来源：中国经济网	Category: sodium in food	Attitude: advocate	Time: 11:02:31

秋冬季节,气候多变,人们很容易患上感冒。虽说感冒是一种常见病症,但也要细心调理,才能让身体更快的恢复。在感冒期间,除了吃药、休息、多喝水之外,正确、合理的饮食对于治疗感冒也有很大的帮助。若在感冒期间,吃得不对,则很容易使病情反复或加重。 究竟哪几类食物不宜在感冒期间食用呢?接下来,随经济日报-中国经济网时尚频道一同来了解一下吧

In autumn and winter, the climate is changeable, so it is easy for people to catch cold. Although a common cold is a common disease, it should be carefully adjusted so that the body can recover more quickly. During the cold, in addition to taking medicine, rest, drinking more water, the correct and reasonable diet for the treatment of cold is also very helpful. If you do not eat properly during a cold, it is easy to make the disease relapse or aggravate.What kinds of food are not suitable to eat during a cold? Next, with the Economic Daily - China Economic Network Fashion Channel to learn about it.

内容分类

Classification of Content

食物中的钠 Sodium in food				
1. 感冒期间 哪几类食物不宜食用? During the cold What kind of food is unfavorable edible?	来源：中国经济网	类别：食物中的钠	态度：提倡	时间：11:02:31
	来源：中国经济网	Category: sodium in food	Attitude: advocate	Time: 11:02:31

秋冬季节,气候多变,人们很容易患上感冒。虽说感冒是一种常见病症,但也要细心调理,才能让身体更快的恢复。在感冒期间,除了吃药、休息、多喝水之外,正确、合理的饮食对于治疗感冒也有很大的帮助。若在感冒期间,吃得不对,则很容易使病情反复或加重。 究竟哪几类食物不宜在感冒期间食用呢?接下来,随经济日报-中国经济网时尚频道一同来了解一下吧

In autumn and winter, the climate is changeable, so it is easy for people to catch cold. Although a common cold is a common disease, it should be carefully adjusted so that the body can recover more quickly. During the cold, in addition to taking medicine, rest, drinking more water, the correct and reasonable diet for the treatment of cold is also very helpful. If you do not eat properly during a cold, it is easy to make the disease relapse or aggravate.What kinds of food are not suitable to eat during a cold? Next, with the Economic Daily - China Economic Network Fashion Channel to learn about it.

高血压 Hypertension				
1. 全国高血压日控制血压 让“隐形杀手”无处遁形 The national high blood pressure, control blood pressure Let "invisible killer" nowhere to hide	来源：中国甘肃网	类别：高血压	态度：提倡	时间：11:01:50
	来源：中国甘肃网	Category: hypertension	Attitude: advocate	Time: 11:01:50

全国高血压日控制血压让“隐形杀手”无处遁形 每年的10月8日是全国高血压日，今年的宣传主题是“知晓您的血压”。现如今，高血压被人们称为“安静的杀手”，高血压患者可能没有症状，所以通常不会主动寻求检测与治疗。 据全国统计资料显示，我国高血压患者已突破3.3亿，每年有200万人的死亡与高血压有关。虽然高血压发病率较高，但它的知晓率、治疗率和控制达标率都令人担忧。 10月8日，就高血压病因及预防办法，记者采访了西峰区人民医院内科副主任医师赵敦祥

