

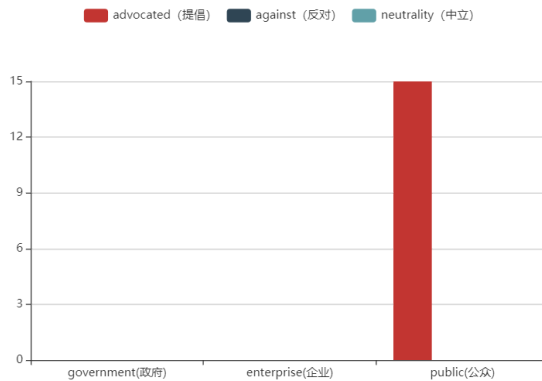
## 减盐-新闻

### Salt Reduction - News

今日 (2018-12-24) 共监测到15条资讯。请点击标题查看原文。

There are 15 articles monitored today 2018-12-24. 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				
1. <a href="#">港媒：高盐饮食增加山东心脏病死亡病患</a> <a href="#">Hong Kong Media: High Salt Diet Increases Heart Disease Death in Shandong Province</a>		来源：环球网 Source: World Wide Web	主体：公众 Subject: public	态度：提倡 Attitude: advocate
				时间：07:43:12 Time: 07:43:12
<p>中国科学家努力寻答案 根据一项研究报告，科学家计算出，减少约1/4食盐消耗能将因钠引起的心脏病死亡人数降低一半。山东对减少适量食盐消耗会带来什么影响进行量化。结果发现，该省死于心脏病的人数中近1/5归因于高盐饮食，相比而言全球范围是9.5%——而世卫组织建议成年人将每天食盐摄入量控制在5克以下。《美国心脏协会杂志》近日刊发这项研究成果。在中国，钠摄入量很高，主要来自家庭烹饪、外出就餐和腌制食品，尤其是华北部分地区。高盐饮食导致的心血管疾病负担非常严重。</p>				
<p>Chinese scientists are trying to find the answer, according to a study that calculates that reducing salt consumption by about a quarter will halve the number of heart disease deaths caused by sodium. Shandong quantifies the impact of reducing salt consumption. The results showed that nearly a fifth of the deaths from heart disease in the province were attributed to a high-salt diet, compared with 9.5% worldwide - and WHO recommended that adults limit their daily salt intake to less than 5 grams. The study was published recently in the Journal of the American Heart Association. In China, sodium intake is high, mainly from family cooking, dining out and pickled food, especially in parts of North China. The burden of cardiovascular disease caused by high salt diet is very serious.</p>				
综合健康信息 Comprehensive Health Information				
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No such articles!				
决心工程 Resolve To Save Lives				
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### 河南

#### Henan

食物中的钠 Sodium in food				
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高血压 Hypertension				
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心血管健康 Cardiovascular health				
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Anhui

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浙江  
Zhejiang

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其他省份  
Other Provinces

<div>食物中的钠 Sodium in food</div>
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No such articles!

