

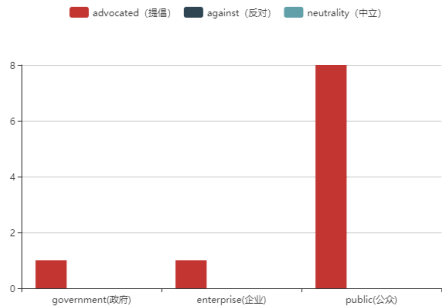
## 减盐-新闻

### Salt Reduction - News

今日 (2018-11-30) 共监测到10条资讯。请点击标题查看原文。

There are 10 articles monitored today 2018-11-30. 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

食物中的钠 Sodium in food				
没有相关文章!				
No such articles!				
高血压 Hypertension				
1. 卒中加“三高”，冬季怎么办? <a href="#">Stroke plus "three highs": how to do in winter?</a>	来源：中原网	主体：公众	态度：提倡	时间：16:07:39
	来源：中原网	Subject: public	Attitude: advocate	Time: 16:07:39
卒中加“三高”，冬季怎么办？天气日渐寒冷，中风病发病率和死亡率也明显升高，特别是“三高”人群，心血管意外的发生率远远高于健康人。寒冬时节，寒冷的空气容易导致血管收缩，血管内的小血小板也易于凝集而形成血栓，气温降低还会导致内分泌系统失调，体内儿茶酚胺等化学介质分泌增加，血液粘稠度加大，血凝时间缩短，进一步促使血压增高和血栓的形成。再加上“三高”患者本身存在高血压、高血脂的情况，这就导致了合并“三高”的中风病人更容易出现复中的现象。那么，已经合并“三高”的卒中病人应该怎样有效的预防复中呢？				
Stroke plus "three highs", how to do in winter? As the weather gets colder and colder, the incidence and mortality of apoplexy also increase significantly. Especially in the "three high" population, the incidence of cardiovascular accidents is much higher than that of healthy people. In cold winter, cold air tends to cause vasoconstriction, platelets in blood vessels are easy to agglutinate and form thrombus. Lower temperature can also lead to disorders of endocrine system, increased secretion of catecholamine and other chemical mediators, increased blood viscosity, shortened coagulation time, and further promote the formation of blood pressure and thrombus. In addition, "three high" patients themselves have high blood pressure, high blood lipid, which leads to the combination of "three high" stroke patients more likely to appear in the phenomenon of recovery. So, how should stroke patients who have merged "three high" effectively prevent recovery?				
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. 不想跟食管沾上边，营养专家建议：避开这十大危险因素 <a href="#">Not wanting to get involved with esophageal cancer, nutrition experts recommend avoiding these ten risk factors</a>	来源：中原网	主体：公众	态度：提倡	时间：14:01:14
	来源：中原网	Subject: public	Attitude: advocate	Time: 14:01:14
我国有研究者对26项相关研究做了汇总分析，发现饮酒、爱吃烫食物、高盐食物、腌制食物、油炸食物、辛辣食物、霉变食物、过硬食物，以及吃饭过快、进餐不规律等，都是显著增加食道癌风险的因素。其实，很多错误的饮食习惯，不仅和胃肠疾病有关，也和消化道的癌症有密切关系。我给你总结一下吧。危险1：常吃烫食 世界卫生组织（WHO）就曾经发布文件，宣称超过65摄氏度的液体会增加食道癌的危险。毕竟人的身体也是肉长的，这么高的温度，连肉片和鸡蛋液都能烫熟，人的食道哪能经得起每天这样折磨呢。				
Researchers in our country have made a summary analysis of 26 related studies. They found that drinking, eating hot food, high salt food, pickled food, fried food, spicy food, mildewed food, hard food, eating too fast and eating irregularly are all factors that significantly increase the risk of esophageal cancer. In fact, many wrong eating habits are not only related to gastrointestinal diseases, but also to cancer of the digestive tract. Let me summarize for you. Danger 1: The World Health Organization (WHO) has issued a document claiming that liquids above 65 degrees Celsius increase the risk of esophageal cancer. After all, the human body is also long, so high temperature, even meat slices and egg liquid can be hot, how can the human esophagus withstand the daily torture?				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

安徽

Anhui

食物中的钠 Sodium in food
<div>没有相关文章！</div>
No such articles!
高血压 Hypertension
<div>没有相关文章！</div>
No such articles!
心血管健康 Cardiovascular health
<div>没有相关文章！</div>
No such articles!
综合健康信息 Comprehensive Health Information
<div>没有相关文章！</div>
No such articles!
决心工程 Resolve To Save Lives
<div>没有相关文章！</div>
No such articles!

浙江

Zhejiang

食物中的钠 Sodium in food
<div>没有相关文章！</div>
No such articles!
高血压 Hypertension
<div>没有相关文章！</div>
No such articles!
心血管健康 Cardiovascular health
<div>没有相关文章！</div>
No such articles!
综合健康信息 Comprehensive Health Information
<div>没有相关文章！</div>
No such articles!
决心工程 Resolve To Save Lives
<div>没有相关文章！</div>
No such articles!

