

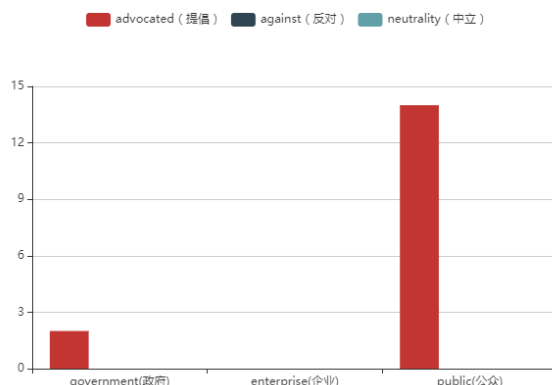
减盐-新闻

Salt Reduction - News

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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

1. 过年这几类人腊肉要少吃

[These kinds of people should eat less bacon in the New Year](#)

来源：中国山东网

Source: China Shandong Network

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：18:12:50

Time: 18:12:50

俗话说“无腊味，没年味”。临近春节，尤其是走在南方的大街小巷，总能看见一串串自制的腊肉香肠挂晒在窗户或门前，浓浓的年味扑面而来。腊肉虽味美，这几类人腊肉要少吃。孕妇：由于在腌制腊肉的过程中可能会添加防腐剂，很容易会对胎儿造成影响，加上腊肉中含有大量脂肪和盐分，吃了过多的腊肉很容易导致水肿。因此，孕妇不宜多吃腊肉。

As the saying goes, "No wax, no yearly taste". Near the Spring Festival, especially in the streets and alleys in the south, you can always see a string of homemade bacon sausages hanging in front of windows or doors, and the strong flavor of the year pours on your face. Although the bacon is delicious, these kinds of people should eat less bacon. Pregnant women may add preservatives in the process of curing bacon, which can easily affect the fetus. Too much bacon contains a lot of fat and salt, and eating too much bacon can easily lead to edema. Therefore, pregnant women should not eat more bacon.

2. 新年临近肠胃炎心脑血管病等春节病高发专家支招预防

[Prevention of Spring Festival Diseases with High Incidence of Gastroenteritis, Cardiovascular and Cerebrovascular Diseases in the New Year](#)

来源：半岛网

Source: Peninsula Network

主体：政府

Subject: government

态度：提倡

Attitude: advocate

时间：13:21:04

Time: 13:21:04

2月份已届冬春交际，但气温仍然较低且时常波动，又值新春佳节，市民外出探亲访友、旅游、聚餐机会增多。根据疾病流行特点，青岛市疾控中心提醒市民重视流感等呼吸道传染病预防，注意饮食卫生，防范心脑血管疾病复发，过一个快乐、吉祥、安康的春节。

February has been winter and spring communication, but the temperature is still low and fluctuates frequently. It is also the New Year's festival, and the opportunities for citizens to go out to visit relatives and friends, travel and dinner are increasing. According to the epidemic characteristics, Qingdao CDC reminds the public to pay attention to the prevention of respiratory infectious diseases such as influenza, pay attention to dietary hygiene, prevent the recurrence of cardiovascular and cerebrovascular diseases, and have a happy, auspicious and healthy Spring Festival.

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！

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				
1. 健康过大年养生不放松 Keeping in good health and keeping in good health during the New Year	来源：开封网 Source: Kaifeng net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：14:27:59 Time: 14:27:59
春节将至，年味渐浓。辛苦了一年，人们都希望在春节假期中尽情地吃、喝、玩、乐。但养生专家提醒，春节正值冬春之交，气候多变，机体与万物处于阳气初生的时期，此时需注意饮食起居的调养，这对人体一年的健康有重要的作用。尤其是老年人，一定要合理安排好日常生活，确保身心都健康。				
Spring Festival is approaching and the flavor of the year is getting stronger. After a year of hard work, people all hope to eat, drink, play and have fun during the Spring Festival holidays. But health experts remind us that the Spring Festival is at the turn of winter and spring, the climate is changeable, the body and all things are in the period of the birth of Yang Qi, at this time we need to pay attention to the diet and living adjustment, which has an important role in human health for one year. Especially for the elderly, we must arrange our daily life reasonably to ensure the physical and mental health.				
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安徽
Anhui

食物中的钠 Sodium in food
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浙江
Zhejiang

