

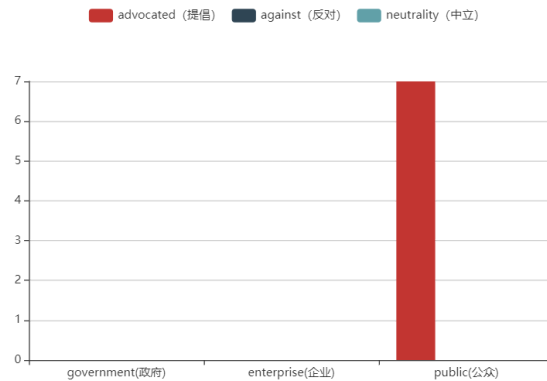
减盐-新闻

Salt Reduction - News

今日 (2019-02-11) 共监测到7条资讯。请点击标题查看原文。

There are 7 articles monitored today 2019-02-11. 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

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安徽
Anhui

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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	1. 原创同是“地平”为什么不能联用？高血压如何联合应用降压药？ Why can't the original "horizon" be used together? How to use antihypertensive drugs in combination with hypertension?	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate
	同是“地平”为什么不能联用？高血压如何联合应用降压药？今天有人问华子，血压控制不好，硝苯地平控释片与苯磺酸左旋氨氯地平可以联用么？华子告诉他，不可以。他有些奇怪，这两个药不都是“地平”么，为什么不能一起吃？华子说，硝苯地平为第一代钙通道阻滞剂，左旋氨氯地平为第三代钙通道阻滞剂，两者降压的作用机理相同，联合用药后产生的降压效果提高有限，而副作用会加大。所以硝苯地平控释片与苯磺酸左旋氨氯地平不能联用。	时间： 00:08:51 Time: 00:08:51		

Why can't the same "horizon" be used together? How to use antihypertensive drugs in combination with hypertension? Today, some people asked Huazi, blood pressure control is not good, nifedipine controlled release tablets and Levamlodipine besylate can be combined? Huazi told him, No. He is a little strange, these two medicines are not "horizon". Why can't they be taken together? Huazi said that nifedipine is the first generation of calcium channel blocker and levoamlodipine is the third generation of calcium channel blocker. Both of them have the same antihypertensive mechanism. The antihypertensive effect of the combination of nifedipine and levoamlodipine besylate is limited, but the side effects will increase. Therefore, the controlled release tablets of nifedipine and levoamlodipine besylate can not be used together.

2. 节后开工，迎接你的除了工作还有小雪！这三类人尤其注意防寒保暖 Start work after the festival, besides work, there is snow to welcome you! These three kinds of people pay special attention to cold prevention and warmth preservation	来源：搜狐	主体：公众	态度：提倡	时间： 22:48:45
	Source: Sohu	Subject: public	Attitude: advocate	Time: 22:48:45

