

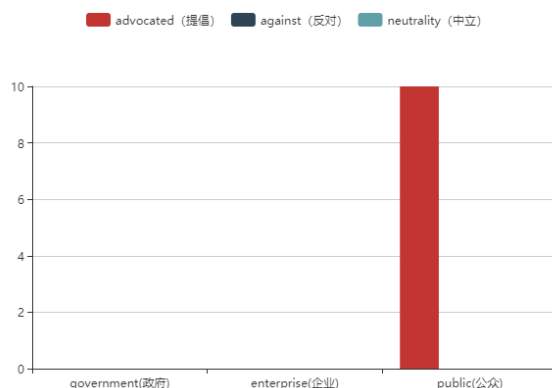
减盐-新闻

Salt Reduction - News

今日 (2018-11-22) 共监测到10条资讯。请点击标题查看原文。

There are 10 articles monitored today 2018-11-22. 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

1. 素食肉并不健康钠含量严重超标比海水还高

[Vegetarian meat is not healthy and its sodium content is higher than that of seawater.](#)

来源: 中国山东网

主体: 公众

态度: 提倡

时间: 02:01:20

来源: 中国山东网

Subject: public

Attitude: advocate

Time: 02:01:20

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。

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. .

2. 素食肉并不健康钠含量严重超标比海水还高

[Vegetarian meat is not healthy and its sodium content is higher than that of seawater.](#)

来源: 中国山东网

主体: 公众

态度: 提倡

时间: 11:21:17

来源: 中国山东网

Subject: public

Attitude: advocate

Time: 11:21:17

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。

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. .

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

没有相关文章!

No such articles!				
高血压 Hypertension				
1. 高血压患者，不应该这么吃！应该这么吃！	来源：中原网	主体：公众	态度：提倡	时间： 12:16:48
Hypertensive patients should not eat like this! It should be eaten like this!	来源：中原网	Subject: public	Attitude: advocate	Time: 12:16:48
客观的说，高血压患者没有不能吃的东西。但是，对于高血压患者来说，说到饮食的确有一些需要特别注意的地方。下面张大夫给大家说一说。 1、少吃盐。少吃盐，不是说高血压患者就不能吃盐，盐是可以吃的，但是一定要适量，比如说高血压患者一天的食盐摄入量，需要控制在6g以内。现在，网上有测量食盐量的小勺，大家可以自己去找找。 2、少吃油。油脂类食物不是不可以吃，关键是要特别注意吃的量。严格说来，一般食用油摄入量不能够超过30g。				
Objectively speaking, hypertensive patients have nothing to eat. However, for hypertensive patients, there are some things that need special attention when it comes to diet. Now Dr. Zhang will tell you something. 1, eat less salt. Eat less salt, not that hypertension patients can not eat salt, salt is edible, but must be moderate, for example, the daily salt intake of hypertension patients, need to be controlled within 6g. Now, there are small spoons on the Internet to measure the amount of salt, so you can look for them by yourselves. 2, eat less oil. Fat food is not to be eaten, the key is to pay special attention to the amount of food. Strictly speaking, the general intake of edible oil should not exceed 30g.				
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!				

安徽
Anhui

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!				

