

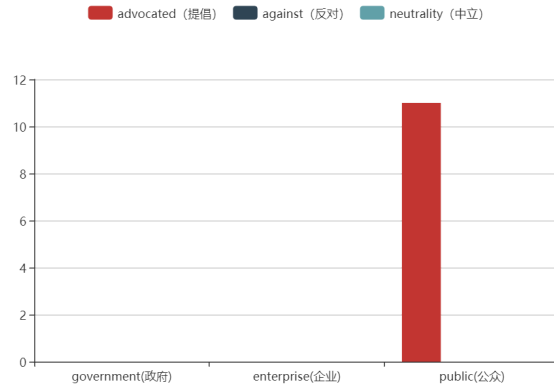
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-02) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2019-02-02. 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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没有相关文章!

No such articles!

##### 高血压 Hypertension

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安徽  
Anhui

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浙江  
Zhejiang

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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!
高血压 Hypertension

1. [血压没控制好专家建议暂缓怀孕](#)

来源：新浪网

主体：公众

态度：提倡

时间：08:47:34

[Experts recommend postponing pregnancy if blood pressure is not well controlled](#)

Source: Sina network

Subject: public

Attitude: advocate

Time: 08:47:34

在电影《北京遇上西雅图》中，汤唯饰演的女主角由于没有及时治疗妊娠期高血压，结果导致晕倒，甚至危及生命。事实上，在现实生活中，妊娠期高血压患者并不鲜见。有数据显示，在我国，妊娠期高血压的发病率约为5%~12%。妊娠期高血压是孕产妇及围产儿死亡的重要原因之一。那么，高血压患者能怀孕吗？万一出现妊高症，哪些情况必须终止妊娠？听听广州医科大学附属第三医

