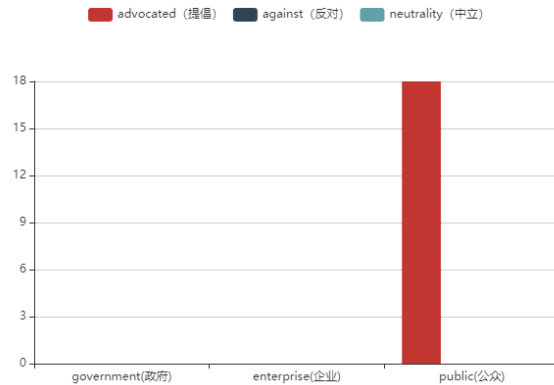


## 减盐-新闻

### Salt Reduction - News

今日 (2018-12-20) 共监测到18条资讯。请点击标题查看原文。  
There are 18 articles monitored today 2018-12-20. 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	
1. <a href="#">不吃晚餐能减肥? 只是个传说!</a>	来源: 新华网山东频道 Source: Xinhua Shandong Channel
<a href="#">Can you lose weight without dinner? It's just a legend!</a>	主体: 公众 Subject: public
	态度: 提倡 Attitude: advocate
	时间: 13:32:48 Time: 13:32:48
如今, 越来越多的人选择不吃晚餐来减肥。不吃晚餐的确会让体重减轻, 然而不吃晚餐减下去的不是“肥”而是水。 仅靠不吃晚饭, 很难减掉脂肪, 虽然体重是轻了, 但接下来就是可怕的反弹。但是爱美的靓男靓女即使被告知了会反弹, 但仍抱着侥幸的心理——“我宁愿靠节食先瘦下来, 减小反弹的力度不就行了嘛!” 事实上, 靠不吃晚餐真的不能减肥, 还要小心疾病找上门。首先, 长期不吃晚餐会影响健康。胃会不断分泌胃酸, 不吃晚餐容易患上胃溃疡, 得不偿失。 其次, 节食会降低基础代谢。	
Nowadays, more and more people choose not to eat dinner to lose weight. It's true that not eating dinner can make you lose weight, but not "fat" but water. It's hard to lose fat just by not eating dinner. Although the weight is light, the next step is a terrible rebound. But beautiful men and women who love beauty will rebound even if they are told, but still with a lucky mind - "I would rather go on a diet to lose weight first, reduce the rebound strength is not enough!" In fact, you really can't lose weight by not eating dinner, and you have to be careful when you come to your door. First, skipping dinner for a long time can affect your health. The stomach will constantly secrete gastric acid, and it is easy to suffer from gastric ulcer without eating dinner. Secondly, dieting reduces basal metabolism.	
决心工程 Resolve To Save Lives	
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### 河南

#### Henan

食物中的钠 Sodium in food	
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高血压 Hypertension	
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心血管健康 Cardiovascular health	
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安徽  
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浙江  
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<div><div><div>1. <a href="#">心血管病有南北差异? 看看这位心内科专家的 “护心经”</a> <a href="#">Is there a North-South difference in cardiovascular disease? Look at this cardiologist's "Heart-protecting Jing".</a></div><div><div>来源: 杭州网 Source: Hangzhou net</div><div><div>主体: 公众 Subject: public</div></div><div><div>态度: 提倡 Attitude: advocate</div></div><div><div>时间: 07:26:09 Time: 07:26:09</div></div></div></div></div>
<div><div><div>采访市中医院心内科主任陈铁龙，已不太能听出他的北方口音。来到杭州后，他的生活习惯慢慢发生变化，就连吃饭口味都变了。每天和心血管疾病这个最熟悉的“老朋友”打交道，他也摸索出了一套“护心经”。来杭工作爱上清蒸鱼，作为一个标准的北方人，刚开始来杭州时，他有些不适应，“尤其是饮食，感觉吃什么菜，味道都是淡的。”北方人喜欢高油、高盐食品，烧菜时放的盐普遍比南方人多，平时荤菜也多是红烧肉、烤鸡、烤鸭，还喜欢吃咸菜、香肠等调味品和腌制品，盐摄入量容易超标。</div><div>Interview with Chen Tielong, director of Cardiology of the Municipal Hospital of Traditional Chinese Medicine, has been unable to recognize his northern accent. After arriving in Hangzhou, his living habits changed slowly, even his eating taste changed. Every day in dealing with cardiovascular disease, the most familiar "old friend", he also explored a set of "Heart-Protecting Sutra". Working in Hangzhou and falling in love with steamed fish, as a standard northerner, when he first came to Hangzhou, he was somewhat unsuitable. Especially diet, what kind of food you feel like eating, the taste is light." Northern people like high-oil and high-salt food, and generally put more salt in cooking than southern people. In peacetime, meat is mostly roast meat, roast chicken, roast duck. They also like to eat salted vegetables, sausages and other condiments and pickled products. Salt intake is easy to exceed the standard.</div></div></div>
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<div><div><div>1. <a href="#">寒冬到，有趟“温暖列车”驶入闹村乡</a> <a href="#">When winter comes, a "warm train" pulls into the noisy villages and villages.</a></div><div><div>来源: 温州网 Source: Wenzhou net</div><div><div>主体: 公众 Subject: public</div></div><div><div>态度: 提倡 Attitude: advocate</div></div><div><div>时间: 12:50:48 Time: 12:50:48</div></div></div></div></div>
<div><div><div>这个冬日注定温暖，因为阳光下的温度，更因为社会各界的赤子之心。12月17日一早，来自温州市民政局、温州日报、县慈善总会等单位的人员一行来到闹村乡中村村，为当地20户贫困群众送上了慰问品和各500元慰问金。同时，随行的志愿者队伍还发挥特长，为村民们送去义诊、理发、小家电维修等力所能及的服务，给山区老人送去些许暖意。当天上午，中村村文化礼堂内搭起了简易的义诊点，村民们排起了长队。“您这个血压有点高，平时饮食方面要多注意，做饭不要放太多盐，多吃一些新鲜的菜、鱼等含钾丰富的食物……平日多动动，多喝水，保持好心情。”</div><div>This winter is doomed to be warm, because of the temperature in the sun, but also because of the heart of all walks of life. On the early morning of December 17, a group of people from Wenzhou Civil Affairs Bureau, Wenzhou Daily and County Charity Association came to Naoacun Village to offer condolences and 500 yuan each to 20 poor local people. At the same time, the volunteer team accompanied by the village also played a special role in delivering services such as free clinics, haircuts, repairs of small household appliances to villagers, and some warmth to the elderly in mountainous areas. In the morning of the same day, a simple free clinic was set up in the cultural auditorium of Zhongcun Village, and</div></div></div>

villagers lined up in a long line. "Your blood pressure is a little high. You should pay more attention to your diet. Don't put too much salt in cooking. Eat more fresh vegetables, fish and other potassium-rich foods... On weekdays, move more, drink more water and keep a good mood.

