

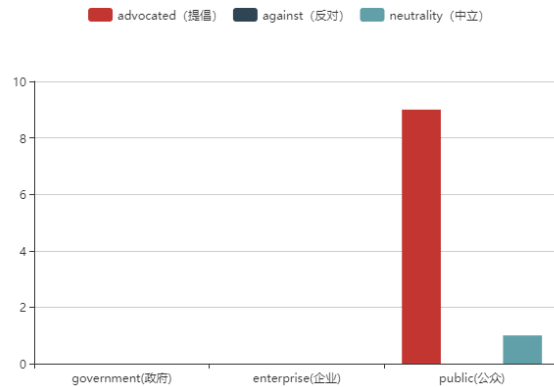
## 减盐-新闻

### Salt Reduction - News

今日 (2018-10-06) 共监测到10条资讯。请点击标题查看原文。

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安徽  
Anhui

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浙江  
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其他省份  
Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">长假余额不足!请您尽快减肥</a>	来源: 搜狐时尚	主体: 公众	态度: 提倡	时间: 10:05:49
<a href="#">A long vacation to insufficient!Please as soon as possible to lose weight</a>	来源: 搜狐时尚	Subject: public	Attitude: advocate	Time: 10:05:49
原标题: 长假余额不足! 请您尽快减肥 时间也过快了! 十一长假已然接近尾声, 怎么样你长了几斤肉? 赶快的, 看看今天小美分享给你的14套女星减肥食谱, 有效还不受罪。 14位女星瘦身食谱打包送给你 都说减肥“三分练、七分吃”, 减肥绝对不是让你把自己活生生饿瘦, 虽然很多女明星为了角色或者上镜更好看会采取节食的方法让自己快速减重, 但这对于咱们来说绝对是不可取的。 所以今儿个嘉小美就列出了14位女星的瘦身食谱, 保准儿让你越吃越瘦! 谭维维: 营养均衡到无可挑剔 难度: 一颗星 前一阵儿谭维维的瘦身食谱上了热搜, 有网友还亲自试了一下, 据说瘦了6斤。这份减肥食谱相当完美了, 三餐都能吃还有加餐, 完全不用担心饿到自己, 非常适合意志力比较薄弱的你, 而且营养非常均衡全面。这份食谱的关键在于主食的减少, 只有在最为丰盛的早餐中出现了面包, 而中午的主食用粗粮替代, 晚餐则是放弃主食, 谭维维是素食主义者, 所以会用豆腐来补充蛋白质, 咱们可以用鸡胸肉或鱼肉来替代				
Original title: insufficient balance of long holidays! Please lose weight as soon as possible.Time is running too fast! Eleven the long holiday is coming to an end. How did you grow a few kilograms of meat? Now, let's take a look at the 14 women's weight loss recipes that Xiaomei shared today.14 actress slim recipesPack it for you.It is said that losing weight is "three-point exercise, seven-point eating". Losing weight is definitely not going to make you hungry and thin. Although many female stars will take a diet to lose weight quickly for their roles or to look better on the screen, it is absolutely not advisable for us. So today, Jiaxi Xiaomei listed the 14 women's thin diet recipes, so that you can eat more and more				

