

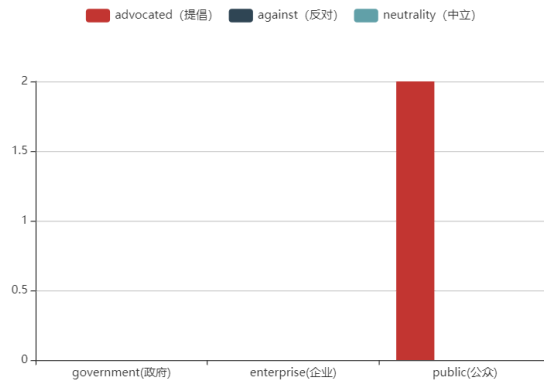
减盐-新闻

Salt Reduction - News

今日 (2019-02-04) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-02-04. 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

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其他省份
Other Provinces

食物中的钠 Sodium in food				
没有相关文章！				
No such articles!				
高血压 Hypertension	1. 年菜高油高盐WHO建议这样吃较健康	来源：大纪元 (新闻发布)	主体：公众	态度：提倡
	The WHO recommends eating this way to be healthier.	Source: The Great Era (Press Release)	Subject: public	Time: 16:21:40
	过年期间年菜高油高盐，世界卫生组织建议烹调时以蒸煮取代煎炒，食用更多蔬菜水果，以减少钠摄取量过高对血压产生不良影响。黄历新年过年不免大鱼大肉，但高油高盐对健康是潜在威胁。世界卫生组织建议烹调时以蒸煮取代煎炒，食用更多蔬菜水果，以减少钠摄取量过高对血压产生不良影响。 据中央社报导，世界卫生组织（WHO）在2018年出版的“健康饮食”指引中，就健康饮食预防糖尿病、心脏病、中风和癌症等非传染性疾病，与如何减少摄取脂肪、盐、糖等提供专业建议。			

During the Spring Festival, vegetables are high in oil and salt. The World Health Organization recommends cooking instead of frying and eating more vegetables and fruits in order to reduce the adverse effects of high sodium intake on blood pressure. The Yellow calendar New Year is full of fish and meat, but high oil and salt are potential threats to health. The World Health Organization recommends cooking instead of frying and eating more vegetables and fruits to reduce the adverse effects of high sodium intake on blood pressure. According to the Central News Agency, the World Health Organization (WHO) in its "Healthy Diet" guidelines published in 2018 provides professional advice on how to prevent non-communicable diseases such as diabetes, heart disease, stroke and cancer, and how to reduce the intake of fat, salt and sugar.

2. [过年啦！慢病患者如何健康地享受阖家欢时刻？](#)

来源：手机网易网

主体：公众

态度：提倡

时间：15:23:15

[Spring Festival! How can chronically ill patients enjoy family time healthily?](#)

Source: Mobile NetEase

Subject: public

Attitude: advocate

Time: 15:23:15

过年啦！辛苦了一整年，终于到了阖家团圆的喜庆节日。吃吃喝喝、放鞭炮、聚会和逛庙会……各种活动排满了假期，因高血压、糖尿病等慢性病而需要严格控制血压、血糖及血脂的人们，过年期间应该怎么办呢？虽然慢性疾病各有不同，但是只需记住：控制好饮食，规律服药，保证休息，出现症状不要忌医，做到这几点就能让春节幸福团圆又健康平安！

Spring Festival! After a year's hard work, we finally arrived at the festival of family reunion. Eat, drink, set off firecrackers, party and visit temple fairs... All kinds of activities are scheduled for holidays. People who need to strictly control blood pressure, blood sugar and blood lipids due to chronic diseases such as hypertension and diabetes. What should they do during the Spring Festival? Although chronic diseases are different, just remember: control diet, take medicine regularly, ensure rest, do not avoid medical treatment when symptoms occur, these points can make the Spring Festival happy reunion and healthy and safe!

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!

减盐-微信 Salt Reduction - WeChat

2019-02-04, 共监测到607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 607 WeChat public articles were monitored in 2019-02-04. This page shows the top five articles by repeat number today.

