

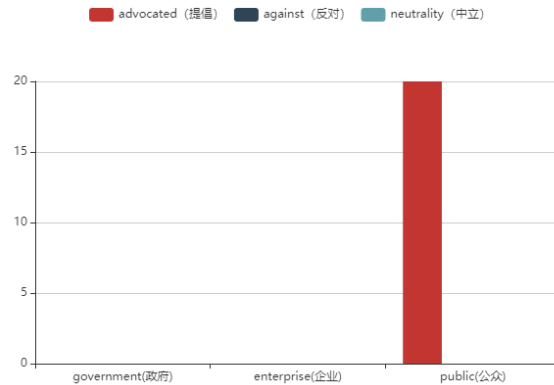
减盐-新闻

Salt Reduction - News

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山东

Shandong

食物中的钠

Sodium in food

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高血压

Hypertension

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心血管健康

Cardiovascular health

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综合健康信息

Comprehensive Health Information

1. 台儿庄区泥沟镇中心卫生院举办健康素养知识培训会

[Taierzhuang District Nigou Town Central Health Hospital held a health literacy knowledge training meeting](#)

来源: 山东新闻网

Source: Shandong News Network

主体: 公众

Subject: public

态度: 提倡

Attitude: advocate

时间: 18:32:28

Time: 18:32:28

为普及“健康素养知识”，让群众掌握健康素养基本知识和技能、提倡健康的生活方式和行为，提高群众健康素养，2月20日，泥沟镇中心卫生院举办了健康促进医院建设暨健康素养知识培训会，全院职工共60余人参加此次培训。培训主要从健康素养66条知识进行讲解，基本知识概念、基本技能、健康生活方式和行为三大方面66条结合医院工作特点进行讲解，特别是对患病和健康人群怎样根据自身的体质区别对待饮食锻炼等要求，寻找符合自己的健康生活方式。

In order to popularize the knowledge of health literacy, let the masses master the basic knowledge and skills of health literacy, advocate healthy lifestyle and behavior, and improve the people's health literacy, Nigou Town Central Hospital of Health held a training meeting on health promotion hospital construction and health literacy knowledge on February 20. More than 60 staff members of the hospital participated in the training. The training mainly focuses on 66 items of health literacy knowledge, 66 items of basic knowledge concept, basic skills, healthy lifestyle and behavior combined with the characteristics of hospital work. Especially, how to treat diet and exercise differently according to their own physique for the sick and healthy people, and how to find a healthy lifestyle in line with their own requirements.

决心工程

Resolve To Save Lives

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河南

Henan

食物中的钠

Sodium in food

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高血压

Hypertension

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心血管健康

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<div>综合健康信息 Comprehensive Health Information</div>
没有相关文章!
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<div>决心工程 Resolve To Save Lives</div>
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安徽
Anhui

<div>食物中的钠 Sodium in food</div>
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<div>高血压 Hypertension</div>
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浙江
Zhejiang

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<div>综合健康信息 Comprehensive Health Information</div>				
1. 美国研究：观看恐怖电影易造成发胖 American Research: Watching horror movies can lead to obesity	来源：温州网 Source: Wenzhou net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:18:03 Time: 10:18:03
暴力影片的观影者为减少观影带来的紧张感，通常会食用高脂食品或含盐食品。据英国《每日邮报》2月19日消息,美国一所大学进行了一项电影类型与体重关系的研究。研究人员认为，这是第一个探究电影中暴力内容对食物摄入、食物选择和食欲影响的研究。受试者年龄在20至30岁间，共有84人，这些人被安排随机观看恐怖片或爱情片。				
Violent moviegoers often eat high-fat or salt foods to reduce the tension caused by watching movies. According to the Daily Mail of February 19, a university in the United States conducted a study on the relationship between movie types and weight. Researchers believe this is the first study to explore the effects of violence in movies on food intake, food choice and appetite. The subjects, aged between 20 and 30, had 84 people who were randomly assigned to watch horror or love movies.				
2. 中医讲述老年人养生之道 Traditional Chinese Medicine Talks about the Way of Health Care for the Elderly	来源：中国宁波网 Source: China Ningbo Network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 10:18:23 Time: 10:18:23
养生是现在大家比较关注的事情，特别是对于老年人来说，做好养生的工作是必须的。老年人养生保健小常识有哪些？北仑区中医院副主任医师徐奇伟针对老年人的特点，根据中医“未病先防”的理念，提出了一些老年常见病相关防治措施及养生保健常识，为老人送上一份“健康礼包”，助力老年人乐享夕阳红。选择健康生活方式，预防常见疾病。				
Health preservation is now a matter of concern to everyone, especially for the elderly, it is necessary to do a good job of health preservation. What are the general knowledge of health care for the elderly? Xu Qiwei, deputy chief physician of Beilun District Hospital, according to the characteristics of the elderly, according to the concept of "prevention before illness" in traditional Chinese medicine, put forward some prevention and treatment measures and health care common sense of common diseases in the elderly, send a "health gift bag" for the elderly, and help the elderly enjoy the sunset red. Choose a healthy lifestyle to prevent common diseases.				

