

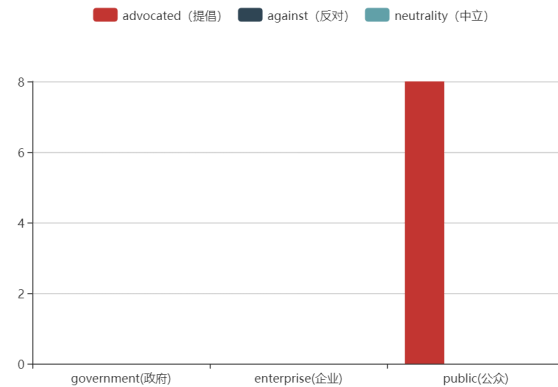
## 减盐-新闻

### Salt Reduction - News

今日 (2019-02-05) 共监测到8条资讯。请点击标题查看原文。

There are 8 articles monitored today 2019-02-05. 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

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##### 综合健康信息 Comprehensive Health Information

没有相关文章!

No such articles!

| 决心工程<br>Resolve To Save Lives |
|-------------------------------|
| 没有相关文章!                       |
| No such articles!             |

安徽  
Anhui

| 食物中的钠<br>Sodium in food                    |
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| 没有相关文章!                                    |
| No such articles!                          |
| 高血压<br>Hypertension                        |
| 没有相关文章!                                    |
| No such articles!                          |
| 心血管健康<br>Cardiovascular health             |
| 没有相关文章!                                    |
| No such articles!                          |
| 综合健康信息<br>Comprehensive Health Information |
| 没有相关文章!                                    |
| No such articles!                          |
| 决心工程<br>Resolve To Save Lives              |
| 没有相关文章!                                    |
| No such articles!                          |

浙江  
Zhejiang

| 食物中的钠<br>Sodium in food                    |
|--|
| 没有相关文章!                                    |
| No such articles!                          |
| 高血压<br>Hypertension                        |
| 没有相关文章!                                    |
| No such articles!                          |
| 心血管健康<br>Cardiovascular health             |
| 没有相关文章!                                    |
| No such articles!                          |
| 综合健康信息<br>Comprehensive Health Information |
| 没有相关文章!                                    |
| No such articles!                          |
| 决心工程<br>Resolve To Save Lives              |
| 没有相关文章!                                    |
| No such articles!                          |

其他省份  
Other Provinces

| 食物中的钠<br>Sodium in food        |
|--------------------------------|
| 没有相关文章!                        |
| No such articles!              |
| 高血压<br>Hypertension            |
| 没有相关文章!                        |
| No such articles!              |
| 心血管健康<br>Cardiovascular health |

