

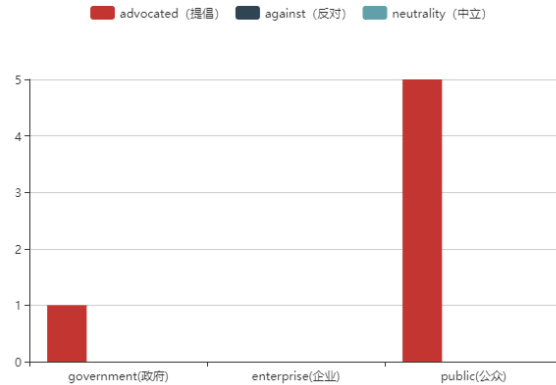
减盐-新闻

Salt Reduction - News

今日 (2019-01-11) 共监测到6条资讯。请点击标题查看原文。

There are 6 articles monitored today 2019-01-11. 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

1. [胶州中心医院让他们平安度过“支架人生”](#)

来源: 山东新闻网

主体: 公众

态度: 提倡

时间: 14:41:00

[Jiaozhou Central Hospital let them live a "scaffold life" safely](#)

Source: Shandong News Network

Subject: public

Attitude: advocate

Time: 14:41:00

近日, 青岛市胶州中心医院心内科二楼学术报告厅里一群特殊的老友欢聚一堂, 共话健康, 这是心内科组织近年来接受心脏支架的患者进行的回访座谈会。 这些患者都曾经饱受疾病折磨, 有的因为心绞痛举步维艰, 也有的因为急性心肌梗塞生命垂危。经过心内科高超的医疗技术和精心的护理服务,患者及家属的高度信任和配合, 医患共同努力战胜病魔, 进行心脏介入治疗后患者脱离死亡的威胁, 再次享受幸福美好生活。 座谈会上姚明凯医生为大家讲授了《支架患者术后的健康管理》, 大家听得聚精会神, 有问有答气氛热烈。

Recently, a group of special old friends gathered in the second floor academic lecture hall of Cardiology Department of Qingdao Jiaozhou Central Hospital to talk about health. This is a return visit symposium organized by cardiology department for patients receiving cardiac stents in recent years. These patients have suffered from diseases, some because of angina pectoris, some because of acute myocardial infarction life threatening. Through the excellent medical technology and meticulous nursing service of Cardiology department, the high trust and cooperation of patients and their families, doctors and patients work together to overcome the disease, and after cardiac interventional therapy, patients get rid of the threat of death and enjoy a happy and happy life again. At the symposium, Dr. Yao Mingkai gave you a lecture on "Health Management after Stent Surgery". We listened attentively and had a warm atmosphere of asking and answering questions.

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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高血压

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安徽
Anhui

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没有相关文章!
No such articles!

其他省份
Other Provinces

<div>食物中的钠 Sodium in food</div>
没有相关文章!