其他省份

Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">还在无“咸”不欢吗吃盐过多这些毛病可能盯上你</a>	来源：多维新闻网	主体：公众	态度：提倡	时间：16:37:58
<a href="#">Are you still not happy with salt? Eating too much salt may catch your eye.</a>	来源：多维新闻网	Subject: public	Attitude: advocate	Time: 16:37:58
盐是人们日常生活中的调味剂，也是生活中不可缺少的东西。但吃盐过多是人们生活中普遍存在的一个问题，很多人都有着重口味，感觉清淡的食物难以入口。其实，吃盐过多对人体健康是有很大危害的。 正常成年人每天食盐的摄入量应该保持在6克之内，对于小孩子需要根据年龄减少，中老年人因为其新陈代谢的速度减慢，吃盐量也要减少。此外一天食盐的摄入量跟食物的选取也有一定关系，如果一天吃很多腌制食物，也要相应减少食盐量。				
Salt is not only the condiment in people's daily life, but also the indispensable thing in life. But eating too much salt is a common problem in people's lives. Many people have a strong taste and feel that light food is difficult to eat. In fact, eating too much salt is very harmful to human health. Normal adults should keep their salt intake within 6 grams a day. For children, it is necessary to reduce their salt intake according to their age. The middle-aged and old people should also reduce their salt intake because of the slowdown of their metabolism. In addition, the daily intake of salt has a certain relationship with the choice of food. If you eat a lot of pickled food, you should also reduce the amount of salt accordingly.				
高血压 Hypertension				
1. <a href="#">防治高血压，3类食物要少吃，3类食物要多吃</a>	来源：手机网易网	主体：公众	态度：提倡	时间：14:38:57
<a href="#">To prevent and cure hypertension, three kinds of food should be eaten less and three kinds of food should be eaten more.</a>	来源：手机网易网	Subject: public	Attitude: advocate	Time: 14:38:57
高血压一直是大家经常会提起的疾病，而且近年来患病人数只增不减，年龄也有年轻化的趋势。高血压患者如此多，是因为我们的饮食习惯吗？没错，高血压和饮食有很大的关系。 高血压患者，除了服药外，饮食中最好做到三限三补： 限制钠盐摄入 长期摄入过量的钠盐，是患高血压的重要因素之一，所以我国北方患高血压的概率高于南方，多与饮食习惯有关。正常来说，每天摄入盐的量应控制在6克以内，而高血压患者最好控制在2-5克，做菜时可以多放醋、料酒、香料、葱姜蒜等提味。				
Hypertension has always been a frequently mentioned disease, and in recent years, the number of patients has only increased, and the trend of age is younger. Is it because of our dietary habits that so many people suffer from hypertension? Yes, high blood pressure has a lot to do with diet. In addition to taking medicine, the best diet for patients with hypertension is to limit the intake of excessive sodium salt for a long time, which is one of the important factors of hypertension. Therefore, the probability of hypertension in northern China is higher than that in southern China, which is mostly related to dietary habits. Normally, the daily intake of salt should be controlled within 6 grams, and hypertension patients had better be controlled in 2-5 grams, when cooking, you can put more vinegar, wine, spices, onion, ginger and garlic flavor.				
心血管健康 Cardiovascular health				
<div>没有相关文章！</div>				
No such articles!				
综合健康信息 Comprehensive Health Information				
1. <a href="#">万载县圆满完成“中英减盐项目”基线调查工作</a>	来源：大江网	主体：政府	态度：提倡	时间：00:44:54
<a href="#">Wanzai County has successfully completed the baseline survey of "Sino-British Salt Reduction Project"</a>	来源：大江网	Subject: government	Attitude: advocate	Time: 00:44:54
万载县疾控中心在乡镇卫生院的配合下于11月28日完成了对康乐街道、双桥镇、白水乡、赤兴乡这四个乡镇(街道)“中英减盐CIS项目”基线调查。 减盐是迄今为止最具成本效益的公共卫生措施，能够减少中风、心脏病发作和心力衰竭引起的不必要死亡。“中英减盐行动项目”是由乔治全球健康研究院(中国)联合英国伦敦玛丽女王大学、中国疾病预防控制中心、中国健康教育中心以及国家食品安全风险评估中心等单位共同开展的。而综合减盐干预项目是“中英减盐行动”其中一个子项目。				
With the cooperation of township health centers, Wanzai CDC completed a baseline survey on the "Sino-British Salt Reduction CIS Project" in Kangle Street, Shuangqiao Town, Baishui Township and Chixing Township on November 28. Salt reduction is by far the most cost-effective public health measure that can reduce unnecessary deaths from stroke, heart attack and heart failure. The "Sino-British Salt Reduction Action Project" is jointly carried out by the George Institute of Global Health (China) and Queen Mary University in London, China Center for Disease Control and Prevention, China Health Education Center and the National Food Safety Risk Assessment Center. The comprehensive salt reduction intervention project is one of the sub-projects of the Sino-British Salt Reduction Action.				

2

雀巢的2030小目标：帮助全球5000万儿童过上健康生活

Nestle's 2030 Goal: Helping 50 million children around the world live a healthy life

来源：中国经济网

来源：中国经济网

主体：企业

Subject: industry

态度：提倡

Attitude: advocate

时间：15:37:50

Time: 15:37:50

《“健康中国2030”规划纲要》提出要加强健康教育，其中特别提到要加大学校健康教育力度。而早在2009年，雀巢公司提出了“雀巢健康儿童全球计划”，在学校健康教育方面做出了积极的探索。最近雀巢又提出该计划2030的新目标。近日，雀巢全球CEO马克·施耐德向记者介绍了雀巢正在推行的“雀巢健康儿童全球计划”，该计划包括进一步研发更健康的产品，并为家庭提供有关营养和运动的建议。通过对雀巢旗下儿童食品增加蔬菜量、含纤维的谷物、豆类、持续减糖减盐、减脂，以及提供更多营养知识以及健康食谱和实用技巧方式，帮助家庭养成更健康的习惯。

The Outline of the “Healthy China 2030” Plan puts forward that health education should be strengthened, especially in schools. As early as 2009, Nestle put forward the “Nestle Global Plan for Healthy Children”, which has made positive and beneficial exploration in school health education. Recently, Nestle put forward the new goal of the plan 2030. Recently, Mark Schneider, Nestle’s global CEO, briefed reporters on Nestle’s ongoing Global Plan for Healthy Children, which includes further research and development of healthier products and advice on nutrition and exercise for families. To help families develop healthier habits by increasing vegetable content, fibre-containing cereals, beans, continuous sugar and salt reduction, fat reduction, and providing more nutritional knowledge as well as healthy recipes and practical techniques for Nestle’s children’s food.

