

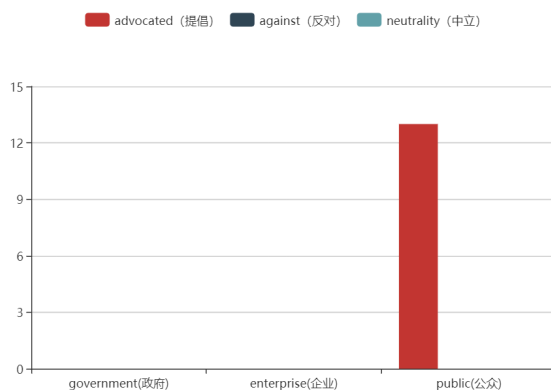
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-13) 共监测到13条资讯。请点击标题查看原文。

There are 13 articles monitored today 2019-02-13. 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

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##### 决心工程 Resolve To Save Lives

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No such articles!

### 河南

#### Henan

##### 食物中的钠 Sodium in food

没有相关文章!

No such articles!

##### 高血压 Hypertension

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##### 综合健康信息 Comprehensive Health Information

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决心工程 Resolve To Save Lives
没有相关文章!
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安徽  
Anhui

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浙江  
Zhejiang

食物中的钠 Sodium in food				
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高血压 Hypertension				
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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				
1. <a href="#">5类人快去做胃镜!</a> <a href="#">Five kinds of people to do gastroscopel</a>	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 00:20:58 Time: 00:20:58
浙江省中医院消化内科专家吕宾教授，感叹自己触目惊心的天台之行。“一上午做了20多个胃镜，几乎个个都是严重的萎缩性胃炎（临床上认定的癌前病变情况之一），其中有2个当场就被确诊是胃癌。” 中国是世界上公认的胃癌高发国之一，胃癌在我国十大高发恶性肿瘤中排名第二。 目前的研究认为，胃癌的发生与幽门螺杆菌感染有关，而饮食上喜高盐、油炸、烟熏、腌制等也是高致癌因素之一。				
Professor Lu Bin, an expert in digestive medicine of Zhejiang Traditional Chinese Medicine Hospital, lamented his amazing trip to Tiantai. "More than 20 endoscopes were performed in the morning, almost all of them were severe atrophic gastritis (one of the clinically recognized precancerous lesions), of which 2 were diagnosed as gastric cancer on the spot." China is recognized as one of the countries with high incidence of gastric cancer in the world. Gastric cancer ranks second among the top ten high incidence malignant tumors in China. Current studies suggest that the occurrence of gastric cancer is related to Helicobacter pylori infection, and dietary preference for high salt, frying, smoking, curing is also one of the high carcinogenic factors.				
决心工程 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				
1. <a href="#">香蕉的营养有哪些  每日涨营养姿势959</a> <a href="#">What are the nutrients of bananas?</a>	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 13:52:19 Time: 13:52:19
香蕉可食部为59%，每100克可食部含水分75.8克，能量为93千卡。每100克香蕉可食部含有蛋白质1.4克，脂肪0.2克，碳水化合物22.0克。香蕉的一个重要特点是果实发育过程中以淀粉积累为				

