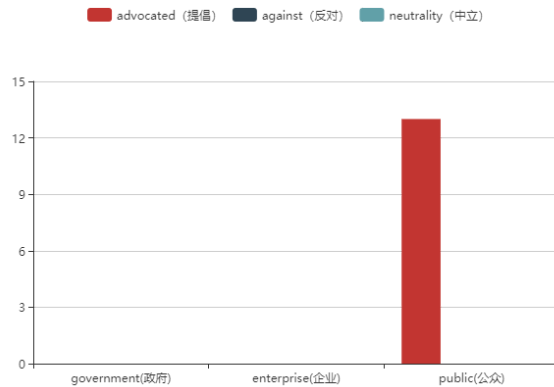


减盐-新闻

Salt Reduction - News

今日 (2018-12-16) 共监测到13条资讯。请点击标题查看原文。
There are 13 articles monitored today 2018-12-16. 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. 吃盐越少就越健康? 未必! 盲目低盐饮食有这些隐患!		来源: 半岛网	主体: 公众	态度: 提倡 时间: 20:56:29
The less salt you eat, the healthier you will be? Not necessarily! Blind low-salt diet has these hidden dangers!		Source: Peninsula Network	Subject: public	Attitude: advocate Time: 20:56:29
不知何时起, 盐和糖、脂肪一样也被归为“坏分子”的行列。健康组织长期以来都警告高盐对健康造成危害, 摄入过多盐是高血压的重要原因之一, 而高血压可进一步诱发心脏病和中风等更严重危害的发生。因此, 一般推荐每日不超过6克的食盐摄入量才有利于健康 (具体推荐量上不同时间或不同国家略有差异, 但都在6克左右)。然而, 低盐就一定利于健康吗, 关于这点尚未“盖棺定论”。盐的价值, 首先熟悉一下食盐, 它的主要成分是氯化钠, 此外还含碘、钾、钙等元素。				
I don't know when salt, like sugar and fat, has been classified as "bad molecule". Health organizations have long warned that high salt is harmful to health. Excessive salt intake is one of the important causes of hypertension, which can further lead to more serious hazards such as heart disease and stroke. Therefore, the recommended daily salt intake of no more than 6 grams is generally beneficial to health (specific recommended amount varies slightly at different times or in different countries, but all about 6 grams). However, is low salt conducive to health? There is no "final conclusion" on this. The value of salt, first of all familiar with salt, its main component is sodium chloride, in addition to iodine, potassium, calcium and other elements.				
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				
没有相关文章!				
No such articles!				
心血管健康 Cardiovascular health				
没有相关文章!				

No such articles!
<div>综合健康信息 Comprehensive Health Information</div>
没有相关文章!
No such articles!
<div>决心工程 Resolve To Save Lives</div>
没有相关文章!
No such articles!

安徽
Anhui

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

浙江
Zhejiang

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

其他省份
Other Provinces

<div>食物中的钠 Sodium in food</div>	1. 经常吃苹果有什么好处？对环境有什么要求？ What's the advantage of eating apples regularly? What are the requirements for the environment?	来源：土地资源网 Source: Land Resources Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:47:01 Time: 15:47:01
-------------------------------------	--	--	--------------------------	-----------------------------	--------------------------------

苹果是人们最常食用的一种水果，也是销量最大的水果。苹果不但含有丰富的矿物质和维生素，而且膳食纤维含量同样丰富，同时还含有大量的果胶，对于调整肠道菌群有很大的帮助。以下土地资源网就介绍经常吃苹果的好处，供广大网友们参考。 经常吃苹果的好处一、治疗便秘 苹果中含有丰富的有机酸以及纤维素，这两种物质都能够很好的促进我们的肠道进行蠕动，这样原本坚硬的大便也会变得松软起来，更加容易排出体外。

Apple is one of the most commonly eaten fruits, but also the largest sales of fruit. Apple is not only rich in minerals and vitamins, but also rich in dietary fiber. It also contains a lot of pectin, which is very helpful to adjust intestinal flora. The following land resources network introduces the benefits of eating apples regularly, for the reference of the vast number of netizens. One of the benefits of eating apples regularly is that apples are rich in organic acids and cellulose for constipation treatment. These two substances can promote peristalsis of our intestines, so that the hard stool will become soft and easier to discharge from the body.