3. 五兄弟四人得胃癌，他们都有这样一个共同爱好 Five brothers and four people have stomach cancer. They all have such a common hobby.	来源：浙江在线 Source: Zhejiang Online	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 11:33:39 Time: 11:33:39
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五兄弟四人得胃癌，这不是韩剧桥段，而是真实发生在浙医二院外科龚渭华副主任医师的诊室里，“这四人中老大老二已经去世，还有两位去年刚做了手术。”七年间，五兄弟四人陆续得胃癌。五兄弟是江西人，老三王富生今年75岁，随儿子定居杭州10多年，平时很少回老家。去年8月，王富生出现了胃胀、吞咽困难等情况，“就算晚饭只吃几口，胃也胀得难受，晚上睡觉时还感觉吃下去的食物顶在喉咙口”，但因还能忍受，并没有引起他的注意。

Five brothers and four people got stomach cancer. This is not a Korean opera bridge, but actually happened in the clinic of Gong Weihua, deputy director of surgery, Second Hospital of Zhejiang Medical College. "The eldest and eldest of the four have died, and two of them have just had surgery last year." During the seven years, five brothers and four people developed gastric cancer one after another. The five brothers are from Jiangxi Province. Wang Fusheng, 75 years old, has settled in Hangzhou with his son for more than 10 years and seldom returns to his hometown in peacetime. Last August, Wang Fusheng suffered from stomach distension and difficulty in swallowing. "Even if he ate only a few mouthfuls of dinner, his stomach was distended. At night, when he went to bed, he felt that the food he ate was on his throat." But because he could bear it, it did not attract his attention.

<div>决心工程</div> <div>Resolve To Save Lives</div>
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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 用此配方做饼干，不甜不腻很酥脆，健康营养无添加，吃过都说好 Make biscuits with this formula, not sweet, not greasy, very crisp, healthy nutrition without adding, eat well.	来源：新浪网 (博客) Source: Sina (Blog)	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:30:32 Time: 15:30:32

自从入了烘焙这个坑后，我家孩子吃的饼干几乎都不买市售的了。因为大部分市售的饼干，都有添加剂，比如防腐剂，增香剂等，其实除了添加剂还有隐藏在饼干里的高糖、高油、高钠，为保证饼干的酥脆和香甜，糖、油、盐都不少。长期食用高油脂、高糖分或高盐的饼干会让孩子额外摄入过多的能量，增加长胖的概率，过高的热量也影响正餐的食用量，过咸的饼干导致重口味，增加成年期疾患高血压等疾病风险。

Since entering the baking pit, almost none of our children's biscuits have been sold on the market. Because most of the biscuits sold in the market have additives, such as preservatives, flavor enhancers and so on. In fact, in addition to additives, there are also high sugar, high oil and high sodium hidden in the biscuits. In order to ensure the crispness and sweetness of biscuits, there are a lot of sugar, oil and salt. Long-term consumption of biscuits with high fat, sugar or salt will lead to excessive energy intake, increase the probability of fatness, and excessive calories will also affect the consumption of dinner. Salty biscuits lead to heavy taste and increase the risk of diseases such as hypertension in adulthood.

2. 1岁以下的宝宝不能吃哪些食物/小心会有致命的风险哦 Babies under the age of one are at risk of death by being careful about what foods they can't eat.	来源：TOM Source: TOM	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 14:08:26 Time: 14:08:26
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1岁以下的宝宝不能吃哪些食物，小心会有致命的风险哦。刚刚晋升为父母的新手宝爸宝妈们恨不得把世界上的好东西都送到宝宝的面前，任君挑选。而安全健康的饮食就是爸爸妈妈们极其关注的问题之一，除了反复筛选的奶粉、辅食、零食，还有哪些食物是1岁以下的宝宝不能吃的。根据《中国居民膳食指南》的建议，1岁下的宝宝是不需要额外补充盐的。

Babies under the age of one can't eat any food, so be careful about the fatal risk. Newly promoted parents, Bao Da Bao Mom and Bao Da, wish they could send all the good things in the world to their babies and let you choose them. Safe and healthy diet is one of the most important concerns of parents. In addition to repeatedly screened milk powder, supplementary food, snacks, there are also some foods that can not be eaten by babies under 1 year old. According to the recommendations of the Dietary Guidelines for Chinese Residents, babies under the age of 1 do not need additional salt supplements.

<div>高血压</div> <div>Hypertension</div>				
1. 高血压患者几大要素需谨记 Several essential factors of hypertension patients should be kept in mind	来源：光明网 Source: Guangming net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 07:08:38 Time: 07:08:38

不少高血压患者平日生活规律，血压控制得很平稳，一旦外出，生活环境、气候、饮食习惯、作息时间都有很大改变，心脑血管并发症发生率会大大增加。如何做到平安出游？广东省中医院老年病科主治医师吴瑜支招，在旅行前及旅行时做好充分的准备，只要控制得当，高血压患者也可以享受像正常人一样的旅游玩乐。

Many hypertensive patients live regularly and their blood pressure is controlled smoothly. Once they go out, their living environment, climate, eating habits and working and sleeping time have changed greatly, and the incidence of cardiovascular and cerebrovascular complications will increase greatly. How to travel safely? Wu Yu, the chief physician in geriatrics department of Guangdong Hospital of Traditional Chinese Medicine, made full preparations before and during the trip. As long as the hypertension patients were properly controlled, they could enjoy the same traveling pleasure as normal people.

