

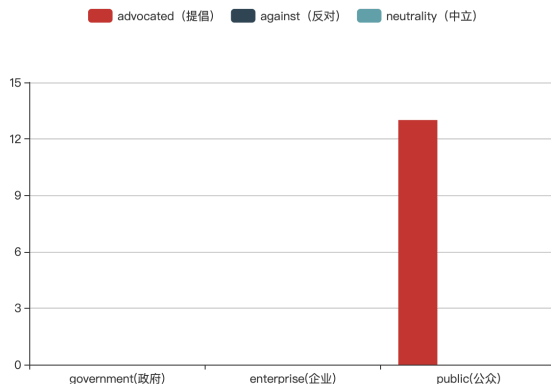
减盐-新闻

Salt Reduction – News

今日（2019-08-14）共监测到13条资讯。请点击标题查看原文。

There are 13 articles monitored today 2019-08-14. 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

1. [血脂血压两高并行很危险教你减脂降压的好方法](#)

[It's dangerous to teach you a good way to reduce blood lipid and blood pressure.](#)

来源：新华网山东频道
Source: Xinhua Shandong Channel

主体：公众
Subject: public

态度：提倡
Attitude: advocate

时间： 05:01:24
Time: 05:01:24

李阿姨是个微胖的老太太，70岁，性格很乐观，在广东省第二人民医院心血管科门诊坐下就跟医生开玩笑：“多年来，血脂高，血压高，就是收入不高。”医生为其查血压为155/85mmHg，总胆固醇、低密度脂蛋白胆固醇、空腹血糖均超过正常上限。追问其有哪些不舒服，答曰：平素容易疲劳，身体无明显不舒服，就是担心高血压会要命。

Aunt Li is a slightly fat old lady, 70 years old, very optimistic personality, in Guangdong Province Second Chinese Medical Hospital Cardiovascular Clinic, sat down and joked with the doctor: "For many years, high blood lipid, high blood pressure, that is, low income." The blood pressure was 155/85mmHg. Total cholesterol, low density lipoprotein cholesterol and fasting blood sugar all exceeded the normal upper limit. Ask them what uncomfortable, answer: plain easy fatigue, no obvious physical discomfort, is worried about high blood pressure will be fatal.

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

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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!

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高血压 Hypertension

没有相关文章!

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No such articles!

安徽

Anhui

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No such articles!
高血压 Hypertension
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No such articles!