节后开工，迎接你的除了工作还有小雪！这三类人尤其注意防寒保暖。节后开工第一天，你还适应吗？ 有多少人是下面这个状态。除了要艰难地克服节后综合征， 未来几天还有低温甚至降雪在等着我们。根据北京市气象台的预测，12日白天将会有较为明显的降雪天气，预计主要的影响区域为西部、北部地区，整体降水量(雪化成水之后)1毫米左右，在家温暖了一个春节的朋友一定要注意做好防寒保暖。寒冷天气，这三类患者尤其注意。				
Start work after the festival, besides work, there is snow to welcome you! These three kinds of people pay special attention to cold and warm protection. Do you still adapt to the first day after the festival? How many people are in the following state? In addition to struggling to overcome the post-holiday syndrome, there will be low temperatures and even snow waiting for us in the coming days. According to the forecast of Beijing Meteorological Observatory, there will be more obvious snowfall in the daytime on the 12th. It is expected that the main affected areas will be the western and Northern areas. The total precipitation (after snow melts into water) will be about 1 mm. Friends who have warmed up for the Spring Festival at home must pay attention to cold and warm. Cold weather, these three types of patients pay special attention.				
<div>心血管健康</div> <div>Cardiovascular health</div>				
没有相关文章！				
No such articles!				
<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
1. 既享口福还不发病，肾友应当怎么做？ What should Kidney Friends do when they are not sick and enjoy the good fortune of their mouths?	来源：中国新闻网	主体：公众	态度：提倡	时间： 16:37:19
	Source: China News Network	Subject: public	Attitude: advocate	Time: 16:37:19
既享口福还不发病，肾友应当怎么做？ 新春正月与美酒佳肴密不可分。很多肾脏病患者一到逢年过节就犯难，肾友们如何在节日里做到美食与肾脏保健兼顾呢？低盐和优质低蛋白饮食是肾科医师对大多数肾友饮食的基本要求。低盐饮食就是限制高钠食物摄入。高钠食物有两大类：一是食盐、味精、酱油等调味品，此类调味品在低盐饮食中每日摄入量应控制在5-6克食盐，若同时食用则应酌量减少；二是各种腌制食品，如各式咸菜、腊肉、腊鱼等，此类食物低盐饮食者应禁用，至少是尽量少食用。				
What should Kidney Friends do when they are not sick and enjoy the good fortune of their mouths? The first month of the Spring Festival is closely related to fine wine and delicacies. Many patients with kidney disease are in trouble as soon as the holidays are over. How can friends of kidneys give consideration to both food and kidney health care during the holidays? Low salt and high quality low protein diet are the basic requirements for most nephrologists. A low-salt diet is to limit the intake of high-sodium foods. There are two main types of high sodium food: one is salt, monosodium glutamate, soy sauce and other condiments. The daily intake of such condiments in a low-salt diet should be controlled at 5-6 grams of salt. If they are eaten at the same time, they should be reduced. The other is all kinds of cured foods, such as salted vegetables, bacon, salted fish, etc., which should be banned by low-salt dieters, at least to eat as little as possible.				
2. 大实话告诉你，这3种食物会悄悄偷走你的钙，怪不得怎么补都不行 To tell you the truth, these three foods will steal your calcium quietly. No wonder you can't make up for it.	来源：搜狐	主体：公众	态度：提倡	时间： 17:38:07
	Source: Sohu	Subject: public	Attitude: advocate	Time: 17:38:07
大实话告诉你，这3种食物会悄悄偷走你的钙，怪不得怎么补都不行。钙是我们人体不可缺少的一种营养元素，我们身体的生理活动离不开钙的参与，尤其是对于骨骼来说，更是尤为重要。如果身体的钙流失严重很容易造成骨质疏松、骨折等现象，甚至不少慢性病的发生和缺钙也有一定的关系，严重缺钙的人群还会影响其精神状态。 很多人知道怎样补钙，但是却忽略了下面这些偷走钙质的食物，如果不加以克制，补再多的钙也会无济于事。				
To tell you the truth, these three foods will steal your calcium quietly. No wonder they can't be filled. Calcium is an indispensable nutrient element in our body. Our physiological activities can not be separated from the participation of calcium, especially for the skeleton, it is particularly important. If the loss of calcium in the body is serious, it is easy to cause osteoporosis, fracture and other phenomena. Even the occurrence of many chronic diseases is related to calcium deficiency. People who are severely deficient in calcium will also affect their mental state. Many people know how to supplement calcium, but ignore the following stolen calcium food, if not restrained, no more calcium will be helpful.				
3. 疲惫没精神？肠胃不适？睡眠紊乱？中医师教你应对“节后综合症” Tired and listless? Gastrointestinal discomfort? Sleep disorders? Traditional Chinese Medicine Teaches You to Deal with "Post-Festival Syndrome"	来源：搜狐	主体：公众	态度：提倡	时间： 23:38:26
	Source: Sohu	Subject: public	Attitude: advocate	Time: 23:38:26
眨眼工夫，春节假期悄然结束，上班族们又要恢复日常节奏。很多人尽管嘴上说着经过休整元气满满，但身体却很诚实地表现出浑身疲惫，工作、学习效率低下或焦虑，或烦躁，或嗜睡，或失眠，食欲不振等一系列症状。没错，你可能是患上了“节后综合症”。别怕，想要尽快满血复活，市中西医中医内科医师黄佳杰来为你把脉。				
Tired and listless? Gastrointestinal discomfort? Sleep disorders? Traditional Chinese Medicine Teaches You to Deal with "Post-Festival Syndrome"				
4. 糖尿病人5大饮食诀窍春节开春放心吃(组图) Five Dietary Tips for Diabetics: Eat at ease in the Spring Festival (group chart)	来源：NTDTV	主体：公众	态度：提倡	时间： 16:39:29
	Source: NTDTV	Subject: public	Attitude: advocate	Time: 16:39:29
年节假期已近尾声，但新春欢乐的气氛仍然延续着，年节期间，看着一桌热腾腾丰盛菜肴，美味飘香，不禁叫人垂涎欲滴。糖尿病人逢年过节可以吃什么，才不会影响身体健康？5大诀窍，让大家都能吃得安心。 第1招：原味，少加工。尤其是慢性肾脏病更需注意，原态食物为天然、无加工的食物，富含丰富的营养素。例如蔬菜、肉、豆腐、蛋等，既得到食物原味又能减少身体负担。				
The holidays are coming to an end, but the joyous atmosphere of the Spring Festival continues. During the holidays, people can't help but salivate at a table full of hot dishes, delicious and fragrant. What can people with diabetes eat on New Year's Day, which will not affect their health? Five tips, so that everyone can eat at ease. Tip 1: Original taste, less processing. Especially for chronic kidney disease, more attention should be paid to the natural, unprocessed food, rich in nutrients. For example, vegetables, meat, tofu, eggs, etc., can not only get the original taste of food, but also reduce the burden of the body.				
5. 过年别只顾着自己减肥，也得给冰箱瘦身 Don't just focus on losing weight after New Year's Day, but also slim down the refrigerator.	来源：新浪网	主体：公众	态度：提倡	时间： 10:43:08
	Source: Sina network	Subject: public	Attitude: advocate	Time: 10:43:08
逢年过节，很多家庭都会选择采购一批批的食物囤着，把冰箱装得满满的，觉得这样才有红红火火的气氛。但这样做很可能导致一些食物在冰箱中放了很长时间，然后就被遗忘了，冰箱不仅很满，渐渐地甚至会产生很大的异味。不过，不少人觉得“没关系的吧”，冰箱温度那么低，又有什么高科技保鲜功能，细菌滋生的可能性很小啊！然而真相是这样吗？				
On New Year's Day, many families will choose to buy a batch of food to hoard, fill the refrigerator, think that this will be a red-hot atmosphere. However, this may lead to some food in the refrigerator for a long time, and then be forgotten, the refrigerator is not only very full, but gradually even produce a great odor. However, many people feel that "it's okay", the refrigerator temperature is so low, and what high-tech fresh-keeping function, the possibility of bacterial breeding is very small ah! _____ But is that the truth?				
<div>决心工程</div> <div>Resolve To Save Lives</div>				
没有相关文章！				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2019-02-11, 共监测到668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 668 WeChat public articles were monitored in 2019-02-11. This page shows the top five articles by repeat number today.

