

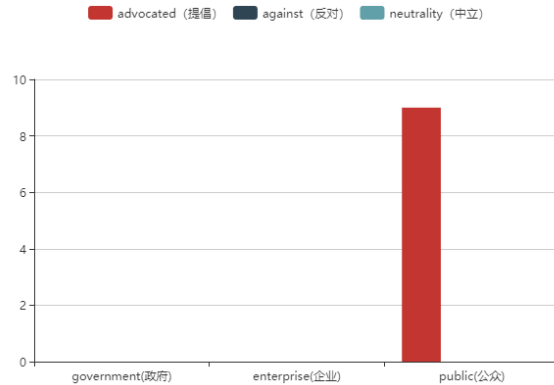
减盐-新闻

Salt Reduction - News

今日 (2018-11-25) 共监测到9条资讯。请点击标题查看原文。

There are 9 articles monitored today 2018-11-25. 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
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决心工程 Resolve To Save Lives
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安徽
Anhui

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浙江
Zhejiang

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没有相关文章！
No such articles!

其他省份
Other Provinces

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

1. 医生：过了35岁后，这3种东西要少碰，都是心脑血管的“杀手” Doctor: After 35 years old, these three things should be touched less. They are all "killers" of cardiovascular and cerebrovascular diseases.	来源：汉丰网	主体：公众	态度：提倡	时间：06:45:59
	来源：汉丰网	Subject: public	Attitude: advocate	Time: 06:45:59

脑科权威人士表示，如今人的平均寿命逐渐增高，脑死亡人数会越来越突出。权威数据指出：患有高血压、糖尿病、高血脂症等人群，脑死亡发病率比普通人身高5倍。还需要强调的是，过度劳累人群，也是脑死亡隐患人群之一。 据数据显示，我国每年新增脑死亡200多万人，大约20秒就有一个人因脑部患病而死亡。脑死亡已经成为我国的第一死亡病症，约占总死亡疾病谱的22.3%，对国人生命起着严重的威胁。 医生建议：过了35岁后，少碰这3类物品！

Brain authorities say that people's average life expectancy is increasing and the number of brain deaths will become more and more prominent. Authoritative data point out that the incidence of brain death is five times higher in people with hypertension, diabetes, hyperlipidemia, etc. It should also be emphasized that the overworked population is also one of the potential risk groups of brain death. According to the data, there are more than 2 million new brain deaths in China every year, and about 20 seconds, one person died of brain disease. Brain death has become the first death disease in China, accounting for about 22.3% of the total spectrum of death diseases, which poses a serious threat to people's lives. Doctor's advice: After 35 years old, do not touch these three kinds of goods!

综合健康信息 Comprehensive Health Information				
1. 喝汤补身有了新证据 New evidence for soup tonics	来源：人民网	主体：公众	态度：提倡	时间：09:50:10
	来源：人民网	Subject: public	Attitude: advocate	Time: 09:50:10

俗话说“唱戏的腔，厨子的汤”，熬一锅好汤对厨师来说，如同一副好嗓子对于戏曲演员一样重要。在全球各地，汤的种类不胜枚举，在餐桌上占有不可或缺的位置。除了美味，近年来一些研究发现，喝汤的确有益健康。 一碗汤，一种安慰。 后来，喝汤的习惯传遍世界。 比较有名的汤包括美国的奶油鸡肉汤、俄罗斯的罗宋汤、西班牙的冷菜汤、法国的马赛鱼汤、泰国的冬阴功汤.....法国一位名厨曾说，一碗汤如同一束让人心醉的鲜花，是对生活的一种安慰，能消除人们的疲惫和忧愁。

As the saying goes, "Singing tune, cook's soup", cook a good pot of soup for the cook, as a good voice for the opera actors. Throughout the world, soups are numerous and occupy an indispensable position on the dining table. In addition to delicacy, some recent studies have found that drinking soup is really good for your health. A bowl of soup is a comfort. Later, the habit of drinking soup spread all over the world. The more famous soups include American buttered chicken soup, Russian borscht soup, Spanish cold vegetable soup, French Marseille soup, Thai winter Yingong soup... A famous French chef once said that a bowl of soup is like a fascinating bouquet of flowers, which is a comfort to life and can eliminate people's fatigue and sadness.