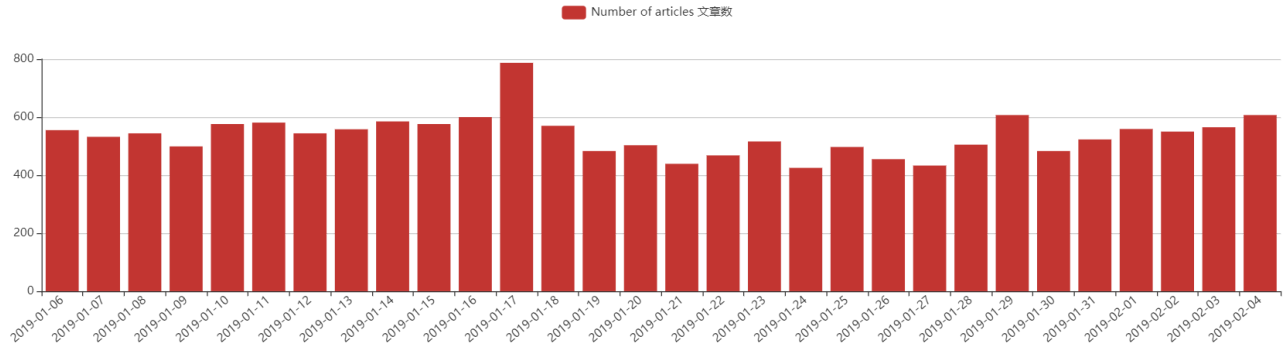
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 身体出现这5个迹象, 提醒你吃盐太多了!

重复数: 36

日期: 2019-02-04

[These five signs remind you that you eat too much salt!](#)

Repeat Number: 36

Data: 2019-02-04

如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了, 这个情况有多严重!如果你突然发现体重没有任何增长的情况下, 手指却戴不进原本合适尺寸的戒指了, 那么这很有可能是水滞留造成的。如果长期摄入过多的盐, 就可能会导致这样的情况。

If you eat too much salt for a long time, it may cause people to dehydrate. Once a person is dehydrated, he can't think clearly about the problem. How serious is this situation! If you suddenly find that the weight does not increase, the finger can't wear the ring of the proper size, then it is likely to be water retention. Caused. If you take too much salt for a long time, it may lead to such a situation.

2. 血压高怎么办? 生姜加它, 用一个降一个, 家有高血的快存!

重复数: 24

日期: 2019-02-04

[High blood pressure how to do? Use ginger and it can effectively reduce blood pressure. Families with high blood pressure have to save this!](#)

Repeat Number: 24

Data: 2019-02-04

我们都知高血压的发生和日常高盐饮食有关。特别是像我国部分地区普遍喜欢重味的饮食, 因此也相对发病率较高。要避免高血压, 饮食控盐是最重要的, 限盐可以改善血压, 适当的盐有助于肌肉形成, 每人人均摄盐量应在12-15g范围内最佳。

We all know that the occurrence of hypertension is related to the daily high salt diet. Especially in some areas like China, heavy food is generally preferred, so the relative incidence is higher. To avoid hypertension, dietary salt control is the most important. Salt restriction can improve blood pressure. Appropriate salt helps muscle formation. Salt intake per person should be optimal in the range of 12-15g.

3. 孩子被查出肾衰竭, 只因妈妈喜欢这种调料! 父母们长点心吧!

重复数: 5

日期: 2019-02-04

[The child was found to have kidney failure because the mother liked the seasoning!](#)

Repeat Number: 5

Data: 2019-02-04

孩子吃太多盐的危害 容易导致肾衰竭 摄入过多的盐分会加重孩子肾、心脏的负担, 易导致肾脏与心脏两种器官的受损, 严重地会产生肾衰竭的现象。降低孩子的免疫力 盐分具有抑制细胞生存的作用, 这种功能会伤害口腔黏膜的上皮细胞, 就使细胞失去先前的抗病能力, 直接产生的后果就是降低了孩子的身体免疫力。

Excessive intake of salt will increase the burden on the kidneys and heart of the child, which may lead to damage to both the kidneys and the heart, and severe renal failure. Salt has the effect of inhibiting cell survival. This function can damage the epithelial cells of the oral mucosa, causing the cells to lose their previous disease resistance. The direct result is to reduce the child's body immunity.

4. 多吃盐的9大害处, 你知道吗? 这些年一直吃错了!

