

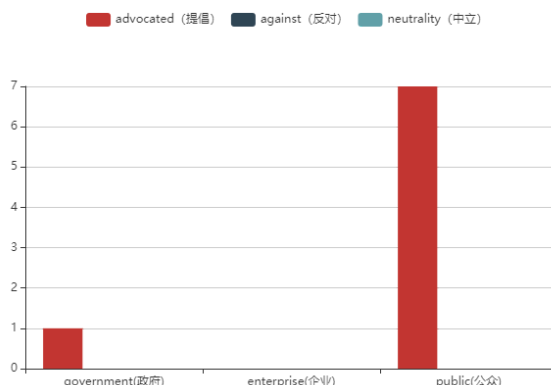
减盐-新闻

Salt Reduction - News

今日 (2019-02-27) 共监测到8条资讯。请点击标题查看原文。

There are 8 articles monitored today 2019-02-27. 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

1. 蓬莱市开展2019年健康扶贫冬季暖心活动

[Penglai launches the winter warm-hearted campaign of healthy poverty alleviation in 2019](#)

来源: 水母网

Source: Jellyfish net

主体: 政府

Subject: government

态度: 提倡

Attitude: advocate

时间: 16:09:18

Time: 16:09:18

为了深入贯彻落实党的十九大精神和党中央、国务院脱贫攻坚决策部署,推动健康扶贫政策落实落细,蓬莱市积极响应上级号召,利用农闲和外出务工人员春节集中返乡的时机,逐户、逐人宣传贯彻健康扶贫政策,开展各种丰富多彩的健康扶贫活动,进一步提升贫困群众获得感。为确保蓬莱市健康扶贫冬季暖心服务活动扎实开展,蓬莱市卫生健康局迅速行动,结合实际,创新活动形式,丰富服务内容,积极组织动员县乡村三级医疗卫生单位立足实际,建立健全相关服务制度流程。

In order to thoroughly implement the spirit of the Nineteenth National Congress of the CPC and the resolute plan of the Central Committee and the State Council to fight against poverty and promote the implementation of the policy of healthy poverty alleviation, Penglai responded positively to the appeal of its superiors, took advantage of the opportunity of the Spring Festival when idle farmers and migrant workers returned home, propagated and implemented the policy of healthy poverty alleviation, carried out various and colorful activities of healthy poverty alleviation, and further promoted poverty. The poor get a sense. In order to ensure the solid development of health and poverty alleviation winter warm-hearted service activities in Penglai, the Penglai Health Bureau acted quickly, combined with reality, innovated the form of activities, enriched the service content, actively organized and mobilized county and rural tertiary medical and health units based on reality, and established and improved the relevant service system process.

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
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
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No such articles!