<div>高血压 Hypertension</div>				
1. <a href="#">冬天血压易波动必要时药物要“加码”</a> <a href="#">Blood pressure fluctuates easily in winter. Drugs should be added if necessary.</a>	来源：新华网 Source: Xinhua net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:03:09 Time: 10:03:09
<p>前段时间降温明显，记者走访发现，到医院就诊的高血压患者明显增加，一些患者反映，原本吃的降压药很有效但最近血压开始波动了，也有患者反映本来并没有超标，最近发现血压升高了。这些症状是不是跟气温下降有关呢？暨南大学附属第一医院心血管内科主任郭军主任医师表示，血压波动与季节关系大，这些患者血压波动跟气温下降有关，也与自身不良的生活方式息息相关，“气温骤然下降血压波动大，原有药物疗效降低的患者，需要跟医生沟通调整用药方案，必要时药物要‘加码’，另一方面，高血压作为慢性病，患者也要学会从生活方式的源头上主动干预”。</p> <p>Some time ago, the temperature dropped obviously. The reporter visited the hospital and found that the number of patients with hypertension increased significantly. Some patients reported that the antihypertensive drugs they had taken were very effective, but recently the blood pressure began to fluctuate. Some patients also reported that the blood pressure had not exceeded the standard. Recently, they found that the blood pressure had increased. Are these symptoms related to lower temperatures? Guo Jun, Director of Cardiovascular Medicine Department of the First Affiliated Hospital of Jinan University, said that the fluctuation of blood pressure was closely related to seasons. The fluctuation of blood pressure in these patients was closely related to the decrease of temperature and their unhealthy lifestyle. "The patients with sudden drop of temperature and great fluctuation of blood pressure and the decrease of curative effect of the original drugs need to communicate with doctors and adjust the medication plan. If necessary, the drugs should be added." On the other hand, hypertension as a chronic disease, patients should learn to actively intervene from the source of lifestyle.</p>				
2. <a href="#">专家科普：孕妈妈的玻璃心之妊娠期高血压</a> <a href="#">Expert Science Popularization: Pregnant Mother's Glass Heart of Pregnancy Hypertension</a>	来源：新华报业网 Source: Xinhua News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:21:26 Time: 16:21:26
<p>怀孕以后感冒了怎么办？发烧了怎么办？今天产检又没过，血糖升高了该怎么办？血压升高了该怎么办？吃药呢，怕影响孩子；不吃药呢，自己又很难受。如何平衡我的内心。似乎每一个孕妈妈都有着一颗玻璃心，肚子里的宝宝就代表一切，为了宝宝的健康，妈妈们可以忍受一切，坚决不吃药不打针，生怕药物的副作用影响孩子，但是这样真的能够帮助到你的宝宝吗？</p> <p>What if you catch a cold after pregnancy? What if you have a fever? Today's maternity check-up has not been done, blood sugar increased how to do? What should we do if blood pressure rises? Take medicine, afraid of affecting children; do not take medicine, they are very uncomfortable. How to balance my heart. It seems that every pregnant mother has a glass heart. The baby in her belly represents everything. For the sake of her baby's health, mothers can tolerate everything. They are determined not to take any medicine or injections. They are afraid that the side effects of drugs will affect their children. But can this really help your baby?</p>				
3. <a href="#">警惕！“三高”之后的“第四高”</a> <a href="#">Be vigilant! "Fourth High" after "Three High"</a>	来源：福建东南新闻网 Source: Fujian Southeast News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:30:04 Time: 10:30:04
<p>相信大家对高血压、高血糖、高血脂都不陌生，不过“三高”之后还有“第四高”，即高尿酸血症。男性、绝经后女性都很容易患上此病，并且通常无法断根。更糟糕的是部分高尿酸血症还会发展为痛风，损伤关节、肾脏。所以，高尿酸、痛风的朋友都应积极改善生活方式，控制高尿酸和痛风。为了方便大家记忆，我们把控制方法总结成一句话：管住嘴，迈开腿，降体重，多喝水，适量药。</p> <p>I believe you are familiar with hypertension, hyperglycemia and hyperlipidemia, but there is "the fourth highest" after the "three high", that is, hyperuricemia. Men and postmenopausal women are very susceptible to this disease, and usually can not be broken roots. To make matters worse, some hyperuricemia can develop into gout, which can damage joints and kidneys. Therefore, friends with high uric acid and gout should actively improve their lifestyle and control high uric acid and gout. In order to facilitate your memory, we summed up the control method into a sentence: shut up, step forward, lose weight, drink more water, appropriate medicine.</p>				
<div>心血管健康 Cardiovascular health</div>				
1. <a href="#">冬至是心脑血管患者的高危期！这4点一定要特别注意</a> <a href="#">Winter Solstice is a high-risk period for cardiovascular and cerebrovascular patients. We must pay special attention to these four points.</a>	来源：胶东在线 Source: Jiaodong Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:48:17 Time: 08:48:17
<p>美国心脏协会主办的杂志《循环》曾发表过这样一篇文章：心脏病的死亡率在12月25日至1月7日之间急剧上升，并在冬至(12月22日)前后达到高峰。这是怎么回事呢？为什么冬至前后的心脏病死亡率会如此高？关于这一问题，医学界众说纷纭。但是主流医学认为，冬季温度较低，特别是冬至前后，气候进入了最寒冷的阶段，动脉受冷收缩，血压随之升高，同时血液处于高凝状态，这不仅增加了血栓的发生风险，还会诱发心脏病等各种心脑血管意外，导致患者失去生命。</p> <p>Circulation, a magazine sponsored by the American Heart Association, published an article in which mortality from heart disease rose sharply between December 25 and January 7 and peaked around the winter solstice (December 22). What's the matter? Why are heart disease deaths so high around the winter solstice? There are different opinions in medical circles on this issue. However, mainstream medicine believes that the low temperature in winter, especially around the winter solstice, the climate has entered the coldest stage, arterial contraction, blood pressure increases, and blood is in a hypercoagulable state, which not only increases the risk of thrombosis, but also induces heart disease and other cardiovascular and cerebrovascular accidents, leading to loss of life.</p>				