|  |   |                          |                             |                               |
|--|---|--------------------------|-----------------------------|-------------------------------|
| 没有相关文章!  |   |                          |                             |                               |
| No such articles!  |   |                          |                             |                               |
| 综合健康信息<br>Comprehensive Health Information   |   |                          |                             |                               |
| 1. <a href="#">每逢佳节“胖三斤”？专家教你这样吃好又不长胖</a><br><a href="#">Every festival, "fat three kilograms"? Experts teach you how to eat well without getting fat</a>  | 来源：新华报业网<br>Source: Xinhua News Network                         | 主体：公众<br>Subject: public | 态度：提倡<br>Attitude: advocate | 时间：09:09:47<br>Time: 09:09:47 |
| 年夜饭里大鱼大肉少不了，如何保证吃好不胖大有学问。春节到了，不少人回家后立即开启肆意吃喝玩乐模式。想吃啥就吃啥？湖南省胸科医院营养科副主任张胜康提醒，平时的生活水平已经比较高了，过年的吃就不应像古时那么重口味、重鱼肉。要想健康过年，应该讲究吃得更健康、更科学。张胜康也制定了一份过年版《膳食指南》，希望大家在欢度春节之余，不忘保护自己的身体健康。  |   |                          |                             |                               |
| Big fish and meat are indispensable for New Year's Eve dinner. How to ensure that you are not fat and knowledgeable? When the Spring Festival arrives, many people go home and immediately start the mode of wanton eating, drinking and playing. Eat whatever you want? Zhang Shengkang, deputy director of Nutrition Department of Hunan Chest Hospital, reminded us that the standard of living in peacetime has been relatively high, and that the Chinese New Year's food should not be as heavy on taste and fish as in ancient times. If you want to have a healthy New Year, you should pay attention to eating healthier and more scientific. Zhang Shengkang has also formulated a New Year's edition of Dietary Guidelines, hoping that you will not forget to protect your health while celebrating the Spring Festival. |   |                          |                             |                               |
| 2. <a href="#">欢度佳节该注意哪些健康问题</a><br><a href="#">What health problems should we pay attention to during the festival</a>  | 来源：中国食品科技网<br>Source: China Food Science and Technology Network | 主体：公众<br>Subject: public | 态度：提倡<br>Attitude: advocate | 时间：04:44:09<br>Time: 04:44:09 |
| 2019年新春的脚步日益临近。春节期间，人员流动性大幅增加，家庭、朋友和同学等各种聚会也随之增多。如何健康地欢度新春佳节？公众应该注意哪些健康问题，就此记者采访了相关领域的专家。个人多防护，预防感染传染病。当前，正值冬春交汇期，季节性传染病发病率较高。专家指出，我国正处于流感流行的高峰期，做好流感防护工作必不可少。   |   |                          |                             |                               |
| The new spring of 2019 is approaching day by day. During the Spring Festival, the mobility of people increased dramatically, so did the gatherings of family, friends and classmates. How to celebrate the Spring Festival healthily? The public should pay attention to what health problems, this reporter interviewed experts in related fields. Individual protection to prevent infectious diseases. At present, the incidence of seasonal infectious diseases is high at the intersection of winter and spring. Experts pointed out that China is at the peak of influenza epidemic, so it is essential to do a good job in influenza protection.  |   |                          |                             |                               |
| 3. <a href="#">你“肿”了么？从6种肿胀疾病蛛丝马迹</a><br><a href="#">Are you swollen? Catching disease clues from six kinds of swellings</a>   | 来源：人民网<br>Source: People's net                                  | 主体：公众<br>Subject: public | 态度：提倡<br>Attitude: advocate | 时间：09:00:18<br>Time: 09:00:18 |
| 如果一觉醒来，发现自己胖了一圈，你会怎么办？这个“恐怖故事”中，很多人会发现，虽然人“肿起来了”，但体重没有明显增加，而且肿的是局部位置，这种“虚胖”很可能就是水肿。水肿不仅让你的外形“虚胖”，还可能是疾病的征兆。临床上，水肿引起的“虚胖”还是医生诊断疾病的一个重要依据。通过看水肿的部位，就能发现一些疾病的蛛丝马迹。肿的地方，提示病的部位。水肿的位置、特点不同，往往提示着不同的原因。  |   |                          |                             |                               |
| What would you do if you woke up and found yourself gaining weight? In this "horror story", many people will find that although people "swollen up", but the weight did not increase significantly, and the swelling is local location, this "virtual fat" is probably edema. Edema not only makes your appearance "fatter", but also may be a sign of disease. Clinically, the "deficiency and obesity" caused by edema is also an important basis for doctors to diagnose diseases. By looking at the edema, you can find clues to some diseases. Swollen area, suggesting the location of the disease. The location and characteristics of edema are different, often suggesting different reasons.   |   |                          |                             |                               |
| 4. <a href="#">每逢佳节“胖三斤”？专家教你这样吃好又不长胖</a><br><a href="#">Every festival, "fat three kilograms"? Experts teach you how to eat well without getting fat</a>  | 来源：新华报业网<br>Source: Xinhua News Network                         | 主体：公众<br>Subject: public | 态度：提倡<br>Attitude: advocate | 时间：09:04:01<br>Time: 09:04:01 |
