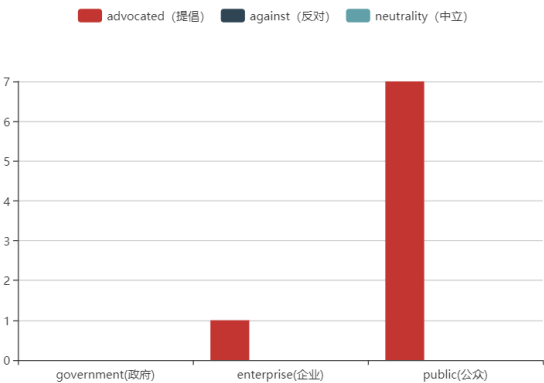


减盐-新闻

Salt Reduction - News

今日 (2018-12-03) 共监测到8条资讯。请点击标题查看原文。
There are 8 articles monitored today 2018-12-03. 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
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. [早餐，坚决不能吃这2种东西！不然你又离医院更近了一步](#)
[Breakfast, absolutely can't eat these two kinds of things! Otherwise, you're a step closer to the hospital.](#)

来源：中原网 主体：公众 态度：提倡 时间： 18:47:44

Source: Central Plains Network Subject: public Attitude: advocate Time: 18:47:44

早晨起床后所干的事情，一直以来是各位比较关注的一件事情；有的人说早晨起来第一件事应该多喝水，有的人说早晨起来第一件事该刷牙，还有的人说早晨起来一定要抓紧吃饭，而且还需要必须吃些什么；关于起床后的饮食，该注意什么？哪些食物不建议各位食用？早晨起来的餐食，哪些食物不建议吃：首先，请各位先搞清楚一个概念，有些食物不建议您吃，并不是那些食物您千万不能吃，

没有不好的食物，只要不靠谱的搭配，少量吃或者限量食用危害并不大。
What you do after getting up in the morning has always been a matter of concern to you; some people say that you should drink water first thing in the morning, some people say that you should brush your teeth first thing in the morning, others say that you must grab a meal in the morning, and what you need to eat; and about the food after getting up, What should I pay attention to? What foods are not recommended for you to eat? What foods are not recommended for breakfast in the morning: First of all, please clarify a concept. Some foods are not recommended for you to eat, not those that you must not eat. There are no bad foods. As long as they are not matched properly, it is not harmful to eat in small quantities or in limited quantities.
<div>决心工程</div> <div>Resolve To Save Lives</div>
没有相关文章!
No such articles!

安徽

Anhui

<div>食物中的钠</div> <div>Sodium in food</div>
没有相关文章!
No such articles!
<div>高血压</div> <div>Hypertension</div>
没有相关文章!
No such articles!
<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>
没有相关文章!
No such articles!
<div>决心工程</div> <div>Resolve To Save Lives</div>
没有相关文章!
No such articles!

浙江

Zhejiang

<div>食物中的钠</div> <div>Sodium in food</div>
没有相关文章!
No such articles!
<div>高血压</div> <div>Hypertension</div>
没有相关文章!
No such articles!
<div>心血管健康</div> <div>Cardiovascular health</div>
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没有相关文章!
No such articles!
<div>决心工程</div> <div>Resolve To Save Lives</div>
没有相关文章!
No such articles!

其他省份

Other Provinces

<div>食物中的钠</div> <div>Sodium in food</div>				
1. 推荐 高尿酸血症饮食管理	来源：搜狐	主体：公众	态度：提倡	时间： 18:14:56
Recommendation Dietary management of hyperuricemia	Source: Sohu	Subject: public	Attitude: advocate	Time: 18:14:56
高尿酸血症饮食管理 1、改善生活方式：“四多”和“四少”原则 “四多”：（1）多饮水：肾功能正常者，每天饮水量应达1500~2000ml，增加尿量，促进尿酸排泄；（2）多运动，控制体重；（3）多吃含高钾低钠食物，如米面、奶蛋、新鲜蔬果等，有助于降低尿酸。（4）多吃碱性食品，碱化尿液，有利于尿酸排泄。 “四少”：（1）少饮酒，尤其啤酒应该少喝，甚至不喝；（2）少吃富含嘌呤食物，如动物内脏（肝、脑、肾等）、海产品等；（3）少吃火锅，不喝浓肉汤；				