主，刚采收的香蕉果实中总淀粉含量达到70%-80%，放置时间越久，总淀粉含量越高，甜度更高。				
The edible part of banana is 59%, with 75.8 grams of water and 93 kilocalories of energy per 100 grams of edible part. Every 100 grams of banana edible part contains 1.4 grams of protein, 0.2 grams of fat and 22.0 grams of carbohydrates. An important characteristic of banana is that starch accumulation is the main factor during fruit development. The total starch content of newly harvested banana fruit reaches 70%-80%. The longer the banana is stored, the higher the total starch content and the higher the sweetness.				
2. <a href="#">开胃益智的一道家常菜，5分钟出锅，酸甜脆爽好下饭，孩子就爱吃</a> <a href="#">A home-cooked dish for appetizers and intellectuals. It's served in 5 minutes. It's sweet and sour, crisp and refreshing. Children like it.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 21:55:08 Time: 21:55:08
金针菇性寒，味甘、咸，具有补肝、益肠胃、抗癌的功效，主治肝病、胃肠道炎症、溃疡、肿瘤等病症。金针菇中锌含量较高，对预防男性前列腺疾病较有帮助。而且金针菇还是高钾低钠食品，可防治高血压，对老年人也有益。 金针菇在菌菇类中，是我独爱的，爽滑的口感让我欲罢不能，今天就教大家做一道非常快手，又很美味的西红柿炒金针菇。				
Flammulina velutipes is cold, sweet and salty. It has the functions of tonifying liver, benefiting intestine and stomach, and anti-cancer. It mainly treats liver diseases, gastrointestinal inflammation, ulcers, tumors and other diseases. Flammulina velutipes has high zinc content, which is helpful to prevent male prostate diseases. And Flammulina velutipes is also a high potassium and low sodium food, which can prevent and treat hypertension and is beneficial to the elderly. Flammulina velutipes is my only love among mushrooms. The smooth taste makes me want to stop. Today I will teach you how to make a very fast and delicious fried Flammulina velutipes with tomatoes.				
3. <a href="#">多味坚果、蔬菜沙拉、果汁、全麦面包.....这些公认的“健康食物”都暗藏.....</a> <a href="#">Tasteful nuts, vegetable salad, fruit juice, whole wheat bread..... These recognized "healthy foods" are hidden..</a>	来源：荆楚网 Source: Jingchu net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:56:39 Time: 14:56:39
现在的人越来越追求均衡膳食、健康养生！低卡、低糖、低钠、粗粮也被提上“日程”，但是，其实很多你认为的“健康食品”并没有那么健康..... 多味坚果藏“杀机” 过年的时候，家家户户必备的应该就是各种坚果，而很多人在购买时都不喜欢原味，偏爱盐焗的、炭烤的..... 虽然每天吃一小把坚果，好处很多，如核桃能延缓衰老；杏仁能调节血糖水平；葵花籽能保护血管..... 但是，经过炭烤、盐焗的坚果，往往属于高钠、高油的食物，成为人体健康的头号“杀手”！				
Nowadays people are more and more pursuing balanced diet and healthy health. Low-calorie, low-sugar, low-sodium and coarse grains have also been put on the agenda, but in fact, many of the "healthy foods" you think are not so healthy... During the Spring Festival when tasty nuts are "killing machine", all kinds of nuts are necessary for every household, and many people do not like the original taste when they buy them, preferring salt-baked, charcoal-baked, etc. Although eating a handful of nuts every day has many benefits, such as walnuts can delay aging, almonds can regulate blood sugar levels, sunflower seeds can protect blood vessels... However, the nuts baked by charcoal and baked in salt often belong to high-sodium and high-oil food and become the number one killer of human health.				
4. <a href="#">家长要谨记：宝宝没过2岁，别碰4种辅食，不仅积食还脾虚！</a> <a href="#">Parents should bear in mind: the baby is less than 2 years old, do not touch four kinds of supplementary food, not only accumulated food but also spleen deficiency!</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:57:04 Time: 14:57:04
宝宝没过2岁，别碰4种辅食，不仅积食还脾虚！ 宝宝从出生开始，就以母乳喂主要的食物，经过6个月的母乳喂养，伴随孩子的成长发育，营养需求越多，母乳已经不能满足孩子的的需求，因此家长就开始给孩子添加辅食。但是很多新手爸妈在选择辅食的时候，可能会走上弯路，很多食物孩子没过2岁，是不能给孩子吃的，孩子越吃爱积食不说，对脾胃的发育也不好。				
Baby is under 2 years old, don't touch four kinds of supplementary food, not only accumulated food but also spleen deficiency! From birth, the baby breast-fed the main food, after six months of breast-feeding, accompanied by the growth and development of the child, the more nutritional needs, breast milk can no longer meet the needs of the child, so parents began to add supplementary food to the child. But many novice parents may take a detour when choosing supplementary food. Many food children are under 2 years old and can not feed their children. The more they like to accumulate food, the worse the development of their spleen and stomach.				
<b>高血压</b> Hypertension				
1. <a href="#">程序员推拿后脑中风！爱去街边推拿店的人注意了</a> <a href="#">The programmer has a stroke after massage! People who like to go to the street massage shop pay attention to it.</a>	来源：浙江在线 Source: Zhejiang Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:44:46 Time: 18:44:46