2. 扬州打造10分钟为老服务圈让老人颐养在社区 Yangzhou builds a 10-minute service circle for the elderly to take care of themselves in the community	来源：中国江苏网	主体：公众	态度：提倡	时间：10:49:30
	来源：中国江苏网	Subject: public	Attitude: advocate	Time: 10:49:30

“社区为我们老人建了一个安乐窝，医食住行设施齐备，服务特别好。人老了，不想出远门，家里最好。”张永凤乐呵呵地说。张永凤所说的“安乐窝”，是我市近年来大力推进建设的颐养社区。扬州围绕老人最怕、最盼、最怨的事，以人民为中心，以问题为导向，努力构建半径10分钟左右的为老服务圈，让老年人得到“身边、床边、周边”的养老服务。“今年新建了22个颐养示范社区，年底前将全部投入运营。”市民政局局长王振祥说，我市积极应对人口老龄化，将颐养社区建设纳入高质量发展考核指标，写入市委全会报告、政府工作报告，充分调动社会力量参与建设，努力走出具有扬州特色的路子，让越来越多的老人在社区颐养天年，获得感、幸福感不断增强。

"The community has built a comfortable nest for our old people, with complete medical, food, housing and transportation facilities, and excellent service. Old people, do not want to go far, home is the best. Zhang Yongfeng said happily. Zhang Yongfeng's "comfortable nest" is the home-care community that our city has vigorously promoted in recent years. Around the most fearful, most desirable and most resentful things of the elderly, Yangzhou takes the people as the center, takes the problem as the guidance, and strives to build a service circle with a radius of about 10 minutes for the elderly, so that the elderly can get the old-age service of "around, beside and around the bed". "Twenty-two demonstration home-care communities have been built this year and will be fully operational by the end of the year." Wang Zhenxiang, Director of the Civil Affairs Bureau, said that the city should actively respond to the aging of the population, incorporate the construction of the home-care community into the evaluation index of high-quality development, write into the report of the plenary session of the Municipal Committee and the report of the work of the government, fully mobilize social forces to participate in the construction, and strive to walk out of the road with Yangzhou characteristics, so that more and more elderly people can take care of themselves in the community Years, the sense of attainment and happiness has been increasing.

3. 产妇可以吃青枣子吗 Can puerpera eat green dates?	来源：TOM	主体：公众	态度：提倡	时间：11:53:22
	来源：TOM	Subject: public	Attitude: advocate	Time: 11:53:22

产妇生产完后身体是十分虚弱的，抵抗力也很差。很多产妇都想要通过食补来增加营养。青枣子清润可口，脆甜美味。青枣子还有益胃生津、美容养颜、延缓衰老，也有较强的补养作用，很多女性朋友也很喜欢吃青枣子，但如果产妇想要吃枣子还是要认真考虑的。那产妇可以吃青枣子吗?产妇是可以吃鲜枣的。鲜枣中含丰富的维生素C，还含有大量的葡萄糖和蛋白质。中医认为，鲜枣是水果中最好的补药，具有补脾活胃、益气生津、调整血脉和解百毒的作用，尤其适合脾胃虚弱、气血不足的坐月子的人食用。

After delivery, the maternal body is very weak and the resistance is very poor. Many mothers want to increase their nutrition through dietary supplements. The green jujube is delicious and crisp. Green jujube is also good for stomach and body, beauty and beauty, anti-aging, and has a strong nourishing effect. Many female friends also like to eat green jujube, but if the puerpera wants to eat jujube, they should seriously consider it. Can the puerpera eat green jujube? The puerpera can eat fresh jujube. Fresh jujube is rich in vitamin C, and also contains a lot of glucose and protein. According to TCM, fresh jujube is the best tonic in fruits. It has the functions of invigorating the spleen and stomach, invigorating qi and promoting Jin, regulating blood vessels and eliminating Baidu. It is especially suitable for people with weak spleen and stomach and insufficient Qi and blood.

