

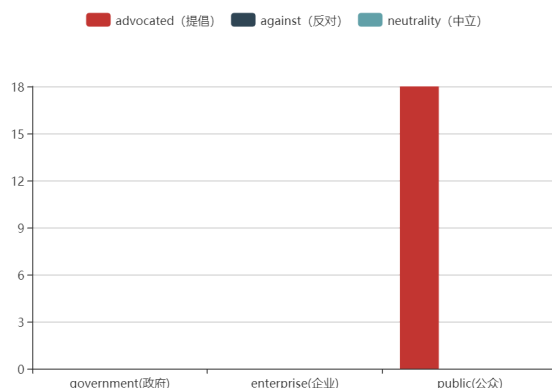
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-22) 共监测到18条资讯。请点击标题查看原文。

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### 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

#### 1. [岳程街道:义诊送到家门口共享资源助健康](#)

来源: 山东新闻网

主体: 公众

态度: 提倡

时间: 15:47:09

[Yuecheng Street: Free clinic sent to the door to share resources to help health](#)

Source: Shandong News Network

Subject: public

Attitude: advocate

Time: 15:47:09

我这段时间咳嗽老是不好，你能帮我看看吗？”2月22日上午9点，在菏泽开发区岳程街道和福祥社区卫生服务站广场的市级医院帮扶专家义诊现场，一位头发花白的老人正在向内科医生咨询问题，市中医医院内科主治医师陆医生拿出听诊器给老人听诊、把脉，又向他详细询问了老人身体基本情况，叮嘱老人平时注意事项，老人听后连连道谢，满意地离开了活动现场。

I've been coughing badly these days. Can you help me see it? At 9:00 a.m. on February 22, a grey-haired old man was consulting a physician at the free clinic of a city-level hospital in Yuecheng Street of Heze Development Zone and Fuxiang Community Health Service Station Square. The physician in charge of the internal medicine department of the city's traditional Chinese medicine hospital, Dr. Lu, took out a stethoscope to give an auscultation and pulse to the old man. He also asked him the basic physical condition of the old man in detail and urged the old man to pay attention at ordinary times. After listening, the old man thanked him and left the activity site satisfactorily.

#### 2. [胶州中心医院招科学防流感](#)

来源: 山东新闻网

主体: 公众

态度: 提倡

时间: 12:02:20

[Jiaozhou Central Hospital Recruits Science to Prevent Influenza](#)

Source: Shandong News Network

Subject: public

Attitude: advocate

Time: 12:02:20

老人、儿童和已经患流感的患者，尽可能不要去人员密集的场所，尤其是密闭的公共环境，如商场、公交车等，减少聚会，人口密集的场所为流感的传播提供了绝佳的传播途径，因此老人和儿童尽量避免去人员密集场所，外出时注意规范佩戴口罩。勤洗手。有研究证实，感冒病毒可在手帕上存活1个小时，在手上能存活70个小时，病毒可通过肢体上的接触发生交叉感染，在患者手摸过的地方可以存活3个小时，手是流感病毒、细菌的主要传播途径，因此，经常洗手非常重要。

Old people, children and patients with influenza should try not to go to crowded places, especially in closed public environments, such as shopping malls, buses and so on, so as to reduce gatherings. Population-intensive places provide an excellent route for the spread of influenza. Therefore, the elderly and children should avoid going to crowded places as far as possible, and pay attention to wearing masks when going out. Wash your hands frequently. Studies have confirmed that cold viruses can survive for 1 hour on handkerchiefs and 70 hours on hands. Viruses can cross-infect through contact with limbs and survive for 3 hours in places touched by patients. Hands are the main route of transmission of influenza viruses and bacteria. Therefore, it is very important to wash hands frequently.

##### 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!

**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!

**安徽**  
**Anhui**

## 食物中的钠 Sodium in food

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No such articles!

高血压  
Hypertension

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**心血管健康**  
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**决心工程**  
**Resolve To Save Lives**

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**浙江**  
**Zhejiang**

## 食物中的钠 Sodium in food

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**Resolve To Save Lives**

没有相关文章!

