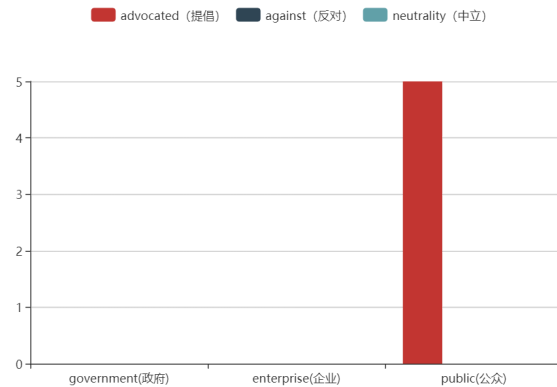


减盐-新闻 Salt Reduction - News

今日 (2018-11-09) 共监测到5条资讯。请点击标题查看原文。
There are 5 articles monitored today 2018-11-09. 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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浙江
Zhejiang

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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. 白粥、面条并不养胃！真正“养胃”的方法只有这一个	来源：搜狐	主体：公众	态度：提倡	时间： 12:27:44
White porridge, noodles, not nourishing the stomach!Really, the only way to "nourishing the stomach" this one	来源：搜狐	Subject: public	Attitude: advocate	Time: 12:27:44
白粥、面条并不养胃！真正“养胃”的方法只有这一个。 很多人觉得自己胃不好，于是就搜集各种养胃偏方，想靠着吃点什么来把胃“养”好，比如白粥、小米粥、山药、南瓜、生姜红茶..... 那么，问题也来了： 这些食物真的能“养胃”吗？ 1. 白粥、小米粥、面条： 不要长期喝。 粥里面主要是糊化的淀粉，蛋白质含量低， 也几乎没有脂肪， 越是软烂的面条和粥， 越是好消化。 但是， 消了近愁， 难解远忧， 想靠长期喝粥来养胃是行不通的。 因为， 胃功能有“用进废退”的特点： 长期总是吃特别好消化的食物， 胃的消化能力就会退化变差				
White porridge and noodles do not nourishing the stomach! The only way to really nourishing the stomach is this.Many people feel that their stomach is not good, so they collect a variety of recipes to nourish stomach, want to rely on what to eat to "nourish" the stomach, such as porridge, millet porridge, yam, pumpkin, ginger black tea...Then, the problem also comes.Can these foods really nourishing the stomach?1. white porridge, millet gruel, noodles: do not drink for a long time.Porridge is mainly gelatinized starch, low protein				

content, almost no fat, the more soft noodles and porridge, the better digestion.However, it is impossible for us to get rid of worry and to worry about the future.Because, the stomach function has the characteristic of "use in advance and waste in retreat": the digestive ability of the stomach will deteriorate if the stomach always eats the food which is especially good for digestion for a long time.

2. 吃坚果的正确方式get一下坚果可调节血脂、降低糖尿病风险，但每日摄入量...	来源：锦州新闻网	主体：公众	态度：提倡	时间：10:31:18
Eat nuts, the right way to get the nut adjustable blood fat, reduce the risk of diabetes, but the daily intake of...	来源：锦州新闻网	Subject: public	Attitude: advocate	Time: 10:31:18

吃坚果的正确方式get一下，坚果可调节血脂、降低糖尿病风险，但每日摄入量要控制。现在瓜子、核桃、榛子、夏威夷果、碧根果、松子、开心果、巴旦木等坚果陆续上市。有的人认为坚果是健康零食的代表，也有人担心坚果里有很多油脂，吃多了会发胖？这些不同的坚果中，究竟含有哪些营养元素？对人的身体有什么好处？记者专门请来解放军第309医院营养科主任左小霞为大家解惑。富含多种维生素和矿物质。“在谈营养之前，首先我们要知道坚果主要分为两类，一类是偏淀粉性的，一类是偏油性的

Get the right way to eat nuts. Nuts can regulate blood lipids and reduce the risk of diabetes, but daily intake should be controlled.Now melon seeds, walnuts, hazelnuts, Hawaiian nuts, Bigen nuts, pine nuts, pistachios, Padan trees and other nuts have come on the market. Some people think that nuts are the representative of healthy snacks. Others worry that nuts contain a lot of fat. If they eat too much, they will gain weight.What nutrients do these different nuts contain? What are the benefits to the human body? The reporter specially invited Zuo Xiaoxia, director of the Nutrition Department of the 309th Hospital of the PLA, to dispel doubts.Rich in vitamins and minerals." Before we talk about nutrition, first of all, we need to know that nuts are mainly divided into two categories, one is starchy, the other is oily.

