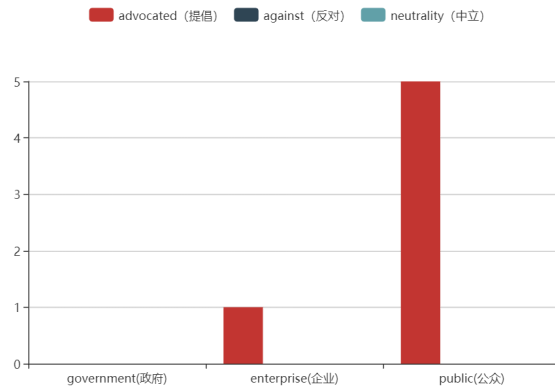


减盐-新闻 Salt Reduction - News

今日 (2018-11-24) 共监测到6条资讯。请点击标题查看原文。
There are 6 articles monitored today 2018-11-24. 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
没有相关文章!
No such articles!
综合健康信息 Comprehensive Health Information
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南 Henan

食物中的钠 Sodium in food
没有相关文章!
No such articles!
高血压 Hypertension
1. 被确诊为三高后这4样食物要少吃尤其第1个再喜欢也尽量少吃 After being diagnosed as "Sangao", these four foods should be eaten as little as possible, especially when the first one likes it as much as possible.
来源: 中原网 主体: 公众 态度: 提倡 时间: 14:43:29 来源: 中原网 Subject: public Attitude: advocate Time: 14:43:29
三高是指高血压、高血脂、高血糖。日常生活中，三高常被称为富贵病，主要因为三高是由于血液当中糖分、油脂、胆固醇过高，使血液的压力增大，从而导致三高现象的产生，这些现象的出现，跟不良的生活有关。但主要还在于饮食方面，所谓病从口入。很多病都是吃出来的，因此当被确立为三高后，我们要学会控制饮食，不能再一味的追求口腹之欲，以下这4种食物要少吃，尤其是第一种，再喜欢也要控制。
Three high refers to hypertension, hyperlipidemia and hyperglycemia. In daily life, the "three high" is often referred to as "rich and noble disease", mainly because the "three high" is due to the high blood sugar, fat, cholesterol, which increases the pressure of blood, leading to the "three high" phenomenon. These phenomena are related to bad life, but mainly due to diet, so-called diseases from the mouth. Many diseases are eaten out, so when established as "three high", we should learn to control our diet and not blindly pursue appetite. The following four kinds of food should be eaten less, especially the first one, and we should also control the likes.
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. 为什么现在冠心病越来越多？冠心病如何调养？一定要记住这四点	来源：中原网	主体：公众	态度：提倡	时间： 06:03:50
Why is coronary heart disease increasing now? How to recuperate coronary heart disease? We must remember these four points.	来源：中原网	Subject: public	Attitude: advocate	Time: 06:03:50
为什么冠心病现在越来越多？ 冠心病是冠状动脉粥样硬化性心脏病的简称，是由冠状动脉发生病变导致心脏供血不足引起的心脏疾病冠，正常人体内，冠状动脉有很强的代偿能力，在人体运动量增大时血流量可以增加 6-7 倍，但是如果发生冠状动脉粥样硬化性病变，血管内由于脂肪斑块堵塞变得狭窄，就可导致心脏供血不足，产生胸痛等心绞痛表现，这就时冠心病。冠心病如果不及时有效并且长期进行治疗，会导致心肌细胞死亡，产生心源性猝死得严重后果。				
Why is coronary heart disease increasing now? Coronary heart disease (CHD) is the abbreviation of coronary atherosclerotic heart disease, which is caused by coronary artery disease leading to insufficient blood supply to the heart. In normal human body, the coronary artery has a strong compensatory ability. The blood flow can increase 6-7 times when the human body's exercise volume increases, but if coronary atherosclerosis occurs, the blood flow can increase 6-7 times. Sexual lesions, vascular stenosis due to fat plaque blockage, can lead to insufficient blood supply to the heart, chest pain and other angina manifestations, which is coronary heart disease. If coronary heart disease is not timely and effective and long-term treatment, it will lead to cardiomyocyte death, resulting in serious consequences of sudden cardiac death.				
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				
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!				