Dietary management of hyperuricemia 1. Improving lifestyle: Four-plus and Four-less principles "Four-plus": (1) Drinking more water: people with normal heart and kidney function should drink 1500-2000 ml of water per day, increase urine volume, promote uric acid excretion; (2) Exercise more, control body weight; (3) Eat more foods containing high potassium and low sodium, such as rice noodles. Milk eggs, fresh vegetables and fruits can help reduce uric acid. (4) Eat more alkaline food, alkaline urine, is conducive to the excretion of uric acid. "Four Less": (1) Drink less alcohol, especially beer should be less, even not to drink; (2) eat less food rich in purine, such as animal viscera (liver, brain, kidney, etc.), seafood; (3) eat less hot pot, do not drink thick broth;				
高血压 Hypertension				
没有相关文章!				
No such articles!				
心血管健康 Cardiovascular health				
1. 突然体力大降警惕心衰 Sudden physical decline and vigilance against heart failure				
来源: 人民网 Source: People's net		主体: 公众 Subject: public		态度: 提倡 Attitude: advocate
				时间: 04:02:42 Time: 04:02:42
调查显示, 我国心衰患者预估超过千万。其中70岁以上老人中, 每10个人可能就有1人患有心衰。75岁以上的人群中, 更有一半以上伴有舒张性心力衰竭, 其中尤以女性更为常见。但由于心衰知识普及率不高、民众对其普遍缺乏基本认知, 致使很多患者错失了最佳诊疗时机。南方医科大学南方医院心力衰竭中心主任许顶立教授提醒, 如果患有心脑血管疾病, 一段时间内突然发现体力下降厉害, 动一动就气喘心慌, 甚至还出现脚部水肿, 这很可能提示出现心衰, 务必尽早就医排查。				
Surveys show that the estimated number of heart failure patients in China exceeds 10 million. One in 10 people over the age of 70 may have heart failure. More than half of people over 75 years old have diastolic heart failure, especially women. However, due to the low prevalence of heart failure knowledge and the general lack of basic knowledge, many patients missed the best opportunity for diagnosis and treatment. Professor Xu Dingli, director of the Heart Failure Center of Southern Hospital of Southern Medical University, reminded us that if we suffer from cardiovascular and cerebrovascular diseases, we suddenly find that our physical strength has dropped sharply for a period of time, we will feel short of breath and panic when we move, and even suffer from foot edema. This is likely to prompt the occurrence of heart failure, so we must seek medical examination as soon as possible.				
综合健康信息 Comprehensive Health Information				
1. 榆次区疾控中心开展健康生活方式宣传进乡镇活动 Yuci District CDC Carries out Health Lifestyle Publicity and Promoting Township Activities				
来源: 搜狐 Source: Sohu		主体: 公众 Subject: public		态度: 提倡 Attitude: advocate
				时间: 01:41:54 Time: 01:41:54
榆次区疾控中心开展健康生活方式宣传进乡镇活动 目前, 慢性病已是造成人类死亡和残疾的最主要问题, 并带来不堪重负的社会和经济负担。慢性病虽然严重威胁到人们的生命健康,但只要我们做到增加对慢性病的认识,大力宣传合理膳食, 戒烟限酒、适量运动、心理平衡、三减三健等健康生活方式知识, 养成健康的生活方式, 把预防与自身生活相结合, 我们就能拥有健康生活。 为了向广大群众普及慢病防控知识, 提高他们的防控意识, 养成良好的健康生活方式, 有效的预防慢病的发生, 2018年11月28日, 榆次区疾控中心深入张庆乡郝村开展了“健康生活方式”宣传进乡镇活动。				
At present, chronic diseases have become the main cause of human death and disability, and have brought heavy social and economic burdens. Although chronic diseases seriously threaten people's life and health, as long as we increase the awareness of chronic diseases, vigorously publicize the knowledge of healthy lifestyle such as reasonable diet, quitting smoking and drinking, moderate exercise, psychological balance, three-minus-three health, develop a healthy lifestyle, and combine prevention with our own life, we can have them. Healthy life. In order to popularize the knowledge of prevention and control of chronic diseases to the general public, improve their awareness of prevention and control, foster a good healthy lifestyle, and effectively prevent the occurrence of chronic diseases, on November 28, 2018, Yuci CDC launched a campaign to promote "healthy lifestyle" in Hao Village, Zhangqing Township.				
2. 【糖友之家】糖尿病患者如何安然过冬? [Sugar Friends'Home] How can diabetics survive the winter safely?				
来源: 搜狐 Source: Sohu		主体: 公众 Subject: public		态度: 提倡 Attitude: advocate
				时间: 17:52:34 Time: 17:52:34
糖尿病患者如何安然过冬? 关注 糖尿病患者如何安然过冬? 秋去冬来、北雁南飞、天寒地冻, 多数人在冬日里都会食欲大增, 吃什么都香。往往忘记了糖尿病的饮食控制, 这样一来不仅体重会增加, 血糖也会居高不下。那糖尿病患者要如何安然过冬呢? 当然是生活管理的各个方面都要特别注意, 需要从饮食、运动、自我护理和安全用药等方面着手。 冬季饮食管理不可少, 饮食总原则不能忘!大家知道, 运动疗法是控制糖尿病的基础, 即使是冬天也要坚持运动总原则: 循序渐进、量力而行、持之以恒。				
