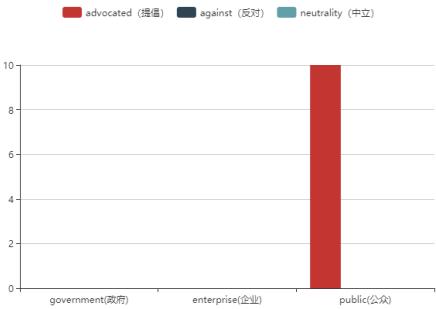


减盐-新闻

Salt Reduction - News

今日 (2018-11-15) 共监测到10条资讯。请点击标题查看原文。
There are 10 articles monitored today 2018-11-15. 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
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No such articles!
高血压 Hypertension
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心血管健康 Cardiovascular health
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决心工程 Resolve To Save Lives
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河南

Henan

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安徽

Anhui

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浙江

Zhejiang

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其他省份

Other Provinces

食物中的钠 <div>Sodium in food</div>				
<div>1. 素食肉并不健康！钠含量比海水还高</div> <div>Vegetarian meat is not healthy! Sodium is higher than the sea</div>	<div>来源：手机网易网</div> <div>来源：手机网易网</div>	<div>主体：公众</div> <div>Subject: public</div>	<div>态度：提倡</div> <div>Attitude: advocate</div>	<div>时间：19:23:13</div> <div>Time: 19:23:13</div>
<div>据日本Livedoor新闻网11月14日报道，一项针对素食肉商品的调查数据显示，部分素食肉类食品食盐含量严重超标，甚至比海水中的含盐量还要高。进行这项调查的是伦敦大学皇后玛丽分校，24名科学家针对半成品食物的含盐量展开了研究。研究者们对严格素食主义者以及一般素食主义者经常食用的素食培根、素食火腿、素食肉馅以及素食香肠等食品，向英国各大型超市的一般品牌类目中的15样素食肉类商品进行了抽样检查，结果显示，这些商品中的28%含盐量超标。2017年底，英国公共卫生厅称其减少食品商品中盐分含量计划已经达成。例如，100克半加工香肠中钠的含量应为550毫克</div>				
<div>According to a survey of vegetarian meat products, the salt content of some vegetarian meat products is seriously over the standard, even higher than that of seawater, Livedoor News reported on November 14. The survey was conducted at Queen Mary University of London, where 24 scientists studied the salt content of semi-processed foods.Researchers sampled 15 vegetarian meat products from the general brand categories of major supermarkets in the UK, including vegetarian bacon, vegetarian ham, vegetarian meat stuffing and vegetarian sausage, which are often eaten by vegetarians and vegetarians in general. The results showed that 28% of these products contained excessive salt .By the end of 2017, the British public health department said its plan to reduce salt content in food products has been achieved. For example, the sodium content in 100 grams of semi processed sausages should be 550 mg.</div>				
<div>2. 香港消委会测试100款面包15%属“高脂”或“高钠”</div> <div>Hong Kong 15% cc test 100 bread "fatty" or "high sodium"</div>	<div>来源：中国新闻网</div> <div>来源：中国新闻网</div>	<div>主体：公众</div> <div>Subject: public</div>	<div>态度：提倡</div> <div>Attitude: advocate</div>	<div>时间：16:43:34</div> <div>Time: 16:43:34</div>
<div>据香港文汇报报道，面包是不少香港人早餐的首选，购买和进食都很方便。近日，香港消费者委员会联合食物安全中心，测试了10种共100款常见的面包发现，15%的面包属“高脂”或“高钠”，其中肠仔包和芝麻包的钠含量较高，牛角酥及鸡尾包分别是平均总脂肪及反式脂肪含量最高和第2高的面包种类。此次测试中，有肠仔包样本每个含540毫克钠，相当于世界卫生组织建议每日摄取量的近30%；也有一款芝麻包，每100克含有630毫克钠，进食一个就摄取了400毫克钠，是世界卫生组织建议每日摄取量的20%。另外，测试样品中全部10款牛角酥及3款鸡尾包被界定为“高脂食物”，其中有牛角酥样本的总脂肪含量达31克，超出每100克不可超过20克总脂肪的标准；鸡尾包的最高总脂肪含量有26克，进食一个已占全日脂肪摄取量上限的近40%。据报道，即使同款的面包，其钠及脂肪的含量也有很大差异，香港消费者委员会建议消费者要选择较低钠、较低脂的面包，以减少对健康造成的影响</div>				
<div>According to the Hongkong Wenhui network, bread is the first choice for many Hongkong people, and it is convenient to buy and eat. Recently, the Hong Kong Consumer Council, in conjunction with the Food Safety Centre, tested 10 kinds of bread, including 100 common breads. It was found that 15% of the bread belonged to "high fat" or "high sodium". Among them, sausage and sesame bags had higher sodium content, while croissants and cocktail bags had the highest average total fat content and the second highest trans fat content, respectively.In this test, there are 540 mg of sodium in each sample of intestinal pouch, which is equivalent to nearly 30% of the daily intake recommended by the World Health Organization; there is also a sesame bag, which contains 630 mg of sodium per 100 grams, and 400 mg of sodium per 100 grams, which is 20% of the daily intake recommended by the World Health Organization.In addition, all 10 kinds of croissants and 3 kinds of cocktail bags were defined as "high fat food". Among them, the total fat content of croissants was 31 grams, which exceeded the standard of not exceeding 20 grams per 100 grams. The highest total fat content of cocktail bags was 26 grams, and one had accounted for nearly 40% of the maximum daily fat intake.It is reported that the sodium and fat content of bread of the same type varies greatly. Consumers in Hong Kong are advised to choose bread with lower sodium and fat content in order to reduce the health impact.</div>				