2. [“儿童酱油”价格翻倍还备受青睐，孩子吃了真的好吗？](#)

来源：视界网主体：公众态度：提倡时间：17:56:29

["Children's soy sauce" price doubled is also very popular, children eat really good?](#)

Source: Horizon networkSubject: publicAttitude: advocateTime: 17:56:29

“儿童酱油”价格翻倍还备受青睐，孩子吃了真的好吗？父母们对孩子尤为关心，吃的，用的，都讲究一个儿童专用，特别是为了让孩子多吃菜，会选择“低盐低钠”的儿童酱油作为调味品，但是儿童酱油真的好吗？真的就“低盐低钠”？商家宣称这款儿童酱油6个月宝宝可食用 父母们对孩子尤为关心，吃的，用的，都讲究一个儿童专用，特别是为了让孩子多吃菜，会选择“低盐低钠”的儿童酱油作为调味品，但是儿童酱油真的好吗？真的就“低盐低钠”？

"Children's soy sauce" price doubled is also very popular, children eat really good? Parents are particularly concerned about their children, eating, using, all pay attention to a special child, especially in order to let children eat more vegetables, will choose "low salt and low sodium" children's soy sauce as condiment, but children's soy sauce is really good? Really "low salt and low sodium"? Businessmen claim that the children's soy sauce is edible for 6 months. Parents are particularly concerned about their children. They all pay attention to a special purpose for children. Especially in order to let children eat more vegetables, they will choose "low salt and low sodium" children's soy sauce as condiment. But is it really good for children's soy sauce? Really "low salt and low sodium"?

高血压
Hypertension

1. [天气寒冷，当心“隐形杀手”偷袭：多盐等不健康饮食方式](#)

来源：中国新闻网主体：公众态度：提倡时间：20:31:02

[Cold weather, beware of stealth killer attacks: unhealthy diet such as salt](#)

Source: China News NetworkSubject: publicAttitude: advocateTime: 20:31:02

又到了寒冷季节，一定要关注血压升高问题。因为血压也受“热胀冷缩”原理的影响，当夏天气温升高，人的血管容易扩张，因此血压就会相对较低；而气温降低，人的血管容易收缩，因此血压就会相对较高。一般来说，冬天时高血压患者血压升高幅度在5～10毫米汞柱，最高甚至可以增高20毫米汞柱。然而有人认为，不就是血压偏高吗？用不着大惊小怪，平时不感觉有头晕等高血压症状就好了。还有的年轻人认为高血压是老年人的“专利”，与年轻人无关。其实这样的误解很容易带来对人体健康的危害，甚至是致命的危险。

In the cold season, we must pay attention to the problem of elevated blood pressure. Because blood pressure is also affected by the principle of "hot expansion and cold contraction". When the temperature rises in summer, people's blood vessels are easy to expand, so blood pressure will be relatively low; and when the temperature decreases, people's blood vessels are easy to contract, so blood pressure will be relatively high. Generally speaking, in winter, the blood pressure of hypertensive patients increased by 5-10 mm Hg column, up to 20 mm Hg column. However, some people think that is not high blood pressure? No need to make a fuss, usually do not feel dizzy and other symptoms of hypertension. Other young people believe that hypertension is the "patent" of the elderly and has nothing to do with young people. In fact, such misunderstanding can easily bring harm to human health, even fatal danger.

2. [吃香蕉能预防中风](#)

来源：张家口在线主体：公众态度：提倡时间：13:47:02

[Eating a banana can prevent stroke](#)

Source: Zhangjiakou OnlineSubject: publicAttitude: advocateTime: 13:47:02

吃货们的利好消息!发表在《美国心脏病学会杂志》上的一项研究表明，每天吃香蕉可使中风几率降低。香蕉是含钾最高的水果之一，适量吃对控制血压有利。食品工程与营养硕士李然：《美国心脏病学会杂志》的这项研究指出，每餐吃一根香蕉可使中风几率降低21%。中风的原因60%与高血压相关，而每100克香蕉含钾约256毫克，一根香蕉的钾含量就有500毫克左右，且钠含量相对较低，对降血压有帮助。

Good news for eaters! A study published in the Journal of the American College of Cardiology found that eating bananas every day reduced the risk of stroke. Bananas are one of the most potassium-containing fruits, and moderate consumption is beneficial to controlling blood pressure. Li Ran, Master of Food Engineering and Nutrition: A study in the Journal of the American College of Cardiology found that eating a banana per meal reduced the risk of stroke by 21%. 60% of the causes of stroke are related to hypertension. For every 100 grams of banana containing about 256 mg of potassium, the potassium content of a banana is about 500 mg, and the sodium content is relatively low, which is helpful for lowering blood pressure.

