

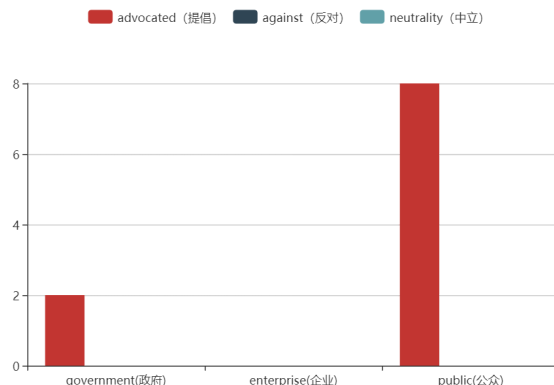
## 减盐-新闻

### Salt Reduction - News

今日 (2018-11-13) 共监测到10条资讯。请点击标题查看原文。

There are 10 articles monitored today 2018-11-13. 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

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#### 高血压

##### Hypertension

#### 1. 去年青岛8293人死于卒中中男性发病率高于女性

来源: 新华网山东频道

主体: 政府

态度: 提倡

时间: 13:05:35

[Qingdao last year 8293 people die of stroke incidence of men than women](#)

来源: 新华网山东频道

Subject: government

Attitude: advocate

Time: 13:05:35

近日, 青岛市卫计委发布《2017年青岛市脑卒中和冠心病监测分析报告》(以下简称《报告》), 《报告》指出, 青岛居民患心脑血管疾病以脑血管病为主, 在脑血管病中, 脑梗死是脑卒中最主要的发病和死亡原因。老年人群的发病率和死亡率较高, 青壮年发病率虽低但病死率高。发病和死亡的高发季节为冬季和冬春季转换期。《报告》显示, 2017年, 全市通过脑卒中和冠心病监测系统以及死因监测系统共报告新发脑卒中病例19637例, 发病后死亡8293例。共报告冠心病发病10033例, 发病后死亡7899例

Recently, the Qingdao Health Planning Commission released the "Stroke and Coronary Heart Disease Monitoring and Analysis Report of Qingdao 2017" (hereinafter referred to as "Report"). The report pointed out that cerebrovascular diseases are the main causes of cardiovascular and cerebrovascular diseases in Qingdao residents. Cerebral infarction is the main cause of stroke morbidity and death in cerebrovascular diseases. The morbidity and mortality rate of the elderly is high, but the incidence of young adults is low, but the mortality is high. The high incidence seasons of onset and death are winter and winter spring seasons. According to the report, in 2017, a total of 19637 new stroke cases and 8293 post-mortem deaths were reported through the stroke and coronary heart disease surveillance system and death cause surveillance system. A total of 10033 cases of coronary heart disease were reported, and 7899 cases died after the onset of coronary heart disease.

#### 心血管健康

##### Cardiovascular health

没有相关文章!

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#### 综合健康信息

##### Comprehensive Health Information

#### 1. 蓬莱市人民医院举办“蓝光家庭沙龙”

来源: 水母网

主体: 公众

态度: 提倡

时间: 10:09:15

["Blue family salon" penglai city people's hospital](#)

来源: 水母网

Subject: public

Attitude: advocate

Time: 10:09:15

2018年11月14日是第十一个联合国糖尿病日, 主题是“家庭与糖尿病”。11月10日的仙境蓬莱, 已经有点初冬的寒冷袭来, 但蓬莱市人民医院综合大楼五楼第一报告厅内却温暖如春, 蓬莱糖友联谊会第四季暨“蓝光家庭沙龙”在这里浓情开启, 5位糖友家庭荣获“健康之家”美誉。活动内容异彩纷呈, 优惠多多。有免费的血糖快速检测、糖化血红蛋白和足底检测, 有免费的尿微量白蛋白检测及糖尿病风险评估, 有专家级的糖尿病咨询答疑解惑, 有参观健教基地和糖友联谊, 他们还特地遴选邀请优秀控糖家庭举办生动活泼的“蓝光家庭沙龙”。在沙龙活动中, 5个拥有多年抗糖经验的家庭应邀登上讲台, 与广大糖友共同分享健康秘籍

November 14, 2018 is the eleventh UN diabetes day. The theme is "family and diabetes". Penglai, a fairyland on November 10, has been a bit cold in the early winter, but the first lecture hall on the fifth floor of the Penglai People's Hospital General Building is warm as spring. The fourth season of Penglai Sugar Friends Association and "Blue Light Family Salon" opened here with great affection. Five Sugar Friends' families were honored as "Healthy Home". The content of the event is colorful and offers a lot of concessions. There are free rapid blood sugar testing, glycosylated hemoglobin and sole testing, free urine microalbumin testing and diabetes risk assessment, expert-level diabetes counseling and answering questions, visiting health education bases and sugar friendship, they also select and invite excellent sugar control families to hold lively "blue light family". Salon. During the salon event, five families with many years of anti-sugar experience were invited to the rostrum to share health secrets with the majority of sugar pals.