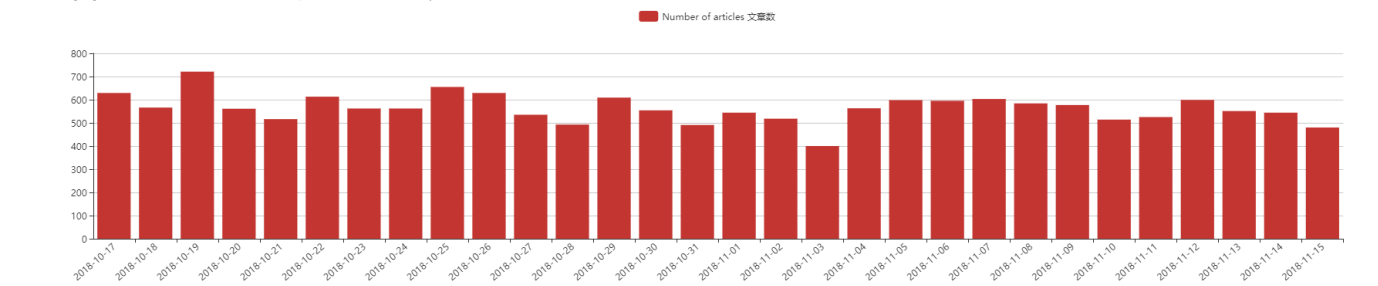
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综合健康信息 Comprehensive Health Information				
1 负责的健康教练多重要，实践之后才知道 How important is responsible for the trainer, and after practice to know	来源：汉丰网	主体：公众	态度：提倡	时间：10:03:57
负责的健康教练多重要，实践之后才知道。 为了让自己恢复元气，她走向了健身房。 为了让身材变得更好，她来到了人马君。 因为任俊龙教练管得很严格，我自己也有意识去改变自己，所以基本上教练让我改变饮食的时候，我就马上改过来了。 之后就很少碰这些高油高盐对减脂不利的美食了	来源：汉丰网	Subject: public	Attitude: advocate	Time: 10:03:57
The responsible coach is so important that he knows it after practice.In order to regain her vigour, she went to the gym.In order to make her figure better, she came to Ma Jun. Because coach Ren Junlong is very strict, and I have conscious to change myself, so basically when the coach asked me to change my diet, I changed it immediately. After that, it seldom touches on these high oil and high salt.				
2 这些错误的减肥方法，你中招了没？ Move the wrong way to lose weight.you?	来源：汉丰网	主体：公众	态度：提倡	时间：21:04:14
这些错误的减肥方法，你中招了没？ 今天，我们来盘点下几种常见的错误减肥方法。 1、节食：比如不吃主食、喝果疏汁等方法：虽然低热量饮食能降低体重，但除了脂肪组织减少外，肌肉也会丢失，代谢率也可能降低，后期不但会反弹，还会由于长期饮食不均造成厌食症、皮肤粗糙、贫血、脑细胞数量下降等健康问题，不推荐！ 2、吃减肥药：有些人会贪图快捷方便，直接服用减肥药。但很多减肥用基本是食欲抑制剂、能量消耗增强剂以及影响脂代谢的药物等。是药三分毒，大多数减肥药物都会有不同程度的副作用，有些人服用后频繁拉肚子，服用一定量后会引起内分泌紊乱，降低雌激素水平，导致人体免疫力低下以及骨质疏松等问题，不推荐！ 3.脱水减肥法：有些人会采取桑拿、控制饮水和饮食的方式进行急性减体重。但造成的后果是，人体体液大量丢失，体温调节功能受限，容易导致中暑、血液浓缩，粘稠度增加，流动速度减慢，能量和氧气供应受到一定影响；肌肉收缩速度减慢，容易僵硬、拉伤	来源：汉丰网	Subject: public	Attitude: advocate	Time: 21:04:14
Did you lose the wrong way to lose weight?Today, we will take inventory of several common mistakes in losing weight.1, diet:Such as not eating staple food, drinking fruit juice and other methods: although low-calorie diet can reduce weight, but in addition to the reduction of adipose tissue, muscle loss, metabolic rate may also be reduced, later not only will rebound, but also because of long-term uneven diet caused anorexia, rough skin, anemia, brain cell decline and other health problems. Not recommended!2, take diet pills:Some people will be quick and convenient, and take the diet pills directly. However, many of the basic weight loss drugs are appetite inhibitors, energy consumption enhancers and drugs that affect lipid metabolism. It is three poisonous drugs, most weight-loss drugs will have varying degrees of side effects, some people take frequent diarrhea, taking a certain amount will cause endocrine disorders, reduce estrogen levels, resulting in low immunity and osteoporosis and other issues, are not recommended! uuuuuuuuu3. dehydration weight loss method:Some people will take sauna, control drinking water and diet to lose weight. However, the consequences are that a large number of body fluids are lost and the function of temperature regulation is limited, which can easily lead to heat stroke, blood concentration, increased viscosity, slowed flow rate, and the supply of energy and oxygen is affected to a certain extent; the speed of muscle contraction is slowed down, which is prone to stiffness and injury.				
