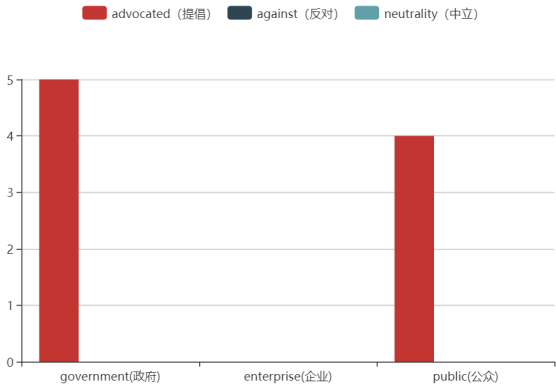


减盐-新闻

Salt Reduction - News

今日 (2018-10-13) 共监测到9条资讯。请点击标题查看原文。
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新闻主体分类

Classification of news subject

政府 Government				
1. 开化县开展“三减三健”主题宣传活动	来源: 浙江在线	类别: 健康中心	态度: 提倡	时间: 02:16:23
Kaihua to carry out the "three minus three health" theme campaign	来源: 浙江在线	Category: health and wellness centers	Attitude: advocate	Time: 02:16:23
为倡导和传播健康生活理念, 近日, 开化县卫生计生局、县计生协和开化县疾控中心联合在东方超市开展“三减三健”(即减盐、减油、减糖、健康口腔、健康体重、健康骨骼)为主题的全民健康生活方式宣传活动。活动现场通过悬挂横幅、展板宣传、发放宣传资料、有奖竞答、接受群众咨询等方式, 广泛宣传生活与健康的相关知识, 大力倡导“合理膳食、适量运动、戒烟限酒、心理平衡”的健康生活方式。工作人员还向居民讲解了控油限盐少糖的健康知识, 让更多的人了解过量摄入油盐糖的危害, 希望大家逐步改变重口味的饮食习惯。(开化县计生协)				
In order to promote and disseminate the concept of healthy life, Kaihua County Health and Family Planning Bureau, Kaihua County Family Planning Union and Kaihua County CDC jointly launched a nationwide health lifestyle publicity campaign on the theme of "reducing salt, oil, sugar, healthy mouth, healthy weight and healthy bones" in the eastern supermarket. By hanging banners, publicizing exhibition boards, distributing propaganda materials, competing with prizes and accepting public consultation, the activity site publicized widely the knowledge of life and health, and vigorously advocated a healthy lifestyle of "reasonable diet, moderate exercise, smoking cessation and alcohol restriction, psychological balance". The staff also explained to the residents the health knowledge of controlling oil, limiting salt and reducing sugar, so that more people understand the harm of excessive intake of oil, salt and sugar, hope that we will gradually change the heavy taste of eating habits.(Kaihua County Family Planning Association)				
2. 胶州云溪社卫中心开展“全国高血压日”健康咨询	来源: 山东新闻网	类别: 高血压	态度: 提倡	时间: 17:23:35
Jiaozhou cloud creek club who center to carry out the "national high blood pressure," health advice	来源: 山东新闻网	Category: hypertension	Attitude: advocate	Time: 17:23:35
在第21个“全国高血压日”来临之际, 为有效预防和控制高血压, 提高广大群众对高血压的认知和重视, 倡导全民健康生活方式, 积极营造利用高血压防控的社会氛围, 胶州市云溪社区卫生服务中心卫计志愿者来到郑州东路农贸市场南门开展健康咨询活动。本次活动紧紧围绕“知晓您的血压”这一主题, 志愿者们通过悬挂条幅、发放慢性病防治小册子、控盐工具、免费测量血压、计算体重指数等方式, 广泛宣传高血压防治知识, 建议居民从控盐限油入手, 控制体重, 减轻心脏负担, 定期检测血压, 提高社区居民“定期到医疗机构”测量血压等核心问题知晓率, 推进高血压患者规范管理, 从而减少心血管疾病的发生率和死亡率。活动期间共解答群众咨询50余人次, 发放健康教育宣传资料120余份。通过此次活动, 使“知晓您的血压”的理念进一步深入人心, 不仅提高了社区居民对高血压病的科学认知水平, 使大家了解高血压病的危害性, 对早期预防、及时治疗高血压病有极其重要的意义, 还增强了社区居民预防和控制高血压的意识和能力, 也对改善社区居民健康生活方式, 更好地构建和谐健康社区起到积极作用。				
In order to effectively prevent and control hypertension, raise the public's awareness and attention to hypertension, advocate a healthy lifestyle for the whole people, and actively create a social atmosphere for the prevention and control of hypertension. Health care volunteers from Yunxi Community Health Service Center came to the South Gate of Zhengzhou East Road Agricultural Trade Market for health consultation. The campaign centers on the theme of "Knowing Your Blood Pressure". Volunteers publicize the prevention and treatment of hypertension by hanging banners, issuing pamphlets on the prevention and treatment of chronic diseases, using salt control tools, measuring blood pressure free of charge, and calculating body mass index. Residents are advised to control body weight and reduce heart burden by controlling salt and limiting oil. To monitor blood pressure regularly, raise the awareness rate of the core issues such as "regularly going to medical institutions" to measure blood pressure among community residents, and promote the standardized management of hypertension patients, thereby reducing the incidence of cardiovascular diseases and mortality. During the activity, more than 50 people were consulted and more than 120 health education publicity materials were issued. Through this activity, the idea of "Knowing Your Blood Pressure" has been deeply rooted in the people's hearts. It not only improves the scientific cognition level of community residents on hypertension, but also makes everyone understand the harmfulness of hypertension. It is of great significance for early prevention and timely treatment of hypertension. It also strengthens the prevention and control of community residents. The awareness and ability of hypertension also play a positive role in improving the concept of healthy life of community residents and building a harmonious and healthy community.				
3. 烟台市疾控: 这些急性心梗发病症状常被患者忽视	来源: 胶东在线	类别: 健康中心	态度: 提倡	时间: 02:24:30
Yantai city CDC: these patients with symptoms of acute myocardial infarction (ami) is often ignored	来源: 胶东在线	Category: health and wellness centers	Attitude: advocate	Time: 02:24:30
胶东在线10月12日讯 近年来, 我国心梗发病率和死亡率明显升高, 并且呈年轻化趋势, 尤其以35-50岁的中年男性更为明显。烟台市疾控中心专家提醒, 心肌梗死已经成为威胁人们生命健康和生存质量的重要杀手。“心梗发病率的升高跟现代人 unhealthy 的生活方式息息相关, 比如大量饮酒、吸烟无节制、压力过大、缺乏运动以及饮食结构不合理等。高血压、高血脂、高血糖、肥胖等疾病, 一旦控制不到位, 也会大大增加患病的风险。”烟台市疾控中心地慢科主管医师徐颖介绍说				
October 12, Jiaodong Online News in recent years, the incidence and mortality of myocardial infarction in China has increased significantly, and the trend is younger, especially in middle-aged men aged 35-50 years. Yantai CDC experts warn that myocardial infarction has become a threat to people's health and quality of life an important killer. "The increase in the incidence of MI is closely related to unhealthy lifestyles of modern people, such as heavy drinking, cigarette smoking, excessive stress, lack of exercise and unreasonable diet. Hypertension, hyperlipidemia, hyperglycemia, obesity and other diseases, once not controlled in place, will greatly increase the risk of disease. Xu Ying, chief physician of the Yantai Municipal Center for Disease Control and prevention, said				
4. 山东公布健康大数据, 这4种病死亡率高于全国! 赶紧自查高危因素	来源: 半岛网	类别: 食物中的钠	态度: 提倡	时间: 06:41:40
Shandong reported health data, the four kinds of disease mortality rate higher than the national! To examine risk factors	来源: 半岛网	Category: sodium in food	Attitude: advocate	Time: 06:41:40
近日, 我省在全国率先启动的全人群全生命周期健康图谱创建, 已经有一些健康大数据成果。数据显示, 山东省肺癌、胃癌、食管癌、急性心肌梗死的死亡率明显高于全国平均水平, 并且均表现出男性死亡率高于女性、农村居民死亡率高于城市居民的特征。大数据分析显示, 这些恶性肿瘤、心脑血管疾病等的高死亡率与山东省居民面临的一些危险因素密切相关。例如, 山东省男性过量饮酒率较高, 男女性幽门螺旋杆菌阳性检出率均超过30%, 这些都是胃癌的重要危险因素。山东省50岁以上男性的吸烟问题较为严重, 农村居民不清洁燃料暴露率仍高达45%, 这些都是肺癌的重要危险因素; 还有我省男女性体重超重率均超过30%, 全人群居民缺乏运动率高达77%, 这些都是心脑血管疾病的重要危险因素				
Recently, the province took the lead in the country to start the establishment of the whole population life cycle health map, there have been some big health data results. The data showed that the mortality rates of lung cancer, gastric cancer, esophageal cancer and acute myocardial infarction in Shandong Province were significantly higher than the national				

