

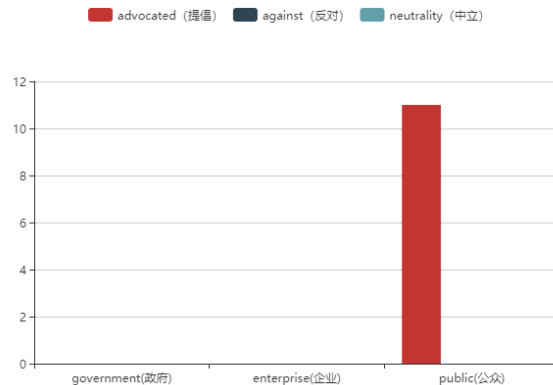
减盐-新闻

Salt Reduction - News

今日 (2018-11-14) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2018-11-14. 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

1. [初冬季节, 天气越来越冷, 这几类疾病不得不防](#)

来源: 半岛网

主体: 公众

态度: 提倡

时间: 16:44:25

[Winter season, the weather is getting cold, the class had to prevent disease](#)

来源: 半岛网

Subject: public

Attitude: advocate

Time: 16:44:25

11月份已是秋末冬初, 天气逐渐转冷。这一时期不仅是流感、水痘等呼吸道传染病高发季节, 也是岛城肾综合征出血热的高发季节。同时由于这一季节温差变化大, 患有胃病、心脑血管病、慢性呼吸系统疾病、糖尿病等慢性病患者病情容易复发或加重。市疾控中心提醒市民注意防寒保暖, 做好自我保健, 预防呼吸道传染病发生或慢性疾病复发。

In November, it was late autumn and early winter, and the weather gradually turned cold. This period is not only the season of influenza, chickenpox and other respiratory infectious diseases, but also the season of high incidence of islands hemorrhagic fever with renal syndrome. At the same time, due to the large temperature difference in this season, patients with chronic diseases such as stomach disease, cardiovascular and cerebrovascular disease, chronic respiratory diseases, diabetes and other chronic diseases are prone to recurrence or aggravation. The city CDC reminds the public to take precautions against cold and keep warm, to do a good job in self-health care, and to prevent the occurrence of respiratory infectious diseases or the recurrence of chronic diseases.

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

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No such articles!

心血管健康

Cardiovascular health

1. [老人坚持锻炼咋还生病? 专家提醒: 可能营养没跟上](#)

来源: 郑州教育信息网

主体: 公众

态度: 提倡

时间: 09:26:42

[The old man insist to take exercise zha also sick?The expert reminds: may/might not have keep up with nutrition](#)

来源: 郑州教育信息网

Subject: public

Attitude: advocate

Time: 09:26:42

每天积极运动的大多数是老年人。不少人会反映，刚开始运动的几年是少生病了， 体质也强壮了， 可越上了年纪， 越锻炼反倒各种毛病照得， 也没少进医院， 特别是心脑血管疾病， 一边锻炼， 一边照犯。这到底是什么原因呢？ 郑州市心血管病医院（郑州市第七人民医院）临床营养科专家提醒， 吃饭比运动重要得多。那些运动了身体照样生病的人， 往往都是重运动而轻食疗的人。 营养均衡， 才能疾病少、寿命长
The majority of active sports are elderly people. Many people will reflect that the first few years of exercise are less sick and stronger, but the older you get, the more you exercise, the more you get sick, and the more you go to the hospital, especially for cardiovascular and cerebrovascular diseases, while exercising, you get sick at the same time. What is the reason for this?Zhengzhou Cardiovascular Hospital (Zhengzhou Seventh People's Hospital) clinical nutrition experts remind that eating is much more important than exercise. Those who exercise their bodies and are sick are often the ones who exercise heavy and eat light.With balanced nutrition, only fewer diseases and longer life span can be achieved.
<div>综合健康信息</div> <div>Comprehensive Health Information</div>
没有相关文章!
No such articles!
<div>决心工程</div> <div>Resolve To Save Lives</div>
没有相关文章!
No such articles!

