

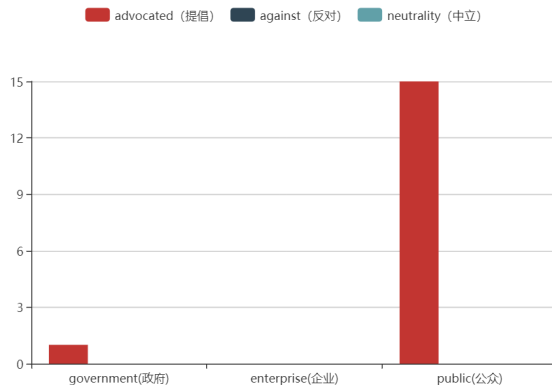
减盐-新闻

Salt Reduction - News

今日 (2018-10-31) 共监测到16条资讯。请点击标题查看原文。

There are 16 articles monitored today 2018-10-31. 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

1. 饮食过于清淡导致了低钠血症老汉昏迷进医院
Eating too light led to hyponatremia man coma in the hospital

来源: 半岛网
来源: 半岛网

主体: 公众
Subject: public

态度: 提倡
Attitude: advocate

时间: 09:14:44
Time: 09:14:44

78岁的王老汉近日因为昏迷被送进医院,10月30日,记者从青岛市市立医院西院区了解到,导致王老汉昏迷的原因竟然是因为饮食过于清淡,导致了低钠血症。据介绍,低钠血症是常见的电解质紊乱,严重了会危及生命,对此,医生提醒市民,控盐时不要过于限制盐的摄入,每天不超过6g即可,另外及时检测做到早发现、早诊断、早治疗。

Wang Laohan, 78, was admitted to the hospital recently because of a coma. On October 30, the reporter learned from the Xiyuan District of Qingdao Municipal Hospital that the reason for Wang Laohan's coma was that his diet was too light, leading to hyponatremia. According to reports, hyponatremia is a common electrolyte disorders, serious will endanger life, the doctor reminded the public, salt control should not be too restrictive intake of salt, no more than 6 g a day can be, in addition to timely detection to achieve early detection, early diagnosis, early treatment.

2. 支招: 中风“报警”, 避险有哪几招?
Action: stroke "alarm", risk aversion have which a few action?

来源: 新华网山东频道
来源: 新华网山东频道

主体: 公众
Subject: public

态度: 提倡
Attitude: advocate

时间: 15:15:12
Time: 15:15:12

进入霜降之后, 白天热夜间凉, 昼夜温差变化较大, 稍不注意, 就易着凉伤风, 甚至引起中风。广州市第一人民医院南沙医院(南沙中心医院)神经内科主任医师欧阳樱君提醒大众, 如果你是中风的高危人群, 担心自己中风, 请立即调整生活方式, 并且降压、降糖、降脂、抗血小板, 有效降低脑卒中(又称中风)的发生率。 到底是什么原因引起脑卒中? 在所有脑血管疾病中, 脑卒中的发病率和死亡率最高。“脑卒中包括脑梗死、脑出血和蛛网膜下腔出血等。据统计, 我国脑卒中年龄标化发病率超过336/10万, 位列全球第一。

After entering the frost fall, the day is hot and the night is cool. The temperature difference between day and night varies greatly. If you don't pay attention to it, you will easily catch cold, even cause stroke. Ouyang Yingjun, chief neurologist of Nansha Hospital (Nansha Central Hospital), Guangzhou First People's Hospital, reminds the public that if you are a high-risk group of stroke and are worried about your own stroke, you should immediately adjust your lifestyle, and reduce blood pressure, blood sugar, lipid and anti-platelet, effectively reduce the incidence of stroke (also known as stroke). Rate.What causes stroke?The incidence and mortality of stroke are the highest among all cerebrovascular diseases. Stroke includes cerebral infarction, cerebral hemorrhage and subarachnoid hemorrhage. According to statistics, the age standardized incidence rate of stroke in China is over 336/10 million, ranking first in the world.

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!

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
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

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. 癌症离年轻人很远? 癌症怎么预防看看安徽省肿瘤医院专家怎么说 Cancer is far from young people?How cancer prevention in anhui province tumor hospital expert how to say
来源：万家热线 主体：公众 态度：提倡 时间： 16:15:45
来源：万家热线 Subject: public Attitude: advocate Time: 16:15:45
近日，名嘴李咏患癌去世的消息令人揪心不已。李咏患了什么癌也成为大众关注焦点。2018全球癌症统计数据显示，肺癌、乳腺癌、结肠直肠癌发病率最高。安徽省医学会肿瘤学分会主任委员、省肿瘤医院院长钱立庭指出，普通人更需要关心的是日常的癌症筛查和预防。生活中做到以下这些，或许癌症就能离我们远一点。
Recently, the news of Li Yong's death from cancer has been worrying. Li Yong's cancer has also become the focus of public attention. 2018 the global cancer statistics show the highest incidence of lung cancer, breast cancer and colorectal cancer. Qian Liting, chairman of the Oncology Society of Anhui Medical Association and President of the provincial oncology hospital, pointed out that ordinary people need to pay more attention to routine cancer screening and prevention. If we do these things in life, maybe cancer will be far away from us.
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