院心血管内科主任医师陈晓明怎么说。				
In the movie Beijing Meets Seattle, Tang Wei's heroine fainted and even endangered her life because she failed to treat gestational hypertension in time. In fact, in real life, pregnancy-induced hypertension is not uncommon. Data show that in China, the incidence of pregnancy-induced hypertension is about 5%-12%. Hypertension in pregnancy is one of the important causes of maternal and perinatal mortality. So, can hypertensive patients get pregnant? In case of pregnancy-induced hypertension, which conditions must terminate pregnancy? Listen to Chen Shengming, chief physician of Cardiovascular Medicine, Third Affiliated Hospital of Guangzhou Medical University.				
2. 高血压患者过年期间注意什么？医生：记住这三点，就能健康无忧！ <a href="#">What should hypertensive patients pay attention to during the Chinese New Year? Doctor: Keep these three points in mind, and you will be healthy and worry-free!</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 19:47:36 Time: 19:47:36
高血压患者过年期间注意什么？医生：记住这三点，就能健康无忧！ 一年一度的春节如期而至，作为传统佳节中最重要的节日，人们总是充满仪式感通过各种喜庆方式来表达喜悦和祝福，而健康平安无疑是最好的祝福之一，对于广大高血压朋友来说，过年期间如何做到真正的健康平安呢？以下几点注意事项应当记住。				
What should hypertensive patients pay attention to during the Chinese New Year? Doctor: Keep these three points in mind, and you will be healthy and worry-free! The annual Spring Festival arrives on schedule. As the most important festival in traditional festivals, people always express joy and blessings through various ways of celebration, and health and safety is undoubtedly one of the best blessings. For the majority of high blood pressure friends, how to achieve real health and safety during the New Year? The following points should be remembered.				
<div>心血管健康</div> <div>Cardiovascular health</div>				
1. 收藏！这张春节“健康处方”请随身携带 <a href="#">Collection! Take this Spring Festival "Health Prescription" with you</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:37:21 Time: 11:37:21
春节长假，我们该如何健康度过？小保特意为大家送上春节“健康攻略”，邀请专家开出“健康处方”，让大家过一个健康年。每年的春节长假都是走亲访友、阖家欢聚的好时节。然而，应酬多了，熬夜多了，吃喝多了，就容易引发不少健康问题。海南日报记者从海口市中医医院了解到，按往年经验，春节期间急诊科接诊的常见“节日病”分别是：呼吸道疾病、消化道疾病、心脑血管疾病、酒精中毒、异物卡喉等。				
How can we spend the Spring Festival holidays healthily? Xiao Bao specially presents "health strategy" for Spring Festival and invites experts to write out "health prescription" for everyone to celebrate a healthy year. Every Spring Festival holiday is a good time to visit relatives and friends and get together with family. However, more entertainment, staying up late and eating and drinking can easily lead to many health problems. Hainan Daily reporter learned from Haikou Traditional Chinese Medicine Hospital that according to past years'experience, the common "festival diseases" in emergency department during the Spring Festival are respiratory diseases, digestive tract diseases, cardiovascular and cerebrovascular diseases, alcoholism, foreign body throat sticking, etc.				
2. 年纪大了别别喝太多了 <a href="#">Don't drink too much soup when you are old</a>	来源：新华网河北频道 Source: Xinhua Hebei Channel	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:23:53 Time: 14:23:53
喝汤是滋补暖身的好方式，但如果喝得不科学，不但营养没法吸收，还会给身体造成负担，老年朋友尤其要当心。嘌呤高，增加肾负担。汤煮时间过长，会使嘌呤含量高；同时因为富含蛋白质，增加肾脏负担。随着年龄增长，肾小球滤过率逐渐降低，因此，老人喝汤对肾脏损伤更大，岁数大的人不要过分追求喝汤补身的做法。盐分高，促发心脑血管疾病。老人每天的盐摄入量最好不要超过6克，喝汤时尤其易超标。				
Drinking soup is a good way to nourish and warm up, but if you drink it unscientifically, not only can you not absorb nutrients, but also cause a burden on your body. Old friends should be especially careful. High purine increases the burden of kidney. If the soup is boiled for too long, the purine content will be high. At the same time, because it is rich in protein, it will increase the burden of the kidney. As the age increases, the glomerular filtration rate gradually decreases. Therefore, the elderly people who drink soup have more damage to their kidneys. The elderly people should not excessively pursue the practice of drinking soup to supplement their health. High salinity promotes cardiovascular and cerebrovascular diseases. Old people's daily salt intake should not exceed 6 grams, especially when drinking soup.				
<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
1. 春节期间饮食消费提示：粗细搭配多食豆、薯 <a href="#">Food Consumption Tips during the Spring Festival: Coarse and Fine with Multi-Food Beans and Potatoes</a>	来源：云南网 Source: Yunnan net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:32:09 Time: 10:32:09