thin!Tan Weiwei: nutritionally balanced to impeccable.Difficulty: one starA while ago, Tan Weiwei's weight-loss diet on the hot search, some netizens also personally tried, it is said to have lost 6 pounds. This diet is perfect. You can eat all three meals with extra meals. You don't have to worry about getting hungry. It's perfect for you with weak willpower. It's also very balanced and nutritious. The key to this diet is the reduction in staple foods, which are only found in the most abundant breakfast, replaced by coarse grains for lunch, abandoned for dinner, and replaced with tofu, a vegetarian diet where we supplement protein with chicken breast or fish.				
2. <a href="#">3岁前不能吃盐?关于吃盐的真相,你了解多少?</a> <a href="#">Before the age of 3 can't eat salt?How much do you know about the truth of the salt?</a>	来源: 中青在线	主体: 公众	态度: 中立	时间: 10:05:55
有人说, 宝宝在3岁之前不能吃盐。原因是婴幼儿肾脏发育并不完全, 所以摄入盐分很可能加重肾脏负担。小编听后觉得似乎不无道理, 但是宝宝在3岁之前的完全不能吃盐吗? 小编决定来科普一下真相! 食盐是人体不可或缺的食物, 其所含的氯、钠等成分, 对维持人体神经、肌肉、心脏正常功能作用很大。但是任何事都应适度, 如果盐吃多了, 就会由利转弊, 招来疾病。对于婴幼儿来说, 少盐是总原则	来源: 中青在线	Subject: public	Attitude: neutrality	Time: 10:05:55
Some people say that babies can't eat salt before they are 3 years old. The reason is that the kidneys are not fully developed in infants and young children, so salt intake is likely to aggravate the burden of kidneys.After listening to Xiaobian, it seems that there is no reason why, but before the age of 3, the baby can not eat salt at all. Xiaobian decided to come up with the truth of science.Salt is an indispensable food for human body. It contains chlorine, sodium and other components, which play a great role in maintaining the normal function of human nerve, muscle and heart. But everything should have a degree. If salt eats too much, it will turn from bad to bad and attract diseases. For infants and young children, less salt is the general principle.				
3. <a href="#">早餐决定你的寿命?早餐里如果有这4种食物身体状况堪忧</a> <a href="#">Breakfast decided to your life?If you have the 4 kinds of food in breakfast physical condition</a>	来源: 中华网	主体: 公众	态度: 提倡	时间: 13:33
大家每天很早就起床外出工作, 早餐通常是在上班路上解决, 或者买一些快餐到公司一边工作一边吃。可医生研究发现, 很多疾病发生的诱因, 就来自于这顿很随意的路边早餐! 早餐吃什么, 吃多少, 对我们一天身体健康的开端。早餐错误的食物搭配和吃饭习惯, 不仅影响一天的工作生活, 也会成为多种慢性病的诱因。 今天爆炸营养课堂的营养师, 就跟大家聊聊: 一顿早餐里如果有这4种食物, 你的身体状况堪忧了。 1、早餐里的这种食物: 咸菜 很多老人习惯了每天早晨吃一些咸菜, 虽然大家都知道不健康但毕竟是一辈子的习惯了, 过去经济条件不好, 除了咸菜酱豆腐之外也没更多选择	来源: 中华网	Subject: public	Attitude: advocate	Time: 13:33
Everyone gets up early every day and goes out to work. Breakfast is usually settled on the way to work, or buy some fast food to eat while working at the company. But doctors have found that the cause of many illnesses comes from this random roadside breakfast.What we eat and how much we eat for breakfast is the beginning of our healthy day. The incorrect breakfast food mix and eating habits not only affect the day's work and life, but also become a cause of many chronic diseases.The dietitian in today's nutrition class is talking to you: If you have these four kinds of food in a breakfast, you're in a terrible state.1, this kind of food in the breakfast: pickled vegetables.Many old people are accustomed to eating pickles every morning, although everyone knows that it is unhealthy, but after all, it is a lifetime habit. In the past, economic conditions were not good, in addition to pickle sauce tofu, there is no more choice				
4. <a href="#">入秋后, 每天一把坚果! 护心调血脂、润燥防抑郁</a> <a href="#">After autumn, a handful of nuts a day!To protect the heart blood lipids, dryness resistant depression</a>	来源: 人民网	主体: 公众	态度: 提倡	时间: 22:17:15
民间有句谚语, “春吃芽、夏吃瓜、秋吃果、冬吃根”, 这里的果就包括坚果, 它们多在秋天成熟, 可以说是秋冬季节的应季食物。入秋后, 建议大家每天吃一把坚果(10~20克), 能为健康带来多种好处。 第一, 有助保护心脏。入秋后, 天气转凉, 昼夜温差较大, 人体血管受刺激收缩, 血管阻力增大, 导致心血管负担加重。此时, 吃一些有助护心的食物能够保护血管	来源: 人民网	Subject: public	Attitude: advocate	Time: 22:17:15
There is a saying in the folk, "Spring buds, summer melons, autumn fruits, winter roots", the fruit here includes nuts, they are mostly mature in autumn, can be said to be seasonal food in autumn and winter. After the fall, it is recommended that you eat a handful of nuts (10-20 grams) a day, which can bring a variety of benefits to health. First, it helps protect the heart. After the fall, the weather turned cold, the temperature difference between day and night was large, the human blood vessels were stimulated and contracted, and the vascular resistance increased, resulting in aggravation of the cardiovascular burden. At this time, eat some foods that help the heart to protect the blood vessels.				
5. <a href="#">饮食养生: 养阴润燥秋日“平补”</a> <a href="#">Health food: Yin dryness autumn "flat."</a>	来源: 中国新闻网	主体: 公众	态度: 提倡	时间: 08:24:59