3

年轻时的坚持就是退休之后的诗与远方

Persistence in youth is poetry and distance after retirement

来源：中金在线

来源：中金在线

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：13:53:59

Time: 13:53:59

“最近一运动就腰疼，躺下来就好，是不是我变懒了。”健身房里，很多人以为自己懒癌发作，其实有时候“骨质疏松”也是这种症状。《2013中国骨质疏松骨折防治蓝皮书》显示，50岁以上的中国人中，近7千万患骨质疏松症；我国还有2.1亿低骨量人群，存在骨质疏松风险。人体骨骼就像高楼的框架，框架力量缺失，高楼就摇摇欲坠，因此骨质疏松的危害很多。但其实，如果从年轻时我们就开始预防，是可以避免的。从年轻时管理好你的“骨质金”《家庭医学》杂志刊登了一篇研究发现：老年人骨质疏松的发生与年轻时积攒的骨量密切相关。

"Recent exercise has caused back pain. Just lie down. Am I lazy?" In the gym, many people think that they are lazy and have cancer attacks. In fact, sometimes "osteoporosis" is the same symptom. According to the Blue Book on Prevention and Treatment of Osteoporosis Fractures in China in 2013, nearly 70 million Chinese over 50 years old suffer from osteoporosis, and 210 million people with low bone mass in China are at risk of osteoporosis. Human skeleton is like the frame of a tall building. Without the strength of the frame, the tall building is shaky, so osteoporosis is harmful. But in fact, if we start prevention from a young age, it can be avoided. A study published in Family Medicine magazine, Managing Your Bone Gold from Youth, found that the occurrence of osteoporosis in the elderly is closely related to the amount of bone accumulated in youth.

4

还在无“咸”不欢吗吃盐过多这些毛病可能盯上你

Are you still not happy with salt? Eating too much salt may catch your eye.

来源：多维新闻网

来源：多维新闻网

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：16:06:22

Time: 16:06:22

盐是人们日常生活中的调味剂，也是生活中不可缺少的东西。但吃盐过多是人们生活中普遍存在的一个问题，很多人都有着重口味，感觉清淡的食物难以入口。其实，吃盐过多对人体健康是有很大危害的。正常成年人每天食盐的摄入量应该保持在6克之内，对于小孩子需要根据年龄减少，中老年人因为其新陈代谢的速度减慢，吃盐量也要减少。此外一天食盐的摄入量跟食物的选取也有一定关系，如果一天吃很多腌制食物，也要相应减少食盐量。

Salt is not only the condiment in people's daily life, but also the indispensable thing in life. But eating too much salt is a common problem in people's lives. Many people have a strong taste and feel that light food is difficult to eat. In fact, eating too much salt is very harmful to human health. Normal adults should keep their salt intake within 6 grams a day. For children, it is necessary to reduce their salt intake according to their age. The middle-aged and old people should also reduce their salt intake because of the slowdown of their metabolism. In addition, the daily intake of salt has a certain relationship with the choice of food. If you eat a lot of pickled food, you should also reduce the amount of salt accordingly.

5

白斑病人易患抑郁症？做好2大护理利于病情康复

Is leukoplakia susceptible to depression? Two Nursing Care for Rehabilitation

来源：中国医药网

来源：中国医药网

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：18:06:56

Time: 18:06:56

白斑是一种很常见的皮肤病。这种疾病的显性特征就是在患者的皮肤表层出现大片的白色斑块，且色泽比肤色浅很多。通常情况下，白斑的患者都会出现皮肤瘙痒且越抓越痒、越抓越多的状况。因此，这类患者最好及时的接受相关的治疗，以此来控制白斑疾病对自身的伤害程度。对于白斑的患者来说，如果他们能够提高自身免疫力，那么也会起到缓解病情的目的。而能够提高患者身体免疫力的方法是有很多的，如和饮食。不过相对来说，在冬季期间从饮食上调节身体更为便捷，而白斑的患者在饮食之上，只需要本着高蛋白、高维生素、少盐、少油、少辛辣刺激的原则去搭配食物即可。

Leukoplakia is a very common skin disease. The dominant feature of this disease is the appearance of large white patches on the skin surface of the patient, and the color is much lighter than the skin color. Usually, patients with leukoplakia will have itchy skin and the more scratching, the more scratching. Therefore, it is better for these patients to receive timely treatment to control the degree of damage caused by leukoplakia. For patients with leukoplakia, if they can improve their immunity, it will also play a role in alleviating the disease. There are many ways to improve the immunity of patients, such as diet. Relatively speaking, it is more convenient to adjust the body from diet during winter, while patients with leukoplakia need only to match food in accordance with the principles of high protein, high vitamins, less salt, less oil and less spicy stimulation.

6

神奇给血管“点个穴”就能降糖

The magic of blood vessel "point" can reduce blood sugar

来源：多维新闻网

来源：多维新闻网

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：14:15:00

Time: 14:15:00

中国东南大学附属中大医院介入与血管外科滕皋军教授团队在国内外首创新方法，采用6位电极血管内去神经术麻痹神经，为糖尿病微创治疗开辟了新途径。为什么给血管“点穴”能控制住糖尿病呢？专家介绍，这是因为交感神经兴奋性增加是空腹血糖受损、胰岛素抵抗、高血压、肥胖等一系列代谢功能改变临床症状的主要原因。长期交感神经活化可诱发胰岛素抵抗，影响血流动力学，减少葡萄糖摄取及抑制肌细胞。另一方面，胰岛素抵抗同时也可激活交感神经，交感神经的过度激活可加重胰岛素抵抗，而高胰岛素血症可激活交感神经的活性。

Teng Gaojun, professor of interventional and vascular surgery, Zhongda Hospital Affiliated to Southeast University of China, pioneered an innovative method at home and abroad to paralyze nerves by 6-bit intravascular denervation, which opened up a new way for minimally invasive treatment of diabetes. Why can "acupoints" on blood vessels control diabetes mellitus? Experts say this is because increased sympathetic excitability is the main cause of a series of metabolic changes in clinical symptoms, such as impaired fasting blood sugar, insulin resistance, hypertension and obesity. Long-term sympathetic nerve activation can induce insulin resistance, affect hemodynamics, reduce glucose uptake and inhibit muscle cells. On the other hand, insulin resistance can also activate sympathetic nerve. Overactivation of sympathetic nerve can aggravate insulin resistance, while hyperinsulinemia can activate sympathetic nerve activity.