其他省份

Other Provinces

食物中的钠 Sodium in food				
1. <a href="#">春季吃青色食物护肝、控糖效果好，4种家常青色食物你都吃了吗？</a> <a href="#">Green food is good for liver protection and sugar control in spring. Have you eaten all four kinds of homely green food?</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:22:35 Time: 14:22:35
春季吃青色食物护肝、控糖效果好，4种家常青色食物你都吃了吗？春季是万物生发的季节，生命在蠕动、重启，花儿开放身体、树木延伸枝条，形成一片欣欣向荣的美好气象，在这个时候身体也会和气候对应发生些须改变。在中国传统中医五行的观念中，身体器官对应不同的颜色，青色对应肝脏、赤色对应心脏、黄色对应脾脏、白色对应肺部，最后黑色对应肾脏。				
Green food is good for liver protection and sugar control in spring. Have you eaten all four kinds of homely green food? Spring is the season for all things to grow. Life is creeping and restarting. Flowers open their bodies and trees extend their branches to form a thriving and beautiful weather. At this time, the body and climate will change accordingly. In the concept of five elements of traditional Chinese medicine, body organs correspond to different colors, green corresponds to liver, red corresponds to heart, yellow corresponds to spleen, white corresponds to lung, and finally black corresponds to kidney.				
高血压 Hypertension				
1. <a href="#">健康指标 “三高” 的人，最不能做的10件事你都清楚吗？</a> <a href="#">Are you aware of the 10 things that people with "three high" health indicators can't do?</a>	来源：中工网 Source: China Industrial Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 08:57:59 Time: 08:57:59
对于高血压、高血脂、高血糖的人来说，生活方式上的调整十分重要，如果生活中没有做好，吃再多药都可能没有效果！高血压不能做的十件事： 1、喝浓茶。因为红茶中所含的茶碱最高，可以引起大脑兴奋、不安、失眠、心悸等不适，从而使血压上升。高血压病患者忌饮浓茶，尤其是忌饮浓烈红茶。				
For people with high blood pressure, hyperlipidemia and hyperglycemia, lifestyle adjustment is very important. If life is not done well, taking more drugs may not be effective! _____ Ten things that hypertension can't do: 1. Drink strong tea. Because theophylline in black tea is the highest, it can cause brain excitation, anxiety, insomnia, palpitation and other discomforts, so that blood pressure rises. Patients with hypertension should avoid drinking strong tea, especially strong black tea.				
2. <a href="#">长期高血压肾脏好受劳</a> <a href="#">Long-term hypertensive kidney injury</a>	来源：扬子晚报 Source: Yangtse Evening Post	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 23:36:36 Time: 23:36:36
我国高血压患者人数超过2.7亿人，发病人数比较庞大。高血压病初期，一些身体的症状不易被发现，长此以往，高血压可以对心脏、脑、肾脏等靶器官造成损伤。数据显示，高血压人群中肾脏损害的发生率高达20.8%，比一般人群的7.3%高出很多。继糖尿病、慢性肾炎之后，高血压肾病成为肾脏损伤最终发展成肾衰竭的第三位诱发疾病。 专家提醒，长期高血压患者，特别是有十年以上病史的患者，应每半年或一年定期检查尿常规，截获蛋白尿出现的早期信号。				
The number of hypertensive patients in China exceeds 270 million, and the number of patients is relatively large. In the early stage of hypertension, some physical symptoms are difficult to detect. In the long run, hypertension can cause damage to target organs such as heart, brain and kidney. Data show that the incidence of kidney damage in hypertensive population is as high as 20.8%, much higher than that in the general population of 7.3%. Following diabetes mellitus and chronic nephritis, hypertensive nephropathy has become the third leading cause of renal failure. Experts warn that patients with long-term hypertension, especially those with a history of more than 10 years, should regularly check their urine routine every six months or a year to intercept the early signal of proteinuria.				
心血管健康 Cardiovascular health				
1. <a href="#">过年胖一圈，记得多吃这道“皇帝菜”减负荷，降血脂，增强免疫力！</a> <a href="#">New Year's fat circle, remember to eat this "Emperor's dish" to reduce load, reduce blood lipids, enhance immunity!</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 07:08:54 Time: 07:08:54
又是一道清爽的素菜，这类蔬菜你一定要多吃。简单的两种蔬菜，杏鲍菇+茼蒿，用两瓣大蒜，一点油盐调味，就非常的好吃。杏鲍菇肉肉的，有鲍鱼的口感；茼蒿有着特殊的芳香气息，他俩真是完美组合。茼蒿，在中国古代为宫廷佳肴，所以又叫皇帝菜。它有“安心气，养脾胃，消痰饮，利肠胃”之功效。杏鲍菇有着杏仁的芳香，肉质肥厚，口感鲜嫩，营养丰富，具有降血脂、降胆固醇、促进胃肠消化、增强机体免疫能力、防止心血管病等功效。				
It's also a refreshing vegetable dish. You must eat more of this kind of vegetable. Simple two kinds of vegetables, apricot mushroom + Artemisia antler, with two cloves of garlic, a little oil and salt seasoning, it is very delicious. The meat of almond and abalone mushroom has the taste of abalone, and the Artemisia antler has a special aroma. They are a perfect combination. Artemisia selengensis, a palace delicacy in ancient China, is also called imperial dish. It has the effect of "calming the mind, nourishing the spleen and stomach, eliminating phlegm and promoting the intestines and stomach". Pleurotus eryngii has the aroma of almond, rich meat, tender taste, rich nutrition, with the effect of reducing blood lipid, cholesterol, promoting gastrointestinal digestion, enhancing immune capacity, preventing cardiovascular disease and so on.				
2. <a href="#">嘌呤高、盐分高老人喝汤别太多</a> <a href="#">Old people with high purine and salt should not drink too much soup</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 19:59:42 Time: 19:59:42
喝汤是滋补暖身的好方式，但如果喝得不科学，不但营养没法吸收，还会给身体造成负担，老年朋友尤其要当心。嘌呤高，增加肾负担。汤煮时间过长，会使嘌呤含量高；同时因为富含蛋白质，增加肾脏负担。随着年龄增长，肾小球滤过率逐渐降低，因此，老人喝汤对肾脏损伤更大，岁数大的人不要过分追求喝汤补身的做法。盐分高，促发心脑血管疾病。				
Drinking soup is a good way to nourish and warm up, but if you drink it unscientifically, not only can you not absorb nutrients, but also cause a burden on your body. Old friends should be especially careful. High purine increases the burden of kidney. If the soup is boiled for too long, the purine content will be high. At the same time, because it is rich in protein, it will increase the burden of the kidney. As the age increases, the glomerular filtration rate gradually decreases. Therefore, the elderly people who drink soup have more damage to their kidneys. The elderly people should not excessively pursue the practice of drinking soup to supplement their health. High salinity promotes cardiovascular and cerebrovascular diseases.				
3. <a href="#">护心“绿色通道”40分钟挽救七旬患者</a> <a href="#">Protecting Heart "Green Channel" for 40 Minutes to Rescue 70-year-old Patients</a>	来源：中国江苏网 Source: China Jiangsu Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:33:00 Time: 15:33:00
冬春气温不稳，患有心血管慢性病的患者如果不注意保暖，受到寒冷的刺激，会使血管收缩、心跳加快、血压升高，进而诱发心梗。急性心梗救治的关键是患者从起病到救治的时间，治疗越早，效果越好。因此，医学界有“时间就是心肌，时间就是生命”之说。抢救急性心梗患者离不开科室间的密切协作。				
Winter and spring temperature instability, patients with chronic cardiovascular disease if not pay attention to warmth, by cold stimulation, will cause vasoconstriction, heart rate acceleration, blood pressure rise, and then induce myocardial infarction. The key to the treatment of acute myocardial infarction is the time from onset to treatment. The earlier the treatment, the better the effect. Therefore, the medical profession has the saying that time is the heart muscle and time is life. Rescue of acute myocardial infarction patients is inseparable from close cooperation between departments.				
4. <a href="#">用心“修心”的先驱者——记佳木斯中心医院心脏外科专家张海彬博士</a> <a href="#">A Pioneer of Heart-cultivation: Dr. Zhang Haibin, Cardiac Surgeon, Jiamusi Central Hospital3</a>	来源：东北网 Source: Northeast net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 17:33:44 Time: 17:33:44
佳木斯地区有人口250多万，加之周边市县和大量的农场群，可谓人口众多。佳木斯地处高寒地带，一年中很长时间温度都在零摄氏度以下，再加之高盐和高脂肪的饮食习惯，佳木斯及其周边地区，高血压患者和心脑血管疾病患者呈上升趋势。因此在佳木斯填补心脏外科的空白，就显得十分重要了，这也是刘晓程建议张海彬到佳木斯来开辟新天地的出发点和原由。				
Jiamusi area has a population of more than 2.5 million, plus surrounding cities and counties and a large number of farm groups, it can be said that the population is large. Jiamusi is located in an alpine region. The temperature is below zero centigrade for a long time in a year. With the high salt and fat diet, there is an upward trend in patients with hypertension and cardiovascular and cerebrovascular diseases in Jiamusi and its surrounding areas. Therefore, it is very important to fill the gap of cardiac surgery in Jiamusi. This is also the starting point and the reason why Liu Xiaocheng proposed Zhang Haibin to open up a new world in Jiamusi.				
5. <a href="#">终于找到血栓的元凶了，医生说这三种食物，再好吃也别碰</a> <a href="#">Finally, the culprit of the thrombus was found. The doctor said that the three kinds of food should not be touched if they were delicious.</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:52:47 Time: 16:52:47
终于找到血栓的元凶了，医生说这三种食物，再好吃也别碰。血液里出现什么最可怕，当然是血栓，遗憾的是，很多人对血栓的重视远远不够，一拖再拖，往往等到症状很明显的时候再到医院来看病，这个时候，最佳的溶栓机会已过，即便有所恢复也常常会留下后遗症。那么，很多人关心的是，血栓是如何形成的，如何预防它的发生呢？				

