

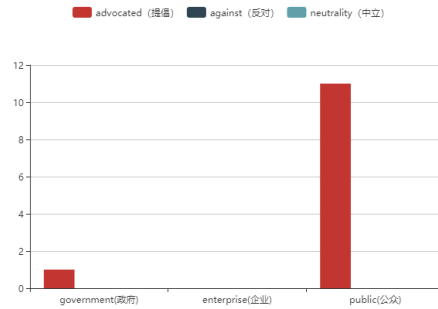
减盐-新闻

Salt Reduction - News

今日(2019-01-09)共监测到12条资讯。请点击标题查看原文。

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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

食物中的钠 Sodium in food				
1. 历史悠久的开封传统食品 Kaifeng Traditional Food with a Long History	来源: 开封网 Source: Kaifeng net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 17:29:41 Time: 17:29:41
说起历史文化名城开封的吃食,除了富有风味特色的小吃、名扬四方的传统豫菜之外,还有两类食品也十分有名,那就是佐餐可口的汴京酱菜和传承久远的开封糕点。它们是古都开封饮食文化中的两朵花,是中华民俗中丰富多彩的两座文化宝库。说开封物华天宝,说开封人杰地灵,说开封历史深厚,说开封文化多彩,那可不是空话、套话。不是有句名言“在开封捡一块砖头,就有历史,捡一块瓦片,就含文化”,我们现在来品味一下开封传统食品,肯定会让人回味无穷。				
Speaking of the food in Kaifeng, a famous historical and cultural city, there are two kinds of food, besides snacks with rich flavor and traditional Henan dishes, which are also very famous. They are Bianjing pickles with delicious food and Kaifeng cakes with long tradition. They are two flowers in the diet culture of Kaifeng, the ancient capital, and two cultural treasures of rich and colorful Chinese folklore. It's not empty talk to talk about Huatianbao in Kaifeng, the outstanding people in Kaifeng, the profound history of Kaifeng and the colorful culture of Kaifeng. It's not a famous saying, "If you pick up a brick in Kaifeng, you'll have history. If you pick up a tile, you'll have culture." Now let's taste the traditional food in Kaifeng, which will surely bring you endless aftertaste.				
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安徽

Anhui

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浙江
Zhejiang

食物中的钠 Sodium in food				
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No such articles!				
综合健康信息 Comprehensive Health Information				
1. 省文化科技卫生“三下乡”走进兰溪健康风吹进文化礼堂 Provincial Culture, Science, Technology and Health "Three Rural" into Lanxi Healthy Wind Blows into the Cultural Auditorium	来源: 浙江在线 Source: Zhejiang Online	主体: 政府 Subject: government	态度: 提倡 Attitude: advocate	时间: 23:35:46 Time: 23:35:46
今天（1月9日）下午，由省委宣传部、省卫生健康委员会、省文化和旅游厅等单位联合主办的2019年文化科技卫生“三下乡”暨健康素养进农村文化礼堂启动仪式，在兰溪市诸葛镇诸葛村文化礼堂举行。文化科技卫生“三下乡”活动是服务基层、服务“三农”的重要惠民项目，也是推进农业农村现代化，全面实施乡村振兴战略的重要载体，近年来，全省一大批文化、农技、科技、医疗卫生和法律工作者深入到乡镇、村庄和偏远山区，把戏台搭到村里，把科技和法律送到田间地头，把知识、健康和快乐送进农家，丰富了农民的文化生活，增强了农民的文明素养，推动了农村的经济发展。				
Today (9 January) afternoon, the launching ceremony of "Three Rural Areas" of Cultural Science, Technology and Health and Health Accomplishment into Rural Cultural Auditorium in 2019, jointly sponsored by the Ministry of Propaganda of the Provincial Party Committee, the Provincial Health Committee and the Provincial Culture and Tourism Department, was held in Zhuge Village Cultural Auditorium of Zhuge Town, Lanxi City. Cultural, scientific, technological and health activities of "going to the countryside" are important projects to benefit the people at the grass-roots level and serve "agriculture, countryside and farmers". They are also important carriers for promoting agricultural and rural modernization and implementing the strategy of Rural Revitalization in an all-round way. In recent years, a large number of cultural, agricultural, technological, scientific and technological, medical and legal workers in the province have gone deep into villages, villages and remote mountainous areas, set up stage in villages, and put science, technology and law into the villages. Law is sent to the field, knowledge, health and happiness are sent to farmers, which enriches their cultural life, enhances their civilized literacy and promotes rural economic development.				
决心工程 Resolve To Save Lives				
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No such articles!				