2. <a href="#">气温骤降，请关注心脑血管疾病</a> <a href="#">Temperature drops sharply. Please pay attention to cardiovascular and cerebrovascular diseases.</a>	来源：汉丰网 Source: Hanfeng network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 22:11:19 Time: 22:11:19
<p>气温骤降容易引起血压、血糖的波动，诱发心脑血管疾病的发作，建议患有慢性病的爷爷奶奶们一定要关注自己的身体，注意防寒保暖，一旦感觉不适要立即去正规的大医院咨询医生。气温骤降，为何会导致心脑血管疾病高发？气温骤降，一方面会导致血管收缩，从而导致血压出现波动，致使血液流通受到限制，原有的降压药物便不能很好地控制血压；另一方面血管因受到冷空气的刺激发生了痉挛，加重了冠心病患者心绞痛的发作频次，甚至有诱发心梗的可能。</p> <p>Temperature drop can easily cause fluctuation of blood pressure and blood sugar, and induce the attack of cardiovascular and cerebrovascular diseases. It is suggested that grandparents with chronic diseases should pay attention to their bodies, pay attention to cold prevention and warmth preservation, and consult doctors in regular large hospitals as soon as they feel unwell. Why does a sudden drop in temperature lead to a high incidence of cardiovascular and cerebrovascular diseases? On the one hand, the sudden drop of temperature will lead to vasoconstriction, which will lead to fluctuation of blood pressure and restriction of blood circulation. The original antihypertensive drugs can not control blood pressure well. On the other hand, vasospasm due to the stimulation of cold air has aggravated the frequency of angina pectoris in patients with coronary heart disease, and even the possibility of inducing myocardial infarction.</p>				
3. <a href="#">@嘉定人本周气温最低降至0℃还有降水、大风来袭</a> <a href="#">The lowest temperature in Jiading people this week has fallen to 0 degrees Celsius, and there are rainfalls and strong winds.</a>	来源：东方网 Source: Dongfang net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:21:01 Time: 16:21:01
<p>寒冬季节，医院里的脑血栓患者也在不断增加，为什么呢？寒冷的天气，易使人体气血流行不畅，血脉筋脉拘急，所以冬季是脑血栓、心梗等心脑血管疾病以及关节痛、感冒等疾病的多发季节，保暖也就变得异常重要。高血压患者若降压过快(尤其睡前服用降压药)，均会由于血压降低、血流缓慢而发生脑血栓，出现缺血性脑中风。因此，冬季提高对脑血栓的认识，增强自我的预测能力，对疾病预防有重要意义。脑血栓前兆，一定要当心！</p> <p>In winter, the number of patients with cerebral thrombosis in hospitals is also increasing. Why? Cold weather, easy to make the human body gas and blood flow unobstructed, blood veins and veins constrained, so winter is the season of cerebral thrombosis, myocardial infarction and other cardiovascular and cerebrovascular diseases, as well as joint pain, cold and other diseases, warming has become extremely important. If hypertensive patients reduce blood pressure too fast (especially taking antihypertensive drugs before going to bed), they will all suffer from cerebral thrombosis and ischemic stroke due to the decrease of blood pressure and slow blood flow. Therefore, it is of great significance for disease prevention to improve the understanding of cerebral thrombosis and enhance the ability of self-prediction in winter. Be careful of the signs of cerebral thrombosis!</p>				
4. <a href="#">天气冷热无常温差大海口流感患者增加不少</a> <a href="#">The number of Haikou influenza patients has increased considerably due to the unsteady temperature difference between hot and cold weather.</a>	来源：新华报业网 Source: Xinhua News Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 18:30:26 Time: 18:30:26
<p>近段时间我省天气冷热无常，早晚温差较大。记者走访发现，海口多家医院以及社区门诊的流感患者比平时有所增加。“孩子的抵抗力差，每年冬天都会得一次流感。”一名家长告诉记者，由于最近海口天气冷热无常，孩子及其同学中不少人出现发烧、咳嗽等流感症状。医生提醒，进入冬季，除了孩子容易患感冒外，心血管等疾病也会“找上门”。记者走访：海口多家医院流感患者增多 近日，记者走访海口多家医院以及社区门诊发现，各医院的输液大厅流感患者增多。</p> <p>In recent years, the weather in our province is changeable, and the temperature difference between morning and evening is large. Reporter visits found that the number of influenza patients in Haikou hospitals and community outpatient clinics increased than usual. "Children have poor resistance and get flu once a year in winter." A parent told reporters that due to the recent cold and hot weather in Haikou, many children and their classmates had flu symptoms such as fever and cough. Doctors warn that in winter, in addition to children susceptible to colds, cardiovascular and other diseases will also be "door-to-door". Reporter visits: Haikou many hospitals flu patients increased recently, reporters visited Haikou many hospitals and community outpatient clinics found that the number of flu patients in the infusion Hall of hospitals increased.</p>				
<div>综合健康信息 Comprehensive Health Information</div>				