食物中的钠 Sodium in food
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综合健康信息 Comprehensive Health Information				
1. 省人大代表裘银芳:让养老助餐服务更贴心 Qiu Yinfang, deputy of the Provincial People's Congress: Make the service of old-age buffet more intimate	来源：中国宁波网	主体：公众	态度：提倡	时间： 17:04:53
	Source: China Ningbo Network	Subject: public	Attitude: advocate	Time: 17:04:53
<p>民以食为天，如何让养老助餐服务更加贴心，让老年人吃饱吃好？近年来，这一民生话题受到了越来越多人的关注。省人大代表、宁海县圣猴果蔬专业合作社联合社理事长裘银芳积极回应群众关切，提交了《关于将助餐服务扩面工作列为我省居家养老服务工作重点的建议》。近年来，我省老龄化、高龄化趋势明显。“空巢”“失能”和高龄老人迅速增加，他们往往健康状况差，自我照顾能力弱，助餐服务成为他们最基本、最迫切的养老服务需求之一。</p> <p>How to make the old-age buffet service more intimate and let the elderly eat well? In recent years, this livelihood topic has attracted more and more people's attention. Qiu Yinfang, deputy to the Provincial People's Congress and chairman of the Ninghai Saint Monkey Fruit and Vegetable Cooperative Association, responded positively to the concerns of the masses and submitted "Suggestions on Increasing Dinner Service as the Key Work of the Provincial Home Old-age Service". In recent years, the trend of aging and aging in our province is obvious. "Empty nest", "disability" and the elderly are increasing rapidly. They are often in poor health and weak self-care ability. Buffet service has become one of their most basic and urgent needs for old-age services.</p>				
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. 面包含钠高，过年备点心，留意“隐形盐” Bread is high in sodium. Prepare refreshments for the New Year and pay attention to "invisible salt"	来源：杭州网	主体：公众	态度：提倡	时间： 07:51:44
	Source: Hangzhou net	Subject: public	Attitude: advocate	Time: 07:51:44
<p>在众人的印象中，面包是以甜为主的，提醒糖尿病患者注意摄入量是有必要的。不过，日前《营养学》杂志发文，面包消费与墨西哥城居民血压升高相关，面包产品被确定为每日钠摄入的主要来源之一。吃起来不太咸的面包为何会含有那么多钠？为了求证面包中究竟含不含盐，钱报记者先走访了数家面包店及超市，从营养成分表中可以看出，中国人吃的面包里同样含钠可确认无疑。</p> <p>In the public impression, bread is mainly sweet, reminding diabetics to pay attention to intake is necessary. However, recently published in the Journal of Nutrition, bread consumption is associated with elevated blood pressure in Mexico City residents, and bread products have been identified as one of the main sources of daily sodium intake. Why does bread that tastes less salty contain so much sodium? In order to verify whether bread contains salt or not, Qian Bao first visited several bakeries and supermarkets. From the nutritional composition table, it can be seen that the bread eaten by Chinese people also contains sodium</p>				
2. 女子买10瓶海天酱油3瓶都有活蛆客服：属于包装问题会退换 Women buy 10 bottles of Haitian soy sauce and 3 bottles of Haitian soy sauce all have live maggots customer service: they will be returned for packaging problems	来源：中金在线	主体：公众	态度：提倡	时间： 16:52:05
	Source: CICC Online	Subject: public	Attitude: advocate	Time: 16:52:05
<p>吃了“不合格”的海天酱油会有什么問題？酱油还是要吃的，毕竟这是一种日常必备调味品。但是，吃了这种“不合格”的酱油会有什么問題？“蛋白质营养参考值百分比”有什么意义？怎么根据配料表藏着的“秘密”买到好酱油？蛋白质营养参考值百分比(NRV%)有何意义？食品标签包括营养成分表，主要是能量、蛋白质、脂肪、碳水化合物和钠等几大营养素的含量，是酱油包装上非常核心的一部分。有了营养成分表，消费者就能够对酱油的营养成分水平高低和健康作用一目了然。</p> <p>What's wrong with "unqualified" Haitian soy sauce? Soy sauce is still to be eaten, after all, it is a daily essential condiment. But what's wrong with eating this "substandard" soy sauce? What is the meaning of "protein nutrition reference value percentage"? How to buy good soy sauce according to the "secret" hidden in the ingredient list? What is the significance of protein nutrition reference value percentage (NRV%)? Food label includes nutritional composition table, which mainly contains energy, protein, fat, carbohydrate and sodium. It is a very core part of soy sauce packaging. With the nutritional ingredients table, consumers can see the level of nutritional ingredients and health effects of soy sauce at a glance.</p>				