天冷，人体处于应激状态，血管收缩、血压升高，尤其容易患脑卒中，高血压、高血脂、糖尿病、吸烟、肥胖、缺乏运动、高糖高盐饮食的这类高危人群一定要做好预防措施。需要注意的是，感冒、肺炎这样的呼吸系统疾病也会加大脑血管的负担，所以想要预防卒中，也要同时预防这类呼吸系统疾病。				
It is cold, the human body is in a state of stress, vasoconstriction, high blood pressure, especially susceptible to stroke, hypertension, hyperlipidemia, diabetes, smoking, obesity, lack of exercise, high sugar and high salt diet of such high-risk groups must do a good job of preventive measures. It should be noted that respiratory diseases such as colds and pneumonia also increase the burden of cerebrovascular disease, so if you want to prevent stroke, you should also prevent such respiratory diseases.				
2. <a href="#">每逢佳节脑出血的人都会有所增加，应该如何应对？</a> <a href="#">Every Festival cerebral hemorrhage will increase, how should we deal with it?</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:46:14 Time: 15:46:14
很多人都在说每逢佳节胖三斤，其实春节放假期间比胖三斤更可怕的还有脑出血。每到过年，脑出血的患者就愈来愈多，像长时间打麻将过于劳累、大量饮酒、亲朋好友团聚过于兴奋等都可能诱发脑出血，特别是患有高血压、糖尿病的人风险更大。 脑出血的发生都是有前兆的，如果能了解这些前兆，对有效应对脑出血是非常重要的。				
Many people are saying that every festival fat three kilograms, in fact, during the Spring Festival holidays than fat three kilograms more terrible and cerebral hemorrhage. Every New Year, more and more patients with cerebral hemorrhage, such as playing mahjong for a long time too tired, drinking a lot, family and friends reunion too exciting, may cause cerebral hemorrhage, especially those with hypertension, diabetes are at greater risk. The occurrence of cerebral hemorrhage is precursory, if we can understand these precursors, it is very important to effectively deal with cerebral hemorrhage.				
<b>心血管健康</b> Cardiovascular health				
1. <a href="#">研究发现：多吃这类食品将增加早死风险</a> <a href="#">Studies have found that eating more of these foods increases the risk of premature death.</a>	来源：多维新闻网 Source: Multidimensional News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 20:39:23 Time: 20:39:23
据英国《独立报》2月13日报道，法国巴黎第13大学一个研究团队于2月11日在《美国医学会内科医学期刊》上发布研究成果，称首次发现“超加工食品（Ultra-processed foods）”和死亡风险的关联，证实食用“超加工食品”可提高死亡风险。 据了解，超加工食品是以多样原料工业化制成，这些原料通常包含为技术与外观目的而使用的添加剂，大多以零食、甜点、即食或加热餐的形式被食用。				
According to the Independent on February 13, a team of researchers from the 13th University of Paris, France, published their findings in the Journal of Internal Medicine of the American Medical Association on February 11. It is the first time that the association between "Ultra-processed foods" and mortality risk has been found, confirming that eating "ultra-processed foods" can increase mortality risk. It is understood that superprocessed foods are industrialized from a variety of raw materials, which usually contain additives for technical and cosmetic purposes, and are mostly eaten in the form of snacks, desserts, ready-to-eat or heated meals.				
<b>综合健康信息</b> Comprehensive Health Information				
1. <a href="#">三分练七分吃，减脂堪比整容！</a> <a href="#">Three points practice and seven points eat, reducing fat is comparable to cosmetic surgery!</a>	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:59:14 Time: 11:59:14
三分练七分吃，减脂堪比整容！ 一天至少要有一餐吃得健康。 你不需要顿顿都健康，只需要一餐，吃到5分饱，自己下厨，少放一些油盐，有一些瘦肉，多点蔬菜，少少的主食，再喝一大杯水，就是健康。把水变成你主要的“饮料”。 这一个月只喝水，不管是汽水、咖啡、果汁等等都以水来替代，如果受不了光喝水没味道，可以加点水果增加味道，你渐渐就会习惯以喝水为主，而且对你的消化系统也有帮助。				
Three points practice and seven points eat, reducing fat is comparable to cosmetic surgery! _____ Eat healthy meals at least once a day. You don't need a healthy meal, you just need a meal, eat five full meals, cook by yourself, put less oil and salt, have some lean meat, more vegetables, less staple food, and drink a large glass of water, which is healthy. Make water your main drink. Drinking only water this month, whether soda, coffee, fruit juice, etc. are replaced by water. If you can't stand drinking water without taste, you can add some fruit to increase the taste. You will gradually become accustomed to drinking mainly water, and it is also helpful to your digestive system.				
2. <a href="#">节后“刮油”忙她胃痛腹泻了...</a> <a href="#">After the festival, "scraping oil" busy with her stomachache and diarrhea.</a>	来源：四川新闻网-攀枝花日报 Source: Sichuan News Network - Panzhihua Daily	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:59:53 Time: 15:59:53
春节长假结束，比假期用光更可怕的，是秤上不断飙升的数字。节后，到成都市第三人民医院肥胖与代谢性疾病中心的患者明显提升，涨幅约为20%。减肥“刮油”，全素食、水果餐、粗粮餐..... 能想到的无油腻食物通通端上桌，还得配上一场说来就来的疯狂运动。不过，医生说这些并非都可取，当心走入误区。 咨询减重的市民特别多 “早上只喝酸奶，中午、晚上只吃水煮菜。” 意识				