Finally, the culprit of the thrombus was found. The doctor said that the three kinds of food should not be touched if they were delicious. What is the most terrible thing in the blood, of course, is thrombosis. Unfortunately, many people do not pay enough attention to thrombosis. They often wait until the symptoms are obvious before they come to the hospital. At this time, the best thrombolytic opportunity has passed, and even if they recover, they often leave behind sequelae. So, many people are concerned about how thrombosis forms and how to prevent it from happening.

综合健康信息 Comprehensive Health Information				
1. <a href="#">过完年要减肥? 先用了这个 “甜蜜的负担”</a> <a href="#">Want to lose weight after the New Year? Let go of this "sweet burden"</a>	来源: 人民网 Source: People's net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:12:16 Time: 08:12:16

春节期间,除了鸡鸭鱼肉以各种烹饪方式上场,还少不了的各式各样的甜食,成为你的“过年肥”主谋。过多糖分的摄入便会变成甜蜜的负担,导致肥胖是一方面,还会令人感觉疲劳气色不佳甚至水肿。也因此,“抗糖”已经成为除“减肥”之外,一大影响健康以及颜值的重要功课。年后想开始全新美体大计?即便你不是一个甜品控,我们也建议你首先通过适当的控糖来调整身体—这个甜蜜的负担隐藏得远比你想象中的要深。

During the Spring Festival, in addition to chicken, duck, fish and meat in a variety of cooking methods, but also a variety of sweets, become your "New Year fat" mastermind. Excessive sugar intake can become a sweet burden, leading to obesity on the one hand, but also make people feel tired, poor color and even edema. Therefore, "anti-sugar" has become an important lesson affecting health and facial value besides "losing weight". Want to start a new body-building program after the year? Even if you're not a dessert control, we recommend that you first adjust your body by controlling sugar properly - the sweet burden is much deeper than you think.