其他省份
Other Provinces

食物中的钠
Sodium in food

1. [这些食品安全热点的真相你都知道吗？](#)
[Do you know the truth about these food safety hotspots?](#)

来源：中国新闻网
Source: China News Network

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间：14:29:23
Time: 14:29:23

2018年度盘点—这些食品安全热点的真相你都知道吗？猪肉还能放心吃吗？益生菌到底有没有用？2019年1月3日星期四，由中国食品科学技术学会主办的2018年食品安全热点科学解读媒体沟通会准时召开，食品圈的大咖云集，重点盘点和解读2018年那些备受关注的食品安全热点！咖啡真的致癌吗？科学解读：食品中丙烯酰胺来源于美拉德反应的副产物，在所有的高温加工食品中几乎都有。目前尚缺乏咖啡与人类致癌的相关性证据，国内外也没有国家或组织制定食品中丙烯酰胺的限量标准。毒性 with 剂量不能分开，比如如果想靠喝咖啡达到致癌性，除非一天喝30杯中杯咖啡才有可能。

Annual Inventory 2018 - Do you know the truth about these food safety hotspots? Is coffee carcinogenic? Can pork still be eaten at ease?* Is probiotics useful? On Thursday, Jan. 3, 2019, the 2008 Media Communication Meeting on Scientific Interpretation of Food Safety Hotspots sponsored by the Chinese Food Science and Technology Society was held on time. The food circle was crowded with big cafes, focusing on inventory and interpretation of food safety hotspots that attracted much attention in 2018. Is coffee really carcinogenic? Scientific Interpretation: Acrylamide in food is a by-product of Maillard reaction, which is found in almost all high-temperature processed foods. At present, there is no evidence of the correlation between coffee and human carcinogenesis, and there is no national or international organization to establish a limit standard for acrylamide in food. Toxicity and dose cannot be separated, for example, if you want to achieve carcinogenicity by drinking coffee, unless you drink 30 cups of medium coffee a day.

高血压
Hypertension

1. [高血压老人冬季防范要则](#)
[Essential precautions for the elderly with hypertension in winter](#)

来源：新华网甘肃频道
Source: Xinhua Gansu Channel

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间：16:30:11
Time: 16:30:11

进入农历腊月，高血压老人如何在日常生活中防范心脑血管并发症安全过冬呢？在此提出一系列防范要则——保暖防寒：冬季室内外温差加剧，待在室内的时间会较多，因此室内温度应当调高，安全使用取暖设施。能够活动的老人如果久坐不动或干脆窝在床上，容易发生血液循环不畅甚至形成血栓；如外出则需要戴好帽子围好围巾，穿得更暖和一些，减少寒冷刺激导致心脑血管并发症。极端寒冷的天气减少外出或选择日照充足气温回升的时段外出，包括晨练的时间也应该因时调整。

Entering the lunar month, how to prevent cardiovascular and cerebrovascular complications in daily life for the elderly with hypertension? In this paper, a series of precautions are put forward, namely, keeping warm and preventing cold: in winter, the temperature difference between indoor and outdoor increases, and the time spent indoors will be more. Therefore, the indoor temperature should be raised appropriately and the heating facilities should be used safely. If the elderly who can move for a long time or simply nest in bed, they are prone to poor blood circulation and even thrombosis; if they go out, they need to wear a good hat and scarf, wear warmer, reduce the complications of cardiovascular and cerebrovascular caused by cold stimulation. Extremely cold weather reduces going out or chooses the time when sunshine is plentiful and temperature is rising. The time of morning exercise should also be adjusted according to time.