浙江
Zhejiang

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. 心脏病猝死越来越年轻化上班族“三高”成主要诱因	来源：浙江在线	主体：公众	态度：提倡	时间： 15:13:15
Sudden cardiac death is becoming younger and younger. The main cause of sudden cardiac death is the "three highs" of office workers.	来源：浙江在线	Subject: public	Attitude: advocate	Time: 15:13:15
11月24日，由浙江绿城心血管病医院主办的“关心您的心脏 健康从心开始”第十七届大型健康教育活动在召开。本次活动邀请到了大家都非常熟悉和喜爱的两位“名嘴”老开心（周志华）和阿通伯（徐涛），他们和浙江绿城心血管病医院院长沈法荣及各位专家一起，给大家带来有趣味、有干货的健康讲座，面对面共同探讨健康饮食与合理用药。中国百强名医、心血管病权威专家沈法荣院长告诉记者，近年来，心血管疾病早已不是老年人的“专属疾病”，上班族由于高职位、高压、高薪水的“三高”已成为高发人群。				
On November 24, the seventeenth large-scale health education activity "Care for your heart health from the heart" sponsored by Zhejiang Lucheng Cardiovascular Hospital was held. This event invites two "famous mouth" Lao Happy (Zhou Zhihua) and Atongbo (Xu Tao), who are very familiar with and loved by everyone. They, together with Shen Farong, president of Zhejiang Greentown Cardiovascular Hospital and other experts, will bring you interesting and dry health lectures and discuss healthy diet and harmony face to face. Rationale for medication. Shen Farong, one of China's top 100 doctors and authoritative expert on cardiovascular diseases, told reporters that in recent years, cardiovascular disease has not been the "exclusive disease" of the elderly, and office workers have become a high-risk group because of their high position, high pressure and high salary.				
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!

其他省份
Other Provinces

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. 冬季防“冻”有技巧这些保养小心机让你暖意满满 Winter Anti-freezing Skills These Maintenance Care Machines keep you warm		来源：金羊网 来源：金羊网	主体：公众 Subject: public	态度：提倡 Attitude: advocate
				时间：22:33:51 Time: 22:33:51

医生，我的血压比较高，平时需要注意什么呀？”还未落座，陈伯就急切地向广东省人民医院心血管内科副主任医师高智平咨询。高智平询问了陈伯的作息习惯后，建议他把目前膳食的盐量减半，每日尽量做到放平心态、调节好情绪，等到身体情况稳定后再进一步测量血压。11月23日上午，由羊城晚报集团金羊网、广州市社会工作协会联合主办的“活力羊城 社工同行”健康服务进社区系列活动来到越秀区六榕街兰湖里社区。活动特邀广东省人民医院专家团队，包括老年科、心血管内科、内分泌科、呼吸科、皮肤科、康复科等多位医生，开展主题为“做好小雪养生 远离病痛”社区义诊活动，为街坊们普及冬季常见病的防治知识，逾百名社区居民接受了义诊服务。

Doctor, my blood pressure is relatively high. What should I pay attention to at ordinary times? Before he was seated, Chen Bo urgently consulted Gao Zhiping, deputy director of cardiovascular medicine of Guangdong People's Hospital. Gao Zhiping inquired about Chen Bo's daily habits, and suggested that he halve the salt content of his current diet, try to calm his mind and regulate his mood every day, and then take further blood pressure measurements when his physical condition is stable. On the morning of November 23, a series of health service activities of "Vigorous Yangcheng Social Workers Peer" co-sponsored by Golden Yangcheng Evening News Group and Guangzhou Social Work Association came to Lanhuli Community, Liurong Street, Yuexiu District. Expert team of Guangdong Provincial People's Hospital, including geriatrics, cardiovascular medicine, endocrinology, respiratory, dermatology, rehabilitation and other doctors, was invited to carry out a community free clinic with the theme of "Keeping Snow healthy and staying away from pain" to popularize the knowledge of prevention and treatment of common winter diseases for neighbours. More than 100 community residents received the free clinic. I received a free clinic service.