浙江
Zhejiang

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!
<div>决心工程 Resolve To Save Lives</div>
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>				
1. 吃货福音! 常吃香蕉能预防中风 Eat the gospel! Frequent banana consumption can prevent stroke	来源: 扬子晚报 来源: 扬子晚报	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:38:49 Time: 09:38:49
吃货们的利好消息!发表在《美国心脏病学杂志》上的一项研究表明, 每天吃香蕉可使中风几率降低。香蕉是含钾最高的水果之一, 适量吃对控制血压有利。 食品工程与营养硕士李然:《美国心脏病学杂志》的这项研究指出, 每餐吃一根香蕉可使中风几率降低21%。中风的原因60%与高血压相关, 而每100克香蕉含钾约256毫克, 一根香蕉的钾含量就有500毫克左右, 且钠含量相对较低, 对降血压有帮助。 而近期类似的研究也不止这一项。2014年9月, 美国《中风》杂志刊登了一项研究, 其同样证明, 高钾膳食有助于预防中风。				
Good news for eaters! A study published in the Journal of the American College of Cardiology found that eating bananas every day reduced the risk of stroke. Bananas are one of the most potassium-containing fruits, and moderate consumption is beneficial to controlling blood pressure. Li Ran, Master of Food Engineering and Nutrition: A study in the Journal of the American College of Cardiology found that eating a banana per meal reduced the risk of stroke by 21%. 60% of the causes of stroke are related to hypertension. For every 100 grams of banana containing about 256 mg of potassium, the potassium content of a banana is about 500 mg, and the sodium content is relatively low, which is helpful for lowering blood pressure. This is not the only recent study. In September 2014, a study published in the American Journal of Stroke also proved that high potassium diet can help prevent stroke.				
<div>高血压 Hypertension</div>				
没有相关文章!				
No such articles!				
<div>心血管健康 Cardiovascular health</div>				
没有相关文章!				
No such articles!				
<div>综合健康信息 Comprehensive Health Information</div>				
1. 广州学校将推广营养均衡配餐医院拟设立临床营养科室 Guangzhou School will Promote Nutrition Balanced Catering Hospital to Establish Clinical Nutrition Departments	来源: 汉丰网 来源: 汉丰网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 09:05:59 Time: 09:05:59
近日, 广州市人民政府办公厅印发《广州市国民营养计划(2018—2030年)实施方案》(以下简称《方案》)。《方案》指出, 要加强营养健康体系建设, 推动有条件的学校、幼儿园、养老机构、长者饭堂等场所配备或聘请营养师, 推广营养均衡配餐, 并强化营养监测评估等。 到2020年学生肥胖率上升趋势减缓 《方案》将目标分为2020年和2030年两个阶段, 提出了广州市国民营养计划的具体目标。 具体来说, 到2020年, 广州全市营养工作体系逐步完善, 居民营养健康素养得到明显提高。				
Recently, the General Office of the Guangzhou Municipal People's Government issued the "Guangzhou National Nutrition Plan (2018-2030) Implementation Plan" (hereinafter referred to as the "Plan"). The plan points out that we should strengthen the construction of nutrition and health system, promote the equipping or employing of nutritionists in schools, kindergartens, pension institutions and elderly canteens where conditions permit, promote balanced nutrition meals, and strengthen nutrition monitoring and evaluation. By 2020, the rising trend of obesity rate among students will slow down. The program divides the objectives into two stages: 2020 and 2030, and puts forward the specific objectives of Guangzhou National Nutrition Plan. Specifically, by 2020, Guangzhou's nutrition work system will be gradually improved, and residents' nutritional and health literacy will be significantly improved.				
2. 小雪养生:生吃萝卜熟吃梨必看"冬藏"指南 Snow Health: Eating Radish Raw and Pear Cooked Must See "Winter Tibet" Guide	来源: 人民网 来源: 人民网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 08:38:13 Time: 08:38:13
编者按: "久雨重阳后, 清寒小雪前。" 今日迎来 "小雪" 节气。进入该节气, 中国广大地区西北风开始成为常客, 气温下降。我们应该如何养生呢? 快来看看小编整理的这份养生手册吧。 饮食篇: 小雪时节如何食补? 少辛多酸。冬季是一个收敛的季节, 因此所有生发的食物最好少吃, 尤其是辛辣, 如辣椒、胡椒、花椒等, 容易引起皮肤干燥缺水。不过冬季适当吃酸性食物却很有益处。因为冬天是心血管病的高发时期, 酸性食物能软化血管, 预防心血管病的发生。				