<p>National Hypertension Day to control blood pressure, so that "invisible killer" nowhere to hide.October 8th is the national day of hypertension. The theme of this year's publicity is "know your blood pressure". Nowadays, hypertension is known as a "quiet killer," and people with high blood pressure may not have symptoms, so they usually do not actively seek detection and treatment.According to national statistics, the number of hypertensive patients in China has exceeded 330 million, and 2 million deaths are related to hypertension every year. Although the incidence of hypertension is high, its awareness rate, treatment rate and control compliance rate are all worrying.On October 8, the reporter interviewed Zhao Dunxiang, deputy director of internal medicine, Xifeng People's Hospital, on the etiology and prevention of hypertension</p>				
2. 海口日报数字报·海口网 Haikou journal Numbers, haikou network	来源：海口晚报 来源：海口晚报	类别：高血压 Category: hypertension	态度：提倡 Attitude: advocate	时间： 09:01:58 Time: 09:01:58
<p>10月8日是第21个全国高血压日，围绕“知晓您的血压”这一主题，海口市广泛开展宣传活动，向市民群众普及高血压防治知识，开展低盐膳食咨询，提高大众的健康意识和自我保健管理水平。“炒菜要注意低盐限油，多吃蔬果，少吃高热、高蛋白类食物，戒烟、避免酗酒和熬夜等不良生活习惯。”当天上午9时，龙华区在广场路摆起了宣传展台，工作人员为前来咨询的居民免费测血压，发放高血压防治宣传折页，耐心讲解高血压的疾病特点以及预防保健的生活常识。在府城三角池公园，市第四人民医院心血管专家告诉记者，高血压是指以体循环动脉血压增高为主要特征的疾病，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</p>				
<p>Oct. 8 is the 21st National Hypertension Day. Focusing on the theme of "Knowing Your Blood Pressure", Haikou City has launched a wide range of publicity activities to popularize the knowledge of hypertension prevention and control to the public, to carry out low-salt dietary counseling, and to improve public health awareness and self-care management."We should pay attention to low salt limit oil, eat more vegetables and fruits, eat fever, high protein foods, quit smoking, avoid alcohol and stay up late and other bad habits." At 9:00 a.m. in Longhua District, a propaganda booth was set up on Square Road. The staff provided free blood pressure measurements, pamphlets for the prevention and treatment of hypertension, and patiently explained the characteristics of hypertension and the common sense of prevention and health care.In Fucheng delta pool park, the city's fourth people's Hospital Cardiovascular experts told reporters that hypertension is a disease characterized by increased systemic arterial blood pressure, can be accompanied by heart, brain, kidney and other organs function or organic damage of the clinical syndrome. Hypertension is the most common chronic disease, and it is also the most important risk factor of cardiovascular and cerebrovascular diseases.</p>				
3. 莫让“隐形杀手”毁了健康路 《江淮晨报》多媒体数字报平台 Let "invisible killer" ruin the healthy way platform multimedia digital jianghuai morning post reported	来源：合肥晚报 来源：合肥晚报	类别：高血压 Category: hypertension	态度：提倡 Attitude: advocate	时间： 10:02:07 Time: 10:02:07
<p>10月8日是第21个“全国高血压日”，今年的宣传主题是“知晓您的血压”。记者从合肥市三院获悉，高血压是危害人类健康的最主要的慢性病。“很多人对高血压认识不足，不明白其危害。”三院心血管内科主任潘文博建议市民要及时知晓并监测自己的血压。现状：全省高血压患病率总体都呈增高趋势 高血压是最常见的慢性疾病之一，中国高血压调查最新数据显示，2012年-2015年我国18岁及以上居民高血压患病率为27.9%（标化率23.2%），与1958年-1959年、1979年-1980年、1991年、2002年和2012年进行过的5次全国范围内的高血压抽样调查相比，虽然各次调查总人数、年龄和诊断标准不完全一致，但患病率总体呈增高的趋势</p>				
<p>October 8th is the twenty-first "National Hypertension Day". This year's theme is "know your blood pressure". The reporter learned from Hefei three hospitals that hypertension is the most important chronic disease that endangers human health. "Many people do not know enough about hypertension and do not understand its harm." Pan Wenbo, director of the cardiovascular department of the three hospitals, suggested that the public should know and monitor their blood pressure in time.Status quo: the prevalence of hypertension in the whole province is increasing.Hypertension is one of the most common chronic diseases. The latest data from the China Hypertension Survey show that the prevalence of hypertension among Chinese residents aged 18 years and over is 27.9% (standardized rate 23.2%) from 2012 to 2015, compared with five nationwide hypertension sampling surveys conducted from 1958 to 1959, 1979 to 1980, 1991, 2002 and 2012. In comparison, although the total number, age and diagnostic criteria of each survey were not entirely consistent, the overall prevalence rate was on the rise.</p>				
4. 应对高血压 记住这五点 Remember the five response to high blood pressure	来源：和讯科技 来源：和讯科技	类别：高血压 Category: hypertension	态度：提倡 Attitude: advocate	时间： 01:02:10 Time: 01:02:10
<p>我国高血压的患病率逐年增高，目前已接近20%。如果出现不明原因的头晕，就要警惕血压的变化。尤其是中老年人一旦血压升高，血管收缩，血管承受不了压力容易破裂。如果预防措施不当，会引起脑溢血、中风的危险。如果成年人血压140mmHg和（或）90mmHg就是高血压</p>				
<p>The prevalence of hypertension in China has increased year by year, and now it is close to 20%. If there is an unknown cause of dizziness, we should be vigilant against the change of blood pressure. Especially in the elderly, once blood pressure rises, blood vessels contract, blood vessels can not withstand pressure and easily break. If the preventive measures are improper, it will cause the risk of cerebral hemorrhage and stroke.If adult blood pressure 140mmHg and / or 90mmHg are hypertension.</p>				
5. 高血压病的生活方式治疗 Lifestyle treatment of hypertension	来源：重庆晨报 来源：重庆晨报	类别：高血压 Category: hypertension	态度：提倡 Attitude: advocate	时间： 10:02:16 Time: 10:02:16
<p>健康的生活方式，在任何时候对高血压患者（包括正常高值血压），都是有效的治疗方法。1、控制体重 保持BMI < 24kg/m2；腰围，男性 < 90cm，女性 < 85cm。最有效的减重措施是控制能量摄入和增加体力活动。在饮食方面要遵循平衡膳食的原则；在运动方面，规律的、中等强度的有氧运动是控制体重的有效方法。减重的速度因人而异，通常以3-6个月减重3-5公斤；6-12个月减重5公斤以上，或接近正常体重为宜</p>				
<p>Healthy lifestyles are effective treatments for hypertension at all times, including normal high blood pressure.1. Weight controlMaintain BMI < 24kg/m2; waist circumference, male < 90cm, female < 85CM. The most effective weight reduction measures are to control energy intake and increase physical activity. In diet, we should follow the principle of balanced diet; in exercise, regular, moderate intensity of aerobic exercise is an effective way to control body weight. The rate of weight loss varies from person to person, usually 3-5 kg for 3-6 months, 5 kg for 6-12 months, or close to normal weight.</p>				
<div>心血管健康 Cardiovascular health</div>				
1. 餐饮服务食品安全操作规范几大变化 Catering services food safety operation specification several big changes	来源：黄河新闻网 来源：黄河新闻网	类别：心血管健康 Category: cardiovascular health	态度：提倡 Attitude: advocate	时间： 11:01:21 Time: 11:01:21
<p>2018年7月20日，市场监管总局发布餐饮服务食品安全操作规范的公告〔2018年 第12号〕，食品伙伴网信息中心通过对新旧餐饮服务食品安全操作规范进行比对，主要体现了以下几大变化：一、术语和定义法规层面进行了统一 原《餐饮服务食品安全操作规范》在餐饮服务业态上，分成了六大类，包括餐馆（特大型餐馆、大型餐馆、中型餐馆、小型餐馆）、快餐店、小吃店、食堂、集体用餐配送单位、中央厨房。新规范直接分为餐饮服务经营者和单位食堂两个类别。这与《食品经营许可管理办法》中的分类是一致的（食品经营主体业态分为食品销售经营者、餐饮服务经营者、单位食堂）。这样使不同法规中提到的术语在法规层面进行了统一。二、突破局限，灵活管理 原规范附录1《餐饮服务提供者场所布局要求》规定了不同餐饮业态的布局要求，包括切配烹饪场所面积、凉菜间面积、食品处理区与就餐场所面积比、食品处理区独立隔间等，新规范取消了这方面的要求</p>				
<p>On July 20, 2018, the General Administration of Market Supervision issued the announcement of Food Safety Standards for Catering Services (No. 12, 2018). The Food Partnership Network Information Service Center compared the new and old food safety standards for catering services, mainly reflecting the following major changes:First, the terms and definitions are unified at the regulatory level.The former Code of Practice for Food Safety in Food and Beverage Services is divided into six categories, including restaurants (super-large restaurants, large restaurants, medium-sized restaurants, small restaurants), fast food restaurants, snack shops, canteens, collective meal distribution units, central kitchens. The new regulation is directly divided into two categories: catering service operators and unit canteens. This is consistent with the classification in the Measures for the Administration of Food Business Licensing (the main business forms of food business are divided into food sales operators, catering service operators, unit canteens). In this way, the terminology mentioned in different regulations is unified at the legal level.Two, break through the limitations and manage flexibly.Appendix 1 of the original Code stipulates the layout requirements of different catering formats, including the area of cookplace, cold dish room, the area ratio between food processing area and dining place, and the independent compartment of food processing area. The new Code cancels the requirements in this regard.</p>				
<div>健康中心 Health and Wellness Centers</div>				
1. “把健康带回家”琅琊镇开展2018年健康关爱专项行动 "Take a healthy home" reed (langya) town to carry out the special action of health care in 2018	来源：大众网 来源：大众网	类别：健康中心 Category: health and wellness centers	态度：提倡 Attitude: advocate	时间： 11:01:22 Time: 11:01:22
<p>大众网青岛 10月11日讯（记者 丁尊宝 通讯员 王暖国）近日，琅琊镇计生服务中心联合镇卫生院，到流动人口较为集中的台西头村，借“新市民”中秋回乡之际，举办了一场以“为新市民搞一次健康查体，为新市民进行一次健康义诊，为新市民送一份温暖”的“三一”健康关爱专项行动。活动中，共为新市民进行健康查体 36人次，义诊25人次免费发放“健康包50”各个，现场为新市民免费量血压12人次，并进行了现场健康知识讲座一次。健康包里有：一个控油壶、一个腰围尺、一个控盐勺、一本健康宣传册。新市民在活动举办过程中详细询问了这些健康物品的用途，举办人员对此进行了专业的健康解答，新市民纷纷表示长知识、长见识，并对此次活动的举办表示感谢。</p>				
<p>Qingdao, Oct. 11 (Reporter Ding Zunbao correspondent Wang Nuoguo) Recently, Langya Town Family Planning Service Center United Town Health Center, to Taixi Tou Village, where the floating population is concentrated, took advantage of the Mid-Autumn Festival to return home, held a "for the new citizens to conduct a health examination, for the new citizens to conduct a health meaning To provide a warm "31" health care special action for the new city residents.During the activity, 36 physical examinations were conducted for the new citizens, 25 free medical examinations were given "health package 50" each, 12 free blood pressure measurements were given to the new citizens, and a lecture on health knowledge was given. The health package includes: an oil control pot, a waist ruler, a salt control spoon, and a health brochure. New citizens inquired about the use of these health products in detail during the event, and the organizers gave professional health answers. New citizens expressed their knowledge and insights, and thanked the event for its hosting.</p>				

2. 去“病根”、“助力拔“穷根”——临西县以精准健康服务推动扶贫脱贫调查

To "root", "power" QiongGen "- in the west county to pull accurate health services to promote poverty alleviation of poverty