心血管健康
Cardiovascular health

1. [血栓最爱找这些人的麻烦减少摄入盐、糖等](#)

来源：中国新闻网主体：公众态度：提倡时间：20:27:41

[Thrombosis likes to find trouble with these people and reduce the intake of salt, sugar, etc.](#)

Source: China News NetworkSubject: publicAttitude: advocateTime: 20:27:41

戒烟。吸烟时，烟草中的尼古丁等有害物质会刺激血管运动中枢，并刺激体内肾上腺素和去甲肾上腺素释放，引起心率加快、末梢血管收缩、血压上升。因此，生活中要尽量做到不吸烟、远离二手烟。控体重。日常的饮食，保证每日碳水化合物、蛋白质和脂肪合理搭配，能满足身体所需即可，尽量不要超过热量上限。同时，要少吃含热量较高的油炸食品、方便食品和快餐等。常运动。运动能改善血液循环，对降低血脂、血压和体重效果明显，还可舒缓压力，愉悦身心。

Quit smoking. When smoking, nicotine and other harmful substances in tobacco can stimulate the vasomotor center, and stimulate the release of epinephrine and norepinephrine in vivo, which can cause the acceleration of heart rate, peripheral vasoconstriction and the rise of blood pressure. Therefore, we should try our best to avoid smoking and secondhand smoke in our life. Weight control. Daily diet, to ensure that daily carbohydrates, protein and fat with a reasonable mix, to meet the needs of the body can, as far as possible, do not exceed the calorie limit. At the same time, we should eat fewer fried foods, convenience foods and fast food with high calorie content. Regular exercise. Exercise can improve blood circulation, reduce blood lipids, blood pressure and body weight, can also relieve pressure, pleasure the body and mind.

2. [寒冷冬季小心心梗发作低温大风注意防寒保暖](#)

来源：北方网主体：公众态度：提倡时间：21:44:43

[Be careful of attack of myocardial infarction in cold winter, pay attention to cold prevention and warmth preservation](#)

Source: North netSubject: publicAttitude: advocateTime: 21:44:43

由严寒加重的高血压、心肌梗死、心力衰竭、心律失常、血栓性疾病在我国北方地区相当普遍，因寒冷与心血管事件密不可分，故寒冷地区高血压靶器官损害所致的心血管事件，在冬季表现得更为严重。天津北方网讯：提起“心梗”，相信大家都不陌生，《中国心血管病报告2017》显示，我国心血管病死亡占居民疾病死亡构成40%以上，居首位，高于肿瘤及其他疾病。心脑血管疾病具有“发病率高、致残率高、死亡率高、复发率高,并发症多”即“四高一多”的特点。

Hypertension, myocardial infarction, heart failure, arrhythmia and thrombosis, aggravated by severe cold, are quite common in northern China. Because cold is closely related to cardiovascular events, cardiovascular events caused by target organ damage of hypertension in cold areas are more serious in winter. Tianjin Northern Network News: mention of "myocardial infarction", I believe everyone is familiar, "China Cardiovascular Disease Report 2017" shows that China's cardiovascular disease deaths accounted for more than 40% of the deaths of residents, ranking first, higher than cancer and other diseases. Cardiovascular and cerebrovascular diseases have the characteristics of "high incidence, high disability rate, high mortality, high recurrence rate and many complications", namely "four high and one more".

综合健康信息
Comprehensive Health Information

1. [为了减肥不沾主食，58岁退休老师减肥减成营养不良](#)

来源：长江网主体：公众态度：提倡时间：20:24:52

[To lose weight and stay away from staple foods, 58-year-old retired teachers lose weight and become malnourished](#)

Source: Yangtze River NetworkSubject: publicAttitude: advocateTime: 20:24:52

为了减肥不沾主食，58岁退休老师减肥减成营养不良 长江日报融媒体12月16日讯（记者毛茵）15日晚，在汉口江滩暴走的何敏（化名）突然心慌气短，幸亏同伴带了饼干、糖果给她吃了才缓过劲来。朋友们劝她，再不能这样为了减肥完全不沾主食了，再减就越来越营养不良。针对近来在各大城市中火爆起来的“轻食主义”，华中科技大学协和医院临床营养科蔡红琳主任说，轻食有适应人群，轻食有适用的期限。减肥是一种治疗行为，必须要专业的临床营养师来指导，不可自行滥减。

In order to lose weight and stay away from staple food, 58-year-old retired teacher lost weight and became malnourished on the evening of Dec. 16 of the Yangtze River Daily (reporter Mao Yin). He Min (pseudonym) suddenly lost his breath when he stormed out on the Hankou River Beach. Fortunately, her companions brought her biscuits and candies to eat. Friends advised her that in order to lose weight, she could no longer stay away from the staple food, and then lose more and more malnutrition. In response to the recent "light food doctrine" which has become popular in big cities, Cai Honglin, director of Clinical Nutrition Department of Union Medical College Hospital of Huazhong University of Science and Technology, said that light food can be adapted to the population, and light food has a suitable period of time. Weight loss is a therapeutic behavior, which must be guided by a professional clinical nutritionist, and can not be reduced indiscriminately.