#### 决心工程

##### Resolve To Save Lives

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## 河南

### Henan

#### 食物中的钠

##### Sodium in food

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Anhui

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浙江  
Zhejiang

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1. <a href="#">宁波居民期望寿命增至81.50岁与2012年比增长1.17岁</a> <a href="#">Ningbo residents life expectancy increased to 81.50 years and 1.17 years than growth in 2012</a>
来源: 新浪浙江 主体: 公众 态度: 提倡 时间: 10:05:39
来源: 新浪浙江 Subject: public Attitude: advocate Time: 10:05:39
记者昨日从市卫计委获悉，2017年宁波市居民期望寿命81.50岁，与2012年相比增长1.17岁，已达到先进国家水平。期望寿命又称预期寿命，代表的是一群人或全部人口的预测寿命，是反映一个国家或城市居民健康状况的综合指标，受社会经济条件和医疗水平等因素的制约，每年会呈现一定程度的波动。据2017年宁波市疾病预防控制中心发布的死因监测系统数据分析报告，2017年宁波市居民期望寿命81.50岁，其中男性79.34岁、女性83.84岁。也就是说，我市2017年出生的婴儿，平均能活到81.50岁。2017年宁波市居民健康期望寿命则为71.67岁，也就是说对0岁组婴儿未来生活的81.5年而言，9.83年即病伤残寿命（81.50-71.67=9.83）是带病度过的
Reporters learned from the Municipal Health Planning Commission yesterday that the life expectancy of residents in Ningbo City in 2017 was 81.50 years, an increase of 1.17 years

compared with 2012, reaching the level of advanced countries.Life expectancy, also known as life expectancy, represents the life expectancy of a group of people or all the population. It is a comprehensive indicator reflecting the health status of a country or city residents. It is subject to social and economic conditions and medical level and other factors, and will fluctuate to a certain extent every year.According to the data analysis report of death surveillance system issued by Ningbo CDC in 2017, the life expectancy of residents in Ningbo in 2017 was 81.50 years, including 79.34 years for males and 83.84 years for females. That is to say, the babies born in 2017 in our city live on average to 81.50 years old. In 2017, the health life expectancy of Ningbo residents was 71.67 years, that is to say, for 81.5 years of the future life of infants aged 0, the disability life expectancy of 9.83 years (81.50-71.67=9.83) was spent with illness.

2. <a href="#">20岁女子不吃早饭患这种病医生：一辈子都治不好</a>	来源：新浪网	主体：公众	态度：提倡	时间：10:18:25
<a href="#">20 year old female doctor: don't eat breakfast with the disease cured the rest of my life</a>	来源：新浪网	Subject: public	Attitude: advocate	Time: 10:18:25

[健康]才20岁！女子被查出这种病！医生痛心：一辈子都治不好！“哎！小小年纪这病要跟她一辈子了...”浙江海宁姑娘小丽（化名）最近总是觉得每天怎么吃都吃不饱，于是被妈妈拉着去了医院，结果竟被查出得了一种一辈子都无法根治的病！而姑娘才20岁！正是大好年华，而罪魁祸首就是很多人都有一个习惯！20岁，竟被查出得了这种病！前几天，小丽被妈妈拉着来到了浙江海宁中医院的中医内科。妈妈非常焦急，因为女儿已经连续三四个月出现了同一个症状：吃不饱！“每天总想着吃，却怎么都吃不饱！”小丽的妈妈还说，小丽不仅是贪吃，还贪喝，每天都要喝很多水，喝完也不解渴，最要命的是，有时候一喝完就忍不住要上厕所，频率非常高....。口渴、饥饿、尿频！接诊的中医内科朱冰医生一听这些症状，第一反应就是：糖尿病！“希望我的猜测是错的...”

[health] is only 20 years old! The woman was diagnosed with this disease. Doctors are distressed: they will not cure all their lives."Oh! This disease is going to be with her for a lifetime. "Xiaoli, a girl from Haining, Zhejiang Province (alias), always feels that she can't eat enough every day, so she is dragged to the hospital by her mother. As a result, she has been found to have a disease that can't be cured for a lifetime! uuuuuuuuAnd the girl is only 20 years old!It's a good time, and the chief culprit is a habit that many people have.At the age of 20, he was diagnosed with this disease.A few days ago, Xiaoli was pulled by his mother and came to the Chinese Medicine Department of Zhejiang Haining Hospital of traditional Chinese medicine. Mother was very anxious because her daughter had had the same symptom for three or four months in a row: she couldn't eat enough."Every day I always want to eat, but I can't eat enough." Xiao Li's mother also said that Xiao Li is not only greedy, but also greedy. She drinks a lot of water every day, and does not quench her thirst. Most importantly, sometimes she cannot help going to the toilet once she has finished drinking. The frequency is very high....Thirsty, hungry, frequent urination! Doctor Zhu Bing, who received the medicine, first heard these symptoms. The first reaction was diabetes."I hope my guess is wrong.

<div>决心工程</div> <div>Resolve To Save Lives</div>
没有相关文章！
No such articles!

## 其他省份

### Other Provinces

<div>食物中的钠</div> <div>Sodium in food</div>
没有相关文章！
No such articles!