2. 被高血压“盯上”的年轻人需要注意了 Young people with high blood pressure need attention	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 21:30:28 Time: 21:30:28
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最近的一段时间，接连遇到了好些来门诊看高血压的年轻人，越来越多的小病友加入到高血压的大队中。而且咱们国家的流行病学调查发现，在新出现的高血压病例中，35-45岁患者占63%，说明高血压已经不是老年人的“专利”，而是越来越青睐年轻人，所以高血压离您还远吗？但是中青年高血压患者对高血压的知晓率、治疗率、控制率明显低于老年人。

Recently, I have met many young people who come to see hypertension in outpatient clinic. More and more young patients join the team of hypertension. And our country's epidemiological survey found that in the emerging cases of hypertension, 63% of the patients aged 35-45 years old, indicating that hypertension is not the "patent" of the elderly, but more and more favor young people, so hypertension is far away from you? However, the awareness rate, treatment rate and control rate of young and middle-aged patients with hypertension are significantly lower than those of the elderly.

3. 长期高血压肾脏好受伤 Long-term hypertensive kidney injury	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 15:35:41 Time: 15:35:41
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我国高血压患者人数超过2.7亿人，发病人数比较庞大。高血压病初期，一些身体的症状不易被发现，长此以往，高血压可以对心脏、脑、肾脏等靶器官造成损伤。数据显示，高血压人群中肾脏损害的发生率高达20.8%，比一般人群的7.3%高出很多。继糖尿病、慢性胃炎之后，高血压肾病成为肾脏损伤最终发展成肾衰竭的第三位诱发病。

The number of hypertensive patients in China exceeds 270 million, and the number of patients is relatively large. In the early stage of hypertension, some physical symptoms are difficult to detect. In the long run, hypertension can cause damage to target organs such as heart, brain and kidney. Data show that the incidence of kidney damage in hypertensive population is as high as 20.8%, much higher than that in the general population of 7.3%. Following diabetes mellitus and chronic nephritis, hypertensive nephropathy has become the third leading cause of renal failure.

4. 高血压患者如何做好春季养生？ How to keep healthy in spring for hypertensive patients?	来源：手机网易网 Source: Mobile NetEase	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间： 16:41:44 Time: 16:41:44
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《黄帝内经》曰：“春三月，此谓发陈，天地俱生，万物以荣，夜卧早起，广步于庭，披发缓行，以使志生”意思是经历了冬天的寒冷，到了春天万物复苏，而我们此时养生应当顺应季节，早睡早起，多散步以放松、舒缓身体，使身体内的阳气随自然界的阳气同步生发，让自己也如同新生的草木般生机升发，达到身心共调的养生目的。那么，对于高血压患者而言，如何根据中医养生理念、把握重点做好春季养生呢？

"The Yellow Emperor's Internal Classic" said: "Spring and March, this is called aging, heaven and earth are born, all things are proud, sleeping early at night, walking in the courtyard, clothing slowly, so as to make aspirations." It means that after the cold winter, everything will recover in spring. At this time, we should conform to the season, go to bed early, get up early, take more walks to relax and relax the body, so that the body Yang Qi is the same as the natural Yang Qi. Step by step, let oneself also like the new vegetation vigor, to achieve the goal of physical and mental harmony. So, for hypertensive patients, how to do a good job of spring health preservation according to the concept of traditional Chinese medicine?

<div>心血管健康</div> <div>Cardiovascular health</div>

1. 小坚果大作用! 可降低糖尿病患者心脏病风险 Nuts work! Reducing the risk of heart disease in diabetic patients	来源: 健康报 Source: Health News	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 15:50:01 Time: 15:50:01
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据英国路透社2月20日报道, 一项美国研究表明, 与几乎不吃坚果的糖尿病患者相比, 经常吃坚果的糖尿病患者患心脏病的可能性更低。 美国研究发现, 每周吃至少5份(每份28克)坚果的糖尿病患者与每周摄入不超过一份坚果的糖尿病患者相比, 患心脏病的可能性低17%。而即使每周只吃一次坚果也可能对心脏有好处。对于糖尿病患者而言, 坚果摄入量每周增加一份, 便可使心脏病发病风险降低3%, 心脏病死亡风险降低6%。

Diabetics who regularly eat nuts are less likely to suffer from heart disease than those who barely eat nuts, according to an American study, Reuters reported on February 20. Diabetics who ate at least five nuts a week (28g each) were 17 percent less likely to have heart disease than those who ate no more than one nut a week, according to a US study. Even eating nuts once a week may be good for the heart. For diabetics, an increase in nuts intake once a week can reduce the risk of heart disease by 3% and heart death by 6%.

综合健康信息 Comprehensive Health Information

1. 除了元宵节的汤圆, 超市冰柜还有啥值得带回家? In addition to the dumplings of the Lantern Festival, what else is the supermarket freezer worth taking home?	来源: 搜狐 Source: Sohu	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 03:34:00 Time: 03:34:00
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除了元宵节的汤圆, 超市冰柜还有啥值得带回家? 正月十五元宵节, 对于中国大部分地区的朋友来说, 有一项必要的习俗就是在这一天要吃一顿汤圆或者元宵。 相比于北方城市中现做现卖的元宵, 汤圆往往可以在全国各地的超市速冻冷柜中找到。所以大多数人都会选择在下班后去超市拿一包速冻汤圆来吃, 方便快捷。 但是你是否注意过, 在超市存放速冻汤圆的冰柜中, 还摆放着各式各样的速冻食品。如果是不爱吃汤圆的朋友, 平时还有哪些别的选择?