“一夏无病三分虚”, 福州的夏季尤其漫长, 虽已过“秋分”, 暑气慢慢消退, 但夏季给人体带来的损耗尚未恢复, 人体脾胃功能较弱。中医认为, 春季“升补”、夏季“清补”、秋季“平补”、冬季“温补”。福建省人民医院营养科梁艳彬医生表示, 此时节可适当进行平补, 并兼顾养阴润燥、补脾健胃。鸭肉、猪肉、鱼肉以及银耳、山药、红枣、莲子、桂圆等, 都适于秋季平补。 性偏凉又具有较高营养价值的鸭肉, 很适宜在秋季平补养生	来源: 中国新闻网	Subject: public	Attitude: advocate	Time: 08:24:59
The summer in Fuzhou is especially long. Although the autumn equinox has passed, the summer heat gradually subsides, but the loss brought to the human body in summer has not yet recovered, and the function of the human spleen and stomach is weak. Chinese medicine believes that in the spring, "up and up", summer "clean up", autumn "flat patch", winter "warm fill". Dr. Liang Yanbin, Department of Nutrition, Fujian Provincial People's Hospital, said that at this time of the festival, it is appropriate to carry out tonic, and give consideration to nourishing yin, moistening dryness, tonifying spleen and strengthening stomach. Duck, pork, fish and Tremella fuciformis, yam, red jujube, lotus heart, cinnamon and so on, are suitable for autumn tonic.Ducks that are relatively cool and have high nutritional value are very suitable for healthy diet in autumn.				
<div>高血压</div> <div>Hypertension</div>				
1. <a href="#">妊娠高血压, 怎样进行饮食调理呢?</a> <a href="#">Pregnancy-induced hypertension, and how to diet?</a>	来源: 搜狐	主体: 公众	态度: 提倡	时间: 07:27:34
原标题: 妊娠高血压, 怎样进行饮食调理呢? 大家好! 马博士健康团队晓晖博士祝您身体健康! 妊娠高血压是妊娠期特有的疾病, 严重影响母婴健康。若患有妊娠高血压, 可以参考以下饮食原则: 1、控制总能量摄入。由于肥胖是妊娠高血压的独立危险因素, 适宜的能量摄入有利于孕妇体重控制, 避免体重增长过快, 血压增高。 2、控制总脂肪量, 减少饱和脂肪的摄入。少吃黄油、奶酪、奶油和全奶	来源: 搜狐	Subject: public	Attitude: advocate	Time: 07:27:34
Original title: gestational hypertension, how to diet conditioning?Hello everyone! Dr. Xiao Hui, Dr. Ma health group, I wish you good health.Pregnancy induced hypertension is a specific disease during pregnancy, which seriously affects maternal and infant health. If you have pregnancy induced hypertension, you can refer to the following dietary principles:1, control total energy intake. As obesity is an independent risk factor for pregnancy-induced hypertension, appropriate energy intake is conducive to weight control of pregnant women, to avoid excessive weight gain, high blood pressure.2, control total fat and reduce saturated fat intake. Eat less butter, cheese, cream and whole milk.				
<div>心血管健康</div> <div>Cardiovascular health</div>				
没有相关文章!				
No such articles!				
<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
1. <a href="#">国庆节后综合征怎么破?这些妙招让你“满血复活”</a> <a href="#">After the National Day break syndrome?These tips let you "full of blood resurrection"</a>	来源: 人民网	主体: 公众	态度: 提倡	时间: 09:05:48
原标题: 国庆节后综合征怎么破? 这些妙招让你“满血复活” 编者按: 国庆假期不知不觉中即将画上句号, 大部分人很快就要正式投入到学习、工作当中。也许还有些人觉得假期没有休息够, 没心情上班, 甚至还有茶饭不思、身心俱疲等状况, 其实, 这就是所谓的“节后综合征”, 马上回归工作的你, 也有过这种情况吗? 如何摆脱“节后综合征”, 看小编给你支招。【饮食篇】 营养膳食多吃深色蔬菜 十一期间, 很多人饮食不规律, 大鱼大肉一开吃就停不下来, 聚会时如果饮酒过度, 还会进一步加剧胃肠负担。专家建议, 节后饮食应遵循多样性原则, 因为单一食物的营养肯定是不全面的, 可以适当减少肉类的摄入, 多吃谷类食物和绿色蔬菜。与浅色蔬菜相比, 深颜色蔬菜含有更丰富的B族维生素和矿物质, 专家建议可以注意增加深颜色蔬菜的比例	来源: 人民网	Subject: public	Attitude: advocate	Time: 09:05:48
Original title: how to break the syndrome after the National Day? These clever tips make you "Resurrection full of blood".Editor's note: The National Day holiday is coming to an end unconsciously, and most people will soon formally devote themselves to their studies and work. Maybe some people don't have enough rest during the holidays, don't feel in the mood to go to work, and even have a lack of food and tea, physical and mental fatigue and other conditions, in fact, this is the so-called "post-holidays syndrome", immediately back to work, you also have this situation? How to get rid of "postganglionic syndrome"?[diet]Nourishment and eat dark vegetables.During the Eleventh Five-Year Plan period, many people had an irregular diet and could not stop eating big fish and meat as soon as they started. If they drank too much at parties, they would further aggravate the gastrointestinal burden. Experts suggest that after-holiday diet should follow the principle of diversity, because the nutrition of a single food is certainly not comprehensive, can be appropriate to reduce meat intake, eat more cereals and green vegetables. Dark-colored vegetables are richer in B vitamins and minerals than light-colored ones, and experts recommend increasing the proportion of dark-colored vegetables.				
2. <a href="#">这些早餐习惯,减寿又致病!适合不同人群的早餐,列全了</a> <a href="#">The breakfast habits, reduce the disease again!Suitable for different groups of breakfast, column</a>	来源: 澎湃新闻	主体: 公众	态度: 提倡	时间: 18:58
	来源: 澎湃新闻	Subject: public	Attitude: advocate	Time: 18:58