浙江
Zhejiang

食物中的钠 Sodium in food
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高血压 Hypertension
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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. 揭秘戒毒人员餐桌：营养均衡有利于戒除毒瘾(图) Revealing the Secrets of Drug Rehabilitation Personnel's Table: Nutritional Balance is Favorable for Drug Addiction Rehabilitation	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： 19:36:28 Time: 19:36:28
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毒品，是危害人类身心健康的“危险杀手”，更会危及家庭乃至整个社会。对于“瘾君子”而言，能否摆脱毒品，影响着其余生的“幸福指数”。在外界看来十分神秘的戒毒所，高墙之内的戒毒人员过着怎样的生活？近日，记者走访浙江省温州市黄龙强制隔离戒毒所(以下简称黄龙戒毒所)，一探戒毒人员的餐桌。黄龙戒毒所生活卫生科副科长黄禧告诉记者，在戒毒人员的饮食方面，尽量做到营养均衡、合理配餐，从而帮助他们恢复体质、戒除毒瘾。
Drugs are "dangerous killers" that endanger the physical and mental health of human beings, and even endanger families and the whole society. For "addicts", whether they can get rid of drugs affects the "happiness index" of the rest of their lives. What kind of life do drug addicts live in what seems to be a very mysterious detoxification center outside? Recently, the reporter visited Huanglong compulsory isolation detoxification center (hereinafter referred to as Huanglong detoxification center) in Wenzhou City, Zhejiang Province, to explore the table of drug addicts. Huang Xi, deputy director of the life Hygiene Department of Huanglong Drug Rehabilitation Center, told reporters that in the diet of drug addicts, they should try their best to achieve a balanced nutrition and reasonable meal preparation, so as to help them recover their constitution and get rid of drug addiction.
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				
1. 常喝维C泡腾片，能让孩子少感冒吗? Comments>> Drinking Vitamin C effervescent tablets often can make children fewer colds? Comments>>	来源: songshuhui.net Source: Songshuhui.net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:16:54 Time: 15:16:54
有广告宣称“一片维C等于4个橙子”，也经常有补充维C能治感冒、增强免疫的说法。在生病感冒的时候，很多人就会喝一些维C补充剂或者维C泡腾片。许多维C泡腾片有酸酸甜甜的水果味，很多孩子还挺喜欢，于是许多父母还专门从国外代购手里买维C泡腾片给孩子日常饮用。维C泡腾片，真的有这么些作用吗？维C是人体必需的营养成分，有着重要的生理功能。如果缺乏维C，确实会造成体内的一些生化反应不能正常进行，从而影响健康。				
Advertisements claim that "one piece of vitamin C equals four oranges", and there are often claims that vitamin C supplements can cure colds and enhance immunity. In the case of a cold, many people will drink some vitamin C supplements or vitamin C effervescent tablets. Many vitamin C effervescent tablets have sweet and sour fruit flavor. Many children still like them. Therefore, many parents buy vitamin C effervescent tablets from overseas agents for their children's daily drinking. Vitamin C effervescent tablets, really have these effects? Vitamin C is an essential nutrient for human body and has important physiological functions. Lack of vitamin C does cause some biochemical reactions in the body to fail to proceed normally, thus affecting health.				
高血压 Hypertension				
1. 50岁以后坚持吃四种食物，高血压会远离你，心脏好的人有两个特征 If you stick to four foods after 50, hypertension will stay away from you. People with good hearts have two characteristics.	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 21:46:10 Time: 21:46:10
50岁以后，也进入了高血压的高发病年龄，很多人平时好好的，可是一测血压，明显升高了，医生说，很多人长期耐受了高血压的状态，所以即便血压高点，也没有什么特殊的不适，这部分人常常在体检的时候，意外发现高血压。但是即便没有症状，也并不意味着高血压对身体没有危害。众所周知，饮食是导致高血压的重要病因，那么，50岁之后，究竟吃哪些食物，能够预防高血压的发生呢。				
After 50 years of age, also entered the age of high incidence of hypertension, many people usually good, but a blood pressure test, significantly increased, doctors said, many people have long endured the state of high blood pressure, so even if the high blood pressure, there is no special discomfort, this part of the people often in the physical examination, accidentally found high blood pressure. But even without symptoms, it does not mean that hypertension is harmless to the body. As we all know, diet is an important cause of hypertension, then, after 50 years old, what kind of food can prevent the occurrence of hypertension?				
心血管健康 Cardiovascular health				
1. 心脏病患者，多吃4类“护心食物”，心脏慢慢变好 Heart disease patients, eat four kinds of "heart care food", heart slowly improve	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 18:50:26 Time: 18:50:26
心脏病患者，多吃4类“护心食物”，心脏慢慢变好。1、橄榄油。含有大量的单不饱和脂肪酸，可降低坏胆固醇，减少得心脏病的危险。在烹调过程中，最好以橄榄油取代其他油类。2、菠菜。菠菜所含有的叶黄素、钾和纤维能够帮助心脏保持一个健康的状态。但是只要多吃蔬菜对于心脏都有很好的强健作用。研究发现，相较不吃蔬菜的人群，每天吃两份半蔬菜的人患心脏病的风险下降了25%。				