浙江
Zhejiang

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!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 不催你吃早餐了，因为要吃好也不容易（下） Don't rush you for breakfast, because it's not easy to eat better (below)	来源：新浪网 来源：新浪网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:04:13 Time: 15:04:13
上期我们介绍了一下吃早饭时的常见问题和坏习惯，既然发现了问题，自然要帮大家解决问题。这里就精挑细选，帮大家选出了一份健康早餐的搭配。什么？你说起不了床怎么办？这个天聊不下去了..... 挑三“减”四的健康早餐。				
Last time we introduced the common problems and bad habits of breakfast.Now that we have found the problem,Naturally, we need to help you solve problems.This is a fine selection, which helps you choose a healthy breakfast.What? What can you do when you can't talk about bed?I can't talk this day.Pick three "reduced" four healthy breakfast.				
2. 从年底开始，你打的酱油也许只能叫“调味液”了！ Starting from the end of the year, you dozen soy sauce might call "flavoring liquid"!	来源：新浪网 来源：新浪网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:24:10 Time: 10:24:10
日前江苏省消协发布的一份酱油检测报告引发轩然大波。酱油“新国标”将从12月21日起实施，届时一部分“酱油”只能叫“调味液”了。10月12日，江苏省消费者权益保护委员会（原江苏省消费者协会）发布的一份酱油产品比较试验报告显示，120个酱油样品中有29个样品不符合国家相应标准，其中，超7成酱油检出了增鲜剂。报告还显示，“李锦记”“海天”各有一款产品分别因“钠含量明示数值与检测数值不符”“营养成分表中蛋白质NRV%值计算有误”登上“黑榜”。俗话说“开门七件事，柴米油盐酱醋茶”，调味品虽不是主食，却也在生活中不可或缺。				
A soy sauce inspection report released by Jiangsu Consumers Association has caused a great stir. Soy sauce "new national standard" will be implemented from December 21, when part of the "soy sauce" can only be called "seasoning liquid".On October 12, a comparative test report on soy sauce products issued by Jiangsu Provincial Consumer Rights and Interests Protection Committee (formerly Jiangsu Provincial Consumer Association) showed that 29 of 120 soy sauce samples did not conform to the corresponding national standards, of which more than 70% of soy sauce samples were detected fresheners. The report also showed that "Li Jinji" and "Haitian" each had a product on the "black list" because "the explicit value of sodium content does not conform to the test value" and "the calculation of NRV% of protein in the nutritional ingredients table is wrong". As the saying goes, "Seven things open the door, butter, butter, salt, soy sauce, vinegar and tea", seasoning is not a staple food, but also indispensable in life.				
3. 鸡精和味精，哪个更健康？ Chicken essence and monosodium glutamate, which is more healthy?	来源：搜狐 来源：搜狐	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:24:59 Time: 17:24:59
鸡精和味精，哪个更健康？味精的主要成分是谷氨酸钠，鸡精是在味精的基础上加了助鲜剂、盐、糖、鸡肉粉、玉米淀粉等；相对于味精来比，鸡精的味道可能会更鲜更香一些。但是因为两者都含有钠离子，长期过多食用，会增加高血压和动脉硬化等风险。因此，烹调食物时，本来已经加了盐，有的人为了给菜品提鲜，又会加入一定量的鸡精或者味精，这样只能会增高食物中钠离子的含量，使人摄入的钠离子更多，长此以往，这将是引起高血压的诱因。同时，习惯使用大量的鸡精味精来烹饪，还会掩盖食材本真味道。因此，为了健康，建议尽量少用。				
Which is healthier than chicken essence or MSG?The main ingredient of monosodium glutamate is sodium glutamate. Chicken monosodium glutamate is based on monosodium glutamate and added with fresh aid, salt, sugar, chicken meal, corn starch, etc.Compared with MSG, chicken essence may taste more fresh and fragrant. But because both contain sodium ions, long-term overconsumption increases the risk of high blood pressure and atherosclerosis.Therefore, when cooking food, already added salt, some people will add a certain amount of chicken essence or monosodium glutamate in order to refresh the dishes, which will only increase the content of sodium ions in food, so that people absorb more sodium ions, in the long run, this will be a cause of hypertension.At the same time, the habit of using a large amount of chicken essence MSG for cooking will also mask the true taste of food. Therefore, for health reasons, it is recommended to use as little as possible.				
4. 英国研究发现多数肉类替代品含盐量甚至超过海水 British study has found that most of the meat substitutes even more salt than seawater	来源：中国新闻网 来源：中国新闻网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：18:27:25 Time: 18:27:25
据《澳大利亚人报》10月23日报道，英国伦敦玛丽皇后大学一家名为“对盐行动”（Action on Salt)的健康组织对一百多种不含肉类的食物进行了检查。尽管这些食物通常被认为是一种更健康的选择，但结果检测却发现，其中很多食物含盐量超标，有些食物含盐量甚至比海水盐度还高。该研究小组对157种肉类替代品进行了研究，其中包括无肉汉堡、无肉香肠和无肉的肉末状食物，发现其中许多产品有较高的含盐量，有些甚至超过了推荐标准。研究发现，一般而言，无肉汉堡比普通牛肉汉堡的含盐量更高。该组织呼吁英国公共卫生部门解决其对不含肉类产品高含盐量的担忧，并实施降盐战略。				
