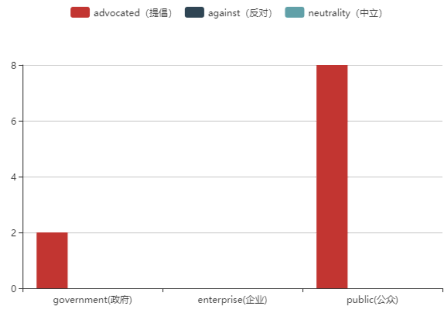


减盐-新闻

Salt Reduction - News

今日 (2018-12-12) 共监测到10条资讯。请点击标题查看原文。
There are 10 articles monitored today 2018-12-12. 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 |
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| 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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| 没有相关文章! |
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| 高血压 Hypertension |
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| 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 |
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| 高血压 Hypertension |
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浙江

Zhejiang

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其他省份

Other Provinces

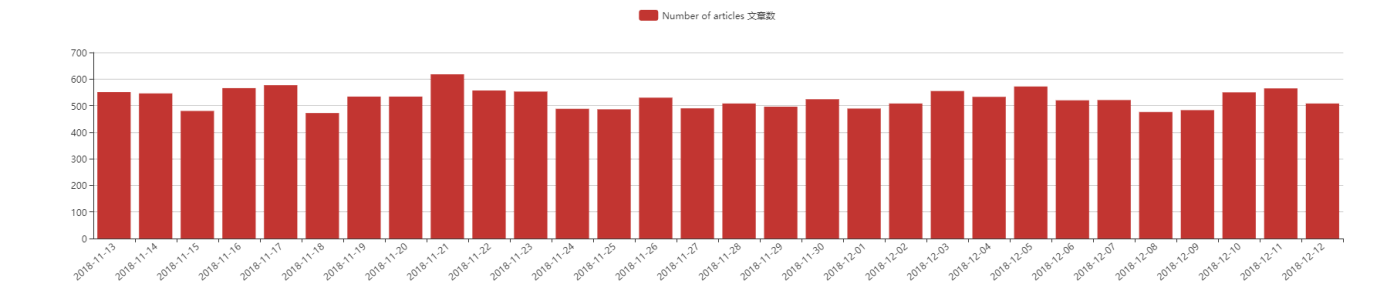
| 食物中的钠 Sodium in food | | | | |
|--|---|---------------------------|------------------------------|--------------------------------|
| 1. 想拥有不老肌肤？请从摒弃不健康食物开始 Want to have ageless skin? Begin by abandoning unhealthy food | 来源： 人民网 Source: People's net | 主体： 公众 Subject: public | 态度： 提倡 Attitude: advocate | 时间： 08:52:27 Time: 08:52:27 |
| 想拥有不老肌肤？ 请从摒弃不健康食物开始 爱美是女人的天性，而衰老则是女性的天敌。虽然我们无法阻止变老的过程，但了解哪些食物对皮肤有害，坚持正确饮食，可延缓皱纹的出现！ 身体中的弹性蛋白和胶原蛋白可使我们的皮肤保持健康和美丽。随着年龄的增长，这两种蛋白的再生速度会显著降低，而且日照和不正确的饮食也会使这两种蛋白遭到破坏。只要胶原蛋白纤维受损，皮肤上就会产生细小的皱纹。虽说紫外线辐射是影响皮肤年轻的外部威胁，但是这种辐射可以通过防护避免。 | | | | |
| Want to have ageless skin? Beginning with the abandonment of unhealthy food, it is women's natural instinct to love beauty, while aging is women's natural enemy. Although we can't stop the aging process, knowing which foods are harmful to our skin and sticking to the right diet can delay the appearance of wrinkles! Elastin and collagen in our body can keep our skin healthy and beautiful. The rate of regeneration of these two proteins decreases significantly with age, and both proteins are damaged by sunshine and incorrect diet. As long as collagen fibers are damaged, fine wrinkles will appear on the skin. Although ultraviolet radiation is an external threat to young skin, it can be avoided by protection. | | | | |
| 高血压 Hypertension | | | | |
| 1. 长期不吃盐或吃的太盐会有什么后果？ What's wrong with not eating salt or eating too much salt for a long time? | 来源： 汉丰网 Source: Hanfeng network | 主体： 公众 Subject: public | 态度： 提倡 Attitude: advocate | 时间： 10:36:39 Time: 10:36:39 |
| 长期不吃盐或吃的太盐会有什么后果？ 不吃盐会没力气，这是真的吗？ 食盐的化学成分是氯化钠。正常人体含钠约100克，其中40%在骨骼中，50%在细胞外液，10%在细胞内液。细胞外液中含有最多的阳离子就是钠离子，它是神经系统中传递信息的必备物质，肌肉收缩和心脏跳动都与钠离子有关。所以，人体缺盐的话，神经系统会非常虚弱，表现出来的症状就是四肢无力。严重的还会出现呕吐、心率加速、脉搏细弱、肌肉痉挛、视力模糊的症状，给人的感觉就是没力气。人长期不吃盐会导致以下几种现象。 | | | | |
| What's wrong with not eating salt or eating too much salt for a long time? Is it true that you will be weak without salt? The chemical composition of salt is sodium chloride. The normal human body contains about 100 grams of sodium, 40% of which is in skeleton, 50% in extracellular fluid and 10% in intracellular fluid. The most abundant cation in extracellular fluid is sodium ion, which is essential for the transmission of information in the nervous system. Muscle contraction and heart beating are all related to sodium ion. Therefore, if the body is short of salt, the nervous system will be very weak, and the symptoms are limb weakness. Serious will also appear vomiting, heart rate acceleration, pulse weakness, muscle spasm, blurred vision symptoms, giving the feeling of weakness. People who do not eat salt for a long time will lead to the following phenomena. | | | | |
| 2. 高血压患者最好选择低盐肉汤 Low-salt broth is the best choice for patients with hypertension | 来源： 中国新闻网 Source: China News Network | 主体： 公众 Subject: public | 态度： 提倡 Attitude: advocate | 时间： 17:37:03 Time: 17:37:03 |
| 胃病或者某些食物可能会导致恶心、呕吐等胃部不适。除了吃药或者等待症状自行消失，调整饮食也有助于缓解这些不适。美国《健康》杂志载文，刊出乔治城大学医学院消化内科教授罗比尼·朱特坎博士和密歇根州消化内科专家阿密特·巴恩博士总结出的9种有助缓解肠胃不适的食物，肠胃不好的人可以常吃。 1.香蕉。香蕉富含钾，这种矿物质对于呕吐或腹泻导致脱水的患者尤其重要。香蕉中的碳水化合物可以在进食不多的情况下补充体能，而且其甜度合适，通常不会导致恶心。 2.米饭。与土豆和燕麦一样，米饭等淀粉类食物有助于保护胃黏膜，不会在胃中停留很长时间，所以不会刺激胃酸加重不适感。 | | | | |
