

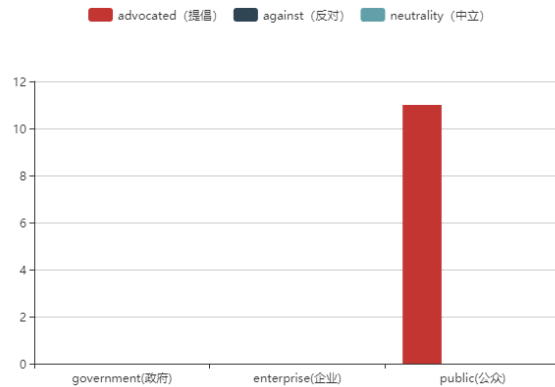
## 减盐-新闻

### Salt Reduction - News

今日 (2019-03-02) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2019-03-02. 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

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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<br>Resolve To Save Lives |
|-------------------------------|
| 没有相关文章!                       |
| No such articles!             |

安徽  
Anhui

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

浙江  
Zhejiang

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

其他省份  
Other Provinces

| 食物中的钠<br>Sodium in food   |                        |                           |                              |                                |
|---|------------------------|---------------------------|------------------------------|--------------------------------|
| 1. <a href="#">回锅肉热量</a><br><a href="#">Heat of Back-cooked Meat</a>  | 来源: TOM<br>Source: TOM | 主体: 公众<br>Subject: public | 态度: 提倡<br>Attitude: advocate | 时间: 12:02:00<br>Time: 12:02:00 |
| 因为制作回锅肉的肉都是五花肉，所以它里面含有的脂肪含量还是比较高的，但由于他的制作方法比较特殊，我们会吃起来感觉到口感并没有那么油腻，因为在制作的过程中，回过肉里面的肉的油脂已经被过淋出去了，但是这道菜对于一些减肥的人来说还是不适合的，那么回锅肉的热量是多少呢？   |                        |                           |                              |                                |
| Because the meat of the cooked meat is mosaic meat, so the fat content in it is relatively high, but because of its special method of production, we will feel that the taste is not so greasy, because in the process of production, the fat of the meat inside the cooked meat has been leached out, but this dish is not suitable for some people who lose weight. Well, what's the calorie of the back-cooked meat? |                        |                           |                              |                                |
| 高血压<br>Hypertension   |                        |                           |                              |                                |
| 1. <a href="#">年轻不再意味健康，都是这些原因造成的！</a>  | 来源: 搜狐                 | 主体: 公众                    | 态度: 提倡                       | 时间: 14:07:51                   |