average, and the mortality rates of males were higher than those of females and rural residents were higher than those of urban residents.Large data analysis shows that the high mortality rates of these malignant tumors, cardiovascular and cerebrovascular diseases are closely related to some risk exposure factors faced by Shandong residents. For example, Shandong Province has a high rate of male excessive drinking and a positive detection rate of Helicobacter pylori in both sexes is more than 30%. These are important risk factors for gastric cancer exposure.Smoking is a serious problem for men over 50 years old in Shandong Province, and the exposure rate of unclean fuels in rural residents is still as high as 45%. These are all important risk factors for lung cancer. In addition, the overweight rate of men and women in Shandong Province is over 30%, and the lack of exercise rate of the whole population is as high as 77%. These are important risk exposures of cardiovascular and cerebrovascular diseases. Factor

5. 深圳南山试点卒中高危人群筛查	来源：金羊网	类别：高血压	态度：提倡	时间：23:51:26
Shenzhen pilot stroke high-risk population screening	来源：金羊网	Category: hypertension	Attitude: advocate	Time: 23:51:26

金羊网讯 记者王俊，通讯员陈嘉兴报道：10月8日是我国第21个全国高血压日。11日，深圳市南山区慢病院在粤海街道蔚蓝海岸社区举行了“高血压日暨‘30岁知血压’试点项目启动仪式”。记者了解到，根据深圳最新的慢性病流行病学调查，深圳18岁以上居民高血压患病率达20.9%，患者近200万。但深圳患者血压知晓率仅60%，4成高血压患者不知自己血压，不知自己患有高血压，这种情况非常危险，容易出现脑卒中、心肌梗死等。深圳市南山区慢病院专家指出，市民特别是高风险人群应该定时测量和知晓自己的血压、有效控制血压

Golden Sheep Network reporter Wang Jun, correspondent Chen Jiaxing reported: October 8 is the 21st National Hypertension Day. On the 11th, Shenzhen Nanshan District Chronic Disease Hospital held a "Hypertension Day and 30-year-old Knowing Blood Pressure" pilot project launching ceremony in the blue coastal community of Yuehai Street. The reporter learned that according to the latest epidemiological survey of chronic diseases in Shenzhen, the prevalence of hypertension in Shenzhen residents aged 18 years and over reached 20.9%, with nearly 2 million patients. But Shenzhen blood pressure awareness rate is only 60%, 40% of hypertension patients do not know their own blood pressure, do not know that they have hypertension, this situation is very dangerous, prone to sudden stroke, myocardial infarction and so on. Experts from Nanshan District, Shenzhen City, pointed out that people, especially high-risk groups, should regularly measure and know their blood pressure and effectively control it.

企业 Industry

没有相关文章！

No such articles!

公众 Public

1. 成都气温“过山车” 急诊接诊人数涨三成老年群体居多	来源：四川新闻网-攀枝花日报	类别：心血管疾病	态度：提倡	时间：09:16:43
The temperature in chengdu "roller coaster" emergency accepts the number was thirty percent mostly in the elderly	来源：四川新闻网-攀枝花日报	Category: None	Attitude: advocate	Time: 09:16:43

冷风萧瑟加上点点雨水，假期后的首个工作日很“清凉”，周内阳光回归气温回升，紧接着周五又开始降温.....气温如同过山车一般。近期，市三医院急诊日收诊量约300人，较此前接诊上涨近30%。“主要以呼吸道及心血管病为主，老年群体为主要人群。”医院急诊科主任项涛介绍说。“金秋十月·收获健康”第三期，市三医院多学科专家为大家带来这一时段的健康提示

The first working day after the holidays was "cool" with a bleak breeze and a little rain. Sunlight returned to warm up during the week and then began to cool down on Friday. The temperature is like roller coaster. Recently, the daily number of emergency visits in the three hospitals of the city was about 300, up nearly 30% compared with the previous visits. "Mainly respiratory and cardiovascular diseases, the elderly population as the main group." Xiang Tao, director of the hospital emergency department, said. "Autumn October Harvest Health" Phase III, the city's Third Hospital multi-disciplinary experts to bring you this period of health tips

2. 中国胃癌多发专家倡导40岁以上高危人群尽早筛查	来源：中国新闻网	类别：健康中心	态度：提倡	时间：21:23:36
China multiple experts advocate over 40 gastric cancer high-risk population screening as early as possible	来源：中国新闻网	Category: health and wellness centers	Attitude: advocate	Time: 21:23:36

2018全国早期胃癌防治宣传周13日启动。 芊烨 摄中新网上海10月13日电 (记者 陈静)恶性肿瘤已成为国人健康的主要杀手，消化道肿瘤发病率占成人肿瘤发病率约一半。中国工程院院士、国家消化道早癌防治中心联盟理事长、国家消化病临床医学研究中心(上海)主任李兆申13日表示，早发现、早诊断、早治疗是延长胃癌患者生存期的关键，也是提高中国消化道肿瘤防治水平的关键点。这位专家倡导采取简单有效的方法，让更多人加入到消化道早癌筛查项目中。当日举行的2018全国早期胃癌防治宣传周启动仪式上，专家们倡导，40岁以上，且符合以下任一条件之一者都应该进行胃癌筛查：幽门螺杆菌感染者；胃癌高发地区人群(辽东半岛、山东半岛、长江三角洲、太行山脉和甘肃等地)；既往患有慢性萎缩性胃炎、胃溃疡、胃息肉、手术后残胃、肥厚性胃炎、恶性贫血等胃的癌前病变；胃癌患者一级亲属；存在胃癌其他风险因素(如摄入高盐、腌制饮食、吸烟、重度饮酒等)

2018 the national early gastric cancer prevention and control publicity week started on 13. Qian Ye's photographyBEIJING, Oct. 13 (Reporter Chen Jing) Malignant tumors have become the main killer of Chinese health, the incidence of digestive tract tumors accounted for about half of the incidence of adult tumors.Li Zhaoshen, academician of the Chinese Academy of Engineering, director of the National Alliance for Early Cancer Prevention and Treatment of Gastrointestinal Cancer and director of the National Center for Clinical Medicine of Digestive Diseases (Shanghai), said on the 13th that early detection, early diagnosis and early treatment are the key to prolong the survival of patients with gastric cancer and to improve the level of prevention and treatment of gastrointestinal cancer in China. The expert advocates a simple and effective way to get more people involved in early cancer screening programs in the digestive tract.At the launch ceremony of the National Early Gastric Cancer Prevention and Treatment Week in 2018, experts advocated screening for gastric cancer in people over 40 years of age and who meet any of the following criteria: Helicobacter pylori infection; people in areas with high incidence of gastric cancer (Liaodong Peninsula, Shandong Peninsula, Yangtze River Delta, Taihang Mountains and Gansu Province); Previous gastric precancerous lesions such as chronic atrophic gastritis, gastric ulcer, gastric polyps, residual stomach after surgery, hypertrophic gastritis, and pernicious anemia; primary relatives of patients with gastric cancer; other risk factors for gastric cancer (such as high salt intake, pickled diet, smoking, heavy drinking, etc.)

