

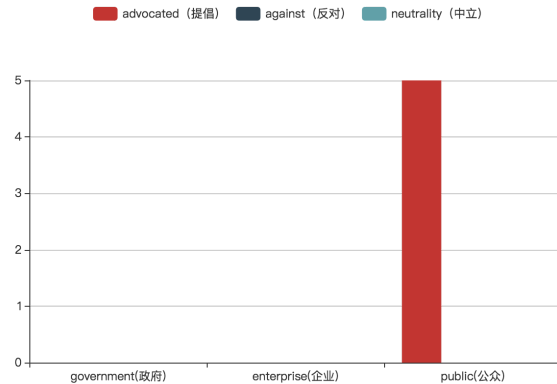
减盐-新闻

Salt Reduction – News

今日（2018-10-27）共监测到5条资讯。请点击标题查看原文。

There are 5 articles monitored today 2018-10-27. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food
没有相关文章!
No such articles!
高血压 Hypertension
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
没有相关文章!
No such articles!
综合健康信息 Comprehensive Health Information
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

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

安徽

Anhui

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

浙江

Zhejiang

<div>食物中的钠</div> <div>Sodium in food</div>
没有相关文章！
No such articles!
<div>高血压</div> <div>Hypertension</div>
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没有相关文章！
No such articles!

其他省份

Other Provinces

<div>食物中的钠</div> <div>Sodium in food</div>				
1. 这些食品都很“咸” 减盐不只是减食盐	来源：人民网	主体：公众	态度：提倡	时间： 09:32:45
These foods are "salty" salt not only reduce salt	来源：人民网	Subject: public	Attitude: advocate	Time: 09:32:45
这些食品都很“咸”，减盐不只是减食盐。“菜淡了不香”“吃盐少了没劲儿”“好厨师一把盐”……中国的这些“高盐文化”理念得改改了，饭菜与食物的美味与否不应该让单一的食盐决定了。食用盐摄入量超标75%。 现状：2015年，《中国居民营养与慢性病状况报告》显示，2012年我国18岁及以上居民平均每日盐摄入量为10.5克，比推荐的6克高出75%。《国民营养计划(2017-2030年)》提出，减盐目标是到2030年实现全国人均每日食盐摄入量下降20%。				
These foods are "salty". Salt reduction is not just a reduction of salt."Vegetables are not fragrant," "eat less salt, have no strength", "a good cook, a salt"... These "high salt culture"				

concepts in China have to be changed, and the delicacy of food and food should not be determined by a single salt.The intake of edible salt exceeded 75%.Status: In 2015, the Nutrition and Chronic Diseases Report of Chinese Residents showed that the average daily salt intake of Chinese residents aged 18 and over was 10.5 grams in 2012, 75% higher than the recommended 6 grams. According to the National Nutrition Plan (2017–2030), the goal of reducing salt is to reduce the average daily salt intake by 20% by 2030.

高血压
Hypertension

1. [对付高血压，早晚一杯水是关键！专家：一杯养生，一杯救命](#)

来源：搜狐

主体：公众

态度：提倡

时间：10:58:39
- [To deal with high blood pressure, sooner or later, a glass of water is the key!Expert: a glass of preserve one's health, a cup of for help](#)

来源：搜狐

Subject: public

Attitude: advocate

Time: 10:58:39

对付高血压，早晚一杯水是关键！专家：一杯养生，一杯救命。今年的气温下降要比往常要更早一些。随着气温的下降，高血压患者的不适也随之而增加，血压控制也就更加不稳定。而根据资料证实，气温每下降1摄氏度，血压收缩压和舒张压都会分别上升1.3mmHG和0.6mmHg。可见，气温越低高血压患者所承受的负担也就更大，这个中的原因是什么呢？

To deal with hypertension, sooner or later, a glass of water is the key. Experts: a cup of health, a cup of help.The temperature drop this year is earlier than usual. As the temperature drops, the discomfort of hypertensive patients increases, and blood pressure control becomes more unstable. According to the data, the systolic and diastolic blood pressure will increase by 1.3 mmHG and 0.6 mmHg respectively for every 1 degree Celsius drop in temperature.Obviously, the lower the temperature, the greater the burden of hypertension patients, which is why?