No such articles!				
高血压 Hypertension				
没有相关文章!				
No such articles!				
心血管健康 Cardiovascular health				
没有相关文章!				
No such articles!				
综合健康信息 Comprehensive Health Information				
1. 麦当劳这些餐点有“地雷”！员工爆料：自己绝不碰 These McDonald's meals have landmines! Employee stories: never touch yourself				
来源：精彩大马 (新闻发布) (博客)	主体：公众	态度：提倡	时间：17:24:00	
Source: Wonderful Malaysia (News Release) (Blog)	Subject: public	Attitude: advocate	Time: 17:24:00	
麦当劳广受民众欢迎，每逢用餐时间总是大排长龙，不过有些餐点虽然超受欢迎，员工却私下表示自己能不碰就不碰，最扯的是，连麦当劳自己都建议员工少吃快餐。知名美国网络媒体Mashed报导，美国麦当劳有4项餐点是员工几乎不会去碰的，包括了麦克鸡块 (McNugget)、麦香鱼堡 (Filet-o-Fish)、McCafe的饮料与冰炫风 (Mcflurry)、圣代 (Sundae ice cream) 等冰品。员工表示，台面上许多麦克鸡块炸好后就一直放在容器内计时保温，员工也承认，虽然公司表示保温过久的鸡块可以直接舍弃，但他们都会重新计时保温，就这样无限循环。				
McDonald's is widely welcomed by the public, and there is always a long line of meals every time. However, although some meals are extremely popular, employees privately say they can't touch them. Most of all, even McDonald's itself advises employees to eat less fast food. Mashed, a well-known American online media, reports that McDonald's has four meals that employees hardly touch, including McNugget, Filet-o-Fish, McCafe's drinks and Mcflurry, Sundae Cream and other ice products. Employees said that many McChicken nuggets on the table were kept in containers after being fried. Employees also admitted that although the company said that chicken nuggets that had been kept too long could be discarded directly, they would re-time the heat preservation, so that the infinite cycle.				
2. 外卖费上涨，部分上班族带饭上班 Takeaway fees have risen and some workers take meals to work				
来源：河北新闻网	主体：公众	态度：提倡	时间：17:25:28	
Source: Hebei News Network	Subject: public	Attitude: advocate	Time: 17:25:28	
从一个月前起，石家庄市刘女士开始带饭上班，“以前中午都是点外卖，可是最近外卖费涨了不少，只好自己带饭解决午饭了。”记者在采访中发现，因为外卖费上涨、担心在外就餐不卫生等原因，不少上班族开始选择自己带饭上班解决午饭问题。一顿饭多花好几十元钱 每天晚上做晚饭时，刘女士都会特意多做一些，做好后盛出来放在自己的饭盒里——这是她第二天中午的午饭。而在一个月之前，刘女士还是每天中午都靠外卖解决午饭问题。刘女士告诉记者，她在石家庄市一家公司工作，中午只有一个小时的休息时间，只能在公司解决午饭问题。				
Since a month ago, Ms. Liu in Shijiazhuang City began to take meals to work. "In the past, take-out was ordered at noon, but recently the cost of take-out has increased a lot, so she had to bring her own meals to solve lunch." Reporters found in the interview, because of takeaway fees rise, worry about eating out unsanitary and other reasons, many workers began to choose to take their own meals to work to solve the problem of lunch. Every evening when she cooks dinner, Ms. Liu specially cooks more and puts it in her lunch box after making it. This is her lunch the next day at noon. A month ago, Ms. Liu relied on takeout to solve her lunch problem every noon. Ms. Liu told reporters that she worked in a company in Shijiazhuang City. She had only one hour's rest at noon and could only solve lunch problems in the company.				
3. 【营养美学】说一说关于睡眠的大问题 Talk about the Big Question about Sleep				
来源：中国贸易金融网	主体：公众	态度：提倡	时间：17:47:14	
Source: China Trade Finance Network	Subject: public	Attitude: advocate	Time: 17:47:14	
睡眠问题一直是很多人所头疼的问题，营养美学发现不止老年人很多年轻的90后竟然也需要借助一些药片来入睡，这是岌岌可危的一件事。躺在床上辗转反侧，难以入眠，夜里经常醒来。这就是睡不好最明显的表现。 很多人不把睡眠当回事，认为自己虽然没睡好，但是第二天还是有活力工作，所以认为这不是什么重要的事。可是营养美学要提醒大家，睡不好可不是一件小事。因为 除了睡眠不好会让我们肌肤变得暗沉，出现黑眼圈等表象以外，睡眠状态不好还可以会增加肥胖、高血压糖尿病等心血管疾病，甚至还可能会增加癌症上升的风险。				
Sleep problem has always been a headache for many people. Nutritional aesthetics has found that not only the elderly but also many young post-90s need some pills to fall asleep. This is a precarious thing. Lying in bed, tossing and turning, difficult to fall asleep, often wake up at night. This is the most obvious manifestation of poor sleep. Many people don't take sleep seriously and think that although they haven't slept well, they still have energy to work the next day, so they don't think it's important. But nutritional aesthetics should remind us that sleeping well is not a trivial matter. Because in addition to the appearance of dark skin and dark circles, poor sleep can also increase cardiovascular diseases such as obesity, hypertension and diabetes, and may even increase the risk of cancer.				
4. 岳阳市岳阳楼区慢病防控示范区建设获国家卫健委表彰 The construction of the demonstration area of chronic disease prevention and control in Yueyang Building District of Yueyang City was commended by the State Health and Health Commission.				
来源：红网	主体：政府	态度：提倡	时间：14:54:01	
Source: Red Net	Subject: government	Attitude: advocate	Time: 14:54:01	
2019年1月10日，2018年度全国慢性病综合防控示范区建设工作会在上海召开。国家卫生健康委员会办公厅发文《国家卫生健康委员会办公厅关于公布2018年度国家慢性病综合防控示范区复审结果的通知》（国卫办疾控函[2019]2号），再次确认岳阳市岳阳楼区为国家慢性病综合防控示范区，并对该区在巩固国家慢性病综合防控示范区建设成果、完善体系机制、发挥示范区引领作用、复审工作中成绩突出等方面予以表扬。				
On January 10, 2019, the National Demonstration Workshop on Comprehensive Prevention and Control of Chronic Diseases was held in Shanghai in 2018. The Office of the State Health Commission issued a circular on the announcement of the results of the review of the National Demonstration Zone for Comprehensive Prevention and Control of Chronic Diseases in 2018 (State Health Office Disease Control Letter [2019]2). It confirmed that Yueyang Building District of Yueyang City is the National Demonstration Zone for Comprehensive Prevention and Control of Chronic Diseases, and consolidated the achievements of the construction of the National Demonstration Zone for Comprehensive Prevention and Control of Chronic Diseases. The system and mechanism should be improved, the leading role of the demonstration zone should be brought into play, and outstanding achievements in the review work should be commended.				
5. 中国专家评出未来20年20个重要的疾病和健康问题 Chinese experts have identified 20 important diseases and health problems in the next 20 years				
来源：长江网	主体：公众	态度：提倡	时间：21:58:46	
Source: Yangtze River Network	Subject: public	Attitude: advocate	Time: 21:58:46	
期，一项由70名中国健康领域专家参与的研究公布了未来20年20个可预防的重大疾病和健康问题。这20项可预防重大疾病和健康问题依次为：糖尿病、高血压、冠心病或心肌梗死、空气污染、肺癌、卒中、吸烟、病毒性肝炎、水污染、艾滋病、新发突发传染病、肝癌、阿尔兹海默症、不健康饮食、抑郁症、道路交通事故、食用农药、激素及抗生素等残留物、肥胖、乳腺癌和肺结核。其中，慢性非传染性疾病共有9项。而导致慢性病发生的风险因素，如吸烟，不健康饮食（高盐、高脂、少蔬菜水果等）和环境污染等也包括在内，且排名靠前。				
A study involving 70 Chinese health experts published 20 major preventable diseases and health problems over the next 20 years. These 20 major preventable diseases and health problems are diabetes, hypertension, coronary heart disease or myocardial infarction, air pollution, lung cancer, stroke, smoking, viral hepatitis, water pollution, AIDS, new emergent infectious diseases, liver cancer, Alzheimer's disease, unhealthy diet, depression, road traffic injury, pesticides, hormones and antibiotics residues, fertilizer, etc. Fat, breast cancer and tuberculosis. Among them, there are 9 chronic non-communicable diseases. Risk factors for chronic diseases, such as smoking, unhealthy diet (high salt, high fat, less vegetables and fruits, etc.) and environmental pollution, were also included and ranked high.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2019-01-11, 共监测到580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 580 WeChat public articles were monitored in 2019-01-11. This page shows the top five articles by repeat number today.