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. 寿命长短由它们决定! 16个健康警戒线全划出来了 Life span depends on them! Sixteen health warning lines have been drawn out.	来源: 四川在线 Source: Sichuan Online	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:24:12 Time: 08:24:12
凡事都有度, 过犹不及。想长寿、想健康, 也要把握住这个原则。这16条健康警戒线影响寿命长短, 不妨对照一下。如果超过了警戒线, 一定要提高警惕了! 颈围警戒线: 不超过35厘米。脖子粗, 血管差!美国《临床内分泌学与代谢》杂志上的一篇研究就提出, 脖子越粗的人, 心血管疾病风险就越大。数十年后患心血管疾病的风险也更高。双下巴、脖子短粗都可能是心脏不健康的信号。吃盐警戒值: 不超过6克/天。食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重肾脏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。				
Everything is spent, too much is too late. If you want to live a long life and be healthy, you should also grasp this principle. These 16 health warning lines affect life expectancy, you might as well compare them. If you exceed the warning line, you must be vigilant! Neck circumference warning line: no more than 35 centimeters. A study in the American Journal of Clinical Endocrinology and Metabolism suggests that the thicker the neck, the greater the risk of cardiovascular disease, and the higher the rate of cardiovascular disease in decades to come. Both jaws and necks may be signs of unhealthy hearts. Salt alert value: no more than 6 g/day. Excessive salt intake is closely related to hypertension and cardiovascular diseases. It can also aggravate gastric mucosal damage and accelerate osteoporosis. Moreover, excessive salt intake can make skin worse.				
2. 若体内血糖含量“高”, 可能跟1个“坏习惯”有关, 早知早预防 If the blood sugar content in the body is "high", it may be related to a "bad habit" and early prevention.	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:27:12 Time: 08:27:12
在中国糖尿病的患者还是比较多的。除了遗传的因素外, 生活中的坏习惯也是造成很多糖尿病的重要原因之一, 提到很多坏习惯, 可能打的时候会想到吃了太多的糖, 虽然高糖饮食对于身体的健康不太有利, 但是不会直接引发糖尿病。可能很多人忽略了糖尿病的重要因素之一, 日常饮食口味太重, 每天摄入盐的含量太高。提醒: 若体内糖分含量“高”, 可能跟1个“坏习惯”有关, 早知早预防! 有研究发现两个人生活习惯相同, 但是吃盐比较多的人有糖尿病的几率会提高两倍左右。				
Diabetes mellitus is still more common in China. In addition to genetic factors, bad habits in life are also one of the important causes of many diabetes. When it comes to many bad habits, you may think of eating too much sugar. Although high-sugar diet is not good for your health, it will not directly cause diabetes. Perhaps many people have overlooked one of the important reasons for diabetes. The daily diet is too heavy and the daily intake of salt is too high. Reminder: If the sugar content in the body is "high", it may be related to a "bad habit", early prevention! Studies have found that two people have the same living habits, but people who eat more salt have about twice the risk of diabetes.				
3. 正在长身体的孩子哪些营养必不可少? What nutrition is essential for growing children?	来源: 新浪网 Source: Sina network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 01:27:35 Time: 01:27:35
人体需要的营养素主要有五大类, 即蛋白质、脂类、碳水化合物、矿物质和维生素, 任何营养素都不可或缺。然而, 对于正在长身体的孩子, 很多家长都很关心该补充哪些营养? 如何吃才更健康。南方医科大学南方医院营养科主管营养师许会舒为你推荐。补钙长高, 要注意多种营养素的摄取。许会舒指出, 正在长身体阶段的孩子, 蛋白质、铁、锌、钙、维生素B1、维生素B2等的需求量较成年人高, 很多家长为了孩子能长高, 会加大营养的补充, 许会舒对此指出, 身高主要取决于遗传因素, 但合理运动、充足营养也可以让孩子及时跟上生长高峰。				
There are five main types of nutrients needed by the human body, namely protein, lipids, carbohydrates, minerals and vitamins. Any nutrient is indispensable. However, for growing children, many parents are very concerned about what kind of nutrition to supplement? How to eat is healthier. Xu Huishu, a nutritionist in charge of Nutrition Department of Nanfang Hospital, Southern Medical University, is recruiting for you. Calcium supplement is long and high, we should pay attention to the intake of various nutrients. Xu Huishu pointed out that the demand for protein, iron, zinc, calcium, vitamin B1 and vitamin B2 in growing children is higher than that of adults. Many parents will increase nutritional supplements for their children to grow up. Xu Huishu pointed out that height mainly depends on genetic factors, but reasonable exercise and adequate nutrition can also keep children up with the growth peak in time.				
4. 新春大集! 过节送礼送什么? 营养师不建议买这4种! What are the gifts for the Spring Festival? Nutritionists do not recommend buying these four kinds!	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:43:19 Time: 08:43:19
每逢春节, 挑礼品总是个头疼的事儿。很多人千挑万选, 最后钱花了, 送出去的却是不健康。对此, “马博士健康团”成员——北京大学公共卫生学院营养学在读博士张曼表示: 有几样大家常买的食物, 尤其不建议作为春节礼品。含糖饮料, 不少人在给有孩子的家庭送礼时, 都会选择甜甜的含糖饮料, 实际上, 含糖饮料对儿童健康有不少危害。经常喝含糖饮料会导致龋齿、肥胖、2型糖尿病、血压升高、血脂异常等的风险增加, 也可能对儿童的骨健康产生影响。				
Every Spring Festival, picking gifts is always a headache. A lot of people are choosing everything, but the money spent in the end is not healthy. In response, Zhang Man, a Ph.D. student in nutrition at Peking University School of Public Health, a member of Dr. Ma's Health Group, said: There are several foods that people often buy, especially those not recommended as Spring Festival gifts. Sugary drinks, many people give gifts to families with children, will choose sweet sugary drinks, in fact, sugary drinks have a lot of harm to children's health. Frequent consumption of sugary drinks can increase the risk of dental caries, obesity, type 2 diabetes, elevated blood pressure, dyslipidemia, and may also have an impact on children's bone health.				
5. 2018年度“营养大事件”发布加工食品有望再减两成啦 Processed foods are expected to reduce salt by 20% in 2018	来源: 千龙网 Source: qianlong	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:28:59 Time: 15:28:59