Acton Salt, a health organization at Queen Mary University in London, has examined more than 100 meat-free foods, the Australian newspaper reported on October 23. Although these foods are generally considered to be a healthier option, tests have found that many of them contain excessive amounts of salt, and some are even more salty than seawater.The team studied 157 meat substitutes, including meat-free hamburgers, meat-free sausages and meat-free minced foods, and found that many of these products had higher salt content, some even exceeding recommended standards. Studies have found that meat free hamburgers are generally more salty than beef hamburgers.The group called on Britain's public health authorities to address their concerns about the high salt content of meat-free products and implement salt reduction strategies.				
5. 提个醒：吃红薯有三大禁忌，却有很多人不清楚，别犯错误了 Reminder: eat sweet potato has three big taboo, but there are a lot of people don't know, don't make mistakes	来源：中国江西新闻网 来源：中国江西新闻网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：10:38:24 Time: 10:38:24
红薯是现代很多人喜欢的养生食物，不仅美味又健康，而且素来就具有“长寿食品”的美誉，常吃红薯能提高免疫力、止血、降糖、解毒、防治夜盲症，红薯不能与3种食物同食，我们一起来看看吧。红薯味道甜美，富含人体所需的多种营养物质，常吃红薯有助于维持人体的正常叶酸水平，可有效预防各种癌症的发生，另外红薯中所含有的膳食纤维还有促进胃肠蠕动，预防便秘，直肠癌的作用。红薯属于高钾低钠类的食物，钾元素丰富的同时，其中的钠含量又非常的少，对于高血压人群，或者是血压水平不稳定的人群，每天适量的吃些红薯，对于因为摄入的食盐量比较高血压不稳定的现象，有很好的降血压功效。红薯中含有的维生素A，以及胡萝卜素都十分的丰富，后者还能够在我们机体中转化为维生素A，它能够起到很好的保护视力的作用。				
Sweet potatoes are popular health food for many people nowadays. They are not only delicious and healthy, but also have the reputation of"longevity food". Often eating sweet potatoes can improve immunity, stop bleeding, reduce sugar, detoxify, prevent and cure night blindness. Sweet potatoes can not be eaten with three kinds of food. Let's take a look at them together.Sweet potatoes taste sweet, rich in a variety of nutrients needed by the human body, often eat sweet potatoes to help maintain the normal level of folic acid, can effectively prevent the occurrence of various cancers, in addition to sweet potatoes contain dietary fiber and promote gastrointestinal peristalsis, prevent constipation, rectal cancer.Sweet potatoes belong to high potassium and low sodium foods, potassium rich at the same time, the sodium content is very small, for high blood pressure people, or people with unstable blood pressure level, daily moderate intake of sweet potatoes, for the intake of salt is relatively unstable phenomenon of hypertension, has a good antihypertensive effect. Sweet potato contains vitamin A, and carotene are very rich, the latter can also be converted into vitamin A in our body, it can play a very good role in protecting vision.				
高血压 Hypertension				
1. 寿光市田柳镇卫生院组织开展“全国高血压日”宣传活动 Shouguang Tian Liu town township health organizations to carry out the "national hypertension day" campaign	来源：健康报 来源：健康报	主体：政府 Subject: government	态度：提倡 Attitude: advocate	时间：22:04:14 Time: 22:04:14
为推进全镇高血压防治工作，进一步提升居民健康素养水平，山东省寿光市田柳镇卫生院组织该镇有关部门和单位开展了以“知晓您的血压”为主题的“全国高血压日”宣传活动。当日，该卫生院派出多名专业人员，在镇驻设立了“全国高血压日”宣传咨询站。活动现场，悬挂了主题宣传条幅，摆放了内容丰富的高血压防控知识及减盐技巧宣传展版。同时，向过往群众散发《高血压防治知识》、《知晓您的血压共同参与防控》宣传单，《盐与高血压》宣传知识手册，《远离高血压 从控盐开始》、《和谐我生活 健康中国人》宣传折页等宣传资料。为群众提供义诊服务，向群众发放限盐勺、限盐罐等健康支持工具，指导群众了解自己的血压状况，掌握控制血压的方法，养成健康的生活方式，解答群众的有关咨询问题等。				
In order to promote the prevention and treatment of hypertension in the whole town and further improve the health literacy level of residents, the Tianliu Town Health Hospital of Shouguang City, Shandong Province, organized the relevant departments and units of the town to carry out the propaganda activities of "National Hypertension Day" with the theme of "Know Your Blood Pressure".On the same day, the hospital sent a number of professionals in the town to set up a "National Hypertension Day" publicity and consultation station. At the scene of the event, promotional banners were hung and publicity exhibitions of hypertension prevention and control knowledge and salt reduction techniques were displayed. At the same time, the propaganda materials such as "Knowledge of Hypertension Prevention and Treatment", "Knowing Your Blood Pressure to Participate in Prevention and Control", "Salt and Hypertension" propaganda knowledge manual, "Far from Hypertension Starting from Salt Control", "Harmonious and Healthy Chinese People" were distributed to the past. Providing free clinic service for the masses, distributing health support tools such as salt spoon and salt pot to the masses, guiding the masses to				

understand their blood pressure, mastering the methods of controlling blood pressure, developing a healthy lifestyle, and answering the related consultation questions of the masses, etc.