到“节日胖”的问题后，市民林静开启了刮油减重模式，但是两天下来，不仅体重纹丝不动，她反而出现了胃痛、腹泻的症状。

The end of the Spring Festival holidays is more terrible than the exhaustion of holidays. It is the soaring number on the scale. After the festival, the number of patients visiting the Center for Obesity and Metabolic Diseases of the Third People's Hospital of Chengdu increased by about 20%. Lose weight "scrape oil", vegetarian meal, fruit meal, coarse grain meal... The greasy-free food you can imagine is served with a crazy sport that comes with it. However, the doctor said that these are not all desirable, be careful to go into a misunderstanding. Consulting people to lose weight is particularly "only drink yoghurt in the morning, and only eat boiled vegetables at noon and evening." After realizing the problem of "festival fatness", Lin Jing, a citizen, opened the model of oil scraping and weight loss. But over the past two days, not only did she keep her weight still, but she developed symptoms of stomach pain and diarrhea instead.

3. <a href="#">2018这些食品安全热点的真相你都知道吗</a>	来源：新浪网	主体：公众	态度：提倡	时间：16:59:54
<a href="#">Do you know the truth of these food safety hotspots in 2018?</a>	Source: Sina network	Subject: public	Attitude: advocate	Time: 16:59:54

2018年度盘点—— 这些食品安全热点的真相你都知道吗？咖啡致癌吗？猪肉还能放心吃吗？益生菌到底有没有用？2019年1月3日星期四，由中国食品科学技术学会主办的2018年食品安全热点科学解读媒体沟通会准时召开，食品圈的大咖云集，重点盘点和解读2018年那些备受关注的食品安全热点！

Annual Inventory 2018 - Do you know the truth about these food safety hotspots? Is coffee carcinogenic? Can pork be eaten at ease? Is probiotics useful? On Thursday, Jan. 3, 2019, the 2008 Media Communication Meeting on Scientific Interpretation of Food Safety Hotspots sponsored by the Chinese Food Science and Technology Society was held on time. The food circle was crowded with big cafes, focusing on inventory and interpretation of food safety hotspots that attracted much attention in 2018.

4. <a href="#">要浪漫更要安全！美国疾控中心教你如何健康过情人节</a>	来源：东方网	主体：公众	态度：提倡	时间：17:10:25
<a href="#">To be romantic, to be safe! CDC teaches you how to spend Valentine's Day in good health</a>	Source: Dongfang net	Subject: public	Attitude: advocate	Time: 17:10:25

要浪漫更要安全！美国疾控中心教你如何健康过情人节。在即将到来的情人节，无论你计划独自庆祝还是和某个特别的人一起庆祝，美国疾病控制与预防中心(CDC)贴心地准备了一些小建议，让你在情人节和接下来的一整年都能拥有健康。

To be romantic, to be safe! The CDC teaches you how to spend Valentine's Day in good health. Whether you plan to celebrate Valentine's Day alone or with someone special, the Centers for Disease Control and Prevention (CDC) has carefully prepared some tips for your health on Valentine's Day and throughout the year ahead.

