

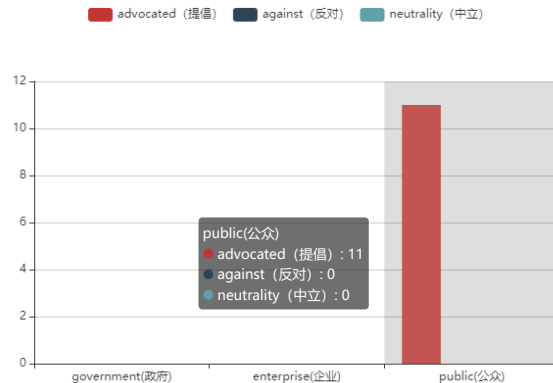
减盐-新闻

Salt Reduction - News

今日 (2018-12-27) 共监测到11条资讯。请点击标题查看原文。

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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
没有相关文章!
No such articles!
心血管健康 Cardiovascular health
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综合健康信息 Comprehensive Health Information
<div> <div>1. 愿谣言更遥远: 本报盘点2018年十大健康谣言, 牢记别再上当受骗</div> <div>来源: 半岛网</div> <div>主体: 公众</div> <div>态度: 提倡</div> <div>时间: 17:31:22</div> </div> <div> <div>May rumors be even more distant: This newspaper takes stock of the top ten health rumors of 2018, and reminds not to be deceived any more.</div> <div>Source: Peninsula Network</div> <div>Subject: public</div> <div>Attitude: advocate</div> <div>Time: 17:31:22</div> </div> <p>微信、微博等社交媒体里的健康、食品谣言,一直是人们健康的一大“公害”。有些谣言可谓是“打不死的小强”,常常改头换面在朋友圈反复出现,有些谣言则是打着“科学”、“权威”名号的伪科普。这些虚假健康信息存在,危害着人们的生活和健康,甚至造成生命危险。本年度最后一期周刊,记者整理在2018年流行社交媒体、朋友圈传播较为广泛的谣言、虚假信息,希望大家都能有双“火眼金睛”,在以后生活中识破这些伪科普。</p> <p>Rumors about health and food in social media such as Weixin and Weibo have always been a major public hazard to people's health. Some rumors can be described as "immortal Xiaogiang". They often appear repeatedly in the circle of friends, while others are pseudo-popular science under the name of "science" and "authority". The existence of these false health information endangers people's life and health, and even causes life danger. In the last issue of this year's weekly magazine, journalists sorted out the widespread rumors and false information disseminated by popular social media and circles of friends in 2018, hoping that all of us can have a pair of "golden eyes" to identify these pseudo-popular Science in our future life.</p>
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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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<div>高血压</div> <div>Hypertension</div>				
1. 这家医院半个月内接诊3名脑出血的小伙他们有个共同问题	来源：杭州网	主体：公众	态度：提倡	时间： 08:19:04
Three young men with cerebral hemorrhage in half a month in this hospital have a common problem.	Source: Hangzhou net	Subject: public	Attitude: advocate	Time: 08:19:04
短短的半个月时间内，杭州邵逸夫医院神经外科在两个院区一共收治了3例30岁以下的脑出血。大致总结这3人的发病特点后，专家发现，他们都有体重大、高血压的基础。“平时不良的饮食习惯，长期不规律的作息，过多的社会压力和应酬，经常不运动，使这些年轻人一方面出现很多高血压患者，另一方面造成精神过度紧张，身体过度疲惫。”王义荣主任说，年轻的高血压患者往往认为自己年龄不大，不规律甚至拒绝服用降压药，从而导致血压控制不理想。此时，一旦遭受额外刺激，突发意外，很容易引发高血压脑出血。				
In a short period of half a month, three cases of cerebral hemorrhage under 30 years old were treated in the Department of Neurosurgery of Hangzhou Shaoyifu Hospital in two districts. After roughly summarizing the characteristics of these three patients, experts found that they all had the basis of weight and hypertension. "Usually bad dietary habits, long-term irregular work, excessive social pressure and pay, often do not exercise, so that these young people on the one hand, there are many patients with hypertension, on the other hand, cause excessive mental tension, physical exhaustion." Director Wang Yirong said that young hypertensive patients often think that they are young, irregular and even refuse to take antihypertensive drugs, resulting in poor blood pressure control. At this time, once subjected to additional stimulation, sudden accidents, it is easy to cause hypertensive cerebral hemorrhage.				
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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 儿科医生：孩子没到1岁，5种辅食别碰，越喂脾胃可能越虚弱！ Pediatrician: Children under 1 year old, five kinds of supplementary food do not touch, the more the spleen and stomach may be weaker!	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：07:18:33 Time: 07:18:33
们都知道随着孩子的逐渐成长，在6个月后排一的母乳已经不能孩子的生长发育了，这时我们就要开始循序渐近的给宝宝添加辅食了。由于小孩子的消化、吸收能力都不足，如果添加辅食不注意，会加重宝宝的代谢负担，从而影响孩子的生长发育，并且脾胃也将受到影响。儿科医生：孩子没到1岁，5种辅食别碰，越喂脾胃可能越虚弱！1、盐 1岁以内的宝宝可以从奶和食物本身摄入足够的钠，额外添加的盐会加重肾脏负担。有研究表明过早添加盐，会加重日后患高血压的风险。除了自制辅食里不要额外添加盐，如果购买商品化包装的辅食，妈妈们也要从配料表和营养标签上学会判断商品里是否钠含量过多。				