4. 每天一勺盐，清肠通便，“大肚腩”悄悄变小了 A spoonful of salt a day, clear the intestines and defecate, "big belly" quietly smaller.	来源：中国新闻网	主体：公众	态度：提倡	时间：17:31:11
	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 17:31:11

在平时生活中，我们可能会看到你的身材会出现肥胖的现象，而且有些人的肚子可能会比腰要高，其实对于这件事很多女人可能会感觉到羞耻，如果站着的话还比较好，如果坐下的时候肚子上的赘肉已经折叠好几层了，衣服可能会稍微谨慎，其实对于这种现象也是无法看，所以对于我们来说也是想要减掉自己上的赘肉，其实这和吃不仅有一定的关系，和自己的运动也会有很大的关系，如果长时间坐着也会导致出现大陆难的情况，如果女人的肚子比胸高，其实使用每天一勺盐清肠通便，大肚腩也会悄悄消失，每天喝淡盐水，真的能减肥吗？

In normal life, we may see that your body will appear obese phenomenon, and some people may have a higher stomach than the chest, in fact, many women may feel ashamed of this matter, if standing, it is better, if sitting down when the belly fat has folded several layers, clothes can be Can be a little cautious, in fact, for this phenomenon is also impossible to see, so for them also want to lose their own fat, in fact, this and eat not only has a certain relationship, and their own movement will have a great relationship, if long sitting will lead to continental difficulties, if women's stomach ratio Chest height, in fact, the use of a spoonful of salt a day to clear intestines and defecate, the belly will quietly disappear, drinking dilute saline every day, can you really lose weight?

5. 每天吃点盐有助排出宿便，“肚腩”变小 Eating a little salt every day helps to excrete stool and reduce belly fat.	来源：中国新闻网	主体：公众	态度：提倡	时间：17:31:25
	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 17:31:25

一白遮三丑，一胖毁所有，对于女人来说，没有什么比苗条的身材，性感的曲线，更令人骄傲了，女人的身材变得肥胖，让女人感到非常的耻辱，站着的时候还好一些，坐下肚子上的赘肉好几层，简直就是天然的游泳圈，可以直接去游泳了，所以有很多女人，认为减肥就是瘦，就是减肚子减腰，其实女人长胖跟平时的饮食习惯是很有关系的，因为大多数的女人都比较贪吃，而且比较懒，我们都知道想要健康，想要成功减肥，只有两大要素“管住嘴，迈开腿”，今天小编就来跟大家说一下，每天喝杯淡盐水，或许就可以减肥哦！

For women, nothing is more proud than a slim figure, a sexy curve, a woman's body becomes obese, so that women feel very humiliated, standing better, sitting down on several layers of belly fat, is simply a natural swimming circle, you can. Go swimming directly, so many women think that losing weight means losing weight, that is, losing stomach and waist. In fact, women's gaining weight is closely related to their usual eating habits, because most women are greedy and lazy. We all know that if we want to be healthy and want to lose weight successfully, there are only two main factors: shut up. Today Xiaobian will talk to you about drinking a cup of salt water every day, maybe you can lose weight!