高血压 Hypertension				
1. 北京市卫健委：健康过春节要注重个性化营养 Beijing Health and Health Commission: Individualized nutrition should be paid attention to during the Spring Festival	来源：中国新闻网	主体：政府	态度：提倡	时间： 17:12:37
	Source: China News Network	Subject: government	Attitude: advocate	Time: 17:12:37
<p>春节临近，昨天北京市卫生健康委给市民发出健康提示：节日期间，要尽量做到规律生活，合理膳食，尽量避免熬夜、暴饮暴食、劳累过度等，以减少心脑血管和胃肠道等疾病的发生。高血压、糖尿病、心脑血管等慢病患者，节日期间要按时服药，注意监测血压、血糖等指标，争取控制在正常范围内。</p> <p>With the Spring Festival approaching, the Beijing Municipal Health Commission issued health tips to citizens yesterday: during the festival, we should try our best to live a regular life, eat reasonably, and avoid staying up late, overeating and overworking, so as to reduce the occurrence of cardiovascular, cerebrovascular and gastrointestinal diseases. Patients with chronic diseases, such as hypertension, diabetes, cardiovascular and cerebrovascular diseases, should take medicine on time during the festival, pay attention to monitoring blood pressure, blood sugar and other indicators, and strive to control within the normal range.</p>				
2. 屏基吁不要暴饮暴食不要到急诊室过年 Pingji Shou Don't Overeat and Don't Go to the Emergency Room for New Year's Eve	来源：壹凸新闻	主体：公众	态度：提倡	时间： 13:44:25
	Source: One touch news	Subject: public	Attitude: advocate	Time: 13:44:25
<p>每年春节期间，各大医院都会涌进大批因为呼吸道疾病、肠胃炎病求诊的民众，屏东基督教医院急诊部主任陈志文提醒抵抗力较弱的小孩及老人，尽量避免出入人挤人的公共场所，有高血压、糖尿病的人要注意天气变化及饮食，不要因为出游或聚餐而停药，导致血压、血糖忽高忽低。</p> <p>During the Spring Festival every year, a large number of people come to hospitals for treatment of respiratory and gastroenteritis diseases. Chen Zhiwen, director of emergency department of Pingdong Christian Hospital, reminds the children and the elderly with weak resistance to enter and leave crowded public places as far as possible. People with hypertension and diabetes should pay attention to the changes of weather and diet. They should not stop taking medicine because of traveling or dining. Blood pressure and blood sugar are high and low.</p>				
心血管健康 Cardiovascular health				
1. 牢记“三减三健” 健健康康过大年 Keep in mind that "three minus three health" is healthy and healthy for the New Year	来源：汉丰网	主体：公众	态度：提倡	时间： 06:36:11
	Source: Hanfeng network	Subject: public	Attitude: advocate	Time: 06:36:11
<p>开开心心过大年，健健康康享佳节。作为一名从事急救医学工作32年的急诊医生，甘肃省人民医院急诊内科主任杨蓉佳在医院陪伴患者度过了32年的春节。在她的记忆中，每年春节前后急诊室收治的各种急症病人比平时均有所增多。这是因为节日期间亲友团聚，举杯畅饮、休闲娱乐是每年不变的主旋律，然而，春节忙碌，人们正常的饮食、生活规律也被打乱，食物油腻、饮酒过量、久坐不动、休息不好等都影响着人们的身体健康。</p> <p>Happy New Year, healthy and enjoy the festival. As an emergency doctor who has been engaged in emergency medicine for 32 years, Yang Rongjia, director of emergency medicine of Gansu People's Hospital, spent 32 years in the Spring Festival with patients in the hospital. In her memory, every year before and after the Spring Festival, the number of emergency patients in the emergency room increased. This is because the reunion of relatives and friends during the festival, drinking glasses, leisure and entertainment is the theme of the same year, however, the busy Spring Festival, people's normal diet, life rules are also disrupted, greasy food, excessive drinking, sedentary, poor rest and so on are affecting people's health.</p>				