来源：中国河北

类别：健康中心

态度：提倡

时间：10:01:37

来源：中国河北

Category: health and wellness centers

Attitude: advocate

Time: 10:01:37

土灰色衬衣下面两颗纽扣敞着，一条红围巾紧紧托着右侧腹部一个足球大的包，临西县周楼村74岁的村民周汝芹因为肠道粘连引起疝气，已经4年不能弯腰、不能干活。不过，他很快就将甩掉这个“累赘”，“家庭签约医生已经给联系好，过几天就去县医院手术。”靠种几亩玉米过活的周汝芹，日子过得紧紧巴巴，按以前的政策，他拿不出那么多钱治病，只好一直拖着。现在，政府兜底为他治病，周汝芹没了后顾之忧。辛辛苦苦奔小康，一场大病全泡汤

Two buttons were open beneath the mud-grey shirt, a red scarf tightly holding a football bag in the right abdomen. Zhou Ruqin, a 74-year-old villager in Zhoulou Village, Linxi County, had been unable to bend down and work for four years because of a hernia caused by intestinal adhesion. However, he will soon get rid of this "burden," and "the family doctor has been contacted and will go to the county hospital in a few days.Zhou Ruqin, who lived by planting a few acres of corn, lived a tight life. According to the previous policy, he could not afford to spend so much money to cure the disease, so he had to drag on. Now, the government has taken care of him and Zhou Ruqin has no worries.Struggling for a comfortable life, a serious illness has gone to waste.

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

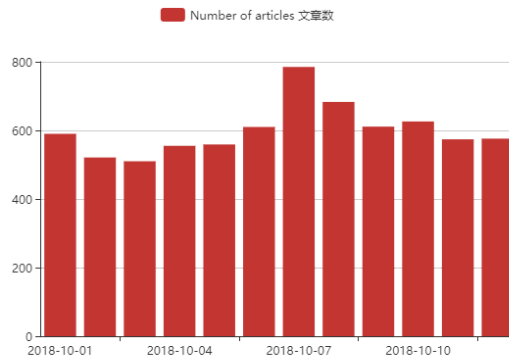
2018-10-12, 共监测到576篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 576 WeChat public articles were monitored in 2018-10-12. 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.



热门文章-前五 Popular Articles - Top 5

1. [南方人比北方人更长寿的原因, 终于找到了, 没想到竟然是...](#)

重复数: 2

日期: 2018-10-12

Repeat Number: 2

Data: 2018-10-12

南昌大学二附院心血管内科主任医师 李萍介绍: 盐的摄入量 and 高血压的发生率成正比, 如果血液里的盐分过高, 需要更多的血液来冲淡, 血液容量过多会增加心脏负担, 血压也会随之升高。

Li Ping, chief physician of cardiovascular medicine in the Second Affiliated Hospital of Nanchang University, said: Salt intake is directly proportional to the incidence of hypertension. If the salt content in the blood is too high, more blood is needed to dilute it. Excessive blood volume will increase the burden on the heart, and blood pressure will rise accordingly.

2. [高血压最喜欢“缠上”这些人, 4招教你有效降低血压](#)

重复数: 2

日期: 2018-10-12

Repeat Number: 2

Data: 2018-10-12

饮食过咸是造成高血压的一个重要原因, 北京人吃的比较咸, 所以发病率要远远超过南方。食盐的主要成分是氯化钠, 吃得过咸会导致机体钠盐过多, 血管阻力增加, 心血管负担加大, 促使血压升高。

Salty diet is an important cause of hypertension. People in Beijing like to eat salty food, so the incidence of hypertension in Beijing is far more than it in the south. Salt is the main component of sodium chloride. Excessive intake of salt can lead to too much sodium in the body which increased vascular resistance and cardiovascular burden, raising blood pressure.

3. [一碗有滋味的汤, 是这样毁掉健康的!](#)
[A bowl of delicious soup destroys health.](#)

重复数: 2

日期: 2018-10-12

Repeat Number: 2

Data: 2018-10-12

饮食过咸是导致高血压的重要原因, 而高血压是造成动脉粥样硬化、冠心病、脑卒中等心脑血管疾病的危险因素。数据显示, 全球每年因为吃盐过多而引发的心血管疾病致死病例多达165万。

Salty diet is an important cause of hypertension, and hypertension is a risk factor for atherosclerosis, coronary heart disease, stroke and other cardiovascular and cerebrovascular diseases. Statistics show that the number of deaths caused by excessive salt consumption is 1 million 650 thousand each year.

4. [营养专家评出食物冠军榜! 最好的肉居然是...打死我都没想到!](#)

重复数: 2

日期: 2018-10-12

Repeat Number: 2

Data: 2018-10-12

《中国居民膳食指南(2016)》建议: 成人食盐每日小于6克的推荐量, 高盐饮食势必会增加罹患高血压及相关疾病的风险。

The Dietary Guidelines for Chinese Residents (2016) recommend that adults eat less than 6 grams of salt a day, and a high-salt diet is bound to increase the risk of hypertension and related diseases.

5. [每五人就有一人高血压! 吃惯了重口味 如何减盐、减油、减糖?](#)

重复数: 1

日期: 2018-10-12

Repeat Number: 1

Data: 2018-10-12

少吃榨菜、咸菜和酱制食物、高盐的包装食品, 比如熟食肉类或午餐肉、香肠和罐头食品的含盐量都不少。一些方便食品和零食虽然尝起来感觉不到咸味, 但都含有较多的不可见盐, 建议少吃这类“藏盐”的加工食品。

Eat less mustard, pickles, soy sauces and high-salt packaged foods. The cooked meat, sausages and canned foods contain large amount of salt. Although some convenience foods and snacks taste not salty, they contain a large amount of invisible salt. It is recommend to eat less of this kind of processed food.

减盐-微博

Salt Reduction - Weibo

2018-10-12, 共检测到1621条与“减盐”相关的微博。

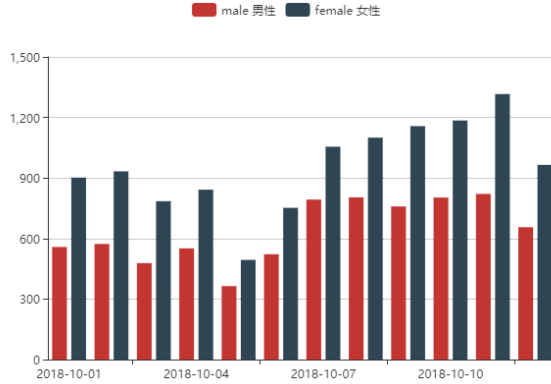
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 1621 weibos about salt reduction monitored on 2018-10-12.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

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



最热原创微博-前10 Hottest original weibos - Top 10

- 昵称:** 健康-生活小常识 **性别:** 男 **地区:** 北京 **生日:** 无 **认证:** 个人

Nickname: 健康-生活小常识 **Sex:** male **Area:** Beijing **Birthday:** None **Identity:** Person

时间: 2018-10-12 17:10 来自: 微博 weibo.com 转发数: 44 评论数: 5 点赞数: 52
Time: 2018-10-12 17:10 Source: 微博 weibo.com Repost: 44 Comment: 5 Like: 52