In addition to the dumplings of the Lantern Festival, what else is the supermarket freezer worth taking home? On the 15th Lantern Festival of the first lunar month, it is a necessary custom for friends in most parts of China to eat Tangyuan or Lantern Festival on this day. Compared with the ready-to-sell Lantern Festival in northern cities, Tangyuan can often be found in supermarket freezers all over the country. So most people will choose to go to the supermarket after work to get a bag of quick-frozen dumplings to eat, convenient and fast. But have you ever noticed that there are all kinds of quick-frozen food in the freezer of quick-frozen dumplings in supermarkets? If you don't like Tangyuan, what other choices do you usually have?

2. 4个关键因素为长寿“铺路”! 符合2种以上的人, 想不长寿都很难 Four key factors are paving the way for longevity! It's hard for people who meet two or more criteria to live long.	来源: 中国江西新闻网 Source: China Jiangxi News Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:37:06 Time: 08:37:06
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长寿是人类永恒的话题, 历史上, 很多强大的帝王都在寻找着“长生不老”之药, 而到了现在, 很多人也不能免俗的希望可以活的更久一点。下面51养生网小编就给大家讲讲这4个关键因素为长寿“铺路”! 符合2种以上的人, 想不长寿都很难。 1.基因的遗传。如果你很幸运, 正好出生在一个长寿家族中, 那么你也很可能活得长久。

Longevity is an eternal topic of human beings. Historically, many powerful emperors are looking for the medicine of "immortality". Now, many people can not avoid the vulgar hope that they can live longer. The following 51 health net Xiaobian to tell you about these four key factors for longevity "paving the way"! It's hard for people who meet two or more criteria to live long. 1. Gene inheritance. If you are lucky enough to be born into a longevity family, you are likely to live long.

3. 痛风患者的生活指南 Life Guidelines for Gout Patients	来源: 人民网 Source: People's net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:51:49 Time: 08:51:49
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痛风患者往往忍受着常人不能想象的疼痛。这种病很“霸道”, 首次发作之后, 一半以上的人在一年内复发, 只有7%的人长期观察而无复发。治痛风, 不能急, 不能躁, 既需药物, 也要衣食住行综合管理。 食物篇 非药物方式控制尿酸的原则是“三低一高”, 即低嘌呤、低盐、低脂, 以及大量饮水。根据每100克饮食中嘌呤的含量, 可以把日常的食物分为甲、乙、丙三级。

Gout sufferers often suffer from pains that ordinary people cannot imagine. After the first attack, more than half of the patients relapsed within one year, while only 7% of the patients had no relapse after long-term observation. To cure gout, we should not be impatient or impatient. We should not only need medicines, but also comprehensive management of clothing, food, housing and transportation. The principle of controlling uric acid in non-drug way is "three low and one high", i.e. low purine, low salt, low fat, and plenty of drinking water. According to the purine content in every 100 grams of diet, the daily food can be divided into three levels: A, B and C.

4. 糖尿病患者要坚持“得舒饮食” Diabetic patients should adhere to the "Diet of Deshu"	来源: 扬子晚报 Source: Yangtze Evening Post	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 23:08:33 Time: 23:08:33
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其实, 对于一些想要减肥, 但不爱运动的人来说, 有一种膳食模式非常适合, 那就是得舒饮食。许多人在吃的同时, 体重会自然下降。当然, 减肥只是得舒饮食一个附带的作用, 它对人体健康的益处更大, 而本期, 我们就和广大糖友聊聊得舒饮食。 得舒饮食, 最早是1997年美国的一家研究所为高血压患者制订的膳食治疗模式。但是在这些年的应用中显示, 得舒饮食不仅对高血压患者有益, 对于糖尿病患者来说, 使用得舒饮食也能够降低中风、心梗等并发症的风险。

In fact, for some people who want to lose weight, but do not like sports, there is a very suitable dietary pattern, that is, the diet of comfortable. Many people lose weight naturally while eating. Of course, losing weight is only a side effect of diet, which has greater benefits for human health. In this issue, we will talk about diet with the majority of sugar pals. Deshu diet was first developed by an American Institute in 1997 as a dietary treatment model for hypertensive patients. But in recent years, it has been shown that the diet of Deshu is not only beneficial to hypertension patients, but also can reduce the risk of complications such as stroke and myocardial infarction for diabetic patients.

5. 春节大鱼大肉节后清汤寡水 After the Spring Festival Big Fish and Big Meat Festival, there is little water in the clear soup.	来源: 红网 Source: Red Net	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 11:17:58 Time: 11:17:58
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从前年到正月十五, 大鱼大肉、好吃好喝一转眼半月有余。春节过后, 一些人开始思虑起了清汤肠胃, 于是, 胡吃海喝一下变成了粒米不沾。然而, 这样的消食真的健康吗? 医生提醒, 节后调整饮食要避免从一个极端走向另一个极端, 以免过犹不及, 给身体造成新的伤害。 “过度式消食”造成消化功能紊乱, “这几天家里人都开始吃素, 我们稍微年轻一点的好像没什么问题, 但是家里的老人身体开始吃不消。”

From the year before last to the fifteenth day of the first lunar month, big fish, big meat, delicious and delicious for more than half a month. After the Spring Festival, some people began to think about clearing their stomach and intestines, so Hu eat sea and drink it into rice. However, is this diet really healthy? Doctors warn that adjusting diet after the festival should avoid going from one extreme to another, so as not to overdo it and cause new harm to the body. "Overeating" causes digestive disorders. "In recent days, family members have started to eat vegetarian food. It seems that we are a little younger, but the old people in the family are starting to eat more."