3. 一辈子不得“四高”的秘诀就是这几句话	来源：星岛环球网	类别：食物中的钠	态度：提倡	时间：10:24:39
Life may not be the secret of "four high" is this a few words	来源：星岛环球网	Category: sodium in food	Attitude: advocate	Time: 10:24:39

高血压、高血脂、高血糖、高尿酸，合称“四高”，危害着很多人的健康。那么，“四高”的标准是怎样的？一旦患病，在饮食上应该注意些什么？ 高血压 这是世界顶尖医学期刊《柳叶刀》上刊登的一项大型研究公布的全球疾病负担、伤害及危险因素的研究结果。 根据《中国高血压防治指南2010修订版》： 注：当收缩压与舒张压属于不同级别，应取较高的级别。 高血脂 从医学定义上来说，目前，国内一般以成年人空腹血清总胆固醇超过5.72mmol/l，甘油三酯超过1.70mmol/l，诊断为高脂血症。将总胆固醇在5.2～5.7mmol/l者称为边缘性升高

Hypertension, hyperlipidemia, hyperglycemia and hyperuricemia are known as "four high", which endanger the health of many people. Then, what is the "four high" standard? Once sick, what should we pay attention to in diet?HypertensionThis is the result of a large study published in the Lancet, the world's leading medical journal, on the global burden of disease, injury and risk factors.According to the 2010 revised edition of guidelines for hypertension prevention in China:Note: when the systolic blood pressure and diastolic blood pressure belong to different levels, a higher level should be taken.HyperlipidemiaAccording to the medical definition, at present, the total cholesterol of adult fasting serum is more than 5.72 mmol/l, and the triglyceride is more than 1.70 mmol/l, which is generally diagnosed as hyperlipidemia in China. The increase in total cholesterol between 5.2 and 5.7mmol/l is known as marginal increase.

4. 感冒期间哪几类食物不宜食用？	来源：人民网	类别：食物中的钠	态度：提倡	时间：20:02:51
Is not suitable for which a few kinds of food during a cold?	来源：人民网	Category: sodium in food	Attitude: advocate	Time: 20:02:51

原标题：感冒期间 哪几类食物不宜食用？ 秋冬季节,气候多变,人们很容易患上感冒。虽说感冒是一种常见病症,但也要细心调理,才能让身体更快的恢复。在感冒期间,除了吃药、休息、多喝水之外,正确、合理的饮食对于治疗感冒也有很大的帮助。若在感冒期间,吃得不对,则很容易使病情反复或加重。 究竟哪几类食物不宜在感冒期间食用呢?接下来,随经济日报-中国经济网时尚频道一同来了解一下吧

Original title: which kinds of food should not be eaten during a cold?In autumn and winter, the climate is changeable, so it is easy for people to catch cold. Although a common cold is a common disease, it should be carefully adjusted so that the body can recover more quickly. During the cold, in addition to taking medicine, rest, drinking more water, the correct and reasonable diet for the treatment of cold is also very helpful. If you do not eat properly during a cold, it is easy to make the disease relapse or aggravate.What kinds of food are not suitable to eat during a cold? Next, with the Economic Daily - China Economic Network Fashion Channel to learn about it.

内容分类 Classification of Content

食物中的钠 Sodium in food

1. 一辈子不得“四高”的秘诀就是这几句话	来源：星岛环球网	类别：食物中的钠	态度：提倡	时间：10:24:39
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2. 山东公布健康大数据，这4种病死亡率高于全国！赶紧自查高危因素	来源：半岛网	类别：食物中的钠	态度：提倡	时间：06:41:40
Shandong reported health data, the four kinds of disease mortality rate higher than the nationalTo examine risk factors	来源：半岛网	Category: sodium in food	Attitude: advocate	Time: 06:41:40

近日，我省在全国率先启动的全人群全生命周期健康图谱创建，已经有一些健康大数据成果。数据显示，山东省肺癌、胃癌、食管癌、急性心肌梗死的死亡率明显高于全国平均水平，并且均表现出男性死亡率高于女性、农村居民死亡率高于城市居民的特征。大数据分析显示，这些恶性肿瘤、心脑血管疾病等的高死亡率与山东省居民面临的一些危险暴露因素密切相关。例如，山东省男性过量饮酒率较高，男女性胃幽门螺旋杆菌阳性检出率均超过30%，这些都是胃癌的重要危险暴露因素。山东省50岁以上男性的吸烟问题较为严重，农村居民不清洁燃料暴露率仍高达45%，这些都是肺癌的重要危险暴露因素；还有我省女性体重超重率均超过30%，全人群居民缺乏运动率高达77%，这些都是心脑血管疾病的重要危险暴露因素

Recently, the province took the lead in the country to start the establishment of the whole population life cycle health map, there have been some big health data results. The data showed that the mortality rates of lung cancer, gastric cancer, esophageal cancer and acute myocardial infarction in Shandong Province were significantly higher than the national average, and the mortality rates of males were higher than those of females and rural residents were higher than those of urban residents.Large data analysis shows that the high mortality rates of these malignant tumors, cardiovascular and cerebrovascular diseases are closely related to some risk exposure factors faced by Shandong residents. For example, Shandong Province has a high rate of male excessive drinking and a positive detection rate of Helicobacter pylori in both sexes is more than 30%. These are important risk factors for gastric cancer exposure.Smoking is a serious problem for men over 50 years old in Shandong Province, and the exposure rate of unclear fuels in rural residents is still as high as 45%. These are all important risk factors for lung cancer. In addition, the overweight rate of men and women in Shandong Province is over 30%, and the lack of exercise rate of the whole population is as high as 77%. These are important risk exposures of cardiovascular and cerebrovascular diseases. Factor

3. 感冒期间哪几类食物不宜食用？	来源：人民网	类别：食物中的钠	态度：提倡	时间：20:02:51
Is not suitable for which a few kinds of food during a cold?	来源：人民网	Category: sodium in food	Attitude: advocate	Time: 20:02:51

原标题：感冒期间 哪几类食物不宜食用？ 秋冬季节,气候多变,人们很容易患上感冒。虽说感冒是一种常见病症,但也要细心调理,才能让身体更快的恢复。在感冒期间,除了吃药、休息、多喝水之外,正确、合理的饮食对于治疗感冒也有很大的帮助。若在感冒期间,吃得不对,则很容易使病情反复或加重。 究竟哪几类食物不宜在感冒期间食用呢?接下来,随经济日报-中国经济网时尚频道一起来了解一下吧

Original title: which kinds of food should not be eaten during a cold?In autumn and winter, the climate is changeable, so it is easy for people to catch cold. Although a common cold is a common disease, it should be carefully adjusted so that the body can recover more quickly. During the cold, in addition to taking medicine, rest, drinking more water, the correct and reasonable diet for the treatment of cold is also very helpful. If you do not eat properly during a cold, it is easy to make the disease relapse or aggravate.What kinds of food are not suitable to eat during a cold? Next, with the Economic Daily - China Economic Network Fashion Channel to learn about it.

<div>高血压</div> <div>Hypertension</div>				
1. 胶州云溪社区卫生中心开展“全国高血压日”健康咨询	来源：山东新闻网	类别：高血压	态度：提倡	时间：17:23:35
Jiaozhou cloud creek club who center to carry out the "national high blood pressure," health advice	来源：山东新闻网	Category: hypertension	Attitude: advocate	Time: 17:23:35

在第21个“全国高血压日”来临之际，为有效预防和控制高血压，提高广大群众对高血压的认知和重视，倡导全民健康生活方式，积极营造利用高血压防控的社会氛围，胶州市云溪社区卫生服务中心卫志志愿者来到郑州东路农贸市场南开展健康咨询活动。本次活动紧紧围绕“知晓您的血压”这一主题，志愿者们通过悬挂条幅、发放慢性病防治小册子、控盐工具、免费测量血压、计算体重指数等方式，广泛宣传高血压防治知识，建议居民从控盐限油入手，控制体重，减轻心脏负担，定期检测血压，提高社区居民“定期到医疗机构”测量血压等核心问题知晓率，推进高血压患者规范管理，从而减少心血管疾病的发生率和死亡率。活动期间共解答群众咨询50余人次，发放健康教育宣传资料120余份。通过此次活动，使“知晓您的血压”的理念进一步深入人心，不仅提高了社区居民对高血压病的科学认知水平，使大家了解高血压病的危害性，对早期预防、及时治疗高血压病有极其重要的意义，还增强了社区居民预防和控制高血压的意识和能力，也对改善社区居民健康生活理念，更好地构建和谐健康社区起到积极作用。