高血压
Hypertension

没有相关文章！

No such articles!

心血管健康
Cardiovascular health

1. 秋末冬初，心脑血管疾病高发	来源：新浪网	主体：公众	态度：提倡	时间：14:11:35
Late early winter, a high incidence of disease of heart head blood-vessel	来源：新浪网	Subject: public	Attitude: advocate	Time: 14:11:35

秋末冬初，心脑血管疾病高发。11月7日是“立冬”，宣告冬季的开始，不过岭南地区仍秋意浓浓，昼夜温差比较大，在这种季节交替之际，就步入了心脑血管疾病的高发期。专家表示，空气干燥、早晚变冷、胃口变好后饮食不节制，这些都为冠心病、中风、心肌梗死等埋下了隐患。秋燥未退，血液易黏稠。和其他季节不同，广州在11月属于空气湿度最低的时候，不少人持续被秋燥困扰，出现口干舌燥、便秘、咳嗽等不适，与此同时心脑血管也受到考验

At the end of autumn and early winter, cardiovascular and cerebrovascular diseases were frequent.November 7 is the beginning of winter, declaring the beginning of winter, but Lingnan region is still autumn, day and night temperature difference is relatively large, in this season alternation, entered the high incidence of cardiovascular and cerebrovascular diseases. Experts say that dry air, cold sooner or later, and uncontrolled diet after a better appetite have all laid hidden dangers for coronary heart disease, stroke and myocardial infarction.Autumn dryness is not retreated, blood is easy to sticky.Unlike other seasons, when the air humidity is lowest in November, many people in Guangzhou continue to suffer from autumn dryness, dry mouth, tongue, constipation, cough and other discomforts. At the same time, cardiovascular and cerebrovascular diseases are also tested.

综合健康信息
Comprehensive Health Information

1. 老年人切勿盲目减肥	来源：新华网天津频道	主体：公众	态度：提倡	时间：18:11:09
The elderly don't blind to lose weight	来源：新华网天津频道	Subject: public	Attitude: advocate	Time: 18:11:09

日前，年近60岁的著名主持人倪萍成功瘦身20斤重回大众视野，引起人们关注。本市专业健身教练王爱斌提醒，人到老年，身体代谢减慢，再加上少运动，自然而然就会变胖。但是老年人不能盲目减肥，最好采用减少摄入脂肪的减肥方法和适量运动才能达到减肥目的。老年人肥胖大多都是因为热量过剩造成的，因为老年人的代谢速度降低，而进食量却不减，再加上运动量减少，那么就会引起热量过剩而肥胖，所以平时饮食一定要减少热量的摄入。老年人还应该减少食盐的摄入，吃含盐过高的食物会造成水肿型肥胖

Recently, the famous host Ni Ping, who is nearly 60 years old, succeeded in losing 20 kilograms and returning to the public's field of vision, which attracted people's attention. Wang Aibin, the city's professional fitness coach, reminds us that when people get old, their body metabolism slows down, coupled with less exercise, they will naturally become fat. However, the elderly can not lose weight blindly, it is better to adopt the method of reducing fat intake and proper exercise to achieve the goal of losing weight.Obesity in the elderly is mostly caused by excess calories, because the metabolic rate of the elderly decreases, but the amount of food intake does not decrease, coupled with reduced exercise, it will lead to excess calories and obesity, so diet must reduce calorie intake. The elderly should also reduce the intake of salt, and eating too much salt will cause edema obesity.

