

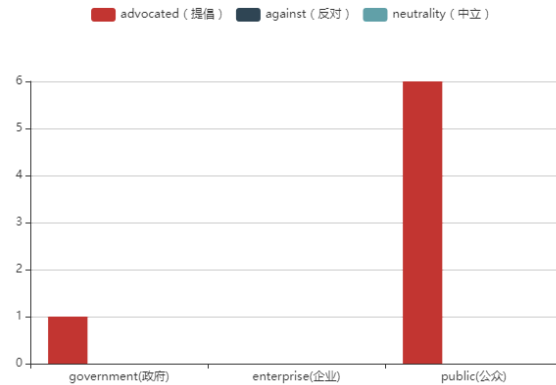
减盐-新闻

Salt Reduction - News

今日 (2019-01-19) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2019-01-19. 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！

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高血压 Hypertension

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Resolve To Save Lives

没有相关文章！

No such articles!

其他省份

Other Provinces

食物中的钠
Sodium in food

没有相关文章！

No such articles!

<div>高血压</div> <div>Hypertension</div>				
1. 高血压患者日常应该怎么吃？ How should hypertensive patients eat daily?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：16:34:19 Time: 16:34:19
<p>高血压患者日常应该怎么吃？由于高血压的患病率非常高，一旦确诊，需要终身服用降压药物来维持，除了一部分遗传因素以外，高血压的发病率也和人的生活方式密切相关。高盐饮食、肥胖、过少的体力活动以及吸烟饮酒等都是引起高血压发病的危险因素，而确诊后的高血压患者如果不能改变不健康的生活方式，很容易引起心脑血管等并发症，给自身和家庭造成伤害。</p>				
<p>How should hypertensive patients eat daily? Because the prevalence of hypertension is very high, once diagnosed, it needs lifelong antihypertensive drugs to maintain. In addition to some genetic factors, the incidence of hypertension is closely related to people's lifestyle. High salt diet, obesity, too little physical activity and smoking and drinking are all risk factors for hypertension. If the diagnosed hypertension patients can not change their unhealthy lifestyle, they will easily cause cardiovascular and cerebrovascular complications, which will cause harm to themselves and their families.</p>				
<div>心血管健康</div> <div>Cardiovascular health</div>				
1. 为何得了肿瘤却死于心脏病？ Why did you get cancer and die of heart disease?	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：22:57:52 Time: 22:57:52
<p>无论恶性肿瘤还是心血管病，都涉及巨大的人口基数。我国癌症发病率约为千分之三，平均每分钟就有6个人确诊为癌症。而心血管病的危害更加不容小觑，我国现有冠心病、高血压等患者近3亿，每10个因病致死的人中就有4个心血管病患者，可谓“每家都有心脏病”。在老百姓的印象里，癌症和心血管疾病是两种毫不相关的病变。但实际上，它们狼狈为奸，很多人因为心脏原因而对肿瘤束手无策，甚至只能眼睁睁地任由病变肆虐！</p>				
<p>Both malignant tumors and cardiovascular diseases involve a huge population base. The incidence of cancer in China is about three thousandths, with an average of six people diagnosed with cancer every minute. The harm of cardiovascular disease can not be underestimated. There are nearly 300 million patients with coronary heart disease, hypertension and so on in our country. There are 4 cardiovascular patients in every 10 people who die from the disease. It can be said that "every family has heart disease". In people's minds, cancer and cardiovascular disease are two unrelated diseases. But in fact, they are adultery, many people because of heart reasons and have no way to deal with tumors, and even can only watch the disease rage!</p>				
<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
1. 五类人慎吃汤泡饭 Five kinds of people cautiously eat soup and rice	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:40:54 Time: 09:40:54
<p>很多人爱煲汤，并喜欢在汤里加一些饭，从而能快速吃下。有些人认为菜的滋味和营养都在汤里，也有些人认为汤泡饭和粥一样，能快速消化。但实际上，拿煲肉汤来说，肉中主要的蛋白质及钙、磷等营养元素几乎不能溶解，溶入汤中的只是些可溶性小分子营养物质，像部分维生素、矿物质、氨基酸等。可见，汤的营养并非想象那么高。另外，汤泡饭和粥的消化程度是完全不一样的。</p>				
<p>Many people like to cook soup and add some rice to the soup so that they can eat it quickly. Some people think that the taste and nutrition of the dishes are in the soup. Others think that the soup can be digested as quickly as porridge. But in fact, the main protein, calcium, phosphorus and other nutrients in meat can hardly dissolve in the pot broth. Only some soluble small molecular nutrients, such as some vitamins, minerals, amino acids, are dissolved in the broth. It is obvious that the nutrition of soup is not as high as expected. In addition, the digestibility of soup rice and porridge is completely different.</p>				
2. 八类食物易减寿含糖饮料加速衰老 Eight Kinds of Food Easy to Reduce Life and Sugar Drinks Accelerate Aging	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:59:19 Time: 09:59:19
<p>决定寿命的因素很多，其中饮食具有重要影响。近日，美国《读者文摘》网站总结8类吃多了会短寿的食物。含糖饮料。每天喝680克含糖饮料的成人，死于冠心病的风险是喝得最少的人（每天少于28克）的2倍。每天喝含糖饮料会在细胞层面加速衰老，常饮者寿命缩短4年半。过咸食物。如果你想拥有健康长寿的生活，离盐罐远点。摄入过多食盐，可能患上心血管疾病、中风和胃癌。</p>				