1. [又要降温：零下9℃！阵风9级！超强冷空气持续来袭](#)

Cool down again: 9 below zero! Gust 9! Super cold air continues to pour in

来源：齐鲁晚报

Source: Qilu Evening News

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：07:35:18

Time: 07:35:18

25 - 27日，还会迎来一股势力更加强劲的冷空气，中东部大部地区都会受到影响降温4 - 8℃局地降幅可达10 - 12℃这股冷空气将把各地的气温打入谷底。冬至之后，在经历了今天 - 3℃的降温洗礼后，还有一波超强冷空气袭来！上周六是冬至！这是北半球白天最短，黑夜最长的一天，一年中最冷的一段时期要到了！据中国天气网报道，今起一周，冷空气会频繁来袭 12月22日起就有冷空气来袭，不知小伙伴们感受到降温了么？数九寒天有以下病症的人，一定要注意啦！

From 25 to 27, a more powerful cold air will be welcomed. Most of the central and eastern regions will be affected to cool down by 4-8 degrees Celsius with a local drop of 10-12 degrees Celsius. This cold air will bring the temperature of all parts to the bottom of the valley. After the winter solstice, there is a wave of super cold air coming after the baptism of today's - 3 degrees Celsius. Last Saturday was the winter solstice! This is the shortest day and the longest night in the Northern Hemisphere. The coldest period of the year is coming! According to China Weather Network, cold air will come frequently from December 22 this week. Do you know if your partner feels the cooling? Nine cold days have the following diseases, we must pay attention to it!

2. [香港超越日本成全球最长寿地区](#)

Hong Kong surpasses Japan as the longest-lived region in the world

来源：多维新闻网

Source: Multidimensional News Network

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：14:16:16

Time: 14:16:16

专家总结了香港人长寿的7个秘诀，一起来看看吧。秘诀1：早餐一个七谷面包。营养学家们总倡导食物多样性，每天要吃够25种至30种食物。而香港人爱吃七谷面包，早餐吃一个，就占了7种。秘诀2：爱喝茶，也爱“吃”茶。香港人都喜欢喝早茶，茶中有多酚类物质和具有抗氧化作用的儿茶素，常喝有助于抗衰老，还能起到减肥、预防心脑血管疾病作用。秘诀3：饮食多蒸煮，少盐无味精。大陆人多喜欢炒菜，甚至油炸等烹调方式，而在香港经常是用水蒸煮，再稍放些盐，这样可以使食物的营养尽量被保留。

Experts have summed up seven secrets of longevity in Hong Kong. Let's take a look at them. Tip 1: Breakfast with a seven-grain bread. Nutritionists have always advocated food diversity, eating 25 to 30 foods a day. Hong Kong people like to eat seven-grain bread for breakfast, which accounts for seven kinds. Tip 2: Love to drink tea, but also love to "eat" tea. People in Hong Kong like to drink morning tea. There are polyphenols and antioxidant catechins in tea. Frequent drinking helps to fight senility, and can also play a role in weight loss and prevention of cardiovascular and cerebrovascular diseases. Tip 3: Eat more cooking, less salt and no MSG. Mainlanders like to cook stir-fried vegetables or even fried dishes. In Hong Kong, people often cook food in water and put a little salt in it so that the nutrition of the food can be preserved as much as possible.

3. [张建宗：香港餐饮业须自我增值维持“美食天堂”美誉](#)

Zhang Jianzhong: The catering industry in Hong Kong needs to increase its value and maintain its reputation as a "food paradise"

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：12:16:17

Time: 12:16:17

据香港《星岛日报》报道，香港政务司司长张建宗23日在网志表示，香港有近1.8万家餐厅，约有40.6万人从事餐饮和膳食服务业，业界必须不断自我增值，以维持“美食天堂”的美誉。张建宗称，会继续通过职业训练局的中华厨艺学院提供中厨训练，此外国际厨艺学院在2018年10月开幕，开办多元专业厨艺课程，配备先进设施。据报道，张建宗23日以“美食之都”为题发表网志，称饮食业是支撑香港旅游业的重要支柱之一，具有重要的经济及社会功能，也是促进香港成为宜居城市的元素之一。

According to Hong Kong's Star Island Daily, Zhang Jianzhong, Chief Secretary of Government, said in his blog on May 23 that there are nearly 18,000 restaurants in Hong Kong and about 406,000 people engaged in catering and catering services. The industry must constantly increase its value in order to maintain its reputation as a "food paradise". Zhang Jianzhong said that he would continue to provide Chinese cooking training through the Chinese Institute of Cooking Technology of the Vocational Training Bureau. In addition, the International Institute of Cooking opened in October 2018, offering a multi-disciplinary course in cooking with advanced facilities. According to reports, Zhang Jianzhong published a blog on the 23rd under the title of "Food Capital", saying that catering industry is one of the important pillars supporting Hong Kong's tourism industry, has important economic and social functions, and is also one of the elements promoting Hong Kong to become a livable city.

4. [寒冬日，这样吃火锅美味又健康！](#)

In winter, eating hot pot like this is delicious and healthy!