| Gastric diseases or certain foods may cause stomach discomfort such as nausea and vomiting. In addition to taking medicine or waiting for symptoms to disappear, adjusting diet can also help alleviate these discomforts. American "Health" magazine, published in Georgetown University School of Medicine, Professor of Digestive Medicine Dr. Robini Jutkan and Michigan Digestive Medicine Expert Dr. Amit Barn summed up 9 kinds of food to help alleviate gastrointestinal discomfort, gastrointestinal people can often eat. 1. bananas. Bananas are rich in potassium, a mineral that is especially important in patients with vomiting or diarrhea that causes dehydration. Carbohydrates in bananas can be used to supplement physical fitness in the absence of much food, and they are sweet enough to generally not cause nausea. 2. rice. Like potatoes and oats, starchy foods such as rice help protect the gastric mucosa and do not stay in the stomach for a long time, so they do not stimulate gastric acid to aggravate discomfort. | | | | |
| 3. 男子痛到瘫痪，1个肾没了，就因为喝了这东西！ The man was paralyzed with pain and lost one kidney because he drank it! | 来源： 汉丰网 Source: Hanfeng network | 主体： 公众 Subject: public | 态度： 提倡 Attitude: advocate | 时间： 11:37:42 Time: 11:37:42 |
| 老彭以为喝茶能够降血压，就把降压药停了，停药将近3年。医生则表示，高血压的患者，一旦确诊就要终身服药，不要寄希望于通过其他手段，其他方法控制血压，这是完全做不到的。 高血压不能仅靠食疗！ 现代人讲究养生食疗，认为合理健康饮食对治病大有好处。如果是高血压患者，也能靠吃控制好血压吗？专家的意见是：“药不能停”！血压的管理不能只靠饮食，想要控制好血压，健康生活方式和科学服药、严密监控血压缺一不可。 | | | | |
| Lao Peng thought tea could lower blood pressure, so he stopped taking antihypertensive drugs for nearly three years. Doctors said that patients with hypertension, once diagnosed, should take medicine for life, do not expect other means, other methods to control blood pressure, which is completely impossible. Hypertension can't be treated by diet alone! Modern people pay attention to health preservation and diet therapy, and think that a reasonable and healthy diet is of great benefit to the treatment of diseases. If it is hypertensive patients, you can also rely on eating to control blood pressure! The expert's opinion is "medicine can't stop"! The management of blood pressure can not only depend on diet, to control blood pressure, healthy lifestyle and scientific medication, strict monitoring of blood pressure is indispensable. | | | | |
| 心血管健康 Cardiovascular health | | | | |
| 1. 做好冠心病日常自我管理，呵护“心”健康 Do a good job in daily self-management of coronary heart disease and care for "heart" health | 来源： 中国新闻网 Source: China News Network | 主体： 公众 Subject: public | 态度： 提倡 Attitude: advocate | 时间： 16:25:30 Time: 16:25:30 |
| 做好冠心病日常自我管理，呵护“心”健康 经成为人类健康的“第一杀手”，据最新《中国心血管病报告》指出，心血管疾病的特点仍然呈现高发发病率，高死亡率，高复发率等特点，并且日趋年轻化，因此，在日常生活中必须进行良好的自我管理，有效地促进心脏康复。 一、冠心病缺乏有效管理，对健康会造成哪些危害： 1.造成严重并发症的发生，如急性心肌梗死、恶性心律失常、心力衰竭甚至死亡； 2.疾病反复发作而多次住院； 3.疾病加重需要重复多次手术； 4.日常生活质量大大的降低。 | | | | |
| Doing well in daily self-management of coronary heart disease and caring for "heart" health has become the "first killer" of human health. According to the latest China Cardiovascular Disease Report, the characteristics of cardiovascular diseases are still characterized by high morbidity, high mortality and high recurrence rate, and are becoming younger and younger. Therefore, good self-management must be carried out in daily life to effectively promote the heart. Recovery. First, the lack of effective management of coronary heart disease will cause health hazards: 1. The occurrence of serious complications, such as acute myocardial infarction, malignant arrhythmia, heart failure and even death; 2. Recurrent attacks of disease and multiple hospitalizations; 3. The aggravation of disease requires repeated surgery; 4. The quality of daily life is greatly reduced. | | | | |