2. [义诊发现33岁的高血压患者，面对“无声的杀手”，我们怎么办](#)

来源：搜狐

主体：公众

态度：提倡

时间：20:13:43
- [Free clinic found 33 patients with high blood pressure, in the face of a "silent killer", what do we do](#)

来源：搜狐

Subject: public

Attitude: advocate

Time: 20:13:43

义诊发现33岁的高血压患者，面对“无声的杀手”，我们怎么办？两天前，华子的同事去社区义诊，一个33岁的小伙子跑来凑热闹测血压。结果他的血压查出为160/110mmHg，比在场的很多老年人都高。开始大家都以为查错了，让那个小伙子休息了一会儿，平静了之后再测，还是同样的数值。经过了解，这个小伙子有高血压家族史，自己一直都没注意，也从来不知道自己血压有这么高。同事给小伙子说明了高血压的危害，交待了高血压平时的注意事项，又定下了去医院复诊的时间后，小伙子千恩万谢的走了。

We found a 33 year old hypertensive patient facing the "silent killer". What do we do we do?Two days ago, Hua Zi's colleague went to the community clinic. A 33 year old boy ran to gather blood for blood pressure. As a result, his blood pressure was found to be 160/110mmHg, much higher than many elderly people present. At first everyone thought it was a mistake. Let the young man rest for a while, calm down and test again. The same number. After understanding, this young man has a family history of hypertension, he has never paid attention to, and never knew his blood pressure is so high.My colleague explained the danger of hypertension to the young man, explained the matters needing attention at ordinary times of hypertension, and set the time to go to the hospital for further consultation, the young man thankfully left.

心血管健康
Cardiovascular health

没有相关文章！

No such articles!

综合健康信息
Comprehensive Health Information

1. [2035健康武汉哪些数字与你我生活相关](#)

来源：新浪网

主体：公众

态度：提倡

时间：07:07:29
- [2035 health which digital wuhan is associated with you my life](#)

来源：新浪网

Subject: public

Attitude: advocate

Time: 07:07:29

从2018到2035，武汉人与一个高魅力值的“健康城市”越来越亲近。26日召开的全市卫生与健康工作会议要求，以《“健康武汉2035”规划》（简称《规划》）为行动纲领，全面进入建设“健康武汉2035”新模式。《规划》中有哪些新理念、新亮点？哪些内容与市民的获得感密切相关？记者采访公共卫生专家、武汉市疾病预防控制中心副主任、主任医师龚洁，请她解读和评点。一部行动纲领，构建“健康武汉”美好未来，这些硬指标与你我密切相关。“健康武汉2035”是一个庞大的系统工程，需要科学、精准的目标管理。细数《规划》中设定的100多个大大小小的数字目标，其中作为核心目标的有18项，涉及健康水平、健康生活、健康服务、健康保障、健康环境、健康产业等方方面面。

From 2018 to 2035, the Wuhan people are getting closer to a "healthy city" with high attractiveness.The Municipal Health and Health Work Conference on the 26th demanded that the "Health Wuhan 2035" Plan (hereinafter referred to as the "Plan") be taken as the program of action to enter the new mode of building a "healthy Wuhan 2035" in an all-round way.What are the new ideas and new highlights in the plan? Which content is closely related to the sense of civic acquisition? The reporter interviewed Gong Jie, a public health expert and deputy director and chief physician of Wuhan Center for Disease Control and Prevention.A programme of action, building a better future for healthy Wuhan, these hard targets are closely related to you and me."Healthy Wuhan 2035" is a huge systematic project which requires scientific and precise target management. Among the more than 100 large and small digital goals set in the Plan, 18 of them are the core objectives, covering all aspects of health, healthy life, health services, health security, healthy environment and health industry.