决心工程

Resolve To Save Lives

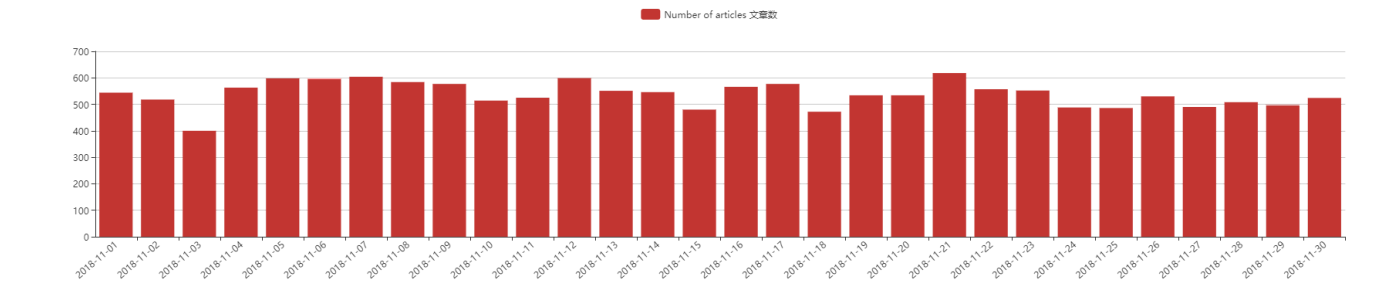
没有相关文章！

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2018-11-30, 共监测到524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 524 WeChat public articles were monitored in 2018-11-30. 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. <a href="#">想要健康长寿: 少吃三白, 多吃三黑</a> <a href="#">Want health and longevity, eat less three kinds of white food and eat more three kinds of black food.</a>	重复数: 10 Repeat Number: 10	日期: 2018-11-30 Data: 2018-11-30
长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要从肾脏排出, 加大肾脏负担。健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。如果已经确诊高血压, 每天最好不要超过3克。		
Long-term high-salt diet can easily lead to increased blood pressure and hardening of the arteries. Excess sodium needs to be excreted from the kidneys, increasing the burden on the kidneys. It is recommended that the optimal salt intake for healthy people through diet should not exceed 6 grams per day, which equals to the capacity of a regular beer bottle cap. If hypertension has been diagnosed, it is best not to exceed 3 grams per day.		
2. <a href="#">“吃错盐”也会患重病? 中国疾控权威专家告诉你其中缘由</a> <a href="#">“Eating salt in a wrong way” can also cause serious illness. China's authoritative disease control experts tell you the reason.</a>	重复数: 6 Repeat Number: 6	日期: 2018-11-30 Data: 2018-11-30
根据《中国居民膳食指南》的严格规定, 孩子半岁开始加辅食, 一岁前的所有辅食是不需要加盐、味精、鸡精、酱油等调味料的。因为一岁前孩子需要的钠元素很少, 奶类以及辅食中的钠元素就可以满足孩子的需要。在孩子肾功能还没有发育成熟时, 添加过量的盐会导致孩子无法代谢, 对身体造成危害!		
According to the strict regulations of the Chinese Dietary Guidelines, children begin to eat complementary foods when they are half a year old. All the complementary foods for children before the age of one year do not need to add salt, monosodium glutamate, chicken essence, soy sauce and other seasonings. Because children need less sodium at the age of one year, and the sodium in the milk and food supplements can meet the needs of children. When the child's kidney function is not yet mature, adding too much salt can cause the child to be unable to metabolize and cause harm to the body!		
3. <a href="#">实用! 18个超简单的烹饪小知识, 让你的饭菜更可口</a> <a href="#">Practical! 18 super simple cooking tips to make your meal more delicious</a>	重复数: 4 Repeat Number: 4	日期: 2018-11-30 Data: 2018-11-30
盐多必失。吃得太咸, 会缺钙、伤胃、伤肾、伤心、引发高血压、骨质疏松, 可能增加胃癌的患病风险。建议每天吃盐不超过6克, 如果把握不好量, 可以用限盐勺, 商店里有卖。酱油、咸菜、火腿肠、薯片等食物很咸, 含盐量很高, 不知不觉就吃了很多盐。盐的主要成分是钠。食品包装上的营养成分表会标出其中的钠含量, 尽量选择低钠食物。吃盐伤身, 本质上是盐中的钠在作怪。低钠盐中的一部分钠被钾代替了, 对身体更好。		
Excessive salt consumption is harmful to the body. Eating too salty can lead to calcium deficiency, stomach damage, kidney damage, heart injury, high blood pressure, osteoporosis, and may increase the risk of stomach cancer. It is recommended to eat no more than 6 grams of salt per day. If you don't know how to use it, you can use a salt-limited spoon and sell it in the store. Soy sauce, pickles, ham sausages, potato chips and other foods have high salt content, and people easily eat a lot of salt without knowing it. The main component of the salt is sodium. The nutrient content on the food packaging will indicate the sodium content, and try to choose low sodium food. Excess sodium in the salt is harmful to the human body. A part of the sodium in the low sodium salt is replaced by potassium, which is better for the body.		
4. <a href="#">精盐、低钠盐、加钙盐哪种更健康? 小心吃错了惹一身病!</a> <a href="#">Which is the healthiest one among refined salt, low sodium salt and calcium salt? Watch out for eating wrong and getting sick!</a>	重复数: 4 Repeat Number: 4	日期: 2018-11-30 Data: 2018-11-30
食盐的主要成分是钠, 吃盐过多, 体内钠离子增加, 就会导致面部细胞失水, 从而造成皮肤老化, 时间长了就会使皱纹增多, 加速衰老。吃盐过多, 人体会感觉到口渴, 这时就会多喝水, 水分子进入血液后, 被血液里的盐牢牢吸住, 使血管膨胀, 血压升高, 导致身体浮肿。吃太咸太辣的食物会刺激咽喉, 容易导致咽喉炎, 也会降低黏膜对病毒和细菌的抵抗力, 所以为了保护自己的咽喉, 平时尽量控制食盐的摄入。		
The main ingredient of salt is sodium. After excessive consumption of salt, the increase of sodium ions in the body will cause the facial cells to lose water, which will cause skin aging. Over time, it will increase wrinkles and accelerate aging. After eating too much salt, the body will feel thirsty and drink plenty of water. After the water molecules enter the blood, they are firmly absorbed by the salt in the blood, causing the blood vessels to swell and the blood pressure to rise, causing the body to swell. Eating too salty and spicy food can irritate the throat and cause pharyngitis. It also reduces the resistance of the mucosa to viruses and bacteria. Therefore, in order to protect your throat, usually try to control the intake of salt.		
5. <a href="#">为何日本人寿命全球最长? 因为他们有10大法则, 我们真该学学!</a> <a href="#">Why do Japanese live the longest in the world? Because they have 10 rules, and we should learn them!</a>	重复数: 3 Repeat Number: 3	日期: 2018-11-30 Data: 2018-11-30
日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。比如, 不喝太多味增汤, 吃拉面时别喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。相比之下, 我国居民盐摄入量严重超标, 是世界卫生组织推荐量的2.4倍。我国数量庞大的心脑血管疾病和高血压患者群体, 与高盐饮食关系密切。		
As early as 1975, the Japanese government began to pay attention to the issue of national salt reduction and launched a series of salt reduction campaigns. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to controlling salt from all aspects of the diet. For example, don't drink too much flavored soup, don't drink soup when you eat ramen, and finally put salt when cooking and stewing, which can minimize salt intake. In contrast, the salt intake of our residents is seriously exceeded, which is 2.4 times the recommended amount of the World Health Organization. The large number of patients with cardiovascular and cerebrovascular diseases and hypertension in China is closely related to the high salt diet.		