安徽
Anhui

<div>食物中的钠</div> <div>Sodium in food</div>				
没有相关文章!				
No such articles!				
<div>高血压</div> <div>Hypertension</div>				
1. 安徽省体育局体医融合慢病干预试点见闻：运动处方私人订制	来源：安徽网	主体：公众	态度：提倡	时间： 18:47:42
The anhui province sports bureau body fusion slow disease medical intervention pilot experience: personal custom-made exercise prescription	来源：安徽网	Subject: public	Attitude: advocate	Time: 18:47:42
伴随着淅淅沥沥的小雨，11月的合肥在夜幕降临时分已是寒气逼人。但在合肥市南门小学森林城校区的体育馆内，却是一幅热火朝天的景象。60余个穿着统一服装的身影正在社会体育指导员和专业教练的带领下，进行广场舞、健身气功等的锻炼。除了令人羡慕的、灯火通明的室内场馆，他们身旁还有两位专业的医务人员，在锻炼前后和间隙对他们的血压和心率进行监测，并提供相应的医学指导和咨询。之所以能拥有如此优渥的健身环境，是因为这些健身者是正在参与体医融合慢病干预试点项目的患者				
With the drizzle of November, the night of November was already cold and pressing. But in the gymnasium of the Forest City Campus of Nan men primary school in Hefei, it is a scene of great excitement. More than 60 figures wearing uniform clothes are exercising square dancing, Fitness Qigong and so on under the leadership of social sports instructors and professional coaches.In addition to the enviable and brightly lit indoor venues, there are two professional medical staff beside them who monitor their blood pressure and heart rate before and after exercise and provide corresponding medical guidance and consultation. The reason why we have such an excellent fitness environment is that these fitness practitioners are the patients who are participating in the pilot project of chronic disease intervention in the integration of physical education and medicine.				
<div>心血管健康</div> <div>Cardiovascular health</div>				
没有相关文章!				
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<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
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<div>决心工程</div> <div>Resolve To Save Lives</div>				
没有相关文章!				
No such articles!				

浙江
Zhejiang

<div>食物中的钠</div> <div>Sodium in food</div>				
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<div>高血压</div> <div>Hypertension</div>				
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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. 别给不满一岁的宝宝吃盐否则就是害他 Baby don't give a year of salt or hurt him	来源：星岛环球网 来源：星岛环球网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:26:23 Time: 11:26:23
<p>很多妈妈都听人说过，如果宝宝不吃盐的话，那么就会没力气，那么事实真的如此吗？宝宝多吃盐比较适合呢？据网媒报道：前几天，我带孩子去社区防疫站打疫苗。正好碰到几位家长因为宝宝吃辅食要不要加盐发生争执。一位奶奶说，吃盐能长劲，怎么能不吃盐呢？但另外两位宝妈不同意，坚持母乳、奶粉中已经含有钠了，宝宝不需再吃盐。其实，有不少宝妈在后台曾问过我：关于要不要给1岁前宝宝加盐的问题，今天咱们就来好好说说。</p>				
<p>Many mothers have heard that if babies don't eat salt, then they will have no strength. Is that really the case? How much salt does your baby eat?A few days ago, I took my children to the community epidemic prevention station to vaccinate, according to media reports. Just met several parents because the baby eats the complementary food whether to add the salt to have the dispute. A grandmother said, eating salt can grow strength, how can we not eat salt? But the other two mothers disagreed, insisting that milk and milk powder already contain sodium, and that babies do not need to eat salt. In fact, many Baomas have asked me in the background: about whether to add salt to the baby before the age of 1, let's talk about it today.</p>				
2. 孕期饮食添点酸 Add some acid diet during pregnancy	来源：人民网 来源：人民网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:31:35 Time: 10:31:35
<p>孕早期，不少准妈妈没胃口、喜欢吃酸味食物、厌油恶口，这被称为早孕反应。此时，不妨在饮食里加点“酸”。酸味食物可以加强胃黏膜分泌胃酸、胃蛋白酶等消化液，促进胃肠蠕动，有利于食物消化吸收，还可以刺激味觉，增加食欲，缓解孕妇早孕反应，调节味觉敏感度，从而保证孕期摄入足够的营养，缓解紧张情绪。但并非所有酸味食物都适合孕妇食用，孕妈妈要学会“挑食”。西红柿、橘子、猕猴桃、枣、樱桃、青苹果等酸味果蔬比较适宜，它们富含碳水化合物、水分、膳食纤维、各种维生素、微量元素，除了可以增加孕妇的食欲，膳食纤维还能促进胃肠蠕动，改善便秘；维生素C能提高孕妇免疫力，促进铁的吸收，预防贫血；钾、钙、铁、磷等可以补充孕妇体内所需的微量元素；叶酸等B族维生素能保证胎儿神经管正常发育</p>				