高血压

Hypertension

1. 煲汤不是越久越好！营养师煲汤用这四个秘笈

Soup is not as long as possible!Nutritionists soup with these four tips

来源：搜狐

来源：搜狐

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：10:22:19

Time: 10:22:19

煲汤不是越久越好！营养师煲汤用这四个秘笈。说起煲汤，第一反应就是“耗工夫”，毕竟几千年的传统里，无论“小火慢炖”还是“老火靓汤”都在强调时间要长。可从科学的角度说，煲汤真的越久越好吗？到底汤煲多久，才能营养、风味两相宜呢？汤并不是越熬越靓。老火靓汤之所以吸引人，多半源于肉汤长时间熬煮后可使汤的风味更厚更浓，色泽更白。但仔细分析，就会发现都是烟雾弹

Soup is not as long as possible! Dietitians cook the soup with these four secrets.Speaking of soup cooking, the first reaction is "time consuming". After all, in thousands of years of tradition, both "slow stew with small fire" and "soup with old fire" are emphasizing the need for a long time. From a scientific point of view, the longer the soup is, the better? How long is the soup pot to be nutritious and flavored two?Soup is not getting more and more beautiful.The attraction of Laohuoqiang soup is mostly due to the fact that the broth can be boiled for a long time to make the soup taste thicker and stronger, and its color whiter. But after careful analysis, smoke bombs will be found.

<div>心血管健康</div> <div>Cardiovascular health</div>
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综合健康信息 Comprehensive Health Information				
1. 传知识展活力：南宁开展形式多样科学健身活动	来源：人民网	主体：政府	态度：提倡	时间：11:05:35
<a href="#">Knowledge transfer show vitality: nanning conduct various scientific fitness activities</a>	来源：人民网	Subject: government	Attitude: advocate	Time: 11:05:35
晨风清爽，市民沿着飘落一地的紫荆花路开心地健步走。昨日上午，2018年健康中国行—科学健身主题宣传活动暨健康八桂行宣传周活动在凤岭北社区启动。活动旨在不断丰富全民健身活动，努力提高人民生活质量和健康水平。现场开展了文艺演出、科普知识有奖问答及义诊咨询活动。青秀区卫生计生系统干部职工、社区居民500余人参加活动				

The morning breeze was clear, and the citizens walked happily along the Bauhinia Road which was floating down the ground. Yesterday morning, the Health China Travel - Scientific Fitness Theme Publicity Activity and Health Baguihang Publicity Week were launched in Fengling North Community in 2018. The activities aim at enriching the national fitness activities and striving to improve people's quality of life and health.There were award-winning questions and answers on art performances and popular science knowledge and consultation activities. Qingxiu district health and family planning system cadres and workers, community residents more than 500 people to participate in activities

2. <a href="#">3个月高效燃脂计划，针对手臂、小腹、臀部、腿部脂肪！</a>	来源：汉丰网	主体：公众	态度：提倡	时间：11:06:42
<a href="#">Efficient fat burn plan 3 months, on arm, abdomen, hips, leg ministry is adipose.</a>	来源：汉丰网	Subject: public	Attitude: advocate	Time: 11:06:42

3个月高效燃脂计划，针对手臂、小腹、臀部、腿部脂肪！肥胖人的烦恼不外乎是：手臂粗、小腹赘肉多，臀型像大妈，粗腿如柱子？这是多少人的梨形肥胖烦恼，也是大多数白领的普遍现象。随着社会的发展，时代变迁，久坐办公成为常态，饮食不加节制，体重一步步上涨。幸福肥并不是健康的形态，压力胖、营养肥也会引发各种心血管、血脂、血压血糖多方面的疾病。如何科学快速瘦下来，是每个人都渴望的效果。这里送你一套减脂3个月计划，只需坚持，或许你能恢复健康身体跟标准身材

3 months efficient fat burning plan, for arm, belly, buttocks, leg fat!The trouble of obese people is nothing more than thick arms, small abdominal fleshy meat, buttocks like big mothers, thick legs like pillars. This is how many people suffer from pear shaped obesity, and it is also a common phenomenon among most white-collar workers. With the development of society and the changes of the times, sitting in office has become the norm, eating uncontrolled and gaining weight step by step.Happy fat is not a healthy form. Fat stress and nutrient fertilizer can also cause various cardiovascular, lipid, blood pressure and blood sugar diseases. How to lose weight quickly and scientifically is the desired effect of everyone. Here is a 3 month plan to reduce fat. Just stick to it. Maybe you can recover your health and standard body shape.

3. <a href="#">母子同患糖尿病控糖效果大不同？专家：自我管理很重要</a>	来源：华龙网	主体：公众	态度：提倡	时间：21:08:26
<a href="#">A mother with diabetes control sugar effect different?Experts: self management is very important</a>	来源：华龙网	Subject: public	Attitude: advocate	Time: 21:08:26

11月14日是联合国糖尿病日，今年活动的主题是“家庭与糖尿病”。糖尿病的治疗与管理与家庭有什么样的关系？据陆军军医大学新桥医院内分泌科主任郑宏庭教授介绍，对于糖尿病的治疗，30%靠医生，70%靠自己，相对于医生为糖尿病患者进行血糖调控而言，患者在家的自我管理更加重要。日前，新桥医院内分泌科先后接诊了一对同患糖尿病的母子，两人虽然同患糖尿病，但控糖的效果却大不相同，周阿姨注重自我管理，而儿子因工作繁忙和生活作息不规律，控糖效果不太理想。妈妈周阿姨67岁，10年前确诊为糖尿病，确诊后选择接受长效胰岛素晚上睡前注射+口服降糖药治疗。周阿姨对自身的健康很重视，住院期间在医院举办的糖尿病患者教育中学习了“五驾马车”的综合干预理念，出院后也长期与医护人员建立起良好的沟通联系渠道，在生活中遇到问题立即询问，不断总结经验