In order to effectively prevent and control hypertension, raise the public's awareness and attention to hypertension, advocate a healthy lifestyle for the whole people, and actively create a social atmosphere for the prevention and control of hypertension. Health care volunteers from Yunxi Community Health Service Center came to the South Gate of Zhengzhou East Road Agricultural Trade Market for health consultation.The campaign centers on the theme of "Knowing Your Blood Pressure". Volunteers publicize the prevention and treatment of hypertension by hanging banners, issuing pamphlets on the prevention and treatment of chronic diseases, using salt control tools, measuring blood pressure free of charge, and calculating body mass index. Residents are advised to control body weight and reduce heart burden by controlling salt and limiting oil. To monitor blood pressure regularly, raise the awareness rate of the core issues such as "regularly going to medical institutions" to measure blood pressure among community residents, and promote the standardized management of hypertension patients, thereby reducing the incidence of cardiovascular diseases and mortality. During the activity, more than 50 people were consulted and more than 120 health education publicity materials were issued.Through this activity, the idea of "Knowing Your Blood Pressure" has been deeply rooted in the people's hearts. It not only improves the scientific cognition level of community residents on hypertension, but also makes everyone understand the harmfulness of hypertension. It is of great significance for early prevention and timely treatment of hypertension. It also strengthens the prevention and control of community residents. The awareness and ability of hypertension also play a positive role in improving the concept of healthy life of community residents and building a harmonious and healthy community.

2. 深圳南山试点卒中高危人群筛查	来源：金羊网	类别：高血压	态度：提倡	时间：23:51:26
Shenzhen nanshan pilot stroke high-risk population screening	来源：金羊网	Category: hypertension	Attitude: advocate	Time: 23:51:26

金羊网讯 记者王俊，通讯员陈嘉兴报道：10月8日是我国第21个全国高血压日。11日，深圳市南山区慢病院在粤海街道蔚蓝海岸社区举行了“高血压日暨‘30岁知血压’试点项目启动仪式”。记者了解到，根据深圳最新的慢性病流行病学调查，深圳18岁以上居民高血压患病率达20.9%，患者近200万。但深圳患者血压知晓率仅60%，4成高血压患者不知自己血压，不知道自己患有高血压，这种情况非常危险，容易出现脑卒中、心肌梗死等。深圳市南山区慢病院专家指出，市民特别是高风险人群应该定时测量和知晓自己的血压、有效控制血压

Golden Sheep Network reporter Wang Jun, correspondent Chen Jiaying reported: October 8 is the 21st National Hypertension Day. On the 11th, Shenzhen Nanshan District Chronic Disease Hospital held a "Hypertension Day and 30-year-old Knowing Blood Pressure" pilot project launching ceremony in the blue coastal community of Yuehai Street. The reporter learned that according to the latest epidemiological survey of chronic diseases in Shenzhen, the prevalence of hypertension in Shenzhen residents aged 18 years and over reached 20.9%, with nearly 2 million patients. But Shenzhen blood pressure awareness rate is only 60%, 40% of hypertension patients do not know their own blood pressure, do not know that they have hypertension, this situation is very dangerous, prone to sudden stroke, myocardial infarction and so on. Experts from Nanshan District, Shenzhen City, pointed out that people, especially high-risk groups, should regularly measure and know their blood pressure and effectively control it.

<div>心血管健康</div> <div>Cardiovascular health</div>				
没有相关文章！				
No such articles!				
<div>健康中心</div> <div>Health and Wellness Centers</div>				
1. 开化县开展“三减三健”主题宣传活动	来源：浙江在线	类别：健康中心	态度：提倡	时间：02:16:23
Kaihua to carry out the "three minus three health" theme campaign	来源：浙江在线	Category: health and wellness centers	Attitude: advocate	Time: 02:16:23

为倡导和传播健康生活理念，近日，开化县卫生计生局、县计生协和开化县疾控中心联合在东方超市开展“三减三健”(即减盐、减油、减糖、健康口腔、健康体重、健康骨骼)为主题的全民健康生活方式宣传活动。活动现场通过悬挂横幅、展板宣传、发放宣传资料、有奖竞答、接受群众咨询等方式，广泛宣传生活与健康的相关知识，大力倡导“合理膳食、适量运动、戒烟限酒、心理平衡”的健康生活方式。工作人员还向居民讲解了控油限盐少糖的健康知识，让更多的人了解过量摄入油盐糖的危害，希望大家逐步改变重口味的饮食习惯。(开化县计生协)

In order to promote and disseminate the concept of healthy life, Kaihua County Health and Family Planning Bureau, Kaihua County Family Planning Union and Kaihua County CDC jointly launched a nationwide health lifestyle publicity campaign on the theme of "reducing salt, oil, sugar, healthy mouth, healthy weight and healthy bones" in the eastern supermarket. By hanging banners, publicizing exhibition boards, distributing propaganda materials, competing with prizes and accepting public consultation, the activity site publicized widely the knowledge of life and health, and vigorously advocated a healthy lifestyle of "reasonable diet, moderate exercise, smoking cessation and alcohol restriction, psychological balance". The staff also explained to the residents the health knowledge of controlling oil, limiting salt and reducing sugar, so that more people understand the harm of excessive intake of oil, salt and sugar, hope that we will gradually change the heavy taste of eating habits.(Kaihua County Family Planning Association)

2. 中国胃癌多发专家倡导40岁以上高危人群尽早筛查	来源：中国新闻网	类别：健康中心	态度：提倡	时间：21:23:36
China multiple experts advocate over 40 gastric cancer high-risk population screening as early as possible	来源：中国新闻网	Category: health and wellness centers	Attitude: advocate	Time: 21:23:36

2018全国早期胃癌防治宣传周13日启动。 芊桦 摄 中新网上海10月13日电 (记者 陈静)恶性肿瘤已成为国人健康的主要杀手，消化道肿瘤发病率占成人肿瘤发病率约一半。中国工程院院士、国家

消化道早癌防治中心联盟理事长、国家消化病临床医学研究中心(上海)主任李兆申13日表示，早发现、早诊断、早治疗是延长胃癌患者生存期的关键，也是提高中国消化道肿瘤防治水平的关键点。这位专家倡导采取简单有效的方法，让更多人加入到消化道早癌筛查项目中。当日举行的2018全国早期胃癌防治宣传周启动仪式上，专家们倡导，40岁以上，且符合以下任一条件之一者都应该进行胃癌筛查：幽门螺杆菌感染者；胃癌高发地区人群(辽东半岛、山东半岛、长江三角洲、太行山脉和甘肃等地)；既往患有慢性萎缩性胃炎、胃溃疡、胃息肉、手术后残胃、肥厚性胃炎、恶性贫血等胃的癌前病变；胃癌患者一级亲属；存在胃癌其他风险因素(如摄入高盐、腌制饮食、吸烟、重度饮酒等)

2018 the national early gastric cancer prevention and control publicity week started on 13. Qian Ye's photographyBEIJING, Oct. 13 (Reporter Chen Jing) Malignant tumors have become the main killer of Chinese health, the incidence of digestive tract tumors accounted for about half of the incidence of adult tumors.Li Zhaoshen, academician of the Chinese Academy of Engineering, director of the National Alliance for Early Cancer Prevention and Treatment of Gastrointestinal Cancer and director of the National Center for Clinical Medicine of Digestive Diseases (Shanghai), said on the 13th that early detection, early diagnosis and early treatment are the key to prolong the survival of patients with gastric cancer and to improve the level of prevention and treatment of gastrointestinal cancer in China. The expert advocates a simple and effective way to get more people involved in early cancer screening programs in the digestive tract.At the launch ceremony of the National Early Gastric Cancer Prevention and Treatment Week in 2018, experts advocated screening for gastric cancer in people over 40 years of age and who meet any of the following criteria: Helicobacter pylori infection; people in areas with high incidence of gastric cancer (Liaodong Peninsula, Shandong Peninsula, Yangtze River Delta, Taihang Mountains and Gansu Province); Previous gastric precancerous lesions such as chronic atrophic gastritis, gastric ulcer, gastric polyps, residual stomach after surgery, hypertrophic gastritis, and pernicious anemia; primary relatives of patients with gastric cancer; other risk factors for gastric cancer (such as high salt intake, pickled diet, smoking, heavy drinking, etc.)