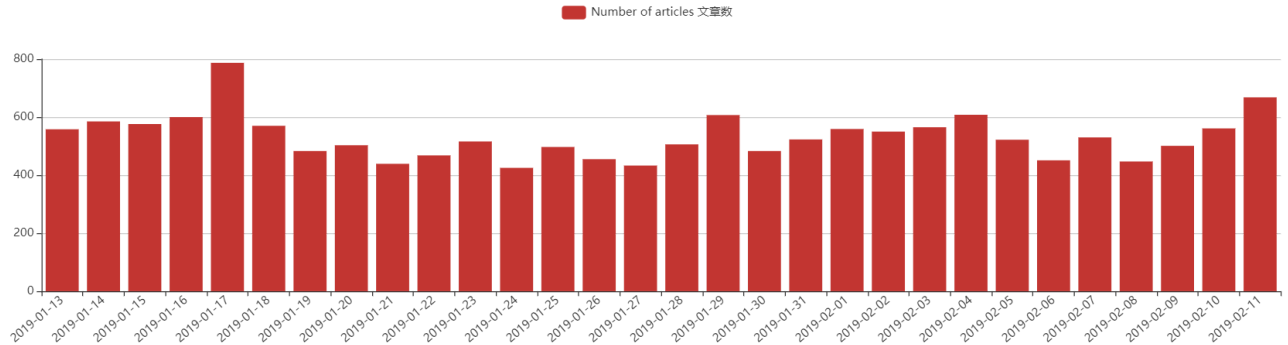
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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!