3. 儿童少年每天要吃三种以上蔬菜 Children and teenagers to eat three or more vegetables every day	来源：人民网	主体：公众	态度：提倡	时间：09:11:21
儿童少年每天要吃三种以上蔬菜。 国家卫生计生委近期发布了《老年人不良风险评估》等推荐性卫生行业标准，其中包括《老年人不良风险评估》《学生餐营养指南》《脑卒中患者膳食指导》等。为此，我们请参与制订标准的相关专家分6期为读者一一解读。 近年来，许多调查表明，我国城市学龄儿童肥胖与贫困农村地区儿童营养不良并存。《学生餐营养指南》旨在引导学校食堂及供餐单位提供科学合理、营养均衡的学生餐，是保证学生获得均衡膳食、促进健康的重要途径，具体做法有以下几点：品种多样才能营养均衡	来源：人民网	Subject: public	Attitude: advocate	Time: 09:11:21
Children and adolescents should eat more than three kinds of vegetables every day.The National Health and Family Planning Commission recently issued some recommended health industry standards, such as "Assessment of the Adverse Risks of the Elderly", including "Assessment of the Adverse Risks of the Elderly", "Guidelines for Nutrition of Student Meals" and "Dietary Guidance for Stroke Patients". For this reason, we invite the relevant experts involved in the formulation of standards to divide into 6 phases for readers to interpret one by one.In recent years, many surveys have shown that obesity in urban school-age children coexists with malnutrition in poor rural areas. The Nutrition Guide for Student Meals aims to guide school canteens and catering units to provide students with a scientific, rational and balanced diet. It is an important way to ensure that students get a balanced diet and promote health. The specific measures are as follows:Variety and nutrition balance				
4. 糖尿病发病率明显增加专家：应有健康的生活方式 Diabetes significantly increased experts: should have a healthy lifestyle	来源：云南网	主体：公众	态度：提倡	时间：09:15:44
11月14日是第12个联合国糖尿病日，今年的主题是“家庭与糖尿病”。当天，云南省第一人民医院在院内举行了糖尿病义诊。该院内分泌科主任医师苏恒表示，我国糖尿病患者已超过1.14亿，防治糖尿病，最关键的是提高对糖尿病的认知，同时养成健康的生活方式。 据介绍，糖尿病是以血糖水平升高为主要临床特征的代谢性疾病，久病者会引起多系统损害，如眼、肾、神经、血管等慢性进行性疾病变，每年因糖尿病死亡300万以上，已成为继心脑血管疾病、肿瘤之后的第3大杀手。2015年中国居民营养与慢性病状况报告显示，中国18岁以上居民糖尿病患病率为9.7%，男性10.2%，女性为9.0%	来源：云南网	Subject: public	Attitude: advocate	Time: 09:15:44
November 14th is the twelfth UN diabetes day. This year's theme is "family and diabetes". On the same day, the first people's Hospital of Yunnan held a diabetes consultation in the hospital. Su Heng, chief physician of the Endocrinology Department of the hospital, said that the number of diabetic patients in China has exceeded 114 million. To prevent and treat diabetes, the most important thing is to improve the awareness of diabetes and develop a healthy lifestyle.According to reports, diabetes mellitus is a metabolic disease characterized by elevated blood sugar level. Chronic diseases can cause multiple system damage, such as chronic progressive diseases such as eyes, kidneys, nerves and blood vessels. More than 3 million people die from diabetes every year. It has become the third killer after cardiovascular and cerebrovascular diseases and tumors. According to the report on nutrition and chronic diseases of Chinese residents in 2015, the prevalence of diabetes among residents over 18 years old in China is 9.7%, 10.2% for males and 9.0% for females.				
