

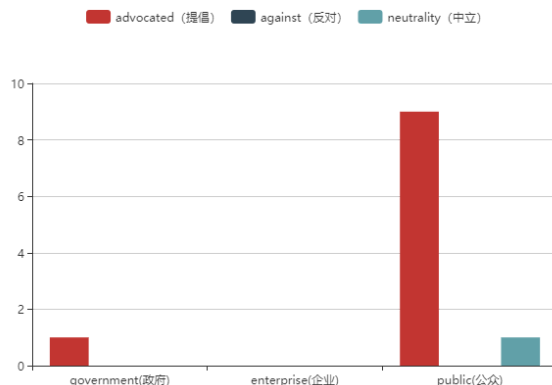
减盐-新闻

Salt Reduction - News

今日 (2018-10-04) 共监测到11条资讯。请点击标题查看原文。

There are 11 articles monitored today 2018-10-04. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠

Sodium in food

1. [收好这份假期饮食宝典这个国庆过得比别人都健康](#)

来源: 半岛网

主体: 公众

态度: 提倡

时间: 05:29:52

[Charge up the bible this National Day holiday diet had a healthy than others](#)

来源: 半岛网

Subject: public

Attitude: advocate

Time: 05:29:52

十一长假无论是旅游, 还是宅家中, 都少不了美食的诱惑。朋友聚在一起大吃大喝, 把全国各地美食小吃一网打尽.....但是, 每天吃太油腻怕长胖怎么办? 一下子暴饮暴食, 吃香的辣的, 拉肚子了怎么办? 假期虽难得, 但饮食也要注重保养。小编就给大家支几招, 只要稍加注意, 假期都可以变得健康又完美! 减盐油、减热量、减饭量 不宜过咸: 正常人的食盐量, 以每日不超过10克为宜。食盐过多会加重肾脏负担, 引起浮肿, 钠盐滞留还会引起血压升高, 增加高血压、冠心病、脑出血的发病率。因此, 不宜多吃咸鱼、咸肉等腌制品

Eleven long holidays, whether tourism or home, are indispensable to the temptation of food. Friends gather together to eat and drink all the food and snacks in the whole country. But what about eating too greasy to be fat? What about overeating, spicy food and diarrhea? Holidays are rare, but diet should also be maintained. This will give you a few tips. With a little attention, holidays can become healthy and perfect. Salt reducing oil, heat reduction and meal reduction Salt should not be salty: normal people's salt consumption is no more than 10 grams per day. Excessive salt can aggravate the burden of kidney, cause edema, sodium retention can also cause elevated blood pressure, increase the incidence of hypertension, coronary heart disease, cerebral hemorrhage. Therefore, it is not suitable to eat salted fish, bacon and other pickled products.

2. [只要稍加注意假期都可以变得健康又完美](#)

来源: 山东周刊

主体: 公众

态度: 提倡

时间: 05:30:15

[As long as pay attention can become healthy and perfect holiday](#)

来源: 山东周刊

Subject: public

Attitude: advocate

Time: 05:30:15

十一长假无论是旅游, 还是宅家中, 都少不了美食的诱惑。朋友聚在一起大吃大喝, 把全国各地美食小吃一网打尽.....但是, 每天吃太油腻怕长胖怎么办? 一下子暴饮暴食, 吃香的辣的, 拉肚子了怎么办? 假期虽难得, 但饮食也要注重保养。小编就给大家支几招, 只要稍加注意, 都可以变得健康又完美! 减盐油、减热量、减饭量 不宜过咸: 正常人的食盐量, 以每日不超过10克为宜。食盐过多会加重肾脏负担, 引起浮肿, 钠盐滞留还会引起血压升高, 增加高血压、冠心病、脑出血的发病率。因此, 不宜多吃咸鱼、咸肉等腌制品

Eleven long holidays, whether tourism or home, are indispensable to the temptation of food. Friends gather together to eat and drink all the food and snacks in the whole country. But what about eating too greasy to be fat? What about overeating, spicy food and diarrhea? Vacation Holidays are rare, but diet should also be maintained. This will give you a few tips. If you pay attention to it, you can become healthy and perfect. Salt reducing oil, heat reduction and meal reduction Salt should not be salty: normal people's salt consumption is no more than 10 grams per day. Excessive salt can aggravate the burden of kidney, cause edema, sodium retention can also cause elevated blood pressure, increase the incidence of hypertension, coronary heart disease, cerebral hemorrhage. Therefore, it is not suitable to eat salted fish, bacon and other pickled products.