重复数: 3

日期: 2019-02-04

[Do you know about the nine harms of eating more salt? You've been eating wrong all these years!](#)

Repeat Number: 3

Data: 2019-02-04

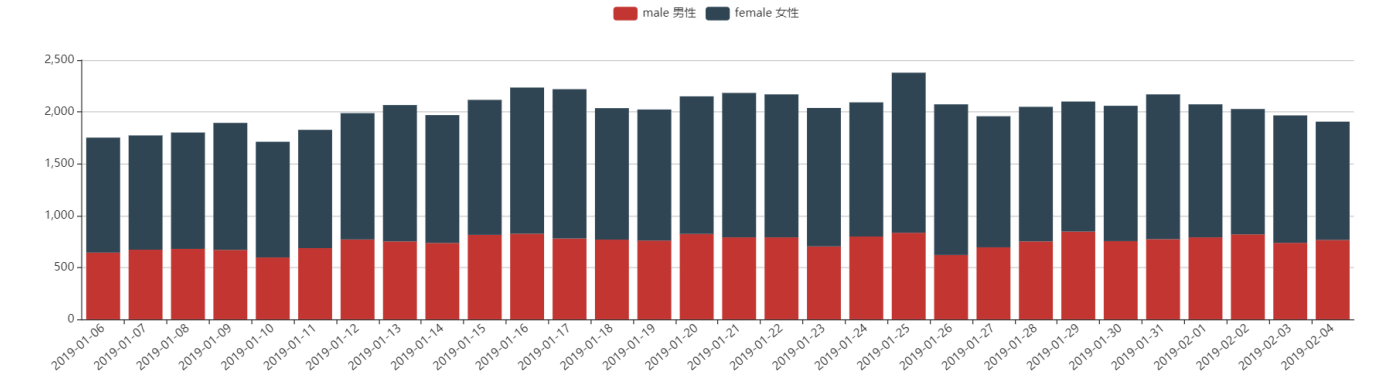
高盐饮食会导致血压升高的作用, 研究发现, 每天食盐摄入每增加0.5克, 中风的风险就增加17%。盐吃多了会引起高血压, 同时还会使血浆胆固醇升高, 促使我们的血管变薄、变脆, 这就是非常可怕的——动脉粥样硬化。

High-salt diet can lead to elevated blood pressure. Studies have found that every 0.5 g increase in salt intake per day increases the risk of stroke by 17%. Eating too much salt can cause high blood pressure, but it also raises plasma cholesterol and makes our blood vessels thinner and more fragile. That's very terrible - atherosclerosis.

减盐-微博

Salt Reduction - Weibo

2019-02-04, 共检测到1906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 1906 weibos about salt reduction monitored on 2019-02-04.
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 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!

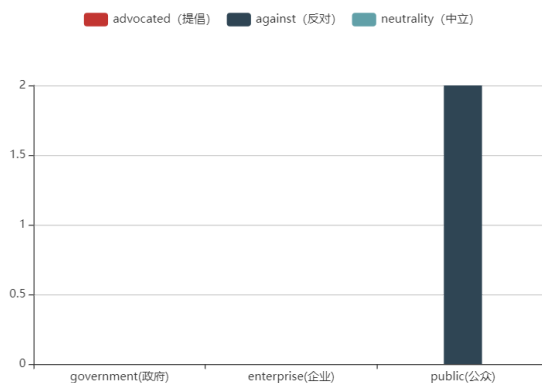
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-02-04) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-02-04. 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
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Anhui