2. <a href="#">糖尿病患者要坚持 “得舒饮食”</a> <a href="#">Diabetic patients should adhere to the "Diet of Deshu"</a>	来源: 扬子晚报 Source: Yangtse Evening Post	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 00:04:28 Time: 00:04:28
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春节假期结束。办公室里聊天时,同事说几天不见,我胖了不少。我苦笑说自己每逢佳节胖三斤的体质。过年这段期间,南北鲜算是吃了个遍,而代价嘛,就是脸儿渐渐胖,肚儿滚滚圆。同事看了看自己的肚子,表示深有同感。这节后减肥,看来是刻不容缓了。但想到接下来减肥的日子,我们两人就是一阵唏嘘。其实,对于一些想要减肥,但不爱运动的人来说,有一种膳食模式非常适合,那就是得舒饮食。

The Spring Festival holidays are over. When I chatted in the office, my colleagues said that I had not seen him for several days. I had gained a lot of weight. I laughed bitterly and said that I was fat three kilograms every festival. During the Spring Festival, North and South have eaten all over the country, but the price is that their faces are getting fat and their stomachs are getting round. My colleague looked at his stomach and expressed his deep sympathy. It seems urgent to lose weight after this period. But when we think about the next days of losing weight, we both have a lot of boos. In fact, for some people who want to lose weight, but do not like sports, there is a very suitable dietary pattern, that is, the diet of comfortable.

3. <a href="#">孩子爱哭闹? 收好这些 “止哭秘诀”</a> <a href="#">Do children cry? Put away these "crying tips"</a>	来源: 中国经济网 Source: China Economic Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 11:40:10 Time: 11:40:10
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对于新手爸妈来说,宝宝的哭声堪称是对爸妈的最大折磨,尤其是每到深夜,孩子身体里仿佛安了一个无法按停的“闹钟”,无休止的哭闹不仅让孩子受罪,也影响全家人的睡眠。近日,广州日报健康有约“名医微课”特邀儿童消化病专家、中山大学附属第一医院儿科学科副主任沈振宇主讲“肠绞痛与婴幼儿喂养”。沈振宇指出,婴儿肠绞痛与多种原因有关,分析原因需用“排除法”。

For novice parents, the baby's crying is the greatest torture to their parents, especially every night, the child's body seems to have an "alarm clock" that can not be stopped. The endless crying not only makes the child suffer, but also affects the sleep of the whole family. Recently, Shen Zhenyu, a specialist in children's digestive diseases and deputy director of Pediatrics of the First Affiliated Hospital of Sun Yat-sen University, was invited to give a lecture on "Intestinal colic and infant feeding" by Guangzhou Daily Health. Shen Zhenyu pointed out that infant intestinal colic is related to a variety of causes, which need to be analyzed by "exclusion method".

4. <a href="#">节后开启 “甩肉” 模式 “减肥经济” 迎高峰</a> <a href="#">After the holiday, the “slim meat” mode “weight loss economy” is ushered in.</a>	来源: 海都资讯网 Source: Haidu Information Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 13:46:05 Time: 13:46:05
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假期里,走亲访友、同事聚餐,连续的大鱼大肉、大吃大喝,让不少人都体重“飙升”。于是春节过后,很多人开始纷纷开启“甩肉”模式。有的人扎根健身房,想通过运动健身减肥;有的人想借助减肥药、瘦身茶,轻松减重;还有的人则想通过吃素、节食等达到目的……春节后的绕城,迎来了“减肥经济”小高峰。健身房里热火朝天 为了快速恢复原来身材,很多市民节后不惜投入大量时间运动减肥。

During the holidays, visiting relatives, friends and colleagues to have dinner, continuous big fish and meat, eating and drinking, so that many people's weight "soared". So after the Spring Festival, many people began to open the "meat throwing" mode. Some people take root in the gym, want to lose weight through exercise; some people want to lose weight easily by means of weight-loss drugs, weight-loss tea; others want to achieve their goal by eating vegetarian, diet and so on. Raocheng, after the Spring Festival, ushered in the "weight loss economy" small peak. In order to quickly restore the original figure in the gym, many citizens spare no effort to spend a lot of time on exercise and weight loss after the festival.

5. <a href="#">睡觉前吃东西不会发胖就放心吃? 先别高兴太早!</a> <a href="#">Eat before going to bed. Don't get fat. Eat at ease? Don't be too happy!</a>	来源: 东方网 Source: Dongfang net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 17:46:08 Time: 17:46:08
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吃过晚饭后又饿了怎么办? 很多人想吃夜宵,却又担心睡前吃宵夜会导致发胖而犹豫不决。据报道,日本一个研究团队近日称,经过研究,他们发现睡前2小时吃东西不会变胖。据海外网2月22日消息,日本一个研究团队经过3年的调查研究后宣称,睡前2小时内进食并不影响血糖水平或导致体重增加。

What if you're hungry after dinner? Many people want to eat supper, but they worry that eating supper before going to bed will lead to weight gain and hesitation. According to reports, a Japanese research team recently said that after research, they found that eating two hours before bed does not make them fat. According to the overseas website on February 22, after three years of research, a Japanese research team claimed that eating within two hours before bed did not affect blood sugar levels or lead to weight gain.