春节是我国最隆重、最热闹的传统节日，“年味”十足的传统食品必不可少，许多相传至今。为帮助广大消费者安全健康地享用传统美食，国家市场监督管理总局发出消费提示，提示消费者在参加家庭聚会、走亲访友、外出旅行等活动时，要注意饮食安全和营养搭配。				
The Spring Festival is the most solemn and lively traditional festival in China. The traditional food with full flavor of the New Year is indispensable. Many traditions have been passed down to this day. In order to help consumers enjoy traditional food safely and healthily, the State Administration of Market Supervision and Administration issued a consumption reminder that consumers should pay attention to dietary safety and nutritional collocation when participating in family gatherings, visiting relatives and friends, and traveling.				
2. 韩国胃癌发病率世界第一医师：因为这1种食物 <a href="#">The World's First Doctor of Gastric Cancer Incidence in Korea: Because of this food</a>	来源：大纪元（新闻发布） Source: The Great Era (Press Release)	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:32:21 Time: 15:32:21
根据国际癌症研究机构（IARC），世界上胃癌发生率最高的国家，第一是韩国，第二是蒙古，第三是日本，第四是中国大陆。肿瘤内科医师王政卿指出，韩国人的胃癌发病率之所以高居世界第一，是民众大量吃泡菜的缘故。发表于《世界肠胃病期刊》的一项韩国研究表明，吃太多泡菜是患胃癌的风险因素之一。研究人员认为，这是因为泡菜中含有高盐分和其它成分，这些物质在发酵后增多，可能在胃癌发生过程中起了作用。				
According to the International Agency for Research on Cancer (IARC), the highest incidence of gastric cancer in the world is Korea, Mongolia, Japan and mainland China. Oncology physician Wang Zhengqing pointed out that the reason why the incidence of stomach cancer in Korea ranks first in the world is that people eat a lot of pickles. A Korean study published in the World Journal of Gastroenterology found that eating too much kimchi was one of the risk factors for gastric cancer. Researchers believe that this is because pickles contain high salinity and other ingredients, which increase after fermentation and may play a role in the development of gastric cancer.				
3. 跨越2000公里送温暖 <a href="#">Bring warmth across 2,000 kilometers</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:24:01 Time: 16:24:01
理县县长王伟世说，去年年初扶项目立项后，武警浙江总队投入资金用于“坡改梯”项目。经过一年来的努力，一共在熊尔村、日尔脚村、联合村平整土地1030亩，这是造福子孙后代的大好事。没有全民健康，就没有全面小康。健康扶贫事关百姓福祉，事关脱贫质量。一大早，日尔脚村村民就在武警浙江总队设立的医疗服务点前排起了长队。“饮食上要尽量少盐……”检查身体、测量血压、发放药品，军医们一边看病拿药，一边有针对性地进行健康宣教。				
Wang Shiwei, head of Lixian County, said that after the project was launched early last year, the Zhejiang Armed Police Corps invested money in the project of "upgrading slope to elevator". After a year's efforts, a total of 1030 mu of land has been levelled in Xionger Village, Jierjiao Village and Union Village, which is a good thing for future generations. Without the health of the whole people, there will be no comprehensive well-off society. Poverty alleviation is related to the well-being of the people and the quality of poverty alleviation. Early in the morning, the villagers of Rierjiao village lined up in front of the medical service points set up by the Armed Police Zhejiang Command. "Eat as little salt as possible..." Check the body, measure blood pressure, and distribute medicines. Military doctors take medicines while seeing a doctor, while conducting targeted health education.				
4. 如何准备一顿史上最健康的年夜饭？ <a href="#">How to prepare the healthiest New Year's Eve meal in history?</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 03:25:47 Time: 03:25:47
如何准备一顿史上最健康的年夜饭？你们家的年夜饭菜单定下来了没？可以大快朵颐敞开肚皮的年夜饭简直太让人期待！作为食物链最顶端的广东人，年夜饭不仅要吃得吉利，更要吃得健康。那么，如何把年夜饭吃得精致、吃得健康呢？传统春节饮食六大问题：1. 荤多素少 畜禽鱼虾百般花样，而蔬菜、主食、杂粮难得登上席面，膳食纤维严重不足，而脂肪、蛋白质则严重超标。				
How to prepare the healthiest New Year's Eve meal in history? Have you decided on the menu for your New Year's Eve dinner? It's so expectant to have a big, open-bellied New Year's Eve meal! As the top Cantonese in the food chain, New Year's Eve meals should not only be auspicious, but also healthy. So, how to eat the New Year's Eve delicately and healthily? Six major problems of traditional Spring Festival diet are as follows: 1. Vegetables, staple foods and miscellaneous grains are seldom on the table, and dietary fiber is seriously insufficient, while fat and protein are seriously over the standard.				
5. 动脉硬化了，过年更要管住嘴 <a href="#">Arteriosclerosis, the Spring Festival should be shut up</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:27:11 Time: 09:27:11
春节是中国人阖家团聚的节日，餐饮也会比平日丰盛许多，一般人“过年胖三斤”都在意料之中。但是，作为动脉粥样硬化患者，过节一定要管住嘴。低脂饮食 胆固醇尤其是低密度脂蛋白胆固醇，是动脉粥样硬化的罪魁祸首。胆固醇除了体内合成吸收外，还有一部分来源于摄入的食物。推荐要少食动物油，多用豆油、花生油、玉米油等植物油。在这些植物油中含有一种植物类固醇，它不易被吸收，并且具有阻止肠道吸收胆固醇的作用。				