## 减盐-微博

### Salt Reduction - Weibo

2018-11-30, 共检测到1666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。

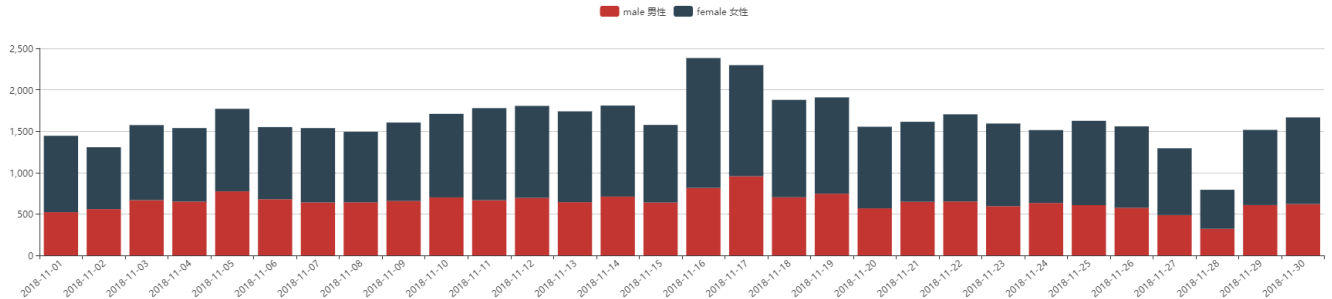
There are 1666 weibos about salt reduction monitored on 2018-11-30.

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: 美食育儿二头妈

地区: 广东

认证: 个人

Nickname: 美食育儿二头妈

Area: Guangdong

Identity: Person

时间: 2018-11-30 11:00

来自: 微博weibo.com

转发数: 356

评论数: 297

点赞数: 880

Time: 2018-11-30 11:00

Source: 微博weibo.com

Repost: 356

Comment: 297

Like: 880

#生活的模样##母婴v时代#食盐的主要成分是氯化钠, 1g食盐约含393.2mg钠, 而0-6个月宝宝钠的需求量为170mg, 7-12个月宝宝为350mg, 也就是说每天需求的钠不到400mg (相当于1g食盐), 但是一岁以内的宝宝, 母乳、配方奶、天然食物中存在的盐已能满足宝宝的需求, 再额外加盐则会添加宝宝肾脏负担, 影响宝宝健康  
The main component of the salt is sodium chloride, and 1 g of salt contains about 393.2 mg of sodium. The demand for baby sodium in 0-6 months is 170mg, and the demand for baby in 7-12 months is 350mg, which means that the daily demand for sodium is less than 400mg (equivalent to 1g salt). However, for the baby within one year of age, the salt in breast milk, formula and natural food can meet the baby's needs, and additional salt will add the baby's kidney burden, affecting the baby's health.

##### 2. 昵称: 健康曝光台

地区: 北京

认证: 个人

Nickname: 健康曝光台

Area: Beijing

Identity: Person

时间: 2018-11-30 18:30

来自: 搜狗高速浏览器

转发数: 106

评论数: 100

点赞数: 292

Time: 2018-11-30 18:30

Source: 搜狗高速浏览器

Repost: 106

Comment: 100

Like: 292

#住院61天花了104万#9月13日, 家住湖北的刘先生因急性心梗被送入医院, 因合并右侧冠状动脉严重堵塞, 在医院住院61天, 花了104万心脑血管疾病给家庭带来沉重的负担, 如果能及早发现、及早预防, 对家庭和患者来讲都是莫大的幸运。冬季是心脑血管疾病的高发季, 除了平时少油少盐, 注意运动外, 家里有老人的要注意, 出现这些征兆说明可能心梗了! #健康一冬  
On September 13, Mr. Liu, who lives in Hubei, was admitted to the hospital because of acute myocardial infarction. He was hospitalized for 61 days in the hospital because of a serious blockage of the right coronary artery. He spent 1.04 million cardiovascular and cerebrovascular diseases to bring a heavy burden to the family. If he can find it early and prevent it early, it will be a great fortune for the family and the patient. Winter is a high season for cardiovascular and cerebrovascular diseases. Our diet should be less oil and less salt, and we should pay attention to exercise. The family with the elderly should pay attention to the fact that the elderly have these signs indicating that they may have a heart attack!