综合健康信息 Comprehensive Health Information				
1. 三大“明星”养生料理 Three "Stars" Health Cuisine	来源：联合早报	主体：企业	态度：提倡	时间：16:15:41
	来源：联合早报	Subject: industry	Attitude: advocate	Time: 16:15:41

御生活馆的中餐馆主打美味养生餐，强调低盐、低糖、无味精的烹调风格。餐馆三大“明星”美食为炖汤、蒸饭和火锅。适逢雨季，一碗热乎乎的汤，可滋补暖胃。御生活馆（Mahota Commune）有中餐馆 Mahota Pantry 和西餐馆 Mahota Kitchen。中餐馆主打美味的养生餐，强调低盐、低糖、无味精的烹调风格；餐馆三大“明星”美食为炖汤、蒸饭和火锅。现在逢湿冷的雨季，想喝一碗热乎乎的汤，滋补暖胃。

The Chinese restaurant in Sisheng Living Hall specializes in delicious health meals, emphasizing the low salt, low sugar and monosodium glutamate cooking style. The restaurant's three "star" cuisines are stewed soup, steamed rice and hot pot. In rainy season, a bowl of hot soup can nourish the stomach. Mahota Commune has Chinese restaurant Mahota Pantry and Western restaurant Mahota Kitchen. Chinese restaurants specialize in delicious health meals, emphasizing low-salt, low-sugar, monosodium glutamate-free cooking style; the three "stars" of the restaurant are stewed soup, steamed rice and hot pot. Now in the wet and cold rainy season, I want to drink a bowl of hot soup to nourish my stomach.

2. 孕妇能吃八角煮的肉吗 Can pregnant women eat meat cooked with star anise?	来源：TOM 来源：TOM	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:22:48 Time: 15:22:48
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八角有一种特别的香味。在烹饪肉类食物时，加入八角不仅可以祛肉腥味，还可以让食物变得多滋多味。不过很多调料孕妇不能吃，那么八角作为一种调料，用料单一且量少，孕妇能吃八角煮的肉吗？孕妇能吃八角煮的肉吗？八角是一种药食同源的中药材，性热。孕妇吃八角，会引起便秘、心悸、全身发热等症状。如果被胎儿吸收的话，会导致胎热，这种现象不能正确安胎，也会导致胎儿出现意外情况，所以孕妇不能吃八角。孕妈在饮食上不要很随意，尤其是容易便秘、肠胃不是特别好的孕妈，尽量吃清淡、营养些。

Star anise has a special fragrance. When cooking meat, adding star anise can not only dispel the smell of meat, but also make food more tasty. But many seasoning pregnant women can not eat, so anise as a condiment, with a single ingredient and a small amount, pregnant women can eat anise boiled meat? Pregnant women can eat anise boiled meat? Anise is a medicinal and food homologous traditional Chinese medicine, sexual heat. Pregnant women eating anise can cause constipation, palpitation, fever and other symptoms. If absorbed by the fetus, it will lead to fetal fever, which can not be correctly aborted, but also lead to accidents in the fetus, so pregnant women can not eat anise. Pregnant mothers should not be very casual in their diet, especially those who are easy to constipate and whose intestines and stomach are not particularly good. They should try to eat light and nutritious food.