How can diabetic patients survive the winter safely? Pay attention to how diabetic patients survive the winter safely? When autumn goes to winter, wild geese fly south and the weather is cold, most people will have a great appetite in winter and eat everything fragrantly. Often forget the dietary control of diabetes, so that not only weight gain, blood sugar will remain high. How can diabetics survive the winter? Of course, special attention should be paid to all aspects of life management, including diet, exercise, self-care and safe medication. Winter diet management is indispensable, the general principles of diet can not be forgotten! As we all know, exercise therapy is the basis of controlling diabetes, even in winter, we should adhere to the general principles of exercise: step by step, do according to our abilities, and persevere.				
3. 这7种脸色预示着你身体出现了问题 These seven kinds of faces indicate that your body is in trouble.				
来源: 中国网 Source: China net		主体: 公众 Subject: public		态度: 提倡 Attitude: advocate
				时间: 10:55:07 Time: 10:55:07
中医认为人们内脏机能是否能正常运转直接能从脸上反应出来, 正常情况下脸色应该红润有光泽, 但是当脸色发黄、发白就要引起警惕了, 五脏六腑的健康状态可以从脸部颜色和光泽展示出来。 这7种脸色预示着你身体出现了问题, 快去看医生! 1、脸色发黄 当肝细胞受到算还或者是胆管堵塞时就会引起脸色发黄, 因为血液里面的胆红素已经渗入了组织。一般患上胆管炎、肝硬化以及肝癌时会出现脸色发黄; 另外当出现慢性失血时也会让脸色发黄。				
Traditional Chinese medicine believes that people's visceral function can be directly reflected from the face. Normally, the face should be ruddy and glossy. But when the face turns yellow and white, it will arouse vigilance. The healthy state of the five Zang-organs can be displayed from the face color and gloss. These seven kinds of faces indicate that your body is in trouble. Go to see a doctor quickly! uuuuuuuuuu 1. Facial yellowing When the hepatocytes are counted or the bile duct is blocked, it will cause facial yellowing, because the bilirubin in the blood has infiltrated into the tissues. In general, when suffering from cholecystitis, cirrhosis and liver cancer, the face will turn yellow; in addition, when chronic blood loss occurs, the face will turn yellow.				
4. 玫琳凯助力“健康美力中国行”健康科普活动 Mary Kay Helps Health Science Popularization Activities of "Healthy Beauty China Travel"				
来源: 中国新闻网 Source: China News Network		主体: 企业 Subject: industry		态度: 提倡 Attitude: advocate
				时间: 15:56:42 Time: 15:56:42
12月2日, 由上海市健康教育协会、上海市营养学会、《自我保健》杂志社主办, 上海社会组织健康传播联席会议部分成员单位协办, 玫琳凯(中国)有限公司倾力公益支持的“吃动两平衡, 健康每一天”健康美力中国行媒体说明会在上海启动, 来自全国的慢病预防与控制专家, 营养学专家, 三甲医院的营养师代表出席了本次活动, 中国疾病预防控制中心营养与健康所所长丁钢强和上海交通大学医学院营养系教授蔡美琴, 在会上发布相关的慢病数据, 和《现代生活方式与健康问题调查》报告。				
On December 2, sponsored by Shanghai Health Education Association, Shanghai Nutrition Society and Self-Health Magazine, and co-sponsored by some members of the Joint Conference on Health Communication of Shanghai Social Organizations, and supported by Mei Linkai (China) Co., Ltd., the "Eating Two Balances, Healthy Everyday" Healthy Beauty China Press Conference was held. Starting in Shanghai, experts in chronic disease prevention and control, nutrition specialists and representatives of nutritionists from the Third-Class A Hospital attended the event. Ding Gangqiang, director of the Department of Nutrition and Health of China Center for Disease Control and Prevention, and Cai Meiqin, professor of Nutrition Department of Shanghai Jiaotong University Medical College, released relevant chronic disease data at the meeting. And "Survey of Modern Lifestyle and Health Problems".				
5. 吃错盐也会患重病专家告诉您缘由 Eating the wrong salt can also cause serious illness. Experts tell you why.				
来源: 多维新闻网 Source: Multidimensional News Network		主体: 公众 Subject: public		态度: 提倡 Attitude: advocate
				时间: 18:14:56 Time: 18:14:56
食盐是烹饪美味时必不可少的调味料, 那么, 你对它了解多少? 近日, 中国疾控营养与健康所何丽研究员做客央视《健康之路》栏目, 为大家详细讲解用盐知识, 告诉您怎样“吃盐”才更健康。 四大“食盐误区” 1、低钠盐可以多吃 钠元素摄入过多, 会增加患高血压的风险。低钠盐用氯化钾替代盐中的一部分氯化钠, 从而降低人体钠元素的摄入量。低钠盐虽然钠元素减少了, 但是也需要控制摄入量。并且不是所有人都适合低钠盐, 肾功能不好或在服用利尿剂的人不适合吃低钠盐!				
Salt is an essential condiment in cooking. So, how much do you know about it? Recently, he Li, a researcher from China Institute of Disease Control, Nutrition and Health, visited CCTV's "Road to Health" column to explain salt knowledge in detail and tell you how to "eat salt" to be healthier. Four "salt misunderstandings". 1. Low sodium salt can increase the risk of hypertension by eating too much sodium. Low sodium salt uses potassium chloride to replace part of sodium chloride in salt, so as to reduce the intake of sodium element in human body. Low sodium salts need to be controlled, although sodium is reduced. And not everyone is suitable for low sodium salt, people with poor kidney function or taking diuretics are not suitable for low sodium salt!				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2018-12-03, 共监测到555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 555 WeChat public articles were monitored in 2018-12-03. This page shows the top five articles by repeat number today.