##### 3. 昵称: 生命时报

地区: 北京

认证: 机构

Nickname: 生命时报

Area: Beijing

Identity: Institution

时间: 2018-11-30 11:27

来自: 微博weibo.com

转发数: 76

评论数: 9

点赞数: 46

Time: 2018-11-30 11:27

Source: 微博weibo.com

Repost: 76

Comment: 9

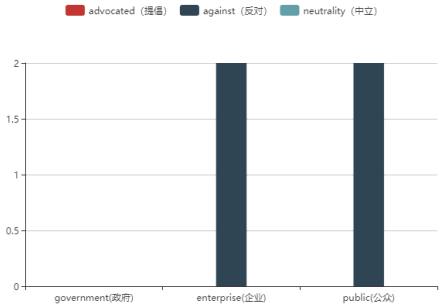
Like: 46

【6种人不能随便喝汤快来对号入座】很多人希望通过喝汤来养生, 但对于一些特殊人群而言, 喝汤时如果不注意, 还可能带来健康风险: ①痛风: 忌肉汤; ②高血压: 控盐控油; ③肥胖&高血脂: 喝前先撇油; ④胃酸多: 忌空腹喝汤; ⑤糖尿病: 少油盐糖; ⑥胆囊炎: 忌浓汤。看看这些人里有没有你?  
(6 kinds of people can not drink soup casually) Many people hope to maintain their health by drinking soup, but for some special people, if you do not pay attention when drinking soup, it may bring health risks: 1. gout: avoid drinking broth; 2. high blood pressure: control the amount of salt and oil; 3. obesity & high blood fat: remove the oil before drinking soup; 4. more stomach acid: can not drink soup on an empty stomach; 5. diabetes: less oil, salt and sugar; 6. cholecystitis: avoid thick soup. See if you are in these people?

# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-11-30) 共监测到4条资讯。请点击标题查看全文。  
There are 4 articles monitored today 2018-11-30. 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

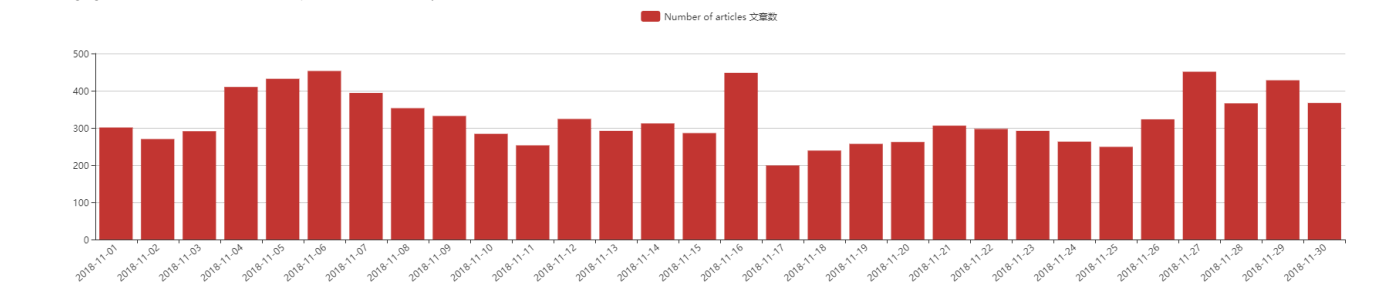
反式脂肪酸 Trans fat	来源: 中国经济网	主体: 公众	态度: 反对	时间: 08:31:17
1. <a href="#">全脂牛奶不好? 这是种误解</a> <a href="#">Is whole milk bad? This is a misunderstanding.</a>	来源: 中国经济网	Subject: public	Attitude: against	Time: 08:31:17
日前, 英国《柳叶刀》杂志刊载的一篇研究在国内营养界引起了关注。这项研究分析了21个国家和地区13万人9年随访的数据后得出结论: 每天摄入3份全脂牛奶制品或有助心脏健康, 降低心血管疾病和早逝风险。结果还显示, 全脂牛奶制品和低脂牛奶制品区别不大, 都有益于身体健康。纵观这几年的国外研究, 都指向了一个方向: 饱和脂肪对心血管健康的负面影响或遭“妖魔化”。此前, 随着我国临床血脂异常检出率的增高, 富含饱和脂肪酸的全脂牛奶被视为有害健康, 低脂牛奶、脱脂牛奶被提倡。那么, 对于全脂牛奶, 我们到底需要“逃离”还是“追捧”?				
Recently, a study published in the Lancet magazine has attracted much attention in the nutritional field in China. The study analyzed data from a nine-year follow-up of 130,000 people in 21 countries and regions and concluded that three full-fat dairy products a day may help heart health, reduce cardiovascular disease and premature death. The results also showed that there was little difference between whole milk products and low fat milk products, which were beneficial to health. Over the past few years, foreign studies have pointed to a direction: the negative impact of saturated fat on cardiovascular health or "demonization". Previously, with the increase of abnormal blood lipid detection rate in China, full-fat milk rich in saturated fatty acids was considered harmful to health, low-fat milk and skim milk were advocated. So, for whole milk, do we need to "flee" or "chase"?				