In early pregnancy, many expectant mothers have no appetite, like eating sour food, and are disgusted with oil, which is called early pregnancy reaction. At this time, you might as well add some acid in your diet.Sour food can strengthen gastric mucosa secretion of digestive juice such as gastric acid and pepsin, promote gastrointestinal peristalsis, facilitate food digestion and absorption, but also stimulate taste, increase appetite, alleviate early pregnancy response of pregnant women, regulate taste sensitivity, so as to ensure adequate nutrition intake during pregnancy, alleviate tension. But not all sour foods are suitable for pregnant women. Pregnant mothers should learn to be choosy. Tomatoes, oranges, kiwifruit, dates, cherries, green apples and other acidic fruits and vegetables are more appropriate, they are rich in carbohydrates, water, dietary fiber, vitamins, trace elements, in addition to increasing the appetite of pregnant women, dietary fiber can also promote gastrointestinal peristalsis, improve constipation; To promote iron absorption and prevent anemia; potassium, calcium, iron and phosphorus can supplement the trace elements needed by pregnant women; folic acid and other B vitamins can ensure the normal development of fetal nerve tube

高血压 Hypertension
没有相关文章！
No such articles!

心血管健康 Cardiovascular health				
1. 简单实用一个方法教你自测血管好不好 A simple and practical method to teach you good self-test blood vessels	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： 11:10:30 Time: 11:10:30
<p>人的血管就像一条水管，关乎着身体各个部位的运行。血管一旦堵了，其他身体机能也会出现故障。血管的变坏、变堵并非是一朝一夕的事情，而是长时间积聚下来的。血管堵塞的话，会导致身体出现高血压、糖尿病以及全身性的并发症，除此之外，还会导致血栓的形成，出现脑卒中、脑梗塞。而生活中导致血管堵塞的习惯有很多</p>				
<p>The human blood vessel is like a water pipe, which is related to the operation of all parts of the body. Once the blood vessel is blocked, other bodily functions will also fail. The deterioration and blockage of blood vessels is not a matter of a long time, but rather a long accumulation. If the blood vessel is blocked, it will lead to hypertension, diabetes and systemic complications. In addition, it will lead to thrombosis, stroke and cerebral infarction. There are many habits that lead to blood clogging in life.</p>				