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| 5. <a href="#">敬老“年夜饭” 营养又健康</a><br><a href="#">New Year's Eve dinner for the elderly is nutritious and healthy</a>  | 来源：中国网滨海高新<br>Source: China Netshore High-tech                  | 主体：公众<br>Subject: public | 态度：提倡<br>Attitude: advocate | 时间：14:27:01<br>Time: 14:27:01 |
| 为了让住养老人的年夜饭吃得营养又健康，天津市健康管理协会营养与健康促进专委会委员、市中医药研究院附属医院营养科主任高贡应邀走进《中老年时报》首批共建活动基地之一——红桥区桃花源养老院四新道分院，义务烹制了色香味俱佳的健康年夜饭，以特有方式为部分住养老人送去温暖和关爱。   |   |                          |                             |                               |
| In order to make the old people's New Year's Eve meal nutritious and healthy, Gao Gong, member of the Special Committee on Nutrition and Health Promotion of Tianjin Health Management Association and director of the Nutrition Department of the Affiliated Hospital of the Municipal Academy of Traditional Chinese Medicine, was invited to enter the Four New Road Branches of Taohuayuan Nursing Home in Hongqiao District, one of the first joint activity bases of The Times of Middle and Old People, and cooked the healthy New Year's Eve There are ways to send warmth and love to some of the elderly.  |   |                          |                             |                               |
| 6. <a href="#">防治抑郁症有效方法：保持健康饮食习惯</a><br><a href="#">Effective way to prevent and cure depression: keep healthy eating habits</a>  | 来源：大纪元 (新闻发布)<br>Source: The Great Era (Press Release)          | 主体：公众<br>Subject: public | 态度：提倡<br>Attitude: advocate | 时间：12:28:17<br>Time: 12:28:17 |
| 据统计，全世界有超过3亿人患有抑郁症，若不采用有效的治疗，它会对人们的工作和生活造成很大的阻碍。此前，抑郁症多是通过药物和谈话治疗，但是现在人们发现，通过增加运动量和培养健康的饮食习惯，也可对抑郁症起到很大的疗效，甚至可以帮助避免抑郁症发作。抑郁症可能导致睡眠问题，注意力难以集中，或者对日常生活失去兴趣。  |   |                          |                             |                               |
| According to statistics, more than 300 million people worldwide suffer from depression. Without effective treatment, it will cause great obstacles to people's work and life. Previously, depression was mostly treated by drugs and conversation, but now people find that increasing exercise and developing healthy eating habits can also have a great effect on depression, and even help to avoid depression attacks. Depression can lead to sleep problems, difficulty concentrating, or loss of interest in everyday life.   |   |                          |                             |                               |
| 7. <a href="#">风风火火大采购无辣不欢吃年夜饭</a><br><a href="#">Buying hot food and eating New Year's meals</a>  | 来源：搜狐<br>Source: Sohu   | 主体：公众<br>Subject: public | 态度：提倡<br>Attitude: advocate | 时间：07:28:35<br>Time: 07:28:35 |
| 风风火火大采购，无辣不欢吃年夜饭。在南昌人的年夜饭桌上，藜蒿炒腊肉、粉蒸肉、啤酒鸭、瓦罐汤都是颇具特色的菜式。顶着“无辣不欢”的标签，江西人在筹备过年这件事上也显得风风火火。在南昌，“迎新年”这件事从前一周就开始了。买买买！提前一周置备年货 距离年三十还有几天时间，来自江西各地的男女老少会奔至省内最大的批发市场—洪城大市场采购年货。  |   |                          |                             |                               |
| Buying like hot wind, eating New Year's meals without spicy food. On the dinner table of Nanchang people, fried bacon, steamed pork, beer duck and earthen pot soup of Artemisia selengensis are quite distinctive dishes. With the label of "no spicy, no joyous", Jiangxi people are also very popular in preparing for the Spring Festival. In Nanchang, the "New Year" began a week ago. Buy whatever you want! A week in advance to prepare the annual goods is still a few days away from the 30th anniversary. Men, women and children from all over Jiangxi will rush to Hongcheng, the largest wholesale market in the province to purchase the annual goods.   |   |                          |                             |                               |
| 8. <a href="#">除夕夜，合家团圆，我却被移除了家族群，竟然是因为我对他们的关心</a><br><a href="#">On New Year's Eve, the family reunited, but I was removed from the family group, unexpectedly because of my concern for them.</a>  | 来源：搜狐<br>Source: Sohu   | 主体：公众<br>Subject: public | 态度：提倡<br>Attitude: advocate | 时间：15:04:55<br>Time: 15:04:55 |
| 除夕夜，合家团圆，我却被移除了家族群，竟然是因为我对他们的关心。昨晚是法定放下所有心理压力大吃大喝大团圆的除夕夜。本来一家人都应该开开心心团团圆圆的，但我一个营养师学生却很伤心，给我发消息说，她被移除家族微信群了。我听了她的故事后，真是感觉啼笑皆非，学好营养学应该是让大家开开心心的健康，但她让全家人都不开心啦，原因是，她忽略了一点……这到底是怎么回事呢？她究竟忽略了那一点呢？  |   |                          |                             |                               |
| On New Year's Eve, the family reunited, but I was removed from the family group, unexpectedly because of my concern for them. Last night was New Year's Eve when all the psychological pressures were laid down by law and people ate and drank big reunions. Originally, the whole family should be happy and reunited, but one of my dietitian students was very sad, and sent me a message that she had been removed from the family Wechat group. After listening to her story, I really feel ridiculous. Learning nutrition well should   |   |                          |                             |                               |