浙江

Zhejiang

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其他省份

Other Provinces

食物中的钠

Sodium in food				
1. 新研究：多吃盐这59个基因位点易变异，与心血管疾病相关	来源：新浪网	主体：公众	态度：提倡	时间：11:22:36
New research: The 59 gene loci of salt intake are prone to mutation and are associated with cardiovascular disease	Source: Sinacom	Subject: public	Attitude: advocate	Time: 11:22:36
<p>英国研究人员在新一期《自然·通讯》杂志上发表论文说，他们发现了与人们摄入钠和钾数量有关的基因位点。钠是食盐的主要成分，相关发现有助于深入理解吃盐量与心血管疾病等风险之间的关系。英国帝国理工学院研究人员领衔的团队分析了近50万人的相关数据，通过尿液中钠和钾的含量推断他们日常饮食中这两种元素的摄入量，并与他们的基因组数据进行对照。</p>				
<p>British researchers have found loci associated with the amount of sodium and potassium people consume, according to a paper published in the new issue of Nature Newsletter. Sodium is a major component of salt, and related findings help to understand the relationship between salt intake and cardiovascular risk. A team led by researchers at Imperial College of Technology analyzed data from nearly 500,000 people to infer their daily dietary intake of sodium and potassium from urine levels and compared them with their genomic data.</p>				
高血压 Hypertension				
1. 无症状的高血压最可怕!高血压盯上年轻人	来源：四川在线	主体：公众	态度：提倡	时间：21:08:33
Asymptomatic hypertension is the most terrible! Hypertension is targeting young people	Source: Sichuan Online	Subject: public	Attitude: advocate	Time: 21:08:33
<p>高血压是指以收缩压≥140mmHg、舒张压≥90mmHg为主要特征的慢性、非传染性疾病。患者早期常无症状，或仅有头晕、头痛、心悸、耳鸣等症状。表面上看，它是一种独立的疾病，实际上是引发心、脑血管和肾病变的一个重要的危险因素，如果控制不当就会病变，引发脑中风、心梗和肾功能衰竭等病症，严重时可猝死。</p>				
<p>Hypertension is a chronic and non-communicable disease characterized by systolic blood pressure (> 140 mmHg) and diastolic blood pressure (> 90 mmHg). Patients often have no symptoms in the early stage, or only dizziness, headache, palpitation, tinnitus and other symptoms. On the surface, it is an independent disease. In fact, it is an important risk factor for heart, cerebrovascular and nephropathy. If it is not properly controlled, it will lead to diseases such as stroke, myocardial infarction and renal failure, which can lead to sudden death in severe cases.</p>				
2. 老人脚肿别忘查肾脏	来源：东方财富网	主体：公众	态度：提倡	时间：22:09:47
Don't forget to check the kidney for foot swelling in the elderly	Source: East Wealth Network	Subject: public	Attitude: advocate	Time: 22:09:47
<p>不少老人会莫名其妙出现腿脚肿大，其实原因很多，不能轻视。脚肿的常见原因很多，除心脏病、外周血管疾病等原因外，也可能是肾病导致的，若“老糖友”出现了脚肿，还要提防糖尿病肾病。脚肿、眼睛肿，查查肾 急性肾炎或肾病都可使组织间隙体液聚集而引起浮肿。肾性水肿多从组织疏松的部位如眼睑、颜面开始，早晨起来比较严重，起床活动后逐渐减轻。</p>				
<p>Many elderly people will inexplicably appear leg and foot swelling, in fact, there are many reasons, can not be ignored. There are many common causes of foot swelling, in addition to heart disease, peripheral vascular disease and other reasons, it may also be caused by kidney disease, if the "old sugar pal" appeared foot swelling, but also be careful to prevent diabetic nephropathy. Foot swelling, eye swelling, examination of acute or chronic nephritis or kidney disease can cause tissue interstitial fluid accumulation and edema. Renal edema usually starts from the areas with loose tissues such as eyelids and face. It is more serious in the morning and gradually reduces after waking up.</p>				
心血管健康 Cardiovascular health				
1. 预防血栓养成七个好习惯	来源：东方财富网	主体：公众	态度：提倡	时间：06:04:53
Seven good habits need to be developed to prevent thrombosis	Source: East Wealth Network	Subject: public	Attitude: advocate	Time: 06:04:53
<p>人体的血管就像地面上的路网，一旦堵塞就容易发生“交通事故”，身体可能瞬间“垮掉”，堵塞血管的罪魁祸首，就是血栓。那么，日常生活中，怎么才能预防血栓发生呢？河源东埔医院提醒市民，养成以下七个习惯至关重要。控烟。吸烟时，烟草中的尼古丁等有害物质会刺激血管运动中枢，并刺激体内肾上腺素和去甲肾上腺素释放，引起心率加快、末梢血管收缩、血压上升。</p>				
<p>The blood vessel of human body is like the road network on the ground. Once blocked, it is prone to traffic accidents. The body may collapse instantaneously. The main culprit of blocking blood vessel is thrombus. So, in daily life, how can we prevent thrombosis? Heyuan Dongpu Hospital reminds the public that it is essential to develop the following seven habits. Smoking control. When smoking, nicotine and other harmful substances in tobacco can stimulate the vasomotor center, and stimulate the release of epinephrine and norepinephrine in vivo, which can cause the acceleration of heart rate, peripheral vasoconstriction and the rise of blood pressure.</p>				
2. 还在相信“吃素能让人远离糖尿病”？	来源：新华网	主体：公众	态度：提倡	时间：21:05:28
Still believing that vegetarianism can keep people away from diabetes?	Source: Xinhuacom	Subject: public	Attitude: advocate	Time: 21:05:28