高血压

Hypertension

没有相关文章!

No such articles!

心血管健康

Cardiovascular health

没有相关文章!

No such articles!

综合健康信息

Comprehensive Health Information

没有相关文章!

No such articles!

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

河南

Henan

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

安徽

Anhui

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

浙江

Zhejiang

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

综合健康信息 Comprehensive Health Information
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 盐蒸橙子止咳不靠谱 专家称盐分过多反而加剧咳嗽 Steamed salted oranges cough wonky experts say salt exacerbate cough too much	来源：腾讯大楚网	主体：公众	态度：提倡	时间：09:48:19
	来源：腾讯大楚网	Subject: public	Attitude: advocate	Time: 09:48:19
原标题：盐蒸橙子偏方止咳不靠谱 专家表示：盐分摄入过多反而加剧咳嗽 楚天都市报讯（记者刘迅通讯员孟佳 赵林）近段时间武汉气温起伏较大，感冒咳嗽的市民也随之增多。听说“盐蒸橙子”可以止咳，30岁的王女士感冒后咳嗽加剧，买来橙子效仿，病情毫无好转。专家表示，生病期间不提倡用蒸吃水果的方法来代替药物治疗。更重要的是，偏方中的盐分摄入过多，反倒加重咳嗽。十一刚放假，30岁的王女士不小心感冒，昨日咳嗽加剧，吃了感冒药、消炎药不见好转，整晚不能睡				
Original title: salt evaporated oranges prescriptions for cough are not reliable. Experts say that excessive intake of salt aggravates cough.Chutian Metropolitan Daily News (reporter Liu Xun correspondent Meng Jiazhaolin) in recent years, Wuhan, the temperature fluctuations are greater, the cold and cough of the public also increased. Heard that "salt steamed orange" can relieve cough, 30-year-old Mrs. Wang cough aggravated after a cold, bought oranges to follow, the disease has not improved. Experts said that during the period of illness, the method of steaming instead of fruit should not be advocated. More importantly, excessive intake of salt in folk prescription aggravates cough.Just after 11 holidays, Ms. Wang, 30 years old, caught a cold accidentally. Yesterday, her cough became worse. She couldn't sleep all night after taking cold and anti-inflammatory drugs.				
2. 加碘盐、无碘盐、低钠盐...该如何选择?今天全部给你说清楚 Iodized salt, iodized salt, low sodium salt...How to choose?Today all clear to you	来源：澎湃新闻	主体：公众	态度：提倡	时间：11:48:32
	来源：澎湃新闻	Subject: public	Attitude: advocate	Time: 11:48:32
盐是好东西，好滋味就靠它；盐是个坏东西，诸多慢性病也怪它。超市货架上盐的种类是越来越多了，分分钟挑花了眼。到底哪种好？如何区分？我们又该如何理性看待有关食盐的传言，选购适合自己的产品？加碘盐导致甲状腺癌？碘是人体必需的微量元素，但吃多了、吃少了都有危害。我国的碘推荐量：成人是150ug/天。但对特殊群体来说，还是有一定的差异性的				
Salt is a good thing, good taste depends on it; salt is a bad thing; many chronic diseases also blame it. There are more and more kinds of salt on supermarket shelves. Which one is good? How to distinguish? How should we think rationally about rumors about salt and choose products suitable for ourselves? Iodized salt causes thyroid cancer? Iodine is an essential trace element of the human body, but eating too much and eating less are harmful. The recommended amount of iodine in China is 150ug/ days for adults. But for special groups, there are still some differences.				
3. 3岁前不能吃盐？关于吃盐的真相，你了解多少？ Before the age of 3 can't eat salt?How much do you know about the truth of the salt?	来源：新华网	主体：公众	态度：中立	时间：20:39:15
	来源：新华网	Subject: public	Attitude: neutrality	Time: 20:39:15
图集 有人说，宝宝在3岁之前不能吃盐。原因是婴幼儿肾脏发育并不完全，所以摄入盐分很可能加重肾脏负担。小编听后觉得似乎不无道理，但是宝宝在3岁之前的完全不能吃盐吗？小编决定来科普一下真相！ 食盐是人体不可或缺的食物，其所含的氯、钠等成分，对维持人体神经、肌肉、心脏正常功能作用很大。但是任何事都应有限度，如果盐吃多了，就会由利转弊，招来疾病。对于婴幼儿来说，少盐是总原则				
atlasSome people say that babies can't eat salt before they are 3 years old. The reason is that the kidneys are not fully developed in infants and young children, so salt intake is likely to aggravate the burden of kidneys.After listening to Xiaobian, it seems that there is no reason why, but before the age of 3, the baby can not eat salt at all. Xiaobian decided to come up with the truth of science.Salt is an indispensable food for human body. It contains chlorine, sodium and other components, which play a great role in maintaining the normal function of human nerve, muscle and heart. But everything should have a degree. If salt eats too much, it will turn from bad to bad and attract diseases. For infants and young children, less salt is the general principle.				