综合健康信息 Comprehensive Health Information				
1. 少淀粉、低脂肪，糖尿病人的健康饮食有哪些？ Less starch, low fat, diabetes people what a healthy diet?	来源：新浪网 来源：新浪网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:20:23 Time: 16:20:23
<p>少淀粉、低脂肪，糖尿病人的健康饮食有哪些？在我国，糖尿病患者人数已超过1亿。如此庞大的人群，把他们所需的特殊饮食归为中国第9大菜系都不为过！这“第9大菜系”应该是什么样呢？糖尿病患者由于胰岛功能减退，胰岛素分泌绝对或相对不足，导致降糖能力下降。因此，如果不进行饮食控制，甚至过度饮食，就会使血糖升得过高，导致胰岛功能更加减退，胰岛素的分泌更加减少，从而使病情进一步加重。北京市卫生计生委委员高小俊介绍，糖尿病饮食控制的一个基本的原则就是：少吃淀粉、脂肪以及糖分含量高的食物，多吃血糖生成指数低的食物。糖尿病患者在控制食物摄入的同时，也要注意适量补充蛋白质，坚持做到有粗有细、限盐少油、少吃大餐</p>				
<p>What are the healthy diets of patients with low starch and low fat?In China, the number of diabetic patients has exceeded 100 million. For such a huge crowd, it is not too bad to classify their special diet as the ninth largest Chinese cuisine. What is the "Ninth major cuisines"?Diabetic patients with pancreatic islet dysfunction, insulin secretion is absolutely or relatively inadequate, leading to a decline in hypoglycemic capacity. Therefore, if we do not control the diet, or even overeat, it will make the blood sugar rise too high, leading to a more reduced function of the islet, insulin secretion is more reduced, thus further aggravating the disease.Gao Xiaojun, a member of Beijing Health and Family Planning Committee, introduced that one of the basic principles of diabetes diet control is to eat less starch, fat and sugar-rich foods, and eat more foods with low glycemic index. While controlling food intake, diabetic patients should also pay attention to adequate protein supplementation, adhere to the principle of coarse and fine, salt and oil limitation, eat less and eat more meals.</p>				
2. 国产食盐“抗结剂”伤肝伤肾？ Domestic salt "anticaking agent" hurt liver kidney damage?	来源：新浪网 来源：新浪网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 07:26:22 Time: 07:26:22
<p>最近，有一篇微信文章提到国产食盐里面有种添加剂“亚铁氰化钾”，长期食用导致其肾脏受损，停止食用这种含有抗结剂成分的盐后，身体逐渐恢复，但还是对肝、肾功能造成了伤害。食盐中为什么要添加“亚铁氰化钾”？抗结剂有很多种，为什么我国普遍使用“亚铁氰化钾”？“亚铁氰化钾”伤肝又伤肾吗？“特供”“进口”食盐不添加抗结剂？带着这几个问题，记者专访了华中科技大学同济医学院公共卫生学院教授、湖北省营养学会专家。食盐中为什么要添加“亚铁氰化钾”？专家：作为抗结剂使用，让盐不结块。</p>				

<p>Recently, a Wechat article mentioned that potassium ferrocyanide is an additive in domestic salt. Long-term consumption of potassium ferrocyanide results in kidney damage. After stopping taking this salt containing anti-caking agent, the body gradually recovers, but it also causes damage to liver and kidney functions.Why do we need to add potassium ferrocyanide in salt? There are many kinds of anticoagulant agents. Why is potassium ferrocyanide commonly used in China? Does potassium ferrocyanide hurt the liver and hurt the kidneys? "Special supply" and "import" salt do not add anticoagulants? With these questions, the reporter interviewed Professor of School of Public Health, Tongji Medical College, Huazhong University of Science and Technology, and expert of Hubei Nutrition Society.Why do we need to add potassium ferrocyanide in salt?Expert: as an anticoagulant, let the salt do not lump.</p>				
3. 宝宝嘴常烂可能是因为压力太大 May be baby mouth often rotten because of too much pressure	来源：新浪网 来源：新浪网	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 09:34:19 Time: 09:34:19
<p>专家指出，口腔溃疡和吃水果蔬菜没有太多直接关系。口腔溃疡、烂嘴很常见。“一定是缺乏维生素了！”很多人以为多吃蔬菜水果就能好，其实并非如此。专家甚至指出，有些水果吃多了还会加重溃疡。事实上，口腔溃疡与饮食、口腔清洁、消化不良和压力的关系更密切</p>				
<p>Experts pointed out that oral ulcers and eating fruits and vegetables are not much direct relationship.Oral ulcers and bad mouth are common. "It must be vitamin deficiency!" Many people think that eating more fruits and vegetables can be good, but this is not the case. Experts even pointed out that some fruits will increase their ulcer if they eat too much. In fact, oral ulcers are more closely related to diet, oral cleanliness, indigestion and stress.</p>				

4. 健康生活方式可以预防糖尿病, 控制体重是关键
A healthy lifestyle can prevent diabetes, weight control is the key