|  |  |                                 |                 |                    |                |
|--|--|---------------------------------|-----------------|--------------------|----------------|
| Youth no longer means health, all of these reasons!  |  | Source: Sohu                    | Subject: public | Attitude: advocate | Time: 14:07:51 |
| 一年前，国家卫健委发布了我国首个利用大数据系统解读的家庭健康状况报告——《中国家庭健康大数据报告（2017）》（以下简称《报告》）。《报告》显示，2017年在线就诊中，慢性病患者数量较2013年增加8.2%。高血压、糖尿病等传统意义上的老年病，开始向年轻群体蔓延。今天我们来说说年轻人易患的五类慢性病。  |  |                                 |                 |                    |                |
| A year ago, the State Health and Health Commission released the first report on family health in China, the "China Family Health Data Report (2017)" (hereinafter referred to as the "Report"), which was interpreted by the big data system. According to the report, the number of patients with chronic diseases increased by 8.2% in 2017 compared with 2013. Traditional senile diseases such as hypertension and diabetes have begun to spread to younger groups. Today we talk about five chronic diseases that young people are susceptible to.  |  |                                 |                 |                    |                |
| 2. 一个吃饭坏习惯，伤肾毁骨让人变丑！再不改医生都救不了你   |  | 来源：搜狐                           | 主体：公众           | 态度：提倡              | 时间：10:33:51    |
| A bad eating habits, kidney injury and bone destruction make people ugly! You can't be saved without changing the doctor.  |  | Source: Sohu                    | Subject: public | Attitude: advocate | Time: 10:33:51 |
| 喜欢吃重口味的，你今天非要看了这篇！喜欢重口味的饭菜，说白了，盐肯定打头阵的，俗话都说“好厨子一把盐”，那饭菜好不好吃就看这一把盐了~ 中国高血压联盟和中国营养学会建议：健康成人每天盐（包括酱油和其他食物中的盐）摄入量为6克。而根据调查，我国居民平均每人每天摄入的盐量就已经是12克了，是推荐量的 2 倍！  |  |                                 |                 |                    |                |
| Like to eat heavy flavor, you have to read this today! Like heavy-flavored meals, to put it plainly, salt must be the first batch. As the saying goes, "a good cook has a handful of salt." It depends on this handful of salt. The Chinese Hypertensive Union and the Chinese Nutrition Society suggest that healthy adults should take in 6 grams of salt (including soy sauce and other foods) every day. According to the survey, the average daily salt intake of Chinese residents is 12 grams, twice the recommended amount.  |  |                                 |                 |                    |                |
| 3. 医生直指：高血压为何总追着2亿人？问题就出在这一饮食习惯上   |  | 来源：搜狐                           | 主体：公众           | 态度：提倡              | 时间：07:35:07    |
| Doctor pointed out: Why does hypertension always catch up with 200 million Chinese people? The problem lies in this eating habit.  |  | Source: Sohu                    | Subject: public | Attitude: advocate | Time: 07:35:07 |
| 高血压患者会有多少呢？据《2010年中国高血压防治指南》里显示，我国5个人就有1人患上高血压，目前全国高血压患者数接近2亿。但可惜的是，由于国人对高血压的认识率并不高，我国有1.3亿患者压根就不知道自己患上高血压；即便已知的患者当中，也有3千万人没有接受正规治疗；而接受治疗的患者，也有75%患者治疗不规范，不彻底。可想而知，我国的高血压防治任务有多么险峻。  |  |                                 |                 |                    |                |
| How many people will have hypertension? According to the 2010 Guidelines for the Prevention and Treatment of Hypertension in China, one in five adults in China suffers from hypertension. At present, the number of hypertensive patients in China is close to 200 million. But unfortunately, because of the low awareness of hypertension among Chinese people, 130 million patients in our country do not know that they have hypertension at all; even among known patients, 30 million people do not receive regular treatment; and 75% of patients receiving treatment are not standardized and thorough. It can be imagined that the task of prevention and treatment of hypertension in China is so arduous.  |  |                                 |                 |                    |                |