2. [不吃主食减肥减得快反弹更快正确方式是不加油加盐](#)

来源：中国新闻网主体：公众态度：提倡时间：21:24:52

[Don't eat staple food, lose weight quickly, rebound faster, the correct way is not to add oil and salt](#)

Source: China News NetworkSubject: publicAttitude: advocateTime: 21:24:52

不少爱美人士深信“不吃主食减肥法”，觉得主食热量很高，长期拒绝吃主食，只吃肉、蔬菜和水果。这种减肥方法管用吗？体重去得快回来得更快 采用低碳水化合物膳食减肥的人，通常认为只

要少吃淀粉和糖，不吃主食不吃甜食，随便吃蔬菜和肉类，就可以减肥。很多人也因此真的体验了短期的“成功”，即体重在三个月中持续下降。然而他们只要重新开始吃主食，体重就会一路反弹，回到从前。 证据表明，低碳水化合物饮食能在短期内导致体重快速下降，下降速度要比同样能量的低脂肪高碳水化合物食谱快一些。

Many beauty-loving people believe in the "diet without staple foods" and think that staple foods have high calories. They refuse to eat staple foods for a long time and only eat meat, vegetables and fruits. Does this method work? People who lose weight faster and return faster on a low-carbohydrate diet usually think that they can lose weight by eating less starch and sugar, no staple foods, no sweets, and any vegetables and meat. Many people have actually experienced short-term "success" as a result, i.e. weight loss over three months. However, as long as they start eating staple foods again, their weight will rebound all the way back to the past. Evidence suggests that a low-carbohydrate diet can lead to rapid weight loss in the short term, faster than a low-fat, high-carbohydrate diet with the same energy.

3. 私人教练给出的一份饮食计划。超详细	来源：汉丰网	主体：公众	态度：提倡	时间：20:38:15
A diet plan given by a personal trainer, in great detail	Source: Hanfeng network	Subject: public	Attitude: advocate	Time: 20:38:15

私人教练给出的一份饮食计划，超详细,饮食和训练一样重要.饮食习惯建议: 采用少食多餐效果会很好，早餐一定要吃，而且要量少而丰富，主食尽量用杂粮代替。午餐和晚餐要少油腻，主食最好是用杂粮代替。 还有多吃点水果和蔬菜，养成爱喝水的习惯，不要等到口渴才去喝水，油炸食品，甜食，零食以及膨化食品，各种饮料，对身体非常不健康，建议不要食用。 尽量在22：00之前睡觉，根据你的具体情况，下面的食谱可以有所变动，饮食尽量控制低油盐或者无油盐。

Personal trainer gives a dietary plan, super detailed, diet and training are equally important. Dietary habits suggest: the use of less food and more meals will be very good, breakfast must be eaten, and small and rich, staple food as far as possible to replace with miscellaneous grains. Lunch and dinner should be less greasy, and staple food should be replaced by miscellaneous grains. Also eat more fruits and vegetables, develop the habit of drinking water, do not wait until thirsty to drink water, fried food, sweets, snacks and puffed food, all kinds of drinks, very unhealthy to the body, it is recommended not to eat. Try to sleep before 22:00. According to your specific situation, the following recipes can be changed. Diet should be low in oil and salt or no oil and salt.

4. “四多三少” 终生防癌	来源：中国新闻网	主体：公众	态度：提倡	时间：15:38:21
"More than four, less than three" lifelong cancer prevention	Source: China News Network	Subject: public	Attitude: advocate	Time: 15:38:21

“癌”字中有三个“口”，可见饮食和癌症的关系有多密切。世界癌症研究基金会曾明确指出，每年因癌症死亡的人中有1/3和不良饮食习惯有关，30多种癌症由此而来。解放军总医院研究员、卫生部健康教育首席专家赵霖指出，受膳食因素影响最大的癌症包括两类：一类是消化系统癌症，包括食管癌、胃癌、肠癌；另一类是与激素水平相关的癌症，有乳腺癌、子宫内膜癌、卵巢癌、前列腺癌等。“可以说，管住嘴，把好饮食关，就能简单、有效地预防癌症，让患癌风险降低40%。” 本期《生命时报》记者采访多位专家，总结出饮食防癌的三大原则。

There are three "mouths" in the word "cancer", which shows how close the relationship between diet and cancer is. The World Cancer Research Foundation (WCRF) has clearly pointed out that 1/3 of cancer deaths each year are related to poor dietary habits, resulting in more than 30 cancers. Zhao Lin, a researcher of PLA General Hospital and chief expert of health education of the Ministry of Health, pointed out that the cancers most affected by dietary factors include two types: one is digestive system cancers, including esophageal, gastric and intestinal cancers; the other is hormone-related cancers, including breast cancer, endometrial, ovarian and prostate cancer. "It can be said that keeping your mouth shut and eating well can prevent cancer simply and effectively and reduce the risk of cancer by 40%." This issue of "Life Times" reporter interviewed a number of experts, summed up the three principles of diet cancer prevention.