Heart disease patients, eat four kinds of "heart care food", heart slowly improved. 1. Olive oil. It contains a lot of monounsaturated fatty acids, which can reduce bad cholesterol and reduce the risk of heart disease. In the cooking process, it is best to replace other oils with olive oil. 2. Spinach. Spinach contains lutein, potassium and fiber that help keep the heart healthy. But as long as you eat more vegetables, it's good for your heart. The study found that people who ate two and a half servings of vegetables a day had a 25% lower risk of heart disease than those who did not eat vegetables.				
2. 当心“倒春寒”！四招预防心脑血管疾病 Watch out for the cold in the spring! Four Ways to Prevent Cardiovascular and Cerebrovascular Diseases	来源: 新浪网 Source: Sina network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 11:59:14 Time: 11:59:14
北京朝阳医院急诊科医生马帅表示，冬春交替，气候变化无常，如果出现“倒春寒”，冷空气可能会促发中风、心绞痛、心梗等心脑血管疾病，老人更是要特别注意。那么，这个时节应该如何预防心脑血管疾病？注意保暖，别急着脱冬衣。天气忽冷忽热，日常生活中要注意保暖，心脑血管疾病患者尤其是老年人，不宜过早脱去冬装。因为人体受到低温刺激，会出现交感神经兴奋、全身毛细血管收缩，使心脑血管负荷加重引起血压升高，还会导致脑部缺血缺氧加速血栓形成。				
Ma Shuai, an emergency physician at Chaoyang Hospital in Beijing, said that climate change is changeable in winter and spring. If "cold in late spring" occurs, cold air may cause stroke, angina pectoris, myocardial infarction and other cardiovascular and cerebrovascular diseases. The elderly should pay special attention to it. So, how to prevent cardiovascular and cerebrovascular diseases at this time? Keep warm. Don't take off your winter clothes in a hurry. The weather is cold and hot, so we should pay attention to keeping warm in our daily life. Patients with cardiovascular and cerebrovascular diseases, especially the elderly, should not take off their winter clothes too early. Because the human body is stimulated by hypothermia, there will be sympathetic nerve excitation, systemic capillary contraction, make the heart and brain load aggravated and cause increased blood pressure, but also lead to cerebral ischemia and hypoxia accelerated thrombosis.				
综合健康信息 Comprehensive Health Information				
1. 早春时节的养生5法则，get起来！ Five rules of health preservation in early spring, get up!	来源: 半岛网 Source: Peninsula Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:26:13 Time: 16:26:13
俗话说“百草回生，百病易发。”早春天气时冷时热，加上细菌活跃，很容易患上感冒导致旧病复发。中医讲究“春夏养阳，秋冬养阴”，早春养生保健要注意万物始生和气候多变的特点，通过适当地调摄，使春阳之气得以宣达，代谢机能得以正常运行，从而达到健康养生、预防疾病的目的。调畅情志养好肝《黄帝内经》认为肝脏为“将军之官”，具有主疏泄、调畅气机与主藏血、调节血量的功能，与自然界的春季相应。				
As the saying goes, "Every weed comes back, every disease is easy to happen." Cold and hot weather in early spring, coupled with active bacteria, can easily catch cold and lead to relapse of old diseases. Traditional Chinese medicine pays attention to "Yangyang in spring and summer, Yin in autumn and winter". Health care in early spring should pay attention to the characteristics of the birth of all things and the changeable climate. Through proper adjustment and intake, the Qi of Spring Yang can be spread, and the metabolic function can operate normally, so as to achieve the goal of health preservation and disease prevention. The Yellow Emperor's Internal Classic considers the liver as the "general's official", which has the functions of regulating drainage, regulating qi, storing blood and regulating blood volume, and corresponds to the spring of nature.				
2. 五类人慎吃汤泡饭 Five kinds of people cautiously eat soup and rice	来源: 中工网 Source: China Industrial Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 21:36:12 Time: 21:36:12
很多人爱煲汤，并喜欢在汤里加一些饭，从而能快速吃下。有些人认为菜的滋味和营养都在汤里，也有些人认为汤泡饭和粥一样，能快速消化。但实际上，拿煲肉汤来说，肉中主要的蛋白质及钙、磷等营养元素几乎不能溶解，溶入汤中的只是些可溶性小分子营养物质，像部分维生素、矿物质、氨基酸等。可见，汤的营养并非想象那么高。				
Many people like to cook soup and add some rice to the soup so that they can eat it quickly. Some people think that the taste and nutrition of the dishes are in the soup. Others think that the soup can be digested as quickly as porridge. But in fact, the main protein, calcium, phosphorus and other nutrients in meat can hardly dissolve in the pot broth. Only some soluble small molecular nutrients, such as some vitamins, minerals, amino acids, are dissolved in the broth. It is obvious that the nutrition of soup is not as high as expected.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2019-02-27, 共监测到474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 474 WeChat public articles were monitored in 2019-02-27. This page shows the top five articles by repeat number today.