中国营养学会近日评出2018年度营养大事件, 涵盖国家政策、学界要事和百姓关注等关系营养健康的重大新闻及事件。 其中我国首次提出食品工业减盐策略, 争取到2030年各类加工食品钠含量均值分布继续下移20%; 国家卫生健康委员会疾病预防控制中心发布了首部《中国居民补碘指南》, 针对不同人群, 给出了具体补碘指导意见; “碱性体质理论”类养生谣言被戳穿等。 其他和百姓生活密切相关的还有: 26个省《国民营养计划》相继出台、注册营养师工作继续稳步拓展、“营养辟谣”首登央视3·15晚会等。				
The Chinese Society of Nutrition recently commented on the 2018 Nutrition Event, which covers major news and events related to nutrition and health, such as national policies, academic events and public concerns. Among them, the strategy of reducing salt in food industry was put forward for the first time in China, aiming to continue to decrease the average distribution of sodium content in processed foods by 20% by 2030; the disease prevention and Control Bureau of the State Health Commission issued the first "Guidelines for iodine supplementation for Chinese residents", giving specific guidance for different groups of people; and the "alkaline constitution theory" health rumors were punctured. Other factors closely related to people's lives are the introduction of the National Nutrition Plan in 26 provinces, the steady expansion of the work of registered dietitians, and the debut of the "Nutrition Rumor Elimination" on CCTV 3.15 party.				
6. 健康消费: 少吃油吃好油 Healthy Consumption: Eat Less Oil and Eat Better Oil	来源: 中国食用油信息网 Source: China Edible Oil Information Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:29:22 Time: 16:29:22
食用植物油是人体营养素脂肪和能量的重要来源, 是人体不可缺少且自身又不能合成、必须通过食物供应的必需脂肪酸亚麻酸、亚油酸和功能性脂肪酸的主要来源。脂肪不仅能帮助机体有效利用碳水化合物和节约蛋白质, 还能提供脂溶性维生素以及多酚、植物固醇等微量营养成分的吸收和利用, 增强机体免疫调节作用。但是, 脂肪摄入过量会增加罹患肥胖症、脂肪肝、高脂血症、糖尿病、心脑血管病等慢性病的风险。				
Edible vegetable oil is an important source of nutrient fat and energy. It is the main source of essential fatty acids linolenic acid, linoleic acid and functional fatty acid which are indispensable to human body and can not be synthesized by itself and must be supplied through food. Fat can not only help the body to effectively use carbohydrates and save protein, but also provide lipid-soluble vitamins, polyphenols, plant sterols and other trace nutrients to absorb and use, enhance the body's immune regulation. However, excessive fat intake increases the risk of chronic diseases such as obesity, fatty liver, hyperlipidemia, diabetes, cardiovascular and cerebrovascular diseases.				
7. 中国老人曼谷机场突然倒地生命垂危.....接下来事感动百万网友! China's elderly Bangkok Airport suddenly fell to the ground and their lives were in danger...The next thing touched millions of netizens!	来源: Tong Hua Daily News (新闻发布) Source: Tong Hua Daily News	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:44:36 Time: 16:44:36
2019年1月3日晚上21:30, 一名中国老人因为急性心肌梗塞倒在了曼谷素万那普机场四号门。据泰国网报道, 老人当时面色发紫, 双手捂着胸口看起来十分痛苦, 随后不到2分钟, 老人身体不再扭动抽搐, 心跳呼吸停止了, 大小便也失禁.....旁边的老伴非常的焦急无措, 围观者面对这样的突发情况也不知道该如何帮他们。身在异国, 面对突发, 周围人群惊慌焦虑但又不知所措。嘈杂慌乱中, 危机时刻, 一对中国夫妇拨开了人群, 冲到了倒地老人身边。丈夫挽起老人, 立即采取急救措施, 另一旁, 妻子发挥粤语翻译优势, 在第一时间通知了机场紧急医疗救援小组。				
At 21:30 p.m. on January 3, 2019, a Chinese elderly man fell at Gate 4 of Bangkok Suvarnabhumi Airport due to acute myocardial infarction. According to Thai. com, the old man was purple and looked painful with his hands over his chest. Within two minutes, the old man's body stopped twitching, his heart stopped breathing and his urine and stool were incontinence. The next wife was very anxious and helpless, and the onlookers did not know how to help them in such a sudden situation. In a foreign country, in the face of sudden emergencies, the surrounding crowd panicked but did not know what to do. In the midst of the noise and panic, a Chinese couple broke away from the crowd and rushed to the side of the fallen old man at the moment of crisis. The husband picked up the old man and immediately took emergency measures. On the other hand, the wife took advantage of Thai translation and notified the airport emergency medical rescue team at the first time.				
8. 究竟是什么, 让秦岚直播《时尚健康》首席家庭健康官CHO? What is it that makes Qin Lanxiti Chief Family Health Officer CHO of Fashion Health?	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 12:44:41 Time: 12:44:41
究竟是什么, 让秦岚直播《时尚健康》首席家庭健康官CHO? 自大家越来越重视健康以来, “家庭健康管理”一度引起热议。秦岚首次出任《时尚健康》的CHO首席家庭健康官, 可以说是实至名归。平时无论在饮食、运动上都是一个自律的人, 不仅把本人的健康管理到极致, 还对家人有着一套精细的健康经。什么是CHO? Chief Health Officer, 如同每家都有CEO 来做决策、CFO 来管理财务状况一样, 家庭中也应该有一个管理全家健康的CHO, 即首席家庭健康官。				
What is it that makes Qin Lanxiti Chief Family Health Officer CHO of Fashion Health? Since people pay more and more attention to health, "family health management" once aroused heated discussion. Qin Lan is the first Chief Family Health Officer of CHO in Fashion Health, which can be said to be well-deserved. Usually, no matter in diet or sports, he is a self-disciplined person. He not only manages his health to the extreme, but also has a set of fine health lessons for his family. What is CHO? Just as every family has a CEO to make decisions and a CFO to manage its financial situation, there should also be a CHO to manage the health of the whole family, the Chief Family Health Officer.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2019-01-09, 共监测到499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 499 WeChat public articles were monitored in 2019-01-09. This page shows the top five articles by repeat number today.

