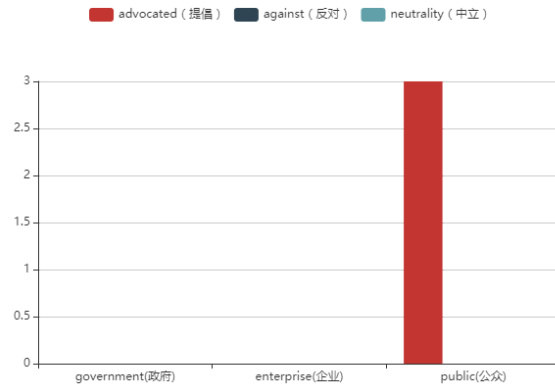


减盐-新闻 Salt Reduction - News

今日 (2019-02-09) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-02-09. 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

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!

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!

决心工程
Resolve To Save Lives

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				
1. 患高血压后，一天三餐应该怎么吃？吃饭前记住3句话，血压不会高 How should I eat three meals a day after suffering from hypertension? Remember three sentences before eating, blood pressure will not be high	来源：搜狐	主体：公众	态度：提倡	时间：12:25:40
	Source: Sohu	Subject: public	Attitude: advocate	Time: 12:25:40
<p>高血压在日常生活中，可谓是非常常见的一种慢性病，光自己的身边就有很多罹患高血压的人群。然而患上这种病症并不可怕，可怕的是控制不了自己的血压，从而让病情越来越严重，甚至是出现高血压并发症。那应该如何合理的控制血压呢？说到这点，就要跟我们的生活有密切关系了。除了绝大多数人知道适量运动可以控制血压以外，还有一个不能缺少的就是饮食控制。</p> <p>Hypertension is a very common chronic disease in our daily life. There are many people suffering from hypertension around us. However, suffering from this disease is not terrible, the terrible thing is that you can not control your blood pressure, so that the condition is getting worse and worse, even the complications of hypertension. How to control blood pressure reasonably? Speaking of this, we must have a close relationship with our life. Apart from the fact that most people know that moderate exercise can control blood pressure, another indispensable thing is diet control.</p>				
2. 医生忠告：年轻人脑梗祸根和帮凶找到了，要远离这些不良生活习惯 Doctor's advice: Young people have found the cause of cerebral infarction and accomplices, and should stay away from these bad habits.	来源：搜狐	主体：公众	态度：提倡	时间：20:25:41
	Source: Sohu	Subject: public	Attitude: advocate	Time: 20:25:41
<p>医生忠告：年轻人脑梗祸根和帮凶找到了，要远离这些不良生活习惯。大年初一高先生突发脑梗。2019年2月5日，大年初一，46岁高先生7点就起床准备外出拜年，一切准备妥当，准备出门时，高先生突然跌倒在门口，他准备起身，发现很困难，左侧肢体明显没有力气，妻子扶他起来，发现他讲话也不清楚，口角歪斜，见此状，妻子赶紧呼120去医院看急诊。医生说：脑梗祸根是高血压，吸烟和缺乏运动是帮凶。</p> <p>Doctor's advice: Young people with cerebral infarction and accomplices found, to stay away from these bad habits. At the beginning of the new year, Mr. Gao had a sudden cerebral infarction. On February 5, 2019, on the first day of the lunar new year, Mr. Gao, 46, got up at 7 o'clock to celebrate the New Year. When he was ready to go out, Mr. Gao suddenly fell down at the door. He was ready to get up. He found it very difficult. His left limb was obviously weak. His wife helped him up and found that he was not clear about his speech and his mouth was askew. Seeing this, his wife hurried to call 120 to the hospital to see the emergency. Doctors said: the root cause of cerebral infarction is hypertension, smoking and lack of exercise are accomplices.</p>				
心血管健康 Cardiovascular health				
1. 警惕“节日疾病”！营养专家：假期勿暴饮暴食饮酒过量 Watch out for festival diseases! Nutrition experts: Don't overeat and drink during holidays	来源：东莞时间网	主体：公众	态度：提倡	时间：09:12:15
	Source: Dongguan Time Network	Subject: public	Attitude: advocate	Time: 09:12:15
<p>春节假期已过半，在节日期间市民享受亲人团聚、欢乐休闲时光，往往和吃喝分不开，而且都会吃得较平时更丰盛，但由此导致的饮食不均衡容易诱发各种“节日疾病”，国家高级营养师翟明钱建议，在春节期间，特别是后半程假期，应当注意保持健康的饮食习惯，保证营养均衡。</p> <p>The Spring Festival holidays are over half. During the holidays, citizens enjoy family reunion and happy leisure time, which is often inseparable from eating and drinking, and will eat more abundantly than usual. However, the resulting imbalance in diet can easily lead to various "festival diseases". Zhai Mingqian, a senior national dietitian, suggests that during the Spring Festival, especially during the latter half of the holidays, attention should be paid to maintaining healthy eating habits. To ensure a balanced nutrition.</p>				
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!				