make everyone happy and healthy, but she makes the whole family unhappy. The reason is that she neglected a little... What the hell is this going on? What on earth did she miss that point?

决心工程  
Resolve To Save Lives

没有相关文章!

No such articles!

# 减盐-微信

## Salt Reduction - WeChat

2019-02-05, 共监测到522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 522 WeChat public articles were monitored in 2019-02-05. This page shows the top five articles by repeat number today.

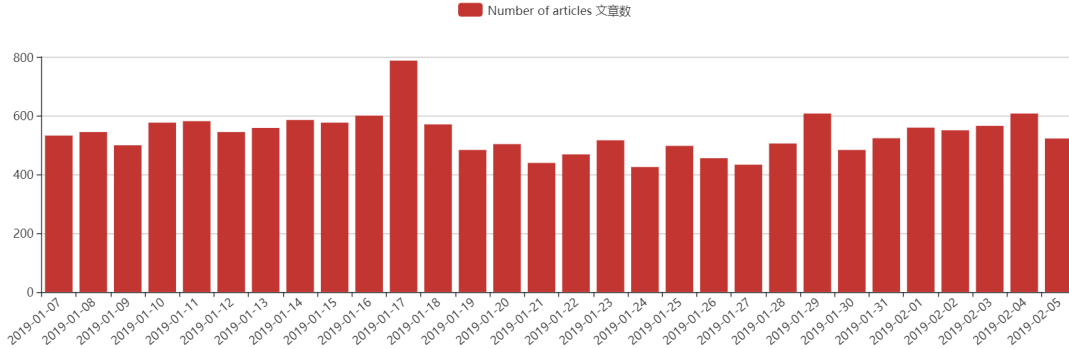
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. [身体出现这5个迹象, 提醒你吃盐太多了!](#)  
[These five signs remind you that you eat too much salt!](#)

重复数: 19  
Repeat Number: 19  
日期: 2019-02-05  
Data: 2019-02-05

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。

If you feel like eating a ball of cotton, this may be caused by too much salt. After eating a food containing a lot of sodium, the body feels that the salt and water content is out of balance. In order to restore balance, you need to drink more water. The brain sends out a thirst signal that encourages you to drink. If you eat too much salt for a long time, it may cause people to dehydrate.