2. 过个健康年！春节“健康处方”请收好	来源：新报业网	主体：公众	态度：提倡	时间：14:38:27
Have a healthy New Year! Receive the "Health Prescription" for Spring Festival	Source: Xinhua News Network	Subject: public	Attitude: advocate	Time: 14:38:27

春节长假，我们该如何健康度过？本期《健康周刊》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? This issue of "Health Weekly" is dedicated to the Spring Festival "Health Strategy", inviting 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.

综合健康信息

Comprehensive Health Information

1. 美食零嘴吃不停小心过肥	来源：星洲网 Sin Chew Daily (新闻发布)	主体：公众	态度：提倡	时间：00:37:39
Gourmet snacks keep eating. Be careful about New Year's Festival fatness	Source: Sin Chew Daily (Press Release)	Subject: public	Attitude: advocate	Time: 00:37:39

中国人饮食文化源远流长，每逢喜庆节日，应节食品少不了。农历新年更是一大节庆。年还未至，家家户户早已准备好丰富食材，琳琅满目的零食更是堆满柜子，准备过个丰衣足食的大肥年。只是从除夕晚开始到年十五元宵节，一连16天放松心情开怀吃喝下来，天天摄入的热量高到爆灯，过肥年恐怕成了过年肥！

Chinese diet culture has a long history. Every festival, festival food is indispensable. Lunar New Year is a big festival. Before the end of the year, every household has been ready to enrich their food materials, and the gorgeous snacks are full of cabinets, ready for a big fat year with plenty of clothes and food. Just from the New Year's Eve to the 15th Lantern Festival, 16 days in a row to relax and enjoy eating and drinking, daily intake of high calories to burst the lights, I'm afraid that over-fattening New Year has become New Year's fat!

2. 垃圾零食都拆开！宝贝们的健康零食驾到了！	来源：搜狐	主体：公众	态度：提倡	时间：19:39:13
Garbage snacks are off! Baby's healthy snacks are here!	Source: Sohu	Subject: public	Attitude: advocate	Time: 19:39:13

对宝宝们来说，春节期间最开心的事情就是吃零食了，脆的薯片、香的饼干，还有甜的糖果.....简直是吃着嘴里的，揣着兜里的，还要看着桌上的!But，市面上的零食高盐高糖，还含有各种添加剂和色素，实在不适合作为孩子的零嘴。而有的妈妈，为了让宝宝们少吃点零食，可能会跟他们约法三章。但美味在“招手”，很多宝宝会趁着大人不注意，悄咪咪地把零食藏起来吃，实力演绎“瞒天过海”。

For babies, the happiest thing during the Spring Festival is to eat snacks, crisp potato chips, fragrant biscuits, and sweet candy... But the snacks on the market are high in salt and sugar, and contain a variety of additives and pigments, which are not suitable for children's snacks. Some mothers, in order to make their babies eat less snacks, may make three rules with them. But delicious in the "wave", many babies will take advantage of adults do not pay attention to, quietly hide snacks to eat, strength deduce "hide the sky and cross the sea".

3. 营养师的餐桌长啥样？今年的29个九宫格告诉您营养搭配秘籍	来源：搜狐	主体：公众	态度：提倡	时间：21:51:43
What does a dietitian's table look like? This year's 29 Nine Palaces tell you the secrets of nutrition mix	Source: Sohu	Subject: public	Attitude: advocate	Time: 21:51:43

孩子的寒假早已已经开始，这两周我也自动切换成放假模式，文章发得也少了。不过，孩子在家饭没少做。除了出去玩的时候，每天三顿饭基本都得认真做，想每一口到嘴边的食物都有自己的挑、选、洗、切、炒、调，还小有成就感呢。当然，平实也尽量吃得舒适均衡一些。毕竟营养不仅是写和讲的事儿，更需要落实到餐桌和嘴边。

The children's winter vacation has already begun, and I have automatically switched to the mode of vacation in these two weeks, with fewer articles. However, the children did not cook too much at home. In addition to going out to play, three meals a day have to be earnestly done, think of each mouthful to the mouth of food has its own choice, selection, washing, cutting, frying, mixing, but also a little sense of accomplishment. Of course, try to eat as comfortable and balanced as possible. After all, nutrition is not only a matter of writing and speaking, but also need to be implemented to the table and mouth.