2. <a href="#">吃fat就会变fat吗? Does eating fat make you fat?</a>	来源: 手机网易网 来源: 手机网易网	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 14:53:03 Time: 14:53:03
<p>嫩欲滴的红烧肉，减肥的你敢下筷子吗？关于减肥要不要少吃含脂肪食物这个问题嘛，虽然有体质因素在里面，但其实更重要的是对脂肪有一个正确全面的认识，解除对脂肪的误解，才有可能在大饱口福的同时还能保持苗条的身材。脂肪是健康膳食的重要组成部分，也是影响食物口感的最重要因素。记得读过一篇文章，有研究人员研究如何在实验室用细胞培养的方法，像种玉米一样培养出甜美的牛肉，但是口感一直很奇怪。其原因就在于，他用的是纯肌肉细胞做的培养，没有脂肪的存在，肉质的嫩滑也就消失了。</p> <p>The tender and tender roast meat, do you dare to use chopsticks to lose weight? As for whether to eat less fat food or not, although there are physical factors in it, in fact, the more important thing is to have a correct and comprehensive understanding of fat. Only by removing the misunderstanding of fat, can we be able to keep a slim figure while having a good appetite. Fat is an important component of a healthy diet and the most important factor affecting the taste of food. I remember reading an article in which researchers studied how to grow sweet beef like corn in a laboratory cell culture method, but the taste has always been strange. The reason is that he used pure muscle cells for cultivation. Without fat, the tenderness and smoothness of meat disappeared.</p>				
3. <a href="#">雀巢的2030小目标：帮助全球5000万儿童过上健康生活 Nestle's 2030 Goal: Helping 50 million children around the world live a healthy life</a>	来源: 中国经济网 来源: 中国经济网	主体: 企业 Subject: industry	态度: 反对 Attitude: against	时间: 15:53:17 Time: 15:53:17
<p>《“健康中国2030”规划纲要》提出要加强健康教育，其中特别提到要加大学校健康教育力度，以中小学为重点，建立学校健康教育推进机制。而早在2009年，雀巢公司提出了“雀巢健康儿童全球计划”，在学校健康教育方面做出了积极有益的探索，最近雀巢又提出该计划2030的新目标。雀巢全球CEO透露了2030年目标 近日，雀巢全球CEO马克·施耐德向记者介绍了雀巢正在推行的“雀巢健康儿童全球计划”，该计划包含三个重点领域。一是营养知识。二是产品创新。三是项目和服务。</p> <p>The Outline of the "Healthy China 2030" Plan puts forward that health education should be strengthened, with particular reference to strengthening school health education, focusing on primary and secondary schools, and establishing a mechanism for promoting school health education. As early as 2009, Nestle put forward the "Nestle Global Plan for Healthy Children", which has made positive and beneficial exploration in school health education. Recently, Nestle put forward the new goal of the plan 2030. Nestle Global CEO disclosed the target of 2030. Recently, Nestle Global CEO Mark Schneider introduced to reporters the Nestle Global Plan for Healthy Children, which includes three key areas. One is nutrition knowledge. Second, product innovation. Third, projects and services.</p>				
4. <a href="#">吾渔村鱼油，那些你不知道的小故事 Fish oil in Wuyucun, those little stories you don't know</a>	来源: 中国贸易金融网 来源: 中国贸易金融网	主体: 企业 Subject: industry	态度: 反对 Attitude: against	时间: 15:53:47 Time: 15:53:47
<p>历史与文化是可以传承的,不信你看,2000多年前的秦始皇对东瀛魂牵梦萦,只为求得不老仙丹,而现如今中华子孙也一样的喜欢各类代购,去国外选择更好的生活方式,比如购买深海鱼油。上个世纪80年代,有科学家对这种现象开展了研究,并提出一个观点,他们认为因纽特人得心血管疾病概率低的原因,是因为他们独特的饮食,尤其是深海里的鱼类,含有高浓度的多不饱和脂肪酸,也即Ω-3多不饱和脂肪酸。于是乎,深海鱼油被提炼出来,成为保健品市场的佼佼者,约10%的美国人民会定期的补充鱼油,就是为了预防一些常见的心血管类疾病。</p> <p>History and culture can be inherited. If you don't believe it, Qin Shihuang was haunted by the soul of Dongying more than 2000 years ago in order to get rid of the immortals. Now, Chinese descendants like to buy on behalf of others and go abroad to choose a better way of life, such as buying deep-sea fish oil. In the 1980s, some scientists studied this phenomenon and put forward a viewpoint that the reason why Inuit people have low risk of cardiovascular disease is that their unique diet, especially deep-sea fish, contains high concentration of polyunsaturated fatty acids, or omega-3 polyunsaturated fatty acids. As a result, deep-sea fish oil has been refined to become a leader in the health care market. About 10% of Americans regularly supplement fish oil in order to prevent some common cardiovascular diseases.</p>				
<div>决心工程 Resolve To Save Lives</div>				
没有相关文章!				
No such articles!				

# 反式脂肪酸-微信 Transfat - WeChat

2018-11-30，共监测到367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 367 WeChat public articles were monitored in 2018-11-30. 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.