As we all know, with the gradual growth of children, in six months after the growth of a single breast milk can no longer be a child, then we will begin to step by step to add supplementary food to the baby. Because children's digestive and absorptive abilities are insufficient, if supplementary food is not added carefully, it will increase the baby's metabolic burden, thus affecting the growth and development of children, and the spleen and stomach will also be affected. Pediatrician: Children under 1 year old, five kinds of supplementary food do not touch, the more the spleen and stomach may be weaker! 1. Babies under the age of 1 can get enough sodium from their milk and food. Additional salt will increase the burden on their kidneys. Studies have shown that premature addition of salt can increase the risk of hypertension in the future. In addition to homemade supplements, do not add extra salt. If you buy commercially packaged supplements, mothers also need to learn from the ingredient list and nutrition labels to determine whether there is too much sodium in the product.				
2. 佛手瓜热量热量钠量低钾量高 Bergamot calorie, sodium, low potassium and high potassium	来源：pclady.com.cn Source: Pclady.com.cn	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：01:22:36 Time: 01:22:36
佛手瓜原产于墨西哥、中美洲和西印度群岛，于1915年传入我国，并在中国南方多地均有种植。佛手瓜既可做菜使用，又可当水果直接生吃，不仅口感香甜清脆，并且营养价值也较为丰富，因此深受广大消费者喜爱。据资料显示，每100克佛手瓜果实中含有水分93.45g，蛋白质1.2g，总糖5.48g，胡萝卜素20mg。钾的含量较高，可达190mg，核黄素0.1mg，钙500mg、磷320mg、铁40mg、钠10mg等等 也就是说，佛手瓜是一种热量低、钠量低、钾量高的“两低一高”类食物，而这一特点，对于高血压等在内的多种现代文明病患者而言，则是一种不错的选择。				
Bergamot melon originated in Mexico, Central America and the West Indies. It was introduced into China in 1915 and planted in many places in southern China. Bergamot melon can be used as both a dish and a fruit to be eaten raw directly. It not only tastes sweet and crisp, but also has rich nutritional value, so it is very popular with consumers. According to the data, every 100 grams of bergamot fruit contains 93.45 g of water, 1.2 g of protein, 5.48 g of total sugar and 20 mg of carotene. Potassium content is high, up to 190 mg, riboflavin 0.1 mg, calcium 500 mg, phosphorus 320 mg, iron 40 mg, sodium 10 mg, etc. That is to say, Bergamot is a kind of "two low and one high" food with low calorie, low sodium content and high potassium content, which is a good choice for many modern civilized patients such as hypertension.				
3. 一家人接连得高血压，医生直指：问题出在这一饮食习惯上 The doctor pointed out that the problem was the dietary habit.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：13:18:14 Time: 13:18:14
一家人接连得高血压，医生直指：问题出在这一饮食习惯上。按照世界卫生组织的建议，一个正常的健康成人，每天盐摄入量应该小于6克，但在我国，这一数字达到18克，超过健康标准的三倍还不止，如果按照一袋盐400克计算，仅一个在中国人一年就得吃掉16袋盐。而大多数的中国人还在想当然的认为，盐吃多了也没什么大不了，但现实情况是，食用过量的盐，轻则引发身体水肿、干燥、变老、重则导致高血压、心血管疾病、胃病的发生，专家表示，学会在生活中“控盐”尤为关键。				
The family had high blood pressure one after another, and the doctor pointed out that the problem was the dietary habit. According to the World Health Organization, the daily salt intake of a normal healthy adult should be less than 6 grams, but in China, this figure reaches 18 grams, more than three times the health standard. If calculated according to 400 grams of a bag of salt, only one person in China has to eat 16 bags of salt a year. Most Chinese still take it for granted that it's no big deal to eat too much salt, but the reality is that eating too much salt can cause body edema, dryness, aging, and serious diseases such as hypertension, cardiovascular diseases and stomach diseases. Experts say that learning to control salt is particularly crucial in life.				
4. 孕中期能吃山楂吗 Can Hawthorn be eaten in the second trimester of pregnancy?	来源：TOM Source: TOM	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：19:32:26 Time: 19:32:26
孕中期能吃山楂吗？孕中期的时候最好是不吃山楂，因为山楂这种食材是可以促进消化的，对肠胃有一定的刺激性，而且山楂也是可以起到补血等效果，但是山楂是不能吃太多，不然会影响到胎儿的健康。对于孕中期的饮食问题，建议孕妇应该多吃一些含有钙元素的食物，并且要注意辛辣的食物是不能食用的。孕中期能吃山楂吗 大部分妇女怀孕后有择食、食欲不振、恶心、呕吐等妊娠反应，爱吃山楂等酸甜的食物。但要注意的是山楂及其各种果制品，孕妇以不吃为宜。多吃山楂的孕妇，容易危害胎儿健康。				