4. 把早餐换成它，三高降了，肾不虚了，湿气没了 Change the breakfast to it, down three highs, kidney not imaginary, moisture	来源：星岛环球网	主体：公众	态度：提倡	时间：03:51:01
	来源：星岛环球网	Subject: public	Attitude: advocate	Time: 03:51:01
星岛环球网 关于早餐，不同地域有不同的习惯，今天咱们着重讲一下，早上吃什么最好，这个最好，既有满满的营养，做起来也十分便利，关键是无无论东西南北，无论男女老少，吃了都对身体好。它就是山药，功效超强 山药通常都是炒着吃、煲汤吃，什么时候变成早餐了？换个做法，就能当早餐了，比如清蒸、煮粥。尤其是铁棍长山药，有健脾益气的功效，但食用的时间也很有讲究，早上八点左右是脾经最旺盛的时候，这个时候蒸食长山药，食物的有益成分会被身体更好地吸收。 1清蒸山药 山药清蒸做早餐最省事，把山药的须毛稍刮一下，用清水搓洗干净，然后切成段，放火上蒸大约20分钟即可。 根据山药的薄厚不同，蒸的时间也不同，这个需要每个人根据实际情况和火候来调整，如果实在不清楚它是不是熟透，可以像蒸红薯一样用筷子扎扎看				

Sing Tao World Wide WebAbout breakfast, different regions have different habits, today we focus on what is best to eat in the morning, this is the best, both full of nutrition, it is very convenient to do, the key is whether things north and south, regardless of men and women, old and young, eating is good for the body.It is yam!Eat yam in the morning, the effect is super strong.Yam is usually fried and boiled. When did it become breakfast? In other ways, breakfast can be served, such as steamed or porridge.Especially the iron stick long yam, has the effect of invigorating the spleen and qi, but the eating time is also very fastidious, in the morning around 8:00 is the most prosperous time of the spleen, this time steaming long yam, the beneficial ingredients of food will be better absorbed by the body.1 steamed Chinese yamIt's the easiest way to make breakfast with Chinese yam steamed. Scrape the hair of Chinese yam slightly, wash the mud with clean water, cut it into sections and steam it for about 20 minutes.Depending on the thickness of yam, the steaming time is also different, which requires everyone to adjust according to the actual situation and fire, if it is not clear whether it is ripe, like steamed sweet potatoes with chopsticks tied to see?

高血压 Hypertension				
没有相关文章!				
No such articles!				
心血管健康 Cardiovascular health				
1. 心血管疾病重在预防 On prevention of cardiovascular disease	来源：大众网	主体：公众	态度：提倡	时间：10:48:39
	来源：大众网	Subject: public	Attitude: advocate	Time: 10:48:39
深圳特区报讯（记者余海蓉通讯员刘强）记者从市孙逸仙心血管医院胸痛中心联合市急救中心近日举行的“世界心脏日”宣传大型公益活动中获悉，两家单位去年推出的市区内急性心肌梗救治地图，建立了全国首家急性心梗一小时救治体系，目前已见成效。一年多的运行，使深圳市的急性心梗的院内死亡率由10.8%下降至2.8%，挽救了更多的生命。 心血管疾病年轻化已成趋势，市孙逸仙心血管医院院长杨建安指出，心血管疾病的死亡率高，但通过一些手段可有效预防。高血压、肥胖、吸烟和缺乏运动等是导致心血管疾病的主要因素，在饮食，提倡低盐低糖低油饮食，减少含糖饮品和果汁的摄取，将饮酒量控制在建议范围内；倡导积极运动，每周3-5次强度适中的体力活动，每次至少30分钟。				