Editor's note: "After a long rain and heavy sun, before the cold and light snow." Today comes the "Snow" season. Entering this season, the northwest wind in vast areas of China began to become frequent visitors, and the temperature dropped. How should we keep fit? Let's take a look at this health care manual. Diet Chapter: How to eat during the snowy season? Octyl polyoxometalate. Winter is a season of convergence, so all raw food is best to eat less, especially spicy, such as pepper, pepper, pepper, etc., easy to cause dry skin water shortage. But it's good to eat acidic food properly in winter. Because winter is a period of high incidence of cardiovascular disease, acidic food can soften blood vessels and prevent the occurrence of cardiovascular disease.				
3. 吃了10年降糖药血糖依然高得离谱 After 10 years of taking hypoglycemic drugs, blood sugar remained extraordinarily high.	来源: 杭州网 来源: 杭州网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 07:45:56 Time: 07:45:56
大多数人都知道“管住嘴、迈开腿”, 空腹血糖检测也成为常规体检项目, 但对日常血糖监测却不重视。“糖尿病是生活方式病, 尤其是Ⅱ型糖尿病, 首先需要从生活方式上进行调整, 比如低糖、低盐、低脂饮食, 适量合理运动, 其次根据医嘱用药。”俞姆主任提醒广大患者, 糖尿病高危人群, 尤其是一些空腹血糖正常, 餐后血糖升高的“糖尿病前期”人群, 更要警惕。为了早诊断早治疗, 糖尿病患者除需要定期监测血糖外, 最好定期增加专科检查: 至少每年做一次眼底检查, 检测尿蛋白, 做颈动脉B超。一旦出现并发症, 需要入院进行多专科会诊, 协同管理糖尿病。				
Most people know that "keep your mouth shut and open your legs". Fasting blood glucose detection has become a routine physical examination item, but the daily blood glucose monitoring has not been paid attention to. "Diabetes mellitus is a lifestyle disease, especially type 2 diabetes mellitus. First, we need to adjust our lifestyle, such as a low-sugar, low-salt, low-fat diet, appropriate and reasonable exercise, and secondly, medication according to doctor's advice." Director Yu You reminded patients that people at high risk of diabetes, especially those with normal fasting blood sugar and elevated postprandial blood sugar, should be more vigilant. In order to diagnose and treat diabetes early, besides regular monitoring of blood sugar, it is better to add regular specialist examinations: at least once a year, fundus examination, urinary protein detection and carotid B-mode ultrasonography. Once complications occur, we need to be admitted to the hospital for multi-specialist consultation to coordinate the management of diabetes.				
4. 智商能“吃出来”吗? 核桃、动物脑、保健品不靠谱 Can IQ "eat out"? Walnut, animal brain and health products are unreliable	来源: 光明网 来源: 光明网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:10:07 Time: 10:10:07
很多家长都有“望子成龙, 望女成凤”的心理, 为了让孩子“脑袋更灵光一些”, 不少家长绞尽脑汁。有些家长道听途说, 知晓了很多“吃出高智商”的秘诀, 比如“吃核桃”“吃动物脑”“吃补脑保健品”等。那么, 这些补脑食物真的靠谱吗? 怎样吃才能补脑呢? 此外, 要尽量少吃“三高食物”, 即高盐、高糖、高脂食物。高糖食物会使血压上升, 高糖食物会使血糖波动, 高脂食物会让血液浓稠、头脑迟钝, 造成情绪紧张。因此, 最好少吃或不吃这些食物。常见的“三高食物”包括巧克力、糖果、蛋糕、冰淇淋、炸鸡、薯条、腌制食品等。				
Many parents have the mentality of "looking forward to their children to grow up, looking forward to their daughters to become phoenixes". In order to make their children's "brains more intelligent", many parents rack their brains. Some parents have heard that they know many secrets of "eating high IQ", such as "eating walnuts", "eating animal brains" and "eating brain tonics". So, are these brain-tonic foods really reliable? How to eat to tonify the brain? In addition, we should try to eat as little as possible "three high foods", that is, high salt, high sugar, high fat food. High-sugar food can raise blood pressure, high-sugar food can fluctuate blood sugar, high-fat food can make blood thick, brain dull, causing emotional tension. Therefore, it is better to eat less or not. Common "three high foods" include chocolate, candy, cake, ice cream, fried chicken, French fries, pickled food, etc.				