Can Hawthorn be eaten in the second trimester? During the second trimester of pregnancy, it is better not to eat hawthorn, because hawthorn is a kind of food that can promote digestion, stimulate the intestines and stomach, and hawthorn can also play a blood tonic effect, but Hawthorn can not eat too much, otherwise it will affect the health of the fetus. For dietary problems in the second trimester of pregnancy, it is suggested that pregnant women should eat more foods containing calcium, and pay attention to spicy food is not edible. Can pregnant women eat Hawthorn in the second trimester? Most women have pregnant reactions such as choosing food, loss of appetite, nausea and vomiting after pregnancy. They like sweet and sour food such as hawthorn. But it should be noted that hawthorn and its various fruit products, pregnant women should not eat. Pregnant women who eat more Hawthorn are likely to endanger the health of their fetuses.				
5. 警惕食物中的“衰老加速器” Beware of "Aging Accelerator" in Food	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：17:32:32 Time: 17:32:32
现在人们都讲究养生，养生无非就是为了身体棒，延长自己的寿命，所以为了能够长寿大家一定要注意自己的饮食，错误的饮食会加速衰老，那么大家知道加速衰老的食物有哪些吗?下面大家一起来认识它们吧。油炸食品，食物在油炸高温下会产生很多有害物质，最大的危害就是致癌。另外油炸食品含脂肪高，热量高，容易引起超重和肥胖，使组织和功能受损，加速机体衰老。腌制和烟熏食品，这类食物含盐很高，损害胃黏膜，加重肾脏负担，同时还会升高血压，使身体各方面受损，加快衰老。				
Nowadays, people all pay attention to health preservation. Health preservation is only for the sake of good health and prolonging their life span. So in order to prolong their life, we must pay attention to our diet. The wrong diet will accelerate aging. So, do you know what kinds of foods accelerate aging are? Let's get to know them together. Fried food, food in the frying high temperature will produce many harmful substances, the greatest harm is carcinogenic. In addition, fried food has high fat content and high calorie content, which can easily cause overweight and obesity, damage tissues and functions, and accelerate the aging of the body. Pickled and smoked foods, which are high in salt, damage the gastric mucosa, increase the burden of kidneys, but also increase blood pressure, damage all aspects of the body, accelerate aging.				
高血压 Hypertension				
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心血管健康 Cardiovascular health				
1. 血管变堵怎么办？3个方法解救血管，第1个很实用 What about vascular blockage? Three methods to rescue blood vessels, the first one is very practical.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：15:32:54 Time: 15:32:54
血管变堵怎么办？3个方法解救血管，第1个很实用 我们身体各个部位之所以可以获得营养物质都是血液循环的功劳，一旦心血管堵塞，那么心脏制造的血液就无法输送到身体各个部位，将会对身体造成隐患，那么心血管堵塞该怎么办，该如何通血管呢？ 心血管堵塞的治疗方法- 饮食调理 心血管堵塞多数是因为不健康的生活习惯造成的，比如油腻以及暴饮暴食的饮食习惯。对于心血管堵塞患者而言，在饮食上一定要清淡，要少吃太咸的食物，因为吃盐太多会加重血管硬化也会促使血压升高。				
What about vascular blockage? There are three ways to rescue blood vessels. The first is very practical. The reason why all parts of our body can get nutrients is due to blood circulation. Once the heart is blocked, the blood produced by the heart can not be transported to all parts of the body, which will cause hidden dangers to the body. So what should we do about the blockage of the heart and how to open the blood vessels? Treatment of Cardiovascular Blockage. Dietary conditioning Cardiovascular Blockage is mostly caused by unhealthy lifestyle habits, such as greasy and overeating diet. For patients with cardiovascular obstruction, diet must be light, and eat less salty food, because eating too much salt will aggravate vascular sclerosis will also promote blood pressure rise.				
2. 脑血管被堵塞后，身体会有4大反馈，要重视 After the blockage of cerebrovascular, the body will have four major feedback, we should pay attention to it.	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：17:33:26 Time: 17:33:26
脑血管出现堵塞是一个很常见的中老年性疾病，当患上脑血管疾病的时候，其实是有一些征兆的。但是很多人对于这些征兆不太了解，很容易会忽略掉这些征兆，从而导致病情不断的发展。 脑血				