5. 孕期晚餐食谱	来源：TOM	主体：公众	态度：提倡	时间：15:57:04
Pregnancy Dinner Recipe	Source: TOM	Subject: public	Attitude: advocate	Time: 15:57:04

一日三餐哪一餐都是不可缺少的，早餐的时候应该吃得好一点，有营养价值一点，这样一天的生命活动才能够支撑，而且晚餐的时候应该尽量的少吃一点，因为在晚餐的时候吃完饭一般都会选择卧床休息，这样吃一些热量低的食物不容易发胖，对于孕妇来说营养也比较关键，那么适合孕妇吃的孕期晚餐食谱都有那些呢？孕妇吃晚餐的注意事项 准妈妈的饮食至关重要，但睡眠质量的重要性也不容忽视。晚餐中的有些食物不仅不利于睡眠，反而还会引起失眠。

Three meals a day is indispensable, which meal should be eaten well at breakfast, nutritional value, so that the day's life activities can be sustained, and dinner should try to eat less, because at dinner time will generally choose to rest in bed, so eating some low-calorie food is not easy to gain weight, for pregnant women nutrition is also. What are the recipes for pregnant women's dinner? The diet of expectant mothers is very important, but the importance of sleep quality can not be ignored. Some foods in dinner are not only bad for sleep, but also cause insomnia.

6. 控糖有“门道” 水果米饭这样吃	来源：中工网	主体：公众	态度：提倡	时间：16:08:09
Sugar control has "doorway" fruit and rice to eat like this	Source: China Industrial Network	Subject: public	Attitude: advocate	Time: 16:08:09

目前，我国20岁以上成年人中，糖尿病发病率已经达到了11.7%，也就是说，十名成年人就有一人是糖尿病患者。糖友饮食控制有“门道”，到底如何吃才能在享受美食的同时，既保持合理体重，又能控制好血糖呢？中山三院内分泌科蔡梦茵副教授来为病友支招。做好“12345”，轻松享受美食。蔡梦茵说，科学饮食是糖尿病治疗的基础，它可以协助血糖维持在理想水平，控制血脂、血压，降低心血管疾病的发生风险，同时减轻胰岛β细胞负担，帮助人体维持合理的体重。

At present, the incidence of diabetes has reached 11.7% among adults over 20 years old in China, that is to say, one in ten adults is a diabetic. Sugar pal diet control has a "doorway", in the end, how to eat in order to enjoy the food, while maintaining a reasonable weight, but also to control blood sugar? Associate Professor Cai Mengyin, Department of Endocrinology, Zhongshan Third Hospital, came to recruit patients. Do a good job of "12345" and enjoy delicious food easily. Cai Mengyin said that scientific diet is the basis of diabetes treatment. It can help maintain blood sugar at an ideal level, control blood lipids and blood pressure, reduce the risk of cardiovascular disease, reduce the burden of islet beta cells, and help the body maintain a reasonable weight.

决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

减盐-微信

Salt Reduction - WeChat

2018-12-16, 共监测到511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 511 WeChat public articles were monitored in 2018-12-16. 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

- [十大健康警戒线划出来了, 想要家人健康的都看看吧! 非常重要!](#)
[Ten health warning lines have been drawn out. If you want your family to be healthy, take a look at them. Very important!](#)

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克, 这6克, 相当于一个啤酒瓶盖大小。

Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage and accelerates osteoporosis. And if the salt intake is too much, the skin will also deteriorate. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap.

重复数: 8 日期: 2018-12-16
Repeat Number: 8 Data: 2018-12-16
- [十大健康警戒线划出来了, 寿命长短都由它决定! 看一眼能保命](#)
[Ten health warning lines have been drawn out, and the length of life depends on it! It maybe helpful to your health.](#)

烹调时尽可能用量具(如限盐勺等)称量用盐。做菜时, 加少量的醋, 就能突出盐的味道, 从而减低盐的食用量。注意隐形盐, 生活中的零食, 很多市民不认为其中有盐, 但其实, 它的含盐量触目惊心, 比如话梅、九制陈皮、饼干、爆米花等, 吃二两话梅, 就等于吃下了三天的食盐。

When cooking, use as much as possible (such as salt spoon, etc.) to weigh the salt. When cooking, add a small amount of vinegar to highlight the taste of the salt, thus reducing the amount of salt consumed. Pay attention to invisible salt, snacks in life. Many citizens do not think that there is salt in snacks, but in fact, its salt content is shocking, such as plum, preserved mandarin peel, biscuits, popcorn, etc. Eating 500g plum is equivalent to eating the salt of three days.