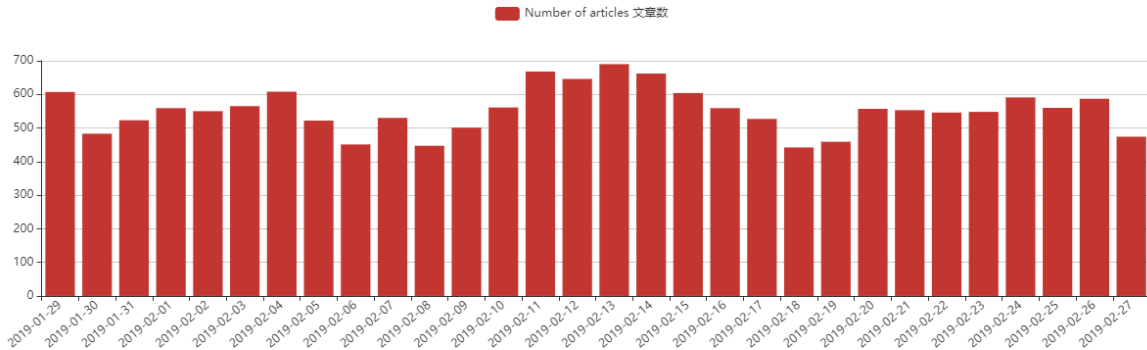
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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: 41

日期: 2019-02-27

Repeat Number: 41

Data: 2019-02-27

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. 日本人长寿全球第一! 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: 11

日期: 2019-02-27

Repeat Number: 11

Data: 2019-02-27

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.

3. 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 eat less or not eat these four kinds of foods.](#)

重复数: 9

日期: 2019-02-27

Repeat Number: 9

Data: 2019-02-27

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. 健康 | 出现这5个迹象, 说明你盐吃多了!

[Health | There are five signs that you eat too much salt!](#)

重复数: 3

日期: 2019-02-27

Repeat Number: 3

Data: 2019-02-27

喝了太多的水并不是让你尿意频繁的唯一原因。令人惊讶的是, 吃了太多的盐也会产生相同的效果。当人体摄入了过多盐的时候, 人体的肾脏器官就会加班加点地工作, 才能把体内多余的盐排出体外, 这样就会造成小量尿增多的问题。盐的主要成分是氯化钠, 是维持人体正常发育和新陈代谢不可缺少的物质。

Drinking too much water is not the only reason for frequent urination. Surprisingly, eating too much salt has the same effect. When the human body intakes too much salt, the human kidney organs will work overtime to discharge excess salt from the body, which will cause the problem of increased urine volume. The main component of salt is sodium chloride, which is an indispensable substance to maintain the normal development and metabolism of human body.