3. 烟台市疾控：这些急性心梗发病症状常被患者忽视	来源：胶东在线	类别：健康中心	态度：提倡	时间： 02:24:30
Yantai city CDC: these patients with symptoms of acute myocardial infarction (ami) is often ignored	来源：胶东在线	Category: health and wellness centers	Attitude: advocate	Time: 02:24:30

胶东在线10月12日讯 近年来，我国心梗发病率和死亡率明显升高，并且呈年轻化趋势，尤其以35-50岁的中年男性更为明显。烟台市疾控中心专家提醒，心肌梗死已经成为威胁人们生命健康和生存质量的重要杀手。“心梗发病率的升高跟现代人 unhealthy 的生活方式息息相关，比如大量饮酒、吸烟无节制、压力过大、缺乏运动以及饮食结构不合理等。高血压、高血脂、高血糖、肥胖等疾病，一旦控制不到位，也会大大增加患病的风险。”烟台市疾控中心地慢科主管医师徐颖介绍说

October 12, Jiaodong Online News in recent years, the incidence and mortality of myocardial infarction in China has increased significantly, and the trend is younger, especially in middle-aged men aged 35-50 years. Yantai CDC experts warn that myocardial infarction has become a threat to people's health and quality of life an important killer."The increase in the incidence of MI is closely related to unhealthy lifestyles of modern people, such as heavy drinking, cigarette smoking, excessive stress, lack of exercise and unreasonable diet. Hypertension, hyperlipidemia, hyperglycemia, obesity and other diseases, once not controlled in place, will greatly increase the risk of disease. Xu Ying, chief physician of the Yantai Municipal Center for Disease Control and prevention, said

决心工程
Resolve To Save Lives

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No such articles!

减盐-微信

Salt Reduction - WeChat

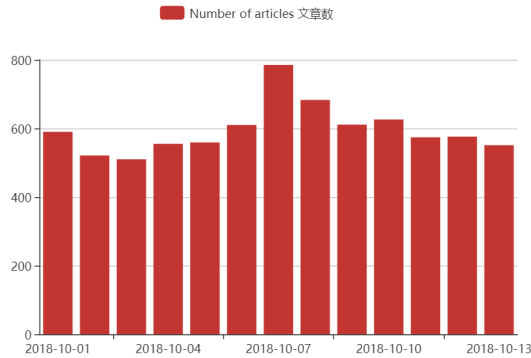
2018-10-13, 共监测到551篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 551 WeChat public articles were monitored in 2018-10-13. This page shows the top five articles by repeat number today.

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

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.



热门文章-前五 Popular Articles - Top 5

- [七成家庭日摄盐超标! 5种方法教你正确减盐](#) [Seventy percent family exceed the standard of salt intake everyday. There are five methods teaching you how to reduce salt.](#) 重复数: 10 日期: 2018-10-13
Repeat Number: 10 Data: 2018-10-13

一项涉及全国75个大中城市的调查显示, 以《中国膳食指南(2016)》中每人食盐不超过6g的推荐摄入量标准计算, 有58.2%的居民食盐量偏高。

According to a survey of 75 large and medium-sized cities across the country, 58.2% of the population consumed more than 6 grams of salt per person recommended by the "China Dietary Guidelines (2016)".
- [低压92, 高压133, 是高血压吗? 需要注意什么?](#) [Does people with low pressure of 92 and high pressure of 133 suffer from hypertension? What should they pay attention to?](#) 重复数: 3 日期: 2018-10-13
Repeat Number: 3 Data: 2018-10-13

从清淡饮食做起, 每天严格控制盐的摄入量, 少吃高油高盐的食品, 控盐不光是要控制炒菜用盐, 生活中零食、调味品、腌制品等食物中的隐形盐的摄入也要注意。

Starting from a light diet, we should strictly control salt intake every day, and eat less food with high oil and salt. Salt control is not only to control salt for cooking, but also to pay attention to the intake of invisible salt in snacks, condiments, salted products and other foods.
- [一半国人正在迈向糖尿病! 不想得病, 这几句话一定牢记!](#) [Half of the population is moving towards diabetes. Do not want to get sick, these sentences must be kept firmly in mind.](#) 重复数: 3 日期: 2018-10-13
Repeat Number: 3 Data: 2018-10-13

预防和控制心脑血管病的另外一个重点就是限盐。一般而言, 每人每天的盐控制在 5 克 (约一个啤酒瓶盖的量) 以内。觉得食物没有味道, 可以用蒜、香油、洋葱、香菇等给食物提味。

Another key point to prevent and control cardiovascular and cerebrovascular diseases is salt restriction. Generally speaking, salt intake of each person should be controlled at 5 grams a day. If the food is tasteless, garlic, sesame oil, onion and letinous edodes can be used to flavor the food.
- [高血压、高血脂, 尽量少吃啥?](#) [What kinds of food should be eaten less by patients with high blood pressure and high blood lipids?](#) 重复数: 3 日期: 2018-10-13
Repeat Number: 3 Data: 2018-10-13

食盐的主要成分是氯化钠, 钠滞留可引起细胞外液增加, 心排出量增多, 血压上升, 增加中风、心梗风险。因此, 含盐份高的食物应尽量避免。

Sodium chloride is the main component of salt. Sodium retention can increase extracellular fluid, cardiac output, blood pressure, risk of stroke and myocardial infarction. Therefore, foods with high salt content should be avoided as far as possible.
- [【健康讲座】高头乡卫生院开展“三减三健”健康知识讲座](#) [The Gaotou Township Health Center conducted a "Three Reductions and Three Health" Health Knowledge lecture.](#) 重复数: 1 日期: 2018-10-13
Repeat Number: 1 Data: 2018-10-13

专家建议, 健康成人每人每天食盐摄入量不超过6克。2-3岁幼儿摄入量不超过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。烹饪食品时应少放盐, 建议使用定量盐勺控制放盐量。少吃榨菜、咸菜和酱制食物, 或选择低盐榨菜。

Experts recommend 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. When cooking food, salt should be less. It is recommended to use quantitative salt spoon to control the amount of salt. Eat less pickled mustard tuber, pickled vegetables and soy sauce, or choose low salt mustard.

减盐-微博

Salt Reduction - Weibo

2018-10-13, 共检测到1602条与“减盐”相关的微博。

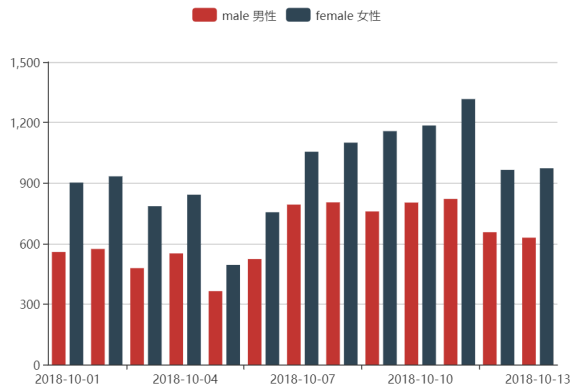
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

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There are 1602 weibos about salt reduction monitored on 2018-10-13.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail information.