2. 孕期这样做长胎不长肉	来源：人民网	主体：公众	态度：提倡	时间：15:25:58
Long pregnancy do not long flesh	来源：人民网	Subject: public	Attitude: advocate	Time: 15:25:58

提到“孕期长胎不长肉”这个话题，很多正在备孕的准妈妈可能在脑海中会想到某些明星辣妈，人家可是在孕期就保持了高颜值和好身材，甚至因此被怀疑怀了个“假孕”。营养师专家认为，其实只要怀孕之后不开启吃货模式，掌握诀窍，控制得比较好的话，只长胎不长肉并非只是个传说，但无论如何，最重要的是母婴平安。广医二院营养科主任医师邓宇虹认为，想要做一个“长胎不长肉”的孕妈并没有大家想象中的那么难，关键是要控制好饮食，不要过多进补。建议孕妇在整个妊娠期增加的最佳体重是12公斤左右。过多进补，胎儿不一定长得快，反而让孕妇身体脂肪堆积，导致生育困难，增加患妊娠糖尿病、妊娠症的风险

When it comes to the topic of "long pregnancies without long flesh", many expectant mothers who are pregnant may think of some star hot mothers in their minds. However, they have maintained a high appearance and good figure during pregnancy, and are even suspected of having a "false pregnancy".Nutrition experts believe that as long as you don't start eating mode after pregnancy, master the knack, and control well, it's not just a legend to have a long fetus without meat, but in any case, the most important thing is the safety of mothers and babies.Deng Yuhong, director of Nutrition Department of Guangzhou Medical College, believes that it is not as difficult as everyone imagines to be a pregnant woman with "long fetus but no flesh". The key is to control her diet and not to make up too much. It is suggested that the best weight gain for pregnant women during pregnancy is about 12 kg. Too much supplement, the fetus does not necessarily grow fast, but let the body fat accumulation of pregnant women, resulting in fertility difficulties, increase the risk of gestational diabetes mellitus, pregnancy induced hypertension

决心工程
Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction - WeChat

2018-11-09, 共监测到577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 577 WeChat public articles were monitored in 2018-11-09. This page shows the top five articles by repeat number today.

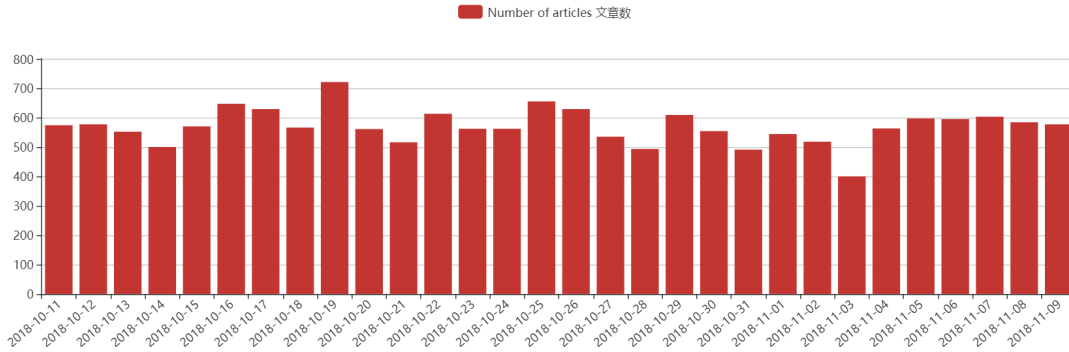
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain url, 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. 央视曝光! 不吃味精、鸡精的人都看看吧...

重复数: 42

日期: 2018-11-09

[CCTV has exposed this matter! People who don't eat MSG or chicken should pay attention to it.](#)

Repeat Number: 42

Data: 2018-11-09

与食盐一样, 味精中的主要成分谷氨酸钠中含有钠元素, 而过量摄入钠则会导致高血压等心脑血管疾病。因此, 要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。如果再加上味精中的钠, 就会更多。

Like salt, sodium glutamate, the main ingredient in MSG, contains sodium, and excessive intake of sodium can cause cardiovascular and cerebrovascular diseases such as high blood pressure. Therefore, it is necessary to control MSG as well as controlling salt intake. The dietary guidelines for residents in China advocate that the amount of salt per person per day should be less than 6 grams. However, the actual intake generally reaches about 10 grams. If you add sodium in MSG, it will be more.

2. 【健康】立冬进补不盲目~ “健康三减”记心上!