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其他省份  
Other Provinces

Sodium in food

1. 专家警告：为了身体健康少吃8类高盐食品

Experts warn: 8 kinds of high-salt foods should be avoided for the sake of health

除了直接吃盐外，很多我们吃上去似乎不太咸的加工食物，含盐量也很高。据人民网《生命时报》介绍，《中国居民膳食指南（2016）》建议成年人每天盐摄入量不超过6克，每种食品都最好挑选钠含量低的。专家提醒，以下这8类高盐食品要少吃。果脯蜜饯类，酸酸甜甜的话梅让人欲罢不能，但吃进10颗摄入的盐就占一天所需盐总量的56%。你可能吃的时候并不觉得咸，这主要是由于工艺需要，话梅在加工时会加入很多糖，甜、酸、咸3种味道发生“抵消减弱”作用，果脯蜜饯等也是同样的原理。此类食物一定要少吃，每次只吃一两颗解解馋；可选择自然干制的，加工程序越复杂，可能越不健康。

In addition to eating salt directly, many of the processed foods that we eat seem not to be salty are also high in salt. According to People's Daily, the Dietary Guidelines for Chinese Residents (2016) recommended that adults should not consume more than 6 grams of salt a day, and that low sodium content should be the best choice for each food. Experts warn that the following eight types of high-salt food should be eaten less. Preserved preserves, sour and sweet words plum people can not stop, but eat 10 intake of salt accounted for 56% of the total salt needed a day. You may not feel salty when you eat it. This is mainly due to the need of technology. When plum is processed, it adds a lot of sugar. Sweet, sour and salty flavors have the effect of "counteracting weakening", and preserved fruit is the same principle. This kind of food must be eaten less, only one or two tablets at a time to relieve the appetite; the more complex the processing procedure is, the less healthy it may be if it can be dried naturally.

Hypertension

1. 反复强调：不想血压居高不下，饮食切记“两少两忌”

Repeatedly emphasized: do not want to keep high blood pressure, diet remember "less than two taboos"

反复强调：不想血压居高不下，饮食切记“两少两忌”。高血压患者需要在饮食上多注意，面对琳琅满目的零食让人左右为难，那么到底高血压病人如何健康选择零食，有哪些是可以吃的呢？高血压患者挑选零食有讲究。高血压患者在饮食上需要注意起来，不能吃钠元素含量比较高的食物，因此在挑选零食的时候这一段一定要考虑到，含盐量比较高的腌制食物、卤制食物一定要少吃，因为钾元素可以调节高血压，因此汗钾元素比较高的水果可以多吃。高血压患者可以吃这些零食。

Repeatedly stressed: do not want to keep high blood pressure, diet remember "two less two taboos". Hypertensive patients need to pay more attention to their diet. Faced with a wide range of snacks, people are in a dilemma. How can hypertensive patients choose snacks healthily and what can be eaten? The choice of snacks for hypertensive patients is exquisite. Hypertensive patients need to pay attention to the diet, can not eat more sodium content of food, so when choosing snacks, this paragraph must take into account that high salt content of salted food, brine food must eat less, because potassium can regulate hypertension, so sweat potassium more fruit can eat. High blood pressure patients can eat these snacks.

Blood pressure is too naughty, control should be classified! Here's the key to blood pressure control!

血压太调皮，控制要分类！控血压的诀窍就在这里！

血压太调皮，控制要分类！控血压的诀窍就在这里！每时每刻血压都在波动。当其波动幅度和频率发生较大非生理性变化时，称为“异常波动”，需按照不同类型，采取针对性缓解措施。血压昼夜节律异常。正常人夜间血压（晚10点至第二天早8点）较白天血压（早8点至当日晚10点）下降10%~20%，为杓型波动。如果波动小于10%，为非杓型；大于20%为超杓型，夜间血压高于白天血压则为反杓型。若晨起血压高于夜间平均血压30%，称为晨起高血压。

Blood pressure is too naughty, control should be classified! Here's the key to blood pressure control! Blood pressure fluctuates all the time. When the amplitude and frequency of fluctuation occur large non-physiological changes, it is called "abnormal fluctuation", which needs to be alleviated according to different types. Abnormal circadian rhythm of blood pressure. Nocturnal blood pressure (from 10 p.m. to 8 p.m. the next day) of normal people decreased by 10%-20% compared with daytime blood pressure (from 8 p.m. to 10 p.m. the same day), which was a dipper fluctuation. If the fluctuation is less than 10%, it is non-dipper type; if the fluctuation is more than 20%, it is superdipper type; if the night blood pressure is higher than the day blood pressure, it is counter dipper type. If the morning blood pressure is 30% higher than the night average blood pressure, it is called morning hypertension.

Cardiovascular health

1. 一位年轻冠心病患者的感悟让人心痛

The sentiment of a young patient with coronary heart disease is heartbreaking

现在很多年轻人，虽然表面看起来依然精力充沛，连感冒都少得，其实身体里的血管已经悄悄老化，慢慢失去弹性，其中最常见的后果就是突发心脑血管疾病。”医生表示，心脑血管病呈日益年轻化的趋势。“像可乐这样二三十岁就患心脑血管病的情况，以前很罕见，但近两年已经越来越多，心脑血管疾病年轻化的趋势已经越来越明显。”张阳春医生分析说，这跟年轻人的不良生活习惯有非常大的关系。现在年轻人饮食结构不合理，导致越来越多年轻人患心脑血管疾病。心脑血管疾病的发生是多种不良因素长期共同作用的结果。

Nowadays many young people, although they still seem energetic on the surface and have few colds, actually their blood vessels have quietly aged and gradually lost their elasticity. One of the most common consequences is sudden cardiovascular and cerebrovascular diseases. Doctors say that cardiovascular and cerebrovascular diseases are becoming younger and younger. "It used to be very rare to have cardiovascular and cerebrovascular diseases at the age of twenty or thirty like Coke, but in the past two years, more and more people have suffered from cardiovascular and cerebrovascular diseases, and the trend of younger people has become more and more obvious." According to Dr. Zhang Yangchun, this is closely related to the bad habits of young people. Now the young people's diet structure is unreasonable, leading to more and more young people suffering from cardiovascular and cerebrovascular diseases. The occurrence of cardiovascular and cerebrovascular diseases is the result of long-term interaction of various adverse factors.