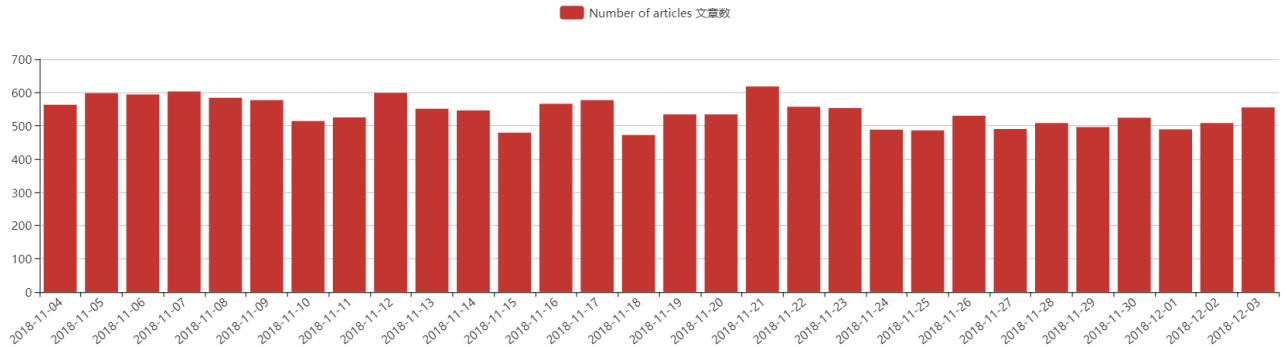
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [“吃错盐”也会患重病? 中国疾控专家告诉您其中缘由~yes](#)