来源：搜狐

Source: Sohu

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：23:16:51

Time: 23:16:51

刚刚过去的冬至，可是北半球黑夜最长的一天，可谓天寒地冻，再也没有比热气滚滚、肉片翻飞的火锅更能温暖你我的啦！神马？吃火锅不健康？这么美味有热乎的进食方式，我实在不能放弃啊！看看火锅健康吃法～说到美食，寒冷的冬日怎么能没有火锅呢？火锅在我国有着悠久的历史，尤其传统的铜锅涮肉，既有温暖的炭火，又有鲜嫩的羊肉实在是让人不可抗拒。从营养的角度来说火锅里面的肉类可以提供丰富的蛋白质，还有各种蔬菜含有人体必需的维生素、矿物质、膳食纤维，并且属于较为健康的低温烹调方式。总的来说火锅中的营养还是比较全面的，但如果仔细分析还是会发现问题。

The winter solstice just passed, but the longest night in the northern hemisphere is freezing. There is no hotpot that warms you and me better than the hot pot with hot air and flipping meat slices. Shenma? Is it unhealthy to eat hot pot? I really can't give up such a delicious and warm way of eating! uuuuuuuuuuuu Look at the healthy way of eating chafing dish. Speaking of delicious food, how can there be no chafing dish in cold winter? Hot pot has a long history in China, especially the traditional copper dish instant meat, both warm charcoal fire, and fresh mutton is irresistible. From the nutritional point of view, the meat in chafing dish can provide abundant protein, and various vegetables contain essential vitamins, minerals, dietary fiber, and belong to a healthy low-temperature cooking mode. Generally speaking, the nutrition of hot pot is relatively comprehensive, but if you carefully analyze it, you will still find problems.

5. [开怀畅吃小心肠道问题盯上你](#)

Eat happily and watch out for intestinal problems

来源：人民网

Source: People's net

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：10:17:05

Time: 10:17:05

“三九补一冬，来年无病痛”，对于崇尚冬补的中国人来说，此时是进补的大好时机。在很多人眼中，进补就是不加限制地开怀畅吃。然而，这虽然满足了一时的口腹之欲，却给肠道带来了不小的伤害。快来一起看看冬季应该怎么护肠道吧！辛辣油腻，害苦肠道 麻辣火锅、红烧肉、滋补汤……冬季来临，这些食物出现在餐桌上的频率越来越高，同时升高的还有肠道问题的发病率。这些辛辣油腻的食物是如何摧毁肠道的？过浓的辣味物质会导致消化道过度充血，带来便秘、咽喉肿痛等问题。

It is a good time for Chinese people who advocate winter tonic to make up for one winter without suffering in the coming year. In many people's eyes, supplement means eating freely without restriction. However, although it satisfies the temporary appetite for appetite, it has brought considerable harm to the intestinal tract. Come and see how to protect intestines in winter. Spicy and greasy, bitter intestines spicy hot pot, braised meat, nourishing soup... With winter approaching, the frequency of these foods appearing on the table is getting higher and higher, and the incidence of intestinal problems is also rising. How do these spicy and greasy foods destroy the intestines? Excessive spicy substances can cause excessive congestion of digestive tract, constipation, sore throat and other problems.

6. [男性熬夜会影响心脏健康？](#)

Does a man stay up late affect his heart health?

来源：星岛环球网

Source: Star Island Global Network

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：11:17:09

Time: 11:17:09

心脏是人类身体中最重要的器官之一，它主要为血液流动提供压力，把血液运送到身体的各个部分，使人体细胞维持正常的代谢。据网媒报道：心脏是人类身体中最重要的器官之一，它主要为血液流动提供压力，把血液运送到身体的各个部分，使人体细胞维持正常的代谢。男性熬夜会影响心脏吗？男性熬夜对人体的心脏是会有影响的，首先看人体心脏的作用，心脏可以为人体的各个器官和组织提供血流量，可以提供各种营养物质和供应氧的功能，并且可以带走器官产生的终产物代谢物，从而促使细胞维持正常的代谢和功能，维持机体内环境的恒定。

The heart is one of the most important organs in human body. It mainly provides pressure for blood flow, transports blood to various parts of the body, and maintains normal metabolism of human cells. According to Internet reports, the heart is one of the most important organs in the human body. It mainly provides pressure for blood flow, transports blood to various parts of the body, and maintains normal metabolism of human cells. Does staying up late affect the heart in men? Male staying up late will have an impact on the human heart. First of all, the human heart can provide blood flow to all organs and tissues of the human body, can provide various nutrients and oxygen supply functions, and can take away the end product metabolites produced by organs, thus promoting cells to maintain normal metabolism and function, and maintain the stability of the body's internal environment.