<p>最近总有人问：“是不是吃素能让人不得糖尿病？听说有最新研究证实，吃草可防糖尿病……”我说：涉及饮食营养的科学新闻，一定得仔细看，可不能只读标题。随后我发现，这些疑问是因为最近国际医学期刊《JAMA Internal Medicine》发表了一篇文章，哈佛大学的研究人员对九项前瞻性流行病学研究进行了汇总分析，试图找出不同膳食模式和糖尿病发病率之间的关联性。</p>				
<p>Recently, some people always ask, "Can vegetarianism keep people from diabetes? I heard that the latest research confirms that eating grass can prevent diabetes... I said: The scientific news about diet and nutrition must be carefully read, not just the headlines. Later, I found that these questions were due to a recent article in the International Medical Journal JAMA International Medicine, in which researchers at Harvard University aggregated nine prospective epidemiological studies to try to find out the correlation between different dietary patterns and the incidence of diabetes.</p>				
3. 全国首例！94岁高龄老人心脏手术成功，鼓楼医院突破国内心脏手术高龄...	来源：新华报业网	主体：公众	态度：提倡	时间：03:21:43
First in the country! Heart surgery for 94-year-old elderly people was successful. Gulou Hospital broke through the old age of heart surgery in China.	Source: Xinhua News Network	Subject: public	Attitude: advocate	Time: 03:21:43
<p>90高龄堪称心脏手术的禁区。日前，这一医学禁区被鼓楼医院心胸外科打破，他们成功地为南京一位94高龄的老人进行了心脏换瓣等4项手术，刷新了9年前他们创下的90岁高龄的国内记录。据了解，这位老爷爷姓刘，今年94岁，家住南京六合区雄州镇。10余年前，曾出现活动后胸闷气喘，一直未予重视，近段时间症状逐渐加重。老人的儿子介绍，老爷子从6月就卧床不起，上个月，突然不饮不食，说自己“没有三四天了”。孝顺的儿子立即带老人去求医。</p>				
<p>90 years old can be regarded as the forbidden area of cardiac surgery. Recently, the medical forbidden area was broken by cardiothoracic surgery of Gulou Hospital. They successfully performed four operations such as heart valve replacement for a 94-year-old man in Nanjing, which set a new domestic record of 90 years old nine years ago. It is understood that the grandfather, surnamed Liu, is 94 years old and lives in Xiongzhou Town, Liuhe District, Nanjing. More than 10 years ago, there was chest tightness and asthma after exercise, which has not been paid attention to. In recent years, the symptoms have gradually worsened. The old man's son introduced that he had been bedridden since June. Last month, he suddenly stopped drinking or eating, saying that he had not had three or four days. The filial son immediately took the old man to see a doctor.</p>				
综合健康信息 Comprehensive Health Information				
1. 检测发现奶茶危害健康“四宗罪”	来源：云南信息报	主体：公众	态度：提倡	时间：06:00:33
Detection of "Four Crimes" of Dairy Tea Harmful to Health	Source: Yunnan Information Daily	Subject: public	Attitude: advocate	Time: 06:00:33
<p>夏天到来，冰冰凉凉、清甜顺滑的奶茶成为人们消暑时最爱的时尚饮品之一。然而，你喝的奶茶安全吗？健康吗？最近，江苏、上海等地的测评机构对当地市场上的奶茶进行抽检，结果发现大部分奶茶存在糖分高、脂肪高、咖啡因和反式脂肪“四宗罪”。一杯750ml的奶茶中最高含糖量达99g，相当于近20包糖。为保障人们的健康，实现健康中国2030规划，近期国务院印发《关于实施健康中国行动的意见》。</p>				
<p>With the arrival of summer, ice-cold, sweet and smooth milk tea has become one of the favorite fashion drinks for people to spend the summer. However, is your milk tea safe? Is it healthy? Recently, the evaluation agencies in Jiangsu and Shanghai have sampled milk tea from the local market, and found that most milk tea has four crimes: high sugar, high fat, caffeine and trans fat. The highest sugar content in a 750 ml milk tea is 99 g, which is equivalent to nearly 20 packs of sugar. In order to ensure people's health and realize the Healthy China 2030 Plan, the State Council recently issued Opinions on the Implementation of Healthy China Action.</p>				
2. 健脾消食常吃五种酸性食物	来源：温州网	主体：公众	态度：提倡	时间：23:08:52
Jianpi Xiaoshi often eats five kinds of acidic food	Source: Wenzhou Network	Subject: public	Attitude: advocate	Time: 23:08:52
<p>酷热难挡，胃肠功能减弱，味觉也会退化，使舌头感知食物味道的能力逐渐减弱，导致吃什么都没滋味。在此，向大家推荐5种酸性食物，有助于生津开胃，健脾消食。酷热难挡，胃肠功能减弱，味觉也会退化，使舌头感知食物味道的能力逐渐减弱，导致吃什么都没滋味。在此，向大家推荐5种酸性食物，有助于生津开胃，健脾消食。</p>				
<p>The heat is hard to resist, gastrointestinal function is weakened, taste will also deteriorate, so that the ability of the tongue to sense the taste of food gradually weakened, resulting in eating nothing tasteless. Here, we recommend five kinds of acidic food to you, which will help to invigorate the appetite, invigorate the spleen and digest. The heat is hard to resist, gastrointestinal function is weakened, taste will also deteriorate, so that the ability of the tongue to sense the taste of food gradually weakened, resulting in eating nothing tasteless. Here, we recommend five kinds of acidic food to you, which will help to invigorate the appetite, invigorate the spleen and digest.</p>				
3. 外卖老年餐须口惠实至	来源：中工网	主体：公众	态度：提倡	时间：03:09:06