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. [这些食品都很“咸” 减盐不只是减食盐](#) 来源：中国新闻网 主体：公众 态度：提倡 时间：18:03:57
[These foods are "salty" salt not only reduce salt](#) 来源：中国新闻网 Subject: public Attitude: advocate Time: 18:03:57

“菜淡了不香”“吃盐少了没劲儿”“好厨师一把盐”……中国的这些“高盐文化”理念得改改了，饭菜与食物的美味与否不应该让单一的食盐决定了。食用盐摄入量超标75%。现状：2015年，《中国居民营养与慢性病状况报告》显示，2012年我国18岁及以上居民平均每日盐摄入量为10.5克，比推荐的6克高出75%。《国民营养计划(2017~2030年)》提出，减盐目标是到2030年实现全国人均每日食盐摄入量下降20%。减盐目标是到2030年实现全国人均每日食盐摄入量下降20%。

"Vegetables are not fragrant," "eat less salt, have no strength", "a good cook, a salt"... These "high salt culture" concepts in China have to be changed, and the delicacy of food and food should not be determined by a single salt.The intake of edible salt exceeded 75%.Status: In 2015, the Nutrition and Chronic Diseases Report of Chinese Residents showed that the average daily salt intake of Chinese residents aged 18 and over was 10.5 grams in 2012, 75% higher than the recommended 6 grams. According to the National Nutrition Plan (2017-2030), the goal of reducing salt is to achieve a 20% reduction in the national average daily salt intake by 2030.The goal of salt reduction is to reduce the average daily salt intake per capita by 20% in 2030.

2. [每天跑步多少公里才有减肥效果?](#) 来源：汉丰网 主体：公众 态度：提倡 时间：22:04:24
[How many kilometers running every day to have effect reducing weight?](#) 来源：汉丰网 Subject: public Attitude: advocate Time: 22:04:24

每天跑步多少公里才有减肥效果? 跑步就能减肥? 其实不是的。有的人经常跑步，跑5公里甚至10公里都没有瘦。而有的人几乎不运动，但是体型却能保持得挺好。因此跑步和减肥没有必然的联系。那么如何才能减肥?

How many kilometers per day can you lose weight?Can you lose weight by running? Not really. Some people often run, running 5 kilometers or even 10 kilometers are not thin. Some people do not exercise very much, but they can maintain good shape. So running and losing weight are not necessarily linked. So how can you lose weight?

3. [没有单一食材可预防癌症](#) 来源：新华网天津频道 主体：公众 态度：提倡 时间：17:05:16
[There is no single food can prevent cancer](#) 来源：新华网天津频道 Subject: public Attitude: advocate Time: 17:05:16

著名主持人李咏因癌症去世的消息引起市民广泛关注。消息传出后，网上开始流传和转发各种防癌抗癌秘方以及小妙招，比如大蒜、海参、绿茶等食材，多吃可以起到预防癌症等信息。市肿瘤医院营养科营养师曾亚奇提示，靠食补防癌是老百姓的一种误区，也是对一些防癌抗癌知识的误读。目前，没有任何一种食材，在临床上被认定为可以预防和治疗肿瘤。曾亚奇介绍说，像大蒜和苦瓜，所含的一些成分具有激活免疫细胞、提高身体抵抗力的作用，但并不是说日常食用就可以预防和抗击肿瘤，临床上也并没有得出这样的结论。

The news of the death of Li Yong, a famous host, caused widespread concern among the public. After the news spread, the Internet began to spread and forward a variety of cancer prevention and anti-cancer recipes and tricks, such as garlic, sea cucumber, green tea and other ingredients, eat more can play a role in preventing cancer and other information. Zeng Yaqi, a nutritionist in the Department of Nutrition of Municipal Cancer Hospital, pointed out that it is a misunderstanding of the common people to rely on dietary supplements to prevent cancer, and it is also a misunderstanding of some knowledge of cancer prevention and anti-cancer. At present, there is not any kind of food that is clinically recognized as a preventive and therapeutic tumor.Zeng Yaqi said, like garlic and balsam pear, some of the ingredients have the role of activating immune cells, improve the body's resistance, but does not mean that daily consumption can prevent and combat cancer, clinical has not reached such a conclusion.