来源: 新华网
来源: 新华网

主体: 公众
Subject: public

态度: 提倡
Attitude: advocate

时间: 10:35:30
Time: 10:35:30

“糖尿病前期也称为糖调节受损，是正常糖代谢到糖尿病之间的一个可逆状态。如果不小心走进了糖尿病前期，归根结底是生活方式出了问题，如果发现自己已经处于糖尿病前期了，也别太紧张，先试着培养健康的的生活习惯。”近日，中国医学科学院阜外医院内分泌与心血管病诊治中心主任李光伟教授做客新华会客厅时表示，糖尿病前期是一个非常危险的信号，须及时干预。长期保持健康的生活方式能够有效降低其进展为糖尿病的几率，从而避免脑卒中、心脏病等并发症的发生。据IDF（国际糖尿病联盟）发布的第八版全球糖尿病数据显示，2017年全球约4.25亿成人罹患糖尿病，平均每11个人中就有1位患病

"Prediabetes, also known as impaired glycometabolism, is a reversible state between normal glycometabolism and diabetes. If you accidentally go into pre-diabetes, in the final analysis, there is a lifestyle problem. If you find yourself in pre-diabetes, don't be too nervous, try to cultivate healthy lifestyle first. Recently, Professor Li Guangwei, Director of Endocrinology and Cardiovascular Disease Diagnosis and Treatment Center of Fuwai Hospital, Chinese Academy of Medical Sciences, visited the living room of Xinhua Meeting, said that pre-diabetes is a very dangerous signal and should be intervened in time. Long-term maintenance of a healthy lifestyle can effectively reduce the risk of progression to diabetes, thereby avoiding the occurrence of complications such as stroke and heart disease.According to the eighth edition of global diabetes data released by IDF (International Diabetes Federation), about 425 million adults worldwide suffered from diabetes in 2017, with an average of one in 11 people suffering from diabetes.

5. 今天是世界糖尿病日, 请关注家庭中的“糖”人
Today is world diabetes day,.please pay close attention to "sugar" man of the family

来源: 新浪网
来源: 新浪网

主体: 公众
Subject: public

态度: 提倡
Attitude: advocate

时间: 20:55:02
Time: 20:55:02

今天是世界糖尿病日，请关注家庭中的“糖”人。2018年11月14日是第12个“联合国糖尿病日”，宣传主题是“家庭与糖尿病”。糖尿病是由于胰岛素分泌及(或)作用缺陷引起的以血糖升高为特征的代谢病。中国糖尿病及糖尿病前期最新流行病学数据显示：我国成人糖尿病患病率为10.9%，糖尿病患者人数为1.14亿。长期血糖控制不佳的糖尿病患者，可伴发各种器官，尤其是眼、肾、神经和心血管损害或器官功能不全或衰竭，导致残废或者早亡

Today is World Diabetes Day. Please pay attention to the sugar people in the family.In November 14, 2018, the Twelfth "United Nations Diabetes Day" was publicizing the theme of "family and diabetes".Diabetes mellitus is a metabolic disorder characterized by elevated blood sugar due to deficiencies in insulin secretion and/or action. The latest epidemiological data of diabetes mellitus and pre-diabetes in China show that the prevalence rate of adult diabetes mellitus in China is 10.9%, and the number of diabetic patients is 114 million. Diabetic patients with long-term poor blood sugar control may be accompanied by various organs, especially eye, kidney, nerve and cardiovascular damage or organ dysfunction or failure, leading to disability or early death.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-11-14, 共监测到544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 544 WeChat public articles were monitored in 2018-11-14. 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. 央视曝光! 不吃味精、鸡精的看看吧!

重复数: 11

日期: 2018-11-14

Repeat Number: 11

Data: 2018-11-14

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. Excessive intake of sodium can lead to 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. 协和医院: 三高不用愁, 只用一个“字”全搞定, 40岁以后都需要!

重复数: 3

日期: 2018-11-14

Repeat Number: 3

Data: 2018-11-14

Concord Hospital: People with three highs don't have to worry! A "word" can solve all problems, and people over the age of 40 need it!