重复数: 14

日期: 2018-12-03

Repeat Number: 14

Data: 2018-12-03

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。

Excessive salt intake can increase blood pressure and increase the risk of stomach diseases, osteoporosis, obesity and other diseases. The Chinese Dietary Guidelines recommends that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old.

2. [想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 10

日期: 2018-12-03

Repeat Number: 10

Data: 2018-12-03

食盐摄入很容易引起血压增高、血管硬化, 并且多余的钠需要由肾脏排出, 加大肾脏负担。限盐建议: 健康人通过饮食摄取的最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖的量。如果已经确诊高血压, 每天最好不要超过3克。

Long-term high-salt diet can easily lead to increased blood pressure and hardening of the arteries. And excess sodium needs to be excreted from the kidneys, which increases the burden on the kidneys. The optimal amount of salt that a healthy person can consume through the diet is no more than 6 grams per day, which is the amount of a common beer bottle cap. If you have already diagnosed high blood pressure, it is best not to exceed 3 grams per day.

3. [“盐多必失”, 这7大疾病都跟盐有关](#)

重复数: 7

日期: 2018-12-03

Repeat Number: 7

Data: 2018-12-03

食盐摄入量高的人群, 高血压的发病率也高。每多吃1克食盐, 就需喝110毫升水与之配成0.9%的“生理盐水”成为体液, 多余的体液进入血管, 血管壁受到的压力也随之增大。多吃盐需多喝水, 多排尿, 会加重肝肾的负担, 血压越高肾功能损害越大, 从而导致慢性疾病。

In people with high salt intake, the incidence of high blood pressure is also high. For every 1 gram of salt you eat, you need to drink 110 ml of water and mix it with 0.9% "salt" to become a body fluid. Excess body fluid enters the blood vessel and the pressure on the vessel wall increases. After eating too much salt, you need to drink more water and urinate more. This will increase the burden on the liver and kidney. The higher the blood pressure, the greater the damage of liver and kidney function, leading to chronic diseases.

4. [“吃错盐”也会患重病? 中国疾控权威专家告诉您其中缘由yes](#)

重复数: 7

日期: 2018-12-03

Repeat Number: 7

Data: 2018-12-03

少吃咸菜多食蔬果 少吃榨菜、咸菜和酱制食物。建议每餐都有新鲜蔬果。少吃高盐的包装食品 少吃熟肉类或午餐肉、香肠和罐头食品, 建议选择新鲜的肉类、海鲜和蛋类。逐渐减少钠盐摄入 减盐需要循序渐进, 味觉对咸味的需求会随着时间的推移逐渐降低。

Eat less pickles and eat more fruits and vegetables. Eat less mustard, pickles and sauces. It is recommended to have fresh fruits and vegetables for each meal. Eat less high-salt packaged foods. Eat less cooked meat or luncheon meat, sausages and canned food. Fresh meat, seafood and eggs are recommended. Gradually reduce sodium intake. The process of reducing salt needs to be gradual. The taste of salty taste will gradually decrease over time.

5. [央视发出警告: 别吃得太清淡, 好多人出问题了!](#)

重复数: 6

日期: 2018-12-03

Repeat Number: 6

Data: 2018-12-03

饮食过咸则容易引发骨质疏松、高血压, 长期饮食过咸还可导致中风和心脏病。而腌制食品不仅含盐量高, 还含有大量的亚硝酸盐, 它和黄曲霉素、苯丙芘是世界上公认的三大致癌物质。参考《中国居民膳食指南》, 每人每天食盐不超过6克。高血压患者或有高血压家族史的人, 每天食盐的摄取量要在4克以内。

Eating too salty can easily lead to osteoporosis and high blood pressure. A long-term diet that is too salty can also cause stroke and heart disease. The preserved food not only contains a high amount of salt, but also contains a large amount of nitrite. It is a recognized three major cancerous substances in the world with aflatoxin and phenylpropanoid. Refer to the "Chinese Dietary Guidelines", the salt per person per day does not exceed 6 grams. Hypertensive patients or people with a family history of hypertension have a daily intake of 4 grams of salt.