4. 北京流感发病率将继续下降	来源：中国日报网商业频道	主体：公众	态度：提倡	时间：15:52:39
The incidence of influenza in Beijing will continue to decline.	Source: China Daily Business Channel	Subject: public	Attitude: advocate	Time: 15:52:39

记者今天从北京市卫生健康委了解到，目前北京流感病毒活动度呈现持续快速下降态势，预计流感报告发病后续总体趋势将进一步降低。随着假期的来临，本周流感病例中学生所占比例明显下降，但散居儿童和幼托儿童仍然占比较高。建议广大市民在做好儿童流感预防的基础上，患有基础病以及体质较差的老年人也要加强个人防护，保持良好的卫生习惯，春节期间要尽量减少出入人群聚集场所，减少流感传播。

Reporters learned from the Beijing Health Committee today that the activity of influenza virus in Beijing is declining rapidly and continuously, and the overall trend of influenza reporting follow-up is expected to further reduce. With the advent of holidays, the proportion of middle school students with influenza cases has dropped significantly this week, but the proportion of scattered children and kindergarten children is still higher. It is suggested that the general public, on the basis of good prevention of influenza in children, should strengthen personal protection and maintain good hygienic habits for the elderly with underlying diseases and poor physique. During the Spring Festival, it is necessary to minimize access to crowds gathering places and reduce the spread of influenza.

5. 据说体检会透支生命.....	来源：搜狐	主体：公众	态度：提倡	时间：08:01:57
It is said that the medical examination will overdraft life...	Source: Sohu	Subject: public	Attitude: advocate	Time: 08:01:57

北京伟达中医肿瘤医院的郑伟达教授：胃癌的发病与饮食结构改变、精神因素等多种原因有关，中青年人工作压力大，生活不规律，喜好高盐、熏烤、辛辣食物，嗜好烟酒，这些因素都会损伤胃黏膜，导致胃炎、胃溃疡等疾病，增加癌变的风险。吸烟者的胃癌发病危险较不吸烟者高50%。

Professor Zheng Weida, Beijing Weida Cancer Hospital of Traditional Chinese Medicine: The incidence of gastric cancer is related to dietary structure changes, mental factors and other reasons. Young and middle-aged people have high working pressure, irregular life, like high salt, smoking, spicy food, like tobacco and alcohol. These factors will damage the gastric mucosa, lead to gastritis, gastric ulcer and other diseases, and increase the risk of canceration. Smokers have a 50% higher risk of gastric cancer than non-smokers.

6. 哈工大附属第一医院春节期间门诊正常开诊，急诊、碎石中心24小时接诊	来源：新报业网	主体：公众	态度：提倡	时间：20:14:36
During the Spring Festival, the outpatient clinic of the First Affiliated Hospital of Harbin University of Technology opened normally, and the emergency and gravel center received 24 hours.	Source: Xinhua News Network	Subject: public	Attitude: advocate	Time: 20:14:36

“有钱没钱，回家过年，家里总有年夜饭”，一句朴实的歌词唱出了无数在异乡打拼的游子企盼归家的心声，一顿团圆圆年的年夜饭让我们褪去一年的思念，拂去一年的疲惫。可在家庭聚餐、好友畅饮、同学宴中虽然爽朗了心情，可身体总是因“肉山酒海”的连环“进攻”而亮起红灯，引发节日病。哈工大附属第一医院健康专家提醒，新春佳节健康与快乐同在，把酒言欢应有度，吃喝娱乐要养生。

Rich and poor, go home for the New Year's Eve, there will always be a New Year's Eve dinner at home." A Simple Lyric sings out the hearts of countless tourists who are struggling in foreign countries, a reunion dinner let us fade the yearning for a year, brushing away the tiredness of a year. In the family dinner, friends drink, classmates banquet, although the mood is refreshing, but the body is always "attacked" by the "meat mountain, wine sea" link and light the red light, triggering Festival illness. Health experts from the First Hospital of Harbin University of Technology warned that health and happiness coexist during the Spring Festival, and that people should be able to enjoy wine and drink properly, while eating, drinking and entertaining should keep healthy.

决心工程

Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-01-31, 共监测到522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 522 WeChat public articles were monitored in 2019-01-31. This page shows the top five articles by repeat number today.