6. 享瘦秘籍 看完张柏芝的减肥餐有点慌? 看来吃得少真不如吃得有心机! Enjoy Slim Secret Book Watching Cecilia Cheung's diet is a little panicky? It seems that it is better to eat less than to eat more deliberately!	来源: 瑞丽女性网 Source: rayli	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:30:35 Time: 16:30:35
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“每逢佳节胖三斤”, 春节假期, 吃吃喝喝是逃都逃不掉的, 难道美味和身材真的不能兼得吗? 科学证明: 只要吃得有心机, 养成易瘦体质并不难! 看看娱乐圈的那些真吃货明星, 不仅不饿肚子不受罪, 还能keep健康匀称的好身材, 长胖之前赶紧先来跟她们取取经吧! “每逢佳节胖三斤”, 作为吃货, 春节假期里怎么少得了各种大鱼大肉呢? 不过, 吃饭一时爽, 节后上秤估计大家可就笑不出来了……不看不知道, 一看吓一跳, 女明星为了瘦, 拼起来真的很可怕!

"Every Festival fat three kilograms", the Spring Festival holidays, eating, drinking and can not escape, is it really not both delicious and stature? Science has proved that it is not difficult to develop a lean physique as long as you have the heart to eat. Look at the real food stars in the entertainment industry. Not only are they not hungry and not suffering, but they can also keep a healthy and well-proportioned figure. Come and learn from them before you get fat. "Every Festival fat three kilograms", as food, the Spring Festival holidays, how can you get a variety of big fish and meat? Nevertheless, the meal was refreshing for a while, and after the festival, the scales estimated that everyone could not laugh at it. I don't know. It's frightening to see. For the sake of being thin, female stars are really terrible to put it together!! _____

7. 春节过后吃什么好? What to eat after the Spring Festival?	来源: 黄河新闻网 Source: Yellow River News Network	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 11:32:02 Time: 11:32:02
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春节长假已悄然过去, 不少人已经进入正常工作或学习状态。可是发现不仅胖三斤, 还烦躁郁闷、注意力不集中、白天昏昏欲睡、晚上不想睡觉, 出现各种各样的小病小痛, 有些人甚至“三高”超标, 出现危害身体健康甚至影响生命的大问题。面对这些情况, 饮食上该做怎样的调整呢? 避免饮食调养误区 过年过节做点好的, 犒劳一下全家人一年的辛苦, 也积攒过年的“年味”, 这早已成为中华民族的一种传统。 “但春节期间人们往往起居无规律, 饮食无节制, 伤心伤肺伤肝伤胃, 若不调整则伤身伤胃。”

The Spring Festival holiday has quietly passed, and many people have entered a normal working or learning state. But found not only fat three kilograms, but also restless depression, inattention, drowsiness during the day, do not want to sleep at night, there are a variety of minor illnesses and minor pain, some people even "three high" exceed the standard, there are serious problems that endanger health and even affect life. In the face of these situations, how should we adjust our diet? Avoiding the misunderstanding of diet and nourishment, we should do a good job during the Spring Festival, reward the whole family for their hard work and accumulate some "New Year's flavor", which has already become a tradition of the Chinese nation. "But during the Spring Festival, people tend to live irregularly, eat uncontrolled, hurt the lung, liver and stomach, and injure the body and kidney if not adjusted."

8. 早餐吃汤圆有什么问题? 血糖高怎么吃? What's wrong with Tangyuan for breakfast? How to eat high blood sugar?	来源: 手机网易网 Source: Mobile NetEase	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 16:35:21 Time: 16:35:21
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明天就是元宵了，怎么能少了汤圆呢。汤圆和元宵都是糯米做的节日美食。跟所有节日食物一样，总有高糖高脂高热量的担心。 虽然是老生常谈的话题了，但还是给大家捋一捋吃汤圆的注意事项吧。汤圆有大有小，一般常规是20克左右一个。我比较了几个类型的汤圆， 每一个的热量在50kcal-70kcal左右。 4个黑芝麻汤圆，跟二两米饭的热量差不多；常州特产荠菜汤圆，一个有60克！如果单纯看热量，那么大的汤圆，一次吃1-2个就差不多了。

Tomorrow is the Lantern Festival. How can there be less Tangyuan? Tangyuan and Yuanxiao are both Festival delicacies made of glutinous rice. Like all holiday foods, there is always a fear of high sugar, high fat and high calories. Although it's a cliché topic, let's give you some tips for eating dumplings. The size of Tangyuan is about 20 grams. I compared several types of dumplings, each with a calorie of about 50 kcal-70 kcal. Four black sesame dumplings, the same calorie as two or two rice; Changzhou specialty shepherd's purse dumplings, one with 60 grams! If you just look at the calories, then the big dumplings, eat 1-2 at a time is almost the same.

9. 男人45岁之后要当心，经常吃这4种食物让你"短命"，再想吃也要忍着	来源：搜狐	主体：公众	态度：提倡	时间： 21:58:01
Men should be careful after they are 45 years old, and eat these four kinds of food regularly to make you "short-lived" and endure to eat any more.	Source: Sohu	Subject: public	Attitude: advocate	Time: 21:58:01

男人45岁之后要当心，经常吃这4种食物让你"短命"，再想吃也要忍着。衰老是一种自然规律，我们谁都无法逃避。对于45岁男人来说虽然在外貌上并不会明显看出衰老的痕迹，可身体内的各个脏器的衰老会很明显。很多日常不良生活习惯还会加速衰老这一进程，例如经常食用以下4种食物，要想长寿，还是少吃为妙。

Men should be careful when they are 45 years old. Often eating these four kinds of food will make you "short-lived" and endure it when you want to eat. Aging is a natural law, and none of us can escape it. For a 45-year-old man, although there is no obvious sign of aging in appearance, the aging of various organs in the body will be obvious. Many bad daily habits can also accelerate the process of aging, such as eating the following four kinds of food regularly. If you want to live a long life, it is better to eat less.