减盐-微博

Salt Reduction - Weibo

2018-12-03, 共检测到1456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。

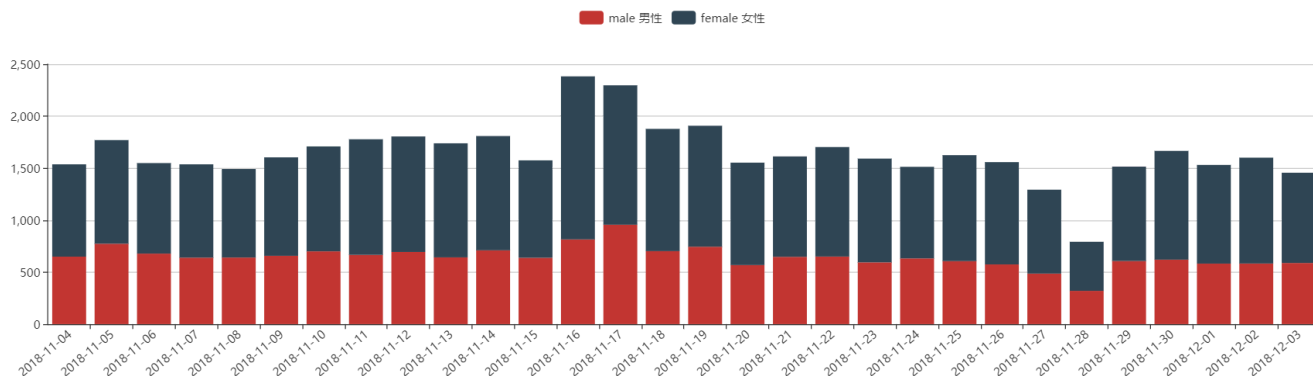
There are 1456 weibos about salt reduction monitored on 2018-12-03.

Weibos whose repost number is greater than 50 are listed in this page.

Click the content of each weibo, and you can see the detail information.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门微博

Hot Weibos

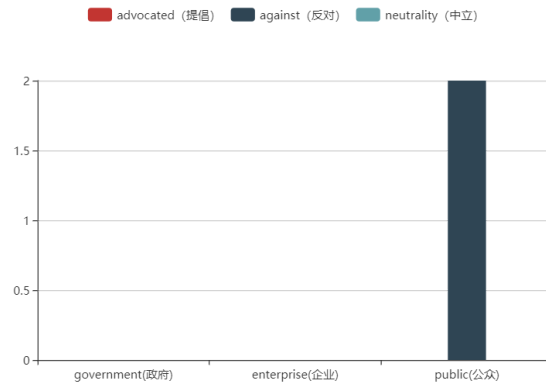
1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2018-12-03) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2018-12-03. 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

1. [你家的食用油安全吗? 怎样使用食用油更健康?](#)

[Is your cooking oil safe? How to use edible oil healthier?](#)

来源: 中原网

Source: Central Plains Network

主体: 公众

Subject: public

态度: 反对

Attitude: against

时间: 13:21:44

Time: 13:21:44

怕长肉、怕三高、怕油腻.....现如今脂肪已经成为很多瘦身人群、慢病患者的头号敌人，许多健康人也开始防患未然得主动戒掉油腻了，毕竟日常食用油里绝大部分组成成分都是脂肪，因此有人甚至做饭从来不放油，三餐水煮全世界.....这些让人生无可恋的方法的确会把大部分的脂肪拒之门外。然而，简单的不吃油真的就可以吗？当然不是！要知道，作为人体必需营养素之一，脂肪之于人体就像夏天的WiFi和空调一样可以续命。

Fear of flesh, fear of three heights, fear of greasy... Nowadays, fat has become the number one enemy of many people who are thin and suffering from chronic diseases. Many healthy people have begun to take the initiative to stop greasy. After all, most of the ingredients in daily cooking oil are fat, so some people never put oil in their cooking and cook three meals in water all over the world. These ways of making life unreachable do keep most of the fat out of the door. However, is it really okay to simply not eat oil? Of course not! You know, as one of the essential nutrients of the human body, fat on the human body can be as long as WiFi and air conditioning in summer.