<p>There are many factors that determine life expectancy, among which diet plays an important role. Recently, Reader's Digest website in the United States summarized eight kinds of foods that would lead to a shorter life. Sugary drinks. Adults who drank 680 grams of sugary drinks a day were twice as likely to die from coronary heart disease as those who drank the least (less than 28 grams a day). Drinking sugary drinks every day accelerates aging at the cellular level and shortens the lifespan of regular drinkers by four and a half years. Salty food. If you want to live a healthy and long life, stay away from salt cans. Excessive salt intake can lead to cardiovascular disease, stroke and gastric cancer.</p>				
3. 辣白菜鱼片汤温胃消食 Hot Cabbage Fish Fillet Soup Warms the Stomach and Dissipates	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:21:26 Time: 10:21:26
<p>辣白菜鱼片汤汤品点评：室外低温，蜗居家中不想出门，偶尔也想简单地解决温饱问题。这道汤简单快捷，动植物蛋白搭配，再配碗白饭就ok啦。进食适量辛辣，如鲜辣椒、无过多添加的辣椒粉等及花椒、胡椒、咖喱、桂皮等香辛料（不包括辣椒油、辣酱、火锅等高盐高脂辣味食物），还有可能帮助减肥！越来越多研究发现，食用一定量的辣椒素可减少胃酸分泌、减弱胃动力、增强饱腹感，同时刺激机体产热、促进能量消耗，从而达到控制体重的目的。</p>				
<p>Comments on Spicy Chinese Cabbage Fish Fillet Soup: Outdoor low temperature, snail home do not want to go out, occasionally also want to simply solve the problem of food and clothing. This soup is simple and fast, with animal and vegetable protein, and a bowl of white rice. Eating a moderate amount of spicy food, such as fresh pepper, chili powder without excessive addition, and spices such as pepper, pepper, curry, cinnamon (excluding high-salt, high-fat and spicy food such as chili oil, hot sauce, chafing dish), may also help to lose weight - more and more studies have found that eating a certain amount of capsaicin can reduce gastric acid secretion, weaken gastric motivity, enhance satiety, and stimulate the body at the same time. To produce heat and promote energy consumption, so as to achieve the goal of weight control.</p>				
4. 暖心！河北省2019年度健康扶贫冬季暖心服务活动启动 Warm heart! Warm Heart Service Activity for Health Poverty Alleviation in Winter of 2019 in Hebei Province	来源：新华网河北频道 Source: Xinhua Hebei Channel	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间：10:24:08 Time: 10:24:08
<p>记者从河北省卫生健康委获悉，从18日起至2月底，河北省将利用农闲和外务工人员春节集中返乡的时机，结合“三下乡”和健康扶贫重点工作，开展全省2019年度健康扶贫冬季暖心服务活动，组织动员县乡村三级医疗卫生服务人员，走村入户，以因病致贫返贫贫困户和患有大病、慢性病贫困人口为重点，逐户、逐人提供医疗卫生服务，宣传贯彻健康扶贫政策，提升贫困群众获得感。</p>				
<p>The reporter learned from the Health and Health Commission of Hebei Province that, from 18 to the end of February, Hebei Province will take advantage of the time when idle farmers and migrant workers return home in the Spring Festival, combine the "three rural areas" and the key work of health poverty alleviation, carry out the winter warm-hearted service activities of health poverty alleviation in the whole province in 2019, organize and mobilize three-level medical and health service personnel in counties and villages, and go to households to return to poverty because of illness. Households and poor people suffering from serious and chronic diseases should focus on providing medical and health services, publicizing and implementing health poverty alleviation policies, and enhancing the sense of access of poor people.</p>				
5. 女性患者该如何护理心律失常？ How should female patients care for arrhythmia?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：13:11:03 Time: 13:11:03
<p>女性患者该如何护理心律失常？心律失常患者应该如何护理呢？不管是患者，还是其它护理人员，如监护人，配偶，子女等，都应该有一个较好的认识和了解，一旦发生危机情况，方可心中有数，临危不乱不慌。女人作为“半边天”，母性成分在任何时候都爆表，所以更应了解。危机发生时的临时措施。如发现病人呼吸困难，唇色紫绀，出汗，肢冷等情况，应先予吸氧，同时报告医生，及时处理。</p>				
<p>How should female patients care for arrhythmia? How should patients with arrhythmia be cared for? Whether it is patients or other nursing staff, such as guardians, spouses, children, etc., should have a better understanding and understanding, once a crisis situation occurs, we can have a good idea, not panic in the face of danger. Women as "half the sky", maternal ingredients burst at any time, so we should understand more. Provisional measures in the event of a crisis. If the patient's breathing difficulties, lip cyanosis, sweating, cold limbs and other conditions are found, oxygen inhalation should be given first, while reporting to the doctor, timely treatment.</p>				
<div>决心工程</div> <div>Resolve To Save Lives</div>				
没有相关文章！				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2019-01-19, 共监测到483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 483 WeChat public articles were monitored in 2019-01-19. 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. [这个病比癌症可怕, 有人花了130万没能救命! 你需要这么预防](#)