重复数: 6 日期: 2018-12-16
Repeat Number: 6 Data: 2018-12-16
- [心血管医生不到1年把血压降至正常, 没吃一粒药!](#)
[Cardiovascular doctors reduced blood pressure to normal in less than a year, and did not take a pill!](#)

北方居民每日食盐摄入量可先减至8g, 后逐渐降至6g。南方居民可控制在6g以下(一啤酒瓶盖的量)。除此之外, 还要注意酱油、味精等“隐性食盐”的摄入, 腌制品、卤味、酱鸭等含盐量高的食物不吃或少吃。

The daily salt intake of northern residents can be reduced to 8g first, then gradually reduced to 6g. Southern residents can control below 6g (the amount of beer caps). In addition, we must pay attention to the intake of “hidden salt” such as soy sauce and monosodium glutamate. Do not eat or eat less salted food, lo mei, sauce duck and other foods with high salt content.

重复数: 5 日期: 2018-12-16
Repeat Number: 5 Data: 2018-12-16
- [健康 | 跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西](#)
[This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day.](#)

食盐 多吃一口盐, 伤害遍全身 无盐不成味, 作为“百味之首”, 盐是人人不可或缺的调料。但是一旦过量, 对健康是百害而无一利的。高盐饮食有导致血压升高的作用, 研究发现, 每天食盐摄入每增加0.5克, 中风的风险就增加17%。盐吃多了会引起高血压, 同时还会使血浆胆固醇升高, 促使我们的血管变薄、变脆, 这就是非常可怕的——动脉粥样硬化。

Eat a bite of salt and hurt the whole body. No salt, no taste, as the “first of the hundred flavors”, salt is an indispensable spice for everyone. But once it is overdone, it is not good for health. High-salt diets have an effect on blood pressure, and the study found that for every 0.5 grams of salt intake per day, the risk of stroke increases by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and more brittle. This is terrible – atherosclerosis.

重复数: 4 日期: 2018-12-16
Repeat Number: 4 Data: 2018-12-16
- [调味需谨慎! 小心“盐多必失”!](#)
[Be careful when seasoning! Be careful with excessive salt!](#)

食盐过多会导致高血压的发生。高盐饮食的人群, 其高血压的发病率远远高于低盐饮食的人群。过多的盐会导致钙流失, 当您食盐过量时, 会将过多的钠随尿液排除体外。研究表明: 每排泄1000毫克的钠, 同时会损耗掉大约26毫克的钙。盐的摄入过多还会增加胃癌发生的几率。

Too much salt can lead to hypertension. The incidence of hypertension in people with high salt diet is much higher than that in people with low salt diet. Too much salt can lead to calcium loss. When you eat too much salt, too much sodium will be excreted from the body with urine. Studies have shown that about 26 mg of calcium is depleted per 1,000 mg of sodium excreted. Excessive salt intake also increases the risk of gastric cancer.

重复数: 4 日期: 2018-12-16
Repeat Number: 4 Data: 2018-12-16

减盐-微博 Salt Reduction - Weibo

2018-12-16, 共检测到1606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。

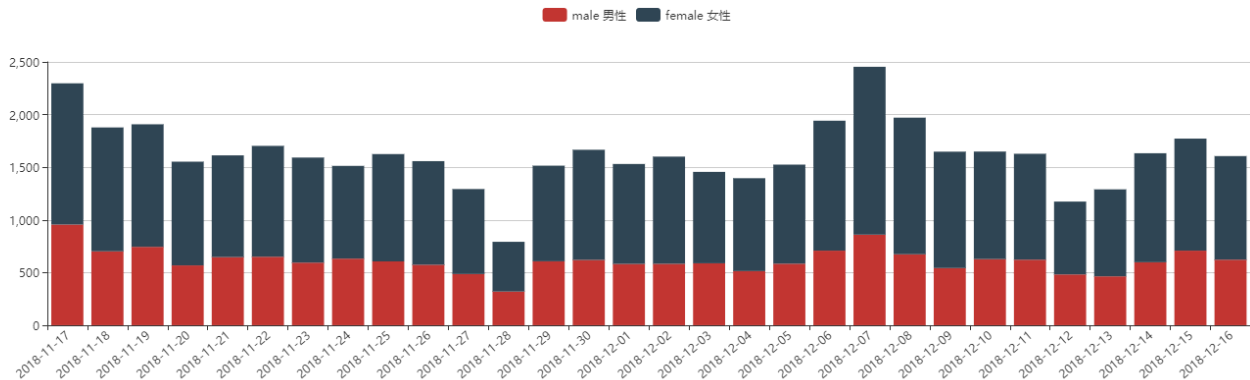
There are 1606 weibos about salt reduction monitored on 2018-12-16.

Weibos whose repost number is greater than 50 are listed in this page.