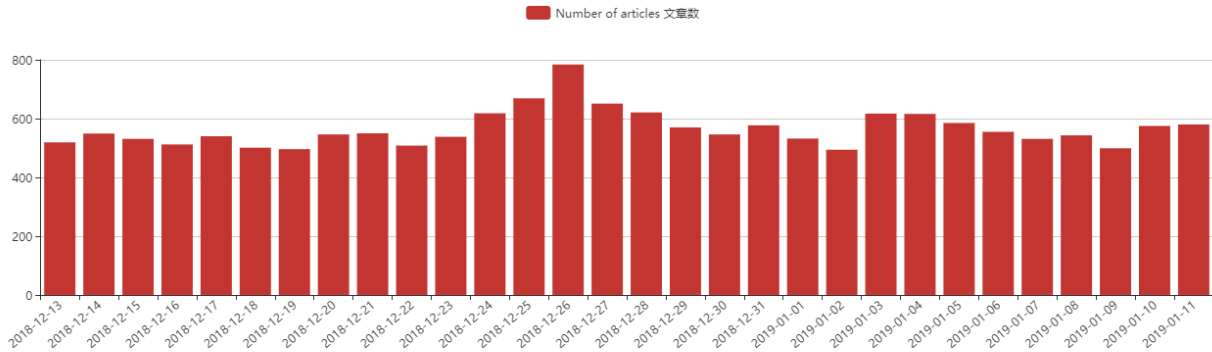
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [正计划结婚, 姑娘被查出癌症! 她痛哭: 每隔一天就吃这个.....](#)