5. 手脚麻木别大意 Hands and feet numbness don't careless	来源：汉丰网	主体：公众	态度：提倡	时间：10:15:44
手脚麻木是很多疾病的常见并发症，特点是容易反复发作，不易彻底根治。要想摆脱手脚麻木，不但要坚持药物治疗，在日常生活中也有很多需要注意的地方。 合理饮食。饮食要清淡、少盐，少摄入动物脂肪，多食高纤维蔬菜，可帮助软化血管，缓解手脚麻木。 多饮水	来源：汉丰网	Subject: public	Attitude: advocate	Time: 10:15:44
Numbness of hands and feet is a common complication of many diseases. It is characterized by repeated attacks and is not easy to cure thoroughly. In order to get rid of the numbness of hands and feet, we should not only insist on drug treatment, but also pay attention to many things in our daily life.Reasonable diet. Diet should be light, less salt, less animal fat, eat more high-fiber vegetables, can help soften blood vessels, alleviate numbness of hands and feet.More drinking water				
6. 河口县开展“世界卒中日”宣传活动 River county to carry out the "world stroke day" campaign	来源：新广网	主体：公众	态度：提倡	时间：20:34:40
2018年是第13个“世界卒中日”，今年以“战胜卒中，再立人生”为宣传主题，以“早诊早治”为宣传口号。11月14日借助开展“世界糖尿病日”宣传活动的契机在街心花园开展了“世界卒中日”宣传活动，旨在倡导全社会关注脑卒中防控的重要性，注重日常生活习惯在预防脑卒中方面的重要作用。 活动现场医务人员给过往群众免费测量血糖、血压，设立咨询台向群众发放宣传单，宣传脑卒中的危险因素和怎样迅速识别脑卒中、倡导健康生活方式、提高居民脑卒中防控意识。向群众讲解什么是脑卒中、脑卒中的危害、日常生活行为需注意事项等。脑卒中是目前我国人口致死致残的首要病因，脑卒中后遗症严重，死亡率高，要特别注重日常防控	来源：新广网	Subject: public	Attitude: advocate	Time: 20:34:40
2018 is the 13th World Stroke Day. This year, the theme of the campaign is "Overcoming Stroke, Reestablishing Life", and the slogan is "Early Diagnosis and Early Treatment". On November 14, with the opportunity of launching the publicity campaign of World Diabetes Day, we launched the publicity campaign of World Stroke Day in Street Garden, aiming at advocating that the whole society should pay attention to the importance of stroke prevention and control, and pay attention to the important role of daily living habits in stroke prevention.Medical staff at the event site provided free blood glucose and blood pressure measurements to the people in the past, set up consulting desks to distribute leaflets to the people, publicize the risk factors of stroke and how to quickly identify stroke, advocate a healthy lifestyle, and improve residents'awareness of stroke prevention and control. Explain to the masses what are the dangers of stroke, stroke, and matters needing attention in daily life. Stroke is the leading cause of death and disability in China. The sequelae of stroke are serious and the mortality rate is high. We should pay special attention to daily prevention and control.				
7. 联合国糖尿病日：糖尿病患者寿命减少，“心病”排首位 United Nations diabetes: diabetes patients reduce life, "heart" row first	来源：中国日报	主体：公众	态度：提倡	时间：13:38:05