Comprehensive Health Information

1. 5大主要病因令脂肪肝高发3招教你反转

Five major causes of fatty liver are associated with a high incidence of fatty liver.

何为脂肪肝？据中国新闻网报道，随着身边人群脂肪肝的检出率逐渐增多，人们对它反而不以为然，认为脂肪肝是一种亚健康状态，不是真正疾病，无需治疗。华西都市报曾介绍过，其实，脂肪肝的病位在肝脏，与胆、胃、脾、肾等五脏六腑密切相关，脂肪肝病机主要是肝郁脾虚，湿痰瘀阻互结，因此脂肪肝也确实是一种病，治疗时需佐以药物，疏肝解郁，化痰祛湿，活血化痰，健脾消导。而且科技日报也曾刊登过，近年来，非酒精性脂肪肝已迅速跃升为一种常见肝病，并与肥胖、2型糖尿病等代谢综合征密切相关。

What is fatty liver? According to China News Network, with the detection rate of fatty liver in the people around us increasing gradually, people do not take it seriously. Fatty liver is a sub-health state, not a real disease, and need no treatment. The West China Metropolis Daily once introduced that, in fact, the location of fatty liver is in the liver, which is closely related to the five zang-fu organs, such as gallbladder, stomach, spleen and kidney. The pathogenesis of fatty liver is mainly liver depression and spleen deficiency, damp phlegm and blood stasis blocking each other. Therefore, fatty liver is indeed a disease, which needs to be treated with drugs to soothe the liver and relieve depression, dispel phlegm and dampness, promote blood circulation and remove blood stasis, and invigorate the spleen and eliminate guidance. In recent years, non-alcoholic fatty liver disease (NAFLD) has rapidly become a common liver disease, which is closely related to obesity, type 2 diabetes and other metabolic syndrome.

2. 原汤化原食？还是算了！在外吃面少喝汤

Original soup? Never mind! Eat less soup outside

在外就餐，很多人吃完面后会把面汤也喝掉。除了因为汤很美味，还有部分人认为汤中有很多营养，能够“原汤化原食”。殊不知，这样做为健康埋下了隐患。汤面种类很多，但承载味道的是面汤。麻辣的面汤、粉汤，味道精华都在浓浓的汤里，虽然好喝，但里边有太多佐料。而且为了让面条更筋道，有些商家会在和面时加入盐和碱。长期盐摄入过量，可能引发高血压，加重肾脏负担。