重复数: 14

日期: 2019-01-11

Repeat Number: 14

Data: 2019-01-11

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。

Excessive salt intake can lead to gastric cancer. Relevant survey data show that the daily salt intake of each person in our country is about 8-10 grams, while the salt intake of people who like pickles has reached more than 15 grams per day, far exceeding the requirement standard. Except for cancer, excessive salt intake contributes less to cardiovascular, cerebrovascular and metabolic diseases than sugar. It seems that besides sugar control, salt control should also be taken seriously.

2. [中老年人: 这个病比癌症可怕, 有人花了130万没能救命! 你需要这么防](#)

重复数: 8

日期: 2019-01-11

Repeat Number: 8

Data: 2019-01-11

控盐有助于减轻高血压、预防脑溢血, 但近些年, 由于“隐形盐”的存在, 虽然大家吃食盐少了, 但是食盐里的罪魁祸首——钠的摄入反而有所上升。比如味精、番茄酱、耗油、酱油、甜面酱、甜品、冰淇淋、香肠、熏肉、方便面等都含有大量的钠, 高血压患者还是及时避开为好。

Salt control helps to reduce high blood pressure and prevent cerebral hemorrhage. However, in recent years, due to the existence of "invisible salt", although everyone eats less salt, the intake of sodium in salt has increased. For example, MSG, ketchup, fuel consumption, soy sauce, sweet sauce, dessert, ice cream, sausage, bacon, instant noodles, etc. all contain a lot of sodium, and patients with high blood pressure should avoid it in time.

3. [女性绝经后, 预防骨质疏松, 请少吃3种“偷钙”食物, 多做这3件事](#)

重复数: 4

日期: 2019-01-11

Repeat Number: 4

Data: 2019-01-11

盐是一种很爱偷钙的食物, 当你摄入过来的盐分后, 容易加快钙的流失, 同时, 会抑制机体对钙的吸收。同时, 当你摄入过多的盐分后, 容易造成细胞渗透压发生改变, 从而造成口渴的现象, 不断的喝水, 不断的排尿, 从而造成更多的钙被排泄出去。同时, 盐分食用过多, 还容易增加心血管疾病。

Salt is a food that loves to steal calcium. When you take in the salt, it is easy to accelerate the loss of calcium, and at the same time, it will inhibit the body's absorption of calcium. At the same time, when you take too much salt, it is easy to cause changes in cell osmotic pressure. This causes thirst, constantly drinking water, and constantly urinating, causing more calcium to be excreted. Excessive consumption of salt can also increase cardiovascular disease.

4. [全国“尿毒症”患者上百万, 医生忠告: 3种食物, 会让肾“报废”](#)

重复数: 4

日期: 2019-01-11

Repeat Number: 4

Data: 2019-01-11

我国仅35%的成年居民食盐摄入量低于每天6g, 34%的居民食盐摄入量超过了每天10g。营养监测表明, 每标准人钠的总摄入量为5706.7mg/d, 其中盐的摄入量为10.5g, 提供钠4127mg, 即膳食中盐提供的钠占72%。食盐的只要成分是钠, 钠主要通过肾脏排出体外, 吃盐过多增加肝肾代谢负担。

In China, only 35% of adult residents consume less than 6g of salt per day, and 34% of residents consume more than 10g of salt per day. Nutritional monitoring showed that the total intake of sodium per standard human was 5706.7 mg / d, of which the salt intake was 10.5 g, providing 4127 mg of sodium, that is, the sodium provided by the salt in the diet accounted for 72%. The main ingredient of salt is sodium. Sodium is mainly excreted through the kidneys, and eating too much salt increases the metabolic burden of the liver and kidney.