管堵塞发作，有征兆可查。在生活中出现头晕头疼是大家都有过的现象，不过大部分的人群头痛都是短暂性的，过一段就可以自行恢复了。而因为血管堵塞而引起的头晕、头疼，是突然间的发作，并且会反复的出现眩晕头疼，开始的时候多数也是短暂性的一会，随着病情逐渐的加重，间歇性的疼痛会转换成持续性的，出现这种情况多是因为脑部缺血而导致的，要引起足够的重视。

Cerebrovascular obstruction is a very common disease in middle-aged and elderly people. When suffering from cerebrovascular disease, there are actually some signs. However, many people do not understand these symptoms, and it is easy to overlook them, leading to the continuous development of the disease. There are signs of cerebrovascular obstruction. In life, dizziness and headache are common phenomena, but most people have temporary headaches, which can be recovered by themselves after a period of time. The dizziness and headache caused by blockage of blood vessels is a sudden attack, and there will be repeated dizziness and headache, most of which are temporary at the beginning. With the gradual aggravation of the disease, intermittent pain will be converted to persistent. This situation is mostly caused by cerebral ischemia, which should be paid enough attention.

综合健康信息 Comprehensive Health Information				
1. 滨海新区：2020年5岁以下儿童生长迟缓率不超3% Binhai New Area: Growth retardation rate of children under 5 years old in 2020 is not more than 3%.	来源：新华网天津频道	主体：公众	态度：提倡	时间： 12:13:47
	Source: Xinhua Tianjin Channel	Subject: public	Attitude: advocate	Time: 12:13:47
到2020年，5岁以下儿童贫血率控制在10%以下；孕妇贫血率下降至15%以下；老年人群贫血率下降至10%以下。5岁以下儿童生长迟缓率控制在3%以下。人均每日烹调油摄入量控制在30克以内。人均每日食盐摄入量在现有基础上降低10%。新区盐包装印制摄盐量指导标识覆盖率达到80%。到2030年，5岁以下儿童贫血率控制在8%以下；孕妇贫血率控制在10%以下。5岁以下儿童生长迟缓率下降至3%以下。人均每日烹调油摄入量继续控制在30克以内。人均每日食盐摄入量在现有基础上降低20%。				
By 2020, the anemia rate of children under 5 years old will be controlled below 10%; the anemia rate of pregnant women will be reduced below 15%; and the anemia rate of the elderly will be reduced below 10%. The growth retardation rate of children under 5 years old was controlled below 3%. The daily cooking oil intake per capita should be controlled within 30 grams. Per capita daily salt intake has been reduced by 10% on the current basis. In the new area, the coverage rate of salt intake guidance label for salt packaging printing reached 80%. By 2030, the anemia rate of children under 5 years old will be under 8%, and that of pregnant women will be under 10%. The growth retardation rate of children under 5 years old dropped to less than 3%. The daily cooking oil intake per capita continued to be within 30 grams. Per capita daily salt intake has been reduced by 20% on the current basis.				
2. 邱县“红马甲”医疗队把“专家号”送进农家 Qixian "Red vest" medical team sent "expert number" to the farmhouse	来源：河北新闻网	主体：公众	态度：提倡	时间： 17:21:06
	Source: Hebei News Network	Subject: public	Attitude: advocate	Time: 17:21:06
‘红马甲’经常到我们村开展健康服务，我们看病就医也不用往县城跑了，真是太方便了！”近日，在邯郸邱县香城固镇付中村，村民杨学馨说起县里的“红马甲”医疗队高兴地说。近年来，河北省邱县以开展基本公共卫生服务为依托，在各乡镇成立了“红马甲”医疗志愿服务队，走村入户，为全县贫困患者、留守老人及患有疑难杂症患者免费提供疾病治疗和康复指导、健康知识宣传等，使一些特殊人群在家中即可享受上门医疗、名医看病、变“坐等服务”为“上门服务”，让优质医疗资源普惠基层群众。				