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

其他省份
Other Provinces

反式脂肪酸 Trans fat				
1. 学生早饭吃什么最好 What's the best breakfast for students?	来源: TOM Source: TOM	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 13:21:51 Time: 13:21:51
<p>学生早饭吃什么最好 文章导读 现在，孩子们的学习压力越来越大。家长们都是望子成龙，望女成凤，希望自己的孩子能够有一个好成绩。而孩子们要有足够的精神学习的话，早餐就必须要有营养，所以家长们都会在孩子早餐上下功夫，让孩子能够有健康结实的体魄，同时让孩子的体质也有所增强。那么，学生早饭吃什么最好呢？ 1、早餐吃面包然后喝牛奶或咖啡，方便省事。但面包应注意选择全麦面包、燕麦片等，花生酱少抹为宜，植物奶油多经氢化形成一种反式脂肪酸已被证实和心脏血管疾病有关，经常食用对健康不利。</p> <p>What's the best thing for students to eat for breakfast? Parents are looking forward to their sons and daughters, hoping their children can have a good result. If children have enough spirit to learn, breakfast must have nutrition, so parents will work hard on children's breakfast, so that children can have a healthy and strong physique, at the same time, children's physique has also been strengthened. So, what's the best breakfast for students? 1. Bread for breakfast and milk or coffee for convenience. But bread should pay attention to whole wheat bread, oatmeal and so on. Peanut butter should be sparsely spread. Vegetable butter is hydrogenated to form a trans fatty acid, which has been proved to be related to cardiovascular diseases. Frequent consumption is harmful to health.</p>				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

反式脂肪酸-微信 Transfat - WeChat

2018-12-03, 共监测到368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 368 WeChat public articles were monitored in 2018-12-03. This page shows the top five articles by repeat number today.

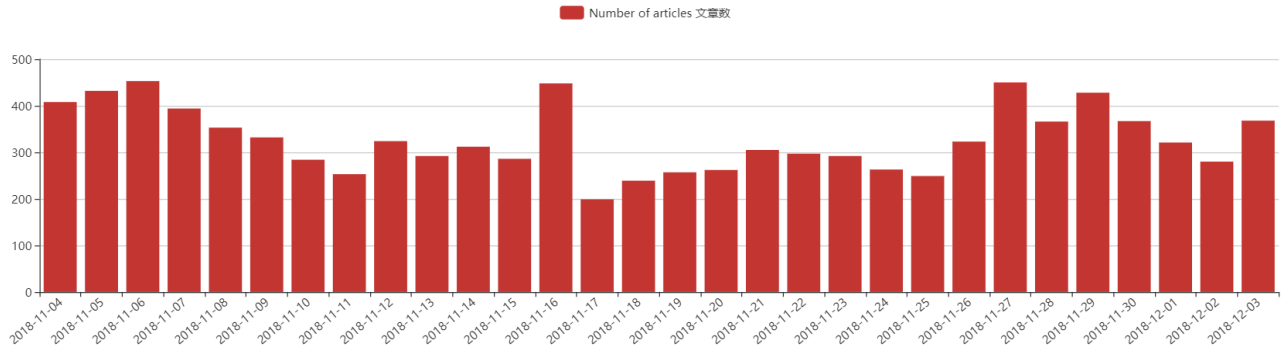
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 八种食物是“催老剂”，点进来，看看你一天吃几种~
Eight kinds of food are "ageing agents". Come in and see how many kinds of food you eat every day. | 重复数: 8
Repeat Number: 8 | 日期: 2018-12-03
Data: 2018-12-03 |
| 油炸食物食品的原料不安全, 可能存在过期、添加膨松剂、含铝超标等。铝超标容易引起软骨症、骨质疏松、影响智力发育。另外, 人造黄油危害不亚于油炸食品, 其中的反式脂肪酸影响人体内水的合成利用, 引起皮肤失水和皱纹出现, 加速衰老。 | | |
| yes | | |
| 2. 可怕, 原来这些都是高脂肪食物, 居然隐藏这么深!
Terrible, these are all high-fat foods! | 重复数: 4
Repeat Number: 4 | 日期: 2018-12-03
Data: 2018-12-03 |
| 奶油糖添加的都不是真的奶油, 而是氢化植物油制成的植物奶油, 其中饱和脂肪占一半左右, 并可能含有反式脂肪酸, 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 | | |
| yes | | |
| 3. 【科普课堂】破除心血管健康的8大谣言
yes | 重复数: 2
Repeat Number: 2 | 日期: 2018-12-03
Data: 2018-12-03 |
| 脂肪提供热量, 分为饱和脂肪、不饱和脂肪和反式脂肪3类, 需要区分好坏。人造反式脂肪 (部分氢化植物油) 是坏脂肪, 常见于烘焙食品和加工食品中, 会导致LDL-C水平增高。推荐摄入不饱和脂肪 (如鱼油), 限制饱和脂肪, 注意搭配好数量和类型。 | | |
| Fat is divided into three categories: saturated fat, unsaturated fat and trans fat. It needs to be distinguished. Artificial trans fats (partially hydrogenated vegetable oils) are bad fats that are commonly found in baked and processed foods and cause LDL-C levels to increase. It is recommended to consume unsaturated fats (such as fish oil). Limit saturated fat and pay attention to the quantity and type. | | |
| 4. 隔一天喝一大杯奶茶! 16岁女生突发心肌炎, 连走路都喘! 医生: 这两种人不要喝!
Drink a large cup of milk tea every other day! A 16-year-old girl suffers from sudden myocarditis and wheezes even when she walks! Doctors suggest these two kind of people don't drink them! | 重复数: 2
Repeat Number: 2 | 日期: 2018-12-03
Data: 2018-12-03 |
| 专家介绍, 植脂末就是植物奶油, 也叫氢化植物油, 含反式脂肪酸, 而反式脂肪酸对心脑血管疾病的影响在医学界是明确的, 所以世界卫生组织推荐我们膳食脂肪中反式脂肪酸的供能比不超过百分之一。孕妇和青少年少喝奶茶 福建医科大学营养与食品卫生专业博、硕士生导师、福建医科大学卫生检验与检疫学系主任王文祥表示, 健康成人单次摄入咖啡因量最好不要超过200mg。 | | |
| yes | | |
| 5. 体内胆固醇高, 多因你吃的不对! 这3类食物不妨多吃
High cholesterol in the body, mostly because your diet is not healthy! These 3 types of food should be eaten more | 重复数: 2
Repeat Number: 2 | 日期: 2018-12-03
Data: 2018-12-03 |
| 体内饱和脂肪酸过多, 会让体内胆固醇升高, 所以猪油、黄油、肥肉、奶类等动物性脂肪, 以及薯片、方便面、面包、油炸制品等加工食品需要少吃。而且加工食品会添加起酥油、棕榈油等, 除了饱和脂肪酸过多外, 反式脂肪酸含量也不低。 | | |
| Excessive saturated fatty acids in the body will increase cholesterol in the body. Therefore, animal fat such as lard, butter, fat, milk, and processed foods such as potato chips, instant noodles, bread, and fried products should be eaten less. Moreover, processed foods are added with shortening, palm oil, etc., in addition to too much saturated fatty acids, the trans fatty acid content is not low. | | |