2. [节日期间, 想健康地大吃大喝, 这四个“雷区”不要踩!](#)  
[During the festival, if you want to eat and drink healthily, don't step on these four minefields!](#)

重复数: 18  
Repeat Number: 18  
日期: 2019-02-05  
Data: 2019-02-05

吃盐多, 可能升高血压, 也会让皮肤变差。假日聚餐时常点的水煮鱼、毛血旺、糖醋里脊及雪花肥牛就是高油、高盐、高脂食物的典型。吃太干 假期很多人躺家里吃零食、坚果干果停不住, 大鱼大肉吃不停, 喝饮料多喝水少, 这样都很容易吃太干, 让身体缺水。如果我们喝水太少, 相应的脏器得不到充足的水分供应, 就容易口干舌燥, 大便干结, 便秘、上火就找来了。

Eating too much salt may raise your blood pressure and make your skin worse. The meat that is often ordered during holiday dinners is typical of high-oil, high-salt, high-fat foods. During the holidays, many people lie at home to eat snacks, nuts and dried fruits, as well as fish and meat, drink a lot of drinks and drink less water, so it is easy to eat too dry, so that the body lacks water. If we drink too little water, the corresponding organs will not get enough water. It is easy to cause dry mouth, dry stool, and constipation.

3. [孩子被查出肾衰竭, 只因妈妈喜欢这种调料! 父母们长点心吧!](#)  
[The child was found to have kidney failure because the mother liked the seasoning!](#)

重复数: 5  
Repeat Number: 5  
日期: 2019-02-05  
Data: 2019-02-05

高盐的渗透作用可杀死上呼吸道的正常细菌, 使病菌乘机“兴风作浪”, 引起上呼吸道感染; 高盐还可抑制呼吸道粘膜上皮细胞的增殖, 使其丧失抗病能力。改变孩子的口味 经常吃盐, 会加重孩子的口味, 久而久之这种重盐的习惯就会引发孩子高血压等疾病。其次盐还会影响到体内对锌的吸收, 这就是孩子产生厌食不良情况的原因。

The high salt osmosis kills normal bacteria in the upper respiratory tract, breeds bacteria and causes upper respiratory tract infections; high salt also inhibits the proliferation of respiratory mucosal epithelial cells, causing them to lose disease resistance. Regular consumption of salt will increase the child's taste. Over time, this heavy salt habit will cause children's high blood pressure and other diseases. Secondly, the salt will also affect the absorption of zinc in the body, which is why the child has anorexia.

4. [尿毒症患者越来越多! 医生劝你: 4种食物尽量少吃](#)  
[There are more and more uremia patients! The doctor advises you to eat as little as possible of the four kinds of food.](#)

重复数: 3  
Repeat Number: 3  
日期: 2019-02-05  
Data: 2019-02-05

盐可以说是生活中必不可少的调味品, 若是正常摄入盐分, 对身体是有好处的。但是现代人饮食口味普遍偏重, 导致吃盐远远超过每日正常推荐量。吃得过咸, 增加了肾脏负担, 加之摄入过多的钠会导致体内电解质失衡, 体内水分不易排出, 进一步增加肾脏负担。

Salt can be said to be an essential condiment in life, if the normal intake of salt, is good for the body. But modern people's dietary taste is generally biased, resulting in eating salt far more than the normal daily recommended amount. Eating too salty increases the burden of the kidney. Too much sodium intake will lead to electrolyte imbalance in the body. Water in the body is not easy to drain, which further increases the burden of the kidney.

5. [血栓是吃出来的, 这四种食物一定要少吃或不吃](#)  
[Thrombosis is related to your diet. We should not eat or eat less these four kinds of foods.](#)

重复数: 3  
Repeat Number: 3  
日期: 2019-02-05  
Data: 2019-02-05

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

2019-02-05, 共检测到1923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。

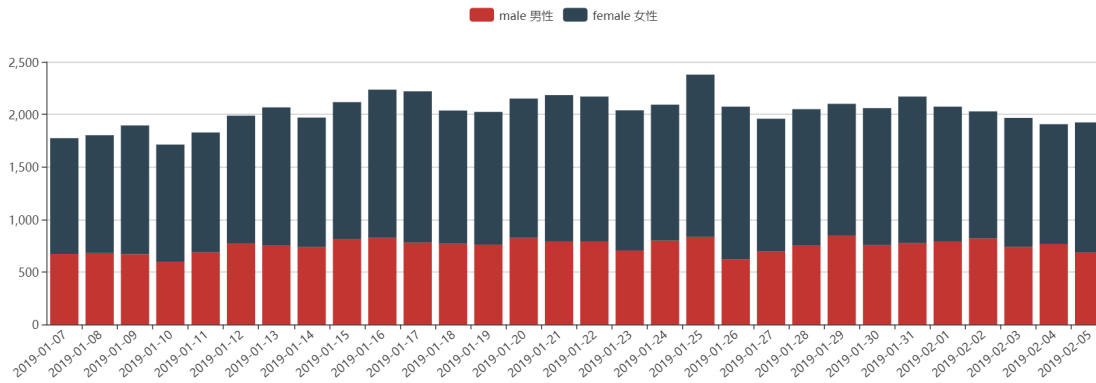
There are 1923 weibos about salt reduction monitored on 2019-02-05.