重复数: 4

日期: 2018-11-09

[Don't be blind when you are eating supplements in winter. Keep "Healthy three reductions" in mind!](#)

Repeat Number: 4

Data: 2018-11-09

流行病学调查发现, 吃盐太多, 会升高血压, 而高血压会增加中风、心脏病的发生几率。高盐饮食也会增加胃病、骨质疏松、肾病等的患病风险。膳食指南建议, 每天摄入的盐不要超过6克。做饭的时候使用限盐勺, 帮助控制盐的摄入量, 也要少放酱油、鸡精、豆豉等调味品。

Epidemiological investigations have found that eating too much salt can raise high blood pressure, and high blood pressure increases the risk of stroke and heart disease. A high-salt diet also increases the risk of stomach problems, osteoporosis, and kidney disease. The dietary guidelines recommend that the daily intake of salt should not exceed 6 grams. Use a salt-removing spoon when cooking to help control the intake of salt, and to add less seasonings such as soy sauce, chicken, and cardamom.

3. 50%的高血压因高盐或高钠引起, 如何科学减盐?

重复数: 2

日期: 2018-11-09

[50% of high blood pressure is caused by high salt or high sodium. How to scientifically reduce salt?](#)

Repeat Number: 2

Data: 2018-11-09

盐是重要的调味品, 有调节细胞外液容量和渗透压、维持酸碱平衡和维持正常血压的功能, 以及参与能量代谢和有关的一些生理功能的维持。但盐的摄入过高后增加了高血压的发病风险已被证实。

Salt is an important flavoring that has the function of regulating extracellular fluid volume and osmotic pressure, maintaining acid-base balance and maintaining normal blood pressure, and participating in the maintenance of energy metabolism and related physiological functions. However, it has been confirmed that excessive salt intake increases the risk of hypertension.

4. 【健康】18张癌症人体地图, 揭秘致癌真相

重复数: 2

日期: 2018-11-09

[\[health\] 18 cancer maps, revealing the truth of cancer](#)

Repeat Number: 2

Data: 2018-11-09

盐摄入量超标可导致胃癌。相关调查资料表明, 我国目前每人每日食盐的摄入量均在8-10克左右, 而爱吃咸菜的人, 每日食盐的摄入量达到了15克以上, 远远超过需要量的标准。除了癌症之外, 过量摄入盐对心脑血管和代谢类疾病有不弱于糖的贡献。看来除了控糖, 控盐也应该被重视起来。v

Excessive salt intake can lead to gastric cancer. According to relevant survey data, the daily intake of salt per person in China is about 8-10 grams, while the person who eats pickles has a daily intake of more than 15 grams, far exceeding the standard. In addition to cancer, excessive intake of salt has a contribution to cardiovascular and metabolic diseases that is not weaker than sugar. It seems that in addition to sugar control, salt control should also be taken seriously.

5. 50%的高血压因高盐或高钠引起, 如何科学减盐?

重复数: 2

日期: 2018-11-09

[50% of high blood pressure is caused by high salt or high sodium. How to scientifically reduce salt?](#)

Repeat Number: 2

Data: 2018-11-09

一些省市已经开始了减盐行动。山东省疾控中心慢病所的郭晓雷所长介绍了他们的减盐经验。我国山东省是心脑血管高发区, 山东的鲁菜存在口味重的特点。2002年山东人平均盐的摄入量就已经为12.6克。2011年山东省和原卫计委联合启动减盐、减高血压项目。

Some provinces and cities have started salt reduction operations. Director Guo Xiaolei from the Institute of Chronic Diseases of Shandong Provincial Center for Disease Control and Prevention introduced their experience in salt reduction. Shandong Province in China is a high-risk area of heart and brain blood vessels, and Lu cuisine has the characteristics of heavy taste. In 2002, the average salt intake of Shandong people was already 12.6 grams. In 2011, Shandong Province and the former Health Planning Commission jointly launched a project to reduce salt and reduce hypertension.