减盐-微信

Salt Reduction - WeChat

2019-02-09, 共监测到501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 501 WeChat public articles were monitored in 2019-02-09. This page shows the top five articles by repeat number today.

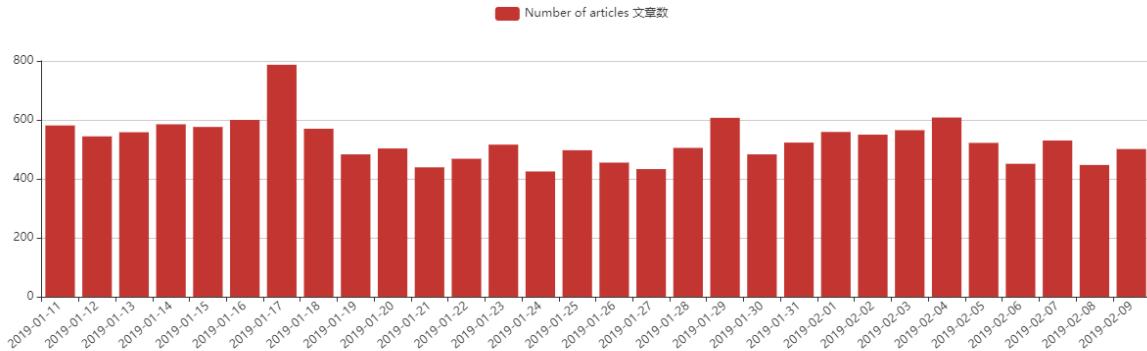
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 日本医疗再次被评为全球第一, 中国位居第64, 差距在哪里?

重复数: 13

日期: 2019-02-09

[Japan's health care is once again ranked the first in the world. China ranks 64th. Where is the gap?](#)

Repeat Number: 13

Data: 2019-02-09

日本人吃盐也很少, 每天的盐摄入量还不到中国人的一半。中国科学院院士、复旦大学附属中山医院内科主任葛均波教授指出, 这点非常关键, 目前盐与高血压的关系已经非常明确, 它会引发心脏肥大和动脉粥样硬化。日本政府早在1975年就开始重视国民减盐问题, 并发起了一系列减盐运动。而且, 在世界卫生组织的督促下, 日本人现在非常注意从饮食的方方面面控盐。

The Japanese also eat very little salt, and their daily salt intake is less than half that of the Chinese. Professor Ge Junbo, academician of the Chinese Academy of Sciences and director of the Department of Cardiology, Zhongshan Hospital Affiliated to Fudan University, pointed out that this is crucial. At present, the relationship between salt and hypertension is very clear, which can cause cardiac hypertrophy and atherosclerosis. As early as 1975, the Japanese government began to attach importance to national salt reduction and launched a series of salt reduction campaigns. Moreover, under the supervision of the World Health Organization, the Japanese are now paying great attention to salt control in all aspects of diet.