| 4. 糖尿病人必须“管住嘴”：这5种食物最好别吃，不然血糖会飙升！  |  | 来源：搜狐                           | 主体：公众           | 态度：提倡              | 时间：22:54:57    |
| Diabetics must keep their mouths shut: these five foods are best not eaten, or blood sugar will soar!  |  | Source: Sohu                    | Subject: public | Attitude: advocate | Time: 22:54:57 |
| 大家都知道糖尿病患者身体内的血糖浓度不稳定，而如果不注意饮食就很容易使体内血糖升高，从而导致糖尿病加重，所以“管住嘴”成为了每个糖尿病人的一门必修课，尤其是以下这6种食物糖尿病患者最好别碰。糖尿病人必须“管住嘴”：这5种食物最好别吃，不然血糖会飙升！  |  |                                 |                 |                    |                |
| Everyone knows that the blood sugar concentration in diabetic patients is unstable, and if you do not pay attention to diet, it is easy to increase blood sugar in the body, leading to the aggravation of diabetes, so "shut up" has become a compulsory course for every diabetic, especially the following six kinds of food diabetic patients had better not touch. Diabetics must keep their mouths shut: these five foods are best not eaten, or blood sugar will soar!  |  |                                 |                 |                    |                |
| 5. 真实案例  差点被「胎毒」夺去的2条生命!   |  | 来源：搜狐                           | 主体：公众           | 态度：提倡              | 时间：10:56:28    |
| Real case   Two lives nearly taken by "fetal poisoning"!   |  | Source: Sohu                    | Subject: public | Attitude: advocate | Time: 10:56:28 |
| 「妊娠期高血压」真的那么恐怖吗？别以为怀孕了有点高血压不算啥事儿，妊娠期高血压疾病是妊娠期特有的疾病，它包括妊娠期高血压、子痫前期、子痫、慢性高血压并发子痫前期以及慢性高血压。它是最为常见的妊娠合并症之一，在我国发病率为9.4%，国外报道7%~12%。这个病会严重影响母婴健康，是孕产妇和围生儿发病、死亡的主要原因之一。   |  |                                 |                 |                    |                |
| Is "gestational hypertension" really that scary? Don't think it's nothing if you're pregnant with hypertension. Hypertensive disorder of pregnancy is a special disease of pregnancy. It includes hypertension of pregnancy, preeclampsia, eclampsia, chronic hypertension complicated with preeclampsia and chronic hypertension. It is one of the most common complications of pregnancy, with an incidence of 9.4% in China and 7%~12% reported abroad. This disease will seriously affect the health of mothers and infants, is one of the main causes of maternal and perinatal morbidity and death.  |  |                                 |                 |                    |                |
| <div>心血管健康</div> <div>Cardiovascular health</div>  |  |                                 |                 |                    |                |
| 1. 想长寿：少吃三白，多吃三黑！  |  | 来源：搜狐                           | 主体：公众           | 态度：提倡              | 时间：13:34:47    |
| Want to live a long life: eat less Sanbai, eat more Sanhei!  |  | Source: Sohu                    | Subject: public | Attitude: advocate | Time: 13:34:47 |
| “三白”指的是盐、糖、脂肪，这三样食物要少吃。吃盐过多易导致血压增高、血管硬化，增加肾脏的负担。盐的每日摄入量以6克为宜。糖是人体必需的基础物质，但过量摄入容易引起高血压、肥胖、肝功能损伤等。做菜时，可采用淋汤汁、勾芡或将水煮的食物蘸汁吃的方法，把甜、咸的味道浅浅地铺在食物表面，既可以满足口味，又不会糖、盐摄取过量。  |  |                                 |                 |                    |                |
| "Three white" refers to salt, sugar and fat, which should be eaten less. Eating too much salt can easily lead to increased blood pressure, vascular sclerosis and increase the burden of the kidney. The daily intake of salt should be 6 grams. Sugar is the essential basic substance for human body, but excessive intake can easily cause hypertension, obesity, liver function damage and so on. When cooking, you can use the method of drenching soup juice, gouging or dipping boiled food into juice to eat, and spread the sweet and salty taste shallowly on the surface of food, which can satisfy the appetite, and not excessive sugar and salt intake.  |  |                                 |                 |                    |                |