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

2019-02-21, 共监测到551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 551 WeChat public articles were monitored in 2019-02-21. This page shows the top five articles by repeat number today.

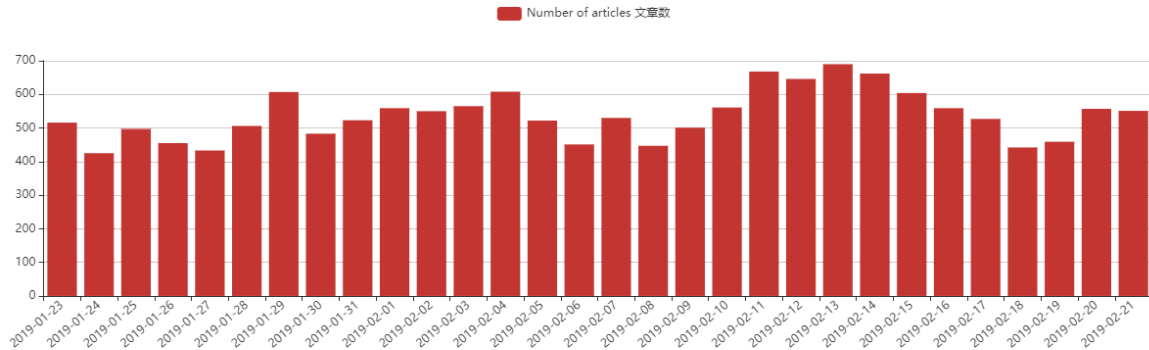
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 终生不得癌症的铁律, 你能守住几条?](#)
[How many rules of cancer prevention can you follow?](#)

重复数: 11
Repeat Number: 11

日期: 2019-02-21
Data: 2019-02-21

高盐饮食与胃癌的发生有着密切关系。日本癌症中心研究所针对4万名中年人进行为期11年的随访发现, 对男性而言, 食盐多者患胃癌风险比食盐少者高一倍。而在女性中, 食盐多者患胃癌风险也显著高于食盐少的人。研究者表示, 这是因为人体食用过量高盐食物后, 食盐的高渗透压会对胃黏膜造成直接损害, 随之发生一系列病理改变。

High salt diet is closely related to the occurrence of gastric cancer. An 11-year follow-up of 40,000 middle-aged people by the Japan Cancer Center Institute found that men who ate more salt had twice the risk of gastric cancer as those who ate less salt. In women, the risk of gastric cancer in those with more salt was also significantly higher than that in those with less salt. Researchers say this is because the high osmotic pressure of salt causes direct damage to the gastric mucosa and a series of pathological changes occur after people eat too much high-salt food.
- [2. 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: 9
Repeat Number: 9

日期: 2019-02-21
Data: 2019-02-21

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

重复数: 5
Repeat Number: 5

日期: 2019-02-21
Data: 2019-02-21

食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。建议一个啤酒瓶盖装满盐正好是6克的量。零食、酱菜、午餐肉等加工食品少吃。

Excessive salt intake is closely related to hypertension and cardiovascular diseases. It can also aggravate gastric mucosal damage and accelerate osteoporosis. Moreover, excessive salt intake can make skin worse. Whether for health or beauty, salt control is essential. It is recommended that a beer bottle cap be filled with exactly 6 grams of salt. Eat less snacks, pickles, lunch meat and other processed foods.
- [4. 吃盐越少就越健康? 未必! 这样做有隐患, 快看!](#)
[The less salt you eat, the healthier you will be? Not necessarily! There are hidden dangers in doing so. Look!](#)

重复数: 3
Repeat Number: 3

日期: 2019-02-21
Data: 2019-02-21

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

A number of scientific studies have pointed out that high salt intake is not only easy to induce high blood pressure, but also increases the risk of stroke and cardiovascular events. According to reports, of the cardiovascular deaths in 2010, 1.65 million were attributed to excessive salt intake (more than 2g/d). In 2003, the UK's salt-restricting campaign reduced adult daily salt intake from 9.5 g in 2001 to 8.1 g in 2011, with nearly 9,000 lives free of stroke and heart disease.
- [5. 【健康在线】高糖VS高盐, 到底哪个对人体的杀伤力更强?](#)
[\[Health Online\] High sugar VS and high salt, which is more lethal to human body?](#)

重复数: 3
Repeat Number: 3

日期: 2019-02-21
Data: 2019-02-21

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

Salt is known as "the first of all tastes". Moreover, sodium and chloride ions provided by salt maintain the osmotic pressure and acid-base balance of extracellular fluid, and play an important role in maintaining the stress of nerves and muscles 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