最热原创微博-前10 Hottest original weibos - Top 10

- 昵称: miss•馬** **性别: 女** **地区: 北京** **生日: 01-01** **认证: 无**
Nickname: miss•馬 **Sex: female** **Area: Beijing** **Birthday: 01-01** **Identity: None**
时间: 2018-10-13 19:21 来自: iPhone XS Max 转发数: 0 评论数: 9 点赞数: 4
Time: 2018-10-13 19:21 Source: iPhone XS Max Repost: 0 Comment: 9 Like: 4

Day33少糖少盐
Day33 less sugar and less salt

- 昵称: __橙子大爱Marbury** **性别: 女** **地区: 台湾** **生日: 1997-11-05** **认证: 无**
Nickname: __橙子大爱Marbury **Sex: female** **Area: Taiwan** **Birthday: 1997-11-05** **Identity: None**
时间: 2018-10-13 22:44 来自: iPhone 6s 转发数: 0 评论数: 2 点赞数: 4
Time: 2018-10-13 22:44 Source: iPhone 6s Repost: 0 Comment: 2 Like: 4

-不无缘故熬夜-少油少盐低碳水高蛋白-不缺东西就不买东西-省钱攒钱赚钱-多读书勤思考-看天气预报穿对衣服-尽量多运动-学有用的东西做有用的事-积极情绪战胜消极情绪-work hard play harderrrrr (评论区更新
- Do not stay up late for no reason - low in oil, low in salt, low in carbohydrate, high in protein - don't buy anything if you don't want it - save money, study hard, think hard - watch the weather forecast, wear clothes, exercise as much as possible, learn useful things, do useful things - positive emotions beat negative emotions.

- 昵称: MINI-DOUDOU** **性别: 女** **地区: 天津** **生日: 1993-12-01** **认证: 无**
Nickname: MINI-DOUDOU **Sex: female** **Area: Tianjin** **Birthday: 1993-12-01** **Identity: None**
时间: 2018-10-13 22:36 来自: iPhone客户端 转发数: 0 评论数: 4 点赞数: 2
Time: 2018-10-13 22:36 Source: iPhone客户端 Repost: 0 Comment: 4 Like: 2

这种菜我已经吃不下了, 少油少盐吃习惯了, 要变瘦瘦体质了2天津-天津万达电影城 (河东店)
I can't eat this kind of food anymore. I'm used to eating less oil and less salt. I'm going to lose weight. Tianjin Wanda Film City (Hedong Store).

- 昵称: 李QQQQQQ** **性别: 女** **地区: 其他** **生日: 1998-06-11** **认证: 无**
Nickname: 李QQQQQQ **Sex: female** **Area: Other** **Birthday: 1998-06-11** **Identity: None**
时间: 2018-10-13 18:40 来自: iPhone客户端 转发数: 0 评论数: 0 点赞数: 6
Time: 2018-10-13 18:40 Source: iPhone客户端 Repost: 0 Comment: 0 Like: 6

今天的晚饭可算少油少糖少盐了 哭了虽然量很大 尽量少吃
Today's dinner can be considered as less oil, less sugar and less salt.

- 昵称: 霏啊霏fi** **性别: 女** **地区: 山东** **生日: 01-01** **认证: 无**
Nickname: 霏啊霏fi **Sex: female** **Area: Shandong** **Birthday: 01-01** **Identity: None**
时间: 2018-10-13 21:37 来自: 前置双摄vivo X9s 转发数: 0 评论数: 3 点赞数: 2
Time: 2018-10-13 21:37 Source: 前置双摄vivo X9s Repost: 0 Comment: 3 Like: 2

吃药的一周快点过去吧这周过得太惨了还有减盐很重要这周的经历让我意识到这两年还是学到了不少营养知识
A week of medication is over. It's been a terrible week and salt reduction is very important. It made me realize that I've learned a lot about nutrition in the past two years.

- 昵称: SaiyanMin_九組不帅** **性别: 女** **地区: 山东** **生日: 1990-10-17** **认证: 个人**
Nickname: SaiyanMin_九組不帅 **Sex: female** **Area: Shandong** **Birthday: 1990-10-17** **Identity: Person**
时间: 2018-10-13 15:36 来自: 诸事皆顺Android 转发数: 0 评论数: 2 点赞数: 3
Time: 2018-10-13 15:36 Source: 诸事皆顺Android Repost: 0 Comment: 2 Like: 3

从八月二十四到九月二十四号, 减了整整十斤, 基本上整个月都是燕麦片鸡蛋, 蔬菜鸡胸肉, 晚上不吃。没喝饮料 没吃零食 没吃甜点~ 基本没吃盐...刚开始的七天心态很崩, 觉得, 我是谁 我在哪我为什么要吃饭。后来过了七天习惯了也就好了。然后9.24到现在, 这又过了半个月, 体重就卡在那个数字上不动了, 上上下下的在1kg内浮动, 心态又有点崩。这周要开始一周三次去健身房煮~ @尹正 “听说”你也在减肥? 一起加油吧
From August 24th to September 24th, I lost a whole catty, basically the whole month is oatmeal eggs, vegetable chicken breast, not eat at night. No drinks, no snacks, no desserts, almost no salt.. The first seven days were a shock, thinking I was who I was and where I was and why I didn't eat. Later, after seven days, I got used to it. And then 9.24 to now, half a month later, weight stuck in that number, up and down within 1 kg, the mood is a bit broken. This week, you will start three times a week to go to the gym to get up. Come on, keep fighting.

7.

昵称: rainla彩虹

Nickname: rainla彩虹

时间: 2018-10-13 17:02

Time: 2018-10-13 17:02

性别: 女

Sex: female

来自: iPhone客户端

Source: iPhone客户端

地区: 上海

Area: Shanghai

转发数: 1

Repost: 1

生日: 射手座

Birthday: Sagittarius

评论数: 2

Comment: 2

认证: 无

Identity: None

点赞数: 2

Like: 2

人到中年, 切记低盐低糖低脂#高血压#了解下2上海羽北小区

In middle age, remember low salt, low sugar, low fat, high blood pressure, and high blood pressure, and understand the next 2 Shanghai, Yubei district.
8.

昵称: 优果缤纷

Nickname: 优果缤纷

时间: 2018-10-13 13:22

Time: 2018-10-13 13:22

性别: 男

Sex: male

来自: iPhone 6s

Source: iPhone 6s

地区: 江西

Area: Jiangxi

转发数: 1

Repost: 1

生日: 无

Birthday: None

评论数: 4

Comment: 4

认证: 个人

Identity: Person

点赞数: 0

Like: 0

【警惕钠盐的摄入量】我们平时食用的天然食物中或多或少都含有一些钠, 也都在可以接受的范围之内。但是, 某些烹调所使用的调味料, 一些加工或半加工食品中则含有较多的钠离子, 就必须要警惕了。

[Be ware of sodium intake] Natural foods that we normally eat contain more or less sodium and are within acceptable limits. However, some seasonings used in cooking, some processed or semi-processed food contains more sodium ions, we must be vigilant.
9.

昵称: 千山晚报

Nickname: 千山晚报

时间: 2018-10-13 08:01

Time: 2018-10-13 08:01

性别: 男

Sex: male

来自: 皮皮时光机

Source: 皮皮时光机

地区: 辽宁

Area: Liaoning

转发数: 1

Repost: 1

生日: 1993-02-19

Birthday: 1993-02-19

评论数: 1

Comment: 1

认证: 机构

Identity: Institution

点赞数: 1

Like: 1

【五个方法减掉小肚子】①减盐, 饮食清淡, 少吃加工食品; ②多吃膳食纤维, 如橙子、蘑菇、西兰花等; ③远离甜味剂, 少吃带有“山梨糖醇”、“木糖醇”等字样的食品; ④多喝水; ⑤避免增加消化压力, 多吃全谷食物。

[Five methods to reduce the stomach] 1 salt, light diet, eat less processed food; 2 eat more dietary fiber, such as oranges, mushrooms, broccoli; 3 away from sweeteners, eat less with "sorbitol", "xylitol" and other words of food; 4 drink more water, avoid increasing digestive pressure, eat more whole grain food.
10.