| <div>综合健康信息</div> <div>Comprehensive Health Information</div>  |  |                                 |                 |                    |                |
| 1. 这些食品都很“咸”？减盐不只是减食盐  |  | 来源：汉丰网                          | 主体：公众           | 态度：提倡              | 时间：18:04:34    |
| Are these foods salty? Salt reduction is more than salt reduction.   |  | Source: Hanfeng network         | Subject: public | Attitude: advocate | Time: 18:04:34 |
| 中国的这些“高盐文化”理念得改改了，饭菜与食物的美味与否不应该让单一的食盐决定了。食用盐摄入量超标75%。现状：2015年，《中国居民营养与慢性病状况报告》显示，2012年我国18岁及以上居民平均每日盐摄入量为10.5克，比推荐的6克高出75%。《国民营养计划(2017~2030年)》提出，减盐目标是到2030年实现全国人均每日食盐摄入量下降20%。减盐目标是到2030年实现全国人均每日食盐摄入量下降20%。   |  |                                 |                 |                    |                |
| These "high salt culture" concepts in China have to be changed. The delicacy of food and meals should not be decided by a single salt. The salt intake exceeded the standard by 75%. Status: In 2015, the Report on Nutrition and Chronic Diseases of Chinese Residents showed that the average daily salt intake of Chinese residents aged 18 and over was 10.5 grams in 2012, 75% higher than the recommended 6 grams. According to the National Nutrition Plan (2017-2030), the goal of salt reduction is to reduce the daily salt intake per capita by 20% by 2030. The goal of salt reduction is to reduce the daily salt intake per capita by 20% by 2030.   |  |                                 |                 |                    |                |
| 2. 晚餐常在外吃易引发肥胖   |  | 来源：南方网                          | 主体：公众           | 态度：提倡              | 时间：07:33:52    |
| Often eating out at dinner can lead to obesity.  |  | Source: Southern net            | Subject: public | Attitude: advocate | Time: 07:33:52 |
| 无论多忙都要保证每日三餐营养合理搭配，少油少盐，尽量用鸡、鸭、鱼以及其他肉类、鸡蛋、蔬菜等食材自己烹饪晚餐，这些食物能提供人每天身体所必需的营养元素。工作日的晚餐吃什么，令很多早出晚归的上班族头疼。一些上班族下班已经是晚上五六点，碰上加班，饭点时间更不固定，多数人选择叫外卖、吃快餐凑合。上班族忽略早餐，草草应付午餐，晚餐吃重油重盐，长此以往不仅导致发胖，还影响身体各项机能。   |  |                                 |                 |                    |                |
| No matter how busy you are, you should make sure that you eat three meals a day with reasonable nutrition, less oil and salt. You should try to cook your own dinner with chicken, duck, fish and other meat, eggs and vegetables. These foods can provide the necessary nutrients for your body every day. What to eat for dinner on weekdays is a headache for many office workers who get up early and return late. Some office workers are already off work at 5 or 6 p.m., when they come to work overtime, the time for meals is more irregular. Most people choose to order takeout and eat fast food to make up for it. Workmen neglect breakfast, rush to lunch and eat heavy oil and salt for dinner. In the long run, it not only causes obesity, but also affects various functions of the body. |  |                                 |                 |                    |                |
| 3. 保护肾脏万不可大意   |  | 来源：东方财富网                        | 主体：公众           | 态度：提倡              | 时间：19:37:30    |
| Protecting kidneys should never be negligent   |  | Source: Oriental Wealth Network | Subject: public | Attitude: advocate | Time: 19:37:30 |
| 过年过节、社交应酬时，少不了推杯换盏、大快朵颐。醉酒伤肝、暴饮伤胃、劳伤伤心.....偏偏肾脏受伤了容易被人们忽视。甚至有人调侃，人有两个肾，放弃一个不会伤及性命。但是，肾脏出了问题可是“要命”的。《美国肾病学会临床杂志》近日刊文指出，一瓶果汁、一杯美酒、一粒药丸，你吃进去的这些在身体里累积久了，对肾脏来说都可能是“毒药”。  |  |                                 |                 |                    |                |
| During the Spring Festival and social entertainment, it is necessary to change cups and eat fast. Drunk hurts the liver, gluttony hurts the stomach, fatigue hurts the heart... Kidney injury is easy to be neglected. Some even joke that a person has two kidneys and giving up one will not hurt his life. But kidney problems are deadly. A bottle of fruit juice, a glass   |  |                                 |                 |                    |                |