5. <a href="#">节后扎堆看病如何应对节后综合征？专家为您支招</a>	来源：人民网	主体：公众	态度：提倡	时间：16:19:06
<a href="#">How to deal with post-festival syndrome when seeing a doctor in a pile after the festival? Experts help you</a>	Source: People's net	Subject: public	Attitude: advocate	Time: 16:19:06

春节过后，有人忙着返程工作，有人忙着看病就医。正月初七一到，哈医大二院的门诊量就一路攀升，挂号收费窗口、取药窗口、抽血窗口排着长队，候诊区内“座无虚席”，检验室、内镜室、CT室、B超室门口挤满患者。哈医大二院消化内科专家提醒，节后的饮食要偏向清茶淡饭，多食蔬菜和水果，尤其要坚持“少盐、少油”的原则。

After the Spring Festival, some people are busy returning to work, others are busy seeing a doctor. On July 1st, the number of outpatients in the Second Hospital of Harbin Medical University increased all the way. There were long queues in the registration fee window, medicine collection window and blood drawing window. There were no empty seats in the waiting area. The doors of the examination room, endoscopy room, CT room and B-mode ultrasound room were crowded with patients. The expert of digestive medicine in the second hospital of Harbin Medical University reminded us that the diet after the festival should be lean to light tea and meal, eat more vegetables and fruits, especially adhere to the principle of "less salt and oil".

决心工程  
Resolve To Save Lives

没有相关文章！

No such articles!

## 减盐-微信 Salt Reduction - WeChat

2019-02-13, 共监测到689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 689 WeChat public articles were monitored in 2019-02-13. 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, 提醒着你吃盐太多了!

[These five signs are a reminder that you eat too much salt!](#)

重复数: 42

日期: 2019-02-13

Repeat Number: 42

Data: 2019-02-13

如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水的含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂饮。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

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.

#### 2. 身体出现这5个迹象, 提醒你吃盐太多了!

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

重复数: 30

日期: 2019-02-13

Repeat Number: 30

Data: 2019-02-13

发表在《英国医学杂志》上的一项研究成果表明: 与每天摄入1500毫克钠的人相比, 每天食用3500毫克钠的成年人头痛的可能性高出了近1/3。喝了太多的水并不是让你尿频的唯一原因。令人惊讶的是, 吃了太多的盐也会产生相同的效果。当人体摄入了过多盐的时候, 人体的肾脏器官就会加班加点地工作, 才能把体内多余的盐排出体外, 这样就会造成小便量增多的问题。

A study published in the British Medical Journal showed that adults who consumed 3,500 mg of sodium a day were nearly a third more likely to have headaches than those who consumed 1,500 mg of sodium a day. Drinking too much water is not the only reason for frequent urination. Surprisingly, eating too much salt has the same effect. When the human body intakes too much salt, the human kidney organs will work overtime to discharge excess salt from the body, which will cause the problem of increased urine volume.

#### 3. 终生不得癌症的铁律, 你能守住几条?

[Can you follow a few rules to prevent cancer for life?](#)

重复数: 8

日期: 2019-02-13

Repeat Number: 8

Data: 2019-02-13

吃「淡」高盐饮食与胃癌的发生有着密切关系。日本癌症中心研究所针对4万名中年人进行为期11年的随访发现, 对男性而言, 食盐多者患胃癌风险比食盐少者高一倍。而在女性中, 食盐多者患胃癌风险也显著高于食盐少的人。研究者表示, 这是因为人体食用过量高盐食物后, 食盐的高渗透压会对胃黏膜造成直接损害, 随之发生一系列病理改变。

Eating a "light" high salt diet is closely related to the occurrence of gastric cancer. An 11-year follow-up of 40,000 middle-aged people by the Japan Cancer Center Institute found that men who ate more salt had twice the risk of gastric cancer as those who ate less salt. In women, the risk of gastric cancer in those with more salt was also significantly higher than that in those with less salt. Researchers say this is because the high osmotic pressure of salt causes direct damage to the gastric mucosa and a series of pathological changes occur after people eat too much high-salt food.

#### 4. 高血压、高血脂、高血糖不能吃什么?

[What foods can't be eaten by people with high blood pressure, high blood fat, and high blood sugar?](#)

重复数: 3

日期: 2019-02-13

Repeat Number: 3

Data: 2019-02-13

饮食过咸是高血压的重要风险因素之一。食盐摄入过多, 会导致血管管腔变细, 血流阻力增加, 血压升高。同时也会加重肾脏负担, 造成排钠障碍, 升高血压。

Salty diet is one of the important risk factors for hypertension. Excessive salt intake can lead to thinning of vascular lumen, increased blood flow resistance and increased blood pressure. At the same time, it will increase the burden of the kidney, cause sodium excretion disorder and raise blood pressure.