5. 社论：全面减糖减盐助国人保健康 Editorial: Reducing Sugar and Salt in an All-round Way to Help Chinese People's Health					来源：联合早报	主体：公众	态度：提倡	时间： 06:03:50
					来源：联合早报	Subject: public	Attitude: advocate	Time: 06:03:50
“吃盐比吃饭多”是一句自嘲人生经验比别人丰富的老话，但事实是，吃盐多不是好事。新加坡保健促进局2018年的全国营养调查显示，国人每天摄取的热量减少了，盐分和糖分的日均摄取量仍然过高。其中，九成国人平均每天摄取9公克的盐分，比世界卫生组织建议的5公克高出近一倍；每天摄取的糖分达60公克，比2010年时稍高了1公克，远高于世卫建议的25公克。鉴于我国面对肥胖、糖尿病、心脏疾病等健康问题困扰，有必要采取全面措施减糖减盐。								
"Eating more salt than eating" is an old saying that one's life experience is richer than others. But the fact is, eating more salt is not a good thing. The National Nutrition Survey of Singapore Health Promotion Bureau in 2018 shows that the daily calorie intake of Chinese people has decreased, and the daily average intake of salt and sugar is still too high. Ninety percent of them consume an average of 9 grams of salt a day, nearly double the 5 grams recommended by the World Health Organization, and 60 grams of sugar a day, slightly more than 1 gram in 2010, much higher than the 25 grams recommended by the World Health Organization. In view of our country's health problems such as obesity, diabetes, heart disease and so on, it is necessary to take comprehensive measures to reduce sugar and salt.								
6. 产妇能吃什么炒菜 What kind of stir-fried vegetables can a parturient eat					来源：TOM	主体：公众	态度：提倡	时间： 18:17:27
					来源：TOM	Subject: public	Attitude: advocate	Time: 18:17:27
产妇在刚生产后对身体的伤害是很大的，这时的饮食是很重要的。通常在产后要食用一些对于排除恶露有好处的食物并注意补充维生素，然后再吃些可以补气血的食物，也要注意为预防便秘，要多吃蔬菜。平时吃的炒菜要以软烂为主，这样对产妇的肠胃和牙齿都是有很好的保护的。产妇吃炒菜的时候一定要将菜做的软烂一些，因为生产过后产妇的牙齿是非常的脆弱的。吃一些软烂的食物能够保护牙齿以及产妇的肠胃，促进产妇对营养的吸收。并且软烂的食物也比较容易消化易排便。少盐、少油是关键，口味过重会让产妇的身体很难受。并且重口味的食物也会使产妇发胖。								
Maternal health is very harmful after childbirth, and diet is very important at this time. Usually after childbirth, we should eat some foods which are good for eliminating lochia and pay attention to vitamin supplementation. Then we should eat some foods which can supplement qi and blood. We should also pay attention to eating more vegetables to prevent constipation. The stir-fried vegetable usually eaten should be soft rotten, so that the stomach and teeth of the puerpera are well protected. When the puerpera eats fried vegetables, she must make them soft and rotten, because the puerpera's teeth are very fragile after childbirth. Eating soft and rotten food can protect teeth and the intestines and stomach of the puerpera, and promote the absorption of nutrition by the puerpera. And soft rotten food is easier to digest and defecate. Less salt, less oil is the key, too heavy taste will make the maternal body very uncomfortable. And heavy-tasting foods can also make mothers fat.								
决心工程 Resolve To Save Lives								
没有相关文章!								
No such articles!								