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

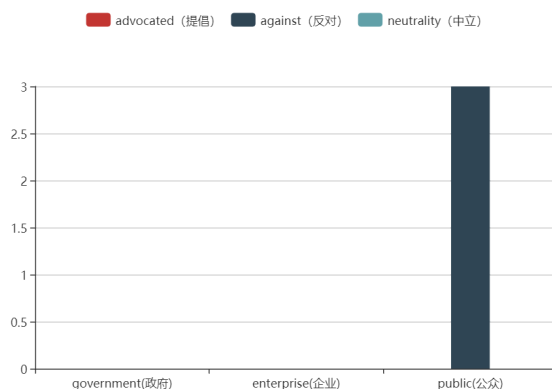
1. 没有相关微博!  
No such weibos!

## 反式脂肪酸-新闻 Trans Fat - News

今日 (2019-02-05) 共监测到3条资讯。请点击标题查看原文。

There are 3 articles monitored today 2019-02-05. 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<br>Trans fat   |   |                          |                            |                                |
| 1. <a href="#">佛山营养专家给你准备了防肥手册，请收好</a><br><a href="#">Foshan Nutrition Expert has prepared a manuals for you to prevent fertilizer, please keep it well.</a>   | 来源：南方网<br>Source: Southern net                | 主体：公众<br>Subject: public | 态度：反对<br>Attitude: against | 时间： 04:29:02<br>Time: 04:29:02 |
| <p>俗话说得好，每逢过年“胖三斤”，三斤之后又三斤。是的，年夜饭在向你招手，亲朋好友聚餐酒局在向你招手，各种家乡小吃在向你招手……一个假期下来，你的身材就能以肉眼可见的速度胖成一个球。如何才能吃好又不胖？营养专家给你准备了防肥手册，请收好。荤素搭配、吃起来讲顺序。过年了，面对满桌的鸡鸭鱼肉，怎样才能避免肥胖呢？佛山市第二人民医院营养科负责人周佩明介绍说，“要注意荤素搭配，口味要清淡，少吃重口味的食物。主食不可不吃。”</p> <p>As the saying goes, every New Year's "fat three kilograms", three kilograms later and three kilograms. Yes, New Year's Eve dinner is waving to you, family and friends dinner and wine shop is waving to you, all kinds of home snacks are waving to you... After a vacation, your body can become a ball at a visible rate. How to eat well and not be fat? Nutrition experts have prepared a manuals for you. Please keep them. Buckwheat vegetable collocation, eating order. New Year's Day, in the face of a full table of chicken, duck and fish, how can we avoid obesity? Zhou Peiming, head of Nutrition Department of Foshan Second People's Hospital, said, "We should pay attention to the combination of buckwheat, light taste and eat less heavy food. Staple food must be eaten."</p> |   |                          |                            |                                |
| 2. <a href="#">防晕菜、莫贪甜、慎豪饮春节送你一份健康“叮咛”</a><br><a href="#">Anti-sickness vegetables, not greedy sweet, cautious drinking of the Spring Festival to give you a healthy "Dingzhao"</a>  | 来源：黄河新闻网<br>Source: Yellow River News Network | 主体：公众<br>Subject: public | 态度：反对<br>Attitude: against | 时间： 11:29:08<br>Time: 11:29:08 |
| <p>“平平安安回家、健健康康过年”是每一个人的心愿，人民健康在此也送上一份特殊的叮咛与关怀，祝大家过一个健康中国年。春节前别掉进快餐美容的“坑”。辛苦工作了一年，春节回家不想让家人朋友看到面容憔悴，于是很多人在节前突击美容护肤。</p> <p>"Peaceful and safe home, healthy New Year" is everyone's wish, people's health here also send a special message and care, wish you a healthy Chinese New Year. Don't fall into the pit of fast food beauty before Spring Festival. After a hard year's work, many people rush to make beauty and skin care before the Spring Festival because they don't want to let their family and friends see their haggard faces.</p>  |   |                          |                            |                                |
| 3. <a href="#">反式脂肪到底何罪之有</a><br><a href="#">What's the crime of trans fats?</a>   | 来源：中国经济网<br>Source: China Economic Network    | 主体：公众<br>Subject: public | 态度：反对<br>Attitude: against | 时间： 06:48:14<br>Time: 06:48:14 |
| <p>前不久，世界卫生组织（WHO）发布名为“取代”的行动指导方案，计划在2023年之前，彻底清除全球食品供应链中使用的工业反式脂肪，主要是部分氢化植物油。对此，媒体引用WHO的数据称，反式脂肪每年引发50万人死亡。那么，反式脂肪是什么？哪些食物含有反式脂肪？它对人体到底有什么危害？</p> <p>Not long ago, the World Health Organization (WHO) released the Action Guidance Program entitled "Substitution", which plans to completely eliminate industrial trans fats, mainly partially hydrogenated vegetable oils, used in the global food supply chain by 2023. In response, the media cited WHO data that trans fats cause 500,000 deaths each year. So what is trans fat? Which foods contain trans fats? What harm does it do to human body?</p>   |   |                          |                            |                                |
| 决心工程<br>Resolve To Save Lives  |   |                          |                            |                                |
| 没有相关文章!  |   |                          |                            |                                |
| No such articles!  |   |                          |                            |                                |