重复数: 11

日期: 2019-01-19

[The disease is more terrible than cancer. Someone spent 1.3 million dollars and failed to save his life. You need to prevent it in this way.](#)

Repeat Number : 11

Data : 2019-01-19

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

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

2. [28岁男子, 凌晨突发心梗离世, 医生劝告: 心梗最爱找上这2类人](#)

重复数: 8

日期: 2019-01-19

[A 28-year-old man died of a sudden myocardial infarction in the early morning. Doctors advise that these two kinds of people are easy to suffer from myocardial infarction.](#)

Repeat Number : 8

Data : 2019-01-19

预防心梗, 在饮食上, 要尤为重要, 注意清淡饮食, 少盐、少糖, 多吃蔬果。吃得太咸, 摄入过多钠, 进入血液, 易引起水钠滞留, 使血容量增加、血压上升, 增加心脑血管疾病的风险。所以, 生活中, 要注意少盐, 除了炒菜食用盐, 还是注意酱菜、咸菜、咸鸭蛋等过咸食物的摄取。

Diet is especially important for preventing heart disease. Pay attention to light diet, less salt, less sugar, and more fruits and vegetables. Eat too much salt while eating too much salt. Excess sodium enters the bloodstream and causes sodium retention, which increases blood volume, increases blood pressure, and increases the risk of cardiovascular and cerebrovascular diseases. Therefore, in daily life, we should pay attention to the use of salt, in addition to the edible salt of cooking, but also pay attention to the intake of pickles, salted duck eggs and other foods.

3. [想要健康, 不妨少吃“三白”, 多吃“三黑”](#)

重复数: 6

日期: 2019-01-19

[If you want to be healthy, you should eat less "Sanbai" and more "Sanhei".](#)

Repeat Number : 6

Data : 2019-01-19

长期高盐饮食很容易引起血压增高、血管硬化, 并且多余钠需要从肾脏排出, 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, 平铺满一瓶盖量。如果已经确诊高血压, 每天最好不要超过 3 克。

Long-term high-salt diet can easily lead to increased blood pressure and hardening of the arteries. And excess sodium needs to be excreted from the kidneys, which increases the burden on the kidneys. The optimal amount of salt that a healthy person can consume through the diet is no more than 6 grams per day, 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.