2. 身体出现这5个迹象, 提醒你吃盐太多了!

重复数: 9

日期: 2019-02-09

[These five signs remind you that you eat too much salt!](#)

Repeat Number: 9

Data: 2019-02-09

如果你感觉就像吃了一团棉花球, 这可能是吃盐过多的过错。在食用了含有大量钠的食物之后, 身体会感觉盐和水的含量失衡了。为了恢复平衡, 你需要多喝水。因此, 大脑会发出口渴的信号, 促使你狂饮。如果长期吃太多的盐, 可能会导致人脱水。人一旦脱水的话, 就不能清晰思考问题了。

If you feel like eating a ball of cotton, it may be the fault of eating too much salt. After eating foods that contain a lot of sodium, the body feels that salt and water are out of balance. To restore balance, you need to drink more water. Therefore, the brain sends out signals of thirst, prompting you to binge. If you eat too much salt for a long time, it may cause dehydration. Once a person is dehydrated, he can't think clearly.

3. 中老年人: 这个病比癌症可怕, 有人花了130万没能救命! 你需要这么预防

重复数: 4

日期: 2019-02-09

[The disease is more terrible than cancer. Someone spent 1.3 million dollars and failed to save his life. You need to prevent it in this way.](#)

Repeat Number: 4

Data: 2019-02-09

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.

4. 降血压成本最低的方法: 握毛巾! 全球1/3的人都要学习

重复数: 4

日期: 2019-02-09

[The lowest cost way to reduce blood pressure: hold a towel! One-third of the world's people have to learn](#)

Repeat Number: 4

Data: 2019-02-09

陆军军医大学西南医院心血管内科副教授 张志辉 “握毛巾法”辅助降血压 调控及预防高血压可以通过减肥、限盐、充足睡眠、多运动。成年人每天盐摄入量不超过6克。每天保证6小时睡眠。慢跑5分钟、散步5分钟交替进行, 有助于软化血管。体重每下降1公斤, 血压会随之下降1.7~2毫米汞柱。

Zhang Zhihui, an associate professor of cardiovascular medicine at the Southwest Hospital of the Army Military Medical University, proposed the "grip towel method" to help lower blood pressure. Regulation and prevention of high blood pressure can be achieved through weight loss, salt restriction, adequate sleep, and exercise. Adults should not consume more than 6 grams of salt per day. 6 hours of sleep per day. Jogging for 5 minutes and walking for 5 minutes alternates to help soften the blood vessels. For every 1 kg of weight lost, blood pressure will drop by 1.7 to 2 mm Hg.

5. 血栓是吃出来的, 这四种食物一定要少吃或不吃

重复数: 4

日期: 2019-02-09

[Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.](#)

Repeat Number: 4

Data: 2019-02-09

咸香咸香, 咸能提味, 这让很多人都贪食咸味, 但过多的吃高盐食物, 血管可受不了。高达 9.5% 的心血管代谢死亡与盐摄入过多相关, 与 10.4% 的冠心病死亡, 21.4% 的高血压性心脏病死亡, 10.7% 的卒中死亡密切相关。除了食盐, 像鸡精、酱油、蜜饯、火腿肠等“隐形盐”更要提防, 减少它们的摄入量。

Salty can enhance the taste, which makes many people gluttony. But too much to eat high-salt foods, blood vessels can not stand. Up to 9.5% of cardiovascular deaths are associated with excessive salt intake, which is closely related to 10.4% of deaths from coronary heart disease, 21.4% of deaths from hypertensive heart disease, and 10.7% of stroke deaths. In addition to salt, "invisible salt" such as chicken powder, soy sauce, candied fruit, ham and intestines should be guarded against, reducing their intake.