| 综合健康信息 Comprehensive Health Information | | | | |
|--|---|------------------------------|-----------------------------|-------------------------------|
| 1. 灵武市：菜单式“微课堂”下基层讲民“声” Lingwu City: the "voice" of grass-roots speakers under menu-style "micro-classroom". | 来源：新华网宁夏频道 Source: Xinhua Ningxia Channel | 主体：公众 Subject: public | 态度：提倡 Attitude: advocate | 时间：09:38:29 Time: 09:38:29 |
| 隆冬时节，寒意甚浓，门外寥无几人；而在宁夏回族自治区灵武市临河镇临河村村委会的会议室里，高昂的宣讲声和阵阵掌声，打破了寒冬的冷寂。12月11日，临河村迎来了灵武市第五场“微课堂”基层宣讲团的成员，来自灵武市中医院、灵武市委党校等5位宣讲代表，分别用15—20分钟的时间，根据实例和群众所需讲述了《高价彩礼的危害》《饮食与健康》《农村土地流转好处多》《人民调解中正确运用情理法》《照片背后的故事》5个主题。 | | | | |
| In the middle of winter, there was a strong chill and few people outside. In the conference room of Linhe Village Committee, Linhe Town, Linwu City, Ningxia Hui Autonomous Region, high propaganda and applause broke the cold winter. On December 11, Linhe Village welcomed members of the fifth "micro-classroom" grass-roots propaganda group of Lingwu City. Five propaganda representatives from Lingwu Traditional Chinese Medicine Hospital and Lingwu Municipal Party School spent 15-20 minutes telling the dangers of high-priced lottery gifts, diet and health, the benefits of rural land circulation, and the correct use of rational law in people's mediation. Five themes of The Story Behind the Photo. | | | | |
| 2. 河北省组建家庭医生团队2.5万个 Establishment of 25,000 Family Doctor Teams in Hebei Province | 来源：河北新闻网 Source: Hebei News Network | 主体：政府 Subject: government | 态度：提倡 Attitude: advocate | 时间：17:15:44 Time: 17:15:44 |
| 今天，记者从河北省卫生健康委获悉，截至目前，全省已组建家庭医生团队2.5万个，服务签约居民3192万人，重点人群签约率69.8%，农村建档立卡贫困人口签约率99.8%，越来越多的群众拥有了自己的“健康守门人”。开展家庭医生签约服务，是实现分级诊疗的关键。在深化医药卫生体制改革过程中，河北省按照国家有关要求，将推进家庭医生签约服务工作列为医改的重要内容，积极推动医疗卫生工作重心下移，面向家庭和社区组建专业团队，为群众提供长期签约服务。 | | | | |
| Today, the reporter learns from the Hebei Health and Health Commission that up to now, 25,000 family doctors have been formed in the whole province, 31.92 million people have signed contracts for services, 69.8% of the key groups have signed contracts, 99.8% of the poor people in rural areas have signed contracts, and more and more people have their own "health gatekeepers". Developing family doctor contract service is the key to realize graded diagnosis and treatment. In the process of deepening the reform of the medical and health system, Hebei Province, in accordance with the relevant requirements of the state, has listed the promotion of family doctors'contracting service as an important part of the medical reform, actively promoted the downward shift of the focus of medical and health work, set up professional teams for families and communities, and provided long-term contracting services for the masses. | | | | |
| 3. 《时代周刊》：对心脏最坏的10种食物 TIME: Ten Foods Worst for the Heart | 来源：多维新闻网 Source: Multidimensional News Network | 主体：公众 Subject: public | 态度：提倡 Attitude: advocate | 时间：12:21:29 Time: 12:21:29 |
| 在保护身体健康中，心脏的健康最关键。心脏疾病已经成为一个世界性的难题，它是导致许多美国人死亡的直接原因。多年来，营养专家们研究吃哪些东西有利于我们的心脏健康方面走过了漫长的道路。目前，对饱和脂肪是否真正与心脏病有关的研究还尚不完全清除。但是，霍夫斯特拉大学心脏病学副教授、纽约圣约翰公会医院心脏病学主任德鲁兹（Regina Druz）医生表示，适当食用高质量的草饲牛肉甚至可能对心脏健康有益。德鲁兹表示，来自动物的饱和脂肪，尤其是与碳水化合物结合时，似乎对心脏健康产生了有害影响。 | | | | |