4. [这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近!](#)

重复数: 5

日期: 2019-01-19

[These 5 kinds of foods are super-damaged! However, we eat them every day. The more you eat, the more susceptible to uremia!](#)

Repeat Number : 5

Data : 2019-01-19

肾病的饮食禁忌, 主要是低盐、低脂、低磷、低钾。其中, 低盐的重要性位居第一, 因为几乎所有的肾病患者都需要低盐饮食; 而且食盐摄入超标的危害极大, 会带来一系列负面影响: 吃盐多→高钠血症→高血压→加重尿蛋白、肾衰竭→尿毒症、心血管疾病→死亡风险升高。

The dietary contraindications of kidney disease are mainly low salt, low fat, low phosphorus and low potassium. Among them, the importance of low salt ranks first, because almost all patients with kidney disease need a low-salt diet; and the excessive intake of salt is extremely harmful, which will bring a series of negative effects: eating too much salt will cause high sodium blood Symptoms, high blood pressure, increased urinary protein, kidney failure, uremia, and cardiovascular disease ultimately lead to an increased risk of death. The dietary guidelines recommend 6 grams of normal salt intake per person (one beer bottle cap); patients with kidney disease are advised to consume 3-6 grams of salt per day, and 3 grams is the best.

5. [按时吃降压药, 血压还是升高? 这篇文章可以帮助你](#)

重复数: 4

日期: 2019-01-19

[If you take antihypertensive drugs on time and your blood pressure still increase, this article can help you.](#)

Repeat Number : 4

Data : 2019-01-19

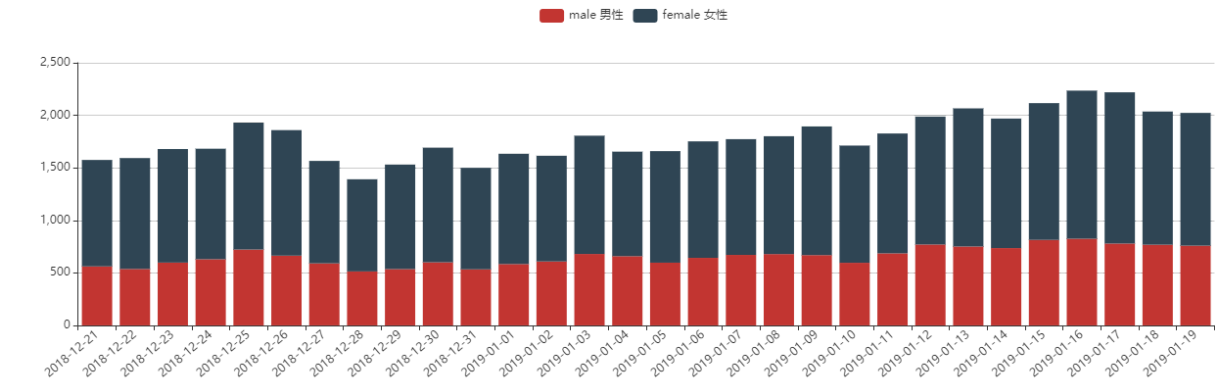
原发性高血压, 它可能跟遗传、年龄和生活习惯等有关。如果能够养成良好的生活习惯, 是可以预防和降低血压的。建议健康人每人每日食盐用量不超过6克, 高血压患者不超过3克, 这是预防和治疗高血压的花费最小的有效办法。

Essential hypertension may be related to heredity, age and lifestyle. If you can develop good habits, you can prevent and lower your blood pressure. It is recommended that healthy people should not use more than 6 grams of salt per person per day, and no more than 3 grams of hypertensive patients. This is the cheapest and effective way to prevent and treat high blood pressure.

减盐-微博

Salt Reduction - Weibo

2019-01-19, 共检测到2023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 2023 weibos about salt reduction monitored on 2019-01-19.
Weibos whose repost number is greater than 50 are listed in this page.
Click the content of each weibo, and you can see the detail information.
下图展示了最近30天的数据获取量。
The following figure shows the amount of data acquired in the last 30 days.



热门微博

Hot Weibos

1. 没有相关微博！
No such weibos!