2. [研究发现：盐这样吃才科学](#)

来源：人民网广东视窗

主体：公众

态度：提倡

时间：13:37:18
- [So eat science study found: salt](#)

来源：人民网广东视窗

Subject: public

Attitude: advocate

Time: 13:37:18

一直以来，医生和营养学家们都在提醒我们，特别是高血压患者要控制钠盐的摄入量，以此控制血压，降低心脑血管疾病的发病率。但美国医学期刊曾比较了7800万美国人的钠摄入量和心脏病死亡率，时间跨度长达14年，结果却发现摄入钠越多的人，死于心脏病的几率反而越小。不久前，一篇发表于《The Lancet（柳叶刀）》医学期刊的研究，再次给出了一个健康吃盐的“阈值”。在麦克马斯特大学人口健康研究所为期8年的研究中发现，只有平均每天摄入超过5g钠的人，才会面临心脑血管疾病和中风的相关风险。但需要注意的是，在发达国家，超过这一标准的人数量不到5%；而中国是研究中唯一——一个80%的地区每天钠摄入量超过5克的国家。

Doctors and nutritionists have been reminding us, especially hypertensive patients, to control sodium intake in order to control blood pressure and reduce the incidence of cardiovascular and cerebrovascular diseases. But the American Medical Journal, which compared sodium intake with heart disease mortality in 78 million Americans over a 14-year period, found that people who consumed more sodium had a lower risk of dying of heart disease.Not long ago, a study published in the Lancet medical journal gave another "threshold" for healthy salt eating. In an eight-year study at McMaster University's Institute of Population Health, only people who consume an average of more than 5g of sodium a day are at risk for cardiovascular disease and stroke. However, it should be noted that in developed countries, less than 5% of the population exceeds this standard, and China is the only country in the study where 80% of the population consumes more than 5 grams of sodium a day.

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction – WeChat

2018-10-27, 共监测到535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 535 WeChat public articles were monitored in 2018-10-27. 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. [【健康新余】饮食应少油少盐少糖](#)
[Diet should be less oil, less salt, less sugar](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-27
Data: 2018-10-27

盐摄入量过高与高血压的患病率密切相关。应养成清淡饮食、少油少盐的膳食习惯。建议每人每天烹调油用量25~30克, 食盐摄入量不超过6克 (包括酱油、酱菜、酱中的含盐量)。

Excessive salt intake is closely related to the prevalence of hypertension. We should develop a light habit of light, less oil and less salt. It is recommended that the cooking oil should be 25 to 30 grams per day, and the salt intake should not exceed 6 grams (including the salt content in soy sauce, pickles, and sauce).

2. [这些食品都很“咸” 减盐不只是减食盐](#)
[These foods are all "salty". Salt reduction is not just a reduction in salt](#)

重复数: 2
Repeat Number: 2

日期: 2018-10-27
Data: 2018-10-27

中国营养学会理事长杨月欣介绍, 2016年, 《食物与健康——科学证据共识》显示: 高盐(钠)能增加高血压的发病风险, 降低盐(钠)能降低血压水平;高盐(钠)摄入可增加脑卒中和胃癌的发病风险;高盐(钠)能增加心血管病的发病风险。

In 2016, Yang Yuexin, chairman of the Chinese Nutrition Society, said that “Food and Health – Scientific Evidence Consensus” shows that high salt (sodium) can increase the risk of hypertension; lowering salt (sodium) can lower blood pressure levels; high salt (sodium) ingestion can increase the risk of stroke and gastric cancer; high salt (sodium) can increase the risk of cardiovascular disease.

3. [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: 1
Repeat Number: 1

日期: 2018-10-27
Data: 2018-10-27

对普通人而言, 首要目标是减少盐的摄取, 少盐就是少钠。无论是吃低钠盐、强化营养盐或精盐, 都应该少吃为妙, 降低用盐量是首要原则。

For ordinary people, the primary goal is to reduce salt intake. Less salt is less sodium. Whether you eat low sodium salt, fortified nutrient salt or refined salt, you had better eat less. Reducing the amount of salt is the first principle.

4. [权威! 医学期刊证实: 高盐饮食伤肝又致癌! 医生教你合理控盐!](#)
[Authority! Medical journals confirm that high salt diet hurts the liver and causes cancer. Doctors teach you to control salt reasonably.](#)

重复数: 1
Repeat Number: 1

日期: 2018-10-27
Data: 2018-10-27

流行病学调查表明, 盐摄入量和胃癌风险之间有正相关性。过多的盐分会降低胃中保护性黏液的粘度, 使它对胃壁的保护作用下降, 进而促进多种胃病的发生。

Epidemiological survey shows that there is a positive correlation between salt intake and risk of gastric cancer. Too much salt can reduce the viscosity of protective mucus in the stomach, which reduces its protective effect on the gastric wall, thereby promoting the occurrence of a variety of gastric diseases.