美好的一天从早餐开始。大家都知道不吃早餐危害大。殊不知早餐吃不好竟会引发胃炎、肥胖、胆结石等一系列的健康问题。甚至有研究表明，不注重吃早餐的人寿命平均缩短了2.5岁！对于早餐，我们有哪些易忽视的坏习惯呢？七种早餐习惯易伤身豆浆+油条豆浆配油条或者大饼卷油条，应该是很多人喜欢的早餐之一。但油条的油脂、热量都偏高，而且营养素会在高温油炸的过程中受到破坏

A good day starts with breakfast. Everyone knows that it is harmful to not eat breakfast. As everyone knows, eating bad food can cause a series of health problems such as gastritis, obesity and gallstones. Even studies have shown that people who do not pay attention to breakfast have an average lifespan of 2.5 years! What bad habits do we have for breakfast? Seven kinds of breakfast habits are easy to hurt soy milk + fritters soy milk with fritters or big cakes fritters, it should be one of the breakfasts that many people like. But the oil and fat of the fritters are high, and the nutrients will be destroyed during the high-temperature frying process.

3. 孔子“八不食”，有一定道理	来源：人民网	主体：公众	态度：提倡	时间：21:12:12
Confucius "eight do not eat", have a point	来源：人民网	Subject: public	Attitude: advocate	Time: 21:12:12

无论从营养还是安全角度考虑，饮食都有很多讲究。几千年前，孔子就提出了“八不食”，即：食铍而蚀，鱼馁而肉败，不食；色恶，不食；臭恶，不食；失饪，不食；不时，不食；割不正，不食；不得其酱，不食；沽酒市脯，不食。这“八不食”到底什么意思？放在当前的食品卫生环境下，还适用吗？1.食铍而蚀，鱼馁而肉败，不食。意思是，粮食陈旧了不吃，鱼和肉不新鲜了不吃，菜不新鲜了不吃。粮食：长期储存过程中营养和口感都会降低，按照《粮食流通管理条例》的规定，超过正常储存年限的陈粮，出库前应当经过有资质的粮食质量检验机构进行质量鉴定，如果已陈化变质或不符合食用卫生标准，都不能作为口粮流入市场，只能用于动物饲料、生产燃料乙醇等