4. [网传防癌抗癌秘方别轻信专家:抗癌秘方别轻信](#) 来源：北方网 主体：公众 态度：提倡 时间：15:12:20
[Don't trust experts preach against cancer anticancer secret: anti-cancer secret recipe don't trust](#) 来源：北方网 Subject: public Attitude: advocate Time: 15:12:20

著名主持人李咏因癌症去世的消息引起市民广泛关注。消息传出后，网上开始流传和转发各种防癌抗癌秘方以及小妙招，比如大蒜、海参、绿茶等食材，多吃可以起到预防癌症等信息。市肿瘤医院营养科营养师曾亚奇提示，靠食补防癌是老百姓的一种误区，也是对一些防癌抗癌知识的误读。著名主持人李咏因癌症去世的消息引起市民广泛关注。消息传出后，网上开始流传和转发各种防癌抗癌秘方以及小妙招，比如大蒜、海参、绿茶等食材，多吃可以起到预防癌症等信息。

The news of the death of Li Yong, a famous host, caused widespread concern among the public. After the news spread, the Internet began to spread and forward a variety of cancer prevention and anti-cancer recipes and tricks, such as garlic, sea cucumber, green tea and other ingredients, eat more can play a role in preventing cancer and other information. Zeng Yaqi, a nutritionist in the Department of Nutrition of Municipal Cancer Hospital, pointed out that it is a misunderstanding of the common people to rely on dietary supplements to prevent cancer, and it is also a misunderstanding of some knowledge of cancer prevention and anti-cancer.The news of the death of Li Yong, a famous host, caused widespread concern among the public. After the news spread, the Internet began to spread and forward a variety of cancer prevention and anti-cancer recipes and tricks, such as garlic, sea cucumber, green tea and other ingredients, eat more can play a role in preventing cancer and other information.

5. [书香社区公益食堂海州“花样”创文让群众得实惠](#) 来源：中国江苏网 主体：公众 态度：提倡 时间：11:24:31
[Haizhou scholarly community public dining room "pattern" and let people get real benefit](#) 来源：中国江苏网 Subject: public Attitude: advocate Time: 11:24:31

“自从社区有了书吧，我没事就喜欢来转转。”每天中午吃完饭，家住幸福路街道西大岭社区的居民许大姐总会到幸福书吧来转转。今年以来，社区投入10万余元打造书香社区，定期为居民推荐阅读书目，并邀请辖区书画家、摄影爱好者、手工艺人等创作作品进行展示。这只是海州区创建文明城市的一个缩影。作为中心城区，海州区注重夯实基础，打造品牌，把群众的美好生活需要作为工作的主攻方向，着力打造舒适宜居、近悦远来的区域首善之城。

"Since there are books in the community, I like to go around when I am free." After lunch every day, the resident of Xidaling community, who lives in Happiness Road Street, will always come to Happiness Book Bar for a walk. Since this year, the community has invested more than 100,000 yuan to build a Book fragrance community, regularly recommended reading bibliographies for residents, and invited calligraphers and painters, photographers, craftsmen and other creative works to display.This is just a microcosm of the establishment of a civilized city in Haizhou district. As a central city, Haizhou District pays attention to laying a solid foundation, building a brand, taking the people's needs for a better life as the main direction of work, and striving to create a comfortable and livable, pleasant and distant regional city of first goodness.

6. [皇族养心堂真的无防腐无香精无色素吗?](#) 来源：北国网 主体：公众 态度：提倡 时间：11:24:49
[The royal yangxin hall really no antiseptic no fragrance without pigment?](#) 来源：北国网 Subject: public Attitude: advocate Time: 11:24:49

皇族养心堂真的无防腐无香精无色素吗? 现代生活节奏紧凑，实际上环境、气候、个人行为习惯等内外因素，都会潜移默化地影响肌肤健康，很多时候，敏感肌的干痒红肿症状说来就来，痘痘肌的粉刺痘痘顽固的难以消除。若没有透过适当的护理，很可能造成肌肤问题反覆出现，甚至提前老化。近年来，大众目光更偏向于内调外养。从健身、少油少盐的饮食、酵素等保健品火热畅销中，不难看出，这已然成为一个大趋势。

Is the Royal Hall of nourishing heart really without preservative and fragrance free?Modern life rhythm is compact, in fact, the environment, climate, individual behavior habits and other internal and external factors, will subtly affect skin health, many times, sensitive muscle itching symptoms come, acne muscle acne stubborn difficult to eliminate.Without proper care, skin problems may occur repeatedly, or even premature aging.In recent years, the public's vision is more biased towards internal adjustment. From fitness, less oil and less salt diet, enzymes and other health products hot selling, it is not difficult to see that this has become a major trend.

7. [天气转凉专家提醒市民预防卒中发生](#) 来源：黑龙江新闻网 主体：公众 态度：提倡 时间：09:34:35
[The weather turns cool the expert warns a citizen to prevent stroke](#) 来源：黑龙江新闻网 Subject: public Attitude: advocate Time: 09:34:35

为提高民众的卒中防治知识知晓率，呼吁全社会关注卒中防治，世界卒中组织将每年的10月29日定为“世界卒中日”。在世界第十三个“世界卒中日”当天，黑龙江省卒中学会、黑龙江省医学会卒中分会积极响应中国卒中学会号召，组织哈医大二院、哈医大四院、黑龙江省医院、哈尔滨市第一医院和哈尔滨市第二医院的神经内科专家们在哈医大二院门诊一楼，举行了主题为“战胜卒中、再立人生”的义诊活动。近三个小时的义诊中，在黑龙江省卒中学会会长、黑龙江省医学会卒中分会主任委员、哈医大二院神经内科主任兼卒中中心主任王丽华教授的带领下，来自省内十三位神经内科专家们，为400余位市民提供了耐心、专业的诊疗，现场并有神经内科的医护人员身着“红手环”志愿者队服，热心为广大市民免费测量血压、血糖、血脂，发放脑卒中科普资料，对一些检测结果异常的市民，专家们也及时警示提醒，并给予科学用药及饮食生活等方面的保健指导，使许多卒中高危患者对疾病有了更深入的认识，防病于未然，受到了市民的一致好评。王丽华教授介绍，脑卒中，俗称“脑中风、脑梗”，是一种严重危害人类健康的脑血管病，其具有发病率高、复发率高、致残率高、死亡率高的特点，黑龙江省地处高纬度地区，冬季漫长寒冷，居民油脂、食盐摄入量明显过高，导致黑龙江省脑卒中发病率位列全国榜首，举办此次义诊活动，旨在提升龙江百姓对卒中危险因素的认识程度,促进百姓养成健康规律的生活方式,传播卒中正确预防、急救及康复相关知识技能，从而降低我省卒中的发病率。