减盐-微博

Salt Reduction - Weibo

2018-11-09, 共检测到1604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。

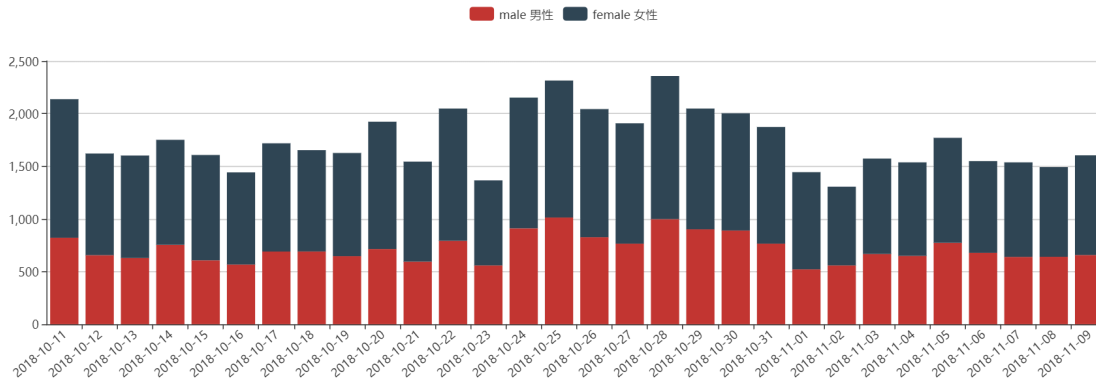
There are 1604 weibos about salt reduction monitored on 2018-11-09.

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: 陈暖央

地区: 浙江

认证: 个人

Nickname: 陈暖央

Area: Zhejiang

Identity: Person

时间: 2018-11-09 21:41
Time: 2018-11-09 21:41

来自: iPhone客户端
Source: iPhone客户端

转发数: 202
Repost: 202

评论数: 234
Comment: 234

点赞数: 1635
Like: 1635

来交作业啦▼纪录片60天训练计划-饮食篇进食的时候我尽量是少油少盐的, 都是些很家常的做法~训练篇再宽限我几天哈哈哈哈哈赞里抽三个送欧舒丹护手霜礼盒

Come and pay homework. Documentary 60-day training program - diet articles. I try to eat less oil and less salt, and these meals are made using very common cooking methods. Please limit my time to prepare the content of the training article.

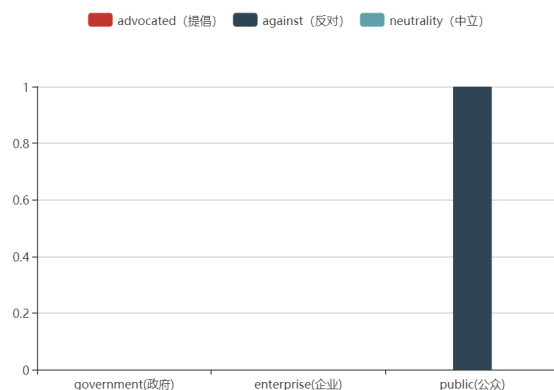
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-09) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-11-09. 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
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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				
1. 洗发水、空气清新剂、牛油果危害环境？ Shampoo, air fresheners, avocado is bad for the environment?		来源：汉丰网	主体：公众	态度：反对
		来源：汉丰网	Subject: public	Time: 10:53:06
核心提示：牛油果、菠萝、洗发水、避孕药和空气清新剂都是我们生活中最熟悉不过的日用品和蔬菜水果。但你可能有所不知，这些东西都有一个共同特点。它们都对环境有害。据英国广播公司网站11月7日报道，为什么这样说呢？我们先来讲讲不在前面名单中的防晒霜。太平洋岛国帕劳成为世界上第一个广泛禁止使用防晒霜的国家				
Core tips:Avocados, pineapples, shampoos, contraceptives and air fresheners are the most familiar commodities and fruits and vegetables in our lives. But you may not know that these things share a common feature. They are harmful to the environment. According to Broadcasting British Corporation website November 7th, why do we say so? Let's start with sunscreen that is not on the front list. Palau, the Pacific island nation, became the first country in the world to ban sunscreen widely.				
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

2018-11-09, 共监测到329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 329 WeChat public articles were monitored in 2018-11-09. 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. 还在喝速溶咖啡? 每天都早起的你应该对自己好一点

[Still drinking instant coffee? Get up early every day. You should be nice to yourself.](#)

重复数: 13

日期: 2018-11-09

Repeat Number: 13

Data: 2018-11-09

2018年5月, 世界卫生组织宣布计划未来5年在世界范围内全面消除食物中的人造反式脂肪。反式脂肪酸会使人体血液中的低密度脂蛋白增加, 高密度脂蛋白减少, 进而诱发血管硬化, 增加心脏病、脑血管意外的风险。

In May 2018, the World Health Organization announced that they plan to eliminate artificial trans fats in foods worldwide in the next five years. Trans fatty acids increase the density of low-density lipoproteins in the human body, reduce high-density lipoproteins, and induce hardening of the arteries, increasing the risk of heart disease and cerebrovascular accidents.