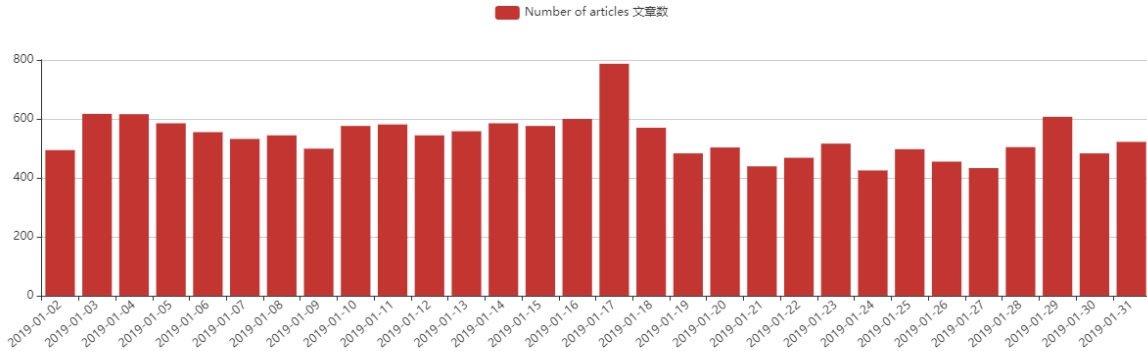
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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: 61

日期: 2019-01-31

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

Repeat Number : 61

Data : 2019-01-31

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。盐的主要成分是氯化钠, 是维持人体正常发育和新陈代谢不可缺少的物质。有维持细胞内外渗透压, 调节人体水分均衡分布, 参与胃酸形成, 增进食欲, 维持体液正常循环等重要作用。盐超标除了会导致高血压外, 还是导致胃癌、肥胖、心衰、骨质疏松等疾病的元凶。因此, 控盐势在必行!

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. The main component of salt is sodium chloride, which is an indispensable substance to maintain the normal development and metabolism of human body. It plays an important role in maintaining intracellular and extracellular osmotic pressure, regulating the balanced distribution of water in human body, participating in the formation of gastric acid, promoting appetite, and maintaining the normal circulation of body fluids. Excessive salt can not only cause hypertension, but also lead to gastric cancer, obesity, heart failure, osteoporosis and other diseases. Therefore, salt control is imperative!

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~

重复数: 6

日期: 2019-01-31

[Doctor: The brain is afraid of three kinds of food. If you quit one, you will live longer.](#)

Repeat Number : 6

Data : 2019-01-31

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。

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. 甲状腺疾病, 跟吃盐太多有关吗? 天天吃盐, 其实很多人都吃错了

重复数: 6

日期: 2019-01-31

[Does thyroid disease have anything to do with eating too much salt? Salt is eaten every day. In fact, many people eat it wrong.](#)

Repeat Number : 6

Data : 2019-01-31

而我国却略有不同, 最新的2016版《中国居民膳食指南》建议, 成人每天的盐摄入量不应超过6克, 不过如果想要预防高血压的话, 建议大家最好控制在5克内。

However, China is slightly different. The latest version of the 2016 Dietary Guidelines for Chinese Residents suggests that adults should not consume more than 6 grams of salt per day, but if they want to prevent hypertension, it is better to control it within 5 grams.

4. 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: 2019-01-31

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

Repeat Number : 5

Data : 2019-01-31

营养专家表示: 不足6个月的孩子, 每天盐的摄入量只有0.5g, 而儿童每天不能超过3g, 至于成人也只能摄入6g。虽然盐是日常的必需品, 不吃会没有力气, 但是吃太多会加重肾脏、心脏等器官的负担, 所以现如今都建议大家低钠少盐。

Nutrition experts say that children who are less than 6 months old have a salt intake of only 0.5g per day, while children cannot exceed 3g per day, and adults can only consume 6g. Although salt is a daily necessities, not eating salt can cause the body to have no strength, but eating too much will increase the burden on the kidneys, heart and other organs, so nowadays it is recommended that everyone have low sodium and less salt. The China Cardiovascular Disease Report 2014 shows that among the risk factors for hypertension in children, obesity is most closely related. Nearly 30% of obese children have high blood pressure and more than half of them have abnormal blood lipids.

5. 【家长守护平台】这六种零食已被儿科医生列入“黑名单”, 孩子再想吃家长也别纵容

重复数: 5

日期: 2019-01-31

[These six kinds of snacks have been blacklisted by pediatricians. Parents should not indulge their children if they want to eat any more.](#)

Repeat Number : 5

Data : 2019-01-31

虽然很多零食并不适合孩子吃, 但也不是绝对的。一些健康营养, 没有添加剂, 没有重金属元素, 少糖、少盐的零食, 适当给孩子吃些是有一定好处的!