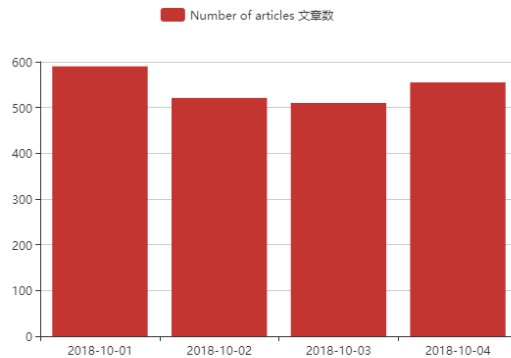
Shenzhen Special Economic Zone News (reporter Yu Hairong correspondent Liu Qiang) reporters from the city Sun Yixian Cardiovascular Hospital Chest Pain Center Joint City Emergency Center recently held the "World Heart Day" publicity activities learned that the two units launched last year in the urban area of acute myocardial infarction treatment map, the establishment of the country's first acute myocardial infarction a small At present, the treatment system has achieved success. The hospital mortality rate of acute myocardial infarction in Shenzhen has decreased from 10.8% to 2.8% after more than one year of operation, which saved more lives.Yang Jian'an, director of Sun Yixian Cardiovascular Hospital, pointed out that cardiovascular diseases have a high mortality rate, but can be effectively prevented by some means. Hypertension, obesity, smoking and lack of exercise are the main causes of cardiovascular disease, in the diet, promote a low-salt, low-sugar and low-oil diet, reduce the intake of sugary drinks and juice, will drink within the recommended limits; advocate active exercise, moderate intensity of physical activity 3-5 times a week, at least 30 minutes each time.