6. 新生儿多大能“吃盐”呢？ How much salt can a newborn eat?	来源：中国新闻网	主体：公众	态度：提倡	时间：17:21:21
	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 17:21:21

不知道你是否还在纠结要不要给宝宝的饮食中加盐，或许在加盐之前你要了解一下这几种影响 1、吃盐过早的话，宝宝越爱挑食。之所以这样说，是因为新生儿的味蕾敏感度是常人的十倍还要多，如果说他们过早的尝到了一些有味道的食物的话，那么就会嫌弃爸爸妈妈为他们准备的那些辅食，就像是很多家庭过早的给孩子吃水果，那么他们就不愿意吃蔬菜了，事都是一个道理的，所以说如果我们让宝宝过早的接触到盐的话，就等于告诉他原来食物还有味道的，这样的话对于一些滋味比较淡的辅食，那么宝宝就会变得越来越挑剔，越来越不喜欢吃。 2、摄入盐分过多的话，很容易会影响到肾脏的发育。

I don't know if you're still struggling to add salt to your baby's diet. Maybe before adding salt, you need to understand these effects. 1. If you eat salt too early, the more picky your baby is. The reason for this is that the taste bud sensitivity of newborns is ten times higher than that of ordinary people. If they taste some tasty food too early, they will dislike the supplementary food prepared for them by their parents, just like many families eat fruit too early for their children, so they will not like to eat vegetables. Food, everything is a truth, so if let our little baby touch salt too early, it is tantamount to telling him that the original food is still tasty, so for some of the less tasty supplementary food, then the baby will become more and more picky, more and more do not like to eat. 2. Excessive salt intake can easily affect the development of kidneys.

7. 盐，你吃对了吗？ Salt, did you eat it right?	来源：中国新闻网	主体：公众	态度：提倡	时间：17:38:42
	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 17:38:42

市场上食盐的种类越来越多，加碘盐、低碘盐、无碘盐、加锌盐、低钠盐、海藻盐、竹盐.....往往让人挑花了眼。那么，不同的食盐到底有什么区别？我们又该怎样选择适合自己的食盐呢？今天小

编带大家了解下关于盐的小知识！ 盐的种类有哪些？ 加碘盐，主要针对碘缺乏的人群。常见的是地方性甲状腺肿，就是我们俗称的“粗脖子病”和地方性克丁病，因此，在碘缺乏地区的人们，一定要食用加碘盐。低钠盐，低钠盐的氯化钠含量降低到65%以下，添加的是一定量的氯化钾和硫酸镁，可调整人体钠、钾、镁离子的平衡，对于预防高血压和心血管疾病有帮助。

There are more and more kinds of salt in the market, such as iodized salt, iodized salt, iodized salt, zinc salt, low sodium salt, algae salt, bamboo salt, etc. Often it's eye-catching. So what's the difference between different salt? How do we choose the right salt for ourselves? Today, we know a little bit about salt! What kinds of salt are there? Iodized salt is mainly aimed at iodine deficient people. Common is endemic goiter, which is commonly known as "rough neck disease" and endemic Keddung disease. Therefore, people in iodine deficiency areas must eat iodized salt. Low sodium salt, low sodium salt sodium chloride content reduced to less than 65%, adding a certain amount of potassium chloride and magnesium sulfate, can adjust the balance of human sodium, potassium, magnesium ions, for the prevention of hypertension and cardiovascular disease is helpful.

8. 盐吃多了会生病?	来源：中国新闻网	主体：公众	态度：提倡	时间：17:49:17
Will you get sick if you eat too much salt?	来源：中国新闻网	Subject: public	Attitude: advocate	Time: 17:49:17

生活中相信很多人吃东西的时候比较喜欢吃咸的东西，而且这样才会感觉比较好，其实我们都知道中国有一句老话叫做好厨师，一把盐而且食盐也是在做饭必不可少的一种调味品，而且如果做菜的时候不放盐口味儿真的没有那么好，在国家当中也有成人食盐用量的标准，而且很多人都会有一个疑问，如果经常吃过多的盐会导致生病吗？如果经常摄入太多时间的话，就会导致喉咙和舌头受到很大的刺激。盐吃多了会生病？身体出现4种“症状”，或许和“食盐过量”有关。盐吃多了会生病？身体出现4种“症状”，或许和“食盐过量”有关。

In fact, we all know that there is an old saying in China that a good cook is a good cook. A handful of salt is also an essential condiment for cooking, and if you don't put salt in your cooking, you really don't have that. Well, there is also a standard for adult salt consumption in the country, and many people will have a question, if you often eat too much salt will lead to illness? If you eat too much time regularly, your throat and tongue will be greatly stimulated. Will you get sick if you eat too much salt? There are four "symptoms" in the body, which may be related to "excessive salt". Will you get sick if you eat too much salt? There are four "symptoms" in the body, which may be related to "excessive salt".