Regardless of nutrition or safety point of view, diet has a lot of attention. Thousands of years ago, Confucius put forward the "Eight No Eating", that is: eating buttons and erosion, fish disheartened and meat decayed, not eating; color evil, not eating; stink, not eating; lack of cooking, not eating; from time to time, not eating; cut not right, not eating; not allowed its sauce, not eating; sell dried wine market, not eating. What does this "eight no food" mean? Is it applicable in the current food hygiene environment?1. eat the button and eclipse, the fish is discouraged and the flesh is defeated. It means that the grain is not old, and the fish and meat are not fresh. They are not fresh.Grain: Nutrition and taste will be reduced during long-term storage. According to the provisions of the Regulations on the Management of Grain Circulation, aged grains that exceed the normal storage period shall undergo quality appraisal by qualified grain quality inspection institutions before they are released from storage. If they have deteriorated or do not meet the hygienic standards for food, they can not be used as rations. The market can only be used for animal feed, fuel ethanol production, etc.

4. 华侨华人注意 10月实施的新规将影响生活	来源：腾讯大燕网	主体：公众	态度：提倡	时间：11:05:19
Overseas Chinese and pay attention to the implementation of the new rules would affect life in October	来源：腾讯大燕网	Subject: public	Attitude: advocate	Time: 11:05:19

华侨华人注意！10月起实施的这些新规，将深刻影响你的生活！伴随着国内十一假期的开始，一大波新规“来袭”，事关方方面面！华侨华人快来看看，哪些与您生活息息相关的规定，已经发生改变？01 国内速递 个税起征点调为5000元 十三届全国人大常委会第五次会议31日表决通过了关于修改个人所得税法的决定。“起征点”提高至每月5000元等部分减税政策，将从2018年10月1日起先行实施。决定还修改了今后应纳税所得额的计算方法：居民个人的综合所得，以每一纳税年度的收入额减除6万元以及专项扣除、专项附加扣除和依法确定的其他扣除后的余额，为应纳税所得额。非居民个人的工资、薪金所得，以每月收入额减除费用5000元后的余额为应纳税所得额；劳务报酬所得、稿酬所得、特许权使用费所得，以收入减除20%的费用后的余额为收入额，在此基础上，稿酬所得的收入额再减按70%计算，相当于打了五六折。网络餐饮服务有新要求 国家市场监管总局7月23日发布新修订的《餐饮服务食品安全操作规范》，自今年10月1日起施行

Attention of overseas Chinese! These new regulations, which will be implemented in October, will profoundly affect your life.With the start of the eleven holiday in China,A new wave of "new regulations" is coming.It's all about every aspect.Look at the overseas Chinese.What are the rules that are closely related to your life?Has changed?01Domestic expressThe tax threshold is 5000 yuan.At the fifth meeting of the Standing Committee of the Thirteenth National People's Congress, the decision on Amending the Individual Income Tax Law was adopted by vote on the 31st. The "starting point" will be increased to 5,000 yuan per month and some other tax cuts will be implemented from October 1, 2008.The decision also revised the calculation method of future taxable income: the comprehensive income of individual residents, with the income of each tax year minus 60,000 yuan and the balance after special deduction, special additional deduction and other deductions determined according to law, shall be the taxable income.Income from wages and salaries of non-resident individuals shall be taxable on the basis of the balance of monthly income minus 5,000 yuan of expenses; income from remuneration for services, remuneration for manuscripts and royalties shall be taxable on the basis of the balance of income minus 20% of expenses, and the income from remuneration for manuscripts shall be reduced by 70%. When hit 44% off.New requirements for online catering servicesOn July 23, the State Administration of Market Supervision issued a newly revised Code of Practice for Food Safety in Catering Services, which will come into effect on October 1 this year

决心工程  
Resolve To Save Lives

没有相关文章！

No such articles!