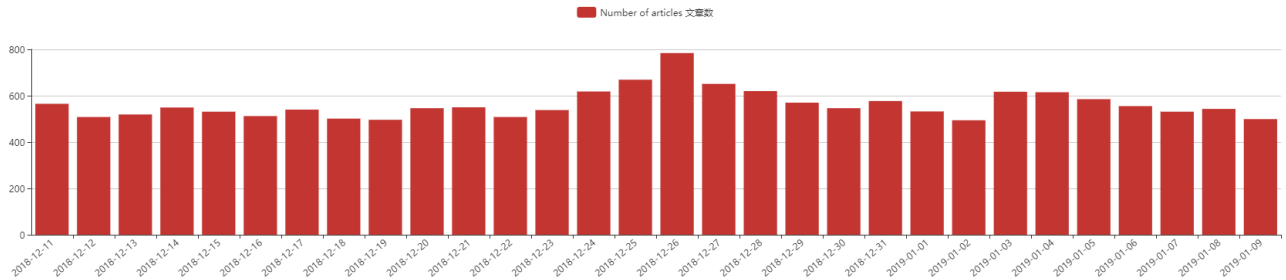
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 2019年最健康的生活方式, 赶紧学起来!

[Learn the healthiest lifestyle in 2019 quickly!](#)