| Heart health is the key to health protection. Heart disease has become a worldwide problem. It is the direct cause of death for many Americans. Over the years, nutritionists have come a long way in studying what to eat for our heart health. At present, the research on whether saturated fat is really related to heart disease is still not completely cleared. However, Dr. Regina Druz, associate professor of Cardiology at Hofstra University and director of Cardiology at St. John's Episcopal Hospital in New York, said that proper consumption of high-quality forage beef might even be beneficial to heart health. Saturated fats from animals, especially when combined with carbohydrates, appear to have harmful effects on heart health, Druze said. | | | | |
| 4. 孕妇吃盐过多如何补救 How to remedy excessive salt consumption in pregnant women | 来源：TOM Source: TOM | 主体：公众 Subject: public | 态度：提倡 Attitude: advocate | 时间：12:37:13 Time: 12:37:13 |
| 有些女性在怀孕之后自身的口味会出现有很大的改变，许多本来是喜欢吃清淡食品的女性会格外的重口味儿，喜欢吃咸的食物。而如果女性在怀孕之后还是一味地吃过于咸的食物，对于自身以及腹中的胎儿影响都是比较大的应该调整一下。那么孕妇吃盐过多该如何补救呢?下面就来详细的介绍一下。引起孕妇水肿，孕期准妈妈吃盐多了，体内摄入的钠含量增加，这会引起组织内钠盐滞留，从而导致孕妇水肿，影响自身及胎儿的健康生长。 | | | | |
| Some women will have a great change in their own taste after pregnancy. Many women who are fond of light food will have a strong taste and prefer salty food. If a woman eats too salty food after pregnancy, the influence on herself and the fetus in the abdomen is relatively large and should be adjusted. So how can pregnant women get rid of excessive salt? Here's a detailed introduction. Causes the pregnant woman edema, the pregnancy expectant mother eats more salt, the body intake sodium content increases, this will cause the sodium salt retention in the tissue, causes the pregnant woman edema, affects own and the fetus healthy growth. | | | | |
| 5. 带领村民唱响“幸福歌” Lead villagers to sing "Happiness Song". | 来源：新华网新疆频道 Source: Xinhua Xinjiang Channel | 主体：政府 Subject: government | 态度：提倡 Attitude: advocate | 时间：13:38:03 Time: 13:38:03 |
| 自治区卫生健康委员会“访惠聚”驻村工作队，带领村民唱响“幸福歌”。“大爷，饭里不能再加盐了，您的血压太高了，吃太多盐对身体不好，等一会儿您吃完饭我陪您聊天……”日前在皮山县阔什塔格镇铁热克阿勒迪村托老所里，来自自治区人民医院驻村工作队的队员看到今年71岁的麦提尼亚孜·吐尔迪大爷又往饭里加盐时，赶紧劝着老人。类似这样温馨的场景，在自治区卫生健康委员会“访惠聚”驻村工作中随处上演着。自2014年开展“访惠聚”驻村工作以来，自治区卫生健康委员会共派出400余名干部深入和田地区皮山县开展工作。 | | | | |
| The village team of the Health Committee of the Autonomous Region visited Huiju to lead villagers to sing "Happy Song". "Grandpa, you can't add salt to your meal. Your blood pressure is too high. It's bad for your health to eat too much salt. I'll chat with you after you finish your meal later..." A few days ago, in the old house of Tiejek Aledi village, Kuoshtag town, Pishan County, the team members from the village team of the People's Hospital of the Autonomous Region urged the elderly when they saw that the 71-year-old Uncle Medinazi Turdy was adding salt to his meal again. Similar to such a warm scene, in the Autonomous Region Health Committee "visit Huiju" in the village work everywhere. Since carrying out the work of "visiting Huiju" in the village in 2014, more than 400 cadres have been sent by the Health Committee of the Autonomous Region to work in Pishan County, Hetian District. | | | | |
| 决心工程 Resolve To Save Lives | | | | |
| 没有相关文章！ | | | | |
| No such articles! | | | | |