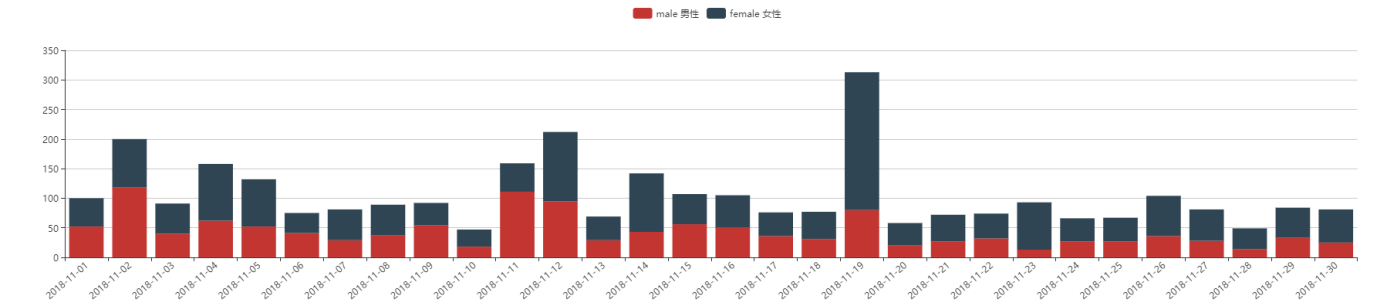
热门文章-前五 Popular Articles - Top 5		
1. 隔一天喝一大杯! 16岁女生连走路都喘! 医生: 这两种人不要喝! <a href="#">Have a big drink every other day! A 16-year-old girl is wheezing even when she walks! Doctor: Don't drink them!</a>	重复数: 11 Repeat Number: 11	日期: 2018-11-30 Data: 2018-11-30
福州一位高二女生日前突发心肌炎，曾经是校游泳队主力的她，今后一学期都无法再上体育课了。而导致她患上心肌炎的原因，可能与常喝奶茶及熬夜有关。福建医科大学营养公共学院专家表示，食品与健康存在必然的联系，反式脂肪酸（制作奶茶的配料植脂末中含有）对心脑血管疾病的影响在医学界是明确的，青少年及孕妇不适合喝奶茶。		
A high school female in Fuzhou had a sudden onset of myocarditis. She used to be the main force of the school swimming team and could not take physical education classes for the next school year. The cause of her heart disease may be related to drinking milk tea and staying up late. Experts from the Nutrition Public College of Fujian Medical University said that there is an inevitable connection between food and health. The effects of trans fatty acids (which are contained in the creamer of the milk tea ingredients) on cardiovascular and cerebrovascular diseases are clear in the medical community. Teenagers and pregnant women are not suitable for drinking milk tea.		
2. 隔一天喝一大杯奶茶! 16岁女生突发心肌炎，连走路都喘! 医生: 这两种人不要喝! <a href="#">Drink a large cup of milk tea every other day! A 16-year-old girl suffers from sudden myocarditis and wheezes even when she walks! Doctor: Don't drink them!</a>	重复数: 7 Repeat Number: 7	日期: 2018-11-30 Data: 2018-11-30
商品说明的最后栏写明了使用范围：非直接提供给消费者，一点点奶茶铺做奶茶添加用。专家介绍，植脂末就是植物奶油，也叫氢化植物油，含反式脂肪酸，而反式脂肪酸对心脑血管疾病的影响在医学界是明确的，所以世界卫生组织推荐我们膳食脂肪中反式脂肪酸的供能比不超过百分之一。		
The last column of the product description states the scope of use: not directly to the consumer, a little milk tea shop to use it for milk tea addition. Experts say that the non-dairy cream is plant butter, also known as hydrogenated vegetable oil, containing trans fatty acids, and the effects of trans fatty acids on cardiovascular and cerebrovascular diseases are clear in the medical community. Therefore, the World Health Organization recommends that the energy supply of trans fatty acids in our dietary fat should not exceed one percent.		
3. 隔一天喝一大杯! 16岁女生突发心肌炎 医生: 这两种人不要喝 <a href="#">Drink a big cup every other day! 16-year-old girl had a sudden onset of myocarditis The doctor advises these two people not to drink it.</a>	重复数: 3 Repeat Number: 3	日期: 2018-11-30 Data: 2018-11-30
王主任告诉记者，目前科学界公认的是，氢化植物油的生产过程中会产生反式脂肪酸，这种物质对人体有较大危害，可以使人血液中的低密度脂蛋白增加，高密度脂蛋白减少，诱发血管硬化，增加心脏病、脑血管意外的危险。		
Director Wang told reporters that it is now recognized in the scientific community that trans fatty acids are produced during the production of hydrogenated vegetable oils. This substance is harmful to the human body. It can increase the low-density lipoprotein in the human blood, reduce the high-density lipoprotein, induce hardening of the arteries, and increase the risk of heart disease and cerebrovascular accidents.		
4. 这6种牛奶坚决不能给孩子喝，第二种你可能天天在买! <a href="#">These 6 kinds of milk can not be given to children. The second one you may be buying every day!</a>	重复数: 3 Repeat Number: 3	日期: 2018-11-30 Data: 2018-11-30
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，不仅不利于宝宝健康，还会影响智力发育，而且大部分的奶片中都添加了香精，食用过量会影响宝宝的健康。		
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. 又出事! 16岁少女因喝奶茶引致突发心肌炎? 这两种人要慎喝! <a href="#">Another accident! A 16-year-old girl with sudden myocarditis caused by drinking milk tea? These two kinds of people should drink carefully!</a>	重复数: 2 Repeat Number: 2	日期: 2018-11-30 Data: 2018-11-30
除了咖啡因含量，奶茶中另外一个影响健康的重要成分就是植脂末。（植脂末又称奶精，是以精制植物油或氢化植物油、酪蛋白等为主要原料的新型产品。）目前科学界公认的是，氢化植物油的生产过程中会产生反式脂肪酸，这种物质对人体有较大危害，可以使人血液中的低密度脂蛋白增加，高密度脂蛋白减少，诱发血管硬化，增加心脏病、脑血管意外的危险。		
In addition to caffeine content, another important ingredient in milk tea that affects health is the non-dairy creamer. The non-dairy creamer is a new product mainly composed of refined vegetable oil, hydrogenated vegetable oil and casein. It is now recognized in the scientific community that trans fatty acids are produced during the production of hydrogenated vegetable oils. This substance is harmful to the human body. It can increase the low-density lipoprotein in the human blood, reduce the high-density lipoprotein, induce hardening of the arteries, and increase the risk of heart disease and cerebrovascular accidents.		



# 反式脂肪酸-微博

## Transfat - Weibo

2018-11-30, 共检测到81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 81 weibos about transfat reduction monitored on 2018-11-30.  
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!