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

减盐-微信

Salt Reduction - WeChat

2018-11-24, 共监测到488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 488 WeChat public articles were monitored in 2018-11-24. 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. 想要健康长寿: 少吃三白, 多吃三黑 Want to live a long and healthy life: eat less Sanbai, eat more Sanhei	重复数: 27 Repeat Number: 27	日期: 2018-11-24 Data: 2018-11-24
Long-term high salt diet is easy to cause high blood pressure, vascular sclerosis, and excess sodium needs to be excreted from the kidney, increasing the burden of the kidney. Healthy people eat no more than 6 grams of salt a day, the best amount of salt intake through diet - that is, the amount of plain beer bottle cap covered with a bottle cap after removing the rubber mat. If hypertension has been diagnosed, it is best not to exceed 3 grams per day.		
2. 跟心脏抢寿命, 跟骨头抢钙, 还致癌...就是你天天吃的这个东西 Live with the heart, calcium with the calcaneus, and carcinogenesis. That's what you eat every day.	重复数: 6 Repeat Number: 6	日期: 2018-11-24 Data: 2018-11-24
High-salt diet can lead to elevated blood pressure. For every 0.5 g increase in salt intake per day, the risk of stroke increases by 17%. Eating too much salt can cause high blood pressure, but it also raises plasma cholesterol and makes our blood vessels thinner and more fragile. That's very terrible - atherosclerosis. If the heart vascular arteriosclerosis, it will lead to myocardial infarction, coronary heart disease. If the cerebrovascular becomes brittle and thin, there will be cerebral hemorrhage, cerebral infarction and so on.		
3. 吃多了它, 父亲中风、哥哥高血压、妹妹爆肥! 家家都用, 千万注意了 Eat it too much, father stroke, brother hypertension, sister fat! Every family uses it, so pay attention to it.	重复数: 3 Repeat Number: 3	日期: 2018-11-24 Data: 2018-11-24
There is a lot of salt in soy sauce. The average 5 ml of soy sauce contains 1 g of salt. The intake of salt in normal people should be about 6 g per day. If too much salt is intake, it will easily lead to blood thickening, which is not conducive to wound healing. So when there is a wound, whether it is a wound or acne after surgery, Excessive soy sauce should be avoided.		
4. 一旦睡觉有这3种情况, 很有可能是糖尿病, 发病率非常高! Margarine is also trans fatty acid, which is more harmful to the cardiovascular system than saturated fatty acid of natural butter. Margarine can significantly increase the incidence of cardiovascular diseases and diabetes, and affect the development of infants and young children. Professor Hu Xiaosong, Department of Food Safety, China Agricultural University, pointed out that trans-fatty acid-containing foods such as biscuits, bread, chocolate pie, salad dressing, ice cream and pearl milk tea were unavoidably eaten every day.	重复数: 1 Repeat Number: 1	日期: 2018-11-24 Data: 2018-11-24
Salt is one of the things that people in the three heights should always pay attention to. When the body intakes too much salt, thirst will occur, more water will be consumed, which will increase the burden of human kidneys, and the probability of complications will be greatly increased. In order to avoid the aggravation of kidney burden and alleviate the symptoms of edema in diabetic patients, salt intake should be reduced as far as possible, and less salt and condiments should be put in cooking.		
5. 高盐的危害, 你必须知道 The danger of high salt, you must know.	重复数: 1 Repeat Number: 1	日期: 2018-11-24 Data: 2018-11-24
The Chinese Society of Nutrition recommends that salt intake should not exceed 6G per person per day. The current situation is that the average daily salt intake of Chinese residents reaches 12 g, or even up to 20 g, and the intake of invisible salt in life is undoubtedly worse. Hypertension is the primary risk factor for cardiovascular and cerebrovascular diseases, which can easily lead to cerebral hemorrhage, arteriosclerosis, myocardial infarction, and even renal failure. Therefore, the prevention of chronic diseases should begin with salt reduction.		