5. [【健康】吃盐5大“雷区”, 你中招了吗?](#)

重复数: 3

日期: 2019-01-11

Repeat Number: 3

Data: 2019-01-11

“减盐”核心信息: 1 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。2 控制食盐摄入量 中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2~3岁幼儿不超过2克, 4~6岁幼儿不超过3克, 7~10岁儿童不超过4克。65岁以上老年人不超过5克。

Core information of "salt reduction": 1. Recognize the danger of high salt diet, excessive salt intake can increase blood pressure, and increase the risk of gastropathy, osteoporosis, obesity and other diseases. 2 The dietary guideline for controlling salt intake for Chinese residents recommends that healthy adults consume no more than 6 grams of salt per day, 2-3-year-olds no more than 2 grams, 4-6-year-olds no more than 3 grams, and 7-10-year-olds no more than 4 grams. Older people over 65 do not exceed 5 grams.

减盐-微博

Salt Reduction - Weibo

2019-01-11, 共检测到1827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。

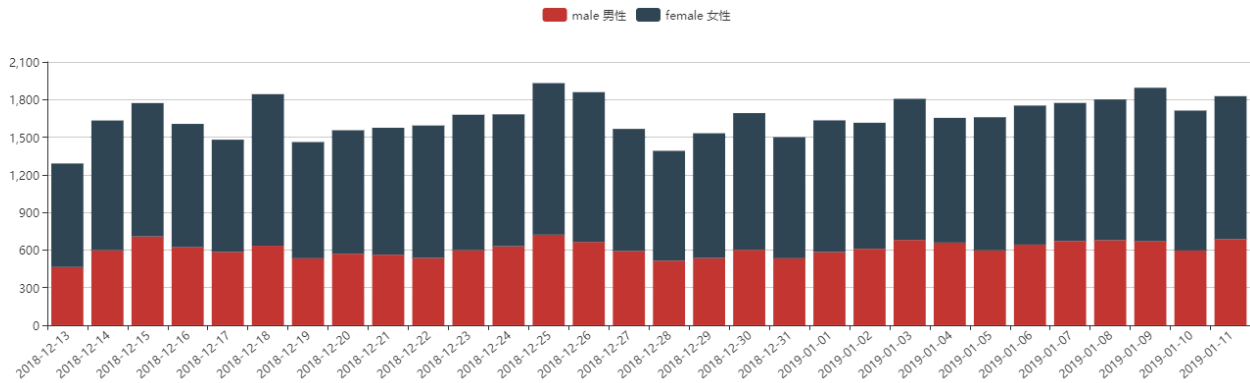
There are 1827 weibos about salt reduction monitored on 2019-01-11.

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!