重复数: 46

日期: 2019-02-11

[These five signs remind you that you eat too much salt!](#)

Repeat Number: 46

Data: 2019-02-11

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, 使你你狂饮。2 反应变慢 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 lead to dehydration. Once a person is dehydrated, he can't think clearly.

2. 春节后, 你应该这么吃

重复数: 11

日期: 2019-02-11

[After the Spring Festival, you should eat like this.](#)

Repeat Number: 11

Data: 2019-02-11

清淡饮食要学会控盐, 要有意识的少吃盐。成人每日摄入量不可超过6克, 6克盐相当于一个啤酒盖。但控盐不等于不吃盐, 而是指少吃盐。高盐饮食会导致高血压, 并且盐和癌症也有“亲戚”关系, 所以日常生活中要注意适量。

To learn salt in a light diet, you should consciously eat less salt. Adults should not consume more than 6 grams of salt per day, and 6 grams of salt is equivalent to a beer lid. But salt control does not mean not eating salt, but means eating less salt. High-salt diets can cause high blood pressure, and salt and cancer are also related, so pay attention to the right amount in daily life.

3. 终于发现脑梗“真凶”!医生:大脑最怕3样食物, 戒掉一个就增寿~

重复数: 6

日期: 2019-02-11

[Doctor: The brain is afraid of three kinds of food. If you quit one, you will live longer.](#)

Repeat Number: 6

Data: 2019-02-11

现在人们吃了太多的好东西, 所以对于食物的感觉变得并没有那么明显, 所以这也导致大家每天摄入的盐分越来越多, 而且很多地区还喜欢吃腌菜或者腊肉等特色食物, 这些都属于高盐高钠食物。过量地摄入高盐高钠食物, 不仅会增加肾脏的过滤负担, 还会造成血管的弹性降低, 血管内部压力增加, 也就增加患心脑血管疾病的危险。

Nowadays people eat too many good things, so the feeling of food has not become so obvious, so this also leads to more and more salt intake every day. And many areas also like to eat pickled vegetables or bacon and other specialty foods, these are high-salt and high-sodium foods. Excessive intake of high-salt and high-sodium foods will not only increase the filtration burden of the kidneys, but also reduce the elasticity of blood vessels. Increased internal pressure of the blood vessels increases the risk of cardiovascular and cerebrovascular diseases.

4. 高血压的“病根”找到了! 一个秘方让血压降降降!

重复数: 6

日期: 2019-02-11

[The root of hypertension has been found! A secret recipe can lower blood pressure!](#)

Repeat Number: 6

Data: 2019-02-11

十个高血压, 九个死于盐。预防高血压, 尤其是高血压患者在饮食上要“少盐”。这是因为吃盐过多, 会导致外周血管阻力增大, 引起血压升高。世界卫生组织建议正常人群每日食盐量为6-8克, 也就是一小啤酒瓶盖。高血压患者应控制在4克以下。

Ninety percent of high blood pressure is related to salt. In particular, patients with hypertension should have "less salt" in their diet. This is because eating too much salt can cause peripheral vascular resistance to increase, causing blood pressure to rise. The World Health Organization recommends that the normal population have a daily salt intake of 6-8 grams, which is a small beer bottle cap. Hypertensive patients should be controlled below 4 grams.

5. 春节胖三斤? 新的一年必须重视这16条健康警戒线! 超过这些数要警惕了

重复数: 4

日期: 2019-02-11

[The 16 health warning lines must be valued in the new year! If you exceed these numbers, you should be vigilant.](#)

Repeat Number: 4

Data: 2019-02-11

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。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 intake of salt is closely related to hypertension and cardiovascular disease, and it will aggravate gastric mucosal damage and accelerate osteoporosis. Excessive salt intake and skin deterioration. Whether it is for health or beauty, salt control is crucial. A beer bottle cap filled with salt is exactly 6 grams. Eat less processed foods such as snacks, pickles, and luncheon meat.