中国居民膳食指南推荐：成年人每日食盐量不超过6克。一碗面汤可能就会使盐的摄入量超标。因此，即使是煮面汤，如果有咸味，还是要尽量少喝。				
When eating out, many people will also drink noodle soup after eating noodles. In addition to the delicious soup, some people think that there are many nutrients in the soup, which can "turn the soup into the original food". Little wonder, this has laid a hidden danger for health. There are many kinds of noodle soup, but it is noodle soup that carries the flavor. Spicy noodle soup, powder soup and flavor essence are all in the thick soup, although delicious, but there are too many spices in it. And in order to make noodles more delicate, some businesses add salt and alkali to their noodles. Long-term excessive salt intake may cause hypertension and increase the burden on the kidneys. The dietary guidelines for Chinese residents recommend that adults eat no more than 6 grams of salt a day. A bowl of noodle soup may lead to excessive salt intake. Therefore, even boiled noodle soup, if it has salty taste, still want to drink as little as possible.				
3. 原来长寿的人都有这8个特质，还是超级简单的养生法！ <a href="#">The original longevity of people have these eight characteristics, or super simple health preservation!</a>	来源：汉丰网 Source: Hanfeng network	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：16:44:02 Time: 16:44:02
原来长寿的人都有这8个特质，还是超级简单的养生法！100岁以上的长寿者，早已经屡见不鲜。不同地区的长寿者们，多具有一些相同的特质。通过对这些长寿者观察发现，达到长寿目标也并非遥不可及。这里总结了超级简单的8个长寿法，希望能够帮你走入长寿行列哦！一、少重口 一项针对世界五大长寿乡的研究指出，促进长寿老人健康的一个非常重要的原因是：饮食清淡。清淡的饮食习惯可以保证消化系统的正常运行，确保营养的吸收和废物的排出，减少胃肠负担，还能防止心脏病的发生，可以有效的减少身体负担，使得身体器官没那么快老化，因此更易长寿。				
The original longevity of people have these eight characteristics, or super simple health preservation! Long-lived people over the age of 100 have long been common. Longevity people in different regions have some similar characteristics. Through the observation of these longevity people, we find that it is not too far to reach the goal of longevity. Here is a summary of eight super simple longevity methods, hoping to help you into the ranks of longevity Oh! First, a study of five longevity townships in the world pointed out that a very important reason for promoting the health of longevity elderly people is that they eat light food. Light dietary habits can ensure the normal operation of the digestive system, ensure the absorption of nutrients and waste discharge, reduce gastrointestinal burden, but also prevent the occurrence of heart disease, can effectively reduce the body burden, make the body organs not so fast aging, so it is easier to live longer.				
4. 器官也会“脏” 这张“清洁处方”教你清除体内垃圾 <a href="#">Organs can also be "dirty" This "cleaning prescription" teaches you to clean up your body's garbage.</a>	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：16:44:08 Time: 16:44:08
人体内脏器官会“脏”吗？说起来可能有人不信，但我们的内脏器官真的会变脏，肺会纤维化，会变黑。肾会积累结石.....而这都是由于我们不健康的生活方式引发的。抽油烟机脏了，可以拆开清洗；饮水机用久了，滤芯要定期更换.....但如果你的身体器官积累了毒素，解决起来可就没那么简单了。一旦内脏器官“脏”了，就会导致各种病症，造成气血两虚。看看这张“清洁处方”，让你的内脏器官好好洗个澡。				
Can human visceral organs be "visceral"? People may not believe it, but our internal organs really get dirty, our lungs get fibrotic, and we get black. Kidneys accumulate stones... and that's because of our unhealthy lifestyle. The lampblack machine is dirty and can be removed and cleaned. The filter element should be replaced regularly after the drinking water machine has been used for a long time. But if your body and organs accumulate toxins, the solution is not so simple. Once the internal organs "viscera", it will lead to various diseases, resulting in deficiency of both qi and blood. Take a look at this "cleaning prescription" and give your organs a good bath.				
5. 胃酸多，远离七种食物 <a href="#">Stomach acidity, away from seven kinds of food</a>	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：09:44:11 Time: 09:44:11
胃酸过多是胃肠疾病的常见症状之一，适度的胃酸可以帮助消化，但胃酸分泌过多，就会出现泛酸、烧心、胃灼热等症状。此时，要远离以下几种食物，否则会加重不适。甜食。碳水化合物对胃酸的分泌无明显影响，但单糖、双糖可加速胃酸分泌，因此，胃酸多时要少吃巧克力、蛋糕等甜食。口感酸的果蔬。虽然富含营养，但对于胃酸过多的人来说，橘子、柠檬、西红柿、酸枣等口感酸的果蔬会刺激胃产生更多胃酸，加重烧心。糯米制品。粽子、元宵、汤圆等糯米制品因黏性大，容易滞留在胃内刺激胃酸分泌。				
Excessive gastric acid is one of the common symptoms of gastrointestinal diseases. Moderate gastric acid can help digestion, but excessive gastric acid secretion will lead to pantothenic acid, heartburn, heartburn and other symptoms. At this time, stay away from the following foods, otherwise it will aggravate discomfort. Sweet food. Carbohydrates have no obvious effect on the secretion of gastric acid, but monosaccharides and disaccharides can accelerate the secretion of gastric acid. Therefore, more gastric acid should be eaten less chocolate, cake and other sweets. Fruits and vegetables with sour taste. Although rich in nutrition, but for people with excessive stomach acid, oranges, lemons, tomatoes, jujube and other sour fruits and vegetables will stimulate the stomach to produce more stomach acid, aggravating heartburn. Glutinous rice products. Dumplings, Lantern Festival, Tangyuan and other glutinous rice products are easy to stay in the stomach to stimulate gastric acid secretion because of their high viscosity.				
6. 一拖再拖，小结石长成“大拳头” <a href="#">Delay and delay, small stones grow into "big fists"</a>	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：11:44:30 Time: 11:44:30
一拖再拖，小结石长成“大拳头”。外科医生展出上百份结石标本，教你莫做“石头人”。很多市民参观过奇石展，相比大自然千奇百怪的石头，大家对人体内的石头更为陌生。长沙市中医医院的外科医生办了一个“人体结石标本展”，上百份形态各异的结石均由他们来自患者体内。“我们收藏这些结石标本，主要用于医学生的教学和患者的健康教育。”该院肝胆外科主任易晓雷、泌尿外科主任张军表示，目前治疗结石的手术创伤越来越小，恢复越来越快，可仍有不少患者因为害怕手术一拖再拖，延误了病情，他们展出的很多结石标本取自于小结石拖成“大问题”的经典病例，希望让人引以为戒。				
Delay and delay, small stones grow into "big fists". Surgeons show you hundreds of stone specimens to teach you not to be a "stone man". Many citizens have visited strange stone exhibitions. Compared with the strange stones in nature, people are more unfamiliar with the stones in human bodies. Surgeons in Changsha Traditional Chinese Medicine Hospital held an exhibition of human stone specimens. Hundreds of stones of different shapes were collected from patients. "We collect these stone specimens, mainly for the teaching of medical students and health education of patients." Yi Xiaolei, director of liver and gallbladder surgery, and Zhang Jun, director of urology, said that at present, the surgical trauma in the treatment of calculi is getting smaller and faster, but there are still many patients who are afraid of delaying the operation and delaying their condition. Many of the stone specimens they display are from the classic cases of small stones dragging into "big problems", hoping to be taken as a warning.				
7. 5000公里外飞来的“白衣天使” <a href="#">The "Angel in White" flying 5,000 kilometers away</a>	来源：新华网 Source: Xinhua net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：20:44:32 Time: 20:44:32
自2010年起，上海开始成建制地“组团式”援助新疆，把当地不同大医院的优势学科整合成一个团队，集体去援助新疆喀什地区的医疗机构。边远地区群众的健康，是许多人一直以来的牵挂。这次一同参与基层义诊的还有9位武警新疆总队医院庄仕华小分队的医疗专家，他们是今年第8次进行巡诊。作为武警新疆总队医院名誉院长，庄仕华一如既往地亲临义诊现场。如今，他已扎根新疆46年，足迹遍布天山南北，累计巡诊40万公里，为群众看病39万多人次。				
Since 2010, Shanghai has started to form a "group" system to assist Xinjiang, integrating the advantages of different local hospitals into a team to collectively assist medical institutions in Kashgar region of Xinjiang. The health of the masses in remote areas has long been a concern of many people. This time, nine medical experts from Zhuangshihua team of Xinjiang Armed Police Corps Hospital participated in the free clinic at the grass-roots level. They were the eighth visits this year. As the honorary president of Xinjiang Armed Police Corps Hospital, Zhuangshihua visited the free clinic as before. Today, he has been rooted in Xinjiang for 46 years. He has traveled all over the north and south of Tianshan Mountains, visiting 400,000 kilometers and seeing more than 390,000 people.				
8. 真正致癌食物有哪些？医生：这3种被世界卫生组织列为1类致癌物 <a href="#">What are the real carcinogenic foods? Doctor: These three carcinogens are classified as class 1 carcinogens by WHO.</a>	来源：扬州网 Source: Yangzhou net	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：11:46:11 Time: 11:46:11
癌症是威胁人类健康最主要的病因之一，这让我们不得不重视预防癌症的重要性。有专家指出，癌症发病与饮食的关系日益密切，也就是说餐桌上的食物可能含有致癌物质，吃错了会导致癌症的发生。那哪些食物是危险的呢？世界卫生组织已经发布了一些食物的评估报告，他们将有可能致癌的物质分为五个等级，而今天我们要说的就是1类致癌物，也就是致癌程度最高的物质，这些东西不建议您吃。下面就和大家说说餐桌上常见的1类致癌食物有哪些。				
Cancer is one of the most important causes threatening human health, which makes us have to pay attention to the importance of cancer prevention. Some experts pointed out that the relationship between cancer incidence and diet is increasingly close, that is to say, the food on the table may contain carcinogens, eating wrong can lead to the occurrence of cancer. Which foods are dangerous? The World Health Organization (WHO) has published a number of food assessment reports, which classify potential carcinogens into five levels. Today we are going to talk about a class of carcinogens, the most carcinogenic substances, which are not recommended for you to eat. Now let's talk about what kind of carcinogenic food is common on the table.				
9. 提醒  16个健康警戒线全划出来了，哪些误区不要碰？ <a href="#">Reminder  All 16 health warning lines have been drawn out, which misunderstandings should not be touched?</a>	来源：搜狐 Source: Sohu	主体：公众 Subject: public	态度：提倡 Attitude: advocate	时间：23:46:38 Time: 23:46:38
16个健康警戒线全划出来了，哪些误区不要碰？抽烟喝酒、胡吃海塞、久坐熬夜 腰围增大、血脂变高.....不知不觉间，你是否欠下了一大笔“健康债”。16条健康警戒线，赶快来对照一下！颈围警戒线：35厘米 脖子粗，血管差！有研究就提出，脖子越粗的人，心血管疾病风险就越大，数十年后患心血管疾病的比率也更高。双下巴、脖子短粗都可能是心脏不健康的信号。建议：量量你的脖子，男性颈围最好别超过39厘米，女性颈围别超过35厘米。				
Sixteen health warning lines have been drawn out. What misunderstandings should not be touched? Smoking, drinking, eating sea plugs, sitting up late, waist circumference increased, blood lipid increased... Unconsciously, do you owe a lot of "health debt". Sixteen health warning lines, quickly contrast! Neck Circumference Warning Line: 35 cm thick neck, poor blood vessels! Studies have suggested that the thicker the neck, the greater the risk of cardiovascular disease, and the higher the rate of cardiovascular disease in				