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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. 吃什么油对身体好? 这4种油最好别吃! What oil is good for your health? These four oils are best not to eat!	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 17:28:59 Time: 17:28:59
吃什么油对身体好? 这4种油最好别吃! 人不能不吃油, 也不能多吃油, 食用油除了为人体供应能量外, 更主要的作用是供给人体必需的脂肪酸。但若不知不觉吃多了超量的油, 那么是会对身体健康造成伤害的。多吃油会造成肥胖和血脂升高, 并可能由此增高糖尿病、心脏病等疾病的发病风险。那么, 要如何吃油? 吃什么样的油? 《中国居民膳食》指南第五条指出: “减少烹调油用量, 建议每人每天烹调油摄入量不超过25克或30克。”				
What oil is good for your health? These four oils are best not to eat! People can't eat oil, and they can't eat more oil. In addition to supplying energy for the human body, the main function of edible oil is to supply essential fatty acids for the human body. But if you unconsciously eat too much oil, it will cause harm to your health. Eating more oil can cause obesity and increased blood lipids, which may increase the risk of diabetes, heart disease and other diseases. So, how to eat oil? What kind of oil do you eat? Article 5 of the "Dietary Guidelines for Chinese Residents" points out: "Reducing the consumption of cooking oil, it is recommended that each person's daily intake of cooking oil should not exceed 25 grams or 30 grams."				
2. 年菜高油高盐WHO建议这样吃较健康 The WHO recommends eating this way to be healthier.	来源: 大纪元 (新闻发布) Source: The Great Era (Press Release)	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 16:39:02 Time: 16:39:02
过年期间年菜高油高盐, 世界卫生组织建议烹调时以蒸煮取代煎炒, 食用更多蔬菜水果, 以减少钠摄入量过高对血压产生不良影响。黄历新年过年不免大鱼大肉, 但高油高盐对健康是潜在威胁。世界卫生组织建议烹调时以蒸煮取代煎炒, 食用更多蔬菜水果, 以减少钠摄入量过高对血压产生不良影响。据中央社报导, 世界卫生组织 (WHO) 在2018年出版的“健康饮食”指引中, 就健康饮食预防糖尿病、心脏病、中风和癌症等非传染性疾病, 与如何减少摄取脂肪、盐、糖等提供专业建议。				
During the Spring Festival, vegetables are high in oil and salt. The World Health Organization recommends cooking instead of frying and eating more vegetables and fruits in order to reduce the adverse effects of high sodium intake on blood pressure. The Yellow calendar New Year is full of fish and meat, but high oil and salt are potential threats to health. The World Health Organization recommends cooking instead of frying and eating more vegetables and fruits to reduce the adverse effects of high sodium intake on blood pressure. According to the Central News Agency, the World Health Organization (WHO) in its "Healthy Diet" guidelines published in 2018 provides professional advice on how to prevent non-communicable diseases such as diabetes, heart disease, stroke and cancer, and how to reduce the intake of fat, salt and sugar.				
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

2019-02-04, 共监测到131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 131 WeChat public articles were monitored in 2019-02-04. 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。

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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. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

重复数: 7

日期: 2019-02-04

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

Repeat Number: 7

Data: 2019-02-04

少吃加工食品 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。少吃人造食品多吃天然食品。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. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

2. 医生私下禁止的这肉你还在吃

重复数: 2

日期: 2019-02-04

[You're still eating the meat that the doctor has privately forbidden.](#)

Repeat Number: 2

Data: 2019-02-04

真正的黄油是利用牛奶制成, 而人造黄油则使用植物油以及少量的动物脂肪, 经过氢化加工制成, 含饱和脂肪酸、反式脂肪酸。容易诱发肥胖、心脏病、动脉硬化、血栓等。甚至影响青年男性的生育以及儿童对食物营养的吸收。

True butter is made from milk, while margarine is made from vegetable oil and a small amount of animal fat by hydrogenation. It contains saturated fatty acids and trans fatty acids. It is easy to induce obesity, heart disease, atherosclerosis, thrombosis and so on. It even affects the reproduction of young men and the absorption of food and nutrition by children.

3. 此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里

重复数: 2

日期: 2019-02-04

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

Repeat Number: 2

Data: 2019-02-04

反式脂肪会促进动脉硬化、诱导血栓形成, 让心脏病的危险大幅度上升。既往研究发现, 反式脂肪在膳食总能量中的比例每上升2% (相当于每天吃4g), 冠心病的危险就会上升25%。顺式脂肪代谢周期为7天, 而反式脂肪在人体内的代谢周期可长达51天, 它们不容易被人体消化, 因此更容易累积, 进而导致肥胖。

Trans fats can promote atherosclerosis, induce thrombosis, and significantly increase the risk of heart disease. Previous studies have found that every 2% increase in trans fats in total dietary energy (equivalent to 4 g a day) increases the risk of coronary heart disease by 25%. The metabolic cycle of cis-adipose is 7 days, while that of trans-adipose in human body can last up to 51 days. They are not easily digested by human body, so they are more likely to accumulate, leading to obesity.