减盐-微博

Salt Reduction - Weibo

2019-02-09, 共检测到1961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。

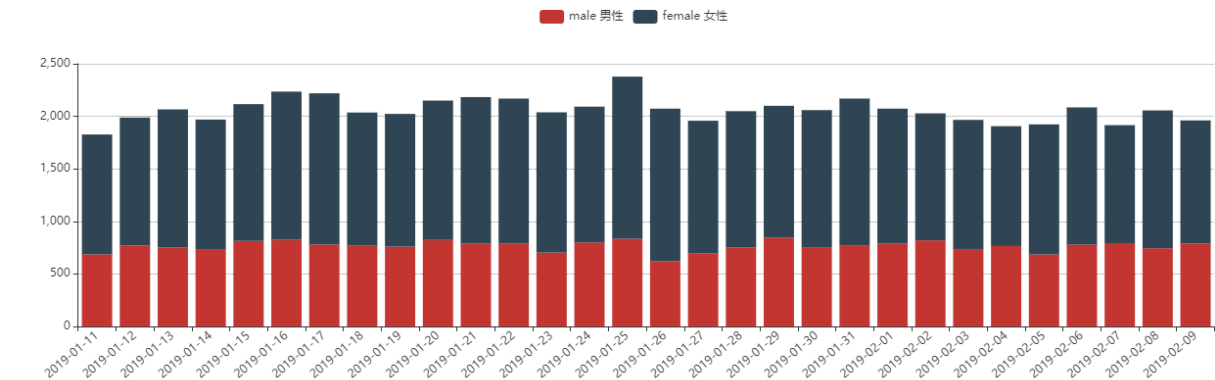
There are 1961 weibos about salt reduction monitored on 2019-02-09.

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

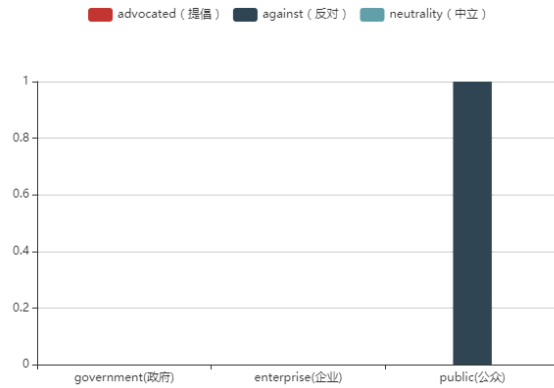
1. 没有相关微博！
No such weibos!

反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-09) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2019-02-09. 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. 肝病患者饮食调理有三点 There are three points of dietary regulation in patients with liver diseases	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间：10:29:36 Time: 10:29:36
话说得好，“病从口入，祸从口出”，疾病多是因为饮食不慎吃错了东西引起的。对肝病患者来说，管住嘴是件性命攸关的大事。肝脏疾病会影响营养代谢。合理饮食是肝病治疗、保障肝细胞再生的基本治疗措施。原则有3点：优质蛋白质、丰富维生素、适量碳水化合物。蛋、奶、肉、鱼等动物蛋白质，大豆蛋白质都属于优质蛋白质，氨基酸利用率高。这类食物可以促进肝细胞的修复和肝功能的恢复，特别是肝功损伤较重时。				
Well said, "Diseases come from the mouth, and misfortunes come from the mouth." Diseases are mostly caused by inadvertent eating of the wrong food. For patients with liver diseases, keeping their mouths shut is a life-threatening event. Liver diseases can affect nutritional metabolism. Reasonable diet is the basic treatment for liver disease and hepatocyte regeneration. There are three principles: high-quality protein, rich vitamins and adequate carbohydrates. Animal proteins such as eggs, milk, meat and fish, and soybean proteins are all high-quality proteins with high utilization of amino acids. This kind of food can promote the repair of liver cells and the recovery of liver function, especially when the liver function damage is serious.				
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

2019-02-09，共监测到217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 217 WeChat public articles were monitored in 2019-02-09. 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. 脸要穷养，脚要富养；心要穷养，肺要富养（深度好文）

重复数：14

日期：2019-02-09

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

Repeat Number : 14

Data : 2019-02-09

心要穷养，肺要富养 心要穷养：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。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.