重复数: 7

日期: 2019-01-09

Repeat Number: 7

Data: 2019-01-09

健康成年人一天食盐（包括酱油和其他食物中的食盐量）摄入量不超过6克。（1）纠正过咸口味，可以使用醋、柠檬汁、香料、姜等调味品，提高菜肴鲜味。（2）采取总量控制，使用限盐勺，按量放入菜肴。（3）使用低钠盐、低钠酱油或限盐酱油，少放味精。（4）少吃酱菜、腌制食品及其他过咸食品。

The intake of salt in healthy adults (including salt in soy sauce and other foods) does not exceed 6 grams per day. (1) Correct the salty taste, you can use vinegar, lemon juice, spices, ginger and other condiments to improve the taste of the dishes. (2) Take the total amount control, use the salt-limited spoon, and put the dishes according to the amount. (3) Use low sodium salt, low sodium soy sauce or limited salt soy sauce, and put less MSG. (4) Eat less pickles, pickled foods and other salty foods.

2. 40岁后, 开始戒掉这些习惯, 因为关乎你的健康和寿命

[Begin to quit these habits after 40 because it's about your health and longevity.](#)

重复数: 6

日期: 2019-01-09

Repeat Number: 6

Data: 2019-01-09

《柳叶刀》发表了一篇关于吃盐的研究报告，国人每日吃盐平均约12.5克，远高于多数国家日均每人7.5~12.5克的食盐摄入量。高盐与高血压不无关系。研究表明，每人每天摄入食盐增加2克，收缩压和舒张压均值分别增高2毫米汞柱和1.2毫米汞柱。东北地区人均日食盐超过20克，所以那里的高血压病人特别多。

The Lancet published a study on salt consumption. The average daily salt intake of Chinese people is about 12.5 grams, which is much higher than the average daily salt intake of 7.5-12.5 grams per person in most countries. High salt is not unrelated to hypertension. The results showed that the daily intake of salt increased by 2 grams per person, and the mean systolic and diastolic blood pressure increased by 2 mm Hg and 1.2 mm Hg, respectively. The average daily salt intake in Northeast China is more than 20 grams, so the number of hypertensive patients there is particularly high.

3. 正计划结婚, 姑娘被查出癌症, 痛哭: 每隔一天就吃这个

[As she was planning to get married, the girl was diagnosed with cancer. She ate this every other day.](#)

重复数: 4

日期: 2019-01-09

Repeat Number: 4

Data: 2019-01-09

盐摄入量超标可导致胃癌。相关调查资料表明，我国目前每人每日食盐的摄入量均在8-10克左右，而爱吃咸菜的人，每日食盐的摄入量达到了15克以上，远远超过需要量的标准。除了癌症之外，过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖，控盐也应该被重视起来。

Excessive salt intake can lead to gastric cancer. Relevant survey data show that the daily salt intake of each person in our country is about 8-10 grams, while the salt intake of people who like pickles has reached more than 15 grams per day, far exceeding the requirement standard. Except for cancer, excessive salt intake contributes more to cardiovascular, cerebrovascular and metabolic diseases than sugar. It seems that besides sugar control, salt control should also be taken seriously.

4. 若体内血糖含量“高”, 可能跟1个“坏习惯”有关, 早知道早预防

[If the blood sugar content in the body is "high", it may be related to a "bad habit" and we should prevent it early.](#)

重复数: 4

日期: 2019-01-09

Repeat Number: 4

Data: 2019-01-09

太多的盐会让我们体内产生一种“饥饿素”的物质这种物质会抑制体内胰岛素的分泌，而且会让我们的身体机能抵抗胰岛素。对于胰岛素的降糖能力起到减弱的作用。除此之外，太多的盐摄入量会增高高血压、高血脂。而且对于高血压高血脂本身对血管也是有伤害的，所以会增加高糖尿病的几率。所以如果我们想要预防糖尿病，控制体内的血糖含量，平时不仅要控制糖分的摄入量，而且也要减少盐分的摄入。

Too much salt will cause a "hunger" substance in our body. This substance will inhibit the secretion of insulin in the body, and will make our body function against insulin, which will weaken the hypoglycemic ability of insulin. In addition, too much salt intake will increase high blood pressure and high blood fat. And it is also harmful to blood vessels, so it will increase the chance of high diabetes. So if we want to prevent diabetes and control the blood sugar level in our body, we should not only control the intake of sugar, but also reduce the intake of salt.