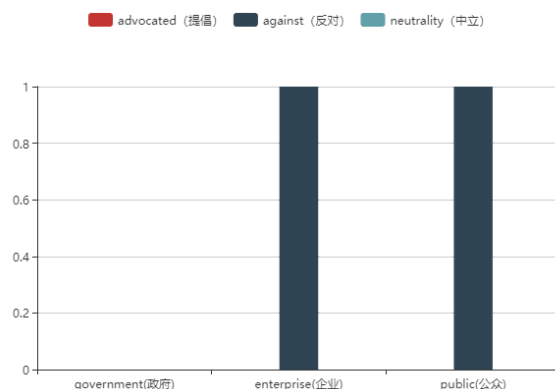
反式脂肪酸-新闻

Trans Fat - News

今日 (2019-01-11) 共监测到2条资讯。请点击标题查看原文。

There are 2 articles monitored today 2019-01-11. 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. 红宝石的“奶油小方” Ruby's "Cream Square"	来源：汉丰网 Source: Hanfeng network	主体：企业 Subject: industry	态度：反对 Attitude: against	时间：06:33:43 Time: 06:33:43
说起西点，似乎每个上海人都能够如数家珍。对于与生俱来偏爱甜食的上海人来说，“甜”是无法拒绝的诱惑。大浪淘沙是西点这个圈子的特点，“陌生”品牌的名字不停窜出，套上所谓的“网红”光环后，便顿时显得光鲜亮丽起来，味道暂且不提，样式倒是显得花里胡哨。前不久风行一时的甜品，可能转眼就会被人遗忘。倘若列一个西点榜单，每逢几个月，榜单上的名字就会换上几批。想在上面对一个“钉子户”，仅仅好吃是不够的。				
Speaking of West Point, it seems that every Shanghainese can count as many treasures. For Shanghai people who are born with a preference for sweets, "sweet" is an irresistible temptation. Dalang Taosha is the characteristic of the West Point circle. The name of the "unfamiliar" brand keeps running out. After putting on the so-called "net red" halo, it immediately appears bright and beautiful, without mentioning the taste, but the style is garish. The dessert that was popular recently may be forgotten in a twinkling of an eye. If you make a West Point list, every few months, the names on the list will be changed into batches. If you want to be a "nail household" on it, just delicious is not enough.				
2. 预测 2019年全世界会流行吃什么？ Forecast What will be popular around the world in 2019?	来源：新浪网 Source: Sina network	主体：公众 Subject: public	态度：反对 Attitude: against	时间：09:34:33 Time: 09:34:33
每到这个时候，食品行业的每个角落都在猜测，新的一年哪种食物会火。预测者用不同的方式来给出他们的‘十大趋势’。正是这些有号召力的大公司的预测，影响了来年的食品流行趋势。这也意味着，这些猜测可能都在某种程度上决定食品届的明星，也在某种程度上决定着你2019年吃什么。各大媒体的预测中，我们能发现许多重合的地方，比如‘人造肉’食品普遍被看好，‘大麻类饮品’也在美国大麻合法化的趋势下被多次提及，Supermarket News和纽约时报都认为莴笋会是下一个羽衣甘蓝。比较各家媒体对2019年的食物趋势预测，我们整理了其中被提及较多的几种。				
At this time, every corner of the food industry is guessing which kind of food will catch fire in the new year. Forecasters give their top ten trends in different ways. It is the predictions of these big and appealing companies that have influenced the food trend in the coming year. It also means that these speculations may determine, to some extent, the stars of the food industry and, to some extent, what you eat in 2019. In the predictions of major media, we can find many overlapping places, such as "artificial meat" food is generally favored, and "cannabis drinks" have been mentioned many times under the trend of legalization of cannabis in the United States. Supermarket News and New York Times believe that lettuce will be the next kale. Comparing various media's food trend forecast in 2019, we have sorted out several kinds of food trends mentioned more.				
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

2019-01-11, 共监测到366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 366 WeChat public articles were monitored in 2019-01-11. 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. 常吃粗粮好处多, 但你真的适合吃吗?

重复数: 27

日期: 2019-01-11

Repeat Number: 27

Data: 2019-01-11

我们吃到的粗粮饼干大多口感酥脆, 粗而不糙。这是因为一些商家会在制作的过程中加入大量的饱和脂肪酸和反式脂肪酸来酥化纤维, 提升口感。这也往往导致粗粮饼干中的脂肪含量比普通饼干更高, 所以在摄入的时候一定要控制好量。

Most of the roughage biscuits we eat are crisp, but not rough. This is because some businesses will add a lot of saturated and trans fatty acids to crisp the fibers and improve the taste. This also often results in higher fat content in crude-grain biscuits than in ordinary biscuits, so it is necessary to control the intake.

2. 【健康饮食】权威! 世界卫生组织最新推荐: 2019年 “健康饮食五原则” ! ! ! ! !

重复数: 21

日期: 2019-01-11

Repeat Number: 21

Data: 2019-01-11

油脂也是健康饮食的必要组成, 但吃太多油会增加肥胖、心脏病和中风的风险。反复煎炸的油也含有较多反式脂肪酸, 这些都应该避免食用。含反式脂肪酸多的食物包括: 炸薯条、炸鸡腿、油炸条; 含氢化植物油的各种糕点、巧克力、沙拉酱、方便面酱料等等。

Oil is also a necessary component of a healthy diet, but eating too much oil increases the risk of obesity, heart disease and stroke. Repeated frying oil also contains more trans fatty acids, which should be avoided. Foods rich in trans fatty acids include French fries, fried chicken legs, fried fries, cakes containing hydrogenated vegetable oil, chocolate, salad dressing, instant noodle sauce and so on.