减盐-微信

Salt Reduction - WeChat

2018-11-22, 共监测到557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 557 WeChat public articles were monitored in 2018-11-22. 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. [想要健康长寿: 少吃三白, 多吃三黑](#)

重复数: 38

日期: 2018-11-22

Repeat Number: 38

Data: 2018-11-22

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 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.

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: 2018-11-22

Repeat Number: 6

Data: 2018-11-22

高盐饮食有导致血压升高的作用, 研究发现, 每天食盐摄入每增加0.5克, 中风的风险就增加17%。盐吃多了会引起高血压, 同时还会使血浆胆固醇升高, 促使我们的血管变薄、变脆, 这就是非常可怕的——动脉粥样硬化。如果心脏血管动脉硬化, 那就会导致心肌梗死、冠心病的出现。如果是脑血管变脆、变薄, 就会出现脑溢血、脑梗等。

A high-salt diet has the effect of raising blood pressure. A daily increase in salt intake of 0.5 grams increases the risk of stroke by 17%. Eating more salt can cause high blood pressure and increase plasma cholesterol. Our blood vessels will become thinner and brittle, which is the terrible atherosclerosis. If the cardiovascular arteries are hardened, it can lead to myocardial infarction and coronary heart disease. If the cerebral blood vessels become brittle and thin, cerebral hemorrhage and cerebral infarction will occur.

3. [吃惯了重口味, 如何减盐、减油、减糖?](#)

重复数: 4

日期: 2018-11-22

Repeat Number: 4

Data: 2018-11-22

《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。很多人平时做饭只是凭感觉或者口味来添加食盐, 即使知道每日食盐摄入量, 做饭时也不可能用天平或者秤称量。为了防止吃太多盐, 建议大家做饭时使用定量盐勺, 使用2克定量盐勺时, 每一勺食盐量为2克。

The Dietary Guidelines for Chinese Residents recommends that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old. Many people usually cook rice just by feeling or taste. Even if you know the daily salt intake, it is impossible to weigh with a balance or scale when cooking. In order to prevent eating too much salt, it is recommended that you use a quantitative salt spoon when cooking. When using a 2 gram quantitative salt spoon, the amount of salt per plate is 2 grams.

4. [这种盐千万别乱吃, 小心吃错了惹一身病!](#)

重复数: 4

日期: 2018-11-22

Repeat Number: 4

Data: 2018-11-22

盐吃多了, 钠的摄入就多了, 人体会通过尿液排出多余的钠, 排尿的同时, 钙质也会损失一部分, 所以盐吃的越多钙流失的也越多。食盐中的钠离子摄入过多会引起肾上腺和脑组织释放一种因子, 这种因子会使血压升高, 盐吃的越多患高血压的可能性就越大。科学研究发现, 食盐的摄入量与患胃癌风险之间呈正相关, 吃得越咸口味越重, 就越容易的胃癌, 所以少吃盐和咸的食品有助于预防胃癌。

When the salt is eaten more, the intake of sodium is much higher. The body will drain excess sodium through the urine. At the same time as urinating, calcium will also lose a part, so the more calcium is eaten, the more calcium is lost. Excessive intake of sodium ions in salt causes a release of a factor in the adrenal gland and brain tissue, which increases blood pressure, and the more salt eats, the greater the risk of developing high blood pressure. Scientific research has found that there is a positive correlation between salt intake and the risk of gastric cancer. The more salty the taste is, the easier it is to stomach cancer. Therefore, eating less salt and salty foods can help prevent stomach cancer.

5. [1块钱和10块钱的盐, 到底有什么区别? 小心吃错了惹一身病!](#)

重复数: 4

日期: 2018-11-22

[What's the difference between the salt of 1 yuan a bag and the salt of 10 yuan a bag? Be careful of the salt you eat which may make you get sick!](#)

Repeat Number: 4

Data: 2018-11-22

食盐的主要成分是钠, 吃盐过多, 体内钠离子增加, 就会导致面部细胞失水, 从而造成皮肤老化, 时间长了就会使皱纹增多, 加速衰老。吃盐过多, 人体会感觉到口渴, 这时就会多喝水, 水分子进入血液后, 被血液里的盐牢牢吸住, 使血管膨胀, 血压升高, 导致身体浮肿。吃太咸太辣的食物会刺激咽喉, 容易导致咽喉炎, 也会降低黏膜对病毒和细菌的抵抗力, 所以为了保护自己的咽喉, 平时尽量控制食盐的摄入。

The main ingredient of salt is sodium. Eating too much salt, the increase of sodium ions in the body, will cause the facial cells to lose water, resulting in skin aging. A long time will increase wrinkles and accelerate aging. If you eat too much salt, the body will feel thirsty. At this time, you will drink more water. After the water molecules enter the blood, they are firmly absorbed by the salt in the blood, causing the blood vessels to swell and the blood pressure to rise, causing the body to swell. Eating too salty and spicy food will irritate the throat, cause pharyngitis, and reduce the resistance of the mucous membrane to viruses and bacteria. Therefore, in order to protect your throat, try to control the intake of salt.