November 14, 2018 is the eleventh UN diabetes day. The theme is “family and diabetes” .Penglai, a fairyland on November 10, has been a bit cold in the early winter, but the first

lecture hall on the fifth floor of the Penglai People’s Hospital General Building is warm as spring. The fourth season of Penglai Sugar Friends Association and “Blue Light Family Salon” opened here with great affection. Five Sugar Friends’ families were honored as “Healthy Home”.The content of the event is colorful and offers a lot of concessions. There are free rapid blood sugar testing, glycosylated hemoglobin and sole testing, free urine microalbumin testing and diabetes risk assessment, expert-level diabetes counseling and answering questions, visiting health education bases and sugar friendship, they also select and invite excellent sugar control families to hold lively “blue light family” . Salon.During the salon event, five families with many years of anti-sugar experience were invited to the rostrum to share health secrets with the majority of sugar pals.

4. <a href="#">宿迁市哪种癌症易高发？是时候让你了解“癌”的真相了</a>	来源：中国江苏网	主体：公众	态度：提倡	时间： 10:09:28
<a href="#">Suqian what kind of a high incidence of cancer easily?It is time for you to understand the truth of the "cancer"</a>	来源：中国江苏网	Subject: public	Attitude: advocate	Time: 10:09:28

今年秋天似乎有些不平静。9月底，54岁的摇滚歌手臧天朔、66岁的相声艺术家师胜杰因癌症于同一天去世；10月底，著名主持人李咏因抗癌无效离世……一时间，大家感叹人生无常，谈癌色变！那么，宿迁市恶性肿瘤发病率如何？全人群发病顺位如何？又该如何去预防和应对？近日，记者走进市疾控中心食品安全与慢病科，为你揭开关于癌症的一张张神秘“面纱”。记者从食品安全与慢病科了解到，从目前已搜集的监测数据分析，在既有的登记报告基础上，据不完全统计，2017年我市新增恶性肿瘤患者一万一千人左右，男性占56%，女性占44%。关于癌症，你需要了解这些知识。在食品安全与慢病科，记者围绕癌症的发生、预防、治疗等等内容，进行了详细采访

This autumn seems a bit out of place. At the end of September, 54-year-old rock singer Zang Tianshuo, 66-year-old cross talk artist Shi Shengjie died of cancer on the same day; at the end of October, famous host Li Yong died of cancer-fighting ineffectiveness... For a time, everyone lamented the impermanence of life and talked about cancer color change.What is the incidence of malignant tumors in Suqian? What is the incidence of the whole population? And how to prevent and respond? Recently, the reporter entered the Food Safety and Chronic Disease Department of the City CDC to unveil the mysterious "veils" of cancer for you.Reporters from the Department of Food Safety and Chronic Diseases learned that, from the monitoring data collected at present, on the basis of the existing registration reports, according to incomplete statistics, in 2017, about 11,000 new patients with malignant tumors in our city, 56% males and 44% females.You need to know about cancer.In the Department of Food Safety and Chronic Diseases, the reporter made a detailed interview on the occurrence, prevention and treatment of cancer.

5. <a href="#">小心七种原因让双眼变“肿泡”</a>	来源：张家口在线	主体：公众	态度：提倡	时间： 22:29:48
<a href="#">Be careful seven reasons make eyes swollen bubble"</a>	来源：张家口在线	Subject: public	Attitude: advocate	Time: 22:29:48

很多人在早上起床后，眼睛会特别的浮肿，往往要经过很长时间才能慢慢消下去，那么，如何才能避免出现眼睛浮肿的情况呢？下面，经济日报-中国经济网健康频道为您总结整理导致眼睛浮肿的原因。睡前喝太多水。睡前喝的水越多，水肿的情况就越严重。这是因为人体一般在晚上十一点之后代谢会变缓慢，如果睡得晚又喝了大量的水，会导致吸收不了，从而引起水肿，其中最明显的部位就是眼睛浮肿。

Many people get up in the morning, the eyes will be particularly swollen, often take a long time to slowly disappear, then, how can we avoid the occurrence of eye edema? Below, economic daily - China Economic Network Health Channel summarizes and collate the cause of eye edema.Drink too much water before going to bed.The more water I drink before going to bed, the more serious the edema will be. This is because the body usually metabolizes slowly after eleven o'clock in the evening. If you sleep late and drink a lot of water, you will not be able to absorb it, which will cause edema, the most obvious part of which is eye edema.

决心工程

Resolve To Save Lives

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# 减盐-微信

## Salt Reduction - WeChat

2018-11-13, 共监测到551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 551 WeChat public articles were monitored in 2018-11-13. This page shows the top five articles by repeat number today.