decades to come. Both jaws and necks may be signs of unhealthy hearts. Suggestion: Measure your neck, men's neck circumference should not exceed 39 cm, women's neck circumference should not exceed 35 cm.

10. <a href="#">早上起来第一杯水喝什么? 起床后喝水的好处</a>	来源: 星岛环球网	主体: 公众	态度: 提倡	时间: 10:46:38
<a href="#">What's the first glass of water to drink in the morning? Benefits of drinking after getting up</a>	Source: Star Island Global Network	Subject: public	Attitude: advocate	Time: 10:46:38

天气越来越冷，每天起床成了一件异常艰难的事情，很多人会做一件事：喝水。据网媒报道：天气越来越冷，每天起床成了一件异常艰难的事情，很多人会做一件事：喝水。起床后喝水的三大好处 起床后空腹喝杯水，是非常有必要的，主要有以下三个好处： 因为我们在睡觉时，虽然没有喝水和吃东西，但是呼吸、排汗、泌尿仍在进行中，这些生理活动会消耗很多水分。所以，喝水补充睡眠时机体代谢所失去的水分。起床后虽然没有口渴的感觉，但体内仍然会因缺水而导致血液黏稠，喝水可以降低血液黏稠度，促进血液循环。

As the weather gets colder and colder, getting up every day becomes a very difficult thing. Many people will do one thing: drinking water. According to online media reports: the weather is getting colder and colder, getting up every day has become an extremely difficult thing, many people will do one thing: drinking water. The three benefits of drinking water after waking up are very necessary. There are three main benefits: although we don't have water and food while sleeping, breathing, sweating and urination are still in progress, and these physiological activities will consume a lot of water. Therefore, drinking water supplements the water lost by body metabolism during sleep. After getting up, although there is no thirst feeling, but the body will still cause blood viscosity due to lack of water. Drinking water can reduce blood viscosity and promote blood circulation.

11. <a href="#">雨夹雪+雪马上到! 冷空气来袭! 大风降温天, 河北人一定要注意.....</a>	来源: 河北新闻网	主体: 公众	态度: 提倡	时间: 12:47:07
<a href="#">The rain and snow will be here soon! Cold air is coming! On a windy and cooling day, Hebei people must pay attention to...</a>	Source: Hebei News Network	Subject: public	Attitude: advocate	Time: 12:47:07

最近几天 阳光暖暖的 小布情不自禁的开心、激动！可是..... 接下来河北的天气 河北省各地的气温 马上将走上震荡下行的道路 未来几天全省各地的天气 大都还会在晴天和多云之间转换 21日起，冷空气来袭！近期，影响我国冷空气实力较弱，北方多地天气晴暖。不过，21日起，一股冷空气来袭，北方大部地区将先后出现大风降温天气。冬季是中风的高发季节，今天我们就来聊一下，关于中风的那些事。除了无法干预的年龄、基因、遗传等因素外，大部分因素还是可以调控的。

In recent days, the warm sunshine of the cloth can not help but be happy and excited! uuuuuuuuuu But... Next, the weather in Hebei Province will soon go down the road of concussion. In the next few days, the weather in all parts of Hebei Province will mostly change between sunny and cloudy days on the 21st, when the cold air comes! In recent years, the strength of cold air in China is weak, and the weather in the north is warm and sunny. Nevertheless, on the 21st, a cold air will strike, and gale and cooling will occur successively in most parts of the north. Winter is the season with high incidence of stroke. Today, let's talk about those things about stroke. In addition to age, gene, heredity and other factors that can not be intervened, most factors can be regulated.

决心工程  
Resolve To Save Lives

没有相关文章！

No such articles!



# 减盐-微信

## Salt Reduction - WeChat

2018-12-20, 共监测到546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 546 WeChat public articles were monitored in 2018-12-20. This page shows the top five articles by repeat number today.

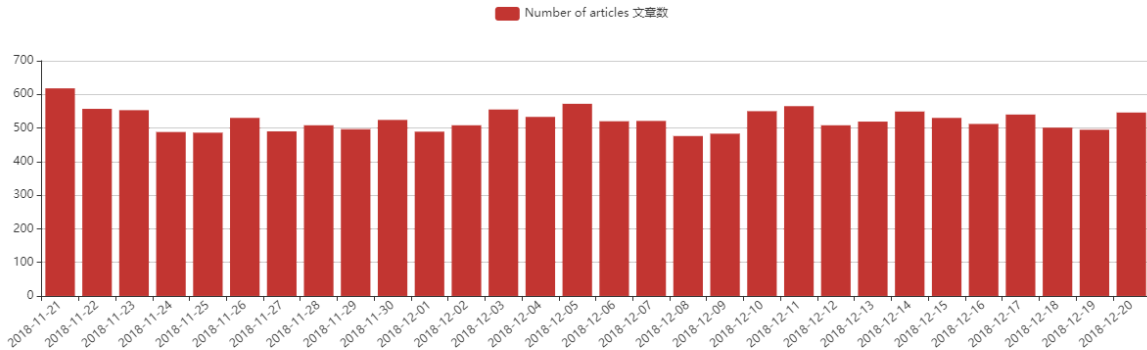
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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. 十大健康警戒线划出来了, 寿命长短都由它决定!