## 减盐-微信 Salt Reduction - WeChat

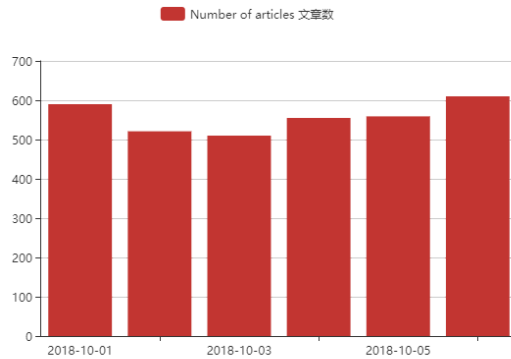
2018-10-06, 共监测到610篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 610 WeChat public articles were monitored in 2018-10-06. 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. [南方人比北方人更长寿的原因, 终于找到了, 没想到竟然是...](#)  
[The reason why the southerners live longer than the north is finally found.](#)

重复数: 7  
Repeat Number: 7  
日期: 2018-10-06  
Data: 2018-10-06

南昌大学二附院心血管内科主任医师 李萍介绍, 盐的摄入量 and 高血压的发生率成正比, 如果血液里的盐分过高, 需要更多的血液来冲淡, 血液容量过多会增加心脏负担, 血压也会随之升高。

Li Ping, chief physician of cardiovascular medicine at the Second Affiliated Hospital of Nanchang University, said that salt intake was directly proportional to the incidence of hypertension. If the salt content in the blood was too high, more blood was needed to dilute it. Excessive blood volume would increase the burden on the heart, and blood pressure would also increase.

2. [91岁的星云大师谈养生: 我是这样跟疾病战斗了50年](#)  
[The 91-year-old nebula master talks about health. He said that he has been fighting the disease for 50 years.](#)

重复数: 4  
Repeat Number: 4  
日期: 2018-10-06  
Data: 2018-10-06

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、动脉硬化等疾病的重要原因, 所以“多淡少盐”, 合乎养生之道。

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.

2. [2元一袋和10元一袋的盐到底差在哪? 终于清楚了...](#)  
[Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag? At last it is clear.](#)

重复数: 2  
Repeat Number: 2  
日期: 2018-10-06  
Data: 2018-10-06

如果烹饪时早早的放盐, 盐就可能渗入食物中, 吃菜的时候把放的盐都吃到肚子里了, 等起锅时放盐, 多数还在菜的表面和汤汁中, 这样既能起到调味的作用, 又可以少摄入盐。

If you put salt during cooking, the salt may penetrate into the food, and the salt will be eaten in the stomach when you eat. Adding the salt after cooking, most of salt are still on the surface of the dish and in the soup, which can not only play a role in seasoning, but also reduce the intake of salt.

3. [最全肾病饮食清单, 请收好!](#)  
[Please accept the list of the most complete kidney disease diet.](#)

重复数: 2  
Repeat Number: 2  
日期: 2018-10-06  
Data: 2018-10-06

吃多了盐没好处想必大家都知道, 对于肾脏来说, 吃太多沉积在肾脏会造成损坏, 还会加重水肿、高血压等肾病常见症状, 还会影响降压药和降蛋白药物的药效。没有明显高血压、水肿情况的肾友每人每天摄盐量控制在6克以下, 通常在4克左右。如伴有血压增高, 或伴有明显水肿及尿量减少者, 每人每天的盐摄入量应控制在2—4克。

Everyone knows that eating salt is not good. For the kidneys, eating too much deposits in the kidneys can cause damage, and it can aggravate the common symptoms of kidney disease such as edema and hypertension, and also affect the efficacy of antihypertensive drugs and protein-lowering drugs. In patients with kidney disease without obvious hypertension or edema, the salt intake per person per day is controlled below 6 grams, usually around 4 grams. If accompanied by increased blood pressure, or associated with significant edema and decreased urine output, the salt intake per person per day should be controlled at 2-4 grams.

3. [推拿师注意啦! 这个地方疼千万别当骨科病, 心跳随时可能停!](#)  
[The tunaist pays attention! Do not treat this area as a orthopedic disease to treat! Heartbeat may stop at any time!](#)

重复数: 2  
Repeat Number: 2  
日期: 2018-10-06  
Data: 2018-10-06

吃盐多是非常有害的, 盐摄入过多, 最直接的结果就是高血压。研究发现, 吃得太咸, 不仅容易导致血压增高, 还会加重心脏负担, 引起心血管疾病。

Eating salt is very harmful. The most direct result of excessive salt intake is high blood pressure. Studies have found that eating too salty, not only easy to lead to increased blood pressure, but also increase the burden on the heart, causing cardiovascular disease.