老年餐，已经成为餐饮企业不容忽视的市场。北京老字号同和居、连锁经营饭店嘉和一品粥店，也在外卖平台上单列出了老年营养套餐。专家表示，老年餐外卖在老人群体中是有需求的，商家也应考虑到老人不太会使用智能手机点外卖，给老人们开放电话点餐的方式。另外，老年餐品质上也应该专业，做到软烂、低油少盐，营养均衡。

Old-age meals have become a market that catering enterprises can not ignore. Old Beijing Cohabitation and Chain Hotel Jiahe Porridge Shop also lists nutritional packages for the elderly on takeaway platform. Experts say that there is a demand for take-out meals for the elderly. Businessmen should also take into account that the elderly are less likely to use smartphones to order meals and open the phone to the elderly. In addition, the quality of elderly meals should also be professional, soft rotten, low oil and salt, nutritional balance.

4. 每个人是自己健康第一责任人

来源：内蒙古新闻网

主体：公众

态度：提倡

时间：08:09:52

Everyone is the first responsible person for his own health.

Source: Inner Mongolia News Network

Subject: public

Attitude: advocate

Time: 08:09:52

获得健康最简单也是最有效的方法、个人健康管理最日常也是最重要的策略，就是培养健康生活方式。我们在享受现代生活便利之时，更要时时与自己的身体“对话”，让身体在自然伸展和运动锻炼中保持唤醒状态。前段时间，国务院印发《国务院关于实施健康中国行动的意见》，提出实施健康中国行动，提高全民健康水平。在这一文件中，“倡导健康文明生活方式”是重要内容之一。

The simplest and most effective way to acquire health, and the most daily and important strategy of personal health management are to cultivate a healthy lifestyle. When we enjoy the convenience of modern life, we should always "talk" with our body so that it can keep awake in natural stretching and exercise. Some time ago, the State Council issued the Opinions of the State Council on the Implementation of the Healthy China Action, proposing the implementation of the Healthy China Action to improve the health level of the whole people. In this document, "advocating healthy and civilized life style" is one of the important contents.

5. 摒弃不良生活方式远离癌症

来源：中国新闻网

主体：公众

态度：提倡

时间：05:12:14

Get rid of bad lifestyle and stay away from cancer

Source: China News Network

Subject: public

Attitude: advocate

Time: 05:12:14

中国医学科学院肿瘤医院副主任医师边志民表示，目前已经证明，很多不良的生活方式直接或间接与癌症的发生有关系。我国日前出台的《健康中国行动（2019-2030年）》提出，建议个人践行健康生活方式以预防癌症。我国每年新发癌症病例约380万，总体癌症发病率平均每年上升3.9%左右。专家提醒，戒烟限酒、平衡膳食、科学运动、心情舒畅可以有效降低癌症发生率。

Bian Zhimin, deputy director of the Cancer Hospital of the Chinese Academy of Medical Sciences, said that many unhealthy lifestyles have been proved to be directly or indirectly related to the occurrence of cancer. The Healthy China Action (2019-2030), published recently in China, suggests that individuals practice healthy lifestyles to prevent cancer. Every year, there are about 3.8 million new cancer cases in China, and the overall incidence of cancer increases by about 3.9% annually. Experts warn that smoking cessation, alcohol restriction, balanced diet, scientific exercise and relaxed mood can effectively reduce the incidence of cancer.

6. 肾炎一定要限盐？错！血压正常、水肿消退后就可正常饮食

来源：金羊网

主体：公众

态度：提倡

时间：21:22:34

Nephritis must limit salt? Wrong! Normal blood pressure and normal diet can be achieved after edema subsides.

Source: Golden Sheep Net

Subject: public

Attitude: advocate

Time: 21:22:34

“有些家长认为所有的肾脏病都一定要限制食盐的摄入，这个想法是错误的！”南方医科大学珠江医院儿科中心小儿专科主任陈剑锋提醒家长。陈剑锋表示，只要孩子的血压恢复正常、水肿消退后，就可以恢复正常饮食了，不要再限盐了。孩子出现水肿、血尿，当心急性肾小球肾炎。“急性肾小球肾炎的临床主要表现为水肿，如眼睑水肿、脸部水肿，严重者甚至表现为双下肢水肿。

"Some parents are wrong to think that all kidney diseases must limit salt intake!" Chen Jianfeng, director of pediatric specialty at the Pediatric Center of Zhujiang Hospital, Southern Medical University, reminded parents. Chen Jianfeng said that as long as the child's blood pressure returns to normal and the edema subsides, he can resume his normal diet and stop limiting salt. Children with edema, hematuria, beware of acute glomerulonephritis. "The main clinical manifestations of acute glomerulonephritis are edema, such as eyelid edema, facial edema, and even lower limb edema in severe cases.