减盐-微博

Salt Reduction - Weibo

2019-02-11, 共检测到2289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。

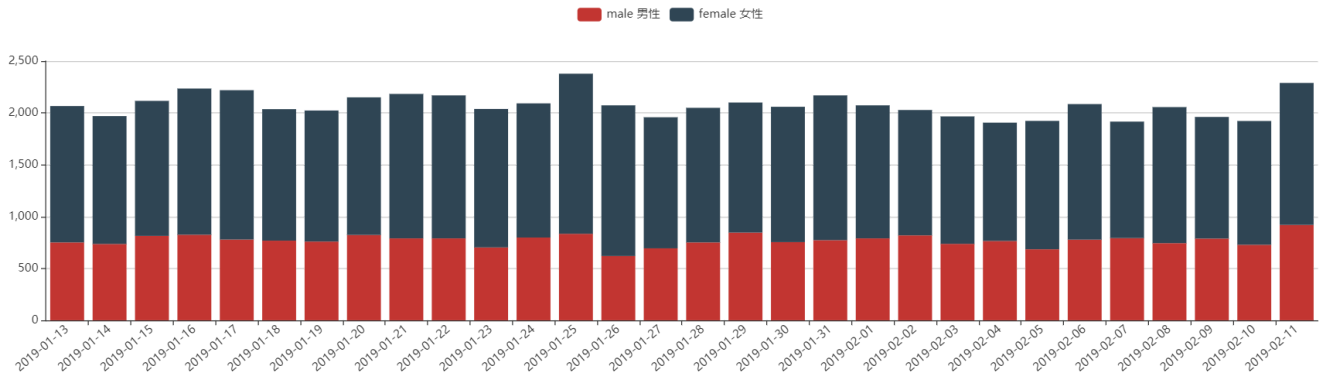
There are 2289 weibos about salt reduction monitored on 2019-02-11.

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!

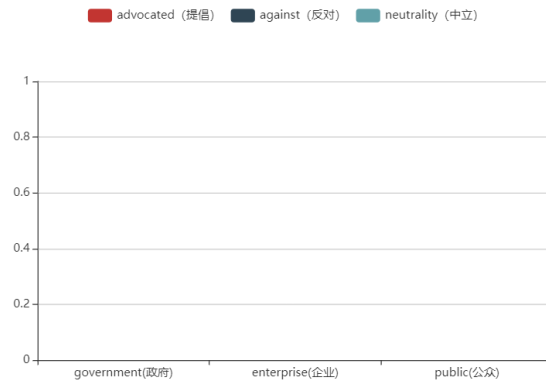
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-02-11) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2019-02-11. 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
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安徽

Anhui

反式脂肪酸 Trans fat
没有相关文章!
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决心工程 Resolve To Save Lives
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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

2019-02-11, 共监测到338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 338 WeChat public articles were monitored in 2019-02-11. This page shows the top five articles by repeat number today.

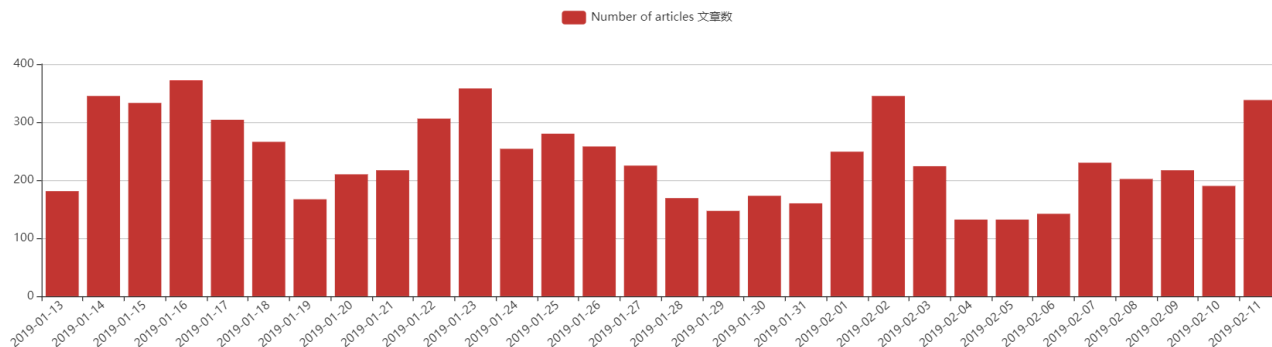
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The original article is in Chinese only.

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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. 奶茶, 正在毁掉中国的三代人! 奶茶界黑幕!

重复数: 31

日期: 2019-02-11

Repeat Number: 31

Data: 2019-02-11

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.

2. 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: 10

日期: 2019-02-11

Repeat Number: 10

Data: 2019-02-11

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.