6. <a href="#">养生日趋年轻化: 折射健康焦虑</a> <a href="#">Younger Birthday: Reflecting Health Anxiety</a>	来源: 中工网 Source: China Industrial Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 11:51:14 Time: 11:51:14
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“为健康投资,我觉得值得!” 2月19日,王鑫对记者说。说起保健食品,大家首先会联想到老年人。其实,随着消费观念的升级,越来越多的年轻人也开始了“朋克养生”,即一边过着不规律的生活,一边通过保健食品进行补救。曾经抱怨父母购买保健食品的年轻人,也正游走于保健食品的“江湖”之中。有数据显示,90后比50后更加热衷保健食品,他们的购买量已经达到约50%。

"I think it's worth investing in health!" On February 19, Wang Xin told reporters. Speaking of health food, we will first associate with the elderly. In fact, with the upgrading of consumption concept, more and more young people have begun to "punk health", that is, while living an irregular life, while remedying through health food. Young people who have complained about their parents' purchase of health food are also roaming the "rivers and lakes" of health food. Data show that the post-90s are more keen on health food than the post-50s, and their purchases have reached about 50%.

7. <a href="#">原创从 “口” 开始, 做好高脂血症的预防工作</a> <a href="#">Originally from "mouth", do a good job in the prevention of hyperlipidemia</a>	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 14:00:41 Time: 14:00:41
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我们常说“病从口入”,很多疾病的产生都是由于我们平时在生活中饮食不注意所导致的。那对于常见的高脂血症,我们有什么需要主要的地方呢? 脂肪、葡萄糖与蛋白质属于人体所需的三大营养素,缺一不可,为了保证人体正常的代谢,我们每天都要摄取一定的脂肪,补充能量的消耗。正常人体内的脂肪主要存在脂肪组织和血液中,血液中的脂肪会维持一定的含量水平但当异常代谢或致病因素作用下,血脂含量过高,并引起相应疾病的过程,就称为高脂血症。

We often say that "illness comes from the mouth". Many diseases are caused by our inadvertent diet in our daily life. So what do we need for common hyperlipidemia? Fat, glucose and protein are the three major nutrient elements needed by the human body, which are indispensable. In order to ensure the normal metabolism of the human body, we need to absorb a certain amount of fat every day to supplement energy consumption. Fat in normal human body mainly exists in adipose tissue and blood. The level of fat in blood will maintain a certain level. However, under the action of abnormal metabolism or pathogenic factors, hyperlipidemia is called

8. <a href="#">84岁老人的太极拳公益之路</a> <a href="#">The Public Welfare Road of Taijiquan for 84-year-old People</a>	来源: 瓯网 Source: Ou net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:58:29 Time: 16:58:29
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周三一大早,在市区环城东路绿城公寓小区的花坛边,五六名居民正跟着一位头发花白、面色红润、精神矍铄的老人,一招一式地学打太极拳。这位老人叫朱朝晖,今年84岁,师从杨式太极拳第五代传人傅声远和陈式太极拳传人王西安,打了半个世纪的太极拳。除了打太极拳,养生达人朱朝晖也有自己的一套养生经。他吃得很清淡,饮食原则是“少油、少盐、少糖”,早、晚都喝粥,里面放点杂粮;每天勤喝水,早上喝半斤温开水,上午打太极拳后、午睡起床后以及睡前一个小时都会喝一杯温开水。

Early Wednesday morning, at the flower beds of the Lucheng Apartment District, Huancheng East Road, five or six residents were following an old man with gray hair, ruddy complexion and good spirits to learn to play Taijiquan one by one. The 84-year-old man, Zhu Chaohui, was taught Taijiquan by Fu Shengyuan, the fifth generation of Yang-style Taijiquan and Wang Xi'an, the Chen-style Taijiquan successor. He had played Taijiquan for half a century. In addition to Taijiquan, Zhu Chaohui, a health-preserving scholar, also has his own set of health-preserving sutras. He eats very light, the dietary principle is "less oil, less salt, less sugar". He drinks porridge in the morning and evening, and puts some

groceries in it. He drinks water regularly every day, drinks half a kilogram of warm water in the morning, and drinks a cup of warm water after playing Taijiquan in the morning, after napping, after getting up and an hour before going to bed.

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信 Salt Reduction - WeChat

2019-02-22, 共监测到547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 547 WeChat public articles were monitored in 2019-02-22. 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. [身体出现这5个迹象, 提醒你吃盐太多了!](#)  
[These five signs remind you that you eat too much salt!](#)

重复数: 16  
Repeat Number: 16  
日期: 2019-02-22  
Data: 2019-02-22

如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水的含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂饮。如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.