决心工程

Resolve To Save Lives

没有相关文章！

No such articles!

减盐-微信

Salt Reduction – WeChat

2019-08-14，共监测到556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 556 WeChat public articles were monitored in 2019-08-14. This page shows the top five articles by repeat number today.

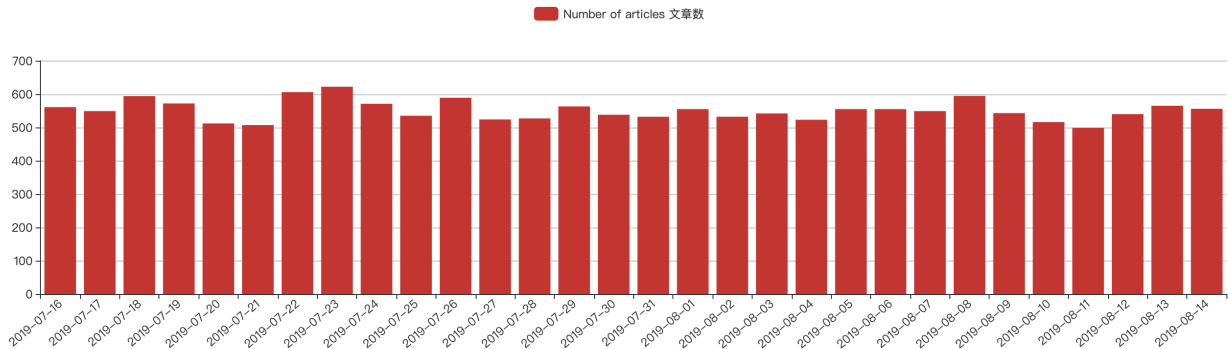
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

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. [全球饮食报告出炉！中餐再遭痛批：造成的死亡居世界第一！](#)

重复数：38

日期：2019-08-14

Repeat Number: 38

Data: 2019-08-14

我们饮食中的钠摄入，大部分来自食用盐。所以，少吃盐，有意识的避开过咸的食物，做饭少放盐，能大大降低钠盐摄入。《中国居民膳食指南(2016)》推荐每日摄入盐少于6克，《柳叶刀》表中要求更严格，认为最佳标准在3克左右。

Most of the sodium in our diet comes from salt. Therefore, eating less salt, consciously avoiding salty food, cooking less salt, can greatly reduce sodium intake. The Dietary Guidelines for Chinese Residents (2016) recommended that salt intake should be less than 6 grams per day, and the Lancet table was more stringent and considered that the best standard was about 3 grams.

2. [【健康科普】清晨是血压的“火山时刻”！尤其是这7类人要注意](#)

重复数：5

日期：2019-08-14

Repeat Number: 5

Data: 2019-08-14

高血压患者的降压目标：高血压患者应该更严格地限制食盐的摄入量；主要的限盐措施：改变烹饪方法，减少用盐量；少用含盐高的佐料；尽量少吃或不吃含盐多的食品；使用限盐勺，做到心中有数；食用包装食品时，要注意食物标签，了解含盐量；在外就餐时，要告知服务人员，尽量少加盐；多食用新鲜蔬菜。

Antihypertensive goal of hypertensive patients: hypertensive patients should restrict salt intake more strictly; main salt restriction measures: change cooking methods, reduce salt consumption; use less salty condiments; eat as little or no salty food as possible; use salt restriction spoon to make sure you have a good idea; when eating packaged food, you should pay attention to food labels, understand the salt content; when dining out, the waiter should be informed to add as little salt as possible; eat more fresh vegetables.