【无毒一身轻】1、肝排毒:胡萝卜和葡萄。2、肾排毒:黄瓜。3、润肠:魔芋、黑木耳、海带、猪血、糙米、蔬菜、杂粮等。4、适当多喝水:早晨起床,下午3点,晚上9点三个时间喝水时间佳。5、每周吃一天全素食。6、少吃盐。7、补充一些维生素。8、细嚼慢咽可助排毒。
1. Liver detoxification: carrot and grape. 2. kidney detoxification: cucumber. 3. Runchang: konjak, Auricularia auricula, kelp, pig blood, brown rice, vegetables, coarse cereals and so on. 4. Drink plenty of water: get up in the morning, at 3 in the afternoon, and at 9 in the evening, three hours. 5. Eat a vegetarian diet every day. 6. Eat less salt. 7. Add some vitamins. 8. Chewing slowly can help detoxify.
- 昵称:** iskywalk **性别:** 女 **地区:** 上海 **生日:** 1986-06-12 **认证:** 无

Nickname: iskywalk **Sex:** female **Area:** Shanghai **Birthday:** 1986-06-12 **Identity:** None

时间: 2018-10-12 13:31 来自: iPhone客户端 转发数: 0 评论数: 5 点赞数: 2
Time: 2018-10-12 13:31 Source: iPhone客户端 Repost: 0 Comment: 5 Like: 2

产假回归工作后几乎每天一杯奶茶,不喝就跟少了什么似的,相比同时吸奶的同事,为了宝宝彻底改变饮食习惯,坚持低盐低油低糖饮食,从不碰咖啡茶等饮料,更不提烧烤火锅油炸等垃圾食物,我似乎要好好反省下,立个flag,饮料减至每周两杯,垃圾食品每周一次
Almost every day after maternity leave back to work a cup of milk tea, do not drink with what is missing, compared with colleagues who suck milk at the same time, in order to completely change the baby's eating habits, adhere to a low-salt, low-oil, low-sugar diet, never touch coffee tea and other drinks, not to mention grilled hot pot fried junk food, I seem to have a good reflection, set up a flag, Drink two cups a week, and have junk food once a week.
- 昵称:** 微生活手册 **性别:** 女 **地区:** 广东 **生日:** 1970-01-01 **认证:** 无

Nickname: 微生活手册 **Sex:** female **Area:** Guangdong **Birthday:** 1970-01-01 **Identity:** None

时间: 2018-10-12 09:00 来自: 皮皮时光机 转发数: 3 评论数: 0 点赞数: 4
Time: 2018-10-12 09:00 Source: 皮皮时光机 Repost: 3 Comment: 0 Like: 4

【预防肾结石的6个生活细节】①喝水。②减盐。适当减少钠的摄取,可减少钠、钙、尿酸和草酸盐等物质经肾排出。已有钙结石的人,每日钠摄入最好限制在200毫克以内。③补钙。④低糖。⑤少肉。⑥限“草”。富含草酸的食物包括坚果、豆制品、菠菜、茶、大蕉、甜菜、干豆、巧克力和红薯等。
[prevention of kidney stones 6 life details] drink water. Salt reduction. Proper reduction of sodium intake can reduce the excretion of sodium, calcium, uric acid and oxalate through the kidneys. For those with calcium stones, the daily intake of sodium is preferably within 200 mg. (3) calcium supplementation. (4) low sugar. Less meat. Limit "grass". Oxalic acid-rich foods include nuts, soy products, spinach, tea, rhubarb, beets, dried beans, chocolate and sweet potatoes.
- 昵称:** 月亮和六个啥玩意儿 **性别:** 女 **地区:** 上海 **生日:** 射手座 **认证:** 无

Nickname: 月亮和六个啥玩意儿 **Sex:** female **Area:** Shanghai **Birthday:** Sagittarius **Identity:** None

时间: 2018-10-12 18:05 来自: 斜杠青年的iPhone 8 Plus 转发数: 0 评论数: 6 点赞数: 0
Time: 2018-10-12 18:05 Source: 斜杠青年的iPhone 8 Plus Repost: 0 Comment: 6 Like: 0

一个Flag:早睡早起(11点前睡,7点前起);不乱吃东西(少吃辛辣重油重盐的食物)。
A goal: Go to bed early and get up early (before 11 o'clock, before 7 o'clock); don't mess with food (eat less spicy, heavy and salty food).
- 昵称:** L小猪憨憨 **性别:** 男 **地区:** 陕西 **生日:** 金牛座 **认证:** 个人

Nickname: L小猪憨憨 **Sex:** male **Area:** Shaanxi **Birthday:** Taurus **Identity:** Person

时间: 2018-10-12 14:37 来自: 小米Note 3 拍人更美 转发数: 0 评论数: 0 点赞数: 3
Time: 2018-10-12 14:37 Source: 小米Note 3 拍人更美 Repost: 0 Comment: 0 Like: 3

【黑眼圈怎么调理:减少食盐的摄入量】如果你日常饮食摄入食盐量过多,那么你可能会有水肿,而这也是黑眼圈的重要引发原因之一。如果你认为这是问题所在,那么尝试减少原盐的摄入,并且检查一下食物列表中隐含的盐分,你会发现它在食物标签中叫做“钠”。
If you eat too much salt in your diet, you may have edema, which is one of the main causes of dark circles. If you think that's the problem, try to reduce the intake of raw salt, and check the salt in the food list, you'll find it in the food label called "sodium".
- 昵称:** 怎语- **性别:** 女 **地区:** 其他 **生日:** 无 **认证:** 无

Nickname: 怎语- **Sex:** female **Area:** Other **Birthday:** None **Identity:** None

时间: 2018-10-12 17:54 来自: OPPO R9 Plus 转发数: 0 评论数: 0 点赞数: 2
Time: 2018-10-12 17:54 Source: OPPO R9 Plus Repost: 0 Comment: 0 Like: 2

减盐“三减”:减盐、减油、减糖。为什么要减盐?盐分摄入过多会对人体造成危害,可能导致高血压。为什么要减油?油的能量高,不容易消耗,易引发高脂血症、糖尿病和高血压。为什么要减糖?糖是能量储备,也会转化成脂肪,易造成糖尿病、心血管病。2. 辽阳·光华街区
Losing weight in three ways: reducing salt, reducing oil, reducing sugar why to reduce salt excessive salt intake will do harm to the human body, may lead to high blood pressure why to reduce oil high energy, not easy to consume, easy to cause hyperlipidemia, diabetes and hypertension why to reduce sugar sugar is energy reserves, will also be transferred Fat is easy to cause diabetes and cardiovascular disease 2 Liaoyang Guanghua district.