2019-02-21, 共检测到1883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。

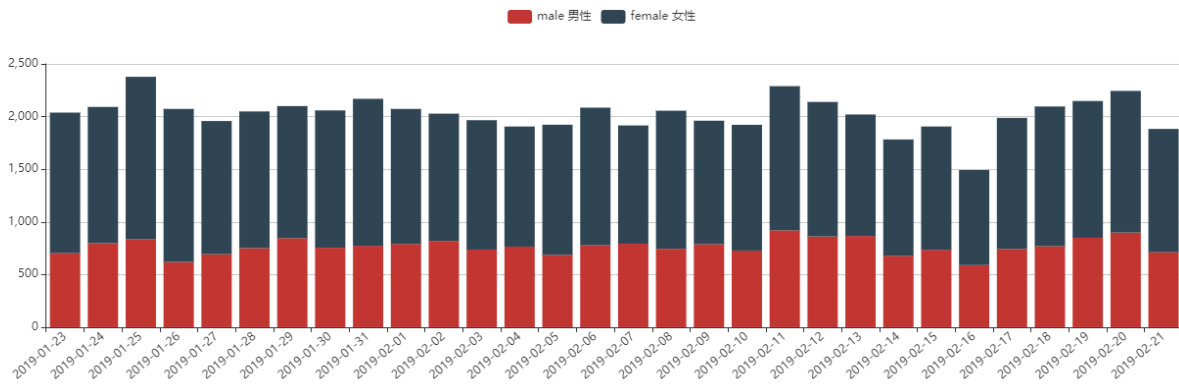
There are 1883 weibos about salt reduction monitored on 2019-02-21.

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!

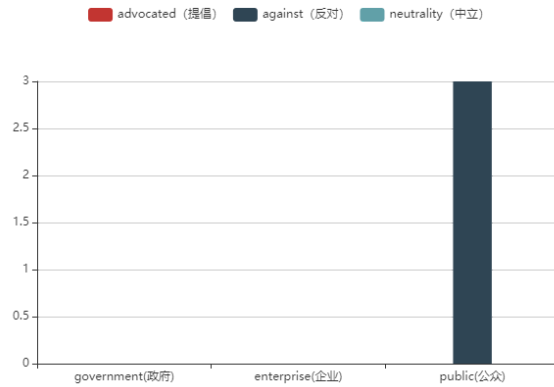
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-02-21) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-02-21. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

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

河南

Henan

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

安徽

Anhui

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

浙江

Zhejiang

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

其他省份
Other Provinces

反式脂肪酸 Trans fat				
1. 果蔬脆片可以当减肥零食么？盘点那些看起来健康的“健康零食” Can fruit and vegetable chips be used as weight-loss snacks? Inventory of healthy-looking snacks	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 10:31:46 Time: 10:31:46
似乎在最近几年，食物集体都变得健康了起来。来自北卡罗来纳大学的一项调查发现，在2008-2014年之间，统计的8000万件商品中，有35%的饮料宣称了类似“低糖”、“无糖”等字眼，有30%的食物也有类似的标注。这些“健康食物”也确实在生活中更受欢迎。但正是这些看起来让人很安心的标签，让我们掉进了“成分陷阱”。				
It seems that in recent years, food groups have become healthy. A survey from the University of North Carolina found that between 2008 and 2014, 35% of the 80 million products in the statistics claimed words like "low sugar" and "no sugar", and 30% of the foods had similar labels. These "healthy foods" are indeed more popular in life. But it is these seemingly reassuring labels that make us fall into the "ingredient trap".				
2. 你吃的什么东西？人造肉，一种比尔·盖茨都觉得好吃的肉 What do you eat? Artificial meat, a meat that Bill Gates likes to eat	来源：爱范儿·让未来触手可及 Source: Love Fan Er, Make Future Reachable	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 20:14:11 Time: 20:14:11
你会吃人造肉吗？这里说的是用高科技制造的人造肉，主要有用植物蛋白做成的素肉，和用动物干细胞培育而成的「实验室肉」两种。这不是什么新闻。2013年，荷兰马斯特里赫特大学的马克·波斯特（Mark Post）第一次向公众展示了他研发的实验室肉：先从活牛身上提取干细胞，然后把干细胞放进营养液中培育出肌肉组织，最后形成肌肉纤维。				
Can you eat artificial meat? This is a high-tech artificial meat, mainly vegetable protein meat, and animal stem cells from the cultivation of "laboratory meat" two kinds. This is not news. In 2013, Mark Post of the University of Maastricht in the Netherlands showed the public for the first time his lab meat: stem cells were extracted from live cattle, then put into nutrient solution to grow muscle tissue and finally form muscle fibers.				
3. 糖尿病患者要坚持“得舒饮食” Diabetic patients should adhere to the "Diet of Deshu"	来源：扬子晚报 Source: Yangtse Evening Post	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 23:14:14 Time: 23:14:14
其实，对于一些想要减肥，但不爱运动的人来说，有一种膳食模式非常适合，那就是得舒饮食。许多人在吃的同时，体重会自然下降。当然，减肥只是得舒饮食一个附带的作用，它对人体健康的益处更大，而本期，我们就和广大糖友聊聊得舒饮食。得舒饮食（DASH Diet），最早是1997年美国的一家研究所为高血压患者制订的膳食治疗模式。饮食强调饮食要少油低钠、高钾高镁、丰富的膳食纤维和不饱和脂肪酸。				
In fact, for some people who want to lose weight, but do not like sports, there is a very suitable dietary pattern, that is, the diet of comfortable. Many people lose weight naturally while eating. Of course, losing weight is only a side effect of diet, which has greater benefits for human health. In this issue, we will talk about diet with the majority of sugar pals. DASH Diet was first developed by an American Institute in 1997 as a dietary treatment model for hypertensive patients. Diet emphasizes less oil, low sodium, high potassium, high magnesium, rich dietary fiber and unsaturated fatty acids.				
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

2019-02-21, 共监测到232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 232 WeChat public articles were monitored in 2019-02-21. This page shows the top five articles by repeat number today.