减盐-微博

Salt Reduction - Weibo

2018-11-22, 共检测到1703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。

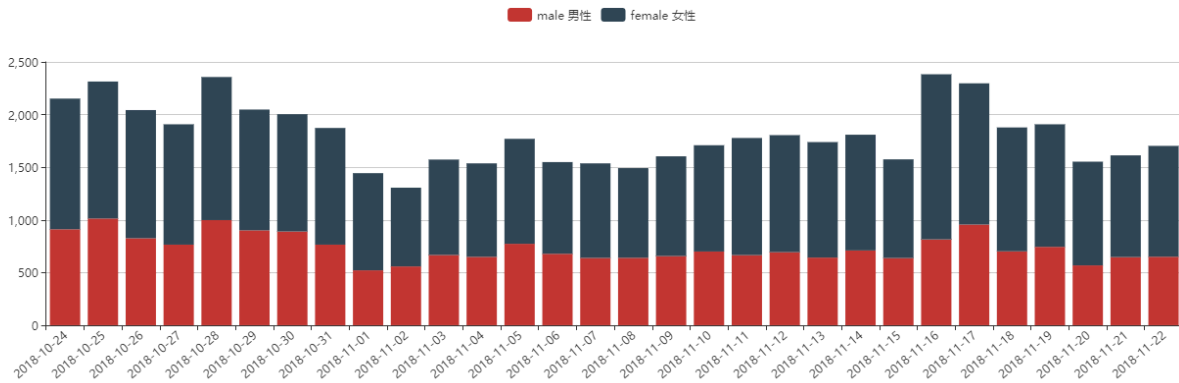
There are 1703 weibos about salt reduction monitored on 2018-11-22.

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!

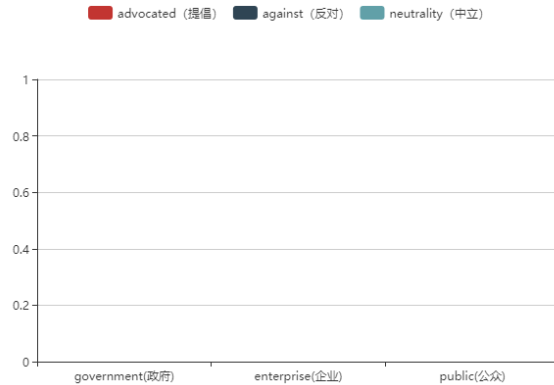
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-22) 共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2018-11-22. 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

2018-11-22, 共监测到297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 297 WeChat public articles were monitored in 2018-11-22. 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: 你以为的健康食品, 却是隐形杀手](#)
[喜欢吃番茄炒蛋, 心梗猝死: 你以为的健康食品, 却是隐形杀手](#)

重复数: 10

日期: 2018-11-22

Repeat Number: 10

Data: 2018-11-22

首都医科大学的研究人员秦书琪: “近年来, 大量研究表明, 过量摄入含反式脂肪酸的食物易导致动脉粥样硬化、冠心病、糖尿病等慢性疾病的发生。” 据报道, 每年有50多万人因摄入反式脂肪酸而死于心脑血管疾病。(来源: BTV新闻) 美国加州大学圣地亚哥分校的研究人员发现, 饮食中反式脂肪酸含量越多, 越容易发生记忆功能衰减。还有美国研究人员发现, 大量食用反式脂肪酸的老年人, 容易患上老年痴呆症。

Qin Shuqi, a researcher at Capital Medical University: “In recent years, a large number of studies have shown that excessive intake of foods containing trans fatty acids can lead to chronic diseases such as atherosclerosis, coronary heart disease, and diabetes.” It is reported that there are more than 50 per year. Ten thousand people died of cardiovascular and cerebrovascular diseases due to the intake of trans fatty acids. (Source: BTV News) Researchers at the University of California, San Diego found that the more trans fatty acids in the diet, the more likely the memory function to decay. There are also researchers in the United States who find that older people who consume large amounts of trans-fatty acids are prone to Alzheimer's disease.