7.	昵称: 旭噠仙仙儿	性别: 男	地区: 内蒙古	生日: 无	认证: 个人
	Nickname: 旭噠仙仙儿	Sex: male	Area: Inner Mongolia	Birthday: None	Identity: Person
	时间: 2018-10-12 15:46 Time: 2018-10-12 15:46	来自: 小米Note 3 拍人更美 Source: 小米Note 3 拍人更美	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 2 Like: 2
	<p><u>【黑眼圈怎么调理：减少食盐的摄入量】如果你日常饮食摄入食盐量过多，那么你可能会有水肿，而这也是黑眼圈的重要引 发原因之一。如果你认为这是问题所在，那么尝试减少原盐的摄入，并且检查一下食物列表中隐含的盐分，你会发现它在食物标签中叫做“钠”。</u> <u>If you eat too much salt in your diet, you may have edema, which is one of the main causes of dark circles. If you think that's the problem, try to reduce the intake of raw salt and check the salt in the food list, you'll find it in the food label called "sodium".</u></p>				
8.	昵称: ·禾木·	性别: 女	地区: 湖北	生日: 2018-10-08	认证: 无
	Nickname: ·禾木·	Sex: female	Area: Hubei	Birthday: 2018-10-08	Identity: None
	时间: 2018-10-12 15:26 Time: 2018-10-12 15:26	来自: iPhone客户端 Source: iPhone客户端	转发数: 0 Repost: 0	评论数: 1 Comment: 1	点赞数: 0 Like: 0
	<p>胖胖有多贴心呢我最近一直说要控糖少油盐养皮然后胖胖今天趁我午睡点了优芙蕾的外卖有什么呢蓝莓小方（说是lp 我专门给你点的 知道你喜欢蓝莓）奶酪脆脆（真的好看 吃一口都是罪恶）北海道戚风（我是不知道一个甜点搞得这么好听 能不吃吗）现在胖胖一口一口喂我吃能不长胖吗？ <u>How sweet is chubby? I've been telling you to control sugar, oil, salt and skins. What's the takeaway from Uffrey today while I'm taking a nap? Blueberry Fang (that's LP I ordered for you to know you like blueberries) Cheese crisp (really good-looking is evil) Hokkaido Chiffon (I don't know a dessert) Is it so good to listen? Can't you eat it now?.</u></p>				
9.	昵称: 我十分讨厌名字太长的人	性别: 男	地区: 陕西	生日: 无	认证: 无
	Nickname: 我十分讨厌名字太长的人	Sex: male	Area: Shaanxi	Birthday: None	Identity: None
	时间: 2018-10-12 14:04 Time: 2018-10-12 14:04	来自: HUAWEI Mate 9 Pro Source: HUAWEI Mate 9 Pro	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 1 Like: 1
	<p><u>你没有说你的体重，减重这个事情一般是按照体重比例来看的。短期减重常用方法就是脱水控碳控盐。如何10天瘦15斤？</u> <u>You didn't say your weight. Weight loss was usually based on body weight. The most commonly used method for short-term weight loss is dehydration, carbon control and salt control. How to lose 7.5kg in 10 days?</u></p>				
10.	昵称: 天真又心软的人	性别: 女	地区: 北京	生日: 无	认证: 无
	Nickname: 天真又心软的人	Sex: female	Area: Beijing	Birthday: None	Identity: None
	时间: 2018-10-12 22:50 Time: 2018-10-12 22:50	来自: 热门微博 Source: 热门微博	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 1 Like: 1
	<p><u>【少吃加工食品，尤其是各种加工休闲零食】维生素A、维生素E、维生素B2、维生素C缺乏，是食道癌、胃癌高发区居民饮食的共同特点。多食用新鲜蔬菜水果这些富含维生素的食物，可以降低疾病风险。而加工食品通常含有大量调味料、盐、糖、添加剂等，对健康无益。</u> <u>Lack of vitamin A, vitamin E, vitamin B2 and vitamin C is a common feature of the diet of residents in high incidence areas of esophageal cancer and gastric cancer. The consumption of fresh vegetables and fruits, which is rich in vitamins, can reduce the risk of disease. Processed foods usually contain lots of seasonings, salt, sugar, additives and so on, which are not good for health.</u></p>				

今日被转发最多的微博

The most widely reposted weibos today

1.	昵称: 世界卫生组织	性别: 女	地区: 北京	生日: 1948-04-07	认证: 政务	今日被转发数: 1
	Nickname: 世界卫生组织	Sex: female	Area: Beijing	Birthday: 1948-04-07	Identity: Official	Repost Today: 1
	时间: 2018-07-11 20:00 Time: 2018-07-11 20:00	来自: 微博 weibo.com Source: 微博 weibo.com	转发数: 11797 Repost: 11797	评论数: 106 Comment: 106	点赞数: 213 Like: 213	
	<p><u>【谁说身体要补盐？】对大多数人来说，通常情况下，排汗带来的盐分损失很少，又潮又热的天气里，记得要充分补水，但不是补盐哦！剧烈运动或大量排汗的情况下，请咨询医生，按需补充电解质。加入@演员马可，我们减盐在行动！#盐不过6#@时尚健康</u> <u>Who says the body needs salt? For most people, sweating usually causes little salt loss. In the hot and hot weather, remember to replenish water, but not salt. Consult a doctor and supplement electrolytes on demand if you exercise or sweat heavily. Join the @ actor mark, let's reduce salt in action! #salt no more than 6#@时尚健康</u></p>					
2.	昵称: 营养师王兴国	性别: 男	地区: 辽宁	生日: 1969-12-20	认证: 个人	今日被转发数: 1
	Nickname: 营养师王兴国	Sex: male	Area: Liaoning	Birthday: 1969-12-20	Identity: Person	Repost Today: 1
	时间: 2018-10-11 14:22 Time: 2018-10-11 14:22	来自: 注册营养师超话 Source: 注册营养师超话	转发数: 30 Repost: 30	评论数: 4 Comment: 4	点赞数: 21 Like: 21	
	<p><u>近年，国家卫生健康委员会一直在推广“三减三健”专项行动，旨在落实健康生活方式，预防慢性疾病。“三减三健”是指减盐、减油、减糖、健康口腔、健康体重、健康骨骼。具体信息要点在下面表格中。（图文均来自国家卫生健康委员会官网）</u> <u>In recent years, the National Health Commission has been promoting the "three reduce three health" special action to implement a healthy lifestyle and prevent chronic diseases. "Three minus three health" refers to reducing salt, reducing oil, reducing sugar, healthy mouth, healthy weight and healthy bones. The specific information is in the following table. (both texts are from the official website of the national health and Health Council).</u></p>					
3.	昵称: 美国驻华大使馆	性别: 男	地区: 北京	生日: 0001-00-00	认证: 政务	今日被转发数: 1
	Nickname: 美国驻华大使馆	Sex: male	Area: Beijing	Birthday: 0001-00-00	Identity: Official	Repost Today: 1
	时间: 10月12日 15:59 Time: 10月12日 15:59	来自: 微博 weibo.com Source: 微博 weibo.com	转发数: 357 Repost: 357	评论数: 226 Comment: 226	点赞数: 351 Like: 351	
	<p><u>1. 每天吃4-5份水果和蔬菜2. 每周至少吃2份3.5盎司的油性鱼类（例如：三文鱼和鲑鱼）3. 每天至少吃3份1盎司的富含纤维的全谷物4. 将钠摄入量减少到每天少于1500毫克5. 减少糖的摄入量，并特别注意含糖饮料昨晚，在北京美国中心，美国心脏协会前任、现任主席史密斯博士和本杰明博士介绍了心血管健康的重要性，并给出了如上所述的如何保持健康的生活方式的提示。感谢所有来到中心向专家学习的人和在线关注我们的20多万人。如果您错过了，您可以点此链接观看整个晚上的演示和心肺复苏术（CPR）演示：O风直播</u> <u>1. Eat 4-5 servings of fruits and vegetables a day 2. Eat at least 2 servings of 3.5 ounces of oily fish (e.g. salmon and trout) a week 3. Eat at least 3 servings of fiber-rich whole grains an ounce a day 4. Reduce sodium intake to less than 1,500 mg/day 5. Reduce sugar intake, and pay special attention to sugary drinks last night in Beijing and the United States. Heart, former and current chairmen of the American Heart Association, Dr. Smith and Dr. Benjamin, introduced the importance of cardiovascular health and gave tips on how to maintain a healthy lifestyle as described above. Thank you for all the people who come to the center to learn from experts and the about 200000 people who care about us online. If you miss it, you can click this link to watch the whole night's demonstration and CPR demonstration: O Wind Live</u></p>					

专业机构发布的微博

Weibos from Authorities

1.	昵称: 道里发布	性别: 男	地区: 黑龙江	生日: 0001-00-00	认证: 政务
	Nickname: 道里发布	Sex: male	Area: Heilongjiang	Birthday: 0001-00-00	Identity: Official
	时间: 2018-10-12 17:45 Time: 2018-10-12 17:45	来自: 政务直通车 Source: 政务直通车	转发数: 0 Repost: 0	评论数: 0 Comment: 0	点赞数: 0 Like: 0
	<p><u>【运动后吃香蕉】在运动的过程中身体会排出大量的汗液，很多矿物质随着汗水排出体外，特别是钾和钠。这两者中钠比较容易从食物中得到补充，但钾元素在体内含量较少，因此运动后补充含有丰富钾元素的食物非常必要。香蕉富含钾元素，是补充钾最理想的选择。</u> <u>[Eating bananas after exercise] During exercise, the body expels a lot of sweat, and many minerals are expelled from the body with sweat, especially potassium and sodium. Sodium in these two foods is easier to get from the supplement, but potassium content in the body is less, so after exercise to supplement food rich in potassium is very necessary. Bananas are rich in potassium, which is the best choice to supplement potassium.</u></p>				

2.