In order to raise the awareness rate of stroke prevention and treatment among the public and appeal to the whole society to pay attention to stroke prevention and treatment, the World Stroke Organization designates October 29 as World Stroke Day every year. On the 13th World Stroke Day, the Heilongjiang Stroke Society and the Stroke Branch of the Heilongjiang Medical Association responded positively to the call of the Chinese Stroke Society to organize neurological specialists from the Second Hospital of Harbin Medical University, the Fourth Hospital of Harbin Medical University, the Heilongjiang Hospital, the First Hospital of Harbin City and the Second Hospital of Harbin City to work in Harbin

Medical University. On the first floor of the second hospital, the clinic held the theme of "beating the stroke and re establishing life". During the three-hour free clinic, under the leadership of Professor Wang Lihua, President of Heilongjiang Stroke Society, Chairman of Heilongjiang Stroke Branch, Director of Neurology and Director of Stroke Center of the Second Hospital of Harbin Medical University, 13 neurologists from the province provided patient and professional treatment to more than 400 citizens. On the spot, there are neurologists wearing "red bracelet" volunteer uniforms, enthusiastically for the general public free measurement of blood pressure, blood sugar, blood lipids, issuing popular science data on stroke, for some abnormal test results of the public, the experts also promptly warned and reminded, and give scientific medication and dietary life and other aspects of health care indicators. Guidance, so that many high-risk stroke patients have a deeper understanding of the disease, prevention in the future, by the public praise.Professor Wang Lihua introduced that stroke, commonly known as "stroke, cerebral infarction", is a serious threat to human health of cerebrovascular disease, with a high incidence, high recurrence rate, high disability rate, high mortality characteristics, Heilongjiang Province is located in high latitude areas, long winter cold, residents intake of oil and salt significantly too high. This free clinic was held in order to enhance the awareness of the people of Longjiang on the risk factors of stroke, promote the people to develop a healthy lifestyle, and disseminate the knowledge and skills related to stroke prevention, first aid and rehabilitation, so as to reduce the incidence of stroke in Heilongjiang Province.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信 Salt Reduction - WeChat

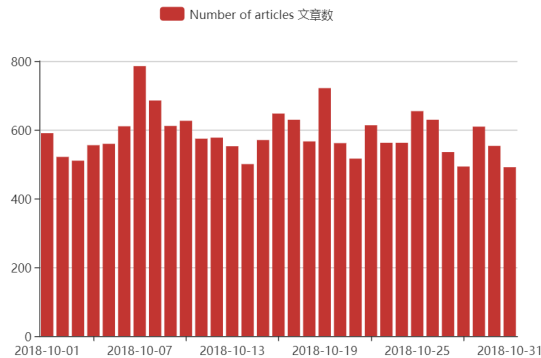
2018-10-31，共监测到491篇微信公众号文章，本页面显示当日重复发布数量排名前五的文章，请点击标题搜索原文。

A total of 491 WeChat public articles were monitored in 2018-10-31. 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.



热门文章-前五 Popular Articles - Top 5

1. 高血压的罪魁祸首不是盐 而是它 是时候忌口了

重复数: 3

日期: 2018-10-31

[The chief culprit of high blood pressure is not salt, but it's time to avoid it.](#)

Repeat Number: 3

Data: 2018-10-31

很多人以为食用盐是引发高血压的元凶，其实真正的元凶是食用盐中的钠。世界卫生组织推荐每人每天钠的摄入量是 5 克。

Many people think that salt is the main cause of hypertension, but the real culprit is sodium in edible salt. The WHO recommends that the intake of sodium per person is 5 grams per day.

2. 儿童食品“低盐”陷阱 你能过几关?

重复数: 2

日期: 2018-10-31

[Can you pass the "low salt" trap of children's food?](#)

Repeat Number: 2

Data: 2018-10-31

范志红说，从健康膳食角度来说，儿童吃盐重会有一系列的直接后果，如爱喝甜饮料、刺激食欲等最终导致肥胖，“味道淡的时候不下饭，咸才下饭，现在北京在世界上都是排位靠前的儿童肥胖地区了，这与他们爱吃的食物里钠含量高有一定的关系。”

Fan Zhihong said that from the perspective of healthy diet, children who eat too much salt will have a series of direct consequences, such as drinking sweet drinks, stimulating appetite, etc., leading to obesity. The light meals are not good, and the salty meals are delicious. Now Beijing is ranked among the top children's obesity areas in the world, which has a certain relationship with the high sodium content of the food they love."