of wine and a pill have been accumulated in the body for a long time, which may be a "poison" to the kidney, according to a recent article in the Journal of Clinical Nephrology of the American Society of Nephrology.

4. [薯片：赌气的产物](#)

来源：中国食品科技网

主体：公众

态度：提倡

时间： 10:39:59

[Potato chips: the product of gambling](#)

Source: China Food Science and Technology Network

Subject: public

Attitude: advocate

Time: 10:39:59

“三月不减肥，四月徒伤悲……”春暖花开，搁置一冬的减肥计划再度变得炙手可热。让减肥人士闻之色变的薯片，可算得上是“存在即合理”的经典零食了，一方面几乎所有人都知道它是“减肥杀手”，无益于健康，另一方面它又是全世界最受欢迎的零食，年销量数十亿包。

"No weight loss in March, no sorrow in April..." With the spring blossom blooming, the weight loss plan that has been shelved for a winter has become hot again. Potato chips, which make people lose weight discolored, can be regarded as a classic snack of "being is reasonable". On the one hand, almost everyone knows that it is a "weight loss killer" and not conducive to health. On the other hand, it is the most popular snack in the world, with annual sales of billions of packs.

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-03-02, 共监测到570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 570 WeChat public articles were monitored in 2019-03-02. This page shows the top five articles by repeat number today.

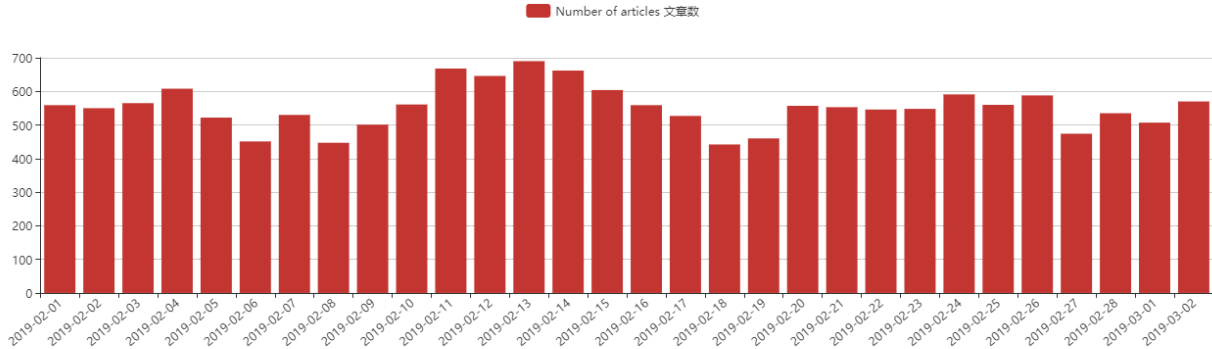
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

- [日本入长寿全球第一! 10个秘诀中9个与吃有关!](#)  
[Japanese longevity ranks first in the world! Nine of the 10 tips are about eating!](#)

重复数: 31  
Repeat Number: 31

日期: 2019-03-02  
Data: 2019-03-02

日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而我们最近几年才开始鼓励限盐、少盐。此外, 日本人非常注意从饮食的方方面面控盐: 比如不喝太多的味增汤, 吃拉面时不喝汤; 炒菜、炖菜时最后再放盐, 这样能最大限度地减少盐的摄入量。

As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns. In recent years, we have only begun to encourage salt restriction and less salt. In addition, the Japanese pay great attention to salt control in all aspects of diet: for example, do not drink too much soup, do not drink soup when eating noodles; stir-fry, stew and finally put salt, so as to minimize salt intake.
- [【健康】吃盐应该注意啥? 常见的用盐“雷区”您中招了吗?](#)  
[\[Health\] What should we pay attention to when eating salt? Do you fall into the trap of eating salt?](#)

重复数: 5  
Repeat Number: 5

日期: 2019-03-02  
Data: 2019-03-02

“减盐”核心信息 (一) 认识高盐饮食的危害 食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。 (二) 控制食盐摄入量 中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克。65岁以上老年人应不超过5克。

Core information of “salt reduction” (1) Understand the hazards of high-salt diet. Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach disease, osteoporosis and obesity. (2) Control salt intake. Chinese residents' dietary guidelines recommend that healthy adults should not consume more than 6 grams of salt per person per day, no more than 2 grams for children aged 2-3, no more than 3 grams for children aged 4-6, and no more than 4 grams for children aged 7-10. Older people over 65 should not exceed 5 grams.
- [白盐加上它, 早上喝一杯, 速瘦。通便又养颜!](#)  
[Drink a cup of it in the morning and you can lose weight. Laxative and beautiful!](#)