## 减盐-微博 Salt Reduction - Weibo

2018-10-06, 共检测到1276条与“减盐”相关的微博。

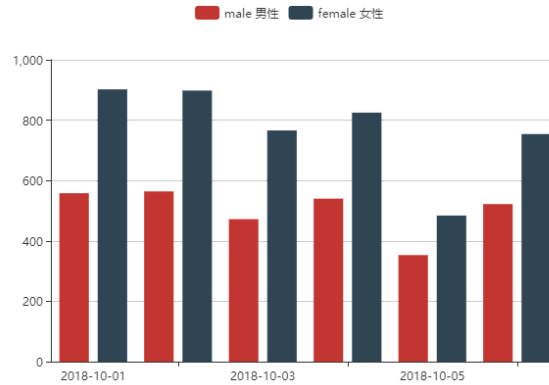
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 1276 weibos about salt reduction monitored on 2018-10-06.

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. 昵称: 健康-生活小常识

地区: 北京

认证: 个人

Nickname: 健康-生活小常识

Area: Beijing

Identity: Person

时间: 2018-10-06 21:10

来自: 微博 weibo.com

转发数: 171

评论数: 9

点赞数: 199

Time: 2018-10-06 21:10

Source: 微博 weibo.com

Repost: 171

Comment: 9

Like: 199

【健康心态八法】不要攀、不要比，不要自己气自己；别气馁、不放弃，风雨彩虹遂人意；少吃盐、多吃醋，少打麻将多散步；按时睡、按时起，打拳跑步健身体；夫妻爱、子女孝，家庭和睦最重要；官再大、钱再多，阎王照样土里拖；行点善、积点德，为人处世路宽活；吃点亏、吃点苦，傻点笨点也是福。  
[Healthy Mentality Eight Ways] Don't climb, don't compare, don't be angry with yourself; don't be discouraged, don't give up, the rainbow will be satisfied; eat less salt, more jealousy, less playing mahjong and more walking; sleep on time, start on time, boxing, running fitness; husband and wife love, filial piety, family harmony is the most important; no matter how big the government, more money, Yan Wang Zhao It is a blessing to suffer a little loss, a little bitterness, a little foolishness.

# 反式脂肪酸-新闻

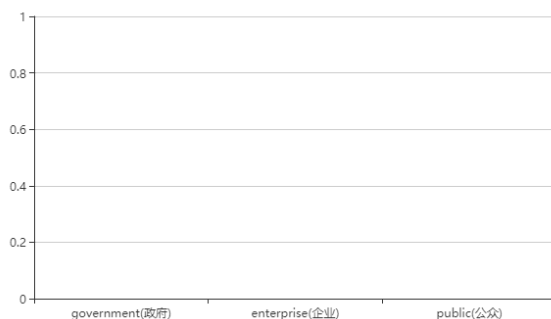
## Trans Fat - News

今日 (2018-10-06) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-10-06. Please click the title to view full information.

The original article is in Chinese only.

advocated (提倡) against (反对) neutrality (中立)



### 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

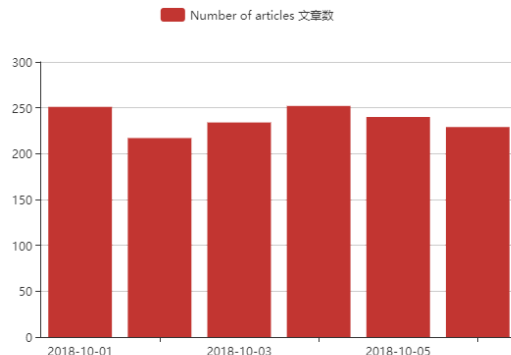
2018-10-06, 共监测到229篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 229 WeChat public articles were monitored in 2018-10-06. 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. [少吃点吧! 每一口都相当于“喝油”, 伤心损脑, 诱发糖尿病...](#)