昵称: 天伦网健康综合服务平台

Nickname: 天伦网健康综合服务平台

时间: 2018-10-13 10:16

Time: 2018-10-13 10:16

性别: 女

Sex: female

来自: 专业版微博

Source: 专业版微博

地区: 辽宁

Area: Liaoning

转发数: 0

Repost: 0

生日: 1985-12-21

Birthday: 1985-12-21

评论数: 2

Comment: 2

认证: 机构

Identity: Institution

点赞数: 1

Like: 1

【高血压如何饮酒不伤身 高血压可以适当喝一点酒吗? 】#高血压##饮酒#高血压患者越来越多, 也越来越年轻化, 几乎每一位高血压患者在门诊就诊时, 都会得到医生的嘱托: 低盐低脂饮食, 戒烟限酒。可是, 这个限酒, 到底是怎么个限法, 很多患者都听得云里雾里, 不知就里。平时不喝也罢, 可...

How can you drink a little bit of alcohol if you don't suffer from hypertension? Hypertension # alcohol drinking # hypertension patients are more and more young, almost every hypertension patients in the outpatient clinic, will be asked by the doctor: low salt and low fat diet, smoking and alcohol restriction. However, this restriction, in the end is how the restriction, many patients are heard in the clouds, do not know where. If you can control yourself, don't drink at ordinary times.

今日被转发最多的微博

The most widely reposted weibos today

1. 没有相关微博!
- No such weibos!

专业机构发布的微博

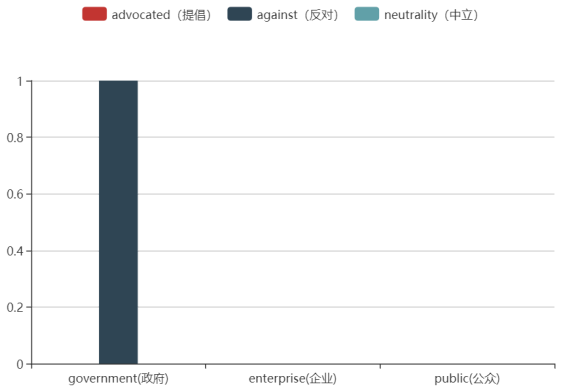
Weibos from Authorities

1. 没有相关微博!
- No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-13) 共监测到1条资讯。请点击标题查看原文。
There are 1 articles monitored today 2018-10-13. Please click the title to view full information.
The original article is in Chinese only.



新闻主体分类

Classification of news subject

政府 Government	企业 Industry	公众 Public
<div>1. 婴幼儿奶粉未检出不合格 Infant milk powder did not check out the unqualified</div> <div>来源：人民网 来源：人民网</div> <div>类别：反式脂肪酸 Category: trans fat</div> <div>态度：反对 Attitude: against</div> <div>时间：09:08:21 Time: 09:08:21</div> <div>国家市场监督管理总局日前发布公告，近期抽检了饼干、婴幼儿配方食品和食用农产品等3类食品554批次样品。其中抽检涉及109家企业的259批次婴幼儿配方食品产品，合格率达到100%，包括伊利、澳优、君乐宝、美赞臣、多美滋等在内的中外资婴幼儿奶粉全部过关。业界观点认为，我国婴幼儿奶粉已经可以媲美药品，成为食品安全系数最高品类之一。高质量 严抽查 乳企牢守“命门”安全 市场监督管理总局公告介绍，此次抽检的婴幼儿配方食品主要包括婴幼儿配方奶粉以及其他种类婴幼儿配方食品。记者梳理发现，此次抽检涵盖了圣元、飞鹤、明一国际、伊利、澳优、君乐宝等一众知名品牌奶粉</div> <div>The State Administration of Market Supervision and Administration announced recently that 554 batches of samples of three kinds of food, including biscuits, infant formula food and edible agricultural products, have been sampled recently. Among them, 259 batches of infant formula food products from 109 enterprises were sampled, and the qualified rate reached 100%. All the infant formula products, including Yili, Aoyou, Junle Bao, Meizhen and Dumeizi, passed the customs. The view of the industry is that infant milk powder in China has become one of the highest safety factor categories in the food industry.High quality, strict spot checks, dairy enterprises firmly guard "life gate" safetyThe General Administration of Market Supervision and Administration announced that the sampling of infant formula food mainly includes infant formula milk powder and other types of infant formula food. Reporters found that the sampling covers Shengyuan, Feihe, Minghui International, Yili, Aoyou, Junlebao and other well-known brands of milk powder</div>	<div>没有相关文章!</div> <div>No such articles!</div>	<div>没有相关文章!</div> <div>No such articles!</div>

内容分类

Classification of Content

反式脂肪酸 Trans fat	决心工程 Resolve To Save Lives
<div>1. 婴幼儿奶粉未检出不合格 Infant milk powder did not check out the unqualified</div> <div>来源：人民网 来源：人民网</div> <div>类别：反式脂肪酸 Category: trans fat</div> <div>态度：反对 Attitude: against</div> <div>时间：09:08:21 Time: 09:08:21</div> <div>国家市场监督管理总局日前发布公告，近期抽检了饼干、婴幼儿配方食品和食用农产品等3类食品554批次样品。其中抽检涉及109家企业的259批次婴幼儿配方食品产品，合格率达到100%，包括伊利、澳优、君乐宝、美赞臣、多美滋等在内的中外资婴幼儿奶粉全部过关。业界观点认为，我国婴幼儿奶粉已经可以媲美药品，成为食品安全系数最高品类之一。高质量 严抽查 乳企牢守“命门”安全 市场监督管理总局公告介绍，此次抽检的婴幼儿配方食品主要包括婴幼儿配方奶粉以及其他种类婴幼儿配方食品。记者梳理发现，此次抽检涵盖了圣元、飞鹤、明一国际、伊利、澳优、君乐宝等一众知名品牌奶粉</div> <div>The State Administration of Market Supervision and Administration announced recently that 554 batches of samples of three kinds of food, including biscuits, infant formula food and edible agricultural products, have been sampled recently. Among them, 259 batches of infant formula food products from 109 enterprises were sampled, and the qualified rate reached 100%. All the infant formula products, including Yili, Aoyou, Junle Bao, Meizhen and Dumeizi, passed the customs. The view of the industry is that infant milk powder in China has become one of the highest safety factor categories in the food industry.High quality, strict spot checks, dairy enterprises firmly guard "life gate" safetyThe General Administration of Market Supervision and Administration announced that the sampling of infant formula food mainly includes infant formula milk powder and other types of infant formula food. Reporters found that the sampling covers Shengyuan, Feihe, Minghui International, Yili, Aoyou, Junlebao and other well-known brands of milk powder</div>	<div>没有相关文章!</div> <div>No such articles!</div>

反式脂肪酸-微信 Transfat - WeChat

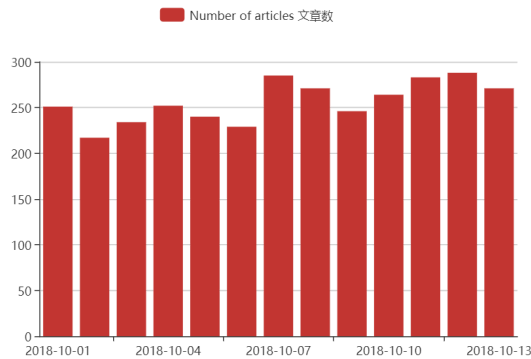
2018-10-13, 共监测到271篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 271 WeChat public articles were monitored in 2018-10-13. This page shows the top five articles by repeat number today.

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

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.