2. [吃盐越少就越健康? 未必! 这样做有隐患, 快看!](#)  
[The less salt you eat, the healthier you will be? Not necessarily! There are hidden dangers in doing so. Look!](#)

重复数: 5  
Repeat Number: 5  
日期: 2019-02-22  
Data: 2019-02-22

多项科学研究指出, 高盐摄入不仅容易诱发高血压, 还会增加卒中、心血管事件的发生风险。据报道, 2010年心血管病死亡中, 有165万归因于过多食盐摄入(超过2g/d)。2003年, 英国的限盐运动使成人每日盐摄入量从2001年的9.5g下降至2011年的8.1g, 近9000个生命免于中风和心脏病

Many scientific studies have pointed out that high salt intake not only induces hypertension, but also increases the risk of stroke and cardiovascular events. It is reported that 1.65 million cardiovascular deaths in 2010 were attributed to excessive salt intake (more than 2 g/d). In 2003, the salt restriction campaign in Britain reduced the daily salt intake of adults from 9.5 g in 2001 to 8.1 g in 2011, saving nearly 9,000 lives from stroke and heart disease.

3. [16个健康警戒线全划出来了, 寿命长短由它决定, 非常重要!](#)  
[Sixteen health warning lines have been drawn out. Life expectancy is determined by them. It is very important!](#)

重复数: 5  
Repeat Number: 5  
日期: 2019-02-22  
Data: 2019-02-22

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。建议一个啤酒瓶盖装满盐正好是6克的量。零食、酱菜、午餐肉等加工食品少吃。

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. Whether for health or beauty, salt control is essential. It is recommended that a beer bottle cap be filled with exactly 6 grams of salt. Eat less snacks, pickles, lunch meat and other processed foods.

4. [高糖VS高盐, 到底哪个对人体的杀伤力更强?](#)  
[High sugar VS and high salt, which is more lethal to human body?](#)

重复数: 4  
Repeat Number: 4  
日期: 2019-02-22  
Data: 2019-02-22

盐被誉为“百味之首”, 大部分菜你可以只放盐, 却不能不放盐。不仅如此, 食盐所提供的钠离子和氯离子维持着细胞外液的渗透压和酸碱平衡, 在保持神经和肌肉的应激性、调理生理功能等方面都起着重要作用。但据资料显示, 中国人食盐超标人数高达75%! 《中国居民膳食指南》上建议, 健康的成年人一天食盐的摄入量应该不超过6g, 但实际上, 我国居民每人每天平均食盐的摄入量已超过10g。

Salt is known as the "first of all tastes." You need to put salt in the food. Moreover, the sodium and chloride ions provided by the salt maintain the osmotic pressure and acid-base balance of the extracellular fluid, and play an important role in maintaining the stress and conditioning physiological functions of the nerves and muscles. However, according to the data, the number of Chinese people exceeding salt is as high as 75%! The Chinese Dietary Guidelines recommend that healthy adults should not consume more than 6g a day. But in fact, the average salt intake per person per day in our country has exceeded 10g.

5. [一家三口相继患癌, 竟跟长期吃这种食物有关! 很多人还在吃](#)  
[Three people in a family suffer from cancer one after another, which is related to the long-term consumption of this food!](#)  
[Many people are still eating.](#)

重复数: 3  
Repeat Number: 3  
日期: 2019-02-22  
Data: 2019-02-22

高盐的高渗性会破坏胃黏膜, 所以长期以往去食用重口味的食物, 就会造成诱发胃癌的风险。我国东北地区、西北地区以及沿海地区是胃癌的高发地区。因为他们喜欢吃腌制的食物, 还有海产品, 所以高盐饮食比清淡饮食的人, 胃病的相对发病率要增加接近两倍。

High salt and hyperosmotic can destroy the gastric mucosa, so eating heavy food in the past for a long time will lead to the risk of gastric cancer. Northeast China, northwest China and coastal areas are high incidence areas of gastric cancer. Because they like pickled food and seafood, the relative incidence of stomach disease in people who eat a high-salt diet is nearly double that in people who eat a light diet.

## 减盐-微博 Salt Reduction - Weibo

2019-02-22, 共检测到2022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。

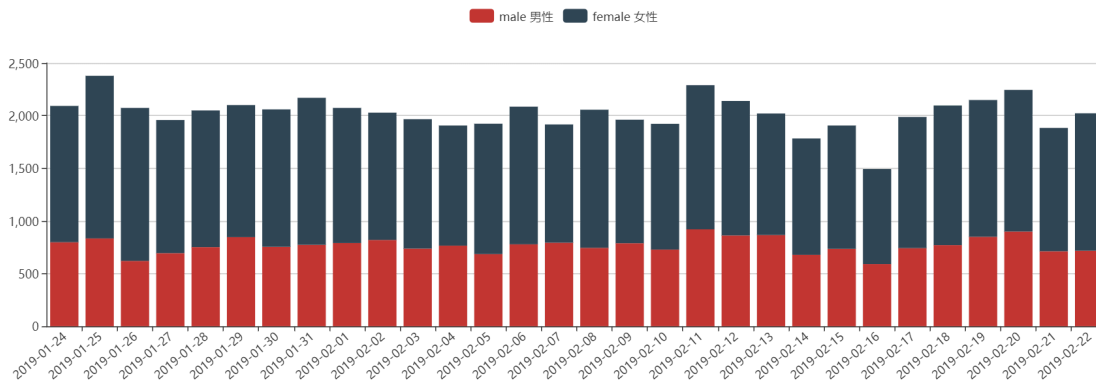
There are 2022 weibos about salt reduction monitored on 2019-02-22.