反式脂肪酸-微博 Transfat - Weibo

2018-12-03, 共检测到62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。

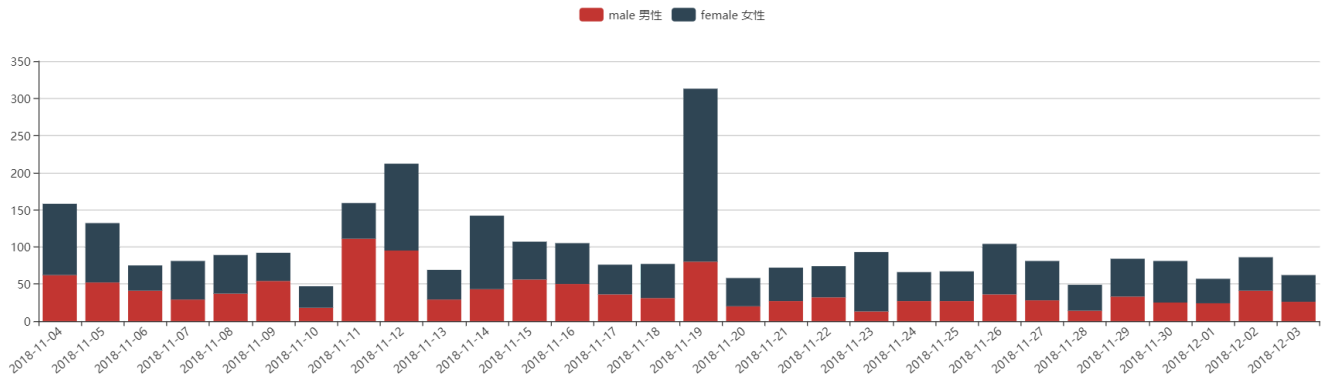
There are 62 weibos about transfat reduction monitored on 2018-12-03.

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!