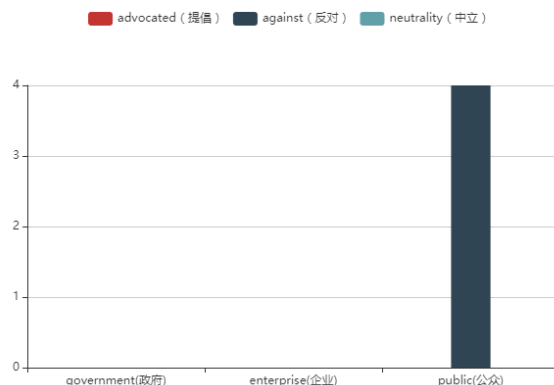
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-19) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2019-01-19. 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. 八类食物易减寿含糖饮料加速衰老 Eight Kinds of Food Easy to Reduce Life and Sugar Drinks Accelerate Aging	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 09:59:52 Time: 09:59:52
决定寿命的因素很多，其中饮食具有重要影响。近日，美国《读者文摘》网站总结8类吃多了会短寿的食物。含糖饮料。每天喝680克含糖饮料的成人，死于冠心病的风险是喝得最少的人（每天少于28克）的2倍。每天喝含糖饮料会在细胞层面加速衰老，常饮者寿命缩短4年半。人工甜味剂。美国普渡大学研究者发现，这种糖会增加患肥胖症、糖尿病和心脏病风险，还会让人患中风和老痴症。				
There are many factors that determine life expectancy, among which diet plays an important role. Recently, Reader's Digest website in the United States summarized eight kinds of foods that would lead to a shorter life. Sugary drinks. Adults who drank 680 grams of sugary drinks a day were twice as likely to die from coronary heart disease as those who drank the least (less than 28 grams a day). Drinking sugary drinks every day accelerates aging at the cellular level and shortens the lifespan of regular drinkers by four and a half years. Artificial sweeteners. Purdue University researchers found that the sugar increases the risk of obesity, diabetes and heart disease, as well as stroke and dementia.				
2. 云无心：依然不太甘心不过又很快释然 Cloud Heartless: Still not very willing, but soon released	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 05:10:34 Time: 05:10:34
云无心：依然不太甘心，不过又很快释然。2018年，是我回国之后的第二年。大多数人知道的我，是“写《吃的真相》的云无心”，或者“《舌尖2》与《风味人间》的科学顾问”，但其实这些都是我的“兼职”——我的主业是食品研发。2018年年初，跟一位年销售额达到几十亿元，在那个小众行业内也算标杆的企业老总聊天。我说：你们的产品通常被作为“不健康”食品的代表，而现在消费者对健康的期望越来越高，你们是否会往健康的方向去转型呢？				
Cloud is not intentional: still not very reconciled, but soon released. 2018 is the second year after my return. Most people know me as a "careless person who writes the truth about eating" or as a "scientific consultant for Tongue Tip 2 and Flavor World", but in fact these are my "part-time jobs" - my major is food research and development. At the beginning of 2018, we chatted with a business owner whose annual sales reached billions of yuan, who was also a benchmark in that small industry. I said: Your products are usually regarded as the representative of "unhealthy" food, and now consumers have higher and higher expectations of health. Will you change to a healthy direction?				
3. 无印良品饼干“致癌门”持续发酵专家说“没那么可怕” "It's not that terrible," said the expert on the continuous fermentation of Muji biscuit "Carcinogen Gate"	来源：东方网 Source: Dongfang net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 18:29:33 Time: 18:29:33
无印良品饼干“致癌门”持续发酵，专家说“没那么可怕”。日前,中国香港消费者委员会发布检测报告称,无印良品的一款产地为马来西亚的榛子燕麦饼干,被检测出具有基因毒性和致癌性的环氧丙醇和丙烯酰胺。1月19日，科技日报记者在无印良品官方商城搜索“榛子燕麦饼干”，未能找到相关产品。那么，所谓的“致癌物”是什么？为什么会出现在这些食品中？应该如何科学看待食物中的这些“致癌物”？				
Muji biscuit "carcinogenic door" continues to ferment, experts say "not so terrible". Recently, the Consumer Council of Hong Kong, China, issued a test report that a hazelnut oat biscuit originating in Malaysia was detected to be genotoxic and carcinogenic to propylene oxide and acrylamide. On January 19, a reporter from Science and Technology Daily searched for hazelnut oat biscuits in the official Mall of Imprinted Fine Products, but could not find the related products. So what is the so-called "carcinogen"? Why is it in these foods? How should we look at these carcinogens in food scientifically?				
4. 经典下酒小菜—椒盐花生，吃了多年还想吃的小菜 A classic dish with wine - pepper, salt and peanuts, and a dish you've wanted for years	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 13:31:26 Time: 13:31:26
经典下酒小菜—椒盐花生，吃了多年还想吃的小菜 被誉为长生果的花生，具有提高记忆力，延缓人体细胞衰老的功效。花生中含有的不饱和脂肪酸，能够有效防治冠心病、高血压、脑动脉硬化等多类病患。秋冬季是心血管疾病高发期，适量吃花生更有益。花生的营养丰富，含有蛋白质、脂肪及钙、磷及维他命B等营养，其热量也高过一般肉类。有悦脾和胃、润肺化痰、滋养调气的功能。				
Peanuts with pepper and salt, a classic dish for drinking, have been known as peanuts with long fruit for many years. It has the effect of improving memory and delaying the aging of human cells. The unsaturated fatty acids contained in peanuts can effectively prevent and treat coronary heart disease, hypertension, cerebral arteriosclerosis and other diseases. Autumn and winter are the high incidence period of cardiovascular diseases. It is more beneficial to eat peanuts in moderation. Peanuts are rich in nutrients, including protein, fat, calcium, phosphorus and vitamin B, and their calories are higher than those of ordinary meat. It has the functions of pleasing the spleen and stomach, moistening the lung and resolving phlegm, nourishing and regulating qi.				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				