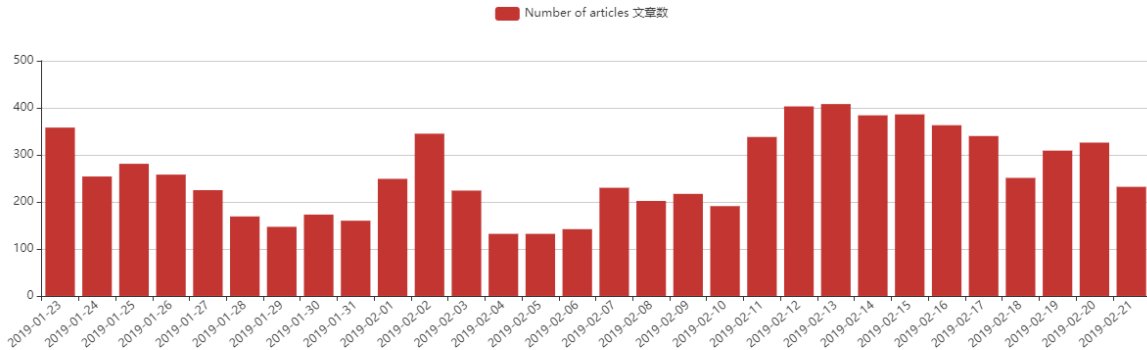
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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: 33

日期: 2019-02-21

Repeat Number: 33

Data: 2019-02-21

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: 2019-02-21

Repeat Number: 13

Data: 2019-02-21

[Chinese girl destroyed by milk tea](#)

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 the word plant, in fact, there are more saturated fatty acids than lard! After artificial hydrogenation, a large amount of trans fatty acids are also produced! Trans fatty acids are extremely harmful to the human body, which not only increases the risk of cardiovascular disease and diabetes, but also affects the development of the nervous system in children.

3. 饼干里也有“致癌物”? 原来真相是这样.....

重复数: 7

日期: 2019-02-21

Repeat Number: 7

Data: 2019-02-21

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, 容易引启动脉粥样硬化和血栓形成。在制作各类饼干点心的原材料中, 包括植物性奶油、人造黄油、起酥油、沙拉酱、代可可脂等都含有反式脂肪酸, 患有高脂血症的人群不应多吃。

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

4. 奶茶, 正在毁掉我们下一代

重复数: 5

日期: 2019-02-21

Repeat Number: 5

Data: 2019-02-21

[Milk tea is destroying our next generation](#)

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.

5. 奶茶, 正在毁掉现在的年轻人!

重复数: 3

日期: 2019-02-21

Repeat Number: 3

Data: 2019-02-21

[Milk tea is destroying young people today!](#)

结果检测发现一杯奶茶, 就超过三天的量了 也就是说 原料是不健康的! 蛋白质偏低和反式脂肪酸含量偏高的问题尤其突出。对此, 专家分心认为, 这两项指标失衡, 说明商家可能并没有用“真材实料”, 牛奶的原料上很可能用了奶精之类的代替。对此, 消保委提醒商家, 应对原材料严格把关, 了解加工工艺的效果, 标明奶茶的成分含量及不适用人群。

The results showed that the content of a certain component of a cup of milk tea exceeded the normal three-day intake, which indicates that the raw materials of the milk tea are unhealthy! The problem of low protein and high trans fatty acid content is particularly acute. In this regard, experts pointed out that the imbalance between these two indicators indicates that the business may not use "real material." Milk is probably replaced with creamer.

反式脂肪酸-微博 Transfat - Weibo

2019-02-21, 共检测到156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。

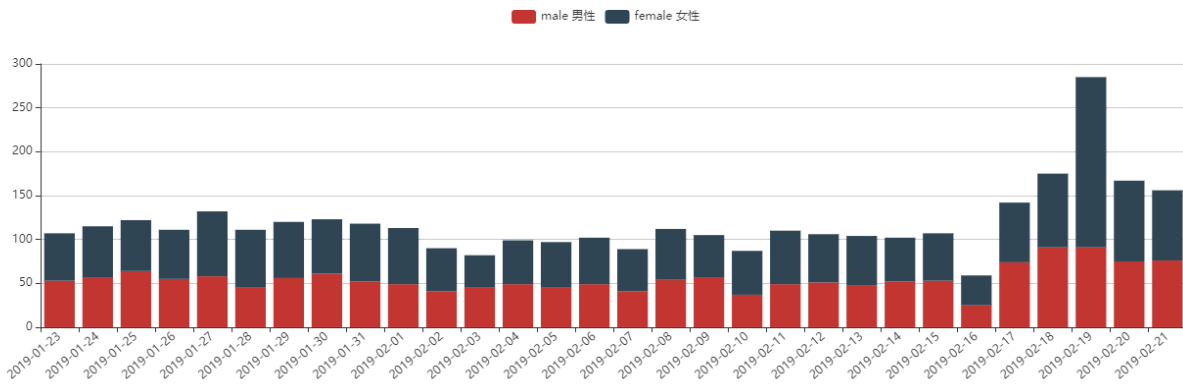
There are 156 weibos about transfat reduction monitored on 2019-02-21.

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!