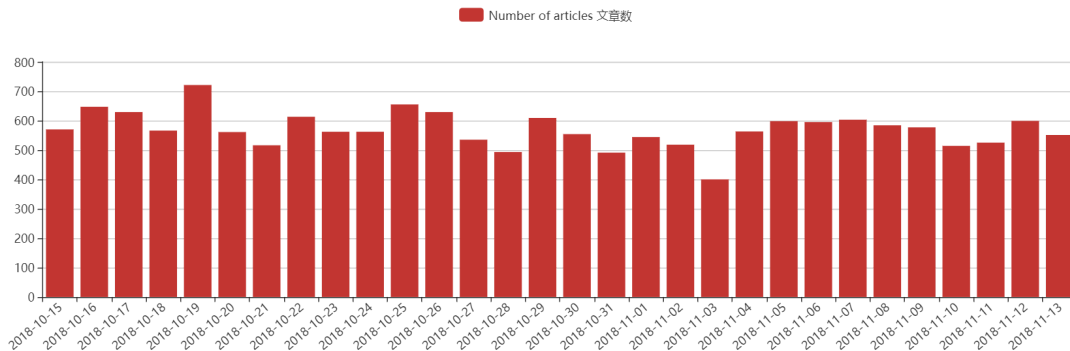
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain 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. [央视曝光! 不吃味精、鸡精的看看吧!](#)

重复数: 14

日期: 2018-11-13

[CCTV exposed it! People who don't eat MSG or chicken should pay attention to it!](#)

Repeat Number: 14

Data: 2018-11-13

与食盐一样, 味精中的主要成分谷氨酸钠中含有钠元素, 而过量摄入钠则会导致高血压等心脑血管疾病。因此, 要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。如果再加上味精中的钠, 就会更多。

Like salt, sodium glutamate, the main ingredient in MSG, contains sodium, and excessive intake of sodium can cause cardiovascular and cerebrovascular diseases such as high blood pressure. Therefore, it is necessary to control MSG as well as controlling salt intake. The dietary guidelines for residents in China advocate that the amount of salt per person per day should be less than 6 grams. However, the actual intake generally reaches about 10 grams. If you add sodium in MSG, it will be more.

#### 2. [它跟骨头抢钙, 跟心脏抢寿命, 致ail! 趁早管住嘴](#)

重复数: 12

日期: 2018-11-13

[It grabs calcium with bones, grabs life with the heart, and causes cancer! We must pay attention to diet early.](#)

Repeat Number: 12

Data: 2018-11-13

高盐饮食是高血压最常见的诱因。吃得太多会使血液中的盐分上升, 身体为了调节血液浓度会自动储存大量水分, 使体内血容量增加, 从而导致血压升高。血压升高的同时, 还会使静脉回到心脏的血液也相应增多, 给心脏带来额外负担, 还可能引起心率加快、心脏负荷过大等症状。因此, 减少食盐摄入, 是最简单的保护心血管的方法。

A high-salt diet is the most common cause of hypertension. Eating too salty will increase the salt in the blood. The body will automatically store a large amount of water in order to adjust the blood concentration, which will increase the blood volume in the body, resulting in an increase in blood pressure. At the same time as the blood pressure rises, the blood returning to the heart of the vein is also increased accordingly, which brings an extra burden to the heart, and may also cause symptoms such as increased heart rate and excessive cardiac load. Therefore, reducing salt intake is the easiest way to protect your cardiovascular.

#### 3. [这几样调料, 比吃肉还容易长胖, 做菜一定要少放!](#)

重复数: 4

日期: 2018-11-13

[These condiments are more likely to gain weight than meat.](#)

Repeat Number: 4

Data: 2018-11-13

摄入过多的盐, 会刺激身体的胰岛素的分泌, 导致身体不断储存糖分, 进而堆积成脂肪藏在身体各个部位。如果因为缓解盐吃的过多引起的口渴而大量喝水, 就会造成浮肿、虚胖, 立竿见影。

Excessive intake of salt can stimulate the body's insulin secretion, causing the body to continuously store sugar, which in turn causes fat to be hidden in various parts of the body. If you drink a lot of water because you are relieved of thirst caused by too much salt, it will immediately cause edema and puffiness.

#### 4. [得甲状腺疾病, 跟吃盐有关吗? 天天吃盐, 其实很多人都吃错了](#)

重复数: 2

日期: 2018-11-13

[Is thyroid disease related to salt? In fact, many people eat salt in a wrong way.](#)

Repeat Number: 2

Data: 2018-11-13

我国人普遍都存在食盐摄入过量的问题。而这样最直接的后果就是会升高血压, 一旦血压升高, 就会增加中风、心脏病、眼病的发病几率。此外, 大家都知道肾病患者需要严格控盐, 这是因为钠需要从肾脏排出, 吃盐太多会加重肾脏的负担。

The problem of excessive intake of salt is common in Chinese people. And the most direct consequence of this is that it will raise blood pressure. Once the blood pressure rises, it will increase the incidence of stroke, heart disease, and eye disease. In addition, everyone knows that patients with kidney disease need strict salt control because sodium needs to be excreted from the kidneys. Eating too much salt can increase the burden on the kidneys.

#### 5. [身体各器官杀手就藏在你身边, 一篇文章全揪出来!](#)

重复数: 2

日期: 2018-11-13

[The killers of all organs of the body are hidden by your side, an article points them out!](#)

Repeat Number: 2

Data: 2018-11-13

吃盐过度会带来高血压、心血管疾病等隐患。盐中含有大量的钠离子, 钠会引起体内血容量的增加, 吃得太咸, 会导致血压升高, 加重心脏负担。

Eating too much salt can cause hidden dangers such as high blood pressure and cardiovascular disease. The salt contains a lot of sodium ions, which will cause an increase in blood volume in the body. Eating too salty will cause blood pressure to rise and increase the burden on the heart.