The Spring Festival is a family reunion festival for Chinese people, and the food and beverage will be more abundant than usual. It is expected that ordinary people will gain three kilograms during the Spring Festival. However, as patients with atherosclerosis, we must keep our mouth shut during holidays. Low-fat diet cholesterol, especially low-density lipoprotein cholesterol, is the main cause of atherosclerosis. In addition to the synthesis and absorption of cholesterol in vivo, there is also a part of cholesterol from food intake. It is recommended to eat less animal oil and use more vegetable oils such as soybean oil, peanut oil and corn oil. These vegetable oils contain a plant steroid, which is not easily absorbed and has the effect of preventing the intestinal tract from absorbing cholesterol.

6. <a href="#">快乐过春节健康攻略看过来</a> <a href="#">Happy Spring Festival Health Strategy</a>	来源：四川在线 Source: Sichuan Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:04:44 Time: 10:04:44
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探亲访友、外出旅游、娱乐聚餐……春节，是中华民族最重要的传统节日，在此期间，自然少不了欢宴聚餐、迎来送往。但由于春节期间的生活方式与平时不同，也就成了“过年病”的高发期。过年怎么吃才健康?外出又应该如何保障自己的人身安全呢?日前，记者就相关问题进行了走访。 每样都吃点 总量要控制 “人逢喜事精神爽，一到春节血糖高”。春节期间，阖家团圆，其乐融融。不仅主餐菜肴比平时丰富许多，点心、零食也大大增多。

Visiting relatives and friends, traveling, entertaining dinner... The Spring Festival is the most important traditional festival of the Chinese nation. During this period, it is natural to have a feast, dinner, welcome and send. However, due to the different lifestyle during the Spring Festival, it has become a high incidence period of "New Year's Disease". How to eat healthy during the Spring Festival? How to protect your personal safety when you go out? Recently, the reporter visited on related issues. The total amount of each meal should be controlled "people feel refreshed on happy occasions and have high blood sugar during the Spring Festival". During the Spring Festival, family reunions are enjoyable. Not only are the main dishes richer than usual, snacks and snacks are also greatly increased.

7. <a href="#">过年如何为孩子购买健康零食?</a> <a href="#">How to buy healthy snacks for children during the Spring Festival?</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:12:18 Time: 14:12:18
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过年如何为孩子购买健康零食？ 随着经济的发展，儿童吃零食的现象变得十分普遍。有调查显示，大约89.9%的儿童青少年有吃零食的习惯。 按照《中国儿童青少年零食消费指南》的定义，零食是指非正餐时间食用的各种少量的食物和饮料( 不包括水) 。 零食提供的能量、蛋白质、脂肪、微量元素在儿童膳食中占有一定的比重。所以说，健康的零食行为可以在正餐之余为儿童少年提供一定的营养补充。

How to buy healthy snacks for children during the Spring Festival? With the development of economy, the phenomenon of children eating snacks has become very common. A survey shows that about 89.9% of children and adolescents have the habit of snacking. According to the definition of the "Guidelines for the Consumption of Snacks for Children and Adolescents in China", snacks refer to small amounts of food and beverages (excluding water) eaten during off-dinner hours. Snacks provide energy, protein, fat, trace elements in children's diet occupy a certain proportion. Therefore, healthy snack behavior can provide some nutritional supplements for children and adolescents after dinner.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

## 减盐-微信 Salt Reduction - WeChat

2019-02-02, 共监测到550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 550 WeChat public articles were monitored in 2019-02-02. This page shows the top five articles by repeat number today.

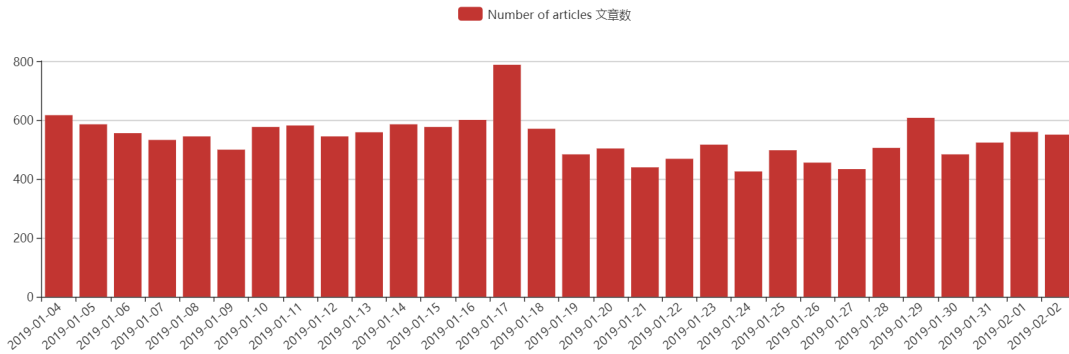
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain url, 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!

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

重复数: 67

日期: 2019-02-02

Repeat Number: 67

Data: 2019-02-02

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, this may be the fault of eating too much salt. After eating a food containing a lot of sodium, the body feels that the salt and water content is out of balance. In order to restore balance, you need to drink more water. Therefore, the brain will send a thirst signal to encourage you to drink a lot of water. If you eat too much salt for a long time, it may cause people to dehydrate. Once people are dehydrated, they cannot clearly think about the problem.