#### 5. 16个健康警戒线全划出来了, 寿命长短由它决定, 非常重要!

[Sixteen health warning lines have been drawn out. Life expectancy is determined by them. It is very important!](#)

重复数: 2

日期: 2019-02-13

Repeat Number: 2

Data: 2019-02-13

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。建议一个啤酒瓶盖装满盐正好是6克的量。零食、酱菜、午餐肉等加工食品少吃。

Excessive salt intake is closely related to hypertension and cardiovascular diseases. It can also aggravate gastric mucosal damage and accelerate osteoporosis. Moreover, excessive salt intake can make skin worse. Whether for health or beauty, salt control is essential. It is recommended that a beer bottle cap be filled with exactly 6 grams of salt. Eat less snacks, pickles, lunch meat and other processed foods.

## 减盐-微博

### Salt Reduction - Weibo

2019-02-13, 共检测到2020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。

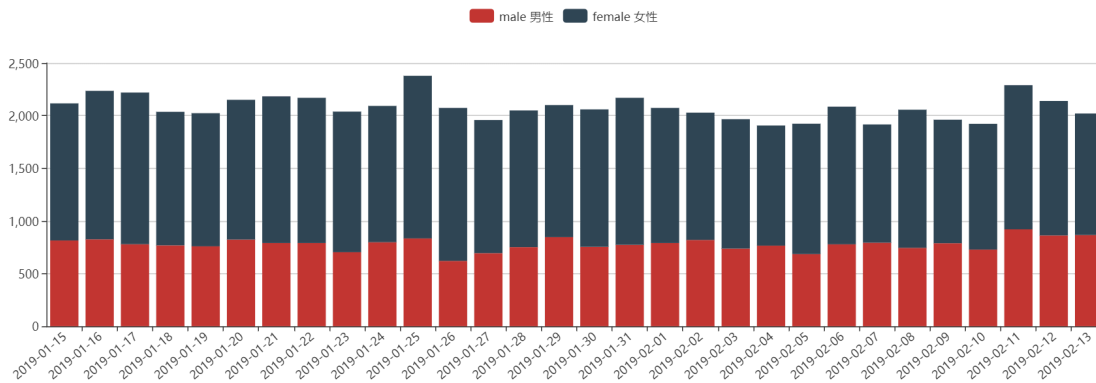
There are 2020 weibos about salt reduction monitored on 2019-02-13.

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. 昵称: 懒懒的自留地

地区: 上海

认证: 无

Nickname: 懒懒的自留地

Area: Shanghai

Identity: None

时间: 2019-02-13 16:33  
Time: 2019-02-13 16:33

来自: HUAWEIMate20Pro  
Source: HUAWEIMate20Pro

转发数: 69  
Repost: 69

评论数: 73  
Comment: 73

点赞数: 501  
Like: 501

#我的肚子是隆的#趁着肉肉还没坐稳江山，赶紧把过年胖出来的三公斤消灭掉！1：低盐饮食，这几天尽量少吃盐，多喝薏仁红豆水之类，把过年大吃大喝的水肿消灭掉。2：清淡并最好断几天主食，以粗纤维蔬菜和杂粮为主，少食多餐。3：不熬夜，早睡。一周之内的胖瘦都是浮云，但一定要注意啊别弄扎实了就很麻烦。收起全文d  
The fat that licked the waist has not yet stabilized, and quickly lost the three kilograms of fat during the Spring Festival! 1: Keep a low-salt diet, try to eat less salt, drink more red glutinous water, and eliminate edema. 2: It is best to break the staple food for a few days, mainly based on crude fiber vegetables and miscellaneous grains, and eat less meals. 3: Do not stay up late, go to bed early. It doesn't matter if you change your weight within a week, but be sure to pay attention to your weight.