重复数: 3  
Repeat Number: 3

日期: 2019-03-02  
Data: 2019-03-02

现代人钠摄入量本来就过多, 在身体不缺盐的情况下再喝淡盐水, 会增加盐的摄入, 反而让人觉得口干舌燥。有高血压、心脑血管疾病、肾功能异常的人更不要将淡盐水作为起床后的第一杯水, 因为早晨是人体血压升高的第一个高峰, 喝盐水会使血压更高。

Modern people have too much sodium intake. Drinking dilute salt water without lack of salt will increase the intake of salt. On the contrary, it makes people feel dry. People with hypertension, cardiovascular and cerebrovascular diseases and abnormal renal function should not use dilute saline as the first glass of water after getting up, because morning is the first peak of elevated blood pressure. Drinking saline will make blood pressure higher.
- [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: 3  
Repeat Number: 3

日期: 2019-03-02  
Data: 2019-03-02

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.
- [中科院发布长寿地图让微信炸锅! 长寿指数你的家乡排第几?](#)  
[The Chinese Academy of Sciences released a map of longevity for WeChat frying pot! What's your hometown ranking in Longevity Index?](#)

重复数: 3  
Repeat Number: 3

日期: 2019-03-02  
Data: 2019-03-02

我国人均耗盐量居世界第一, 高血压和胃病发病率高都和吃盐多有关。一般情况下, 南方人饮食相对比较清淡, 北方人则口味比较重, 高血压患病率明显高于南方。南昌大学二附院心血管内科主任医师 李萍介绍, 盐的摄入量和高血压的发生率成正比, 如果血液里的盐分过高, 需要更多的血液来冲淡, 血液容量过多会增加心脏负担, 血压也会随之升高。

China's per capita salt consumption ranks first in the world, and the high incidence of hypertension and gastric diseases are all related to eating more salt. Generally speaking, the diet of southern people is relatively light, while that of northern people is heavier, and the prevalence of hypertension is significantly higher than that of southern people. Li Ping, chief physician of Cardiovascular Internal Medicine, Second Affiliated Hospital of Nanchang University, said that salt intake was proportional to the incidence of hypertension. If the salt in blood was too high, more blood was needed to dilute it. Too much blood volume would increase the burden on the heart, and blood pressure would rise accordingly.

## 减盐-微博 Salt Reduction - Weibo

2019-03-02, 共检测到2327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。

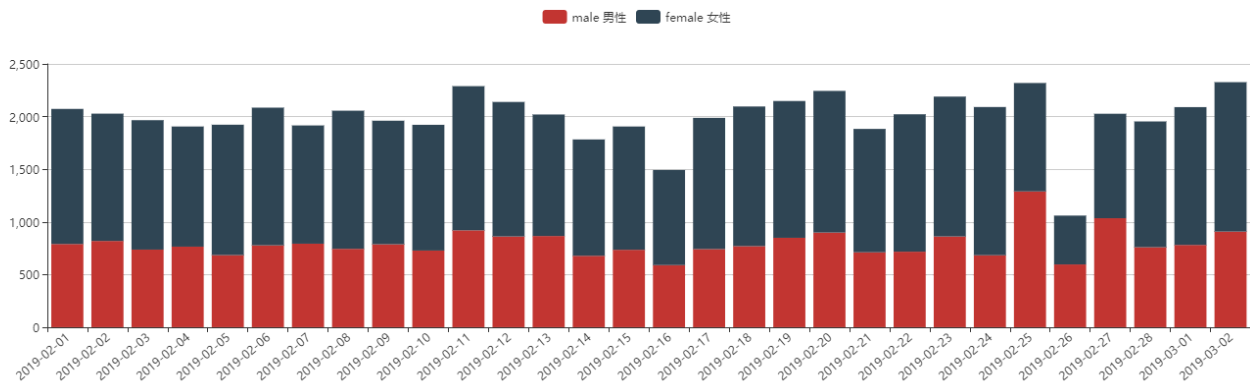
There are 2327 weibos about salt reduction monitored on 2019-03-02.