重复数: 25

日期: 2018-12-20

[Ten health warning lines have been drawn out, and the length of life depends on it!](#)

Repeat Number: 25

Data: 2018-12-20

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。

Excessive intake of salt is closely related to hypertension and cardiovascular disease. It also aggravates gastric mucosal damage and accelerates osteoporosis. And if the salt intake is too much, the skin will also deteriorate. 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.

#### 2. 你天天吃的这个调料, 跟心脏抢寿命、跟骨头抢钙, 还有致癌风险.....

重复数: 5

日期: 2018-12-20

[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.](#)

Repeat Number: 5

Data: 2018-12-20

高盐饮食会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。盐的主要成分是钠, 一般而言, 人体的肾会将每天多余的钠排出体外, 每排泄1000毫克钠, 会同时耗损26毫克钙。人体摄入的钠越多, 需要排出体外的钠就越多, 而钙的消耗也就越大。导致“骨头变脆”, 患上骨质疏松也就不足为奇了。

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. The main component of the salt is sodium. In general, the kidneys of the human body will excrete excess sodium every day. Each discharge of 1000 mg of sodium will consume 26 mg of calcium at the same time. The more sodium you consume, the more sodium you need to excrete, and the more calcium you consume. It is not surprising that the bones become brittle and suffering from osteoporosis.

#### 3. 你天天吃的这个调料, 跟心脏抢寿命、跟骨头抢钙, 还致癌.....

重复数: 5

日期: 2018-12-20

[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.](#)

Repeat Number: 5

Data: 2018-12-20

据英国《独立报》报道称, 科学家在经过12年的研究, 最终得出的结果是, 高盐饮食会显著增加心脏衰竭的风险。这份研究中指出, 人们每天摄入的氯化钠超过13.7克, 心力衰竭的速度会翻倍。吃盐多的时候, 由于渗透压的作用, 身体组织的水分会减少, 排出身体的水分会增加, 也不利于皮肤的保水。

According to the British "Independent" report, after 12 years of research, the final result is that a high-salt diet can significantly increase the risk of heart failure. The study pointed out that people consume more than 13.7 grams of sodium chloride per day, and the rate of heart failure doubles. When eating too much salt, due to the effect of osmotic pressure, the water of the body tissue will be reduced, the water discharged from the body will increase, and it is not conducive to the preservation of the skin.

#### 4. 想要健康长寿: 少吃三白, 多吃三黑

重复数: 5

日期: 2018-12-20

[Want health and longevity: eat less three kinds of white food and eat more three kinds of black food.](#)

Repeat Number: 5

Data: 2018-12-20

很多人在做菜的时候喜欢放很多盐, 觉得这样才入味, 但摄入过多的话, 对人体会产生不利的影响! 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。

Many people like to put a lot of salt when cooking, and feel that it is so delicious. However, if you consume too much, it will have an adverse effect on the human body! 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.

#### 5. 血压比正常值高一点点, 怎么办?

重复数: 4

日期: 2018-12-20

[Blood pressure is a little higher than normal. What should I do?](#)

Repeat Number: 4

Data: 2018-12-20

采取积极的防控措施, 主要以控制饮食、加强运动和降压治疗为手段, 可以显著降低发生高血压的风险。控制饮食 首先是限盐, 盐摄入越多, 血压水平越高, 严格限盐可有效降低血压。中国营养学会推荐, 健康成人每日食盐摄入量不宜超过6克, 限制钠盐的摄入是预防高血压花费成本最小化的有效措施。

Take active prevention and control measures. Measures such as diet control, exercise enhancement, and antihypertensive therapy can significantly reduce the risk of developing hypertension. The control diet is first limited to salt. The more salt intake, the higher the blood pressure level. Strict salt restriction can effectively lower blood pressure. Recommended by the Chinese Nutrition Society, the daily salt intake of healthy adults should not exceed 6 grams. Limiting the intake of sodium salts is an effective measure to minimize the cost of preventing hypertension.

# 减盐-微博

## Salt Reduction - Weibo

2018-12-20, 共检测到1555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。

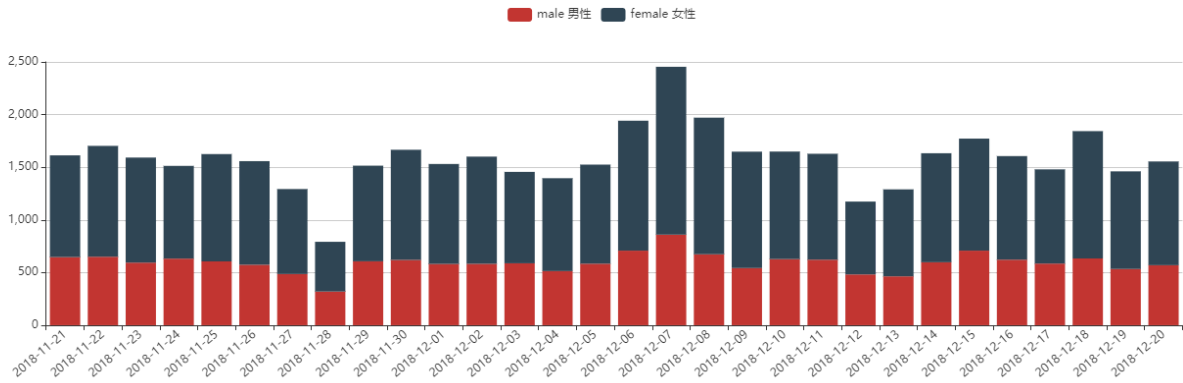
There are 1555 weibos about salt reduction monitored on 2018-12-20.

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!