重复数: 4

日期: 2018-10-06

[Eat less! Every mouthful of it is equivalent to "drinking oil", damaging the brain and inducing diabetes.](#)

Repeat Number: 4

Data: 2018-10-06

反式脂肪又名反式脂肪酸, 有天然反式脂肪和人造反式脂肪两种: 牛羊肉、牛奶及其制品中存在少量的天然反式脂肪。人造反式脂肪的主要来源是部分氢化处理的植物油。因为能增添食品酥脆口感、易于长期保存等优点, 因此被大量运用于市售包装食品、餐厅的煎炸食品中。

Trans fat, also known as trans fatty acid, is divided into natural trans fats and artificial trans fats. There is a small amount of natural trans fat in beef and mutton, milk and its products. The main source of artificial trans fats is partially hydrotreated vegetable oils. Because it can add crispy taste to food, easy to store for a long time. Therefore, it is widely used in commercially available packaged foods, fried foods in restaurants.

### 2. [健康|做好“三减三健”, 筑牢健康基石!](#)

重复数: 2

日期: 2018-10-06

[Carry out "three minus three health" and build healthy foundation stone!](#)

Repeat Number: 2

Data: 2018-10-06

限制反式脂肪酸摄入: 少吃含“部分氢化植物油”、“起酥油”、“奶精”、“植脂末”或“人造奶油”的预包装食品。建议每日反式脂肪酸摄入量不超过2克。

Limit trans fatty acid intake: Eat less prepackaged foods containing "partially hydrogenated vegetable oils", "shortening oils", "creamers", "dairy creamers" or "margarines". It is recommended that the daily trans fatty acid intake should not exceed 2 grams.

### 3. [这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!](#)

重复数: 2

日期: 2018-10-06

[These 6 kinds of milk must not be given to children. Second kinds of milk may be bought every day!](#)

Repeat Number: 2

Data: 2018-10-06

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.

### 4. [【动态】加拿大正式禁用“人工反式脂肪”! 这些美食纷纷中枪! \(家长必看\)](#)

重复数: 1

日期: 2018-10-06

[\[dynamic\] Canada officially prohibits "artificial trans fat". These foods have been shot!\(parents must see\)](#)

Repeat Number: 1

Data: 2018-10-06

反式脂肪酸不容易被人体消化, 容易在腹部积累, 导致肥胖。喜欢吃薯条等零食的人应提高警惕, 油炸食品中的反式脂肪酸会造成明显的脂肪堆积。

Trans fatty acids are not easily digested by the body, and are easily accumulated in the abdomen, leading to obesity. People who like to eat snacks such as French fries should be vigilant. Trans fatty acids in fried foods can cause significant fat accumulation.

### 5. [味精、鸡精是“害人精”? 这些真相现在知道还不晚](#)

重复数: 1

日期: 2018-10-06

[MSG, chicken essence is "harmful"? It's not too late to know the truth.](#)

Repeat Number: 1

Data: 2018-10-06

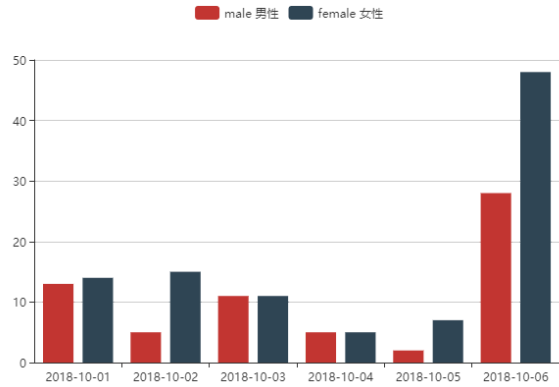
一般的奶精是从植物脂肪里提取氢化植物油而成, 跟奶并没有什么关系。氢化植物油含有反式脂肪酸, 被认为对心脑血管有损害。

Generally, the cream is derived from hydrogenated vegetable oil from vegetable fat, and has nothing to do with milk. Hydrogenated vegetable oils contain trans fatty acids, which are thought to damage the heart and brain vessels.

# 反式脂肪酸-微博

## Transfat - Weibo

2018-10-06, 共检测到76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 76 weibos about transfat reduction monitored on 2018-10-06.  
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!