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

减盐-微信

Salt Reduction - WeChat

2018-11-25, 共监测到485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 485 WeChat public articles were monitored in 2018-11-25. This page shows the top five articles by repeat number today.

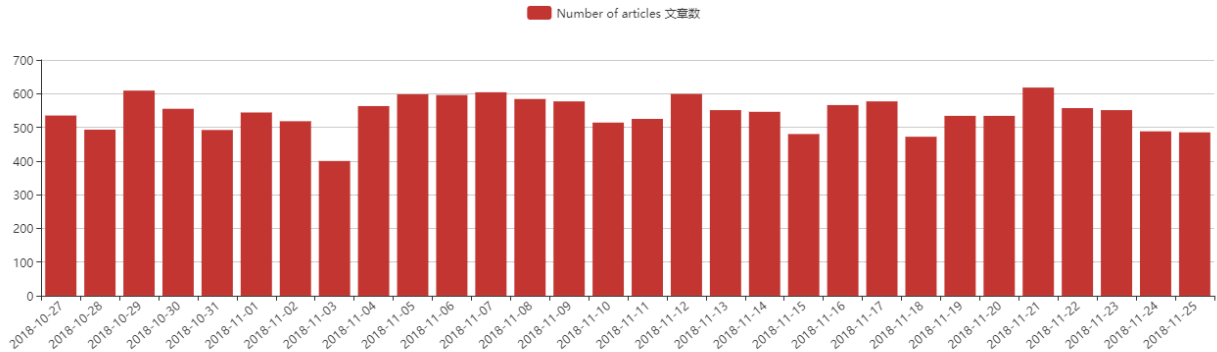
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 想要健康长寿: 少吃三白, 多吃三黑

重复数: 10

日期: 2018-11-25

[Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.](#)

Repeat Number: 10

Data: 2018-11-25

长期高盐饮食很容易引起血压增高、血管硬化, 并且多余的钠需要从肾脏排出, 加大肾脏负担。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.

2. 跟心脏抢寿命、跟骨头抢钙、还致癌...就是你天天吃的这个东西

重复数: 6

日期: 2018-11-25

[The food you eat everyday may not only decrease the lifespan of heart and calcium content of bone but also be carcinogenic.](#)

Repeat Number: 6

Data: 2018-11-25

长期的高盐饮食, 会使骨密度越来越低, 导致“骨头变脆”, 患上骨质疏松也就不足为奇了。据英国《独立报》报道称, 科学家在经过12年的研究, 最终得出的结果是, 高盐饮食会显著增加心脏衰竭的风险。也就是说食用过多的盐, 你最终可能会因为心脏衰竭而死。这份研究中指出, 人们每天摄入的氯化钠超过13.7克, 心力衰竭的速度会翻倍。

Long-term high-salt diets can make bone density lower and lower, leading to "bone bones become brittle." So it is not surprising that you have osteoporosis. According to the British "Independent" report, after 12 years of research, the final result is that a high-salt diet can significantly increase the risk of heart failure. That is to say, eating too much salt, you may end up dying of heart failure. The study pointed out that people consume more than 13.7 grams of sodium chloride per day, and the rate of heart failure doubles.

3. 远离“三高”的五句话, 再忙也一定要看一看!