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

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门微博 Hot Weibos

1. 昵称: 生命时报

地区: 北京

认证: 机构

Nickname: 生命时报

Area: Beijing

Identity: Institution

时间: 2018-12-16 17:00

来自: 微博weibo.com

转发数: 97

评论数: 10

点赞数: 78

Time: 2018-12-16 17:00

Source: 微博weibo.com

Repost: 97

Comment: 10

Like: 78

【吃盐过多的九大迹象你有吗?】1.总是口渴; 2.经常去厕所; 3.总想吃垃圾食品; 4.非老人和运动员却频繁抽筋; 5.疲劳和头痛是常客; 6.肾经常有痛感; 7.高血压; 8.你的身体某些部位会肿胀; 9.有些时候不能清晰的思考.....如果有这些迹象, 请注意摄入适量的盐分~via人人视频L人人视频的秒拍视频

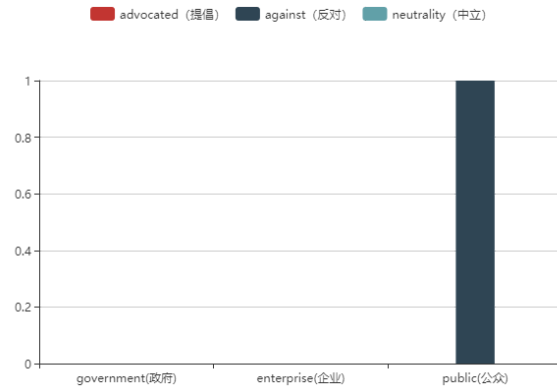
[Do you have the nine signs of eating too much salt?] 1. always thirsty; 2. often go to the toilet; 3. always want to eat junk food; 4. non-elderly and non-athletes, but frequent cramps; 5. frequent fatigue and headache; 6. often feel kidney pain; High blood pressure; 8. Some parts of your body are swollen; 9. Sometimes you can't think clearly.... If you have these signs, please pay attention to the right amount of salt~

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-12-16) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-12-16. 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. 血栓最爱找这些人的麻烦减少摄入盐、糖等 Thrombosis likes to find trouble with these people and reduce the intake of salt, sugar, etc.		来源：中国新闻网	主体：公众	态度：反对 时间： 21:14:53
		Source: China News Network	Subject: public	Attitude: against Time: 21:14:53
戒烟。吸烟时，烟草中的尼古丁等有害物质会刺激血管运动中枢，并刺激体内肾上腺素和去甲肾上腺素释放，引起心率加快、末梢血管收缩、血压上升。因此，生活中要尽量做到不吸烟、远离二手烟。控体重。日常的饮食，保证每日碳水化合物、蛋白质和脂肪合理搭配，能满足身体所需即可，尽量不要超过热量上限。同时，要少吃含热量较高的油炸食品、方便食品和快餐等。				
Quit smoking. When smoking, nicotine and other harmful substances in tobacco can stimulate the vasomotor center, and stimulate the release of epinephrine and norepinephrine in vivo, which can cause the acceleration of heart rate, peripheral vasoconstriction and the rise of blood pressure. Therefore, we should try our best to avoid smoking and secondhand smoke in our life. Weight control. Daily diet, to ensure that daily carbohydrates, protein and fat with a reasonable mix, to meet the needs of the body can, as far as possible, do not exceed the calorie limit. At the same time, we should eat fewer fried foods, convenience foods and fast food with high calorie content.				
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

2018-12-16, 共监测到243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 243 WeChat public articles were monitored in 2018-12-16. This page shows the top five articles by repeat number today.

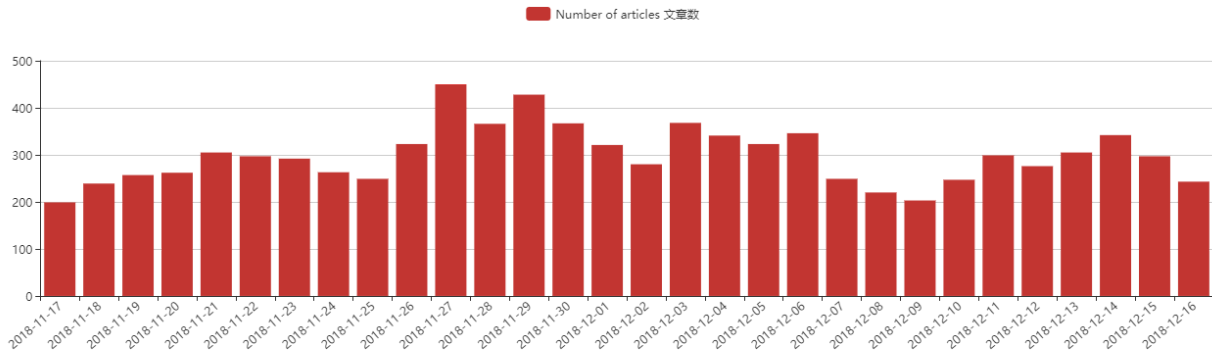
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里](#) 重复数: 54 日期: 2018-12-16
[It kills 500,000 people a year and has been called off by WHO. And it is hidden in the food you eat every day.](#) Repeat Number: 54 Data: 2018-12-16