3. 减盐、减油、减糖.....你会距离健康更近一步!

重复数: 1

日期: 2018-10-31

[Salt reduction, oil reduction, sugar reduction... You will be closer to your health!](#)

Repeat Number: 1

Data: 2018-10-31

《中国居民膳食指南》推荐健康成年人每人每天食盐摄入量不超过6克，2-3岁幼儿不超过2克，4-6岁幼儿不超过3克，7-10岁儿童不超过4克。65岁以上老年人应不超过5克。

The Dietary Guidelines for Chinese Residents recommends that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old.

4. 呵护肾脏健康: 坚持做好“2多2少” 或许有助肾功能走“上坡路”

重复数: 1

日期: 2018-10-31

[Care for kidney health: insist on doing "2 more 2 less" may help the kidney function to go "uphill"](#)

Repeat Number: 1

Data: 2018-10-31

其实在现在社会当中，大多数的男人口味越来越重，比较喜欢吃一些腌制以及油炸的食品。要知道一般这种食物含盐量都比较大，久而久之男人如果常吃这样的食物，肾脏功能势必受到影响。因为盐分过多，肾脏代谢压力变大，久而久之自然影响肾脏的正常功能。所以如果想要养生饮食，一定要少盐，尤其是对于男性朋友来说。

In today's society, most men's tastes are getting heavier and they prefer to eat some marinated and fried foods. It is important to know that the salt content of this food is relatively large. If a man eats such food for a long time, the kidney function will be affected. Because of too much salt, the metabolic pressure of the kidneys becomes larger, and the natural function of the kidneys is naturally affected over time. So if you want to maintain your health, you must have less salt, especially for male friends.

5. 【收藏养生】自信健康

重复数: 1

日期: 2018-10-31

[\[health\] confidence and health](#)

Repeat Number: 1

Data: 2018-10-31

中国人有一句话叫“淡而无味”。其实真能懂得淡中之味，才能知道真味，饮食清淡，才是健康之道。因为吃得太咸，容易口渴，需要喝大量的水来缓解，造成肾脏负担。尤其吃了过量的食盐，更是引发高血压、血管硬化等疾病的重要原因，所以“多淡少盐”，合乎养生之道。v

The Chinese have a saying that is "light and tasteless." In fact, knowing the taste of the light, you can know the true taste. Besides, a light diet is the way to health. You will be thirsty after eating too much salt, and you need to drink plenty of water to ease it, causing kidney burden. In particular, eating too much salt is an important cause of high blood pressure, hardening of the arteries, etc., so "light and less salt" is in line with the way of health.

减盐-微博

Salt Reduction - Weibo

2018-10-31, 共检测到1873条与“减盐”相关的微博。

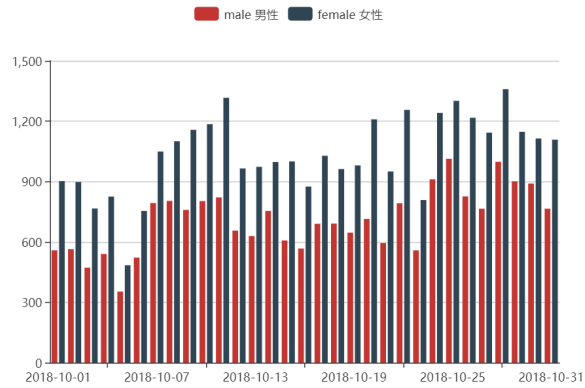
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 1873 weibos about salt reduction monitored on 2018-10-31.

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.



热门微博 Hot Weibos

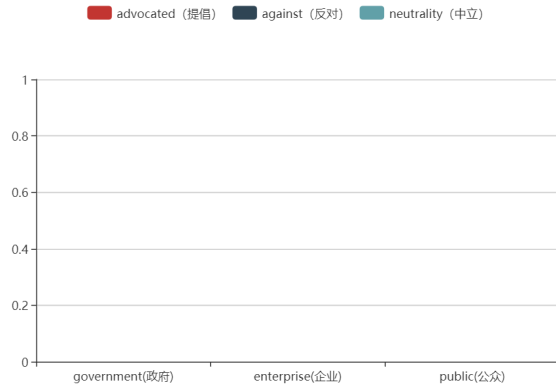
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-10-31) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-10-31. 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!
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
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!

反式脂肪酸-微信

Transfat - WeChat

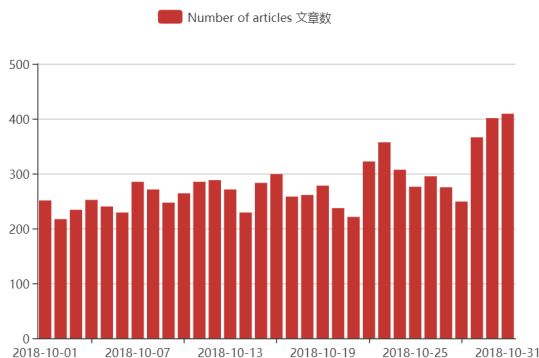
2018-10-31, 共监测到409篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 409 WeChat public articles were monitored in 2018-10-31. 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.