3. [吃的清淡就不会盐超标？错，请警惕无处不在的“隐形盐”！](#)

重复数：3

日期：2019-08-14

Repeat Number: 3

Data: 2019-08-14

长期的高盐摄入不仅会增加高血压的风险，还可能进一步的诱发心脑血管疾病，长期的高盐摄入还会造成胃粘膜的损伤，发生广泛性的胃粘膜充血、水肿、糜烂、溃疡等病变，甚至会引起胃癌。但是，盐里所含的钠元素又是我们身体中不可或缺的，中国居民膳食指南建议，成人每天盐摄入量不超过6g。

Long-term high salt intake not only increases the risk of hypertension, but also may further induce cardiovascular and cerebrovascular diseases. Long-term high salt intake can also cause gastric mucosal damage, widespread gastric mucosal congestion, edema, erosion, ulcer and other pathological changes, and even cause gastric cancer. However, sodium in salt is indispensable to our bodies. The dietary guidelines for Chinese residents recommend that adults consume no more than 6G of salt per day.

4. [V蜜古方---想要健康长寿：少吃三白、多吃三黑！](#)

重复数：3

日期：2019-08-14

Repeat Number: 3

Data: 2019-08-14

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。限盐建议：健康人通过饮食摄取的最佳盐量，每天吃盐不超过6克——就是普通啤酒瓶盖去胶垫后，平铺满一瓶盖的量。如果已经确诊高血压，每天最好不要超过3克。

Many people like to put a lot of salt in their cooking. They think it tastes good, but if they eat too much, it will have a negative impact on the human body. Long-term high salt diet is easy to cause high blood pressure, vascular sclerosis, and excess sodium needs to be excreted from the kidney, increasing the burden of the kidney. Salt Limitation Suggestion: The best salt intake by healthy people through diet, no more than 6 grams of salt per day – that is, the amount of ordinary beer bottle cap after removing the rubber mat, flat covered with a bottle cap. If hypertension has been diagnosed, it is best not to exceed 3 grams per day.

5. [北京医院紧急提醒！厨房里的这种调味料是高血压“催化剂”，不想早死，最好少吃](#)

重复数：3

日期：2019-08-14

Repeat Number: 3

Data: 2019-08-14

根据这项调查，每天多吃2克盐会导致血压升高1到2毫米/水银。由于盐中钠离子的含量较高，如果长期多吃盐，体内的钠离子不能及时从肾脏排出，从而导致大量钠离子在体内滞留。钠离子增加后，会影响体内钠离子和钙离子的交换，增加血管平滑肌中钙离子的含量，进而刺激血管收缩，升高血压。

According to the survey, eating 2 grams more salt a day can increase blood pressure by 1 to 2 mm/mercury. Because of the high content of sodium ions in salt, if we eat more salt for a long time, the sodium ions in the body can not be discharged from the kidney in time, resulting in a large number of sodium ions in the body retention. The increase of sodium ion will affect the exchange of sodium ion and calcium ion in vivo, increase the content of calcium ion in vascular smooth muscle, and then stimulate vasoconstriction and increase blood pressure.

减盐-微博

Salt Reduction – Weibo

2019-08-14, 共检测到436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。

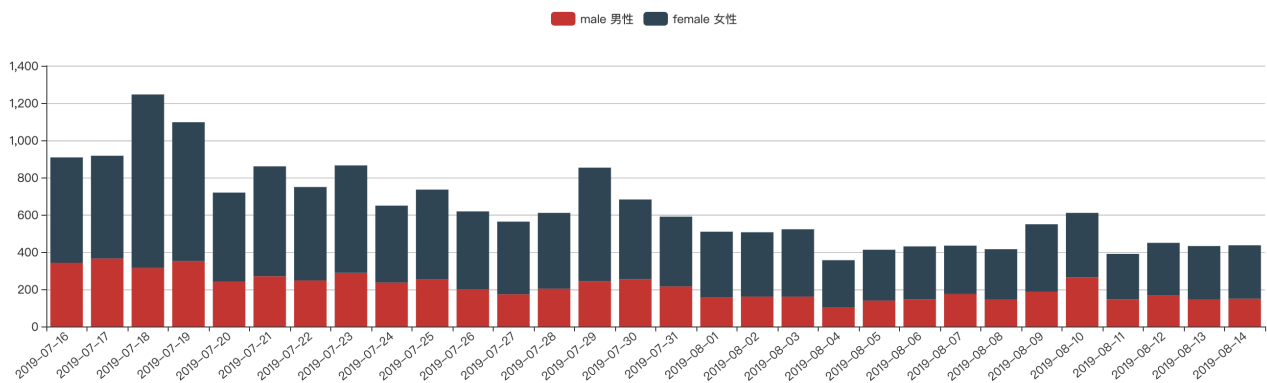
There are 436 weibos about salt reduction monitored on 2019-08-14.

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!