2. 去超市购物, 先看懂这些再买! 没想到吃亏了这么多年

[When shopping in the supermarket, you should understand these and then decide whether to buy it! I did not expect to lose for many years.](#)

重复数: 8

日期: 2018-11-09

Repeat Number: 8

Data: 2018-11-09

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled \"zero trans fatty acid\" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage.

3. 常吃这类食物能够让“血栓”一通到底

[Eating such foods can make \"thrombosis\" pass through to the end.](#)

重复数: 3

日期: 2018-11-09

Repeat Number: 3

Data: 2018-11-09

生活中, 减少饱和脂肪酸和反式脂肪酸的摄入, 减少动物油脂、动物肝脏以及肥肉、人造奶油等含有不健康脂肪物质的摄入; 每日的总摄入量要少于20克。

In daily life, reduce the intake of saturated fatty acids and trans-fatty acids, reduce the intake of unhealthy fatty substances such as animal fats, animal livers, fat meat, margarine, etc.; the total daily intake is less than 20 grams.

4. 去超市购物, 这些你注意了没? 先看懂这些再买!

[Go shopping in the supermarket, are you paying attention? First understand these and buy again!](#)

重复数: 3

日期: 2018-11-09

Repeat Number: 3

Data: 2018-11-09

有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

Some foods labeled \"zero trans fatty acids\" may actually contain a small amount of trans fatty acids. The foods of which the ingredient list contains hydrogenated oil, hydrogenated fat, shortening, margarine, and non-fat cream are more likely to contain trans fatty acids and are not suitable for purchase.

5. 爱逛超市的注意了! 这些秘密你都知道吗?

[Love to pay attention to the supermarket! Do you know these secrets?](#)

重复数: 2

日期: 2018-11-09

Repeat Number: 2

Data: 2018-11-09

市场上售卖的面包, 有些含有人工色素、香料、氢化油(含有大量反式脂肪酸)以及防腐剂。大量的油脂、添加剂虽可提升食物的味道, 但会增加心血管疾病的发生风险。因此, 购买全麦面包时, 成分越简单越好。

Some breads sold on the market contain artificial colors, spices, hydrogenated oils (containing large amounts of trans fatty acids) and preservatives. Large amounts of oil and additives can enhance the taste of food, but increase the risk of cardiovascular disease. So when you buy wholemeal bread, the simpler the ingredients, the better.

反式脂肪酸-微博 Transfat - Weibo

2018-11-09, 共检测到92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。

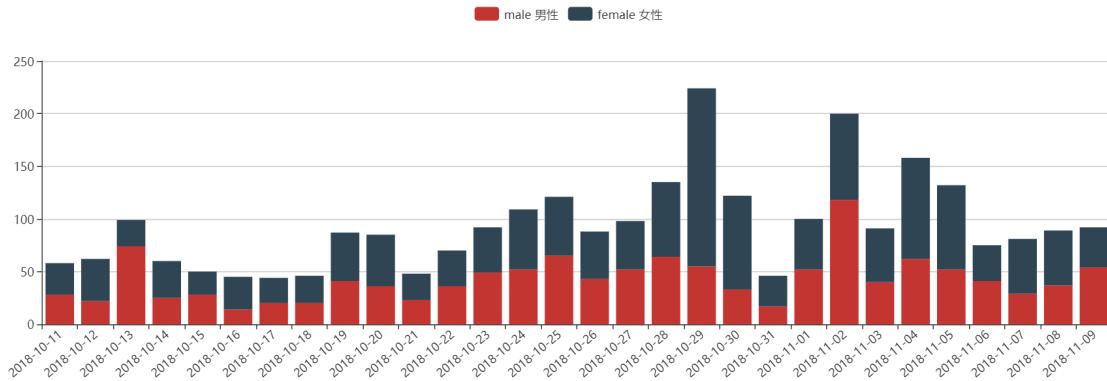
There are 92 weibos about transfat reduction monitored on 2018-11-09.

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!