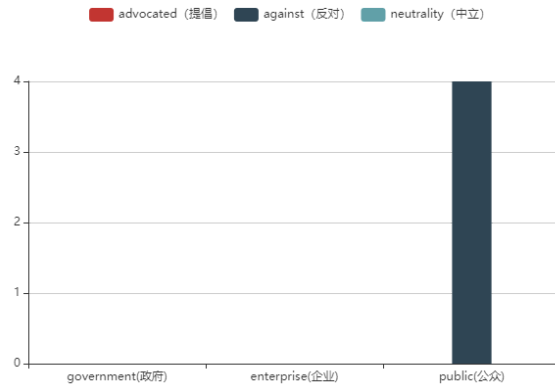
# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-12-20) 共监测到4条资讯。请点击标题查看原文。

There are 4 articles monitored today 2018-12-20. 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. 咖啡可辅助治病，还能降低死亡率 Coffee can help cure diseases and reduce mortality.	来源：中国新闻网 Source: China News Network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 06:59:22 Time: 06:59:22
2018年全球多项研究聚焦咖啡，其名声正在向“保健品”靠拢 咖啡可辅助治病，还能降低死亡率 到了年底，白领们要写总结，工程商要结尾款，学生党要考试、考研，提神醒脑的咖啡成了大家的每日必需品。“2018，咖啡很忙。”方学贤在朋友圈里这样写道。方学贤博士是浙江大学公共卫生学院王福教授研究团队的成员，他在梳理今年的医学、科学论文时，发现今年全球学界对咖啡的研究特别有意思。每天喝咖啡到底好不好？喝多了咖啡会怎么样？这些在普通人中横梗两可的问题现在有了科学结论,不妨来看一下。				
In 2018, many studies around the world focused on coffee, whose reputation is moving toward "health care products" coffee can help cure diseases, but also reduce mortality by the end of the year. White-collar workers have to write a summary, engineers have to finalize, students'party has to take examinations, postgraduate entrance exams, refreshing coffee has become a daily necessity for everyone. "Coffee is busy in 2018." Fang Xuexian wrote in his circle of friends. Dr. Fang Xuexian is a member of Professor Wang Fu's research team at the School of Public Health, Zhejiang University. When he combed this year's medical and scientific papers, he found that this year's global academic research on coffee was particularly interesting. How about drinking coffee every day? What happens if you drink too much coffee? These ambiguous questions among ordinary people have now come to scientific conclusions. Let's take a look at them.				
2. 奶茶是咖啡因大户：一杯=4杯咖啡！ Milk tea is a big caffeine user: one cup = four cups of coffee!	来源：人民网 Source: People's net	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 10:02:13 Time: 10:02:13
奶茶是咖啡因大户：一杯=4杯咖啡！一杯奶茶的咖啡因含量等于4杯咖啡，含糖量竟等于14块方糖！上海消保委曾对多家“网红”奶茶店展开比较试验，结果令人震惊：试验对比显示，部分奶茶中的咖啡因含量竟高于咖啡，最高的一杯咖啡因含量等于4杯咖啡，且含糖量最高的奶茶竟等于14块方糖！咖啡因高，根据上海消保委的调查，一杯奶茶中咖啡因的平均含量达270mg，最高的含量为428mg，约等于4杯咖啡，并未对含有咖啡因做任何提示。				
Milk tea is a big caffeine user: one cup = four cups of coffee! A cup of milk tea contains 4 cups of coffee and 14 cubes of sugar. Shanghai Consumer Protection Commission has conducted a comparative experiment on several "net red" milk tea shops, and the results are shocking: the comparison shows that the caffeine content of some milk tea is higher than that of coffee, the highest cup of caffeine is equal to 4 cups of coffee, and the milk tea with the highest sugar content is equal to 14 cubes of caffeine! Gao, according to the survey by Shanghai Consumer Protection Commission, the average content of caffeine in a cup of milk tea is 270 mg, and the highest content is 428 mg, which is equal to about 4 cups of coffee. There is no indication of caffeine content.				
3. 一天10万流水爆品订单增长超2倍：新茶饮元年折在烂水果上？ Orders for 100,000 running water explosives a day have more than doubled: New tea drinks are folded on rotten fruits in the first year of the year?	来源：中国经济网 Source: China Economic Network	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 18:02:23 Time: 18:02:23
下一个“星巴克”？日前，美团点评发布了《2019中国饮品行业趋势发展报告》，报告显示，2018年我国茶饮市场全面爆发，截止到2018年第三季度，全国现制茶饮门店数达到41万家，一年内增长74%。而早前，上海市饮品行业协会和上海市东方世纪消费品发展促进中心联合发布了《2018中国饮品冷饮产业年度报告》显示，2017年底，中国现制饮品的门店数达到44万家。虽数据略有出入，但现制茶饮的发展形势已经显现出规模。备受年轻人追捧的喜茶、奈雪的茶和鹿角巷等，纷纷通过网红级产品和互联网营收手段制造着“排队”现象。				
Next Starbucks? A few days ago, the American Team commented on the release of the "China Drinks Industry Trend Development Report 2019", the report shows that in 2018, China's tea market broke out in an all-round way, up to the third quarter of 2018, the number of ready-made tea shops in the country reached 410,000, an increase of 74% in a year. Earlier, the Shanghai Drinks Industry Association and the Shanghai Oriental Century Consumer Goods Development Promotion Center jointly issued the Annual Report of China Drinks and Cold Drinks Industry 2018, which showed that by the end of 2017, 440,000 outlets of ready-made drinks in China had been established. Although the data are slightly different, the development situation of tea drinks has shown a scale. Tea-loving, Naixue tea and Antler Lane, which are popular with young people, are creating "queuing" phenomenon through online red products and Internet revenue.				
4. 优茁纤体时间蛋白棒：营养代餐新姿势 Fibroblast Time Protein Bar: A New Position for Nutritional Substitution	来源：TOM Source: TOM	主体：公众 Subject: public	态度：反对 Attitude: against	时间： 12:02:29 Time: 12:02:29
当冬天的气温像坐了火箭一路向下飚降，很多女生裹着厚厚的大衣棉鞋，臃肿的看向对面纤细可人、美丽冻人的路人姑娘时，是不是又燃起了减肥的斗志？可是，“吃了胖，不吃饿”“瘦身阵地战”进入恶性循环，如何科学瘦身，对于很多女生来说是个万年难题，国内健康零食品牌——优茁认为，“瘦身是一项持久战，需要根据自身体质在饮食、运动进行全面规划、科学管理才可能达到事半功倍的效果。科学选择代餐或许是减肥瘦身的一条捷径。”代餐这个概念兴起于西方国家。				
When the winter temperature is like a rocket down all the way, many girls wrapped in thick overcoats and cotton shoes, bulky looking at the opposite slender, beautiful and frozen passersby girl, is it a fight to lose weight again? However, "eat fat, not hungry", "thin position war" into a vicious circle, how to scientifically thin, for many girls is a perpetual problem, the domestic health snack brand - Youju believes, "thin body is a protracted war, according to their physical fitness in diet, sports, comprehensive planning, scientific management may achieve twice the result with half the effort. Scientifically choosing substitute meals may be a shortcut to losing weight and losing weight. The concept of substitution food originated in Western countries.				
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

2018-12-20, 共监测到288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 288 WeChat public articles were monitored in 2018-12-20. This page shows the top five articles by repeat number today.