重复数: 4

日期: 2018-11-25

[Away from the five words of "three highs", you must take a look at it!](#)

Repeat Number: 4

Data: 2018-11-25

饮食降血压的第一点就是要少吃盐, 世界上对盐与高血压的关系已研究了100多年, 发现高盐摄入可引起血压升高。世界卫生组织建议正常人群每日食盐量为6-8克, 也就是一小啤酒瓶盖。高血压患者应控制在4克以下。

The first point of diet to lower blood pressure is to eat less salt. The relationship between salt and hypertension in the world has been studied for more than 100 years. It is found that high salt intake can cause blood pressure to rise. The World Health Organization recommends that the normal population have a daily salt intake of 6-8 grams, which is the amount of a small beer bottle cap. Hypertensive patients should be controlled below 4 grams.

4. 冬季养生须做到八多八少

重复数: 3

日期: 2018-11-25

[Health preservation in winter should observe the regulation of "eight more eight less".](#)

Repeat Number: 3

Data: 2018-11-25

《黄帝内经》说“咸伤肾”, 现代医学研究也证明, 高血压的发病与过量摄入盐有关, 因此, “淡食多补”是有一定道理的。而醋味酸、性温, 能促进消化, 多吃些醋对身体有益。

"Huang Di's Canon of Internal Medicine" said that "salty food is not good for the kidneys." Modern medical research has also shown that the onset of high blood pressure is associated with excessive intake of salt. Therefore, "a light diet is good for the body" is reasonable. While vinegar is sour and warm, it can promote digestion, and eating more vinegar is good for the body.

5. 秋冬早起易水肿? 这样做就好~!

重复数: 1

日期: 2018-11-25

[Getting up early in the fall and winter is easy to cause edema? Just do it~!](#)

Repeat Number: 1

Data: 2018-11-25

《中国居民膳食指南(2016)》建议成年人每天盐摄入量不超过6克, 吃太多盐, 容易口渴。大量喝水后, 水分子很快进入血液导致水肿。食盐中含钠, 身体不能及时将钠和水分排出, 会因盐和水暂时增重。高盐食物会促进组织水肿, 经期前容易水肿的女性, 尤其应注意控盐。

The Chinese Dietary Guidelines (2016) recommends that adults take up to 6 grams of salt a day. Eating too much salt leads to thirst. After drinking plenty of water, water molecules quickly enter the bloodstream and cause edema. The salt contains sodium, and the body cannot discharge sodium and water in time, and it will temporarily gain weight due to salt and water. High-salt foods promote tissue edema. Women who are prone to edema before menstruation should pay special attention to salt control.

减盐-微博

Salt Reduction - Weibo

2018-11-25, 共检测到1625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。

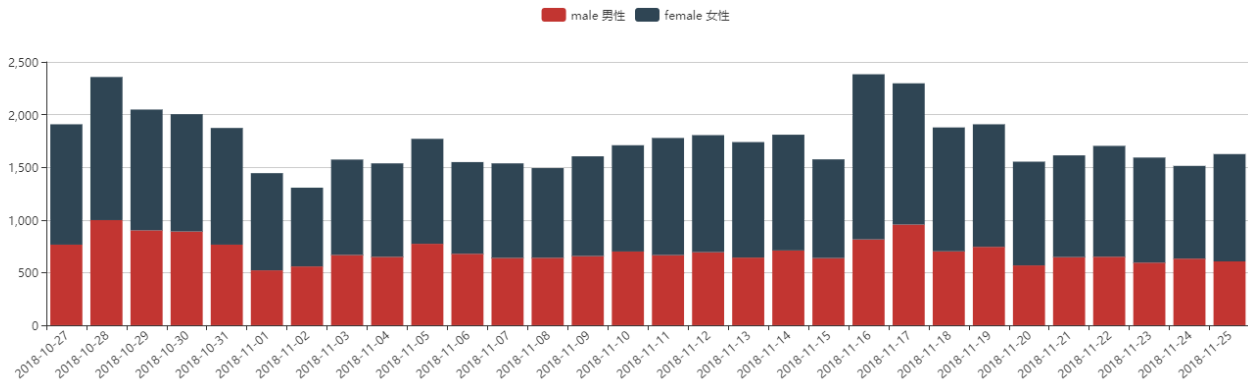
There are 1625 weibos about salt reduction monitored on 2018-11-25.