2. 奶茶，正在毁掉中国的三代人！奶茶界黑幕！

重复数：12

日期：2019-02-09

[Milk tea is destroying three generations in China! Dark curtain in milk tea circle!](#)

Repeat Number : 12

Data : 2019-02-09

反式脂肪酸，被誉为“餐桌上的定时炸弹”，主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点，在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。过多摄入反式脂肪酸可使血液胆固醇增高，从而增加心血管疾病发生的风险。

Trans fatty acids, known as "time bombs on the table", are mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil has the advantages of high temperature resistance, non-deterioration and long storage time. It is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease.

3. 医生告诫：生病千万别吃它，后果不堪设想

重复数：10

日期：2019-02-09

[Doctors warn: Never eat it when you are sick. The consequences are unimaginable.](#)

Repeat Number : 10

Data : 2019-02-09

炸鱼的油经过高温加热后，会产生大量“坏脂肪”（反式脂肪），对心脏有害无益。浓茶。含有较多的咖啡因，可能导致心率加快。红烧肉。含有的“中链饱和脂肪酸”较高，升血脂、胆固醇水平的能力很强。蛋黄派。蛋黄派等口感靠使用“起酥油”来达到，起酥油的主要成分是“部分氢化植物油”，对心血管极其有害。

When the fish oil is heated at a high temperature, it will produce a lot of "bad fat" (trans fat), which is harmful to the heart. Strong tea contains more caffeine, which may lead to an increase in heart rate. Braised pork contains a higher "medium chain saturated fatty acid" and is highly capable of raising blood lipids and cholesterol levels. The taste of the egg yolk pie is achieved by using "shortening oil". The main component of the shortening is "partially hydrogenated vegetable oil", which is extremely harmful to the cardiovascular system.

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：7

日期：2019-02-09

[Facial need to be poor, feet need to be rich, heart need to be poor, lungs need to be rich.](#)

Repeat Number : 7

Data : 2019-02-09

心要穷养，肺要富养 心要穷养：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。●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.

5. 血栓是吃出来的，这四种食物一定要少吃或不吃

重复数：6

日期：2019-02-09

[Thrombosis is related to your diet. We should eat less or not eat these four kinds of foods.](#)

Repeat Number : 6

Data : 2019-02-09

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.

反式脂肪酸-微博 Transfat - Weibo

2019-02-09, 共检测到105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。

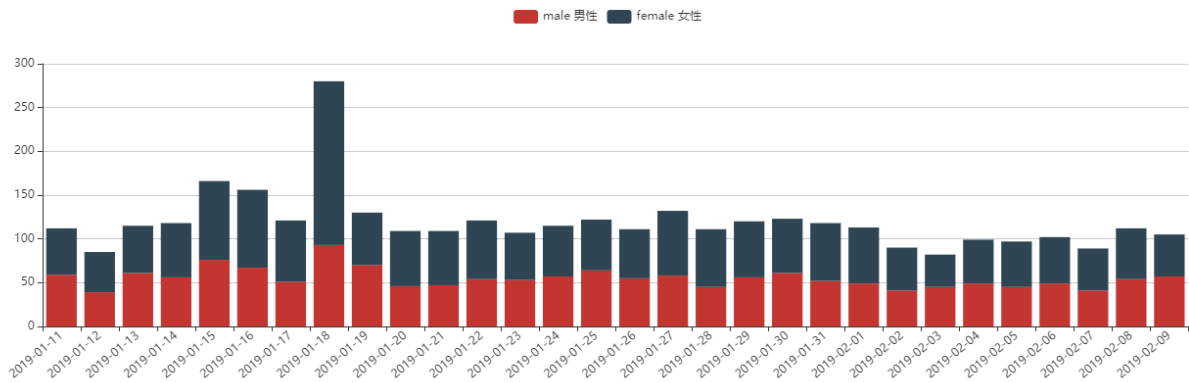
There are 105 weibos about transfat reduction monitored on 2019-02-09.

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!