5. [身体出现5个迹象, 提醒你吃盐太多了!](#)
[There are 5 signs of the body that remind you to eat too much salt!](#)

重复数: 1
Repeat Number: 1

日期: 2018-10-27
Data: 2018-10-27

人体内的钠过多, 会造成体内水滞留, 导致血管内压力升高, 阻力增大, 从而造成心脏负荷加重。久而久之, 容易引发心脏肥大、心衰等疾病, 增加动脉硬化的风险, 引发心脑血管疾病。世界卫生组织最新食盐摄取指南建议, 健康人通过饮食摄取的最佳盐量是: 成人每日不超过5g。

Excessive sodium in the human body can cause water retention in the body, leading to an increase in intravascular pressure and an increase in resistance, resulting in an increase in cardiac load. Over time, it is easy to cause diseases such as heart hypertrophy and heart failure, and it increases the risk of arteriosclerosis and causes cardiovascular and cerebrovascular diseases. The World Health Organization's latest guidelines for salt intake suggest that the optimal amount of salt ingested by healthy people is no more than 5g per day for adults.

减盐-微博

Salt Reduction – Weibo

2018-10-27, 共检测到1908条与“减盐”相关的微博。

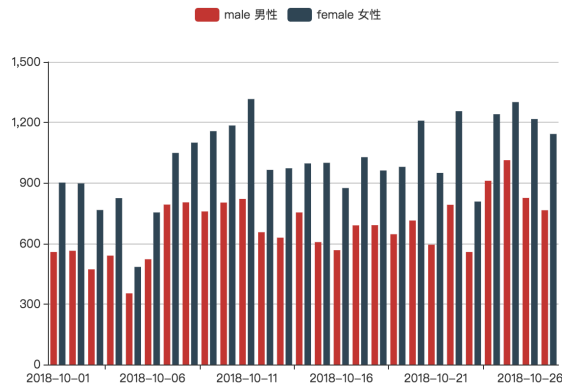
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 1908 weibos about salt reduction monitored on 2018-10-27.

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

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



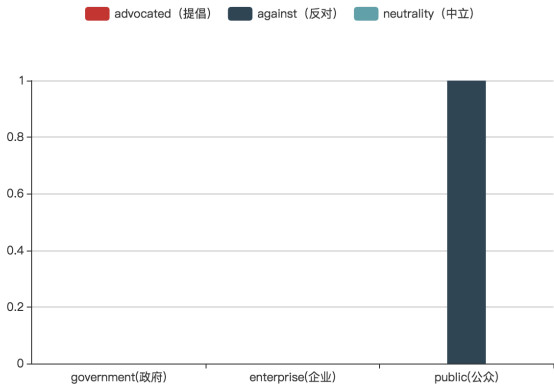
热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat – News

今日（2018-10-27）共监测到1条资讯。请点击标题查看原文。
There are 1 articles monitored today 2018-10-27. 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				
1. 猪油到底是“健康帮手”还是“健康杀手”？	来源：浙江在线	主体：公众	态度：反对	时间：10:58:52
Lard is "health helper" or "health killer"?	来源：浙江在线	Subject: public	Attitude: against	Time: 10:58:52
在中国美食烹饪历史中，猪油曾是不可或缺的角色，至今有不少中国人对其偏爱有加。但因为猪油毕竟是动物脂肪，大多数人觉得，猪油肯定会造成高血脂的风险，因而对其排斥。而植物油广告的宣传更是让猪油遭到了不少非议。猪油到底是“健康帮手”还是“健康杀手”呢？记者请教了浙大市一医院营养科营养师蒋虹。猪油其实要比植物油更健康。				

In the history of Chinese cuisine, lard was once an indispensable role, and many Chinese people have a strong preference for lard. But because lard is, after all, animal fat, most people feel that lard is bound to cause a high risk of hyperlipidemia and therefore reject it. And the publicity of vegetable oil advertising is a lot of criticism for lard.Is lard "health help" or "health killer"? The reporter consulted Jiang Hong, a nutritionist in a hospital of Zhejiang University.Lard is actually healthier than vegetable oil.