5. 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: 3

日期: 2019-02-27

Repeat Number: 3

Data: 2019-02-27

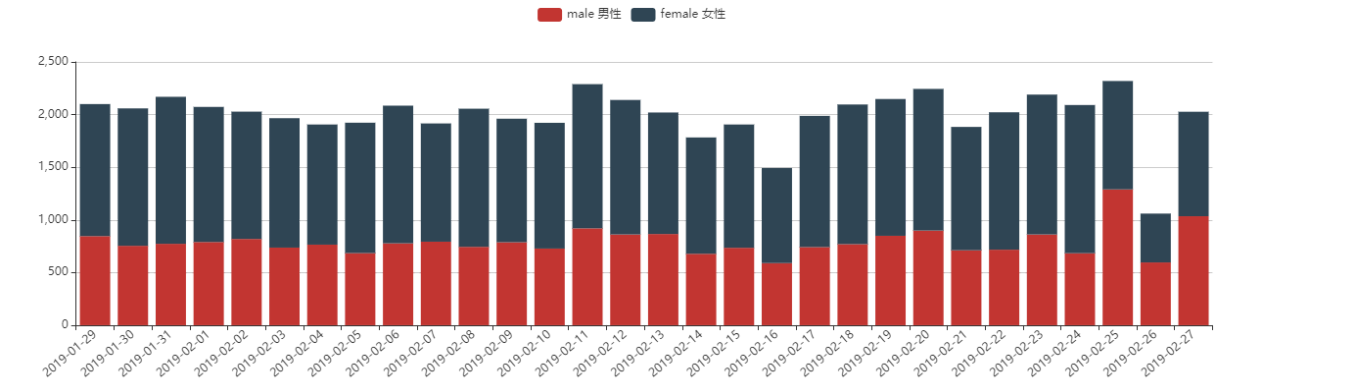
食盐所提供的钠离子和氯离子维持着细胞外液的渗透压和酸碱平衡, 在保持神经和肌肉的应激性、调理生理功能等方面都起着重要作用。但据资料显示, 中国人食盐超标人数高达75%! 《中国居民膳食指南》上建议, 健康的成年人一天食盐的摄入量应该不超过6g, 但实际上, 我国居民每人每天平均食盐的摄入量已超过10g。

Sodium and chloride ions supplied by salt maintain the osmotic pressure and acid-base balance of extracellular fluid, and play an important role in maintaining nerve and muscle stress and regulating physiological functions. But according to the data, the number of Chinese salt exceeding the standard is as high as 75%. According to the Dietary Guidelines for Chinese Residents, healthy adults should consume no more than 6G of salt a day, but in fact, the average daily salt intake per person in China has exceeded 10g.

减盐-微博

Salt Reduction - Weibo

2019-02-27, 共检测到2027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 2027 weibos about salt reduction monitored on 2019-02-27.
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: 和之韵

Nickname: 和之韵

时间: 2019-02-27 11:08
Time: 2019-02-27 11:08

地区: 广东

Area: Guangdong

转发数: 51
Repost: 51

认证: 机构

Identity: Institution

点赞数: 64
Like: 64

来自: 超话

Source: 超话

评论数: 9
Comment: 9

青春痘和成人痘是有本质上的区别的，绝对对数妹子会长痘痘都是因为以下三个原因：1、生活作息不规律：夜间可是五脏六腑排毒的好时候，不到两点不睡觉？那毒素只能从你脸上爆发出来了。高钠食物、油腻食物和甜食也是刺激痘痘的罪魁祸首，当然了，长胖也少不了它们。2、不注意个人卫生：平时很爱摸脸的人最容易长痘痘，尤其是那些不经常洗手的。床单、枕套是不是一年到头都懒得换？毛囊里的痤疮杆菌最喜欢肮脏的环境啦！3、身体免疫力下降：当身体免疫力下降，自然皮肤的抗病能力也随之下降，这时候就更容易感染痤疮杆菌，导致痘痘的生长。尤其是半夜不睡觉的夜猫子们注意了，晚睡容易导致内分泌失调。体内的雄性激素增多，毛孔就会变得粗大，皮肤变得粗糙了，自然就会分泌更多的油脂。另外，肾不好的姑娘皮肤更容易出油，导致皮肤毛孔堵塞，然后痘痘又会找上门。#长痘痘的原因##护肤常识##草本护肤#收起全文d