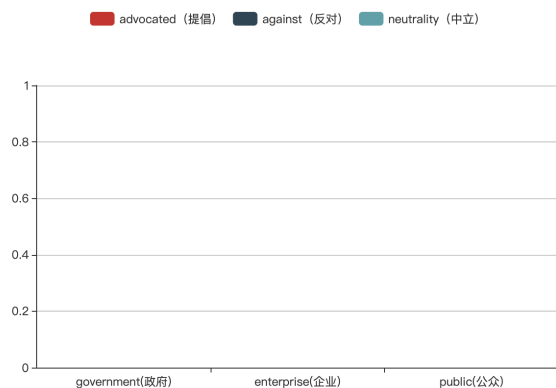
反式脂肪酸–新闻

Trans Fat – News

今日（2019–08–14）共监测到0条资讯。请点击标题查看原文。

There are 0 articles monitored today 2019–08–14. 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!

没有相关文章!

No such articles!

其他省份

Other Provinces

没有相关文章!

No such articles!

没有相关文章!

No such articles!

反式脂肪酸–微信

Transfat – WeChat

2019-08-14，共监测到393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 393 WeChat public articles were monitored in 2019-08-14. This page shows the top five articles by repeat number today.

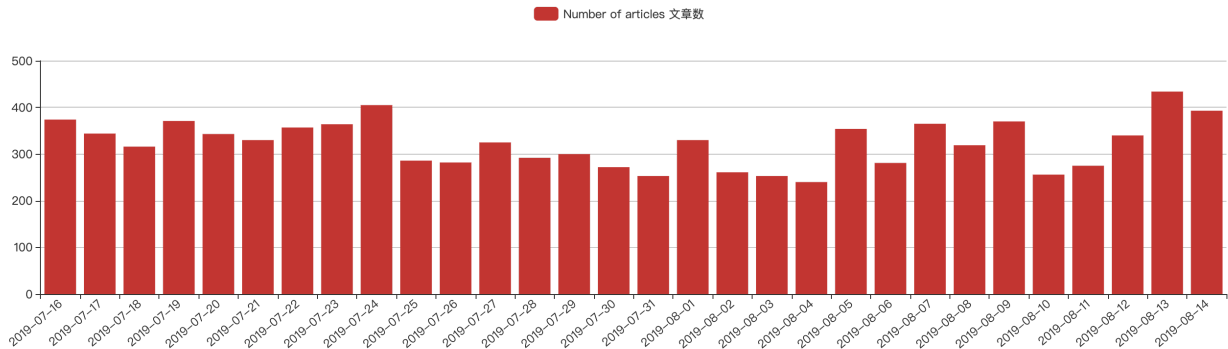
由于微信公众号文章没有固定的链接，因而标题链接到的是根据文章标题进行检索的结果页面。

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. 大脑最爱的食物，核桃只排第4名，第1名谁都想不到！

[The brain's favorite food, walnuts only ranked fourth, no one thought of the first!](#)

重复数: 25

日期: 2019-08-14

Repeat Number: 25

Data: 2019-08-14

常吃黑芝麻可以帮助人们预防和治疗胆结石，同时还有延年益寿、健脑益智的作用。保持大脑健康少吃这些 除了上面介绍这些对大脑有益的食物，还有一些常见的食物可能会对大脑健康发展有不健康的影响。这些食物中含有大量的饱和脂肪、反式脂肪或是糖，容易造成血脑屏障构造受损，加速认知功能以及记忆力的退化。

Often eating black sesame can help people prevent and treat gallstones, but also has the effect of prolonging life, brain and intelligence. Keep your brain healthy and eat less of these foods. In addition to the above, there are some common foods that may have unhealthy effects on brain health. These foods contain a large amount of saturated fat, trans fat or sugar, which can easily cause damage to the blood-brain barrier structure, accelerate cognitive function and memory degradation.

2. 最高级的情商：说话要软，做事要硬

[Highest EQ: Speak softly and act hard](#)

重复数: 8

日期: 2019-08-14

Repeat Number: 8

Data: 2019-08-14

睡前最忌吃这些，富含反式脂肪酸的食物，像蛋糕、炸鸡、饼干等。这类食物富含反式脂肪酸，多数含有的是人造反式脂肪，反式脂肪酸还会促使低密度脂蛋白胆固醇含量升高，同时降低高密度脂蛋白胆固醇，两者失衡，会诱发慢性血管疾病！

These food should be avoided at bedtime, which is rich in trans fatty acids, such as cakes, fried chicken, biscuits and so on. This kind of food is rich in trans fatty acids, most of which contain artificial trans fats. Trans fatty acids can also increase LDL cholesterol content and reduce HDL cholesterol. The imbalance between the two will lead to chronic vascular disease!