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

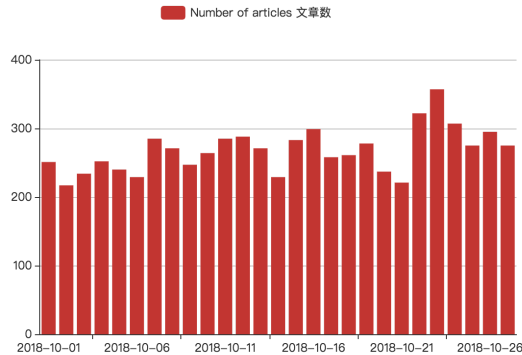
没有相关文章!

No such articles!

反式脂肪酸–微信

Transfat – WeChat

2018-10-27, 共监测到275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 275 WeChat public articles were monitored in 2018-10-27. 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. [超市买回来的食物, 千万看这个字! 没想到这亏吃了这么多年...](#) 重复数: 2 日期: 2018-10-27
[Look at this word when you buy food from supermarkets! I didn't expect this loss to eat for so many years.](#) Repeat Number: 2 Data: 2018-10-27

有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

Some foods labeled "zero trans fatty acids" may actually contain small amounts of trans fatty acids. In addition, if there are words such as hydrogenated oil, hydrogenated fat, shortening, margarine, and non-dairy cream on the food ingredient list, the food is more likely to contain trans fatty acids and should not be purchased.
2. [减脂遇到了瓶颈怎么办? 知道这些还不算晚](#) 重复数: 1 日期: 2018-10-27
[What should I do if the fat loss encounters a bottleneck? It's not too late to know this.](#) Repeat Number: 1 Data: 2018-10-27

不饱和脂肪酸主要食物来源有鱼肉、虾肉、植物油、坚果、牛油果等。还有一点要注意的是反式脂肪酸, 一般常见于加工食品中, 常用词为氢化植物油、人造黄油等, 对心血管疾病是有很大威胁的。

The main food sources of unsaturated fatty acids are fish, shrimp, vegetable oil, nuts, avocado and the like. Another point to note is the trans fatty acids, which are commonly found in processed foods. The commonly used words are hydrogenated vegetable oils, margarines, etc., which pose a great threat to cardiovascular disease.
3. [脸要穷养, 脚要富养; 心要穷养, 肺要富养!](#) 重复数: 1 日期: 2018-10-27
[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#) Repeat Number: 1 Data: 2018-10-27

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。少吃人造多吃天然食品, 配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.
4. [教你看懂健康不胖的食用油](#) 重复数: 1 日期: 2018-10-27
[Teach you to understand healthy cooking oil that does not make you fat.](#) Repeat Number: 1 Data: 2018-10-27

有研究表明美国市场上销售的植物油已经含有0.56%~4.2%的反式脂肪。更不用说在家庭的存储中, 高温烹饪时这些油脂还会产生更多的变质, 危害人体健康。

Studies have shown that vegetable oils sold in the US market already contain 0.56% to 4.2% trans fat. Not to mention the fact that in the storage of the home, these oils will cause more deterioration during high-temperature cooking and endanger human health.

反式脂肪酸–微博

Transfat – Weibo

2018-10-27, 共检测到66条与“反式脂肪酸”相关的微博。

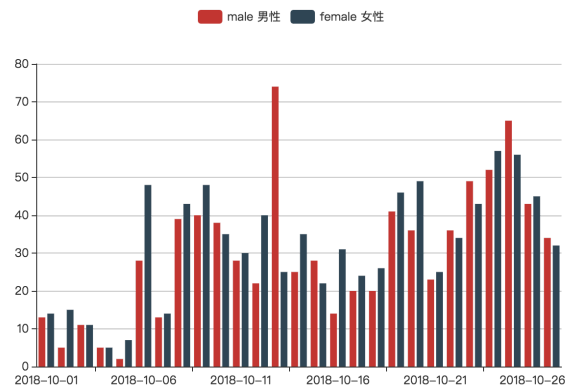
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 66 weibos about transfat reduction monitored on 2018-10-27.

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!