饮食降血压的第一点就是要少吃盐, 食盐中的“钠”能引起水钠潴留, 导致外周血管阻力增大, 引起血压升高。世界上对盐与高血压已研究了100多年, 发现高盐摄入可引起血压升高。

The first point of diet to lower blood pressure is to eat less salt. "Sodium" in salt can cause sodium retention, leading to increased peripheral vascular resistance and elevated blood pressure. The world has been studying salt and hypertension for more than 100 years and found that high salt intake can cause blood pressure to rise.

3. 协和医院: 三高不用愁, 只用一个“字”全搞定, 40岁以后都需要!

重复数: 3

日期: 2018-11-14

Repeat Number: 3

Data: 2018-11-14

Concord Hospital: People with three highs don't have to worry! A "word" can solve all problems, and people over the age of 40 need it!

降血压的第一点就是要少吃盐, 食盐中的“钠”能引起水钠潴留, 导致外周血管阻力增大, 引起血压升高。世界上对盐与高血压已研究了100多年, 发现高盐摄入可引起血压升高。流行病学调查结果发现: 居住在北极的爱斯基摩人摄盐量较低, 血压也低, 多在140 / 90毫米汞柱以下。

The first point of diet to lower blood pressure is to eat less salt. "Sodium" in salt can cause sodium retention, leading to increased peripheral vascular resistance and elevated blood pressure. The world has been studying salt and hypertension for more than 100 years and found that high salt intake can cause blood pressure to rise. Epidemiological surveys found that Eskimos living in the Arctic had lower salt intake and lower blood pressure, and most people's blood pressure was below 140/90 mm Hg.

4. 吃盐要选对品种

重复数: 2

日期: 2018-11-14

Repeat Number: 2

Data: 2018-11-14

Choose the right variety for salt.

人体每天所需的钠并不太多, 过多的钠不仅会增加肾脏的负担, 还可能提高血压, 增加钙等其他矿物质的排泄, 甚至增加罹患胃癌的风险。肥胖、高血压、心血管疾病、糖尿病和骨质疏松者的膳食都要求控制脂肪和盐分。对女性来说, 吃过多的盐还容易加剧浮肿、黑眼圈、头痛和经前期不适等问题。

The body does not need too much sodium every day. Excessive sodium not only increases the burden on the kidneys, but also increases blood pressure, excretion of other minerals such as calcium, and the risk of stomach cancer. Diets for obesity, high blood pressure, cardiovascular disease, diabetes, and osteoporosis require control of fat and salt. For women, eating too much salt can easily exacerbate problems such as edema, dark circles, headaches, and premenstrual discomfort.

5. “世界糖尿病日”——如何预防控制血糖

重复数: 1

日期: 2018-11-14

Repeat Number: 1

Data: 2018-11-14

"World Diabetes Day" -- how to prevent and control blood sugar

很多患者经常说自己盐摄入量控制得很好, 比如每次做饭都用限盐勺等, 但却忽视了很多“含盐大户”, 比如味精、鸡精、酱油、酱豆腐、酱菜、咸菜、泡菜、膨化食品等。所以, 避免吃盐过多, 应从两方面下手: 一是少吃看得见的盐, 二是少吃隐形盐。

Many patients often say that their salt intake is well controlled. For example, they use salt-limited spoons every time they cook, but they ignore a lot of "salt-containing seasonings", such as MSG, chicken essence, soy sauce, sauce tofu, pickles, pickles, kimchi, puffed food, etc. Therefore, to avoid eating too much salt, you should start from two aspects: one is to eat less visible salt, and the other is to eat less invisible salt.