昵称：聚福园社区

性别：男

地区：江苏

生日：01-01

认证：政务

Nickname：聚福园社区

Sex: male

Area: Jiangsu

Birthday: 01-01

Identity: Official

时间：2018-10-12 02:24

来自：皮皮时光机

转发数：0

评论数：0

点赞数：0

Time: 2018-10-12 02:24

Source: 皮皮时光机

Repost: 0

Comment: 0

Like: 0

【宝宝吃盐多会引发高盐疾病】婴儿的肾脏功能发育不健全，不足以代谢过多的钠盐。如果辅食中加盐过多，无法自行排泄的钠盐滞留在体液中，可能引发水肿、高血压和充血性心力衰竭。

[Babies who eat more salt can cause high salt disease] Kidney function is not well developed enough to metabolize excessive sodium. If too much salt is added to the supplementary diet and sodium salts that cannot be excreted by themselves remain in body fluids, it may lead to edema, hypertension and congestive heart failure.
3.

昵称：商埠街社区

性别：女

地区：江苏

生日：2006-05-01

认证：政务

Nickname：商埠街社区

Sex: female

Area: Jiangsu

Birthday: 2006-05-01

Identity: Official

时间：2018-10-12 12:14

来自：皮皮时光机

转发数：0

评论数：0

点赞数：0

Time: 2018-10-12 12:14

Source: 皮皮时光机

Repost: 0

Comment: 0

Like: 0

【预防骨质疏松，补钙有诀窍】除了透过摄取高钙食物之外，还要有适度的日照，帮助身体制造维生素D，加速钙质吸收。此外，运动也可以强化骨骼生长和肌肉张力，让身体有能力承受外在压力。提醒爱喝咖啡或爱食用盐、味精、酱油的，小心咖啡因和钠会促使钙质流失，应避免过量。

[Prevention of osteoporosis, calcium supplements know-how] In addition to high calcium intake through food, but also moderate sunlight, help the body to make vitamin D, accelerate calcium absorption. In addition, exercise can also strengthen bone growth and muscle tension, allowing the body to withstand external stresses. Caffeine and sodium may cause calcium loss and should be avoided. If you prefer coffee or salt, monosodium glutamate or soy sauce.

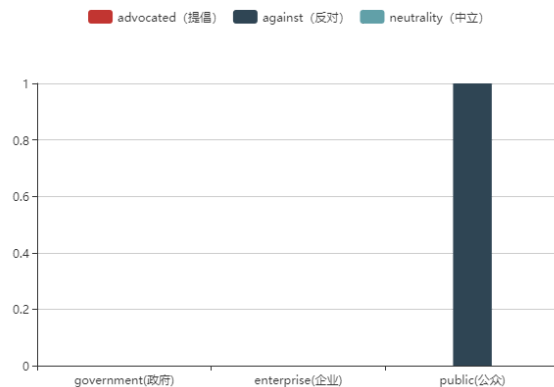
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-12) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-12. Please click the title to view full information.

The original article is in Chinese only.



新闻主体分类

Classification of news subject

政府 Government	
没有相关文章!	
No such articles!	
企业 Industry	
没有相关文章!	
No such articles!	
公众 Public	
1. 奶茶真的正在“毁掉”年轻人健康吗?言过其实 Milk tea is "destroy" the young man really healthy?exaggerated	来源: 人民网 类别: 反式脂肪酸 态度: 反对 时间: 10:02:39

据消费日报网报道, 9月初网上疯传一篇名为《奶茶, 正在毁掉中国年轻人的健康》的文章。文中不但提到奶茶的糖分含量、脂肪含量都远超正常单位, 还解释了不少人喝奶茶睡不着、心悸的原因在于超标的咖啡因等内容。那么, 奶茶是否真的会“毁掉”年轻人健康呢? 首先, 反式脂肪酸是奶茶被诟病的罪魁祸首。据《健康报》报道, 反式脂肪酸分为天然和人工两种, 从危害健康角度谈及的反式脂肪酸, 通常是指人工反式脂肪酸。国家食品安全风险评估中心博士钟凯解释道, 目前, 人们对反式脂肪酸有一定的误解, 反式脂肪酸并不属于人为非法添加, 也不是食品添加剂, 而是食品企业生产部分氢化脂肪时的一种衍生物, 当以氢化脂肪作为原料或辅料生产食品时, 产品中就会带有反式脂肪酸

According to Consumer Daily. com, an article titled "Milk Tea Is Destroying the Health of Young Chinese" was circulated on the Internet in early September. The article not only mentions that the sugar content and fat content of milk tea far exceed the normal unit, but also explains that many people can not sleep and heart palpitations due to excessive caffeine content. Will milk tea really destroy young people's health?First of all, trans fatty acids are the main culprit of milk tea. According to the Health News, trans fatty acids are classified as natural and artificial. In terms of health hazards, trans fatty acids are usually referred to as artificial trans fatty acids. Dr. Zhong Kai, from the National Center for Food Safety Risk Assessment, explained that there is a certain misunderstanding about trans fatty acids. Trans fatty acids are not illegal additives or food additives, but derivatives of partially hydrogenated fats produced by food companies when hydrogenated fats are used as raw materials or excipients. When food is produced, trans fatty acids are found in the products.

内容分类

Classification of Content

反式脂肪酸 Trans fat	
1. 奶茶真的正在“毁掉”年轻人健康吗?言过其实 Milk tea is "destroy" the young man really healthy?exaggerated	来源: 人民网 类别: 反式脂肪酸 态度: 反对 时间: 10:02:39
据消费日报网报道, 9月初网上疯传一篇名为《奶茶, 正在毁掉中国年轻人的健康》的文章。文中不但提到奶茶的糖分含量、脂肪含量都远超正常单位, 还解释了不少人喝奶茶睡不着、心悸的原因在于超标的咖啡因等内容。那么, 奶茶是否真的会“毁掉”年轻人健康呢? 首先, 反式脂肪酸是奶茶被诟病的罪魁祸首。据《健康报》报道, 反式脂肪酸分为天然和人工两种, 从危害健康角度谈及的反式脂肪酸, 通常是指人工反式脂肪酸。国家食品安全风险评估中心博士钟凯解释道, 目前, 人们对反式脂肪酸有一定的误解, 反式脂肪酸并不属于人为非法添加, 也不是食品添加剂, 而是食品企业生产部分氢化脂肪时的一种衍生物, 当以氢化脂肪作为原料或辅料生产食品时, 产品中就会带有反式脂肪酸	
According to Consumer Daily. com, an article titled "Milk Tea Is Destroying the Health of Young Chinese" was circulated on the Internet in early September. The article not only mentions that the sugar content and fat content of milk tea far exceed the normal unit, but also explains that many people can not sleep and heart palpitations due to excessive caffeine content. Will milk tea really destroy young people's health?First of all, trans fatty acids are the main culprit of milk tea. According to the Health News, trans fatty acids are classified as natural and artificial. In terms of health hazards, trans fatty acids are usually referred to as artificial trans fatty acids. Dr. Zhong Kai, from the National Center for Food Safety Risk Assessment, explained that there is a certain misunderstanding about trans fatty acids. Trans fatty acids are not illegal additives or food additives, but derivatives of partially hydrogenated fats produced by food companies when hydrogenated fats are used as raw materials or excipients. When food is produced, trans fatty acids are found in the products.	