#### 2. 终于发现脑梗“真凶”! 医生: 大脑最怕3样食物, 戒掉一个就增寿!

[Eventually found out that cerebral infarction "really vicious"! Doctor: The brain is afraid of three kinds of food. If you quit one, you will live longer.](#)

重复数: 7

日期: 2019-02-02

Repeat Number: 7

Data: 2019-02-02

现在人们吃了太多的好东西, 所以对于食物的感觉变得并没有那么明显, 所以这也导致大家每天摄入的盐分越来越多, 而且很多地区还喜欢吃腌菜或者腊肉等特色食物, 这些都属于高盐高钠食物。过量地摄入高盐高钠食物, 不仅会增加肾脏的过滤负担, 还会造成血管的弹性降低, 血管内部压力增加, 也就增加患心脑血管疾病的危险。

Now people eat too many good things, so the feeling of food is not so obvious, so it also causes people to eat more and more salt every day, and many areas also like to eat salted vegetables or bacon and other special foods, which are high salt and sodium food. Excessive intake of high-salt and high-sodium food will not only increase the filtration burden of the kidney, but also reduce the elasticity of blood vessels, increase the pressure inside blood vessels, and increase the risk of cardiovascular and cerebrovascular diseases.

#### 3. 癌症、糖尿病、高血压、脂肪肝最偏爱哪些人? 快看看

[Who is most likely to have cancer, diabetes, high blood pressure, fatty liver? Take a quick look](#)

重复数: 6

日期: 2019-02-02

Repeat Number: 6

Data: 2019-02-02

高血压和饮食有直接关系, 吃盐过多, 盐中的钠离子会导致血管中的血量增多, 进而增加对血管壁的压力, 起起血压升高。有研究发现, 24小时钠摄入量每增加100mmol, 冠心病死亡、心血管死亡及全因死亡的风险分别上升56%、36%及22%。

Hypertension is directly related to diet. Excessive salt intake and sodium ions in salt can increase blood volume in blood vessels, thereby increasing pressure on blood vessels and raising blood pressure. Studies have found that for every 100 mmol increase in 24-hour sodium intake, the risk of coronary heart disease death, cardiovascular death and all-cause death increased by 56%, 36% and 22%, respectively.

#### 4. 40岁后, 开始戒掉这些习惯, 因为关乎你的健康和寿命!

[After 40 years of age, you should start to quit these habits, because it's about your health and longevity!](#)

重复数: 5

日期: 2019-02-02

Repeat Number: 5

Data: 2019-02-02

《柳叶刀》发表了一篇关于吃盐的研究报告, 国人每日吃盐平均约12.5克, 远高于多数国家日均每人7.5~12.5克的食盐摄入量。高盐与高血压不无关系。研究表明, 每人每天摄入食盐增加2克, 收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。而戒掉高盐饮食的好处显而易见, 日本长野县因为限盐运动, 10年间男性的人均期望寿命增加了3年, 女性则增长了3.5年。

The Lancet published a study on salt consumption. The average daily salt intake of Chinese people is about 12.5 grams, which is much higher than the average daily salt intake of 7.5-12.5 grams per person in most countries. High salt is not unrelated to hypertension. The results showed that the daily intake of salt increased by 2 grams per person, and the mean systolic and diastolic blood pressure increased by 2 mm Hg and 1.2 mm Hg, respectively. The benefits of giving up high-salt diet are obvious. Because of salt restriction, life expectancy of men increased by three years and that of women increased by 3.5 years in Nagano Prefecture of Japan in 10 years.

#### 5. 最全! 癌症、糖尿病、高血压、脂肪肝最偏爱哪些人? 快对照看看!

[Who is most likely to have cancer, diabetes, high blood pressure, fatty liver? Check it out!](#)

重复数: 3

日期: 2019-02-02

Repeat Number: 3

Data: 2019-02-02

吃得咸“口味重”是高血压的罪魁祸首之一。高血压和饮食有直接关系, 吃盐过多, 盐中的钠离子会导致血管中的血量增多, 进而增加对血管壁的压力, 起起血压升高。有研究发现, 24小时钠摄入量每增加100mmol, 冠心病死亡、心血管死亡及全因死亡的风险分别上升56%、36%及22%。

"Heavy taste" is one of the main culprits of high blood pressure. Hypertension is directly related to diet. Eating too much salt, the sodium ions in the salt will increase the blood volume in the blood vessels, thereby increasing the pressure on the blood vessel wall and raising blood pressure. Studies have found that for every 100 mmol increase in 24-hour sodium intake, the risk of death from coronary heart disease, cardiovascular death, and all-cause mortality increased by 56%, 36%, and 22%, respectively.