减盐-微信

Salt Reduction - WeChat

2018-12-12, 共监测到508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 508 WeChat public articles were monitored in 2018-12-12. 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. 心血管医生不到1年把血压降至正常, 没吃一粒药! Cardiovascular doctors reduced blood pressure to normal in less than a year, and did not take a pill! | 重复数: 15 Repeat Number: 15 | 日期: 2018-12-12 Data: 2018-12-12 |
| 北方居民每日食盐摄入量可先减至8g, 后逐渐降至6g, 南方居民可控制在6g以下(一啤酒瓶盖的量)。除此之外, 还要注意酱油、味精等“隐性食盐”的摄入, 腌制品、卤味、酱鸭等含盐量高的食物不吃或少吃。 The daily salt intake of northern residents can be reduced to 8g first, then gradually reduced to 6g. The salt intake of residents in the south can be controlled below 6g (the amount of beer caps). In addition, we must pay attention to the intake of "hidden salt" such as soy sauce and monosodium glutamate. Do not eat or eat less salted foods, lo mei, sauce ducks and other foods with high salt content. | | |
| 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! This substance reduces the lifespan of the heart and the calcium content of the bones and is also carcinogenic. But it is what you eat every day. | 重复数: 14 Repeat Number: 14 | 日期: 2018-12-12 Data: 2018-12-12 |
| 多吃一口盐, 伤害遍全身 无盐不成味, 作为“百味之首”, 盐是人人不可或缺的调料。但是一旦过量, 对健康是百害而无一利的。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。 Eat a bite of salt and hurt the whole body. No salt, no taste, as the "first of the hundred flavors", salt is an indispensable spice for everyone. But once it is overdone, it is not good for health. High-salt diets have an effect on blood pressure, and the study found that for every 0.5 grams of salt intake per day, the risk of stroke increases by 17%. Eating too much salt can cause high blood pressure, and it also raises plasma cholesterol, which causes our blood vessels to become thinner and more brittle. This is terrible – atherosclerosis. | | |
| 3. 十大健康警戒线划出来了! 寿命长短都由它决定! 非常重要! Ten health warning lines have been drawn out, and the length of life depends on it! Very important! | 重复数: 9 Repeat Number: 9 | 日期: 2018-12-12 Data: 2018-12-12 |
| 吃盐警戒值 6克 食盐过多摄入, 与高血压、心血管疾病有着密切的关系, 还会加重胃黏膜损伤、加速骨质疏松, 而且盐摄入过多, 皮肤也会变差。无论是为了健康还是美, 控盐都是至关重要的。国家卫计委发布的《中国居民膳食指南(2016)》成人每天食盐不超过6克, 这6克, 相当于一个啤酒瓶盖大小。 The salt warning value is 6 grams. Excessive intake of salt is closely related to hypertension and cardiovascular disease. It will also aggravate gastric mucosal damage and accelerate osteoporosis. And if the salt is too much, the skin will be worse. Whether it is for health or beauty, salt control is crucial. The National Dietary Guidelines (2016) issued by the National Health and Family Planning Committee recommends that adults eat no more than 6 grams of salt per day, which is equivalent to the size of a beer bottle cap. | | |
| 4. 想要健康长寿: 少吃三白, 多吃三黑 Want health and longevity: eat less three kinds of white food and eat more three kinds of black food. | 重复数: 8 Repeat Number: 8 | 日期: 2018-12-12 Data: 2018-12-12 |
| 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。限盐建议: 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 for healthy people to eat through the diet is no more than 6 grams, 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. | | |
| 5. 调味需谨慎! 小心“盐多必失”! Be careful when seasoning! Be careful with excess salt! | 重复数: 3 Repeat Number: 3 | 日期: 2018-12-12 Data: 2018-12-12 |
| 但是盐吃多了, 也有危害: 食盐过多会导致导致高血压的发生。高盐饮食的人群, 其高血压的发病率远远高于低盐饮食的人群。过多的盐会导致钙流失, 当您食盐过量时, 会将过多的钠随尿液排除体外。研究表明: 每排泄1000毫克的钠, 同时会损耗掉大约26毫克的钙。盐的摄入过多还会增加胃癌发生的几率。 Eating too much salt is also harmful: too much salt can cause high blood pressure. People with a high-salt diet have a much higher incidence of hypertension than people with a low-salt diet. Excessive salt can cause calcium loss. When you have too much salt, you will excrete excess sodium with your urine. Studies have shown that every 1000 mg of sodium is excreted and about 26 mg of calcium is lost. Excessive salt intake can increase the incidence of gastric cancer. | | |

减盐-微博 Salt Reduction - Weibo

2018-12-12, 共检测到1174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。

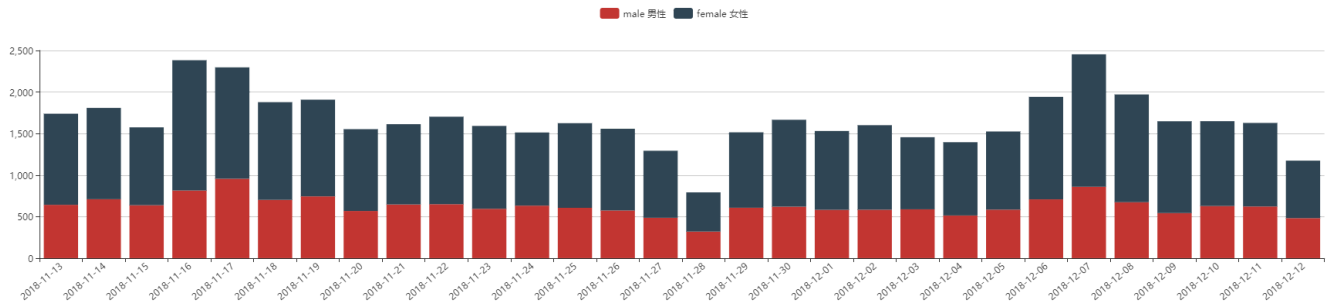
There are 1174 weibos about salt reduction monitored on 2018-12-12.