综合健康信息 Comprehensive Health Information				
1. “三减三健”全民行动 "Three minus three health" the action	来源：番禺日报	主体：政府	态度：提倡	时间：08:48:13
	来源：番禺日报	Subject: government	Attitude: advocate	Time: 08:48:13
<p>本报讯（记者杜颖施）近日，由区卫计局、沙湾镇人民政府主办，区慢病站承办的番禺区“全民健康生活方式行动”第二阶段启动仪式暨全民健步走活动在滴水岩森林公园顺利举行。区健教中心、沙湾镇社区卫生服务中心等其他单位也在现场摆设摊位，广泛宣传健康生活方式，提供义诊健康咨询服务，吸引了不少群众积极参与。据悉，2012年起，我区积极开展全民健康生活方式行动示范创建工作，至2017年底全区累计成功创建东环街道办事处等23个健康单位，建成滴水岩森林公园等3处地方的健康步道，举办各类社区健康宣传活动50余场，培训健康生活方式行为指导员200多名，为构建健康番禺打下坚实基础。活动现场为来自各镇、街的100多名健康生活方式指导员提供培训，并颁发证书，同时向2015-2017年成功创建为健康机关、健康社区的13个单位进行授牌仪式。本次活动，在巩固第一阶段行动成果的基础上，开展“三减三健”即“减盐、减油、减糖、健康口腔、健康体重、健康骨骼”、适量运动、控烟限酒和心理健康等4个专项行动</p>				
<p>This newspaper (reporter Du Yingshi) recently, sponsored by the District Health and Planning Bureau, Shawan Town People's Government, the District Chronic Disease Station sponsored the second phase of the "National Healthy Lifestyle Action" in Panyu District launching ceremony and the national walking activities were successfully held in the Dishuiyan Forest Park. District Health Education Center, Shawan Town Community Health Service Center and other units also set up stalls on the scene, widely publicizing healthy lifestyle, providing free health consultation services, attracting many people to participate actively.It is reported that since 2012, our district has actively carried out the demonstration and creation of a healthy lifestyle for all. By the end of 2017, 23 health units, such as the East Ring Subdistrict Office, have been successfully established, 3 healthy walkways have been built, more than 50 community health publicity activities have been held, and healthy lifestyle prescriptions have been trained. More than 200 behavioral instructors laid a solid foundation for building healthy Panyu.More than 100 healthy lifestyle instructors from various towns and streets were trained and certified, and 13 units which were successfully established as health organs and healthy communities from 2015 to 2017 were given a licensing ceremony. On the basis of consolidating the results of the first phase of the campaign, the campaign launched four special campaigns: salt reduction, oil reduction, sugar reduction, healthy oral cavity, healthy weight, healthy bones, moderate exercise, smoking control, alcohol restriction and mental health.</p>				
2. 45岁后是心血管病高发期 要多吃这4种护心食物 After 45 years of age is high cardiovascular disease to eat these four protect heart food	来源：99健康网	主体：公众	态度：提倡	时间：09:48:45
	来源：99健康网	Subject: public	Attitude: advocate	Time: 09:48:45
<p>45岁是中年时期，但是这个阶段是心血管病高发的时期，那么平时养生要注意哪些呢？下面就来了解一下45岁后饮食要多吃哪些食物好。现在对于 老年人 和中老年人的划分很模糊，有些人到了60岁依然可以健步如飞，每天精力充沛的投入到工作和生活中。 可有人刚刚45岁就疲惫尽显，满是 脱发 和皱纹，远远看着说是70岁也有人相信。当代人承受着过大的生活压力和工作压力，在不 健康 的饮食习惯和生活习惯双重摧残下，很多人在30多岁就埋下了 疾病 的种子。年轻时精力旺盛还可以扛得住，到了45岁之后不管 男性 还是 女性 ，随着身体代谢速度变慢，激素分泌减少，肠胃蠕动变得缓慢</p>				
<p>45 years old is middle-aged period, but this stage is a period of high incidence of cardiovascular disease, so what should be paid attention to in peacetime health? Here is a look at what kind of food you need to eat after 45 years of age.Now the division between the elderly and middle-aged is very vague, some people to 60 years old can still walk like a flying, every day energetic into work and life.But some people are just 45 years old and tired, full of hair loss and wrinkles, far away say 70 years old and others believe it. Contemporary people are suffering from excessive pressure of life and work, under the double devastation of unhealthy eating habits and living habits, many people in their 30s have planted the seeds of disease.When you're young and energetic, you can carry it. After 45 years of age, both men and women, as the body's metabolic rate slows, hormone secretion decreases, and gastrointestinal peristalsis slows.</p>				
3. 我国慢性病死亡率下降25% Chronic disease mortality in China fell by 25%	来源：搜狐	主体：公众	态度：提倡	时间：20:30:01
	来源：搜狐	Subject: public	Attitude: advocate	Time: 20:30:01
<p>原标题：我国慢性病死亡率下降25% 随着我国人口老龄化进程的加快，银色浪潮正席卷而来。以高血压、糖尿病、脑卒中、癌症等为主的慢性病严重影响了老年人的健康。据统计，全国2.41亿60岁以上的老人中，有近1.5亿患有慢性病。慢性病的发病是多病因、多阶段作用的复杂过程，其病程长、医疗费用高、... / 随着我国人口老龄化进程的加快，“银色浪潮”正席卷而来。以高血压、糖尿病、脑卒中、癌症等为主的慢性病严重影响了老年人的健康</p>				
<p>Original title: chronic disease mortality in China dropped by 25%With the acceleration of the aging process in China, the silver tide is sweeping through. Chronic diseases, mainly hypertension, diabetes, stroke and cancer, seriously affect the health of the elderly. According to statistics, nearly 150 million of the 241 million elderly people over 60 years old suffer from chronic diseases. The onset of chronic diseases is a complex process of multi-causes and multi-stages. It has a long course of disease, high medical costs,.../With the acceleration of the process of population aging in China, the "silver tide" is sweeping through. Hypertension, diabetes, stroke, cancer and other chronic diseases seriously affect the health of the elderly.</p>				
4. 乐享国庆 送上饮食攻略助你有个健康节 Enjoy National Day I on diet tips to help you have a healthy day	来源：新华网河北频道	主体：公众	态度：提倡	时间：04:53:59
	来源：新华网河北频道	Subject: public	Attitude: advocate	Time: 04:53:59
<p>图片来源于网络 十一小长假期间，亲朋好友欢聚，美食是必不可少的。无论是丰盛的家宴，还是餐馆酒楼的筵席，都会有各式各样的食品；无论串亲还是访友，都免不了接受热情的款待。酒足饭饱之后，还有水果、甜点、零食轮番上阵，使你的肠胃难以得到片刻休闲。用餐完毕，往往会悠闲地看看电视、欣赏音乐或者和电脑相伴。图片来源于网络 如此饮食过度而运动不足的幸福日子一天一天过去，身体中的脂肪细胞可能在日益膨胀，血液中的脂肪、胆固醇和葡萄糖也在悄然上升</p>				
<p>Pictures from the InternetEleven during a small holiday, friends and family gather together and food is essential.Whether it's a big family dinner or a restaurant dinner, there are all kinds of food; whether it's family or friends, you can't help but accept warm hospitality.After a full meal, there are fruits, desserts, snacks in turn, making it difficult for your stomach to get a moment of leisure.After dinner, they tend to watch TV, enjoy music or spend time with computers.Pictures from the InternetAs the days of overeating and inadequate exercise pass, the body's fat cells may be expanding, and blood fat, cholesterol and glucose are quietly rising.</p>				
决心工程 Resolve To Save Lives				
没有相关文章！				
No such articles!				