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!

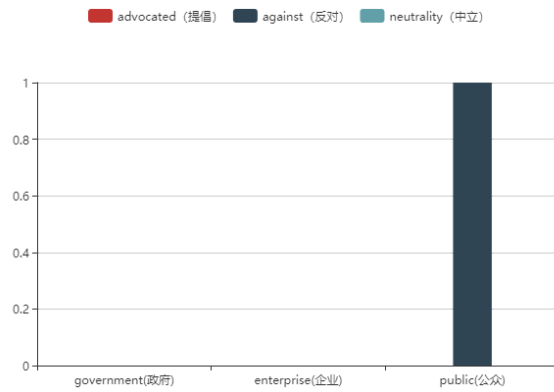
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-25) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-11-25. 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. 薯类营养又可口吃时五点需注意 Five Potato Nutrition Potatoes Can Eat	来源：人民网	主体：公众	态度：反对	时间： 09:07:15
	来源：人民网	Subject: public	Attitude: against	Time: 09:07:15
<p>时下，正值红薯、山药、芋头等薯类大量上市，它们营养丰富，美味可口，非常适合这个季节食用，但要注意以下几点。烹调方式尽量简单。增加薯类的摄入有助预防便秘，但油炸薯条和薯片则没有上述作用，反而会带来发胖风险。同时，随着加热温度升高，植物油中反式脂肪酸的含量也不断增加。因此，烹调薯类应尽量选择清蒸方式。适当补充优质蛋白质。薯类的蛋白质含量较低，每百克含有2克左右，相同重量的谷类含蛋白质10克左右。因此，日常以薯类为主食的人群要注意补充蛋白质，以免营养不良。</p>				
<p>Nowadays, sweet potatoes, yam, taro and other potatoes are on the market in large quantities. They are nutritious, delicious and very suitable for this season, but we should pay attention to the following points. Cooking is as simple as possible. Increased intake of potatoes helps prevent constipation, but fries and chips do not have the above effect, but they pose a risk of obesity. At the same time, the content of trans fatty acids in vegetable oils increased with the increase of heating temperature. Therefore, cooking potatoes should be steamed as far as possible. Adequate supplementation of high-quality protein. The protein content of potatoes is low, about 2 grams per 100 grams, and that of cereals of the same weight is about 10 grams. Therefore, people who eat potatoes as their staple food should pay attention to protein supplementation in order to avoid malnutrition.</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

2018-11-25, 共监测到249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 249 WeChat public articles were monitored in 2018-11-25. 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. 喜欢吃番茄炒蛋, 心梗猝死: 你以为是健康食品, 却是隐形杀手

[Eating too much scrambled eggs with tomatoes may cause sudden death of myocardial infarction : The food you think is health may be a invisible killer.](#)

重复数: 8

日期: 2018-11-25

Repeat Number: 8

Data: 2018-11-25

各种食物、零食, 如果含有植脂末、氢化植物油、人造奶油、代可可脂、奶精、起酥油, 等等, 都含有人造反式脂肪酸。注意零食里, 如果成分表里显示含有这些, 全部都要少吃! 但很不幸, 很多超市里的零食, 都含有这些成分。所以, 用奶精做得奶茶里有反式脂肪酸, 巧克力味的各类糕点有反式脂肪酸, 人造奶油做的西点蛋糕也有反式脂肪酸。

A variety of foods, snacks, if it contains non-dairy creamer, hydrogenated vegetable oil, margarine, cocoa butter, creamer, shortening, etc., contain artificial trans fatty acids. If the ingredients list of snacks show that they contain these, you should eat less it! But unfortunately, many snacks in the supermarket contain these ingredients. Therefore, milk tea made from creamer, chocolate-flavored cakes, and pastry cakes made from margarine contain trans fatty acids.