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.



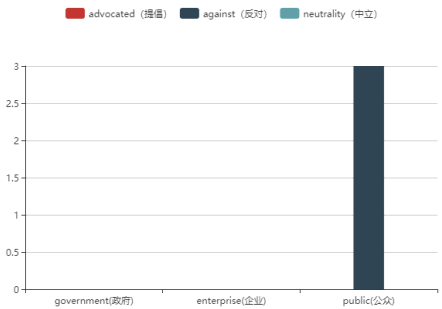
热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-12-12) 共监测到3条资讯。请点击标题查看原文。
There are 3 articles monitored today 2018-12-12. 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 | | | | |
|---|--|-----------------|-------------------|----------------|
| 1. 鱼汤越浓不代表越有营养 | 来源：人民网上海频道 | 主体：公众 | 态度：反对 | 时间：11:03:14 |
| The thicker the fish soup, the less nutritious it is. | Source: People's Online Shanghai Channel | Subject: public | Attitude: against | Time: 11:03:14 |
| 提到鱼汤，很多人都觉得奶白色最好，认为只有这种颜色的汤，喝下去才会有营养。其实，事实的真相却大不相同。郑州市中医院营养师朱绍英表示，鱼汤的颜色与其营养价值没有丝毫的关系，很多人喝汤不吃肉的做法很大程度上造成了营养的流失，食材本身的营养物质并不会因为烹饪加工而完全溶于汤中，且熬鱼汤的时间过长，温度过高，还会破坏食材里面的营养元素。汤越浓脂肪含量越高 朱绍英介绍，煮鱼汤的时候，通常先把鱼用油炸一下，再放水熬，这时锅里含有大量油脂。在煮沸翻滚的作用下，油脂形成脂肪微粒，外面被乳化剂包裹，形成稳定的乳化体系，然后均匀地分散在水中。 | | | | |
| When it comes to fish soup, many people think that milky white is the best. They think that only the soup of this color can be nourished if it is drunk. In fact, the truth is quite different. Zhu Shaoying, a nutritionist at Zhengzhou Traditional Chinese Medicine Hospital, said that the color of fish soup had no relationship with its nutritional value. Many people drank soup without eating meat, which resulted in the loss of nutrients to a large extent. The nutrients of the food itself would not be completely dissolved in the soup because of cooking and processing, and the time of boiling fish soup was too long, the temperature was too high, and the nutrients in the food would be destroyed. Zhu Shaoying said that when cooking fish soup, fish are usually fried first and then boiled in water. At this time, the pot contains a lot of fat. Under the action of boiling and rolling, grease forms fat particles, which are wrapped by emulsifier to form a stable emulsifying system, and then evenly dispersed in water. | | | | |
| 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. 想拥有不老肌肤？请从摒弃不健康食物开始 Want to have ageless skin? Begin by abandoning unhealthy food | 来源： 人民网 Source: People's net | 主体： 公众 Subject: public | 态度： 反对 Attitude: against | 时间： 09:06:21 Time: 09:06:21 |
| 想拥有不老肌肤？ 请从摒弃不健康食物开始 爱美是女人的天性，而衰老则是女性的天敌。虽然我们无法阻止变老的过程，但了解哪些食物对皮肤有害，坚持正确饮食，可延缓皱纹的出现！ 身体中的弹性蛋白和胶原蛋白可使我们的皮肤保持健康和美丽。随着年龄的增长，这两种蛋白的再生速度会显著降低，而且日照和不正确的饮食也会使这两种蛋白遭到破坏。只要胶原蛋白纤维受损，皮肤上就会产生细小的皱纹。虽说紫外线辐射是影响皮肤年轻的外部威胁，但是这种辐射可以通过防护避免。 | | | | |
| Want to have ageless skin? Beginning with the abandonment of unhealthy food, it is women's natural instinct to love beauty, while aging is women's natural enemy. Although we can't stop the aging process, knowing which foods are harmful to our skin and sticking to the right diet can delay the appearance of wrinkles! Elastin and collagen in our body can keep our skin healthy and beautiful. The rate of regeneration of these two proteins decreases significantly with age, and both proteins are damaged by sunshine and incorrect diet. As long as collagen fibers are damaged, fine wrinkles will appear on the skin. Although ultraviolet radiation is an external threat to young skin, it can be avoided by protection. | | | | |
| 2. 吃苹果可以减肥？你被这3个饮食陷阱，欺骗了多久？ Can you lose weight by eating apples? How long have you been cheated by these three dietary traps? | 来源： 汉丰网 Source: Hanfeng network | 主体： 公众 Subject: public | 态度： 反对 Attitude: against | 时间： 13:54:27 Time: 13:54:27 |
| 吃苹果可以减肥？你被这3个饮食陷阱，欺骗了多久？ 为什么你的脂肪不掉，肌肉不长？ 这是陷入了健身误区。健身误区有很多种，比如是训练误区，也可能是饮食误区。 有一些饮食陷阱是大家常犯的错误，你被这3个饮食陷阱，欺骗了多久？ 1.健身人士只吃鸡胸肉 其实大家对于健身的人有很大的误解，并不是我们只吃鸡胸肉，我们的食谱要比想象的丰富的多的多。 首先我们要认识到一点，鸡胸肉被推上头条是因为鸡胸肉的脂肪含量相对别的肉类来说要低的多。而且在100克鸡胸肉中，蛋白含量达到了20克，这是相对别的肉类比较高的蛋白含量。 | | | | |
| Can you lose weight by eating apples? How long have you been cheated by these three dietary traps? Why don't you lose fat and grow muscle? This is a misunderstanding of fitness. There are many kinds of fitness errors, such as training errors, or dietary errors. Some food traps are common mistakes. How long have you been cheated by these three food traps? 1. Fitness people only eat chicken breast. In fact, people have a great misunderstanding about fitness people. It's not that we only eat chicken breast. Our recipes are much richer than we imagined. First of all, we need to realize that chicken breast meat is pushed to the top because the fat content of chicken breast meat is much lower than other meat. And in 100 grams of chicken breast meat, protein content reached 20 grams, which is higher than other meat protein content. | | | | |
| 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