7. [伤肾食物出列这2种健康食材竟也踩雷！](#)

Kidney injury food listed in these two kinds of healthy food unexpectedly

来源：华夏经纬

Source: Chinese latitude and longitude

主体：公众

Subject: public

态度：提倡

Attitude: advocate

时间：13:33:14

Time: 13:33:14

俗话说“吃药伤肾”，其实吃错食物也同样伤肾！肾脏俗称腰子，是人体重要的泌尿系统，由于肾脏有重要的代谢功能，一旦受到损伤或衰竭，骨头，肌肉与腺体都无法继续工作。专家指出，为照顾肾脏的健康，7种伤肾食物能避就避，其中酪梨、坚果虽属健康食材，却出乎意料不利于肾脏。《HEALTH&HUMAN》报导，肾脏有部分重要的代谢功能，若是遭受侵害，可能造成不可挽回的健康问题。就列出7种常吃会伤肾的食物，快来看看你身是否充斥这些食物！

As the saying goes, "Taking medicine hurts the kidney", in fact, eating the wrong food also hurts the kidney! The kidney, commonly known as the waist, is an important urinary system of human body. Because the kidney has important metabolic function, once damaged or exhausted, bone, muscle and gland can not continue to work. Experts pointed out that in order to take care of kidney health, seven kinds of kidney-injured foods can be avoided, including pears and nuts, although they are healthy ingredients, but unexpectedly not conducive to the kidney. HEALTHHUMAN reports that kidneys have some important metabolic functions, which may cause irreparable health problems if they are damaged. Make a list of 7 foods that can damage the kidneys. Check out if you're surrounded by these foods or not! uuuuuuuuuu

## 减盐-微信 Salt Reduction - WeChat

2018-12-24, 共监测到616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 616 WeChat public articles were monitored in 2018-12-24. This page shows the top five articles by repeat number today.

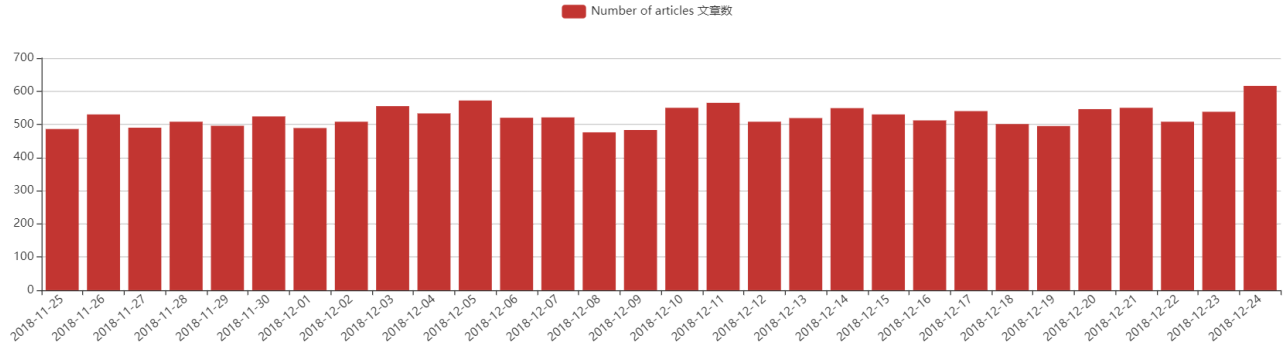
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 央视曝光! 不吃味精、鸡精的看看吧!

重复数: 9

日期: 2018-12-24

[CCTV exposed it! People who don't eat MSG or chicken powder should pay attention to it!](#)

Repeat Number: 9

Data: 2018-12-24

过量摄入钠则会导致高血压等心脑血管疾病。因此, 要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。如果再加上味精中的钠, 就会更多。

Excessive sodium intake can lead to cardiovascular and cerebrovascular diseases such as hypertension. Therefore, it is necessary to control monosodium glutamate as well as salt intake. The Dietary Guidelines for Chinese Residents advocate that the daily salt consumption per person should be less than 6 grams. But the actual intake generally reached about 10 grams. If you add sodium in monosodium glutamate, it will be more.

#### 2. 跟心脏抢寿命、跟骨头抢钙、过量还致癌...就是你天天吃的这个东西

重复数: 8

日期: 2018-12-24

[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.](#)

Repeat Number: 8

Data: 2018-12-24

据英国《独立报》报道称, 科学家在经过12年的研究, 最终得出的结果是, 高盐饮食会显著增加心脏衰竭的风险。这份研究中指出, 人们每天摄入的氯化钠超过13.7克, 心力衰竭的速度会翻倍。吃盐多的时候, 由于渗透压的作用, 身体组织的水分会减少, 排出身体的水分会增加, 也不利于皮肤的保水。

According to the British "Independent" report, after 12 years of research, the final result is that a high-salt diet can significantly increase the risk of heart failure. The study pointed out that people consume more than 13.7 grams of sodium chloride per day, and the rate of heart failure doubles. When eating too much salt, the water in the body tissue will decrease due to the osmotic pressure. The water that is discharged from the body will increase, which is not conducive to the preservation of the skin.