Although many snacks are not suitable for children, they are not absolute. Some healthy nutrition, no additives, no heavy metal elements, less sugar, less salt snacks, appropriate for children to eat some is a certain benefit!

减盐-微博 Salt Reduction - Weibo

2019-01-31，共检测到2169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。

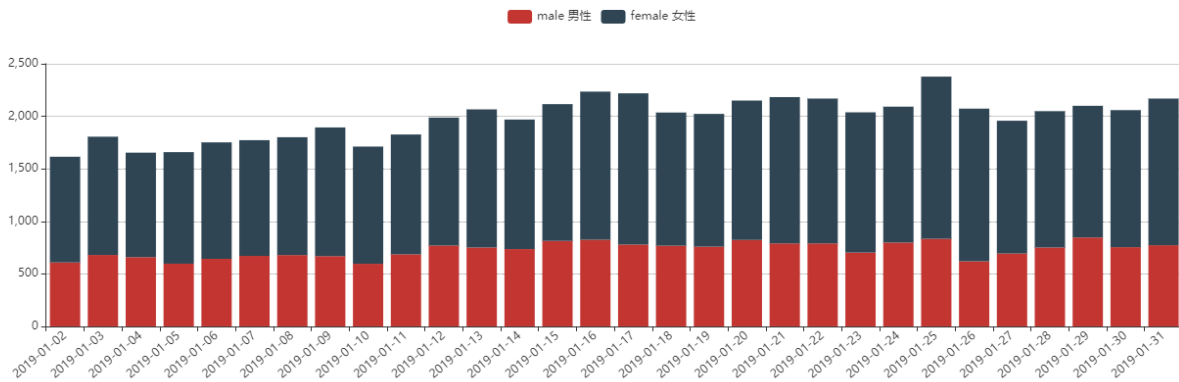
There are 2169 weibos about salt reduction monitored on 2019-01-31.

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

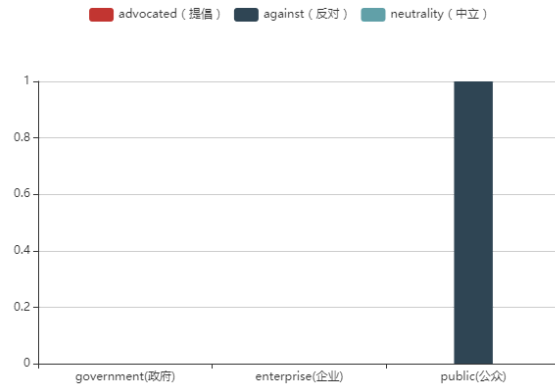
1. 没有相关微博！
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-01-31) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-01-31. 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!

没有相关文章！

No such articles!

其他省份

Other Provinces

1. [无论男女，想要减肥成功，尽量别碰这5种食物，嘴再馋也忍住](#)
[Whether men or women want to lose weight successfully, try not to touch these five kinds of food, and keep your mouth from greedy.](#)

来源：搜狐
Source: Sohu

主体：公众
Subject: public

态度：反对
Attitude: against

时间： 22:49:43
Time: 22:49:43

相信大家经常可以听到一句话，减肥期间最重要的，就是“管得住嘴、迈得开腿”。很多人在减肥的时候管不住自己的嘴，很容易吃多吃错。想要减肥成功，一定要注意日常生活中的饮食方法，什么食物可以吃，什么食物不能吃。今天就给各位减肥的朋友普及一下，减肥的时候最不能吃的几种食物。

I believe you can often hear a sentence that the most important thing during weight loss is to "hold your mouth and open your legs". Many people can't control their mouths when they lose weight. It's easy to eat too much and eat wrong. If you want to lose weight successfully, you must pay attention to the daily diet, what food can be eaten, what food can not be eaten. Today, let's popularize some foods that you can't eat when you lose weight.

没有相关文章！

No such articles!