3. 每年致死50万人, 已被世卫组织呼吁停用! 就藏在我们每天吃的食物里...

重复数: 11

日期: 2019-01-11

Repeat Number: 11

Data: 2019-01-11

人造反式脂肪主要来源于处理不完全的氢化植物油, 一般在油脂的加工烹调中产生。由于生产工艺的差别, 氢化植物油中反式脂肪的含量大不相同, 有的高达20%, 有的则低于1%。但植物油的氢化反应是有机反应, 通常都伴随着逆反应、副反应, 反式脂肪就是逆反应的产物之一, 所以说, 要想完全没有, 是几乎不可能的。

Artificial trans fats mainly come from incomplete hydrogenated vegetable oils, which are generally produced in the cooking of oils and fats. Due to the difference of production process, the content of trans fats in hydrogenated vegetable oils varies greatly, some as high as 20%, some less than 1%. However, the hydrogenation of vegetable oil is an organic reaction, usually accompanied by adverse reactions, side reactions, trans fats are one of the products of the adverse reaction, so it is almost impossible to have no trans fats at all.

4. 脸要穷养, 脚要富养; 心要穷养, 肺要富养.....你都养对了吗

重复数: 5

日期: 2019-01-11

Repeat Number: 5

Data: 2019-01-11

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.

5. 被发现时已是尿毒症了, 最伤肾的是它!

重复数: 3

日期: 2019-01-11

Repeat Number: 3

Data: 2019-01-11

为增加货架期和产品稳定性而添加氢化油的产品中都可以发现反式脂肪酸。碳酸饮料 充气的“碳酸饮料”中几乎不含营养素, 过量饮用对身体有害。碳酸饮料中所含磷酸成分影响了骨质沉积, 从而对骨骼生长产生副作用。

Trans fatty acids can be found in products that add hydrogenated oil to increase shelf life and product stability. Inflated "carbonated drinks" contain almost no nutrients, and excessive consumption is harmful to the body. The phosphoric acid component contained in carbonated beverages affects bone deposition and thus has side effects on bone growth.

反式脂肪酸-微博 Transfat - Weibo

2019-01-11, 共检测到112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。

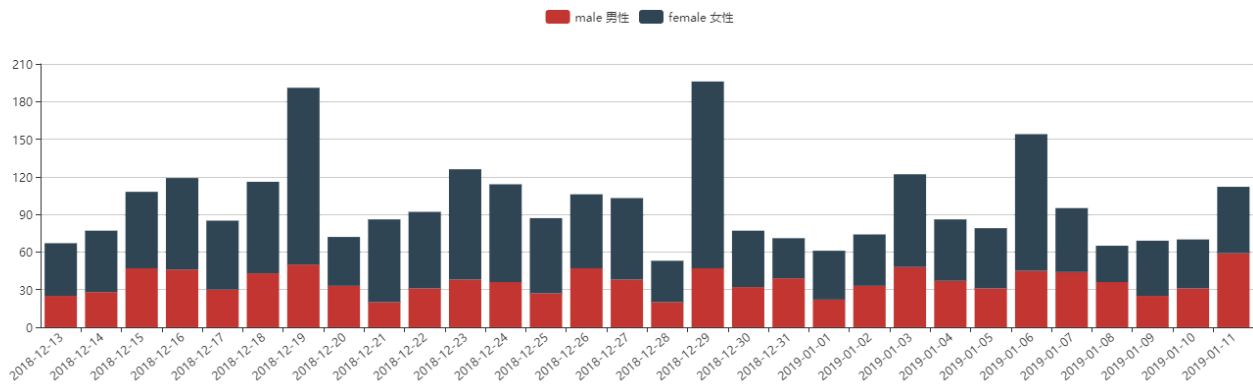
There are 112 weibos about transfat reduction monitored on 2019-01-11.

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!