昨日是“联合国糖尿病日”。曾任中日友好医院内分泌代谢病中心主任的杨文英教授强调，心血管并发症会大大缩短2型糖尿病患者寿命，特别是当患者同时存在高血糖、高血压、高血脂等多重危险因素时，发生心血管并发症的几率会很大程度提高，因此糖尿病患者需要更加重视心血管并发症。 世界卫生组织调查显示，糖尿病是导致失明、肾衰竭、心脏病、中风和下肢截肢的主要原因之一，目前全球有近4.22亿成年人患有糖尿病，且患病人数在过去三十年间持续增加。在我国，约有1.144亿糖尿病患者，几乎每个人身边都会有2型糖尿病患者。 超半数糖尿病患者死亡都是由心血管并发症造成	来源：中国日报	Subject: public	Attitude: advocate	Time: 13:38:05
Yesterday was "United Nations Diabetes Day". Professor Yang Wenying, former director of the Endocrine and Metabolic Disease Center of Sino-Japanese Friendship Hospital, stressed that cardiovascular complications would greatly shorten the life span of type 2 diabetes mellitus, especially when there were multiple risk factors such as hyperglycemia, hypertension and hyperlipidemia, the risk of cardiovascular complications would be greatly increased, so sugar. Patients with urinary diseases need to pay more attention to cardiovascular complications.According to the World Health Organization survey, diabetes is one of the main causes of blindness, renal failure, heart disease, stroke and amputation of lower limbs. Nearly 422 million adults worldwide suffer from diabetes, and the number of people with diabetes has continued to increase over the past 30 years. In China, there are about 114 million 400 thousand diabetic patients. Almost everyone has type 2 diabetes.Over half of all diabetic deaths are caused by cardiovascular complications.				
8. 患糖尿病小伙出院后“胡吃海喝” 血糖翻倍 Double diabetes guy "might" blood sugar after discharge	来源：新浪网	主体：公众	态度：提倡	时间：05:45:20
28岁就得了糖尿病,是陈斌(化名)没有想到的。可由于对疾病不重视,出院后依然“胡吃海喝”,导致他的血糖在4年后翻了两倍还多。 在自治区人民医院内分泌科病房,进进出出的大都是60岁以上的老人,而年轻的陈斌住在这样的病房,显得格外“显眼”。1.75米的身高,90公斤的体重,陈斌在4年前的一次体检时,发现自己空腹血糖值为7.6(正常值应该小于6.1),到医院检查确诊为2型糖尿病患者。“虽然4年前出院后,医生告诫我注意饮食,但我当时没重视,还像以前一样喜欢吃宵夜、喝啤酒……”陈斌笑着说	来源：新浪网	Subject: public	Attitude: advocate	Time: 05:45:20
28 years old got diabetes, Chen Bin (a pseudonym) did not think of. However, his blood sugar more than doubled after 4 years because he did not pay attention to his illness and was still "eating and drinking" after discharging from hospital.In the endocrinology ward of the People's Hospital of the Autonomous Region, most of the people entering and leaving the ward are the elderly over 60 years old, while the young Chen Bin living in such a ward is particularly "conspicuous". Chen Bin, who was 1.75 metres tall and 90 kilograms in weight, found his fasting blood sugar value was 7.6 (normal value should be less than 6.1) when he had a physical examination four years ago. He went to the hospital to check up the patients with type 2 diabetes."Although the doctor warned me to pay attention to my diet four years ago, I didn't pay attention to it at that time. I liked to eat supper and drink beer as before..." Chen Bin said with a smile.				
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减盐-微信