减盐-微信

Salt Reduction - WeChat

2018-10-04, 共监测到555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 555 WeChat public articles were monitored in 2018-10-04. 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.



热门文章-前五 Popular Articles - Top 5

1. [医生已拉黑的10大垃圾食品, 而你却天天在吃.....](#)
[Doctors have blacklisted these 10 junk foods, but you eat it every day...](#)

重复数: 9
Repeat Number: 9

日期: 2018-10-04
Data: 2018-10-04

炒菜要少放盐, 但也要留意隐性盐。看包装上的营养标签, 标注400毫克钠就相当于1克盐。此外, 还要注意酱油、咸菜以及各种酱中的“隐性盐”。v

We should keep less salt when cooking, and pay attention to hidden salt. On the nutrition label on the package, labeling 400 mg of sodium is equivalent to 1 gram of salt. In addition, we also pay attention to the "hidden salt" in soy sauce, pickles and various sauces.
2. [2元一袋和10元一袋的盐到底差在哪? 终于清楚了...](#)
[Where is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag? At last it is clear.](#)

重复数: 7
Repeat Number: 7

日期: 2018-10-04
Data: 2018-10-04

低钠盐虽然钠含量减少25%, 但咸味减少得并不多, 是比较理想的减盐方法。但要养成良好的饮食调味习惯, 烹饪时不能因为低钠盐不咸而多放些, 更不能因为低钠盐有好处就大大地地用。

Although the sodium content of the low sodium salt is reduced by 25%, the salty taste is not reduced much, and it is an ideal salt reduction method. To develop good dieting habits, you should not add low-sodium salt in large quantities because of the taste and advantages of low sodium salt.
3. [南方人比北方人更长寿的原因, 终于找到了, 没想到竟然是...](#)
[The reason why the southerners live longer than the north is finally found.](#)

重复数: 96
Repeat Number: 96

日期: 2018-10-04
Data: 2018-10-04

我国人均耗盐量居世界第一, 高血压和胃病发病率高都和吃盐多有关。一般情况下, 南方人饮食相对比较清淡, 北方人则口味比较重, 高血压患病率明显高于南方。

China's per capita salt consumption ranks first in the world, and the high incidence of hypertension and stomach disease is related to eating more salt. Under normal circumstances, the southerners' diet is relatively light, while the northerners have a higher taste. Therefore, the prevalence of hypertension in northerners is significantly higher than in the south.
4. [腐乳、臭豆腐、豆豉真的健康吗? 答案你绝对想不到!](#)
[Can bean curd, stinky tofu, and cardamom cause cancer? The answer is shocking, and it's not too late to know!](#)

重复数: 5
Repeat Number: 5

日期: 2018-10-04
Data: 2018-10-04

豆豉加工中会加入很多盐分, 所以如菜肴中已加入豆豉, 则应减少烹调用盐量, 以免摄入盐分过多, 从而降低患高血压、心脏病和中风的风险。

A lot of salt is added to the processing of soybean meal. Therefore, if the cardamom has been added to the dish, the amount of salt used for cooking should be reduced to avoid excessive salt intake, thereby reducing the risk of high blood pressure, heart disease and stroke.
5. [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 diagnosed with renal failure only because his mother liked this sauce. Parents should be careful!](#)

重复数: 3
Repeat Number: 3

日期: 2018-10-04
Data: 2018-10-04

虽然盐是日常的必需品, 不吃会没有力气, 但是吃太多会加重肾脏、心脏等器官的负担, 所以现如今都建议大家低钠少盐。

Salt is a daily necessity. If you don't eat salt, you won't have the strength, but eating too much will increase the burden on the kidneys, heart and other organs, so it is recommended that you should eat less sodium and salt.