## 减盐-微博 Salt Reduction - Weibo

2019-02-02, 共检测到2028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。

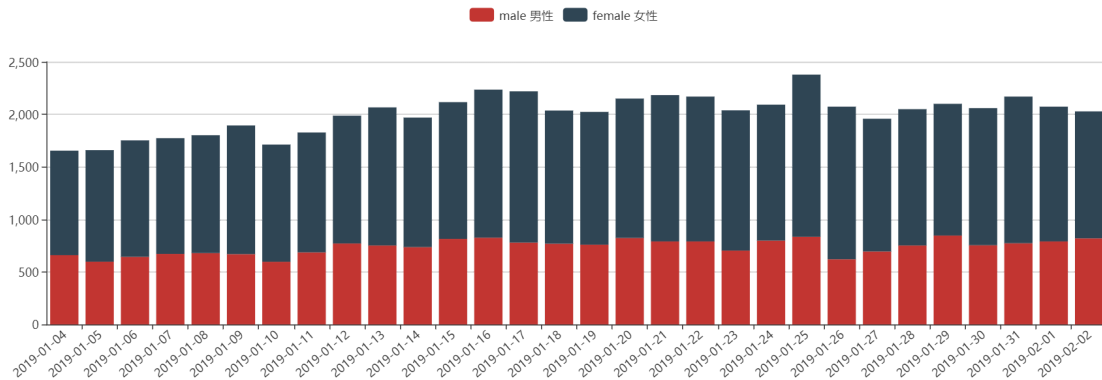
There are 2028 weibos about salt reduction monitored on 2019-02-02.

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

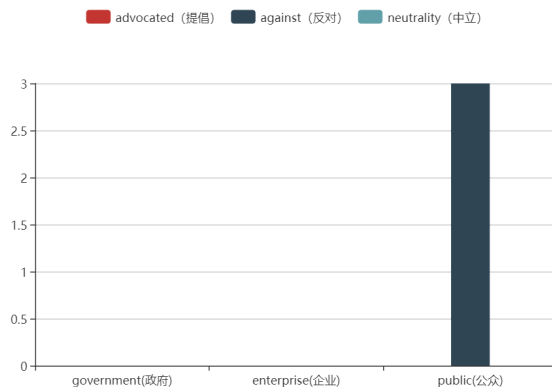
1. 没有相关微博!  
No such weibos!

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-02) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-02-02. 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="#">女星吹捧“椰油排毒”，别交智商税</a> <a href="#">Actresses tout "coconut oil detoxification" instead of paying IQ tax</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 16:39:42 Time: 16:39:42
椰子油真有那么神奇吗？有没有想起“绿豆治百病”？新京报发表苏菲的观点：“糖尿病、高血压、肝硬化等等，都可以通过这个疗程排出来”——这种说法就像是权健倒了之后，从业者改了行——同一个世界，同一套话术。众所周知，糖尿病、高血压作为慢性病，在现有的医学水平下难以治愈，所以我得先提醒相关患者，千万不要被类似的宣传迷了心窍，断了药物和胰岛素。				
Is coconut oil so magical? Have you ever thought of "mungbean cures all diseases"? "Diabetes, hypertension, cirrhosis and so on can all be discharged through this course" - the statement is like that after the fall of Quan Jian, practitioners changed their professions - the same world, the same set of words. As we all know, diabetes and hypertension, as chronic diseases, are difficult to cure under the current medical level, so I must first remind the patients concerned, do not be confused by similar propaganda, cut off drugs and insulin.				
2. <a href="#">自制食品也有反式脂肪</a> <a href="#">Homemade foods also have trans fats</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 09:41:21 Time: 09:41:21
反式脂肪是尽人皆知的东西，很多人唯恐避之不及。据世界卫生组织估计，全球每年有50多万人因摄入反式脂肪而死于心血管疾病。最近，世卫组织推出了英文简称为“REPLACE”（取代）的指导意见，计划逐步在全球食品供应中停用工业生产的反式脂肪，并制定了审查、立法、评估等措施。也许很多人会拍手称快，以为反式脂肪将一去不复返。其实，这些跟我们关系不大。				
Trans fats are well known and many people are afraid to avoid them. The World Health Organization estimates that more than half a million people worldwide die from cardiovascular diseases every year from trans fats. Recently, WHO has launched a guideline in English abbreviated as "REPLACE". It plans to phase out industrial trans fats in the global food supply and formulates measures for review, legislation and evaluation. Maybe many people will clap their hands and say that trans fats will never come back. Actually, these have nothing to do with us.				
3. <a href="#">安倩老师：健康饮食的八条指南</a> <a href="#">Teacher Anqian: Eight Guidelines for Healthy Diet</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 21:41:52 Time: 21:41:52
尽管各种鱼目混杂的市场营销常使人感到困惑，健康饮食这一话题却并不复杂，而且每个人都可以参与。不管你的目的是增强肌肉还是减肥抑或是单纯的就想保持目前的体重，想要达到目的，拥有一个健康的饮食习惯是至关重要的。若是你对自己的健康足够在意，你就应该熟悉一些健康饮食的基本知识。				
Although mixed marketing often confuses people, the topic of healthy eating is not complicated, and everyone can participate. Whether your goal is to build muscle or lose weight, or simply to maintain your current weight, it is essential to have a healthy diet in order to achieve that goal. If you care enough about your health, you should be familiar with some basic knowledge of healthy eating.				
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