Salt Reduction - WeChat

2018-11-15, 共监测到480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 480 WeChat public articles were monitored in 2018-11-15. 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. 最生活 吃盐是个技术活! ——无处不在的“盐” Eating salt is a technical job! - Salt is ubiquitous	重复数: 2 Repeat Number: 2	日期: 2018-11-15 Data: 2018-11-15
调查显示, 以《中国膳食指南 (2016)》中每人每日食盐不超过6克的推荐摄入量标准计算, 有58.2%的居民食盐量偏高。事实上, 国人平均每人每日食盐量远远超过6克, 南方地区多为17克以上, 北方地区甚至高达20克, 将近《中国膳食指南 (2016)》推荐量的4倍。 According to the survey, 58.2% of the residents' salt intake is high in the Chinese Dietary Guidelines (2016), which is based on the recommended intake of no more than 6 grams of salt per person per day. In fact, the average daily salt intake of Chinese people is far more than 6 grams, more than 17 grams in the southern region, and even 20 grams in the northern region, nearly four times the recommended amount of the Chinese Dietary Guidelines (2016).		
2. 【“三减”很重要】减盐、减油、减糖, 才健康! ["Three reductions" are important! Reducing the intake of salt, oil and sugar is good for health!]	重复数: 1 Repeat Number: 1	日期: 2018-11-15 Data: 2018-11-15
我国是高盐饮食的国家之一, 平均每人每天摄取的盐在12克以上。很多人喜欢吃点咸菜, 或者用酱油烹调, 无形之中都增加了盐的摄取。食盐摄入过多是高血压的三大危险因素之一, 同时, 吃盐过多还可增加胃病、骨质疏松、肥胖等疾病的患病风险。 China is one of the countries with a high-salt diet, with an average of more than 12 grams of salt per person per day. Many people like to eat pickles, or cook with soy sauce, which increases the intake of salt. Excessive salt intake is one of the three major risk factors for hypertension. At the same time, eating too much salt can increase the risk of diseases such as stomach disease, osteoporosis and obesity.		
3. 【卫计健康】减盐、减油、减糖, 你会距离健康更近一步! [health] Reduce salt, oil and sugar. You will be closer to your health!	重复数: 1 Repeat Number: 1	日期: 2018-11-15 Data: 2018-11-15
少吃榨菜、咸菜和酱制食物、高盐的包装食品, 比如熟食肉类或午餐肉、香肠和罐头食品, 这类食品含盐量都不少, 建议选择新鲜的肉类、海鲜和蛋类。一些方便食品和零食里虽然尝起来感觉不到咸味, 但都含有较多的不可见盐, 建议少食用“藏盐”的加工食品。 We should eat less mustard, pickles and sauces, and high-salt packaged foods such as deli meats or luncheon meats, sausages and canned foods. These foods contain a lot of salt. Fresh meat, seafood and eggs are recommended. Although some convenience foods and snacks do not taste salty, they all contain more invisible salts. It is recommended to eat less processed foods containing "invisible salt".		
4. 【每日百科】少吃盐有害健康? [Daily Encyclopedia] Eating less salt is harmful to health?	重复数: 1 Repeat Number: 1	日期: 2018-11-15 Data: 2018-11-15
于盐对健康的影响, 世卫组织发布过一份46页的报告, 引用文献多达62篇, 全面总结了该领域的研究。该报告称, 基于36项随机对照试验的数据, 减盐导致收缩压平均下降3.39毫米汞柱 (95%的置信区间为2.46~4.31毫米汞柱), 而舒张压平均降低1.54毫米汞柱 (95%的置信区间为0.98~2.11毫米汞柱)。 Regarding the health effects of salt, WHO has published a 46-page report with up to 62 references, summarizing research in this area. According to the report, based on data from 36 randomized controlled trials, salt reduction resulted in an average decrease in systolic blood pressure of 3.39 mm Hg (95% confidence interval is 2.46 to 4.31 mm Hg). The diastolic blood pressure was reduced by an average of 1.54 mm Hg (95% confidence interval was 0.98 to 2.11 mm Hg).		
5. 【真相】少吃盐有害健康? [The truth] Eat less salt is harmful to health?	重复数: 1 Repeat Number: 1	日期: 2018-11-15 Data: 2018-11-15
“高盐增加高血压”是一个严谨的结论, 世卫组织推荐的食盐摄入量为成年人每天不超过2克钠 (相当于5克食盐)。中国等许多国家设定的推荐标准要高一些, 成年人每天的食盐摄入量为6克。 "High salt increases high blood pressure" is a rigorous conclusion. The recommended salt intake by WHO is no more than 2 grams of sodium per day (equivalent to 5 grams of salt). Many countries, such as China, set higher standards of recommendation, and adults consume 6 grams of salt per day.		