2. 脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好

[Keep your face poor, your feet rich, your heart poor, your lungs rich and you will be healthy.](#)

重复数: 6

日期: 2018-11-25

Repeat Number: 6

Data: 2018-11-25

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 will reduce the incidence of cardiovascular diseases.

3. 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 firstly and then decide wether to buy it! I didn't expect to lose so many years.](#)

重复数: 3

日期: 2018-11-25

Repeat Number: 3

Data: 2018-11-25

美国FDA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 FDA suggests that a package of food can be labeled "zero trans fatty acid" on the food label as long as its trans fatty acid content is less than 0.5 g per serving. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage.

4. 仟佰宠: 减肥从认识营养素开始——脂肪

[Losing Weight Begins with Knowing Nutrients-Fat](#)

重复数: 2

日期: 2018-11-25

Repeat Number: 2

Data: 2018-11-25

对于脂肪的选择总结如下: 反式脂肪绝对属于坏脂肪, 即使不减肥也不应多吃。大家在购买食品时, 如果发现配料表中出现了氢化植物油(或氢化XX油)、精炼植物油(或精炼XX油)、起酥油、植脂末等成分时, 基本上都含有反式脂肪。另外还有一些坏脂肪比如动物肥肉中的饱和脂肪, 它的危害虽然比不上反式脂肪, 但是却很容易在体内堆积形成赘肉, 因此也要适量摄入。

The selection of fats is summarized as follows: Trans fats are definitely bad fats, and should not be eaten even if you don't lose weight. When you buy food, if you find hydrogenated vegetable oil (or hydrogenated XX oil), refined vegetable oil (or refined XX oil), shortening, non-dairy creamer and other ingredients in the ingredients list, these foods basically contain trans fat. There are also some bad fats such as saturated fat in animal fat, although its harm is not comparable to trans fat, but it is easy to accumulate in the body to form fat. Therefore, you should also take it in moderation.

5. 脸要穷养, 脚要富养; 心要穷养, 肺要富养!

[Raising face in poor way and feet in rich way; Raising heart in poor way and lung in rich way...](#)

重复数: 1

日期: 2018-11-25

Repeat Number: 1

Data: 2018-11-25

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.

反式脂肪酸-微博 Transfat - Weibo

2018-11-25, 共检测到67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。

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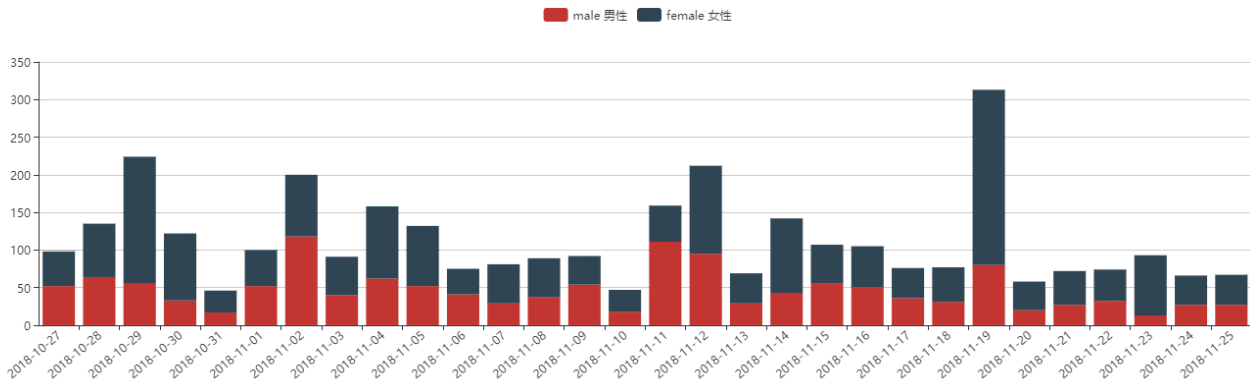
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1. 没有相关微博!
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