# 反式脂肪酸-微信 Transfat - WeChat

2019-02-05，共监测到132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 132 WeChat public articles were monitored in 2019-02-05. This page shows the top five articles by repeat number today.

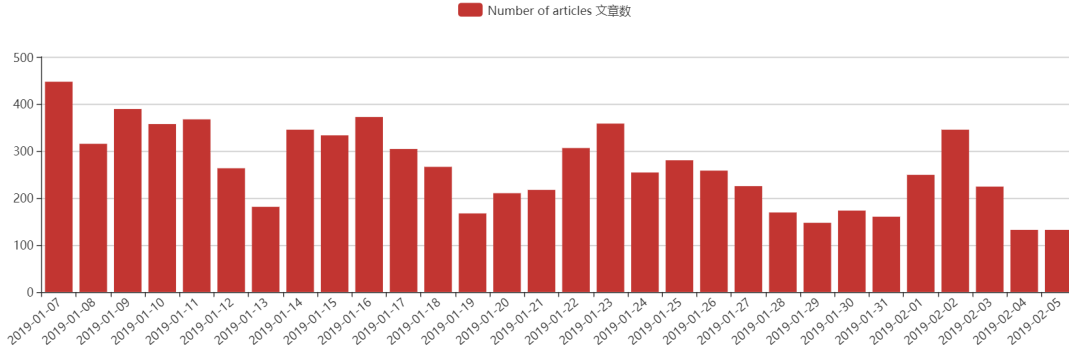
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

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. 医生告诫：生病千万别吃它，后果不堪设想

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

重复数: 9

日期: 2019-02-05

Repeat Number: 9

Data: 2019-02-05

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". The main ingredient of shortening is "partially hydrogenated vegetable oil" which is harmful to the cardiovascular system.