减盐-微博

Salt Reduction - Weibo

2018-10-04, 共检测到1365条与“减盐”相关的微博。

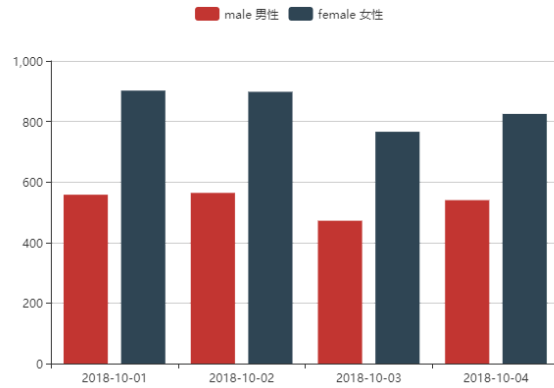
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 1365 weibos about salt reduction monitored on 2018-10-04.

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.



热门微博 Hot Weibos

1. 昵称: 健康-生活小常识

地区: 北京

认证: 个人

Nickname: 健康-生活小常识

Area: Beijing

Identity: Person

时间: 2018-10-04 04:10

来自: 微博 weibo.com

转发数: 105

评论数: 6

点赞数: 64

Time: 2018-10-04 04:10

Source: 微博 weibo.com

Repost: 105

Comment: 6

Like: 64

【请告诉高血压的父母】①每天走路6000步; ②翻日记, 看看让你高兴的往事, 保持血压平衡; ③保持每天吃4瓣大蒜; ④多吃芹菜; ⑤少喝含糖饮料; ⑥多吃土豆茄子补充钾; ⑦每天喝牛奶补钙; ⑧一定要戒烟戒酒⑨每天不超过5克盐; @吃柠檬补充维生素c。

[Tell your parents of high blood pressure] Walk 6,000 steps a day, read your diary to keep your blood pressure in balance, eat 4 cloves of garlic a day, eat more celery, drink less sugary drinks, eat more potatoes and eggplants to supplement potassium, drink more milk to supplement calcium, give up smoking and alcohol and not more than one day. 5 grams of salt; eat lemon to supplement vitamin C.

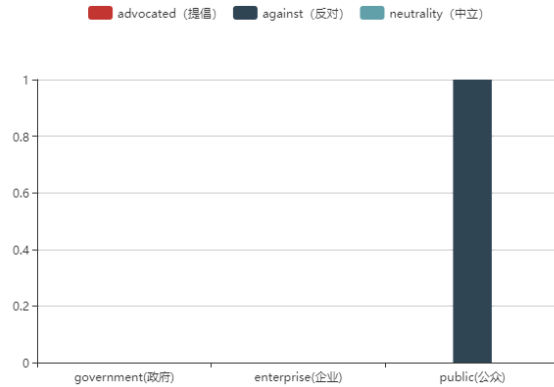
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-04) 共监测到1条资讯。请点击标题查看原文。

There are 1 articles monitored today 2018-10-04. 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. 文汇时评 是谁制造了网红食品 Wenhui editorial who made the network red food		来源：中国食品科技网 来源：中国食品科技网	主体：公众 Subject: public	态度：反对 Attitude: against
时间： 22:57:02 Time: 22:57:02				
<p>“十一”七天长假，是难得的休闲好时光。而在顺势开启的“假日经济”中，网红食品已成一股不可小觑的力量。 观察时下90后、00后年轻人的吃喝用度，若说他们的消费有什么共同偏好或特点，或许离不开这两个字：网红。奶茶首选“脏脏茶”，要奶油、巧克力搅在一起，够“脏”才够潮；人气蛋糕，不是夹有肉松的“小贝”，就是内藏肥油的“爆浆款”；冰淇淋更神奇，黑色的正当道，有的吃起来还会冒烟；至于鸡排，要是谁家做不到“比脸大”，那还真不好意思开卖了……大行其道的网红食品，织成了一份份坊间流行的美食地图。不知从何时开始，无论是市中心的商场，还是一些小弄堂里的饮食小店，任何食品只要贴上“网红”的标签，门口立刻大排长龙</p>				
<p>"Eleven" seven days long vacation is a rare leisure time. But in the "holiday economy", which has opened up smoothly, net red food has become a force that can not be underestimated.Observing the consumption of food and drinks of the young people after 1990 and 00, if they have any common preferences or characteristics in their consumption, it may be inseparable from the two words: net red. Dairy tea preferred "dirty tea", cream, chocolate stirred together, enough "dirty" enough to be damp; popular cake, not with meat floss "Xiaobei", is the "pop size" containing fat; ice cream is more magical, black proper way, some will smoke; as for chicken chops, if anyone can not do "face to face"; Big, "it's embarrassing to start selling..."The popular net red food is woven into a popular food map. I do not know when to start, whether it is the shopping mall downtown, or some small alley restaurants, any food as long as affixed with the "net red" label, the door immediately long queue</p>				
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