## 减盐-微博 Salt Reduction - Weibo

2018-11-13, 共检测到1739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。

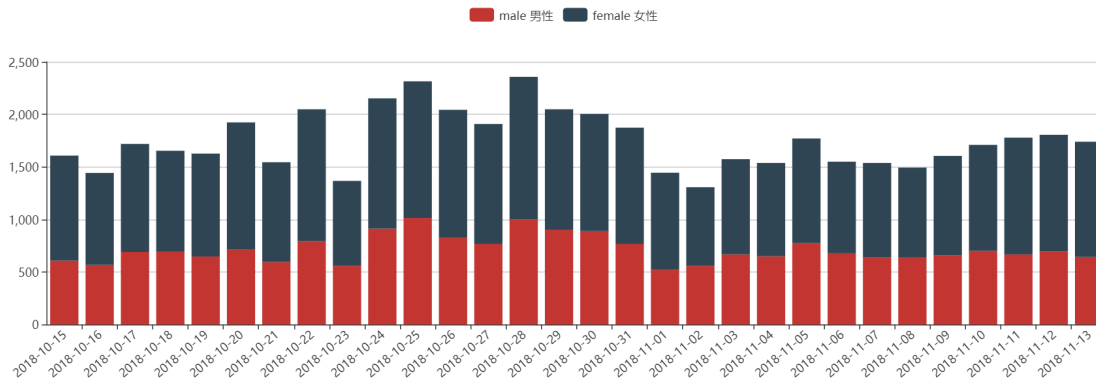
There are 1739 weibos about salt reduction monitored on 2018-11-13.

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.



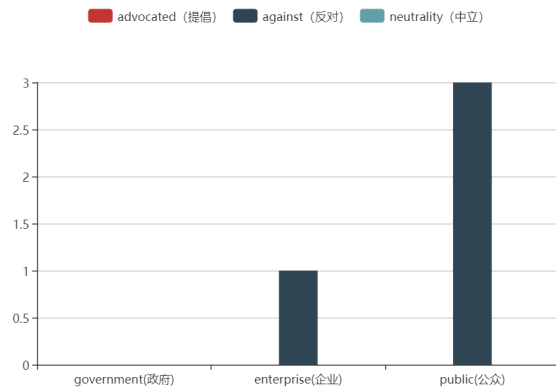
### 热门微博 Hot Weibos

1. 没有相关微博!  
No such weibos!

# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-11-13) 共监测到4条资讯。请点击标题查看原文。  
There are 4 articles monitored today 2018-11-13. 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				
1. <a href="#">国际郑刮起“海洋风”，福晶园巨型海洋风蛋糕，你吃了么？</a>	来源：新浪网	主体：公众	态度：反对	时间： 12:34:23
<a href="#">International sweep "sea breeze", zheng fu jing garden giant sea wind cake, have you eaten?</a>	来源：新浪网	Subject: public	Attitude: against	Time: 12:34:23
世上一切都是绝版，就像我们为您呈现的这座10层楼长的海洋风蛋糕。福晶园全手工制成史上巨型海洋风蛋糕，2018年11月11日，在成立2周年的郑州惠济万达倾城“糕”白。这座海洋风蛋糕，宽约2米，长约40米，说起这个巨型蛋糕的诞生，它的制作工艺可不简单..... 该巨型蛋糕一亮相，立刻吸引了成千上万人的驻足观看，成为了双11惠济万达最夺人眼球的一道风景。福晶园蛋糕，专注“新鲜、健康、美味”18年，所用蛋糕选用美国维益进口动物奶油，入口即化，天然无添加，不含有任何反式脂肪酸，保证奶油中的营养元素可以被人体吸收!				
Everything in the world is out of print, just like the 10-story ocean wind cake we present for you. Fujingyuan is hand-made in the history of the giant ocean wind cake, on November 11, 2018, in the second anniversary of the establishment of Zhengzhou Huiji Wanda Allure "cake" white. This ocean wind cake is about 2 meters wide and 40 meters long. When it comes to the birth of this giant cake, its craftsmanship is not simple..... The giant cake was unveiled and immediately attracted thousands of people to watch and become the most eye-catching scenery of the Double 11 Huiji Wanda. Fujingyuan cake, focusing on "fresh, healthy and delicious" for 18 years, the cake used is American Weiyi imported animal cream, the entrance is instant, natural no added, does not contain any trans fatty acids, to ensure that the nutrients in the cream can be taken by the human body absorb!				
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="#">膳食脂肪对动脉粥样硬化有什么影响？</a> <a href="#">What is the effect of dietary fatty acids of atherosclerosis?</a>	来源：搜狐	主体：公众	态度：反对	时间： 18:34:09
	来源：搜狐	Subject: public	Attitude: against	Time: 18:34:09
膳食脂肪对动脉粥样硬化有什么影响？ 动脉粥样硬化性心血管疾病在发达国家和发展中国家均具有较高的发病率和死亡率。世界卫生组织公布的数据显示，2012年全球有1750万人死于心血管疾病，其中740万为冠心病。 膳食营养与动脉粥样硬化有密切关系。其中，膳食脂肪摄入冠心病的发生密切相关。研究表明，膳食脂肪的种类比脂肪摄入量对动脉粥样硬化的影响更显著。				
What are the effects of dietary fatty acids on atherosclerosis?Atherosclerotic cardiovascular disease has high morbidity and mortality in both developed and developing countries. According to data released by the World Health Organization, 17.5 million people died of cardiovascular diseases worldwide in 2012, of which 7.4 million were coronary heart disease.Dietary nutrition is closely related to atherosclerosis. Dietary fatty acids are closely related to coronary heart disease. Studies have shown that the types of dietary fat have more significant effects on atherosclerosis than fat intake.				
2. <a href="#">薏米食品领导品牌先天元薏米美饼，好吃方便营养深受市场青睐</a> <a href="#">Congenital yuan semen coicis semen coicis food leading brand beauty loaves of bread, delicious and convenient nutrition favored by the market</a>	来源：TOM	主体：企业	态度：反对	时间： 15:37:36
	来源：TOM	Subject: industry	Attitude: against	Time: 15:37:36
薏米食品领导品牌先天元薏米美饼，好吃方便营养深受市场青睐。 立冬过后，寒湿之气愈盛，寒湿过重为万病之源，祛湿养生刻不容缓，中医经典中推荐的薏米是祛湿首选，被誉为“世界禾本科植物之王”，然而目前市场上流通的薏米良莠不齐，以假乱真、以次充好、硫磺熏等乱象让消费者深受其害，中国薏米食品领导品牌先天元响应国家大健康战略，顺应消费者对绿色食品的期待，推出的先天元薏米美饼因口感好、营养全、够方便深受市场青睐，连知名主持人李湘也盛情为其代言。 药食同源薏米成祛湿首选。 据悉，今年9月7日，《薏仁米产业蓝皮书：中国薏仁米产业发展报告NO.2（2018）》在北京发布。蓝皮书指出，薏仁米是我国传统的药食两用特色作物资源，营养价值高，且具有抗癌、抗肿瘤、抗炎、降血糖等多种药理特性和保健美容功效				
Coix seed food is the leading brand of Yuan Mei Mei cake, which is delicious, convenient and nutritious.After the beginning of winter, the more cold and damp, the more severe cold and damp is the source of all diseases, so it is urgent to remove dampness and keep healthy. Coix rice recommended in the classics of traditional Chinese medicine is the first choice for removing dampness and is known as "the king of Gramineae plants in the world". However, the current market of Coix rice is not uniform, so as to make consumers chaotic with false, sub-filling, sulfur fumigation and other chaotic phenomena. Deeply affected by this, China's leading brand of Coix rice food congenitally responded to the national health strategy, responded to consumers'expectations for green food, and launched the congenital Coix rice cake because of its good taste, complete nutrition and convenient enough to be favored by the market, even the well-known host Li Xiang also spoke for it.Medicine and food together with coix seed become the first choice for removing dampness.It is reported that on September 7 this year, the "Blue Book of Coijen Rice Industry: China's Coijen Rice Industry Development Report NO.2 (2018)" was released in Beijing. The Blue Book points out that coix seed rice is a traditional dual-use characteristic crop resource with high nutritional value. It also has many pharmacological properties such as anti-cancer, anti-cancer, anti-inflammatory, hypoglycemic and health and beauty effects.				
3. <a href="#">“内蒙古3岁儿童患怪病”追踪：病房里过生日小博涵很开心</a> <a href="#">"Inner Mongolia three years old children with strange disease" track happy birthday xiao bo culvert in the ward</a>	来源：内蒙古晨报	主体：公众	态度：反对	时间： 08:38:06
	来源：内蒙古晨报	Subject: public	Attitude: against	Time: 08:38:06
11月12日是 <b>小博涵</b> 3周岁的生日。他躺在病床上，头被纱布紧紧地包裹着，身上还插着导流管，期待着生日蛋糕。 内蒙古晨报从11月1日起持续关注着小博涵的治疗情况，经本报多次追踪报道，小博涵的故事受到广大市民关注。 11月10日，来自包头市的爱心人士 <b>王英联</b> 系本报记者，得知小博涵的生日就在两天后时，她激动地说，虽然自己不能赶过来跟小博涵一起过生日，但请本报记者一定要替她给小博涵准备一个蛋糕和666元的“祝福钱”。 上午10时20分，带着爱心人士的关注和祝福，记者去医院看望了小博涵，并送去了他期待已久的蛋糕				
November 12th is the birthday of Xiao Bo Han, who is 3 years old. He lay in bed, his head tightly wrapped in gauze, and he was still wearing a guide tube, looking forward to his birthday cake.Inner Mongolia Morning Post has been paying close attention to Xiao Bohan's treatment since November 1. After many follow-up reports, the story of Xiao Bohan has attracted the attention of the general public.On November 10, Wang Ying, a lover from Baotou City, contacted our reporter and learned that Xiao Bohan's birthday was just two days later. She said excitedly that although she could not come to celebrate her birthday with Xiao Bohan, she asked our reporter to prepare a cake and 666 yuan "blessing money" for her.At 10:20 a.m., with the concern and wishes of caring people, the reporter went to the hospital to visit Xiao Bohan and sent him his long-awaited cake.				
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

2018-11-13, 共监测到292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 292 WeChat public articles were monitored in 2018-11-13. This page shows the top five articles by repeat number today.