### 2. 除旧布新迎禧接福

[Remove the old cloth and welcome the new year](#)

重复数: 7

日期: 2019-02-05

Repeat Number: 7

Data: 2019-02-05

春节期间，一定要控制脂肪的摄入量。饱和脂肪会增加血液胆固醇的含量，增加患心脏病的风险。饼干、蛋糕、肉饼、火腿、奶油、奶酪和含有猪油、椰子油或棕榈油的食物，都含有大量的饱和脂肪。含有氢化脂肪的食物通常都含有大量的反式脂肪，反式脂肪会增加血胆固醇的含量，增加患冠心病和心脏病的风险。一些研究结果显示，反式脂肪比饱和脂肪对人体健康的不良影响更大。

During the Spring Festival, we must control the intake of fat. Saturated fat increases blood cholesterol levels and increases the risk of heart disease. Biscuits, cakes, meat pies, ham, butter, cheese and foods containing lard, coconut oil or palm oil all contain a lot of saturated fat. Foods containing hydrogenated fats usually contain large amounts of trans fats, which increase blood cholesterol levels and increase the risk of coronary heart disease and heart disease. Some studies have shown that trans fats have more adverse effects on human health than saturated fats.

### 3. “咖啡”喝不对容易离医院更近！奉劝大家：这3种人最好别喝

[Drinking the wrong "coffee" is easy to get sick! Advise everyone: These three kinds of people are best not to drink](#)

重复数: 6

日期: 2019-02-05

Repeat Number: 6

Data: 2019-02-05

植脂末这种物质比较特别，它的主要组成物质是葡萄糖浆、氢化植物油以及各种食品添加剂。氢化植物油中含有较多的反式脂肪酸物质，经常摄入会升高我们身体当中的坏胆固醇含量，降低身体当中好脂肪酸的含量。大量摄入反式脂肪酸会增加患高血脂等心脑血管疾病的患病概率。

This kind of substance is very special. Its main components are glucose syrup, hydrogenated vegetable oil and various food additives. Hydrogenated vegetable oils contain a lot of trans fatty acids. Regular intake will increase the bad cholesterol content in our body and reduce the content of good fatty acids in our body. High intake of trans fatty acids increases the risk of cardiovascular and cerebrovascular diseases such as hyperlipidemia.

### 4. 血栓是吃出来的，这四种食物一定要少吃或不吃

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

重复数: 5

日期: 2019-02-05

Repeat Number: 5

Data: 2019-02-05

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.

### 5. 脸要穷养，脚要富养；心要穷养，肺要富养（深度好文）

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

重复数: 3

日期: 2019-02-05

Repeat Number: 3

Data: 2019-02-05

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。少吃人造食品多吃天然食品。配料表中出现：氢化、精炼、人造等字眼时要提高警惕，可能是反式脂肪。保持腰围，心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

## 反式脂肪酸-微博 Transfat - Weibo

2019-02-05, 共检测到97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。

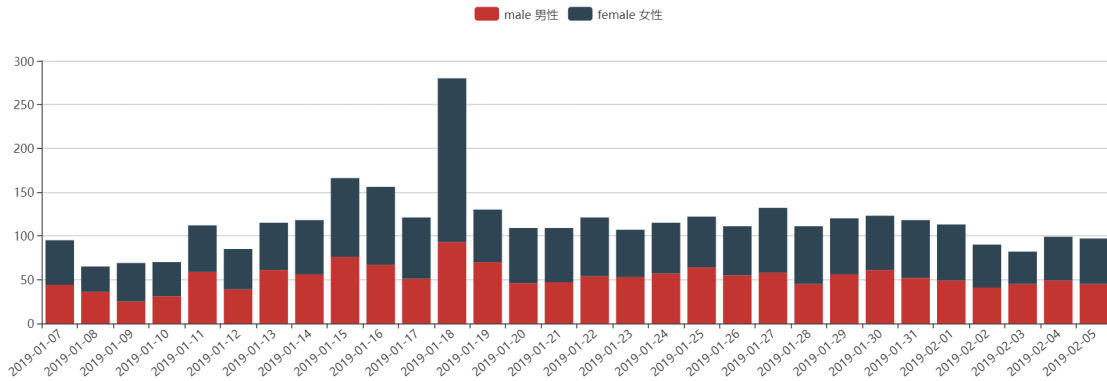
There are 97 weibos about transfat reduction monitored on 2019-02-05.

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!