4. 【邻医科普】春节饮食小贴士, 过一个健康吉祥年

重复数: 1

日期: 2019-02-04

[Spring Festival Diet Tips for a Healthy and Auspicious Year](#)

Repeat Number: 1

Data: 2019-02-04

“三少”指少吃脂肪、少吃盐、少吃糖 少吃脂肪 健康的身体离不开脂肪, 但是, 春节期间, 一定要控制脂肪的摄入量。饱和脂肪会增加血液胆固醇的含量, 增加患心脏病的风险。饼干、蛋糕、肉饼、火腿、奶油、奶酪和含有猪油、椰子油或棕榈油的食物, 都含有大量的饱和脂肪。含有氢化脂肪的食物通常都含有大量的反式脂肪, 反式脂肪会增加血液胆固醇的含量, 增加患冠心病和心脏病的风险。

“Three less” means eating less fat, eating less salt, eating less sugar and eating less fat. A healthy body is inseparable from fat, but during the Spring Festival, you must control your fat intake. Saturated fat increases blood cholesterol levels and increases the risk of heart disease. Biscuits, cakes, patties, ham, cream, cheese and foods containing lard, coconut oil or palm oil all contain large amounts of saturated fat. Foods containing hydrogenated fats usually contain large amounts of trans fats, which increase blood cholesterol levels and increase the risk of coronary heart disease and heart disease.

5. 春节过年不长胖的秘诀? 原来如此简单!

重复数: 1

日期: 2019-02-04

[The secret of not getting fat during Spring Festival? So simple!](#)

Repeat Number: 1

Data: 2019-02-04

料理前可以注意一下使用油, 注意其标示为动物性用油、植物性用油, 也要注意反式脂肪酸的含量。简单地说, 尽量减少反式脂肪酸含量高、以及标明『部份氢化之产物』的油品。由于植物油成本低于动物油脂, 而且植物性食物本身不含胆固醇, 加上植物性食物符合任何宗教及族群的需求, 因此反式脂肪取代了动物性饱和脂肪。

You can pay attention to the use of oil before cooking. Note that it is labeled as animal oil, vegetable oil, and also pay attention to the content of trans fatty acids. Simply put, try to reduce the amount of trans fatty acids and the oils that indicate "partially hydrogenated products". Because vegetable oil costs less than animal fats, and plant foods do not contain cholesterol, and plant foods meet the needs of any religion and ethnic group, trans fats replace animal saturated fats.

反式脂肪酸-微博 Transfat - Weibo

2019-02-04, 共检测到99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。

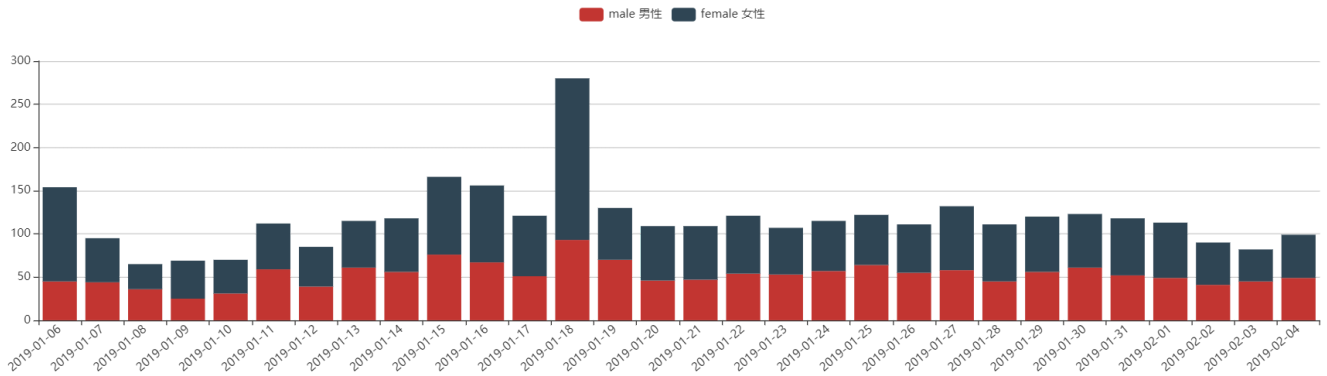
There are 99 weibos about transfat reduction monitored on 2019-02-04.

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 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!