3. 被奶茶毁掉的中国年轻人

重复数: 8

日期: 2019-02-11

Repeat Number: 8

Data: 2019-02-11

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 cream, the main ingredient is hydrogenated vegetable oil, vegetable oil through artificial hydrogenation treatment made. Fan Zhihong, a professor at China Agricultural University, said angrily, "Despite the word plant, it actually contains more saturated fatty acids than lard!" After artificial hydrogenation treatment, a large number of trans fatty acids will be produced! Trans fatty acids do great harm to human body, not only increase the risk of cardiovascular disease and diabetes, but also affect the development of children's nervous system.

4. 千万别让“伪粗粮”毁掉你的健康!

重复数: 6

日期: 2019-02-11

Repeat Number: 6

Data: 2019-02-11

我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为商家会在制作过程中加入大量饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高, 所以吃的时候一定要控制好量。谷物饮料也是一样, 先不说将粗粮打磨后养分有所丢失, 可能还会添加大量的糖, 吃多了容易引起肥胖。

The whole grain biscuits we eat are mostly crispy. This is because merchants add a lot of saturated and trans fatty acids to enhance the taste during the production process. This also tends to result in higher fat content in coarse grain biscuits than in regular biscuits, so be sure to control the amount when eating. The grain drink not only loses nutrients after the coarse grain is polished, but may also be added with a large amount of sugar, which may cause obesity if it is excessively ingested.

5. 医生告诫: 生病千万别吃它, 后果不堪设想

重复数: 5

日期: 2019-02-11

Repeat Number: 5

Data: 2019-02-11

炸鱼的油经过高温加热后, 会产生大量“坏脂肪”(反式脂肪), 对心脏有害无益。浓茶。含有较多的咖啡因, 可能导致心率加快。红烧肉。含有的“中链饱和脂肪酸”较高, 升血脂、胆固醇水平的能力很强。蛋黄派。蛋黄派等口感靠使用“起酥油”来达到, 起酥油的主要成分是“部分氢化植物油”, 对心血管极其有害。

When the fish oil is heated at a high temperature, it will produce a lot of "bad fat" (trans fat), which is harmful to the heart. Strong tea contains more caffeine, which may lead to an increase in heart rate. Braised pork contains a higher "medium chain saturated fatty acid" and is highly capable of raising blood lipids and cholesterol levels. The taste of the egg yolk pie is achieved by using "shortening oil". The main component of the shortening is "partially hydrogenated vegetable oil", which is harmful to the cardiovascular system.

反式脂肪酸-微博 Transfat - Weibo

2019-02-11, 共检测到110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。

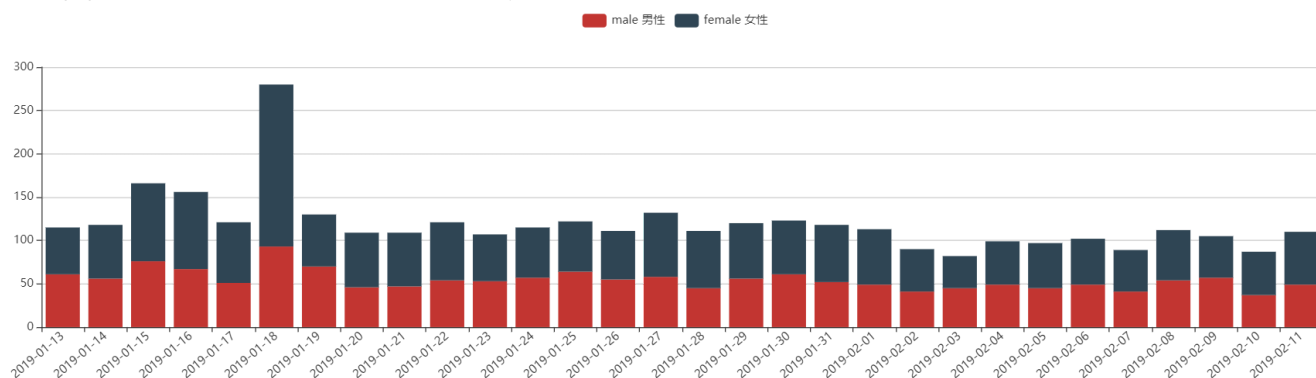
There are 110 weibos about transfat reduction monitored on 2019-02-11.

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!