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

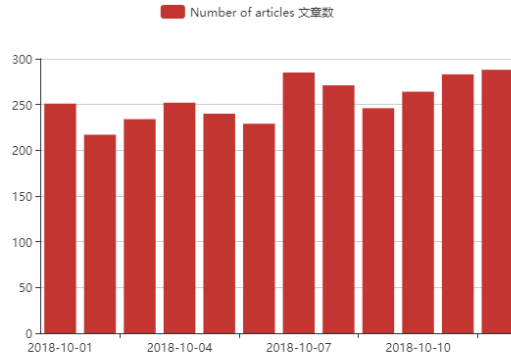
2018-10-12, 共监测到288篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 288 WeChat public articles were monitored in 2018-10-12. 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.



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

重复数: 9
Repeat Number: 9

日期: 2018-10-12
Data: 2018-10-12

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。

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. Be wary of foods with hydrogenation, refining, man-made, etc. in the ingredient list, which may contain trans fats. Keeping your waistline, the incidence of cardiovascular disease will also decline.
- [2. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!](#)
[These 6 kinds of milk must not be given to children. Second kinds of milk may be bought every day!](#)

重复数: 7
Repeat Number: 7

日期: 2018-10-12
Data: 2018-10-12

仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不仅不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。

Looking closely at the ingredients list, you will find that in addition to milk powder and white sugar, there is also a non-fat, which contains trans fatty acids, which is not only harmful to your baby's health, but also affects mental development. Flavors are added to most of the milk tablets, and excessive consumption can affect your baby's health.
- [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 your body healthy.](#)

重复数: 6
Repeat Number: 6

日期: 2018-10-12
Data: 2018-10-12

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。

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. Be wary of foods with hydrogenation, refining, man-made, etc. in the ingredient list, which may contain trans fats. Keeping your waistline, the incidence of cardiovascular disease will also decline.
- [4. 奶茶真的正在“毁掉”年轻人健康吗? 言过其实](#)
[Is milk tea really destroying young people's health? Exaggerate](#)

重复数: 5
Repeat Number: 5

日期: 2018-10-12
Data: 2018-10-12

反式脂肪酸是奶茶被诟病的罪魁祸首。据《健康报》报道, 反式脂肪酸分为天然和人工两种, 从危害健康角度谈及的反式脂肪酸, 通常是指人工反式脂肪酸。

Trans fatty acids are the culprit of milk tea. According to the Health News, trans fatty acids are classified as natural and artificial. In terms of health hazards, trans fatty acids are usually referred to artificial trans fatty acids.
- [5. 早餐面包店的6个黑幕, 千万不要再吃这种面包了, 特别是孩子!](#)
[Six shady scenes at breakfast bakery. Never eat this kind of bread, especially children!](#)

重复数: 3
Repeat Number: 3

日期: 2018-10-12
Data: 2018-10-12

植物奶油中含有“餐桌上的定时炸弹”——人造反式脂肪酸。人造反式脂肪酸的植物奶油对健康有害无益, 会导致肥胖、提高患心脏病、心脑血管疾病、阿尔茨海默氏症的几率。

Vegetable butter contains "time bomb on the table", which is artificial trans fatty acids. Artificial trans fatty acid vegetable butter is harmful to health, leading to obesity and increase the risk of heart disease, cardiovascular, cerebrovascular diseases and Alzheimer's disease.

反式脂肪酸-微博

Transfat - Weibo

2018-10-12, 共检测到62条与“反式脂肪酸”相关的微博。

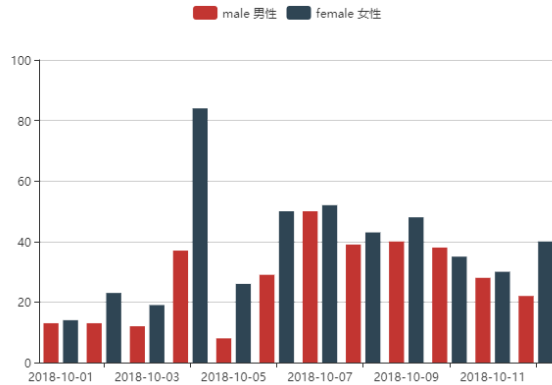
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 62 weibos about transfat reduction monitored on 2018-10-12.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

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



最热原创微博-前10 Hottest original weibos - Top 10

- 昵称:** 营养师Steven李珈贤 **性别:** 男 **地区:** 北京 **生日:** 0001-00-00 **认证:** 个人

Nickname: 营养师Steven李珈贤 **Sex:** male **Area:** Beijing **Birthday:** 0001-00-00 **Identity:** Person

时间: 2018-10-12 11:49 来自: 李珈贤健康频道超话 转发数: 103 评论数: 59 点赞数: 101
Time: 2018-10-12 11:49 Source: 李珈贤健康频道超话 Repost: 103 Comment: 59 Like: 101

☐李珈贤健康频道【选择健康的脂肪】脂肪其实并不是我们想象的那么坏。它的最主要好处是能提供持久能源的重要来源;它甚至可以帮助您的饱足感维持得更久。简单的来说,我们应该避免服食过量的是反式脂肪(例如人造奶油)才对。一般来说,来自植物的脂肪通常是比较健康的。#不要再谈脂色变#☐生机天天健康生活☐全食物日记健康厨房☐做自己的营养管家#反式脂肪# Li Jiaxian Health Channel [choose healthy fat] fat is actually not as bad as we think. Its main benefit is that it provides an important source of sustainable energy; it can even help keep your sense of fullness alive longer. To put it simply, we should avoid overeating trans fats, such as margarine. Generally speaking, fat from plants is usually relatively healthy. Don't Talk about Fat Colour Change Live a Healthy Life Whole Food Diary Healthy Kitchen Be Your Nutrition Housekeeper
- 昵称:** 用户6618436031 **性别:** 男 **地区:** 其他 **生日:** 1992-03-06 **认证:** 无

Nickname: 用户6618436031 **Sex:** male **Area:** Other **Birthday:** 1992-03-06 **Identity:** None

时间: 2018-10-12 14:00 来自: 荣耀8青春版 颜值担当 转发数: 0 评论数: 5 点赞数: 0
Time: 2018-10-12 14:00 Source: 荣耀8青春版 颜值担当 Repost: 0 Comment: 5 Like: 0