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!

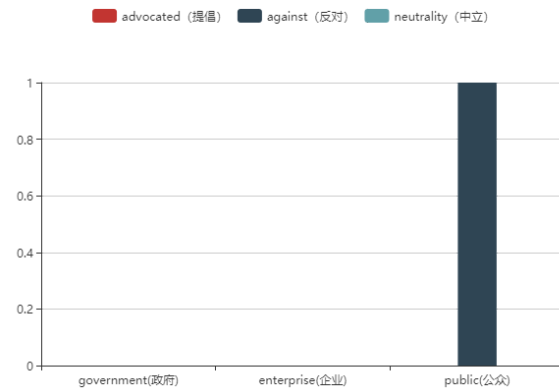
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2019-03-02) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-03-02. Please click the title to view full information.

The original article is in Chinese only.



### 山东

#### Shandong

| 反式脂肪酸<br>Trans fat            |
|-------------------------------|
| 没有相关文章!                       |
| No such articles!             |
| 决心工程<br>Resolve To Save Lives |
| 没有相关文章!                       |
| No such articles!             |

### 河南

#### Henan

| 反式脂肪酸<br>Trans fat            |
|-------------------------------|
| 没有相关文章!                       |
| No such articles!             |
| 决心工程<br>Resolve To Save Lives |
| 没有相关文章!                       |
| No such articles!             |

### 安徽

#### Anhui

| 反式脂肪酸<br>Trans fat            |
|-------------------------------|
| 没有相关文章!                       |
| No such articles!             |
| 决心工程<br>Resolve To Save Lives |
| 没有相关文章!                       |
| No such articles!             |

### 浙江

#### Zhejiang

| 反式脂肪酸<br>Trans fat            |
|-------------------------------|
| 没有相关文章!                       |
| No such articles!             |
| 决心工程<br>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. [喜欢喝奶茶不如自己做！口感好成本低还健康](#)  
[Better drink milk tea than make it yourself! Good taste, low cost and health](#)

来源：搜狐  
Source: Sohu

主体：公众  
Subject: public

态度：反对  
Attitude: against

时间： 11:10:45  
Time: 11:10:45

喜欢喝奶茶不如自己做！口感好成本低还健康。市面上的奶茶无论从口感还是成本角度出发，很少用牛奶和茶叶调制，取而代之的是植脂末、茶粉、糖等成分。想喝奶茶可以试着自己做。 第一种最简单。锅里的水开后放适量珍珠(淀粉圆子)，看到珍珠颜色变深全部漂浮上来后关火，捞起来用凉水冲一下备用。凉水烧开，加入红茶，三分钟后捞起茶包。三袋纯牛奶倒入容器中，把红茶水也倒入，放入珍珠即可。

Better drink milk tea than make it yourself! Good taste, low cost and healthy. Milk tea on the market, no matter from the point of taste or cost, seldom uses milk and tea to make it. It is replaced by vegetable fat powder, tea powder, sugar and other ingredients. If you want milk tea, you can try to make it yourself. The first is the simplest. After boiling the water in the pot, put some pearls (starch round), see the color of the pearls darken and float up. Turn off the fire, pick them up and flush them with cold water. Bring cold water to boil, add black tea, and pick up the tea bag three minutes later. Three bags of pure milk are poured into the container, black tea is poured into the container, and pearls are served.

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

2019-03-02, 共监测到347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 347 WeChat public articles were monitored in 2019-03-02. 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名谁都想不到!