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

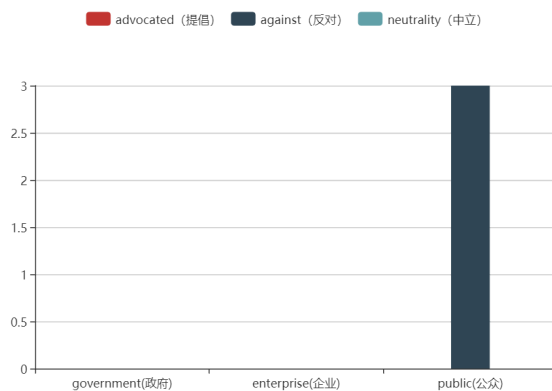
1. 没有相关微博!  
No such weibos!

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-22) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-02-22. 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. 原创从“口”开始，做好高脂血症的预防工作 Originally from "mouth". do a good job in the prevention of hyperlipidemia	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 14:23:05 Time: 14:23:05
<p>我们常说“病从口入”，很多疾病的产生都是由于我们平时在生活中饮食不注意所导致的。那对于常见的高脂血症，我们有什么需要主要的地方呢？脂肪、葡萄糖与蛋白质属于人体所需的三大营养素，缺一不可，为了保证人体正常的代谢，我们每天都要摄取一定的脂肪，补充能量的消耗。正常人体内的脂肪主要存在脂肪组织和血液中，血液中的脂肪会维持一定的含量水平但当异常代谢或致病因素作用下，血脂含量过高，并引起相应疾病的过程，就称为高脂血症。</p> <p>We often say that "illness comes from the mouth". Many diseases are caused by our inadvertent diet in our daily life. So what do we need for common hyperlipidemia? Fat, glucose and protein are the three major nutrient elements needed by the human body, which are indispensable. In order to ensure the normal metabolism of the human body, we need to absorb a certain amount of fat every day to supplement energy consumption. Fat in normal human body mainly exists in adipose tissue and blood. The level of fat in blood will maintain a certain level. However, under the action of abnormal metabolism or pathogenic factors, hyperlipidemia is called hyperlipidemia.</p>				
2. 网红奶茶生产黑幕曝光：你喝的奶茶比地沟油恶心 Black Screen Exposure of Net Black Milk Tea Production: The Milk Tea you drink is more disgusting than the Ditch Oil	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 14:24:15 Time: 14:24:15
<p>网红奶茶生产黑幕曝光：你喝的奶茶，比地沟油更恶心 你喜欢喝奶茶吗？现在喝奶茶已经成了年轻人的生活日常，下午茶喝一杯，加完班喝一杯，在楼下等朋友也要喝一杯..... 奶茶在不知不觉间，成了你生活的标配。 但你可知道，这种司空见惯的饮料，背后隐藏着多么惊人的黑幕？ 你肯定会吓一跳。</p> <p>Net black milk tea production black screen exposure: you drink milk tea, more disgusting than gutter oil do you like to drink milk tea? Now drinking milk tea has become the daily life of young people, afternoon tea and a cup of tea, overtime drinking a cup, downstairs and other friends also want to drink a cup of tea... Milk tea unconsciously becomes the standard of your life. But do you know what an amazing shadows lie behind this common drink? You're bound to be shocked.</p>				
3. 黄奶油的用途 Use of butter	来源：TOM Source: TOM	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 18:27:17 Time: 18:27:17
<p>男人都吃过但吃的奶油一般都是白色的，很少有人会去吃黄色的奶油，其实奶油不管是从口感上还是功效上都特别的多，但是因为奶油的热量含量高，所以吃多了后容易发胖，这也是很多人不敢去吃奶油的主要因素，关于奶油的选用和使用的方法还有很多种类型，首先最主要的是奶油中的营养，以及奶油中的一些成分，下面就给大家介绍一下关于黄奶油的用途。</p> <p>Men have eaten butter but it is usually white. Few people will eat yellow butter. In fact, butter is much more special in taste and effect. But because of its high calorie content, it is easy to gain weight after eating too much butter. This is also the main factor that many people dare not eat butter. There are many kinds of methods for choosing and using butter. First of all, the most important is the nutrition in butter, as well as some ingredients in butter, the following will introduce to you about the use of butter.</p>				
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

2019-02-22, 共监测到429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 429 WeChat public articles were monitored in 2019-02-22. This page shows the top five articles by repeat number today.

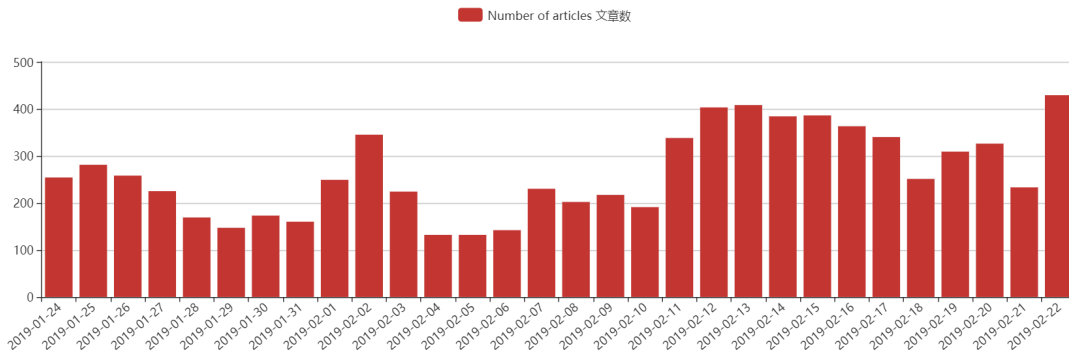
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 大脑最爱的食物, 核桃只排第4名, 第1名谁想不到!