#### 3. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 5

日期: 2018-12-24

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

Repeat Number: 5

Data: 2018-12-24

咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。

Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

#### 4. 身体出现5个迹象, 提醒你吃盐太多了!

重复数: 4

日期: 2018-12-24

[There are five signs of body to remind you that you eat too much salt!](#)

Repeat Number: 4

Data: 2018-12-24

如果吃了太多的盐, 会导致人脱水, 人一旦脱水的话, 就不能清晰思考问题了, 这个情况非常严重。如果你突然发现体重没有任何增长的情况下, 但手指却戴不进去原本合适尺寸的戒指了, 那么这很有可能是水滞留造成的, 如果长期摄入过多的盐就会导致这样的情况。

If you eat too much salt, you will dehydrate. Once you dehydrate, you can't think clearly. This situation is very serious. If you suddenly find that you can't wear a ring of the right size on your finger without any weight gain, it's probably due to water retention, which can be caused by long-term intake of too much salt.

#### 5. 高血压患者入冬指南

重复数: 4

日期: 2018-12-24

[Winter Guidelines for Hypertensive Patients](#)

Repeat Number: 4

Data: 2018-12-24

在饮食和体育活动影响下, 多数人冬季会长胖一些, 而体重稍有增加即可明显升高血压。因此冬季也要保持良好的饮食习惯, 做饭时减少盐及其他含钠调味品的使用(食盐<6克), 并尽量避免或减少钠盐含量高的加工食品, 如咸菜、火腿、各类炒货和腌制品。

Under the influence of diet and physical activity, most people will gain weight in winter, and a slight increase in weight can significantly increase blood pressure. Therefore, we must maintain good eating habits in winter. Reduce the use of salt and other sodium-containing condiments (salt <6 g) during cooking, and try to avoid or reduce the use of processed foods with high sodium content, such as pickles, ham, all kinds of roasted seeds and vegetables and pickled products.

## 减盐-微博

### Salt Reduction - Weibo

2018-12-24, 共检测到1682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。

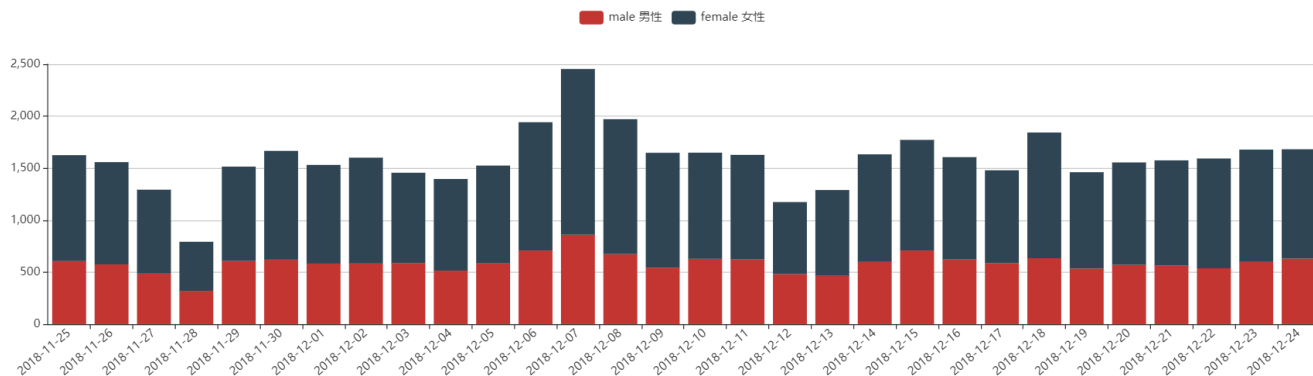
There are 1682 weibos about salt reduction monitored on 2018-12-24.

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: 2018-12-24 11:18

来自: iPhone6s

转发数: 103

评论数: 13

点赞数: 86

Time: 2018-12-24 11:18

Source: iPhone6s

Repost: 103

Comment: 13

Like: 86

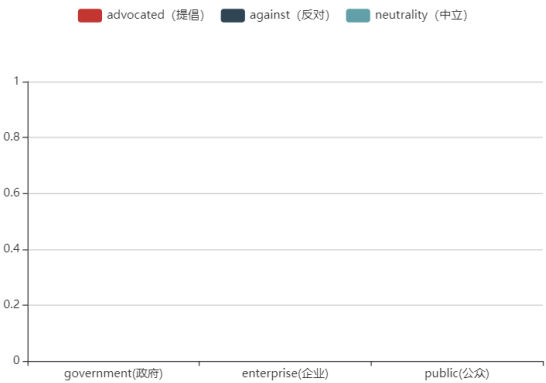
【吃盐过多的九大迹象你有吗?】1.总是口渴; 2.经常去厕所; 3.总想吃垃圾食品; 4.非老人和运动员却频繁抽筋; 5.疲劳和头痛是常客; 6.肾经常有痛感; 7.高血压; 8.你的身体某些部位会肿胀; 9.有些时候不能清晰的思考.....如果有这些迹象, 请注意摄入适量的盐分~via人人视频L人人视频的秒拍视频

[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. often feel fatigue and headache; 6. kidney pain; 7. high blood pressure 8. Some parts of your body will swell; 9. Sometimes you can't think clearly... If you have these signs, please pay attention to the intake of salt.

# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-12-24) 共监测到0条资讯。请点击标题查看原文。  
There are 0 articles monitored today 2018-12-24. 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

2018-12-24, 共监测到300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 300 WeChat public articles were monitored in 2018-12-24. 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. 血栓是吃出来的, 这四种食物一定要少吃或不吃

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

重复数: 20

日期: 2018-12-24

Repeat Number: 20

Data: 2018-12-24

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.

### 2. 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

[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

重复数: 15

日期: 2018-12-24

Repeat Number: 15

Data: 2018-12-24

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!” 这个害人不浅的东西, 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.

### 3. 脸要穷养, 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: 4

日期: 2018-12-24

Repeat Number: 4

Data: 2018-12-24

少吃加工食品 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。保持腰围, 心血管疾病的发病率也会下降。

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. 每分钟有7人得癌症? 营养师: 4种致癌食物要远离, 你可能天天吃

[Seven people get cancer every minute? Nutritionist: Keep away from four carcinogenic foods. You may eat them every day.](#)

重复数: 3

日期: 2018-12-24

Repeat Number: 3

Data: 2018-12-24

黄油常常被加入到奶制品当中, 还有面包中也大量存在, 其中会用到也是上面提到过的氢化植物油, 同时, 它也是一种反式脂肪酸, 对身体健康不利, 容易诱发心脑血管疾病, 甚至是癌细胞的产生。

Butter is often added to dairy products, and there is also a large amount of bread, which is also used in the above mentioned hydrogenated vegetable oil. At the same time, it is also a trans fatty acid, which is not good for your health. It is easy to induce cardiovascular and cerebrovascular diseases, even the production of cancer cells.

### 5. 肠道最怕5种食物! 哪个是你的最爱?

[The intestine fears five kinds of food! Which is your favorite?](#)

重复数: 2

日期: 2018-12-24

Repeat Number: 2

Data: 2018-12-24

反式脂肪酸会让食物变得松软可口, 但是过多的反式脂肪酸对肠道健康有损伤作用。人造反式脂肪的主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、能增添食品酥脆口感、易于长期保存等优点, 因此被大量运用于市售包装食品、餐厅的煎炸食品中。

Trans fatty acids can make food soft and delicious, but too much trans fatty acids can damage the intestinal health. The main source of artificial trans fats is partially hydrotreated vegetable oils. Partially hydrogenated oils have the advantages of high temperature resistance, non-deterioration, crispy mouthfeel, and long-term preservation. Therefore, they are widely used in commercially available packaged foods and fried foods in restaurants.

## 反式脂肪酸-微博 Transfat - Weibo

2018-12-24, 共检测到114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。

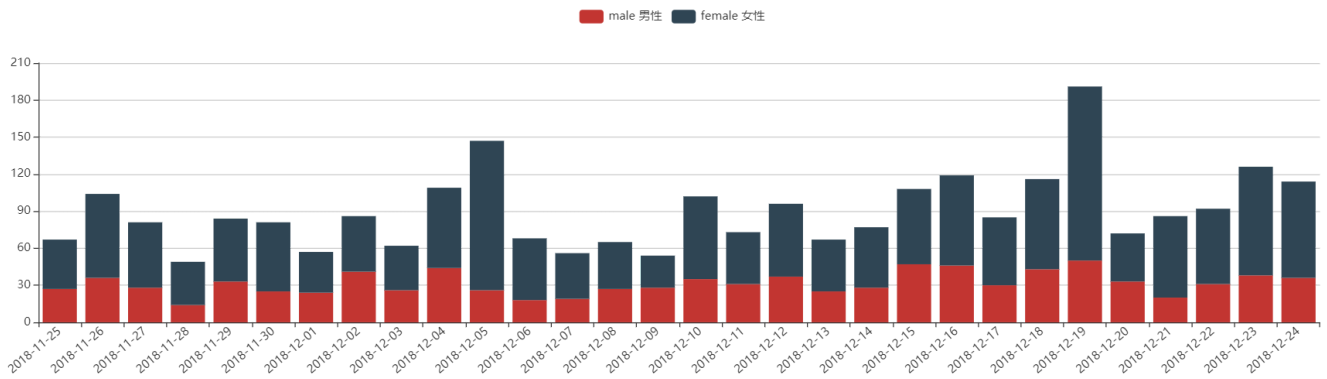
There are 114 weibos about transfat reduction monitored on 2018-12-24.

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!