2019-02-02, 共监测到345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 345 WeChat public articles were monitored in 2019-02-02. This page shows the top five articles by repeat number today.

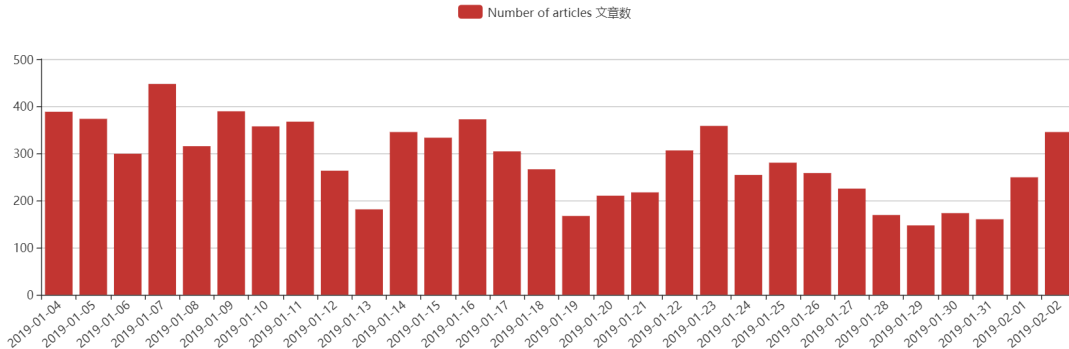
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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)

重复数: 13

日期: 2019-02-02

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

Repeat Number: 13

Data: 2019-02-02

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. 年货黑名单: 这八类千万不要买!

重复数: 11

日期: 2019-02-02

[Blacklist of New Year's Goods: Never buy these eight categories!](#)

Repeat Number: 11

Data: 2019-02-02

事实上奶糖并不以牛奶为主, 甚至压根儿就没有奶的成分。大部分奶糖产品含糖达85%左右, 脂肪达6%, 蛋白质只有2%。大部分奶糖中所添加的都是氢化植物油制成的植物奶油, 其中饱和脂肪占一半左右, 并可能含有反式脂肪酸。吃这类糖果, 相当于吃白糖+植物奶油。当然, 无论是奶糖还是果糖、酥糖、软糖、高粱饴.....都建议都少吃。

In fact, milk sugar is not based on milk, and even contains no milk. Most of the toffee products contain about 85% sugar, 6% fat, and only 2% protein. Most of the toffee is added to the vegetable cream made from hydrogenated vegetable oil, which accounts for about half of the saturated fat and may contain trans fatty acids. Eating this kind of candy is equivalent to eating white sugar and vegetable cream. Of course, whether it is toffee or fructose, crispy sugar, soft candy, sorghum, etc., it is recommended to eat less.