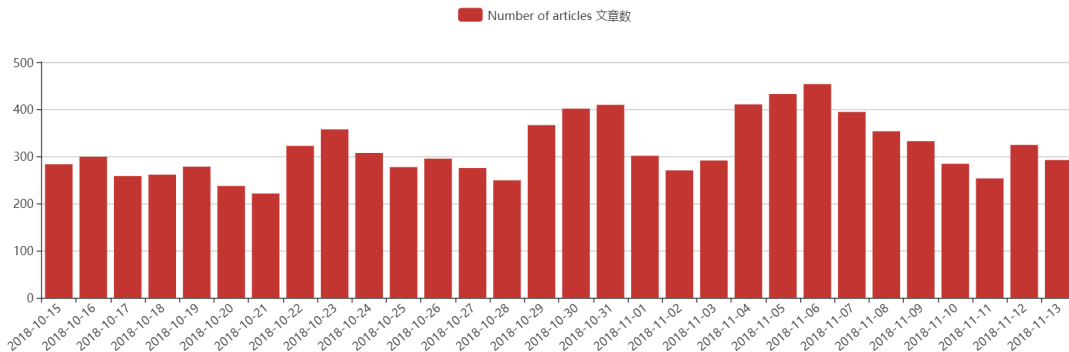
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [去超市购物, 先看懂这些再买! 没想到吃亏了这么多年](#)

重复数: 6

日期: 2018-11-13

[When shopping in the supermarket, you should understand these firstly and then decide wether to buy it! I didn't expect to lose so many years.](#)

Repeat Number: 6

Data: 2018-11-13

市场上售卖的面包, 有些含有人工色素、香料、氢化油 (含有大量反式脂肪酸) 以及防腐剂。大量的油脂、添加剂虽可提升食物的味道, 但会增加心血管疾病的发生风险。因此, 购买全麦面包时, 成分越简单越好。

Some breads sold on the market contain artificial colors, spices, hydrogenated oils (containing large amounts of trans fatty acids) and preservatives. Large amounts of oil and additives can enhance the taste of food, but increase the risk of cardiovascular disease. So when you buy wholemeal bread, the simpler the ingredients, the better.

#### 2. [【实用】去超市购物, 先看懂这些再买! 没想到吃亏了这么多年](#)

重复数: 2

日期: 2018-11-13

[\[practical\] When shopping in the supermarket, you should understand these firstly and then decide wether to buy it! I didn't expect to lose so many years.](#)

Repeat Number: 2

Data: 2018-11-13

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled "zero trans fatty acid" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage.

#### 3. [去超市购物, 先看懂这些再买! 没想到吃亏了这么多年...](#)

重复数: 2

日期: 2018-11-13

[When shopping in the supermarket, you should understand these firstly and then decide wether to buy it! I didn't expect to lose so many years.](#)

Repeat Number: 2

Data: 2018-11-13

有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. In addition, the foods of which the ingredient list contains hydrogenated oil, hydrogenated fat, shortening, margarine, and non-fat cream are more likely to contain trans fatty acids and are not suitable for purchase.

#### 4. [脸要穷养, 脚要富养; 心要穷养, 肺要富养 \(深度好文\)](#)

重复数: 2

日期: 2018-11-13

[Keep your face poor, your feet rich, your heart poor and your lungs rich.](#)

Repeat Number: 2

Data: 2018-11-13

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.

#### 5. [奶茶, 正在毁掉中国年轻人的健康](#)

重复数: 1

日期: 2018-11-13

[Milk tea is destroying the health of Chinese young people.](#)

Repeat Number: 1

Data: 2018-11-13

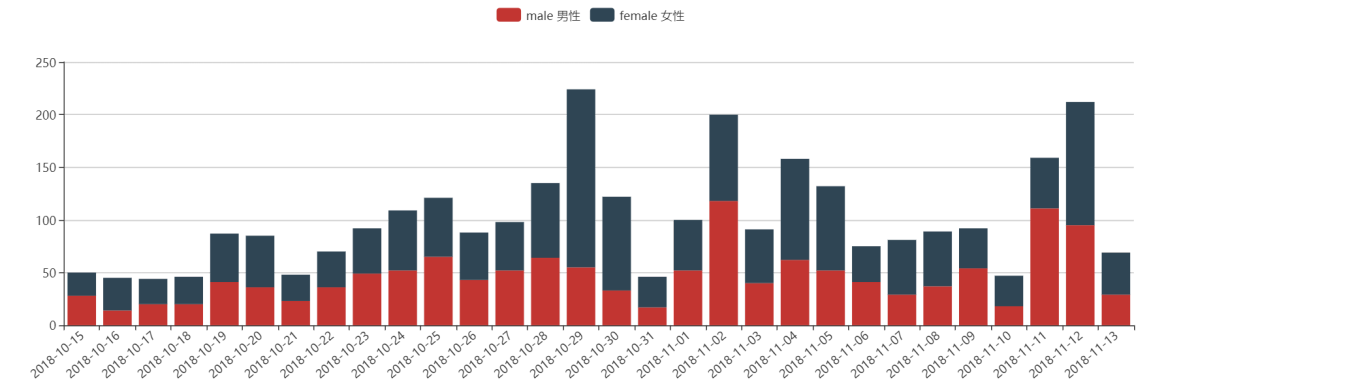
反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

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.

# 反式脂肪酸-微博

## Transfat - Weibo

2018-11-13, 共检测到69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 69 weibos about transfat reduction monitored on 2018-11-13.  
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 imformation.  
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!