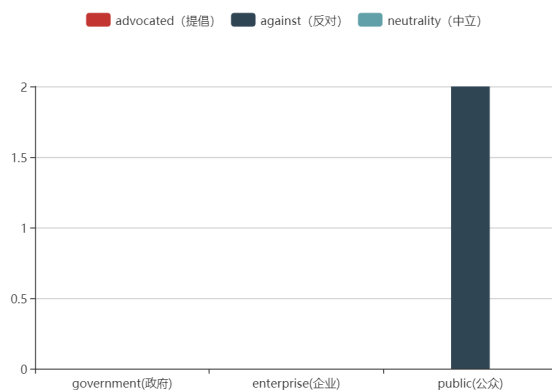
## 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-02-13) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-02-13. 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. <a href="#">反式脂肪到底何罪之有</a> <a href="#">What's the crime of trans fats?</a>	来源：光明网 Source: Guangming net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 14:04:04 Time: 14:04:04
前不久，世界卫生组织（WHO）发布名为“取代”的行动指导方案，计划在2023年之前，彻底清除全球食品供应链中使用的工业反式脂肪，主要是部分氢化植物油。对此，媒体引用WHO的数据称，反式脂肪每年引发50万人死亡。那么，反式脂肪是什么？哪些食物含有反式脂肪？它对人体到底有什么危害？				
Not long ago, the World Health Organization (WHO) released the Action Guidance Program entitled "Substitution", which plans to completely eliminate industrial trans fats, mainly partially hydrogenated vegetable oils, used in the global food supply chain by 2023. In response, the media cited WHO data that trans fats cause 500,000 deaths each year. So what is trans fat? Which foods contain trans fats? What harm does it do to human body?				
2. <a href="#">多味坚果、蔬菜沙拉、果汁、全麦面包……这些公认的“健康食物”都暗藏……</a> <a href="#">Tasteful nuts, vegetable salad, fruit juice, whole wheat bread…… These recognized "healthy foods" are hidden..</a>	来源：荆楚网 Source: Jingchu net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 15:05:38 Time: 15:05:38
现在的人越来越追求均衡膳食、健康养生！低卡、低糖、低钠、粗粮也被提上“日程”，但是，其实很多你认为的“健康食品”并没有那么健康……多味坚果藏“杀机”过年的时候，家家户户必备的应该就是各种坚果，而很多人在购买时都不喜欢原味，偏爱盐焗的、炭烤的……虽然每天吃一小把坚果，好处很多，如核桃能延缓衰老；杏仁能调节血糖水平；葵花籽能保护血管……但是，经过炭烤、盐焗的坚果，往往属于高钠、高油的食物，成为人体健康的头号“杀手”！				
Nowadays people are more and more pursuing balanced diet and healthy health. Low-calorie, low-sugar, low-sodium and coarse grains have also been put on the agenda, but in fact, many of the "healthy foods" you think are not so healthy... During the Spring Festival when tasty nuts are "killing machine", all kinds of nuts are necessary for every household, and many people do not like the original taste when they buy them, preferring salt-baked, charcoal-baked, etc. Although eating a handful of nuts every day has many benefits, such as walnuts can delay aging, almonds can regulate blood sugar levels, sunflower seeds can protect blood vessels... However, the nuts baked by charcoal and baked in salt often belong to high-sodium and high-oil food and become the number one killer of human health.				
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

2019-02-13, 共监测到407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 407 WeChat public articles were monitored in 2019-02-13. This page shows the top five articles by repeat number today.

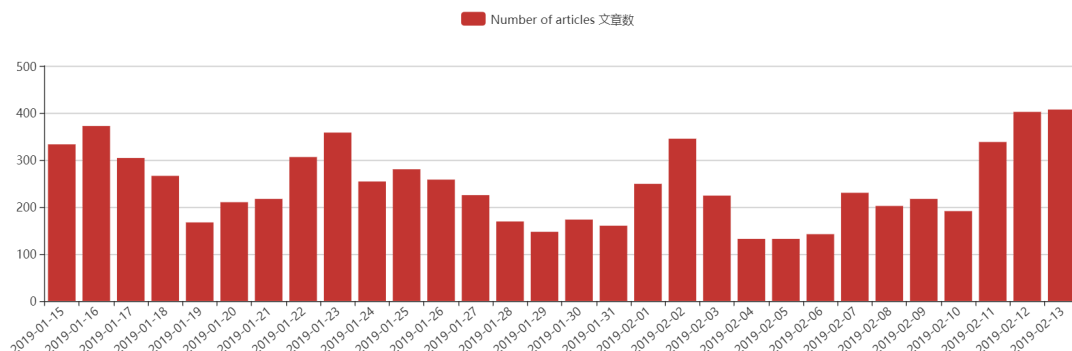
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [脸要穷养, 脚要富养; 心要穷养, 肺要富养 \(深度好文\)](#)  
[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

重复数: 19

日期: 2019-02-13

Repeat Number: 19

Data: 2019-02-13

少吃加工食品 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 少吃人造食品多吃天然食品。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. [奶茶, 正在毁掉中国的三代人!](#)  
[Milk tea is destroying three generations in China!](#)

重复数: 14

日期: 2019-02-13

Repeat Number: 14

Data: 2019-02-13

反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。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。

Trans fatty acids, known as "time bombs on the table", are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