### 3. 常吃燕麦好处多, 减肥、控糖、营养好, 可惜很多人第一步就错了

重复数: 6

日期: 2019-02-02

[Oats are good for weight loss, sugar control and nutrition. Unfortunately, many people are wrong in the first step.](#)

Repeat Number: 6

Data: 2019-02-02

不要选择添加奶精、植脂末、植物油的产品, 这类燕麦片含有较多的反式脂肪酸和饱和脂肪酸, 反而会增加罹患心血管疾病的风险。选择燕麦在成分表中排在首位的产品, 因为此类产品的燕麦含量一般都会在50%以上。尽管有些麦片中会显示添加了钙、铁等营养素, 但若是燕麦比例较小也不推荐购买。

Do not choose products that contain cream, fat powder and vegetable oil. Oatmeal of this type contain more trans and saturated fatty acids, but increase the risk of cardiovascular disease. Oats were chosen as the first product in the ingredient list, because the oat content of these products is usually more than 50%. Although some cereals may show the addition of calcium, iron and other nutrients, but if the proportion of oats is small, it is not recommended to buy.

### 4. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!

重复数: 3

日期: 2019-02-02

[These six kinds of milk are absolutely not for children to drink, the second kind you may buy every day!](#)

Repeat Number: 3

Data: 2019-02-02

大部分奶片, 其实是垃圾食品 很多孩子都喜欢奶香浓郁的奶片, 妈妈们也都觉得奶片是“固体的牛奶”, 不止奶片, 还有一些奶酪片、酸奶干、牛奶球等。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, 不仅不利于孩子健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响孩子的健康。

Most of the milk chips are junk food. Many children like the milk chips with strong fragrance. Mothers also think that the milk chips are "solid milk". In addition to milk powder and white sugar, the ingredient list also contains non-fat, which contains trans fatty acids, which is not only harmful to children's health, but also affects mental development. And most of the milk tablets are added with flavor, and excessive consumption will affect the health of the child.

### 5. 春节健康饮食知多少

重复数: 2

日期: 2019-02-02

[How much do you know about healthy diet during the Spring Festival?](#)

Repeat Number: 2

Data: 2019-02-02

酥香小点、炒饭、抛饼、油炸点心等替代米饭和面条, 虽带有时尚感, 但其油脂含量大大高于米饭面条, 特别是酥点类和抛饼类, 油脂高达30%以上, 甚至还有较高比例的饱和脂肪。如果使用了植物奶油和起酥油, 还会带来对心脏健康极为不利的“反式脂肪酸”。用它们来替代传统主食, 显然很不明智。

Crispy snacks, fried rice, tossed cakes, fried snacks, etc. instead of rice and noodles, although with a sense of fashion, but the oil content is much higher than rice noodles. In particular, crispy and tossed cakes, fats up to 30%, and even a higher proportion of saturated fat. If you use vegetable cream and shortening, it also brings "trans fatty acids" that are extremely detrimental to your heart health. It is obviously unwise to use them to replace traditional staple foods.

## 反式脂肪酸-微博 Transfat - Weibo

2019-02-02, 共检测到90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。

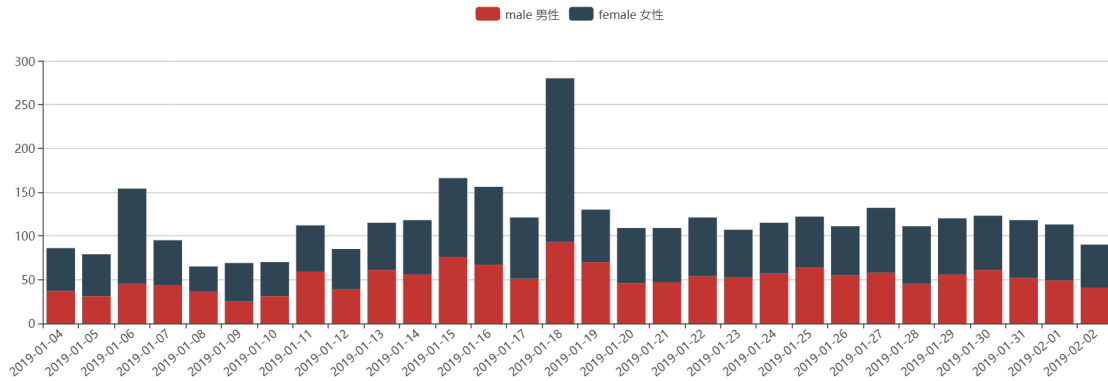
There are 90 weibos about transfat reduction monitored on 2019-02-02.

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!