热门文章-前五 Popular Articles - Top 5

1. 李咏抗癌17个月去世! 心痛惋惜的同时, 这24条防癌建议一定要了解

重复数: 63

日期: 2018-10-31

[Li Wei died of cancer in 17 months! At the same time, the 24 anti-cancer recommendations must be understood.](#)

Repeat Number: 63

Data: 2018-10-31

控制油脂摄入。少吃高脂食物, 特别是动物性脂肪较多的食物。植物油也应适量, 且应选择含单不饱和脂肪并且氢化程度较低的植物油; 《中国居民膳食指南(2016)》建议: 优先选择鱼和禽。每天烹调油25-30g, 每日反式脂肪酸摄入量不超过2g。

Control oil intake. Eat low-fat foods, especially those that contain more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oil containing monounsaturated fat and low degree of hydrogenation should be selected; "Chinese Dietary Guidelines (2016)" suggests: fish and poultry should be preferred. The daily cooking oil is controlled at 25-30 g, and the daily trans fatty acid intake does not exceed 2 g.

2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!

重复数: 3

日期: 2018-10-31

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

Repeat Number: 3

Data: 2018-10-31

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。

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.

3. 李咏抗癌17个月去世! 心痛惋惜的同时, 这些防癌建议一定要了解

重复数: 2

日期: 2018-10-31

[Li Yong died of cancer in 17 months! At the same time, the 24 anti-cancer recommendations must be understood.](#)

Repeat Number: 2

Data: 2018-10-31

控制油脂摄入。少吃高脂食物, 特别是动物性脂肪较多的食物。植物油也应适量, 且应选择含单不饱和脂肪并且氢化程度较低的植物油; 《中国居民膳食指南(2016)》建议: 优先选择鱼和禽。每天烹调油25-30g, 每日反式脂肪酸摄入量不超过2g。

Control oil intake. Eat low-fat foods, especially those that contain more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oil containing monounsaturated fat and low degree of hydrogenation should be selected; "Chinese Dietary Guidelines (2016)" suggests: fish and poultry should be preferred. The daily cooking oil is controlled at 25-30 g, and the daily trans fatty acid intake does not exceed 2 g.

4. 李咏抗癌17个月去世! 心痛惋惜的同时, 这24条防癌建议一定要了解!

重复数: 2

日期: 2018-10-31

[Li Yong died of cancer in 17 months! At the same time, the 24 anti-cancer recommendations must be understood.](#)

Repeat Number: 2

Data: 2018-10-31

控制油脂摄入。少吃高脂食物, 特别是动物性脂肪较多的食物。植物油也应适量, 且应选择含单不饱和脂肪并且氢化程度较低的植物油; 《中国居民膳食指南(2016)》建议: 优先选择鱼和禽。每天烹调油25-30g, 每日反式脂肪酸摄入量不超过2g。

Control oil intake. Eat low-fat foods, especially those that contain more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oil containing monounsaturated fat and low degree of hydrogenation should be selected; "Chinese Dietary Guidelines (2016)" suggests: fish and poultry should be preferred. The daily cooking oil is controlled at 25-30 g, and the daily trans fatty acid intake does not exceed 2 g.

5. 李咏、金庸相继离世——地位再高没有好身体也白搭……

重复数: 2

日期: 2018-10-31

[Li Wei and Jin Yong have passed away. It's meaningless to have a high status without a good body……](#)

Repeat Number: 2

Data: 2018-10-31

控制油脂摄入。少吃高脂食物, 特别是动物性脂肪较多的食物。植物油也应适量, 且应选择含单不饱和脂肪并且氢化程度较低的植物油; 《中国居民膳食指南(2016)》建议: 优先选择鱼和禽。每天烹调油25-30g, 每日反式脂肪酸摄入量不超过2g。

Control oil intake. Eat low-fat foods, especially those that contain more animal fat. Vegetable oil should also be eaten in moderation, and vegetable oil containing monounsaturated fat and low degree of hydrogenation should be selected; "Chinese Dietary Guidelines (2016)" suggests: fish and poultry should be preferred. The daily cooking oil is controlled at 25-30 g, and the daily trans fatty acid intake does not exceed 2 g.

反式脂肪酸-微博 Transfat - Weibo

2018-10-31, 共检测到46条与“反式脂肪酸”相关的微博。

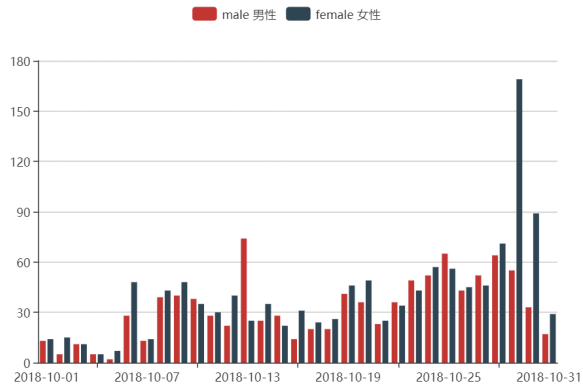
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 46 weibos about transfat reduction monitored on 2018-10-31.

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.



热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!