减盐-微博

Salt Reduction - Weibo

2018-11-14, 共检测到1809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。

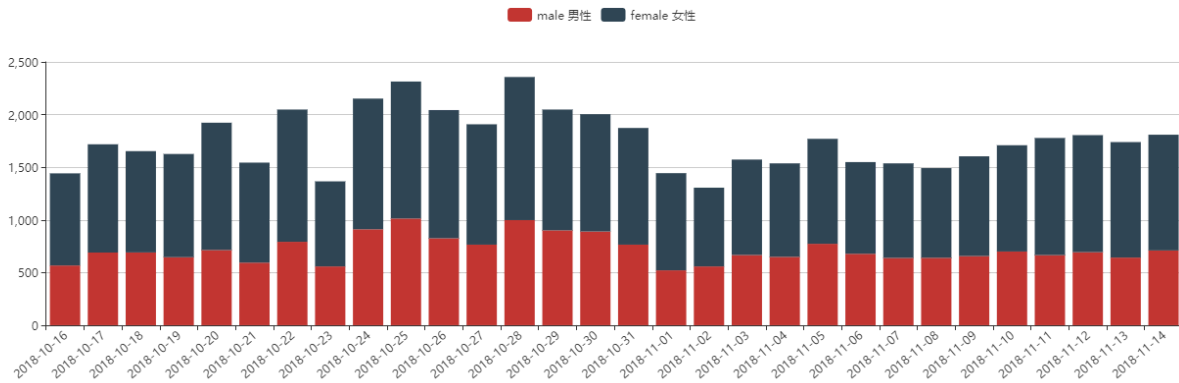
There are 1809 weibos about salt reduction monitored on 2018-11-14.

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!

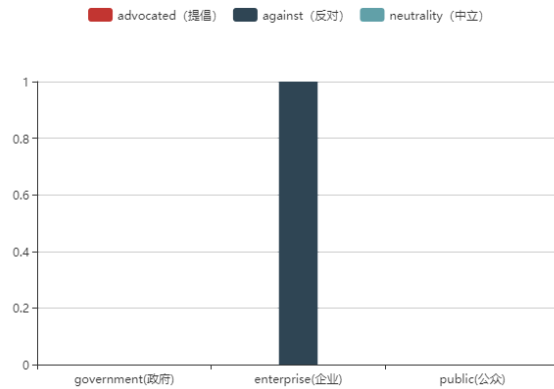
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-14) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-11-14. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南

Henan

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

安徽

Anhui

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

浙江

Zhejiang

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

其他省份

Other Provinces

反式脂肪酸 Trans fat				
1. 薏米食品领军品牌先天元是如何打造的? Congenital yuan coix seed food leading brand is how to build?	来源：TOM 来源：TOM	主体：企业 Subject: industry	态度：反对 Attitude: against	时间： 17:03:52 Time: 17:03:52
薏米食品领军品牌先天元是如何打造的？ 无论一个人收入高低，健康都是他最大的“需求”， 也正因为如此，中国的大健康产业或将存在20万亿的巨大蓝海市场。那些目光锐利，并能专注于细分市场，组合重拳出击，同时又善于创新、专注于产品和服务的品牌将脱颖而出，成为大健康细分市场的领军者。先天元就是这样一个立足于“祛湿”的薏米食品品牌，先天元薏米美饼是对大健康产业的重要创新。 定位“祛湿”， 锁定9000万人的减肥市场。 现代的生活与工作方式给人们的健康带来的最大影响，莫过于“湿气重”				
How did the leading brand of job's food come first in Tianyuan?No matter how high or low a person's income is, health is his greatest "demand", which is why China's big health industry may have a huge blue sea market of 20 trillion yuan. Brands that have a keen eye, can focus on market segmentation, combine strong punches, and are good at innovation, focusing on products and services will stand out and become the leader of the big healthy market segmentation. Congenital yuan is such a brand of Coix rice food based on "dispelling dampness". Congenital yuan Coix rice cake is an important innovation for the big health industry.Positioning "dampness", locking the 90 million people's weight loss market.The greatest influence of modern life and working style on people's health is nothing more than "wet weight".				
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

2018-11-14, 共监测到312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 312 WeChat public articles were monitored in 2018-11-14. This page shows the top five articles by repeat number today.