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人匪浅的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

2. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#) 重复数: 25 日期: 2018-12-16
[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#) Repeat Number: 25 Data: 2018-12-16

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

3. [这8种人造食品要! 远! 离! 为了健康转给你身边人](#) 重复数: 8 日期: 2018-12-16
[Stay away from these 8 kinds of artificial food! Forward to the people around you for health.](#) Repeat Number: 8 Data: 2018-12-16

今年6月, 美国食品和药物管理局宣布, 将禁止在食品中使用人造奶油(反式脂肪酸), 以降低心脏疾病发病率。这些人造奶油广泛的存在我们日常饮食中, 例如奶油蛋糕、奶茶、速溶咖啡中都含有人造奶油。是导致心脏疾病高发的一个重要原因。

In June, the Food and Drug Administration announced that margarine (trans fatty acids) would be banned from foods to reduce the incidence of heart disease. These margarines are widely found in our daily diet, such as butter cakes, milk tea, instant coffee. It is an important cause of high incidence of heart disease.

4. [此物每年致死50万人, 被世卫组织呼吁停用! 就藏在你每天吃的食物里](#) 重复数: 4 日期: 2018-12-16
[It kills 500,000 people a year and is called off by WHO. It's in the food you eat every day.](#) Repeat Number: 4 Data: 2018-12-16

人造反式脂肪, 主要来源于处理不完全的氢化植物油, 一般在油脂的加工烹调中产生。由于生产工艺的差别, 氢化植物油中反式脂肪的含量大不相同, 有的高达20%, 有的则低于1%。但植物油的氢化反应是有机反应, 通常都伴随着逆反应、副反应, 反式脂肪就是逆反应的产物之一。

Artificial trans fats, mainly derived from incomplete hydrogenated vegetable oils, are generally produced in the cooking of oils and fats. Due to the difference of production process, the content of trans fats in hydrogenated vegetable oils varies greatly, some as high as 20%, some less than 1%. But the hydrogenation of vegetable oil is an organic reaction, usually accompanied by adverse reactions, side reactions. Trans fats are one of the products of the adverse reactions.

5. [一天吃下80种添加剂? 再不注意, 后悔就晚了!](#) 重复数: 3 日期: 2018-12-16
[Eat 80 additives a day? if you do not pay attention to it, you will regret!](#) Repeat Number: 3 Data: 2018-12-16

反式脂肪用于延长食品的保存期限。许多研究表明, 反式脂肪会增加胆固醇水平, 增加心脏病发作、心脏病和中风的风险, 并可能导致糖尿病和其他健康问题。存在于: 人造黄油、薯片和饼干、烘焙食品、油炸快餐食品中。

Trans fats are used to extend the shelf life of foods. Many studies have shown that trans fats increase cholesterol levels, as well as the risk of heart attack, heart disease and stroke, and can lead to diabetes and other health problems. It is found in margarine, potato chips and biscuits, baked goods, and fried snack foods.

反式脂肪酸-微博 Transfat - Weibo

2018-12-16, 共检测到119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。

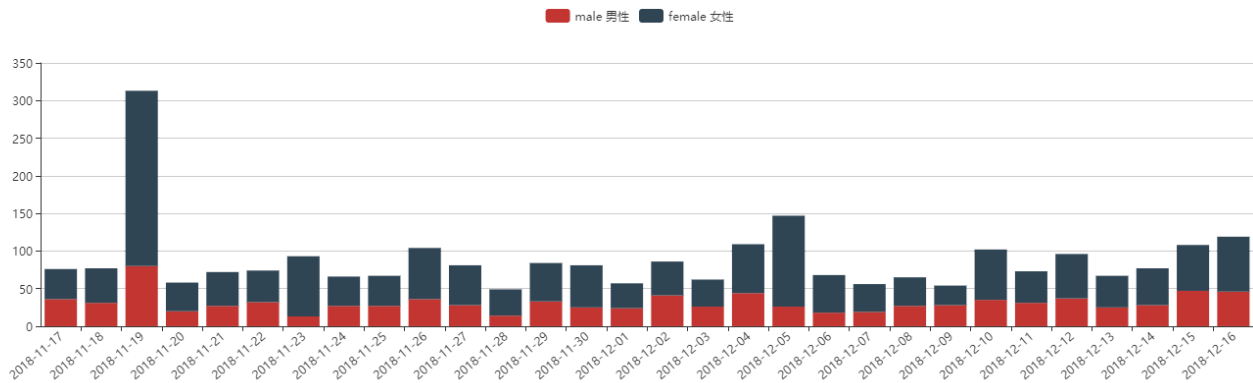
There are 119 weibos about transfat reduction monitored on 2018-12-16.

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!