热门文章-前五 Popular Articles - Top 5

- | | | |
|--|----------------------------|------------------------------------|
| 1. 险要穷养, 脚要富养; 心要穷养, 肺要富养!
Keep your face poor, your feet rich, your heart poor, your lungs rich. | 重复数: 8
Repeat Number: 8 | 日期: 2018-10-13
Data: 2018-10-13 |
| 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 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. | | |
| 2. 险要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!
Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy. | 重复数: 6
Repeat Number: 6 | 日期: 2018-10-13
Data: 2018-10-13 |
| 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 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. 险要穷养, 脚要富养; 心要穷养, 肺要富养.....
Keep your face poor, your feet rich, your heart poor, your lungs rich. | 重复数: 3
Repeat Number: 3 | 日期: 2018-10-13
Data: 2018-10-13 |
| 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点: 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. | | |
| 4. “三高”的朋友, 这张饮食清单可要收好~
People with "three high" should keep this food list well. | 重复数: 2
Repeat Number: 2 | 日期: 2018-10-13
Data: 2018-10-13 |
| 口感酥香的点心, 各种口味的夹心饼干等脂肪含量也多, 而且其中大多都添加人造奶油、氢化植物油, 可能有反式脂肪酸, 也要少吃。 | | |
| The crispy snacks and the sandwiches of various flavors have high fat content. And most of them are added margarine and hydrogenated vegetable oil, which may contains trans fatty acids and should be eaten less. | | |
| 5. 9种食物医生早已拉黑, 别再给你的孩子吃!
Doctors have already advised not to give children these 9 kinds of food. | 重复数: 2
Repeat Number: 2 | 日期: 2018-10-13
Data: 2018-10-13 |
| 人造奶油广泛存在我们日常饮食中, 例如奶油蛋糕、奶茶中都含有人造奶油。专家称人造奶油含反式脂肪酸, 过多摄入可使胆固醇增高, 增加心血管疾病危险。 | | |
| Margarine is widely found in our diet, such as cream cakes and milk tea. Experts say margarine contains trans fatty acids, and excessive intake can increase cholesterol and risk of cardiovascular disease. | | |

反式脂肪酸-微博 Transfat - Weibo

2018-10-13, 共检测到99条与“反式脂肪酸”相关的微博。

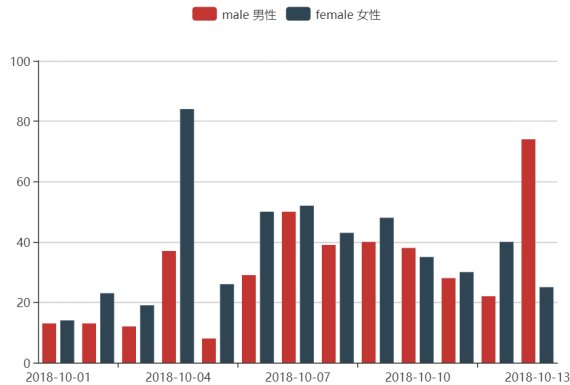
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 99 weibos about transfat reduction monitored on 2018-10-13.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail information.



最热原创微博-前10

Hottest original weibos - Top 10

- 昵称: YuhanChiu** **性别: 女** **地区: 海外** **生日: 无** **认证: 无**
Nickname: YuhanChiu **Sex: female** **Area: overseas** **Birthday: None** **Identity: None**
时间: 2018-10-13 20:45 来自: iPhone 转发数: 0 评论数: 0 点赞数: 1
Time: 2018-10-13 20:45 Source: iPhone Repost: 0 Comment: 0 Like: 1

因为母上强烈反对对我摄入任何带植脂末的东西 上次偷摸着点了一杯奶茶被念了很久 所以决定自己做了... 不想喝牛奶 下午把伯爵茶+豆奶放在一起煮了十分钟 表示满意
Because my mother strongly objected to my ingestion of anything with mottled fat, she secretly ordered a cup of milk tea last time and was recited for a long time, so she decided to do it by herself. Do not want to drink milk. In the afternoon, count the tea and soybean milk for ten minutes.

- 昵称: 奉孝Mr** **性别: 男** **地区: 广西** **生日: 1993-08-13** **认证: 无**
Nickname: 奉孝Mr **Sex: male** **Area: Guangxi** **Birthday: 1993-08-13** **Identity: None**
时间: 2018-10-13 01:37 来自: iPhone客户端 转发数: 0 评论数: 0 点赞数: 1
Time: 2018-10-13 01:37 Source: iPhone客户端 Repost: 0 Comment: 0 Like: 1

奶茶还是喝点健康的比较好, 植脂末冲剂的别喝了#一点点#coco#基本上都是冲剂了2上海·浦江镇
Milk tea is better to drink the healthy kind, Zhizhi final granules do not drink #a little #coco # is basically 2 Shanghai Pujiang town

- 昵称: 捣蛋的蝌蚪琰555** **性别: 女** **地区: 其他** **生日: 无** **认证: 无**
Nickname: 捣蛋的蝌蚪琰555 **Sex: female** **Area: Other** **Birthday: None** **Identity: None**
时间: 2018-10-13 18:15 来自: OPPO R9s 转发数: 0 评论数: 0 点赞数: 0
Time: 2018-10-13 18:15 Source: OPPO R9s Repost: 0 Comment: 0 Like: 0

蛋糕味美别馋嘴 五类蛋糕千万不能吃下面这5中蛋糕千万不要吃哦: 1、尽量不要买酥皮蛋糕, 2、尽量不要买加氢植物油的蛋糕, 3、在蛋糕不必加白巧克力片或黑巧克力片, 4、蛋糕加水果不一定就降, 5、那些添加大量色素与香精的蛋糕尽量不要买。
Don't eat these five cakes: 1. Try not to buy crisp cakes, 2. Try not to buy cakes with hydrogenated vegetable oil, 3. Don't add white chocolate or dark chocolate slices to the cake, 4. Cakes with fruit don't necessarily drop, 5. Those with a lot of color and fragrance. Try not to buy fine cakes.

- 昵称: USANA向蕙然** **性别: 女** **地区: 浙江** **生日: 1995-11-02** **认证: 无**
Nickname: USANA向蕙然 **Sex: female** **Area: Zhejiang** **Birthday: 1995-11-02** **Identity: None**
时间: 2018-10-13 22:12 来自: OPPO智能手机 转发数: 0 评论数: 0 点赞数: 0
Time: 2018-10-13 22:12 Source: OPPO智能手机 Repost: 0 Comment: 0 Like: 0

#100天阅读挑战#Day43书名《#只有营养师知道2#》时间:半小时金句:夹心主要有油脂和糖构成。氢化植物油, 其中可能含有反式脂肪酸。过多摄入反式脂肪酸, 可增加心血管疾病的风险。无糖食品绝对≠无蔗糖食品。油炸薯片的能量相当于四碗米饭。100克食品中反式脂肪酸的含量≤0.3克可以标示为0。所以即使标注为0, 也不意味着不含反式脂肪酸。沙琪玛中硼砂具有毒性。成人中毒剂量为1-3克, 15~20克可致死。婴儿致死量为2~3克。硼砂在我国并不属于食品添加剂, 而是属于非法添加物。沙琪玛中添加硼砂是违法行为。#USANA葆婴##签到领红包#2利川·都亭街区
The 100 Days Reading Challenge Day43 Title "Only Nutritionists Know 2 #" Time: Half an Hour Gold Sentence: Sandwiches consist mainly of fat and sugar. Hydrogenated vegetable oils may contain trans fatty acids. Excessive intake of trans fatty acids can increase the risk of cardiovascular disease. Sugar free food is absolutely sugar free. The energy of fried potato chips is equal to four bowls of rice. The content of trans fatty acids in 100 grams of food less than 0.3 grams can be labeled as 0, so even if labeled as 0, it does not mean that trans fatty acids do not exist. Borax is toxic in Shakima. Adult poisoning dose is 1-3 grams, 15~20 grams can kill. The infant lethal dose was 2~3 grams. Borax is not a food additive in China. It belongs to illegal additives. It is illegal to add borax in Shakima. #USANA baby sit, red collar #2, Lichuan metropolitan Pavilion Street.

- 昵称: 爱于得月2018** **性别: 女** **地区: 辽宁** **生日: 1986-12-04** **认证: 无**
Nickname: 爱于得月2018 **Sex: female** **Area: Liaoning** **Birthday: 1986-12-04** **Identity: None**
时间: 2018-10-13 22:32 来自: 麦芒6 边界, 我来超越 转发数: 0 评论数: 0 点赞数: 0
Time: 2018-10-13 22:32 Source: 麦芒6 边界, 我来超越 Repost: 0 Comment: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定, 可以使食品外观更好看, 口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高, 买食品前看配料表和营养标签, 植物起酥油、代可可脂、氢化植物油这些名字, 都是反式脂肪酸的代名词。
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

- 昵称: 温柔的爸它挂201302** **性别: 女** **地区: 吉林** **生日: 1997-04-17** **认证: 无**