减盐-微博

Salt Reduction - Weibo

2018-11-15, 共检测到1575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。

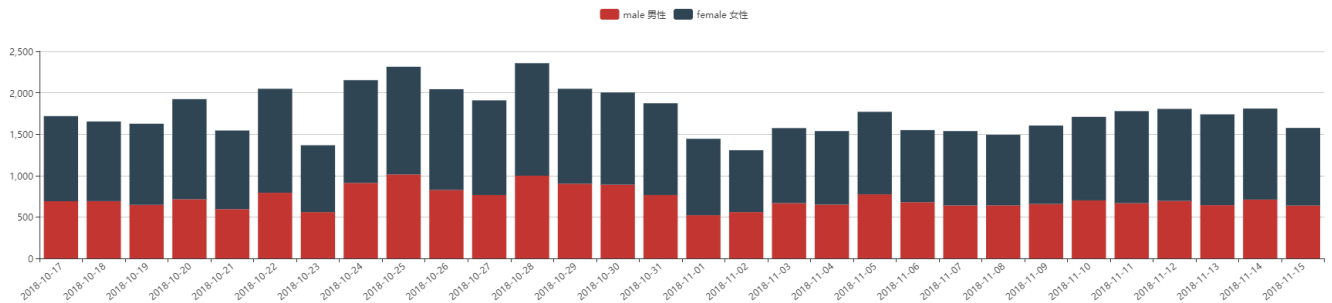
There are 1575 weibos about salt reduction monitored on 2018-11-15.

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

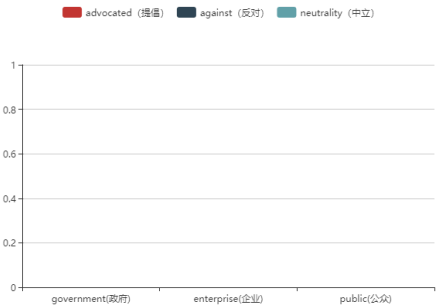
Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-15) 共监测到1条资讯。请点击标题查看原文。
There are 1 articles monitored today 2018-11-15. 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

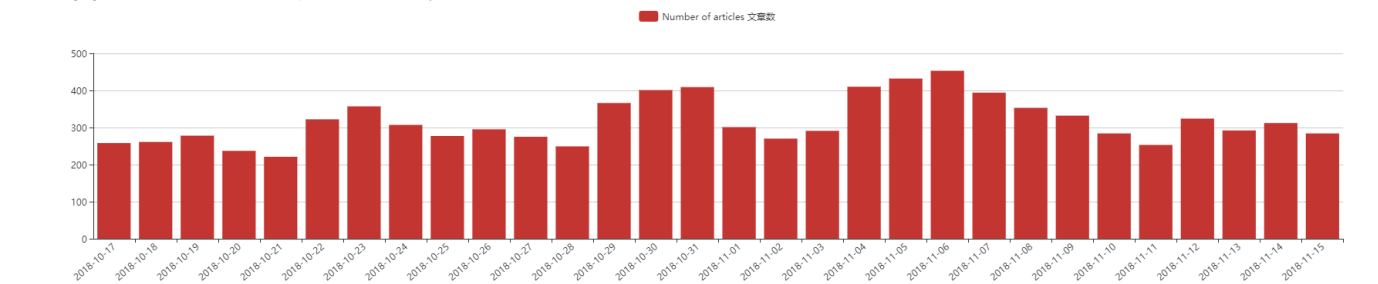
Other Provinces

反式脂肪酸 Trans fat
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

2018-11-15, 共监测到284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 284 WeChat public articles were monitored in 2018-11-15. 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。
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The following figure shows the amount of data acquired in the last 30 days.