2018-10-04, 共监测到252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 252 WeChat public articles were monitored in 2018-10-04. 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.



热门文章-前五 Popular Articles - Top 5

2. 吃素也要有技术含量, 吃的不对, 再素也白搭!

重复数: 3

日期: 2018-10-04

[People should eat plants scientifically. If you don't choose the right food, vegetarian food is not good for your health!](#)

Repeat Number: 3

Data: 2018-10-04

针对人们对素食和植物性食品的青睐, 一些产品甚至以使用“植物奶油”、“植物起酥油”等为宣传卖点, 而就对血脂的影响而言, 这类“素油”比动物油更糟糕。已经有多项研究证实, 这些产品中所含“反式脂肪酸”, 会大大增加人们罹患心血管疾病和糖尿病的风险, 还可能危害大脑的健康。

In fact, in response to the popularity of vegetarian and vegetable foods, some products even use "vegetable butter" and "vegetable shortening" as promotional selling points, and in terms of the impact on blood lipids, such "vegetable oil" is worse than animal oil. A number of studies have confirmed that trans fatty acids in these products can greatly increase the risk of cardiovascular disease and diabetes, and possibly harm the health of the brain.

3. 脸要穷养, 脚要富养; 心要穷养, 肺要富养.....

重复数: 3

日期: 2018-10-04

[Keep your face poor, your feet rich, your heart poor, your lungs rich.](#)

Repeat Number: 3

Data: 2018-10-04

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。保持腰围, 心血管疾病的发病率也会下降。

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.

4. 奶茶, 正在毁掉中国三代人

重复数: 2

日期: 2018-10-04

[Milk tea is destroying three generations of China.](#)

Repeat Number: 2

Data: 2018-10-04

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

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

5. 这6种牛奶坚决不能给孩子喝, 第二种你可能天天在买!

重复数: 2

日期: 2018-10-04

[These 6 kinds of milk must not be given to children. Second kinds of milk may be bought every day!](#)

Repeat Number: 2

Data: 2018-10-04

仔细看配料表就会发现, 除了奶粉、白砂糖外, 还有最可怕的植脂末, 其中含有大量垃圾食品的标配——反式脂肪酸, 不仅不利于宝宝健康, 还会影响智力发育, 而且大部分的奶片中都添加了香精, 食用过量会影响宝宝的健康。

In addition to milk powder and white sugar, the ingredient list also contains non-fat, which contains trans fatty acids, which is not only harmful to children's health, but also affects mental development. And most of the milk tablets are added with flavor, and excessive consumption will affect the health of the child.

反式脂肪酸-微博 Transfat - Weibo

2018-10-04, 共检测到10条与“反式脂肪酸”相关的微博。

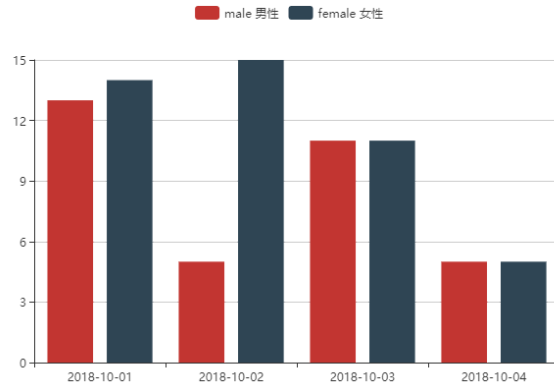
本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

There are 10 weibos about transfat reduction monitored on 2018-10-04.

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.



热门微博
Hot Weibos

1. 没有相关微博!
No such weibos!