反式脂肪酸-微信 Transfat - WeChat

2019-01-31, 共监测到160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 160 WeChat public articles were monitored in 2019-01-31. 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

- | 热门文章-前五
Popular Articles - Top 5 | 重复数: 17
Repeat Number : 17 | 日期: 2019-01-31
Data : 2019-01-31 |
|---|-------------------------------|-------------------------------------|
| 1. 年货黑名单: 这八类千万不要买!
Blacklist of New Year's Goods: Never buy these eight categories! | | |
| 长期吃高脂肪的油炸食品, 容易导致肥胖, 反式脂肪酸的体内代谢缓慢, 中国居民膳食指南建议成人每日摄入油脂25克左右, 一盒薯片的油脂含量在30克左右, 超出了成人一天的油脂摄入量。 | | |
| Long-term eating of high-fat fried food is easy to lead to obesity, and trans-fatty acid metabolism in the body is slow. The dietary guidelines for Chinese residents recommend that adults take about 25 grams of fat a day, and a box of potato chips contains about 30 grams of fat, which exceeds the daily fat intake of adults. | | |
| 2. 除了要养, 脚要富养; 心要穷养, 肺要富养
Facial need to be poor, feet need to be rich; Heart need to be poor, lungs need to be rich. | 重复数: 11
Repeat Number : 11 | 日期: 2019-01-31
Data : 2019-01-31 |
| 心要穷养, 肺要富养。心要穷养: 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。 | | |
| Facial need to be poor, feet need to be rich; Heart need to be poor. The main killer of the heart is trans fatty acids, especially artificial fried food. All kinds of "crisp" should be eaten less. | | |
| 3. 北京知名医生揭露: 一辈子都不能碰的东西, 你却还傻傻吃.....
Well-known doctors in Beijing have revealed that you are foolish about things you can't touch all your life. | 重复数: 3
Repeat Number : 3 | 日期: 2019-01-31
Data : 2019-01-31 |
| 人造奶油广泛存在我们日常饮食中, 例如奶油蛋糕、奶茶中都含有人造奶油。长期超量食用人造奶油除了可能导致心脏疾病, 还有可能诱发肿瘤。 | | |
| Margarine is widely found in our daily diet, such as butter cakes and milk tea, which contain margarine. Excessive consumption of margarine over a long period of time may not only cause heart disease, but also induce cancer. | | |
| 4. 买年货啦~ 这样的坚果千万别买!
Buy New Year's Goods. Never buy Nuts like this! | 重复数: 3
Repeat Number : 3 | 日期: 2019-01-31
Data : 2019-01-31 |
| 储存不当或长时间存放会使坚果中的不饱和脂肪酸发生酸败, 出现“哈喇味”。这种坏果味道差, 有刺喉辛辣味。若食用量大, 轻者引起腹泻, 重者还可能出现肝脏疾病。 | | |
| The unsaturated fatty acids in nuts will be rancid if stored improperly or for a long time. The bad fruit tastes bad and has a pungent and pungent taste. If consumed in large quantities, diarrhea may occur in light cases and liver diseases may occur in heavy cases. | | |
| 5. 血栓是吃出来的, 这四种食物一定要少吃或不吃
Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods. | 重复数: 2
Repeat Number : 2 | 日期: 2019-01-31
Data : 2019-01-31 |
| 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。 | | |
| 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. | | |

反式脂肪酸-微博 Transfat - Weibo

2019-01-31，共检测到118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。

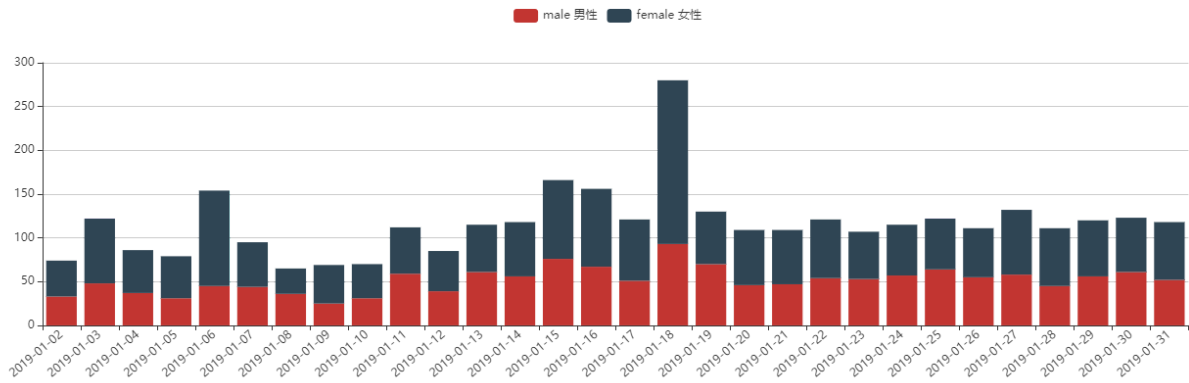
There are 118 weibos about transfat reduction monitored on 2019-01-31.

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!