减盐-微博

Salt Reduction - Weibo

2018-11-24, 共检测到1513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。

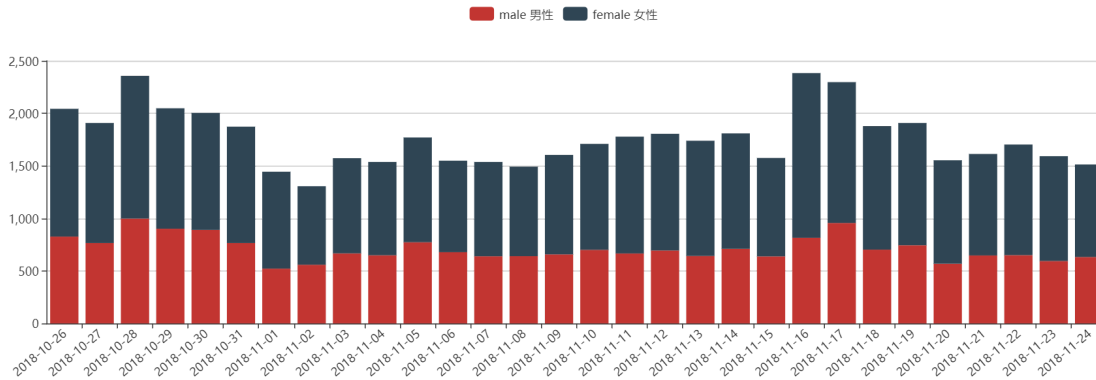
There are 1513 weibos about salt reduction monitored on 2018-11-24.

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.



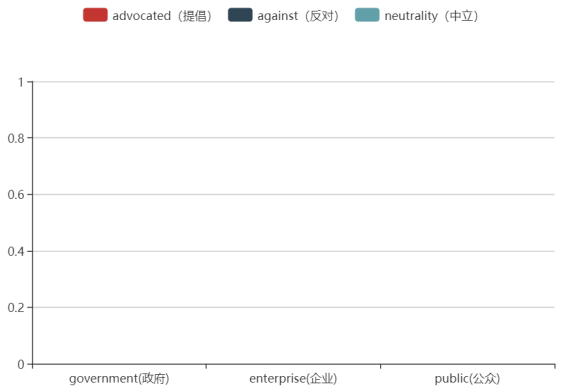
热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-24) 共监测到0条资讯。请点击标题查看原文。
There are 0 articles monitored today 2018-11-24. 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

2018-11-24, 共监测到262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 262 WeChat public articles were monitored in 2018-11-24. This page shows the top five articles by repeat number today.

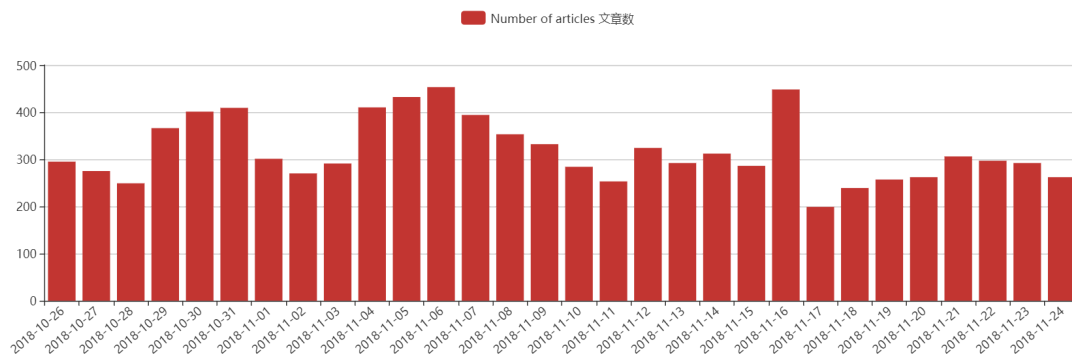
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [喜欢吃番茄炒蛋, 心梗猝死: 你以为的健康食品, 却是隐形杀手](#)

重复数: 10

日期: 2018-11-24

[Like to eat scrambled eggs with tomatoes, sudden death of myocardial infarction: you think healthy food is invisible killer](#)

Repeat Number: 10

Data: 2018-11-24

It is reported that more than half a million people die from cardiovascular and cerebrovascular diseases every year because of trans fatty acids intake. (Source: BTV News)
Researchers at the University of California, San Diego, found that the more trans fatty acids in the diet, the more likely memory loss is. Other American researchers have found that older people who eat a lot of trans fatty acids are prone to Alzheimer's disease.