5. 人过六十, 三种忙不能帮, 三种饭不能吃, 三种钱不能花...100%受益~

[After people are over sixty years old, three things can't help, three kinds of meal can't be eaten, three kinds of money can't be spent...](#)

重复数: 4

日期: 2019-01-09

Repeat Number: 4

Data: 2019-01-09

太油的饭不能吃 太油的饭，脂肪含量高，容易引起胆固醇升高，诱发心脑血管疾病。此外，太咸和太甜的饮食，也是不利于身体健康的。人过了六十，不要吃得太油、不咸或太甜，在饮食上更要控油、控盐、控糖，从日常细节中做起，保持健康。

Can't eat greasy meals. Its high fat content, easily lead to elevated cholesterol, induce cardiovascular and cerebrovascular diseases. In addition, a salty and too sweet diet is also not good for your health. For people over 60 years old, don't eat too much oil, salty or too sweet. They have to control oil, salt and sugar in their diet. Start with everyday details and stay healthy.

减盐-微博 Salt Reduction - Weibo

2019-01-09, 共检测到1894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。

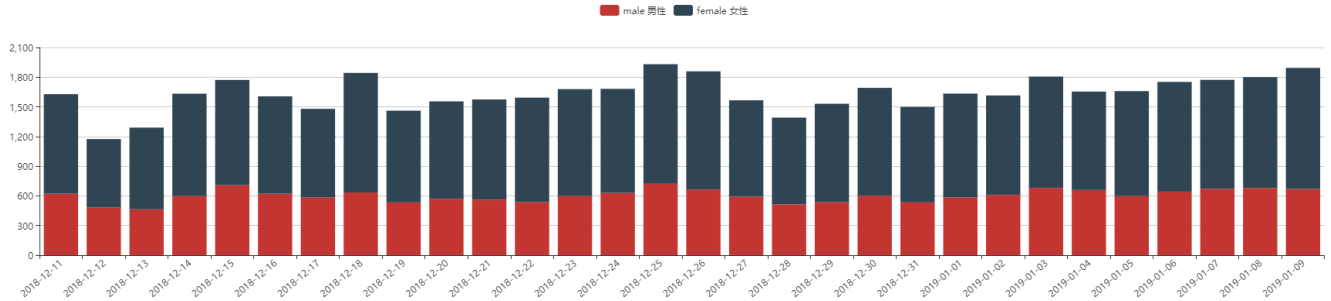
There are 1894 weibos about salt reduction monitored on 2019-01-09.

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 imformation.

下图展示了最近30天的数据获取量。

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



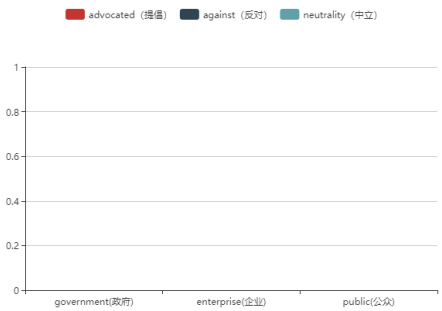
热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-09) 共监测到0条资讯。请点击标题查看原文。
There are 0 articles monitored today 2019-01-09. 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
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

2019-01-09, 共监测到389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 389 WeChat public articles were monitored in 2019-01-09. This page shows the top five articles by repeat number today.