作为烘焙行业从业者,我为啥不吃面包店里的东西,因为有些店里的卫生条件不是表面看着那么干净,本来厨房设计就达不到要求,食药监检查时就给好处平事,还有老鼠蟑螂是常事,甚至材料发霉生虫也毫不在意,你吃到的奶油蛋糕甚至不仅仅是一种人造奶油,三种、四种都有,水果有甚者都没洗过.....2重庆·重庆市大足县龙岗中路步行街
As a bakery practitioner, why don't I eat what's in the bakery because the hygienic conditions in some bakeries aren't as clean as they seem, the kitchen design isn't up to scratch, the food and drug inspectors give the benefits of mediocre things, the rats and cockroaches are common, and even the raw materials are mildewed and the worms don't care. Cream cakes are more than just margarine. There are three or four kinds of them. Fruits are not even washed. 2 pedestrian street, Longgang Middle Road, Dazu County, Chongqing, Chongqing
- 昵称:** BarbadosAloes **性别:** 女 **地区:** 北京 **生日:** 1994-01-19 **认证:** 无

Nickname: BarbadosAloes **Sex:** female **Area:** Beijing **Birthday:** 1994-01-19 **Identity:** None

时间: 2018-10-12 19:24 来自: HUAWEI P20 转发数: 0 评论数: 1 点赞数: 1
Time: 2018-10-12 19:24 Source: HUAWEI P20 Repost: 0 Comment: 1 Like: 1

喜欢上了家门口的信誉楼商店超市以及里面的油炸肉串,富含脂肪的氢化植物油制品以及各种甜味剂堆叠的水果茶,上瘾。晚上拉着我妈来撸串看电影,白天在家看电视吸奶茶,消费降级就是我,快乐肥宅就是我。
I'm addicted to the supermarket and the fried meat kebabs, the fat-rich hydrogenated vegetable oil products, and the stacked fruit tea with various sweeteners. At night, pulling my mother to watch movies, watching TV and drinking milk tea at home during the day. I buy foods and I am a happy chubby person.
- 昵称:** 费橙思 **性别:** 女 **地区:** 北京 **生日:** 摩羯座 **认证:** 无

Nickname: 费橙思 **Sex:** female **Area:** Beijing **Birthday:** Capricorn **Identity:** None

时间: 2018-10-12 17:38 来自: iPhone客户端 转发数: 0 评论数: 2 点赞数: 0
Time: 2018-10-12 17:38 Source: iPhone客户端 Repost: 0 Comment: 2 Like: 0

爸爸糖土司不知道含了多少糖,吃了不到一整个,下颌线又张了一圈痘。好吃是好吃,就是糖分太高了,以及听说貌似用的人造奶油? ?
Dad_sugar and toast did not know how much sugar he had, and he couldn't eat the whole thing. Delicious is delicious, is the sugar too high, and I have heard of it seems like using the margarine?
- 昵称:** 甜蜜蜜派 **性别:** 女 **地区:** 上海 **生日:** 1982-06-16 **认证:** 无

Nickname: 甜蜜蜜派 **Sex:** female **Area:** Shanghai **Birthday:** 1982-06-16 **Identity:** None

时间: 2018-10-12 22:56 来自: iPhone客户端 转发数: 0 评论数: 1 点赞数: 0
Time: 2018-10-12 22:56 Source: iPhone客户端 Repost: 0 Comment: 1 Like: 0

又一批订单蛋黄酥出炉,不是猪油不是起酥油,用安佳大黄油做的酥皮很香,没有起酥油的怪味,自己蒸的麻薯,料十足都有点爆开了2无锡·芦庄
Another batch of order egg yolk crisp out of the oven, not lard is not butter, with Anjia butter crisp skin is very fragrant, no strange smell of butter, his steamed potato, material is so full that have a little burst. 2 Wuxi Luzhuang.
- 昵称:** 象印中国 **性别:** 男 **地区:** 上海 **生日:** 0001-00-00 **认证:** 机构

Nickname: 象印中国 **Sex:** male **Area:** Shanghai **Birthday:** 0001-00-00 **Identity:** Institution

时间: 2018-10-12 18:00 来自: 微博 weibo.com 转发数: 0 评论数: 0 点赞数: 1
Time: 2018-10-12 18:00 Source: 微博 weibo.com Repost: 0 Comment: 0 Like: 1

#象印产品心分享#对于喜爱吃面包的人来说,总要去面包房或者网上购买,而且总担心面包中可能增添了不利于健康的“改良剂”、色素、人造黄油等物质。象印面包机的出现,这些困扰都可以免去。自己在家动手做面包,可以依照自己的喜好,变换口味和样式,更不会担心添加剂的问题。一举两得的办法~
Impression Product Sharing For bread lovers, they always go to the bakery or buy it online, and worry that bread may add unhealthy "improvers", colors, margarine and other substances. These troubles can be avoided in the appearance of bread making machines. Make your own bread at home, you can change your taste and style according to your own preference, and you won't worry about additives. You can solve two problems with one method.

7.

昵称: 萨酒娜1988

性别: 女

地区: 其他

生日: 无

认证: 无

Nickname: 萨酒娜1988

Sex: female

Area: Other

Birthday: None

Identity: None

时间: 2018-10-12 13:00

来自: OPPO R11s Plus

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-12 13:00

Source: OPPO R11s Plus

Repost: 0

Comment: 0

Like: 0

蛋糕味美别馋嘴 五类蛋糕千万不能吃下面这5中蛋糕千万不要吃哦: 1、尽量不要买酥皮蛋糕, 2、尽量不要买加氢化植物油的蛋糕, 3、在蛋糕不必加白巧克力片或黑巧克力片, 4、蛋糕加水果不一定就降, 5、那些添加大量色素与香精的蛋糕尽量不要买。

Don't eat these five cakes: 1. Try not to buy crisp cakes, 2. Try not to buy cakes with hydrogenated vegetable oil, 3. Don't add white chocolate or dark chocolate slices to the cake, 4. Cakes with fruit don't necessarily drop, 5. Those with a lot of color and fragrance. Try not to buy Fine cakes.
8.

昵称: 女神于罗琳

性别: 女

地区: 甘肃

生日: 1988-10-24

认证: 无

Nickname: 女神于罗琳

Sex: female

Area: Gansu

Birthday: 1988-10-24

Identity: None

时间: 2018-10-12 20:39

来自: HUAWEI nova 2 Plus

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-12 20:39

Source: HUAWEI nova 2 Plus

Repost: 0

Comment: 0

Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定, 可以使食品外观更好看, 口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高, 买食品前看配料表和营养标签, 植物起酥油、代可可脂、氢化植物油这些名字, 都是反式脂肪酸的代名词。

Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.
9.

昵称: 话画小姐梦2018

性别: 女

地区: 河北

生日: 1983-08-08

认证: 无

Nickname: 话画小姐梦2018

Sex: female

Area: Hebei

Birthday: 1983-08-08

Identity: None

时间: 2018-10-12 17:33

来自: 小米MIX概念手机

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-12 17:33

Source: 小米MIX概念手机

Repost: 0

Comment: 0

Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定, 可以使食品外观更好看, 口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高, 买食品前看配料表和营养标签, 植物起酥油、代可可脂、氢化植物油这些名字, 都是反式脂肪酸代名词。

Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.
10.

昵称: 杀手阳么鸾环

性别: 男

地区: 浙江

生日: 1995-07-13

认证: 无

Nickname: 杀手阳么鸾环

Sex: male

Area: Zhejiang

Birthday: 1995-07-13

Identity: None

时间: 2018-10-12 15:22

来自: HUAWEI P10

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-12 15:22

Source: HUAWEI P10

Repost: 0

Comment: 0

Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定, 可以使食品外观更好看, 口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高, 买食品前看配料表和营养标签, 植物起酥油、代可可脂、氢化植物油这些名字, 都是反式脂肪酸代名词。

Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

今日被转发最多的微博

The most widely reposted weibos today

1. 没有相关微博!
- No such weibos!

专业机构发布的微博

Weibos from Authorities

1. 没有相关微博!
- No such weibos!