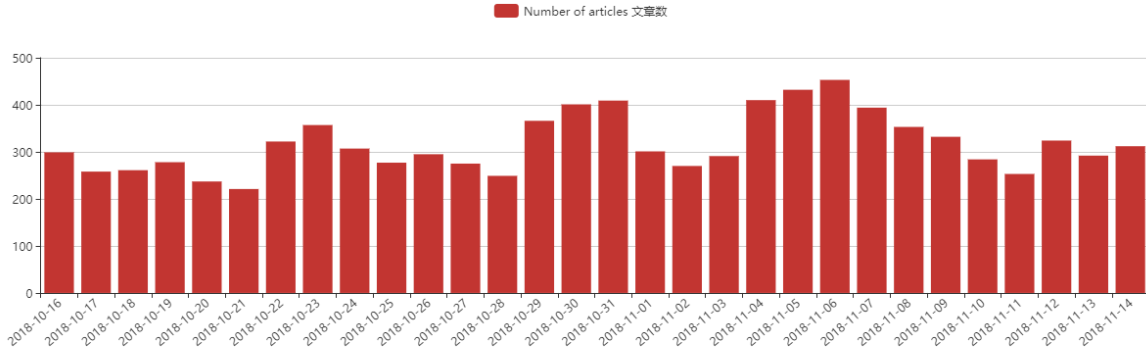
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

[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.](#)

重复数: 26

日期: 2018-11-14

Repeat Number: 26

Data: 2018-11-14

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. 去超市购物, 先看懂这些再买! 没想到吃亏了这么多年...

[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.](#)

重复数: 4

日期: 2018-11-14

Repeat Number: 4

Data: 2018-11-14

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. “奶茶, 正在毁掉中国的三代人”

["Milk tea is destroying the three generation of China".](#)

重复数: 3

日期: 2018-11-14

Repeat Number: 3

Data: 2018-11-14

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.

4. 11岁男孩脖子发黑, 只因这样东西吃太多, 医生的话让家长后悔莫及

[The 11-year-old boy turned black, only because he had eaten this thing excessively. The doctor's words made the parents regret it.](#)

重复数: 2

日期: 2018-11-14

Repeat Number: 2

Data: 2018-11-14

植物奶油是把植物油经过加氢处理后变成固体, 模仿天然奶油的形状和味道, 再加入一些防腐剂、香精、色素等等, 达到和天然奶油口感差不多的效果, 实则营养成分和动物奶油天差地别。植物奶油含反式脂肪酸, 过多摄入可使胆固醇增高, 会增加心血管疾病风险。

The vegetable oil is hydrotreated to a solid which is used to mimic the shape and taste of natural cream. Adding some preservatives, flavors, pigments, etc. to the plant cream can achieve the same effect as natural cream. In fact, its nutrients and animal creams are different. Plant butter contains trans fatty acids, and excessive intake can increase cholesterol and cardiovascular risk.

反式脂肪酸-微博 Transfat - Weibo

2018-11-14, 共检测到142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。

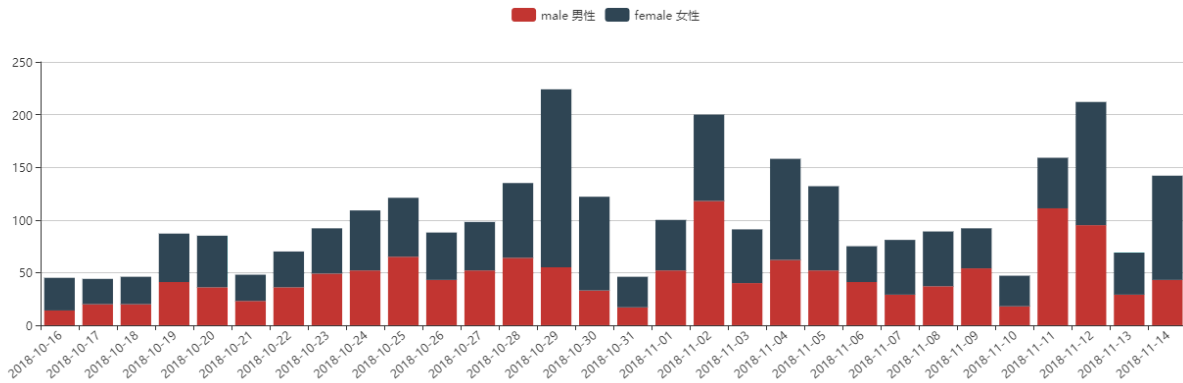
There are 142 weibos about transfat reduction monitored on 2018-11-14.

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!