There is a fundamental difference between green acne and adult acne. The most important reason for the girl's acne is because of the following three reasons: 1. Irregular life and work: When the night is the detoxification of the internal organs, if you do not sleep on time, the toxins will erupt from your face. High sodium foods, greasy foods and sweets are also the main culprit in stimulating acne. Of course, they also lead to weight gain. 2. do not pay attention to personal hygiene: people who usually love to touch the face are most prone to acne, especially those who do not wash their hands often. Sheets and pillowcases are not changed all year round. The acne bacteria in the hair follicles are the most filthy environment! 3, the body's immune system decline: When the body's immunity declines, the natural skin's disease resistance also declines, this time is more likely to be infected with acne bacteria, leading to the growth of acne. Especially those who do not sleep in the middle of the night pay attention, late sleep is easy to cause endocrine disorders. The body's male hormones increase and the pores become coarse. When the skin becomes rough, it naturally secretes more oil. In addition, the skin of a girl with a bad kidney is more likely to produce oil, causing clogged pores and then acne.

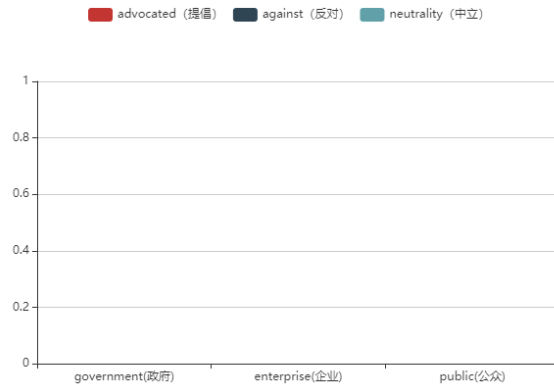
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-02-27) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2019-02-27. Please click the title to view full information.

The original article is in Chinese only.



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Shandong

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Henan

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安徽

Anhui

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浙江

Zhejiang

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No such articles!

其他省份
Other Provinces

反式脂肪酸
Trans fat

没有相关文章!

No such articles!

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

反式脂肪酸-微信 Transfat - WeChat

2019-02-27, 共监测到318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 318 WeChat public articles were monitored in 2019-02-27. This page shows the top five articles by repeat number today.

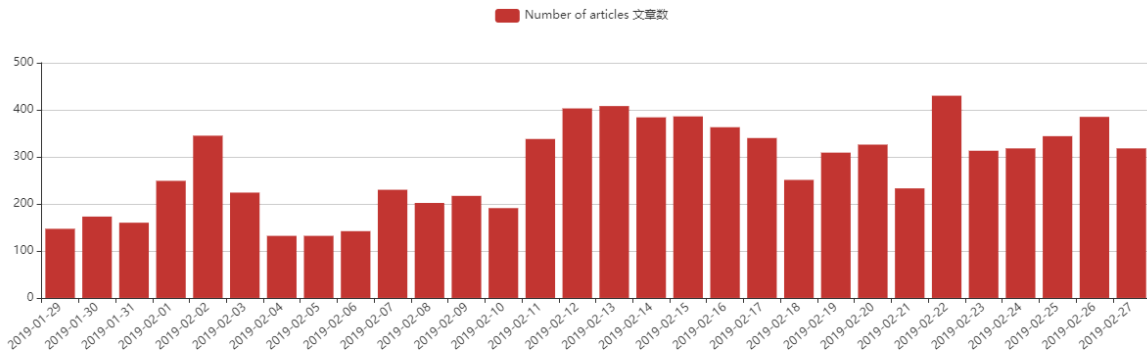
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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: 25