"Red waistcoat" often comes to our village to carry out health services. We don't have to run to the county to see a doctor. It's so convenient!" Recently, in Fuzhong Village, Xiangchenggu Town, Qixian County, Handan, villagers Yang Xuexin said happily about the county's "red vest" medical team. In recent years, Qixian County of Hebei Province, relying on the development of basic public health services, has set up a "red vest" medical volunteer service team in various townships and villages to provide free disease treatment and rehabilitation guidance and health knowledge publicity for poor patients, left-behind elderly people and patients with difficult and miscellaneous diseases in the county, so that some special groups can enjoy home-based medical treatment and famous doctors see a doctor at home. "Sitting and waiting service" is "door-to-door service", so that high-quality medical resources can benefit grassroots people.				
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减盐-微信

Salt Reduction - WeChat

2018-12-27, 共监测到651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 651 WeChat public articles were monitored in 2018-12-27. 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. 吃盐5大“雷区”，你中招了吗？

重复数: 38

日期: 2018-12-27

[Do you enter the five "forbidden areas" of eating salt?](#)

Repeat Number: 38

Data: 2018-12-27

认识高盐饮食的危害 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。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。

Understand the dangers of high-salt diets. Excessive intake of salt can increase blood pressure, which can increase the risk of diseases such as stomach diseases, osteoporosis and obesity. Chinese residents' dietary guidelines recommend that healthy adults should not consume more than 6 grams of salt per person per day, no more than 2 grams for children aged 2-3, no more than 3 grams for children aged 4-6, and no more than 4 grams for children aged 7-10. The elderly over 65 years old should not exceed 5 grams.

2. 想要健康，不妨少吃“三白”，多吃“三黑”

重复数: 36

日期: 2018-12-27

[If you want to be healthy, you should eat less Sanbai and more Sanhei.](#)

Repeat Number: 36

Data: 2018-12-27

很多人在做菜时候喜欢放很多盐, 觉得这样才入味。但盐摄入过多, 会对人体产生不利影响! 长期高盐饮食很容易引起血压增高、血管硬化, 并且多余钠需要从肾脏排出, 加大肾脏负担。健康人通过饮食摄取最佳盐量, 每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后, 平铺满一瓶盖量。如果已经确诊高血压, 每天最好不要超过3克。

Many people like to put a lot of salt when cooking, and feel that it is so delicious. However, if you consume too much, it will have an adverse effect on the human body! Long-term high-salt diets can easily cause high blood pressure, hardening of the arteries, and excess sodium needs to be excreted from the kidneys, increasing 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. 央视曝光！不吃味精、鸡精的看看吧！

重复数: 28

日期: 2018-12-27

[CCTV exposed it! People who do not eat MSG and chicken powder should take a look at it.](#)

Repeat Number: 28

Data: 2018-12-27

饮食以清淡为宜, 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。

The diet should be light. 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.