2. [喜欢吃番茄炒蛋, 心梗猝死: 你以为的健康食品, 却是隐形杀手?](#)

重复数: 10

日期: 2018-11-24

[Like to eat scrambled eggs with tomatoes, sudden death of myocardial infarction: do you think that healthy food is invisible killer?](#)

Repeat Number: 10

Data: 2018-11-24

Artificial trans fatty acids are not easy to digest and accumulate in the abdomen to form obesity. They can also increase blood viscosity and cause thrombosis. Excessive intake of foods containing trans fatty acids can easily lead to chronic diseases such as atherosclerosis, coronary heart disease, diabetes and so on.

3. [爱吃番茄炒蛋, 心梗猝死: 你以为的健康食品, 竟是隐形杀手!](#)

重复数: 6

日期: 2018-11-24

[Love to eat scrambled eggs with tomatoes, sudden death of myocardial infarction: you think that healthy food is invisible killer!](#)

Repeat Number: 6

Data: 2018-11-24

In fact, ruminants in general, in the natural state, will produce natural trans fatty acids, so there will be milk. But these natural trans fats are not harmful. The problem is a lot of artificial trans fatty acids. All kinds of food and snacks, if they contain vegetable fat powder, hydrogenated vegetable oil, margarine, cocoa butter, cream, shortening, etc., all contain artificial trans fatty acids! Pay attention to snacks, if the ingredient list shows that contains these, all want to eat less!

4. [脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!](#)

重复数: 5

日期: 2018-11-24

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich, good health!](#)

Repeat Number: 5

Data: 2018-11-24

One of the major killers of the heart is trans fatty acids, especially artificial fried foods and various "crisps", which should be eaten less. Eat less artificial food and more natural food. When words such as hydrogenation, refining and artificial appear in the ingredient list, we should be vigilant. It may be trans fats. Maintaining waist circumference will reduce the incidence of cardiovascular diseases.

5. [这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!](#)

重复数: 4

日期: 2018-11-24

[These six kinds of milk are absolutely not for children to drink, the second kind you may buy every day!](#)

Repeat Number: 4

Data: 2018-11-24

Many babies like milk flakes with strong fragrance, and mothers also think that milk flakes are "solid milk", not only milk flakes, but also some cheese flakes, yogurt jelly, milk balls and so on. Looking carefully at the ingredient list, we will find that besides milk powder and sugar, there are also the most terrible vegetable fat powder, which contains a large number of junk food standard - trans fatty acids, not only is not conducive to the health of the baby, but also affects the intellectual development, and most of the dairy tablets are added flavor, eating too much will affect the health of the baby.

反式脂肪酸-微博 Transfat - Weibo

2018-11-24, 共检测到66条与“反式脂肪酸”相关的微博。

本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

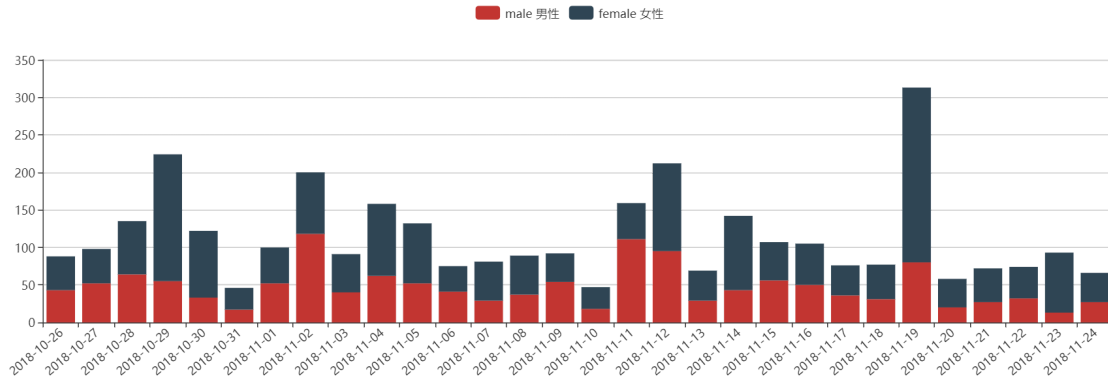
There are 66 weibos about transfat reduction monitored on 2018-11-24.

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. 没有相关微博!
No such weibos!