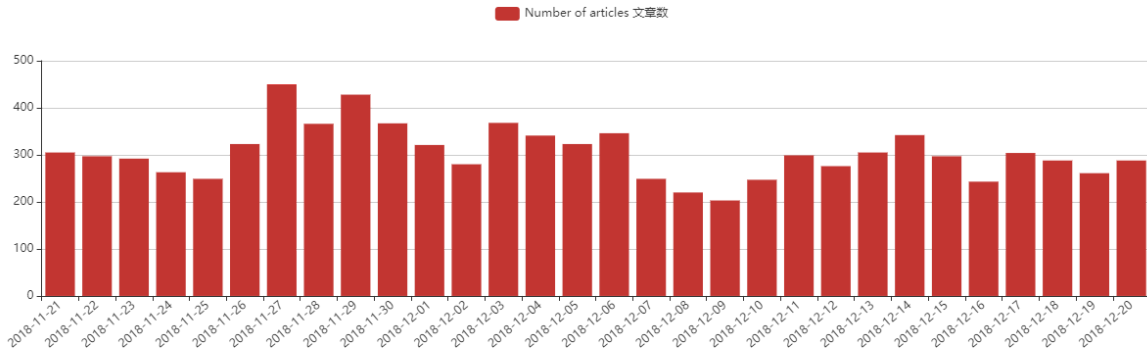
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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

- [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 eat less or not eat these four kinds of foods.](#)

重复数: 35  
Repeat Number: 35

日期: 2018-12-20  
Data: 2018-12-20

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.
- [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 half a million people each year and have been called off by WHO! And it is hidden in the food you eat every day.](#)

重复数: 17  
Repeat Number: 17

日期: 2018-12-20  
Data: 2018-12-20

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! 据世卫组织估计, 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。

There is also a common substance in many foods. "Eating a bite of it means eating 7 bite of oils!" This substance is called 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.
- [脸要穷养, 脚要富养; 心要穷养, 肺要富养.....](#)  
[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

重复数: 5  
Repeat Number: 5

日期: 2018-12-20  
Data: 2018-12-20

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。

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.
- [可怕, 原来这些都是高脂肪食物, 居然隐藏这么深! 这些高脂肪的食物多吃容易发胖!](#)  
[Terrible, these are all high-fat foods! Eating more of these high-fat foods is easy to gain weight!](#)

重复数: 4  
Repeat Number: 4

日期: 2018-12-20  
Data: 2018-12-20

事实上奶糖并不以牛奶为主 甚至压根儿就没有奶的成分, 大部分奶糖产品含糖达85%左右 脂肪达6%, 蛋白质只有2%, 它添加的都不是真的奶油而是氢化植物油制成的植物奶油, 其中饱和脂肪占一半左右, 并可能含有反式脂肪酸, 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

In fact, the ingredients of toffee are not based on milk or even milk. Most of the toffee products contain about 85% sugar and 6% fat, and only 2% protein. It does not add real cream but vegetable cream made from hydrogenated vegetable oil, which accounts for about half of saturated fat and may contain trans fatty acids. Excessive intake of trans fatty acids can increase blood cholesterol and increase the risk of cardiovascular disease.
- [燃烧, 燃烧我的卡路里](#)  
[burn my calories](#)

重复数: 4  
Repeat Number: 4

日期: 2018-12-20  
Data: 2018-12-20

桃酥的热量真的灰常高, 烘烤类点心为了口感更加酥脆, 一般都加了黄油, 黄油分为动物黄油和人造植物黄油, 前者成本较高, 目前的市场上大部分用的人造植物黄油, 但是这种黄油不仅含有大量添加剂, 还含有很多反式脂肪酸, 极易增加心血管疾病发生的风险。

The heat of the peach cake is very high. In order to make the baking snacks more crispy, butter was added during the production process. Butter is divided into animal butter and artificial plant butter. The former is costly and is currently used in most artificial plant butters on the market. But this butter not only contains a lot of additives, but also contains many trans fatty acids, which can easily increase the risk of cardiovascular disease.

## 反式脂肪酸-微博 Transfat - Weibo

2018-12-20, 共检测到72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。

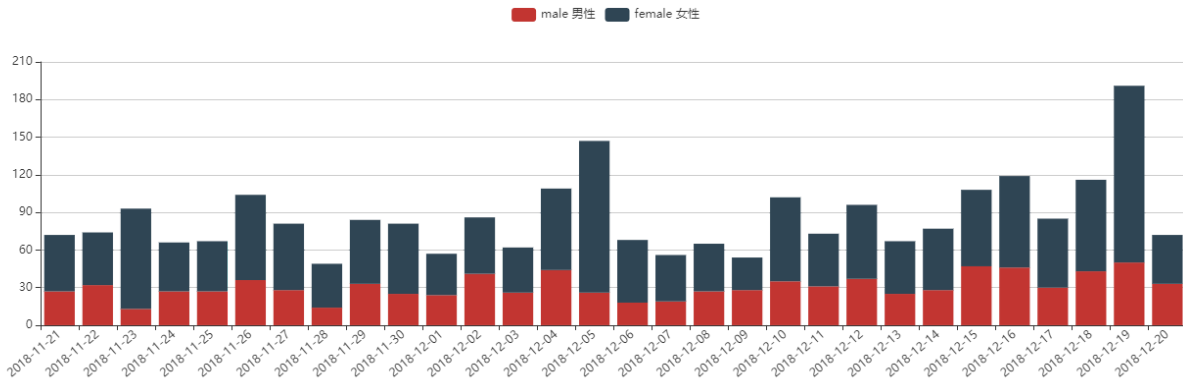
There are 72 weibos about transfat reduction monitored on 2018-12-20.

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!