[Among the brain's favorite foods, walnuts rank only 4th, the first one is unexpected!](#)

重复数: 58

日期: 2019-02-22

Repeat Number: 58

Data: 2019-02-22

常吃黑芝麻可以帮助人们预防和治疗胆结石, 同时还有延年益寿、健脑益智的作用。保持大脑健康少吃这些 除了上面介绍这些对大脑有益的食物, 还有一些常见的食物可能会对大脑健康发展有不健康的影响。这些食物中含有大量的饱和脂肪、反式脂肪或是糖, 容易造成血脑屏障构造受损, 加速认知功能以及记忆力的退化。

Eating black sesame seeds can help people prevent and treat gallstones, and it also has the effect of prolonging life. Keeping your brain healthy and eating less In addition to the above-mentioned foods that are good for the brain, there are some common foods that may have unhealthy effects on the healthy development of the brain. These foods contain a lot of saturated fat, trans fat or sugar, which can easily damage the blood-brain barrier structure, accelerate cognitive function and memory degradation.

### 2. 被奶茶毁掉的中国姑娘

[Chinese girl destroyed by milk tea](#)

重复数: 27

日期: 2019-02-22

Repeat Number: 27

Data: 2019-02-22

所谓的奶精, 主要成分是氢化植物油, 是植物油经过人工氢化处理做成的。中国农业大学教授范志红愤怒地说: 别看有植物两字, 其实含的饱和脂肪酸比猪油还多! 经过人工氢化处理之后, 还会产生大量的反式脂肪酸! 反式脂肪酸对人体危害极大, 不仅会增加心血管疾病和糖尿病的风险, 还会影响儿童神经系统发育。

The so-called creamer, the main component is hydrogenated vegetable oil, which is made by artificial hydrogenation of vegetable oil. Fan Zhihong, a professor at China Agricultural University, said angrily: Don't look at its name containing plants, but actually contain more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

### 3. 饼干里也有“致癌物”? 原来真相是这样.....

[Are there carcinogens in biscuits? So the truth is...](#)

重复数: 21

日期: 2019-02-22

Repeat Number: 21

Data: 2019-02-22

反式脂肪酸是一种人体非必需脂肪酸, 摄入过多会增加血液粘稠度, 容易引起动脉粥样硬化和血栓形成。在制作各类饼干点心的原材料中, 包括植物性奶油、人造黄油、起酥油、沙拉酱、代可可脂等都含有反式脂肪酸, 患有高脂血症的人群不应多吃。

Trans fatty acid is a kind of non-essential fatty acid in human body. Too much intake of trans fatty acid can increase blood viscosity and easily cause atherosclerosis and thrombosis. Trans-fatty acids are found in raw materials for cookies and snacks, including vegetable butter, margarine, shortening, salad dressing and cocoa butter. People with hyperlipidemia should not eat more.

### 4. 脸要穷养, 脚要富养; 心要穷养, 肺要富养 (深度好文)

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

重复数: 8

日期: 2019-02-22

Repeat Number: 8

Data: 2019-02-22

心要穷养: 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。保养要点: 少吃人造食品多吃天然食品。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.

### 5. 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: 6

日期: 2019-02-22

Repeat Number: 6

Data: 2019-02-22

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.

## 反式脂肪酸-微博 Transfat - Weibo

2019-02-22, 共检测到275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。

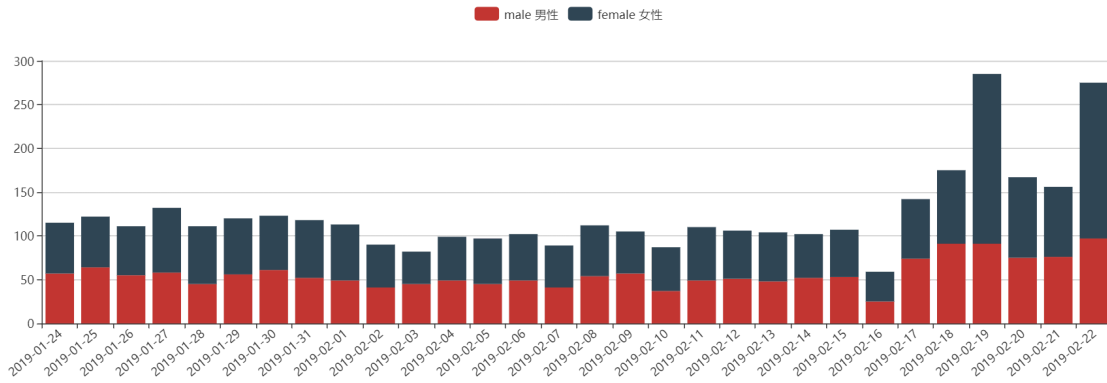
There are 275 weibos about transfat reduction monitored on 2019-02-22.

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!