3. 去超市购物，先看懂这些再买！没想到吃亏了这么多年

[Go shopping in the supermarket, read these before buying! I didn't expect to lose so many years.](#)

重复数: 5

日期: 2019-08-14

Repeat Number: 5

Data: 2019-08-14

市场上售卖的面包，有些含有人工色素、香料、氢化油（含有大量反式脂肪酸）以及防腐剂。大量的油脂、添加剂虽可提升食物的味道，但会增加心血管疾病的发生风险。因此，购买全麦面包时，成分越简单越好。

Some breads sold on the market contain artificial colors, spices, hydrogenated oils (containing large amounts of trans fatty acids) and preservatives. Large amounts of oil and additives can enhance the taste of food, but increase the risk of cardiovascular disease. Therefore, when buying whole wheat bread, the simpler the ingredients, the better.

4. 得失，天注定；聚散，天安排（深度）

[Gains and losses are destined by heaven; Gathering and dispersing are arranged by heaven \(depth\)](#)

重复数: 5

日期: 2019-08-14

Repeat Number: 5

Data: 2019-08-14

睡前最忌吃这些，富含反式脂肪酸的食物，像蛋糕、炸鸡、饼干等。这类食物富含反式脂肪酸，多数含有的是人造反式脂肪，反式脂肪酸还会促使低密度脂蛋白胆固醇含量升高，同时降低高密度脂蛋白胆固醇，两者失衡，会诱发慢性血管疾病！

Bedtime is the most avoid eating these, rich in trans fatty acids, such as cakes, fried chicken, biscuits and so on. This kind of food is rich in trans fatty acids, most of which contain artificial trans fats. Trans fatty acids can also increase LDL cholesterol content and reduce HDL cholesterol. The imbalance between the two will lead to chronic vascular disease!

5. 大脑最爱的食物，核桃排第4名，第1名是它！

[The brain's favorite food, walnuts rank fourth, the first is it!](#)

重复数: 4

日期: 2019-08-14

Repeat Number: 4

Data: 2019-08-14

油炸食品中含有大量的反式脂肪酸、膨松剂和色素，进入人体后会对健康产生不利影响，增加心脑血管疾病的危险；也会导致必需脂肪酸的缺乏和抑制婴幼儿的生长发育。除了饮食上要注意之外，养成良好的生活习惯也很重要。大脑健康才能越活越年轻哦

Fried food contains a large number of trans fatty acids, bulking agents and pigments, which will have adverse effects on human health, increase the risk of cardiovascular and cerebrovascular diseases, and also lead to the lack of essential fatty acids and inhibit the growth and development of infants and young children. In addition to dietary attention, it is also important to develop good living habits. Brain health can lead to younger life Oh

反式脂肪酸-微博 Transfat – Weibo

2019-08-14, 共检测到232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。

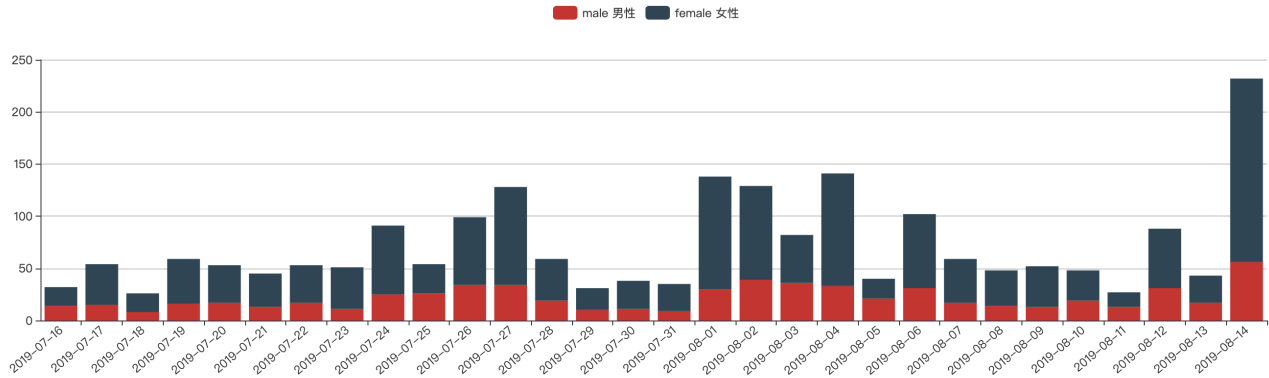
There are 232 weibos about transfat reduction monitored on 2019-08-14.

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!