4. 吃盐5大“雷区”，快来看看你中招了吗？

重复数: 24

日期: 2018-12-27

[Do you enter the five "forbidden areas" of eating salt?](#)

Repeat Number: 24

Data: 2018-12-27

使用定量盐勺, 少放5%-10%的盐并不会影响菜肴的口味。使用定量盐勺, 尝试用辣椒、大蒜、醋和胡椒等为食物提味。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。

Using a quantitative salt spoon, less 5%-10% salt does not affect the taste of the dish. Use a quantitative salt spoon and try to flavor the food with pepper, garlic, vinegar and pepper. 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 foods. Fresh meat, seafood, and eggs are recommended.

5. 吃盐5大“雷区”，你中招了吗？

重复数: 11

日期: 2018-12-27

[Do you enter the five "forbidden areas" of eating salt?](#)

Repeat Number: 11

Data: 2018-12-27

阅读营养成分表 在超市购买食品时, 尽可能选择钠盐含量较低的包装食品, 和具有“低盐”、“少盐”、或“无盐”标识的食品。外出就餐选择低盐菜品 尽可能减少外出就餐, 主动要求餐馆少放盐, 尽量选择低盐菜品。关注调味品, 建议选择低钠盐、低盐酱油, 减少味精、鸡精、豆瓣酱、沙拉酱和调料包用量。

Read the Nutrition Facts list. When purchasing food at the supermarket, choose a packaged food with a lower sodium salt content and a food with a "low salt", "less salt", or "no salt" logo. Choose low-salt dishes for dining out. Try to reduce eating out as much as possible. Actively ask the restaurant to put less salt and try to choose low-salt dishes. Focus on condiments. It is recommended to choose low sodium salt and low salt soy sauce to reduce the dosage of MSG, chicken powder, bean paste, salad dressing and seasoning package.

减盐-微博 Salt Reduction - Weibo

2018-12-27, 共检测到1566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。

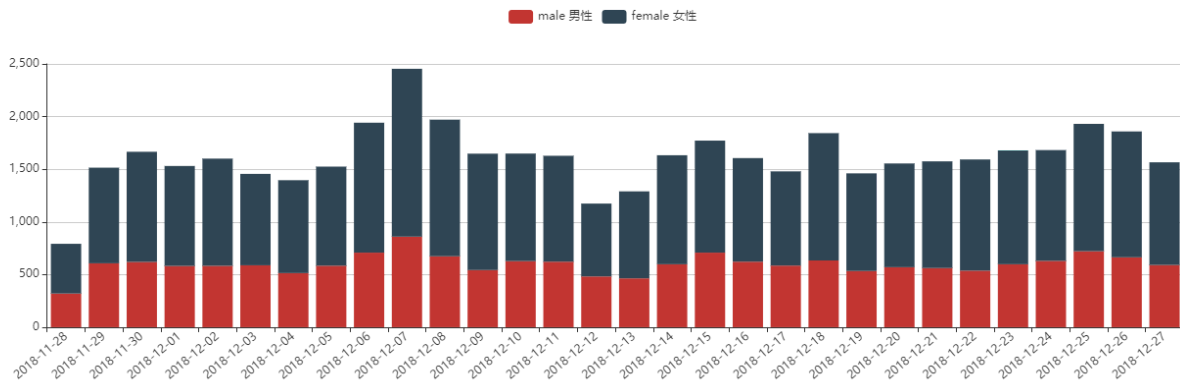
There are 1566 weibos about salt reduction monitored on 2018-12-27.

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!