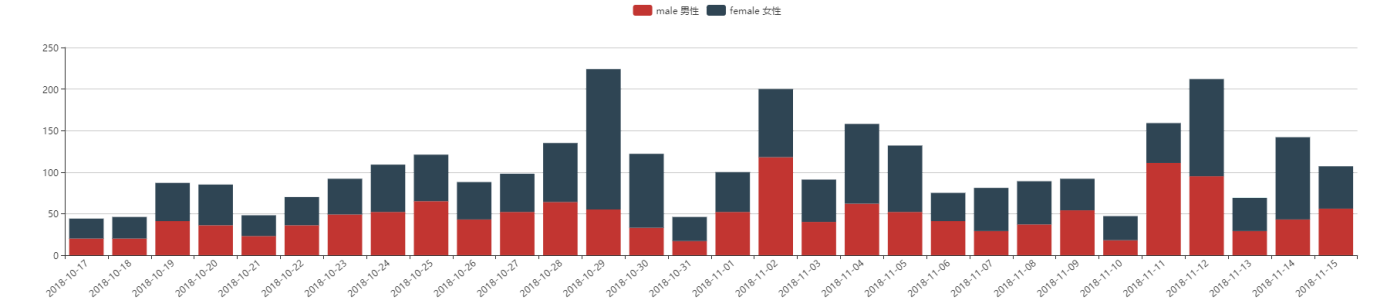


热门文章-前五 Popular Articles - Top 5		
1. 去超市购物, 先看懂这些再买! 没想到吃亏了这么多年 When shopping in the supermarket, you should understand these first and then decide wether to buy it! I didn't expect to lose so many years.	重复数: 5 Repeat Number: 5	日期: 2018-11-15 Data: 2018-11-15
市场上售卖的面包, 有些含有有人工色素、香料、氢化油 (含有大量反式脂肪酸) 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.		
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 first and then decide wether to buy it! I didn't expect to lose so many years.	重复数: 2 Repeat Number: 2	日期: 2018-11-15 Data: 2018-11-15
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. 不管男女, 如果你没有腹肌就看看这篇文章! No matter men and women, if you do not have abdominal muscles, look at this article!	重复数: 1 Repeat Number: 1	日期: 2018-11-15 Data: 2018-11-15
过多地摄入热量 (无论来自酒精、含糖饮料还是超大号快餐), 有可能使腹部脂肪堆积。酒精类饮料之所以会增加腹部脂肪堆积, 是因为我们饮用这类饮料时, 肝脏会忙于分解酒精而无暇分解脂肪, 脂肪便乘机聚集到了肚腹周围。研究发现, 反式脂肪不但会堆积在腹部周围, 而且还会使其他部位的脂肪向腹部转移。反式脂肪主要存在于人造黄油、点心、饼干、奶油蛋糕及油炸食品中。 Excessive calorie intake (whether from alcohol, sugary drinks or oversized snacks) may cause abdominal fat to accumulate. The reason why alcoholic beverages increase abdominal fat accumulation is because when we drink such beverages, the liver will be busy decomposing alcohol without decomposing fat, and the fat will gather around the belly. The study found that trans fats not only accumulate around the abdomen, but also cause fat from other parts to metastasize to the abdomen. Trans fats are found mainly in margarines, snacks, biscuits, cream cakes and fried foods.		
4. 减肥路上的坑! 这些东西越吃越胖! The trap on the road to weight loss! These things will make you more and more fat!	重复数: 1 Repeat Number: 1	日期: 2018-11-15 Data: 2018-11-15
桃酥的热量真的灰常高, 烘烤类点心为了口感更加酥脆, 一般都加了黄油, 黄油分为动物黄油和人造植物黄油, 前者成本较高, 因此, 目前的市场上大部分用的人造植物黄油, 但是这种黄油不仅含有大量添加剂, 还含有很多反式脂肪酸, 极易增加心血管疾病发生的风险。 The heat of the walnut cake is really very high. The baking snacks are more crispy in the mouth, and butter is added during the making process. Butter is divided into animal butter and artificial plant butter. The former is costly. Therefore, the artificial plant butter is used in the most of market today, but this butter not only contains a lot of additives, but also contains many trans fatty acids, which is easy to increase the risk of cardiovascular.		
5. 这6种牛奶坚决不能给孩子喝, 第2种你可能天天在买! These 6 kinds of milk must not be given to children. Second kinds of milk may be bought every day!	重复数: 1 Repeat Number: 1	日期: 2018-11-15 Data: 2018-11-15
很多宝宝都喜欢奶香浓郁的奶片, 妈妈们也都觉得奶片是“固体的牛奶”, 不止奶片, 还有一些奶酪片、酸奶干、牛奶球等。仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。 Many babies like milk tablets. Mothers also think that milk tablets are "solid milk." In addition to milk powder and white sugar, the ingredient list also contains non-fat, which contains trans fatty acids, which is not only harmful to children's health, but also affects mental development. And most of the milk tablets are added with flavor, and excessive consumption will affect the health of the child.		

反式脂肪酸-微博

Transfat - Weibo

2018-11-15，共检测到107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 107 weibos about transfat reduction monitored on 2018-11-15.
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 imformation.
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!