2018-12-12, 共监测到276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 276 WeChat public articles were monitored in 2018-12-12. This page shows the top five articles by repeat number today.

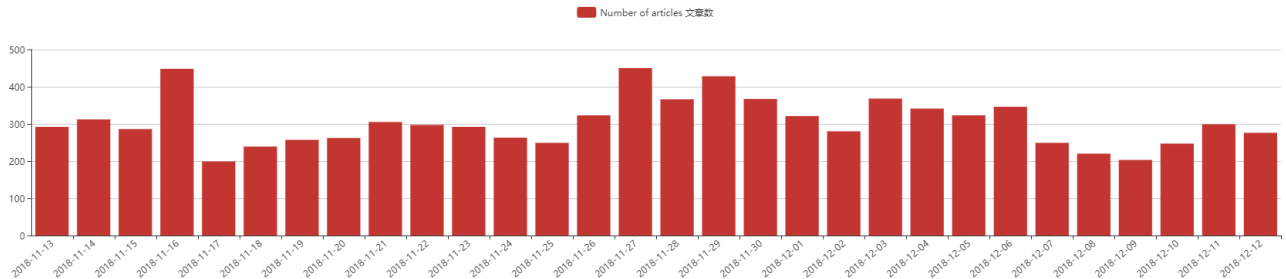
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 此物每年致死50万人, 已被世卫组织呼吁停用! 就藏在你每天吃的食物里

[It kills 500,000 people a year and has been called off by WHO, which is hidden in the food you eat every day.](#)

重复数: 40

Repeat Number: 40

日期: 2018-12-12

Data: 2018-12-12

大家都知道, 油吃多了没好处, 毁心脏又毁血管, 但是, 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! 据世界卫生组织估计, 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。

Everyone knows that it is no good to eat more oil. It is harmful to the heart and blood vessels. However, there is also a common substance in many foods. “Eating a bite of it is equivalent to eating 7 bite of oils!” This substance is 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.

2. 人为什么会生病? 如果每个病人都明白这个道理那该多好

[Why do people get sick? It would be great if every patient understood this.](#)

重复数: 8

Repeat Number: 8

日期: 2018-12-12

Data: 2018-12-12

大量的点用心用反式脂肪酸, 它满足了现代人口味, 酥香脆人造奶油,但食用后会造成分泌失调,冠心病,肥胖等疾病,食物中已经有了大量的毒素激素等等, 同样会严重污染我们的体液! 特别是现代人生活条件好了, 想吃什么就吃什么, 追求色香味俱全, 结果吃进去的营养不多, 毒素不少。

A large number of snacks use trans fatty acids. It satisfies the tastes of modern people, but it can cause endocrine disorders, coronary heart disease, obesity and other diseases after consumption. There are already a lot of toxins in the food, etc., which will also seriously pollute our body fluids! Especially the living conditions of modern people have become better. People are looking for foods that are full of flavors and flavors. As a result, the nutrients that are eaten are not much, and there are many toxins.

3. 最显瘦身食物 vs 最显致胖的食物, 你可能都吃反了!