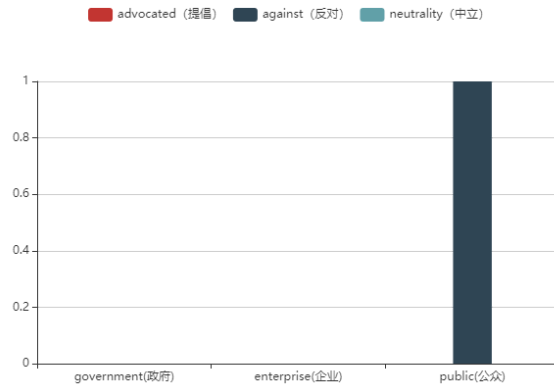
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-27) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-12-27. 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. 保健》遠離類風濕關節炎辨識抗炎、促炎食物看這裡... Health Care: Away from rheumatoid arthritis to identify anti-inflammatory and pro-inflammatory foods.				
張亞琳說，類風濕性關節炎的治療目標以減輕疼痛、控制發炎及預防畸形為主，藥物、物理治療及運動是主要的治療方式，藥物治療部分若使用類固醇消炎藥，在飲食部分需要注意低油、低鹽、低糖、高蛋白質、高鈣的攝取，減緩長期服用藥物帶來的副作用，如高血脂、高血壓、高血糖、肌肉流失、骨質疏鬆等。除了透過藥物抗發炎外，也有許多食材的營養素具有抗發炎效果，同樣可以抑制發炎，如：植化素：都是色彩鮮豔或含特殊氣味的蔬菜、水果，具有抗氧化、抗發炎的功效，Omega-3多元不飽和脂肪酸，各式豆類與五穀雜糧和無麩質全素飲食，均對身體有益。				
Zhang Yalin said that the treatment of rheumatoid arthritis is mainly aimed at relieving pain, controlling inflammation and preventing deformities. Drugs, material therapy and exercise are the main treatment methods. If steroid anti-inflammatory drugs are used in the drug treatment part, attention should be paid to the intake of low oil, low salt, low sugar, high protein and high calcium in the diet part to slow down the side effects of long-term drug use, such as Hyperlipidemia, hypertension, hyperglycemia, muscle loss, osteoporosis, etc. In addition to anti-inflammatory drugs, there are also many nutrients of food materials with anti-inflammatory effect, also can inhibit inflammation, such as: phytochemicals: vegetables and fruits with bright colors or special odors, with anti-oxidation and anti-inflammatory effects, Omega-3 polyunsaturated fatty acids, various legumes and grains and whole vegetable diet without gluten, are beneficial to the body.				
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

2018-12-27, 共监测到372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 372 WeChat public articles were monitored in 2018-12-27. This page shows the top five articles by repeat number today.

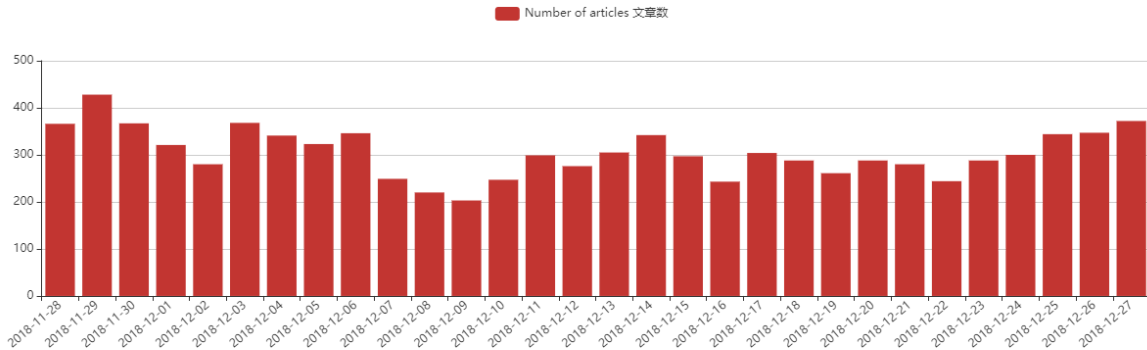
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#) 重复数: 10 日期: 2018-12-27
[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#) Repeat Number: 10 Data: 2018-12-27

反式脂肪酸, 这个名字可能大家听着比较陌生, 但事实上我们可能每天都在吃, 它就藏身于蛋黄派、奶油蛋糕、曲奇、饼干、糕点、冰淇淋、珍珠奶茶等食物中。反式脂肪酸主要产生于植物油的氢化过程, 它能升高低密度脂蛋白胆固醇, 同时降低高密度脂蛋白胆固醇。而低密度脂蛋白胆固醇正是引发血压升高、动脉硬化等心血管疾病的元凶。

Trans fatty acids, the name may sound strange to everyone, but in fact we may eat them every day, which is hidden in yolk pie, cream cake, cookies, biscuits, pastries, ice cream, pearl milk tea and other foods. Trans fatty acids are mainly produced in the hydrogenation process of vegetable oils, which can increase LDL cholesterol and reduce HDL cholesterol. Low density lipoprotein cholesterol is the main cause of cardiovascular diseases such as elevated blood pressure and atherosclerosis.