重复数: 35

日期: 2019-03-02

Repeat Number: 35

Data: 2019-03-02

[In the brain's favorite food, walnuts only ranked fourth, and no one thought of the first!](#)

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 除了上面介绍的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。

Often eating black sesame can help people prevent and treat gallstones, but also has the effect of prolonging life, brain and intelligence. Keeping your brain healthy and eating less of these foods may have an unhealthy effect on your brain's health, in addition to the foods mentioned above that are good for your brain. These foods contain a large amount of saturated fat, trans fat or sugar, which can easily cause damage to the blood-brain barrier structure, accelerate cognitive function and memory degradation.

### 2. 奶茶, 正在毁掉中国年轻人的健康

重复数: 6

日期: 2019-03-02

Repeat Number: 6

Data: 2019-03-02

[Milk tea is destroying the health of young people in China](#)

反式脂肪酸, 被誉为“餐桌上的定时炸弹”, 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、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。

Trans fatty acids, known as "time bombs on the table", are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

### 3. 猪油是真的香, 但对血管不好! 医生建议: 这6类人, 多吃这些好油

重复数: 5

日期: 2019-03-02

Repeat Number: 5

Data: 2019-03-02

[Lard is really delicious, but not good for blood vessels! Doctors recommend that these 6 people eat these good oils.](#)

反式脂肪酸和顺式脂肪酸: 顺式脂肪酸是好脂肪, 多为液态; 反式脂肪酸是坏脂肪, 多为固态或半固态, 会干扰身体代谢多不饱和脂肪酸代谢、增加血管内有害血脂和脂蛋白。如果您记不住, 就记得, 通常植物油比动物油好, 液态油比容易固化的油好!

Trans Fatty Acids and Cis Fatty Acids: Cis Fatty Acids are good fats, mostly liquid; Trans Fatty Acids are bad fats, mostly solid or semi-solid, which can interfere with the body's metabolism of polyunsaturated fatty acids, increase harmful blood lipids and lipoproteins in blood vessels. If you can't remember, remember that vegetable oil is usually better than animal oil and liquid oil is better than easy-curing oil.

### 4. 饼干里也有“致癌物”? 原来真相是这样...

重复数: 4

日期: 2019-03-02

Repeat Number: 4

Data: 2019-03-02

[Are there carcinogens in biscuits? It turned out that this was the truth.](#)

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.

### 5. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 3

日期: 2019-03-02

Repeat Number: 3

Data: 2019-03-02

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

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

2019-03-02, 共检测到165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。

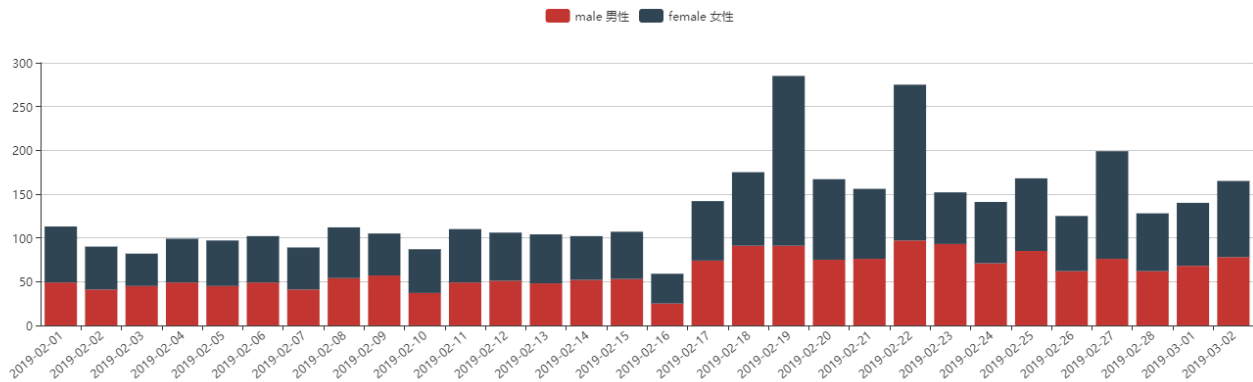
There are 165 weibos about transfat reduction monitored on 2019-03-02.

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!