反式脂肪酸-微信 Transfat - WeChat

2019-01-19, 共监测到167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 167 WeChat public articles were monitored in 2019-01-19. This page shows the top five articles by repeat number today.

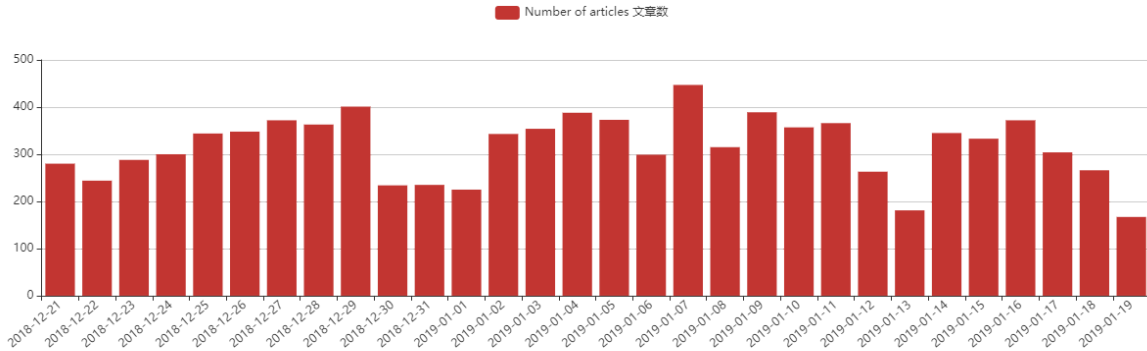
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 常吃粗粮好处多, 但你真的适合吃吗? 别让伪粗粮毁掉健康

重复数: 5

日期: 2019-01-19

[It's good to eat coarse grains often, but are you really fit to eat? Don't let fake roughage ruin your health](#)

Repeat Number : 5

Data : 2019-01-19

谷物饮料 我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为商家会在制作过程中加入大量饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高, 所以吃的时候一定要控制好量。谷物饮料也是一样, 先不说将粗粮打磨后养分有所丢失, 可能还会添加大量的糖, 吃多了容易引起肥胖。

The whole grain biscuits we eat are mostly crispy. This is because merchants add a lot of saturated and trans fatty acids to enhance the taste during the production process. This also tends to result in higher fat content in coarse grain biscuits than in regular biscuits, so be sure to control the amount when eating. The grain drink not only loses nutrients after the coarse grain is polished, but may also be added with a large amount of sugar, which may cause obesity if it is excessively ingested.

2. 警惕! 这8种不健康的年货!

重复数: 5

日期: 2019-01-19

[Be vigilant to these eight unhealthy goods!](#)

Repeat Number : 5

Data : 2019-01-19

反式脂肪酸的蛋糕: 吃进去只能停在身体里 很多姑娘下午茶都会喝杯红茶吃块蛋糕、点心, 但如果不仔细甄别, 买到了反式脂肪(人造黄油、人造奶油、氢化植物油、植脂末)制作的点心, 会增加心血管疾病的发生、糖尿病的危险性, 还会增加儿童发生过敏性疾病的危险。反式脂肪酸完全是人造的东西, 进入身体, 无法消化, 只能留着。买东西还是要仔细甄别的。

The cake containing trans fatty acids that you eat in will stay in your body. Many girls have cups of black tea and eat cakes and snacks in afternoon tea, but if you don't carefully check out, you can buy snacks made from trans fats (margarine, margarine, hydrogenated vegetable oil, and non-dairy cream), which will increase the occurrence of cardiovascular disease, risk of diabetes, and risk of allergic diseases in children. Trans fatty acids are completely artificial and cannot be digested when they enter the body. When you buy something, you still have to carefully check out.