2. [此物每年致死50万人, 已被世卫组织呼吁停用!](#) 重复数: 9 日期: 2018-12-27
[It kills half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#) Repeat Number: 9 Data: 2018-12-27

在很多食品中还有一种常见物质, “吃一口就等于吃了7口油!” 这个害人不浅的东西, 就叫: 反式脂肪! 世界卫生组织发布呼吁各国: 5年内彻底停用食品中的人造反式脂肪! 据世卫组织估计, 每年有超过50万例因心血管疾病引发的死亡案例与反式脂肪摄入有关。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called trans fat! The World Health Organization has issued a call for countries to completely deactivate artificial trans fats in food within 5 years! According to WHO estimates, more than 500,000 deaths from cardiovascular disease each year are associated with trans fat intake.

3. [少吃人造的, 多吃神造的! 这句话一定要记住](#) 重复数: 7 日期: 2018-12-27
[Eat less man-made food and more God-made food! This sentence must be remembered.](#) Repeat Number: 7 Data: 2018-12-27

。人造黄油也是反式脂肪酸, 对心血管的危害比天然黄油的饱和脂肪酸还要厉害, 会显著增加心血管疾病以及糖尿病的发病率, 并影响婴幼儿的发育。中国农业大学食品安全系胡小松教授指出, 每天也不可避免地食用含反式脂肪酸的食品, 像饼干、面包、巧克力派、沙拉酱、冰淇淋、珍珠奶茶等都是反式脂肪酸的“重灾区”。

Margarine is also a trans fatty acid, which is more harmful to the cardiovascular than the saturated fatty acids of natural butter. It can significantly increase the incidence of cardiovascular disease and diabetes, and affect the development of infants and young children. Professor Hu Xiaosong, Department of Food Safety, China Agricultural University, pointed out that it is inevitable to consume foods containing trans-fatty acids every day, such as biscuits, bread, chocolate pie, salad dressing, ice cream, pearl milk tea, etc. .

4. [脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好](#) 重复数: 5 日期: 2018-12-27
[Facial need to be poor, feet need to be rich; Heart need to be poor, lungs need to be rich, good health is good.](#) Repeat Number: 5 Data: 2018-12-27

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。保养要点 少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats. Maintaining waist circumference also reduces the incidence of cardiovascular disease.

5. [少吃穷养, 脚要富养; 心要穷养, 肺要富养。](#) 重复数: 3 日期: 2018-12-27
[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#) Repeat Number: 3 Data: 2018-12-27

少吃加工食品 心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。少吃人造多吃天然食品, 配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪。保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

反式脂肪酸-微博 Transfat - Weibo

2018-12-27, 共检测到103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。

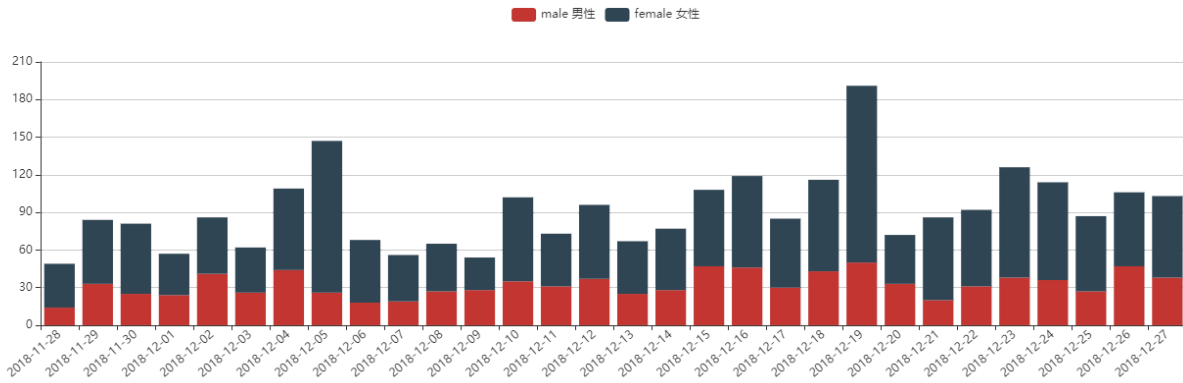
There are 103 weibos about transfat reduction monitored on 2018-12-27.

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!