2. [这里有个大秘密! 先看懂再买, 不吃亏! 这里有个大秘密! 先看懂再买, 不吃亏!](#)
[There is a big secret here! First understand and then decide whether to buy, do not suffer lossing!](#)

重复数: 2

日期: 2018-11-22

Repeat Number: 2

Data: 2018-11-22

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. [自己做饭反而“有毒”? 你家厨房用什么油炒菜?](#)
[The food that I made was "toxic". What kind of oil is used in your kitchen?](#)

重复数: 1

日期: 2018-11-22

Repeat Number: 1

Data: 2018-11-22

中式烹饪最爱用的花生油, 豆油和菜籽油健康不健康呢? 毕竟我们用了这么多年。这些油类最大的问题, 是加工方法。大多数市面上的中式植物油, 都是高温脱臭, 漂白, 精炼的产物。在植物油精炼的过程中, 会产生反式脂肪。有报道指出, 一些植物油的反式脂肪含量达到了9%以上, 比奶油糕点多13倍。

Are peanut oil, soybean oil and rapeseed oil used in Chinese cooking healthy? After all, we have used it for so many years. The biggest problem with these oils is the processing method. Most of the Chinese vegetable oils on the market are products of high temperature deodorization, bleaching and refining. In the process of refining vegetable oil, trans fat is produced. It has been reported that some vegetable oils have a trans fat content of more than 9%, which is 13 times more than a creamy pastry.

4. [科普! 去购物, 先看懂这些再买, 不吃亏!](#)
[When shopping in the supermarket, you should understand these firstly and then decide wether to buy it!](#)

重复数: 1

日期: 2018-11-22

Repeat Number: 1

Data: 2018-11-22

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

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

5. [去超市购物, 这个小东西里藏着大秘密! 买前一定要看看](#)
[When you go shopping in the supermarket, there is a big secret in this little thing! Be sure to check before buying.](#)

重复数: 1

日期: 2018-11-22

Repeat Number: 1

Data: 2018-11-22

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

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

反式脂肪酸-微博 Transfat - Weibo

2018-11-22, 共检测到74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。

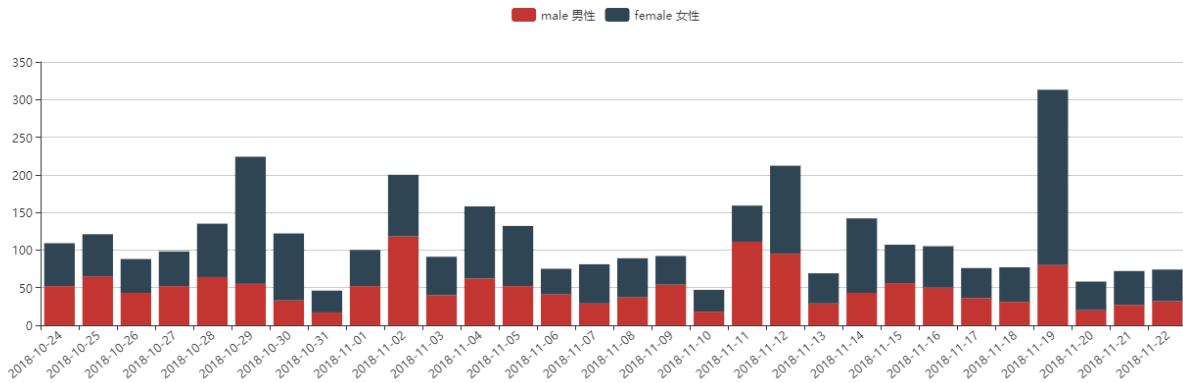
There are 74 weibos about transfat reduction monitored on 2018-11-22.

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!