3. [饮食健康 | 情人节送的巧克力, 你该如何挑选才健康吗?](#)  
[Diet and Health | Do you know how to choose chocolates for Valentine's Day?](#)

重复数: 7

日期: 2019-02-13

Repeat Number: 7

Data: 2019-02-13

可可脂很贵, 但如果将植物油经过氢化处理从而在室温下呈现固态则也可呈现类似的形态和口感, 如果工艺手段不够好, 可能会有一定的反式脂肪酸产生, 这种成分对于心血管系统很有害。如果工艺较好, 氢化后几乎全成了饱和脂肪酸, 反式脂肪酸含量也就可以控制在极低的水平, 甚至可以在营养成分表中看到这一项为零

Cocoa butter is very expensive. A similar morphology and mouthfeel can also be exhibited if the vegetable oil is hydrotreated to exhibit a solid state at room temperature. If the process is not good enough, there may be some trans fatty acids that are harmful to the cardiovascular system. If the process is better, almost all of them become saturated fatty acids after hydrogenation, and the trans fatty acid content can be controlled to a very low level, and even this can be seen in the nutrient composition table.

4. [大脑最爱的食物, 核桃只排第4名, 第1名谁都想不到!](#)  
[Among the brain's favorite foods, walnuts rank only 4th, and the 1st is unexpected!](#)

重复数: 6

日期: 2019-02-13

Repeat Number: 6

Data: 2019-02-13

常吃黑芝麻可以帮助人们预防和治疗胆结石, 同时还有延年益寿、健脑益智的作用。保持大脑健康少吃这些 除了上面介绍这些对大脑有益的食物, 还有一些常见的食物可能会对大脑健康发展有健康的影响。这些食物中含有大量的饱和脂肪、反式脂肪或是糖, 容易造成血脑屏障构造受损, 加速认知功能以及记忆力的退化。

Often eating black sesame can help people prevent and treat gallstones, but also has the effect of prolonging life, brain and intelligence. Keep your brain healthy and eat less of these foods. In addition to the above, there are some common foods that may have unhealthy effects on brain health. These foods contain a large amount of saturated fat, trans fat or sugar, which can easily cause damage to the blood-brain barrier structure, accelerate cognitive function and memory degradation.

5. [被奶茶毁掉的中国姑娘](#)  
[Chinese girl destroyed by milk tea](#)

重复数: 6

日期: 2019-02-13

Repeat Number: 6

Data: 2019-02-13

所谓的奶精, 主要成分是氢化植物油, 是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说: 别看有植物两字, 其实含的饱和脂肪酸比猪油还多! 经过人工氢化处理之后, 还会产生大量的反式脂肪酸! 反式脂肪酸对人体危害极大, 不仅会增加心血管疾病和糖尿病的风险, 还会影响儿童神经系统发育。

The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Don't look at its name containing plants, but actually contain more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

## 反式脂肪酸-微博 Transfat - Weibo

2019-02-13, 共检测到104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。

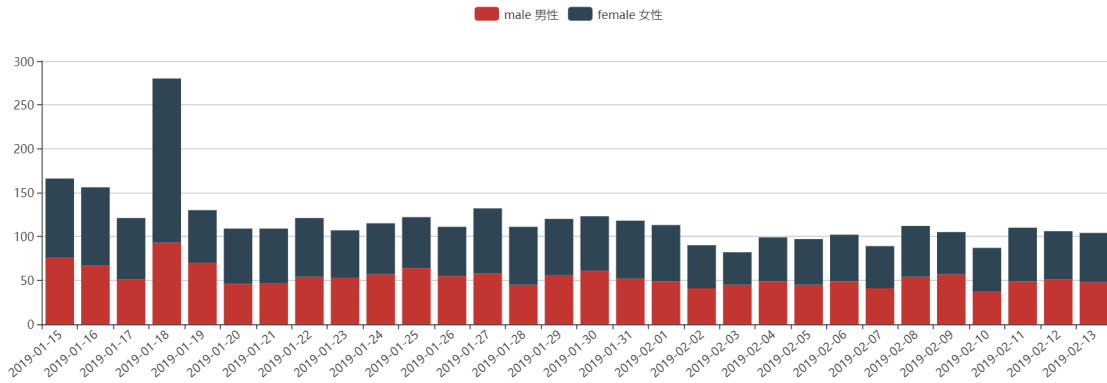
There are 104 weibos about transfat reduction monitored on 2019-02-13.

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!