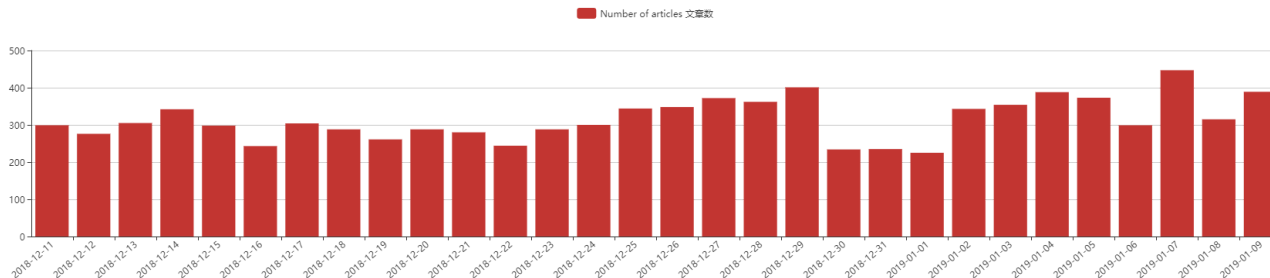
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 权威! 世界卫生组织最新推荐: 2019年 “健康饮食五原则”

重复数: 5

日期: 2019-01-09

[Authority! World Health Organization's latest recommendation: Five Principles of Healthy Diet in 2019](#)

Repeat Number: 5

Data: 2019-01-09

油脂也是健康饮食的必要组成, 但吃太多油会增加肥胖、心脏病和中风的风险。反复煎炸的油也含有较多反式脂肪酸, 这些都应该避免食用。含反式脂肪酸多的食物包括: 炸薯条、炸鸡腿、炸油条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。

Oil is also a necessary component of a healthy diet, but eating too much oil increases the risk of obesity, heart disease and stroke. Repeated frying oil also contains more trans fatty acids, which should be avoided. Foods rich in trans fatty acids include French fries, fried chicken legs, fried fries, cakes containing hydrogenated vegetable oil, chocolate, salad dressing, instant noodle sauce and so on.

2. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 4

日期: 2019-01-09

[Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.](#)

Repeat Number: 4

Data: 2019-01-09

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. 这六种零食已被儿科医生列入“黑名单”!

重复数: 3

日期: 2019-01-09

[These six snacks have been blacklisted by pediatricians!](#)

Repeat Number: 3

Data: 2019-01-09

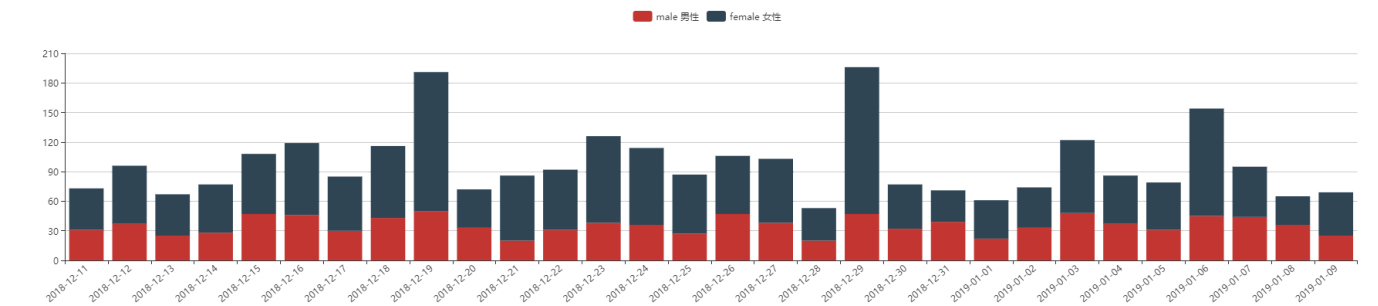
动物奶油中含有大量胆固醇和油脂, 而人造奶油中含有反式脂肪酸, 都是危害孩子健康的物质。加工的肉类 火腿肠、鱼丸、蟹棒等近年很受孩子欢迎, 这种食品都属于人造加工的肉类, 含有超标的亚硝酸盐和品质低下的肉类的油脂, 长期使用会导致癌症。

Animal butter contains a lot of cholesterol and fat, while margarine contains trans fatty acids, which are harmful to children's health. Processed meat sausages, fish balls, crab sticks and so on are very popular with children in recent years. This kind of food belongs to artificially processed meat, which contains excessive nitrite and low quality meat fat. Long-term using it can lead to cancer.

反式脂肪酸-微博

Transfat - Weibo

2019-01-09, 共检测到69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 69 weibos about transfat reduction monitored on 2019-01-09.
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 imformation.
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!