[The most slimming food vs. the most fattening food. You may eat wrong.](#)

重复数: 4

Repeat Number: 4

日期: 2018-12-12

Data: 2018-12-12

一杯加了糖的奶茶热量高达 400 多卡, 脂肪基本在 10g 以上。而且有些奶茶添加了含有反式脂肪酸的奶精, 真的不宜多喝啊! 乳酸菌饮料 (435ml) = 286 千卡=慢跑 40 分钟 乳酸菌饮料不是酸奶, 也不要再轻信所谓的 “0 脂肪” 性乳酸菌饮品了, 它 1 瓶含糖 70g (相当于 15 块方糖), 喝 2 瓶就赶得上一顿晚饭的热量了!

A cup of sugared milk tea has more than 400 calories and the fat is more than 10g. And some milk tea adds a creamer containing trans fatty acids, so it is really not advisable to drink more tea! (Lactic acid bacteria drink (435ml) = 286 kcal = jogging 40 minutes) Lactic acid bacteria drink is not yogurt, and don't trust the so-called "0 fat" lactic acid bacteria drink. A bottle of beverage contains 70g of sugar (equivalent to 15 cubes), and drinking 2 bottles of drink is equivalent to the heat of a dinner!

4. 人工制造的这些食物, 几乎都放入化学添加剂, 有的你天天在吃

[Almost all of these manufactured foods are added with chemical additives, and some of which you eat every day.](#)

重复数: 2

Repeat Number: 2

日期: 2018-12-12

Data: 2018-12-12

“人造奶油”, 也被大家称为是 “植物奶油”, 植物奶油是由植物油、水、盐、奶粉、砂糖、香味等多种添加剂调和而成, 含有大量的反式脂肪酸, 可以增加大量的密度脂类的含量, 从而降低高密度脂类的密度, 长期超量食用人造奶油, 可能会导致心脏病, 还有可能会诱发肿瘤。

"Margarine" is also known as "plant cream". Vegetable cream is made up of various additives such as vegetable oil, water, salt, milk powder, sugar, and flavor, and contains a large amount of trans fatty acids. Trans fatty acids can increase the amount of density lipids, thereby reducing the density of high density lipids. Long-term consumption of margarine may cause heart disease and may induce tumors.

5. 少吃人造的, 多吃神造的! 这句话一定要记住

[Eat less man-made food and more God-made food! This sentence must be remembered.](#)

重复数: 2

Repeat Number: 2

日期: 2018-12-12

Data: 2018-12-12

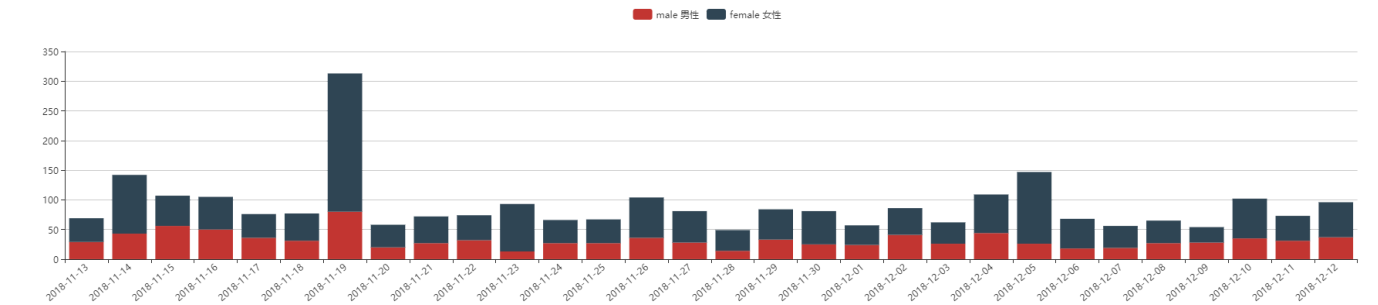
人造奶油——心脏病的罪魁祸首 代表食品: 蛋糕、奶茶、速溶咖啡等 美国食品和药物管理局宣布, 将禁止在食品中使用人造奶油 (反式脂肪酸), 以降低心脏病发病率。中国疾控中心营养与食品安全所研究员霍军生介绍 “人造奶油” 是把植物油经过加氢处理后把它变成固体, 模仿天然奶油的形状和味道, 加入一些防腐剂、香精、色素等等, 达到和天然奶油口感差不多的效果。这些人造奶油广泛的存在我们日常饮食中, 例如奶油蛋糕、奶茶、速溶咖啡中都含有人造奶油。是导致心脏病疾病高发的一个重要原因。

Margarine - the chief culprit in heart disease. Representative food: cakes, milk tea, instant coffee, etc. The US Food and Drug Administration announced that it will ban the use of margarine (trans fatty acids) in food to reduce the incidence of heart disease. Huo Junsheng, a researcher at the China Center for Disease Control and Nutrition, said that margarine is a processed vegetable oil that mimics the shape and taste of natural cream. It has the same effect as natural cream. These margarines are widely found in our daily diets such as cream cakes, milk teas and instant coffee. It is an important cause of heart disease.

反式脂肪酸-微博

Transfat - Weibo

2018-12-12, 共检测到96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 96 weibos about transfat reduction monitored on 2018-12-12.
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 imformation.
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!