日期: 2019-02-27

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

Repeat Number: 25

Data: 2019-02-27

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。

Often eating black sesame can help people prevent and treat gallstones, but also has the effect of prolonging life, brain and intelligence. Keep your brain healthy and eat less of these foods. In addition to the above, there are some common foods that may have unhealthy effects on brain health. 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. 被奶茶毁掉的中国姑娘

重复数: 13

日期: 2019-02-27

[Chinese girl destroyed by milk tea](#)

Repeat Number: 13

Data: 2019-02-27

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: 别看有植物油二字, 其实含的饱和脂肪酸比猪油还多! 经过人工氢化之后, 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. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 11

日期: 2019-02-27

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

Repeat Number: 11

Data: 2019-02-27

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.

4. 脸要穷养, 脚要富养; 心要穷养, 肺要富养

重复数: 11

日期: 2019-02-27

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

Repeat Number: 11

Data: 2019-02-27

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. 面包好吃却五毒俱全, 家里有孩子的都看看! ! 吃前请三思!

重复数: 7

日期: 2019-02-27

[The bread is delicious but full of poisons. Families with children should take a look at it!!](#)

Repeat Number: 7

Data: 2019-02-27

纯正的天然黄油一般靠进口, 需要1万多一吨, 可人造黄油只要6000左右。人造黄油中含有大量的反式脂肪酸。反式脂肪酸会增加人患糖尿病、心脑血管疾病的风险, 还更容易使人发胖。有“酥油、起酥油、植物起酥油、植物脂肪、人造黄油、麦淇淋、植脂末、奶精”等字眼的统统不要买。

Pure natural butter is generally imported and the price is 10,000 per ton. The price of margarine is only 6,000 yuan per ton. Margarine contains a lot of trans fatty acids. Trans fatty acids increase the risk of diabetes, cardiovascular and cerebrovascular diseases, and are more likely to make people fat. Do not buy foods that contain the words "ghee, shortening, vegetable shortening, vegetable fat, margarine, margarine, non-dairy creamer, creamer".

反式脂肪酸-微博

Transfat - Weibo

2019-02-27, 共检测到199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。

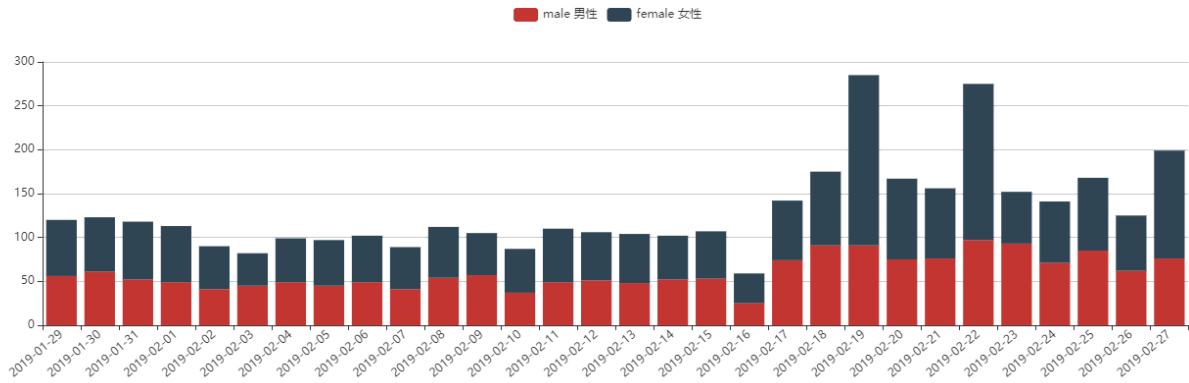
There are 199 weibos about transfat reduction monitored on 2019-02-27.

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!