3. 脑血栓是“吃”出来的, 医师建议: 这4种食物一定要少吃或不吃

重复数: 3

日期: 2019-01-19

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

Repeat Number : 3

Data : 2019-01-19

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.

4. 可怕! 奶茶, 正悄悄毁掉这代年轻人!

重复数: 3

日期: 2019-01-19

[Terrible! Milk tea is quietly destroying this generation of young people!](#)

Repeat Number : 3

Data : 2019-01-19

过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。结果检测发现 一杯奶茶, 就超过三天的量了 也就是说原料是不健康的! 蛋白质偏低和反式脂肪酸含量偏高的问题尤其突出 对此, 专家分心认为, 这两项指标失衡, 说明商家可能并没有用“真材实料”, 牛奶的原料上很可能用了奶精之类的代替。

Excessive intake of trans-fatty acids can increase blood cholesterol, which increases the risk of cardiovascular disease. The results showed that the content of a certain component of a cup of milk tea exceeded the normal three-day intake, which indicates that the raw materials of the milk tea are unhealthy! The problem of low protein and high trans fatty acid content is particularly acute. In this regard, experts pointed out that the imbalance between these two indicators indicates that the business may not use "real material." Milk is probably replaced with creamer.

5. 这5种食物超级伤肾! 却天天都吃, 越吃离尿毒症越近

重复数: 3

日期: 2019-01-19

[These 5 kinds of foods are super-damaged! However, we eat them every day. The more you eat, the more susceptible to uremia!](#)

Repeat Number : 3

Data : 2019-01-19

肾病患者需要低盐、低脂、高维生素饮食, 但方便面则是反其道而行之, 属于高盐、高脂、低维生素食物。除高盐外, 方便面中的人造脂肪(反式脂肪酸), 同样对心血管的伤害很大。对了, 方便面还有防腐剂和香精, 伤害肝肾胃。

Patients with kidney disease need a low-salt, low-fat, high-vitamin diet, but instant noodles are the opposite, which belong to high-salt, high-fat, low-vitamin food. In addition to high salt, artificial fat (trans fatty acids) in instant noodles is also very harmful to the cardiovascular.

反式脂肪酸-微博 Transfat - Weibo

2019-01-19, 共检测到130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。

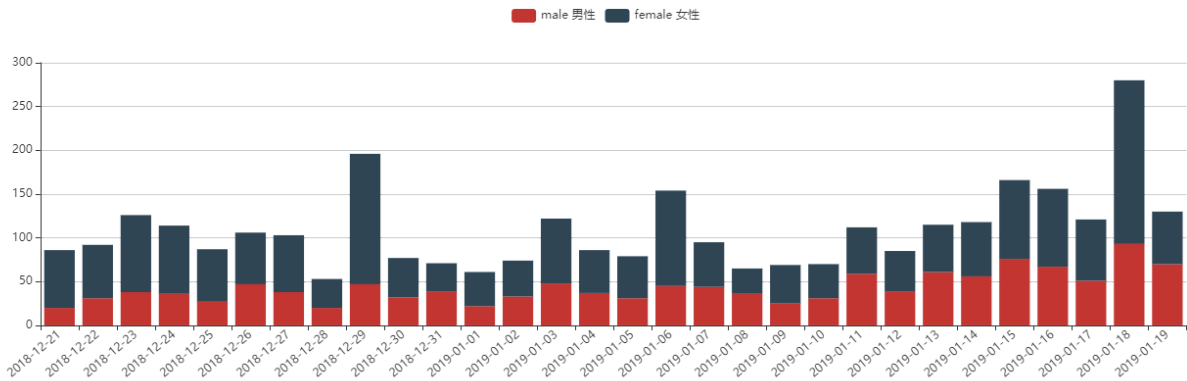
There are 130 weibos about transfat reduction monitored on 2019-01-19.

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!